

# DISTRICT 8 TELEGRAM

the newsletter for district 8

summer 2024 edition



## Summer Sober Fun & Service

by Debbie Alt DCM District 8

Greetings from District 8. We are busy in the District! First up - we need your help! District 8 is hosting the Area 72 Quarterly Business meeting on July 5th and 6th – at SPSCC Lacey Campus. We need 36 volunteers to chop wood and carry water for the good of AA – helping with anything from making coffee to timing people at the microphone. You can get in touch with me or Judy K, our Volunteer Coordinator. Plus, you can get a chance to watch 200 or so people come together to help with the business of carrying the message. Then, the District is hosting a picnic July 27 in Pioneer Park – just for fun. Another great way to meet people, eat together with friends, take a walk, sit in the Deschutes River, play sandlot volleyball – the possibilities are endless! Looking into the Fall, the District will be hosting the Gratitude Banquet – details and dates are pending. I am so excited just thinking about seeing you.

Debbie 360-970-9686 [altdcm@aadistrict8.org](mailto:altdcm@aadistrict8.org) or  
Volunteer Coordinator Judy 360-972-1359

District 8 is of service to AA members in and around Thurston & Mason Counties.

To find out more, including a meeting directory, please visit [www.aadistrict8.org](http://www.aadistrict8.org)

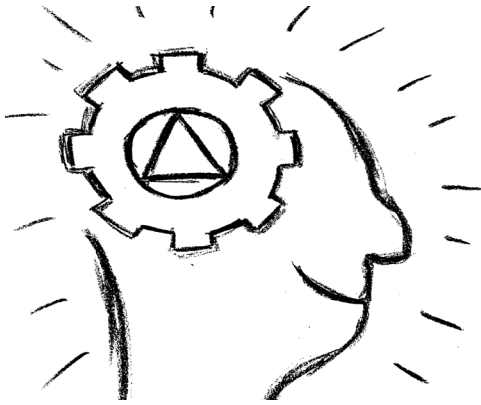
District 8 is part of Western WA Area 72  
[area72aa.org](http://area72aa.org)

## What the heck is a GSR?

GSR stands for General Service Representative. It's often an elected service position by your Home Group, and is your group's link to AA as a whole. The GSR brings the group conscience of their Home Group to District 8 and Area 72, and brings broader AA information back to the group. Every AA group could have a GSR, and many function without one. If you are part of a meeting that doesn't have one, you could suggest being a GSR for your group! In the spirit of rotation, the GSR commitment usually lasts 2 years, and often has suggested sobriety experience of at least 2 years. It's a really good idea to also have an Alt GSR to help share the responsibilities.

From the AA GSR pamphlet: "At district meetings, you join with GSRs from other groups. Perhaps you've already worked with an intergroup or central office, where groups band together to help alcoholics just in your locality. But your general service district is the second link in an entirely different chain, which extends much farther. Your district is one part of a general service area. With your fellow GSRs, you elect a district committee member, and all the DCMs make up the area committee. Now, do you just sit back and let your DCM take it from there? No! GSRs stay very much in action in each of the 93 areas in the U.S. and Canada."

If you are interested in becoming a GSR or an Alternate, or strengthening your skills as a GSR, please come to our Area 72 hybrid event series: GSR Handbook Study on Saturday, June 29th from 1-4pm In-Person at the Greater Seattle Intergroup, 5507 6th Ave S, Seattle, WA or on zoom - access the link under events at our area website [www.area72aa.org](http://www.area72aa.org)



## Seeking Tech Brains

Do you know your way around the digital streets? Are you skilled in programming or working on websites? Are you an avid social media user or someone who feels confident in front of a computer? What we really wanna know is... do you have tech skills? Well if you do, WE ARE EXCITED TO CONNECT WITH YOU! There are lots of opportunities to do AA service work with that awesome, sober, tech brain of yours!!! Put your tech skills to work for the still-suffering alcoholic. Tech-related service work is available at the local, regional and national levels. Please contact our District 8 Web Servant Chair, and resident Tech Brain, John M at [webservant@aadistrict8.org](mailto:webservant@aadistrict8.org) to get started.

Thank you!!!

## Our Stories Disclose: MOMENT TO MOMENT

The Moment to Moment meeting in Lacey was founded by "Rock n Roll Bob," in the early 90s. The group was not officially recognized until January 1, 2008, when Jeff J, GSR and Edward L, Alt GSR, registered with GSO. It was rumored that this group was a splinter group of the 3-5-7-11 Group that left when Mark F, Vance C, and Jeff J along with a few others moved on with a philosophical difference.

In its early days, the group had a membership of six men. The group met at noon on Wednesdays and Vance C would cook a free lunch to entice new membership. Through the years, both good and bad, the group flourished, and it was not uncommon to have forty plus happy and engaged alcoholics at their meetings, along with a few newbies seeking comfort and answers. Recent trusted servants included Jeff J, treasurer and Steve B, GSR.

The Moment to Moment Group has formed a close bond with the 3-5-7-11 Group, which meets across the street. In true AA fashion, differences of opinion have been forgiven and forgotten. The two groups host a late summer barbecue together, attended and enjoyed by many in the AA community and their families. The Moment to Moment motto is Expect Miracles. They greet all newcomers and their members with love and respect, striving to have a nourishing, safe and welcoming place to meet and share. Meetings are often filled with laughter along with thoughtful sharing. They definitely are not a glum lot.

They meet at the First Baptist Church, 4705 22nd Avenue SE in Lacey on wednesdays and Fridays at noon. Wednesday meetings are an alternating Big Book and Twelve & Twelve study; both include their readings. Fridays are open discussion meetings. On the 1st Wednesday of the month at 11:30am, they hold their business and group conscience meeting. The last Wednesday of the month is a birthday celebration with cake and presentation of sobriety coins. Currently, the meeting is increasing in attendance, probably because of the baked goods, says Jason the meeting's GSR. Moment to Moment Group encourages newcomers, travelers, and local visitors to stop by and enjoy a meeting.





## History of the Shelton Newcomers Group by Chet - GSR

The Shelton Newcomers Group meets Saturday mornings at 9am at the Shelton Presbyterian Church. Our first meeting was Saturday, October 1, 2022. We got our first treasurer and second home group member a week later. Attendance surged or fell weekly for quite a while. On Christmas Eve and New Years Eve that first year there were two of us. We are a small meeting. In the last few months attendance has ranged from 9 to 13. Earlier this year we had some meetings with 5 or 6 people.

We hope the name “Shelton Newcomers” would attract newcomers to AA, and we have been blessed with some amazing AA newcomers that keep coming back. Happily, several AA members, who happen to be Newcomers to Shelton, have also found a home with Shelton Newcomers.

In our first year we were relocated to another part of the church. As you come in the front doors, our meeting area is at your immediate left. There is comfortable seating, including two leather couches, a coffee table, and a gas fireplace which is very popular in the colder months. Our current meeting area looks more like a comfortable living room than it does an AA meeting hall. Normally we are the only users of the church Saturday mornings,

but occasionally the church has an activity on Saturday morning. When that happens we meet in the choir room and there will be extra signs and arrows showing the way.

We rotate chairpersons monthly, a practice members and visitors appreciate. The chairperson usually has a topic prepared in advance to give each meeting a jump-start, but participants are welcome to share on any recovery-through-AA topic. Our business and birthday meetings are the last Saturday of each month. I think the Shelton Newcomers Group will have an awesome birthday meeting tradition, but nobody knows what it is yet because we are still kind of new and few, and still sorting those things out.

The superstitious might say we have a basket jinx. From the first meeting we have not been able to hold on to a basket for very long. For several weeks last year the only basket we could find to pass around for the 7th tradition was a giant basket about two and a half feet in diameter. SOME of us thought it hilarious, but not all, so we no longer use that basket. One member brought a basket from home and within a couple weeks it was lost too. Another member said he would make one that could not be confused with church property. I am confident the Shelton Newcomers Group will end up with its own unique basket very soon.

To this alcoholic, our meetings have a safe, intimate and relaxed atmosphere. Several newcomers have expressed that although they didn't know what to expect in an AA meeting, “...it wasn't this.” So if you are a newcomer to AA or a more seasoned member, the Shelton Newcomers Group is a great way to start a weekend or to start (or restart) your recovery journey.



## **District 8 24-HOUR 12 STEP HOTLINE**

Call 360-352-7344 to speak to a local, 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 counties. If you need support, please call us. Would you like to be of service and support the hotline? Please contact our Hot Line Chair, Sue C at [phones@aadistrict8.org](mailto: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. Mark's Lutheran Church in Lacey. All members of AA are welcome to attend. Please visit our website for more information [aadistrict8.org](http://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**

June 14th - 15th, 2024 32nd annual Capitol Jamboree: Recovering Together Under One Big Tent at the SPSCC Lacey Campus, 4220 6th Ave SE, Lacey, WA. We are a community of Alcoholics and Al-Anon members gathering to share our experience, strength and hope with all people affected by the disease of alcoholism. [www.capitoljamboree.org](http://www.capitoljamboree.org)

July 5th & 6th Area 72 Business Quarterly - hosted by District 8 at South Puget Sound Community College – Lacey Campus, 4220 6th Ave SE, Lacey, WA 98503 - for more info and to register go to [area72aa.org/jul24quarterly](http://area72aa.org/jul24quarterly)

October 4-6, 2024, Western Washington Area 72 General Assembly, Hosted by the South Sound Districts, Hybrid Gathering on zoom and Hotel Murano in Tacoma, 1320 Broadway, Tacoma, WA 98402 for more info & registration [area72aa.org/2024-area-assembly](http://area72aa.org/2024-area-assembly)

October 10, 2024 6-8pm - Following the October Assembly, we will be holding elections at our District 8 business meeting! In the spirit of rotation, all District 8 positions will be open for YOU to step into for a two year service commitment. If you are interested in running or have questions, please contact our DCM Chuck at [DCM@aadistrict8.org](mailto:DCM@aadistrict8.org) or Jason G, our Third Legacy Chair at [thirdlegacy@aadistrict8.org](mailto:thirdlegacy@aadistrict8.org) or just show up and throw your hat in the ring.