

# DISTRICT 8 TELEGRAM

the newsletter for district 8

fall 2026 edition



## Treasurer's Report of Experience, Strength & Hope

by Celia C.

With the rotation end in sight, I've been reflecting on my time as the District 8 Treasurer. Here are some nuggets I'd like to share about what it was like, what happened, and what it's like now.

Prior to standing for the position, I had not held a position with the District, but I had experience as a Treasurer with AA groups. I did feel a little bit of imposter syndrome at the beginning. There was excitement about the new experience, but also fear of failure and the unknown.

For the first few months, I had to ask for help from people I didn't know very well. Having humility to say, "can you help me?" and "I don't know" wasn't new for me, but I certainly had many opportunities to say both of those things. I was greeted with kindness and helpfulness from the folks I reached out to.

After about the first year, I thought I had a pretty good handle on things. What I thought was comfortable I now see had some elements of complacency. At the beginning of the second year, I think it's valuable for the treasurer to start looking at trends and compare how things are going to the first year. This was something I did a few months later than I should have. In June, I had to provide the District with some tough news about low contributions and put

a freeze on spending. Giving that report filled me with fear. However, being transparent is the best way to be a treasurer, in my opinion. I tried to not dwell on the things I couldn't control, and focused solely on the facts. It resulted in an absolute turnaround; in just a few weeks, the amazing groups in our District provided contributions that would not only keep us going through the end of the year, but have the Gratitude Banquet as well.

Now that I have experienced easy, neutral, and hard times as the treasurer, I am starting to have fun. I have a lot to offer the next treasurer in terms of support, guidance, and lessons learned.

If you're thinking about standing for the treasurer position, I do think it's important to meet the sobriety (5 years) and experience suggestions. That will make things less daunting and more fun.

Finally, a couple of thoughts about what I learned while being the Treasurer:

- Being okay with being afraid
- Transparency is important
- The gratitude and magic of Alcoholics Anonymous was waiting for me at every turn.

If you want to chat with me directly, please email [treasurer@aadistrict8.org](mailto:treasurer@aadistrict8.org).

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 Do You Get When You Squeeze an Orange?

by Debbie, DCM

The answer is simple—almost all of us would have the same answer. Orange juice. Why? Because that is what's inside. Now think of the orange as a person. Perhaps more difficult when the person is an alcoholic. Starting with, is the alcoholic even willing to let you squeeze them? Let's think of love instead of orange juice.

I remember service always being part of my story. Community service was a part of both of my parents' lives. For my dad, the most important was the Red Cross. He was a POW in WW2, and he felt very strongly that the International Red Cross saved his life. My mom was a therapist, a professor and involved with helping many people, including a friend who lived with us when she had no safe place to go. As the oldest child, I was taught to help out with my brother and sister.

General Service in Alanon and AA is big part of my story. Being in general service is an honor and privilege, and one of the joys in my life today. I have had to work more on myself, not less—something I was not so aware of years ago when I was cleaning ashtrays at the Alano Club on 4th Ave. I have a sponsor and a service

sponsor. My service sponsor's most constant reminder is to be kind, no matter what. My sponsor's is that God is love—it's all about love.

I have had more than one pivotal moment during my recovery. Some things I couldn't face at first, but did when I had to. November 2021—I moved out, left a 20+ year relationship, joined a gym, started working out, lost some weight, started gaining some confidence in myself, started liking myself. A few years passed. I became willing to seek professional help for my toughest issues, that I had not been willing to work on or even discuss, for decades. It was time, 20+ yrs into my sobriety. The therapist asked what I wanted to get out of therapy. "I want to be free." It truly was a gift from God for me.

This does not mean I no longer get angry. It means I don't want to take my anger out on others. No one deserves that—not me and not you. I want to feel it, process it, learn from it. Then, I can pray for an angry person. I used to just be silent, or avoid the difficult conversations altogether. I am getting better at not letting you take out your anger on me. If I am being bullied or abused by someone's anger or cannot treat that as white noise, I believe I am doing both of us (and God) a service by walking away. I need to try to have compassion for you so I need to call a time out. I do not want to be aggressive or passive, but rather, assertive. I am learning how to be in the middle of the road—not yet a place that I am most often comfortable with, but rather the goal. It is more comfortable than it used to be, in large part because I like myself better. I can now like you better because I like me better.

Now, the quality of service I give to others is better. Because I am better. I pray that I remember to be honest, open minded and willing in everything I do. Service is easier now, as the glass is more often half full (it used to be more often half empty). When you 'squeeze me,' you most often get orange juice. I have more love inside of me—for me and you.

## In the Spirit of Rotation

by Lisa G, Newsletter Chair

This is the 12th and final issue of our newsletter that I pulled together as your chair. I started halfway into a service rotation (they run two years, pretty much October to October or so), and got voted in a second time so I ended up serving 3+ years. When I took the position, I thought a quarterly edition would be accessible for me, so an issue came out with every season. I tried to include info that might help bring someone new into service work, and maybe help keep even one person sober. I named our newsletter 'District 8 Telegram' from the original Western Union message that kickstarted AA in Washington state. That telegram, dated March 21, 1944, was sent to the General Service Office and said, in all caps, "WOULD YOU PLEASE TRY TO HELP ME." Someone called that person the very next day. Now that artifact lives in our archives.

With my position coming to a close, I find myself reflecting... I've connected with so many awesome people being in this position. I'm proud that I encouraged AAers with new meetings, or meetings that haven't yet written their story, to archive their history. I'm grateful my sponsor can draw, cuz those are the drawings in The Telegram. I wasn't required to go to Area Assemblies, the way I was as a GSR—that's maybe a perk. I was on the newspaper staff of my high school in the 80s, and that's definitely not a requirement. Being Newsletter Chair is what you make it, and in some ways I feel like I did the bare minimum.

Thank you for trusting me to be of service in this way, and thank you to everyone who has contributed to make The District 8 Telegram what it is. I look forward to seeing what the newsletter looks like in the future. If you would like to be part of that, please send an email to [newsletter@aadistrict8.org](mailto:newsletter@aadistrict8.org).



art by Jude

## Carrying the Message via Technology

by Beau S, Technology Chair

Since 1935, AA's purpose has stayed the same, carrying the message to the alcoholic who still suffers. What has changed is how we connect. For me, Zoom meetings, and digital directories have been lifelines when I couldn't physically get to the in-person meetings. They don't replace the face-to-face fellowship or sponsorship, but they do greatly assist in terms of carrying the message to newcomers and keeping us all connected. Used in the spirit of our traditions, technology helps ensure that the hand of AA is always there whenever someone reaches out.

We welcome volunteers who want to help make access easier, whether that's guiding newcomers to online meetings or sharing helpful digital resources. If you've got time and heart, there's a place for you here at the District 8 Technology Committee.

Thank you for participating in your own recovery; and thank you so much for allowing me to serve you in the capacity in which I am able.

We can't do this alone.

To get involved please contact our Tech Chair Beau S. at [beaud.cpc@gmail.com](mailto:beaud.cpc@gmail.com).

## **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](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)

## **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](mailto:newsletter@aadistrict8.org)



District 8  
Website



## **ANNOUNCEMENTS**

AREA 72 ASSEMBLY October 2-4th, 2026 District 8 will be hosting the Area 72 Assembly at Little Creek Casino in Shelton and on the digital zoom streets! To register and for more information visit [area72aa.org](http://area72aa.org)

DISTRICT 8 ELECTIONS begin in October. If you are interested in standing for a position please attend our Thursday Oct 8th business meeting. See you there!

ANNUAL GRATITUDE BANQUET. Saturday, November 7. Get grounded in gratitude at our annual Gratitude Banquet. Save the date and check back to our website.