



# DISTRICT 24 NEWSLETTER

## NOVEMBER 2013

*Serving Lynnwood, Edmonds & Mountlake Terrace vicinity of Area 72 AA*

Wednesday, November 6<sup>th</sup>, 2013

Check out District 24 on the web at: [www.district24.org](http://www.district24.org)

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### **DISTRICT COMMITTEE**

DCM: Peg S.  
[dcm24@area72aa.org](mailto:dcm24@area72aa.org)

Alt DCM: Tom  
[altdcm24@area72aa.org](mailto:altdcm24@area72aa.org)

Accessibility: Annie F.  
[dist.24.accessibilitychair@gmail.com](mailto:dist.24.accessibilitychair@gmail.com)

Corrections: Stephanie S.  
[dist.24.correctionschair@gmail.com](mailto:dist.24.correctionschair@gmail.com)

GSIG Zone Rep: Vincent M.  
[Elevents@gmail.com](mailto:Elevents@gmail.com)

Schedules: Sandi B.  
[dist.24.schedule@gmail.com](mailto:dist.24.schedule@gmail.com)

Grapevine/Literature: Doug  
[dist.24.literature@gmail.com](mailto:dist.24.literature@gmail.com)

Secretary: Julia K.  
[dist.24.secretary@gmail.com](mailto:dist.24.secretary@gmail.com)

### **CHAIRS & CONTACTS**

Treasurer: Carol V. – Alternate: Meredy  
[dist.24.treasurer@gmail.com](mailto:dist.24.treasurer@gmail.com)

Archives: Claire G. – Alternate: Ron A  
[dist.24.archives@gmail.com](mailto:dist.24.archives@gmail.com)

CPC: Ed  
[dist.24.CPC@gmail.com](mailto:dist.24.CPC@gmail.com)

Public Information: Steve  
[dist.24.PI@gmail.com](mailto:dist.24.PI@gmail.com)

Treatment / Bridging the Gap: Jeff H.  
[dist.24.treatmentchair@gmail.com](mailto:dist.24.treatmentchair@gmail.com)

Newsletter: Cathy Jo  
[dist.24.newsletter@gmail.com](mailto:dist.24.newsletter@gmail.com)

Web Chair: Eric E.  
[dist.24.webchair@gmail.com](mailto:dist.24.webchair@gmail.com)

Registrar: Claire C.  
[dist.24.registrar@gmail.com](mailto:dist.24.registrar@gmail.com)

### **District Address For Group Donations**

PO BOX 439  
Lynnwood, WA 98046

### **District 24 Business Meetings**

1st Wednesday  
Of each month at 7:00 p.m.

21018 Hwy 99, Edmonds  
(PUD building)

### **Sno-King Intergroup Business Meetings**

3rd Wed. of each month  
@ 7:00 p.m.

22617 76<sup>th</sup> Ave W, Ste 203,  
(Stone Court Building)



### **DECLARATION OF UNITY**

*"This we owe to A.A.'s future; to place  
our common welfare first; to keep our  
Fellowship united. For on A.A. unity  
depend our lives, and the lives of those  
to come."*



### **RESPONSIBILITY PLEDGE**

*"When anyone, anywhere, reaches out  
for help, I want the hand of A.A. always  
to be there. And for that: I am  
responsible."*

**BUSINESS MEETING MINUTES FROM September 4<sup>th</sup>, 2013**

Arnie B.	Carol V.	Annie F.	Chrissy A.	Rob G.	Claire W.	Geri S.
Douglas V.	Dick R.	Robert S.	Meredy D.	Ron A.	John M.	Dave K.
Eric E.	Alvin S.	Ed C.	Chris F.	Stephanie S.	Normand F.	Claire G.

Open with the Serenity Prayer  
 Responsibility Declaration  
 Reading of short form of Concept 10: Annie  
 Introductions  
 Birthdays: Doug (3), Robert (1),  
 Claire (13 in September)

**Trusted Servant Reports**

**Secretary – Julia K** – \*motion to approve meeting minutes

**Registrar – Claire C.** – Report in newsletter. New GSRs email Claire or see Peg

**Treasurer – Carol V.** – \*motion to approve Treasurer's report

**Alt. Treasurer – Meredy** – No report

**Public Information– Steve** – Not present

**CPC– Ed** – Phone Call from Edmonds Family Medicine would like to have a talk.

**Treatment and Bridging the Gap – Jeff H.** – No bridges, but refilled treatment center racks & got some people to talk at Options treatment center.

**Newsletter – Cathy Jo** – Report in newsletter.

**Web – Eric E.** – Report in newsletter. All is well. Want something on website, email Eric.

**Archives – Claire G.** – See Alt. Archivist report in newsletter. Due to medical issues may not be able to do full 2 years. Claire will talk with Ron & they'll get back to us.

**Alt Archives– Ron A**– See report in newsletter.

**Grapevine/Literature – Doug** – Went through the literature that was given to him & received a book called *Alcoholics Anonymous Comes of Age*. It's a great book & one worth looking into.

**Schedules – Sandi** – Schedule changes need to get in today. Stapling part October 13<sup>th</sup>, 1-4pm, 1401 Poplar, Everett.

**Sno-King Intergroup – Roger** – Doors are still open. They sell literature & answer phones. Still needs donations. Would like to sell coins & AA anniversary cards to add income. All the Sno-King positions rotate next month. They meet 3<sup>rd</sup> Wednesday of the month.

**GSIG Zone Rep– Vincent** – Not present. Jon got our district meeting into the High & Dry.

**Corrections – Stephanie S.** – Report in newsletter by Jeff who attended the quarterly. Attendance is up at the prison. No bridges for this area for Sept.

**Accessibility – Annie F.** – Quarterly is this month. Minutes from last quarterly say all is well. Interested in knowing what help visually impaired members could use.

**Alternate DCM – Tom** – Back from Germany today. No report.

**DCM– Peg S.** – This weekend is the assembly. Starts Friday – Peg on panel on balance in service Friday at 2pm, support her! Super excited!

**District Finance Committee** – No report.

**Quarterly Host Committee – Claire, Meredy, Stephanie** – Trying to get in contact with St Pius.

**OLD BUSINESS:** None

**NEW BUSINESS:**

- How come there is no childcare code in Snohomish County Schedules?
- January business meeting is the 1<sup>st</sup>. Moved to 1/8

*"This we owe to A.A.'s future: to place our common welfare first; to keep our fellowship united. For on A.A. unity depends our lives, and the lives of those to come."*

**NEXT BIZ MEETING WEDNESDAY 12/4/13**

## UPCOMING AREA QUARTERLIES

### Accessibility Quarterly Archives Committee Quarterly

November 2<sup>nd</sup>, 2013  
 Greater Seattle Intergroup  
 5507 6th Avenue South  
 Seattle, WA 98108  
 9 AM – 3 PM  
*Lunch Provided*

### PI & CPC Committee Quarterly

November 9th, 2013  
 First Christian Church  
 602 N. Orchard Street  
 Tacoma, WA 98406  
 9 AM – 3 PM  
*Lunch Provided*

### Burien Little Assembly 2014 Theme:

"Communicating Our Legacies –  
 Vital in a Changing World"

**Planning Committee Meeting Schedule**  
*All at Noon, 2nd Sunday of each month  
 at Greater Seattle Intergroup*

November 10th, 2013  
 December 8th, 2013  
 January 12th, 2014  
 February 9th, 2014  
 Wrap-up meeting is March 30th, 2014

**The Burien Little Assembly is  
 March 22th, 2014**

**Plenty of jobs to go around. Just show up!**

For more info, contact John DD  
[dc15@area72aa.org](mailto:dc15@area72aa.org)

**COMMITTEE CHAIR REPORTS FROM OCTOBER 2013****DCM REPORT – Peg**

Hello D24!

What an amazing assembly we attended this year...I asked the attending GSRs to give a one-word description of the event. Here they are....spiritual, growth, cool, interesting, phenomenal, confusing, needy, process-orientated, educational, awesome, complicated, lesson. I believe it was ALL those things and more. What a privilege it is to serve such a great district.

I was on a panel on Friday at the assembly and my topic was balance in service. It was so amazing to be able to share my experience with UN-balance in service! I learned my lesson a few years ago by a hospital visit due to stress....trying to be the "be-all" in AA. I was told by a past delegate to have ONE service position - whether it is at the district, home group, area, or intergroup level. Do one job and do it well. I was also told that by having only one position, it allows others the opportunity to serve.

I would like to extend my sincere thanks to the District for allowing me the opportunity to be at the assembly. The hotel was beautiful and I felt so humble when I looked out my window and saw Mt Rainier...right there!!! I realize just then what opportunities I have as long as I stay sober and continue to say yes to service. What an amazing life I have!!

Thank you to all the home group that were able to send their GSR's to the assembly. It would be great if we could come up with some sort of fund to help pay part of the cost for the home groups who can't afford to send a rep. Just an idea....

Thank you, thank you, thank you!!!

In Grace and gratitude,

Peg, DCM

**REGISTRAR'S REPORT – Claire****ACTIVITIES:**

I checked in with Mark at Area (by e-mail) on the status of the updates I had sent in early October. I also asked for a current copy of our District spreadsheet that has all the updated information on it. Waiting for his response.

I owe an amends to Carol V. & Tari B. for failing to update their GSR change in any kind of timely manner for Sisters in Recovery. I have done that work and will be more diligent in the future. I am still learning how to organize my registrar work.

**QUESTIONS:**

Here are a few things that I could use help with:

- EdLynn Fellowship - Alt GSR given as Robert G., but I have no contact info
- New meeting not on Area 72 spreadsheet received 5-Oct-13:  
NEW MEETING  
Da Mens Meeting  
Friday 6:45pm - 7:45pm  
Closed -Men Only  
Lynnwood Alano Club
- *Our Primary Purpose* not listed on D24 website for Wednesday (maybe I missed it?)
- New meeting not on Area 72 spreadsheet received 5-Oct-13:  
NEW MEETING  
Mid-Morning Solutions  
Tues. and Thurs. 10 AM  
4001 198th St. SW  
Lynnwood Alano Club
- New GSR - Great Fact 12&12 Study - Robert S. but I have no contact info, only phone, which I am not sure I have correctly.
- New GSR - Happy Destiny - Dick R. but I have no contact information only phone
- Billi Jo B. - I would like to confirm that she's the new Sno-King Intergroup Chair?

Thank you for letting me be of service!

**Sno King Intergroup Liason – Roger H.**

Currently the office is able to stay open, but contributions are down & at times we are unable to purchase necessities to provide good service to our community, like Books & schedules (Seattle). The volunteer list is kept by coordinator Glen, if you would like to volunteer please use the web site or phone # listed on the front page of the Snohomish County schedule.

Also, all positions at the Sno-King intergroup are due to rotate out, good opportunity for service. If interested, please attend the business meeting the 3<sup>rd</sup> Wednesday of this month, the 20<sup>th</sup> at 7 p.m.

Thanks to all of those who have supported the office, Roger H.

**TREASURER'S REPORT – Carol V.**

**PLEASE SEE PAGE 8 of NEWSLETTER**

**NEWSLETTER REPORT – Cathy Jo.**

Thanks to everyone who submitted reports & keeping me busy in service! I truly enjoy putting this together for the district every month.



**ARCHIVES REPORT– Ron Anderson, District 24 Alternate Archivist**

I attended the WWA-72 Archives Quarterly on Saturday, November 2<sup>nd</sup>, held at the Seattle Intergroup office hosted by District 15. Susan R. from District 15 read a brief history of District 15 from the “Our Stories Disclose” book. District 15 is the home of the first Northwest group started by Dave W. appropriately called Group One. District 15 was also the home of the Washington Area’s first Alano Club, first Intergroup, first Spanish speaking group, first gay group, and the first deaf group. District 15 is the location of the original Skid Road which derives its name from where logs were skidded down the hill into Elliot bay.

Reports were given from Michaelle who is our WWA-72 Archives Chair along with members from the Archives Steering committee and Ad Hoc Committee. Trevor T, Chairman of the Digitization Committee, discussed how PDF-A has become the national standard for document format and predicts it to stay around for many years since the government and large corporations have adopted it as the standard. He also discussed turning documents into digital copies so they can be protected and preserved for long term. He said that maybe this will get our dusty archive copies out of the dust!

David C. from District 38 gave an excellent report on his experience from the NAAAW (National Alcoholics Anonymous Archives Workshop) held in Springfield, Il. He serves as the National Archives consultant and is an expert on conservation and preservation of our precious and valuable AA archive materials. His report was very informative and extremely interesting.

Buzz C. from District 12 emphasized the importance of “Safety” in the keeping and storing of our archives materials.

Dean T, WWA-72 Archivist, shared his story and challenged all the District Archivists to inventory and figure out what you have in your archives.

I learned of a new web site called BILLW.COM that has many new photos, history, reviews, and a film on AA. Check it out!

Teresa who represents the Seattle Intergroup Office shared several old AA related books including “As a Man Thinketh”, “Sobriety and Beyond” by Father John Doe, “Let God In”, “God’s Psychiatry”, Big Pete’s personal Big Book, and an old 12 and 12 signed and inscribed by Bill W. Gave me chills!

I asked about Oral Histories and how to best record and store them. I learned there are digital voice recorders on the market that will record and store directly into MP3 format. I’ve since learned that there is software available on our smart phones that will also do this.

I had a great time at the Archives Quarterly and realized how blessed we are to have so many servants in this field who have been working and supporting Archives most of their lives. Our history, knowing where we came from, and helping to preserve it, is an amazing thing!

Lastly, never ask an Archivist, “What’s New?”! Thanks for allowing me to be of service, Ron

## NEW MEETINGS & MEETING CHANGES

A FULL LIST OF MEETINGS CAN BE FOUND AT [WWW.DISTRICT24.ORG](http://WWW.DISTRICT24.ORG)

### MEETING CANCELLED!



### “Plain And Simple”

*7pm Wed Nights at the  
Sno-King Intergroup  
office is no longer an  
existing meeting.*

### NEW WOMEN'S MEETING!



### Thank You For Sharing

*Saturdays at 9:30AM*

Point of Grace Church  
Harbour Point Blvd, Mukilteo

### NEW MEETING

### Mid Morning Solutions

Tuesdays & Thursdays

10 AM

4001 198th St. SW  
(Lynnwood Alano)

### INTERNET MEETINGS AVAILABLE FOR HOUSEBOUND

[www.southerncalspeakers.org](http://www.southerncalspeakers.org)

<http://xa-speakers.org>

<http://www.aaonline.net>

<http://www.aaonline.org>

*If Housebound, contact for Assistance*  
[dist.24.accessibilitychair@gmail.com](mailto:dist.24.accessibilitychair@gmail.com)

### NEW MEN'S MEETING

### “Da Men's Meeting”

Fridays 6:45pm - 7:45pm

Closed -Men Only

**Lynnwood Alano Club**

### NEW MEETING

### “The Nameless Group”

*Thursdays at 10AM*

Point of Grace Church,  
Harbour Point Blvd.  
Mukilteo

### W.O.T.S.

### Women on Thursday Study

*12x12 Steps and Traditions*

### NEW TIME!!

**NOW @ 7 P.M.**

St. Timothy's Lutheran Church  
5124 164<sup>th</sup> St SW, Edmonds

*Closed Women's Meeting  
No pets or children please*

### MEETING MOVED

### CELEBRATE LIFE

Wednesdays @ 10am

Women's Meeting

Edmonds United Methodist Church  
828 Casper Street Edmonds 98020

Asbury Hall, Room 12

### MEETING CHANGE LANGUAGE OF THE ♥ HEART

TUESDAY NIGHTS

### NEW TIME - 6PM!

Point of Grace  
5425 Harbour Pointe Blvd  
Mukilteo 98275



**EVERETT CONFERENCE 2013**


THE EVERETT CONFERENCE 2013

**MARIANA MATTHEWS**  
That Lady Hypnotist

**COMEDY**  
**HYPNOSIS SHOW**

EVERETT HOLIDAY INN  
NOVEMBER 30, 2013

**2013 Annual Ocean Shores Jamboree**  
PO Box 995 Ocean Shores WA 98569  
Serenity at the Shores  
[www.OceanShoresJamboree.com](http://www.OceanShoresJamboree.com)  
November 8, 9 & 10, 2013



**Registration:** Friday 1 - 8 pm  
Saturday 8 - 4 pm

**A.A. Speakers:** Kane C. - Santa Clarita, CA  
Mike S. - Riverside, CA  
Carla R. - Los Angeles, CA  
Doug R. - Los Angeles, CA  
Craig A. - Santa Fe, NM

**Al-Anon Speaker:** Al-Anon Program:  
Friday - Afternoon Session  
Saturday - AM & Afternoon Sessions  
Luncheon - Saturday  
Sunday - AM Session

**Online at:** [www.OceanShoresJamboree.com](http://www.OceanShoresJamboree.com)  
**Independent Hotel Reservations:** Mention Ocean Shores Jamboree for a discounted room rate.

**ONLINE REGISTRATION AT:** [www.OceanShoresJamboree.com](http://www.OceanShoresJamboree.com)!

Registration Forms should be mailed to:  
**2013 Annual Ocean Shores Jamboree**  
PO Box 995 Ocean Shores WA 98569

**Registrant information:**  
Name(s): \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_

Event:	Pricing:	Qty:	Total:
Pre-Registration (By Oct. 29)	\$30.00	X	=
Registration at the Door	\$35.00	X	=
Friday Night Ice Cream Social	\$ 5.00	X	=
Saturday Night Banquet	\$22.00	X	=
Banquet Entrée Choices (Please choose one - All options may not be available if purchased at the door)			
<input type="radio"/> Beef - # _____		<input type="radio"/> Chicken - # _____	<input type="radio"/> Vegetarian - # _____
Saturday Night Dance	\$ 5.00	X	=
Sunday Spiritual Breakfast	\$18.00	X	=
Al-Anon Luncheon	\$20.00	X	=
(Al-Anon Luncheon IS NOT included in Full Package)			
Full Package	\$65.00	X	=
			<b>TOTAL ENCLOSED:</b> _____

Volunteer opportunities are available. Please visit [www.oceanshoresjamboree.com](http://www.oceanshoresjamboree.com) for information. Volunteer registration is available only by mail.


**SISTERS IN RECOVERY**  
WOMEN'S GROUP OF ALCOHOLICS ANONYMOUS

**Good Shepherd Church**  
6915 196<sup>th</sup> St. SW  
Lynnwood, WA

Saturday's at 10:00am  
Childcare Available

Birthdays Celebrated the last  
Saturday of the month

Speakers last Saturday of odd months



**2013 Sisters in Recovery Speakers Meetings**

January 26<sup>th</sup>  
March 30<sup>th</sup>  
May 25<sup>th</sup>  
July 27<sup>th</sup>  
September 28<sup>th</sup>  
November 30<sup>th</sup>

## **The A.A. Service Manual Combined With Twelve Concepts for World Service BOOK STUDY**

### **LET'S MAKE GENERAL SERVICE EXCITING!!!**

Come and be a part of the SMBS chaired by our own most recent Past Delegate of Panel 61!!!!

## **"Debbie A."**

A monthly book study on every **3rd Saturday of the Month** traveling between the CSO in Tacoma, WA and the South Sound Service Center at 344 Cleveland Ave. SE, Suite K in Olympia, WA.

PLEASE NOTE THIS **NOVEMBER** IT WILL BE THE **4TH SATURDAY, THE 23RD!!!**

**11:00am to 1:00pm at the CSO**  
3640 S. Cedar, Suite S  
Tacoma, WA 98409

# Everett Conference

*\*Thanksgiving Weekend\**

November 29<sup>th</sup>, 30<sup>th</sup> & December 1<sup>st</sup>



EVERETT CONFERENCE  
**There is a Solution!**

## *Featured Speakers:*

Friday Night: Julie L., Studio City, CA

Saturday AM: John P., Snohomish, WA

Saturday Aftn: Bernadette B., Little River, SC  
(Alanon)

Saturday Night: William B., Little River, SC

Author of both "My name is Bill W." and  
"When love is not enough, The Lois Wilson Story"

Sunday AM: Ron H., Canaby, OR

- \*DJ Dance
- \*Hypnotist
- \*Live music
- \*Raffles
- \*Speakers
- \*Dinner Banquet
- \*Spiritual Breakfast
- \*Workshops



**Holiday Inn**

3105 Pine St. Everett WA 98201  
To Make a Reservation Call  
(425) 339-2000  
Discount Rates Available  
(\$99 if with Conference)

Please clip and mail your registration today! CHECK ALL THAT APPLY

NAME		
ADDRESS		
CITY	STATE	ZIP
PHONE #		
EMAIL		
HOME GROUP		
NAME ON BADGE		
AA	ALANON	OTHER
WILL YOU REQUIRE HANDICAP ASSISTANCE?		
WOULD YOU LIKE TO VOLUNTEER? YES NO		
Please circle one: Pork Chicken Vegetarian		
For more information on registration, scholarships, etc.		
You can contact us on our website: <a href="http://www.everettconference.org">www.everettconference.org</a>		
scholarship nomination forms available on our website		
Do you want to receive a flyer for next year by email? YES NO		

FULL REGISTRATION ..... \$98 ☐

Includes: Registration, Banquet,  
2-nights of entertainment  
and breakfast. (save \$5)

REGISTRATION ..... \$30 ☐

SATURDAY BANQUET ..... \$28 ☐

SPIRITUAL BREAKFAST ..... \$20 ☐

FRIDAY PM LIVE BAND .... \$10 ☐

HYPNOTIST & DJ DANCE \$15 ☐

COFFEE ..... \$5 ☐

Would you like to make a donation to our  
scholarship foundation? AMT \$

Make Checks Payable to:

The Everett Conference

Mail to:

P. O. Box 5003

Everett, WA 98206

Your total:

Administration Only

Date:

Chk#/or Cash:

Initials:

## **DISTRICT 24 TREASURER'S REPORT – OCTOBER 2013**

District 24		Checking Account		Statement August 17-Sept 18, 2013	
Date	Transaction Type/Number	Pay To / Received From	Explanation	Paymt. Amt. (-)	Check book bal.
<b>Account</b>			<b>Beginning Balance</b>		<b>3731.60</b>
<b>Deposit</b>		<b>Group Donation</b>			
25-Sep		Edmonds Group	Group Donation	100.00	
30-Sep	1379	Celebrate Life	Group Donation	30.00	
30-Sep	7012	Midway Group	Group Donation	44.00	
30-Sep	Money order	Honesty Group	Group Donation	60.00	
30-Sep	Money order	Way of Life	Group Donation	30.00	
11-Oct	Credit	Assembly	Over payment for parking	12.48	
		<b>Checks</b>			
1-Oct		Auto transfer to savings		150.00	
7-Oct	Debit	Hotel Murano	Assembly Parking	30.00	
7-Oct	2833	Sandi B	District 24 Schedules	150.00	
8-Oct	Debit	Hotel Murano	Assembly Lodging	273.14	
15-Oct	2832	Claire W	District 24 Newsletter	43.76	
16-Oct	2830	Peg S	District 24 Rent	30.00	
16-Oct	2851	Peg S	Assembly Dinner	15.00	
<b>Bank Statement</b>			<b>Ending Balance</b>	691.90	276.48
<b>After the Statement Date</b>					
<b>Outstanding Checks</b>					
6-Aug	2828	Terry Isabel	Archive Supplies	10.00	
2-Oct	2831	Julia K	Agenda/Minutes	8.68	
16-Oct	2852	Claire W	Assembly/Gas	18.65	
4-Nov	2853	PUD	District 24 Rent	30.00	
<b>Deposits</b>					
1-Nov		Auto transfer to savings		150.00	
4-Nov		Transfer from savings		300.01	
5-Nov	5026	The Unity Group	Group Donation	49.09	
5-Nov	Money Order	Monday Night Discussion Grp	Group Donation	21.15	
5-Nov	Money Order	Friday Night Big Book Study	Group Donation	21.15	
			<b>Total</b>	67.33	541.40
<b>Cash on Hand</b>					<b>3790.25</b>
<b>Reserve</b>		2014 Gratitude Dinner expenses		1500.00	
<b>Reserve</b>		2013 Picnic expense		250.00	
<b>Reserve</b>		2013 50% schedules expense		250.00	
<b>Working balance</b>					<b>1,790.25</b>