

# DISTRICT 2 NEWSLETTER

CENTRAL OFFICE 24/7 (425) 252-2525

FEBRUARY 2011

VOLUME 3

ISSUE 2

## I No Longer Have to Feel Insane

Came to believe a power greater than ourselves could restore us to sanity? The only power I knew that was greater than my own self will was the inability to stop drinking after the first drink. I tried many different attempts to regain control as described in the Big Book on page 31. At times, I succeeded — **temporarily** — only to end up, once again, hopeless, humiliated, angry, and feeling one step closer to insanity. The more my life became unmanageable and I became powerless over alcohol, the less I believed in a spiritual Higher Power that could or would restore my life.

When I removed alcohol from my life, I was overwhelmed with feelings and thoughts I had tried to drink away (tried to numb out from). I used to tell myself “I cannot handle THIS. I cannot deal with THIS. I need a drink to help me calm down and cope with THIS”. “**THIS**” was anything that had to do with living life on a day to day basis: feelings, thoughts, relationships, insecurity, loss, grief, anxiety, fear, anger, responsibility, etc. I was telling myself negative things that were lies; however, they had some truth to them. **I could not learn to deal with and process any of the things I just mentioned while I continued to drink.** That is why it is so important to eliminate alcohol/drugs/pills, so you have an opportunity to learn how to live life one day at a time with the help of a Higher Power and AA. What I learned as I began the steps, attended meetings, worked with and listened to other alcoholics, is that just as it took time to believe the despair and hopelessness of alcoholism, it will take time and be a process for me to believe and trust in this Higher Power that WILL restore me to sanity.

At times, I projected my inability to trust others/myself onto my relationship with my Higher Power. What I learned is my relationship with my Higher Power is **THE** foundation for my recovery. **It takes effort on my part.** I had to stop asking why and stop trying to figure everything out. I had to learn to be still, do what is asked of me, and let the process of change occur naturally. When I had that attitude of humility, my belief in my Higher Power grew stronger.

In time, I eventually came to believe in a Higher Power that could and would restore me to sanity. Now, I can say I have no doubts or reservations that my Higher Power will not only continue to restore me to sanity, but also will give me an entirely new life — one I never dreamed possible while imprisoned in my alcoholism. **You always have the opportunity to grow - if you are willing!**

### STEP 2

Came to believe  
a power greater  
than ourselves could  
restore us  
to sanity.

### TRADITION 2

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.

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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**—Closed Big Book Study -Thursday nights. Birthdays are celebrated the last Thursday of the month. Business meeting is the Thursday following the 3rd Tuesday of each month at 6:00pm. (We’ll call you to remind you of the business meeting each month.) SVG believes in service, sponsorship and actively working the 12 steps. See you at the meetings! Free Methodist Church, 730 E Highland Drive, 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

### Archives Committee Quarterly

February 5th 9am Fellowship / 10am Meeting / Potluck Lunch  
Greater Seattle Intergroup, 5507 6th Ave S (at Lucile St), Seattle, 98108

### CPC/PI Committee Quarterly

February 12th 9am Fellowship / 10am Meeting / Potluck Lunch  
Calvary Chapel, 9428 4th St, Lake Stevens, 98258

### Grapevine and Literature Committee Quarterly

February 19th 9am Fellowship / 10am Meeting / Potluck Lunch  
Our Saviors Lutheran Church, 215 Mukilteo Blvd, Everett, 98203

### WWA72 April 2011 Quarterly

April 1st and April 2nd (Hosted by District 4)  
Cotton Tree Inn & Convention Center  
2300 Market Street, Mount Vernon, 98273

### Treatment Committee Quarterly

April 9th 9am Fellowship / 10am Meeting / Potluck Lunch  
St. John the Baptist Episcopal Church  
3050 California Ave SW, Seattle, 98116 (Access by Metro Bus #55 & # 128)

## February 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	2	3	4	5 9am Archives Committee Quarterly
6	7	8	9	10 * 6pm P.I. Meeting * 6pm Third Legacy Meeting	11	12 9am CPC/PI Committee Quarterly
13	14	15 6:30pm District 2 Meeting	16	17	18	19 9am Grapevine & Lit Committee Quarterly
20	21	22	23	24	25	26
27	28					

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.