

# Save The Date!

## District Events

### **December 25<sup>th</sup>, noon Christmas Lunch**

American Legion  
107 East Prairie Street, Sequim  
Go to [district55aa.com](http://district55aa.com) for details.

### **December 31<sup>st</sup> – January 1<sup>st</sup> Alcathon**

American Legion  
107 East Prairie Street, Sequim  
Go to [district55aa.com](http://district55aa.com) for details.

### **The Activities Committee meets the 3<sup>rd</sup> Tuesday of each month at 6pm at St. Lukes.**

## Area Events

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

## AA World Services

[http://www.aa.org/pages/en\\_US/index](http://www.aa.org/pages/en_US/index)

### **District 55 Open Service Positions**

#### **Panel 67**

Alternate Treasurer  
Alternate Secretary  
Corrections Chair  
Treatment Chair  
Corrections Volunteers

As we close out 2017, let's remember that one's recovery can best be evaluated by the quality of the present—not the achievements of one's past.  
*Neil C.*

## **Safety Statement from General Services Office**

The following statement is from GSO and was constructed for all AA groups to include in group documents or announcements, should they wish to do so:

*“Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety. Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person”.*

For further information please go to [https://www.aa.org/assets/en\\_US/smf-209\\_en.pdf](https://www.aa.org/assets/en_US/smf-209_en.pdf)

Do you have AA related news, or words of experience, strength and hope you would like to see in the next newsletter?

If so, please send an article to [dist.55.news@gmail.com](mailto:dist.55.news@gmail.com)

# District 55 Newsletter

4th Quarter 2017

[district55aa.com](http://district55aa.com)

## **Area News and Important Dates**

### **The Area 72 Quarterly**

will be held **January 5<sup>th</sup> and 6<sup>th</sup>** at the Vern Burton Center **in Port Angeles, WA**  
Motions will be considered for the agenda for the area assembly in October.

For more information please see your General Service Representative or go to;

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

### **PRAASA 2018**

**(PACIFIC REGIONAL ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY )**

Will be held **March 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>** in **Sparks, Nevada**

For more information please see your General Service Representative or go to;

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

## **We Can Look After Each Other**

I would like to take this moment to wish every one of my fellow members of District #55 the very best of the Holiday Season. There are several events happening in the district during this time. Please remember those who need our support even more. The Christmas Season is the hardest time of the year **for those without their families or others to share the time with. We can't save the world, but we can look after each other.** If we try, just a little harder, we can make sure no one falls between the cracks.

I am looking forward to our Christmas Day lunch and fellowship. I have enjoyed the past few and even met some of our newer members. I am sure it will be the same again this year. Be sure to bring a **side dish when you come. I will also see you at the Alcathon on New Year's Eve.**

I would also like to thank the District Committee for all of their efforts in this first year of Panel 67. I am very proud of all they have accomplished. It is also necessary to mention that the positions of Corrections Chair and Treatment Chair are vacant. The qualifications are minimal. Any interested parties may contact me at (almost) any time and I can answer any questions they may have.

For the Committee itself, here is a quick reminder that the Area Quarterly is being held on the 5<sup>th</sup> and 6<sup>th</sup> of January in Port Angeles. For any district member of AA who wishes to come and observe, it is a great time to see AA Service in operation.

**Once again, have a Merry Christmas and a Happy New Year and don't let anyone fall through the cracks.**

*Larry G., DCM District #55*

## Is Corrections for You?

Before moving to Sequim in 2005. I participated in the Hospitals and Institutions committee, taking meetings into hospitals and **psych wards. I primarily went into the county's mental institutions.** I did this for probably a year or so until other commitments forced me to back away from the committee.

I joined the corrections team shortly after I moved to Sequim. Except for a break of about 15 months, I have participated regularly in taking meetings into the Clallam Bay Corrections Center, usually once or twice a month.

This was my first exposure to Corrections. I had heard the pitch from committee members for many years and I was always too busy and also a little bit intimidated by the thought of going into a maximum security facility. The orientation sessions and the online training that is required takes about a half day for the orientation and a few hours for the online courses.

I was told that I could go once or twice as a guest to see if I wanted to continue with it. I went with some trepidation, but I found it rewarding from the start. The meeting size has varied widely during that time and I have seen some offenders get released only to be back in the system in a short period of time. I have also seen offenders who have been released and then adjusted to life on the outside. A couple have even attended my daily meeting. Running across one of these guys who have successfully adjusted to civilian life is truly a gift.

Not everyone who attends these meetings stays sober, but every volunteer that I know who stays active in taking meetings into corrections facilities, has stayed sober. I know for me that it makes me very grateful for the life that I have been given thanks to the program of Alcoholics Anonymous.

Corrections is only one way to be of service in AA. I encourage you to give it a try. It just might **change your life. If it doesn't work for you, there are a multitude of ways to be of service in AA. Ask your sponsor for suggestions. That's how** I got started.

*Paul P., Webchair*

## Substantial Unanimity

At the half way point in my tenure as GSR, I was asked to relate my impressions and experiences. My time in AA had been mostly at group level; making coffee and setting up. I would shy away from wider participation; I had the standard excuse of work and other obligation to shield me to some extent.

The inevitable happened: I was approached about the GSR job at my home group. I was not looking to spend my time this way; but was not really that occupied, being retired with no job, no outside passion, so here I am.

That brought me to this point, reviewing my experience and wondering what the real point of it all. Much of the formal time has been spent sitting through meetings and topics that seem to be going nowhere and people disagreeing with each other, while seeming to be of the same opinion; but all usually turns out well.

Examining my own emotions about the experience: I strangely have appreciated position and find that I have gotten a lot out of it. Stepping back from the process, the real point is that I experienced a common passion in a process driven by values that I share with this community. The monthly meetings seemed like work, but that is what it is.

The job itself is not that demanding, but it offers an opportunity to widen my program community and at the same point act in a role to put the wider issues of AA to my home group. The experience is one of working with people of like mind, who share a common value.

My biggest take away is the application of the **principle of "substantial unanimity"; which drives us** to find solutions that do the greatest benefit, limits our scope to AA interests and inclusiveness. I find it **a refreshing idea: that it's not ok, to write off a large** segment of our group, just because we can out vote them.

Being raised in a system that gyrates between **"Majority rule" and "autocracy", I found the idea of a "substantial unanimity" challenging to accept; but** extremely refreshing. It has been an unexpected growth experience.

I have purposely left out specifics of the GSR job; an AA pamphlet (P-17) and Chapter 7 of the Big Book does a good job of spelling out the responsibilities and duties.

*Doug M., GSR, Attitude Adjustment*

## The Beauty of Service Can be a Reality of our Lives

**"Serve others". This is the part of Dr. Bob's prescription for A. A. sobriety that sent shivers down my spine!** Where do I start on the road to success with a word like service? Looking at people in the eye and making a commitment to meet with a sponsor once a week was, I thought, my limit!

As a young AA starting service, setting tables for an activity was a good beginning. Then I went to the kitchen for coffee making. Next was counting dollars from the donation basket. And the final pinnacle, I thought, of service and unity was becoming a sponsor!! But really, that was only a pinhole for the flood of brighter light to come and fill the dark corners of my development in service to AA as a whole.

G. S. R. or General Service Representative is described by Bill W. as **"The strength of our whole A. A. service structure starts with the group and with the (G. S. R) , the group elects"**

And for me, the beginning of the true meaning of A. A. service became and is now, a reality in my life. I carry this light into all groups and relationships in and out of the rooms.

I invite you now to receive this fabulous AA gift of the opportunity to grow and serve spiritually, as a general service representative.

*Charlene C.*

**Some members have expressed interest in seeing AA birthdays published in the newsletter again, so we're going to give it a try.**

**Are you having an AA Birthday in the months of April, May or June (2<sup>nd</sup> quarter 2018)? Would you like your birthday published in the newsletter?**

**If so, please send your name (as you would like it to appear in the newsletter) your AA Birthdate and home group to; [dist.55.news@gmail.com](mailto:dist.55.news@gmail.com)**

### **DO YOU JUST BELONG?**

Are you an active member, the kind that would be missed?

Or are you just contented that your name is on the list?

Do you attend the meetings and mingle with the flock?

Or do you meet in private and criticize and knock?

Do you take an active part to help the work along?

Or are you satisfied to be the kind that just belongs?

Do you work on committees? To this there is no trick;

Or leave the work to just a few, and talk about the clique?

Please come to the meetings often, and help with hand and heart.

**Don't be** just a member but take an active part.

**Think this over, members, you know what's right from wrong.**

Are you an active member, or do you just belong?

*Anonymous*

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