

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 whenever 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:

District 46 Meetings, 3rd Saturday of the month:

January	Anacortes*	9:30am
February	Oak Harbor	9:30am
March	Anacortes*	9:30am
April	Langley	1:30pm
May	San Juan Island	TBD
June	Lopez Island	TBD
July	Langley	TBD
August	Orcas Island	TBD
September	Anacortes*	9:30am
<i>(elections in even numbered years)</i>		
October	Langley	1:30pm
November	Anacortes*	9:30am
December	Oak Harbor	9:30am
* Westminster Presbyterian		

District 46 Trusted Servants:

DCM
Linda L: 360-421-4970
dcm46@area72aa.org

Alt DCM
Michele M: 360-969-0236
altdcm46@area72aa.org

Schedules
Felicia N: 626-646-7644

Legend

BB: Big book Study
Bday: Birthday Meeting
YP: Young Persons
ABS: As Bill Sees It
C: Closed Meeting
W: Women Only
M: Men Only
CI: Candle Light
O: Open Meeting (for anyone)
12 and 12 (12s): Step Study
NC: New Comers Meeting
1-3rd Sat. 7:30 speaker meeting
2- 2nd Thursday Speaker
Last Thursday bday meeting

ALCOHOLICS ANONYMOUS

District 46

October - November 2019

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

A.A. Phone Numbers
Call before you pick up a drink

I am responsible ...

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

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 North Whidbey	520 468-1618			7:30 pm BB, C		6:30 pm C, W	7:30 pm C,SPK, 1st, IS, O, 2	
COUPEVILLE/TAPEVINE GROUP 608 N Main St Coupeville North Whidbey	360 914-0798	7:00 pm C Bday (last)			7:00 pm O, OT			
FIRESIDE (summer only) Kitchen near basketball courts Oak Harbor City Park North Whidbey	888 360-1564	6:00 pm						
OAK HARBOR GROUP Oak Harbor AA Hall 350 NE 7th Ave Oak Harbor Noon and 7:30 meetings are 1.5 hours Mon-Fri North Whidbey	360 929-7811	1:00pm O 7:30pm O	Noon,O 7:30 pm C	7:00am O 12:00pm O 6:00pm C,M 7:30pm C	12:00pm O 7:30pm C	7:00am O 12:00pm O 7:30pm C	12:00pm O 7:30pm O 10:00pm O,CL	12:00pm O 7:30pm 1,NC
"THE ROOM" Christian Reformed Church 1411 Wieldraayer Rd Oak Harbor North Whidbey	626 646-7644		6:00pm O			6:00pm O,M 8:00pm O,YP		
RACE ROAD WOMEN'S MTG Race Road Fire Station 1164 Race Road coupeville North Whidbey		6:30pm, O,W, 1.5 hrs						
CLINTON GROUP St. Peters Church 6309 S Wilson Clinton South Whidbey	888 360-1564		7:30pm O,OD					2nd Sat O 6:00pm
COMFORT ZONE Langley United Methodist Ch. 301 Anthes Ave Langley South Whidbey								9:30am O 1.5 hrs
PIONEER GROUP Trinity Lutheran Church 18341 STATE RT 525 Freeland South Whidbey	888 360-1564			7:00pm O		8:00 am O 12:00pm 12s	7:00pm O	
LANGLEY GROUP Langley Fellowship Hall 432 2nd Street Langley South Whidbey	888 360-1564	8:00am O 12:00pm O 8:00pm O	10:00am O,W 12:00pm O 8:00pm O	12:00pm O,BB 8:00pm O	12:00pm12s 6:00pm O,W 8:00pm O	12:00pm O 8:00pm C	12:00pm O 8:00pm O, CL	12:00pm O 8:00pm O
SOUTH WHIDBEY MEN'S STAG Trinity Lutheran Church 18341 STATE RT 525 Langley South Whidbey	360 708-7108		7:00pm O,M					
THURSDAY MEDITATION MEETING Langley United Methodist Church fireside room 301 Anthes Ave Langley South Whidbey	541 954-6549					6:00pm O		
ANACORTES GROUP Cafeteria At Dakota Creek Shipyard 301 Q St Anacortes (enter at corner of 3rd & Q) Fidalgo Island	888 360-1564	9:00am O						
RISE-N-SHINE GROUP Westminster Presbyterian Church 1300 9th St (enter by side door on M Ave) Fidalgo Island	360 708-7108		6:30am O		6:30am O	6:30am O 12 and 12	6:30am O	
FIDALGO GROUP Salvation Army Building 30Th and R Ave Fidalgo Island	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 Fidalgo Island	360 708-4097			5:30pm O				
NORTH OF 12TH 1010 Fifth Street Anacortes Fidalgo Island	360 770-5635	7:00pm O, BB			7:00pm O, 12 and 12			
SATURDAY MORNING SOBRIETY LaConner Retirement Center 201 North First Street LaConner Fidalgo Island	360 770-5635							8:00am O
THE WAY OUT Beach Side (fire pit) Washington Park Fidalgo Island	360 421-3916						7:00pm O Fellowship 6:30	
LOPEZ ISLAND GROUP Lopez Island Family Resource Center 23 Pear Tree Lane Lopez Island	360 770-2524		7:00pm O,BB		2:00pm C,W			12:00pm O
EASTSOUND GROUP Episcopal Church (Benson Hall) 242 Main St Eastsound Orcas Island	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
BACK TO BASICS Orcas Island Community Church 176 Madrona Street Orcas Island	888 360-1564				7:00am O (Eastsound group)	12:00pm O, BB	12:00pm O	
FRIDAY NIGHT OLD GROUP St. David Episcopal Church Basement 780 Park Street Friday Harbor	888 360-1564						7:00pm O 1.5 hrs	
SATURDAY MORNING REFLECTION STUDY Above Lime Kiln Cafe (Westside Entrance) Roche Harbor Resort Friday Harbor								8:00am C
SUNDAY NOON FIRST STEP San Juan Island Library 1010 Guard St Friday Harbor		12:00pm O,1st step						
THESE FRIDAY HARBOR MEETINGS ARE AT: 425 PRICE STREET, FRIDAY HARBOR								
MONDAY NOON LITERATURE STUDY			12:00pm O					
WEEKEND SURVIVOR'S GROUP			7:00pm O					
SHIVERING DENIZENS BIG BOOK STUDY GROUP		4:30pm O,BB						
TUESDAY NIGHT MEN'S MEETING				6:00pm C,M,				
WEDNESDAY 12 & 12					7:00pm O,SS			
ALL REMAINING FRIDAY HARBOR MEETINGS ARE AT: 395 SPRING STREET, FRIDAY HARBOR								
MEDITATION/11TH STEP		8:30am O						
TUESDAY NOON OPEN DISCUSSION				12:00pm O, OD				
PRIMARY PURPOSE					7:00am O			
MORE ABOUT ALCOHOLISM							12:00pm O	
THURSDAY NOON BIG BOOK STUDIES						12:00pm O		
SATURDAY NOON								12:00pm O
STRAIT FROM THE HEART WOMEN'S				6:00pm W				
WEDNESDAY NOON REFLECTIONS					12:00pm O			
THURSDAY NIGHT RELAPSE & RECOVERY						6:30pm O		
SATURDAY NIGHT AS BILL SEES IT								6:30pm O, ABS

Legend on reverse side