



# District 7 Mar. 2015 Newsletter



DCM REPORT MARCH 2015

Hello all. I attended the area meeting in Aitkin on 2-22-2015. Several others also attended from district seven. There are several open slots for the state fair booth. If interested contact J.C. area P.I. chair. There is also a need for people to write to inmates in prison. This is an area I would like us to participate in.

I attended the Wednesday night meeting at 615 Maple Street. The group was added to district meeting schedule. I wish the meeting well as it seemed to be doing quite well.

I had the privilege of attending the WRAASC in Nebraska the last weekend of February. The hope of warmer weather down south faded as I learned the high was going to be a balmy 19 degrees. The first person I ran into was Andre W. who is the trustee for our region. We had 358 people attend from the region. One of the high lights was listening to Phyllis H. who is our general manager of GSO operations. We did spend lots of time going through the GSO agenda items. The group from Montana gave a great presentation on Safeguarding our traditions through the evolution of technology. The main culprit is Facebook. Many people are giving up their identity on Facebook, which is a violation of our traditions.

Hope to see you all at our district 4-9-2015 meeting for agenda items and the following weekend at the spring assembly. Yours in service, Carl DCM D7

Greetings District 7!

I hope this newsletter finds you in good health and peace of mind.

March is a time of transition from the extreme weather of deep cold, to a moderate and variable season of change. There is good reason to HOPE. In much the same way we of Alcoholics Anonymous have been relieved of the winter of our lives, and now have entered a new, and more comfortable state of being. Some of us still suffering in isolation, and self pity could be reminded of the previous horror when our obsession had us in a relentless death grip, when

the darkness, and the bone chilling spiritual cold nearly ended our consciousness. There is suffering in sobriety, but it is nothing compared to the real winter of our lives. Additionally I would advance the idea that most of the suffering we experience is self inflicted, and optional. see pg 2



### Aitkin County Jail

We need volunteers especially women, to bring meetings into the jail Thursday 5:30 pm. Orientation in April. Contact- Tim 218-838-0628, or Arden 218-392-0081, or Jail Volunteer Coordinator, Dan Moriarty.

## SAVE THIS DATE! Cooperation with the Professional Community

Sponsored By:

**Alcoholics Anonymous District 7**

**Date: Thursday, May 21st, 2015**

**Time: 4:00pm—6:00pm**

The event includes:

- Appetizers and beverages
- Speakers from the area
- AA Archives Display
- Literature and the Big Book available for the professional

**Grand View Lodge**

**23521 Nokomis Ave.  
Nisswa, Mn 56468**

**Contact person: Liz.  
218-820-9558**

Only 15. \$

This is an informative event designed to educate those who have contact with alcoholics through their profession. Information is provided about what we are, what we can do, and what we cannot do. It also provides an excellent opportunity for fellowship before and after the event. The Glacial Water Spa as well as The Pines and The Garden Golf Course are available at a discounted rate. Please contact Liz at 218.820.9558 for tickets and more information. You can also contact Grandview at 218.963.2234 for spa appointments or tee times.

Historically we have looked for support for this event from our groups to sponsor at least one professional as well as purchase the ticket. Payment for the person from the group who will sponsor the professional will be left up to each group's discretion.

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We have the tools at our disposal to relieve current discomforts, and hurts.

I remember once during the winter of my life, I heard a psychologist speaking on the television, (back when I allowed such things as television to invade the peace and tranquillity of my home). I was suffering from active alcoholism at the time. This person said quite plainly on a talk show panel, "If you want good mental health, surround yourself with people". This statement struck me most profoundly at the time, as I was isolating, alone, in my home and my mental health was quite frankly- in the toilet. I took this quotation to the local coffee shop the next morning, and ran it by the Barista who was acting as a sponsor- though she wasn't aware of this fact. She nodded when I repeated it and sternly added, "surround yourself with *healthy* people". This dialogue has stuck with me over the years.

Currently I know of several members who are suffering in isolation. Living in rural communities is sometimes challenging. Another fact of our modern society is the time we spend encased in electronic communication, or buried under layers of internet web pages. This is not what was meant when the psychologist, or the barista said to surround myself with healthy people.

I also remember once my AA sponsor shortly after the above events used the word Feral to describe me when I was deliberating navigating the McDonald's drivethru to purchase some nasty fatty burgers. He called me Feral. And it fit me exactly. My whole life I've been out in the cold, fir matted, scrounging on the fringes of society, ears frozen off, hissing, and spitting, and at the same time acting like the entire world owed me a privileged life.

AA has allowed me to come in out of the cold. AA has been the Spring board of change that has allowed me to regain my sanity, and sobriety.... and I believe those to words go hand in hand.

The best years of our existence lie before us. But do not be deceived. It takes effort on our part. There is no substitute for intense step work, deep introspection, and surrounding yourself with healthy people- like the kind you find in meetings of Alcoholics Anonymous -eric

Are you finally ready to contribute to the District 7 Newsletter?

Do you have something news worthy or interesting that you'd like to bring to the table?

The current editor of this publication is requesting help with copy for the newsletter. Failure to do so could result in more personal personal stories, and pontificating about AA from this writer, and surely by now you are getting plumb wore out reading his quasi feral dialogue. Perhaps you'd like to talk up an upcoming AA event- like the CPC Event to be held at Grandview. Or perhaps there is an Agenda Item that needs special review and attention.

Email your copy to a District Committee member and remember together WE can do this.

### District 7 Agenda review

**When** Thursday, Apr 9, 2015  
**Where** 415 Juniper St, Brainerd, MN. ([map](#))  
**Description** District 7 Review Agenda Items Meeting.  
7:00 PM - 8:30 PM  
The 1st Congregational Church,  
415 Juniper St.  
Brainerd, MN.  
All AA members and especially all GSR's are encouraged to attend.

### Spring Assembly Area 35

**When** Apr 11 – 12, 2015  
**Where** 902 Frontier Dr, Fergus Falls, MN 56537, USA ([map](#))  
**Description** 2015 Spring Assembly April 11-12  
Big Woods Event Center, Fergus Falls MN  
(218) 739-2211 or (800) 293-2216.  
Reserve rooms by March 10, 2015. Rates are \$109.99.  
Sat. 9 a.m. Registration  
Sat. 10 a.m. GSR Orientation & Area Action Committee Meetings  
Assembly convenes at 1 p.m. with reports & area business, concludes with GSC Agenda Item Discussion.  
Sunday assembly convenes at 9 a.m.

### Area 35 Committee Meeting

**When** Sunday, Jun 7, 2015  
**Where** 322 1st Avenue N.E., Aitkin, MN ([map](#))  
**Description** Area 35 Committee Meeting  
9:00 AM - 3:00 PM  
Aitkin Alano Club  
Aitkin, MN

Would you like to be added to the distribution list for District publications? Email Carl at [papapump09@hotmail.com](mailto:papapump09@hotmail.com) , or Dave at [eegs@charter.net](mailto:eegs@charter.net)

The 3rd Thurs. of every month we hold District Meetings at the 1st Congregational Church in Brainerd. We Need Warm Bodies! Be There- Be Square!