

# **District 22 Quarterly Newsletter**

**District 22 District Meeting Day/Time:** 2nd Wednesday at 7:00 PM

**District Meeting Location:** Vista Lutheran Church, 4003 Wooddale Ave, Saint Louis Park, MN 55416

## **District 22 at a glance:**

- DCM – Jared H
- Alt. DCM – Open
- Treasurer – Jack B
- Secretary – Angelique P
- - ● Accessibilities – OPEN
  - ● Archives – Kyle
  - ● CPC – Open
  - ● Corrections – Kim F.
  - ● Finance – Open
  - ● Grapevine – Bob D.
  - ● Registrar – Angelique
  - ● Literature – Kyle A
  - ● Newsletter – Bob D.
  - ● Public Information – OPEN
  - ● Treatment Facilities – OPEN
  - ● Website- Jim V

*There are still quite a few committee chair positions still open at the district level...with that said this newsletter is going to be more of an editorial than NEWS for a couple of reasons. First, it's been so long since the last District 22 newsletter that ALL of the NEWS is too old to even talk about at this time. Secondly, because District 22 and AA is always looking for help. This will serve as a reminder/invitation...*

# **Interruption/Invitation/Resistance**

*A couple of years ago I was attending a 3-day silent retreat at Demontreville in Lake Elmo, Minnesota in an attempt to “Improve my conscious contact”. This retreat is put on every weekend throughout the year, except for a few weeks around Christmas & New Year's. This has been an annual pilgrimage ever since I was first invited back in 2010.*

*This particular retreat the retreat master introduced this idea of **Interruption/Invitation/Resistance**...he went on to explain it in these terms. He said, ‘that our lives are constantly being **Interrupted**’, every day in ALL sorts of different ways. But then he said, “for EVERY interruption there is an **Invitation**”, to participate in creation (theological terms), in other words to make the world a better place (laymen's terms). Finally he said, “for every invitation there is ALWAYS a **Resistance**”...and that resistance comes in the form of what does this mean to me & how does this affect my life?*

*I believe a big part of Recovery/AA is learning to overcome this Resistance, the ability to say YES, even though it may be inconvenient! The willingness to try and make the world a better place. I know that this newsletter is one of those interruptions in my life, and I have obviously been resistant to getting a 3<sup>rd</sup> quarter newsletter out in a timely fashion.*

*With that said, if you are one of the 8-10 people that may be reading this perhaps this is your **INERRUPTION/INVITAION/RESISATNCE**...DISTRICT 22 could use your help. Even if you don't accept this invitation, just know there will be plenty more interruptions/opportunities to make the world a little better place.*

*Peace & God bless,*

*Bob D.*

*District 22 newsletter*