

Save The Date!

District Events

November 3rd

Gratitude Banquet

Guy Cole Convention Center, Sequim

Go to district55aa.com for flyer/details

December 25th

Christmas Luncheon

American Legion, Sequim

Go to district55aa.com for flyer/details

December 31st to January 1st

New Years Eve Alcathon

American Legion, Sequim

Go to district55aa.com for flyer/details

Area Events

October 5th through 7th

Area 72 Assembly

Tacoma, WA

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

AA World Services

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

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

A New Comers Perspective

An old friend I hadn't seen in years ran into my wife and inquired about me. Soon after he was in my home reminiscing about the foursome who met mornings at The Buzz coffee shop in Sequim. We got to know each other through some lively conversations. In catching up I mentioned that my wife and I were in counseling. He then proffered an invitation to breakfast with "a whole bunch of supportive people." Imagine my surprise when it turned out to be an Attitude Adjustment meeting of AA. But what was I doing there? I'm not alcoholic.

Within two weeks I was reading the Big Book and attending daily Earlybird meetings. I've found undeniable wisdom in the text and the Twelve Steps, and developed a thirst for sharing with the members. Everyone makes me feel welcome as they openly discuss the process of facing themselves. Through some tears and much laughter I've been privileged to participate in a group that trusts one another enough to be brutally honest and vulnerable. Also, on page 279 of the Big Book I found a description of the type of drunk I am. In true alcoholic fashion I'm slow to admit the deficits of my own character. What has become crystal clear to me is how very much I now appreciate sobriety.

Another aspect central to the success of the program is acknowledging a spiritual component to life. "God as we understand Him" neatly includes all faith. It is hoped that even the atheist will come to a faith of his own. Judging from the shares, it seems many do. Serenity, courage, and wisdom must come from somewhere. AA encourages one to draw these from his higher power.

Finally, it appears the path to overcoming alcohol and rebuilding a useful life is service to others, particularly the still suffering alcoholic. I have understood the value of service for quite some time, and do my best to help people. Two likely alcoholics of my acquaintance have heard me describe the experience I am having in this group, and both told me I've made them think.

So my first impression of this fellowship is that introspection, faith, and service are keys to keeping sober. These come alive through the shares of the precious souls in the meetings. I feel as though they're family. Like I've heard so many say: "I'll take it one day at a time, and I'll keep coming back!"

Peter G.

District 55 Newsletter

3rd Quarter 2018

district55aa.com

Panel 69 District level service position elections

will be held at **7 p.m. October 16th** 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.

The Old Watering hole



This is a picture of Omar's located on the edge of the Southern Oregon College campus situated in Ashland, Oregon.

I taught Sociology, Social Psychology and Statistics from 1968 through 1972. Virtually every night I was there consuming alcohol.

I had invested so much money in that establishment, that on the last day I was in Ashland, the owners allowed me to eat and drink anything I desired without any cost to me.

Later on, however, I realized that the concept of "cost" involves more than just money—in less than two years I was residing on the streets in Seattle, living in a cardboard box.

It does not take long to find oneself in a downward spiral if alcoholism is allowed to continue unabated by any recovery efforts. Thanks to ALCOHOLICS ANONYMOUS I now enjoy a QUALITY LIFE.

Neil C, *Early Birds*

Introducing Grapevine's New Book

"One Big Tent"

(Atheist and Agnostic AA member's stories)

Available: September 20, 2018

To Order Contact Beth V., District 55
Literature Chair

Or go to;

<http://www.aagrapevine.org/>

Share Your Experience, Strength, and Hope

Submit Your Stories, Photos or Art to AA Grapevine!

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? They're always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share.

Go to;

<http://www.aagrapevine.org/guidelines-contributing-grapevine>

Area 72 will publish "**Our Stories Disclose**", *Third Edition* and will include the history of Area 72 and its standing committees.

Volunteers are needed for its successful publication. Please contact

Beth V., D55 Literature Chair

New Ideas for Old

Lately I've been thinking about "old ideas". One of the greatest gifts I received from my first sponsor 33 years ago was to be on the watch out for "things I thought I knew"; ideas I had formulated during childhood or during my active disease. She and I would go to coffee and when I made gross generalizations she had the courage to say "that's just another one of your old ideas". We would then discuss the idea and she would help me to see that my "old ideas" were primarily fear based. These patient, more thorough discussions enhanced the understanding of the Big Book that I was getting in meetings. I had initially judged the Big Book by its large print size and poor grammar and tried to dismiss it. The truth was I needed a "Big Book tutor", my sponsor, to even understand it!

The tricky part of letting go of my old ideas (or the result would be nil) is that they had become so entrenched that I really believed they were facts. Examples were: Everyone else has all the luck, God doesn't care about me, you have to know someone to get anywhere, don't trust anyone, don't tell anyone the truth about yourself lest they will use it against you, feelings are a waste of time, no one understands me, I am not like anyone else, when I am rich and famous then life will feel good, on and on and on. One of the many great gifts I have received by working the Fourth and Fifth Steps as well as talking with a sponsor is that I got to see that all of these old ideas required me to view myself as a victim of life, of God, of other people, of institutions. It was my perceptions and attitudes that made life painful. This is the basis of great faith and hope for these things can be changed by me.

The spiritual path of the program has taught me to check my perceptions, take responsibly for my life and most importantly take action. All of the actions in the program from going to meetings, reading, writing, working with others, doing service work precede my ability to feel good about myself and give my life meaning. When I stay involved and connected to people as well as to my Higher Power my life remains Happy, Joyous and Free.

There are challenges to growing older in sobriety which can send my eyeballs turning inward instead of outward. The "unpromises" start to come true: fear of people and economic insecurity return. Fear of life, death and illness can creep in. I am grateful to have the spiritual tools of the program in order to deal with my human frailties. Mostly though I am so grateful to have a life full of brave recovering people on the same path with whom I can discuss whatever is going on with me. I soak up their experience, strength and hope as we all trudge forward ON the road of happy destiny.

Kelly W.

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

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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