

District 3 Digest

WWW.SKYVALLEYDISTRICT3AA.ORG

DCM Report

We had a much appreciated visit from Steve C., the Area 72 Accessibilities Chair at our December meeting. There seems to be a growing interest in accessibilities in our District and we are looking forward to discussing it further. Steve has assured us that he will be available for any and all questions we may have and will be happy to assist us if we set up an accessibilities committee at the District level.

We also are looking for a new chair for our Archives committee. Marla M, who gave us energetic, enthusiastic--and organized!--service in this position, has moved out of the area and a replacement is needed. If anyone is interested in this position, the District would love to hear from you. Contact your GSR or any other member of the District committee, or just come to the meeting on the third Thursday of the month. District meetings are open to everyone.

And finally--it's official: District 3 is hosting a celebration of sobriety in March of this year, right around the time of St. Patrick's Day. We originally considered a Gratitude Dinner and realized that November is pretty full. But we drank the year around and we're staying sober the year around (one day at a time, of course!), so why not celebrate in the Spring? Stay tuned for further details.

Yours in service, Sue Wade, DCM

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**Come join us**  
**Sky Valley Group**  
**Snohomish Alano Club**  
**625 Ford St**  
**Snohomish, WA**

**Ongoing Events:**  
**Birthday Meeting**  
**the last Friday**  
**of the month**  
**7pm,**  
**with cake and coins**

**Family dinner** beforehand  
from **5 - 6:30pm**  
**\$6 adults, \$3 kids**

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**Young People Meeting**  
**Fridays, 7pm**

**Women & Men's Meeting**  
**Tuesdays, 7pm**  
Same time and place  
Different rooms

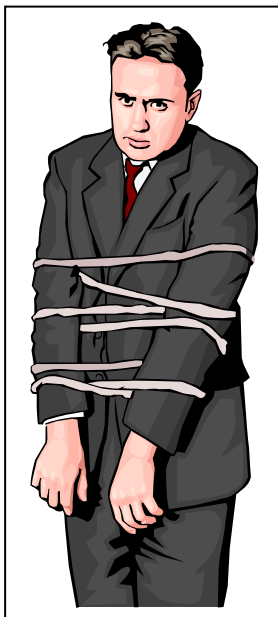
**Speaker's Meeting**  
**Last Saturday of the month 7pm**

**Alanon Meeting**  
**Saturday, 2pm**

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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 1

Admitted we were powerless over alcohol and our lives had become unmanageable.



Twisted Sisters Group
of Alcoholics Anonymous

Celebrates birthdays
The last Tuesday
of each month
@ 7:30pm
with cake and coins.
WO

Shepard Of The Valley Lutheran
Church
368th Dr., Startup

January Quarterly, January 8 & 9, 2010, Vancouver, WA

One of the primary functions of the Quarterly meetings is to approve (or not) motions for the Area Assembly. This has NOTHING to do with the merits of the motion. It is about trying to make sure that the motions will be clear in intent and effect--that they say what the maker intended (and nothing else) and that the results if passed will be clear.

The following motions were presented, discussed, amended and sometimes referred for further action. Numbering is mine and for convenience only. Any errors are mine. Sue.

(1) The Archives Steering Committee moves that the Area fund the Area Archivist to attend the NAAAW (National AA Archives Workshop) annually, covering travel, lodging, registration and meal expenses.

Most Areas regularly fund their Archivist or Archives chair to these workshops. Cost would vary depending on where held--the site rotates around the country. One of the concerns was whether the wording actually meant every year. Even as amended, it was thought that this motion needed some more work, including a possible paring down of the background information. This was referred back for further work.

(2) Area trusted servants may speak to the minority opinion. Following the vote on a matter, it is customary to ask if there is a minority opinion and additional discussion will be held if there is. Appointed trusted servants do not vote so, obviously, they could not vote with the minority. It has been a matter of the discretion of the Area Chair as to whether or not these trusted servants could be allowed to speak in this situation. They may well have pertinent information and the purpose of this motion is that they be allowed to speak if in good conscience they can say that they would have voted with the minority had they been allowed to vote. This was moved onto the Assembly agenda, with the provision that the background required further work, including such things as the appropriate tradition or concept and noting which trusted servants are affected.

(3) The Western Washington Area 72 Grapevine and Literature Committee moves to increase the cap of assets on hand as established in Motion 98.3 to \$7500. The current cap was established at \$5000 under Motion 98.3. Passing this motion will not cost the Area any money. It recognizes the fact that the value of literature and Display items increases over time. Failure to pass it means still having literature available but in limited amounts to keep the inventory value within the \$5000 cap.

Moved to the Agenda with the suggestion that the background information may need to be very specific about the inventory valuation.

(4) We move that the WWA 72 corrections literature budget be increased to \$8,320. This is a 30% increase from the current budget amount of \$6,400. The cost of supplying literature to correctional facilities continues to rise, e.g. there has been an approximately 30% increase in the cost of the Big Book. An increase is necessary to maintain the current level of service. Question as to why this needs to be in the Area budget at all.

This was referred to the Agenda with the note that the background information could stand some improvement.

(5) We move to authorize an annual variable budget, equal to 5% of the yearly approved Area Budget to be administered at the discretion of the Finance Committee, to pay for service-related expenses for the Area elected and appointed trusted servants and Area committees.

The purpose of this motion is to supersede and clarify Motion 06.02, which includes the word "unexpected" before "service -related expenses"--which has caused some controversy and confusion. It also adds "and Area Committees" and the end. Passing the motion will not result in an increase in the Area budget.

This was referred on to the Agenda.



January Annual Birthdays

Dave P 23 years
Ben 20 years
Kevin 4 years

Technology and Traditions: How are the Traditions working today?

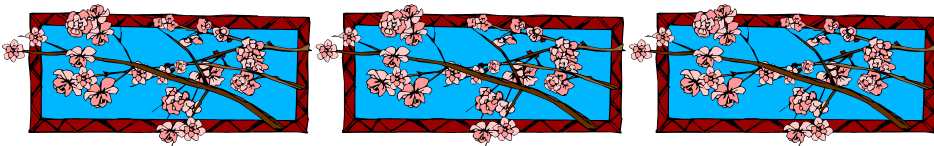
Reflections from the January Quarterly

Times change and technology continuously opens new avenues--many of which were never expected even a relatively short time ago. For example, our 11th tradition refers to the media as "press, radio and films"--written at a time when television did not have the overwhelming exposure and influence it eventually developed. Yet there can be little doubt that it would be included were that tradition written today. Now we are seeing another "explosion" with the growth of internet access and perhaps just are beginning to consider all the implications of that. Dave T., Area Delegate, raised the issue of the interaction of AA traditions with the internet and specifically with such things as social networking sites. It was suggested that this is an area for all of us to consider and that we be aware of the implications for AA. Tradition 11: 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.

Like many of us, I am involved with such a site--in my case, Facebook. Most of my "friends" are also AA, but not all of them. I am comfortable sharing my sobriety and it is easy to be casual because I am part of this large and loving AA family. But I had not thought about the fact that, whatever I share on Facebook, I am--at least potentially--sharing with the world. Whatever I post becomes available not just to my immediate friends but to the friends of my friends. When I discuss my sobriety, it no longer is private. In a very real sense, it becomes at the public level. Is there any fundamental difference between this and giving a television interview and saying "I'm Jane Doe and I've been sober in AA for (fill in the blank) years." Except, of course, that it is a lot harder to get to give a television interview, as opposed to posting whatever and whenever I want, night and day.

For me, there are a couple of obvious problems right off in exposing AA in this way. One, of course, is the immediate danger to me of ego inflation without the balance I normally would have if I were speaking in a meeting. The second is possible harm to the fellowship and to our ability to carry the message to the alcoholic who still suffers. What if I were to relapse? It happens and I have seen this shared, as well. Without the "inside" perspective of an active AA member, this can make it look as if AA doesn't work. And this could discourage the alcoholic seeking help who sees it, e.g. "Why bother with AA? It doesn't work: Jane Doe tried it and got drunk."

There have been articles on this subject in the Grapevine and GSO also has published some guidelines on its web site. It could be a good topic for groups to discuss. It is an issue that affects all of us as part of the fellowship of AA.



District 3 Spring Fling Fellowship Banquet
March 13, 2010

Groups will be supplying meat dishes and individuals can bring dishes under the following guide:

Name starts with A to E: Salads

F to K: side dishes

L to P: deserts

Q to U: appetizers

V to Z: breads and rolls

10:00am Doors Open (Coffee, pastries, and fellowship)

11:30am Pot Luck Lunch

1:00pm AA Speakers

2:10pm Sobriety Countdown

Gifts for most and least sobriety

2:30pm Close with the Serenity Prayer

Other Offerings:

Literature Display

District 3 Archives Display

Location:

Crossroads Presbyterian Church

10310 20th St SE

Everett, Washington 98205

(Across the Street from Tom Thumb Market)

Any Questions call Willy L. (360) 568-1805

Tradition 1



Our common welfare
 should come first;
 personality recovery
 depends upon A.A.
 unity.

AA History in January

Jan 1929 – Bill W. wrote third promise in Bible to quit drinking.

Jan 1940 – Akron group moves to new home at King school.

Jan 1944 – Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".

Jan 1944 – Onset of Bill's 11 years of depression.

Jan 1946 – Readers Digest does a story on AA.

Jan 1948 – 1st A.A. meeting in Japan

Jan 1951 – AA Grapevine publishes memorial issue for Dr Bob.

Jan 1958 – Bill writes article for Grapevine on "Emotional Sobriety".

Jan 1, 1943 – Columbus Dispatch reports 1st Anniversary of Columbus, Ohio Central Group.

Jan 2, 1889 – Sister Ignatia born, Ballyhane Ireland.

Jan 3, 1939 – First sale of Works Publishing Co stock is recorded.

Jan 4, 1940 – 1st AA group formed in Detroit, Michigan.

Jan 5, 1939 – Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere".

Jan 5, 2001 – Chuck C. from Houston died sober in Texas at 38 years sober.

Jan 6, 2000 – Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died.

Jan 8, 1938 – New York AA splits from the Oxford Group.

Jan 10, 1940 – 1st AA meeting not in a home meets at King School, Akron, Ohio.

Jan 13, 1988 – Dr Jack Norris Chairman/Trustee of AA for 27 years dies.

Jan 13, 2003 – Dr Earle M sober for 49 years, author of "Physician Heal Thyself" died.

Jan 15, 1937 – Fitz M brings AA meetings to Washington DC.

Jan 15, 1945 – First AA meeting held in Springfield, Missouri.

Jan 19, 1943 – 1st discussion for starting AA group in Toronto.

Jan 19, 1944 – Wilson's returned from 1st major A.A. tour started in Oct 24 1943.

Jan 19, 1999 – Frank M., AA Archivist since 1983, died peacefully in his sleep.

Jan 21, 1954 – Hank P who helped Bill start NY office dies in Pennington, New Jersey.

Jan 23, 1985 – Bob B. died sober November 11, 2001.

Jan 24, 1918 – Bill marries Lois Burnham in the Swedenborg Church in Brooklyn Heights.

Jan 24, 1945 – 1st black group St. Louis

Jan. 24, 1971 – Bill W dies at Miami Beach, FL.

Jan 25, 1915 – Dr. Bob marries Anne Ripley.

Jan 26, 1971 – New York Times publishes Bill's obituary on page 1.

Jan 30, 1961 – Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".

End of Jan 1939 – 400 copies of manuscript of Big Book circulated for comment, evaluation and sale.



Looking for information, events or schedule of meetings in District 3 AA? Try visiting our website at:

www.skyvalleydistrict3aa.org

You can send information to the webmaster for posting.



Service work is an important part of sobriety. The following committees are looking for persons who are looking for service work.

Archives:

Contact: Marla
archives@skyvalleydistrict3aa.org

Newsletter:

Would like someone attending meetings from Everett, Lake Stevens or Snohomish to report events and information to the newsletter.

Contact: Diana
newsletter@skyvalleydistrict3aa.org

Corrections:

Jasper 206-949-2678

~~What's Happening in January~~

[Western Washington Area 72 January Quarterly](#)

Hosted by District 7

Friday, January 8-9, 2010

Red Lion Hotel
Centennial Ballroom
100 Columbia Street
Vancouver, WA 98660

[Accessibility Committee Quarterly](#)

Saturday, January 16, 2010

Fellowship: 9:00 AM
Business Meeting: 10:00 AM

St. Mark's Episcopal Church
124 North Sylvania St. at Spruce
Montesano, Washington 98563-3717

Saturday, January 16, 2010

Fellowship: 9:30 AM
Business Meeting: 10:00 AM

[Treatment Committee Quarterly](#)

1338 Jefferson Street
Port Townsend, WA 98368-6622

Thursday, JAN 21st, 2010, 7pm

(3rd Thursday of each month)

**District 3
Business Meeting
202 Sams St.
Monroe, WA**

On December 8th, 2009, I achieved a true milestone in my recovery as well as my life in general. Upon completion of my 4th step, which I can honestly protest with every fiber of my being, was a rigorously thorough and soul searching inventory of my deepest, darkest secrets, fears and feeling of guilt, shame, embarrassments and wrong doings, leaving no skeleton kept in the dark or stone unturned. In the process many shortcomings were brought into the light which I now know, when practiced to any degree will not only stunt my spiritual growth and progress, but will eventually and ultimately lead me back to not only active addiction, but the incomprehensible demoralization that follows.

The pain and misery that my past behavior has caused not only to myself but everyone I came into contact with in the process, took me to an inconceivably dark, lonely and suicidal abyss that I can only pray that if I never forget, than I won't ever return.

Words cannot do justice to the emptiness and depths of sadness that I have experienced. My spirit was reduced to only a faint flicker of light, just barely enough to keep me from permanent insanity. I now understand what hell on earth means and this hell comes from the inside. This is what people talk about when they say the pain became great enough!

The willingness to go to any length to choose life was the only way out. It is that or the inevitable bitter ends. A life of solitude in a world of disillusionment, pain and fear, where your only company is your own warped and twisted mind, that no longer has the ability to reason and when not in the state of total inebriation plays your favorite home videos of the things you've done that make you question if your even awake, that maybe this could all just be a nightmare and if not, then maybe I am not even human. Not even real. But, the boogeyman personified in the dreams of sleeping children. Where reality falls through your fingers like grains of sand, the sun no longer shines and God is dead.

I never want to go back! I don't have to go back! Today, right now I have a choice. Today, I have options. There is a way out, but, only if I do the work. Only if I can forgive and be forgiven; only if I can honestly forgive the one person I hurt the most, the one who didn't deserve this, the one who didn't mean for all this to get so out of hand. The one you need to love again, nurture, take care of and respect every day, for the rest of your life and believe with all of your heart and soul that he is worth it.

Remember what a beautiful little boy he used to be? Full of love and kindness and endless imagination and creativity with the god given talents and ambition to back it up. Do you remember him? He remembers you.... And he told me to tell you he is still here and that he forgives you and that he understands you didn't do this on purpose.

He knows it's not what you wanted and that he tried to stop you, but, it was just too strong. All he could do was pray for you and believe in you and never give up. And he never did!

Its over! You gave it your best but, you can't deny the power of God and his intentions. You were not intended to be a junky or a drunk. That pain you've been feeling, that sadness and guilt is from trying to destroy one of God's most beautiful creations, You.

You know why nature is so beautiful and majestic and perfectly harmonious? Because that's the way God intended it to be. You don't see birds drowning themselves in hopes to become fish do you?

Be true to yourself. You have an opportunity to live two lifetimes for the price of one. You can live a life beyond your wildest dreams and in doing so, repair the wreckage of your past just by staying sober, cause that's all that anyone who really loves you wants for you anyway.

Come on man, it's a win, win. A no brainer. You're smart; you know you're smart, so do yourself a favor and put the gun down *so to speak*. You're better than this. I love you and I forgive you, now go out there on this beautiful new journey and me proud. Anonymous



Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

For me, the first tradition is the foundation for all the others, just as the first step is the foundation for the other steps--for without sobriety, I will fail at the other steps and without unity, I believe this program will fail. And if it goes down, I go down with it.

One of the things I find amazing about AA is how we appear so disorganized and yet stay together and manage to get done the things that need doing. For me, when I participate in service activities, I am reminded repeatedly that we all have the same goal--to reach out to the still suffering alcoholic--and that, for this to happen, AA must survive. It is this that brings us together and keeps us together, regardless of different perspectives. In the end, we all want the same thing--our survival depends on it!--and so we hang together and make it work.

Watching AA "at work" can have its frustrating moments, but when I remember who and what we are, I realize that I am seeing a miracle in action and I am grateful.
Sue W.



Hi my name is Tammy and I am an alcoholic.

Admitting I was powerless over alcohol wasn't something I wanted to believe.

Me, of course I could quit, I was just not ready. Everyone around me was ready long before I ever acknowledged I had a problem and could not stop.

It took countless attempts to stop drinking before I realized I could not.

I was in drug court and weekend after weekend I went to jail because I just could not stay sober.

I don't know how many times I went to jail and within minutes of being let out the door I was on my way to the bar.

That was never my intention, but I was an alcoholic and I did not know how not to drink.

Treatment center after treatment center I went in with the desire to stop drinking but I never followed through. I would trade on e addiction for another and the results were always the same, I could not stop.

I thought I was one of those people who was constitutionally incapable of getting sober and staying that way.

I was different and I was unique. Not only was I an alcoholic but a drug addict too.

The truth is when I drank or did drugs the out come was always the same complete and incomprehensible demoralization. I realize I am the same as the rest of you nothing special or different, I am an alcoholic and when I drink I cannot stop.

I didn't drink for the taste but always to get messed up, and messed up I was.

Here I was living in a tent in the woods and although it was a nice camp, it was not a nice home. I had lost my home and my ability to be a mother, sister or a daughter.

I was lost and didn't know if I would ever be found again.

It became Winter and living in the woods was wet and cold. It was then I realized that my life had become unmanageable. What in the hell is a girl like me doing in a place like this and how did I get here, I thought.

Was it lack of morals, no I had morals but they had changed along with my addiction to booze.

I thought to myself I am not the same as the people I am spending my life with, the truth is I was exactly the same. I was a hopeless alcoholic who didn't know how to stop drinking.

I had to steal, cheat and lie to get what I needed, more booze, more drugs, more of whatever I could get my hands on.

My soul was gone and I was running with the devil.

After couch surfing night after night in places I didn't want to lay my head it was time to admit I was powerless over alcohol and my life had become unmanageable, that is when I became willing to do whatever it took to stay sober.

I remember in the last treatment center for late stage alcoholics and addicts the women that brought AA meetings in to us would say, there are three things you must do to stay sober, Go to meetings, get a sponsor and tell them the truth and do the 12 steps of alcoholics anonymous. That is what I did, I was as willing as the dying can be and dying I was, emotionally, spiritually and physically.

Thank God for Alcoholics Anonymous.

Today by admitting I was powerless not over myself but over the first drink I have been able to stay sober since 5/13/07. I have a choice as long as I don't pick up the first drink.

I have a spiritual life and a family life again and I have been given the chance to find myself again one day at a time. Alcoholics Anonymous has blessed me with a life again.

My "Planned Slip" by: Canyon Falls Doc

It was a beautiful July day and my wife was safely at work. We had planned a 10 day camping trip to the Pine country of eastern Washington at a popular campground where you have to go early in the week to tie down a spot. It was Tuesday morning and as I drove our Winnebago over Snoqualmie summit I mentally checked my list of things to pick up at the Cle Elum Safeway. Burger buns, quarter pounders, mayo, pickles, onions, Diet Pepsi.....AND go to the Liquor store and get a half gallon of Jonnie Walker Red. My 'plan' was all worked out- make sure my wife was at work, I would be by myself at the campground for 3 days, drink the Scotch, burn the plastic bottle in the camp fire and have all day Friday to sober up for her evening arrival.

I was only going to meetings about once a month and 'feeling-the-need' for that *good feeling* again. I remember when my buddy Dave said he got the 'feeling' and he checked himself into Sunny M Ranch for a 10 day "tune-up" a couple years ago. No, that's not for me. I just want to drink for a few days in secret and go on with life like nothing had happened, and keep it to myself.

Coins are a big ego thing to me and I had 18. As I parked in the Safeway parking lot and locked the door, I noticed one of my coins on the dash board. (oh, crap !)

I entered the store, got a cart and began loading it with supplies. As I went through check-out I grabbed 10 Hershey bars, and in the next lane somebody said "Hi, what are you doing in Cle Elum, Doc?". I immediately felt shame, and wanted to crawl into a hole. The shame was like cheating on my wife. Actually, it would be *cheating on my life*. It was Fred and Barb from my old AA Sunshine Group. I forced a smile and told them I was going camping. They asked me to join them for lunch and I declined saying I had to hurry and reserve my spot. Fred kept pushing for me to join them. I finally relented and met them at the Café.

During lunch Barb explained how she just about had a "planned slip" last week while on a "girl's weekend" with her old Alumni group. It was then that I realized that my Higher Power had put them in my path. I "fessed" up to them during our mini meeting and never made that stop at the Liquor store.

That was 10 years ago, and since that time I have never gone to less than one meeting a week, I talk to my sponsor weekly, sponsor 3 guys, do service work and read my Twenty Four Hours a Day book every morning.