



### AA Literature Bookstore

Open every day 7 AM - 8 AM  
@ Early Birds  
Literature sold at cost!  
20% price increase on all new shipments we order  
Old prices are still available while supply lasts!!!

### HELP WANTED

**THE CORRECTIONS COMMITTEE NEEDS HELP CARRYING MEETINGS INTO CORRECTIONAL FACILITIES**

(If we're not there they can't have a meeting)

**Olympic Corrections Center:** Minimum security facility, meetings Friday nights. Needs several volunteers. Contact Larry H. 461-9811

**Clallam Bay Corrections Center:** Maximum security facility. Meets Tuesday nights. Needs several volunteers. Contact Steve W. 460-3015

**Clallam County Correctional Facility (Jail):** Needs MEN! They've had to cancel some meetings because not enough outside AA men showed up to facilitate the meeting. **DESPERATE NEED!** Contact Debbie H. 461-7376

**ALL OF THE ABOVE REQUIRE AT LEAST 1 YEAR OF SOBRIETY, AT LEAST 21 YEARS OF AGE, AND A MINIMUM OF 3 YEARS OFF OF ANY COURT SUPERVISION. (5 YEARS FOR FELONY CONVICTION)**

**Clallam County Juvenile Facility:** Needs several new members. Meets Saturday mornings. Very rigorous clearance process, and requires a minimum of 2 years of sobriety, plus no previous association with any CPS problems. Contact: Rick J. 582-1969

### FROM THE GRAPEVINE



*"How come you're all of a sudden easy to get along with? What did I do, outside of joining AA and getting sober?"*

### 4 WORD CHECK LIST TO REVIEW HOW I'M DOING EMOTIONALLY

- ANGER** equals the feeling I get when I don't get my way today.
- RESENTMENT** equals the feeling I get when I think about not having gotten my way yesterday.
- FEAR** equals the feeling I get when I worry that I won't get my way tomorrow.
- DEPRESSION** equals the feeling I get when I sit around wondering why I never get my way.

### UPCOMING ACTIVITIES

**CHRISTMAS:** Our annual Christmas dinner will be held again at the American Legion Hall with the District providing turkey and ham, and potluck for desserts and side dishes. Setup: 9 AM, Doors open: 10 AM, Dinner promptly at noon, and Meeting at 1:30 PM.

**NEW YEARS ALCATHON:** This activity is also at the American Legion Hall. Setup on December 31st, 9 AM, the meeting starts at noon at the Nooners meeting and continues 'til 1 PM on January first. Cleanup after Nooners January 1, 2015

## DISTRICT 55

OCT., NOV., & DEC. 2014

# NEWSLETTER

### DCM REPORT

Hello, first I want to express my gratitude to the fellowship of Alcoholics Anonymous in Sequim for allowing me the awesome opportunity to be of service. It has been a growing experience in humility, spirituality, patience, tolerance and unending love for AA. I have enjoyed the many opportunities to travel outside AA in Sequim and share my love for the fellowship with others in our Area who are carrying the message. I am excited for those that have made themselves available to serve our District for the next rotation (which is a 2 year commitment):

DCM: Jerry; Alt DCM: Larry; Secretary: Caroline; Alt Secretary: Megan; Treasurer: Paula; Alt Treasurer: Kristina; Accessibilities: Dave; Activities: Rhonda; Answering Service/Schedules: Dana; Archives: Bill; CPCPI: Kathryn; Corrections: Open; Literature: Open; Newsletter: Barbara; Treatment: Michael; Web Servant: Kathryn.

I want to thank all of you for giving of Yourselves and your time to care for AA in our District. I hope you get as much as you give, I know I did.

I was able to travel to Lynden, Washington for our Assembly this year. As usual it was a great opportunity to meet fellow Alcoholics from other Districts and to share in the business of our Area.

Friday night had several different panels on different topics. I attended the panel conducted by Barbara & Jim M. and Astri T, Barbara M. shared on the General Service Conference, Who they are and the roles they play. Astri T. shared on the History of the Grapevine and Box 459, Jim M. shared on Concept 9.

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of AA.

I know that last one is a mouthful and the concepts are still in progress for me.

GSR Sharing (7:00 PM) you can pick up a copy of the Area newsletter from your GSR or group and read about all the topics that were brought up. Specialty Groups. Literature in the prisons were a few of them. After that there was the Ask It Basket and the Ice Cream Social. Off to bed we go

Saturday we started taking care of the Agenda Items and Elections of Area Trusted Servants. Again you can read in detail all the results. What I remember is how I had to learn to listen to lots of different points of view with an open mind, patience and tolerance that they might have information that I might not have had, which would possibly change how I think about that particular subject. I don't always have patience and can get judgmental of those going to the mike, so I tend to not listen to what they have to say.

It was a great opportunity again for growth. Thank you all for a wonderful 2 years as your DCM. In Gratitude and Service, **Brenda**

### GETTING READY FOR THE GRATITUDE BANQUET



**ACTIVITIES:**

Hello All: I hope that all is well and doing good out there in District 55. As most of you know, we have had our two year rotation of trusted servants. We had elections at the last district meeting.

I have stepped down from being your Activities chair to give someone else an opportunity to be of service. I am grateful to say that our good friend, Rhonda B., has made herself available and been elected to be our new Activities Committee chair. I know that she will do a great job.

I love it when our fellows step up to do service work at this level and keep the spirit of rotation alive. By rotating out of a service position after 2 years, other people have a chance to do service work in the district and in our home groups. We have many committees available for work and fun withing District 55.

In that spirit of rotation I have let go of the position of Activities Committee chair and have been elected at the last district GSR meeting to be your new District Committee Member, also known as DCM. I love this fellowship of Alcoholics Anonymous, and the part in the Big Book where it says "We are not a glum lot." I think that I know what they mean by that now (hee hee). By staying active in service and an integral part of this fellowship I get to experience all of what it really takes to be sober and to stay sober.

There is a lot that happens behind the meeting room walls that keeps the message of Alcoholics Anonymous going. I believe that service work includes being a home group member and a sponsor; but there are many more levels of service within the structure of the fellowship. In other words there's a lot that goes on outside of the meeting rooms that helps keep the meetings and the fellowship alive.

Thank you all for letting me be of service. I would also like to thank those who have come before me that kept AA alive by sharing their experience, strength, hope, and guidance in this area of district service.

Thank you, In service,

**Jerry G.**

**Procrastination**

I have planned to write an article since April, now, October is here, and I have not finished the first sentence. I cannot count the number of times that I have heard, "Procrastination is sloth in five syllables." My experience is that my delay is caused by more than that. I have been attacked by the two headed coin of Fear and Pride. "What will they think?" "What if I don't get "IT" right?" "What if I let them down?" "What if I make a mistake?" These prideful fears, and others, deny me the opportunity to experience the "sunlight of the spirit," and the unity of the fellowship.

When I am full of fear and ego, I forget that you, individually and collectively, want the best for me, want me to succeed, and will help me to do, and be, better than if I were alone. If I am willing to ask, many of you will actually edit my written effort. Of course, I remember that AA is not just a "no drinking" club, groups in AA are spiritual entities. The spiritual nature of the group makes the occurrence of the single objective, not drinking, in isolation, almost impossible. When I do my part by participating, when I follow directions of the steps, when I act on the principles of the traditions that benefit the whole, when I am of service to the membership, tools become available for me, not only to stop drinking, but also to outgrow fear, to live happily and usefully whole, and to finish a newsletter article. Thank you for my sobriety. **Barbara T.**

**EDITORIAL**

Since this is the last District 55 newsletter that I'll be putting together (I've rotated out and Barbara T. will be the new newsletter chair) I wanted to make sure to thank all the people who have helped with this publication by writing articles, submitting funny sayings, and making suggestions. A special thanks to the officers and committee chairs who are rotating out of their old positions and into new service positions in the fellowship. I express my deep appreciation to you since these would have been very empty pages without your input. Thank you, thank you all!

That being said, I have a bit of a problem with some of the people in the fellowship who seem to think and express the opinion that the General Service Office in New York sets the rules for the fellowship and if "New York says it, that's the rule for everyone in the fellowship." As I understand the traditions, each group is autonomous and does not have to follow any rules. In fact that's what makes AA so attractive to me and possibly to other former drunks like myself. There are no rules, no laws, no regulations, no governing body to issue pronouncements that we all must follow. There is only the voice of God (HP), as expressed through the group conscience. Even that is not set in stone and can be changed at any time when a new group conscience is formed. So, would you like GSO's info about that? Here's a quote from a letter about service dogs that one of our groups received.

"DEAR LARRY,

GREETINGS FROM THE GENERAL SERVICE OFFICE (G.S.O.) OF ALCOHOLICS ANONYMOUS. MY NAME IS STEVE, I AM AN ALCOHOLIC AND AN A.A. MEMBER ON STAFF AT G.S.O. MY ASSIGNMENT INCLUDES RESPONDING TO GROUP AND MEMBER INQUIRIES FROM THE PACIFIC REGION, IT'S GOOD TO BE IN TOUCH.

THANK YOU FOR YOUR QUESTION REGARDING SERVICE DOGS AT A.A. MEETINGS. AS YOU MAY KNOW, **G.S.O. DOES NOT SET POLICY AND EVERY A.A. GROUP IS AUTONOMOUS.** HOWEVER, AS A REPOSITORY OF SHARED A.A. EXPERIENCE, **G.S.O. IS ABLE TO PASS ALONG SHARED INFORMATION WHICH HOPEFULLY HELPS MEMBERS RESOLVE LOCAL MATTERS WITH AN INFORMED, LOCAL GROUP CONSCIENCE.**

MANY A.A. MEMBERS MAY BE UNAWARE OF THE FACT THAT THERE ARE MORE TYPES OF SERVICE DOGS THAN JUST "SEEING EYE" DOGS. NOTWITHSTANDING LOCAL AND FEDERAL LAWS, SOME A.A. GROUPS HAVE TAKEN STEPS IN ORDER FOR ALL A.A.'S TO ATTEND MEETINGS. IN REFERENCE TO THE ADA, WHILE G.S.O. DOES NOT IMPART ANY LEGAL COUNSEL, WE DO ENCOURAGE MEMBERS AND GROUPS TO REMIND OURSELVES THAT WE ARE NOT ABOVE THE LAW.

MOST EXPERIENCE SHARED WITH G.S.O. IS THAT SERVICE DOGS HAVE NOT PRESENTED A DIFFICULTY FOR GROUPS THAT HAVE ENCOUNTERED THEM. TWO EXAMPLES WHICH WE KNOW OF WHERE DIFFICULTIES AROSE AND GROUPS FOUND RESOLUTIONS INCLUDE, FOR EXAMPLE, ONE WOMAN IS HIGHLY ALLERGIC AND ANOTHER NEEDS A DOG. THE LADIES WORKED OUT A SCHEDULE – ONE ATTENDS THE MEETING ON TUESDAY, THE OTHER ON THURSDAY. ANOTHER GROUP HAS A MINISTER WHO IS VERY ALLERGIC AND REQUESTED THAT ONE MEETING ROOM BE "ANIMAL FREE" AND SO THERE IS A MEETING THAT MEETS IN A ROOM THAT ALLOWS SERVICE DOGS AND A MEETING THAT MEETS IN A ROOM THAT DOESN'T.

GENERAL EXPERIENCE SUGGESTS PROBLEMS ARE MOST EFFECTIVELY RESOLVED WHEN A GIVEN SITUATION IS VIEWED IN THE LIGHT OF ALL TWELVE TRADITIONS TAKEN TOGETHER. GROUPS DEMONSTRATE NOT ONLY CREATIVE IDEAS, BUT ALSO RESOLUTION TO DIFFICULT CIRCUMSTANCES. HOPEFULLY, THIS INFORMATION HELPS IN YOUR GROUP'S SITUATION, AND, OF COURSE, WE WELCOME YOUR SHARING OF EXPERIENCE. LET ME KNOW IF I MAY BE OF FURTHER ASSISTANCE. ALL OF US AT G.S.O. SEND OUR VERY BEST! IN FELLOWSHIP, STEVE SMITH G.S.O. STAFF

To me, that expresses the very essence of the freedom we have in AA. My opinion is that we don't need rules and regulations because in Alcoholics Anonymous we have an automatic "sergeant at arms": booze. Any member, any group is free to interpret the Traditions and Concepts, and even the Steps in any way they wish. We can't kick them out of AA no matter what their beliefs. We can't really say they're doing it "wrong". The fact is that if a group or an individual is doing the best they can to stay sober, work the steps, and apply the traditions as they understand them in their groups and in their lives; I think God (HP) will not make too hard terms and punish them by making them drunk. Not the God of my understanding anyway.

So thanks for all you do to make sure AA is here for the next person, just as it was here for me. **Sally C.**