



DISTRICT 8 TELEGRAM

the newsletter for district 8 winter 2023-24 edition

Please Help Me with The Telegram

by Lisa G, Newsletter Chair

This past October, I attended the Area 72 Assembly as GSR (General Service Representative) of my home group, Squaxin Island Spiritual Fellowship, which is an open meeting on Wednesdays at 7:30pm, held in the Elders Building on the Squaxin Island Reservation in Kamilche. While I was there, my friend Melissa, who had served as Archives Chair in the past, encouraged me to check out the Area Archives. I gotta admit, i was not as excited as Melissa, and Melissa is persuasive.

We went to a room that was dedicated to the archives, with special protocols to help preserve the materials. There was a lot to check out about our fellowship’s history. In a very short time, Melissa walked me quickly around the well-organized room, pointing out highlights. I paused at a huge photo from the 2000 International Convention in Minneapolis - where more than 50,000 alcoholics gathered in the Metrodome for a meeting. I had attended that gathering! I revisited the feeling i had in that space, as we all said The Serenity Prayer together.

The archives were doing their magic on me.

Melissa showed me the table where there were the first communications of local folks, specifically from the Seattle area, that helped bring AA to Washington state. The original documents were amazing to me. There was this one telegram there, that still impacts me, it made the hair on my arms and neck raise. It was an original Western Union dated March 21, 1944, tan in color, i think from age. It said, in all caps, “WOULD YOU PLEASE TRY TO HELP ME.” Someone called that person the very next day.

Of service to Thurston & Mason Counties, which includes Hoodspout, Kamilche, Lacey, Littlerock, Olympia, Ranier, Shelton, Tatlock, Tumwater. To find out more, including a meeting directory, please visit aadistrict8.org. District 8 is part of Western WA Area 72 area72aa.org

I snapped a photo with my phone of that telegram (pictured here).

The impact of seeing that telegram led me to offer myself of service as Newsletter Chair, when my 2 year GSR commitment ended. I had been looking forward to stepping away from organized service, but the Power Greater than Me which i call Mama Earth had a different plan!

If you are interested in submitting writings, art, poems, or any content to the next Telegram issue (Spring 2024) contact Lisa via text or call at (612) 272-8739.



Carry The Message to Our Incarcerated Members

From Kurt Z, Corrections Chair

There are many opportunities for 12th step work in jails and prisons. Right here, in District 8, there are people who want to attend AA, but cannot. These folks are incarcerated. And AA members must show up, at the facility, to lead a meeting.

All meetings are co-ed unless otherwise specified. The background clearance needed varies with the facility. If you have interest, contact Kurt Z, 360.529.7081.

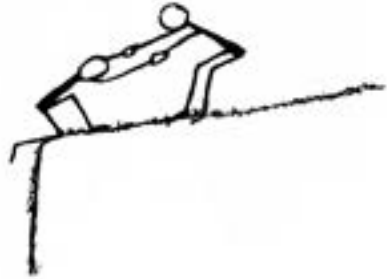
Here's where it happens:

- Thurston County Jail: Wednesday 8pm (presently zoom only; we need women AA members to resume in-person)
- Thurston County Juvie: Monday 7pm
- Cedar Creek Correctional Facility (men only)
- Shelton Correctional Facility
- Mason County Jail

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.

There's a new meeting in town!

The "Hope in Shelton" group meets Wednesday evenings from 7-8pm at the Faith Lutheran Church. The address is 1212 Connection St. (About 3 blocks from the hospital). Go in the south side door that faces Connection St. There is a grounded, warm and inviting fellowship growing among us. And if that isn't enough, we offer fresh, homemade baked goodies at every meeting. We also have liquid french vanilla creamer for our hot, delicious coffee. It's always a great meeting whether we have 2 or 20 people! Hope to see you there! If you have any questions call Kathi A. at 360-463-4658



Carry the Message into Treatment Centers

Please contact Rich C.

treatment@aadistrict8.org

AA started when Bill W. carried the message to other alcoholics at Townes Hospital. Supporting people in hospitals and treatment facilities is what fuels our fellowship. At the district level, we have been having a difficult time getting folks to bring meetings into rehab facilities. We really need people to step into these service positions! The need is urgent! Our Treatment Chair, Rich C has been asking for help the last few months. While members have responded, there are still opportunities to be of service. Thank you to those that have recently stepped up. There is a need for Women to help bring a meeting into Harvest Home. Rich suggests approaching treatment meetings like a first step meeting, and it is suggested that members coming into facilities be ready to share what it was like, what happened, and what it is like now. Be prepared to share your experience, strength and hope. This is an opportunity to be that person you really needed when you first got sober. It's a way to give gratitude to the people that were there for you. Thanks.





Our Stories Disclose: The Herstory of Gull Harbor Group



The Gull Harbor group in NE Olympia, on Squaxin land, was started in 1979 by the late Rubin W, is a Big Book study, and is housed within the Gull Harbor Lutheran Church on Boston Harbor Road, Fridays at 7:30pm. The group's membership has waxed and waned over the past 40+ years with some spans of time hosting as little as 3 people. Pre-COVID our group saw a steady attendance of 30-50 people, with our Birthday night, the last Friday of the month, being almost always at capacity. Since COVID our meeting has become a very successful hybrid meeting, with many people in person and on zoom. Once a year the church hosts a fundraising "garage sale" and the meeting is brought to nearby Friendly Grove Park.

The GH group prides itself on being accessible to parents and people with children, with the long-standing offering of childcare. There have been times when there were no designated LGBT meetings in Olympia, and Gull Harbor has always been a home for queer and trans people. The meeting hosts both Summer and Winter camp outs/retreats where loved ones and families of alcoholics are welcome. The meeting also celebrates its own birthday with a very well attended pot luck and speaker meeting around March of each year.

A fellowship thrives around the group and is a place that the old-timer, the newcomer and out-of-towners are welcome. The Gull Harbor group stays accountable by hosting group inventories, which admittedly could happen more often. With about 25 long time group members and recent additions to the home group base, Gull Harbor is a laid-back, open, serious and solid group that can hold both laughter and grief in one meeting. GH members take on service commitments to the group, are active in District and Area service work, in sponsorship, conferences and one-on-one in 12 step work. The group has a hybrid business meeting the 3rd Friday of every month with at least a handful of home group members attending, and always ends with the hokey pokey. Gull Harbor is a place for "big book thumping," and also a loving environment where "we strive not to take ourselves too seriously."

Our Stories Disclose... is an Alcoholics Anonymous history book of the Western Washington Area. The second edition was published in 2002. There are brief history stories of our individual AA groups in the pages of the book. After a pause in production because of COVID, the 3rd edition of *Our Stories Disclose...* is now available, hot off the press. Check the area 72 website area72.org for updates or contact osdchair@area72aa.org to find out how to get your copy!



District 8 24-HOUR 12 STEP HOTLINE

Call 360-352-7344 to speak to a sober alcoholic 24 hours a day. The District 8 phone line is often the first place the general public acquires information about AA in Thurston and Mason county. If you need support, please call us. Would you like to be of service and support the hotline? Please contact our Hotline Chair, Sue C at phones@aadistrict8.org

DISTRICT 8 BUSINESS MEETING

The District 8 Business Meeting meets on the second Thursday of every month from 6-8pm, and is hybrid - both on zoom and in person at St. Marks Lutheran Church in Lacey. All members of AA are welcome to attend. Please visit our website for more information aadistrict8.org.

The SOUTH SOUND SERVICE CENTER

at 344 Cleveland Ave SE, Suite K, Tumwater, is open Mon-Fri from 2-6pm & Saturday 10am-2pm.



ANNOUNCEMENTS

February 17th, 2024 from 6-10pm... get ready to Dance the night away at Expo Hall at the Thurston County Fairgrounds! There will be an hors d'oeuvres / appetizers pot luck, DJ music and AA speaker Carolyn C from Newcastle. Feel like getting more involved? Contact our District Activities Chair, Nate B at activities@aadistrict8.org.

2024 PRAASA The Pacific Region Alcoholics Anonymous Service Assembly is March 1-3, 2024 in San Francisco, CA. For more info check out praasa.org.

The annual Capitol Jamboree kick-off is March 23rd, and the event is June 14-15, 2024. Mark your calendars!!! There are lots of ways to get involved, please contact our chair, Melissa at chair@capitoljamboree.org. The mission of the Capitol Jamboree is to bring in speakers from outside the area to share experience, strength, and hope with all people affected by the disease of alcoholism, to share our community's enthusiasm for sobriety with the newcomer, and to strengthen our fellowship during an annual, fun-filled convention in Olympia, Washington.

2025 AA INTERNATIONAL CONVENTION takes place once every five years. This will commemorate 90 years since our Fellowship's beginnings! Save the Date! July 3-6, 2025 at the Vancouver Convention Center and BC Place Stadium. For more info, check out the General Service Office's website www.aa.org/international-convention.