

DISTRICT 3 DIGEST

www.skyvalleydistrict3aa.org

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

SEPTEMBER 2010

VOL.2 ISSUE 9



Next DISTRICT 3 Meeting

202 S. Sam St

Monroe, WA

7PM Thursday,

SEPTEMBER 16th, 2010

(every 3rd Thursday of each month)

Service with a smile

SEPTEMBER BIRTHDAYS



John F.	26 years
Tom E.	12 years
Jean	7 years
Kelly	2 years
Steve	2 years
Jenny	1 year
Laurie	1 year

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

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

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

Hosted by Districts 7, 27, and 37

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



*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, September 18, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Lunch: 12:00 PM (lunch provided.)

Saturday, October 9, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Lunch: 12:00 PM (potluck)

Saturday, October 16, 2010
Fellowship: 9:00 AM
Business Meeting: 10:00 AM
Lunch: 12:00 PM (Provided by host; 7th Tradition will be observed.)

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.)

[Corrections Committee Quarterly](#)

Sequim Prairie Garden Club
387 E Washington St
Sequim, WA 98382

[Treatment Committee Quarterly](#)

Kirkland Congregational Church
106 5th Ave
Kirkland, WA 98033-6164

[Accessibility Committee Quarterly](#)

United Churches of Olympia
110 11th Ave SE
Olympia, WA 98501-2259

[Archives Committee Quarterly](#)

Black Diamond Community Center
31605 Third Ave
Black Diamond, WA 98010-9737

[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

STEP 9

Made direct amends to such people wherever possible

This series on the Twelve Steps is written by twelve members of AA, each interpreting one of the Steps as he sees it.

ACCORDING to the Big Book, cofounder Doctor Bob was the first AA member to have a slip. Coming off a roaring bender, he saw that he would have to face his problems squarely: "One morning he took the bull by the horns and set out to tell those he feared what his trouble had been. Stepping into his car, he made the rounds of people he had hurt. He trembled as he went about, for this might mean ruin, particularly to a person in his line of business."

Far from bringing ruin. Doctor Bob's bold action marked a new beginning, bringing great personal happiness and opportunities for service in the fifteen years remaining to him. He was, as the Grapevine noted after his death, a person who had truly become reconciled with his fellowman.

Doctor Bob also showed how the Ninth Step should be handled. He was a physician and often had to face hard decisions in his own work with patients, sometimes advising them of their need for risky, painful surgery. He knew that it was useless to put such matters off or try to avoid them altogether, so he faced the self-surgery of amends-making with acceptance and determination to do the job thoroughly.

The result? As the account in the Big Book continues: "At midnight he came home exhausted, but very happy. He has not had a drink since. He now means a great deal to his community, and the major liabilities of thirty years of hard drinking have been repaired in four."

Additional payoffs for this AA co-founder in taking the Ninth Step were sobriety and happiness, and the experience of other AA members generally has been along the same line: If we want to enjoy sobriety *with* happiness, we ought to clear up the past. While it is undoubtedly true that some people manage to avoid drinking without making amends, it is unlikely that many attain real happiness until they do so. And without happiness, who lives well in the present or faces the future with hope?

In Doctor Bob's ease, most of his initial amends-making seemed to involve contacting people in person and extending apologies or offers to remedy certain problems. We do not know the nature of his wrongs, or whether his efforts were received graciously by everyone he visited. It is also possible that in some cases a mere verbal apology could not have repaired all the damage. The important thing is that he made amends directly and pushed aside fear and pride to get the job done. When it was finished, he had a feeling of great relief, as if a great burden had been removed.

"Direct" is the key word in this Step. There are times, I'm afraid, when many of us are hopeful that *indirect* amends will suffice, sparing us the pain and supposed humiliation of approaching people in person and telling them of our wrongs. This is evasion and will never give us a true sense of breaking with the wrongdoings of the past. It indicates that we are still trying to defend something that isn't worth defending, hanging on to conduct that we ought to abandon. And the usual reasons for sidestepping direct amends are pride and fear.

The questions arise: "What harmful actions should I have in mind when I take the Ninth Step? Which persons should I approach?" We should include here--if we have completed the Eighth Step--any action where we were wrong even in part and any persons who were harmed by this action.

Does this include bartenders whom we may have insulted? Many AA members point out that bartenders and tavern owners are well paid to accept insults, and therefore no amends-making is required. Actually, a brief apology should be extended in most of these cases, as a matter of courtesy. But barroom insults, as a rule, do not cause lasting harm. "Harmed," as it is used in the Eighth Step and implied in the Ninth, means: caused other persons to suffer physical injury, emotional pain, financial loss, or other damage through actions or neglect on our part.

Because money is so important to many of us, financial harm should head the list. Making amends ought to include paying debts or visiting creditors whom we have been avoiding. But it is not enough to visit a creditor with only an apology and a promise to pay; these must be followed up with actual cash payments as soon as possible. Only in this way are we showing sincerity of purpose and true financial responsibility.

A more difficult problem faces the person who has been guilty of undetected crime, such as embezzlement or pilfering. Direct amends in a case like this could bring injury, such as disgrace and impoverishment to his family. The problem should be handled through prayer and meditation, along with personal discussion with a trusted friend. Perhaps a way of making amends in an *indirect* manner--suitable, for once, in this situation--will appear. Fortunately, the member has an excellent way of determining whether the method is the correct one for his needs. It is this: If the action removes his own sense of shame and guilt, giving him a feeling of peace and relief, it has probably been the correct one.



I would hardly know how to begin advising the person whose actions resulted in more serious crimes--for example, an individual who caused a death through a still-unsolved hit-and-run accident. I think it is doubtful, however, that any lasting peace or self-forgiveness could ever come about without some kind of open admission.

I have heard much discussion about the clause "except when to do so would injure them or others." It seems plain to me that an obvious case would be the husband who cheated on his wife, but would hurt her a second time by telling her of his escapades. There are probably other occasions when a frank disclosure would turn out to be more harmful than helpful. The AA principle to follow would always be in the direction of being hard and uncompromising in dealing with ourselves, but considerate and discreet where others are involved. There is a great deal of common sense in the AA program, despite the fact that we often seem to be swimming against the tide of general behavior in our principles and actions. We do not, merely for the sake of an obscure principle, always tell the whole truth at all costs. And the Ninth Step seems to make that plain.

Perhaps we can make up for the limitation through a more subtle method of making amends, one that seems to be accepted by a large number of AA members. This is the method of making amends by living in the right way and meeting one's own obligations and responsibilities. Quite often, this can be more important to certain people than any amount of personal apologies or expressions of regret. Such amends are actually direct, because they have a direct effect on the lives of others.

A friend of mine, for example, neglected his family for the first few years of his marriage. It was too late to save his marriage by the time he arrived in AA, but it was not too late to give his children as much assistance as possible at critical stages in their lives. What could he more direct than this?

Another friend was in trouble with the law repeatedly, spending almost sixteen years in prison. But his parents had the joy of seeing him recover before they passed on, and their joy erased much of the pain and disgrace he had once brought them. And if his defiant course once placed a burden on society, he has more than made direct amends to society as well, through his work in helping others who have been similarly defiant.

Finally, there is always the thought of what might have been if only we had not neglected a responsibility or failed to take advantage of an opportunity. In more than a few cases, alcoholics ought to make amends to themselves, for they were the chief victims of their own harmful thoughts and actions. Even here, direct amends are often possible. I feel strongly that my own night-school education over the past few years, leading to a high-school diploma and then to graduation from our local community college, is in this category. If any alcoholic feels that sins of omission or commission denied him some supposed good in life, he should ask himself whether it really is too late to make it up to himself. The only barrier, in many cases, is not age at all; often, it is only a mixture of fear and laziness.

By taking the Ninth Step in all its various forms, we pay off any debt we may have to the past. Alcoholics Anonymous is a program of renewal and rebirth, and we have no business hanging on to things that are going to mar today's happiness. If fear is keeping us from making amends, we should destroy fear long enough to do the job. If pride is the deterrent, we should rise above it for the occasion. If laziness is involved, we should gather all the energy we can find and deliberately order laziness to stand aside while we do what needs to be done.

When we have paid the great price--taken "the bull by the horns," as Doctor Bob did--we will find that the action has opened up a whole new world for us, one that we could never find on the old basis. And while we make amends directly to others, the real, lasting benefits come to us. This should certainly be reason enough for facing up to the Ninth Step. M. D. B Jackson, MI

AA History in SEPTEMBER

Sept 1, 1939 - 1st AA group founded in Chicago.
Sept 13, 1937 - Florence R, 1st female in AA in NY.
Sept 17, 1954 - Bill D, AA #3 dies.
Sept 18, 1947 - Dallas Central Office opens its doors.
Sept 19, 1965 - The Saturday Evening Post publishes article "Alcoholics Can Be Cured - Despite AA".
Sept 19, 1975 - Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21, 1938 - Bill W & Hank P form Works Publishing Co.
Sept 24, 1940 - Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY.
Sept 30, 1939 - article about A.A. in Liberty magazine, "Alcoholics and God" by Morris Markey.
Sept 1930 - Bill wrote 4th (last) promise in family Bible to quit drinking.
Sept 1946 - Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
Sept 1948 - Bob writes article for Grapevine on AA "Fundamentals - In Retrospect".
Sept 1949 - 1st issue of Grapevine published in "pocketbook" size

Submit an article, event, message, experience, strength and hope to:

District 3 Digest
PO Box 846
Gold Bar, WA 98251

newsletter@
skyvalleydistrict3aa.org



MOTIONS FOR THE 2010 AREA 72 ASSEMBLY

The Area Assembly is the first weekend in October. There are 11 motions on the agenda--and we may entertain more from the floor, as well. If you have not yet given your GSR your input, please do so as soon as possible. The GSR's cannot carry the group conscience without the participation of group members. The motions follow. Numbering is mine. Sue W, DCM

- (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.
- (2) Area trusted servants may speak to the minority opinion.
- (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.
- (4) We move that the WWA 72 corrections literature budget be increased to \$8,320.
- (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.
- (6) It is requested that AAWS remove all portions of the CPC videos that read "Unikron.com".
- (7) Move that the Western Washington Area 72 Corrections Committee select its next chairperson during the last Corrections quarterly of the rotation.
- (8) That the Washington Area #72 reimbursement for mileage be reduced to 1/2 of the current IRS business rate, for all those eligible.
- (9) We request that the General Service Conference review the use of non-AA logos or trademarks on and in our literature and video products and create a policy that is in keeping with our Traditions of neither affiliation nor endorsement.
- (10) It is moved that WWA72, beginning in the year 2012, have 2 assemblies annually.
- (11) Western Washington Area 72 shall cease printing hard copies of the area newsletter. The area newsletter will continue publication as a digital document. It will be distributed via email or by posting on the area web site.

Greetings from District 3

It has been a great summer for our District. Our committees have remained active H & T has been bridging folks in and out of our district on a regular basis. The CPC chair has initiated a take a professional to lunch project. The PI Booth at the Fair Committee has another successful year behind them. The Corrections committee has been active in getting new volunteers signed up to help with bringing meetings into the prison. Our Public Information Chair had to resign because of health issues and there has been interest expressed by members in our district as to what is involved in doing this type of service work, hopefully, with the intention of making themselves available for the chair position. Our newsletter editor has been doing a wonderful job and the district webmaster has gone to great efforts to include as much information as he can on our district website. (skyvalleydistrict3aa.org) Our Central Office chair has been instrumental in maintaining the communication necessary to insure that the office is running smoothly. This is very important when you have more than one district involved in running an office. The schedules chair and Grapevine and Literature Chair have been right on top of keeping the district in the know about what their respective committees are doing.

As we near the end of the current rotation we are starting to implant the idea that folks need to ask any questions they may have about any of the service positions that are available in our district. I have found that service at the district level is rewarding and helps us in our efforts to return a little of which we have been so freely given. For those of you in other districts that may be considering service work of this nature be assured that by asking those that have gone before you exactly what is involved in chairing a particular committee is a great idea. The folks that have chaired committees have a grasp on what works and what doesn't and how much time may be required.

I have thought about this next topic and for a while wasn't even going to include it but I think it is important not only in our district but yours too. Recently we had a meeting shut down that has been in existence, I'm pretty sure, longer than I have been sober. The GSR of the group announced at the district business meeting several times that they were hurting for attendance and needed help from the members of our district. If this statement comes up from one of the groups at your business meeting, please pass it on to the group members throughout the district. I know we each have the groups we like to attend but a call for this kind of help almost mandates that we participate by at least announcing it at other meetings we may attend.

Our District Picnic was a couple weeks ago now and it was a resounding success with close to 200 people in attendance over the course of the day. A couple of members that had longer than average hair volunteer to raffle off the privilege of cutting their hair with the proceeds going to a non-profit organization that specializes in supplying wigs to people with cancer. I would also like to recognize the efforts by all those on the Picnic Committee to make this event a success and special recognition to the Gold Cup Group for the work they put into providing the kids in attendance with what I would like to call "so much MORE than a penny toss".

These kind of family activities are important and even though some members of the fellowship may imply that what we spent on this “family of the fellowship” event could have bought a lot of Big Books, I concur, but we need to remember that our primary purpose is help the still suffering alcoholic and as far as I know there is no distinction as to whether that alcoholic is sober or not. For most of us, our families were on the verge of ruin when we got here, so whenever we can put on an event that includes family members, it is a good thing. This idea was entrenched into my sobriety by the years that I attended the local gratitude banquet and got to meet everyone’s spouse and kids. If you don’t agree, that is fine because I have learned over the past few 24 hours that I need to accept the fact that folks think differently.

Lastly I want to thank everyone in the Area that helped us with our PI Booth at the Fair. This year 1,000 pamphlets and schedules were picked up which isn’t too bad considering total attendance was a little lower than normal because of the less than perfect weather. A couple years ago we purchased a new backdrop and beside looking better than the original, this year the display was disassembled, trucked to a storage site, and stored away in under two hours. With the old display I am not sure if these tasks were ever completed in under 4 hours. Also of note our friends of the Spanish speaking community filled 17 time slots. Muchas gracias a mis amigos! We are a fairly small district with 21 registered group and we would not have a chance of sponsoring an event of this magnitude without the help of other districts and individuals in the area. So if you had a time slot in the booth, your district or group donated, or if you stopped by the booth and gave someone an opportunity for a short break Thank You.

Love-n-Service, Willy

District 3 Service position announcements:

Grapevine/Literature Committee Chairperson
Public Information Committee Chairperson
Professional Community Committee Alternate Chairperson
District Committee Alternate Chairperson

Visit District 3 website for upcoming events

www.skyvalleydistrict3aa.org

webmaster@skyvalleydistrict3aa.org

Tradition 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Editorial:

On the 9th Tradition

Each A.A. Group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large Metropolitan area their central or intergroup committee, which often employs a full-time secretary. The Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals and that clubs only coddle slipees. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the A.A. promotor. Left to himself he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes sir," he would bark "My two year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets over organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain *special services*; mostly those absolutely necessary to effective and plentiful 12th Step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a Foundation, a General Office or a *Grapevine*, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies--these are services too. Nor can we secure good hospital connections, properly sponsor new prospects and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services, has our spiritual or social activity, the great current of A.A. ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities, are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor; for our service expenses are trifling.

With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity. *Bill W.*

WE ARE NOT A GLUM LOT

Salmon Bake 2010 Tulalip Indian Reservation Tribal Centre



Annual Fund Raiser for the
Everett Conference

Thanks to the Management at the Tulalip Indian Reservation for allowing us to hold this event on their property

September 19th

TULALIP Tribal Centre
6700 Totem Beach Road
Marysville WA 98271

Please RSVP to Assist Us
with an approximate number of
guests
Thank you [ECC]

Everett conference apparel

Smoking hot raffle prizes

**AA Speaker:
Paula L - Smokey Point WA**

**AI-Anon Speaker:
David W - Bothell WA**

Open Flamed Barbecue Salmon

Coleslaw	\$13.00 per person
Frye Bread	\$25.00 for two people
Dessert	\$5.00 for children



Supper starts at 5:00 pm
Speakers start at 7:00 pm

Central Office Meeting Minutes

September 7, 2010

Meeting Started @ 7:00pm Attendees: Tom P., Shari V., Stevie M., Jerry O., Dave C., Jim W., Morgan D., John M., Jerry A., and Vince N.

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

Secretary's report August report submitted by Stevie was accepted

Central Office Manager Report:

- Attended Day time phone coordinator meeting regarding operating plans
- Received literature inventory – restocked as needed
- Ongoing cleanup p
- Revised signs in office as needed
- Changed phone PIN – informed all phone coordinators, Alt CO Mgr.
- Notified Pattie that we would need to seek another solution for the Night Time Coordinator position
- Asked Morgan to step in as temporary Night Time Coordinator

Alternate Office Manager Report: John M.:

- Twelve step call list update;

New lists are being put together & compared to old list... old list needs calls made to #'s/people to see if they are still interested in staying on list. New lists coming in are of wide variety in format. Morgan volunteered to start calling on the Men's portion of old list. Work in progress.

Treasurer Report:

Jerry O.: Beginning	\$2,528.56
Balance	
Contributions	\$570.60
TOTAL	\$3,099.16
Expenses	(\$897.53)
TOTAL	\$2201.63
Prudent Reserve	(\$1,500.00)
Available Balance	\$701.63

Daytime Phones:

No rep; no report

Nighttime Phones:

Morgan reported for the month of August: meeting inquiries 45, 12 Step Calls 8, Non Related Inquiries 6, Hang-ups/wrong #'s 5, Talkers 4, Total calls 68

Morgan 425.212.0936

District 2:

- No Rep./ No report

District 3: Shari V.:

- Available positions @ district level

District 12:

- No report

District 19:

- No Rep./ No report

Old Business:

- None

New Business:

- Night Time Coordinator Position: Morgan could not be voted in as there were not enough district reps available to vote.
- Phone Shifts: There were concerns, questions and discussion on the phone transferring process.
- Jerry A. was present and there was light discussing on Bus advertising. Additional flyers were handed out.

Meeting adjourned @ 7:56pm