

# District 22 Newsletter

March 2019



District Meeting Tidbits

LIONS & LAMBS IN MARCH

CALENDAR OF EVENTS



## THE CORNERSTONE

*"Depression is in the past, anxiety is in the future; peace is now."*

### District Meeting Tidbits

DCM Lori A. was glad to see so many GSRs and Trusted Servants in attendance. She updated the group about the GSR School and Pre-Conference meeting (see Calendar of Event). District meeting focused on Committee reports:

\*\*Diana K (Accessibilities) explained Tommy will stay on to work with Sea Going Loners International. She is working on questionnaire for GSRs to take back to groups.

\*\*Linda W (Activities) outlined the year in action: April 6 is the Talent/No Talent Show; looking at June 15 for AAs Jam Session (more on that later), July 20 is the District's Picnic at Salt Creek, October 19 is the Halloween Masquerade Ball at the Mason Temple and November 16 is the Gratitude Dinner at the Fairgrounds! Next meeting is March 10.

\*\*Terry P (Archives) is still hopeful to have a new Archive Chair.

\*\*Scott K (Corrections) says all is going well. Reports Rootbeer peeps for Easter.

\*\*Stewart (Literature) received an invitation to participate in the upcoming RoundUp. Says he has books on hand and ready to take orders.

\*\*Hala (Schedules) Screaming White Knuckles has changed their name to Olypmic Men's Meeting. Schedules will change in March.

\*\*Molly (Public Information/CPC) will deliver updated schedules every quarter. Will attend the CPC quarterly in May to learn more.

\*\*Danny (Treatment) says all spots are filled and the treatment center fully appreciates our involvement.

Forks will be the location for the April 17 meeting of the District at 6:00 PM. Carpooling recommended; it's fun, you get to know folks better.

### About March...

When I was growing up, my father would always say, on the first of the month, "March comes in like a lion and goes out like a lamb." Today it seems to me that statement doesn't always have to refer to the weather. It can also be a reminder of how we first came into the Program and of how much we have changed.

Some of us did, indeed, come in with a roar. We argued and challenged everything that we read in the Big Book and the 12x12—we even wanted to rewrite the AA literature. We disagreed, debated and even fought with our sponsors and the people that were trying to help us. As we continued to go to meetings, made the commitment to recovery and worked our way through the 12 Steps, we began to feel that we "belonged" to the human race again. Some might even have thought that AA was taming them. And so, we gave up our growling and snarling and became calmer and gentler as we took on

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**Step 3** – "Made a decision to turn our will and our lives over the care of God as we understood Him" This was impossible for me until I had really, really accepted Steps 1 and 2. My trouble was, I thought I *had* to know who my High Power was *before* I could turn my life over. So...I got hung up trying to figure it out. I did *not* know that I did NOT have to know. I *did* have to know it was *not* me. When I figured that out, I was free to continue. I acted as if and came to trust that those who came before me would explain it over time. I could relax, make the decision and accept that everything would work out by doing the rest of the Steps.

As I trusted my sponsor and you in the meetings, I was able to complete my steps, stayed sober and became the recipient of more and more of the promises. "Trust and follow directions." As I Understand It, by Ruth M.

### Tradition 3 – “The only requirement for A.A. membership is a desire to stop drinking.”

How relieved I once felt living in the belief that “the only requirement for AA membership is a desire to stop drinking.” My problem was that time and time again, I would falter in my desire and begin drinking again. Putting the plug in the jug was not enough for I was the victim of other drug addictions. Membership in the fellowship was one thing but freedom from alcohol was another matter altogether, no matter how strong my desire to stop drinking.

For me there is an unwritten truth, that in order to have a spiritual experience (a connection with a power greater than myself) which I hold as the key to continual sobriety, I must be free of all drugs (non-medically related) and that it was this illusive spiritual connection that became the solution to my dilemma. Early on in the Big Book it states, “there is one who has all power, that One is God, may you find Him now.” And after ten years of being in and out of the program I came to know that Power.

Sobriety is more than not taking that first drink. Sobriety is a state of being that allowed me to be comfortable in my own skin and granted me a very personal journey to discover a God I do not understand, yet an entity I’ve entrusted my life with, in this joyful journey of self-discovery. Other drugs besides alcohol could give the illusion of something spiritual but where was I after the high wore off? Back to the beginning and a deep down feeling I really wasn’t a member of AA in the true sense. Where was the happiness that the promises offered?

“As I understand it” by Mark P

### Put Some “Action” in Your Exercise Program

- \**Sweep* away the wreckage of your past
- \**Pick up* the phone
- \**Carry* the message to the next sufferer
- \*...we really hadn’t *cleaned house* so that the grace of God could enter us and expel the obsession.

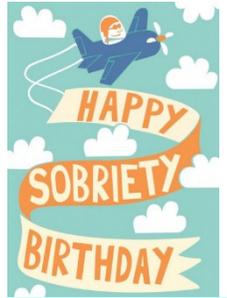
### March

the best qualities of the lamb.

Others of us came into the Program at the other extreme. We were beat and so ashamed of ourselves that we couldn’t hold up our heads. And we were terrified: We felt like lambs being led to slaughter. We hid in the back rows at meetings and did anything that anybody told us to do—sometimes the advice was not very good but we did it anyway because the advisor had more sobriety than we did. Many of us felt so sorry for ourselves—“I’m such a victim.” But the same thing happened to the lions also happened to us. We obtained sponsors, went to many meetings and started moving toward the front of the room. We made the commitment to recovery and worked our way through the 12 Steps. We began to reach-out to others and feel that we “belonged” to the human race again. We had acquired the heart of a lion.

Isn’t this AA thing wonderful? Lions to lambs and lambs to lions—it’s all about changing which we know we must continue. Keep “...trudging the road of happy destiny.” Maybe we can MARCH that road this month!

“Thoughts to Ponder”, by Barb



**Shannon S**

March 5

**Michael A**

March 14

**Scott K**

3/26/1997

**Debbie S**

3/21/2009

Send your anniversary date to

[kirkmans@oly.com](mailto:kirkmans@oly.com)

**Fill a night with food & friends. Attend EMRs Potluck & Spkr mtg. Last Saturday of the month.**

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

UPDATE CALENDAR BY CONTACTING: [Newsletter@nopaa.org](mailto:Newsletter@nopaa.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.

### MARCH

- 16 How to put sobriety first while maintaining work and family life, FREE Workshop, 10 AM – 1 PM Issaquah**
- 20 DisConference, District Meeting, 7 PM, Unity Church**
- 23 Pre-Conference, 11 AM – 3 PM, Bremerton**
- 24 Last day to register for the Talent/No Talent Show**
- 29 Sequim “Duck In” Speaker Meeting and Potluck, St. Luke’s Episcopal Church, 6 PM**
- 30 EMR Speaker Meeting and Potluck, Veterans Center, PA, 5 PM**

### APRIL

- 5-6 Area Quarterly, Tacoma Sportsmen’s Club 15409 Canyon Rd E Puyallup,**
- 06 TALENT-NO TALENT SHOW, Masonic Temple, \$5**
- 13 Treatment Spring Qrtly, 10:30 AM to 2 PM, Bellevue**
- 27 GSR School, Port Orchard 2-6 PM**
- 26-28 Northwest GirlStock,**
- 29 Duck In Potluck & Speaker mtg, St. Luke Episcopal Church, 6 PM Sequim**
- 30 EMR Potluck and Speaker Mtg, Veteran’s Cntr, Port Angeles, 5 PM**

### 3<sup>rd</sup> Step Prayer

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy Way of life. May I do Thy will always!

### Suggestions for the Newcomer

You're new. You make it to a seat. You hesitate. Should I stay or should I run? What are they talking about? If I stay...what do I do?

Sound about right? If it's any help, we've all been in that situation. Try reading the list below. When finished reading, if you have any more questions or feeling like running, stay...please. It does get better, really. May take a while, but it does get better.

1. Go to meetings. Check out various ones. Always know the time and place of your next meeting and don't drink before it starts. AA's recommend you go to 90 meetings in 90 days.
2. Get phone numbers. Use the back of the schedule. Get numbers and use them before you take the first drink.
3. Listen for the similarities. Most of us tend to be critical. Instead, listen for people who have felt what you have. Hear the message in their Stories.
4. Get a Big Book. Our program is written in the first 164 pages.
5. Pick a regular meeting (Home Group) and ask for a service commitment. (I'll explain more about that later.) Even a minor contribution will help you feel a part of the group.
6. Look for a temporary sponsor who will help you get started on the steps. Find an AA member of the same sexual identify who has some time, a working knowledge of the 12 steps and has the sobriety you want.
7. Avoid slippery places and people. If you just go, have a way to leave early or take another member. If tempted, think the drink all the way through. Is one drink really going to be enough? Has it ever?
8. Remember HALT. Don't get hungry, angry, lonely or tired.
9. Stick with the winner-the people who are staying sober by doing service and practicing the program.
10. Ask your Higher Power for help.

See, they aren't so bad. Don't have to do all at the same time. But I would suggest putting some into action as soon as you can. They longer you wait, the longer you hurt. Take it all just one day at a time!

### 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>



### Making Memories...

There was a different feeling in the crowd, like people were anxious but they were excited also. There was a "buzz" in the air, you could tell something was going to happen but what in the world. The room was becoming smaller as people crowded in, at one point, standing room only!

And the show began!!!

They laughed, hooted, hollered as AA members came out.... Cal in the pink tutu, Jon stomping and singing along with Rachel, a band came out of the woodwork and rocked the crowd. Jackson caught the bug with his standup comic routine. Megan came out of her shell and blew us away. The next year the same thing happened. People came in droves, crammed the Temple with laughter and conversation.

The re-birth of Laugh In. Butch the Judge, Lloyd the announcer, Patty the telephone operator. The Dad and son, brought tears to our eyes. Scott caught the announcer bug! Bill fell off the wagon! Stephen sang and played. You really had to be there!!

Wait, hold everything... You can be there this year!!

**April 6 - Talent/NoTalent Show - Tickets \$5  
On Sale NOW. Get yours today!**

### February Speakers at Forks AM & EMR Birthday Meetings

Gene G. was clear about one thing, he loved the AA program. And he was adamant about sharing the solution. Our lives had become unmanageable. All saw it but no body had a solution. The Big Book did. Turn your way of thinking around; replace with a HP via the Big Book. Spend time with the Book; the answer and the solution is there!

Calvin was back "home" at EMR. Folks were glad to see him again. Going into the Marines was the end of one life and the beginning of another. He learned how to drink as a Marine and yet found sobriety and a new life skill in the end.

Both men shared from the heart. And they touched our hearts! EMR has speakers the last Saturday of the month at the Veteran's Center. Forks hopes to have another soon. Watch for info!

### OLYMPIC ROUNDUP - RECOVER THROUGH ACTION - MAY 17, 18, 19, 2019

Clancy I. Los Angeles, CA; Steve L. Nashville, TN; Gemma B. Los Angeles, CA;

Linda P. Los Angeles, CA; Local Speaker - Linda R. Port Townsend, WA.

AI-Anon Speaker - David M. Seattle, WA; YPAA - (Sober Young In AA) Richie B. Los Angeles