

DISTRICT 8 TELEGRAM

the newsletter for district 8

winter 2025-26 edition

My Experience as GSR

by Saida J, Capitol City

Service has been an integral part of my recovery and membership in Alcoholics Anonymous. This past January I had the honor of stepping into the service position of General Service Representative for my home group, Capitol City. But what does a General Service Representative do? The GSR acts as a group's link to AA as a whole. The primary ways that I get to do this are by attending our District 8 monthly business meeting, the annual Area 72 Assembly, and our area Delegate's General Service Conference report back. It is my duty to bring all information from this back to my group and the resulting group's conscience and feedback from my group to the district and area. In my home group specifically, I also get to make group, service, event, and district announcements at every meeting. As well as pass on information about AA's service structure, traditions, and any district or area topics that require voting at our monthly business meeting.

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

District 8 is part of Western WA Area 72

area72aa.org

In this past year, I have gotten to witness and participate in a new level of service that has grown my recovery and idea of what service looks like in radical ways. AA service is structured using an upside-down triangle, putting the members and individual groups at the top with the most power. Getting to be a part of the "lower" levels of service at a district and area level has grown a great reverence for the wisdom and divine grace that has been and continues to be at work in Alcoholics Anonymous to keep this organization functional and ever evolving. At the Area Assembly, I had the opportunity to sit in a room of 700+ strongly opinionated alcoholics, each of us with our own unique background, personality, and judgments. I witnessed us all working together within the Traditions and Concepts for World service of this program for the greater good of AA, which is truly the work of a Higher Power, and I am truly grateful to be a part of.



drawing by Jude

The Sound Chair Experience

by Eric W

Hi everyone. It's been good being a part of AA. Having this service position a couple years now has done its part to keep me in the middle. It was nice to be at the legendary Gratitude Banquet this year helping our guest speakers to be heard. Good times.

Our Stories Disclose... Solution Group South

Solution Group South is a closed meeting every Wednesday at 7pm at Tumwater United Methodist Church. A Big Book study, the Group focuses on the first 164 pages of "Alcoholics Anonymous." It began as a meeting in the home of Don and Lynette J. in late 2000; former members of the Solution Group in Ballard, they relocated to Tumwater and wanted to continue an extension of that meeting. While informal at first, the group moved to a permanent home around 2004.

One unique feature of the Solution Group South is that everyone has a chance to share. The chairperson reads a short excerpt from the big book, then calls on individuals to share for up to three or four minutes, until everyone has had the opportunity to participate. This can be very helpful, especially for newcomers, as there is no stress of "Should I or shouldn't I share?" On birthday nights, the group maintains the tradition from the Ballard Solution Group of reading "How It Works" from the original manuscript of "Alcoholics Anonymous," and readers stand when reading. Members feel it's important to maintain the traditions of the group from its founding. Midway through the meeting, they serve cake and sing to celebrate A.A. anniversaries.

Sponsorship is an important aspect of the Solution Group South. They feel that members should be sponsored by

another member of the group to maintain a chain of sponsorship. They always ask those looking for sponsorship to raise their hand. Even if a member is not going to be a permanent sponsor, they can serve as the outreached hand of A.A.

For Solution Group South, their biggest challenge has also been a benefit: Tumwater has been changing by growing in population. For a while, the group grew smaller, due to natural changes of members moving, or passing away, etc. Thanks to the dedication of their membership, the group continues to survive. The only meeting in South Tumwater, they grow as Tumwater grows, adding new members and consistent attendees. They are an outpost for A.A. members in general, often having a traveler join in after a meeting at a state office, or before heading south on 1-5.



art by Jude

Report Back: The 2025 Area Assembly

Jenn P, GSR, Gull Harbor

This year's Area 72 Assembly was hybrid, and held on October 3-5, in Lynnwood.

The Assembly is a general service opportunity where elected district DCMs and elected group GSRs come together with area elected and appointed leadership to make decisions about the Area's work – kind of like a district meeting but on a grander scale. Remember though that the AA members in the room are trusted servants there to represent their groups and districts, not to make decisions for those groups and districts. The work done in the meeting is on behalf of the membership, in service to the primary purpose of AA, answering the question "how can we better carry the message to the alcoholic who still suffers?"

Considering there were almost 900 alcoholics in the room, the meeting was a shining display of our Traditions in action. Assembly participants were able to make decisions on major issues, despite not always agreeing on what the right answer was. Although we were in action until midnight, everyone was heard and decisions were made with our common welfare in mind. Even those who shared minority opinions were able to be ok with the outcome, because the vote represented the group conscience of the trusted servants.

Every member of AA is welcome to attend the Assembly, not just DCMs and GSRs! We hope to see you there in October 2026 - it's at the Little Creek Conference Center!



Safety Meeting!

By Lisa W, CPC chair (Cooperation with Professional Communities)

Districts 8 and 28 are co-hosting a hybrid workshop on Safety in A.A. Meetings on January 31 at St Marks, from 10-3 to talk about how our meetings can be safe and welcoming to the still sick and suffering alcoholic.

We will discuss responsibilities of the chair and home group members when it comes to safety. Who is responsible for safety in meetings? What are different safety concerns for different meetings and how do we address them?

We hope to cover a lot of ground in this 5 hour workshop, which will include large and small group discussions and a Potato Bar Lunch (other dishes are welcome). Bring your concerns and solutions.

Safety Cards and the A.A. Guidelines on Safety and A.A. Groups (Pamphlet # MG-25) will be available.

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, Nicole 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. Mark's Lutheran Church in Lacey. All members of AA are welcome to attend. Please visit our website for more information aadistrict8.org

SOUTH SOUND SERVICE CENTER

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

District 8 Telegram - quarterly newsletter

Are you interested in contributing to the District 8 Telegram? We need artists, writers and editors. Please contact Lisa G newsletter@aadistrict8.org



**District 8
Website**

ANNOUNCEMENTS

SAFETY IN AA MEETINGS January 31, 10-3, Zoom # 832 2107 8163, or in person at St Marks, 2109 College St SE, Lacey WA

AREA 72 QUARTERLY BUSINESS MEETING Jan 2-3, hosted by Districts 22, 55, & 56 at 7 Cedars Casino and Resort in Sequim. For more info area72aa.org

RECYCLE YOUR SOBRIETY COINS at the South Sound Service Center!!! Bring your old coins or pick up a new-to-you coin during any of our open hours. Contact our Office Affairs Chair Dan at officeaffairs@aadistrict8.org for more info.

PRAASA (Pacific Region AA Service Assembly) February 27 - March 1, 2026. PRAASA 2026 will be held at Hilton Hawaiian Village, Waikiki Beach, Oahu. For more information visit praasa.org.