

DISTRICT 2 NEWSLETTER

CENTRAL OFFICE 24/7 (425) 252-2525

JANUARY 2011

VOLUME 111

ISSUE 1

Freedom Through Powerlessness

Step 1 can be difficult for some because of their denial of being **powerless** over situations or that their lives are **unmanageable**. Some will say, “I go to work everyday, pay my bills, still have my family, I don’t have legal issues, and I contribute to society”. I say, “That’s fantastic; you are functional. However, how is the intimacy, depth, and quality of your relationships? How stable and healthy are you emotionally? What are the top five things that consume your mind? Do you make sure you plan when and where your drinking will take place? And, most importantly, after you have your first drink, do you develop a craving, obsession and/or need for another drink? Yes, you may resist that drink due to your self discipline and will power. However, does the thought entirely leave your mind, and do you immediately think about when you get to take the next drink?”

I cannot even count the times I have heard people say one of the following:

- * Looking back on the progression of my disease, I see how I rationalized and made excuses for my drinking.
- * I remember thinking that I am not that bad because I haven’t lost my job, my family, or got a DUI. The reality was I just didn’t want to quit drinking yet. If I would have admitted that, then I would have been labeled an alcoholic.

Powerlessness is the presence of impulsive, addictive, compulsive and obsessive behaviors in you which you normally have been able to get under control, but now are unable to do so. These behaviors are affecting your responsibilities, relationships, and your own well being, causing your life to become unmanageable. Unfortunately, many individuals come to AA after they have reached their bottom. All of those individuals were “functioning” at some point!! Where does the shift occur from being a functioning alcoholic to a non functioning alcoholic? WHO CARES! If there is a phenomenon of craving after the first drink, if there is a mental obsession that begins at any point, **do NOT wait until your consequences outway your blessings!!** The 12 steps are available to all people at any level they are functioning at!!

STEP 1	TRADITION 1	CONCEPT 1
<p>We admitted we were powerless over alcohol and that our lives had become unmanageable.</p>	<p>For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.</p>	<p>Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.</p>
<p style="text-align: center;"> district2aa.org aa.org area72aa.org </p>		

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DISTRICT 2 MEETINGS

SUNDAYS

DARRINGTON GROUP— meets Thursdays 7:30 for a closed 12x12 meeting and Sundays 7:00 pm for an open meeting. We meet at the Darrington Baptist Church on Hwy. 530 N. Darrington

KISS GROUP—Meets Sunday's 6:30p at Camano Center on W. Camano Drive on the Island.

SISCO HEIGHTS—We are a closed literature study. 7pm at Sisco Heights Community Club, 13527 99th Ave, Arlington

SOBER ON SUNDAY—We would like to invite you to attend our meeting. We have moved to the Timberline Café in Granite Falls at 10am. We celebrate birthdays the last Sunday of the month with cake and a potluck after the meeting. Hope to see you there!

STANWOOD CAMANO BREAKFAST GROUP—Sundays 9:50am. Viking Restaurant in Stanwood.

WE ARE NOT SAINTS—We are now meeting at the Granite Falls Senior Center at 302 S. Granite Ave. This Open meeting, continuous since 1981, meets every Sunday at 7:30 pm. We go through the Big Book cover to cover. Birthday meeting is held the last Sunday of the month.

MONDAYS

A LIGHT IN THE WINDOW—Come kick your week off with us. Open meeting. Monday 6-7:30p. Free Methodist Church, Arlington, 730 E. Highland Drive. Wheelchair accessible. Smoke break observed. (AA) and Serenity Seekers (Al-Anon) will be hosting a monthly speaker meeting featuring a speaker from AA and one from Al-anon. (5th Monday of the month) Potluck begins at 6p. Speaker at 6:30p.

ARLINGTON MONDAY NIGHT— meets 7:00 pm at St. Andrews Church, 230 E. Burke, Arlington. All are invited to share their experience, strength and hope. We are an 1 1/2 hour Big Book study group with a break. Please come help us carry the message. Closed meeting

DIVIDING LINE—Mondays 6:30am at Smokey Point Buzz Inn, 17216 Smokey Point Blvd. Please bring your own coffee cup; we are going green!

GRAPEVINE GROUP— Mondays 11:30am at the American Legion Hall, 26921 88th Ave NW, Stanwood

M&M— Monday 9:15am. Great way to start the week. Located at 16404 Smokey Point Blvd. in the building nearest I-5 suite on the north side.

TURNING POINT—YEAH!! It's Monday!! That's what everyone says cause Turning Point is on Monday at 7:30pm. We meet at the top of the hill coming onto Camano Island at St. Aidans Church. Just look to the left and see lots of cool people there. It's a 1 1/2 hour Open meeting. We enjoy cookies and cupcakes on the last Monday celebrating people with sobriety anniversaries. Check it!!

WOMEN'S BIG BOOK STUDY—New address!! We are a Closed women's group that meets every Monday at 7:00 pm at Granite Ave in Granite Falls. Enter on the north end. We celebrate birthdays the last Monday of the month.

TUESDAYS

A VISION FOR YOU - Noon at Peace Lutheran Church, 1717 Larson Road, Silvana

ARLINGTON TUESDAY NIGHT meets at the Immaculate Conception Church @ 1200 E. 5th St. in Arlington @7:30 pm. It's a closed meeting with a break. Birthday speakers on the 4th Tuesday of the month, on the 5th we have a potluck @ 6:30 pm followed by A.A./Al-Anon speakers.

CAMANO GROUP— meets Tuesdays 7:00 pm.@ Camano Community Center. Rotating Big Book study and 12 step study. On the 5th Tuesday, speakers/ Potluck mtg. begins @6:00 pm.. Great meeting and everyone is welcome!

TUESDAY 12x12—meets 7:30 pm Tuesdays at the Senior Center 302 S. Granite Ave., Granite Falls. Join us each week to share your experience, strength and hope. Birthday's are the last Tuesday of the month.

SMOKEY POINT MENS GROUP—Closed men's meeting. All that is required is a desire to stop DRINKING! We meet Tuesdays at 8:00pm. The business meeting is the second Tuesday of each month at 7:00pm. The fourth Tuesday is Birthday Night and is open to all family and friends. Come meet with our cast of characters for some quality discussion. Thanks!

WARM BEACH GROUP— Warm Beach Community Church, 9611 188th Street NW, Stanwood

WEDNESDAYS

ABC's GROUP— is a one hour open meeting held every Wednesday evening at 5:30 pm at St. Aidans Church, Camano Island. We read "As Bill Sees It".

ARLINGTON 12x12— American Legion Hall, 2nd Floor, 115 N Olympic Ave, Arlington

CLUB "W"— Open women's meeting on Wednesday's@ 7:00 pm. Traditions/ Step's/ Topic & Promise's mtg., 5th Wednesday we have a "surprise" topic or speaker & potluck @ 6:30 pm. Birthday's are the last Wednesday of the month. Everyone is welcome on surprise night. Come help us to share our experience, strength & hope. St. Aiden's Episcopal Church, 1318 E SR 532, Camano Island

KINGSMEN GROUP—Wednesday 7pm at the Stanwood American Legion Hall. Men only.

DISTRICT 2 MEETINGS CONTINUED

THURSDAYS

ARLINGTON NOON THURSDAY— meets every Thursday at white church on 4th and McLeod in Arlington. We read and discuss the Big Book.

DARRINGTON GROUP— 7:30pm at the Baptist Church, HW 530, Darrington

GRANITE TNS— 8pm at the Community Center, Pioneer and South Granite Ave, Granite Falls

RIDING FREE— 5pm at the American Legion Hall, 2nd Floor, 115 N Olympic Ave, Arlington

STANWOOD FREEWHEELERS—Meets Thursdays at 8:00pm at the Stanwood United Methodist Church, 27112 102nd Drive. We are a closed candlelight 1 1/2 hour meeting with a smoke break. The third Thursday of each month the topic of discussion is the Tradition corresponding to that month. The last Thursday is an Open Birthday meeting. The Freewheelers support the principle of “singleness of purpose” and believe in sponsorship.

STEEL MAGNOLIAS—Closed women’s meeting that welcomes newcomers and A.A. visitors. The meeting is held from 6:30—8:00pm Thursdays at St. Aidans Church on Camano Island. The 1st Thursday is a “step study”. The 2nd Thursday is a “Daily Reflections” reading. The 3rd Thursday is a “Traditions” study. The 4th Thursday is a Birthday meeting with cake. If there is a 5th Thursday, we will host a potluck and have a “speakers” meeting.

STILLY VALLEY GROUP—Happy Holidays to everyone! Congrats to Morgan M.(GSR), Sam S.(Alt-GSR), Gary M.(Secretary) and Dennis B.(Treasurer) and all the others that made themselves available for service for our group elections. A special thanks go to Liz, Shawn, Matt, Patti, JD and Marti; welcome to service. Also a special nod to Sandy S—the new D2 DCM. WE LOVE YOU ALL. If you’re looking for a home group that’s involved in service and recovery; come see us on Thursdays@7pm/Free Methodist Church: 750 E. Highland Dr. Arlington

THURSDAY NOON GROUP— One hour open meeting at St. Aidans Episcopal Church, 1318 SR 832, Camano Island. Handicap accessible. Non smoking meeting. Purpose of this meeting is to give AA members an opportunity to live each day with a rededication to sobriety and a spiritual way of life.

FRIDAYS

ARLINGTON CLEAN TEAM- Meets at 7:00 pm on Fridays at the American Legion in Arlington, 2nd floor. The last Friday of the month is the Birthday meeting (cake provided). Ya’ll come.

AS BILL SEES IT— Noon at Peace Lutheran Church, 1717 Larson Road, Silvana

BURNING DESIRES meets Friday’s @ 7:00 pm, Open meeting@ 16404 Smokey Point Blvd. in the building nearest I-5 suite on the north side. Business meetings are on the Friday following the District-2 business meeting @ 8:45. Birthdays are celebrated on the last Friday of the month @ Smokey Point Buzz Inn @8:45. Additional fun events outside our usual meetings.

FRIDAY LUNCH BUNCH— We are an open, 1 hour meeting and we meet at Denny’s restaurant. @ noon We welcome newcomers, visitors and people needing a home group.

GROUP 164-is a closed Big Book study that meets @ the Calvary Chapel Church on the corner of Hwy 9 & 4th St. (1/4 mile south of Target) in Lake Stevens. Meetings are held on Friday evenings@ 7:30 pm. Business on the 2nd Friday @ 7 pm and B-Days on the 3rd.. Child care is provided by the group. Please join us and help carry the message.

RULE 62- “Don’t take yourself too damn seriously”. If you are not into taking yourself so damn seriously, come Friday evenings at 8:00pm at Camano Center on Camano Island. Business meetings are the third Friday of each month. Open. Accessible.

SMOKEY POINT YOUNG PEOPLES— 6pm at 16404 Smokey Point Blvd, Suite 109, Arlington

VISION 4 U FRIDAYS— St. Aidans Church on Camano Island. FRIDAYS 6:30p Solution in the first 164 pages of Big Book of Alcoholics Anonymous

SATURDAY

12 PROMISES— 12 Promises welcomes you to our Saturday morning 8:00 am meeting. We meet at the Camano Lutheran Church on Camano Island. We are an open meeting, focused on the solution and embracing the Promises of the A.A. program. Visit our 1 1/2 hour meeting and participate as we discuss one Promise per week and tradition on the last Saturday of the month. Our business meeting meets the third Saturday of the month after the general meeting. Come join us!

ARLINGTON STUDY GROUP— meets @ the Stillaguamish Senior Center @ Smokey Point 7:00-8:30 pm every Saturday. Please park in the North parking lot. We celebrate birthdays with cake and coins on the 4th Saturday of the month. We also conduct our business meeting/ group conscience on the last Saturday, approximately 10 minutes after the meeting, all are encouraged to attend.

FOG LIFTERS—meets @ the Smokey Point Buzz Inn, 17216 Smokey Point Blvd. on Saturday morning’s @7:30am.

IT’S In THE BOOK— Steps/Big Book/Traditions study. Meetings are held on Saturday evenings 7 pm at St. Aidan’s Church, at the top of the hill after the bridge on Camano Island. A little different format. If you have nothing to do on a Saturday night, COME! WE NEED PEOPLE!!!!!!

ROAD OF HAPPY DESTINY— Noon at Cascade Senior Center, 1115 Darrington Ave, Darrington

TREASURER INFORMATION

Please put Group Service Number
AND District Number on Check!!

Send Donations to the following:

DISTRICT 2

PO Box 411, Silvana, WA 98287

WESTERN WA AREA 72

Treasurer, 702 Kentucky St. #535

Bellingham, WA 98226-8079

GSO

PO Box 459

Grand Central Station, New York

10163

Many Service Positions available for District 2!!

Do you have a desire to become more involved?
Contact Jen K. at 425-359-8959 for more information.

WWA72 Quarterly

January 7th (7pm-9pm) and January 8th (8:30am-5pm)

Lake Burien Presbyterian Church, 15003 14th Ave SW, Burien, WA 98166

Treatment Committee Quarterly

January 15th 9am Fellowship / 10am Meeting / Lunch

Snohomish Alano Club, 625 Ford St, Snohomish, WA 98290

Access Committee Quarterly

January 22nd 9am Fellowship / 10am Meeting / Lunch & Potluck Dessert

Salvation Army, 832 6th St, Bremerton, WA 98337

Grapevine and Literature Committee Quarterly

February 19th 9am Fellowship / 10am Meeting / Potluck

Our Saviors Lutheran Church, 215 Mukilteo Blvd, Everett, 98203

January 2011

* District 2 Meeting held at Peace Lutheran Church, 1717 Larson Rd, Silvana

* P.I. Meeting held at Twin Lakes IHOP Restaurant, Smokey Point

* Third Legacy Meeting held at Free Methodist Church, 730 E Highland Drive, Arlington

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 HAPPY NEW YEAR!
2	3	4	5	6	7 WWA72 Quarterly 7pm-9pm	8 WWA72 Quarterly 8:30am - 5pm
9	10	11	12	13 * 6pm P.I. Meeting * 6pm Third Legacy Meeting	14	15 9am Treatment Committee Quarterly
16	17	18 6:30pm District 2 Meeting	19	20	21	22 9am Access Committee Quarterly
23	24	25	26	27	28	29
30	31					

The purpose of the District 2 Newsletter is to provide better communication among AA Groups within District 2. The opinions expressed are those of the persons who provided them. This Newsletter does not intentionally conflict with the Area or GSO guidelines. This publication is confidential for AA members.