

District 3 Digest



WWW.SKYVALLEYDISTRICT3AA.ORG

newsletter@skyvalleydistrict3aa.org

PO Box 846, Gold Bar, WA 98251

DISTRICT 3 Archives

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

Get submission forms from

Scott at
archives@skyvalleydistrict3aa.org

5th Annual Traditions Workshop

Saturday, May 15th 2010, 9:00 a.m

Come early... stay late
(volunteers needed)

Calvary Chapel Church

9428 4th St. S.E.
Lake Stevens, WA 98258

(South of Frontier Village on Hwy 9)
POTLUCK

Questions please contact Tom P at
AATWS2010@aol.com or 206-769-3783

Fireside Study Group

Monday, 7:30pm

1702 Main St.

Lake Stevens. WA

Visit our website @

www.skyvalleydistrict3aa.org

District 3 news & information

Thank you to Cliff L. – Webmaster
and
thanks to the Website Committee for
your participation.



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.



MAY BIRTHDAYS

JACK 47 years
JEAN 9 years
DEBBIE 6 years
TAMMY 3 years
MILES 2 years
LINDSEY 2 years
KERRY 2 years
MELISSA 1 year
SCOTT S. 1 year
LORI S. 1 year



STEP 5

*Admitted to God,
to ourselves and
to another human being the exact nature of our
wrongs*



The Fifth Step

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

At first I thought that it was crazy to share my defects with another human being; wasn't it enough that I put them to paper? And, of course, God already knew my defects. My higher power knows me better than I know myself. But then I began to consider that I must be willing to follow this program to any lengths. After all, it had worked for others. Thinking I was different and didn't need to do this like other people made me realize that my ego was getting in the way.

Ego might bar me from taking this step by thinking "I'm different" but I must be ready to take action and forget my ego "holding nothing back." I think of this step with humility because once I shared where I was wrong and my part in each resentment. I felt great relief and serenity and I was willing to get to the rest of the steps. I thought that if honesty and willingness and open mindedness could open my heart and soul. Imagine what a life I would be granted by my Higher Power. I could begin to trust life instead of trying to control life.

I took this step with my sponsor. The Big Book also recommends taking it with a sympathetic person or spiritual advisor. There are promises throughout the Big Book and they will come true if you follow the steps as suggested. Here are the Fifth Step Promises:

- Once we have taken this step, withholding nothing, we are delighted.
- We can look the world in the eye.
- We can be alone at perfect peace and ease.
- Our fears fall from us.
- We begin to feel the nearness of our Creator.
- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- The feeling that the drink problem has disappeared will often come strongly.
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe

Holly M.

A.A. History in March

- May 1**
1939 - Lois and Bill W. left their home at 182 Clinton St., Brooklyn.
1940 - Rollie H., Cleveland Indians, anonymity break occurred.
1941 - First Wisconsin AA meeting was held in hotel in Milwaukee.
- May 2**
1941 - Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
1943 - *New Orleans Times* reported founding of the first Louisiana AA group with a dozen members.
- May 3**
1941 - First AA group formed in New Orleans, Louisiana.
1941 - *Democrat Chronicle* in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.
- May 4**
1940 - *Sunday Star* reported founding of first AA group in Washington, DC.
- May 6**
1939 - Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.
- May 7**
1956 - The first English AA Convention was held in Cheltenham, England.
- May 8**
1943 - Akron AA Group celebrates 8th anniversary with 500 present and sober.
1971 - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.
- May 10**
1939 - Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
1946 - Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years continuous sobriety.)
- May 11**
1935 - Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.
1939 - First meeting of the Cleveland Group.
- May 12**
1935 - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.
- May 15**
1961 - Bill W.'s mother, Dr. Emily Strobell, died.
- May 16**
1941 - Ruth Hock learned that the man credited with coming up with the name "Alcoholics Anonymous" has a "wet" brain.
- May 17**
1942 - *Dayton Journal Herald* published pictures of AA members wearing masks to protect their anonymity.
- May 18**
1939 - The first group to call itself A. A. is meets in Cleveland, OH.
1950 - Dr. Bob told Bill W. "I reckon we ought to be buried like other folks." He wanted no memorial.
- May 19**
2000 - Dr. Paul O. died at the age of 83. He was author of "Acceptance Was the Answer" in the 4th edition of the Big Book. This story was titled "Doctor, Alcoholic, Addict" in the 3rd edition.
- May 29**
1980 - "Dr. Bob and the Good Oldtimers" was published.
- May 31**
1938 - Bill W. and other A.A.s began writing the Big Book.

Other significant events in May for which we do not have a specific date:

- 1938 - Bill W. and other AA's began writing the Big Book.
- 1939 - Clarence Snyder told Dr. Bob, his sponsor, he would not be back to the Oxford Group meetings in Akron and would start an "A.A." meeting in Cleveland.
- 1942 - Richmond W., author of "Twenty-Four Hours a Day," had his last drink.
- 1946 - Long form of 12 Traditions was published in AA Grapevine for the first time.
- 1946 - The A.A. Grapevine announced, "A.A. has 6,000 members in 180 groups."
- 1948 - The A.A. Grapevine reported \$2.00 was sent to the General Service headquarters of A.A. in New York, asking for "a bottle of Alcoholics Anonymous".
- 1950 - Nell Wing became Bill W.'s secretary.
- 1951 - Al-Anon was founded by Lois W. and Anne B.
- 1962 - The A. A. Grapevine published the first "Victor E." cartoon.



Mike W. & Lolinda H.

would like to announce

that despite getting free milk for quite some time,

Mike has decided to buy the cow.

The nuptials will be in Las Vegas on June 4th, 2010

Area 72 Standing Committee Quarterlies

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

[Grapevine and Literature Committee Quarterly](#)

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

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

[Corrections Committee Quarterly](#)

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

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)

[Treatment Committee Quarterly](#)

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

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

[Access Committee Quarterly](#)

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

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

[Archives Committee Quarterly](#)

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



**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

Tradition 5

"Each group has but one primary purpose –
To carry its message to the alcoholic who still suffers."



I find it interesting that the long form of tradition 5, in differing from the short form, states that each group "...ought to be a spiritual entity..." having that one primary purpose of carrying the message to the alcoholic that still suffers.

Framing it as an entity, as a distinct, separate existence, really works for me. Sure we get together to share our experiences and support each other, but the most important thing is that person just coming in or just coming back, and it is so important that the group, as a group, makes that person feel comfortable and safe in being there.

I knew within minutes of the first meeting I attended at my home group that I was in the right place and that I was truly welcome, that people cared about me and really knew what I was going through. I can't begin to explain how important that was to me at that time.

That was the time when I got the message that I didn't HAVE to drink anymore. I had been told that, but at that meeting I felt it.

Subsequent meetings there and elsewhere reinforced that the only thing that mattered to these people, as a group, as an entity, was that I and other newcomers needed what everyone in that room needed, which was whatever it took to keep knowing that none of us really had to drink anymore.

There might be other things we needed to do, but drinking was no longer one of them. For that, I am continually grateful.

John D.- Fireside

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**



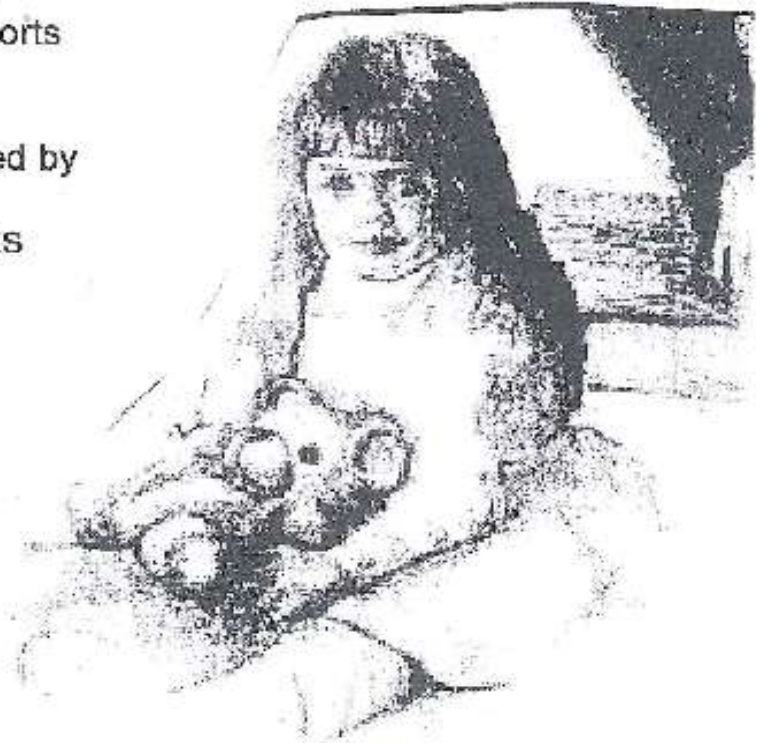
To Benefit Women & Children's Pavilion
Everett, WA.

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!!!