

District 19 Newsletter

April 2023

Newsletter@dist19aa.org

Meeting Info: Call (425)
252-2525

<http://www.dist19aa.org>



**Think Positively and
Positive things will Happen.**

STEP 4

Step Four "Made a searching and fearless moral inventory of ourselves." CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given. Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities. Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction.

TRADITION 4

Tradition Four "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." AUTONOMY is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous? Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today. When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation."

Calendar of Events for 2023 - WW Area 72 Committee - Panel 73 (as of 12/16/22):

April

April 1: **Pre-Conference Pierce County Districts** (Saturday)

April 2: **Pre-Conference Southern Districts** (Sunday)

April 7 & 8: **Area 72 Committee Quarterly Business Meeting.** (McGavick Conference Center 4500 Steilacoom Blvd. Lakewood WA 98499 Building 23, Rm 105)

April 15: Area **Treatment** Facilities Quarterly Meeting (Third Saturday)

April 15: Area **Accessibilities** Quarterly Meeting (Third Saturday)

April 23-29: General Service Conference in New York

April 22: Area **Web** Committee Quarterly Meeting (Fourth Saturday)

April 22: Area **Young Person's** Quarterly Meeting (Fourth Saturday)

April 12 (Wed) @ 6 - 7:30 pm, April 16 (Sun) 1 - 3:00 pm **GSR University 301** (zoom)

April 22 (Sat) @ 9 - 11:00 am **DCM University 201** (zoom)

2023 Position	Chair	Contact Info	E-mail	Contact
Dist Com mbr (DCM)	Sooz. B		dcm@dist19aa.org	
Alt Dist Com mbr (DCM)	Shae T		altdcm@dist19aa.org	Text / Email
Secretary	Joe T		secretary@secretary19aa.org	Text / Email
Alt Secretary	OPEN			
Treasurer	Michael B		treasurer@dist19aa.org	Call / Text
Alt Treasurer	OPEN			
Accessability	Angie. M		accessability@dist19aa.org	Call / Text
Archives	OPEN		archives@dist19aa.org	
Bridge the Gap	Heidi W		bridgingthegap@dist19aa.org	Call/Text
Central Office	Allsion W		centraloffice@dist19aa.org	Text Only
Corrections	Jeanne B		corrections@dist19aa.org	Call / Text
Coop w/Prof (CPC)	OPEN		cpc@dist19aa.org	
Graprvine/Litature	OPEN		grapevine@dist19aa.org	
Gratitude Banquet Cord	OPEN		banquet@dist19aa.org	
Newsletter Editor	Lorri. J		newsletter@dist19aa.org	
Public info (PI)	OPEN		pi@dist19aa.org	
Picknic Coord	OPEN		picnic@dist19aa.org	
Schedules	Katie B		schedules@dist19aa.org	Text / Email
Sno-King inergroup Liason	OPEN		snoco-liason@dist19aa.org	
3rd Legacy	Colleen S		thirdlegacy@dist19aa.org	Email Only
Treatment	Liz M		treatment@dist19aa.org	Text Only
ALT Treatment	Heidi W		alttreatment@dist19aa.org	Call/Text
Web Chair	Laura M		webmaster@dist19aa.org	Text / Email

50th ANNUAL BURIEN LITTLE ASSEMBLY

**AA's THREE LEGACIES: OUR COMMON SOLUTION
RECOVERY. SERVICE, UNITY**

March 11, 11 am to 5:00 pm

Registration open at 10 am

Potluck lunch 11 am

Event kicks off at noon!



Brooklake Church

629 S 356th Street

Federal Way, WA 98003

From Seattle:

Take I-5 to WA-18 W (exit 142B)

Take Pacific Hwy S to S 356th Street

Church will be 1.1 miles away

In consideration of other participants, NO
cameras and NO pets.

And online via zoom

Offering

- Intergroup and Area 72 service committee information
- Panels comprised of AA and Alanon presenters discussing Our Three Legacies
- Sobriety Countdown
- AA and Al-Anon Speakers
- Spanish/English Translation for speakers and some panels.
- Archives and Grapevine & Literature



Scan. Pay. Go.

To volunteer, contribute or find out more, go to the website! Or Contact bla@seattleaa.org

www.burienlittleassembly.org

Traditional Sponsors: Districts 14, 15, 16, 17, 18, 31, 32, 33, 54 & Greater Seattle Intergroup

Burien Little Assembly is fully self-supporting through contributions from sponsors and participants. The 7th tradition will be observed.

Contributions can be made via <http://www.burienlittleassembly.org/contributions.html>, via PayPal @BurienLA

Or by sending a check to Greater Seattle Intergroup, Att: BLA, 5507 6th Ave South, Seattle WA. 98108.

2023 Okanogan Valley Roundup

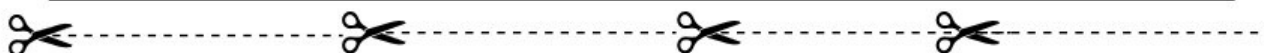


March 17-19 2023 The Winthrop Barn



Friday, March 17th AA - Raymond A Spokane	Saturday, March 18th AA - Kenny D - Seattle Al-Anon - Lisa K - Camano Island AA - Scott J - Maple Valley	Sunday, March 19th AA - Virginia J Maple Valley
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AA and Al-Anon Speakers & Meetings
Panel Speaker Ask-it-Basket Meditation Crafts
50/50 Raffle Silent Auction Countdown



ATTENDEE #1

First Name: _____ Last Name: _____

Address: _____ AA ☐ Al-Anon ☐

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

ATTENDEE #2

First Name: _____ Last Name: _____

Address: _____ AA ☐ Al-Anon ☐

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Early Registration \$25 - <u>Before 2/15/23</u>	\$25 X	=	_____
Registration \$30	\$30 X	=	_____
Scholarship Donation		=	_____
Saturday Breakfast \$18 <input type="checkbox"/> Vegetarian option	\$18 X	=	_____
Saturday Lunch \$18 <input type="checkbox"/> Vegetarian option	\$18 X	=	_____
Saturday Dinner \$30 <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian	\$30 X	=	_____
Sunday Breakfast \$18 <input type="checkbox"/> Vegetarian option	\$18 X	=	_____
		\$	_____

Total Due

Please make check / money order out to
Roundup and send to:
Roundup
PO Box 983
Winthrop, WA 98862

Skip the mail and register online at
www.okanoganvalleyroundup.com
Questions: info@okanoganvalleyroundup.com
See website for menu and schedule of events



SCAN ME



MARCH PRE-CONFERENCE ASSEMBLY

Presented by Districts 3, 12, 19, 24, 46



Date: March 26

Time: 1:30 pm - 4:30 pm

Location: Lynnwood Alano Club 4001 198th St SW Ste 6

Zoom Meeting ID: 862 9634 3770 **P/W:** 718278

Directions: Open QR Code on camera phone:

7th Tradition will be observed



A Pre-Conference is a meeting of GSRs, all interested members of Area 72, the Delegate and Alternate Delegate. The purpose is for the Delegate to communicate with the GSRs (and through them the Group) about agenda items which will be addressed at the General Service Conference (held in April).

The final agenda items and background will be posted on area72aa.org February 20, 2023.

The beginning of March, our Delegate, Crystal, will send out and have posted on area72aa.org a list of agenda items with background to discuss at the Pre-Conference.

After you attend a pre-conference, please have a discussion with your group about the topics covered, and then communicate that conscience with Crystal via email not later than April 20, 2023, at delegate@area72aa.org or phone call 253 278 3462.

The Lynnwood Alano Club has a small concessions stand with coffee drinks, soda, and candy.

Finger Food Potluck	
January - April	Appetizers
May - August	Fruits & Veggies
September - December	Desserts or Baked Goods

Please park in back of the Alano Club and use the rear entrance- Thanks!

BENSON HILL 56TH ANNIVERSARY POTLUCK

AA Speaker: Rona Y -

Al-anon Speaker: Arelena- Expect a Miracle

Turkey/Ham/Pork, Beverages, & Anniversary Cake will be
provided by: Benson Hill

PLEASE BRING YOUR FAVORITE DISH

- + We will be selling tickets for Raffle baskets/prizes
- + 50/50 Raffle
- + Sobriety Countdown

YOU'RE INVITED TO CELEBRATE WITH US!

SAVE THE DATE

Saturday, March 25, 2023

6:00 – 9:00 PM

18207 108th Ave SE
Renton, WA 98055

Serving Districts: 2,3,12,19,24 & 57

Snohomish County Stapling Party

April 16th noon – 5 PM

Sky Valley Snohomish Alano Club

Located at 625 Ford Street

Snohomish, WA 98290

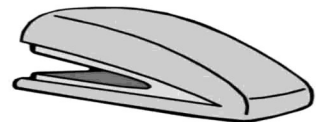


WASH YOUR HANDS FOR A

Finger Food Potluck!

Please bring your favorite snack foods, hors d'oeuvres,
or dessert!

Questions please call 425-231-2275



**ALSO PLEASE HAVE ALL UPDATES FOR
THE SCHEDULES BY MARCH 15TH**

2023 Touchet River Roundup

Woody's Pig Roast

Memorial Day Weekend Campout!

May 26-28th 2023

Bring the family and join the fun this Memorial Day Weekend at the 36th Annual World Famous Woody's Pig Roast!



The Touchet River Roundup is a drug and alcohol free event where all are welcome! Registration forms are now available!

A Friday night chili feed and Saturday Filipino Pig Roast Dinner are included with full registration.

Weekend activities include: live entertainment, barn dance, poker run, bike games, kids light show, World Famous Speakers, ice cream run, raffle, campfire meetings, and more!



For more information, please scan the QR code or visit the Touchet River Roundup - Woody's Pig Roast Facebook page.

Birthday Night!

Last Saturday each Month

Living Sober



Coins, Cake & Fellowship!

Open Meeting at 5:30pm
Birthday Celebration at 6:30pm

Alano Club of the Eastside
12302 NE 8th St. Bellevue 98005

Step Ashore!

IX

August 10 - 13, 2023 Ocean Shores Convention Center
The Northwest Woodstock of AA

**ROCK BOTTOM
BECAME THE SOLID
FOUNDATION
ON WHICH I
REBUILT MY LIFE.**

A Fresh Start
Sober Living Environments

PSYCHIC CHANGE AA MEN'S RETREAT

Register Early!

\$165 before May 1st

\$175 after May 1st

A 12 Step Weekend

Sept 15-17 2023

**Speaker: Steve L
Redondo, Ca**

Camp Arnold
33412 Webster Rd E
Eatonville, Wa 98324
Camp Phone: 253-847-2511
Tsacamparnold.org



Check-In 4:00pm Friday
Check-Out 12:00pm Sunday



*Dorm style housing. Bring sleeping bag, pillow, toiletries, snacks, etc.....
Meals included...**NO SMOKING ON GROUNDS**

REGISTRATION LIMITED TO THE FIRST 100 PAID

QUESTIONS? CALL ALAN O (253)355-9319, MATT F (253)682-7696 OR TONY W (253)226-9446

E-Mail Registration:<https://psychicchangeretreat.com/home/>

Name: _____

Street: _____

City, State, Zip: _____ Phone: () _____ - _____

e-Mail: _____

\$ _____ Donation for Scholarship

\$ _____ Registration(# of Reg. x \$165)

\$ _____ Total

Psychic Change Retreat c/o
Tony Winn
5507 Milwaukee Ave e
Puyallup, Wa 98372

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 7pm Central Office MTG Via Zoom ID: 874 5921 0224	5 Dist 19 3rd legacy mtg 6pm Location TBD	6 7pm Dist 12 Business mtg 1212 Califor- nia ST @ Re- covery cafe	7	8
9	10	11	12 Newsletter Submission deadline	13	14	15
16	17	18	19	20	21	22
23	24	25	26 Dist 19 Business mtg 7pm-8:30pm	27	28	29
30						

District 19 Business Meeting is held at Zion Lutheran Church 4634 Alger Ave Everett, WA 98203

**Have an idea or event
to share in the newsletter please feel
free to contact me at
Newsletter@dist19aa.org**



**Just a reminder... Please be sure to have Articles or
Addition to the newsletter into the Editor by the 2nd
Wednesday of the month... we go to the Printer on the
3rd Wednesday of the month to be ready for pick up
prior to the District 19 business meeting the last
Wednesday of the month.**