

# District 30 Newsletter

district30aa.com

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## *Message from The District Chair*

Greetings District 30

Well it's that time of year again... There are new faces at the front table and on the committee chairs as well as new faces serving as DCM's and GSR's. I would like to thank everyone that has rotated out on a job well done humbly serving District 30 for the past couple of years. Great Job! That being said I am very

everyone to bring someone new to the service structure and let them be a part of the "third leg" of our triangle!

On a personal note, I hung around AA for over a decade. I couldn't stay sober for long and when I did I was miserable. When I finally ran out of plans and

### *Next District Meeting*

November 20,2016

Unanimity Club 8749 S Lewis Tulsa, OK

Fellowship @ 9 am Meeting @ 9:30

excited about the new servants in District 30 and look forward to serving with them as your new District Chair.

Our next quarterly District 30 meeting will be held at the Unanimity Club on Sunday November 20, 2016 and is being hosted by Cluster D1. The meeting will begin at 9:00 am with coffee and fellowship and be brought to order promptly at 9:30. I encourage

ideas I crawled back to AA because there was no other place to go. One man who could see I was suffering suggested I give myself up to the process contained in the Big Book of Alcoholics Anonymous. This process was about recovery from alcoholism, unity with other alcoholics of my type and service to those still suffering from the same disease that was killing me. I

## *District Committee*

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Archives- Barbara L

Bridge The Gap- Atoka B

Cooperation's with Professional Community- Zach S

Corrections- Mara W

Grapevine- Thomas G

Gratitude- Michael B

Language Services- John H

Public Information- Wayne

Policy and Procedures- David C

Technology- Diane N

Treatment- Patrick D

District Chair- Matt L

Secretary- Nicole M

Treasurer- Dewey S

had engaged in a little step work and had been to hundreds of meetings but when I started actively engaging in all THREE legs of the triangle my life began to change. I was encouraged to get involved in service from day one... it wasn't an option it was part of the deal!

I realize that if you are reading this newsletter you

are probably already involved in service at some level. Encourage those around you to find their place in the service structure. Whether you are making coffee and setting up chairs at your home group or serving as the Area 57 delegate you are carrying the message of Alcoholics Anonymous and that is the *only* purpose we have. Having received the gift, it is my duty

to pass it on to the next person with the same passion, love and humility with which it was given to me. So grab the new person and tell them to get in the car!

Your humble servant,

Matt Lane,

District 30 Chair

## Archives Report

Submitted by Barbara

I'm taking the long timers form and the group history forms to the District 30 meeting for anyone who wants to please fill this out and bring it back. I haven't gotten much response yet, but I'm sure everyone is very busy doing their service work. Please consider taking the time to add your groups history to the archives for the future fellowship. Thanks for letting me be of service, Barbara Lee

## Bridge The Gap Report

Submitted by Atoka B

No report submitted this quarter

## CPC Report

Submitted by Outgoing Chair David C and Incoming Chair Zach S

My primary focus since becoming the district 30 CPC chair has been on visiting with students in a classroom setting that are majoring in helping professions. This is a great opportunity to impact future professionals while they are captive and before they become too busy. In the month of September, I was invited to NSU, and TCC in both cases the students were future social workers. For the month of October, I have been invited to meet with a student organization at TCC know as TACKLE. Frankly I have no idea what it stands for, but TACKLE is a student organization for students who hope to one-day work in the field of substance abuse, or are in recovery themselves. Late in the month of October I will be visiting with another class from TCC as well. I am also currently trying to solidify a date to speak to seniors in NSU's social work program. I also hope to have the opportunity to share AA's message with graduate and medical students at the OU Schusterman Center before the semester comes to a close. I would also love to have a female volunteer to join me in these Presentations-Preferably with six months of sobriety. So if you know of anyone looking for some service work please have them email the district 30 CPC email. Thank you so much for allowing me the honor to serve the district and carry the message!

Zach S.

## Corrections Report

Submitted by Mara W

Hi all,

Corrections is doing well. We now have four ladies going in to Eddie Warrior correctional facility. That's awesome. Teresa is now going in to DL Moss with me, which is awesome. There are a couple of other ladies waiting to hear back from DL Moss, so the excitement is mounting there. We may actually be able to take real meetings in there because Teresa is willing to go every Wednesday, so that's really cool. I have been providing information and assistance to several people who have called wanting to sign up for various facilities around our area. There is always room in corrections, the need is great. Thank you for all you do.

Mara

## *Grapevine Report*

Submitted by Monika A

No report submitted this quarter

## *Ok Gratitude Plan Report*

Submitted by Nicole M

Today at our district meeting in Monkey Island, we collected \$58.30 in gratitude contributions and handed out envelopes. Thank you for allowing me to be of service.

Nicole M.

## *Language Services Report*

Submitted by John H

I am happy to report that I have received several suggestions from members that I will try to implement during my tenure as Language/Special Needs Accessibility Committee Chair. One suggestion in particular stands out and it concerns providing wheelchairs at the State Conference. The example for the necessity of doing so, that was shared, dealt with an AA member with COPD that had an extremely difficult time making it to each session and various workshops during the State Conference in Tulsa. Persons with COPD can easily run out of breath and walking any distance is difficult. How nice it would be to have access to a wheelchair, and someone to push them in it at the next state conference. I would hate to make a decision on whether or not to attend a State Conference based entirely on the difficulty to walk any distance. We can do better than that and we should. My plan is to have a few wheelchairs donated for the weekend of the State Conference in OKC next year. So anyone that would like to volunteer for some service work and help get special needs AA members to workshops and general sessions, please contact me.

Getting the word out about an American Sign Language certified interpreter is paying off. I received a message from Northeast Central Services requesting information on putting a group in touch with an interpreter. I forwarded information to Central Services and hopefully the information was helpful putting the parties together. I am grateful that so many members that attend district meeting are willing to share their suggestions with me. I hope that the ideas we can work on will get implemented. Being a chair for a standing committee is proving to be rewarding and very educational.

Peace, John H

## *Public Information Report*

Submitted by Wayne L

**Tues. September 26th**

3rd Health Fair (North Campus TCC)

**Wed. October 5th**

4th Health Fair (W. Tulsa Campus TCC)

Attendance about 150 each Fair.

**Tues. Oct. 9th**

JOB CORP N. Tulsa

3-4 pm

Monthly meeting (2nd Tues each mo)

Small group 3-6 students

**Wed Oct 5th.** TCC Nursing class Owasso. First Responders.

11 am-12 pm

35 - 40 nurses

**Thurs Oct 20th** - OU Nursing class

Schusterman Learning Center

10 am-12 pm

35-40 nurses

Thanks, Wayne L

*Policy and Procedures Report*

Submitted by Floyd G

No report submitted this quarter

*Technologies Report*

Submitted by Ben R

No report submitted this quarter

*Treatment Report*

Submitted by Patrick D

I would first like to thank Matt for the chance to serve district 30 as your treatment chair. I know Heather did an amazing job finding service opportunities in our local treatment centers and showing new alcoholics there is hope. I hope to continue that action. I am just starting to get acquainted with all the facilities in our district and will be reaching out to all of you for help carry the AA message. If anyone has any suggestions or ideas, or wants to be of service in this area please let me know. I look forward to serving you and our district.

Sincerely, Patrick D

