



DISTRICT 24 NEWSLETTER

FEBRUARY 2014

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

Wednesday, February 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: Julia K.
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

PO BOX 439
Lynnwood, WA 98046

District 24 Business Meetings

7pm, 1st Wed. of each month

(JANUARY '14 WILL BE HELD ON
2nd WEDNESDAY DUE TO NEW YEAR)

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 JANUARY 8TH, 2013 @ 7 P.M.

Steve L	Carol V.	Claire C.	Graydon S.	Anna	Rita	Greg B.
Dave K.	Alvin S.	Dusty	John M.	Lori B.	Normand	Ron G.
Cathy Jo	Susan C.	Stephanie	Doug V.	Claire G.	Leslie	Tom L.
Robert S.	Lori	Ron A.	Annie	Annie F.	Roger H.	Eric E.

Open with the Serenity Prayer
Responsibility Declaration
Reading of short form of Concept 1
Introductions

**Birthdays: Dave (27), Leslie (28), Greg (6)
Dusty (5), Normand (2), Susan (12)**

Trusted Servant Reports

Secretary – Anna – *motion to approve meeting minutes

Registrar – Claire C. – Please see Claire after meeting if you have new/changes to info.

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

Alt. Treasurer – Meredy – Not present

Public Information– Steve – Steve & Ed had a panel meeting with the staff at Edmonds Family Clinic. They shared how to refer people to AA & how it works in their lives. There was a retired doctor who is a member of our fellowship that also participated & it went well.

CPC– Ed – Not present.

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

Newsletter – Cathy Jo – Requested more content for the newsletter.

Web – Eric E. – Requested more content for the website.

Alt Archives– Ron A– They are collecting information of memorial book. They are looking for pictures, stories & obituaries.

Archives – Claire G. – The quarterly is in Everett 2/1, hosted by district 12. She has flyers for more info. Area archives committee identified issues with the depository. The 3 most urgent areas are mold in the building, location of the restrooms & safety of workers. If anyone has lead on a new location please let her know. She has met with Ron & is organizing the display for the potluck. They are still working on the oral history project where they are collecting old timer's stories. If you know of any old timers that would like to be involved in the project please let her know. Ron is getting up to speed & doing well as the alternated archivist.

Grapevine/Literature – Doug – Met in Monroe December 14th, there was 30-40 people there and they discussed Literature. Grapevine is 70 in 2014. Quarterly is January 24 in Everett. He has a flyer for the details. The 75th anniversary editions of the Big Book are now available.

Schedules – Sandi – Please complete form to make any meeting changes for the next schedule released in April.

Sno-King Intergroup – Roger – Working with Frontier & Sprint on fixing the phone problems. A new cell phone coordinator is needed. GSR's requested for Seattle Intergroup schedules to be brought to the next district meeting.

GSIG Zone Rep– Normand – Report in the newsletter. The Access chair is open. *See new business for info on the Article IX bylaw vote.*

Corrections – Stephanie S. – No new bridges. D19 requested help to get 12 new softbound Big Books purchased for the Everett correction facilities.

Accessibility – Annie F. – Not present.

Alternate DCM – Tom – The quarterly is in Bothell. See newsletter for more information.

DCM– Peg S. – Not present. Report in newsletter.

District Finance Committee – No report.

Quarterly Host Committee – No report.

OLD BUSINESS: NONE

NEW BUSINESS:

- MOTION made to assemble District Finance Committee, seconded & passed. The committee will meet before the next district meeting to start writing a working budget for the district & to determine if there are enough funds to send the DCM to PRAASA. Committee members are Cathy Jo, Carol, Stephanie, Sandi & Tari.
- MOTION made for the district to pay for the DCM to attend PRAASA if the district has funds to do so. Seconded & passed.
- MOTION made to vote on changing Article IX bylaws of GSIG. Seconded, vote was taken & failed.
- JULIA resigned from her position as District Recording Secretary. Thank you Julia for all your hard work & service
- ANNA was nominated and voted in for one year of service as the NEW District Recording Secretary.
- ROGER volunteered to reserve the picnic shelter with the city of Edmonds for the district's annual picnic in July
- TOM & NORMAN will approach St Pius X to reserve the facility for the gratitude banquet in March.

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."***

Meeting adjourned at 9:16

NEXT BIZ MEETING WEDNESDAY 3/5/14

COMMITTEE CHAIR REPORTS JANUARY 2014

DCM REPORT – Peg

Hello District 24!

So sorry to have missed the meeting last month. Thank you Tom for stepping in and taking over the reins. More thanks to Roger for volunteering to stand in the cold to reserve our picnic site for July's district picnic. And thanks to Normand for taking on the job of the Gratitude Banquet. A big thank you to the members of the finance committee who met & drafted up a budget for our district. So grateful to have so many "servants" in this district.

There will be a GSR refresher "class" on Feb 23 from 1:30-3:30. District 42 has asked 24 to help put this on. I hope if you missed the last one, you will put this important event on your calendar. It is a quick refresher on what a GSR is, the duties...any questions you may have about the position...This is open to all members that would like to hear about service, whether you're a GSR, an alt GSR or not. Please come join us at the Mt Zion church in Mountlake Terrace (where TUG meets). We would love to see you there.

Thanks for letting me serve such an amazing district!

In Grace...Peg DCM24

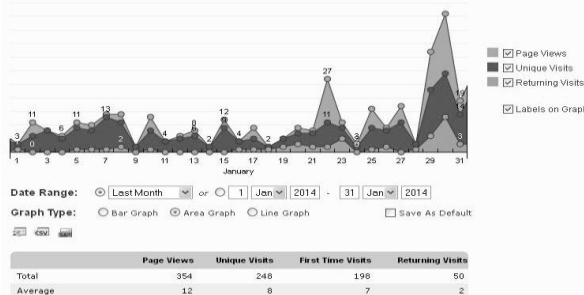
TREASURER'S REPORT – Carol V.

PLEASE SEE PG 4 of NEWSLETTER

NEWSLETTER REPORT – Cathy Jo.

YEE HAW! Look at all them reports! ☺ Great job at getting those to me so we can share all district news with the home groups. It is our responsibility to serve them & keep them informed. Thanks to everyone who got reports in this month!

WEBCHAIR REPORT – Eric E.



ARCHIVIST REPORT – Claire G

Hello, District 24!

I am happy to report that Ron and I met this week and identified a "to do" list for the next few months. Our next meeting we will be de-stapling the final stacks of flyers, pamphlets and such. There is one box of misc. papers that need to be filed or recycled. We will also be getting our display organized for the Gratitude Potluck including having our posters set onto foam board.

There are still a few questions to be answered before scheduling oral histories. Most of the districts have yet to take on this task, so this is virtually uncharted territory. We hope to get going in the next 30 days or so. If you know of an old timer who is in ill health, please let Ron or I know and we will expedite the process for them.

We are still in need of old newsletters, Grapevines and any other paperwork you think might be worth saving. In addition, GSO is no longer selling the Grapevine binders, so if you or anyone in your groups have any lying around please consider donating them to our archives. As always, thank you for allowing me to be of service.

Claire G., District 24 Archivist

SNO KING LIASON – Roger

Sno-King business meeting is the 3rd Wednesday of each month at 7pm.

Thank you for your contributions.

- Lynnwood Study
- Tuesday night study MLT
- The discussion group of Mill Creek
- Friday night discussion group of Mill Creek
- Great Facts
- The Abbey Group
- On Awakening
- Wicked Sobah

ALT ARCHIVIST REPORT – Ron

I attended the WWA72 Archives Quarterly on 2/1 held in Everett & hosted by District 12. Chris N. gave a report of the WWA72 Archives repository & asked each District to submit one new site to be considered for a new Archives repository location. The existing repository in Tacoma has had issues with mold, humidity, and safety concerns. These issues are being mitigated with the addition of heaters, a de-humidifier, cleaning, and using the buddy system when exiting the repository to use the restrooms. Cleaning and painting is planned in the near future to help reduce the mold concerns. The current rental cost is very low at \$550 per month so it will be difficult finding a new site that is cost competitive. Requirements for a new Archives Repository site include:

- Reasonable Rent and Utilities
- 1000-2000 square feet
- Location: Centralized in Area 72
- Good Security
- Temp. and Humidity controlled
- Electricity and running water
- Convenient access to restrooms
- Mtg rooms, storage & work areas
- Parking for easy access and loading/unloading
- Wheelchair Accessible
- A location where all will feel safe

WWA72 Archives still have approximately 2500 "Our Stories Disclosed" books so everyone was encouraged to advertise and sell these books. The books are \$10 each or \$7.50 each if you buy a case of 12.

Buzz from the host D 12 shared the history of D12 and explained how they located a picture of Dave Williams who started AA in Seattle. Research was done by some of the archivists and a daughter was eventually identified and located in Seattle who provided some pictures of Dave Williams.

Russ B. reminded archivists to keep up the mundane task of collecting District meeting minutes/documents and to keep these artifacts in our archive collections.

Karla, DCM from District 42 shared her story and how she got involved with Archives. Very inspiring and encouraging to hear and see how this program and service work can help us grow and stay sober!

Chris N. reviewed the "Code of Ethics for AA Archivists" so we may better preserve, protect, and make our archives materials available to others. Our history, heritage, and documents belong to all of its members!

Thanks for allowing me to serve and help preserve and protect these amazing AA Archives! Ron A.

MORE COMMITTEE CHAIR REPORTS JANUARY 2014

ACCESSIBILITY CHAIR- Annie F.

I attended the Accessibility Quarterly in Vancouver, WA. Was able to car pool with 1 other person. Very interesting presentations from both the Deaf community there & from a Rep. from the VA.

What's happening in the Deaf Community:

- District 41 (Queen Anne & Magnolia) have been building an ASL fund since 2003. This money is from groups, the district & individual donors. To date they have used the fund to support interpreters at 9 different meetings, a group inventory, 3 business meetings & 3 speakers. Their goal is to fund 1 meeting/week for a year, maybe 2.

- When a sponsor tells a newcomer to do 90 meetings in 90 days, do they ever think about the cost? For a deaf person to do 90 in 90 the cost is \$4,050.

- The Vancouver Deaf Access Committee fund meetings chosen by deaf community. There are 50-60 deaf people attending meetings in Vancouver, about 30 have long term recovery. They have 2 deaf meetings/week, however since this community is small & very intimate it's like going to meetings with your relatives. So they really enjoy getting to larger meetings in the hearing community.

- Since the treatment center has closed they are losing people from the deaf community & fewer newcomers are showing up. Additionally, we heard from GSO that they have engaged a video producer to commence work on new translations of the Big Book & the 12/12 into ASL.

Also, a note about how Ohio is using technology to set up video conference meetings for the Deaf. For more info go to <http://aa-intergroup.org>. They also have info for loners & online meetings in various languages.

Info on Working with Veterans:

- Set up a 12-step list of veterans with stable sobriety
- If you're sponsoring a veteran & you believe they have PTSD encourage them to use/get a professional support group.

The Counselor from the VA gave a great explanation of how PTSD effects the brain & why it's so pervasive.

I put out the word that we have a need for Vietnamese speaking AA, but have had no response yet.

GSIG ZONE REP - Normand

Meeting opened @ 7:05 pm

Chair Dave – Explained office bucket (how we look) We are up to date financially\staffed

Vice-chair Donna – Spoke about office renovation

Dan Emeritus – Went over his new position

Secretary Joe – Went over his new position and passed around updated roster

Treasurer Kelly – Went over finances

ZONE REPORTS:

D08 Dave/ Nothing

D12 Roger/ Nothing

D14 Paige/ Nothing

D16 Lenard / Nothing

D17 Forest / Nothing

D18 Kathy / Nothing

D24 Me/ LOL

D31 Mike talked about CPC

D40 Heather talked about GSR school

D42 Jacob also talked about GSR school

Office Committee Paul - Open higher process/office management, went over process of hiring an office manager. There was a vote and Norm is recommended for the job.

VOTE to add office committee approved, Byron and Claire

VOTE on High & Dry editor approved, Ben

District reports - All districts need to submit reports!

Corrections, Diane – Thank us for being fully self-supporting. cCorrection needs coordinators

CPC/PI, Annemarie – Had meeting this last Saturday those meetings on the third Saturday of the month here at the Seattle Intergroup office. Seattle outreach project was discussed, David will talk to treatment counselors.

Hospital & Treatment, Tom P – Had a small meeting which is on the first Saturday of the month at the Seattle Intergroup office

Hi & Dry Editor, Patti – Thanked us

Office Committee, Paul – Evaluate office manager position went over what times we needed to have staff here

Office manager, Norm S – Thanked us. Big Book 75th edition is \$12.80. Phone coverage needed! Wednesday morning needs a male, Thursday morning needs a female, Friday afternoon needs a male.

Assistant Office Manager, Anita – Picnic this summer, working on it and did bookstore inventory

OPEN POSITIONS – Nightwatch, Special events, Third Legacy position. Patty said she would like to do special events. Elected Patty for special events.

Finance committee meeting 1/15/14. Norm let committee know he is pursuing office manager and new biz cash was discussed.

Web and tech, Lenard – Went over phone systems

OLD BUSINESS: Article IX : 47 Yays & 21 Nays. It passed with two thirds majority.

NEW BUSINESS: Explain Seattle outreach by Dave

Meeting closed 9:32

DISTRICT TREASURER'S REPORT JANUARY 2014

District 24		Checking Account		Statement Dec 18 -Jan 17 2014			
Transaction Type/Number		Pay To / Received From	Explanation	Paymt. Amt. (-)	Deposit Amt. (+)	Check book bal.	
Account			Beginning Balance			3111.04	
Deposit		Group Donation					
6-Jan		Transfer from savings			150.00		
7-Jan	1206637505	Sisters in Recovery	Group Donation		120.00		
7-Jan	5031	The Unity Group	Group Donation		36.77		
7-Jan	6059	Wicked Sobah	Group Donation		26.12		
7-Jan	1113	The Abbey Group	Group Donation		50.00		
8-Jan	737	AMAA	Group Donation		118.36		
		Checks					
2-Jan		Auto transfer to savings			150.00		
7-Jan	2859	PUD	Rent	30.00			
10-Jan	2840	Cathy Jo	District 24 Newsletter	27.93			
13-Jan	Debit	Peg S	PRASSA Registration	14.00			
17-Jan	2839	Snoking Intergroup	Corrections-Big books	120.00			
Bank Statement			Ending Balance	341.93	501.25	3270.36	
		After the Statement Date					
Outstanding Checks							
6-Nov	2837	Julia K	Agenda/Minutes	8.87			
23-Jan	Debit	Peg S	PRASSA Air Line Exp	208.00			
3-Feb		Auto Transfer to Savings			150.00		
3-Feb	2860	PUD	Rent	30.00			
Deposits							
3-Feb		Transfer from savings			150.00		
3-Feb	Money Order	Friday Night BB Study Mill C			22.91		
3-Feb	Money Order	Monday Night BB Study Mill C			22.92		
3-Feb	1080	Lynnwood Study Group			15.00		
3-Feb	Money Order	Way of Life			30.00		
3-Feb	1050	Our Primary Purpose N			26.00		
			Total	396.87	266.83		
		Cash on Hand					3140.32
Reserve		2014 Gratitude Dinner expenses			1500.00		
Reserve		2013 Picnic expense			250.00		
Reserve		2013 50% schedules expense			250.00		
Working balance				1,140.32			

2014 DISTRICT FINANCE COMMITTEE REPORT

TOTAL DEPOSITS:

2011 – \$2001.22 (For 7 Months)

2012 – \$4878.72

2013 – \$7908.86

3 Year Total: \$14,788.80

Monthly Average: (31 Months): \$477.05

Yearly Average: \$5,724.69

TOTAL EXPENSES:

3 Year Total: \$10,144.95

Monthly Average: \$327.25

Yearly Average: \$3,927.08

2014 PROJECTED EXPENDITURES

Secretary \$50

Registrar \$50

Treasurer \$50

PI \$50

CPC \$50

Treatment/BTG \$100

Newsletter \$360

Web \$50

Archives \$100

Grapevine/Literature \$50

Schedules \$625

Seattle Zone Rep \$50

Corrections \$100

Accessibility \$50

DCM/Alt DCM \$650

Picnic \$500

Gratitude Banquet \$1500

Coffee \$0

Rent \$360

PO BOX \$88

Bank Fees \$50

Co-Hosting \$192

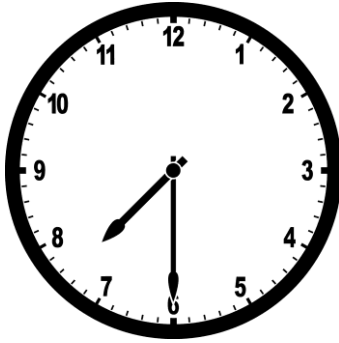
Travel Reimbursement \$50

*PI BOOTH \$150

*PRAASA \$400

2014 TOTAL PROJECTED: \$5675

**Not in the D24 handbook, voted on yearly. To put in handbook, would need to go back to groups for a vote.*



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

Big Book Workshop

Facilitated by Kenny D. and Shannon D.



Thursday Nights at 6:30pm
Begins Thursday February 13th 2014

Freemont Baptist Church
716 North 36th
Seattle, WA 98103

We will meet together as a group to experience the recovery process as outlined in the Big Book of Alcoholics Anonymous, either for the first time or again, so that we may better carry out and understand our primary purpose: To stay in recovery and carry the message to those who still suffer.

Meeting once a week, together in a one and a half hour workshop we will begin on the title page of the book Alcoholics Anonymous and proceed through the first one hundred sixty four pages of instructions for recovery.

For more information
jackmiller5469@gmail.com 206-371-6214
Shannon D. 206-619-6422

Bring a new fourth edition big book, a pen, highlighter and paper.

SUNDAY
FEBRUARY 23
2014

1:30 – 3:30

GSR REFRESHER

General Service workshop & refresher for
GSRs

MT ZION CHURCH

21428 44TH AVE W,
MOUNTLAKE TERRACE
WA 98043



Hosted by Districts
24 and 42

What are these
packets from
GSO?

What is a PRE-
Conference?
(Do we go to a
Conference?)

Homegroup>
District>
Area>
GSO

I am
responsible.....

Any district. Any
member of any
Group is
welcome to join!



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

EXCITING UPCOMING EVENTS!!!

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



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

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

Raffle & 50/50 raffle

Donation at the door \$5

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”

