



YOUR  
2019  
OFFICERS

WHAT  
STEP ONE  
MEANS TO  
ME

CALENDAR  
OF  
EVENTS



# THE CORNERSTONE

*"Serenity is not the absence of conflict, but the ability to cope with it."*

## INTRODUCING YOUR 2019 DCM, OFFICERS AND COMMITTEE CHAIRS

### Happy New Year to all!

As your 2019-20 DCM, I'm anxious to begin and nervous all at the same time. My name is Lorie; I have 30 years of sobriety. My home group is EMR (Early Morning Risers). Before embarking on the DCM, I held most positions in my home group(s) from early recovery on. Opener, Treasurer, Secretary, GSR. At District level, only Activities Chair, Alt. DCM & now incoming.

Over the next 2 years, would like to make it to every meeting in the District. Want to find out who you are and

what the District can do to help. That's a tall order and one I'm prepared to take on.

Besides myself, I have a great group of people that make up the District Team.

They are:

**Alternate DCM:** Becky

**Treasurer:** Maria

**Secretary:** Tamira

And here are more people who make up the Team. They are the Committee Chairs who work on specific areas within the District. This is an example of Service work and what Tradition One means. Take time to get to know them. Tell them thanks!

### Trusted Servants:

- Accessabilities – Diane
- Activities – Linda
- Archives – **To be filled**
- Corrections - Scott
- CPC - Molly
- Hotline – Steve
- Literature – Stewart
- Newsletter - Clair
- Schedules - Hala
- Treatment - Danny
- Website – Jason

Just a word about these positions. Each Chairperson needs to have an Alternate. That person could be in line for that position at the next rotation or not. Imagine yourself doing service work; then call me or show up at a District meeting and volunteer.

And don't forget the GSRs, your home group rep! They make up an energetic and critical part of the team, your team.

Contd page 2, *"The Team"*



**"We admitted..."** We start our recovery program by recognizing and acknowledging (admitting) our inability to control our drinking. Maybe we think we can "handle it," —but we certainly cannot predict when, where and how much alcohol we will imbibe. And so we are ready for some help. "I can't do this any longer," is our surrender, our recognition that we can't stay sober on our own and, often the most difficult part, we are asking for help. That's why the step is, WE. It tells us right away that we don't do this on our own—we recover together.

**"we were powerless over alcohol..."** This precisely states our dilemma. First, we were powerless because our bodies do something different with the alcohol than do so-called "normal people's" bodies."

Contd page 2 *"Step One"*

“Step One”, contd

When we drink, we are then set-up to crave or want more: Dr. Silkworth, in our Big Book, discusses this reaction as an allergy. In addition to this physical powerlessness, we usually rely on alcohol to “fix” things for use—like changing our sadness, anger, shame, fear, etc. as well as to celebrate or to keep the good times going. So in addition to our physical powerlessness, we are often mentally powerless also. We have lost the choice of whether or not to drink.

“...and our lives had become unmanageable....”

Very simply, our drinking has created consequences that show us clearly that we are out of control. And this is a quick look at Step One—the only step that we can—and must—do perfectly.

“As I understand it” by Barb.

“Don’t put me on a pedestal because it hurts too much when I fall.”

**Tradition One:** “Our common welfare should come first; personal recovery depends upon A.A. Unity”  
“It’s my understanding” by Clair.

There are three sentences that governs my thoughts/behavior within a group: 1) Without unity, the heart of AA would cease to beat. 2) No AA can compel another to do anything; nobody can be punished or expelled. 3) that most individuals cannot recover unless there is a group.

I can’t imagine what it would be like to attend a meeting to be expelled! Or that the petty gripes or complaints have gone so far as to break up AA!

What I do understand and know in the depths of my heart, that I NEED MEETINGS. And my recovery depends directly on the fact that meetings do exist.

That doesn’t mean I can’t voice my opinion, that, I must conform. It does mean that if I have the right to speak and be heard, the same applies for others. The reality exists that,

I can’t give it away if I don’t have it.

And with all that said, when participating in committees, at the District or at Area Assemblies, the same applies.

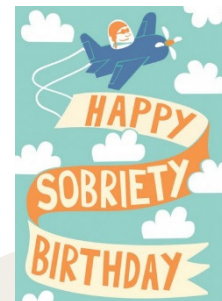
When lost at sea it’s nice to know the common welfare comes first.

**The Team**, cont’d

There’s one more group, Activities Committee. This year’s Chair is Linda and she is supported by a group of eager people wanting to support the District by planning FUN activities for the next 2 years. Say YES when you are approached to help out.

Check out *The Cornerstone* for dates on upcoming events and check the website for flyers.

DO YOU WANT TO HAVE YOUR AA BIRTHDAY LISTED ON YOUR MONTH?



Then contact me at: [candbk@gmail.com](mailto:candbk@gmail.com)



## The DIST 22 TALENT SHOW... **APRIL 6, 2019**

Consider this your casting call! If you can sing, play an instrument, have a comedy routine, can put on a skit, have a band, then maybe you could qualify for the Show!

Watch for a flyer on Date, Location, Cost, eats, etc.

So, rosin up your bow, tune up the instrument, clear the throat, memorize those lines... and **GET READY!**

UPDATE CALENDAR BY CONTACTING: [newletter22@area72aa.org](mailto:newletter22@area72aa.org).

Articles will be accepted and reviewed for content; published in upcoming issues as room is available. Check: <https://area72aa.org/2018-area-assembly> and/or <http://nopaa.org> for detailed information on dates listed below.

### JANUARY

**4-5 Area Quarterly**, Sea-Tac Community Center, Sea-Tac, WA  
**12 GSR School 101**, Ridgefield Community, United Methodist Church, Ridgefield, WA  
**16 District Meeting**, 7 PM, Unity Church, Port Angeles  
**19 Treatment Quarterly**, Kennydale Memorial Hall, Renton  
**19 Winter Accessibility**, Salem Lutheran Church, Mt Vernon, WA  
**25 Sequim “Duck In” Speaker Meeting and Potluck**, St. Luke’s Episcopal Church, 6 PM  
**26 EMR Speaker Meeting and Potluck**, Debbie H speaker

### FEBRUARY

**09 GSR School**, 10 AM – 3 PM, Zion Lutheran Church – Lower Level, Everett, WA  
**16 Grapevine & Literature Qrtly**, 9 AM – 2 PM, South King Alano Club, Auburn  
**20 District Meeting**, 7 PM, Unity Church  
**22 Sequim “Duck In” Speaker Meeting and Potluck**, St. Luke’s Episcopal Church, 6 PM  
**23 EMR Speaker Meeting and Potluck**, Veterans Center, Port Angeles

### MARCH

**District 22 TALENT SHOW**, watch for flyers!!  
**20 District Meeting**, 7 PM, Unity Church  
**29 Sequim “Duck In” Speaker Meeting and Potluck**, St. Luke’s Episcopal Church, 6 PM  
**30 EMR Speaker Meeting and Potluck**, Veterans Center, Port Angeles