

DISTRICT 19 NEWSLETTER

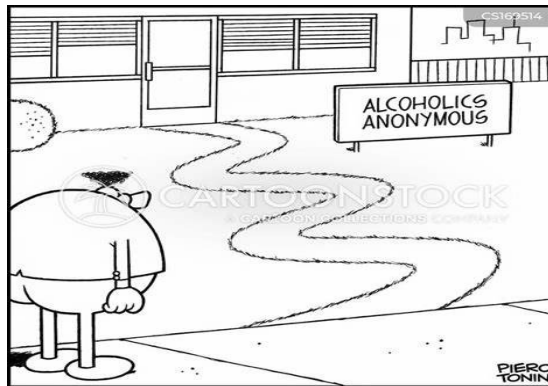
JANUARY 2024



2024

What are your Plans for the New Year?

More Meetings, Maybe A Big Book Study, or hey, how about a 3rd Legacy meeting? Or even a Service Manual study group. Those are all great things to do in the new year, Maybe you'll look into getting a service position at the District level... There are lots of Assistant positions still Available. If you are interested in a district level service position, or know some one who might be, come to District 19's Business meeting on the Last Wednesday of the month at Zion Lutheran Church at 4634 Alger Ave, Everett, WA 98203 Doors are Open at 6pm meeting Starts at 6:30pm. Come join us and see how this thing works !!



The Spiritual Principal for Step 1 is Honesty

Do you practice being Honest in your affairs? If not, Why not ?

This is food for thought !

Are you peeps interested in what the spiritual principals are and what they are? Do you want to see a little section in this news letter about them ?

In what ways can you practice being Honest? If you come up with some ideas, make a decision to act on those and make some real positive changes in your life.

Life is Good !!

Have you thought about What the 3rd Legacy Meeting is all about , well you should join a bunch of us that meet at the Central office, the 1st Wednesday of the month the location is just to the right here, at 6pm. We read from the 12 x 12, the Service manual and the 12 traditions illustrated. We discuss what it all means. It is awesome to sit with a group of excited peeps who find out what its all about there are some with great facts about how it all started. Come check out this exciting group, it's a hoot



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

Download the Meeting Guide App
Newsletter@dist19aa.org

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	JUDY	dist19gvlit@area72aa.org		
ALT GV & LIT	VICKI			text ok
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



June 2020 / The Annual Prison issue of A.A. Grapevine

A Good Cry At The Alcathon

By Lisa Q. / Bronx N.Y.

Holding wrinkled tissues stained with mascara, a newly sober mom feels the love of a home group that has embraced her

I walked into the Never Too Young meeting on the third Sunday in March. It was my fifth AA meeting and I was still struggling with the idea of being an alcoholic and never drinking again. The meeting was held in a Catholic school cafeteria with wood paneled walls and long tables. Metal folding chairs were scattered here and there. The room was packed with people chatting and laughing, coffee cups in hand, nibbling on chocolate cookies and slices of cake. I was shaky and shy and sat in the front, as suggested.

It was an anniversary meeting, the first of many I would attend. I didn't know it then but the woman celebrating 10 years of sobriety would be the woman I would ask to be my sponsor. She walked with her head held high as she approached the podium. "Hi, my name is Nicole and I'm an alcoholic," she said, smiling.

The room burst into applause. She held up a small yellow marble, a gift given to her before she left rehab. She explained, "They say that after five years you get your marbles back and after 10 years you know how to use them." Everyone laughed. It seemed to be a joke...one I didn't get, as I had just a few days sober. But I laughed anyway.

Nicole looked genuinely happy, at peace. Is that what 10 years of sobriety looked like? I wondered. I couldn't imagine someone like her ever feeling the way I felt. I couldn't imagine her being the falling-down drunk I was. And if she was, how did she look so put together now?

I had walked with my head down for so long, afraid to look anyone in the eye. But Nicole looked around the room, unafraid to be seen. She spoke with confidence and poise without any shame or guilt. She talked about being a woman of dignity, grace and gratitude. These were words I would never use to describe myself.

For the next hour, I sat and listened. And I cried. I cried because I knew that I was in the place where I needed to be. And for the first time, I saw hope of what my life could be like without drinking.

At the end of the hour, Nicole and I exchanged numbers. She was kind and encouraging. By the middle of that week, I asked her if she would be my sponsor, and because I knew Never Too Young was her home group, I made it mine too. That made four out of five suggestions to check off.

I was a 40-something single mother raising a 12-year-old son with autism and working full-time when I walked into the rooms of AA. Making 90 meetings in 90 days felt like a stretch. But they said, "meeting makers make it," so I made a meeting a day, sometimes two or three. I was grateful my home group was within walking distance.

My home group was also the first meeting where I brought my son. I had been coming around for a few weeks. I didn't see anyone bring their kids to their AA meeting and I felt awkward about it. But on a Thursday evening, I needed a meeting, and as I was without childcare, I had no choice but to bring him. I packed his computer and headphones, notebook paper and crayons. He and I sat in the back and I gave him milk and cookies.

About halfway through the meeting, my son started to get antsy and talkative. Fearing I'd be asked to leave, I gathered our things and headed out. As we got to the door, a member stopped me. "Did you get women's phone numbers?" he asked. I thanked him and said that I had.

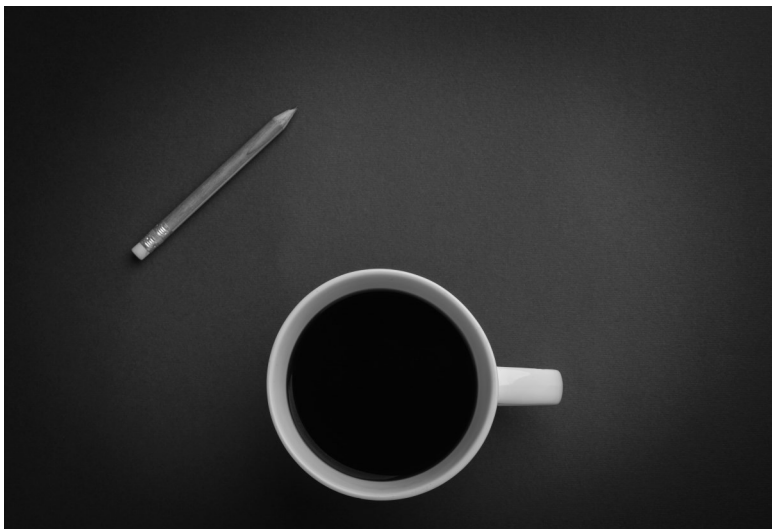
His name was Alex. I didn't think anything of it at the time, but as the months went on, I got to know Alex. He's quiet and shy and doesn't say much. I realized that it took a lot for him to walk over and approach me. It speaks volumes about our home group and our members that he took the time to do that. The hand of AA was there for me.

As soon as I was able to take a commitment, I volunteered to make coffee. I worked as an administrative assistant for years and one of the tasks I resented most was making coffee. Something about it made me feel subservient. However, making coffee for my home group didn't bother me in the least. I was happy to do it. Making coffee seemed like a small price to pay for my sobriety.

I spent my first sober New Year's Eve at Never Too Young. They held an "alcathon," non-stop AA meetings from 7:00 a.m. to 2:00 a.m. I usually spent New Year's Eve drinking at home, alone. I'd cry into my wine until I passed out. (Continued on Pg. 7)

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Do you Have a morning ritual?

Do you write the things your great full for, or write what changes you need to make, goals to achieve places to go, people to visit, things we haven't done in forever but would like to do again. Things your scared to do, things others say you might benefit from if you do them.

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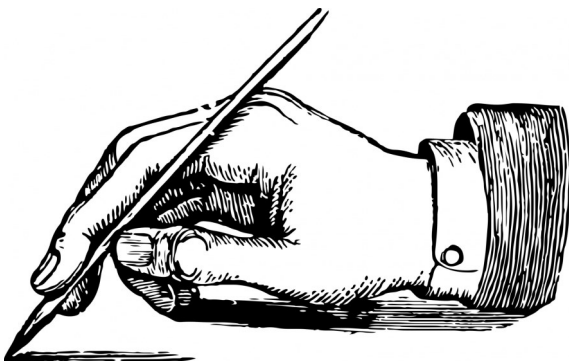
Or maybe you're a journal type person.

I'm a writer in the morning, I get to work early and sip a cup of coffee while I look at my weekly Calander and contemplate what the week holds for me, making note of things that are coming up, like a special meeting a group of friends and I are planning on going to, friends A.A. birthdays, Appointments I have planed for the week... News letter Deadlines (yada, yada, yada)

I have found that as I got sober, my life became so busy I had to write it all down to keep track of it all. I am a list Maker, I make many list. Some if it gets done and what doesn't get completed I move to the next day.

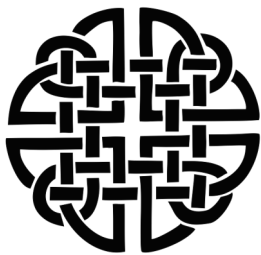
I was taught in early recovery that it was ok to make plans... but that I was not to plan the outcome of things, that was up to my Higher Power to do.

So if it gets done today,,, Great, if not... there is always Tomorrow.



Step 1:

We admitted we were
Powerless over
Alcohol-That our lives had
Become unmanageable.



Food for thought ...

Our Big Book goes to great lengths to discuss the First Step of our Program. Information can be found by reading "Bills Story", "There is a Solution" and "More about Alcoholism. Dr. Bob and Bill go through this information to give the reader plenty of insight on what is going on at this point in our lives, ways to look at the problem at hand and inspiration to know we don't have to do it alone .

First Tradition: Our common welfare should come first: Personal recovery depends upon A.A. unity

The Unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; Our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been"

Pg 129, 12 and 12

Concept one:

The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscious of our whole fellowship.

The A.A. groups today hold ultimate responsibility and final authority for our word services—those special element's of over-all service activity which make it possible for our society to function as a whole. The groups assumed that responsibility at the St Louis International Convention of 1955.

(more of this can be found on pg. C3 of the A.A. service manual)

D19 Third Legacy Meeting

**1st Wednesday of Month, 6PM
AA Central Office**

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

dist19thirdleg@area72aa.org



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

(Continued from Pg. 4)

But this was my first New Year's Eve sober and my son was going to be spending it with his dad. To say that I was scared to face the evening alone is an understatement. I needed to be in a place where I felt safe. The safest place for me was my home group, the place where I could be with friends, the people who knew me best.

Overwhelmed with emotions from grief to gratitude, I cried all New Year's Eve, moving from table to table at the alcathon with my wrinkled tissues stained with mascara crumpled in my hand. Fortunately, in between the tears, I also laughed a lot. I rang in the New Year safe and sober and surrounded by much love and fellowship.

In sobriety, I've learned to laugh through my tears. I don't feel silly crying. I'd rather cry in a meeting than home alone.

During my first year at Never Too Young, I felt more and more comfortable bringing my son. So often I've felt alone raising him. I used to be scared that I'd be kicked out of our meeting. This group embraced me and my son. During moments when fellow members see me becoming flustered or frustrated trying to quiet my son, someone will pat me on the shoulder and assure me that he's fine.

I'm always moved by the love and support of the fellowship in my home group. They remind me that I'm a good mom. They make an effort to help my son feel welcome and included. The women mother him and the men treat him like one of the guys. They understand. They're patient and extremely generous. They spoil him with milk and cookies and slices of anniversary cake. They engage with him and laugh at his sweet silliness. They greet him with hugs and high fives and always offer to help. The hand of AA reaches out. My home group reaches out. They always remind me that I am never alone.



If you liked this story, you might want to consider getting an online Account. Look for the A.A. Grapevine App

On your phone's play store

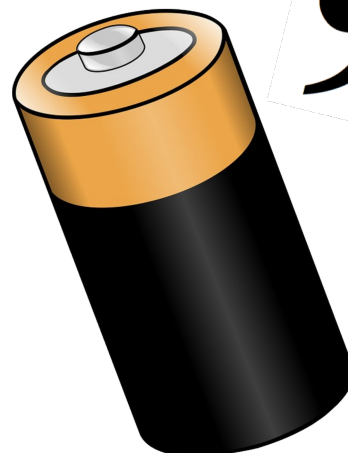


Where in the world is this meeting place at?

Would you like to post photos of meetings you've been to all around the world. I think it would be cool to have a place to see where some of y'all have been to meetings like London, the Grand Canyon or the Grand Tetons hey how about The Big Island of Hawaii show us where you meet when you travel.



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Get



Charged !