

DISTRICT 19 NEWSLETTER

NOVEMBER 2023



Hello every one, are you interested in writing a story for the news letter, would you like to tell your story? it would be like you could have your story told in print . Are you creative and want to add something you've drawn, a poem, something that needs to be shared with the world ? this is the place to do it.

I'm looking for creative pieces that we can share here in the news letter that could make someone's day... pick some one up, touch someone's heart or soul. Make some one laugh or make them go "hmm I never knew that"

I'll add a favorite saying of mine... **I'm a million miles from where I need to be, but I'm a thousand miles from where I came from** It reminds me of where I started , and all the hard work I've done to get to where I am, but I have a long way to go still. I'm not finished -Lorri-

Gobble Gobble

Sought through prayer and meditation

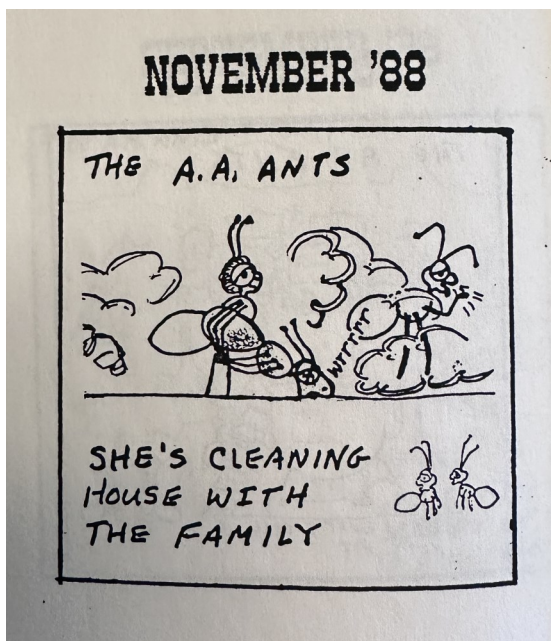
To improve our conscious

Contact with God as we understood

Him, praying only for our

Knowledge of his will for us and the

Power to carry that out



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	dist1treasurer@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			
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



NOVEMBER 2022 | FUN IN SOBRIETY | IN EVERY ISSUE

AA News



For decades now, AAs in the U.S. have set aside all of November as Gratitude Month, marking the occasion with special contributions to GSO and AA service entities. In the spirit of the Seventh Tradition AA is self-supporting through its members' contributions, and frequently turns away money from well-meaning outside contributors. This means that the active input of every AA is vital to the life of the Fellowship.

The tradition of Gratitude Month goes back over 70 years. "The idea is in the air that AA might adopt Thanksgiving week as a time for meetings and meditation on the Traditions," AA cofounder Bill W. wrote in the November 1949 issue of Grapevine (found in Grapevine's book, *The Language of the Heart*). The first official recognition of an AA Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support AA's worldwide services."

"When I realized that two-thirds of the dollars contributed to the General Service Board last year were from contributions of \$100 or less, I was amazed and filled with gratitude," says Kevin Prior, Class A (nonalcoholic) trustee and General Service Board treasurer. "We truly do rely on each other for our support and trust that the Fellowship will provide the resources needed to accomplish our work

However you may express your gratitude—whether via an extra dollar in the basket at your home group, a separate contribution to GSO, or by giving a Grapevine or La Viña subscription to a newcomer or prisoner in need—November is a wonderful time to express our collective gratitude for our individual sobriety.

When AA groups choose to make special contributions to their local service offices or committees and to GSO, or to support AA Grapevine, it is a very direct and spiritual way to participate in Twelfth Step work.

Hey, want to know more about PI work with district 19? This month, area 72 PI Chair "Kari" will be our guest at the November 29th Bus. Mtg. She will be very informational. Our Dist. 19 trusted servants handbook says, "PI work includes Speaking at, and training other members to speak at, non-AA meetings, appearing at Schools, health fairs, and other non-AA events, and working with the media to explain our tradition regarding anonymity. The District PI Chair develops and distributes public service announcements, including providing and maintaining literature racks at public facilities.

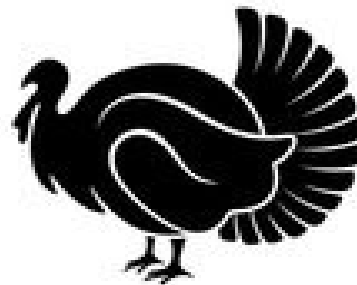
Rotation is two years...

So let your friends know that we will have "Keri" here to answer any questions they might have.

We would love to fill this chair position for 2024 hope to see you here at the November 29th District meeting.

This Month, District 19 is having our yearly Gratitude Dinner at Zion Baptist Church 4634 Alger Ave here in Everett. It starts at noon and goes till about 5pm. This is a great way to all come together to celebrate Gratitude Month and the thanksgiving Season. We will have a AA speaker and a Alanon speaker as well. Along with a sobriety countdown We will be looking for volunteers at this event, see Wanda if you are looking to be of service. We have had committee meeting to pull this all together, but we will never turn away someone who wants to be of service at this Gratitude based gathering.

So make sure to wear your comfy pants and come Hungry !!



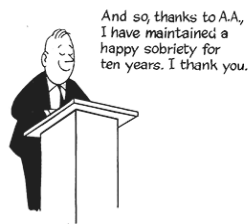
shutterstock - 696097339

PI CHAIR



Bill W. was not nominated for the Nobel Peace Prize. In early 1960 an individual from the New York area wrote to Bill concerning the possibility of receiving the Nobel Prize. Bill responded that he would be delighted if overtures were made but the distinction would have to cite Alcoholics Anonymous and not himself. Bill wrote that the prize money could not be taken, as A.A. does not accept funds from the outside world. Of course there was also the question of conforming to the traditional principle of personal anonymity: Bill's full name and picture would be used. A second proposal to nominate Alcoholics Anonymous for the Nobel Prize was presented in early 1986. After careful consideration and deliberation, the General Service Board of A.A. stated that the monetary prize without question would be declined. Beyond that, it was felt that, in keeping with our Tenth Tradition, which enjoins us to venture no opinions on outside issues, no further comments were necessary.

The Tenth Tradition
Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.



But before I leave...

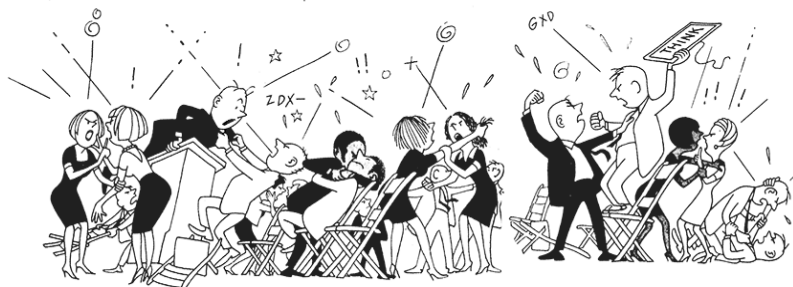


...I know I speak for all of A.A. when I protest the current legislation before the Congress! I refer to that infamous piece of rubbish known as House Bill No. x7-11-12!

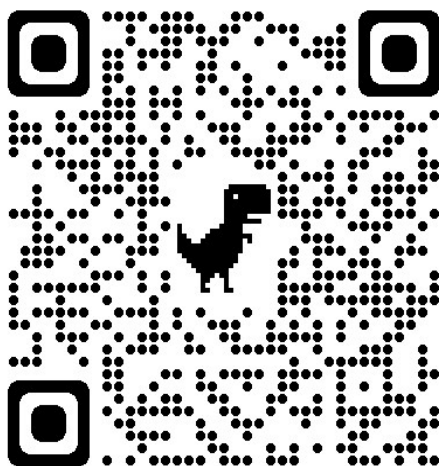
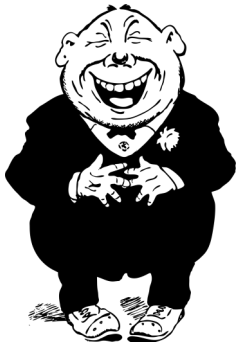
OH YEAH?

SEZ WHO?

...It must not pass! And to that end I am sending a telegram in the name of A.A. and our group...



How could anyone get sober or stay sober in an outfit like that?



Young People's Animation Video

Scan the QR code to the left to see a young people's Animated video

Step 11-

We usually conclude the period Of meditation with a prayer that we be shown al through the day what our next step Is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for our-selves only.

Cont. on pg. 87 in Alcoholics Anonymous

The Eleventh Tradition

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and films

Continue to watch for selfishness, dishonesty, resentment, and fear.

~ Big Book, Page 84

11th Step Promises

Chapter 6, pages 87 –88

We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “thy will be done”

We are then in much less danger of excitement, fear, anger, worry, self pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves

Concept XI

While the trustees hold final responsibility for AA’s world service administration, they should always have the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staff and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

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

D19 Third Legacy Meeting

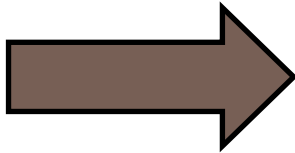
**1st Wednesday of Month, 6PM
AA Central Office**

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

dist19thirdleg@area72aa.org

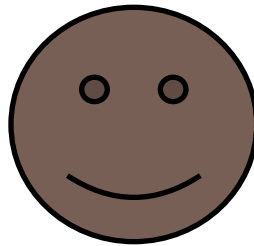
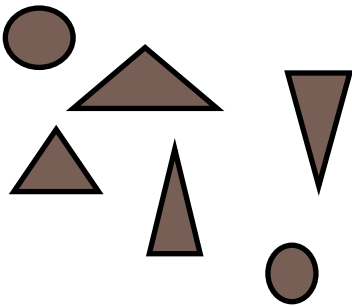


SNOHOMISH
COUNTY STA-
PLING
PARTY



SERVING DISTRICTS

2, 3, 12, 19, 24 & 57



Bring finger food type treats.
There will be lots of fun stuff to
nibble on.

**There are no strangers here,
only friends you haven't met
yet. Come join us in fellow-
ship and have fun .**

Sky Valley Snohomish Alano
Club

**October 15th
12 P.M.**



625 Ford Street

Snohomish, WA 98290

Ashley R (Deaf)

The Inclusion of Deaf Alcoholics in A.A. When I first came into A.A., there were only two A.A. meetings in my city that provided American Sign Language (ASL) interpretation. I was so desperate to stop drinking and I was new — I wanted what you all had and I was willing to go any lengths to get it. I could not stay sober with only two meetings a week, and I was scared, lost, confused and felt hopeless. One day, I was blessed with a hearing non-signer sponsor who would not let me give up: she wouldn't let me use my being Deaf as an excuse to leave the program and screw up my life. She saved me. She pushed me hard to go to meetings to show the groups that I wanted recovery and then to ask for an interpreter at those meetings. The groups turned to the Traditions, first to the Fifth Tradition: "Each group has but one primary purpose — to carry its message to the alcoholic who still suffers." The groups realized that if they wanted to carry the message to the Deaf alcoholic, they could use the Seventh Tradition to help pay for ASL interpreters. The word started to get out to other Deaf alcoholics about these meetings, and more Deaf members who wanted recovery showed up. Today in my city we have eight meetings with interpreters — an ASL-interpreted meeting every day of the week! We have entered a new era of inclusion of Deaf members in our A.A. community.

As time passed, we had more Deaf alcoholics at the meetings who were not only staying sober, but who also wanted to be of service to the group. While Deaf and hearing alcoholics were eager to work together, it was uncomfortable at the beginning because we spoke different languages. But we slowly started to learn how to communicate with each other. We all began learning how to work together and to carry the message together, to join in fellowship and to be of service. Deaf members were finally having the spiritual experience of being of service to the group. It is not surprising that we now have Deaf members who want to participate more fully in A.A. as whole — that is, we want to serve at the district and area levels. Full participation is a sticky issue 31 at this level of the general service structure, where the lack of funding for ASL interpreters can present a barrier. Things are improving: three districts in our area provide an ASL interpreter at their monthly meetings, and each has Deaf members representing them on the Area's standing committees. In addition, many workshops and conferences offer ASL interpretation, and our intergroup webpage has a Deaf-specific link to offer ASL translation of English text on the website and clearly shows which meetings provide an interpreter. But there is still a ways to go. It must be remembered that both Deaf and hearing members benefit from greater participation by Deaf members. In my group, I often hear members saying how grateful they are that we have ASL interpreters: they are happy to see Deaf members in meetings and they know how much we learn from each other. Many hearing members include us in their Fellowship activities and some of them are even learning ASL. Everyone benefits. And if Deaf members have valuable contributions to make to the group, we also can be of service on a broader scale, at the district and area level. If we exclude our Deaf members by failing to make General Service accessible to them, we risk cutting ourselves off from good leaders. As Concept I says, "Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

This is a beautiful concept! Not just for the Deaf members but for other members who are from different backgrounds or who have different accessibility needs — in other words, for everyone. We do not want financial concerns to get in the way of practicing our spiritual principles. Rather, we can shift our views from small-mindedness to open-mindedness — from worrying about money to appreciating how powerful it would be for hearing and Deaf A.A. members to work together. Since I came to A.A., I have been of service by serving as a greeter at meetings, helping set up meetings and cleaning up afterwards, making coffee, attending workshops, advocating for ASL interpreters, creating service projects to connect Deaf and hearing members, being of service at conferences, attending district meetings, serving as a district accessibility committee chair and participating in area committee meetings. I want to be part of General Service, and so do many other Deaf members. We do not want to see money become a barrier for our access to A.A. as whole.

We want to work with you as we help to carry the message to everyone! We want to stay sober, yes, but we don't want to just show up to meetings and not be part of General Service. Tradition 1 says, "Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us would surely die. Hence our common welfare comes first. But individual welfare follows close afterward." My life and the lives of other Deaf alcoholics are getting better. We are not dying; we are thriving because the members in A.A. see that we are part of a great whole. We want to be part of General Service and to continue being of service to all the suffering alcoholics who are still out there, who need our hands to help them. This is our spiritual principle: inclusion.