



As current newsletter editor, I rely on member contributions to share their personal stories. I am grateful to the members of district 33 who have graciously shared of themselves, and I look forward to hearing from many more. Please email your story to newsletter@district33aa.org, to be printed in a future newsletter.

I am sharing my own story this month because: I fell so far behind after being gone 2+ months that I failed to get anyone else lined up to contribute.

My Story:

Sobriety came at me sideways. My emotional state had been spinning out of control for some time. I was the breadwinner for my family, commuting 2.5 hours per day to work while my husband stayed home and drank. I was full of “justifiable resentment” and felt powerless to change my situation. I drank evenings and weekends to reward myself for working so hard and taking care of everyone. Of course, my definition of taking care of my family included alternately ignoring or criticizing my children, driving them around while drinking, showing up for softball games or school events intoxicated and appalled at how “they” expected me to sacrifice my precious relaxation and drinking time. As time went on it became more and more difficult to pretend my life was worth living. Finally, I knew what had to change, my husband needed to quit drinking. I made an appointment with an intervention specialist, and I recall clearly her words to me. Yes, your husband may well need to quit drinking, but the only one you can change is you. Three days later I was inpatient at Sundown M Ranch, and my new life began. Facing the truth was hard. “It is truly awful to admit that, glass in hand we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us” * The thought of changing my life to the extent needed to become and stay sober was unfathomable; thank goodness I had only to take one step at a time. I feared that I would never experience fun again (false). I feared that my marriage would not survive this drastic change (true).

Fast forward -I derailed my life for quite some time by coming to meetings only once or twice a year, and falling away from the program. My new blended marriage had some rocky times that attendance at meetings would undoubtedly have smoothed. When I nearly drank – (thinking just a couple drinks to celebrate an occasion), so close I had the bottle of champagne in my shopping cart, God intervened by giving me a moment of clarity. I noticed the size of the bottle. If I only wanted a glass or two why would I choose the largest bottle possible? I put it back on the shelf and at 16 years sober, committed to 90 meetings in 90 days. That was 5 years ago this month.

In spite of some dim years, I am making it. My life would likely have been more peaceful had I stayed closer to the program all along, but we all have our stories and lessons to learn. Today I strive to live in the solution and look forward. I left that job with a long commute, and now work from a home office. I make half as much money, but learned happiness and success don't come from how much money you make.

*From Twelve Steps and Twelve Traditions – Alcoholics Anonymous World Services

My 2+ months away involved the trip of a lifetime, walking nearly 500 miles of the Camino de Santiago France route. What began as a grand adventure, evolved into a true pilgrimage, and I became closer to God. My dearest souvenir from that journey is a \$5 ring engraved with the Lord's Prayer; I wear it every day as a reminder.

I had no idea where life would take me when I stopped drinking. That fear of the unknown was only surpassed by the fear of staying where I was. I had to be in so much pain that the thought of a dull and boring life was more attractive than where I was. Today I have learned that life is an interesting journey. Some days are up, others are down, but accepting whatever comes, asking for a guiding hand, is where I find peace. - Marlea W

District 33 Trusted Servants and Committee Chairs:

DCM:	Kristee M	dcm@district33aa.org
Secretary:	Tammy B	secretary@district33aa.org
Treasurer:	Mike M	treasurer@district33aa.org
Webservant:	Jim M	webservant@district33aa.org
Accessibility:	Rick L	access@district33aa.org
Archives:	Juliet	archivist@district33aa.org
GSIG Rep:	Mark H	zone133@district33aa.org
Registrar:	Darrell S	registrar@district33aa.org
Corrections/	Okkie A	corrections@district33aa.org
Treatment	Okkie A	treatment@district33aa.org
Public Info	Bryant T	cpc@district33aa.org
Literature/	Lisa A	literature@district33aa.org
Workshops:	Ruth G	workshop@district33aa.org
Printer:	Laura H	printer@district33aa.org
YPAA Chair	Larry	
Newsletter:	Marlea W	newsletter@district33aa.org

Upcoming Events

August

17 - 18th TACYPAA PRESENTS WSCYPAA, LaQuinta Inn, 1425 E 27th St, 98421.

18th Fifth Annual Manastash Scholarship Corn Hole Tournament Gary & Mindy Grose Farm Covington, WA

18th STEP SISTERS ANNUAL POTLUCK DINNER, Kent Lutheran Church, 336 2nd Ave S., 98032. Potluck dinner/ bake sale 4:30P. Guest speakers, from AA- April W. and AlAnon Rachel K. All are welcome!

19th SEATTLE INTERGROUP PICNIC, Lower Woodland Park Shelters 1 & 2, 9:30am - 2pm.

25th Seattle Summer Jamm Greater Seattle Intergroup 5507 6th Ave S. Seattle, WA 98108

25th Eastside Districts Pre-Assembly 10AM-4PM Bellevue Christian Reform Church 1221 148th AVE NE

SEPTEMBER

8th WWA72 GV&LIT QTRLY, 10am -2:30pm Activity Building, 1025 Tacoma Ave., Port Orchard, 98366.

8th ESIG at the Seattle Mariners night! 6:10pm first pitch. Reserve your spot by calling ESIG 425 454 9192

15th Sponsorship Workshop Kirkland Congregational Church 106 5th Ave Kirkland, WA 98033

29th 5th ANNUAL SEATTLE FALL CONFERENCE, Noon - 9pm. United Evangelical Free Church, 1420 NW 80th St, 98117. Workshops, dinner and speakers! www.seattlefallconference.co

OCTOBER

5th-7th WWA72 2018 General Assembly Hotel Murano 1320 Broadway Plaza Tacoma, WA 98402

For more events –visit seattleaa.org and eastsideintergroup.org

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