



**I want to see what happens
if I don't give up**

STEP 6

Were entirely ready to have God remove all these defects of character. "THIS is the Step that separates the men from the boys." So declares a well-loved clergyman who happens to be one of A.A.'s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator. Of course, the often disputed question of whether God can—and will, under certain conditions—remove defects of character will be answered with a prompt affirmative by almost any A.A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this: "Sure, I was beaten, absolutely licked. My own will-power just wouldn't work on alcohol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn't stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me."

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TRADITION 6

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." THE moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause. Here are some of the things we dreamed. Hospitals didn't like alcoholics, so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on our other good works. We seriously thought of rewriting the laws of the land, and having it declared that alcoholics are sick people. No more would they be jailed; judges would parole them in our custody.

GRAPEVINE ONLINE EXCLUSIVES

Quiet Gratitude

BY: C.M. | KIHAI, HAWAII

After getting sober, all the good things that come her way are just "icing on the cake"

I came to AA out of sheer desperation. I was judgmental about the whole program and everyone in it. Assuming everyone would be homeless with no family, I thought I couldn't possibly have anything in common with "those people." The truth was, I was living on my friend's couch after my fiancé kicked me out and hadn't seen my family in years. I was suffering from a classic case of "terminal uniqueness," one might say.

After my great-grandmother died in the hospital alone because I was out using, I lost my will to live. All I felt was guilt, shame, remorse and all I wanted was for the pain to end.

After contemplating suicide on a Sunday, I remembered there was an AA meeting at the same place my Intensive Outpatient (IOP) was held. I thought, I'll go check out that meeting and see what it's all about. If couldn't stop drinking for one day, what did I have to lose?

The first man to share cried because it was the anniversary of his daughter's suicide. I thought about how my mom, brothers and niece would feel if I went through with it. The second man to share said his beloved grandmother had just

died and, with 10 years of sobriety, he knew he needed to get to a meeting. While tears washed down my face, I never said a word during that meeting. I ran out the door before anyone could have a chance to talk to me. I knew at that moment that my grandmother was with me.

I managed to string one, two, then three days together without a drink. I continued meetings regularly and someone gave me a Big Book. I opened up for the first time in my life at women's meetings. I shared things that only another alcoholic could understand and I began to see that I could live a better life. Showing up early, staying after and talking to others became less and less uncomfortable. I applied for my dream job in Hawai'i, and got it! Moving in early sobriety wasn't easy but I arrived on island at 11PM and was at a meeting at 7AM. After announcing I was new here and new to sobriety the women scooped me up, gave me phone numbers and took me to breakfast.

Just as it was suggested to me, I took a commitment and found a sponsor. Working the Steps has been one of the best things I have ever done in my life. Second only to quitting drinking.

More than three years later I sit in quiet gratitude. I've been given a second chance at life. A life beyond my wildest dreams. As my great grandmother used to say: "Life is what you make it, honey."

The program of AA has taught me that I can live my dreams, whatever they may be. I was able to follow my passion and make a career change, after 25 years in the medical field. At 42 years old, I followed my heart and I'm so grateful for having the courage to do it.

I live in the peace and serenity that is a direct result of what AA has brought into my life. Practicing Step Eleven with prayer and meditation have brought me quiet satisfaction. I begin every day by writing in my gratitude journal: "Grateful to be alive and sober. Grateful for this second chance at life." Anything that comes after that, really, is just icing on the cake.

A LETTER FROM YOUR NEWSLETTER EDITOR

I just wanted to give a little thanks to all those who showed up to the Stappling party at the Sky Valley Alano club on Sunday April 16th.

People began showing up at 11am and did what they could do to set it up while a meeting was going on in the main room. People started showing up and brought their yummy finger foods and boy oh boy there was some pretty good stuff to nibble on. Once the meeting ended right about noon, we went into the main room and started moving chairs out to the side and began setting up the tables that we were going to use to set up all the sheets that were going to become the schedules.

So... with the tables all set up with the sheets all in the correct places, people started to take places at the tables and so it began. 1 sheet 2 sheets 3 sheets and more, Conversations were flying. I heard some people at one table singing some tunes. It was awesome!

We all walked around the tables in circles and talked to new friends we had not met yet, friends we hadn't seen in a while and we stacked sheet after sheet till we got to the end and placed them in a staggered pile at the end of the table. There were pile runners, they would go to each end of the tables and pick up the staggered piles and run them back to the staplers. Then there were the replenishers; they would make sure the tables always had sheets aplenty for each side of the table. Then after they were stapled. They went to the counters. That stacked them into piles of 25 and rubber banded them. I'm not sure how many we did, but we were pretty much done collating them by about 3:30-ish. The turnout was great the tables were always full of people and conversations. I am looking forward to the next one.

Lorri J

2023 Position	Chair	Contact Info	E-mail	Contact
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Alt Dist. Com MBR. (DCM)	Shae T		altdcm@dist19aa.org	Text / Email
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Alt Secretary	OPEN			
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ALT Treatment	Heidi W		alttreatment@dist19aa.org	Call/Text
Web Chair	Laura M		webmaster@dist19aa.org	Text / Email

D19
Third Legacy Meeting

1st Wednesday of Month, 6PM
AA Central Office

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

dist19thirdleg@area72aa.org



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

June	June 10: Area Grapevine & Literature Quarterly Meeting (Second Saturday) June 17: Area Corrections Quarterly Meeting (Third Saturday) June 23-25: Pacific Northwest Conference (P.N.C) (Oregon) June 11 (Sun) @ 1 - 3:00 pm DCM University 401 (zoom)
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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



Pacific Northwest Conference

**A.A.'S THREE LEGACIES
OUR COMMON SOLUTION**

**JUNE 23-25, 2023
PORTLAND, OREGON
HOLIDAY INN, PORTLAND AIRPORT
RESERVATION CODE: PNC2023**

www.PNC1948.org



PACIFIC NORTHWEST CONFERENCE REGISTRATION JUNE 23-25, 2023

Name _____ Address _____ _____ Phone _____ Email _____	Area _____ Service Position <input type="checkbox"/> GSR/Alt GSR <input type="checkbox"/> DCM/Alt DCM <input type="checkbox"/> Area Officer <input type="checkbox"/> Area Committee <input type="checkbox"/> Delegate/Past Delegate <input type="checkbox"/> Trustee/Past Trustee <input type="checkbox"/> AA Member <input type="checkbox"/> Al-Anon
Attending <input type="checkbox"/> Virtual <input type="checkbox"/> In person Name on Badge: _____	
Accessibility Needs <input type="checkbox"/> ASL Interpretation <input type="checkbox"/> Assisted Hearing Device <input type="checkbox"/> Other _____	

Event and Meal Registration	
Registration Fee: _____ @ \$25.00 = \$ _____	
Meals:	
Saturday Lunch _____ @ \$23.00 = \$ _____	
Saturday Dinner _____ @ \$30.00 = \$ _____	
Add'l Contribution: \$ _____	
Total: \$ _____	

<u>Lunch Sandwich Bar</u>
Turkey and Ham
Lettuce
Sliced Tomatoes
Sliced Onion
Pickle Spears
Wheat and Sourdough Bread
Chips
Dessert – Chocolate Chip cookie
Water and Iced Tea

<u>Dinner</u>
Pork loin with Pork Jus
Garlic Mashed Potatoes
Seasoned Green Beans
House Salad
Grape Tomatoes
Carrot
Ranch Dressing
Italian Dressing
Dessert – Brownies
Coffee, Iced Tea, Sodas

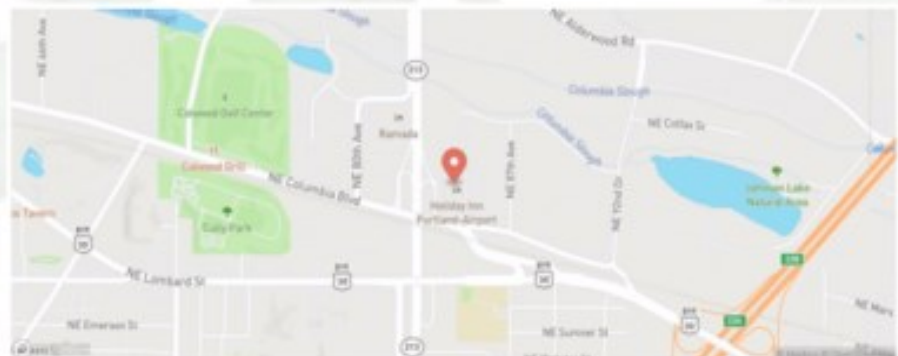
*Special Dietary Request:

Mail registration form and payment to:

PNC 2023
 PO Box 1135
 Clackamas, OR 97015

Hotel Information:

Holiday Inn Portland Airport
 8439 NE Columbia Blvd
 Portland, OR, 97220
 Reservations: 1-888-HOLIDAY
 1-888-465-4329
 Reservation Code: PNC2023



For more information or to register online visit www.PNC1948.org

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

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 7pm Central Office MTG Via Zoom ID: 874 5921 0224	7 Dist19 3rd legacy mtg 6pm Location Central office	8 7pm Dist. 12 Business mtg 1212 Califor- nia ST @ Re- covery cafe	9	10
11	12	13	14 Newsletter Submission	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Dist 19 Business mtg 7pm-8:30pm	29	30	

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

Central office 1625 E Marine View Dr Unit 1975 Everett, WA 98201

**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.**