

District 19 Newsletter

May 2023

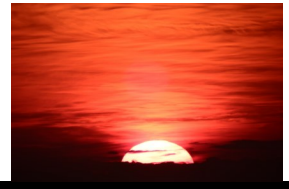
Newsletter@dist19aa.org

Meeting Info: Call (425)
252-2525

<http://www.dist19aa.org>



**I am flawed
and fabulous!**



STEP 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

ALL OF A.A.'s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to long-time sobriety and peace of mind than this one. A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them. The real tests of the situation are your own willingness to confide and your full confidence in the one with whom you share your first accurate self-survey. Even when you've found the person, it frequently takes great resolution to approach him or her. No one ought to say the A.A. program requires no willpower; here is one place you may require all you've got. Happily, though, the chances are that you will be in for a very pleasant surprise.

“Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.”

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

Grapevine Online Exclusives My Home Group

BY: ROB. C. | BIRDSBORO, PA

I heard a saying once which went: “You’ll know when you’ve found your home group because everything will seem perfect.” I found my home group at the very first meeting of AA I ever attended. Before I got out of the car, I told myself that maybe I didn’t need AA. That maybe I could do this by myself. But I knew deep inside that I was beaten down to nothing and that I needed help.

I walked into the meeting to see people laughing and enjoying life. Not sitting around feeling sorry for themselves. I felt something in that room that was more powerful than I could ever explain or understand, at that point in time, but now I know that my Higher Power brought me there that day to save my life.

At the meeting they asked: “Are there any newcomers to AA?” I raised my hand and said for the first time: “I’m Rob and I’m an alcoholic.” They welcomed me like I’d known them forever. The meeting that night was supposed to be Step 7 but they took a group conscious and read Step 1. The words that were spoken that night almost seemed to me to be in a different language, but two words stood out to me: **“powerless”** and **“unmanageable.”** Because I couldn’t live without alcohol and my life was completely out of control, to the point where I had a few times wanted to end it. Not because I wanted to die. But because I didn’t know how to live.

After the meeting that night, I met two ladies who changed my life forever. They loved me when I didn’t know how to love myself. They told me to keep coming back and I have, ever since. I became our intergroup Rep and have served as our G.S.R. Which are both great gifts in life and sobriety. During my drinking days, no one trusted me—and here I have been a “trusted servant” for the fellowship of Alcoholics Anonymous.

My life today is beyond my wildest dreams. Not every day is better than the last, but I wouldn’t trade my worst day today for my best day when I was drinking. I know that my Higher Power did in fact bring me to Sober at 6:30 in Birdsboro, PA that Thursday evening to save my life. I am so very grateful for all the gifts that I have received and for the life that I have been given.

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

May	<p>Delegate Reports to begin & <i>to be scheduled</i>.</p> <p>May 6: Area Archives Quarterly Meeting (First Saturday)</p> <p>May 6: Area Cooperation with the Professional Community (C.P.C.) Quarterly Meeting (First Saturday)</p> <p>May 6 - 7: North American P.I. & C.P.C. Conference (zoom)</p> <p>May 13: Area Public Information (P.I.) (Second Saturday)</p> <p>May 10 (Wed) @ 6 - 7:30 pm, May 13 (Sat) 9 - 11:00 am GSR University 401 (zoom)</p> <p>- <i>Dates might change</i></p> <p>May 18 (Thurs) 6 - 7:30 pm DCM University 301 (zoom)</p>
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Life

always offers you
a second chance.

It's called tomorrow.

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			
Accessibility	Angie. M		accessability@dist19aa.org	Call / Text
Archives	OPEN		archives@dist19aa.org	
Bridge the Gap	Heidi W		bridgingthegap@dist19aa.org	Call/Text
Central Office	Alison W		centraloffice@dist19aa.org	Text Only
Corrections	Jeanne B		corrections@dist19aa.org	Call / Text
Coop w/Prof (CPC)	OPEN		cpc@dist19aa.org	
Grapevine/Literature	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	
Picnic Coord	OPEN		picnic@dist19aa.org	
Schedules	Katie B		schedules@dist19aa.org	Text / Email
Sno-King intergroup Liaison	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

D19
Third Legacy Meeting

1st Wednesday of Month, 6PM
AA Central Office

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

dist19thirdleg@area72aa.org



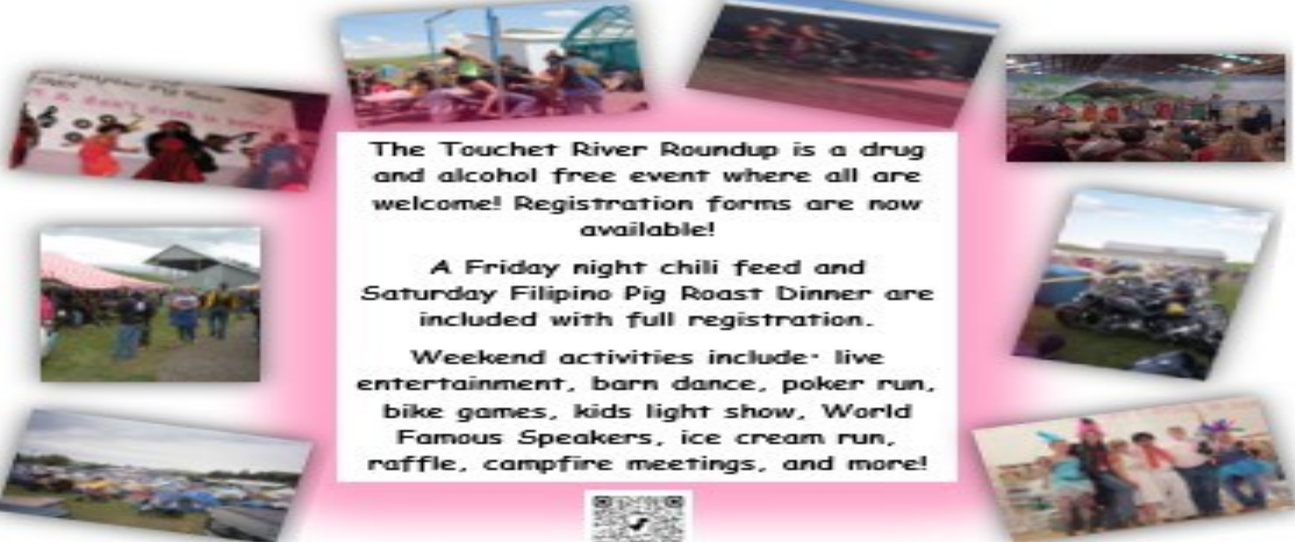
2023 Touchet River Roundup

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

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

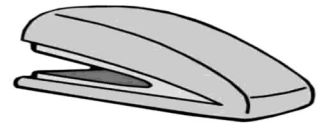


WASH YOUR HANDS FOR A

Finger Food Potluck!

**Please bring your favorite snack foods, hor d'ourves,
or dessert!**

Questions please call 425-231-2275



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



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

*Special Dietary Request:

<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

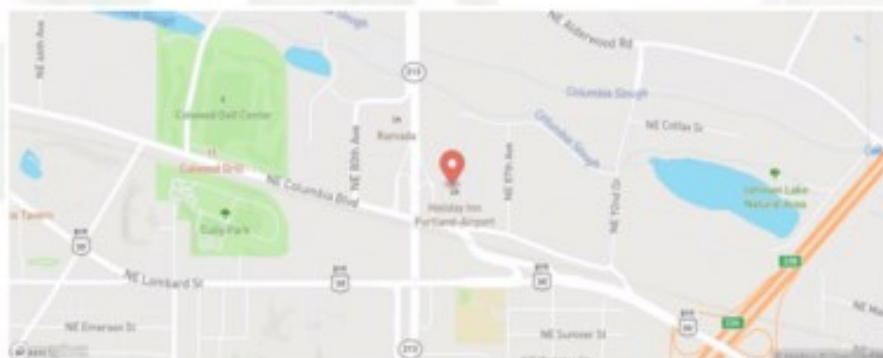
<u>Dinner</u>
Pork Loin with Pork Jus
Garlic Mashed Potatoes
Seasoned Green Beans
House Salad
Grape Tomatoes
Carrot
Ranch Dressing
Italian Dressing
Dessert – Brownies
Coffee, Iced Tea, Sodas

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

Step Ashore!

IX

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

Positive Mind

Good Vibes

Great Life

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

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7pm Central Office MTG Via Zoom ID: 874 5921 0224	3 Dist19 3rd legacy mtg 6pm Location Central office	4 7pm Dist. 12 Business mtg 1212 Califor- nia ST @ Re- covery cafe	5	6
7	8	9	10	11	12	13
14	15	16	17 Newsletter Submission deadline	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Dist 19 Business mtg 7pm-8:30pm			

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.**