

District 19 Newsletter

November 2022

Newsletter@dist19aa.org

Meeting Info: Call (425)
252-2525

<http://www.dist19aa.org>



From the Grapevine

NOVEMBER 1992
Steps to Serenity

BY: S. M. | JOLIET, ILLINOIS

*Continuing work with the Steps has given this AA increased periods of serenity -
From the August 1979 Grapevine*

I drank for fifteen years, and for the last of those years, there was no question about whether or not I would drink.

Today, the AA program and the grace of God have restored my choice. There's no possibility of my staying sober on my own will or strength. I can't do it alone. I have stayed sober with the help I find in the AA Fellowship.

During my first year of sobriety, I attended six or seven meetings a week and took two Fourth Steps and two Fifth Steps. I found my sponsor while I was still in a rehabilitation hospital, and he kept me busy with Twelfth Step work.

I began going to Step meetings in my second year of sobriety. During that year, I wrote several Fourth Steps and shared them with a number of other AA members. They usually shared their Fifth Steps with me at the same time.

I got into making direct amends, as Step Nine tells us to do. After making these amends, I experienced a marked improvement in my ability to meditate. Something changed after I had tried to thoroughly work Steps One through Nine. I was able to sit quietly and turn my thoughts to God, and I began to meditate for about fifteen minutes in the morning--noise and family conditions permitting! I would begin by saying the Third Step prayer found in the Big Book on page 63, the Seventh Step prayer described on page 76, the Serenity Prayer, and the Eleventh Step prayer. I then repeated a phrase such as "Thy will be done," or perhaps the word "love." I would keep

Bringing my mind back to this, and if the period was going well, might continue longer than fifteen minutes.

This kind of continuing work with the Steps, including regular meditation, has given me increased periods of serenity, more emotional balance, and greater acceptance of myself. My tendency toward depression and fear has lessened, and my life is more stable. It's as if God's will is a river, and by working the Steps, I find myself going naturally with the current rather than trying to swim upstream or cross-stream.

During my sober life in AA, I've occasionally wondered about drinking. Last spring, I was in Houston on business, and I ordered a ginger ale at dinner. By mistake, I was served a highball, and drank a mouthful before realizing what it was. I set the glass down, but the terror that had accompanied my last drunk came back. It had been two years since I'd had a drink, but here in that Houston restaurant, the fright washed over me once more.

During my last drunk, twenty-four months before, my mind was shattered with numbing terror and I was physically unable to get out of bed for a full day and a half, except to crawl to the bathroom. I was sleeping in a back bedroom by myself. My wife and children were living a separate life, as if I didn't exist.

During that last drunk, I became acutely conscious of my powerlessness over alcohol. Sick, alone, frightened, I heard a voice say over and over, "You can't stop drinking. You're hopeless. You're weak and you're hopeless and you can't stop drinking."

Well, I did stop, with the wonderful help of our program. But then, two years later, those same fears overwhelmed me when I took a drink by accident in that Houston restaurant. I didn't drink any more that evening, and I haven't since, thank God.

However, the experience was valuable, because it renewed my awareness of precisely what the stakes are in Alcoholics Anonymous: life or death. It reminded me of the words on page 85 in the Big Book: "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

Daily Reflections: **FOCUSING AND LISTENING**

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit.

TWELVE STEPS AND TWELVE TRADITIONS, p. 98

If I do my self-examination first, then surely, I'll have enough humility to pray and meditate—because I'll see and feel my need for them. Some wish to begin and end with prayer, leaving the self-examination and meditation to take place in between, whereas others start with meditation, listening for advice from God about their still hidden or unacknowledged defects. Still others engage in written and verbal work on their defects, ending with a prayer of praise and thanksgiving. These three—self-examination, meditation and prayer—form a circle, without a beginning or an end. No matter where, or how, I start, I eventually arrive at my destination: a better life.

STEP 11

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

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all. To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. **Pg. 96 12 steps and 12 Traditions**

TRADITION 11

“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.”

WITHOUT its legions of well-wishers, A.A. could never have grown as it has. Throughout the world, immense and favorable publicity of every description has been the principals means of bringing alcoholics into our Fellowship. In A.A. offices, clubs, and homes, telephones ring constantly. One voice says, “I read a piece in the newspapers . . .”; another, “We heard a radio program . . .”; and still another, “We saw a moving picture . . .” or “We saw something about A.A. on television. . . .” It is no exaggeration to say that half of A.A.'s membership has been led to us through channels like these. The inquiring voices are not all alcoholics or their families. Doctors read medical papers about Alcoholics Anonymous and call for more information. Clergymen see articles in their church journals and also make inquiries. Employers learn that great corporations have set their approval upon us, and wish to discover what can be done about alcoholism in their own firms. Therefore, a great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous. Through many painful experiences, we think we have arrived at what that policy ought to be. **Pg 180 12 steps and 12 Traditions**

Area 72 Assembly Recap

On October 7th through 9th District 19, was part of the Western Washington Area 72 Assembly for 2022 in Renton WA. These are the things that were voted on by all the districts that were present.

We voted on area trusted servant positions, what follows will be the new trusted servants for 2023 - 2025

Delegate: Crystal S

Alternate Delegate: Courtney. S

Chairperson: Lupita. Y-M

Alternate Chairperson: Eddie. M

Treasurer: Derek. S

Alternate Treasurer: Lisa S

The motions that were voted on are as follows

Motion 1: We move to create a new Spanish linguistic district... **It passed**

Motion 2: We move the area Archivist is an appointed trusted servant and shall have full right of participation as defined in concept 5... **It passed.**

Motion 3: move for Western Washington area 72 to create a technology steering committee the technology steering committee shall consist of 1 sound system operator, Webmaster, and at least three AA member volunteers... **It passed.**

January 2023 hybrid quarterly will be in the Seattle central districts January 6th and 7th with an address to follow

2023 assembly will be held in Longview WA

2024 assembly will be held in Tacoma WA

2027 assembly will be held and Lynden WA

nothing was said at the assembly as to where 2025 and 2026 Assemblies we're going to be held

there was a floor discussion of should area 72 welcome online groups from other areas to become members of district 25 in area 72. This discussion went on for quite a while. There was a group that wanted to be a part of our District 25 out of Florida, and as a group we discussed the pros and cons for the above mentioned. The Delegate said that this is something that will continue to be discussed at upcoming Quarterly's and Assemblies.

District 19 Service Positions 2022

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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
Graprevine/Literature	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		webmaster@dist19aa.org

November 2022

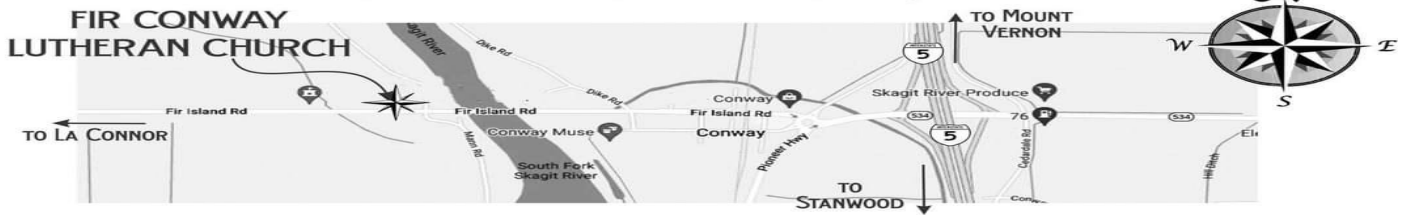
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 7pm District 12 Business MTG 1401 poplar	4	5 GRATITUDE BANQUET 11 AM 4634 Alger Ave
6	7	8 7pm Central office MTG via zoom ID: 851 7704 3011	9	10	11	12
13	14	15	16	17	18	19 Conway Old Timers 6 PM
20	21	22	23	24	25	26
27	28	29	30 District 19 MTG, 3rd legacy @5:30 bus mtg @7p- 8:30p			

CONWAY OLD TIMERS SPEAKER MEETING & Potluck

**3RD SATURDAY OF THE MONTH
POTLUCK STARTS AT 5:00PM SPEAKER MEETING IS AT 6PM**

MONTH	DATE	SPEAKER LINE-UP	
OCTOBER	10/15/22	VIC K. 41 YEARS	BILL S. 30 YEARS
NOVEMBER	11/19/22	KATY R. 16 YEARS	ROD R. 26 YEARS
DECEMBER	12/17/22	DELPHA J. 31 YEARS	WAYNE P. 52 YEARS

**FIR CONWAY LUTHERAN CHURCH
18101 FIR ISLAND ROAD MT. VERNON, WA 98273**



CHECK US OUT ON FACEBOOK: CONWAY OLD TIMERS SPEAKER MEETING ~ CONTACT JOHN A. ~ 360-708-3739



5 Year



10 Year

Five & Dime North Speakers Meeting

Friday at 7:00 PM

Open Meeting of Alcoholics Anonymous, Speaker, Wheelchair Access
19510 Bothell Everett Highway
Bothell, WA

DISTRICT 19 SERVICE POSITIONS 2023-2025

2022 Position	Chair	Contact Info	E-mail	Alt
Dist Com mbr (DCM)	Sooz. B	425-299-5660	dcm@dist19aa.org	
Alt Dist Com mbr (DCM)	OPEN		altdcm@dist19aa.org	
Secretary	Joe T		secretary@secretary19aa.org	
Alt Secretary	OPEN			
Treasurer	OPEN	425-299-5660	treasurer@dist19aa.org	
Alt Treasurer	OPEN			
Accessibility	Angie. M		accessability@dist19aa.org	
Archives	OPEN	360-618-2285	archives@dist19aa.org	
Bridge the Gap	Tom. N		bridgingthegap@dist19aa.org	
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Graprevine/Literature	OPEN		grapevine@dist19aa.org	
Gratitude Banquet Cord	OPEN	425-446-0427	banquet@dist19aa.org	
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3rd Legacy	OPEN		thirdlegacy@dist19aa.org	
Treatment	OPEN		treatment@dist19aa.org	
Web Chair	OPEN		webmaster@dist19aa.org	

New positions for District were voted at last District 19 business meeting, on the 28th of September . As you can see we need your help to fill these positions at the district level.

If you think you might be interested in an open position or know someone who is looking forward to helping, contact me the news letter editor at newsletter@dist19aa.org.