

District 19 Newsletter

September 2022

Newsletter@dist19aa.org

Meeting Info: Call (425)
252-2525

<http://www.dist19aa.org>



A NOTE FROM YOUR NEWSLETTER EDITOR;

I don't really know what I'm doing, but I'm excited to be doing it !!

First off, let me tell you a little bit about myself. My name is Lorri J and I am an Alcoholic. I started my road to recovery in District 31 (that's in Seattle) I started my journey in recovery March, 31st, 2001. At year 2 of recovery, I joined a group "The White Center Group of Alcoholics" A year later, I became an ALT GSR, because nobody would step up to do it. I tried my best but it was just too much for me to try under the district level of AA. While still trying to figure out who I was. Needless to say, I had to let the district level service work go. About 5 years later I got nominated to become the newsletter editor for a group that was being held at a Treatment center in Tukwila, that group was called "The Magic Works" it was created by several Alums of that treatment center that wanted to show those who were in treatment that you can live sober and have a fantastic life outside of treatment...we did things like

~ **Tacoma Rainiers games**

~ **Halloween Parties**

~ **Feed in the homeless Nov thru March on the last Sunday of the Month.**

~ **Aqua sox games**

~ **Hockey games**

~ **Annual picnic**

All these activities gave me something to write about, at the Group level. Now I think I'm ready to do this service position at the district level. So... I'm once again excited to be behind the pen, "so to say" My goal is to build as I go so stay tuned, and let's build this thing together. My email address is listed at the top of the newsletter, please feel free to send me your thoughts, ideas, cartoons, drawings, words of wisdom and much more. Again Many Thanks,

Your trusted Newsletter editor.

Lorri J

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others." What Is the Purpose of Alcoholics Anonymous Step 9? The purpose of Step 9 of Alcoholics Anonymous is to take action and apologize to those you have harmed with your drinking.

ALCOHOLICS ANONYMOUS, p. 15

LIVING OUR AMENDS

"Years of living with an alcoholic is almost sure to make any wife or child neurotic. The entire family is, to some extent, ill."

Daily Reflections: It is important for me to realize that, as an alcoholic, I not only hurt myself, but also those around me. Making amends to my family, and to the families of alcoholics still suffering, will always be important. Understanding the havoc I created and trying to repair the destruction, will be a lifelong endeavor. The example of my sobriety may give others hope, and faith to help themselves.

When I came to A.A., I realized that A.A. worked wonderfully to help keep me sober. But could it work on real life problems, not concerned with drinking? I had my doubts. After being sober for more than two years I got my answer. I lost my job, developed physical problems, my diabetic father lost a leg, and someone I loved left me for another — and all of this happened during a two-week period. Reality crashed in, yet A.A. was there to support, comfort, and strengthen me. The principles I had learned during my early days of sobriety became a mainstay of my life, for not only did I come through, but I never stopped being able to help newcomers. A.A. taught me not to be overwhelmed, but rather to accept and understand my life as it unfolded.

ALCOHOLICS ANONYMOUS, p. 122

TRADITION 9

Tradition 9 - AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

It is clear now that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service, two concepts which are sometimes poles apart.

Twelve Steps and Twelve Traditions, p. 174

District 19 service positions

A
It

| 2022 Position | Chair | Contact Info | E-mail |
|---------------------------|--------------------------|--------------|--|
| Dist Com mbr (DCM) | Tom. P | 425-308-8070 | dcm@dist19aa.org |
| Alt Dist Com mbr (DCM) | Sooz. B | 425-299-5660 | altdcm@dist19aa.org |
| Secretary | Stacy. K | 425-327-4283 | secretary@secretary19aa.org |
| Alt Secretary | | | |
| Treasurer | temp Sooz. B OPEN | 425-299-5660 | treasurer@dist19aa.org |
| Alt Treasurer | | | |
| Accessibility | Angie. M | | accessability@dist19aa.org |
| Archives | Christopher. H | 360-618-2285 | archives@dist19aa.org |
| Bridge the Gap | Tom. N | | bridgingthegap@dist19aa.org |
| Central Office | Colleen. S | 425-446-0427 | centraloffice@dist19aa.org |
| Corrections | OPEN | | corrections@dist19aa.org |
| Coop w/Prof (CPC) | OPEN | | cpc@dist19aa.org |
| Graprvine/Litature | Sandi. B | | grapevine@dist19aa.org |
| Gratitude Banquet Cord | Colleen. S | 425-446-0427 | banquet@dist19aa.org |
| Newsletter Editor | Lorri. J | 206-419-8087 | newsletter@dist19aa.org |
| Public info (PI) | OPEN | | pi@dist19aa.org |
| Picnic Coord | Kim. N | 253-499-3321 | picnic@dist19aa.org |
| Schedules | Pleasant. B | 425-501-0397 | schedules@dist19aa.org |
| Sno-King inergroup Liason | OPEN | | snoco-liason@dist19aa.org |
| 3rd Legacy | Bill. W | | thirdlegacy@dist19aa.org |
| Treatment | Tom. N | | treatment@dist19aa.org |
| Web Chair | Joe. T | | |

Serving Districts: 2,3,12,19,24 & 38

Everett Central Service Office Stapling Party
is BACK!

That's right!

We have updated **SCHEDULES** to staple!



Sunday September 11th

(Never Forget)

TIME: 12:30-5:30pm

Sky Valley Snohomish Alano Club
Located at 625 Ford Street
Snohomish, WA 98290

Also! Wash your hands for a

Finger Food Potluck!

Please bring your favorite snack foods, hor dourves,
or dessert!

Questions please call 206-471-1224



How to be of service in AA

Please Join Us! For
D19's Business Meeting
Ice Cream Social & Election Party
September 28th at 7 pm Zion Lutheran Church

Eat a gigantic bowl of delectable dessert w/ lots of toppings while participating in the election process (2023-24 rotation). No commitment necessary to attend.

WE ARE responsible for the hand of AA always to be there.

AA Business **NEEDS YOU!**

Help reach those still suffering in our own neighborhoods. Strengthen your program. Grow your fellowship. Bring new ideas & diversity to the business of AA... **IT IS YOUR BUSINESS.**

Come Early and participate in the 3rd Legacy 12 Traditions & Concepts 5:45-6:30 w/ Bill W

*** District 19 Business Meetings are held the last Wednesday of every month at 7PM
Zion Lutheran Church 4634 Alger Ave, Everett WA 98203 (Downstairs)



MOUNTAINS

WORD SEARCH PUZZLE

ALTITUDE
ANIMALS
BARRIER
BASE
BEAUTY
BELT
BIRDS
DIVIDE
DOME
ELEVATION
EROSION
FORESTS
FORMATION
GORGE
HIKING
PASS
PEAKS
PLAIN
RAIN
RANGES
RIDGES
ROCKS
RUGGED
SHRUBS
SLOPE
SNOW
STREAMS
VALLEY

Y E D U T I T L A D S A R F
P S K A E P D N U D H R O L
N K S T R E A M S S R R F H
I H U H G O R G E O M N S I
A Y N G A S N G C A I O E K
R N U N E G N K T A A I Y I
N R E G F A S I L S N S E N
B O D D R O O P B S I O L G
A I I Y I N R U S A M R L F
R W F T T V R E X P A E A D
R B E L A H I S S G L E V O
I W E P S V D D N T S V R M
E B O I O R E S T D S E K E
R C V N I L R L Y T U A E B
X C S B S Y S N E E S A B W

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



September 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|---|---|---|-----|---|
| | | | | 1 7pm District 12 Business MTG 1401 poplar | 2 | 3 No Res MTG 1st Saturday of every month. |
| 4 | 5 | 6 7pm Central office MTG via zoom ID: 851 7704 3011 | 7 | 8 | 9 | 10 |
| 11 Staple Party 12:30-5:30 @ Sky Valley | 12 | 13 | 14 | 15 | 16 | 17 Conway Old timers MTG Potluck-5p Speaker-6p |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 District 19 MTG, 3rd leg- acy @ 5:30 bus mtg @ 7p- 8:30p | 29 | 30 | |

**Have an idea or event
to share in the newsletter please
feel free to contact me at**

Newsletter@dist19aa.org

