

Preamble of A.A.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol - cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power - that one is God. May you find Him now!

Half measures availed us nothing, we stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We Admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a. That we were alcoholic and could not manage our own lives.
- b. That probably no human power could have relieved our alcoholism.
- c. That God could and would if He were sought.

The Twelve Traditions of A.A.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
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.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The Promises of A.A.

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. The feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*GOD, Grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the difference.*

www.district46aawa.org

District 46, PO Box 484, Anacortes WA 98221

UPCOMING EVENTS

Check [District 46 new & upcoming page](#) for further information

Corrections Quarterly June 19th, 9:30am-2pm

WWA 72 Trusted Servants Google Workshop June 19th 9-11am

"Online only" round table meeting June 19th 4pm-6pm

Regla 62 Speakers meeting (with interpretation) 7:30-8:30pm

Pacific Northwest Conference June 26th-28th

Next District meeting July 17th, 2021 9:30-11:30am

District 46 Trusted Servants:

DCM

Michele M: 360-969-0236
dcm46@area72aa.org

Alt DCM

Tim W.
altdcm46@area72aa.org

Schedules

Danielle E. 360-320-7255
schedulesdistrict46@gmail.com

Legend

BB: Big book Study
Bday: Birthday Meeting
YP: Young Persons
ABS: As Bill Sees It

O: Open Meeting (for anyone)
12 and 12 (12s): Step Study
NC: New Comers Meeting
1-3rd Sat. 7:30 speaker meeting

C: Closed Meeting
W: Women Only
M: Men Only
CL: Candle Light

2- 2nd Thursday Speaker
Last Thursday bday meeting

ALCOHOLICS ANONYMOUS

District 46

June/July 2021

North & South Whidbey,
Fidalgo Island,
and the San Juan Islands

Call 888.360.1564

www.district46aawa.org

Grupos De La Oficina Intergrupo
Hispana Area Norte Distrito #57
425-905-9260 Español


| GROUP NAME & ADDRESS | PHONE | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|------------------|---------------------------------|----------------------------|-----------------------------------|--------------------------------------|---|------------------------------|--------------------------|
| COUPEVILLE/TAPEVINE GROUP ZOOM ID: 869 0409 6255 PW:142987 | 360 914-0798 | 7:00 pm C Bday (last) | | | | 7:00 pm O, OT | | |
| OAK HARBOR GROUP https://us02web.zoom.us/j/726891419 Meeting ID: 726 891 419 password: unity Dial by your location: +1 253 215 8782 US (Tacoma) Meeting ID: 726 891 419 phone PW: 390082 | | | | | | | | |
| OAK HARBOR GROUP * HYBRID see F2F schedule • https://us02web.zoom.us/j/2940061845?pwd=ZHVNOQy9XOTNNUVdobnJlYkRlRHpFdz09 • Meeting ID: 294 006 1845 • Phone #: 253-215-8782 Password: 790238 | | 12:00pm O | Noon,O | 7:00-8:00am 12:00pm O | 12:00pm O 6-7pm Biz | 7-8:00 am 12:00pm O 7:30pm O | 12:00pm O 7:30-8:30pm | 12:00pm O 7:30-8:30pm |
| "THE ROOM" **HYBRID see F2F schedule ZOOM ID:263 284 567 PW: PHOENIX | 360- 320-7255 | | | 6:00pm O BB | | 6:00pm O, | | |
| CLINTON GROUP **IN PERSON OR ONLINE | 888 360-1564 | | 7:30pm O,OD | | | | | 2nd Sat O 6:00pm |
| PIONEER GROUP ZOOM: 437 150 761 NO PASSWORD | 888 360-1564 | | | 7:00pm O | | | | |
| LANGLEY GROUP https://us02web.zoom.us/j/726891419 Meeting ID: 726 891 419 password: unity Dial by your location: +1 253 215 8782 US (Tacoma) Meeting ID: 726 891 419 phone PW for phone ins: 390082 | 888 360-1564 | 12:00pm, O 6:00-7:00pm, O | 12:00pm O 6:00-7:00pm O | 12:00pm O,BB 6:00-7:00pm, O | 12:00pm12s 6:00-7:00pm O, | 12:00pm O 6:00- 7:00pm, O | 12-1:pm, O 6-7:00pm, O | 12-1pm, O 6-7:00pm, O |
| LANGLEY GROUP (womens mtng) Zoom ID: 220 855 2951 No Password | | | 10:00am O,W | | | | | |
| LANGLEY GROUP(womens mtng) ZOOM ID:708 616 4346 No PW | | | | | 6:00pm C,W | | | |
| THURSDAY MEDITATION MEETING ZOOM ID:708 616 4346 PW: sober | 541 954-6549 | | | | | 6:00pm O | | |
| ANACORTES GROUP ZOOM ID:543 551 4742 PW:963963 | 888 360-1564 | 9:00am O | | | | | | |
| RISE-N-SHINE GROUP https://us02web.zoom.us/j/4917294771?pwd=Zm00RzZtZCtDRlMnNEEdVpT1Y5eFZEdz09 Meeting ID: 491 729 4771 Passcode: 325551 | 360 708-7108 | | 6:30am O | | 6:30am O | 6:30am O 12 and 12 | 6:30am O | |
| FIDALGO GROUP Meeting ID # 317-222-0966. Password is: 181103. Dial In: 1-253-215-8782 Margo (907) 321-3262 for info: Women's Meetings Wednesday 10:00 am. Meeting ID 803 554 593 (1 1/2 hr), Thursday 5:30 pm. Meeting ID 948 764 212, PW Fidalgo. | 888 360-1564 | 6:00pm O | 12:00pm O 7:00pm O | 12:00pm, O 7:00pm C | 10:00am C,W 12:00pm O 7:00pm O | 12:00pm, O 5:30pm C,W 7:00pm O, 2 | 12:00pm, O 7:00pm C | 12:00pm C 6:00pm O,NC |
| RAVEN GROUP Meeting ID 543 551 4742 Please call (510) 519-8221 to get password | 360 708-4097 | 9am | | 5:30pm O | | | | |
| NORTH OF 12TH Conference call 857-799-9325 | 360 770-5635 | 7:00pm O, BB | | | 7:00pm O, 12 and 12 | | | |
| SATURDAY MORNING SOBRIETY https://global.gotomeeting.com/join/427249933 smart phone "Go to Meeting" app, Access Code 427-249-933 direct dial 1(786)535-3211, Access Code: 427-249-933 | 360 770-5635 | | | | | | | 8:00am O |
| LOPEZ ISLAND GROUP Email for meeting information: aalonlopezisland@gmail.com | 360 770-2524 | | 7:00pm O, BB | | 2:00pm C,W | | | 12:00pm O |
| EASTSOUND GROUP https://us02web.zoom.us/j/9084782004 Meeting ID: 334 686 661 One tap mobile: +16699006833,,334686661#,,#1212# | 360 376-4522 | 5:30pm O,BD | 5:30pm | 5:30pm, C,W 7:00pm C,M | 5:30pm O,12&12 | | 5:30pm O,ABS | 8:00am, O 5:30pm O |
| FRIDAY NIGHT OLD GROUP https://global.gotomeeting.com/join/815287261 Smart phone: Go To Meeting app, then Access code 815-287-261 direct dial in 1(646)749-3122 . Access Code 815-287-261 | 888 360-1564 | | | | | | 7:00pm O 1.5 hrs | |
| SATURDAY MORNING REFLECTION STUDY https://global.gotomeeting.com/join/427249933 smart phone "Go to Meeting" app, Access Code 427-249-933 direct dial 1(786)535-3211, Access Code: 427-249-933 | | | | | | | | 8:00am C |
| SUNDAY NOON FIRST STEP- Group #000175780 on-line https://global.gotomeeting.com/join/770961749 Access Code 770-961-749 direct dial 1(872)240-3412 same Access Code above | | 12:00pm O,1st step | | | | | | |

**DISTRICT 46
WASHINGTON**

F2F MEETING SCHEDULE

2021

All meetings are 1 hour long unless otherwise stated

| GROUP NAME & ADDRESS | PHONE | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|------------------|--------------------------|-----------------------|-----------------------------|---------------------------------------|--|------------------------------------|---------------------------|
| BLUE BOX GROUP Southern Baptist Church 50 SW 6th Ave, Oak Harbor | 360 672-1763 | | | 7:30 pm BB, C | | | 7:30 pm C,SPK, 1st, IS, O, 2 | |
| COUPEVILLE/TAPEVINE GROUP See virtual schedule | 360 929-4146 | 7:00 pm C Bday (last) | | | 7:00 pm O, OT | | | |
| FIRESIDE (summer only) Meeting closed | 888 360-1564 | | | | | | | |
| OAK HARBOR GROUP **Hybrid see virtual schedule  Oak Harbor AA Hall 350NE 7th Ave Oak Harbor Noon and 7:30 meetings are 1.5 hours Mon-Fri | | | | 7:30pm O | 7:30pm O | | 7:30pm O 10:00pm O,CL | |
| *"THE ROOM" Hybrid see virtual schedule Christian Reformed Church 1411 Wieldraayer Rd Oak Harbor | 360 320-7255 | | 6:00pm O | | | | | |
| CLINTON GROUP St. Peters Church 6309 S Wilson Clinton | 888 360-1564 | | 7:30pm O,OD | | | | | 2nd Sat O 6:00pm |
| COMFORT ZONE LGBTQ/FragranceFree Langley United Methodist Ch. 301 Anthes Ave Langley | 360 320-5133 | | | | | | | 9:30am O 1.5 hrs |
| PIONEER GROUP Trinity Lutheran Church 18341 STATE RT 525 Freeland | 888 360-1564 | | | | | | 7:00pm O | |
| LANGLEY GROUP **Hybrid see virtual schedule Langley Fellowship Hall 432 2nd Street Langley | 888 360-1564 | 12:00pm O 8:00pm O | 12:00pm O 8:00pm O | 12:00pm O, BB 8:00pm O | 12:00pm 8:00pm O | 12:00pm O 8:00pm C | 12:00pm O 8:00pm O, CL | 12:00pm O 8:00pm O |
| SOUTHWHIDBEYEMEN'S STAG See virtual schedule | | | 7:00pm O, M | | | | | |
| THURSDAY MEDITATION MEETING See virtual schedule | 541 954-6549 | | | | | 6:00pm O | | |
| ANACORTES GROUP *HYBRID See virtual schedule Cafeteria At Dakota Creek Shipyard 301 Q St Anacortes (enter at 3rd and Q) | 888 360-1564 | 9:00am – 10:15am O | | | | | | |
| RISE-N-SHINE GROUP **See virtual schedule Westminster Presbyterian Church 1300 9th St (enter by side door on M Ave) | 360 708-7108 | | 6:30am O | | 6:30am O | 6:30am O 12 and 12 | 6:30am O | |
| FIDALGO GROUP See virtual schedule Salvation Army Building 30Th and R Ave | 888 360-1564 | 6:00pm O | 12:00pm O 7:00pm O | 12:00pm, O 7:00pm C | 10:00am C, W 12:00pm O 7:00pm O | 12:00pm, O 5:30pm C, W 7:00pm O, 2 | 12:00pm, O 7:00pm C | 12:00pm C 6:00pm O, NC |
| RAVEN GROUP Social Service Building 17337 Reservation Rd LaConner | 360 708-4097 | 9:00am O | | 5:30pm O | | | | |
| NORTH OF 12TH Conference call see virtual schedule | 360 770-5635 | 7:00pm O, BB | | | 7:00pm O, 12 and 12 | | | |
| SATURDAY MORNING SOBRIETY Temporarily closed | 360 770-5635 | | | | | | | 8:00am O |
| THE WAY OUT **Please call number for location limited attendance | 360 421-3916 | | | | | | 7:00pm O Fellowship 6:30 | |
| LOPEZ ISLAND GROUP See virtual schedule Lopez Island Family Resource Center 23 Pear Tree Lane | 360 770-2524 | | 7:00pm O, BB | | 2:00pm C, W | | | 12:00pm O |
| EASTSOUND GROUP See virtual schedule Episcopal Church (Benson Hall) 242 Main St Eastsound | 360 376-4522 | 5:30pm O, BD | 5:30pm | 5:30pm, C, W 7:00pm C, M | 5:30pm O, 12&12 | | 5:30pm O, ABS | 8:00am, O 5:30pm O |
| FRIDAY NIGHT OLD GROUP St. David Episcopal Church Basement 780 Park Street | 888 360-1564 | | | | | | 7:00pm O 1.5 hrs | |
| SATURDAY MORNING REFLECTION STUDY Above Lime Kiln Cafe (Westside Entrance) Roche Harbor Resort Friday Harbor | 888-360- 1564 | | | | | | | 8:00am C |
| SUNDAY NOON FIRST STEP San Juan Island Library 1010 Guard St Friday Harbor | 888-360-1564 | 12:00pm O, 1st step | | | | | | |
| THESE FRIDAY HARBOR MEETINGS ARE AT: 425 PRICE STREET, FRIDAY HARBOR | | | | | | | | |
| SHIVERING DENIZENS BIG BOOK STUDY GROUP | 888-360-1564 | 4:30pm O, BB | | | | | | |