

June 2010
Volume 2, Issue 6

District 3 Digest



WWW.SKYVALLEYDISTRICT3AA.ORG

SKYVALLEY DISTRICT 3 PICNIC SATURDAY AUGUST 21ST @ WONDERLAND PARK

- THE FUN STARTS AT NOON & ENDS???
- HAMBURGERS AND HOT DOGS ARE PROVIDED
- KIDS GAMES - SWIMMING - BOATING
- RAFFLE / SOBRIETY COUNTDOWN
 - CAMPFIRE MEETING
- FRIENDLY PEOPLE & LOTS OF FUN FOR THE WHOLE FAMILY
- *WONDERLAND PARK @ FLOWING LAKE SNOHOMISH

No pets, no exceptions

CONTACT
newsletter@
skyvalleydistrict3aa.org
or
PO Box 846
Gold Bar, WA 98251



Index Group

Old Fire Hall
Index, WA

SUN-6pm WED-7pm FRI-8pm

Index celebrates birthdays,
the last Friday of the month



JUNE Birthdays

Doc	29 years
Lynn P.	26 years
Jennifer	19 years
Tina M.	10 years
Erik	2 years
Greg	1 year



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 6

“Were entirely ready to have God remove all these defects of character.”

My name is Bob F., I am an alcoholic in recovery and this is my experience.

In sharing my experience with step 6, I need to start with the 'God' topic of the steps and my experience with the discovery of the 'spiritual component' of AA.

The 'spiritual component' is the foundation for all of my step work, including the 6th Step.

I have no religious affiliations, nor was I raised to maintain a particular religious stand.

My Mom was Congregational (Christian) and Dad was Lutheran until he came out of his closet to convert to Judaism at the age of 80.

I consider myself an Agnostic, not to be confused with an Atheist or Christian in recovery.

Alcohol:

The combination of my ego, immaturity, false pride and my yet undiagnosed disease ran riot for years. Although I functioned relatively well as a citizen for most of my drinking years, I had a deeper sense that I was courting danger with alcohol from early on.

Alcohol seemed to fill a deep emptiness, it became my focus, my courage and it affected nearly every decision I made until alcohol started “drinking me,” in the later stages.

My later stage alcoholism led me to the edge of an Abyss of insanity and despair with my toes curled over the edge. I could not stop drinking.

One cold night, alone, while proclaiming to anyone listening-on the other side (Creation and the deceased), that I was coming home, crossing over, throwing in the towel, I refuse to go on like this.

I'll take all the consequences for rendering my body uninhabitable, there is no hope.

I was willing to do anything to die.

When I finally got sober, I came to AA to learn how to stay sober. I found hope of a new kind. I was WILLING to do ANYTHING to stay sober.

I did have concerns about the 'God of AA' that I was hearing about in meetings. "Get God or get drunk", I heard from some older sobers. Did I have to accept 'the God of AA' to stay sober?

As a still suffering alcoholic new to recovery, could I find sobriety in A.A. without having to accept anyone else's beliefs of a higher power or having to deny my own?

Continued >

Character Traits; Assets and Liabilities:

I learned in Alcoholics Anonymous that I don't have 'a program', 'I am my program'.

I also learned that the 'God' or a Higher Power in AA, is of *my own understanding* and that AA is not a religious organization.

I soon knew that in AA, I was in good and loving company with those who understood me and my disease. Best said by an older sober I heard in a meeting, "...It's what works best for most."

I began to work the steps with my sponsor, who understood my spiritual perspective and this was very important because it is the cornerstone of my sobriety.

So much of what I thought I was, my identity, was tied up in the defective parts of my character for so long, well formed by my ego and disease.

I discovered most of my defects (liabilities) by working Step 4 and shared them in Step 5, losing a sense of isolation and clearing the way for step 6.

In working Step 6, I became '*willing*' to let go of the character defects that kept me sick for so long. Step 6 was transformative and a major shift in my perspective occurred. This was an awakening.

Upon closer examination of these defects with my sponsor and other members of AA, with unmasked honesty and without reservation, I found enormous opportunities for growth.

However, this was no easy task, I could not do this alone, sometimes it was nothing short of terrifying.

Some of these defects that I had coveted and nurtured for so many years, were like old dysfunctional friends. For the first time in my life, I felt as if I was facing my "Real Self", I experienced a new kind of courage.

This road would be long and difficult, causing me to examine the darker elements of my character again, I was not alone. I discovered that I really didn't want these defects of character removed...literally, that with competent help I would embrace them. They are, after all, as important as my character assets. I know, sounds nuts!

But, by examining them with my sponsor, discovering their true nature and origins, and sharing them with others, I found that in time, they became transformed.

This is hard work, a tedious process that requires vigilance, honesty and a competent sponsor.

The Gift:

Old willful thoughts and behaviors hung around my neck like a weight in deep water.

People that displayed empathy, kindness, genuine generosity and other similar qualities, I held in deep contempt.

I grew up truly believing that these people were weak, clueless, stupid and below me. Men that cried or had feelings and/or empathy for others were to be pitied and shunned.

I had learned all of these fearful and ignorant behaviors early in life and then poured alcohol on them, until I believed them and unknowingly became a hypocrite.

With the help of the principles that my program offers, I discovered that the core of these beliefs were born of loneliness, self pity, deep resentments and selfishness.

These were my true weaknesses, these were my real enemies. But what they offer me in recovery is a many fold gift.

I have an opportunity for growth and a real freedom that I could never have imagined by learning from my character defects.

I became entirely ready to have my defects of character transformed, not removed. By no means do I wish to lead anyone to believe that this work is easy. It is not.

Becoming honest with myself enough to be *willing* to change what doesn't work in my character was very threatening. But, I knew that by doing this work I was being spiritually responsible.

Allowing the principles to work on me, this process continues today, it is a journey of discovery and growth in Sobriety. That is my experience with step 6.

Thank You, for my Sobriety, I am Grateful and I'll take another 24 Hours.

Bob F.



TRADITION 6
An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.



DCM REPORT



Well, it's almost picnic time again! Hard to believe that summer is coming when I look out the window at all the persistent grey. But plans are well underway and if you are looking for a service opportunity, there will be plenty available. Bring your sponsees--or your sponsor!--and get involved.

And if you're really lucky, you still may be able to find an opening to help out with our appearance at the Evergreen State Fair.

There are lots of service opportunities available in the District. Please feel free to attend District meetings and find out what's available at the District level. We'll be happy to find something for you!

On another note, this month we observed AA's 75th anniversary. It's always a good time to reflect on the incredible gift we have been given. The fact that our fellowship has been growing and providing hope and recovery for 75 years really brings that home to me.

Most alcoholics create an amazing amount of damage in their own lives and the lives of others and then top it off with a miserable death. Because of AA, we are spared that road. What a blessing and a joy this thing is!

Yours in Service, Sue Wade, DCM



HONESTY

Now I am sure we all agree that the program of Alcoholics Anonymous is an honest program, right? So why am I so troubled by what I feel to be a dishonest action on the part of so very many members?

It is because the action is a very preventable and senseless act that many folks justify.

What is this action? Copying speaker CDs!

Why do we think it is all right to steal a man's work? The person selling CDs has a business, the business of selling speaker CDs; that is how he makes his living.

I doubt we would walk into a store, pay for one item, and then help ourselves to many more without paying. Is this any different?

For me, this action smacks of spreading deceit and theft.

When I attend a conference and like the speakers, I buy an extra CD to share and one to keep for myself. Spread the word and spread the wealth.

Peace in sobriety – Shari V

Area 72 Standing Committee Quarterlies

Saturday, June 12, 2010
 Fellowship: 9:00 AM
 Business Meeting: 10:00 AM
 Lunch: 12:00 PM

Saturday, June 19, 2010
 Fellowship: 9:00 AM
 Business Meeting: 10:00 AM
 Lunch Provided

Saturday, July 17, 2010
 Fellowship: 9:00 AM
 Business Meeting: 10:00 AM
 Lunch: 12:00 PM (lunch provided; potluck ideas side dish or dessert)

Saturday, July 24, 2010
 Fellowship: 9:00 AM
 Business Meeting: 10:00 AM
 Lunch: Main dish provided; bring your favorite dish or desert.

Saturday, August 7, 2010
 Fellowship: 9:00 AM
 Business Meeting: 10:00 AM

[Grapevine and Literature Committee Quarterly](#)

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

[Corrections Committee Quarterly](#)

Virgil R Lee Community Building
 221 SW 13th Street
 Chehalis, WA 98532

[Treatment Committee Quarterly](#)

Clark County PUD Building
 1800 Ft. Vancouver Way
 Vancouver, WA 98663-3501

[Access Committee Quarterly](#)

Our Saviors Lutheran Church
 215 Mukilteo Blvd
 Everett, WA 98203-2057

[Archives Committee Quarterly](#)

Western Mini Storage Building
 402 Saint Helens Avenue
 Tacoma, WA 98402-2435

Area 72 Business Quarterlies and Annual Assembly

Friday, July 9-10, 2010
[Western Washington Area 72 July Quarterly \(English\)](#)
[Western Washington Area 72 July Quarterly \(Spanish\)](#)
 Hosted by District 11

Hampton Inn (Fox Hall)
 3985 Bennett Drive
 Bellingham, WA 98225-1027

[Western Washington Area 72 Assembly \(English\)](#)
[Western Washington Area 72 Assembly \(Spanish\)](#)

Friday, October 1, 2010 to
 Sunday, October 3, 2010

Hosted by Districts 7, 27, and 37

Cowlitz Regional Conference Center Convention Center
 1900 7th Avenue
 Longview, WA 98632-4003



**75th Anniversary of AA
-A Vision For You-**

Event date: **June 13th 2010 10am to 9pm**

Registration: **\$ 5 for a button**
Your button is your ticket

Location: **Meydenbauer Center**
11100 NE 6th Street
Bellevue, WA 98004

**If you'd like to help financially or as a volunteer,
call 206-587-2838 ask for Larry or
425-454-9192 ask for Anne.**

By email: larry@seattleaa.org or esig@eastsideintergroup.org



Significant June Dates in A.A. History



- June 1, 1949 – Anne Smith, Dr. Bob’s wife, died.
- June 4, 2002 – Caroline Knapp, author of “Drinking: A Love Story” died sober of lung [cancer](#).
- June 5, 1940 – Ebby Thatcher took a job at the NY Worlds Fair.
- June 6, 1940 – The first AA Group in Richmond, VA, was formed.
- June 6, 1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of [Health, Education, and Welfare](#). It was presented by Lois Wilson, Bill’s wife, in New York.
- June 7, 1939 – Bill and Lois Wilson had an argument, the first of two times Bill almost slipped.
- June 7, 1941 – The first AA Group in St. Paul, Minnesota, was formed.
- June 8, 1941 – Three AA’s started a group in Kalamazoo, Michigan.
- June 10, 1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.
- June 11, 1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.
- June 11, 1969 – Dr. Bob’s granddaughter, Bonna, daughter of Sue Smith and Ernie Galbraith (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.
- June 11, 1971 – Ernie Galbraith died.
- June 13, 1945 – Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn’t drink.
- June 15, 1940 – First AA Group in Baltimore, MD, was formed.
- June 16, 1938 – Jim Burwell, “The Vicious Cycle” in Big Book, had his last drink.
- June 17, 1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
- June 18, 1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
- June 19, 1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.
- June 21, 1944 – The first Issue of the AA Grapevine was published.
- June 24, 1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”
- June 25, 1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”
- June 26, 1935 – Bill Dotson. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.
- June 28, 1935 – Dr. Bob and Bill Wilson visited Bill Dotson at Akron’s City Hospital.
- June 30, 1941 – Ruth Hock showed Bill Wilson the Serenity Prayer and it was adopted readily by AA.
- June 30, 2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Other significant events in June for which we have no specific date:

- 1948 – A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.
- 1981 – AA in Switzerland held its 25th Anniversary Convention with Lois Wilson and Nell Wing in attendance.

Central Office Meeting Minutes June 1, 2010 Meeting Started @ 7:01pm

Attendees: Tom P., Shari V., Stevie M., Patti G., Jerry O., Dave C., Urian., Richard, John M., Morgan D., Gary M., Chris T., and Vince N.

Meeting opened with the reading of the 12 Traditions.

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

Central Office Manager Report:

- Replenished CO supplies (\$46.03)
- Had 2 CO front door keys made (\$3.45)
- Made new signs for the CO
- Performed literature inventory – I will order to replenish this month
- General clean-up continues - Question regarding flyers (AA vs. Non AA) – Are conferences which contain participation by other organizations AA functions? **Non AA related information posted has been put on appropriate cork board and all outdated material has been removed. Moving forward, this will continue to be monitored.**
- Be sure to remind those using the office after 7:00 p.m. to restack chairs and clean up. **There is a new 'last out/lock up' notice posted with procedures for shutting down the office up at the end of the day.**

Report accepted

Alternate Office Manager Report:

John M.:

- 12 Step Call List Progress: **There have only been new 12 step signup sheets returned to John as of this date. It has been requested that the reps stress the need for getting these turned in so that we can proceed with the updating of the current 12 step list.**

Treasurer Report: (no phone bill as of June 1st)

Jerry O.:

Beginning Balance	\$2,061.92
Contributions	\$699.85
TOTAL	\$2,761.77
Expenses	(\$569.56)
TOTAL	\$2,192.21
Less Prudent Reserve	(\$1,500.00)
Net Funds Available	\$561.92

Daytime Phones:

Meeting inquiries	146	
12 Step Calls		6
Other		92
Hang Ups	<u>11</u>	
Total calls	255	

Nighttime Phones:

Patty reported for the month of May:

meeting inquiries	37	
12 Step Calls		6
Non Related Inquiries	1	
Talkers		2
Hang Ups	<u>3</u>	
Total calls	49	

Reports accepted

District 2:

Chris T.:

- There is a question regarding whether or not the CO secretary position and the Alternate Manager's position were added to the guidelines and if so, was how was that voted... externally or internally within the Central Office.

District 3:

Shari V.:

- Last month's motions were distributed
- District 3's picnic date is 8/21 and will be located at Wonderland @ Flowing Lake

District 12:

David C.:

- Distribution of 12 step signup sheets took place at district meeting but the motions were not included.

District 19:

Richard.:

- Distribution of 12 step signup sheets took place at district meeting
All reports accepted

Old Business:

District 12 Motion to change CO Guidelines – Minimum of two years sobriety for CO Mgr.

- District 2 Motion to limit CO literature inventory to \$200 maximum value.
- Who is responsible for the gardening/weeding in front of building? **District 3 had volunteered and Shari V. will be checking into if they are interested in continuing with that. There was discussion on whether anyone would be willing to put a group together to maintain this area outside the front door of CO... it has already been approved by the landlord.**

New Business:

It has been requested that all CO positions report on their start times and duration of service noted and distributed..

Meeting adjourned @ 8:00-ish

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

