

AREA TALK 92 NEWS

MAY 2005

VOLUME X, NO. 5

AREA92AA.ORG/NEWSLETTER



WHAT'S ON WSEA

Prison Officials Honor Citizen Volunteers

Congratulations to the AA volunteers who serve at the Airway Heights Correction Center. You were named the Northeast Washington State Volunteer Group of the Year at the Volunteer Appreciation Night on April 27, 2005.

Volunteer Appreciation Night is held once a year each April and is hosted by the Department of Corrections. They have a social hour with refreshments and drawings for gifts donated by the inmates and the staff at each facility.

They recognize all the volunteers who come to the various facilities in northeast Washington. There are many religious groups present but also Toastmasters, people who volunteer to teach life skills, parenting skills, budgeting etc. The volunteers are greeted by the staff and

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An Open Letter from Behind the Walls

The following is a letter from the men at The Landing Place AA Meeting at Airway Heights Correction Center:

We, the members of the Landing Place Group knew you were going to receive this well deserved award.

First we'd like to thank you for your openmindedness and understanding when listening to us share. We know about AA's Singleness of Purpose and are aware that the majority of us are more addicted to drugs than alcohol.

Although there are no words that could possibly express our Gratitude, Appreciation and Thanks for the gifts you have given us by bringing not one, but two, meetings a week, we thought we'd get as close as we possibly could. By you all volunteering your time and bringing the program to us, we've been able to

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Area 92 Officers

2004 – 2005

DELEGATE

Mike McMurtrie

TREASURER ALTERNATE

Dale Sigmund

NEWSLETTER CHAIR

Phil Medlin

DELEGATE ALTERNATE/REGISTRAR

Dave McCallum

ARCHIVES CHAIR

Mike Bare

PUBLIC INFORMATION CHAIR

Karen Kenny

CHAIRPERSON

Sharon Turner

CORRECTIONS CHAIR

Clint Hooten

SECRETARY

Woodrow Wilson

CHAIRPERSON ALTERNATE

Robin K. Ota

CPC CHAIR

Tom Shropshire

TRANSLATION CHAIR

Leo Reyes

TREASURER

Kitti Potter

GRAPEVINE & LITERATURE CHAIR

Paula Thompson

TREATMENT CHAIR

Michael Bell

AreaTalk 92 News Staff & Volunteers

Editor/Local TV News Anchor

Phil Medileven

Photographer

Len Scappon

Fact Checker

Ida Noe

Proofreaders

Dee Sleksik

Erin Spelling

Copy Writer

Adeline Moore

Subscriptions Manager

Diana Boardum

Al-Anon Coordinator

Cody Pendant

Gamblers Anonymous Liaison

Althea Andrasia

Spanish Translator

Noah Comprenday

Xtreme Makeover Experts

Hugh Jass

Bud Tuggli

Wardrobe Consultant

Natalie Drest

Footwear Consultant

Susan Shocks

Confidentiality Monitors

Donatello Nobatti

Dinah Tell

Alcoholism Assessors

Mort & Faye Tality

Depression Therapist

Annie Ting-Wong

Controllable & Enjoyable Drinking Researcher

Jason N. Illusion

Isolation Interventions

Don Boddamie

Haywood Jabuzzov

Empathy Counselors

Ella Fykaire

Enzo Watt

Disease Conceptualist

Dr. Zapinian

Identification Coach

Emma L. Kahaulik

First Step Counselors

Les Power

Kent Manage

Second Step Counselors

Reese Storr

Esther Sanity

Rigorous Honesty Trainer

Hugh Lyons-Sackish

Self-Will Awareness Coach

Rhonda Holeshaw

Third Step Counselors

Willa Gnarl-Ives

Trudy Cara Gaudt

Fourth Step Counselors

Serge Ingen Feerlis

Mora-Lynn Ventori

Half Measures Coach

Noah Vale

Chapter Five Analyst

Howie Twerx

Jaded Know-It-Alls

Ben Dare

Don Datt

Office Chair Tester

Wilma Buttfitt

Conference Agenda Items Need Home Groups' Input



It's 8:30 AM...

I just sat down on the plane that will be taking me home from the 55th General Service Conference. What a week! First things first: I want to thank you all again for the absolute honor of serving Area 92 as your delegate.

I arrived nine days ago in full anticipation of having the second-best time of my life (the first-best was my first conference a year ago). There will never be another first like that first.

This one started with a trip Friday morning to GSO where I was able to meet with the staff at there, especially my committee's secretary Rick W. I was back there again on Tuesday with the whole conference and was able that time to act as a tour guide for some of the Panel 55 Delegates.

I have some really, really good news for Area 92. I made a presentation at the Pacific Region Delegates Lunch for a bid to have a Forum in Area 92. Area 92 will host the Pacific Region Forum in Spokane in 2008.

I also attended the Remote Communities meeting and gave a very short representation on our area in respect to the definition of Remote communities. A remote community by definition is a community that is difficult reach with the message in terms of Geography, Culture or Language.

My conference committee (CPC) met a total of 3 times the first with the Trustees CPC committee so that the Delegates could talk to the Trustees on the committee and ask any questions that might be important to the discussions in the commit-

tee meetings. We opened with 3 excellent presentations by delegat-ed on the Theme of the Conference (Basics of our Home Group Recovery, Unity, and Service).

Each morning there was an open AA meeting at the Hotel to help us all stay grounded. On most mornings there was at least one of the Class A Trustees at the meeting. Monday's topic: Unity, Tuesday: Service, Wednesday: Gratitude, Thursday: Humility, Friday: Recovery.

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I have some really, really good news for Area 92. I made a presentation and put in a bid for us, and Area 92 will host the Pacific Regional Forum in Spokane in 2008.

”

See you all at one of the delegate reports. The dates and times are all posted on the area website at area92aa.org.

* * *

Flashback: It's April 23 and one week from now I will be in a meeting at the 55th General Service Conference at the Crown Plaza

Hotel, starting a daily routine all week that begins every morning at 7 AM and ends usually around 10 PM. I want you all to know just how humbled I am to have been chosen to serve you and how important this day is to all of us in Area 92. I want to also thank Dave McCallum the area alternate delegate for all the work he has done over this past year to assist me but more to assist the area. It was Dave who spearheaded the GSR school in our area. As if he didn't have enough to do as the area Registrar. Also to thank Sharon, our area chair, who fought through physical adversity and pain this past year. She has shown her great love for Area 92 and AA. And not to forget all of the other officers who have worked so hard to help carry the message in Area 92-thank you all. My experience was only enhanced by the honor of being elected to chair the Conference CPC Committee and being able to attend the January board meeting in New York. That helped me finally to put all the pieces together. I was able to participate in the discussion, was asked my opinion, and was treated with the most respect I think that could have been given an old drunk like me.

I watched as the final piece for me happened and I know now how it all fits together: how an idea from a group goes through the process to become an item on the Conference agenda. It was an exciting and gratifying event, one I will never forget.

In just a little while we go into the process that started last April

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Second Time's The Charm: Spring Assembly Impresses



Hi everyone. I just want to say thank you to District 4 for putting on the second Spring Pre-conference Assembly.

I know for myself, that this pre-conference assembly was for me, had the sense of purpose and dedication to service that I have never felt before. It started for me on Friday night; we had the largest group ever of GSRs for the orientation and then going right into the GSR workshop. I don't think I've seen a roundtable that worked so hard in addressing needs and looking for solutions. It was fun on Saturday to do the little skit on communication and everyone took it to heart from the GSRs lining up to share about their home groups, to the DCMs addressing what issues are facing their districts.

Woodrow has made the compilation of all DCM reports and this will be forwarded to the Districts shortly. Possibly, if we have time at the July quarterly we could start looking at these issues.

I think it was God inspired when Mike asked the Standing Committee Chairs to chair the portion of the conference agenda items that were being discussed. I truly appreciate our Standing Chairs and the knowledge of their committees and their sense of service truly came out during this portion of the meeting.

Then on Sunday, when Annie spoke, I found that my gratitude of being in service was again

renewed.

We received two suggestions on the preponderance format. We (the Area officers) discussed them after the Assembly, but reached no consensus. We will be looking at them again.

There were some questions on why the format of Saturday was the way it was. It was based on the sug-

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We had the largest group ever of GSRs for orientation and workshop. I don't think I've ever seen a roundtable that worked so hard in addressing needs and looking for solutions.

”

gestions that we had from last year. Last year we didn't have all the Committee reports at the beginning and the most comments we had from our first pre-conference assembly was on that one fact. By having our Area committee reports at the beginning of the day, we found out that the Translation committee saw the need of more trans-

lation unit receivers and there was a floor motion that was presented at the pre-conference Assembly, which passed later on in the day. We saw the need for these receivers for the Fall Assembly and if we had changed the agenda, we would not have been able to deal with this issue until the quarterly, possibly poll the districts to see if we could buy these units prior to the Assembly, or possibly not deal with it until the Assembly.

I know for myself, with the Standing Committee reports at the beginning of the meeting gave me insights of the committees prior to going into the Conference Agenda items.

At the pre-conference Assembly the suggestion was given to the Area officers if they wanted to meet between the Assembly and the quarterly and so in May the Area officers are getting together after the Delegates report in Moses Lake, to touch bases about their jobs in service and communicate with each other.

I'm looking forward to the GSR school in Arden in May and I am enjoying the Nelson roundup this weekend. (I'm writing this prior to the Saturday festivities). Thanks for letting me be of service and if you have any questions about the Area or if you have any comments about my service please don't hesitate to email or phone me.

In loving service, Sharon

My Most Unforgettable Experience in Nelson, BC



Greetings Area 92. I just arrived home last night after having a wonderful experience in Nelson B.C. I was invited to be the speaker at the Nelson Roundup. I was honored to be invited and said yes.

As the day drew closer to go to the roundup I began having a lot of doubt about my ability to be an effective speaker and get the message across in a way that would keep people's attention. Would I be able to relax? If I went for a laugh would it fall flat? All of those usual fears. I know it is unreasonable to put myself through that but I seem to do it anyway.

Finally Friday April 22 arrived and I was in my car and off to Nelson. I first called my sponsor and he assured me I would do fine. I had a pleasant drive to Nelson going the way of Trail to pick up a friend who was to be the Sunday morning AA speaker. We arrived in Nelson and went to the hotel. The roundup was being held at the Heritage a wonderful historic hotel in downtown Nelson. Members of the host committee warmly greeted us and I was already meeting new friends.

The Round Up was great. People were having so much fun talking and laughing and renewing old friendships. Friday night was a call up meeting followed by a variety show. The variety show was hilarious. We were treated to the

Alanon Cheerleaders who lead cheers and then each member read a personal poem about recovery. There were other dancers and singers who kept us laughing throughout the show.

On Saturday afternoon we had an AA meeting and then a service

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As the day drew closer I began having a lot of doubt about my ability to be an effective speaker. Would I be able to relax?
”

workshop on the group and the GSR. The workshop was well attended considering it was a beautiful spring day and there is lots to see and do in Nelson. I spent the rest of the afternoon window-shopping around Nelson.

Finally Saturday night and the banquet arrived. We had a delicious dinner accompanied by friendly conversation with my dinner companions. As the time for me

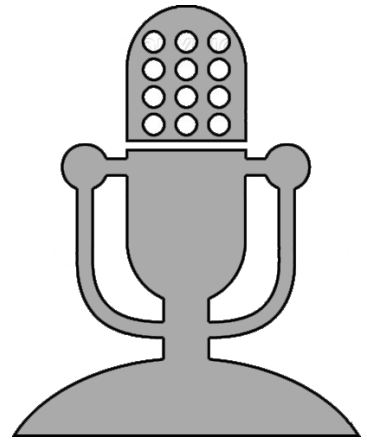
to speak approached I was getting nervous. I had made some notes and double checked to see that they were still in my shirt pocket.

My friend Sharon C. introduced me and suddenly there I was at the podium looking out at all of those wonderful faces. Some of them alcoholics, some of them alanons. It was then that I knew I could do it. That I was going to be talking about the family disease of alcoholism. Each person in that room had been profoundly affected by the disease of alcoholism in many of the same ways I had. I talked about coming from an alcoholic family. Of having a father and two grandfathers that were alcoholic. I talked about my own alcoholism and the devastation it had on my life and those around me. I talked about the joys and struggles of my own recovery.

When the time was up and I went to sit down I noticed something. People were standing and applauding just as I have for Saturday night speakers so many times through the years. I stood and joined them. We were applauding sobriety. We were celebrating the joy of recovery.

It was an experience I will never forget. Thank you all of my Canadian friends for showing this drunk the love and acceptance he was looking for in the bottle. YIS,
Dave

Host Committees Working Well As Deadlines Near



I would like to address my service as a Host Committee member. For all of you who don't already know, I am a standing committee member of all committees who will be hosting either a Quarterly or an Assembly. I am responsible to make sure the committees are on a reasonable "track" to secure a place for us to meet, food arrangements, etc. Some committees desire more close-up help, and some are more experienced and don't need much assistance.

The guidelines are for hosting are nicely laid out in the Area Handbook.

I am happy to schedule as many trips to your host committee meetings as you need; the mileage expense for my travel will come out of your seed monies, according to the handbook. It is often the case

that panic arises close to the event, and it is much more difficult for me to help you wrap up problems or loose ends in only the last week—although I will do my best. Get a good running start way ahead of time.

Please keep me informed as to how things are going on your committee (you can email or hard-copy minutes of your host committee meetings), and be vocal about whether you're needing my input or not. I am a good resource for you, and I can get records for you of previous assemblies or quarterlies (financial) to help guide you.

I would like to thank all the committees through April 2006 Assembly for all of their hard work and for keeping me updated. Everyone has been doing a terrific job!

Lastly, I would just like to express some gratitude. I am

astounded that I am still sober. On April 24 I will celebrate 4 years sober (1459 days).

It may not amaze you, but it shocks the heck out of me! From a despairing, insane, suicidal child terrorized and bound by the Four Horsemen has emerged a grateful, cheerful, floundering adult who looks forward to every day. All this thanks to the grace of a loving Higher Power and Alcoholics Anonymous. Sometimes I look in the mirror, shake my head in disbelief, and can hardly believe how blessed I am.

Thanks to all of you for safeguarding the integrity of Alcoholics Anonymous so that it was still here in all of its wisdom and beauty when I was needed it.

YIS,
Robin K. Ota

Web Team Update

The only thing I have to bring to you from the web team is in regard to the area newsletters posted on the web-site. It's a simple housekeeping matter.

At the Fall Assembly in Coeur d'Alene in October 2003, the Area passed a motion:

03.4 That the WSEA 92 Newsletter be made available on the Area 92 web site. This motion includes several guidelines including:

"6. The web site version of the Newsletter will be the same as the

hard copy version sent by regular mail."

Currently the newsletter on the web site includes the full names and contact information for all Area officers. Everything the web team could find in reference to Alcoholics Anonymous and web site anonymity appeared to counsel against placing such information on the web, even though the area web site is protected in ways that prevent the general public (including search engines)

from accessing it.

The web team members reached unanimous consensus to place the newsletter on the web site minus the page with officer information.

Technically the version on the web site would not be "identical" to the hard copy version, but we would be adhering to the guidelines on web site anonymity.

Thank you very much for letting me serve.

Robin K. Ota

DISTRICT NEWS IS ON THE AIR...



Oops! In the April issue, we forgot District 3's report. It's included this month with our apologies. Sorry Corky & crew!

DISTRICT 3 (from April)

District 3 held its first GSR workshop and it was well recieved with over 50 people attending. We had help from Area 72 in making this a successful workshop and once again solidified the wonders of AA unity... Man, what a feeling to belong to an organization that only has giving a helping hand as its sole motive! The general consensus was a good many of the GSRs who attended felt as if they could be a servant of their group's conscience. Many thanks to all who attended, and good luck to all the new GSRs.
YIS, Corky

DISTRICT 23

Greetings from our new District 23 at Lake Chelan! Since forming our own district last November, we have seen close to 100-percent representation at monthly business meetings. Our next meeting will be May 15 at noon at the Apple Cup Café in Chelan.

In recent months, we have changed the format of our birthday potluck to include a mini speaker's meeting. We still celebrate birthdays on the last Saturday of each month, but we start eating a half-hour earlier, at 5:30 p.m. Following the birthday honors, those among us with many years of sobriety take the floor for a half-hour to share their experience, strength, and hope. Starting with the May 28 potluck and continuing through the summer, our birthday gathering will be held at Chelan Falls Park.

We are also looking forward to the New Beginnings' 20th annual family campout at Silver Falls on May 20-22. New Beginnings has reserved the day-use area at the Forest Service campground. Folks may stay there free of charge in trailers or motor homes. In addition, campsites are available for a fee. A potluck is planned for Saturday night, followed by a campfire meeting. To get there, take Highway 97-Alt to Entiat Valley Road and follow Entiat Valley Road roughly 30 miles to the Silver Falls Campground. For more information, call Dian and Lupe at (509) 682-2830.

On April 16, we gathered for a campout and barbecue at Uncle Tim's resort at Echo Valley. Manson's End of the Road group sponsored the event.

Happy birthday to Marv M. (40 years in April), Larry P. (28 years in April), Dian V. (21 years in May), and Donna S. (18 years in May)!

YIS,
Laurie S.,
District 23 newsletter liaison

DISTRICT 14

We had two alternate GSRs show up and help support District 14 at the assembly and we had a Great time. I was too tired to dance after the business was done, but Scotty and I went to the spa and layed in the jacuzzi and sauna for a while.

We are having a potluck, delegate report and GSR School on May 15 at the Sandpoint Community Hall on 1st Street across from the court-

house.

We threw our hat in the ring to host the 2007 Spring Pre-Assembly at the April assembly and won the vote by a big majority! We are asking all of our GSRs to start hosting our monthly district meetings with a potluck and speaker so that it will be moving all around our district to a new town every month.

We are excited about all of the events going on for the summer season. We have three major campouts that have been going on for years, The Spring Fling at the McGilluray Campground, 10 miles above the Libby Dam on the FDR road on June 3rd, 4th & 5th, the Troy/Bonnors Ferry Combined Campout at the Yaak Campground on Highway 2 on July 8th, 9th & 10th, and the Blue Moon Campout at the Timberline Campground up Pipe Creek Rd in Libby MT on Sept 3rd, 4th & 5th.

The Libby groups are having a Recovery Dance at the J C Clubhouse on May 21st. I think it's a potluck, and the band is Michael & the Messengers.

Our district is growing; we picked up two new GSRs and a new meeting in Troy since the Assembly. I'm really excited about the changes in our monthly schedule. I'm hoping it will promote the unity and participation in service that we so desperately need.

I've asked all of the GSRs to ask their groups to host Sponsorship Workshops in their towns and I have a committee to help put these on.

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DISTRICT NEWS ...IS ON THE AIR!

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We had one in Bonners Ferry last year and everyone who attended really liked it. I feel the more of these events we can support, the stronger our district will become.

YIS Russy_v

DISTRICT 10

District 10 is alive and well and wishes everyone a Happy Sober Spring!

Everyone had a wonderful time dancing the night away at our Second Annual Spring Fling on April

2! People dressed as a specific decade, and we had prizes for the best dressed. The event brought people from all reaches of our district, and it was great to see everyone.

We had a really good turn out at the second-ever Spring Pre-Conference Assembly. There were 6 GSRs and 5 District officers present, and we felt unified as a district and at home within the larger Area body. We were very glad to be there.

Our DCM, alt DCM, 2 GSRs and one additional district officer were privileged to attend PRAASA and David D and Michelle C shared some very moving stories of their

experiences. Thank you both for taking the time to write and share about your PRAASA experiences. It spreads enthusiasm for future attendees.

Last but not least are birthdays for March:

Marv W.- 5 years, Dave S.- 5 years, Mary M.- 18 years, Robert H.- 1 year, Naya- 1 year, Jackie- 9 months, Lisa- 9 months, Dan- 1 year, Brendan- 1 year, Nancy L- 2 years, Michael C.- 9 months, Terry H- 24 years, Pam S.- 26 years.

In love and service,
Robin

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Delegate Report

2004 with the first Area 92 Pre Conference Assembly in Spokane. It came by way of a motion that lingered a long time in the Area. A Motion that was changed significantly as time went by and was changed I believe because we seem to want to take things in steps (what a concept) and the motion gave us 5 years to take the step. We voted on a simple motion that started a process that was new to us all. Right after the Assembly that October we didn't know what the new Spring Assembly was going to look like so the officers got together on your behalf to put together an Agenda that might encapsulate all the aspects that might be needed to have a first Spring Assembly.

1. First it was a Pre conference Assembly, so the first and most important segment is to help the Delegate get ready for the Conference. A slot of time was given for that.

2. Next since it was an Assembly and the nature of an assembly is to

vote on motions that have come to the assembly. These motions come as a result of the system we have in place currently where the groups send their request via the DCM or come to the Area Quarterly with their motions to be voted on and passed on to the next voting assembly. So now we have 2 voting assemblies.

3. Next we had to do all of the other things that we are required to do per motion which is have Standing committee panels on Friday night, GSR, DCM roundtables, Standing GSR DCM and committee reports, and we had to get bids for this Assembly.

Eventually an Agenda was formed and last April we started with #1 of 5 in the experiment. Almost immediately there were comments that we didn't devote enough time to the Conference Agenda portion of the Assembly. Partly that was my fault I didn't realize the time that might be needed. Immediately after the Assembly we looked at the comments and made planned adjustments to this Assembly. As a result the Conference Agenda portion this

year will be longer. There will be more participation from the Standing committee Chairs. The chairs will in turn introduce the Agenda Items and start the discussions. The Standing committee chairs also had time last night to meet with the GSR's and whoever wanted to join them.

In some Areas like 79 BC Yukon and South Dakota the conference agenda is sent to the standing committee chairs and they are totally responsible for the distribution of the Agenda to the Area. The chairs condense the material and background for discussion at the Pre Conference Assembly. One Area in California (CNC) assembles all of the Area officers and in one marathon session breaks down the Agenda and background into summaries those are the summaries you have here today we put them out last night for all to study for today. We have permission from that area to use their summaries. Other areas do like we do; sending choices made by the Delegate to the DCM's whose job is to get it out to the groups in their

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Area Treasurer

What Flows In Must Flow Out

Hi everyone, I am an Alcoholic and my name is Kitti. Not much has happened since the April Assembly. Upcoming events for me are, to attend the delegate report on May 21st @ Moses Lake Washington. Then it's on to the July Quarterly.

I would like to take this time also to remind the groups to send their donations to the following address: WSEA92 P.O. Box 354, Yakima WA, 98907.

Here is what has transpired since my last report. Cash Flow - 4/1/05 through 4/23/05

WSEA 92 Inflows	927.83
Seed Money Assembly Quarterly	1,000.00
TOTAL WSEA 92 Inflows	1927.83

Alt-Chairperson	57.93
Alt-Delegate	97.45
Alt-Treasurer	62.00
Archivist	253.57
Assembly Seed Money	380.00
Chairperson	292.25
Corrections	246.15
CPC	257.19
Delegate	802.49
GVL	208.07
Newsletter-expense	237.18
Officer Lodging	1,163.06
Officer Registrations	150.00
PI Chair	170.88
Quarterly Seed Money	300.00
Secretary	354.45
Translation Chair	222.60
Treasurer	146.39
Treatment Chair	251.95
Website	240.00
TOTAL WSEA 92 Outflows	5,893.61
 OVERALL TOTAL	 -3,965.78

Yours in Service,
Kitti Potter Area Trusted, I hope so, Servant

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Volunteers of the Year Award

superintendents of each facility and the area Director of Corrections.

There is an award for a volunteer group and an individual volunteer for Pine Lodge Pre-Release and one for Airway Heights Correction Center. The group and volunteer are chosen by the volunteer coordinator for each facility with input from other staff.

Other groups that have been recognized are religious groups. The individual volunteers recognized last night were a lady who teaches women at Pine Lodge about mothering skills and an individual from a religious group who works with offenders at Airway Heights teaching them crafting skills.

It's my hope that people reading the letter will think about volunteering to carry the message into the prisons. The inmates cannot have a meeting without an outside sponsor, and they really do benefit from the efforts to bring meetings in. I know that I have learned more from them than they have learned from me. These people have not had all the opportunities I've had. Some will never leave the facility but it is so wonderful to see them "come, come to, and then come to believe."

If you have ever wondered why anyone would go into a prison, you have your answer. The gifts we have received as volunteers by knowing the people behind the walls are priceless.

A heartfelt thank you to all the volunteers for their efforts and to the people inside who keep carrying the Message to all who still suffer.

Karen M.

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Delegate Report

districts. Some Areas do not send it out at all. I don't know how they would get an Area Conscience. Maybe we could discuss sometime how we get the background and if it works for us or if we want to make a change. I think that the Delegate whoever it is will be willing to do what is in the best interest of the Area and follow the wishes of the Groups. I know that each time I have had a request I have taken it to Sharon who has been very responsive to any request. Maybe we could do some kind of strange thing here in the Area and follow the lead we had at the last assembly to make adjustments that make sense without having to have a motion for every move we make during the 2 rotations specified in the motion.

I will attend the Remote Communities Meeting where the topic of discussion is about carrying the message to remote communities. A remote community is defined as "Any Community to which it is difficult to carry the AA message because of geography,

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R&R (Resentment and Relapse)

Resentment has been one of my major relapse reasons from Day One.

Subconsciously, I was very resentful toward the people are privileged enough to not have a problem with alcohol. I like to say I don't have that same resentment anymore but I would be wrong. What really helps me deal with that I "I own my part in all the things that happen around me ". It doesn't stop all my resentments but it helps me accept them better.

At one time I resented my daughter for not learning that she has inherited my dysfunction with alcohol. I would bail her out of trouble all the time.

Today I don't do that. She had a relapse last year and her significant other asked me to help out with money and I said "no." Her S.O. resents me because I wouldn't help but I know that I can only own my own part. I could carry the message but not the alcoholic. In time, he understood that.

I am glad she is back in recovery and her friend is finally owning his part of her problem and he is not responsible for her problems. He may resent me but he doesn't resent her.

I believe time will heal his resentment toward me and he will start writing soon, and if he doesn't that's his stuff.

John

I Need the Meeting

Today I am sitting in the Landing Place AA meeting. Believe me! I just don't want to be here. John just don't give a crap today! That's why I am here in the meeting. I need to hear why I am I the program of recovery.

Maybe today I am self-centered. I don't like things that are going on.

My sponsees aren't doing what I think they need to do to stay sober.

My family isn't doing what I think

they should do. I don't like my job. I don't like lunch. I am too fat. The world stinks!

Poor Me. WAAAAAA! Sometimes I REALLY NEED A MEETING TO WAKE ME UP.

I am one hour into the meeting and I am starting to feel better about life on the inside. How are you on the outside?

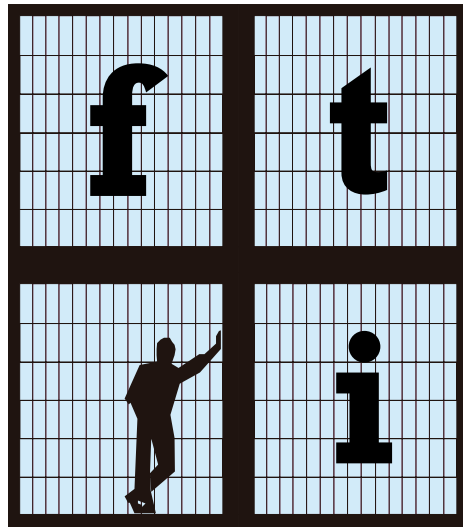
I need to give it away and not expect anything back. I need to give it away to keep the gift of sobriety. I don't want to be self obsessed, selfish and self-centered. Those traits are not the way to share recovery.

I think we need a "little self-obsessed" or "a little selfishness." We balance our manageability in our recovery.

AA meetings help me do that! Today I do what I need to do to stay sober.

Go to meetings. Get a sponsor. Work the 12 steps.

Big John Rabbi



Listen and Learn

Jealousy is a serious defect in my life. "The grass is always greener on the other side of the fence."

I think with me, I am jealous of the person that can drink only one or two drinks and take two to four hours to do it. I can't! I drink the first drink. BAM I am looking for the effect. But I never stop and there I go over doing myself. Then my good thinking brain goes numb. When that happens, the other part of my brain takes over and I am one loose screw. I do stuff that normal people don't do.

I have a good amount of recovery time and I have a double date some people are jealous of. Hey, I've been doing AA and al the other recovery groups for years. I had many hard bumps along the road through the years.

FROM THE INSIDE STORIES OF RECOVERY THROUGH THE PROGRAM OF ALCOHOLICS ANONYMOUS IN CORRECTIONAL FACILITIES

I know many people who didn't get their recovery. They knew they couldn't do all the alcohol and act okay so they stopped.

They found a sponsor. They went to meetings and worked the steps while sponsoring people in recovery.

It works if I work it!

Can't make a meeting? Plug in a tape!

Have a meeting on the road. Plug in a speaker tape by Joe and Charlie.

Hear a lot of great recovery. When you are all alone, you're not if you plug in an AA tape.

Sometimes I find the need to just listen in a meeting! Yes, I like to talk in meetings and share all my great wisdom. I really don't like to be in the limelight. Ha Ha Ha! I myself can't stand the quiet in meetings so I need to talk and talk and talk some more.

Sometimes I sound like I'm preaching AA. That's where I got my nickname "RABBI". I can thank my good, good friend Old Henry.

I've had many of stand offs not speaking for the long term of a whole three minutes I many meetings. In my early days, I always felt each time a person shared, they needed to hear what I had to say about what they had just said.

After many years, though, I finally figured out I needed to listen. Now I go to a meeting, listen and I can get what I need. I listen to other AAer's one-on-one, or I just plug in a tape!
Anonymous

Too Old to Try

At my home group the other day, we tried a new grab-box style. Each one of us wrote a question about AA or recovery and put it in a box, then mixed it up and randomly passed it about and picked one.

I got "Do cravings go away?" For

me, no! The will not to indulge is a gift from AA groups.

Some said their Higher Power has taken the craving away. I don't think so.

Like I said, recovery is an ongoing process. If the thought of drinking or the craving is gone, I think I'm cured. Sorry but I believe I will never be cured. The craving is there to remind me that I am an alcoholic. If my thoughts are that there is a cure for this, I'm in trouble.

The Big Book says the craving will subside. OK, but I will ever be cured. Oh, yes, it also said alcoholism is a progressive disease. That means if I drink, again, it will be the same as if I never stopped.

For anyone who thinks the cravings are gone, you're welcome to go out and try it again. As for me, I tried it a different way and switched addictions and found out the hard way. I'm back in prison for the third time and the 15 year stretch. I'll be 59 years old when I'm released.

"Too-old-to-try-it" age.

Seeing my words in black and white in the newsletter gives me a sense of belonging to and being a part of something great. It's a legacy in a way. I am in the archives of AA.

When I am gone, someone will read my words and maybe the words will keep someone sober for another day, maybe even save someone's life. That's action; doing my part; knowing I am on the right track. It shows me where I am in recovery.

One way to look at it is: I'm talking to myself when I write, telling myself where to go and inspiring myself to keep going.

Guys that write something for the newsletter look forward to seeing the newsletter when it arrives. They willingly search and scan the paper for their words. They show their friends that they brought to the meeting with a proud smile.

Their friends read it and I can see the inspiration in their faces.

I'd like to ask those who read my words to consider writing an article so we can read your words.

Thank you for my sobriety.

John J.

The Other Twelve Steps

The Twelve Traditions are the other steps in recovery, I think. WE, the Landing Place AA brothers are doing a book study this year 2005.

We did Tradition One today. What a great meeting we had. I think the Traditions are about giving it back; taking care of the group as a whole. To be part of something is a Tradition for man and woman. The Traditions make it possible for the group of people to function when we are dysfunctional I life.

If your group is having disagreements, maybe you could consider a one day a month book study on the Twelve Traditions. I'm glad we did.
Rabbi

(continued from page 9)

Delegate Report

language and culture." Area 92 has three of the definitions inside our boundaries. Geography is a challenge in many of the districts-long distances and some bad roads. We have a large population of Spanish speaking members, and several Native American reservations within the area. How are we as an area dealing with those issues? Some areas have started committees to look into these questions. We have a start with our translation committee.

The Pacific Region will have a Hospitality room at the International Convention. We have drawn the time segment from 8:00 AM - Noon on June 30th to provide members to greet and meet. I would like to get a list of names of people who will be attending the Convention who will help us to make the Pacific Region Hospitality room a warm and friendly place. We know how to do that just ask anyone who was at the last PNC where we had an excellent time.

(continued on page 12)

(continued from page 1)

Open Letter from the Men of Landing Place

find a Higher Power; and there were those of us who were so confused, bitter and angry in that area. Today we are not. For that, we thank you. As a result we have been restored to Sanity and there were those of us who were so insane we were dangerous to ourselves and others. Today we are not. Now we're just ridiculously comical. So much so, we are able to laugh at ourselves today. For that, we *really* thank you! Today we are able to turn our will, and our lives, over to that Higher Power you helped us find and better understand. For that, we also thank you.

As a result of these Gifts, we've been able to face our fears. Many of us feared the Fourth and Fifth steps and were scared to death to do these, but your examples showed us we could do it. So we did them and

the promises started to come true, which was the turning point, both in our lives and, most important, I our minds. For that, we thank you.

We followed through with the remaining steps and were able to work on cleaning up the wreckage of our past. Some of us have been reunited with our families, who now love us and believe in us. We've learned that we must pray and there were those of us who never would have thought of such a thing. Now

we seek our Higher Power's Will. Not our own. We try to help others with the battles and fears we once had.

These meetings are our Saving Grace, our Sanctuary. They help keep us Spiritually fit. *Please Keep Coming Back!*

With Love and Respect,

*The Members of the
Landing Place Group*

(continued from page 11)

Delegate Report

o All of the panels 55 Delegates have been assigned to their committees. Last year the CPC exhibit with staff participated in 54 exhibits to professionals and so far has scheduled 35 exhibits for 2005

o The AA service manual along with the 12 concepts for world service has been added to the GSO web-

site.

Now I look forward to hearing the group's conscience and taking that conscience to NY and having you through me be a part of AA as a whole, and then coming back here to share that experience with all of you, and I hope that we take some time during the day later to schedule some Delegates reports. God has given me more than I ever could have imagined. Thanks,
In Love and Service,
Mike

AA CROSSWORD

There is a solution!

*Here are the
answers to last
month's crossword
puzzle*

A	G	A		F	O	P		G	A	F	F	E
C	O	B		E	D	O		O	L	E	I	N
M	A	E	N	A	D	S		S	E	R	F	S
			T	A	R		I	S	H		I	T
A	R	T	Y		S	E	P		T	A	H	R
B	Y	E		D	E	S	I	R	E			
M	A	D	R	A	S		R	E	N	E	G	E
				A	R	A	B	I	C		V	A
S	E	L	F		M	A	T		F	A	R	E
A	M	A		L	E	T		A	D	S		
C	A	R	G	O			M	A	L	A	I	S
K	I	R	O	V			A	B	A		V	L
S	L	Y	P	E			N	C	R		E	A

Washington State East Area 92 April Pre-Conference Assembly Richland, WA April 8-10, 2005

Results of Voting on Motions

Change Procedures for Processing Motions

That WSEA92 change its procedure for processing motions in the following manner, throughout the remainder of the 5 year period of motion #2003.2. To have all motions processed at our two Assemblies only, eliminating the quarterly system of processing motions. Our two Area Committee meetings(quarterlies) will no longer process motions. A motion will take 6 months to process and will go from Assembly to Assembly, giving the home group plenty of time to discuss and get background for each motion. However, the Assembly may, with a substantial unanimity vote, decide to pass or fail a motion at an assembly if the body found it necessary. OCTOBER FALL ASSEMBLY: motions from April Spring Assembly would be voted on. New motions presented and passed on to the April Spring Assembly.

This motion was carried over from the October 2004 Assembly. It FAILED.

(The following motions are from the April Pre-Conference Assembly.)

Delegate's Expenses for Board Meeting

That WSEA 92 add a line to the Delegate's expenses to include a line for reasonable expenses, not to exceed \$200, "if" the Delegate from WSEA 92 is elected to a Chair position at the Conference and will be required to attend the January Board meeting representing WSEA 92 and AA as a whole.

This motion PASSED.

Methods of Identifying Officer Candidates

That we eliminate the roll call procedure for the election of our conference Delegate and Alternate Delegate and adopt the following qualifications to serve as Area 92 Delegate. Before balloting starts; the chair shall ask all those in the body who meet the suggested qualifications to stand; the chair will then ask that of these members with the time and energy available and willingness to serve to please remain standing; the A.A. members still

standing will be the roster for the election. Each individual's name (suggest full names) and district shall be read aloud and written on the board. The election will begin using the 3rd legacy procedure. Nominations will not be accepted from the floor. The qualifications will be the same for the Alternate Delegate.

Suggested WSEA 92 DELEGATE QUALIFICATIONS*:
o Has served as General Service Representative(G.S.R.)
o Has served as District Committee Member(D.C.M.)
o Minimum 5 years of continuous sobriety, which includes active participation in local and area affairs.
*FOR COMPLETE LIST OF QUALIFICATIONS REFER TO THE A.A.SERVICE MANUAL, PP.S45-S46.

This motion FAILED.

Specification of When Motions Take Effect

That Area 92 add a line in the handbook that reads: "All motions not specifying the time they will take effect, will, if passed, take effect at the end of the assembly."

This motion PASSED.

Create Handbook Committee

That WSE Area 92 add a permanent, rotating, non-funded handbook Committee under the responsibility and appointment of the Area Secretary. This Committee would be made up of the Area Secretary and 4 A.A. members. The Committee will be responsible for keeping the Area Handbook updated.

This motion PASSED.

Purchase Translation Receivers

That WSEA 92 purchase 10 more translation receivers for the Translation Committee for use in translating for all Area 92 functions. (Floor Motion)

This motion PASSED.

The Phone Call You *Haven't* Heard!

Hil! So you went to your first pre conference assembly. What did you think? Did you like it? Yes, it does look like the October assembly except for the General Service Conference part. Why did we vote to have a second assembly? So we could all get together in one room and let our delegate know how we think an agenda item should be handled at the General Service Conference. We used to have pre conference workshops in several different locations and the delegate would travel around and listen to the different groups share on the General Service Conference agenda.

Why didn't that work? Well, actually it did work fairly well; it just wasn't the best we could do. Remember that Bill W. said that sometimes good is the enemy of the best. It took a lot of time and energy away from the delegate when preparation for the conference was the first priority. Even more important, the delegate had to listen to several different group consciences and try to determine if they had all been together, heard all of each other's ideas, would the conscience have been the same. Oh, that comes from Tradition Two where it talks about enough discussion to allow a higher power to disclose himself in our group conscience.

You say you got tired after dinner? I know. I think everyone gets tired after dinner. Yes we did have more business after dinner, our area motions. Did your home group talk about the area motions before you came to the pre conference assembly? Great! Did that help you when it came time to have discussion? Did you participate in the discussion?

Yes, everyone is scared the first few times they get up and talk about a motion. However, if you write down what you are going to say and read it at the microphone, or make some notes, it takes away a lot of the fear. Pretty soon, you will be able to go to the microphone and say what you have to say and feel pretty comfortable doing it.

Why are we addressing area motions at a pre conference assembly? There are lots of opinions about that. Many people believe that we should not do area motions at the pre conference, and as many people believe we should do area motions

“

Did your home group talk about the area motions before you came to the pre conference assembly? Great! Did that help you when it came time to have discussion?

”

at the pre conference assembly. Which way is right? That is for the area as a body to decide.

No, the service manual does not talk about area motions. Rather, it talks about the spiritual principles of doing the business of AA at all levels and makes the process very clear. Robert's Rule's of Order? Yes you are right. We use a loose version of that

document. When I was a delegate, that statement about using a loose version of Roberts Rules of Order was in my delegate package. When I got to the conference, I asked the Chairman of the board, the General Manager and the conference coordinator what that meant. Their answer to me was that we have to have a way to put a motion on the floor. So we use the motion process including a second from that document. We also use the “call for the question” process. From there, we pretty much leave Robert behind and use the spiritual principles of AA.

The Spiritual Principles? Well you could start by studying the 12 Traditions. Then, you could study the 12 Concepts. By yourself? Only you can answer that. In my case, I did it with someone who had done it with someone else and had actually utilized it. Why? Well, my magic alcoholic mind likes to interpret. I wanted to know what was really there, not my interpretation.

I'm so glad you called. I think it's great that you left the pre conference assembly with a sense that you had participated in something larger than your home group and that you are beginning to understand about AA as a whole. That is a big step in General Service.

October election assembly? Yes, I'll be there, will you be there? Well, this is where you get the opportunity to elect a delegate from area 92 to go to the General Service Conference. Yes, we elect the rest of the area officers also. Why don't you call again as we get closer to October and we can have a little chat about elections and how we do them in AA.?

Bye for now, see you in October!

Charlotte I.

Area Archives: “A hotbed of activity!”

Hello area 92. Mike here, your alcoholic archivist.

On March 19th, the area archives held a workshop in post falls, Idaho. District archivists from 8 districts, 2 steering committee members, and a few interested members were in attendance. We held sessions on taking personal and group histories, proper procedures in book covering, and the video “markings of a journey” was shown. There were numerous ideas and helpful hints exchanged and I felt the workshop was a great success.

I would like to thank district 8 for hosting the event. They did a great job. For those of you that were unable to attend, we will be planning another workshop sometime in the near future. If your district would be interested in hosting this, please contact me.

On April 8th, 9th, and 10th I attended the WSEA 92 spring assembly held in Richland, Washington. I displayed the traveling archives and also met with the steering committee on Friday night. The committee discussed setting the guidelines for the committee and will try and have them completed by the October assembly. The assembly went fairly smooth and we actually completed all of the area business on Saturday evening.

On April 29th, 30th, and may 1st, I will be attending the inland empire round up in Richland. I will have the area archives on display and I hope to see you all there.

Other upcoming events will be the combined quarterly in Chelan,

wash. Flyers should be coming out on this in the very near future. In September the archives will be conducting a workday at the archive repository in Pullman, Washington. The time and date will be announced soon. I hope all of the district archivists and anyone else interested will plan on attending these events.

The last item I have to discuss concerns the three (3) openings that will be available on the steering committee beginning in January 2006. The term for these positions is four years. The committee consists of six members along with the area archivist. This committee is a non-funded committee and as most of you know, was newly organized in 2004 to help the area archivist with maintaining the archive records and the upkeep of the repository.

Currently, the steering committee meets at the spring and fall assemblies to discuss business pertaining to area 92 archives. It would also be helpful, but not mandatory, if the new members could be available at the archive quarterlies, and WSEA 92 quarterlies. Anyone that is interested in being on this committee, please send me a brief resume prior to the October assembly. My address is listed in the area handbook and also appears each month in the area newsletter.

Well, that's all I have to report on for now. Thanks for letting me be of service to you.

Mike Bare
WSEA 92 Archivist

Points (not?) Worth Pondering

The problem with some people is that when they aren't drunk, they're sober.

—*William Butler Yeats*

Reality is an illusion that occurs due to lack of alcohol.

—*Anonymous*

When I read about the evils of drinking, I gave up reading.

—*Henny Youngman*

I'd rather have a bottle in front of me, than a frontal lobotomy.

—*Tom Waits*

To beer: the cause of, and solution to, all of life's problems.

—*Homer J. Simpson*

If you ever reach total enlightenment while drinking beer, I bet it makes beer shoot out your nose.

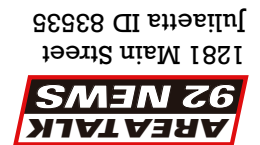
—*Deep Thoughts,
Jack Handy*

To some its a six-pack, to me it's a support group.

—*Anonymous*

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