

DISTRICT 3 DIGEST

www.skyvalleydistrict3aa.org

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

November 2010

VOL. 2 ISSUE 11



Tiny	32 years
Butch	28 years
Lolinda	9 years



*INDEX THANKSGIVING DINNER
@ Old Index Firehouse*

November 25th, 2010, Noon

All are invited.

*Please sign-up @ the
Old Index Firehouse*

If you would like to bring a dish

DISTRICT 3 OPEN BUSINESS MEETING
3rd THURSDAY of every MONTH

Next meeting:
NOVEMBER 18th, 2010 7pm
202 Sams St., Monroe, WA

Service Positions OPEN

*Central District Representative
Telephones*

District 3 Officers

*DCM
Alt-DCM
Secretary
Treasurer*

District Committee Chairs

*Newsletter
Grapevine/Literature
Public Information
Coop w/Professional Community
Inventory
Archives
Webmaster
Schedules
Corrections*

**"MSNL"
MONROE SUNDAY NIGHT LIVE**

Monroe Congregational Church, 301 S. Lewis,
Monroe, WA

SUNDAY, 7:30 PM



*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.*



Area 72 Standing Committee Quarterlies

Saturday, November 6, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Potluck Lunch

Saturday, November 13, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Potluck Lunch (Bring your own favorite side dish; 7th Tradition will be observed.)

Saturday, December 11, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Potluck Lunch: 12:00 PM (Please bring side dishes.)

Saturday, December 18, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Potluck Lunch (7th Tradition will be observed.)

[Archives Committee Quarterly](#)

Covington Community Church
17455 SE Wax Rd
Covington, WA 98042-9126

[Public Information and Cooperation With the Professional Community Committee Quarterly](#)

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

[Grapevine and Literature Committee Quarterly](#)

Faith Community Church
709 NW Greely Street
Camas, WA 98607-1955

[Corrections Committee Quarterly](#)

St. Aloysius Catholic Church
211 Mason Ave
Buckley, WA 98321-9536

AREA 72 Business Quarterlies 2011

January 7th & 8th, 2011

[Western Washington Area 72 Quarterly](#)
 Hosted by District 31

Lake Burien Presbyterian Church
 15003 14th Ave SW
 Burien, WA 98166

April 1st & 2nd, 2011

[Western Washington Area 72 Quarterly](#)
 Hosted by District 4

Cotton Tree Inn & Convention Center
 2300 Market St
 Mt. Vernon, WA 98273-5449

Thanksgiving Weekend
November 26th - 27th - 28th



Main features

Please refer to our website or schedule for times of speakers & workshops

AA Speakers		
Friday Night	Chris C	Portland OR
Sat Morning	Astri T	Seattle WA
Sat Evening	Polly P	Birch Bay WA
Sun Morning	Dave P	Birch Bay WA

AL-Anon Speaker		
Saturday Afternoon	Nancy K	Mt Lake Terrace WA

Tradition Workshop in Relationships
 Facilitated by Polly & Dave P
 Plus an Ask it Basket
 For more information please go to our website
www.everettconference.org

Friday night Comedy Acts with 2 Comedians To Be Announced
Saturday Night "Live Band"
Freerain

Registration packets will be available at 2:00pm on Friday

www.everettconference.org

Register before Oct 31st and get 5 free raffle tickets
 Smoking hot prize

Holiday Inn hotel, Everett WA

3105 Pine St Everett WA 98201

To Make A Hotel Reservation Call
 (425) 339 2000
 Discount rates.

Great Raffle Prizes

Alkathons and workshops all weekend long.

Please cut and mail in the registration

Full Name		City		State
Address		F-Mail Address		
Phone Number		Name on Badge		
Home Group		ALAnon		Other
12 Step Program? 4A		Yes		No
Will you need Handicap Assistance		Yes		No

Full Package	Price
Registration	\$30.00
Banquet Chicken Beef Vegetarian	\$25.00
Spiritual Breakfast	\$18.00
Friday Night Comedy Acts	\$10.00
Saturday Night Dance (Free Rain)	\$10.00
Would you like to Donate to our Scholarship Fund? Please enter amount	\$
Please Check Box next to your choices and Enter your Total in the Uox	

Make Check Payable to: The Everett Conference. One Registration per person - Do not mail cash, thanks.
 Mail to: Everett Conference, P.O. Box 5003 Everett WA 98201 - 9997
 Scholarships Are Available On Our Website Only, They will not be available at the door.

Central Office Meeting Minutes

November 2, 2010 Meeting Started @ 7:02pm Attendees: Tom P., Shari V., Stevie M., Jerry O., Morgan D., John M., Stephie T., Mike M., Chris T., and Vince N.

Meeting opened with the Serenity Prayer and the reading of the 12 Traditions.

Secretary's report October report submitted by Stevie was accepted

Central Office Manager Report:

- Purchased supplies** for the office \$50.06 (coffee, sugar, filters, towels, trash bags, creamer)
- The District 2 DCM has asked for an overview of the ytd \$387 CO Mgr expenses. An estimated accounting is attached. I've asked Jerry O to reconcile and balance. YTD supplies are not within the 2010 budget of \$300. (see attached document for report)
- Clean-up
- Literature inventory** done and an order has been prepared but I'm holding off on requesting funds and sending until financial picture becomes clearer. Order will be for \$312.13
- Holding off on future supplies for same reason.
- Comment on individuals purchasing literature.** The Central Office literature stock is intended to be utilized for individual needs (for example: purchasing a big book for personal use or to give to another). Recently an individual came in and purchased 6 Big Books which diminished our supply substantially. Now we're currently sold out. Please pass on that the intent of our literature stock is not to be a supplier for a home group or district. Home Groups and Districts should purchase directly through GSO.
- I've talked to the building owner regarding **lighting and safety issues** - insufficient light and position of lighting above and/or near the CO door. I want to continue that conversation regarding options that may be available to extend wiring to a new fixture. I will report back regarding that continuing conversation. (There was discussion regarding safety for volunteers after daylight... motion detector light?)
- At least two CO volunteers have had property stolen out of their vehicle in the recent past. Please pass on that it's best to not leave items of value in the car or in plain sight.
- Schedules – remind the GSRs at your business meeting that the supply of meeting schedules we have in the office are not intended for home groups. I've had more than one experience of an individual coming into the office to get the home group's supply of schedules. The district meeting is the time to obtain the schedules.
- Monitor List! We need more volunteers!

Alternate Office Manager Report:

John M.:

- 12 Step List update:** John has received 2 additional lists and will continue to call volunteers on existing 12 step list to see if they are interested in remaining on our new and revised list.

Treasurer Report:

Jerry O.: Beginning	\$2,265.23
Balance	
Contributions	\$483.10
TOTAL	\$2,748.33
Expenses	(\$560.64)
TOTAL	\$2,187.69
Prudent Reserve	(\$1,500.00)
Available Balance	\$687.69

Daytime Phones: No phone stats available

Nighttime Phones: Morgan D. II reported for the month of September: meeting inquiries 39

12 Step Calls 17 Non Related Inquiries 7

Hang-ups/wrong #'s 11 Talkers 18 Misc. 7 Total calls 99

District 2: Chris T.:

- Question regarding whether or not CO office receives a discount for literature bought in bulk and, if so, does the CO profit from sales of this literature? ~ There is no discount for the quantities that the CO purchases. All monies accrued above the prudent reserve will be divided and distributed evenly amongst the 4 districts at the end of the calendar year.
- Question regarding how the monies owed by district 19 will be paid? ~ There was discussion that district 19 will have till the end of the year to provide monies due. If they are unable, there will be a discussion on a solution at that time.

District 3: Shari V.:

- Quarterly in district 19 on 11/13/10. Joe is looking for a replacement for CPC chair.
- Corrections has a new meeting for the special offenders "F" unit. Corrections is always looking for volunteers

District 12: Dave C. Not present

District 19: Dan H. Not present

Old Business: none

New Business: none

Meeting adjourned @ 8:02pm

AA History in NOVEMBER

- Nov 1** 1947 - 1st AA Group in Anchorage, Alaska.
1963 - Reverend Sam Shoemaker dies.
- Nov 3** 2001 - J. P. Miller who wrote screenplay for "The Days of Wine and Roses" died.
- Nov 9** 1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.
- Nov 10** 1940 - First AA group formed in Minneapolis.
2001 - First of 400,000 4th Edition Big Books arrives in the mail.
- Nov 11** 1934 - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
- Nov 12** 1940 - 1st AA meeting is held in Boston.
- Nov 13** 1939 - Bill wants to go to work at Towns Hsp, NY drunks want him to stay on as head of the movement.
- Nov 14** 1940 - Alcoholic Foundation publishes first AA Bulletin.
- Nov 15** 1949 - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.
- Nov 16** 1950 - Dr. Bob died.
- Nov 18** 1946 - First Dublin Ireland group met.
- Nov 21** 1939 - AAs in San Francisco hold first California AA meeting in the Cliff Hotel.
1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.
- Nov 26** 1895 - Bill W. born in East Dorsett, VT.
1939 - Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous".
Became one of first pamphlets on AA.
- Nov 28** 1939 - Hank P. writes Bill advocating autonomy for all AA groups.
- Nov 28** 1943 - Bill guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).
- Other significant events in November for which we do not have a specific date:**
- Nov 1934 - Ebby T. carries message to Bill.
 - Nov 1936 - Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.
 - Nov 1937 - Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.
 - Nov/Dec 1939 - Akron group withdrawals from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams to Dr Bob's and other members' homes.
 - Nov 1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.
 - Nov 1945 - Bill's article called 'Those Goof Balls' published in *Grapevine*.
 - Nov 1986 - Big Book published in paperback.

Saturday November 20th 7:30 - 11:30 PM>

CLEAN & SOBER DANCE

**Held at the Lake Goodwin Community Center -17323 - 42nd Ave NW Stanwood
\$10 per person suggested donation**

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.

Tradition eleven is vital to each one of us, that the *12 and 12* defined personal anonymity as AA's greatest protection. Our policy of attraction rather than promotion seems to be a necessity to me. Thus we have a tradition set in place nearly perfect, and yet almost impossible to practice at times. Understanding anonymity at any level and how to practice it has been challenging for me. Personal anonymity is something I have developed over my 2 years of sobriety. It has been with many mistakes that I have evolved in this capacity. As I have become more liberal with breaking my own anonymity, I have also become more cautious as to how I protect my anonymity. Who should I share my recovery with? When do I refrain? This is a personal choice for all of us, one that involves careful consideration. In my opinion, by safeguarding my own anonymity I am more aware of safeguarding that of other AA's.

In gratitude, Amy G.

Editorial:

On the 11th Step. . .

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

Here, again, is reaffirmation of the freedom to worship according to one's own understanding of the spiritual, and it is the saving grace in a Step that otherwise might make many balk in the Plan of Recovery.

To pray and to meditate according to denominational and dogmatic definitions and restrictions would be extremely difficult for many, at least at the beginning of their efforts to rehabilitate themselves. For so long so many have been rejecting prayer and meditation and have had no consciousness of the spiritual in any respect. By the time anyone has come far enough along the road of alcoholism to want and need A.A., he usually has been out of touch with anything spiritual for a considerable time. For him suddenly to accept all that he has been rejecting would be nearly impossible.

Even where the individual has been "going to church" and perhaps even saying words in the name of prayer he usually has lost "conscious contact" with the Spiritual Power. He may still be "religious" yet not spiritual. He, too, has need of meditation and the improvement of his "conscious contact with God," *as he understands Him*, even if he returns to the church of his choice or, in fact, has never left it.

The principle of freedom embodied in the 11th Step opens the door to any individual seeking spiritual help by whatever path and through whatever concepts he himself prefers.

Fortunate, indeed, are those who have clung even to the mere framework of religion, and of a teaching with which they once agreed. Usually, though not always, theirs is a shorter journey back to the spiritual life.

But there are many who have saved no contact at all or who never had any in the beginning. For them in particular, the words "as we understood Him" are appealing. Here is no dictation of teachings or concepts which they do not understand; no required acceptance of things they disbelieve.

Standing, then, on the privilege of exercising one's own understanding, we are invited to "improve our conscious contact with God" through prayer and meditation. Neither the prayer nor the meditation need be formal, or orthodox. The style or the stance are only the means, not the end, and how one reaches a "conscious contact with God" is not paramount, just so long as he does reach it. At least that is this writer's opinion.

Another way of expressing "conscious contact" might be "a working knowledge." It is an awareness or a feeling, and finally a conviction of the existence of the Higher Power and of It as a source of constant help. Once this conviction has been gained it is constant and the infinite help that it brings operates in the daily life.

How to get that conviction is, of course, the cardinal question. But the answer is here in the 11th Step. Prayer and meditation yield the answer. True, sometimes, the conscious contact is slow in developing. Yet, experience has proven for hundreds of members of A.A. that persistence in this direction, when combined with an open mind, inevitably produces that which is sought. The peace and the strength that are the rewards are infinitely worth whatever persistence is required.

Weekly Online Big Book Study



A different topic each week

This week's passage comes from "Working with Others," page 100 :

"When working with a man and his family, you should take not to participate in their quarrels. You may spoil your chance of being helpful if you do." I made the mistake a few years ago of going to see a sponsee along with his significant other. BIG mistake! I got right in the middle of an ongoing dispute between the two and nothing at all was accomplished. I can talk to the sponsee about his family, but I always try to steer the discussion back to his recovery from alcoholic drinking. I try, with examples from the book and my experience, to let him know that no good is going to come of his life, including his relationship with his family, unless he stops drinking.

To participate online
please send your email address to:

lorenzinibooks@comcast.net

In love and service, Russ Lorenzini

Native American Indian
General Service Office of
Alcoholics Anonymous
(NAIGSO-AA)

www.naigso-aa.org



THANKSGIVING WEEKEND ALCATHONS

Snohomish Alano Club
625 Ford St, Snohomish

Everett
18th & Baker
WED noon – FRI 8pm

1906 Grand
Everett



Handwritten text in cursive script, likely a letter or document, partially obscured by a vertical line.