

District 23 DCM Ramblings

Rule 62: Don't Take Yourself Too Damn Seriously

VOLUME 1 ISSUE 3

SEPTEMBER 19, 2012

Welcome again to District 23 DCM Ramblings. This newsletter is brought to you from your DCM and is meant to give you the latest and greatest news and information from around the District, the Area and the ramblings of your DCM.

CONTENTS

Rambling Man.....	1
Group News and Events	1
Area 40 & District News	1-2
Rule 62	2
Ponder On this.....	2
Additional Information	2

RAMBLING MAN

Since my last newsletter, I have attended the 12-Step Workshop in Great Falls, the Spring Round Up in Kalispell, various picnic sponsored by Sidney's Welcome Home Group over the summer and AA meetings in Ashland, Oregon, around Montana and Williston, ND.

I was unable to attend the LYS this year, as the vet advised limited mobility for Rocky, my dog, who had a back injury. I sent along my regrets to Jim H. and others. I hear it was a success this year. For those of you who know Rocky, the task of "limited mobility" was very interesting to pursue and accomplish, especially when he started to feel better after the vet prescribed meds took effect.

I will be traveling to the Fall Assembly in Lewistown in a couple of days. Please watch for a post assembly issue of DCM Ramblings for how that went.

GROUP NEWS AND EVENTS

Sidney's Welcome Home Group has expanded and added a Women's Only Step Study meeting. The women have named it Sister's in Sobriety and met on Wednesday's at 7pm at the Trinity Lutheran Church Education Building

Groups can email me at witsend@midrivers.com to report their events and progress.

AREA 40 & DISTRICT NEWS

The Fall Assembly will be happening in a few days. The main event will be elections of Area Officers and Committee Chairs. Other items of interest will be changing the format of the Assembly and putting Bridging the Gap contact information on the Area Website. Havre Area AA Mini Conference is September 28-30, The Fall Roundup is in Missoula October 5-7.

In District news, we held our pre-assembly meeting on September 15th in Sidney at the Trinity Lutheran Church Education Building. Besides myself, our secretary/treasurer Todd McM, there were three other members, all of Sidney. We went through the agenda and I had prepared a "snack" for afterwards which consisted of Pretzel Slider Bun Almost a Clubhouse Sandwiches, Baked Beans, Tortilla Chips, Cake donuts, Mini Brownies, (cont on Pg 2)

Area 40 & District News Cont.

Assorted Fruits, and Assorted Beverages which was enjoyed by the few of us during the fellowship afterwards.

The next District meeting is planned for October 27th, in conjunction with the District 23 Halloween Fall Festival Party and Potluck. It will be our election meeting, so I hope more will be in attendance for this meeting. The flier for this event is now posted on the Area 40 website and I have asked folks to print it and copy it for distribution at meetings in Glendive, Sidney, North Dakota and beyond. Please stay tuned for the next issue of DCM Ramblings for other details.

RULE 62

Two men are drinking in a bar at the top of the Empire State Building. One turns to the other and says: "You know last week I discovered that if you jump from the top of this building-by the time you fall to the 10th floor, the winds around the building are so intense that they carry you around the building and back into the window."

The bartender just shakes his head in disapproval while wiping the bar.

The 2nd Man says: "What are you a nut? There is no way in hell that could happen."

1st Man: "No it's true let me prove it to you." So he gets up from the bar, jumps over the balcony, and careens to the street below. When he passes the 10th floor, the high wind whips him around the building and back into the 10th floor window and he takes the elevator back up to the bar.

The 2nd Man tells him: "You know I saw that with my own eyes, but that must have been a one- time fluke."

1st Man: "No, I'll prove it again" and again he jumps and hurtles toward the street where the 10th floor wind gently carries him around the building and into the window. Once upstairs he urges his fellow drinker to try it.

2nd Man: "Well what the hell, it works, I'll try it." he jumps over the balcony, plunges downward, passes the 11th, 10th, 9th, 8th floors... and hits the sidewalk with a 'splat.'

Back upstairs the Bartender turns to the other drinker: "You know, Superman, you're a real asshole when you're drunk."

PONDER ON THIS

My life is my message. -Mahatma Gandhi-

What message are you carrying?

ADDITIONAL INFORMATION

To send any information or items of interest to include in District 23 DCM Ramblings, please email them to: witsend@midrivers.com. Feel free to print this out and have it available at your meeting or to forward it along to other AA members who may be interested.

The information in this newsletter is considered confidential and to be shared with other alcoholics only.