

District 22 Newsletter

JULY 2019



DISTRICT
MEETING
TIDBITS

FREEDOM
TO
CELEBRATE

CALENDAR
OF
EVENTS



THE CORNERSTONE

One definition of a bottom is the point when the last thing you lost or the next thing you are about to lose is more important than booze.

District Meeting Tidbits

After Richard read the Traditions and Brian reviewed Concept 9, it was time to start the meeting.

Tambria took roll call with 13 GSRs, 15 Trusted Servants and 2 guests in attendance.

Maria, Treasurer, reported that while we received donations, after bills were paid, we have an ending balance of \$736.74. We are now spending into our prudent reserve.

On August 3, District 22 will host the Pre-Assembly. We will be providing lunch and Lorrie put out a call for 4 people to fix soups and another 4 to do salads. District 22 will be putting in a bid to host the 2020 Quarterly in July. Stayed tuned!

The Area will be putting together a re-write of the history of AA. If you see Terry P and he gives you some papers, take a good look at them. Terry volunteered to coordinate the updates from the groups. Help him by gathering the information and submitting.

Committee Reports

Accessibilities with Diana – she requested the questionnaire distributed last month be turned in; next month final call. A meeting of the minds to address taking meetings to the home/care bound will meet again, 4th Thursday of the month at 6:30 pm. Call Diana for more info.

Activities with Linda – committee members are needed! Started with 7 with 5 hanging in there. Need help with the picnic. BBQs and BBQers, badminton, volley ball, face painting and more! Call her if interested.

LAST MINUTE UPDATES: 1) Happy Hour has temporarily stopped the Wednesday meeting. 2) Forks meeting moved to 91E Spartan Ave.

About July...

We have moved from spring into summer—yippee July! I am wondering, however, if somebody forgot to tell the weatherman that the temperatures were supposed to be at least warmer, if not downright hot. Actually, we'll probably all be complaining about the heat as we get further into this first full month of summer.

This is the month we celebrate our freedom. On July 4th, our country will be 241-years-old. That's the day when the charcoal grills get heated up with hotdogs and hamburgers. After the barbeque, there may be games—baseball and badminton, or croquet and horseshoes. Or, after some time to allow for digestion to begin, perhaps a dip in Crescent Lake would be nice. The highlight of the day for many people is the fireworks display and our task is find a good place from which to watch the festivities. The rest of the month is replete with picnics, camping and other outdoor activity in which we revel. Yes, we do enjoy our July's, don't we?

“July” cont'd page 2

STEP 7 – Humbly asked Him to remove our shortcomings.

In Step 6, I worked on becoming, as willing as I could be, to let-go of all those defects or shortcomings that I had uncovered in Steps Four and Five. But I found it easier to say, “I'm willing,” than to actually put that commitment into practice. Yes, as I moved into the Seventh Step, the rubber really began to meet the road and I recall being told that this is the step that separates the men from the boys (or the women from the girls)! I didn't understand that idea until my sponsor talked about “...the humility step”. Bill Wilson suggested that I couldn't begin to rely on my Higher Power until I stopped depending on myself. That meant I had to give up my ego, stop my self-reliance and really begin to believe that I was not the center of the universe after-all.

District Tidbits

Achieves with Richard – Two framed, new originals of Bill’s last talk were received.

Corrections with Scott – Lost one volunteer for the jail. New application coming soon. All meetings at Clallam Bay Corrections and Clearwater are covered. Juvie has an excess of people, seeing if some won’t transfer over to the jail.

Hotline with Steve – 42 calls; 12 Local in Port Angeles, 12 in state and 18 out of state. There are 3 women taking calls. Need men to volunteer.

Literature with Stuart – Got books!

Newsletter with Clair – Going well. Those interested in submitting AA related articles, send to Clair.

Schedules with Hala – No new changes.

Public Information/CPC – Will be distributing new schedules. Attending one of two workshops on what to say/how to speak at non-AA events such as at the fair, Stand Downs, health fairs, etc.

Treatment with Danny – In the process of writing new schedules. AA meets Monday and Friday.

Website with Jason – Would like to get info that Molly and Diana talked about on the web.

It was GSRs sharing. Lots going on. Some groups experiencing growth, summer visitors. A few are short on attendees. All are showing up to be of service.

And that’s how we spend the 3rd Wednesday of each month. Join us sometime!

About July

There’s another freedom that we can recognize and celebrate too. That of, course, is the freedom our program offers us. First and foremost, we now have the freedom of choice not to drink—that’s real independence from those days when we lost control and couldn’t put the bottle down.

And, we no longer have to carry around the guilt and worry with which we were once plagued—we can let go of all that misery and that’s another important aspect of our recovery freedom. In short, we have begun to find a way out of our self-made alcoholic prison.

The Big Book tells that, “We will be amazed before we are half-way through,” and states that, “...we will know a new freedom and a new happiness.” Now that certainly seems like something to celebrate!

Thoughts by Barb

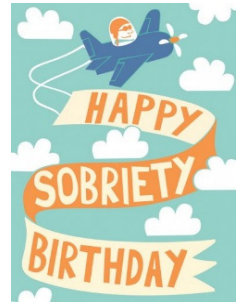
Step 7, contd.

I’m still working on that ego-puncturing—and it is still the most difficult thing I have to do in my recovery process. I certainly can’t do this alone and must ask for help:

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from every single defect of character which stands in the way of my usefulness to you and my fellows. Grant my strength, as I go out from here, to do your bidding. Amen.”

For many years, I kept a small copy of that prayer right next to my door—that way I was reminded to ask for strength every time I left my home.

By Anonymous



7/5/1983
Terry P
7/14/19
John A

Send your anniversary sobriety date to:
kirkmans@olyphen.com

Make a date with a sponsee. Attend EMRs Potluck & Spkr mtg. Last Saturday of the month.

Attend a West End meeting! They’d love to see you!

Get Involved... Join a Committee!

JULY

- 12-13 West WA Area 72 Business Quarterly, Mount Vernon
- 17 District 22 meeting, 7pm Unity in the Olympics
- 20 Dist. 22 Annual Picnic, 10-4 pm Salt Creek Recreational Area
- 20 Treatment Summer Qtrly business 12:30-12:30, potluck lunch 12:30-1:30
- 20 Our Stories Disclose workshop, 10 AM to 2 PM, Mt. Lake Terrace
- 21 Web Quarterly, 10 AM to noon, in person or on line
- 27 District Young Persons Committee Qtrly, Seattle

27 EMR Speaker/Potluck, 5pm Potluck, 5:45 speaker, Jacque

AUGUST

- 03 Archives Qtrly, 9:00 am Fellowship 10:00am to 3:00pm Quarterly, Oak Harbor.0
- 03 Pre-Assembly mtg, 9am-3pm; Fellowship @ 9:30am. Business @ 10am, Potluck Lunch from 12-12:30
- 08-11 Step Ashore, Ocean Shores, register online
- 21 District 22 mtg, 7:00 pm Unity Church
- 31 EMR Speaker/Potluck, 5 pm potluck, 5:45 Speaker

7th Step Prayer

My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen

Another of the Program's Promises

Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things—these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes. True ambition is not what we thought it was. True ambition is the deep desire to live usefully and humbly under the grace of God. (Found page 124-125 of the Twelve Steps and Twelve Traditions)

Traditions in Relationship
Saturday, August 24
10:30 to 5:30
\$10 registration
At the Farm
557 W Sequim Bay Road

Chere and Matt
Sharing their experience, strength and
hope on how they apply the 12
Traditions to their relationships.

Bring your favorite summer dish or desert to share. No refrigeration or oven!
Bring a wrapped gift to be raffled off
(fund raiser for Dist. 27)
For more in check the Dist. 27 website

DISTRICT 22 ❁❁ ANNUAL PICNIC

SALT CREEK CAMPGROUND
JULY 20, 2019

It's all free... yes, it's FREE
HAMBURGERS, HOT DOGS, POP, COFFEE,
WATER, PLATES & UTENCILS

BRING A POTLUCK DISH TO SHARE

GAMES FOR ALL AGES:
SCAVENGER HUNT * VOLLEY BALL
BASEBALL * FACE PAINTING

Don't miss this, you'll miss out on some good stuff !!

Accessibilities Committee - It's more than you know!

Accessibility issues apply to all alcoholics who have difficulties participating in AA, whether those difficulties are mental, physical, geographic, cultural, ethnic, spiritual, or emotional. Yet, throughout the Fellowship AA's are discovering that the common bond of recovery can transcend these and other personal barriers and diverse needs.

Our Big Book says, "We are people who normally would not mix" and this is especially true when someone is a little "different" from the others. But group unity grows stronger when all members are included and respected and able to function as fully-participating members of the group, and everyone's sobriety is strengthened. We would do well to remember A.A.'s Responsibility Declaration: "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Here's your chance to be of service: Need members to join our group in particular men to help carry the message to the those who cannot attend. Contact accessibilities@nopaa.org if you're interested! Diana K, Chair



Have you been
thinking about the...
Masquerade
Ball?

Let your child out to play.
Dress up like you never
thought. Top it off with a
mystery mask!

SAVE THE DATE: October 19, 2019

Things to Know:

AA Hotline – (360) 452-4212

District 22 Website: <http://nopaa.org>

Area 72 Web site <https://area72aa.org>

AA:
<https://www.aa.org>



let it go.

One of the happiest moments in life is when you find the courage to let go of what you can't change.

We are not CURED of alcoholism.
What we really have is a
DAILY -the sobriety spot-
reprieve contingent on the
MAINTENANCE
of our spiritual condition.

Big Book page 85