



District 26 News

October / November 2017

2 NEW MEETINGS IN DISTRICT 26

There are 2 new Mindfulness Meditation Meetings in District 26. They are both called Having Had groups of AA and they are both open to all 12 steppers regardless of the substance over which they are powerless. One of the groups meets on Sunday evenings, 5:30 pm at the Portland Center for Spiritual Living, 6211 NE Martin Luther King, Jr., Blvd. Portland, OR 97211, 503-261-0677. The other group meets on Tuesday evenings, 6:30 pm at Kaiser Town Hall, 3704 N Interstate Ave, Portland, OR 97227, 503 280-2995

Both meetings are listed online at <http://www.pdxaa.com/meetings/>. Also, both meetings focus on the spiritual practice of meditation. We are told in chapter 6 of the Big Book to grow our understanding of the 12 Steps and our effectiveness in carrying the A.A. message to other alcoholics. On page 84, the first paragraph following the Ninth Step Promises, it states, "We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness."

The meetings of Having Had groups include three unique elements: 1.) a 5 to 10 min Dharma Talk on a topic related to one of the 12 Steps. The content of these Dharma Talks is from the 9 Essays/Buddhism and the 12 Step Model of Recovery, which are available free in pdf format at <http://www.sfzc.org/> by the San Francisco Zen Center, 2.) a brief introduction to Mindfulness Practice - the content of these mindfulness practices is also free and from various Thich Nhat Hanh mindfulness instruction material, such as Breathe, You Are Alive!, the Sutra on the Full Awareness of Breathing and The New Sangha Handbook, a Project of the TNH Foundation, Sangha Building Program, and 3.) a 15 minute silent meditation. Following the silent meditation, there is sharing led by the meeting facilitator. All present are given an opportunity to share. The estimated duration of the meeting is 60 minutes. To ensure that the meeting ends on time, if there are 12 or more persons in attendance, we break into smaller groups for sharing.

DISTRICT 26 MAILING ADDRESS

District 26
P.O. Box 31101
Portland, OR 97231

DISTRICT 26 CONTACTS

DCM Jay L dcm26@aa-oregon.org
Alt-DCM Lisa K lita.krause@gmail.com
Treasurer Ed Z district26treasurer@gmail.com
Website [Under Construction](#)

DISTRICT 26 BUSINESS MEETING

2nd Sunday, 5:15 PM
St. Charles, 5310 NE 42nd Ave, 97218

Service Reflection

I am a painfully shy slowly recovering alcoholic and am not good at asking for help. I got my sponsor because an old timer took pity on me, marched me over to the corner after a meeting and said, "One of these two men is going to be your sponsor, pick!" But I DO have a service sponsor. He's a 30+ years sober member of my home group, sponsors a lot of men, stepped up to be our GSR when we hadn't had one for years, drafted me as Alt-GSR, showed me the ropes at a couple of assemblies, made me feel a part of District 26, and then rotated out. He has shown me by example how to be thoughtful, and kind, never to turn down any quasi-reasonable request, and to listen WAAAY more than I talk. We discuss service of all sorts all of the time. I should probably actually tell him he's my Service Sponsor someday!

Ask somebody who is really active in AA service to be your Service Sponsor. Take 'em out for coffee once in a while and talk about what you can do to help carry the message of AA. It's not hard, it doesn't have to be a big deal, and you'll be glad you did.

-- Jay L.

District 26 Group Meetings

Monday:

6:30pm Kaiser Town Hall 3704 N Interstate Ave.
7pm Wet Brains 5736 NE 33rd Ave.
7:30pm Boys Night Out 3807 NE MLK Blvd.
8:30 PM Wetter Brains 5736 NE 33rd Ave.

Tuesday:

5:30pm Hi Five 1503 N Hayden Island Drive
6:30pm Having Had Group 3704 N Interstate Ave.
6:30pm YP Sexual Diversity/4115 N Mississippi St.
7pm Women In Transition 8926 NE Lombard St.
8pm Alameda Group 4330 NE 37th Ave.
8pm Alberta Men's 5431 NE 20th Ave.

Wednesday:

6:30pm Kaiser Town Hall 3704 N Interstate Ave.
7pm 4406 Group 5431 NE 20th Ave.
7pm Book Review 5310 NE 42nd Ave.
8pm The Salty Bunch 3807 NE MLK Blvd.

Thursday:

6:30pm Maintaining Sobriety 3704 N Interstate Ave.
6:30pm Queer 3807 NE MLK Blvd.
7pm Altered Egos 4431 NE 20th
8pm Lava Lamp Group 3807 NE MLK Blvd.

Friday:

7pm Book Review 5310 NE 42nd Ave.
7pm Came To Believe 2823 N Rosa Parks Way
7pm Friday Night Roundtable 14 NE Killingsworth St.
8pm Friday Night Young People 3807 NE MLK Blvd.

Saturday:

9:30am Kitchen Table Group 8926 N Lombard St.
6:30pm Traditional Recovery 7107 N. Lombard St.
7pm Kenton Group 2115 N Lombard St.
8pm Albina Neighborhood 2710 NE 14th Ave.
8pm New Beginnings 5227 N Bowdoin St.

Sunday:

5:30pm Having Had Group 6211 NE MLK Blvd.
6:30pm Sunday Grapevine 5310 NE 42nd Ave.

Daily Meetings:

12pm (noon) Out To Lunch Bunch 8926 N Lombard St.
12pm (noon) Mon.-Sat. Nite Siders 8719 NE Beech St.
5:30pm No Name 8926 N Lombard St.
10pm You Name IT 8926 N Lombard St.

