



District 7 Jan 2016 Newsletter



DCM REPORT FOR JANUARY 2016

Welcome to 2016! I'm looking forward to the adventures and challenges as well as the rewards of serving as your new District Committee Member (aka DCM.) We kicked off the New Year by attending the Area 35 Service Workshop in St. Cloud on the 3 Legacies of Recovery, Unity and Service as they relate to the 12 Steps/12 Traditions/12 Concepts including a presentation by our very own Carl, Carl, Eric and Toni (thank you!!) on welcoming the newcomers. It was brutally cold outside, but the rooms of AA are always warm and inviting.



Welcome also to all of you in new service roles within the District and in your groups! The commitment you've made to be of service is crucial to keeping the program alive and well. We look forward to having you join us at the District Meetings the third Thursday of every month at First Congregational UCC (415 Juniper Street, Brainerd, MN 56401) from 7-8:30 pm.

Upcoming events in the District/Area/Region include:

Feb. 18th - February District Meeting - 7-8:30 pm - First Congregational UCC

Feb. 28th - Area 35 Committee Meeting - 9 am-3pm - Aitkin Alano Club

March 4-6 - West Central Regional AA Service Conference - Bismarck, ND

I hope you will join us for meetings, fellowship and fun!
Yours in service,
Liz L. - DCM District 7

Greetings Friends!

It is the start of a new year. Many of us, this writer, included have made resolutions to improve self for 2016. Did you make a resolution to modify a behaviour, or try a little harder, or improve the state of your health? Several weeks have passed now since most of us have resolved to do better. How is the effort at self improvement going?

How does this impact the overall state of your sobriety? When you fall behind, or fail at your attempt to be a better person do you experience a state of depression, or have the thoughts that life is just too difficult, so why bother. Sometimes a person will have a complete emotional relapse, hitting rock bottom. Things can seem pretty dark down there...in that hole you are digging. It stops when you want it to stop. It stops when you quit digging the hole deeper. How do I know this? Because I have lived it.

There is no problem in this world that cannot be made worse by taking a drink. A drink will not improve your situation. A single drink could very well spell the end of all your well intentioned efforts at self improvement- for us it means Death. This is a not speculation. A spiritual and emotional death is a certainty, and the real physical end shortly follows.

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. This is something you will not want to miss. Or perhaps there is a proposed item that you would like to bring forward to the 2017 Agenda, and you'd like to "float" an idea for the betterment of all our fellowship. Maybe you have a recovery story that you feel compelled to share. This newsletter could be a venue for you to reach out. Our distribution list is growing- for you.

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

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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.

Would you like to be added to the distribution list for District publications?

Email eric at gemminer_n_cutter@yahoo.com , or Dave at 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!

Open District Service positions are available. This is YOUR District. You make it what you, and your groups, want it to be.

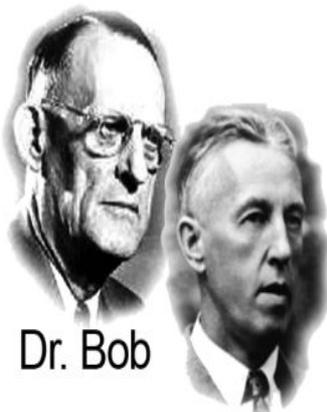
in your efforts this new year. I hope that you surge forward like a tide, unstoppable. But if you are like me and meeting with mixed results don't despair. Everyday without a drink can be counted as a success! So if your efforts at quitting smoking, stopping fits of rage, stopping being mean, exercising, improving diet, and curbing excessive spending have again made a dismal appearance in your tenth step, and petitions for divine intervention are being uttered during step eleven, don't be overly hard on self. It was a good day if you didn't drink.

Everyday is an opportunity for growth. Don't give up. We need you to be in fit condition to be of maximum service to God, and to all of us. If you slip and fall, get back up, dust yourself off and try again. And remember it is all about the effort, not the results...the journey, not the destination.....

Best wishes for 2016.

2016 West Central Regional Alcoholics Anonymous Service Conference

Date: March, 4th, 5th & 6th 2016



Dr. Bob

Bill W.

Location: Ramada Inn
1400 E. Interchange Ave.
Bismarck, North Dakota 58501

Room Rate: \$109.00

Call: 1-800-854-9517 or
1-701-258-7000

Use code: WCRSC2016

Updated Flyer coming soon!

Check out:

www.aanorthdakota.org

Contact person: Paul Kuehl
paulk_aa@yahoo.com

Area 35 Comittee Meeting

When Sunday, Feb 28, 2016
Where 322 1st Ave NE, Aitkin, MN 56431,
Description Area 35 Comittee Meeting

9:00 AM - 3:00 PM

Aitkin Alano Club
Aitkin, MN

Spring Assembly Area 35

When Apr 2 - 3, 2016
Description Zone 1 District 1

Crookston, MN

A special reminder!
District needs volunteers to assume the various Chair Positions. Currently many positions are available... people are needed to fill positions for the next two year rotation. This is your District, and this is your opportunity to give back what has been so freely given to you.