



District 24 March Newsletter



Serving Lynnwood, Edmonds, and Mountlake Terrace Vicinity
District 24 is part of Western Washington (Area 72)

Wednesday, March 3, 2010

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

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District 24 Business Meeting

Our regular business meeting is held on the first Wednesday of each month, starting at 7 p.m.

Location:

Edmonds Christian Church
230th and 84th W.
Edmonds, WA

All are welcome!!

NEW MEETING

The Empire Group - Tuesdays 7-8:15pm
The Barnabas Project Church
17725 44th Ave. W.

MEETING MOVING

Graceland Meeting - NOW on Thursdays
SAME TIME 7PM
Church of Good Shepherd
2609 Larch Way

2010 - INTERNATIONAL

Convention of Alcoholics Anonymous
www.aa.org/en_intconv2010.cfm

SNO-KING INTERGROUP EVENTS

Sno-King Intergroup is located on the 2nd floor of the Stone Court building on 6th Ave W. in Edmonds, very near the intersection with Hwy 99, south of 224th St. SW.

DISTRICT COMMITTEE

Positions & Contacts

DCM: Stephanie S.
dcm24@area72aa.org

Alt DCM: Ann N.
altdcm24@area72aa.org

Accessibility: Jane
dist.24.accessibilitychair@gmail.com

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

GSIG Zone Rep: Marshall E.
marshall.emmons@gmail.com

Sno-King Intergroup Rep: Jack

Schedules: Loretta
dist.24.schedule@gmail.com

Grapevine/Literature Chair: Jack

dist.24.literature@gmail.com

Archives: Jeff

dist.24.archives@gmail.com

Secretary: Leslie

dist.24.secretary@gmail.com

Registrar: Cheryl

dist.24.registrar@gmail.com

Treasurer: Marty

dist.24.treasurer@gmail.com

Coffee Maker: Ron

dist.24.coffeemaker@gmail.com

CPC: Bob Y.

dist.24.CPC@gmail.com

Public Information: Bob Y.

dist.24.PI@gmail.com

Treatment: Boomer

dist.24.treatmentchair@gmail.com

Newsletter: Greg D.

dist.24.newletters@gmail.com

Web Chair: Greg D.

dist.24.webchair@gmail.com

Bridging the Gap: Boomer

dist.24.bridgingthegap@gmail.com

INTERNET MEETINGS FOR HOUSE-BOUND PEOPLE:

Here are two links:

www.southernalspeakers.org
<http://xa-speakers.org>

DISTRICT 24 PO BOX FOR FUTURE GROUP DONATIONS:

District 24
P.O. Box 439
Lynnwood, WA 98046

BUSINESS MEETING MINUTES FROM FEBRUARY 2010

Meeting called to order at 7:02pm

Serenity Prayer and Responsibility Declaration were recited.

Short form of concept II read by Cheryl

February Birthdays: Snowden 9 months, Pete 3 years, Happy Birthday!

Attendance

Leslie	Kaitlyn	Cheryl
Scott	Boomer	Tonya
Tammy	Snowden	Jane
Theresa	Dick	Jason
Tom	Loretta	Marty
Mike	Pete	Jerry
Leigh	John	Jenna
Mike	Jeff	Shannon
Judy	Jack	Ron
Greg	Larry	Greg
Pat	Bob	Angel
Micky	Adam	Peg

Reports

Secretary: minutes read and approved.

Registrar: Packets for new GSR's

Treasurer: Report reviewed and approved

Coffee Maker: Ron had purchased coffee cups, submitted receipt for reimbursement

PI/CPC: New nomination for Bob Y, formality from last meeting. Qtrly on the 13th, will attend.

Treatment/Bridging the Gap: Alternate is Scott. Discussion on keeping the combined position or separating out Bridging the Gap from Treatment. Leave as is. There are successful bridges happening for newcomers. Alpine has reduced commitment to our presence. Quarterly brought some communication to Options Treatment Center work. Future plans to coordinate better with PI/CPC.

Newsletter: Going good, Greg is available by phone for meeting changes.

Webmasters: Qtry info being worked on for district website.

Archives: Qtrly this Saturday.

Grapevine/Literature Chair: Change in Quarterly we are hosting to June 12th. Need Grapevine and Big Books donated.

Schedules: Schedule changes due by March 3rd, flyers passed out for stapling party March 28th.

Sno-King Intergroup Rep: Funds still needed. Positions are all still being oriented to duties and process.

GSIG Zone Rep: Flyer for AA Economics passed around, 75th Anniversary planning party on 2/13.

Corrections: Report in Newsletter

Accessibility: Ann attended Qtrly Still need translators for AA literature.

Alternate DCM: Report in Newsletter

DCM: Report in newsletter

Old Business: No old business.

New Business: Marty discussed the deficiency of funds in the district account. Too many things had come in at once, problem was temporary but in order to refund mileage and other misc. receipts, funds were needed. Discussion on solutions ensued. Decision made by the GSR's to pass the basket a second time in their home groups and send funds immediately to Treasurer.

Meeting adjourned.

Respectfully, Leslie T, District 24 Secretary

BUSINESS MEETING REPORTS FOR MARCH 2010



AA Schedule Stapling Party

Snohomish County Districts
2, 3, 12, 19, & 24

-Service Opportunity-
Bring your sponsor!

Cookie Potluck too!

Sunday- March 28, 2010

1:00 to 5:00

1401 Poplar – Everett

Parking is available but limited
Car-pooling encouraged

Schedules Report

The next stapling party is Sunday, March 28th. As always we need volunteers to make this a success and get the job done. The parties are actually a lot of fun and the time goes by fast. I will need a check to pay for the schedules.

Loretta

Gratitude Potluck Report

The gratitude potluck is Saturday, March 27. I have attached the new flyer. GSR-s please distribute to your home groups. It is important to get involvement from our district home groups as we ask them to provide a sliced ham or turkey and a raffle prize. I will need a check for St. Pius Church for the remainder of the money we owe for the rental (which is \$570). We should be getting \$400 back from St. Pius after the potluck (from the deposit).

Loretta

Attitude of Gratitude

District 24 Potluck

Saturday, March 27, 2010

Doors open 5pm



St. Pius X School

22105 58th Avenue West, Mountlake Terrace

\$3.00 at door

Home Groups provide sliced ham or turkey and a raffle prize.

District provides potatoes, stuffing & gravy.

Bring a side dish, salad or dessert.

Speakers at 7pm

Al-Anon - David W. 9 years

AA – Jennifer P. 24 years

Volunteers Needed:

Contact Loretta (206) 963-8481 or show up at 3pm

PI/CPC Report

I attended the Quarterly. All of the libraries have up-to-date literature. I am contacting the local service clubs about speaker availability. I am investigating the cost of maintaining pamphlet racks in libraries, ERs, etc.

Bob Y.

Website Report

Continually adding new events and updates.

Always need your help finding events and meeting changes for the website.

Greg D., webchair
dist.24.webchair@gmail.com

Newsletter Report

Thanks for everyone's participation with this month's newsletter.

Send your birthday congratulation, sobriety stories, events or anything else that supports clean and sober living.

Greg D., Newsletter Chair
dist.24.newsletter@gmail.com

Accessibility Chair Report

Homebound or Shut - In.

District 24 will bring a meeting to a Member of Alcoholics Anonymous who can't make it to a regular scheduled meeting. Volunteer AA members bring meetings to Homebound or Shut in members, temporary or permanent, Day or Night, any day of the week. Contact your GSR for details. Call Jane E. your District Accessibility Chair at 206-856-5683.


Jane E., Accessibility Chair



SNO-KING INTERGROUP OFFICE

22637 76TH Ave. Suite #203 Edmonds, (425) 672-0987

MARCH 13, 2010

2:00 - ?? 

Refreshments and general whoopla!



WELCOME TO YOUR OFFICE!

Come celebrate the remodel completion-we did it!

CELEBRATE LIFE HAS MOVED

(WEDNESDAY, 10AM WOMEN'S AA MEETING)
HAS CHANGED ITS MEETING PLACE TO

EDMONDS UNITED METHODIST CHURCH

**828 CASPERS STREET
ASBURY HALL, ROOM 123
EDMONDS, WA 98020**

(WEST ENTRANCE, DIRECTLY ACROSS
FROM THE THRIFT SHOP)

75TH ANNIVERSARY T-SHIRTS



Help raise money for the 75th Anniversary

Available for \$10.00 at Seattle Intergroup.
Sizes: small, large, extra large and 2x.

TREASURER'S REPORT

District 24		Checking Account		28-Feb-10		Balance
Date	Transaction Type/Number	Pay To / Received From	Explanation	Paymt. Amt. (-)	Deposit Amt. (+)	Check book
						December
20-Jan-10	Account	Balances				227.10
	Deposit					
23-Jan		--Edmonds			70.64	
		--AMAA			150.70	
30-Jan-10		--Freedom			30.00	
			17890		60.00	
6-Feb-10		--Empire			100.00	
		--Freedom			81.00	
14-Feb-10		--On Awakening			40.59	
			119857		7.50	
Debit Card						
Checks						
28-Jan-10	2586	Stephanie		70.00		
4-Feb-10	2606	Peg S.	picnic shelter rent	227.00		
5-Feb	2607	Mike McCormick-	Treatment mileage	76.20		
12-Feb	2608	U.S. Post Office	PO Box rental	35.00		
17-Feb-10	Svc Chg	Wells Fargo		5.00		
20-Jan-10				Totals / Balance	413.20	540.43
						354.33
Jan / Feb - Outstanding Checks						
1/6/2010	2604	Edmonds Christian Church	Grapevine Qtrly	75.00		
Total					0.00	
After the Statement Date						
20-Feb	Deposit	Group Donation			300.00	
		--Coffee Cup			180.00	
		--Women In Recovery			480.00	
Total						
2/28/2010	End of February			Working balance	834.33	

We received 10 group contributions this month totaling \$1020.43 which has restored our cash position to one where we can pay our expenses going forward. Thank you to all those who came to our rescue.

As long as we maintain a "normal" flow of contributions and expenses, our ability to meet our obligations should be manageable.

All Events Can be Found at www.district24.org



MADE A DECISION



JOIN US EVERY MONDAY NIGHT 8-9 PM AT

LYNNWOOD ALANO CLUB. TOGETHER WE WILL

CARRY THE MESSAGE TO ALL WHO STILL SUFFER.

YOUR FREEDOM & HAPPINESS AWAITS YOU.



NEWCOMERS WANTED!



Western Washington Area 72
TREATMENT SPRING QUARTERLY
Sponsored by Districts 18 & 31

Saturday April 17, 2010
Normandy Park Congregational Church
19247 1st Ave South
Normandy Park, WA 98148

9:00 Coffee and Fellowship
10:00 Quarterly Meeting
12:00 Lunch (main dish provided; potluck additions welcome)*
1:00-3 Quarterly Meeting

**The 7th Tradition will be observed to cover costs of the facility and food. Suggested \$5 donation.*

Directions:

From I-5 S

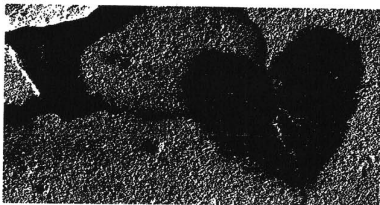
1. Take the S.200TH ST./MILITARY RD. Exit #151 (0.3 miles)
2. Turn SLIGHT LEFT onto S 200th ST. (go 1.9 miles)
3. S 200TH ST becomes S 199TH ST. (go 0.3 miles)
4. Turn RIGHT onto 1ST AVE S/WA-509. (go 0.0 miles)
5. End at 19847 1st Ave S Normandy Park, WA 98148-2402

From I-5 N

1. Take the MILITARY RD. exit, (exit 151), toward S. 200th (0.2 miles)
2. Turn LEFT onto MILITARY RD S. (go 0.3 miles)
3. Turn LEFT onto S 200TH ST. (go 1.9 miles)
4. S 200TH ST becomes S 199TH ST. (go 0.3 miles)
5. Turn RIGHT onto 1ST AVE S/WA-509. (go 0.0 miles)
6. End at 19847 1st Ave S Normandy Park, WA 98148-2402

For any questions, contact Bill K., Treatment Chair, at
treatment@area72aa.org.

HEARTBREAKERS



JOIN US FOR OUR 2ND
ANNUAL POTLUCK!!!!

WHEN: MARCH 24TH AT 6:00PM

WHERE: ST. JOHN UNITED LUTH.
5515 PHINNEY AVE NORTH 98103

WE WILL SERVE POTLUCK DISHES, BRING ONE IF YOU CAN. WE WILL HAVE A MEETING AFTER THE POTLUCK AT 7PM. KIDS ARE ALWAYS WELCOME AND CHILDCARE WILL BE PROVIDED DURING THE MEETING!

Don't miss the 16th annual "Father's Day" Weekend

ALTA LAKE CAMPOUT 2010

June 17th, 18th, 19th, & 20th

Now a 4 day event!

Registration & Campsite Reservations

available online at www.PSYPC.org starting Jan 29th

VISA/MC ACCEPTED

for online registration.

SAVE \$6 by reserving

at www.PSYPC.org



Reserve 3 nites of
camping early &
get the best sites!

**PSYPC HAS ARRANGED TO HAVE THE ENTIRE
STATE PARK FOR OUR EVENT THIS YEAR!!!!**

**Registration & payment for the event is required &
pre-paying for campsites is highly suggested!**

Wristbands will be handed out & should be worn during the entire event. PSYPC hopes to see an outpour of goodwill in the form of "SPONSORSHIP." An extra \$15 would allow the newcomer to experience what it means to have fun in recovery! Thanks for your support!

All Events Can be Found at www.district24.org

CHALLENGE



Do some early spring cleaning and gather up all old, unused Grapevine magazines, AA-approved literature, including old Big Books and 12 x 12's to donate. Bring these items to your Home Group for your GSR to bring to the next District Business Meeting. The Home Group that donates the most literature for that month will collect an AA-approved book-of-the-month.



Contact Jack R. with questions, 425.772.2993
robinj75@comcast.net

15th Annual 2010 Seabeck Men's Spiritual Retreat



Retreat for AAs,
Al-Anons

Friday, March 5 to
Sunday
March 7 2010

Full Cost:

\$170.00 /person for single room

\$130.00/ person for double room



The Seabeck Men's Spiritual Retreat is an annual gathering of up to seventy-five men, held on Hood Canal each year since 1996. Attendance draws its participation from members of Alcoholics Anonymous and Al-Anon.

Activities include morning and evening meditations sessions, topic meetings, speakers, panel discussions and free time in between! (Full schedule on reverse). Registration includes Friday dinner of pizza and salad, Saturday breakfast, lunch, dinner and Sunday breakfast and lunch.

Deadline to Register (Payment required with registration): **Feb. 1, 2010**

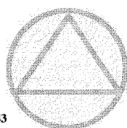
Questions? Contact Jeff at 206-679-4241 or email to:
mjb@jeffreybraun.com

Sno-King Intergroup

Hours: 11:00AM to 7:00PM
Seven days a week, 365 days a year

Sno-King Intergroup
22617 76th Ave Suite 203
Edmonds, WA
425-672-0987

P O Box 30
Mounlake Terrace, WA 98043



Be of service to Alcoholics Anonymous

Two ways to serve:

- > **Phone Volunteer Work** (No minimum sober time)
Shifts available: *Weekdays: 2 hours, once a week (individuals)
*Weekends: 4 hours, once a month (groups)

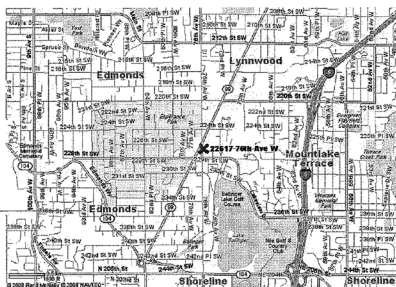
Call Arnie at 206-399-7249 for current shift openings

- > **Cell Phone Weekly Volunteers**

Call Kris at 425-743-7080 for cell phone service position details

Weekend shifts at the Sno-King Intergroup office and after hour's cell phone coverage are great ways to get your home group active in service!

Sno-King Intergroup's business meeting is the 2nd Tuesday each month at the Intergroup office.



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Live at Pine Lake Speaker's Meeting

Pine Lake Covenant Church, 1715 - 228th Avenue S.E., Sammamish, Washington
Raffle Sales begin at 6:30 p.m. – Meeting begins at 7:00 p.m.

Speaker Line Up for 2010

Saturday January 9th	Kenny D. from Seattle WA
Saturday February 13th **	Scott L. from Nashville TN
Saturday March 13th	Candice M. from Long Beach CA
No meeting in April - Easter	
Saturday May 8th	Kerry C. from Washington NJ
Saturday June 12th	Line G. from Carlsbad, CA
Saturday July 10th	Clancy I. from Los Angeles CA
Saturday August 13th	Steve L. from Brentwood TN
Saturday September 11th	Wayne B. from Chicago IL
Saturday October 9th	Theresa F. from Hollywood CA

** 4:00 p.m. Scott will present a workshop on "Easy 4th Step" plus a Chili BBQ

All Events Can be Found at www.district24.org

**28TH ANNUAL
NORTH COAST ROUND UP**
APRIL 9, 10TH
& 11TH 2010

**SEASIDE
CONVENTION CENTER
415 1ST AVE.
SEASIDE ORE 97138**

LOT LUCK
8:00 PM
Thursday April 8th

MEETINGS
Marathon Meetings
Beginning
Friday am
Volunteers needed!

"The Age of Miracles"

SPEAKERS
A.A. & Al-Anon
First Speaker 10:00 am
April 9, 2010

COMIC
Friday Night Free with
Registration

DANCE
Sat. Night, Tickets Sold
at Door

**CHILDREN OVER 6 MONTHS MUST BE REGISTERED!!
LIMITED REGISTRATION 2000 ONLY!**

CONFIRMATIONS WILL BE MAILED IN MARCH FOR COMPLETED REGISTRATIONS. INFO: 503-717-0432 zandenforth@yahoo.com WWW.NORTHCOASTROUNDUP.COM

Please Print Clearly and Include Zip Code Children Over Six Months Must Be Registered

AA ☐ AL-Anon ☐ AL-Teen ☐

Last Name _____ First Name _____

Address _____

City, State, ZIP _____ No Zip, No Confirmation

Area Code, Phone Number _____

Guest Name _____

Mail To:
North Coast Round Up
PO Box 63
Seaside, Oregon 97138
Info: 503-717-0432 zandenforth@yahoo.com
www.soberinseaside.com

**PAYMENT BY CHECK OR MONEY
ORDER ONLY. PLEASE NO CASH**

**Full Package
Registration** ☐ \$160.00 ☐ Total
Fri, Comedy Show
Sat, New Year's Bash
Sun, Breakfast

**Registration
Only** ☐ \$25.00 ☐ Total
Comedy Show

DANCE TICKETS SOLD AT DOOR
Sorry, Due to limited registration, DNF checks will be
returned as "not registered"

Children Over Six Months Must Be Registered
click A.A. conventions

www.northcoastroundup.com or www.soberinseaside.com

"Not a Glum Lot"

Presents **2010 AA INTERNATIONAL CONVENTION ACCOMMODATIONS** JULY 1 - 4, 2010
AND **WESTERN CARIBBEAN CRUISE** JULY 5 - 10, 2010
... a Sober Cruise & 12 Step Big Book Study

PORTS OF CALL:
PROGRESO, YUCATAN, MEXICO
COZUMEL, MEXICO

DEPARTING FROM GALVESTON, TX
Aboard the Carnival Ecstasy
Registry Panama

Carnival
The Fun Ships.

Enjoy the Convention -
then continue fellowship
on the Cruise

Our Cruise includes:
- Meetings & Workshops
- Stateroom Accommodations
- Meals & Beverages
- Ship's Entertainment
- Ports of Call

AA Speakers on the Cruise in alphabetical order:
• Barefoot Bill (West Milford, NJ) • Herb K. (Palos Verdes, CA)
• Clancy I. (Santa Monica, CA) • Mike S. (Riverside, CA)

9 & 10 Day AA World Convention & Caribbean Cruise Packages
- Starting at \$1448.00

CHOOSE -
4 Day Convention Package from \$649.00 / person Dbl Occupancy
Details - 3 Nights Downtown San Antonio Accommodations with 3 Breakfasts / Convention Shuttle Service / MotorCoach to Galveston / 1 Night Galveston with Dinner & Breakfast
Arrive July 1 - Includes 4 Nights Hotel, 5 meals, Shuttle Service, and More!

OR -
5 Day Convention Package from \$799.00 / person Dbl Occupancy
Details - 4 Nights Downtown San Antonio Accommodations with 4 Breakfasts / City Tour & Lunch / Convention Shuttle Service / MotorCoach to Galveston / 1 Night Galveston with Dinner & Breakfast
Arrive June 30 - Includes 5 Nights Hotel, 7 meals, City Tour w/ Lunch, Shuttle Service, and More!

PLUS -
5 Day Caribbean Cruise from \$799.00 / person Dbl Occupancy
Includes All Big Book Workshops & Speaker Meetings, 5 Nights Stateroom Accommodations, Meals and Beverages, Ship's Entertainment & Activities, Ports of Call (See Cruise Details on back)

For Complete Travel Info & Reservations Call: 1-866-326-2338 toll free or (405) 282-8989
For additional information Visit us online at www.NotaGlumLot.com

Big Island Bash
April 23, 24, and 25, 2010

Speakers Convention, (An A.A. / Al-Anon Activity)

The Next Frontier: Emotional Sobriety

The 22nd Annual Big Island Bash will be held:
At the magnificent Sheraton Keauhou Bay
Resort and Spa on the beautiful Kona Coast

Speakers include:
Ellen C. - Addison, TX
Ajit S. - Irvine, CA
Kristina W. - Marin, CA
Steve A. - Sherman Oaks, CC
Paul W. - Sunset Beach, CC

2010 Big Island Bash Registration Form:
www.bigislandbash.com

**Eleventh
Annual**

**OLYMPIC
ROUND-UP**

**Friday, Saturday,
& Sunday
May 14 - 16, 2010**

"Recovery Through Action"
Vern Burton Convention Center
4th St. & Peabody St., Port Angeles, WA

**AA and Al-Anon Speakers,
Workshops, Meetings and More!**
Please visit our website listed below for Speakers,
Workshop topics, Schedule of events and updates!

**LIMITED CAPACITY -
FIRST COME FIRST SERVED**

**MEAL RESERVATIONS
MUST BE IN BY MAY 1ST**

Paid Registration Required For All Events
For Information Call (360) 417-5261 or Connect Online at www.olympicroundup.com
Registration Hours: Fri. 10:00am - 8:00pm Sat. 10:00am - 6:00pm
Please Feel Free To Copy This Form!

Make Checks payable to: Olympic Round-Up
P.O. Box 1081, Port Angeles, WA 98362-0284
Request for refund must be submitted by May 10, 2009
Limit: Two registrations per form

Please Print
Name: _____
Guest: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: () _____
Name Badge ☐ AA ☐ Al-Anon
Name Badge ☐ AA ☐ Al-Anon
Email: _____
Will you need handicap assistance? ☐ Yes ☐ No
Would you like to help? ☐ Yes ☐ No
☐ I would like to donate a registration to someone less
fortunate, and I have added \$25.00 to my purchase total.
(Any donations gratefully accepted)

Please Check Preferences
☐ Registration
Number of Persons _____ X \$25.00 = Total \$ _____
☐ Saturday Banquet
Beef ☐ Chicken ☐ Vegetarian
Number of Persons _____ X \$35.00 = Total \$ _____
☐ Sunday Breakfast
Number of Persons _____ X \$15.00 = Total \$ _____
Optional Donated
Registration (\$25.00) \$ _____
Total Payment
Included \$ _____
Total Package is \$75.00 Per Person
(\$100.00 with Optional Donated Registration)