

DISTRICT 19 NEWSLETTER

December 2023



Alcathons



It's getting to be that time of year again, the Holidays and new year's eve parties ... Well I want to tell you that there are places that usually have meetings 24 hours a day, through the Christmas holiday. This year, Christmas is on a Monday ... so probably starting Friday the 22nd through Christmas day, and New Years Eve. There will be an ALCATHON of meetings throughout our District or neighboring Districts. Places like 18th and Baker as well as the LAC or Lynnwood Alano Club, Sky Valley Alano Club and Ed-Lynn Fellowship hall, might be some others in our area that will have ALCATHONS... ask around at your home group.

I know after spending a day with my NON-Alcoholic family during the Holidays...,I need a meeting!

Here are the locations

18th & Baker ...1731 Baker Ave Everett, WA

Lynnwood Alano Club... 4001 198th Street Southwest Lynnwood, WA

Sky Valley Alano Club... 625 Ford Ave Snohomish, WA

Ed-Lynn Fellowship Hall...15620 HWY 99 Lynwood, WA

Hope to see some of y'all there !



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



Central Office
1625 E Marine View Dr,
Everett, WA 98201
Call 24/7 425.252.2525

Download the Meeting Guide App

CHAIRS	NAME	EMAIL	PHONE	COMMUNICATION PREFERENCE
DCM	SOOZ	dcm19@area72aa.org		text/email
ALT DCM	SHAE	altdcm19@area72aa.org		text/email
SECRETARY	JOE	dist19secretary@area72aa.org		text/email
TREASURER	MICHAEL	dist19treasurer@area72aa.org		call/text
ACCESSIBILITY	ANGIE	dist19accessibility@area72aa.org		call/text
ARCHIVES	PAUL	dist19archives@area72aa.org		
BRIDGING THE GAP	LIZ	dist19treatment@area72aa.org		text only
CENTRAL OFFICE	ALISON	centraloffice@dist19aa.org		text only
CORRECTIONS	JEANNE	dist19corrections@area72aa.org		call/text
CPC	CHARITY	dist19cpc@area72aa.org		
GRAPEVINE/ LITERATURE	VICKI	dist19gvlit@area72aa.org		text ok
ALT GV & LIT	JUDY	dist19gvlit@area72aa.org		
GRATITUDE BANQUET	WANDA	banquet@dist19aa.org		
NEWSLETTER	LORRI	newsletter19@area72aa.org		
PUBLIC INFORMATION	OPEN			
PICNIC	SEAN	picnic@dist19aa.org		
SCHEDULES	KATIE	schedules@dist19aa.org		text/email
3RD LEGACY	COLLEN	dist19thirdleg@area72aa.org		email only
TREATMENT	LIZ	dist19treatment@area72aa.org		text only
WEB	LAURA	dist19web@area72aa.org		text/email
YOUNG PERSONS	BRI	dist19yp@area72aa.org		
ALT YP	ASHLEY			

Get complete District 19 Business Meeting Minutes by request from:
dist19secretary@area72aa.org



D19's Business Meeting

Last Wednesday Every Month 6:30 PM

Zion Lutheran Church, Everett

**Reach the still suffering.
Strengthen your program. Grow your fellowship.
Bring new ideas & diversity to the business of AA...**

Come Early and fellowship, Doors open 6:00p

District 19 Business Meetings are held the last Wednesday of every month at 6:30PM
(Please use parking lot off 47th- then enter east side of church off Alger- and meet us downstairs!)

***Limited accessible parking w/ ground level entry & bathrooms at south side of church.

Email DIST19accessibility@area72aa.org or AltDCM19@area72aa.org





2023 Area 72 Assembly

This year the assembly was held in Longview, WA. We had at least 16 people representing District 19. It was a great time, with great people. The weekend was stocked with a full agenda.

Friday: We started off with Panels from 1pm to 3pm for a total of 9 to choose from like: Where do our contribution go?, using A.A.'s Literature in carrying the message. To.. **How are we communicating our experience, strength and hope?**

Our DCM Sooz B was on that panel, She did an outstanding job delivering her representation to the group.

We had dinner then got to listen to past Delegates. We had dessert, then Part 1 of GSR sharing about "What are the ways your group fosters awareness in practicing our twelve traditions in a group setting" Groups from all over our area 72 went up to the mike and described how their group worked with the question at hand. It was interesting to hear all the stuff these groups did.

Saturday: opened with the serenity Prayer, the reading of the 12 traditions & 12 concepts. Then we got down to business on the Motions to be voted on.

Motion #1 We move that western Washington Area 72 support Oregon Area 58's proposed agenda item to prioritize the following pieces of AA literature into ASL: "the personal stories in the upcoming fifth edition": the pamphlet "The AA group:", and the "AA service manual".

IT PASSED !!!

Motion #2 In the spirit of unity, we affirm that District 25 is an online district without geographic boundaries

IT PASSED After lots of discussion pro and con.

Motion #3 the General Service Board develop supplemental reporting focused on the actual costs of the various service items we provide, with an initial draft being brought back to the conference committee on Finance for review at the General Service Conference.

IT PASSED !!!

In between business we had lunch and a speaker George D. a past Delegate. Took a couple breaks... took some pictures had dinner then resumed business. Heard area appointed trusted servant reports, also #2 GSR sharing. Talked about the Discussion topic #1

Discussion topic #1 Web standing committee charter and responsibilities.

Cont. from previous page

We had Some DCM sharing, Floor Topics and Motions

We voted on the location to hold the 2028 Area Assembly. Longview was great to have us again, but the unanimity of us at the ASSY, had agreed on having it in an area with healthier lodging possibilities and decided not to go with Longview. Seattle districts 14 and 31 said they would host it in Seattle, Sea-tac or Tukwila area. It was voted on, that Seattle will host it in 2028. and we Adjourned the meeting and closed with the responsibility statement.

Sunday: We started our day with a Spiritual Breakfast, man they fed us well. Then we had A Sobriety Countdown...

We had **368** people present at the Assembly,

We had **54** people on Zoom we counted **5326 years and 8 days.**

The most time in the room was a gentleman with I believe 45 or 48 years, and the youngest person another gentleman. I believe has 16 days. My apologies, I had bad hearing this weekend... so if I am wrong please forgive me were there at ... lol

Then we got to hear from Geene D. our last past delegate, Wow what a story, Thanks Geene for all your Service work for the Good of AA.

We concluded the Assembly with the Responsibility statement . We said our good-byes to old and new friends we made and went our separate ways.

“GREAT JOB DISTRICT 19 FOR REPRESENTING AT THE ASSEMBLY”



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Laura M.

Sober Date: 10/29/2019

I experience a feeling of lightheartedness, happiness and inspiration after meeting with IOP (Intensive Out-Patient) at Lakeside Milam. By sharing hope, I feel connected, and an amazing sense of Purpose and Belonging.

Have you ever thought about sharing your story at a treatment facility or at Providence Detox? There is a great need for carrying the message of recovery into Detox centers as well as in local treatment centers. It gives those there a great sense of hope.

Liz M. is district 19's Treatment Chair. she is district 19's director of getting people to volunteer their time to assist others in taking meetings into a few local treatment centers and Detox at Providence Hospital here in Everett, those in Treatment love it when we come tell our stories of what it was like, what happened, and what it is like now.

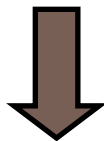
If you are interested, these are the places that Liz is asking for help in continuing to carry the message at. She is looking for help at, the following locations.

North Sound: 7pm Mondays & Fridays...Tues is available for Service.

Lakeside Milam: Out-Patient in Everett, WA every 8 weeks when requested.

Detox at Providence Hospital: Many days & Evenings are open.

Following are some of the people who have helped Liz with this treatment /Detox Sharing & the gratitude they have receive from being a part of this.



Janet Z.

Sober Date: 11/14/2012

I stay connected in Sobriety by sharing & working with others. There is a connection, no matter what the background story is. The Struggles are real, but we need to do is plant a seed of hope in Recovery. Living into a new way of thinking. A Design for Living that really works and for that I am Grateful for my Sobriety.



Cont. from previous

Eric N.

Sober Date: 08/08/2016

What I get out of bringing a meeting into Detox, I feel useful that I can understand where they are at and talk on a level that they believe is the truth (bringing hope). When I leave I always feel lighter and more at piece for the simple reason that for a couple hours my focus was on someone else and not mostly on myself. It's a big slap in the face sitting in Detox, of how lucky we are that we get a shot at Recovery.

Kaelin N.

Sober Date: 10/01/2020

When I'm involved in treatment service I realize how much of my experience, Strength and Hope can be beneficial for others. When I'm of service to others by sharing what it used to be like, what happened and what it is like now, I can help other Alcoholics achieve sobriety and, keep my sobriety too. It's a reminder that this is a "we" program and that the only way to keep it is to give it away. Treatment service is a way to do that and for that I am grateful.

Liz M.

Sober Date 05/22/2020

Serving at the treatment Facilities within District 72 was eye opening from the beginning of me doing so. As time has gone on, the experiences and the understanding of my Disease broadens and deepens in ways that I'm not sure I would have otherwise. Also, the gratitude the Women have when they see us show up always amazes me and that tells me that when the heart is involved, I best be willing.

Every time I connect with Treatment services, the need for myself and others to engage in this type of service becomes more relevant and necessary. I've experienced folks sharing experiences never before spoken, and that tells me there is trust there. I have an obligation to reach out in the three Facilities in District 19 brings A.A. to offer a better life since that was the path that was compassionately offered to me

Her contact information is on page 2 look for **Treatment Chair**, you can Text her or send her an email. I'm sure she would love to have your help in doing this service along with her or another person... No doing it alone.



Step 12 - Maybe there are as many definitions of **Spiritual Awakenings** as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not hard to understand.

Twelfth Tradition:

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

These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public.

Twelve Traditions-page 187

D19
Third Legacy Meeting

1st Wednesday of Month, 6PM
AA Central Office

1625 E Marine View Dr #1975, Everett, WA 98201

dist19thirdleg@area72aa.org



Twelfth step Promises:

Chapter 7, Page 89

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics, it works when other activities fail. this is our Twelfth Suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover. To see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends— This is an experience you must not miss.

12th Concept:

The conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principal; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by a discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive or an incitement to public controversy; that it never performs acts of government, and that, like the society it serves, it will always remain democratic in thought and action

The concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience

Friends in every port

BY: RUSSELL T. | BELLEVUE, WASHINGTON

By the grace of God, I was sober for 21 years in the Navy until I retired from service. It was a career I would have never had without AA. One of the blessings I received was attending AA meetings all over the world. But there's one experience that has stuck with me over the years.

We were anchored in Hong Kong harbor. It was an early morning, and I was irritated for no good reason. I was tired, but we sailors are always tired. The city smelled bad, and there were too many people around. It was humid, the sun was too bright and my feet hurt. I was starting to feel sorry for myself. A lot of bad thoughts were going on between my ears.

But I had a goal. There was a 1 P.M. AA meeting up the hill from the ship. When I got there, I was sweating and miserable, with the mess and not a message. There were about eight members in the meeting room. I really don't remember much except that I was disappointed that they had instant coffee. One guy chatted with me outside about the upcoming turnover of Hong Kong to mainland China. A woman told me about another AA meeting. I traded an American cigarette for a British one with a young man. Soon I started to feel like I belonged to these alcoholics. They all went off to their jobs and I was alone again on the sidewalk—but now I wasn't lonely anymore. My thinking was different; the world felt different. Instead of the city, I smelled flowers. I was able to accept the humidity. Even the people seemed different. They seemed excited, people from all around the world, all God's children. I got excited to take the train up to Victoria's Peak and see the view. It was a spiritual experience.

I know that God is in our AA meeting room, but is that enough? Can I join in God's world only in a room of drunks? The people in the streets of Hong Kong didn't change, the weather didn't change—I did. I allowed myself to be in God's world. I saw that I needed something bigger beyond that group. God was not only in our AA room, but also in those strangers outside of the rooms. It was time for me to stop limiting God. I used to live in the world and visit AA—now I live in AA and visit the world.

Back then I had many more years of travel ahead of me. When I was sent to locations where there weren't any AA meetings, I learned to connect with people in other spiritual beliefs. I needed to find God wherever I was. I now have 34 years of sobriety and I don't travel much anymore since I've retired from the Navy. I've had the same homegroup since 2014. It's been a big adjustment learning to live in one place. Occasionally I'll get an itch to move somewhere different, but that feeling passes. However, if I should move, I know there will be an AA meeting there. And if not, God will be.

Like this story go to :[The AA Grapevine online store](#) has a variety of books, eBooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.