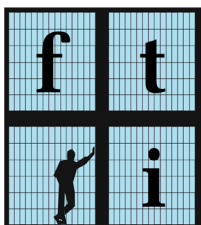


AREA 92 NEWSLETTER

Serving the districts, home groups, and members of the Washington State East Area



From the inside

Personal testimonials submitted by AA members at the Airway Heights Correctional Facility

A Little Prodding and Persuasion

Hello, my name is Russell and I am an alcoholic. I came to Airway Heights in the summer of 2000. Upon arriving, I was faced with feelings of rejection and as though my world had turned upside down.

I had many years of sobriety before coming to prison, though having attended AA for a couple of years, I eventually became complacent. I neglected to go to the meetings and had forgotten the meaning of the serenity prayer. In turn, my life once again became unmanageable even though I remained sober.

Shortly after I arrived here, a fellow AA member informed me that there were meetings held within the institution. With a little prodding and persuasion, he convinced me to attend the Landing Place meetings.

This was a wise decision, for I am more at peace now having been revealed many answers and solutions to questions I have yet to ponder. I feel grateful for being a part of the "We" of AA which I never really felt before.

—Russell C.

The Meeting Places

I've been going to AA now for a year and a half and it has now become one of my daily words, keeping me sane and on track. Unfortunately, I was sent to prison and after being here without any meetings for two months, I knew I was missing the strength the meetings put into my life.

I was transferred to Airway Heights and the first week I was here, I saw a flyer showing there were two meetings a week. So, off to the meetings I went, wondering how the group would be different, and if I would feel as comfortable as I felt in the meetings I attended "outside" the fence.

Well, I can tell you that the people here make up a great group; a group that wants to stay on the right path, a group that supports one another. That support comes even during difficult times.

(continued on page 5)

AUGUST 2004

VOL. IX, N^o. 8



AA: Better Than "Getting High"

*Please come inside and see my hell
Where I live my life inside a cell
Where walls around are made of steel
And no one sees the pain I feel
Where men must fight just to survive
And sometimes kill to stay alive.*

*Now you may say this sounds so hard
Judge not, "till you've seen my yard"
Where boys are sometimes said to cry
And men are sometimes said to die
This hell, the place I now call home
This is where my spirit roams.*

*Went to AA, to make "time" go by
Now I've learned AA is better than
getting high
The "Steps" are hard at first to meet
But after awhile you'll be "stepping to
the beat!"
So come and join us one and all
We are here getting support so we
don't fall.*

—Mike S. and Frank M.

Area 92 Officers

2004 – 2005

DELEGATE

Mike McMurtrie
4428 Sunny Creek Dr.
Spokane WA 99224
509.458.3929 mikemc2@comcast.net

DELEGATE ALTERNATE/REGISTRAR

Dave McCallum
618 East 17th Ave.
Spokane, WA 99203
509.838.4952 mdn@aimcomm.net

CHAIRPERSON

Sharon Turner
PMB 30-4155
Deep Lake Boundary Rd.
Colville WA 99114
250.364.8562 badbacklady@yahoo.ca

CHAIRPERSON ALTERNATE

Bear Straight
1515 South 8th Ave.
Yakima, WA 98902
509.307.7153 sweatlodgesinger@yahoo.com

TREASURER

Kitti Potter
Frey Rd.
Ephrata, WA 98823
509.754.5245 kittipotterarea92@hotmail.com

TREASURER ALTERNATE

Dale Sigmund
6450 Cowiche Canyon Lane
Yakima, WA 98908
509.966.680 dalesig@aol.com

ARCHIVES CHAIR

Mike Bare
926 Preston
Lewiston, ID 83501
208.790.2965

CORRECTIONS CHAIR

Clint Hooten
HC 1 Box 299A
Naples, ID 83847
208.267.5127 shootrmn@hotmail.com

CPC CHAIR

Tom Shropshire
3033 Mayfair Dr.
Lewiston, ID 83501
208.743.3121 tashrop@cableone.net

GRAPEVINE & LITERATURE CHAIR

Paula Thompson
15854 N Middle Fork
Hauser Lake, ID 83854
208.773.7186 pkt126@hotmail.com

NEWSLETTER CHAIR

Phil Medlin
1281 Main St.
Juliaetta, ID 83535
208.276.3534 philm@tds.net

PUBLIC INFORMATION CHAIR

Richard Montague
3907 North Willow
Spokane, WA 99206
509.921.8107 rik-rikki@earthlink.com

SECRETARY

Woodrow Wilson
702 South 11th Ave..
Yakima, WA 98902
509.457.4476 dragonwalker1@msn.com

TRANSLATION CHAIR

Leo Reyes
38 Parkland East
Sunnyside, WA 98944
509.836.2705

TREATMENT CHAIR

Stan Thompson
15854 N Middle Fork
Hauser Lake, ID 83854
208.773.7186 sethom@gte.net

Area 92 News

Staff & Volunteers

Pre-Press Manager

Justin Thyme

Photographer

Len Scappon

Fact Checker

Ella Phynoe

Proofreader/Editors

Erin Spelling
Adeline Moore

Subscriptions Manager

Diana Boardum

Editor/TV News Anchor

Phil Medileven

Tax Attorney

Lou Pole

AI-Anon Coordinator

Cody Pendant

Gamblers Anonymous Representative

Althea Andrasia

Spanish Translator

Noah Comprenday

Credit Card Manager

Max Stout

Psychologist-on-call

Les Moody

Compassion Coach

Ophelia Payne

Marriage Counselor

Stan Beyerman

Complaint Dept.

Xavier Breath



The Torch Passes

My life is too full to believe. Once upon a time I wondered what I might do with my time, not anymore! I have been around this area from top to bottom and side to side giving reports on the conference and attending district meetings, workshops, AA meetings and the latest was the PNC. What a great experience to attend the oldest AA Service conference in existence today. I attended panel after panel of excellent content and a mix of Unity Recovery and mostly Service.

I have come to the conclusion that PNC now is the grounds for the new to service to learn and grow — a chance to participate in service with others in service, in an atmosphere that is not as scary as PRAASA but has an attractive quality that PRAASA might have for the veterans in service. I listened this year to a delegate who had become a little disenchanted with service in her area and experienced a sort of revitalization as a result of attending PNC and returned home to her area with renewed energy. Another who spoke about the discussion of how we became an area. Delegates and area officers from other Areas who speak of Area 92 with respect. The trusted servants from Oregon are happy to have forged this new friendship.

Topics this year included once again a panel entitled “My Favorite

Concept.” Not many places do you find a concepts workshop that has this quality. “My Favorite Tradition” was not just a celebration of the Traditions, but a workshop on why we stay together. We had a history lesson straight out of “AA Comes of Age” and another from “Language of

“

My big news is that I was elected to be the chair of the CPC Committee at the 55th Conference and will make two trips to New York this coming year. What an honor — and I owe it to you for helping me get ready for the conference.

”

the Heart.”

In the past few months since I returned from the conference I have driven in excess of 4000 miles crisscrossing the area and doing delegate reports. Tomorrow after this July quarterly, I will conclude the eighth scheduled delegate report. I would

be happy though to travel wherever invited. Thank you to District 8 for paying my mileage and not asking the Area to foot that bill. I also want to thank all of you who have attended and hope that you were as excited about this conference as I was.

My big news is that I was elected to be the chair of the CPC committee at the 55th conference and will make two trips to New York this coming year. The conference of course but I will also go in January to attend January board weekend where the agenda for the conference will be set. What an honor and I owe it to you for helping me to get ready for the conference. Our Pre Conference Assembly, the workgroups, and the districts who helped me all had a hand the honor. I felt prepared and ready for the conference and specially my committee.

I now get newsletters from nearly all of the Pacific Region and in turn, since we have ours on the Area 92 website, ours is accessible to all of the Delegate Areas in the US and Canada. We have had some very good remarks on the quality of our newsletter, and the content with reports from all of the committees and many districts.

There is a new person at GSO. Our friend Bill Archer has passed. We also grieve the loss of the last of the original family our friend “Smitty” Robert Smith Jr. died while we were at conference. I would like to

ask for a moment of silence for Bill's and Bob's family and the AA family at GSO who mourn the loss of our friends.

Next week I will be attending the Regional Forum in Portland and I urge as many of you as possible to attend the forum. Regional Forums originated in 1975 at the suggestion of the late Chair Emeritus of the General Service Board of Trustees, Dr. Jack Norris. They are weekend sharing sessions designed to improve communication and participation among A.A. service workers in a region, the General Service Board, A.A. World Services, Inc., the Grapevine Corporation Board, the Grapevine Staff, and the General Service Office Staff. If any-

one is thinking about going and wants to share a ride or something please let us all know so we can work on it together.

I have received a resume sheet and directions for electing a Candidate for Trustee at Large US or Canada.

- Each Area can may submit a candidate, or, two or more areas may jointly propose a single candidate

- The Delegate and Area Committee should decide how the area will select its candidate.

- By the Area Committee or by the Area Assembly

- Third legacy procedure, 2/3 majority, by lot etc.

- Immediately the Delegate only will send the signed dated completed resume sheet of the elected candidate prior to Jan. 1st

- Only one may be submitted even if the candidate withdraws.

- GSO will notify all groups via Box 459

- Delegates from each region will caucus prior to the election to reduce the number of candidates using 3rd legacy

- Final election will happen in April at Conference

- The slate of members and officers of the General Service Board will be presented at the Conference of disapproval, if any. Election to the General Service Board will follow at the annual meeting of the members of the board, following the Generals service Conference

So for our purpose I propose that we have an election at the October Assembly for our choice of Past Delegates who might be willing to make themselves available for Trustee at Large. Please speak to the past delegates that you know about making themselves available.

I have received notice from GSO that the new 2004 survey forms have been mailed to the Groups selected in our Area chosen to be surveyed. DCMs, please

help the GSR's with the surveys if needed per the instructions sent with the surveys and return them to GSO by the July deadline. Dave and I will get together with the DCM's of the Districts that have chosen groups.

I have been receiving a lot of correspondence from GSO since I get copies of all of everything sent to the Area Standing Committee

Chairs. I will leave it to them to speak on those items.

Boy we have had some great workshops and panels in the Area in the past few months and I want to thanks everyone who has participated in the great work. School presentations in District 10, Corrections work in the prisons in the Area, Treatment work and Bridging the Gap. CPC, PI, and our highly successful Grapevine & Literature. Archive committee that is on fire and the best newsletter in the country.

I am so proud to be of service to this Area.

Mike McMurtrie, Delegate,
Washington State East Area 92
Panel 54

(continued from page 7)

From the inside

10. When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad and inhibiting for you and you for me.

When you get close to me and my problems and you absorb them, you become part of my problem, not the solution.

11. You must know my help is conditional. I will be with you, hang in there with you as long as I continue to get even the slightest hints that you are trying to grow.

Help me help myself. If I am not growing, you're not there.

12. If you can accept all of this, then perhaps we can help watch each other to become what God meant us to be: mature adults, leaving childishness forever to little children.

Again, you want to watch me grow within myself to become more grown up, be a responsible part of life.

—Anonymous

“
***I have received
notice from GSO
that the new 2004
survey forms have
been mailed to the
Groups selected in
our Area chosen to
be surveyed. DCMs,
please help the
GSRs with the sur-
veys if needed.***
”

The Area Chair



From Where I Sit...

I've had one of my best vacations in years. Each weekend in July I've had an opportunity to go to an AA service function and each one gave me an opportunity to learn that the Third Legacy-Service is finding new positive things to incorporate into my life.

The first weekend was to the Pacific Northwest Conference (PNC) in Yakima. The PNC is the oldest conference in AA. My topic for my panel was the history of the PNC. I learned that we (AA) were gifted with a man of vision. Bill didn't want to louse things up and started to think about service structure long before anyone else thought it was an issue.

I learned at the conference that we (PNC) don't have to be big to be successful. We focused on service, the service structure of AA, the Traditions and the Concepts. All the guest speakers were present and past delegates to New York and service work was and is an integral part of their life. We had people attending from Idaho, Oregon, Western Washington, Northern California and BC. I found that all have different ways of conducting business in the AA service structure but all spoke from the "language of the Heart" and all had a deep respect and love of our program.

The second weekend was in Colville. We had another good weekend in Friday night discussions

focusing on the DCM & GSR roundtables. The one group I joined in with, we talked on the singleness of purpose. I remember by first assembly and we talked on this very subject and my point of view has changed considerably from that time. Part of the change has been brought about by learning more of AA from my service sponsors, my understanding more fully our service structure and by reading AA literature.

On part that has really struck home for me comes from our Bylaws of the General Service Board, Inc. On page S103 it states " The General Service Board of Alcoholics Anonymous (hereinafter referred to as either the General Service Board or the Board) claims no proprietary right in the recovery program, for these Twelve Steps, as all spiritual truths, may now be regarded as available to all mankind. However, because these Twelve Steps have proven to constitute an effective spiritual bases for life, which, if followed, arrests the disease of alcoholism, the GSB asserts the negative right of preventing so far as it may be within its power to do so any modification, alteration or extension of these 12 Steps.

So, what does that truth tell me? The 12 Steps are for all mankind — anyone can use them. However the 12 Steps of AA arrest the disease of alcoholism according to our Bylaws.

Yes, I can apply these steps to all my life, but in AA I focus on my alcoholism and my recovery by the use of the 12 Steps of AA.

My last AA stop in July was in Portland for a regional forum. Forums are for all AA members to meet people from our head office. We have an opportunity to meet staff members, non and alcoholic trustees and members of the Board. What an experience. I saw from these people a love of AA and a humility that is truly overwhelming. The class of people that work and serve at GSO are probably the finest I've ever seen in my working career.

Elaine McDowell our chairman of the Board advised us in her closing remarks there are approximately 140 million people who acknowledge alcohol is a problem in their lives and approximately there are 2.5 million members of AA around the world.

So in conclusion, I throw out a challenge to you that I am giving myself. What can I do, what can my home group do to help carry the message? I'm going to set some goals and challenge other home groups and individuals on how we can reach others. With figures like these we have a lot of opportunities to work on our primary purpose.

In loving service

Sharon

TREASURER

Hello to all,
Below is my Second Quarter Treasurer's Report. I was happy to see those of you who were at the quarterly, and missed those of you who were not able to attend.

If anyone has questions about my report please email me. I have a new address: kittipotterarea92@hotmail.com
Thanks to all.

Yours in service,

Kitti Potter

WASHINGTON STATE EAST AREA 92 QUARTERLY TREASURER'S REPORT

2ND QUARTER - APRIL 1, TO JUNE 30 2004

INCOME

WSEA 92 Inflows \$10,257.02

TOTAL INCOME..... \$10,257.02

EXPENSES

Wsea92 Alt-Chairperson \$115.42
Wsea92 Alt-Delegate 43.69
Wsea92 Alt-Treasurer 95.00
Wsea92 Archives 410.00
Wsea92 Chairperson 168.21
Wsea92 Corrections 541.19
Wsea92 CPC 145.60
Wsea92 Delegate 1,447.90
Wsea92 GVL 137.56
Wsea92 Newsletter Chair 161.68
Wsea92 Newsletter-expense 458.83
Wsea92 Officer Lodging 1,352.39
Wsea92 Officer Registrations 150.00
Wsea92 PI Chair 60.00
Wsea92 Secretary 571.09
Wsea92 Translation Chair 118.24
Wsea92 Treasurer 106.58
Wsea92 Treatment Chair 64.52
Wsea92 Website 240.00
Wsea92 Assembly Seed Money 500.00

TOTAL EXPENSES \$6,887.90

OVERALL TOTAL \$3,369.12

(continued from page 1)

From the inside

I like the idea of the volunteer sponsors that come in and get involved with the meetings. I can tell from their enthusiasm that they want to be here. They have made me feel very welcome at the Airway Height "Landing Place" AA group here on the inside. They have inspired me so much I have become the chairperson at the Wednesday Night meetings on occasion.

Additionally we have an occasional guest speaker that comes in from "the outside". It is this kind of support that helps make this such a great group. I'm proud to be a member here. This group really helps me keep on track.

I landed in the "Right Place".

Mark B.

Twelve Steps of a Sponsor

1. I will not help you stay and wallow in limbo.

What you're saying is: You're not going to watch me "do nothing" in my recovery, nor will you help me continue with self-absorbing behavior or self pity. To wallow in one's self-limbo means "nothingness".

2. I will help you grow, to become more productive, by your own definition.
Growth and productivity. You are willing to help me grow as an adult to be responsible for my actions and stop blaming society for what I have become. To be a productive part of society helping, caring and learning "by my own definition".

3. I will help you become more autonomous, more loving of your self, more free to become the authority of your own living.

(continued on page 7)

ARCHIVES

Greetings Area 92, I'm Mike, your alcoholic archivist. I have great news from the Area 92 Archives. The organization of the Archives Steering Committee is complete. The following have made themselves available to serve and are your new Archives Steering Committee: Gene D., Clarkston, Wash., Ginger B., Colville, Wash., Susan A., Wenatchee, Wash., Jan P., Spokane, Wash., Robert K., Spokane, Wash., Alix M., Yakima, Wash. All have held numerous service positions and their expertise will be invaluable to the Archives and to Area 92. Thank you all for making yourselves available.

I attended the July Quarterly in Colville on July 9 and 10. I displayed the traveling archives and also met with four members of the steering committee. We discussed some of the needs pertaining to the area archives. One of those needs are Grapevine binders. Other items are book covers for approximately forty books, file cabinets, and some shelves to store items. If anyone would like to donate any of these items, they would be greatly appreciated.

We also discussed setting some goals for the committee. It was suggested that committee members get together with district archivists in their prospective areas to discuss needs for the district and area archives. The Archives Workshop in March was another topic. It was decided that due to the size of our area, it would be more beneficial to have one in March, possibly in the Spokane area, and have another one in June in the Yakima area. We would like to hear from the district archivists on this matter. We, as a committee, will continue to maintain and care for the archive memorabilia and the general upkeep of the Archives as a whole. Future goals will be discussing and setting up committee guidelines. Our next meeting has been tentatively set for September 18 at 10:00 AM in Pullman. Anyone interested is welcome to attend.

Well, that's all for now. Thanks for allowing me to be of service to you.
Mike Bare, WSEA 92 Archivist

CORRECTIONS

Greetings fellow members, I am getting more Bridge program pamphlets printed and will be sending them out to all the major correctional facilities in our area. I have had a few more requests for Grapevine and La Vina, and am getting those orders into the system so they should start with the August issue(hopefully). I think the area corrections committee did a great job at the combined quarterly and I think the overall picture is bright. I am still hoping to hear from more of you with your thoughts, questions, criticisms, and comments. I would like any and all to contact me with their thoughts on the motion proposed by the corrections committee at the quarterly. I would like to have a broader base of information on it for discussion at the committee quarterly in September. Please let me know what you, your group, and your district think. My email is shootrmn@hotmail.com and if you put CORRECTIONS92 in the subject line my junk mail wont eat it and send it into never-never land.

Yours in service

Clint H WSEA92 Corrections chair

(continued from page 6)

From the inside

You will help me become less dependent on others and more caring and aware of myself. Also to be in control of my own living; my circumstances, my surroundings.

4. I cannot give you dreams or fix you up, because I simply cannot. *You are not going to give me false expectations or attempt to take care of my problems or fix me when I feel broken or hopeless.*

5. I cannot give you growth, or grow for you. You must grow yourself, by facing reality, grim as it may be at times.

I will grow within myself by dealing with situations as they arise; no matter how difficult they make seem at times.

6. I cannot take away your loneliness or pain.

You won't be expected to relieve my fear of loneliness or to take away the pain of growth. These are supposed to be tools of growth.

7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.

You can't read my mind or place judgment on my goals but you may make useful suggestions.

8. I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.

You are not going to "make" me believe the choices I'm afraid I'm making are all right. You'll let me choose to grow and climb over these growth issues.

9. I want to be with you and know you as a true friend, yet I cannot get close to you when you choose not to grow.

If I'm not growing within myself and in the program, you can't be a part of that.

(continued on page 8)

August 2004



1281 Main Street
Juliaetta ID 83535

Non-profit Organization
U.S. POSTAGE PAID
JULIAETTA ID
PERMIT NO. 2