

District 3 Digest



WWW.SKYVALLEYDISTRICT3AA.ORG

newsletter@skyvalleydistrict3aa.org

PO Box 846, Gold Bar, WA 98251

DCM Report

Our first annual Spring Fling was a great success--wonderful food, wonderful fellowship, wonderful speakers! We're looking forward to doing it again, next year--one day at a time, of course.

Many thanks to Willy for all his effort in organizing the event; and to Don for finding us such a great location.

Our archivist provided us with an outstanding display at the fling. It was a real treat to see our history on display. Scott has forms available for groups to use in beginning to catalog their own history. Now is a good time to get started because now is when history is being made.

Our web site situation is not resolved completely, but all of our files have been transferred and progress definitely is being made. Please bear with us while we work out the details.

We're well past the half-way point in this rotation, so it's a good time to start thinking about District service positions. If you've never been a GSR, consider it. Come to a District meeting. Talk to others about it. Or consider one of our standing committees. Is there an area that particularly interests you? There are plenty of service opportunities. Maybe one would be just right for you.

And last but not least, I recently attended the April Quarterly in Port Angeles. It was pretty interesting. We re-visited some prior motions for referral to the Assembly agenda and there were new ones as well. Bug your GSR's for the information!

Yours in service, Sue Wade, DCM



I am responsible...when anyone, anywhere reaches out for help,
I want the hand of AA always to be there, for that I am responsible.





STEP 4

Made a searching and fearless moral inventory of ourselves.



WOMEN'S
ALANON MEETING
WEDNESDAYS, 4 PM

Sultan's VOA Bldg
701 1st St, Sultan, WA

Call Kat 206-308-1483



April

Sue 27 years
Amie 13 years
Leroy 10 years
Annette 5 years
Mark 3 years



Looking for information,
events or schedule of
meetings in
District 3?

Try visiting our website at:

www.skyvalleydistrict3aa.org



New Start Time:



No Delusions Group
Monroe Treatment Facility
7:00 pm to 8:30 pm

If you have a desire to stop drinking, you've come to the right place. We are the international journal of Alcoholics Anonymous, with thousands of stories and letters from those finding a solution to alcoholism.

The AA Grapevine is a lifeline linking one alcoholic to another. It can help you:

- Learn about the disease of alcoholism
- Understand how Alcoholics Anonymous works
- Understand the Twelve Steps
- Find out how others manage their lives without drinking

To subscribe visit: www.aagrapevine.org , **Telephone Orders** - credit card only
Monday - Friday, 9:00 am - 4:45 pm EST **(800) 631-6025**

DISTRICT 3 Archives

Catalog the history of your
home group.
Today we are making
history in AA.

Get submission forms from
Scott at
archives@skyvalleydistrict3aa.org

"The freedom of the Fourth Tradition From the December 1958 Grapevine

True freedom is not doing what we want, but doing what we ought. There is no government in Alcoholics Anonymous, no rules or regulations. Each group may do as its members wish; they are autonomous. But to live in true freedom they ought to take every care that their actions do not interfere with other groups or contravene AA principles lest we lose our freedom. Our freedom only lives by our willingness to give others that same right.

R.M., Toronto, Ontario"

Step 4: Made a searching and fearless moral inventory of ourselves.

There is absolutely nothing in this program that is here to hurt me--and that includes step 4. It might have its unpleasant moments (just one or two), but the only way I can deal with this stuff is to get it out and look at it. As long as I try to keep it buried, it will poison me.

The first time I tried a 4th step, I hadn't been sober very long and I did it because I wanted to look good. It was short and incomplete--heck, my head wasn't even clear, yet!--and I had very little perspective on what I was trying to do. It was pretty bad. And it worked.

I learned two very important things from that first attempt. One was that if I tried this stuff--even if it wasn't perfect (and it wasn't even close)--I would get results. I think that the more I put into it, the better the results will be, but the main point was that it didn't have to be perfect: it just had to be done. And the second thing I learned (and this is why I can say that "it worked") was that I was responsible for my own life. No more victim. Just me, standing in the middle of this mess and knowing that it was mine.

I've done several step 4's since that first one. And yes, I hear those of you who say you only do it once and those of you who say you do one every year, and others who... O'kay, the point for me is that I don't care what you call it. This is how it has worked for me. Maybe it just has been one prolonged step 4 over a period of many years. Or maybe it's several particularly intense step 10's. It is what I learned in that first step 4 that guides me.

Doing the best I could--and it really was my best at the time, as poor as it was--left me with a whole lot more to do. Because, thanks to AA, I grew and changed and the person I became was not the one who did that first step 4. I remembered more and more and I understood more and more. And I became capable of dealing with things I couldn't even see in the beginning. That process still is going on, today, and I'm grateful for that. Because when I stop growing is when I Really will be in trouble!

I'm all for step 4, whether it's one really, really long extended one or a series of shorter ones, or whatever works--as long as it gets done.

Sue

Area 72 Standing Committee Quarterlies

Saturday, April 17, 2010

Fellowship: 9:00 AM

Business Meeting: 10:00 AM

Lunch: 12:00 PM (main dish provided; potluck additions welcome)

Saturday, April 24, 2010

Fellowship: 9:00 AM

Business Meeting: 10:00 AM

Lunch: 12:00 PM (potluck, with main dish provided)

Saturday, May 1, 2010

Fellowship: 9:00 AM

Business Meeting: 10:00 AM

Lunch Provided

Saturday, June 12, 2010

Fellowship: 9:00 AM

Business Meeting: 10:00 AM

Lunch: 12:00 PM

[Treatment Committee Quarterly \(English\)](#)

[Treatment Committee Quarterly \(Spanish\)](#)

Normandy Park Congregational Church
19247 1st Ave South
Normandy Park, WA 98148-2101

[Access Committee Quarterly \(English\)](#)

[Access Committee Quarterly \(Spanish\)](#)

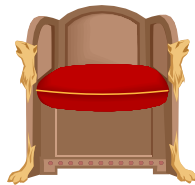
Mt. Tahoma Baptist Church
5220 74th St W
Tacoma, WA 98499-7949

[Archives Committee Quarterly](#)

The Salvation Army
832 Sixth Street
Bremerton, WA 98337-1441

[Grapevine and Literature Committee Quarterly](#)

Edmonds Christian Church
23010 84th Avenue W
Edmonds, WA 98026-8600



Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Long Form: With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

What does Tradition 4 mean to me? Well, one thing it does is get me back to "Love and tolerance of others is our code." For example, when I first got sober the meetings I attended were very different in structure from many of those I now attend. Is one more "right" than the other? Of course not. And when I have attended meetings in other parts of the country, I always find differences--especially when I look for them! As long as they have the basics of AA, each group can follow its own conscience about the details.

Sometimes I hear people say--often after a relapse--that they stopped attending meetings when they moved to a different area because they were "different." And what I learn from this is that for me to stay away from AA because they aren't running the meetings quite the way I think they should would be incredibly foolish--and could cost me my life.

Tradition 4, Another Angle: There is some talk in Area 72 about splitting into two delegate Areas. And this is a place where autonomy comes up against the wall of affecting AA as a whole. Because it isn't just about us. It's a process that involves getting approval from New York because what we do in this area affects the whole General Service Conference in its structure and functioning and, as a result, affects all other Areas around the country. So, even if we decide that we want to do this and do all the ground work to prepare for it, we still have to work with General Service and maybe get denied, because the good of AA as a whole HAS to come first. Because, without AA, we're all lost.

Sue

WHERE CAN A DRUNK FIND ALCOHOLICS ANONYMOUS BY ACCIDENT?

(THE PUBLIC INFORMATION BOOTH AT THE EVERGREEN STATE FAIR IN MONROE !!)
Aug. 26th thru Sept 6th

Since the P.I. Booth started in 1998,
over 6 MILLION people have gone to the fair, and they took
over 11 THOUSAND AA pamphlets and meeting schedules!!

If you know another way to put AA literature within the reach of
almost a million people a year, we want to hear about it!!!!

If just one district could do it all, we would,
but we can't, so we're asking for help again this year.

We need contributions to pay for rent and literature,
and we need volunteers to staff the booth.

For further information, call:

Barry 808 348-3850 Chairperson
Mike 425 308-2624 Volunteer Coordinator

To make a contribution:

AAPI Booth
Box 1894
Sultan WA 98294

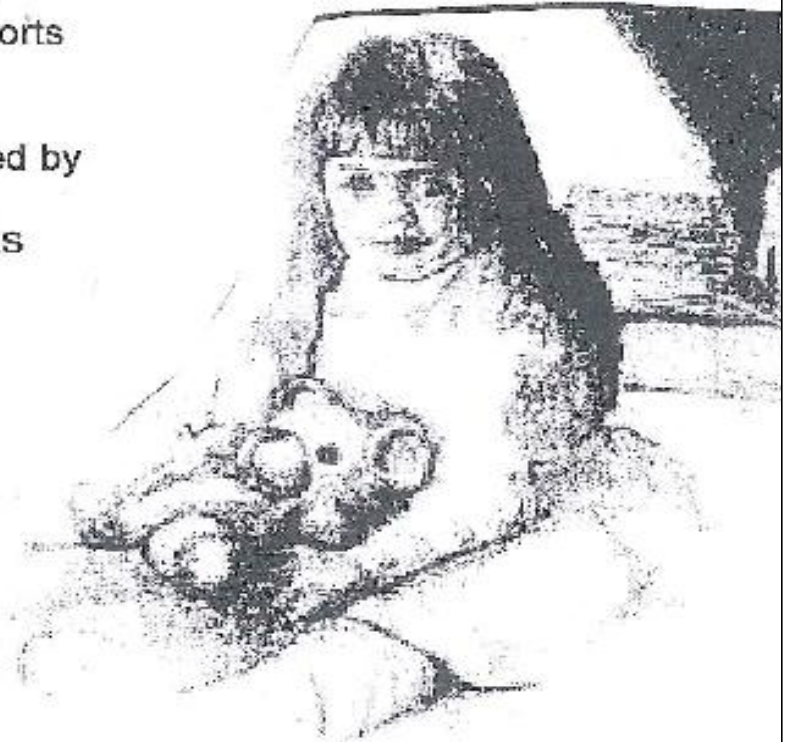
**11th ANNUAL
SKY VALLEY CHAPTER
TOY RUN**



To Benefit Women & Children's Pavilion
Everett, WA.

Sunday June 6th 2010
9:30am
Run Leaves at 12:12pm
From Adventure Motorsports

Hot Dogs & Coffee Served by
Adventure Motorsports
17321 Tye St. SE
Monroe, WA. 98272



The ride to Pavilion Begins @ 12:12 SHARP!!!

A.A. History in April

April 1

1939 - "Alcoholics Anonymous", AA's Big Book was published.
1940 - Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.
1966 - Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.
1984 - 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

April 3

1941 - First Florida AA meeting was held.

April 4

1960 - The Chicago Daily News reported that Fr. Ed D., a Jesuit priest who helped start the first AA group in St. Louis, had died at age 62.

April 7

1941 - Ruth Hock, Bill W.'s secretary, reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10

1939 - The first ten copies of the Big Book arrived at the office Bill shared with Hank P. in Newark, New Jersey.

April 11

1938 - Alcoholic Foundation held its first meeting.
1939 - Marty M. attended her first meeting at the home of Bill and Lois W. in Brooklyn.
1941 - Bill and Lois W. moved into their new home, Stepping Stones.

April 12

1942 - The Windsor Daily Star in Ontario, Canada, reported that over 400 AA's attended a testimonial dinner for Dr. Bob.

April 16

1940 - A sober Rollie H. caught the only opening day no-hitter in baseball history since 1909.
1973 - Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 17

1941 - 2nd group in Los Angeles, the "Hole in the Ground Group" was formed.

April 19

1940 - First AA group in Little Rock, Arkansas, was formed.

April 22

1940 Bill W. transferred his Works Publishing Stock to the Alcoholic Foundation. The date on which Hank P. transferred his stock is uncertain.

April 23

1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.

April 24

1989 - Dr. Leonard Strong died. He was Bill's brother-in-law and a non-alcoholic AA Trustee.

April 25

1951 - AA's first General Service Conference was held.

April 26

1939 - Bill & Lois W. moved in with Hank P. after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 30

1989 - The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

Other April events for which we have no specific dates:

1940 - The "Texas Preamble" used to open meetings in Texas, was written by Larry J. of Houston.
1940 - The first AA pamphlet was published, entitled simply "AA."
1958 - The word "honest" was dropped from "an honest desire to top drinking," in the AA Preamble.
1960 - Bill W. refused to be on the cover of Time Magazine.
1988 - Cybil C., the first woman member in Los Angeles and archivist, died.

Central Office Meeting Minutes

April 6, 2010

Meeting Started @ 7:03pm

Attendees:

Tom P., Shari V., Chris, Stevie M., Patti G., Jerry O., Dave C., Dan H., Vince N, Jim W., Richard, John M., Buz C.

Meeting opened with the Serenity prayer

Secretary's report March report submitted by Stevie was accepted.

Central Office Manager Report:

- ü Completed order for literature totaling \$435.97 (02/05/10)
- ü Started process of determining which brochures we should carry based upon sales (or lack there-of)
- ü Received and restocked books and pamphlets – future orders should be on a 60 day cycle going forward. Additionally, Inventory will generally occur every other month. A consideration was made to donate extra material.
- ü Ongoing clean up at CO
- ü Involved with phone problem experienced on 4/27-4/29 regarding not able to transfer. Verizon updated its system and changed the phone # that is used to call in and transfer phones.

Report accepted

Alternate Office Manager Report:

No report – position is open

Treasurer Report:

Beginning Balance \$2,065.08
Contributions \$1,174.86
TOTAL \$3,239.94
Expenses (\$994.38)
TOTAL \$2,245.56
Less Prudent Resr. (\$1,500.00)
Net Funds Available \$745.56

Daytime Phones:

Greg T: 425-377-3271 mkx@mail.lawguru.com

Meeting Information (13)	204
NA / Other program information	15
12 Step Calls (3)	11
Misc./other	30
Collect	0
Wrong Number / Hang up	29
Volunteers (1)	26
Books/schedules	8
Transportation (1)	6
Detox / Housing	10
Total Calls	339

** There was also call sheet for Snohomish Sunday, dated 2/27/10 equaling 18 (they are highlighted in red but not included in total calls for March).

Nighttime Phones:

Patty reported for the month of January:

meeting inquiries	41
12 Step Calls	14
Non Related Inquiries	0
Talker	1
Total calls	56

There has been difficulty filling night time positions.

Reports accepted

District 2:

Chris: District 2 concerns:

- a. Literature; whether there is too much volume and money exchange that is taking away from primary contact focus.
- b. Collect Calls; Chris wanted clarification on the collect call process in order to pass this information back to the district.

District 3:

Shari V.:

- ü District 3 is requesting/welcoming additional information to be included in their newsletter for up and coming events. Email info to Shari V. – shavig@verizon.net and she will forward to newsletter representative.
- ü Jasper won volunteer of the year for his work with the prison system
- ü District 57 wants to play more of a role in PI booth and have a Spanish speaker present everyday

District 12:

David C.:

No report but rep is presenting a new motion in new business

District 19:

Dan H.:

Dan is the official representative for this district and working on introducing an alternate in the near future.

Reports accepted

Old Business:

Signage: Has not been posted at this time.

Phones & Literature: districts must bring motions regarding these issues

New Business:

Open Positions: John M. has made himself available as the Alternate Office Manager

12 Step list needs updating as soon as possible. Buz C. attended to share his experience with an outdated 12 step list and there was discussion on who is responsible and how often this task is performed. There was also conversation regarding how to get people signed up to be on the list

District 12 brought motion to amend the guidelines for Central Office:

Motion:

We move to amend the "Guidelines for the Central Office Serving Snohomish County" to include the sentence "The Office Manager have a minimum of two (2) years immediate and continuous sobriety." This will be place in the section called "Office Personnel" in the description of the Office Manager and Alternate Office Manager positions.

Motion was voted on and passed: 3, 12 & 19 voted for; 2 Abstained.

Meeting adjourned @ 8:07 pm
