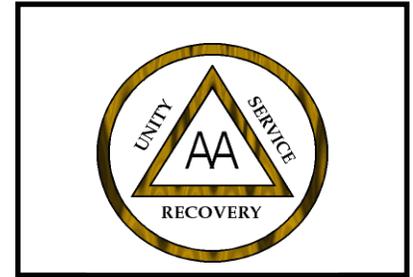


District 19 Newsletter

December 2020

Newsletter@dist19aa.org

Meeting Info: CALL (425) 252-2525



Happy Holidays!



Short and Sweet...

Dr. Bob's Farewell Address

"My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind. Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. Thank you very much."

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice there principals in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Step 12 -

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice there principals in all our affairs.

How Do You Complete This Step? Give selflessly and ask nothing in return.

- Reach out to your fellow alcoholics who are still suffering. Give selflessly and ask nothing in return.
- Begin to practice all 12 steps on a daily basis as a foundation for your new life.

What Are Some Tips for Completing This Step?

- Bring the same spirit, love and attitude of helping fellow alcoholics to every aspect of your own life.
- Take your problems as they come and transform them into assets or strengths.
- Perspective is everything when it comes to continuing to practice all 12 steps in your day-to-day life.
- Spiritual growth should be your highest priority.
- Abandon the need for self-importance and prestige. It doesn't bring happiness. Instead, learn to find peace within yourself and with whatever life throws your way.

What Are Some Myths About Step 12?

- You're fully recovered once you get through all 12 steps: Recovery is a lifelong process that requires discipline and a change in attitude and perspective. Only by regular practice of the 12 steps can you continue to live a sober, happy and peaceful life. The steps become a way of life for recovering alcoholics and a guide to living honestly and compassionately.

Tradition 12 Long Form—

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to actually practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over is all.

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

“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 December -

Dec 6, 1939 – Bert the Tailor lends Works Publishing \$1000

Dec 11, 1934 – Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).

Dec 12, 1937 – Bill meets with Rockefeller Foundation and tries to get money.

Dec 13 or 14, 1934 – Ebby visits Bill at Towns hospital, brings William James' book, *Varieties of Religious Experience*.

Dec 19, 1939 – Los Angeles hold their first AA meeting there.

Dec 20, 1945 – Rowland H. dies (he carried the Oxford Group message to Ebby).

Dec 27, 1893 – Rev. Samuel Shoemaker is born.

– <https://www.aa-oregon.org>



Items of Note for District 19

www.dist19aa.org

Here is the link to the No Reservations website:

<http://www.noreservationsspeakermeeting.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**

General Meeting Questions:

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

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
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/>

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– December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 No Reservations Mtg First Saturday of every month– Open Meeting
6	7	8 7:00pm- Central Office Meeting- 1652 E. Marine View Drive	9	10 7:00pm– District 12 Business Meeting, 1401 Poplar	11	12
13	14	15 Service Manual Study 6-7:30– 34 Oakes (18th and Baker) Second Tuesday	16	17	18	19 -Conway Old Timers Meeting-Potluck at 5/Speakers at 6
20	21	22	23 5:30– 3rd Legacy Meeting 7:00pm– District 19 Business Meeting 47th and Alger, Zion Lutheran Church	24	26	27
28	29	30	31			

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

Newsletter@dist19aa.org

'Sooz Says' - District 19 Accessibility Chair

Ideas about Accessibility: Remote Communities

DEC 2020

Things to be grateful for in 2020. How aptly Alcoholics Anonymous pivoted almost instantaneously to ensure its reach to the suffering alcoholic during isolating and uncertain times. Membership's collective intuition lead each of us into an age of technological revolution, creating an A.A. Zoom Culture. As some groups begin to reopen in person meetings, others standby for the same but the hybrid meeting model is here to stay. It may never be what it was and for this I am both saddened and also grateful. An unexpected result of the Zoom Culture is its sheer reach to remote communities.

Virtual meeting spaces have broadened the reach Alcoholics Anonymous has, entering directly into people's homes, sharing translators, bridging memberships across the globe in a way inconceivable a year ago. For many obvious reasons the Zoom Culture has broken down what for many had been barriers to the message isolated by geographical location, those home bound and in some instances non-English speaking or ASL.

Remote communities are those whose access to A.A. is challenged by a particular condition, disability or barrier which means those who qualify for such status are a far more diverse bunch than those who have benefited virtually. Not everyone has access to the internet. Others lack confidence to navigate this new world. Much of the same divisiveness outside A.A. exist within. 2014's Membership Survey was summed up in that edition of Box 4-5-9. "Although most members acknowledge that marginalization due to race, gender and other factors occurs less in AA than it does elsewhere, it does occur..." I won't harp on our Third Tradition this time, but quote the article as a reminder that remote communities in A.A. equate to a heck of a lot of still suffering alcoholics. To start, go to area72aa.org then search remote communities and tap on the survey. This will help Area 72 gather 'current shared experiences to evaluate for inclusion', as they work towards a remote communities kit and workbook tailored for the region. (Pg. 27 2020 General Service Conference Final Report).

Thank you for the opportunity to serve as District 19's Accessibility Chair this rotation. It is with great joy to introduce your next Accessibility Chair Shae T. And to John M for these stunning newsletters, WOW!

There are certain things we alcoholics must prioritize to maintain balanced fitness. One, don't drink today. Two, daily inventory & a clean street. Three, give back what has been so freely been given. Grab your tools. There is suffering that needs a bridge built.

With gratitude,

Sooz

accessibility@dist19aa.org

Happy Holidays! 2020 is in the rear view!

Why Should I Do That?

An editorial about service

By John M– Newsletter Chair

Let's look at the definition of the word editorial to start with. I found this; *an editorial is a newspaper article written by or on behalf of an editor that gives an opinion on a topical issue.* For our purposes this newsletter is the same as a newspaper. As an alcoholic I have been known to have an opinion now and then. I'm sure you can relate.

Since coming to the Fellowship I have been involved in service as GSR, (2 different home groups), Schedules Chair, phone volunteer at the Central Office for about 10 years (2 different times), Alternate Manager at the CO, Manager at the CO, Treasurer at the CO and for the last 3 years or so, Newsletter Chair. In my home group besides being GSR I have been the greeter, coffee maker and currently I'm the group secretary. I'm not bragging but there is no other way for me to explain my point about service without telling you what I have done. Like most of what I know about being sober, I've learned from you and other alcoholics. For example, on the front page of this newsletter we have Dr. Bob telling us our lives come down to two things, love and service. Doing service to your home group, district, area or sponsee is a form of love. If it's good enough for him, it's good enough for me.

The reason service is important to me? Without it I find myself in a sort of no-mans-land. I don't have enough Fellowship related activities to keep me focused. My mind gets complacent. I get lazy about what I need to do to ensure I don't pick up a drink. In home groups we hear our GSR make a report from the District meeting. Those reports often consist of available service positions. There is no pre-requisite for being involved in service. I always encourage people to get involved because really, there is nothing in the Fellowship you can break or ruin. A long time sober member once said to me, 'when I got busy, I got better.'

Of course one of the most rewarding forms of service is being a sponsor. When I say yes to someone asking me to help them, the program unfolds for me at another level. And as a sponsor I encourage the men I work with to get involved in service. If sponsorship isn't something you can do, then consider helping at the Central Office, the District or being on a committee (like the Newsletter for example). The time required for service isn't burdensome or demanding. For most of the jobs a few hours a month is all it takes to be the secretary, the treasurer, the Accessibility, PI or Treatment Chair.

It's a small price to pay really, for what is returned. The knowledge that I have contributed to the overall well being of the Fellowship via service pays a benefit that is priceless. It's called sobriety. Give it a try. I can promise it won't harm you.

Thank you for allowing me to be of service. Take care and stay well.

In service,

John M

