

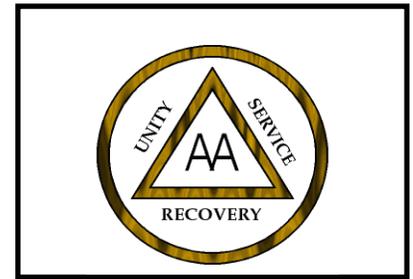
# District 19 Newsletter

November 2020

Newsletter@dist19aa.org

Meeting Info: CALL (425) 252-2525

<http://www.dist19aa.org>



## Short and Sweet...

why gratitude? “When we try to pick out anything by itself, we find it hitched to everything else in the Universe.” -John Muir “With mindfulness, every moment of everyday is a precious jewel.” -Thich Nhat Hanh “Joy is what happens to us when we allow ourselves to recognize how good things really are.” -Marianne Williamson “The thankful receiver bears a plentiful harvest.” -William Blake “We can only be said to be truly alive in those moments when our hearts are conscious of our treasures.” -Thornton Wilder

### A Full and Thankful Heart

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine— both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living. I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

Grapevine, March 1962

### Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

### Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

## Step 11 -

**Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of His will for us and the power to carry that out.**

Step eleven is about finding your spiritual center and that will look different for each person. Because it will be ongoing, it may not be possible to work it perfectly. But, that's OK because the act of working it and trying to find your center often produces longer lasting, more powerful effects than any other feature. After all, as the step states "God, as we understood Him."

### **Why are prayer and meditation important to recovery?**

They aren't just important; they are vital if you intend to build your new life on a solid spiritual grounding. AA believes you will grow spiritually through the 12 steps and that this growth will free you from the negative emotions that ruled your life when you were drinking.

Your growing spiritual awareness must be cultivated by a persistent practice of prayer and meditation or you risk stunting its growth. If you don't have that strong grounding you also risk instability in the recovery you place upon it. When you face stress or other triggers and don't have a spiritual practice to help you to cope with it, you risk turning to alcohol, like you used to.

[www.Alcohol.org](http://www.Alcohol.org)

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Turn up a stereo to full volume then unplug it. In 2, 5, 10, or 20 years later – if you plug it in again, the stereo will come on full volume. That's what alcoholism is like. - Unknown

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# Tradition 11 Long Form—

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

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*The 12 Steps tell us **how** the program of AA works and the 12 Traditions tell us **why** it works-*

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*“Our traditions are a guide to better ways of working and living. And they are to group survival as AA’s 12 Steps are to each member’s sobriety and peace of mind. Most individuals cannot recover unless there is a group. The group must survive or the individual will not.” - Bill W.*

## Historical AA Events for November -

**Nov 1, 1947** – 1st AA Group in Anchorage, Alaska.

1963 – Reverend Sam Shoemaker dies.

**Nov 11, 1934** – Armistice Day; Bill started drinking after dry spell, beginning of Bill’s last drunk.

**Nov 13, 1939** – Bill wants to go to work at Towns Hsp, NY drunks want him to stay on as head of the movement.

**Nov 15, 1949** – Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

**Nov 16, 1950** – Dr. Bob died.

**Nov 28, 1939** – Hank P. writes Bill advocating autonomy for all AA groups.

– <https://www.aa-oregon.org>



## Items of Note for District 19

[www.dist19aa.org](http://www.dist19aa.org)

Here is the link to the No Reservations website:

<http://www.noreservationspeakermeeting.org/>

This way you can find out the dates of the meetings and who is speaking along with costs and so on. **17311 Reservation Rd, La Conner**

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**General Meeting Questions:**

Joe W. - 360.853.5639 / John L. - 360.661.0780 -

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### **A list of on-line resources to use during this time of Covid 19**

Go here for a listing of mostly local Zoom meetings: [SnoCoAA.org](http://SnoCoAA.org)  
You will find a roster of meetings by day of the week on the home page.

Go here for a listing from the Area 72 website-  
<https://area72aa.org/online-virtual-meetings/>

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Want a service position outside your Home Group? **Try the Central Office.** Located at 1625 E. Marine View Dr. in Everett the CO can always use people to help with the phones. Shifts during the week are just two hours. At night you staff the phone from 7pm to 7am, once a month. It's service work that puts recovery into action. To get involved call 425-252-2525 during normal business hours (7am to 7pm) and tell them you want to answer phones. Someone will get back to you.

# Calendar of Events– November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 No Reservations Mtg First Saturday of every month– Open Meeting
8	9	10 7:00pm- Central Office Meeting- 1652 E. Marine View Drive	11	12 7:00pm– District 12 Business Meeting, 1401 Poplar	13	14
15	16	17 Service Manual Study 6-7:30– 34 Oakes (18th and Baker) Second Tuesday	18	19	20	21 -Conway Old Timers Meeting-Potluck at 5/Speakers at 6
22	23	24	25 5:30– 3rd Legacy Meeting 7:00pm– District 19 Business Meeting 47th and Alger, Zion Lutheran Church	26	27	28
29	30					

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**If you have any AA related announcements to share, email me and I'll include it here.**

*[Newsletter@dist19aa.org](mailto:Newsletter@dist19aa.org)*