



# The

# Cornerstone

February, 2021

Introducing your  
2021 DCM, Alt.  
DCM, Elected and  
Appointed  
Committee Chairs:

DCM: Becky S.  
Alt. DCM: Tambria  
C. Treasurer: Tom  
Secretary: Brian H.  
Accessibility: Missi R.  
Archives: Richard P.  
Corrections: Scott K.  
Hotline: Tim S.  
Literature: Danny W.  
Newsletter: Lorrie A.  
PI/CPC: Virginia B.  
Schedules: Tammy H.  
Treatment: Sandy S.  
Website: Emma S.  
& Jason B.

*Whew! What a year 2020 was. I know I was grateful for our "One Day at a Time", as I also was for all the folks that stepped up to help us stay connected through this unprecedented time in our lifetimes. As our 1<sup>st</sup> Tradition states: Our common welfare should come first; personal recovery depends on AA unity. Well, unite we did! Through a wholly new medium called Zoom. We joined one another in our living rooms, kitchens and bedrooms. We kept showing up and sharing our stories. We persevered! What a testament to our fellowship and to each of you! I am glad to be a part of Alcoholics Anonymous.*

*Sincerely, Lorrie A. Newsletter Editor*

## Report From the West End



Greetings from your brothers and sisters in the west.

This communication is composed of multiple testimonials from individuals in recovery on the west side of the peninsula. I myself am a member of Forks AA. I am a veteran with PTSD and as such I struggle with group activities. The anxiety can be unbearable, which then feeds into my addiction. I struggled to get myself into a meeting and was welcomed with open arms into the Forks group. I quickly became comfortable with the group and have been able to open up with them. While COVID has turned the world topsy-turvy, in my opinion it has opened up a great avenue to recovery in such a spread out geographic community as ours. We have people that must travel for an hour or more to be at a meeting in person and Zoom allows them to attend more meetings regularly. As we progress and have a return to in person meetings I believe that we will run a hybrid meeting to include all the individuals we service. *Brian M.*

My apologies to Linda W. for leaving her out of the December Newsletter. Thanks for your service as our 2018-20 Activities chair. You were tenacious!

Former DCM – Lorrie A.



## Report from the West End cont'd...

### AA Message on the West End is Alive and Well

The West End has had its ups and downs in the fellowship over the last year directly related to the “Covid Pandemic”. Opinions seem to vary, as much as our membership, on whether the effect has been good, bad or indifferent to our program. One common thread that has become apparent is that Covid has unified the group in a way that we never could have imagined. We have witnessed widely separated groups and individuals put aside any differences and unite as one.

Members from far and distant corners of the West End such as Neah Bay, Seiku, Lapush, The Hoh, Beaver, Undi Rd and Forks who normally would not mix due to geographic distance have come together via Zoom. Daily, weekly or nightly members on the West End have shown support for each other that is nothing short of miraculous.

The meetings are not flashy or classy or even at times regimented. It's AA at its best, doing its best with what has been presented to us. It is Alcoholics helping Alcoholics from all walks and talks, all shapes and sizes. From diverse cultures and backgrounds sharing a common bond and goal”. To stay sober and help other Alcoholics achieve sobriety.

**David D.**

Alcoholics Anonymous here in the rural West End is light in the darkness for many of us. I came into the program 9 months ago. AA has changed my life forever. I am a recovering addict-alcoholic and although Covid 19 has restricted our in person meetings, having it is of the utmost importance. For myself personally I value the fellowship. God and the 12 steps are in my daily life. To be able to help spread the word to those still suffering is a gift I enjoy giving. To me AA on the West End is something that has to be here. Though Zoom is working for us I, believe having in person meetings can help those that don't use Zoom to come in if they are ready for help. The lessons I learned are priceless and to be a part of an honest program is a life I now see as the way humans are supposed to live.

**John H.**

During the last year of my recovery I have had some hard times. The ability to Zoom AA meetings has been a blessing in disguise. My home group isn't doing in person meetings at this time due to Covid. I'm now able to attend and stay connected in a whole new way through Zoom. Thanks to the trusted servants, District 22 and community chairs for keeping AA alive, well and available to anyone, anywhere.

**Jayeson K.**

Since coming through the doors of AA in Forks my life has changed dramatically for the better. I am thankful for close to 18 months of sobriety. Recovery in the West End is amazing when you see it happening. But within the last year I have seen less people in recovery and witnessed them going backwards. The connection I feel in Zoom meetings is powerful but not as powerful as in person meetings. I am hoping, in the near

future as a group, to find a secure location to finally have in person meetings again to bring back the powerfulness of the rooms. I hope to see more people come back to the rooms to celebrate recovery.

Dorinda H.



Thank you to the West Enders for sharing their stories with us. I'm hoping to tap into their wisdom on a regular basis. Also, thank you for being patient with me as I tried to get this newsletter out before the end of the month. Word and I are trying to become friends and really have just sat down for our first cup of coffee.

Thank you to Clair K. (who's a hard act to follow) and Susan H. for giving me some insight, so I can look forward to not swearing so much during the writing of the March newsletter.

Lorrie A.