



# DISTRICT 24 NEWSLETTER

## JULY 2013

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

Wednesday, July 3rd, 2013

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

### ***In This Issue:***

Clubs & Committee Positions.....	1
Business Meeting Minutes From JUNE 2013.....	2
District Committee Chair Reports for For JUNE 2013.....	3-4
Meeting Info (New & Changes).....	5
Events & Happenings.....	6-8

### **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.*

### **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.

*Sno-King Intergroup is located on the 2nd floor of the Stone Court building on 76th Ave W. in Edmonds, very near the intersection with Hwy 99, south of 224th St. SW. Call 425-672-0987 for further info or service work.*

### **DISTRICT COMMITTEE Positions & Contacts**

**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  
[dist.24.schedule@gmail.com](mailto:dist.24.schedule@gmail.com)

**Grapevine/Literature Chair:** Annie N.  
[dist.24.literature@gmail.com](mailto:dist.24.literature@gmail.com)

**Archives:** Claire  
[dist.24.archives@gmail.com](mailto:dist.24.archives@gmail.com)

**Alt Archives:** Ron A.  
[dist.24.archives@gmail.com](mailto:dist.24.archives@gmail.com)

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

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

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

**Alt Treasurer:** Meredy  
[dist.24.treasurer@gmail.com](mailto:dist.24.treasurer@gmail.com)

**Coffee Maker:** Kim H.  
[dist.24.coffeemaker@gmail.com](mailto:dist.24.coffeemaker@gmail.com)

**CPC:** Bob B.  
[dist.24.CPC@gmail.com](mailto:dist.24.CPC@gmail.com)

**Public Information:** Ed  
[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)

### **INTERNET MEETINGS FOR HOUSE-BOUND PEOPLE:**

Here are two links:

[www.southernncalspeakers.org](http://www.southernncalspeakers.org)  
<http://xa-speakers.org>

Or Contact for assistance

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

### **DISTRICT ADDRESS FOR GROUP DONATIONS:**

District 24, PO BOX 439  
Lynnwood, WA 98046

**BUSINESS MEETING MINUTES FROM JUNE 5, 2013**

Carol V.	Judy R.	Annie N.	Peg S.	Jeff L.	Arnie B.	Billi B.
Claire G.	John M.	Bill N.	Robert S.	Eric E.	Anna	J.T.
Steve L.	Claire C.	Douglas V.	Marty C.	Ron A.	Sarah R.T.	Jim C.
Tari B.	Dave K.	Sandi	Jamie K.	Tammy H.	Dusty K.	Theresa
Geri S.	Annie F.	Gary M.	Leslie I.	Anne E.	Dick R.	Tom L.

Open with the Serenity Prayer @ 7 p.m.  
 Responsibility Declaration  
 Reading of short form of Concept 5: Tom  
 Introductions  
 Birthdays: **Claire C** (6), **Theresa** (1),  
**John** (31), **Annie** (25), **Bill** (25), **Billie Jo** (1)

**REPORTS**

**Secretary – Julia absent, Claire C. filling in –**  
 \*motion to approve meeting minutes\*  
 (Approved)

**Registrar – Claire C.** – If you're new to the district, please see Claire!

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

**Alt. Treasurer – Meredy** – not present

**Coffee Maker – Kim H.** – see New Business

**Public Information– OPEN**

**CPC– Ed** – no report.

**Treatment and Bridging the Gap – Jeff H.** – Copies of volunteer sign-up sheets are available for GSRs to take back to their home groups. He reports 4 or 5 bridges made last month and is happy to be helping people connect!

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

**Web – Eric E.** – Please remember to send information about events to the District Web Chair, not just the Newsletter.

**Archives – Claire G.** – Claire continues to work on organizing the District Archives. Still a few copies available of Our Stories Disclosed – she will bring these to the next District meeting.

**Alt Archives– Ron A**– No report.

**Grapevine/Literature – Ann N.** – She will be going to the Grapevine quarterly. Dealing with some family health issues.

**Schedules – Sandi** – New schedules are here! Nothing more to report.

**Sno-King Intergroup – Steve absent, Roger filling in** – SKIG is doing well for money, but always could use volunteers! They are hosting a 12-Step Workshop – see the June newsletter for complete information about this event.

**GSIG Zone Rep– Vincent** – new location – see newsletter.

**Corrections – Stephanie S.** – No report, not present

**Accessibility – Annie F.** – Reports receiving no requests for accessibility assistance and hasn't received very many Accessibility surveys back from GSRs – please take some time to complete a survey and send it to her!

**Alternate DCM – Tom** – Nothing to report.

**DCM– Peg S.** – Report in newsletter. June 1<sup>st</sup> was the delegate report at the Calvary Church in Lake Stevens. Astrid did a wonderful job & the Delegate report will be made available. There is also available a flyer on the upcoming Area Assembly in Tacoma. Pick one up & get registered.

**District Finance Committee** – No report.

**Gratitude Banquet Committee** – Carol V. shared the final numbers for the Gratitude Banquet: Total expenses, \$1,486.77; Total brought in, \$2,571.35; Difference, +\$1,084.58

**Picnic Committee** – Anna – Sign up sheet available for volunteers. The flyer is ready, see newsletter. She will send Eric E. an update re the single size of root beer float.

**Quarterly Host Committee** – Annie, Bob, Claire – Working on making a bid to host a future quarterly.

**OLD BUSINESS: NONE!**

**NEW BUSINESS:**

- Coffee! Discussion on whether coffee should continue for District meetings in the present location. As no coffee can be consumed in the meeting room itself, group decided to discontinue coffee at District meetings. Note: Minority opposition present.
- Carol V. has old Treasurer items – receipts, statements, old reports & wants to find out how long old records need to be kept or can she shred anything? Group discussion culminated in agreement that any records over 7 years old may be shredded. However, Archives would like all old records so the Treasurer will pass on records to the Archivist.

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."***

Please help clean up by picking up your garbage. Please check with Kim H. if you can help put the room back in order.

***NEXT MEETING: Aug 7<sup>th</sup>, 7 P.M.***

**COMMITTEE CHAIR REPORTS FROM APRIL 2013****DCM REPORT – PEG S.**

Hello to District 24!

Wow! What a wonderful summer so far. We are truly blessed to live in the most beautiful place on earth.

Not much news from your DCM. I hope you have all made reservations for the Area 72 Assembly Oct. 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> in Tacoma. I would suggest sharing rooms with other GSRs to save on money and it's a great way to get to know other GSRs. Also, there is a Pre-Assembly on Aug 4th at Our Savior's Church in Mukilteo from 1-4 p.m. Please, please, please plan on attending this event. It is so important that we are prepared for the Assembly. And.....finger food potluck!! How can you go wrong when there's a finger food potluck?

In Grace...Peg DCM

From a plaque on  
Dr. Bob's desk....

**Humility**

*"Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me."*

*"It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."*

**TREASURER REPORT – CAROL V.**

Please see page 4 for treasurer's full report

**NEWSLETTER REPORT – CATHY JO**

Nothing much to report. Got a LOT of flyers this month, hope I can fit them all in. If you submitted something to the newsletter & it didn't make it in, I will get it in next month. Some of the events that are further out had to wait, as the July & August events took precedence. My service is in your hands.....literally!

**WEBCHAIR REPORT – ERIC E.**

Added new events, removed old events. Performed normal backup and maintenance.

**“Maybe a dunking booth  
for the Al-Anon’s?  
They’d LOVE it!”**

- Jimmy O., Dallas, TX

**UPCOMING AREA  
QUARTERLIES****Treatment Committee Quarterly**

July 20, 2013  
1025 Tacoma Ave.  
Port Orchard WA 98366  
8 AM BUSINESS  
11:30 AM LUNCH

**Accessibility Committee Quarterly**

July 20, 2013  
Lutheran Church of the Good Shepherd  
1601 North Street S.E.  
Olympia, WA 98501  
9 AM – 3 PM  
Main dish & refreshment provided  
Bring side dish to share

**Web Committee Quarterly**

July 27, 2013  
Central Service Office, Pierce County  
3640 South Cedar St, Ste. S  
Tacoma, WA 98409  
9 AM – 3 PM  
Potluck Lunch & Dessert

**PI/CPC Committee Quarterly**

August 10, 2013  
East United Methodist Church  
5701 MacArthur Blvd.  
Vancouver, WA 98661  
9 AM – 3 PM  
Lunch Provided, bring a dessert or fruit

**Corrections Committee Quarterly**

September 21, 2013  
Kenmore Community Church  
7504 NE Bothell Way  
Kenmore, WA 98028  
9 AM – 3 PM  
Lunch Provided, \$5 requested donation

# DISTRICT 24 TREASURER'S REPORT – JUNE 2013

District 24		Checking Account	1-July	Statement 5-17-2013 to 6-18-2013		
Date	Transaction Type/Number	Pay To / Received From	Explanation	Paymt. Amt. (-)	Deposit Amt. (+)	Check book bal.
<b>Account</b>			<b>Beginning Balance</b>			<b>2962.39</b>
<b>Deposit</b>		<b>Group Donation</b>				
4-Jun	1026	Freedom Group	Group Donation		45.00	
4-Jun	5001	The Unity Group	Group Donation		35.99	
4-Jun	5006	The Unity Group	Group Donation		71.77	
4-Jun	1031	Our Primary Purpose N	Group Donation		10.00	
4-Jun	Money Order	Way of Life	Group Donation		30.00	
4-Jun	714	AMAA	Group Donation		105.52	
3-Jun		Auto transfer from savings			300.00	
<b>Checks</b>						
1-May	2792	Julia K	Secretary copies	4.83		
5-Jun	2795	PUD	District 24 Rental	30.00		
3-Jun	2819	AA PI Booth	Evergreen Fair	150.00		
6-Jun	2818	Claire C	Registrar copies	9.96		
6-Jun	2820	National Color	May & June newsletter	43.80		
<b>Bank Statement</b>			<b>Ending Balance</b>	238.59	598.28	<b>3322.08</b>
<b>After the Statement Date</b>						
<b>Outstanding Checks</b>						
5-Jun	2795	PUD	District 24 Rental	30.00		
11-Jun	2796	Peg S	Area Assembly Registration	108.00		
11-Jun	Debit	Peg S	Area Assembly Hotel	273.00		
3-Jul	2797	PUD	District 24 Rental	30.00		
<b>Deposits</b>						
1-Jul	1841	Sno-King Intergroup	July Quarterly		25.00	
1-Jul	Money Order	Way of Life	Group Donation		30.00	
1-Jul	1037	Our Primary Purpose North	Group Donation		17.11	
1-Jul	5011	The Unity Group	Group Donation		58.28	
1-Jul	Money Order	Monday Night Discussion Grp	Group Donation		25.05	
1-Jul	Money Order	Friday Night Big Book Study	Group Donation		25.05	
<b>Total</b>				441.00	180.49	<b>3061.57</b>
<b>Cash on Hand</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>End of June</b>			<b>Working balance</b>	<b>1,061.57</b>		

## NEW MEETINGS & MEETING CHANGES

A FULL LIST OF MEETINGS CAN BE FOUND AT:

[HTTP://DISTRICT24.ORG/SCHED/D-24%20SCHEDULE.HTML](http://DISTRICT24.ORG/SCHED/D-24%20SCHEDULE.HTML)

### **MEETING CHANGE**

#### **LANGUAGE OF THE ♥ HEART**

TUESDAY NIGHTS  
NEW TIME - 5:30 PM

Harbour Pointe Lutheran Church  
5425 Harbour Pointe Blvd  
Mukilteo 98275

### **THE EDMONDS GROUP**

Currently has an interpreter  
for the hearing impaired &  
deaf on the **LAST Tuesday**  
of each month.

*Starting on May the 10th we will have an  
interpreter for the 2nd Tuesday of the month  
for a 6 month trial period. So, the 2nd  
Tuesday (through October) and the last  
Tuesday we will be offering an interpreter.*

### **NEW LOCATION**

#### **LYNNWOOD STUDY GROUP**

ROCK of HOPE CHURCH  
8713 220th SW, Edmonds

Mondays, 7:30 pm (C)

*Open meeting on last  
Monday of the month*

### **Women in Recovery**

Saturday 10 A.M.  
ASL at Each Meeting  
North Creek Presbyterian Church  
621 164th ST SE, Mill Creek

### ***Tolerance***

HAS MOVED TO:

Edmonds United  
Methodist,  
828 Caspers Street

**Friday 9:00 AM meeting**

### **MEETING MOVED**

Ed Lynn Fellowship  
Sunday thru Saturday:  
12:00 PM, 5:00 PM  
8:00 PM, 10:00 PM

Friday and Saturday  
Also @ Midnight

5800 198th SW, Ste 1  
Lynnwood, WA 98036

### **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*

### **MEETING MOVED**

#### **CELEBRATE LIFE**

**Wednesdays @ 10am**

#### **Women's Meeting**

Edmonds United Methodist Church  
828 Casper Street  
Asbury Hall, Room 123  
Edmonds 98020

### **MEETING UPDATE**

#### **Patience Meeting**



Has discontinued childcare  
But we still have PIZZA! ☺

Thursday 7 PM-830 PM  
Terrace View Presbyterian Church  
4700 228<sup>th</sup> ST SW  
Mountlake Terrace, 98043



# All Events Can be Found at [www.district24.org](http://www.district24.org)

*Sisters in Recovery 1<sup>st</sup> Annual Potluck*  
 Saturday, August 3<sup>rd</sup> 1 PM - 3 PM  
 Good Shepherd Baptist Church, 6915 196<sup>th</sup> St. SW, Lynnwood

*Sisters in Recovery will provide the main course.  
 Please bring your own beverages and a dish as follows:  
 First names beginning A-H, please bring an appetizer or salad  
 First names beginning I-P, please bring a side dish  
 First names beginning Q-Z, please bring a dessert  
 Any questions please call Tracey @ 425-374-3903*

**12th Step Workshop**  
 Presented by Sno-King Intergroup



*The how and why of  
 12th step calls*



**Saturday July 20<sup>th</sup>**  
 11am - 3pm  
 at  
**Mt. Zion Lutheran Church**  
 21428 44<sup>th</sup> Ave. W  
 Mountlake Terrace, WA. 98043

The purpose of this training is to give AA members information that will enable them to do 12th Step calls (a pair of sober alcoholics carrying the message to the alcoholic who still suffers)



Eastside Intergroup, Greater Seattle Intergroup, and Sno-King Intergroup are working together to bring you these workshops.

*Experienced speaker panel with questions and answers.*

*Snacks, coffee & fellowship*

**Bring your Big Book**

**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>

**6TH ANNUAL**  
**LIVE MUSIC AND OPEN JAM SESSION!!!**



**THIS IS AN OPEN EVENT FOR FRIENDS (AND FAMILY) OF BILL W.**

29525 NE BIG ROCK RD., DUVALL, WA - JUST PAST FIRE STATION ON THE RIGHT  
**SATURDAY - AUGUST 10TH 2013 11:00 AM till DUSK**

BBQ and Pot Luck - \$10 per couple - \$6 per person - Kids 12 years old and under-FREE  
 HAMBURGERS and HOT DOGS WILL BE PROVIDED

Bring a dish according to your Birthday:  
 JAN-FEB = Soda or Water  
 MAR-APRIL = Salads  
 MAY-JUNE = Chips/Dips  
 JULY-AUG = Side Dish  
 SEPT-OCT = Dessert  
 NOV-DEC = Fruit

**STILLWATER**

Bring yer family and yer friends,  
 We're gonna rock 'til day's end.  
 If you like livin' sober and luv to eat,  
 Tell all in the valley it's here we meet.

CONTACT RAY H.  
 at (206)427-8228 or  
 rvbutcher@yahoo.com



We encourage everyone to bring your lawn chairs and sunscreen. There will be fun games for the kids as well as adults. Horseshoes - Volleyball - Water Balloon Toss and thirteen acres to play. So bring a Frisbee or Ball and Glove. Super Soakers can be fun! WE ARE NOT A GLUM LOT!!



## 59 Minutes at Pine Lake is 20ish!

Come celebrate with us at our  
**Anniversary Meeting**  
**Monday July 29th**

- 6:30 BBQ & Fellowship (outside)  
8:00 July Birthday Meeting  
• speaker meeting followed by coin ceremony & birthday cake

59 minutes at Pine Lake will provide  
Hamburgers, hotdogs and drinks

- A-G bring condiments
- H-N bring chips, sides, etc.
- O-Z bring salads



## WOMEN IN SOBRIETY RETREAT 2013 "SOBRIETY: BEING GOOD TO YOURSELF"

Friday, Saturday, Sunday – August 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>, 2013



Recharge your batteries and practice a sober, serene way of life through all circumstances and challenges.

Join us for our annual Women in Sobriety Retreat at Rainbow Lodge, North Bend

*Meetings • Workshops • Speakers • Meditation • Yoga • Crafts • Hiking • Movie*  
*Wonderful fellowship and beautiful grounds with a pond and easy walking paths to explore*

In the spirit of service, you will gain more from the retreat by helping. If you are interested, please contact: Valerie at [valerie.l.vernon@gmail.com](mailto:valerie.l.vernon@gmail.com) or Irene at [lafeurirene@comcast.net](mailto:lafeurirene@comcast.net)

Name: _____	Early Registration - by 5/15/13	\$176	\$
Address: _____	After 5/15/13	\$186	\$
City/Zip: _____	Single Supplement	\$10	\$
Phone: _____	Scholarship Donation:	\$	\$
E-mail: _____	Total Amount Enclosed:	\$	\$
Roommate Preference: _____		Make checks payable to Women In Sobriety (non-refundable, but may be transferred)	
Are you a smoker? Yes <input type="checkbox"/> No <input type="checkbox"/> (for room assignment)		Registration closes 6/15/13	
Special dietary/physical needs: _____			
Are you able to volunteer? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes: Before retreat _____ During retreat _____			
For a scholarship application, contact Linda P. at <a href="mailto:beepster7@hotmail.com">beepster7@hotmail.com</a>			

## Eastside Intergroup 2013



**Saturday, August 24th**  
11:00 am – 3:00 pm  
(Raffle drawing about 1:00)

**Beaver Lake Park in Sammamish**  
~ Pavilion by the Lake Shelter~  
SE 24<sup>th</sup> St. @244<sup>th</sup> Ave. SE, Sammamish 98075

Tickets ~ \$5.00  
(kids under 12 free)

Tickets provide a burger or hot dog, beverage,  
chips & a raffle ticket.  
Please bring a potluck item to share!!

*Raffle prizes are needed – new items only please! Please bring your group's raffle prize to the ESIG office or to the Intergroup Meeting.*

**FOOD!!**



**D-24 Annual Picnic**  
**Saturday, July 27, 2013**  
**12 noon-5 pm**

**Please Bring:** Your favorite Side Dish or Dessert

**Barbecue:** Hamburgers! Hot Dogs! Buns! Condiments!  
Coffee! Pop! Plates! Utensils! Cups!  
Provided by D-24 from 12-4 p.m. or until food is gone.

**Games:** *Bingo:* 1-4 p.m.: 50 cents/game  
*Kids Games:* 1-4 p.m. or until done  
*Softball:* 11:30-2:30, City Ball Park Field

**Root Beer Floats:** Will be available for sale: \$1.50/small; \$2.50/large

**Raffle:** 4-5 p.m. Home Groups bring gifts/donations  
2 Raffles: 1 for prizes and 1 for 50/50  
\$1/ticket, or \$5 for 6 tickets

**Address:** Edmonds City Park,  
Shelters #1 and #2  
600 3<sup>rd</sup> Ave. S., Edmonds

**FUN!!!**

Sponsored by District 24 as a Thank-You to All AA Members, Home Groups and Friends and Family.  
Go to <http://www.district24.org/> for more information

**FELLOWSHIP!!**

**Driving directions:** From I-5 N. or S., SR104 Exit west towards Edmonds/Kingston Ferry Dock, SR 104 to 5th Ave. S., Left on Pine St, Right on 3rd Ave. S., park is on the left. Ample parking inside the park as well as street-side.



## 7-Card Slammer Poker Run!



August 10th 2013

Registration is \$35 which will go to support the Corrections Fund at Eastside Intergroup of Alcoholics Anonymous. The money raised helps ESIG to support the jails and prisons by providing literature.

- Fun Ride
- Great fellowship
- Good food
- Fun Prizes

This poker run will end in Duvall at the 6th Annual "Rock Sober" live music and open jam session

Questions??? Call Eastside Intergroup 425-454-9192

**SPONSORED BY O.R.A.T.**

**NORTHWEST FELLOWSHIP OF THE SPIRIT 2013**  
AUGUST 15-18TH 2013

**WHAT IS AVAILABLE**

**STEP WORKSHOPS**

- 12 Steps
- 12 Traditions
- Panels facilitated by AA and Al-Anon members offer diverse perspectives on the fundamental principles of our spiritual lives
- Q & A

**SPEAKER MEETINGS**

- AA and Al-Anon speakers
- Speakers from across the country sharing their experience, strength and hope

**AA AND AL-ANON MEETINGS**

- Several meetings throughout the day
- Guided morning and evening meditation
- Bonfire meeting on the beach Friday night

**ENTERTAINMENT**

- Thursday night karaoke/ open mic
- Saturday night dance (where the magic happens)

**FOOD**

- Hamburgers and hotdogs provided by NWFOTS board, for Friday afternoon's potluck (bring a side dish!)
- Saturday evening banquet
- Sunday morning spiritual breakfast

**THIS YEAR WE ARE PLEASED TO WELCOME:**

Leah Y. - Edmonds, WA - AA  
Kathe P. - Louisville, CO - AA  
Kane C. - Burbank, CA - AA  
Howard P. - Gilbert, AZ - AA  
Chuck L. - Superior, WI - Al-Anon

For more information on Ocean Shores Washington visit the Chamber of Commerce website: <http://www.oceanshores.org>

**\*\* Online registration is preferred \*\***  
**HTTP://WWW.NWFOTS.ORG**

Sorry, no refunds will be given after 6/17/2013

Name	AA <input type="checkbox"/> Al-Anon <input type="checkbox"/> (Please check one.) (For bookkeeping purposes)	<b>"FULL REGISTRATION PACKAGE"</b> Includes: Admission to the conference, Saturday Evening Banquet, Dance, and Sunday Spiritual Breakfast. \$90
Address	<input type="checkbox"/> Yes, I would like to volunteer for NWFOTS 2013!	<b>"INDIVIDUAL REGISTRATION"</b> Registration: Admission only \$45 Plus Saturday Evening Banquet \$27 Plus Saturday Evening Dance \$10 Plus Sunday Spiritual Breakfast \$30
Phone	Saturday evening banquet: Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Vegetarian <input type="checkbox"/>	T-Shirt: Circle one S, M, L, XL, 2XL, 3XL \$15 Sweat Shirt (Hooded): Circle one S, M, L, XL, 2XL, 3XL \$30 Newcomer Scholarship Fund \$5
Email	Please make checks payable to: NWFOTS P.O. BOX 33884 Seattle, WA 98133	
Homegroup / Sobriety Date	Total	

\*\* Due to a limited number of meals, purchase is not available onsite. \*\*

## The Alano Club of the Eastside's 1973 **40** 2013 YEAR BIRTHDAY SUMMER BARBECUE CELEBRATION

SUNDAY, AUGUST 18<sup>TH</sup>

1:00PM - 5:30PM

Fun For All

B.B.Q. Meats, Salads, Sodas, & Desserts & more!

All for a \$10.00 donation!

Great Raffle Prizes and Membership specials!!

**MUSIC BY DJ BIZZEL  
& LIVE ACOUSTIC ARTISTS**

All Donations and Raffle Proceeds go to

Benefit the Alano Club.

12302 NE 8<sup>TH</sup> STREET, BELLEVUE WA 98005.

[alanocluboftheeastside.org](http://alanocluboftheeastside.org)

CALL 425-455-5700 / 206-619-0909.

DON'T FORGET THE EASTSIDE INTERGROUP PICNIC ON AUGUST 24<sup>TH</sup>  
[eastsideintergroup.org](http://eastsideintergroup.org)



## 12 X 12 CAMPOUT 2013



July 12<sup>th</sup> ~ 14<sup>th</sup> - Lower Goodell Creek

All are welcome and there are no fees or dues for attending, just willingness to have a good time.

Camp fire meetings  
Group chili pot-----Saturday evening (bring a chili donation)

Within 10 Miles	
Accessible Hiking Trails	Fishing Supplies
Accessible Picnic Area	Gift/Souvenir Shop
Amphitheater	Historic Sites
Banking Services	Ice Machine
Boardwalk	Information Station
Campfire Programs	Interpretive Center
Campground Store	Interpretive Programs
Drinking Water	Firewood
Dump Station	Pay Telephone

Within Facility	
Accessible Pit Restroom	Photography
Biking	Picnic Tables
Bird Watching	River Access
Canoeing	Scenery
Dumpster	Sightseeing
Fishing	Site Pads
Group Fire Ring	Table
Hiking	Trailer Parking
Hiking Trail	Trailhead
Hunting	Trails



### Dry Camping

Dry camping refers to camping in a campground without water, electricity and sewage hookups. Bring your own wood, water, tarps, etc. Please bring a wood donation for the group fire ring!

Address: Lower Goodell Group Campground  
MILEPOST 120, STATE ROUTE 20  
Newhalem WA 98283

GPS (Latitude, Longitude): 48.67333, -121.26583

Directions: IS north to Burlington, Hwy 20 east to mile marker 120 (camp entrance is on the left side of the road across from the Skagit River before you get to Newhalem)