

Save The Date!

District Events

July 4th, 10am – 6pm

Independence Day Potluck

Port Williams Beach

Sequim

Go to district55aa.com for details

Area Events

July 6th & 7th

Area 72 July Quarterly

July 6th & 7th

Lacey, WA

Go to <https://area72aa.org/event/> for details.

August 4th, 9:30am – 3pm

Pre-Assembly-Peninsula Districts

Sequim City Transit Center

190 West Cedar, Sequim

Go to district55aa.com for details.

More Area Events

See <https://area72aa.org/events/>

AA World Services

http://www.aa.org/pages/en_US/index

A Simple Idea that works

"Rarely have we seen a person fail who has thoroughly followed our path". I heard those words at my first A.A. meeting. I had been delivered to the meeting by two nice sober women who responded to the call for help I made to the local A.A. phone number. I had been drinking while I waited for them to pick me up and neither of those women thought I would be a winner who would stay sober, but they wanted to carry the message to the alcoholic who reached out. I was one of the many people who indulged in "revolving door A.A." and I came in and out for six months accumulating as much as 30 days more than once. All I did was go to meetings, not drink in between the meetings, and look for a man who could do for me what I could not do for myself.

I came to A.A. with an arrogance that was destined to doom me to failure. Everyone I met at meetings reminded me of someone who "done me wrong" during my life and thus no one was a candidate to teach me anything. One night at a meeting I heard a woman talk in a tone that was so peaceful that I was drawn to listen more carefully to what she said. She said what I was to hear from then on from others (women, men, old, young, dynamic, bashful). She said that she had found a way to live her life at peace and handle all of life's ups and downs as the direct result of taking the Twelve Steps with a sponsor.

That's what I did. My sponsor met with me regularly and showed me that the directions for taking the Steps were in the Big Book so that even if I were alone, I'd have a source to help me. It says in the Big Book, "Most good ideas are simple" (page 62). The simple idea of taking the Steps with the help of a sponsor and making the Steps a part of my life in every way has been the simple idea that has worked.

Barbara M., Under New Management Group, Sequim

District 55 Newsletter

2nd Quarter 2018

district55aa.com

Panel 68 District level service position elections

will be held at **7 p.m. October 15th** at the monthly business meeting

*St. Lukes Episcopal Church,
525 North Fifth Avenue, Sequim*

It takes member participation to ensure that group and district service work is done. A.A. ought never be organized but we create service boards or committees directly responsible to those they serve (Tradition Nine). These trusted servants are sometimes called "officers" and are chosen by the group for the service term of two years. As Tradition Two reminds us, "Our leaders are but trusted servants; they do not govern."

General service representative (G.S.R.) will usually rotate during this time frame as well. Sometimes called "the guardians of the Traditions," G.S.R.s become familiar with A.A.'s Third Legacy; our spiritual responsibility to give service freely.

G.S.R.'s represent their home group at district meetings and area assemblies and keep group members informed about general service activities in their local areas.

Please inform your home group if you'd like to serve. G.S.R.'s will be added to the district panel roster (usually) in January.

Please see insert for a brief description of available positions. For more information, please see the D55 Handbook available from your D.C.M. or G.S.R.

Do you have AA related news that should be published next quarter? Please e-mail articles to dist.55.news@gmail.com

Thank you for the opportunity to serve District 55 – Julie P., Newsletter editor

Ode to the Alcoholic

Denial of the "truth" it's said,
Has caused us all to falter;
We ventured when we should have
fled,
To prove that we're Gibraltar.

So many times we've tried to show,
That we were in command;
Needing no one, but that glow,
Much less, a helping hand.

We've fought and lost, so many years,
To quell the bitter pain;
And through it all, the countless tears,
Implied we were insane.

We had no time for honesty,
The truth was not yet there;
We anguished all so desperately,
Life somehow, wasn't fair.

Yet through this hurt and painful
strife,
We managed to endure;
Hoping someday for our life,
We'd find that needed cure.

Now here we are without that blight,
No longer slaves to "drink."
Through A.A. we've seen the light,
We talk, we feel, we think.

But guard against complacency,
Do not assume we're cured;
Just keep your life in harmony
"Commitment" is the word.

Neil C., Early Birds

Summer Travel

(from AA Grapevine June 2018)

When drinking, I loved to travel. I would be drunk by the time I hit the airport and not have to worry about anyone recognizing me or care how I behaved. But after getting sober, I was terrified to travel because I feared I'd drink once back in my old surroundings.

My sponsor suggested that I get a travel plan to keep me safe. Since I live in an area where there are occasional tornados, I thought about the tornado kit I kept in the cellar. It contained basic survival supplies that would last a few days if I got trapped after a storm.

So I decided I needed an AA travel kit. I needed something to keep me safe when I ventured out into the wild. Today, whenever I plan to travel, the very first thing I do is get out my kit and update it. I have a small bag that contains the basics: sponsor's phone number, home group phone list, pocket Big Book, Daily Reflections, prayers and a few copies of Grapevine.

I update the kit by writing down the times and locations of meetings I want to attend each day wherever I'm going and the phone number of the nearest intergroup office. I always include printed directional maps in case my GPS doesn't work.

Hearing our message once again in a far-off place was just what I needed then, and it's still what I need today. It does not matter where I hear our message of hope and recovery; it's always the same, as it should be.

-- Alex M., Louisville, Kentucky

News From Our Treasurer

After a year and a half serving as District Treasurer, I am getting a whole new idea of what being of service is. Sure, I was treasurer for Sequim Bay AA for many years (maybe 15) and I opened and closed that meeting (for maybe 20 years). I took meetings to jails and prisons in Maryland and Washington and attended GSR meetings as a GSR before District 55 existed.

District Treasurer duties include reconciling the District check book against the monthly bank statement, reporting to the GSRs each month on income and expenses, and putting these into the Quicken data base, etc. for budget tracking by category. Included are literature purchases and sales as reported by the Literature Committee. Monthly tracking of expenses by category insures that no categories exceed their approved budget amount.

So you will know about a couple of recent developments which are affecting the District's budget, there are two. Last year the District was urgently in need of a larger storage facility for Activities, Archives, Literature, etc. This was arranged but the cost was \$60 more per month or \$720 per year. To offset this increase, we have been looking at a new system to replace and improve on the answering service. This service currently costs nearly \$1200 a year. At a recent Quarterly, the Alternate DCM learned about an alternative some groups were using.

A small ad hoc committee was formed to look into the possibility of District 55 doing this. Several of us checked regularly with Google Voice about a local (Sequim and Port Angeles) phone number that we could link our AA Volunteers' phone numbers to. After checking for a number of days and at different times, we were able to select a local number from Google. In no time, we had six volunteers willing to link their phones and to answer questions, etc. When a call is made to the Google Voice number, all six phones ring. The first to pick up talks to the caller. If no one picks up, the call goes to voice mail for attention by the Answering Service Chairperson. **At the next GSR meeting, we will vote on whether to cancel the answering service as of July 1.** The money saved will go a long way to help the District provide for other needs.

Here is the thing about my new outlook on being of service. All service in AA is, of course, essential and helps all of us to carry out our sole purpose. However, this is the first time that I have been solely responsible for an important function of the District. This is especially significant for me because of my numerous character defects which include selfishness, carelessness, a desire to be well liked, to receive accolades, etc. None of these work very well when I am being District Treasurer. I am beginning to appreciate, on a daily basis, that being of service is simply that: being of service. It is not always easy and I don't always remember, but as often as I do remember, I do a better job. My goal is to do the job simply because it needs to be done. Not fantastically or amazingly. As long as I remember that, things work as they should. To be sure, there is less fear, less ego and less cause for pride. As President Gerald Ford once said: "They also serve who only serve."

Conrad E., Treasurer D55

The following positions in District 55 are elected. Persons holding all positions are expected to attend monthly business meetings. Sobriety recommendations are reproduced from the AA Service manual 2016-2018 Ed. when given.

District Committee Member, DCM

Communication between D55 AA groups and the Area 72. Chairs monthly meeting. Attends pre-conference, pre-assembly, delegates report, quarterly meetings and Area assembly. Sobriety recommendation; generally, 4 or 5 years continuous sobriety

Alternate D.C.M.

Backup for the DCM if, for any reason, the DCM cannot serve.

Treasurer

Maintain a Prudent Reserve and a Working Budget. Monthly reports.

Alternate Treasurer

fill in/take over for treasurer if needed

Secretary

Records District 55 business meetings.

Alternate Secretary

fill in for the Secretary, if needed

Accessibilities Chair

Follows guidelines of Area 72 which include many varied responsibilities

Activities Chair

provide the AA fellowship with informational and social activities

Answering service coordinator/ Schedules Editor

provide groups with up-to-date meeting schedules and maintain contact with the professional answering service

Archivist

collect and maintain district archives

Corrections Chair

facilitate and coordinate volunteers to provide regular AA meetings to the Correctional Facilities in Districts 22 and 55

Literature/Grapevine Chair

order, maintain and manage Conference Approved literature and make it available to Groups and their members

Newsletter Editor

provides the district with regularly printed newsletter

Public Information/Cooperation with the Professional Community, PI/CPC, Chair

inform the general public and professionals concerned with alcoholism about Alcoholics Anonymous

Treatment/Bridge the Gap Chair

carry the message of AA recovery to in-patient and outpatient treatment centers

Web Servant

maintain the content and structure of the District 55 website

GSR Elected by your home group. Communication between their AA homegroup and the District 55. Attends GSR workshop and Quarterlies. Sobriety recommendation; two years continuous sobriety or determined by your group

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