

Preamble of A.A.

Alcoholics Anonymous is a fellowship of people 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 for 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 made 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. A 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 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

- Pacific Northwest Conference — June 24-26**
- Area Assembly – Oct 7,9**
- GSR University — May 29**
- Corrections Workbook Study – May 28**
- Senior Outreach – May 31, June 7, June 21**
- Next District meeting – June 18**

Websites:

- District 46: www.district46aawa.org
- Area 72: www.area72aa.org
- Alcoholics Anonymous: www.aa.org

District 46 Trusted Servants:

- DCM Michele M: 360-969-0236
dcm46@area72aa.org
- Alt DCM Tim W.
altdcm46@area72aa.org
- Schedules Mike A.
mantrim201@gmail.com

LEGEND

- O: Open Meeting (for everyone)**
- C: Closed Meeting (alcoholics only)**
- W: Women only M: Men only**
- BB: Big Book Study 12X12: Step Study**
- Bday: Birthday Meeting**
- YP: Young Persons ABS: As Bill Sees It**
- NC: Newcomers Meeting CL: Candle Light**
- GV: Grapevine**

ALCOHOLICS ANONYMOUS

District 46 Schedule

May-June 2022 (rev 5-17--22)

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



AA Contacts

MEETING SCHEDULE

AA District 46 Washington

May-June 2022 (rev 5-17--22)

All meetings are 1 hour long unless otherwise stated

**Meetings are noted as In-person or as Hybrid (in-person and Zoom) or Zoom (online) Only
(See Legend at end)**

GROUP NAME & ADDRESS	PHONE	SUN	MON	TUES	WED	THURS	FRI	SAT
North Whidbey								
Blue Box Group Southern Baptist Church 50 SW 6th Ave, Oak Harbor	360 672-1763			7:30 pm BB, C In person		6 pm C, W In person	7:30 pm, C, ABS 1 st Fri, C Speaker 3 rd Fri, O Bday In person	
COUPEVILLE/TAPEVINE GROUP 105 Broadway, Foursquare Church Coupeville Friday Meeting only: Zoom ID: 822 2218 1270; PW: 634974 All others: Zoom ID: 86904096255; PW: 142987	360 929-4146	7:00 pm C Bday (last), O Hybrid			7:00 pm O Hybrid			
OAK HARBOR GROUP Church on the Rock 1780 SE 4 th Ave, Oak Harbor Zoom ID: 294 006 1845; PW: 790238	888 360-1564 360-672-8155	7:30 pm O, Daily Reflections In person	12 pm, O In person	12 pm O, 12X12 Zoom only 7:30 pm O, GV In person		12 pm O BB Zoom Only		1:30 pm O, Living Sober In person
"THE ROOM" Christian Reformed Church 1411 Wieldraayer Rd Oak Harbor	360 320-7255		6:00pm O In person			6:00 pm, M In person		
South Whidbey								
CLINTON GROUP St. Peters Church 6309 S Wilson Clinton	888 360-1564		7:30 pm O, OD In person					2nd Sat O 6:00pm In person
COMFORT ZONE LGBTQ/FragranceFree Langley United Methodist Church 301AnthesAveLangley	360 320-5133							9:30 am O 1.5 hrs In person
PIONEER GROUP Trinity Lutheran Church 18341 STATE RT 525 Freeland Zoom ID: 231 822 8300 ; PW: CFL9093 https://us02web.zoom.us/j/2318228300?pwd=SGpRUVQzdU8xOEZoc2pqSEFXSkNGQT09	888 360-1564			7 PM, O In person		7 PM, C BB Zoom only	7:00pm, O In person	
LANGLEY GROUP Langley Fellowship Hall 2 nd & Park Street, Langley Zoom only meetings: Noon and 7 pm everyday Zoom ID: 726 891 419; PW: unity https://us02web.zoom.us/j/726891419?pwd=TnBGRVZMbnRPUGtOb3RwVElDbU91UT09	888 360-1564	8 am, O 12 noon O 8:00pm O (all 3 in person)	10 am, W, O 12 noon O 8:00pm O (all 3 in person)	12 noon O, BB 8:00pm O (both in person)	12 noon O, 12X12 6 pm, W 8:00pm O (all 3 in person)	12 noon O, GV 8:00pm O (both in person)	12 noon O 8:00pm O (both in person)	12 noon O 8:00pm O, 3 rd Sat: Bday (both in person)
SOUTHWHIDBEY MEN'S STAG (Temporarily suspended)								
THURSDAY MEDITATION MEETING; Zoom ID: 708 616 4346 ; no pw	541 954-6549					6:00pm O In person		

GROUP NAME & ADDRESS	PHONE	SUN	MON	TUES	WED	THURS	FRI	SAT
Fidalgo Island								
ANACORTES GROUP Cafeteria At Dakota Creek Shipyard 301 Q St Anacortes	888 360-1564	9:00am – 10:30 am O In person						
RISE-N-SHINE GROUP Zoom ID: 491 729 4771 ; PW: 325551 https://us02web.zoom.us/j/4917294771?pwd=Zm00RzZTcDRlMnNEclVpT1Y5eFZEdz09	360 708-7108		6:30am O Zoom only	6:30am O, BB Zoom only	6:30am O Zoom only	6:30am O, 12X12 Zoom only	6:30am O Zoom only	
FIDALGO GROUP Salvation Army Building 30Th and R Ave, Anacortes Zoom ID: 618 422 0083 ; PW: Fidalgo https://us02web.zoom.us/j/6184220083?pwd=bGkvOWMyMWhSUFBsNUtCcFl1TE95Zz09	888 360-1564	6:00pm O Hybrid	12:00pm O 7:00pm O Both In person	12:00pm, O In person ----- 7:00pm C, Lit Hybrid	10:00 am C,W 12:00pm O 7pm C, W All 3 Hybrid	12:00 pm, O, GV In person ----- 5:30pm C,W Zoom only ----- 7:00 pm O, 2 nd Thurs: Speaker Last Thurs: Bday Hybrid	12:00 pm, O In person ----- 5:30 pm, C, M Hybrid	6:00pm O, NC In person
NORTH OF 12TH 2117 O Ave Anacortes	360 298-4752	7:00pm O, BB In person			7:00pm O, 12 and 12 In person			
SATURDAY MORNING SOBRIETY Temporarily closed	360 770-5635							8:00am O In person
THE WAY OUT (Fireside) Washington Park, Anacortes	360 421-3916						7:00 pm O (Fellowship 6:30) In person	
Lopez Island								
LOPEZ ISLAND GROUP Lopez Island Family Resource Center 23 Pear Tree Lane Zoom ID Monday: 836 4761 6623 Zoom ID Wed: 860 1250 2393 Zoom ID Sat: 870 1663 1541	360 770-2524		7:00 pm O, BB Zoom only		5:30 pm C, W Zoom only			12:00 pm, Hybrid
Orcas Island								
EASTSOUND GROUP Episcopal Church (Benson Hall) 242 Main St Eastsound, Orcas Island Zoom ID: 908 478 2004 https://us02web.zoom.us/j/9084782004 * Wed 7am Mtg @ Community Church Family Center	360 376-4522	5:30pm O, Zoom only	5:30pm Zoom only	7am O 5:30pm, C, W 7:00pm C, M All 3 Zoom only	7am, O * In person ----- 5:30 pm , Lit Zoom only		5:30 pm, O ABS Last Fri: BDay Zoom only	8:00am, O 5:30pm O Speaker Tape 1 st : Live Speaker Both Zoom only
Fellowship of the Spirit 1841 Crow Valley Road, Orcas Island	360-472-9505		5:30 pm, C In person			5:30 pm, O BB In person		
San Juan Island								
FRIDAY NIGHT OLD GROUP St. David Episcopal Church Basement 780 Park Street, Friday Harbor	360-317- 3832						7:00pm O 1.5 hrs In person	
SATURDAY MORNING REFLECTION STUDY Above McMillins's Dining Room (upstairs) Roche Harbor Resort, San Juan Island	360-317- 3832							8:00am C In person
SUNDAY NOON FIRST STEP San Juan Island Library 1010 Guard St Friday Harbor GoToMeeting https://global.gotomeeting.com/join/770961749	360-317- 3832	12:00 pm O, 1st step Hybrid						
SHIVERING DENIZENS BIG BOOK STUDY GROUP 395 Spring Street, Friday Harbor	360-317- 3832	4:30 pm O, BB In person						
MONDAY NOON LITERATURE STUDY 425 Price St, Friday Harbor 425 Price St, Friday Harbor			12:00 pm O In person					

San Juan Island (continued)

GROUP NAME & ADDRESS	PHONE	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEKEND SURVIVOR'S GROUP St Francis Church Annex 425 Price St, Friday Harbor	360-317-3832		7:00pm O In person					
Emotional Sobriety 395 Spring Street, Friday Harbor	360-317-3832		7:00 AM, O In person					
TUESDAY NIGHT MEN'S MEETING 780 Park St, Friday Harbor	360-317-3832			6:00 pm C,M In person				
WEDNESDAY Night 12 & 12 GoToMeeting https://global.gotomeeting.com/join/976988133	360-317-3832				7:00 pm O 12 X 12 Online only			
MEDITATION/11TH STEP 395 Spring St, Friday Harbor	360-317-3832	8:30 am O In person						
TUESDAY NOON OPEN DISCUSSION 395 Spring St, Friday Harbor	360-317-3832			12:00 pm O,OD In person				
PRIMARY PURPOSE GoToMeeting https://global.gotomeeting.com/join/764212765 Direct dial: 1(872)240-3311 Access code: 764-212-765 395 Spring St, Friday Harbor	360-317-3832				7:00am O Hybrid			
Fellowship Group 395 Spring St, Friday Harbor	360-317-3832				12:00 pm O In person	12:00 pm O In person	12:00 pm O In person	12:00 pm O In person
STRAIT FROM THE HEART WOMEN'S GoToMeeting (https://global.gotomeeting.com/join/550374781) , direct dial 1(877)309-2073	360-317-3832			6:00 pm W Online only				
THURSDAY NIGHT RELAPSE & RECOVERY 395 Spring St, Friday Harbor	360-317-3832					6:30 pm O In person		
SATURDAY NIGHT AS BILL SEES IT 395 Spring St, Friday Harbor	360-317-3832							6:30 pm O, ABS In person
Friday Night Open Discussion Calvary Church 301 Tucker Street, Friday Harbor	360-317-3832						7:00 pm In person	
Tuesday Night Burning Desire Calvary Church 301 Tucker Street, Friday Harbor	360-317-3832			7:00 pm In person				

Legend: BB: Big Book Study O: Open (for anyone) C: Closed (Alcoholics only) Bday: Birthday Meeting
 12X12: Step Study YP: Young Persons NC: Newcomers ABS: As Bill Sees It
 W: Women's meeting M: Men's Meeting GV: Grapevine CL: Candle Light

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RESPONSIBILITY DECLARATION

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

DECLARATION OF UNITY

This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.