

AA Fellowship & Alkathon

The home of **Early Birds** and **Nooners** AA Groups will be the venue for extra special meetings during the coming holiday season.

107 E Prairie St, the corner of Sequim and Prairie. Neil C. is seeking volunteers to chair meetings **all through the night** New Year's Eve and New Year's morning. And "Yes!" There will be food! (Bring to share)

Remember: AA Meetings don't cancel because of the holidays. **We add fellowship opportunities to serve our primary purpose!** If you are a little off your regular schedule, check for **more meetings, service opportunities and fellowship activities** online at -

district55aa.com

Request for Shared Experience - Social Media

The trustees' **Public Information Committee** is gathering information about **how A.A. members, groups, and service entities are currently using social media and social networking platforms** (such as, but not limited to, Twitter, Instagram and Google+) **for A.A. purposes**.

At this time the trustees' P.I. Committee is only **asking for information regarding actual experience** in using such resources for A.A. purposes.

Information may be sent by email to:
publicinfo@aa.org.

or **by postal mail** to: P.I. Desk, General Service Office, 475 Riverside Drive, New York, NY 10115.

The committee asked to receive this information no later than **December 31, 2015.**

- **Box 459®**

December 17-20— **WACYPAA.** Portland, OR
Write: Ch., Box 1941, Lake Oswego, OR
97035; or see www.wacypaaxix.org

AA Service Opportunities!!

December 5 - 10:00 am - Noon

General Service Workshop:

"Writing Articles for the Grapevine"
Tacoma General Service Office
3640 South Cedar, Suite S
Tacoma, WA

December 12 - 10:00 am - 3:00 pm

Grapevine/Literature Quarterly

Salvation Army (upstairs)
3001 R Ave., Anacortes, WA
Lunch provided; please see flyer

January 8 & 9, 2016, Fri and Sat

WWA 72 January 2016 Quarterly

Hosted by Districts 22 & 55
Vern Burton Gym, 308 East 4th
Port Angeles. **Service help needed.**

See flyer - district55aa.com

★★ *All AAs Welcome* ★★

The new PSA, "Doors," has been picked up by CNN Airport Network, and is playing in at least nine major airports

District 55 News

dist55news@gmail.com

November/December 2015

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

"Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the **happiest holidays of our lives sober**—an idea we would never have dreamed of, wanted, or believed possible when drinking.

Here are some tips for having an all-round ball without a drop of alcohol.

1. **Line up extra A.A. activities** for the holiday season. Arrange to **take newcomers to meetings**, answer the phones at a clubhouse or central office, speak, **help** with dishes, or **visit the alcoholic ward at a hospital.**
2. **Be host to A.A. friends, especially newcomers.** If you don't have a place where you can throw a formal party, **take one person** to a diner and **spring for the coffee.**
3. **Keep your A.A. telephone list with you all the time.** If a drinking urge or panic comes—postpone everything else until you've **called an A.A.**
4. Find out about the **special holiday parties, meetings**, or other celebrations given by **A.A. groups** in your area, and go. If you're timid, **take someone newer than you are.**
5. **Skip any drinking occasion you are nervous about.** Remember how clever you were at excuses when drinking? Now **put the talent to good use.** No office party is as important as **saving your life.**
6. **If you have to go** to a drinking party and can't take an A.A. with you, **keep some candy handy.**
7. **Don't think you have to stay late.** Plan in advance an "important date" you have to keep.
8. Celebrate or worship **in your own way.**
9. Don't sit around brooding. **Catch up on those books, museums, walks, and letters.**
10. Don't start now getting worked up about all those holiday temptations. **Remember—** "one day at a time."
11. **Enjoy** the true beauty of holiday **love and joy.** Maybe you cannot give material gifts—but this year, you can **give love.**
12. "Having had a . . ." No need to spell out the **Twelfth Step** here, since **you already know it."**

Box 4-5-9®, Winter 2015, p10. For a **free digital subscription**, register your e-mail on the A.A. Digital Delivery Service on G.S.O.'s A.A. website, www.aa.org. **Please post** on group bulletin boards! **THX!**

Tradition Eleven, Long Form:

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.”

Just as none of the **Twelve Steps** can truly stand alone, none of the **Traditions** stand alone in an absolute sense. The **Eleventh Tradition** is closely linked to the **Tenth** and **Twelfth Traditions**.

“Practically never have I heard a heated political, or reform, argument among A.A. members. So long as we don’t argue these matters privately, it’s a cinch we never shall publically.”

12x12® Tradition Ten, p176.

“... It [**Tradition Eleven**] represents far **more** than a sound **public relations policy**. It is more than a **denial of self-seeking**. This Tradition is a constant reminder that **personal ambition has no place in AA**. In it, **each member** becomes an active **guardian of our Fellowship**.”

12 x 12®, Tradition Eleven, p. 183.

As **Bill W.** wrote, “At this altitude [public], anonymity – **100 percent anonymity** – was the **only possible answer**. Here, principles would have to come before personalities **without exception**.”

12x12® Tradition Twelve, p. 187.

As we **lay aside** these very **human aspirations**, we believe that **each of us takes part** in the weaving of a **protective mantle** which covers our whole Society and under which we may **grow** and **work in unity**.”
Twelve Steps and Twelve Traditions®, p. 187

“When we use **digital media**, we are **responsible** for our own **anonymity and that of others**.

When we post, text, or blog, **we should assume that we are publishing at the public level**. When we break our anonymity in these forums, **we may inadvertently break the anonymity of others**.” - **AA Guidelines on Internet®** – mg-18

“As **anonymity** is the “**spiritual foundation of all our Traditions**,” we practice **anonymity on public websites at all times**.”

In 2013, the General Service Conference affirmed that “**the Internet, social media**, and all forms of public communications **are implicit in** the last phrase of the short form of **Tradition Eleven**, which reads: ‘...at the level of press, radio, and films.’”

www.aa.org/lang/en/en_pdfs/mg-18_internet.pdf

“Unless **password-protected** and **for members only**, an **A.A. Web site is a public medium**, and, therefore, **requires the same safeguards** that we use at the level of **press, radio and film**”

AA Guidelines® on Internet – mg-18

“.....the **sacrificial spirit** of AA’s anonymity at the top public level **is literally our shield** and our buckler. Here again we must be confident that **love of AA**, and of **God**, will **always carry the day**.”

“*Freedom Under God: The Choice Is Ours*”
Bill W., **AA Grapevine®**, **November 1960**

Below are some **tough questions** for us to ask about how well we **attract**, rather than **promote**:**

1. **Do I sometimes promote AA** so fanatically that I **make it seem unattractive**?
2. Am I always careful to **keep the confidences** reposed in me as an AA member?
3. Am I careful about **throwing AA names around**—even within the Fellowship?
4. **Am I ashamed** of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were **not guided** by the ideas in Tradition Eleven? **Where would I be**?
6. **Is my AA sobriety attractive** enough that a sick drunk would want such a quality for himself?

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** These questions were originally published in the **AA Grapevine®** in conjunction with a series on the **Twelve Traditions** that began in **November 1969** and ran through **September 1971**. While they were **originally intended** primarily for **individual use**, many **AA groups** have since **used them** as a basis for **wider discussion**.

“The Man on the Web:”

**Online Intergroup of A.A.
Nears 20-Year Anniversary**

“Today’s counterpart to the ‘**man on the bed**’ is the trembling, **sick alcoholic in cyberspace**,” writes Dennis M. of the Bronx, NY in a **Grapevine®** article titled “**AA in Cyberspace**.”

Box 459 Winter 2015

Removing “Special Needs”

“The basic idea involves a **philosophical shift away from singling out** members with special needs, in favor of **focusing on barriers to access** in receiving the A.A. message, and ways to **overcome those barriers**.”

Joel C.

Pacific Regional Trustee, **AA Grapevine** director

DCM Report for November 15th 2015

We, **District 55**, had our annual **Gratitude Banquet Dinner** this month. We had a full house at the new location, and it was good to see all of our **Committee Chairs** and **Committee Members** there. A **past Delegate** from Area 69, panel 61, Keith M., and a **past Area Officer**, Harriet V. attended. **Our speaker**, Lynn M., from Irvine Ca. shared from the podium **her experiences of Grace and Gratitude**.

Thanks to everyone who made this year’s **Gratitude Banquet a success**. As usual, we alcoholics **all pulled together** to pull this one off and to show the new and old alcoholic **how it works**. There was so much **fun and fellowshiping!** I got the **AA fellowship** that I crave. The atmosphere was full of **gratitude and grace**.

Our newest member had **21 days!** Our oldest member had **49 years!** In total, we had **two thousand, two hundred and fifty three years, two months and twenty one days of sobriety** sitting in the room. **Oh**, did I forget to mention food? We had so much food! We alcoholics know how to eat! The opposite of what it used to be like.

Thank you for letting me be of service!

Jerry G. DCM District 55