

Sobriety
Apps



District 22 Newsletter

2022
May



CALL FOR
ARTICLES

CALENDAR
OF
EVENTS

THE CORNERSTONE

To change the things that I can.

Call for Articles

Top FREE Sobriety Apps

Whether you simply want to track your sober time, are looking for something to keep you busy, or want to know how sobriety is improving your physical and mental health, there are apps for that!

Sober Grid

[Sober Grid](#) allows you to create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. You can also use the app to create anonymous check-ins about whether you're sober or not, your mood, and what's going on.

Nomo – Sobriety Clocks

[Nomo](#) can be a great tool for people who are supporting someone through recovery. The clock function can mark emotional turning points, and you have the choice of sharing any feelings of fear, joy, or shame that you are experiencing in the “encouragement” section of the app, which helps you feel less alone in your recovery.

SoberTool

[SoberTool](#) is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target. You can earn rewards by hitting different milestones for the time that you have stayed sober. The app even calculates your estimated savings from staying sober.

WEConnect

[The WEConnect app](#) provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, or meditate - anything you need to provide that extra push.

Source: <https://rehabs.com/smartphone-apps-for-recovery/>

We need input and articles for the monthly Cornerstone publication.

Articles to come:

These are subjects for Newsletter articles we would like to have in coming issues. Like the ones from last month on Service, or on Hybrid meetings or this month on Sobriety apps.

Youth – How can we best help the youth in need of AA? What are we doing and what can we do better?

Reading List – Do you have a Big Book, a copy of the 12 and 12, As Bill Sees It or The Daily Reflections? We would like to publish a reading list and have input from members. We have an open topic question for this on whether we should cover only publications by the GSO or if we should offer a wider view. What is your thinking?

District Meeting Tidbits – Getting back in the swing of a monthly newsletter we find that past editions carried tidbits from the District meetings. We will resume this practice and would like to know if you have questions.

Normal - Are things returning to normal?

Please email newsletter@nopaa.org with suggestions, ideas, birthdays etc.

KEEP THESE HANDY

District meeting:

3rd Wednesday of the month,

7 pm, Unity Church on Myrtle St

District 22 Website: NOPAA.com;

District 22 AA Hotline: (360) 452-4212

AA General Service Office: aa.org

Western Washington Area 72 website:
area72aa.org

May Calendar

18th: District 22 meeting, Unity Church, 7 pm

June Calendar

11th: Activities (District 22), TAFY, 3:30 pm

15th: District 22 meeting, Unity Church, 7 pm

18th or 19th, District 22 meeting, Forks Aquatic Center (tentatively set for 2pm)

July Calendar

9th: Activities (District 22), TAFY, 3:30 pm

20th: District 22 meeting, Unity Church, 7 pm

23rd: Annual Picknick, Salt Creek Campground

A.A. DISTRICT 22 ANNUAL PICNIC SATURDAY, July 23 Salt Creek Campground

PROVIDED:

TBD

BRING Your favorite potluck dish!

FUN ACTIVITIES:

GAMES, HIKE, CHILDREN'S ACTIVITIES, HORSE SHOES, BASEBALL, RELAX, VISIT WITH FRIENDS, TAKE A NAP, THEN DO IT ALL AGAIN!!!

WATCH FOR FLYERS WITH TIME AND MORE INFO!

Contact Missy. at:

activities@nopaa.org

The Talent No-Talent show was a blast on SATURDAY, APRIL 23, 2022 at the MASONIC TEMPLE ON LINCOLN ST IN PORT ANGELES.

Thank you to all who attended!

activities@nopaa.org

God

Grant me the Serenity
To accept the things I cannot
change, the Courage to
change the things I can, and
the Wisdom to know the
difference.

HOMEBOUND?

Are you or someone you know stuck at home and unable to get to meetings?

We can provide transportation to and from meetings **OR** bring a meeting into your/their home. For more information, contact the District 22

Accessibility volunteer at 650-339-0438 or email to



Send your anniversary sobriety date to: newsletter@nopaa.org

We know some don't want to jinx it so let us know when it is okay to share!

Contrats!

Bring on the SUNSHINE!