

District 19 Newsletter

October 2022

Newsletter@dist19aa.org

Meeting Info: Call (425)  
252-2525

<http://www.dist19aa.org>



## Step 10

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

As we work the first nine steps, we prepare ourselves for the adventure of a new life. But when we approach step Ten, we commence to put our A.A. way of life to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of their life until self-searching becomes a regular habit, until their able to admit and accept what they find, and until they patiently and persistently try to correct what is wrong.

Twelve steps and twelve traditions pg. 88

## Tradition 10

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy”*

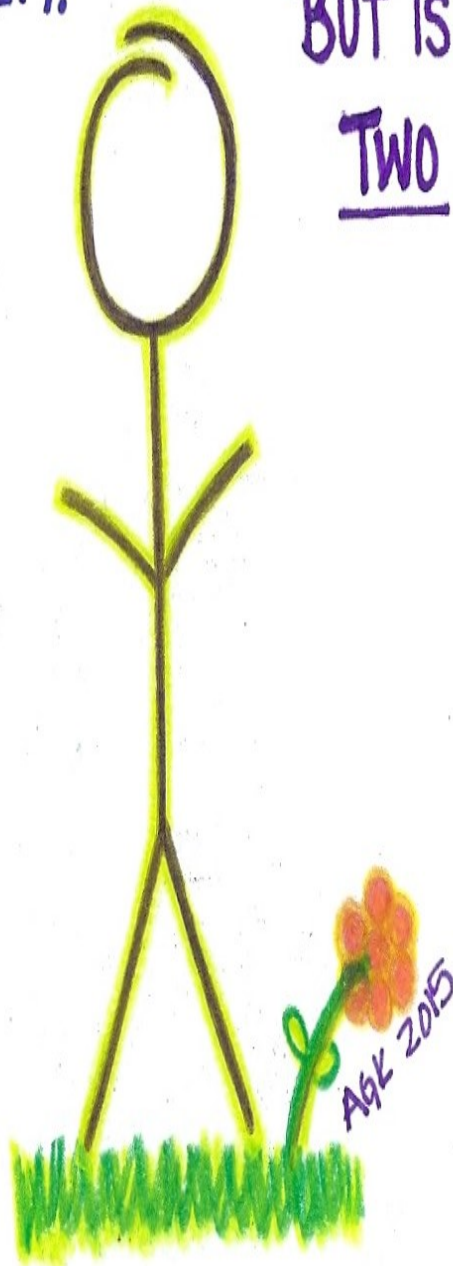
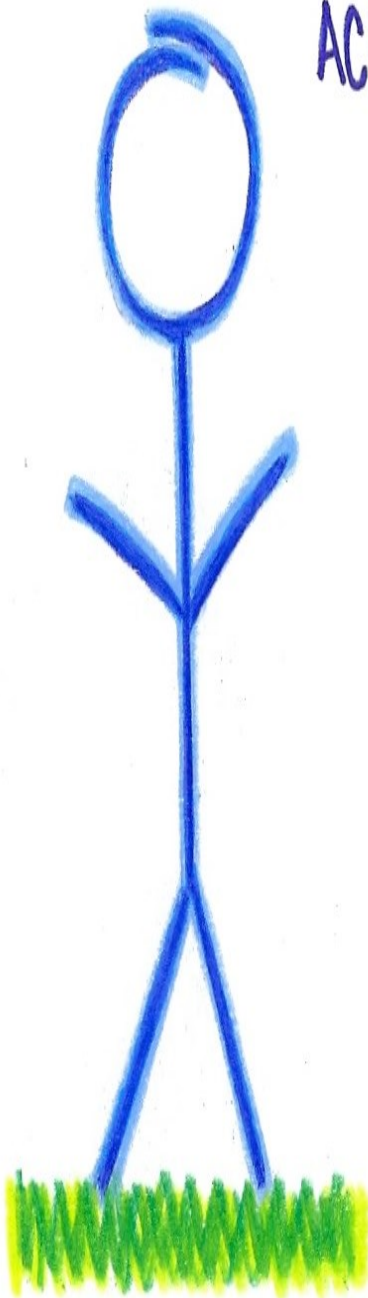
Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one old-timer recently declared, “Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don’t argue these matters privately, it’s a cinch we never shall publicly.

Twelve steps and twelve traditions pg.176

## A little something from the A.A. Grapevine

OUR PRIMARY PURPOSE  
IS TO STAY SOBER AND  
HELP ANOTHER ALCOHOLIC  
ACHIEVE SOBRIETY.

BUT ISN'T THAT  
TWO PURPOSES?



Agk 2015

AA LOGIC

# District 19 service positions

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

The Assembly is short by about 100 volunteers! Can you please get the word out to your peeps! We need volunteers who are not DCMs, Alt DCMs, GSRs or Alt GSRs. We need in-person volunteers and techy volunteers to help out with Zoom.

We have made it super easy by using sign up genius! Please share the link below:

<https://www.signupgenius.com/go/10c0e45afa628abfec61-western>

## How many times a week should you go to AA?

Most addiction specialists recommend that recovering alcoholics attend AA meetings at least 3 to 4 times a week during the first few months of newfound sobriety. You may find that you need to attend more meetings or less. Depending on your level of addiction, you may wish to attend this often for a year or more.

Many places offer meetings from early morning until late at night. You don't have to sign up for a meeting in advance, so you always have the chance to attend one whenever you feel the urge.

Thank you to everyone that helped out at the stapling party at ***Sky Valley*** in September! It was great to see old and make new friend. Thank you to everyone that brought out food and drinks.



### Serenity Hall Halloween Boo Bash [Serenity Hall](#)

12536 Renton Ave S.  
Seattle, WA 98178

[Halloween Bash SH](#)  
7:30 Potluck  
8:00 Birthday Night  
9:30-Midnight Dance  
Costumes Encouraged



# FALL INTO FELLOWSHIP



**\$5 DONATION**  
**50/50 RAFFLE**

## DISTRICT 19 GRATITUDE BANQUET

**SATURDAY NOVEMBER 5th 2022**

**ZION LUTHERAN CHURCH**

**4634 ALGER AVE, EVERETT, WA 98203**

**STARTS AT NOON-SPEAKER MEETING WILL FOLLOW AT 1:00 PM**

**AA SPEAKER: JOYCE W**

**AL-ANON SPEAKER: SHELLY T**

**Sliced turkey should be provided by Sunday -Thursday home groups in District 19. Sliced hams should be provided by Friday & Saturday home groups in District 19. Individuals should provide a dish to share with others. Any food that can be pre-cut or sliced into small portions, please do so.**

**Mashed potatoes, gravy, stuffing, rolls, coffee/beverages provided**

**Please provide a dish using last name**

**A-G salads, fruit salads, Jell-O, rolls**

**H-P side dishes, yams, green beans etc.**

**Q-Z dessert, pies, cookies, cakes, etc.**

# AA October

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

ASSETS  
CONSCIENCE  
TRIUMPHS  
JEALOUSY  
INVENTORY  
ALCOHOLICS  
EMPHASIS  
SELF-PITY  
DIFFICULTIES  
KINDNESS  
JUSTICE  
ENVY  
SERENITY  
HURT PRIDE  
SPOT-CHECK  
DISTURBANCES  
SOBER  
COURTESY

Play this puzzle online at : <https://thewordsearch.com/puzzle/4045306/>

# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 7pm District 12 Business MTG 1401 poplar	7 WW Area 72 assembly	8 WW Area 72 assembly
9 WW Area 72 assembly	10	11 7pm Cen- tral office MTG via zoom ID: 851 7704 3011	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26 District 19 MTG, 3rd legacy @ 5:30 bus mtg @ 7p- 8:30p	27	28	29
30	31					

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

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

