

DISTRICT 8 TELEGRAM

the newsletter for district 8

spring 2026 edition

Report Back: Safety Workshop

by Melissa, Alt DCM

When I hear Safety in AA I think of predatory behavior.

It is much more than that. District 8 and District 28 teamed up in January and co-hosted a workshop on “Chairing a meeting when safety issues happen during the meeting.”

We had a full room of curious people who, when we began exploring topics around safety, came up with a list of 30 different topics and themes. Items like boundary violations to medical emergencies. But also anonymity breaks, insensitivity, cultural / political issues or verbal attacks. I was encouraged by the thoughtful conversation and the genuine love for AA that was evident throughout the room.

We talked about whether your group is prepared to handle any of these if they come up during a meeting. Has your group had a group conscience and talked about what if? Does your group explain the importance of the chair’s role and their responsibility in ensuring the group, as a whole, has a good experience?

Safety is not an outside issue—it’s woven into how we operate in AA. You see that in the steps, traditions, and concepts.

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

My takeaway from the workshop is the need for continued conversations, not only between members but also in our groups. Unity is our primary focus. We all needed AA to be our safe harbor when we stumbled into these rooms. It is our responsibility to ensure it continues to be a safe harbor for all alcoholics to come.

I look forward to continuing these conversations and working together to support AA and one another.



drawing by Jude

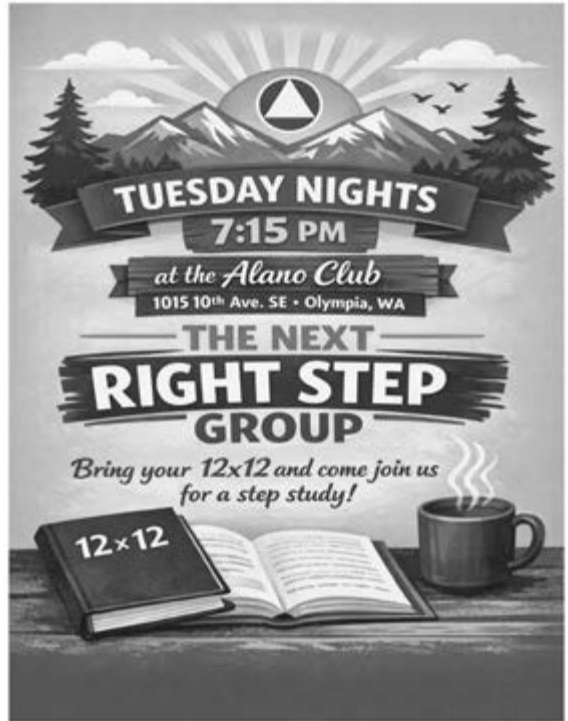
Our Stories Disclose... Solution Group South Addendum

[Editor's note: This updated information was missing from last issue's "Our Stories Disclose..."]

Following the COVID-19 pandemic, the Solution Group South group has met consistently, surpassing 20 years in the same location, meeting every Wednesday evening without fail. The number of homegroup members has continued to vary, but still maintaining an average of 12 attendees on most weeks throughout the year.

In November 2023, the original founder of our group, Don J., passed away. The group continues to meet, and follow the process as outlined in Alcoholics Anonymous and the traditions of our group. It remains a unique group with long-time combined sobriety along with our experience, strength, and hope.

Solution Group South meets Wednesdays at 7pm at Tumwater United Methodist Church, located at 1401 Lake Park Dr SW in Tumwater. Please come and check us out.



Opportunities for Service: Be an Alt!

Our District 8 chairs are looking for alternates! Alts are supporting positions, that could move into a chair position later. This is a great way to be of service.

CORRECTIONS CHAIR (for District 8) is a fantastic two-year commitment that supports bringing AA meetings into approximately seven facilities in the region. I am looking for an "alt chair" in preparation for taking over the position in January 2027. We can meet on the phone or zoom to discuss the details and I can answer any questions that you may have. The beauty of any service work is that you can customize it to your own skills. As a paralegal, by profession, I applied my work skills to provide schedules and contact lists. This work can inspire you to get a service sponsor for guidance or advice! My Jail meetings are some of my favorite meetings in the week. I continue to meet and interact with a lot of different people in our district and these interactions and the opportunity to carry the message continues to grow my recovery and enrich my life. Please consider reaching out to me to learn more.: Cathy H. 919-609-8863 or corrections@aadistrict8.org

We could also use alt Registrar, Volunteer Coordinator, Hot Line Chair, Newsletter Chair, Sound Chair, Treatment chair and more!!! Please take action and attend our next District 8 business meeting to get plugged in.

Jail volunteers needed!

I need male volunteers for the Thurston County Jail meeting on Wednesday nights from 7:30 to 9 PM. There is a process, with a background check required. If you have a record, don't automatically think that you will not qualify!

Additionally, I need women for the Sunday night Nisqually Jail meeting. This meeting is from approximately 6:15 to 7:30. Please reach out to me for more information! Cathy H 919-609-8863 CORRECTIONS CHAIR District 8

Sobriety Coin Exchange at SSSC by Dan M, Office Affairs Chair

The AA district 8 South Sound Service Center now offers a sobriety anniversary chip exchange as a service to the members of AA. The chip exchange is offered as a FREE service to individuals and meetings in the South Sound area.

Do you have old chips laying around, in a drawer, more than you're going to be able to pass along? Donate them to the chip exchange and they can be passed along to another alcoholic marking a milestone. Need a chip? Come to the chip exchange and find the year you need.

If the chip isn't available, advise the volunteers in the office of needed chips. Ask a volunteer to add your request to the list. If someone donates, we can let you know. (Note: District 8 cannot order specific chips). No 7th Tradition funds are expended on this service, and is strictly operated by donation.

Come in to the South Sound Service Center to donate your extra chips, or pick up the chips you need!

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 or getting involved with the District 8 Telegram? Please contact Lisa G newsletter@aadistrict8.org



District 8
Website



ANNOUNCEMENTS

SPRING FEST 42nd Annual AA Women's Meeting, Saturday, March 28, 2026, 11am-2pm at Lacey Community Center 6729 Pacific Ave SE.

DISTRICT 8 INVENTORY In addition to a personal inventory (step 4), there's also a meeting's inventory, and a District inventory... Ours is happening Saturday April 25th. For more information, contact District 8 DCM Debbie, dcm@aadistrict8.org.

AREA 72 ASSEMBLY This year, the annual area assembly is being hosted by District 8! It's happening October 2-4th, 2026 at Little Creek Casino! Mark your calendars and stay tuned to get involved, we will need lots of volunteers behind the scenes. To register and for more information keep an eye on the Area 72 website. area72aa.org