

District 24 Februar

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 76th Ave W. in Edmonds, very near the intersection with Hwy 99, south of 224th St. SW.

DISTRICT COMMITTEE

DCM: Stephanie S. dcm24@area72aa.org

Positions & Contacts

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: Doug N

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.Pl@amail.com

Treatment: Boomer

dist.24.treatmentchair@gmail.com

Newsletter: Greg D.

dist.24.newletter@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.southerncalspeakers.org http://xa-speakers.org

DISTRICT 24 PO BOX FOR FUTURE GROUP DONATIONS:

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

BUSINESS MEETING MINUTES FROM JANUARY 2010

Called to order @ 7:22pm

Serenity prayer recited

Responsibility declaration recited

Short form of concept 1 read

Introductions were made

January Birthdays- Dusty 1, Leslie & Bill 2, Peg & Kellee 3, Jane 6, Dick 8 Happy Birthday to all!

Reports

Gratitude Potluck - Loretta passed around the Gratitude Potluck signup sheet for volunteering. The date is 3/27/10, price has gone up for the deposit and also a church member in attendance and paid \$10 per hour is now required. Discussion whether to raise door cost but decision was made to leave at \$3. Loretta requested deposit funds as the church is requiring in right away. Funds are available for \$1500 deposit. Flyers will be available next month for this event.

Registrar - Cheryl unable to attend, no report. Two new GSR's: Pat N with Safe Harbor and Dusty K with Women Friends. Welcome! I have emailed Cheryl to get them a GSR packet.

Secretary - Leslie read the minutes. Correction that Loretta volunteered as gratitude banquet chair and not picnic chair. Also, please not that there was a December Birthday, Greg D is 2! Minutes approved with amendments.

Treasurer - Marty presented the report as contained in newsletter, approved as read.

Coffee Maker - New coffee pot purchased, receipt submitted to treasurer.

PI/CPC - Position Open. Possible volunteer present, Bob Y. We will address this at new business.

Treatment/BTG - Boomer unable to attend. GSR's did have forms that had names and numbers for matches from their home groups. Way to go GSRs! Scott (who is considering taking BTG chair position as Boomer needs to rescind) will get these to Boomer.

Newsletter/Webmaster - Greg did receive more material for newsletter, thank you. Newsletter will now be available at www. district24.org. Report also in Newsletter.

Archives - Jeff has begun to assemble the archives material into an orderly fashion, much work to be done.

Grapevine/literature - Jack attended the quarterly. Inventory of area produced good ideas for increasing subscription and/or sales. Stephanie needs a check for the facility deposit. Treasury has funds

Schedules - Loretta has group change forms available. Next stapling party is in March.

Sno-King Intergroup - Jack is the new representative for SnoKing. The remodel details are coming together and work has begun. There is a list available that shows all the items that are needed. Donations of materials listed or funds are needed. List is attached in case you didn't get one. Phone volunteers still needed.

Corrections - Judy unable to attend, report in Newsletter.

Accessibility - Jane asked for us all to keep our eye out for translators from any language for aa materials. Quarterly coming up Jan. 16th that she is not able to attend, volunteer needed please.

Alt DCM - No Report

DCM - Stephanie submitted a report in the Newsletter.

Old business - None.

New business - PI/CPC chair now Bob Y, D24 Chair now Peg. New position suggested and approved for clean up person at district meeting. Mike F volunteered, thank you Mike! Peg will be able to reserve the picnic spot on the first Monday in February.

Motion to adjourn, 2nd, all in favor.

Meeting adjourned

Closed with unity declaration.

DISTRICT 24 BUSINESS MEETING WEDNESDAY, MARCH 3, 2010

BUSINESS MEETING REPORTS FOR MARCH 2010

ALTDCM Report

I went with Stephanie to the January Quarterly on 8th abd 9th in Vancouver, WA. The following agenda items were passed on to the Assembly agenda.

- 1) that we fund the area archivist to attend the National Archives Workshop annually.
- 2) area appointed trusted servants may speak to the minority opinion.
- 3)That the wwa72 grapevine and literature raises cap in motion 98.3 to \$7500.
- 4) move that corrections literature budget be increased to \$8320
- 5) we authorize an annual variable budget equal to 5% of the area approved yearly budget to be administered at the discretion of the finance committee.

I went to the accessibility quarterly on January 16th for Jane E in montesano and turned in a short report. I went too Massachusetts to visit on the 21st I attended some local step studys and speakers meetings in Andover and North Andover and will fly home on the second of Feb in time for our business meeting.

Thank you for letting me be of service. Annie N altdcm24@area72.org

Corrections Report

All meetings at the Minimum Security Unit of Monroe Correctional Complex are going well. The new hour and a half format means that some come early and leave early or come late and stay until the end, and about 10 steady attenders stay for the whole thing. Frank is a popular sponsor, as he was incarcerated for 20 years himself, and the guys look forward to the third

Thursday of the month. I have hopes that one or two of them will follow in Frank's footsteps and bring meetings inside.

Coffee continues to be a problem, and the guys appreciate a little help in that area. Literature is being read and needs to be replenished about every three months. Some have asked for Bridges upon release, and I urge all to sign up as a Bridge. If you can find the time to write a few letters and take a friend to a meeting or two upon release, I promise you a lot of satisfaction. Those bridge forms are available online at http://www.area72aa.org.

If you'd like to see if Corrections work might be for you, see me, Dave Rood, Nels, Jane, Stephanie or Rick Park, and we can get you qualified to go in for a one time visit on a Tuesday or Thursday.

I continue to go to the Everett Work Release to make women's meetings available on Sunday nights. Another woman does Friday, but more help would be appreciated. I can provide you with contact info if you'd like to get qualified.

Gratefully submitted,

Judy Stilson,

dist.24.correctionschair@gmail.com

Treatment/Bridging the Gap report

Hey D-24-well Scot t(my new BTG person) and I went to the January 16th Treatment Quarterly in Port Townsend. The day was a bit more lively than previous quarterlies. Among the info & discussions talked about were that very soon Spanish speaking literature for BTG will be available, the new re-vamped DVD(previously available on VHS only) video HOPE is now available for \$10.00 and I would like to buy it for

my presentations. I filled out a form for a free year subscription for the Grapevine to distribute as I want and I also took a Treatment Kit that I am supposed to replace but feel that it should come w/my position? It was announced that there is a new BTG person for the prisons and to contact your corrections person for that info if needed. There was some more discussions about combining all quarterlies for a yearly inventory to help all positions better carry the message and be more effective. There was an announcement that there will be lots of great work shops at the Burien Little Assembly on March 13th so watch for flyers and participate!! The topic of the day that got everyone all worked up, and some people even practiced the old AA cliche ;) "principle's before personalities" was the topic of adults Bridging the Gap of underage members. The comments ranged from "I'm tired of men chasing all the new girls" to " your setting yourself up for a lawsuit", to "you know there's sex offenders in AA don't you?", to what I thought was more rational of "our primary purpose is to carry the message", to " maybe bring 2 people to your underage bridge", to "contact the parents if possible", to "its working just fine so far the way it is!!".I suggested that you use the old trusty tool that guides AA....prudence!! I had 3 bridges,2 were successful and 1 didn't go anywhere .I am still trying to set up a presentation at Alpine Treatment, Scott and I are also going to start contacting some mental health facilities, etc to offer presentations. Is it the districts opinion that Scott should be voted into his position (BTG) or am I alright to just bring him on board? I will be snowmobiling in West Yellowstone from Feb. 5th until the 14th...because, I'm clean and sober...THANKS AA!!! Were some lucky son of a BEEEP's!!

Boomer

WEDNESDAY, MARCH 3, 2010 DISTRICT 24 BUSINESS MEETING

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 months 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.

Balance

Jane E., Accessibility Chair

TREASURER'S REPORT

	Transaction			Paymt.	Deposit	Check	
Date	Type/Number	Pay To / Received From	Explanation	Amt. (-)	Amt. (+)	book	
						December	
16-Dec-09	Account		Balances			858.61	
	Deposit						
26-Dec-09		Abbey			30.00		
		Coffee Cup			20.00		
11-Jan-10		Freedom			30.00		
		WOTS			20.00		
19-Jan-10		Way Of Life			30.00		
	Debit Card						
11-Jan-10		Red Lion, Vancouver,WA		100.08			
	Checks						
8-Jan-10	2605	Jack Robinson	Grapevine Qtrly	58.50			
11-Jan-10	2584	Srephanie	coffee	39.93			
•	2585			30.00			
	2602	St. Pius X Church	Gratitude Banquest 1/2	498.00			
12-Jan-10	2603	Edmonds Christian Church	rent - Jan	30.00			
20-Jan-10	Svc Chg	Wells Fargo		5.00			
20-Jan-10	_	-	Totals / Balance	761.51	130.00	227.10	
Dec / Jan - Outstanding Checks							
	2604	Edmonds Christian Church	Grapevine Qtrly	75.00			
		Total		0.00			
	Deposit	Group Donation	After the Statement Date				
23-Jan		Edmonds			70.64		
		AMAA			150.7		
		Total	_		221.34		
			_ 				
End of January Working balance 4							

DISTRICT 24 BUSINESS MEETING WEDNESDAY, MARCH 3, 2010

NEW AND MOVING MEETING

AMAA MOVING

Reminder that the Monday, Wednesday, Friday and Saturday AMAA meeting location will be at the Senior Center at 5800 198th St SW Lynnwood, WA 98036

Until the Lynnwood Recreation Center construction is complete.

The exception is for holidays (and when the schools are on "snow days") then the meetings will be held at the fire station next to the Rec Center.

GRACELAND IS MOVING!!!

Graceland is moving to a new day and location!!

Location: Church of the Good Shepherd

2609 Larch Way, Lynnwood, WA

Day: Now on Thursdays

Time: Still the same, 7:00p.m.

The Empire Group Is Moving

The Barnabas Project Church 17725 44th Ave. W. Lynnwood, WA 98036

Tuesdays 7:00 – 8:15pm

Open Meeting
Non Smoking
Wheelchair Access

AA Carry the Message, Come and/or Pass It On

I'm opening my home up to women in A.A.
I'd like to focus on different readings from the literature and pamphlets. Explore and stomp out myths and misperceptions of Alcoholics Anonymous. Uncover the truth and finally really have a concept of what it means to Carry the message of Alcoholics Anonymous.

It starts this Monday at 9 am. Eventually I'd like a solid group to read the first 164 pages from the Big Book of Alcoholics Anonymous.

Hope you had a great Holiday season, looking forward to new experiences in 2010.

21509 88th Ave West Edmonds WA 98026 (425)275-7078

This is a closed meeting to Women of Alcoholics Anonymous that want to follow the 3rd Tradition. The only requirement is a DESIRE to stop drinking

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)

WEDNESDAY, MARCH 3, 2010 DISTRICT 24 BUSINESS MEETING

All Events Can be Found at www.district24.org

Become A Great GSR



So You Can Carry The Message

Mark this Date

GSR Workshop

February 20, 2010 9 AM-3PM Kirkland Congregational Church 106 5th Ave., Kirkland, WA 98033 Coffee & Donuts at 9 AM

Lunch at Noon

Hosted by Districts 38 & 39

Contact dcm39@area72aa.org with questions.

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 206-679-4241or email to: mjb@jeffreybraun.com

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.



THANK YOU FOR HELPING US MAKE YOUR SNO-KING I.G. OFFICE MORE ABLE TO HELP US HELP YOU HELP OTHERS! UPDATES AND THE BIG REVEAL PARTY COMING SOON!!

Sno-King Intergroup Remodel Project REMO 2010 It must be done!

Background: The purpose of the SKIG office is:

- (1) To provide the necessary connection between the still suffering alcoholic and the miracle called
- (2) To provide access to resources to the local AA community. This includes books, pamphlets, schedules and activity flyers.

Project goal: To clean, paint, update and refurnish the office making it more useful to our AA community Your donations of items or \$ is greatly appreciated! For items needed, please contact the committee!

Budget: \$2500.00 Estimated Completion Date: 2/10

Sno-King Intergroup Office: (206) 587-2838 REMO 2010 committee: jennP (425) 273-7267 P.O. Box 30 22617 76^{th} Ave. W. #203 jenpfeil@yahoo.com Mountlake Terrace, WA 98042 Edmonds, Wa

All Events Can be Found at www.district24.org

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.

November 14th speaker

Marilyn S. from Los Angeles California

Speaker Line up for 2009

No meeting in December - Have a Merry Christmas

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 - Faster

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 Cotober 9th Theresa F. from Hollywood CA
** 4:00 p.m. Scott will present a workshop on "Easy 4th Step" plus a Chill BBQ

4.00 p.m. Scott will present a workshop on Easy 4. Step. plus a Chill BBC

Big Island Bash

April 23, 24, and 25, 2010

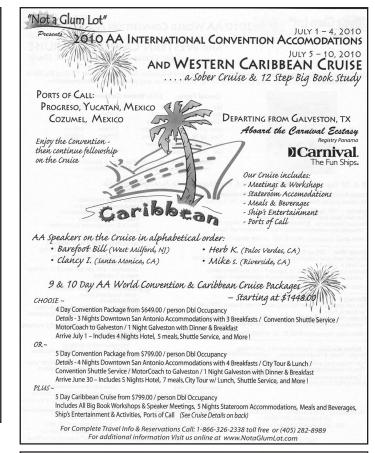
Speakers Convention, (An A.A. / Al-Anon Activity)

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



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.ncytrapicroundup.com
Registration Hours: Fri. 10:00am — 8:00pm Sat. 10:00am — 6:00pm
Please Feel Free To Copy This Form!

P.O. Box 10 Request for refu	s payable to: Olym 81, Port Angeles, W and must be submitted	A 98362-0204	
Limit: Two regist	rations per form		
Please Print			
Name:			_
Guest:			
Address:			_
City:	State:	Zip:	
Phone: ()			

□ I would like to donate a registration to someone les 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

Included......\$______
Total Package Is \$75.00 Per Person
(\$100.00 with Optional Donated Registration)

Registration (\$25.00)\$ Total Payment

All Events Can be Found at www.district24.org

Saturday morning Omelet Breakfast & Meeting!

In the Lynnwood Alano Club back parking lot

4001 198th St SW Lynnwood, WA 98036

This breakfast, like our meetings, runs on donations.

Unlike our meetings, the better the donations, the better next weeks breakfast will bel



Start your Saturday with fresh made Omelets and a Meeting! Serving Omelets at 9AM Meeting at 10AM

New Cook Ben!

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 Mountlake 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 2th Tuesday each month at the Intergroup office.



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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

GRATITUDE IN ACTION:

The District 41 Bus Sign Project

Faced with a Drinking Problem?
Perhaps Alcoholics
Anonymous can help.
Call 206-587-2838

Since 1992, District 41 has facilitated the continuing display like the one above, on Metro Buses that travel throughout King, Snohomish and Pierce counties.

District 41 pays \$2200.00 a year, \$550.00 each quarter, to have 124 11"x17" signs displayed in Metro buses. District 41 will continue to facilitate the Bus Sign Project as long as members of the AA fellowship continue to support this much needed service.

Thanks to the contributions from individuals, groups and districts, we have had over 16 successful years.

PLEASE CONTRIBUTE WHAT YOU CAN TODAY, TO HELP CARRY THE MESSAGE

More information please contact dcm41@area72aa.org

Please make checks payable to DISTRICT 41 BUS SIGN PROJECT and mail to DISRTICT 41, PO BOX 99132, SEATTLE WA 98139

Please apply the enclosed contribution \$_____ to the District 41 Bus Sign Project

(Optional Information - Please print clearly if you would like a receipt)

Contributed by:______Address:_____