



DISTRICT 24 NEWSLETTER

MARCH 2014

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

Wednesday, March 5th, 2014

Check out District 24 on the web at: www.district24.org

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DISTRICT COMMITTEE

DCM: Peg S.
dcm24@area72aa.org

Alt DCM: Tom
altdcm24@area72aa.org

Accessibility: Annie F.
dist.24.accessibilitychair@gmail.com

Corrections: Stephanie S.
dist.24.correctionschair@gmail.com

GSIG Zone Rep: Normand
normfournier74@hotmail.com

Schedules: Sandi B.
dist.24.schedule@gmail.com

Grapevine/Literature: Doug
dist.24.literature@gmail.com

Secretary: Anna
dist.24.secretary@gmail.com

CHAIRS & CONTACTS

Treasurer: Carol V. – Alternate: Meredy
dist.24.treasurer@gmail.com

Archives: Claire G. – Alternate: Ron A
dist.24.archives@gmail.com

CPC: Ed
dist.24.CPC@gmail.com

Public Information: Steve
dist.24.PI@gmail.com

Treatment / Bridging the Gap: Jeff H.
dist.24.treatmentchair@gmail.com

Newsletter: Cathy Jo
dist.24.newsletter@gmail.com

Web Chair: Eric E.
dist.24.webchair@gmail.com

Registrar: Claire C.
dist.24.registrar@gmail.com

District Address **For Group Donations**

District 24, PO BOX 439
Lynnwood, WA 98046

District 24 **Business Meetings**

7pm, 1st Wed. of each month
21018 Hwy 99, Edmonds
(PUD building)

Sno-King Intergroup **Business Meetings**

7pm, 3rd Wed. of each month
22617 76th 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 FEBRUARY 5TH, 2013 @ 7 P.M.

G.J.	Shawna L.	Claire C.	Heather K.	Anna	Rita	Greg B.
Chrissy A.	Alvin S.	Michael A.	Kevin C.	Jeff H.	Normand	Jim C.
Cathy Jo	Susan C.	Stephanie	Roger	Claire G.	Peg S.	Tom
Anna	Ed C.	Ron A.	Annie	Sandi B.		

Open with the Serenity Prayer

Responsibility Declaration

Reading of short form of Concept 2

Introductions

Birthdays: No February birthdays. However, two from January: Ed (32) & Peg (7)

Trusted Servant Reports

Secretary – Anna – **motion to approve meeting minutes. 2nd & passed.*

Registrar – Claire C. – Discovered some changes were not happening at the area level and will follow up on those. Please see Claire after meeting if have new/changes to info.

Treasurer – Carol V. – Not present, report in newsletter. **motion to approve Treasurer's report. 2nd & passed.*

Alt. Treasurer – Meredy – Not present.

Public Information– Steve – Not present.

CPC– Ed – Ed reviewed the panel meeting with the staff at Edmonds Family Clinic. The feedback was positive from the "Q & A" session. He would like to do more panels with other professional groups.

Treatment and Bridging the Gap – Jeff H. – Not present. Report in newsletter.

Newsletter – Cathy Jo – After last month's request for more content, many responded in kind. Great newsletter with a lot of contents & reports. Printing costs have increased, asked for ideas to cut costs. Some ideas were to print fewer copies, talk to her contact to see if they will honor original price and check Costco's services.

Web – Eric E. – Not present. Report in newsletter.

Archives – Claire G. – Another stack of information was received. They are de-stapling, recycling and saving. Request for Grapevine binders/holders was put out there. Looking for the old green binders for archiving Grapevines.

Alt Archives– Ron A– Asked districts to propose 1 site each for possible new archive building location. Ron has list of specs needed for possible sites. Please tell your home groups the book Our Stories Disclosed that are for sale for \$10 per book.

Grapevine/Literature – Doug – Not present.

Schedules – Sandi – Meeting change forms have already been handed out & need to be returned by 4/2/2014.

Sno-King Intergroup – Roger – There are a lot of changes happening. Elections went well.

GSIG Zone Rep– Normand – Report is in the newsletter. MLT group has been updated in Seattle intergroup schedule.

Corrections – Stephanie S. – One new bridge. To be released in July. She asked for a volunteer to be in contact with him & meet at his release. Greg B volunteered to contact him.

Accessibility – Annie F. – Not present.

Alternate DCM – Tom – Had flyer for Gratitude Banquet to distribute to home groups.

DCM– Peg S. – See report in newsletter.

District Finance Committee – See report in newsletter.

OLD BUSINESS:

- The district has the funds and will be paying for the DCM to go to PRAASA.

NEW BUSINESS:

- Normand asked for suggestions for speakers at the Gratitude Banquet. Three people raised hands with suggestions.
- Roger has reserved the shelters for the D24 picnic the first Saturday in August.

Closed with the UNITY DECLARATION:

***"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 4/2/14**

COMMITTEE CHAIR REPORTS JANUARY 2014

DCM REPORT – Peg

Hello District 24!

The GSR refresher held at Mt Zion Church on Feb. 23 was well attended and full of information for GSR's, alt GSR's and anyone who would be interested in general service. We had 4 representatives from the Area, including a past delegate and our Area Chair. Thank you to all who attended and made it a big success.

There are two big events I am really looking forward to this month. One is the Gratitude Banquet on the 29th. Thank you Normand for stepping up and taking on the responsibility of the banquet. I was told early on that I had to "stretch to grow". To push the boundaries of my comfort zone. I find when I do this, I have my biggest growth spurts.

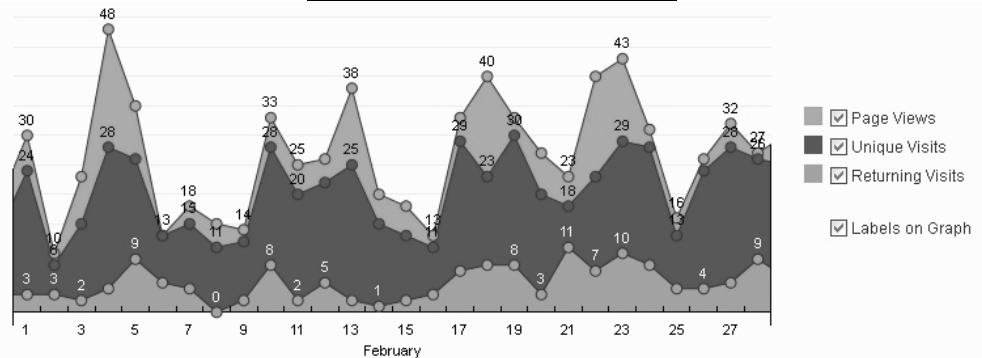
The other highlight for me this month is PRAASA, which is being held this weekend in San Diego. Knowing that the district supports my attending this assembly makes it all the more important that I take my responsibilities as your DCM seriously. Thank you for seeing the importance of sending the DCM to this event. I will represent our district with pride. Thank you, again.

In Grace...Peg DCM

TREASURER'S REPORT – Carol V.

PLEASE SEE PG 4 of NEWSLETTER

WEBCHAIR REPORT – Eric E.



Date Range: ☒ Last Month or ☐ 1 Feb 2014 - 28 Feb 2014

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	Page Views	Unique Visits	First Time Visits	Returning Visits
Total	750	577	438	139
Average	27	21	16	5

ACCESSIBILITY CHAIR – Annie F.

I've had no requests for service. Did send the ASL Meeting schedule to Website Guru & have it available. If you send me/give me email address, I'll be happy to send it to you. Here's a little tidbit to ponder on what Accessibility means in AA.

How many times have we had conversations like this in our groups?

- Did you hear "Joe AA" had a stroke? He's doing okay and they are moving him to a rehab facility to help him with his speech for a month or so before sending him home.
- "Jane AA" is undergoing chemo and radiation and I haven't seen her at our home group for a few weeks... I wonder how she is?
- Shoot! "Bob AA" fell last weekend and broke his hip! I hear he's going to be laid up for a month!
- "Betty AA" is having some surgery next week and the doctors told her she would be out of commission for a few weeks.

Let's remember that even if they can't come to a meeting we can bring one to them! It just takes two alcoholics to have a meeting. Reach out! Offer to bring a meeting to them at their home, hospital, rehab facility, etc. It is a great way to be of service to one another and of course a wonderful activity to engage your sponsees in!

I think it was described best in the A.A. Guidelines: Serving Alcoholics with Special Needs. *Often A.A.s will take a meeting to an A.A. member who is home or house-bound. "I can't tell you," one hospitalized A.A. reported, "what a difference it made in my mental and emotional state when those six people showed up in my room carrying the message of A.A. and all the love and support of our Fellowship. And they did it twice a week for three months, until I was able to make meetings again! I was so down in the dumps before; I really had sort of given up—and, to be honest, I had started thinking I might as well have a drink, since I was dying anyway. But hearing the experience, strength and hope of others in the program inspired me to fight both my illnesses—the cancer and my alcoholism. I don't know what I would have done without A.A. at that low point in my life."*

DISTRICT 24 TREASURER'S REPORT - FEBRUARY 2014

District 24		Checking Account		Statement Jan 18,2014 -Feb 19,2014		
Transaction Type/Number		Pay To / Received From	Explanation	Paymt. Amt. (-)	Deposit Amt. (+)	Check book bal.
Account			Beginning Balance			3270.36
Deposit		Group Donation				
3-Feb		Transfer from savings			150.00	
3-Feb	Money Order	Friday Night BB Study Mill Creek	Group Donation		22.91	
3-Feb	Money Order	Monday Night BB Study Mill Creek	Group Donation		22.92	
3-Feb	1080	Lynnwood Study Group	Group Donation		15.00	
3-Feb	Money Order	Way of Life	Group Donation		30.00	
3-Feb	1050	Our Primary Purpose N	Group Donation		26.00	
		Checks				
3-Feb		Auto transfer to savings		150.00		
23-Jan	Debit	Peg S	PRASSA Air Line Exp	208.00		
6-Feb	2860	PUD	Rent	30.00		
6-Feb	2861	Edmonds Parks Dept	Deposit for Picnic	256.00		
10-Feb	2863	Tom Laris	Gratitude Banq fliers	16.00		
7-Feb	2864	Cathy Jo	Dist 24 Newsletter	46.47		
Bank Statement			Ending Balance	706.47	266.83	2830.72
After the Statement Date						
Outstanding Checks						
5-Jan	2862	Claire Gipson	Archives	42.20		
5-Jan	2865	District 1	April Quarterly	50.00		
23-Feb	Debit	Albertsons	GSR course	8.98		
2-Mar		Auto Transfer to Savings		150.00		
5-Mar	2866	PUD	Rent	30.00		
Deposits						
2-Mar		Transfer from savings			150.00	
24-Feb	Debit	Town & Country Lodge	PRASSA lodging		119.00	
22-Feb	Money order	Lynnwood Men's Group	Group Donation		500.00	
22-Feb	6319	Nameless Group	Group Donation		25.00	
22-Feb	5036	The Unity Group TUG	Group Donation		76.23	
22-Feb	5041	The Unity Group TUG	Group Donation		69.89	
22-Feb	844	Sun Morning Breakfast Group	Group Donation		250.00	
3-Mar	Money order	Way of Life	Group Donation		30.00	
3-Mar	1056	Our Primary Purpose N	Group Donation		7.48	
Total				281.18	1227.60	
						3777.14
Cash on Hand						
Reserve		2014 Gratitude Dinner expenses		1500.00		
Reserve		2013 Picnic expense		250.00		
Reserve		2013 50% schedules expense		250.00		
Working balance				1,777.14		



WE'VE CHANGED OUR MEETING TIME!!

WICKED SOBAH

Tuesdays from 7:30 – 9pm
Northview Community Church
18303 Bothell-Everett Hwy, Ste 150
Mill Creek WA 98012

WOMEN'S BIG BOOK WORKSHOP

LED BY LORRAINE K.

Good Shepherd Church

6915 196th St. SW
Lynnwood, WA

Monday's 6:30 – 7:30PM
Starting March, 3rd 2014

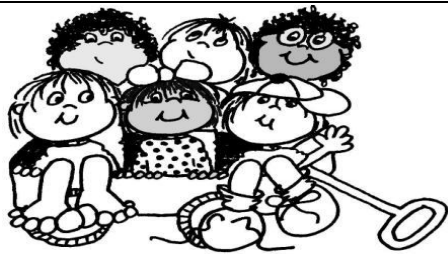


What to bring:

- New (unused) Big Book
- Hi-Lighter
- Pen

We will practice the 7th tradition, which states:

"Every AA group ought to be fully self – supporting, declining outside contributions"



Lynnwood Alano Club Saturday Night Speaker's Meeting

NOW HAS CHILDCARE!!*

Every Saturday night starting March 8th,
7:30-9pm. Over 250 years of sobriety
speaking in March!

**Childcare for toddlers & up, no infants at this time*



Area 72 Pre Conference

Districts 2, 3, 4, 11, 12, 19, 24,
36, 39, 46

Sunday March 23 1:00- 4:00

Come discuss the issues that will be decided at
the 2014 General Service Conference. Show
your sponsees what love and service looks like.

Our Savior Lutheran Church

215 Mukilteo Blvd. Everett, WA 98203

Finger Food Potluck

Coffee and water will be provided



Free Dance!!!

When: First Saturday of Every Month

Where: Lynnwood Alano Club
4001 198th St SW
Lynnwood, WA 98036

Why: Because We Can

**Come have some
SOBER FUN!!!**

All of the COOL KIDS are doing it!!

LIVE AT PINE LAKE UPCOMING SPEAKER MEETINGS

Saturday, Feb 8, 2014
Saturday, March 8, 2014
Saturday, April 12, 2014
Saturday, May 10, 2014
Wed, June 18, 2014
Saturday, July 12, 2014
Saturday, Aug. 09, 2014
Saturday, Sept. 13, 2014
Saturday, Oct. 11, 2014

Margaret A. - Garden Grove, CA
Taresia F. - Hollywood, CA
Angie J. - Austintown, OH
Sheldon F. - Las. Vegas, NV
Mike M. - Cedar Rapids, IA
Clancy I. - Los Angeles, CA
Kent C. - Sanduski, OH.
Chris R. - Ingram TX
Kerry C. - Pannersville, PA

Doors Open at 5:30 pm for setup – help appreciated!

Pine Lake Covenant Church
1715 228th Avenue S.E., Sammamish WA
Raffle sales and doors open at 6:30

Childcare 6:30 – 9pm, Lower Level

Meetings Begin at 7 pm

*Recordings, book covers, medallions & custom embroidery
items will be available before and after the meeting!*



41st Annual Burien Little Assembly

Saturday – March 22, 2014
John F. Kennedy High School
140TH & 1ST Ave. S
Burien, Washington 98168

Sponsored by Districts 14, 15, 16, 17, 18, 31, 32, 33,
and Greater Seattle Intergroup, with participation
from Al-Anon District 18

www.burienlittleassembly.com

SEATTLE OUTREACH PROJECT

WHEN
3rd Saturdays @10am

WHERE
Seattle Intergroup
5507 6th Avenue South (at Lucile Street), Seattle, 98108

WHAT IS SOP?

Seattle Districts, Groups, Intergroup, and A.A. Servants are working together to develop and deploy GPG/PI and Treatment projects that anyone in A.A. can do. We inform the general public about the A.A. program. We work to help professionals understand how and why A.A. works. We place A.A. literature and meeting schedules where suffering alcoholics may find it. We inform treatment centers about the Bridge The Gap program. Our sole objective is to help the still suffering alcoholic.

**ALL A.A. MEMBERS
ARE WELCOME TO
VOLUNTEER**

IN COOPERATION:

District 15
District 16
District 17
District 40
District 41
Intergroup

OUTREACH:

Hospitals
Clinics
Police Precincts
Probation/Parole
Shelters
Library's
Schools
Treatment Centers
Clergy
...more

CONTACT:

Have questions? email:
outreach@seattleaa.org

SHOWING OUR GRATITUDE TO THE GROUPS OF DISTRICT 24.....

****District 24 Annual****
GRATITUDE POTLUCK DINNER
AA and Alanon Speaker Meeting
March 29th, 2014



**St. Pius X in the
gymnasium
22301 58th Ave. W
Mount Lake Terrace
98043**

**Doors open at 5pm
Dinner at 6pm
Speakers at 7:30pm**

Raffle & 50/50 raffle
Donation at the door \$5



CHILDCARE MEETINGS



SUNDAYS

10:00 AM	O, H, CC	Coffee Cup Group	21600 76 th Ave W, Edmonds	Swedish Hospital, 4 th Floor
4:00 PM	O, H, CC	Living In Sobriety	6512 12 th SW, Seattle	St Pauls
7:00 PM	O, H, CC	We Are Not Saints	6915 196 th St SW, Lynnwood	Good Shepard Baptist Church

MONDAYS

5:30 PM	O, H, CC	Autumn's Promise	1050 State Ave, Marysville	Damascus Road Church
7:30 PM	O, A, AL, CC	Love & Service	9506 7 th Ave, Everett	Free Methodist Church

TUESDAYS

10:00 AM	C, CC	Tuesday Ladies Study	175 th NE & 8 th , Shoreline	Bethel Lutheran Church
10:00 AM	O, CC	A New Morning	100 th & 67 th Ave, Marysville	Kellogg Marsh Garage
6:00 PM	C, H, CC	Great Facts As Bill See's It	6915 196 th St SW, Lynnwood	Good Shepard Baptist Church

WEDNESDAYS

7:00 PM	O, CC	New Life Group	1906 Grand, Everett	
7:00 PM	O, H, WO, CC	Silver Lake Daily Reflections	4306 132 nd St SE, Mill Creek	Advent Lutheran, PreSchool Bldg
7:00 PM	O, H, CC	Our Primary Purpose Group	16727 Alderwood Pkwy, Lynnwood	Unity Church

THURSDAYS

10:00 AM	C, CC	Marysville Thursday AM	4 th & Columbia, Marysville	Unitarian Church
6:00 PM	O, CC	Great Facts 12x12 Study	6915 196 th St SW, Lynnwood	Good Shepard Baptist Church
7:00 PM	O, H, CC	Graceland	2609 Larch Way, Lynnwood	Church of the Good Shepard
7:30 PM	O, H, CC	Living Sober Study Group	1030 E Casino, Everett	Cascade View Pres. Church

FRIDAYS

10:00 AM	O, CC	Friday Morning Spkr/Disc Mtg	175 th NE & 8 th , Shoreline	Bethel Lutheran Church
6:30 PM	WO, OH, CC	Working With Others	910 N 180 th St, Shoreline	(off Aurora)
7:00 PM	O, H, CC	Silver Lake Friday Night Spkr	4306 132 nd St SE, Mill Creek	Advent Lutheran, PreSchool Bldg

SATURDAYS

10:00 AM	O, H, CC	Sisters In Recovery	6915 196 th St SW, Lynnwood	Good Shepard Baptist Church
10:30 AM	WO, WE, CC	Saturday Ladies Study	18842 Meridian Ave N, Shore.	St David's
5:00 PM	O, CC	Great Facts Big Book Study	6915 196 th St SW, Lynnwood	Good Shepard Baptist Church
7:30 PM	O, H, CC	Saturday Night Speakers	4001 198 th St SW, Lynnwood	Lynnwood Alano Club