



What's Inside:

SEPTEMBER EVENTS!

Intergroup Minutes for the August 2017 Meeting

10 Ways You're Making Life Harder Than It Has To Be

Other Upcoming Events

Birthdays!

Step Nine:

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition Nine:
"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Western Slope District 22 News

Newsletter Email: d22news@gmail.com

September 2017

Volume 1, Issue 8

A.A. Intergroup Newsletter for the Western Slope of El Dorado County

Coming Soon!

Multiple Events coming September 8-10 that we want everyone to know about.

5th Annual Fellowship of the Spirit Norcal

September 8-10, 2017
Placerville, CA

An Alcoholics Anonymous Special Event with Al-Anon Participation. More info on Page 5 of this newsletter.

Retreats for Women in Recovery

September 8-10, 2017
Citrus Heights, CA

To be held at Christ the King Passionist Retreat Center
For more info and registration contact Christ the King at (916)725-4720, Ext. 301
retreatctk@passionist.org

National A.A. Technology Workshop

September 8-10, 2017
National annual conference for AA technology specialists.
Hosted by Area 07.

Hilton Sacramento Arden West • 2200 Harvard St. • Sacramento, CA 95815 • 916-922-4700

Hotel special rate (limited rooms, lock in as soon as possible):

Group Name: National AA Technology Workshop

Group Code: NAA

Room Rate: \$109 for King or 2 Queen bed rooms

Room rate reservation

deadline: August 19, 2017

Event website:

<http://www.naatw2017.org/>

Women's Day of Unity

September 9th
8:00 am to 4:30 pm
Cost: \$25

11th Annual Hand in Hand Women's Day of Unity
"Willingness is the Key"

Speakers: Vikki R. - Yuba City • Marilyn H. - Eugene, OR
Vinewood Community Church
1900 West Vine Street
Lodi, CA 95242

More info at:

<https://westernsloped22.org/event/womens-day-unity/>

New Meeting @ High Flyers! Thursday • 9 a.m.

A new Living Sober meeting has been started at High Flyers.
Check it out!
3077 Alhambra Dr., Suite E
Cameron Park, CA

August 2017 Intergroup Meeting Minutes

Intergroup of Alcoholics Anonymous Western Slope • District 22 Meeting Minutes for August 21, 2017

Meeting called to order at: 7:00pm

Attendees: Cari, Morgan, Darren, Butch, Cindy, Jeff, Tom, Mike, Charlie, Kitty, Donna M., Rocklin, Kaylynn, Suzanne

Pettiness Prayer was read by: Tom

Purpose was read by: Suzanne

Long form of the tradition was read by: Butch

Agenda Modifications: None

New members: Donna M. – Sierra Step Sisters, Suzanne – Cameron Park Group

AA Sobriety Milestones: Kitty – 30 years

Minutes from last meeting: Approved

Chair Report: Morgan – Nothing new

Intergroup Meeting Minutes continued.....

Treasury Report: Mike— took in \$450.00, balance \$4817.56, savings \$1600.00, printing bill was paid.

H&I Report: Morgan – Nothing new to report could always use help if interested attend business meeting.

General Service: Rocklin – spoke about Bridging the Gap that provides rides to people leaving jail to an A.A meeting after their release. Will take a 100 schedules.

Tele-Service: Charley C – phone bill due will auto pay on 8-26-17, will email invoice to Morgan and Cari, always looking for volunteers for 12 step work.

Newsletter: Tom – published on the 2nd, will put September issue out before the end of the month due to holiday.

Schedules: Jeff – nothing new will add missed meeting to next printing.

Activities: Cindy – was going to do a book study but has scrapped it due to another fellowship, will not through another event this year, will book same park for Founder's Day next June in January 2018.

7th Tradition collected: Collected

Group Reports

- **Darren – High Flyers** – New Living Sober meeting Sat at 9am, going well will be electing new trusted servants on next meeting, attendance good.
- **Cari - WS Fellowship** – going great.
- **Suzanne – Cameron Park Group** – going very well.
- **Donna M. – Sierra Step Sisters** – attendance moderate, potluck end of the month, financially stable.
- **Cindy – Mother Lode Fellowship** – going well.
- **Charlie – Appleseed** – greatest show on earth.
- **Butch – Men at Work** – going well, well attended, survived camp out.
- **Annie – Women in Recovery** – everything great, well attended.
- **Kaylynn – Sisters of Sobriety** – lot of new comers, a lot stick around, very festive birthday night.
- **Kitty – Women in Recovery** - going strong, newcomers, most stay, really welcoming group of women, Birthday night is last Friday of the month.
- **Rocklin – West Slope Unity Group** – camp out was low on campers, tri tip dinner well attended, new committee members have taken over will have more info at next meeting.

Old Business: None

New Business: None

Meeting adjourned at 8:00pm with the Serenity Prayer.

Intergroup business meetings:

Meetings are held at 7:00 pm the 3rd Monday of each month.

Senior Citizens Center

937 Spring Street
Placerville, CA

10 Ways You're Making Life Harder Than It Has To Be

By Tim Hoch

1. You ascribe intent.

Another driver cut you off. Your friend never texted you back. Your co-worker went to lunch without you. Everyone can find a reason to be offended on a steady basis. So what caused you to be offended? You assigned bad intent to these otherwise innocuous actions. You took it as a personal affront, a slap in the face.

Happy people do not do this. They don't take things personally. They don't ascribe intent to the unintentional actions of others.

2. You're the star of your own movie.

It is little wonder that you believe the world revolves around you. After all, you have been at the very center of every experience you have ever had.

You are the star of your own movie. You wrote the script. You know how you want it to unfold. You even know how you want it to end.

Unfortunately you forgot to give your script to anyone else. As a result, people are unaware of the role they are supposed to play. Then, when they screw up their lines, or fail to fall in love with you or don't give you a promotion, your movie is ruined.

Lose your script. Let someone else star once in awhile. Welcome new characters. Embrace plot twists.

3. You fast forward to apocalypse.

I have a bad habit of fast forwarding everything to its worst possible outcome and being pleasantly surprised when the result is marginally better than utter disaster or jail time. My mind unnecessarily wrestles with events that aren't even remotely likely. My sore throat is cancer. My lost driver's license fell into the hands of an al-Qaeda operative who will wipe out my savings account.

Negativity only breeds more negativity. It is a happiness riptide. It will carry you away from shore and if you don't swim away from it, will pull you under.

4. You have unrealistic and/or uncommunicated expectations.

Among their many shortcomings of your family and friends is the harsh reality that they cannot read your mind or anticipate your whims.

Did your boyfriend forget the six and a half month anniversary of your first movie date? Did your girlfriend refuse to call at an appointed hour? Did your friend fail to fawn over your tribal tattoo?

Unmet expectations will be at the root of most of your unhappiness in life. Minimize your expectations, maximize your joy.

5. You are waiting for a sign.

I have a friend who won't make a decision without receiving a "sign." I suppose she is waiting on a trumpeted announcement from God. She is constantly paralyzed by a divinity that is either heavily obscured or frustratingly tardy. I'm not disavowing that fate or a higher power plays a role in our lives. I'm just saying that it is better to help shape fate than be governed by it.

6. You don't take risks.

Two words: Live boldly. Every single time you are offered a choice that involves greater risk, take it. You will lose on many of them but when you add them up at the end of your life you'll be glad you did.

7. You constantly compare your life to others.

A few years ago I was invited to a nice party at a big warehouse downtown. I was enjoying the smooth jazz, box wine and crustless sandwiches. What more could a guy want? Later in the evening I noticed a steady parade of well-heeled people slide past and disappear into another room. I peeked and saw a large party with beautiful revelers dancing and carrying on

like Bacchus. Suddenly my gig wasn't as fun as it had been all because it didn't appear to measure up to the party next door- a party I didn't even know existed until just moments before.

I do this frequently. Those people are having more fun. Mary has a bigger boat. Craig gets all the lucky breaks. Ted has more money. John is better looking.

Stop it.

Always remember what Teddy Roosevelt said: "Comparison is the thief of joy."

8. You let other people steal from you.

If you had a million dollars in cash under your mattress, you would check it regularly and take precautions to insure it is safe. The one possession you have that is more important than money is time. But you don't do anything to protect it. In fact you willingly give it to thieves. Selfish people, egotistical people, negative people, people who won't shut up. Treat your time like Fort Knox. Guard it closely and give it only to those who deserve and respect it.

9. You can't/won't let go.

These are getting a little harder aren't they? That's because sometimes you have to work at happiness. Some hurdles are too difficult to clear by simply adjusting your point of view or adopting a positive mindset.

Do you need to forgive someone? Do you need to turn your back on a failed relationship? Do you need to come to terms with the death of a loved one?

Life is full of loss. But, in a sense, real happiness would not be possible without it. It helps us appreciate and savor the things that really matter. It helps us grow. It can help us help others grow.

Closure is a word for people who have never really suffered. There's no such thing. Just try to "manage" your loss. Put it in perspective. You will always have some regret and doubt about your loss. You may always second guess yourself. If only you had said this, or tried that.

You're not alone. Find someone who understands and talk to that person. Reach out for support. If all else fails, try #10 below.

10. You don't give back.

One way to deal with loss is to immerse yourself in doing good. Volunteer. Get involved in life.

It doesn't even have to be a big, structured thing. Say a kind word. Encourage someone. Pay a visit to someone who is alone. Get away from your self-absorption.

When it comes down to it, there are two types of people in this world. There are givers and there are takers. Givers are happy. Takers are miserable. What are you?



5th Annual Fellowship of the Spirit NorCal

September 8-10, 2017

An Alcoholics Anonymous Special Event with Al-Anon Participation
Doors Open Friday, September 8th at 5:00 PM at Best Western, Placerville, CA
"We shall be with you in the Fellowship of the Spirit..."p. 164 of Alcoholics Anonymous

**Friday Night Speakers and
Saturday 12-Step Workshop Leaders:
Myers R., Dallas, TX (AA)
John K., Dallas, TX (AA)**

**Saturday Night Speakers:
TBA (Al-Anon)**

**Cate D., Placerville, CA (AA)
Sunday Morning Workshops:
Charlie S., Rocklin, CA (AA)
Steve T., Roseville, CA (AA)**

Friday, September 8 - Doors Open at 5:00 PM for registration and fellowship
7:00-10:00 PM Speaker Meeting John K. & Myers R.

Saturday, September 9 - Doors Open at 8:00 AM
9:00 AM Myers R. & John K. 1st of 4 Sessions of 12 Step Workshops throughout the day
7:00-10:00 PM Speaker Meeting (Prize Drawing between speakers)

Sunday, September 10 - Doors Open at 8:30 AM
9:00-10:00 Workshop Charlie S. Topic: Conscious Contact
10:15-11:15 Workshop Steve T. Topic: How to Listen to God

Registration Information:
Register by mail before September 2, 2017 \$20.00 per person to ensure a seat
Registration at the door \$25.00 per person
For more event information contact JR H (530)409-4674 or Visit our Website at fotsbbs.us
Best Western Placerville Inn 6850 Green Leaf Drive, Placerville, CA, 95667

Fellowship of the Spirit NorCal Registration Form

Name #1 _____
Name #2 _____
Address _____
City _____ State _____ Zip _____
Phone _____
E-Mail _____

Event Pre-registration prior to 9/2/2017 _____ x \$20.00= _____
Bottomless Coffee (includes event mug) _____ x \$ 10.00= _____
Donation: _____
Registration at the Door _____ x\$25.00= _____
Total: _____

Make Checks Payable to: Fellowship of the Spirit Mail to: 5855 Sierra Springs Drive, Pollock Pines, CA 95726

Other Upcoming Events

Folsom Way of Life 22nd Annual Potluck & Speaker Meeting

Journey Church • 450 Blue Ravine Road • Folsom, CA 95630

October 7, 2017 • Time: Potluck 6:00 PM / Speaker: 7:30 PM

Speaker: Bill J., Paicines, CA



**Happy 30th A.A. Birthday
Kitty P. / August 23**

Your story could be here!

We are always looking for stories and contributions from our Intergroup members. Send your tales of hope, joy or adversity to share with and inspire those who still struggle. Event updates, birthdays or other items can also be used if sent to d22news@gmail.com

September Dates to Remember

Labor Day
Monday, September 4



LABOR DAY

Grandparents Day
Saturday, September 10



Patriot Day
Monday, September 11



First Day of Rosh Hashanah
Thursday, September 21



Autumn Begins
Friday, September 22



Yom Kippur
Saturday, September 30



Intergroup
P.O. Box 1434
Placerville, CA
95667

**TELESERVICE
24/7 HOTLINE:
(530) 622-3500**

OR CONTACT:
**TELESERVICE@
WESTERNSLOPED22.
ORG**

NEWSLETTER
E-MAIL:
d22news@gmail.com

Please use this email
address to send stories
and shares, to notify us
about upcoming or
recent AA birthdays or
for event notices to be
posted.

We're on the Web!
See us at:
<https://westernsloped22.org>

Birthday Announcements

Please submit birthday announcements to be included in the newsletter by the 15th of the month before. This will allow time to get all of them into the current issue. We usually will not be able to get the current months birthdays in but can post the prior months if they are submitted. Let's give a well deserved shout out to those who have earned it!

Please state how you wish the name to appear in the newsletter keeping in mind that anonymity is only maintained by this. The newsletter will be available for viewing to everyone visiting the District 22 web site. If you like you can also list the group submitting the birthday announcement.

About Intergroup...

Any group within our service area wishing to affiliate with Intergroup may do so simply by observing the 12 Traditions and designating one of their group members as their Intergroup Representative. It's good practice to also name a second person as alternate. It's suggested that AA members be elected who show a desire to be of service and are willing to carry out their obligation to the best of their ability in the spirit of unity and cooperation.

What is the deadline for newsletter submissions?

The deadline will vary from month to month depending on holidays and other factors. If you email your story to d22news@gmail.com by the 15th of the month, it will usually be in time for the next month's issue. We will make every effort to include all submissions no matter when submitted.

A.A. Meeting in Spanish

Nueva Reunión de habla Hispana de Alcohólicos Anónimos

Mother Lode Fellowship of Alcoholics Anonymous
677 Pleasant Valley Road, Suite A, Diamond Springs, CA 95619
Reuniones Sabados a las 6:00 pm • Saturday at 6:00 pm
530-391-7765

Intergroup
P.O. Box 1434
Placerville, CA 95667

First Class
Postage
Required
Here

MEMBER NAME
STREET ADDRESS
CITY, ST 22134