

Save The Date!

District Events

March 25th, 4pm – 7pm

Big Book Bon Fire

7400 Old Olympic Highway, Sequim

Go to district55aa.com for details.

April 29th, 10am – 3pm

Spring Gathering and Auction

Agnew Helpful Neighbors Club

1241 North Barr Road, Port Angeles

Go to district55aa.com for details.

June 10th, 9am – 3pm

Founder's Day Picnic

Sequim City Transit Center

190 West Cedar, Sequim

Go to district55aa.com for details.

Area Events

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

District 55 Open Service Positions

Panel 67

Alternate Treasurer

Alternate Secretary

Corrections Volunteers

Service can be Inconvenient

Helping others and service is not just something we AAers do in our spare time. Nor is it something we do simply to fill our time because we have nothing else to do.

Before sobriety, a trait I had nearly perfected was to avoid committing to anything, thus leaving myself free to wait until the last minute and choose the last, best opportunity.

In recovery my sponsor introduced the ideas of willingness and accountability. She suggested I needed to say “Yes, I will do what I say I’ll do and be where I say I’ll be, when I say I’ll be there” and not at the last minute. She taught me that I needed to be willing to put a commitment on my calendar and to not schedule anything else for that time slot. Putting this principle into practice was not easy for me and at times it’s still a challenge.

Often service involves taking a job that I don’t know how to do or don’t want to do, yet the job needs to be done. I wanted to do something that I was good at and that would make me look good. Now I get to sit on my ego (instead of my hands) and be willing to make mistakes. I may not do a job perfectly, but I learn. Most importantly, I get to show up and volunteer.

The 1st Tradition states “Our common welfare should come first”. For AA to survive there are jobs that need to be done by members; members working together. Service in AA gives me the opportunity to learn what I didn’t learn in kindergarten; how to work well with others. Even when I don’t want to!

Beth V.

District 55 Newsletter

2nd Quarter 2017

district55aa.com

D.C.M. Report

Welcome everyone to Panel 67 of Alcoholics Anonymous. (Each 2 year rotation in the AA service structure is referred to as a panel. Some panels start in even years and others start in the odd years.) This service structure does not refer just to members of our service committees. I speak of every present member of the fellowship in Canada and the USA who opens meetings, makes coffee, washes cups, shares with and sponsors others, etc. etc. etc., as well as those yet to arrive at our doors. We are all part of something much bigger than we as individuals, or as a group.

I would like to speak, a little today, about our first Tradition. It states “Our common welfare should come first; personal recovery depends on A. A. unity.”

It is a very straight forward tradition. If we are to survive as individuals, we must be willing to work together with our fellow alcoholics. We are a fellowship who has survived and prospered for over 80 years without any “bosses”. Why? Because we strive to listen with an open mind and let an informed group conscience be our guide.

As a District, as individual members and as groups, we have the opportunity to follow the lessons that AA has learned, in years past, from this tradition, come together even more than we are now, and put our best effort forward in the search for better ways to help alcoholics in our communities.

We can still be who we are, not lose our own identity, work together and feel good about doing it. And the prize we all win is, “inner peace, recovery and serenity.” These are my thoughts about the Tradition #1. How about you? What are yours’?

May you all have a safe and sober day.

Larry G. (DCM – District 55)

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

SIDE EFFECTS OF AA

Alcoholism is classified as a disease. There is medicine available to deal with this affliction. One of the most frequently employed medications is to become a member of Alcoholics Anonymous. This treatment, as with other medications, however, is not without its “side effects.” Prior to embarking upon this radical treatment methodology, one should be apprised of the additional reactions and occurrences that frequently surface—other than mere sobriety.

Watch out for the following:

1. *Memory improvements that allow you to recall virtually every event that occurred the night before.*
2. *Knowing the person you wake up with the next day.*
3. *Having additional money at the end of a given pay period.*
4. *Having a pay period—suggesting that you are employed.*
5. *Receiving trust from those with whom you have contact.*
6. *Being able to look yourself in the mirror without experiencing feelings of guilt or disgust.*
7. *Sharing experiences with others that you actually had.*
8. *Praying for others and not just for one’s self.*
9. *Being “a part of” rather than “apart from” others within the group.*
10. *Promptly admitting to self and others when you are wrong.*
11. *Retaining habits that allow you to feel good about life and yourself.*
12. *Not promising things that you do not intend to do.*
13. *Accepting others even if you do not agree with all of their words or deeds.*
14. *Being “honest,” “open-minded” and “willing” to do what is right.*

15. *Looking for the good in others, rather than focusing upon their faults.*

16. *“Doing” the things you “say” should be done.*

17. *Evaluating others constructively, rather than condemning their (perceived) shortcomings.*

18. *Doing the right things because they are the right things to do, rather than for anticipated praise or accolades.*

19. *Being respected by those who previously viewed you with disdain and distrust.*

20. *Sharing your “experience,” “strength” and “hope” with others.*

21. *Learning not to get overly “hungry,” “angry,” “lonely” or “tired.”*

22. *Recognizing that God is doing for you, what you could not do for yourself.*

23. *Respecting the “anonymity” of others.*

24. *Learning to live comfortably within your own skin.*

25. *Thinking things through, before acting.*

26. *Having and consistently communicating with a sponsor who you trust.*

27. *Becoming a trustworthy sponsor yourself.*

28. *Learning to live “one day at a time.”*

29. *Appreciating the importance of being in “fit spiritual condition.”*

30. *Learning how to stay in “fit spiritual condition.”*

31. *Realizing that love is a series of unselfish “actions,” not just “feelings” that one has towards others.*

32. *Realizing that “more will be revealed” as you trudge the “Road of Happy Destiny.”*

33. *Learning that life is a “journey,” not a “destination.”*

If you can live with these (and other) “side effects,” then you are a likely candidate for ALCOHOLICS ANONYMOUS.

Neil C.

Accessibility in Alcoholics Anonymous

The need to carry the message to every suffering alcoholic overwhelmed the fear felt by those first AA members. During the “flying blind” period the fellowship was protective of the groups which had become their vehicle to sobriety. Early members were white, middle-aged, middle class, professional, Christian men. They repeatedly made decisions which broadened and deepened the diversity of the membership. Relatively quickly, the membership began to include all sorts of “strange alcoholics,” “beggars, tramps, asylum inmates, prisoners, merely plain crackpots and fallen women.”

Following passage of the Americans with Disabilities Act of 1990, use of the term “accessible” increased. Alcoholic Anonymous made efforts to assure our message reached those alcoholics with “special needs.” Recently, interest has focused on removing barriers, rather than meeting special needs. AA’s Traditions are meant to do exactly that! The AA message is accessible in many countries and cultures, through many languages and mediums, by alcoholics pursuing a wide variety of spiritual paths to physical and emotional sobriety.

Group and personal inventories might include questions about accessibility, and possible barriers, that a potential AA member might encounter. Here are some examples: How are newcomers welcomed? How is safety maintained at meetings? How do my actions reflect AA principles? How is AA’s autonomy demonstrated? What barrier might prevent an alcoholic from getting AA’s message?

Barbara T.

Area News and Important Dates

*At the end of February, GSRs and others met in Port Angeles with Steve C., our Delegate to the General Service Conference. With the help of other trusted servants they shared information about several topics that will be covered by the General Service Conference at their yearly meeting in New York in April. The General Service Conference is where the collective group conscience of AA in the US and Canada comes together. Larry, the District 55 DCM, has the text of these topics and will have distributed them to group GSR's to allow group discussion about the topics. Among the subjects covered are literature, safety, and young people in A.A. Steve wants group feedback returned to him by **April 20** to allow him to bring the information to the Conference.*

Barbara M.