



District 29 March 2026 ~Action Log~ Newsletter

Editor's Note: Happy March!!!
The month our area sees rain and sunshine all at the same time.
Tradition 3 for our 3rd month. All you need is a desire to stop drinking. You can be here without doing a single thing. Hopefully you hang around long enough to want to help someone else, stay sober. This is how we do it, we learn how previous members did it then we help others stay sober.



DEADLINE
FOR REPORTS,
EVENT
FLYERS,
ARTICLES
OR JUST ADD
ONS IS THE

4th of every month.

Email them to:

d29actionlog@pugetsoundaa.org

In your reports please add time, day of the week and location of your meeting, so we share the message.

Tradition 3:

“The only requirement for A.A. membership is a desire to stop drinking.”

“The Action District”

Reminder of Upcoming Events:

More Info on Page:

| | | |
|-----------|--|----|
| Mar 10th | District 29 Monthly Business Meeting | 15 |
| Mar 14th | Monthly Area Corrections Meeting | |
| Mar 14th | Pre-Conference Northern Districts | |
| Mar 15th | Pre-Conference Eastside Districts | |
| Mar 21st | Pre-Conference Central & Linguistic <u>Zoom only</u> | 20 |
| Mar 21st | Area 72 Corrections Quarterly Meeting | 20 |
| Mar 22nd | Pre-Conference Peninsula Districts | |
| Mar 28th | Pre-Conference Pierce Co & Southern Districts | 15 |
| Apr 10-12 | 37th International AA Men's Conference | 26 |
| Apr 10-11 | Area 72 Committee Quarterly Business Meeting | |

All event information can be found by going to **area72aa.org** go to Events then click on calendar date. Some information printed on above page #.

7TH TRADITION CONTRIBUTIONS

In keeping with AA's 7th Tradition of self-support, we accept contributions only from AA members.

***When submitting contributions, please note your group's name, or with individual contributions note that you are a member of Alcoholics Anonymous.**

DISTRICT 29:

Mailing Address:

Alcoholics Anonymous – District 29
PO Box 1439
Puyallup, WA 98371

*Make checks payable to Alcoholics Anonymous – District 29

AREA 72:

Mailing Address:

Western Washington Area 72
1901 Cornwall Avenue #745
Bellingham, WA 98225

*Make checks payable to Western Washington Area 72

Online contributions: <https://area72aa.org>

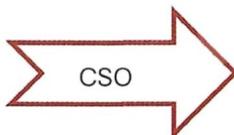
CENTRAL SERVICE OFFICE:

In person Contributions or Mailing Address:

Puget Sound AA
3640 S Cedar Street, Suite S
Tacoma, WA 98409

*Make checks payable to Puget Sound AA

Online contributions: www.pugetsoundaa.org/contribute



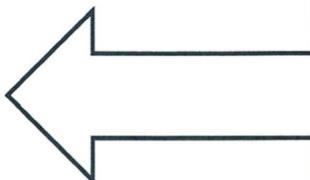
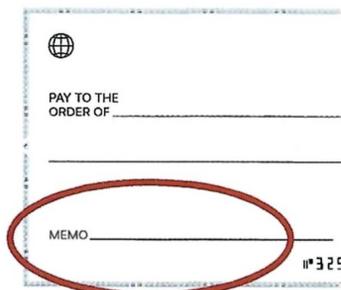
GENERAL SERVICE OFFICE:

7TH Tradition Contributions Mailing Address:

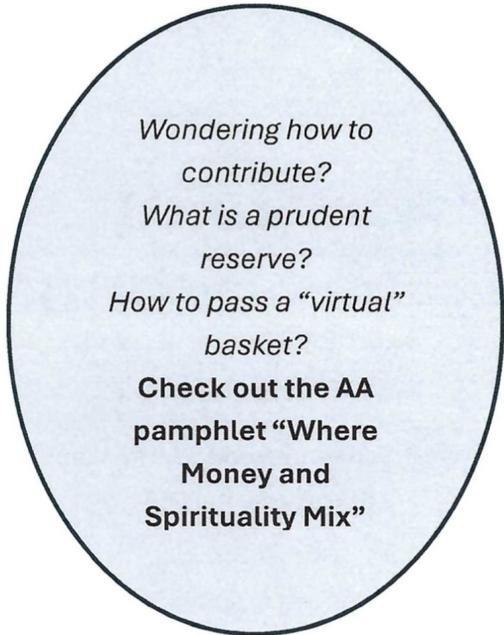
General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

*Make checks payable to the General Service Board

Online contributions: <https://contribution.aa.org>

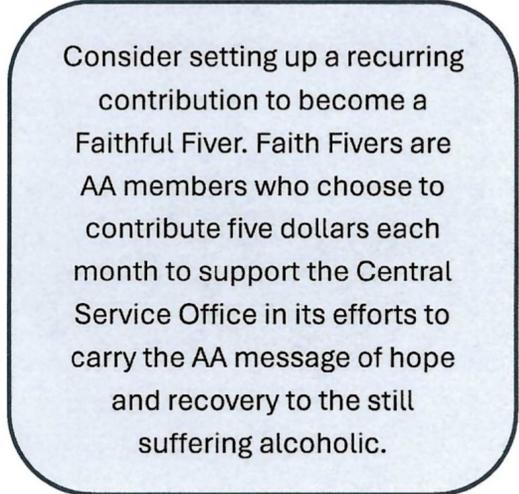


**MAKE SURE YOUR CONTRIBUTIONS COUNT!
DON'T FORGET TO INCLUDE YOUR **GROUP NUMBER** OR,
IF IT'S AN INDIVIDUAL CONTRIBUTION,
NOTE THAT YOU ARE
A MEMBER OF AA.**



*Wondering how to contribute?
What is a prudent reserve?
How to pass a "virtual" basket?*

Check out the AA pamphlet "Where Money and Spirituality Mix"



Consider setting up a recurring contribution to become a Faithful Fiver. Faith Fivers are AA members who choose to contribute five dollars each month to support the Central Service Office in its efforts to carry the AA message of hope and recovery to the still suffering alcoholic.

TRUSTED SERVANTS

DCM: Fred J dcm29@area72aa.org
Alt: Amanda M altdcm29@area72aa.org
Secretary: Sara M dist29secretary@area72aa.org
Alt: Open
Treasurer: Dan C dist29treasurer@area72aa.org
Alt: Ryan W
Accessibility: Ty S dist29accessibility@area72aa.org
Alt: Open
Archives: Deborah M dist29archives@area72aa.org
Alt: Open
Corrections: Open dist29corrections@area72aa.org
Alt: Open
CPC: Scott N dist29cpc@area72aa.org
Alt: Open
CSO Director 1: Dave D d29csodir1@pugetsoundaa.org
CSO Director 2: Open d29csodir2@pugetsoundaa.org
Grapevine/Lit: Cheryl A dist29gvlit@area72aa.org
Alt: Open
Newsletter: Grace C d29actionlog@pugetsoundaa.org
Alt: Mary N
PI: DeeDee dist29pi@area72aa.org
Alt: George N
Registrar: Brittany U dist29registrar@area72aa.org
Third Legacy: Alana W dist29thirdleg@area72aa.org
Alt: Carol J
Treatment: Greg E dist29treatment@area72aa.org
Alt: Jose Q
12 Step: Jake F
Facilities Liaison: Steve B

DCM = District Committee Member
 CPC = Cooperation with Professional Community
 PI = Public Information
 GSR = Group Service Representative
 CSO = Central Service Office

Elected WW Area 72 Trusted Servants of Panel 75

DELEGATE: Courtney S delegate@area72aa.org
ALT DELEGATE: Lupita YM altdelegate@area72aa.org
CHAIRPERSON: Derek S chair@area72aa.org
ALT CHAIRPERSON: Lisa S altchair@area72aa.org
TREASURER: Theresa P treasurer@area72aa.org
ALT TREASURER: Derek N alttreasurer@area72aa.org

District 29 Groups

Above Ground.....Gary S
 Alt. Emillie M
 Back To Basics.....Rex J
 Eatonville
 Eatonville Women's.. Christina P
 Alt. Diana P
 Elbe Friday Nighters
 FIR.....Bruce K
 Alt. Kevin O
 Firgrove.....Laurie S
 Alt.
 Graham Women's.....Mary N
 Alt. Michelle L
 Hang In There.....Mike A
 Alt. Fred D
 Keep It Simple Sumner...Chris L
 Alt. Don S
 Living Free.....Ryan W
 Loft.....Sophia N
 Alt. Annie M
 Meeker.....Misty M
 Alt. Maria H
 Ohop.....Chelsea P
 Alt. Mandy B
 On Track Again.....Beatriz C
 Alt. Holly C
 Orting Fireside.....Joshua D
 Alt. Jill N
 Orting Hole In The Donut...Jill N
 Out to Lunch Bunch
 Puyallup Men's Stag.....Shaun R
 Alt. Bret L
 Puyallup Service Group..Bryce J
 Alt. Jasmine P
 Seeking Our Solution...Rachel K
 Alt. Jeff J
 Sober Sisters of Sumner....Pam N
 Alt.
 Solution Is The Journey....John P
 Alt.
 Trudging The Road.....Alan O
 Trusted Servants.....Janeah O
 Alt. Laura S
 Women On Tapps.....Tracie L

Trusted Servants Monthly Reports

DCM: Fred J

[Report on Page 6](#)

dcm29@area72aa.org

Alt: Amanda M

[Report on Page 6](#)

altdcm29@area72aa.org

Secretary: Sara M

dist29secretary@area72aa.org

Alt:

Treasurer: Dan C

dist29treasurer@area72aa.org

Alt: Ryan W

[Report on page 5](#)

Accessibility: Ty S

dist29accessibility@area72aa.org

Alt:

[Report on page 19](#)

Archives: Deborah M

dist29archives@area72aa.org

Alt:

[Report on page 17](#)

Corrections:

dist29corrections@area72aa.org

Alt:

CPC: Scott N

[Report on page 18](#)

dist29cpc@area72aa.org

Alt:

CSO Director 1: Dave D

d29csodir1@pugetsoundaa.org

CSO Director 2:

d29csodir2@pugetsoundaa.org

Grapevine/Lit: Cheryl A

dist29gvlit@area72aa.org

Alt:

PI: DeeDee B

[Report on page 18](#)

dist29pi@area72aa.org

Alt: George N

Registrar: Brittany U

dist29registrar@area72aa.org

Third Legacy: Alana W

dist29thirdleg@area72aa.org

Alt: Carol J

[Report on page 17](#)

Treatment: Greg E

dist29treatment@area72aa.org

Alt: Jose Q

Newsletter: Grace C

d29actionlog@pugetsoundaa.org

Hello to All in District 29, Happy March!!!

I'll be going to the Pre-Conference on March 28th, with some of my favorite GSR's. To help them relay a message. On a personal note I've chosen the PNW Conference in Vancouver, WA June 26-28 2026. I think I'm going to enjoy this one. I like having an AA trip to look forward to. They are some of my greatest memories of past trips. It's one of the greatest feeling going to a conference or assembly where 400 or more AA members are there for the same reason. To learn how to share the message that helps another suffering alcoholic!

Thank you for allowing me to share and be of service, Grace C

Alt: Mary N

What a gift to be a part of District 29! Being the GSR for Graham Women's Group and TRYING to take over the responsibility of creating the Action Log has provided me many lessons in humility! I love learning new things as I balance life and service work. Thank you for your patience, and for allowing me to be of service.

- Mary N

12 Step: Jake F

Facilities Liaison: Steve B

Responsibility Statement

**I am responsible, when anyone, anywhere reaches out for help,
I want the hand of AA always to be there, and for that:
I am responsible.**

District 29 Treasurer's Report February 2026

| Groups | Donations | | | | | | | | | | | |
|--------------------------------|--------------------|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
| Above Ground | \$ 45.00 | \$ 52.00 | | | | | | | | | | |
| Back to Basics | \$ 40.00 | \$ 40.00 | | | | | | | | | | |
| Eatonville Group | \$75.00 | | | | | | | | | | | |
| Eatonville Womans Group | | | | | | | | | | | | |
| Elbe Friday Neters | | | | | | | | | | | | |
| FIR (Fellowship In Recovery) | | \$700.00 | | | | | | | | | | |
| Firgrove Group | | \$480.00 | | | | | | | | | | |
| Graham Womans Group | | | | | | | | | | | | |
| Hang in There (HIT) | | | | | | | | | | | | |
| Hole in the Donut | | | | | | | | | | | | |
| Keep It Simple Sumner (KIS) | | | | | | | | | | | | |
| Living Free | | | | | | | | | | | | |
| Loft Group | | \$366.00 | | | | | | | | | | |
| Meeker Fellowship | | | | | | | | | | | | |
| OHOP Nuts and Bolts | \$176.70 | | | | | | | | | | | |
| On Track Again | | | | | | | | | | | | |
| Orting Fireside | | | | | | | | | | | | |
| Out to Lunch Bunch | | | | | | | | | | | | |
| Puyallup Men's Stage | | | | | | | | | | | | |
| Puyallup Service Group | | | | | | | | | | | | |
| Seeking Our Solution (SOS) | | | | | | | | | | | | |
| Sober Sisters of Sumner | \$215.00 | | | | | | | | | | | |
| Solution is the Journey | | | | | | | | | | | | |
| Trusted Servants | \$ 100.00 | | | | | | | | | | | |
| Women on Tapps | | | | | | | | | | | | |
| District 29 7th Tradition | \$ 66.00 | \$100.00 | | | | | | | | | | |
| Income Special Events | | | | | | | | | | | | |
| corrections pink can | | | | | | | | | | | | |
| Total income this month | \$ 717.70 | \$1,738.00 | | | | | | | | | | |
| EXPENSES | | | | | | | | | | | | |
| DCM | | | | | | | | | | | | |
| Alt DCM | | | | | | | | | | | | |
| Secretary | | | | | | | | | | | | |
| Treasurer | | \$15.60 | | | | | | | | | | |
| Newsletter | | | | | | | | | | | | |
| Accessibility | | | | | | | | | | | | |
| Archives | \$418.41 | \$108.36 | | | | | | | | | | |
| Third Legacy | | | | | | | | | | | | |
| Corrections | | | | | | | | | | | | |
| C.P.C | | \$51.80 | | | | | | | | | | |
| Pub. Info | | \$50.48 | | | | | | | | | | |
| Registrar | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | |
| 12 Step | | | | | | | | | | | | |
| Facility Liason | \$ 36.42 | | | | | | | | | | | |
| Annual Donation CSO 60% | \$ 6956.54 | | | | | | | | | | | |
| Annual Donation WWA 30% | | \$3,478.27 | | | | | | | | | | |
| Annual Donation GSO 10% | \$ 1159.42 | | | | | | | | | | | |
| CSO Phones/zoom | \$ 76.03 | \$76.03 | | | | | | | | | | |
| Meeting Room Rent | \$200.00 | \$200.00 | | | | | | | | | | |
| Post Office Box | | | | | | | | | | | | |
| Storage Rent | \$ 147.00 | \$147.00 | | | | | | | | | | |
| Total expenses | \$ 8,993.82 | \$ 4127.54 | | | | | | | | | | |
| NET Monthly Balance | \$ 8,278.12 | \$ 2,389.54 | | | | | | | | | | |
| Beginning Bank Balance | \$28,696.23 | \$ 20,420.11 | | | | | | | | | | |
| Ending Bank Bal. | \$ 20,420.11 | \$ 18,080.57 | | | | | | | | | | |
| Operating balance | \$1,570.34 | \$ 2,709.07 | | | | | | | | | | |
| PRUDENT RES. ** | \$3,451.50 | \$3,451.50 | | | | | | | | | | |
| Special Events Begin Bal | \$ 11,920.00 | \$ 11,920.00 | | | | | | | | | | |
| Picnic Income | | | | | | | | | | | | |
| Picnic Balance | \$ 1,920.00 | \$ 1,920.00 | | | | | | | | | | |
| Gratitude Banquet Exp | | | | | | | | | | | | |
| Gratitude Banquet Income | | | | | | | | | | | | |
| Gratitude Banquet Balance | \$ 10,000.00 | \$ 10,000.00 | | | | | | | | | | |
| Special Events End Bal | \$ 11,920.00 | \$ 11,920.00 | | | | | | | | | | |

DISTRICT COMMITTEE MEMBER DCM & Alt DCM REPORTS

DCM

Greetings from your DCM.

I'm sure I'll garner all kinds of sympathy, but I'm in Honolulu at PRAASA. There is a very large crowd. The theme is finding common ground. I look forward to all the panels and I'll bring back good notes. Aloha!

Amanda will run with the ball at the next business meeting.
And Mahalo!

| |
|---|
| Please note our change in Zoom information, for District 29 Business meetings held every 2nd Tuesday of the month. All AA members are welcome to join us. Zoom ID: <u>882 6118 3379</u> Passcode: <u>983646</u> |
|---|

Alt DCM

Happy March Everyone!

We had several people join us down at Trudging the Road meeting on Thursday February 19th, this meeting information is on pages 14 and 22. Next we want to go to Keep It Simple Sumner (KISS) meeting on Wednesday March 18th, 7 pm. Join us if you'd like.

It is planning time again. Our first special events meeting of the year is now set for Tuesday April 7th at 6:30pm to discuss the District 29 Annual Family Picnic! Please come join us! The picnic date is already set for July 11, 2026. Eventually planning the Gratitude Banquet for November 2026.

I attended the 'Blending of Time' event for a few hours and had a great time listening to speakers and attending panels. With this year's theme being "Together We Can."

Next I'll be attending the Pre-Conference in Steilacoom on March 28, 2026 12-4pm. GSRs and Alts this event is with our Delegate Courtney S. You will gather information to present to your group to vote on. There will be a flyer available with all the Pre-Conferences listed. It is highly recommended that you attend one of these and then plan to speak with your group.

If you have any questions please come up and say "Hi."

Hope to See you Soon!

Amanda M

District 29 Alt DCM

altdcm29@area72aa.org

GROUP SERVICE REPRESENTATIVE GSR REPORTS

ABOVE GROUND*

The Above Ground Group has meetings on Monday and Fridays at noon. This space has ground-level entry, so it is accessible to all. There are large windows to let in the natural light of day. Winter is now upon us and what better way to spend an hour and a quarter than with good friends, hot coffee, and donuts? The church has provided us with an extra room that we use for private one-on-one talks. Come meet up with some old friends or meet new ones. Our meetings are being held at:

**SUMNER FIRST CHRISTIAN CHURCH
432 WOOD AVE
SUMNER, WA 98390**

On the last Friday of the month, we provide the cake and celebrate the sobriety of our friends. In February we celebrated with:

**CHARLIE H 1 MONTH, JIM 32 YEARS
DAWN K 3 MONTHS, LINDA V 43 YEARS**

*We want to thank the church for allowing us to continue using this space over the past 3 years. We have been happy here, and hope the church continues to be happy with us. Thank you Phil for bringing the cake this month.



BACK TO BASICS*

Hello!

Back to Basics group meets every Tuesday 7:00 p.m. at Mountain View Lutheran Church 3505 122nd Ave E, Edgewood. In the white chapel basement. We have a home group speaker share every third Tuesday of the month. First 3 Tuesdays of the month are closed meetings. Birthday nights are open meeting on the last Tuesday and we have treats to share. We hope to see you there!

February 2026 Birthdays:

Wade 34 years, Leimomi C 34 years

EATONVILLE

We are still here in the hills! Eatonville has 2 meetings a week, Wednesday at 12:00 noon and Saturday at 9:00 am. At **American Legion Hall**, 123 Rainier Ave N, Eatonville, WA 98328

EATONVILLE WOMEN'S*

**[New meeting flyer on Page 22*](#)*

**Tanwax Country Chapel
36417 Mountain Highway East
Eatonville, WA 98328**

We meet in the Education Building next to the church. Look for the room with the AA sign hanging on the doorknob.

**Weekly Meeting Format:
1st Saturday ~ Steps
2nd Saturday ~ AA Topic
3rd Saturday ~ Traditions
4th Saturday ~ AA Topic**

Hello from the Eatonville Women's Group! We are a new meeting where we explore and study the AA Steps and Traditions, as well as diving into the Big Book for discussion topics to support our journey together. Join us on **Saturdays at 10:00 a.m.**—birthdays on the 2nd Saturday, business on the last. Come check out this new space for women's recovery!

February Birthdays:

Erica 1 year on 02-10-25, Kory G 6 years on 02-20-20

ELBE FRIDAY NIGHTERS*

Greetings from greater virtual downtown Elbe!

Our meetings are on Zoom only and we meet every Friday evening at 7:00 pm. Take a virtual trip up to the Mountain and visit us.

We changed our Zoom account for the meeting as of March 6, 2026, there will be new credentials (listed here) or you can also find it at ElbeAA.org:

Congratulation to All Birthdays this month.

Join Zoom meeting
Meeting ID: 853 5480 6608
Passcode: 755075

Toddy F

FIR*

The ***Fellowship In Recovery*** Group is settled in this location at Light of the Hill, **United Methodist Church, 11304 136th St E, Puyallup, WA 98374** at 7 pm on Tuesday evenings and 8 am Saturday mornings. Our Birthday meetings are the last Tuesdays of the month and we have both AA and AI anon speakers. Most meetings begin with a short reading from the the Big Book, except on the first Tuesday of the month when we study Traditions in the 12 & 12. And the first Saturday we is Step study also from 12 & 12. ***Families In Recovery***- moved with us. Tuesdays also includes a concurrent meeting of ***Families In Recovery*** AI anon Family Group. Our meetings are open meetings. We look forward to seeing you!

February 24th 2026 Birthdays for the F.I.R. group:

| | |
|--------------------------------|--------------------------------|
| <i>2 months David S</i> | <i>9 years Diane W</i> |
| <i>6 months Lance W</i> | <i>26 years Bruce K</i> |
| <i>18 months Russ A</i> | <i>30 years Al L</i> |

FIRGROVE*

Greetings from the Firgrove group,

Another month come and gone. People getting sober and staying that way. It is truly a blessing to be a part of this program (and this group) and see people recover from the disease of Alcoholism and then, to share that with others. What an amazing program that we get to be part of.

Birthdays for February 2026:

| | | | |
|----------------|-----------------|----------------|-----------------|
| RJ | 5 months | Keith H | 2 years |
| Jason B | 5 months | Bobby | 23 years |
| Andy F | 7 months | Beth H | 40 years |
| Mike | 8 months | Bob F | 40 years |

Bob F was also our Birthday speaker for the month. Thank you so much for sharing your story. It's a testament to the rewards that a life of recovery and service can bring us all. Special thanks to Laurie for another amazing birthday cake. Thank you to all the people in Service at Firgrove who make this meeting happen.

In Service, Tim T

Pilgrim Lutheran Church
10510 136th St E
Puyallup, WA 98374

Newcomers are always welcome
We meet Mondays (closed) meeting alcoholics only 8pm to 9pm
Fridays (open) meeting 8pm-9:15pm
Business meeting 3rd Monday of the month at 6:30pm. Followed with a Traditions meeting at 8pm-9pm
Birthday speaker meeting the last Friday of the month 8pm-9:30pm.
With speaker, coins and cake.

GRAHAM WOMEN'S GROUP*

We welcome all women to join us and share their experience, strength and hope.

Graham Women's Group meets on Saturdays from 9am to 10:15am at:

*Lutheran Church of St Paul
22419 108th Ave E
Graham WA 98338*

*We are a hybrid meeting:
Zoom ID: 428 9538 662
Password: 036816*

Birthdays are celebrated the last Saturday of each month. We love celebrating recovery birthdays, please come join us. **February Birthdays:**

***Angelica - 24 hours, Jamie - 2 months, Michelle H - 4 months,
Vianca - 5 years, Cindy - 13 years***

Business meetings are held on the 1st Saturday each month immediately after our regular meeting.

YOU ARE INVITED TO JOIN US - We are hosting a Spiritual Breakfast on April 18th. Our speaker is Joan H - who will share her amazing story with us, as she celebrates 50 years in April!

HANG IN THERE

Hang In There (HIT) Group Report February 2026

We welcome everyone to our group! This is a kid and dog friendly meeting.

Our meetings on Zoom are held **Monday – Saturday, 11 am-12:15 pm**

Meeting ID: 870 333 8446 (New zoom ID) Password: 201999

***We no longer provide verification letters of meeting attendance on Zoom.**

We meet **in-person Monday – Saturday, 11 am-12:15pm**

At Christ Community Baptist Church – portable classroom #3

Address: 8016 176th St E, Puyallup, WA 98375

Meeting opens at 10:30 am for fellowship.

Upcoming Events:

Mar. Business Meeting will be held on Friday, 03/27/26 immediately after our birthday meeting.

Mar. Birthday Meeting will be held on Friday, 03/27/26 during our regular meeting hours.

Join us for cupcakes, ice cream and a speaker!

KEEP IT SIMPLE SUMNER

United Methodist Church, 901 Wood Ave, Sumner Wednesday 7pm

Open meeting Wednesday 7 - 8pm. Birthday night is the last Wednesday of the month.

Our business meeting is the 2nd Wednesday of the month after the regular meeting.

LIVING FREE*

The Living Free Group is located in Puyallup at the corner of 5th and Pioneer at the First Presbyterian Church, 412 West Pioneer Ave, every Sunday at 6:30 pm. This is an open meeting, and all are welcome. We have a birthday speaker meeting the last Sunday of the month along with a potluck which starts at 6:00 pm. Our Home Group speakers for the month of February was Clint R, who shared his Experience, Strength and Hope with all who were there. He said, "If you put in the work, You're going to see results!"

February Birthdays:

| | | | |
|----------|---------|----------|---------|
| 24 Hours | Michael | 5 Months | Brent |
| 1 Month | Amy B | 5 Months | Joel H |
| 3 Months | Jacob B | 5 Years | Kelly J |
| 3 Months | April | 30 Years | Al |

Hope to see all of you soon at Living Free!!!

Kevin C.

LOFT*

[*Loft 42nd Anniversary event flyer on page 21*](#)

Hello from the Loft Group! 10216 29th St E Edgewood, WA 98372

At the Loft we love to have fun! Our business meeting is held on the 3rd Thursday each month at 7pm. We ask that all chairpeople and trusted servants attend so they know what changes are happening at our cozy hall. However, everyone is welcome to come to our business meetings! Come see how they operate, have your voice heard, or get any questions you have answered on March 19th at 7pm.

We will be celebrating 42 years of the Loft on March 21st at McMillin Grange. Come join us for a dessert potluck at 4pm to celebrate.

We celebrate birthdays at the Loft in person the last Wednesday of each month at 6pm (women and children only) and the last Friday of each month at 8pm (open) and with coins, a speaker, and treats. The Loft women on Zoom also celebrate birthdays on the last Wednesday of each month at 6pm, followed by a speaker and time at the end of the meeting for open sharing.

Open Meetings:
 Daily Meetings: Noon 6pm & 8pm
 Friday, Saturday at 10 pm and Sunday at 9:30pm
 Saturday and Sunday at 9 am

In-Person Women's Meetings:
 Wed & Sun ~ 6pm

In-Person Men's Meeting:
 Sunday at 8pm

Zoom Women's Meetings:
 Wed & Sun ~ 6pm
 ID: 862 7295 5592
 Password: 035163

Happy Birthday

| | | | | | |
|------------|----------|-------------|----------|----------|-----------|
| Devyn T | 24 hours | Sarah | 3 months | Tanya M | 8 months |
| Gina | 1 month | Monte C | 4 months | Alexa | 9 months |
| Marcus P | 2 months | Hugo S | 4 months | Anais S | 10 months |
| Arnoldo A | 2 months | Monty K | 4 months | Monte F | 11 months |
| Erika | 1 month | Karissa W | 5 months | Charlene | 8 years |
| Michelle J | 1 month | Hilary M | 5 months | Sophia N | 19 years |
| Donna | 1 month | Micheline P | 6 months | Marianne | 19 years |
| Matt A | 3 months | Erin P | 7 months | Sabrina | 31 years |
| Jen | 3 months | Jamie R | 7 months | Margaret | 44 years |
| | | Georgia | 8 months | | |

Thank you to our Birthday Speakers:

Tanya M and Sabrina

Happy Birthday Everyone! Remember to stay in the middle of the herd.

Tara S

MEEKER FELLOWSHIP*

February 2026 Birthday celebrations:

| | |
|---------------------|---------------------|
| 24 hours: Alex R | 5 months: Brent S |
| 1 month: Trent C | 5 months: Jason B |
| 1 month: Kimberly M | 5 months: Joel H |
| 1 month: Robin L | 5 months: Tim U |
| 1 month: Jered | 6 months: Amy H |
| 1 month: Brenda B | 18 months: Harry C |
| 2 months: Arnaldo A | 5 years: Lukas N |
| 2 months: Grant R | 5 years: Lexi H |
| 3 months: Chris S | 12 years: Brianna A |
| 3 months: Dawn K | 35 years: Chris N |
| 3 months: Ellie A | 37 years: Jackie R |
| 3 months: Noah J | |
| 3 months: Drew B | |
| 4 months: Cary K | |

*** Saturday March 28th ***
 Birthday Potluck Starts at 5pm, with
 Speaker Meeting 6pm, Coin/Cake 7pm.

Meeker Fellowship

meets at

Puyallup Elks Lodge
[314 27th St NE](#)
[Puyallup, WA 98372](#)

Entrance door to the left,
 Do not enter the main door.

Meeting times:

| | |
|-----------|-------------------------|
| Mon-Sun | 9am, 12pm, 5:30pm, *8pm |
| Sat & Sun | 6am |
| Sat | 9am Women's meeting |
| Sun | 9am Men's meeting |

- » * The 8pm meetings would love and needs
- » your support and fellowship. Please come
- » join us if you can.

****Meeker Annual Campout is scheduled for August 7, 8 & 9.
 Camp Lakeview Flyer is on page 22!***

OHOP*

OHOP Nuts and Bolts meets in "God's Garage" next to Bethany Lutheran Church located at [26418 Mountain Hwy East, Spanaway, WA 98387](#)

We meet 7 days a week at 7pm. Monday book study night.

On Monday, Tuesday, Wednesday and Friday we have Closed meeting (Alcoholics only).

With Open (all welcome) on Thursday, Saturday and Sundays.

Our business meeting is on Saturday *after* the second Tuesday each month at 5pm.

Our birthday night is the last Saturday each month at 7pm.

We celebrate birthdays for 24 hours and each month up to year, 18 months and all year celebrations.

Ohop February Birthdays

| | | | |
|----------------|-----------------|------------------|------------------|
| Paulo H | 24 hours | Cortney B | 10 months |
| Mark C | 1 month | Tiffany K | 10 months |
| Ryan H | 2 months | Tiffany B | 4 years |
| Shawn C | 2 months | | |

ON TRACK AGAIN*

****WE HAVE MOVED****

As of February 18, 2026 our group meets now at [Elbe Church Annex, 54206 Mountain Highway East, Elbe, WA 98330](#). This is the small building located east of the Elbe Church. We meet every Wednesday night at 6:00 pm for an open, discussion meeting. Our business meeting is held once a month, on the last Wednesday of the month, following the regular meeting. We welcome all to check out our new location and join us as we share our experiences, strength, and hope.

IMPORTANT ANNOUNCEMENT: On Track Again Group is no longer hosting the once a month, Sunday Spiritual Breakfast meeting.

ORTING FIRESIDE*

Greetings from Orting Fireside Group!

Our meetings are on Mondays and Thursdays 6:30-7:30 pm. We meet at the United Methodist Church, 109 Train St SE, Orting, WA 98360. We celebrate sobriety birthdays on the last Thursday of the month at 6:30 pm. Join us for pie, hot coffee, coins and a speaker. Thanks to Turtle our January speaker, for sharing her heartfelt story. **February Birthdays: Sam - 24 hours, Michelle H - 4 months, Blaire - 5 months**

ORTING HOLE IN THE DONUT*

We welcome you to come visit Orting Hole In the Donut! We meet at the United Methodist Church, 109 Train St SE, Orting, WA 98360 on Sundays at 11:00 am. We have a Big Book Study on the 1st Sunday each month. We celebrate birthdays on the last Sunday of the month. We always have hot coffee, coins and fresh donuts. Come join us!

In **February** we celebrated birthdays with: **Chase - 9 days, James O - 16 days, Sam J - 17 days, Dave R - 1 month, Erik K - 10 months**
Happy Birthday to our Friends!

OUT TO LUNCH BUNCH*

Out to Lunch Bunch is the winner of the first ever 'Most Interest' Award at District 29 Gratitude Banquet 2025

The Out to Lunch Bunch is an open meeting of Alcoholics Anonymous. We meet at noon each Tuesday, Thursday, and Saturday. Our Tuesday meeting is a book study. We are about to finish with the stories at the back of the Big Book. Next on our reading list is the book Living Sober. As the colder months are here, we are taking advantage of the heat inside our room. *The church has provided us with an extra room that is good for private one-on-one talks.* We are located at:

Sumner First Christian Church

432 Wood Ave.

Sumner, WA 98390

The last Saturday of the month is our birthday meeting, during which we provide coins and some sort of treat. All we ask of you is to bring your experience, strength, and hope.

In February we celebrated with:

Dan B 6 months Paula M 18 months

Congratulations to all who had a birthday and all of us who celebrated another 24 hours.
Thank you Jim J for bringing an excellent Chocolate Cake.

Editor's Correction: The distracted editor would like to apologize these were left out of the Feb 2026 issue. Birthdays **Rose S 4 months and Dan B 5 months**. And thank you to Steve for bringing the very good German Chocolate Cake.

PUYALLUP MEN'S STAG*

Puyallup Men's Stag is held on Thursdays nights 7:00pm at Peace Lutheran Church, 214 E Pioneer, Puyallup. The last Thursday of the month is our potluck/speaker meeting which begins at 6:30pm. We would like to recognize the following **February 2026** sobriety milestones, which represent meaningful achievements and inspiration to others: **Sage 3 months, John - 3months, Scotty B - 7 months, David - 7 months, Andy - 7 months, Mike - 7 months.**

We extend our appreciation to Nick P for delivering an impactful and well received message. The increasing participation and engagement reflect the strength of the fellowship and the commitment of it's members to recovery and service. Please join us.

Respectfully,

Scotty B District 29 member of Puyallup Men's Stag in service

PUYALLUP SERVICE GROUP*

Our February Birthdays:

*Devin - 3 months
RJ - 5 months
Rex - 9 months
Anna - 9 months
Keith - 2 years
Heather - 7 years*

Congratulation!

*Hello we are Puyallup Service Group
We meet Wednesday and Saturdays at 8-9pm.
Our business meeting is the 3rd Saturday of every month.
Our birthday night is the last Saturday of every month.
Our phone commitment is the 4th Friday of every month
at the CSO from 6-9pm, all are welcome to join.*

*We meet at Celebration Lutheran Church
2500 Shaw Road East
Puyallup, WA 98371*

SEEKING OUR SOLUTION*

Winner of the group Award at the 2025 District 29 Picnic for the Best Decorated Basket

Seeking Our Solutions (SOS) meets every Saturday at 8:00 AM at the First Presbyterian Church of Puyallup (412 W Pioneer Ave). This is an open meeting, and families with children are welcome. On the second Saturday of each month, we read from The Grapevine. On the last Saturday of each month, we host a breakfast potluck to celebrate recovery milestones. Bring a dish and come hungry!

In February, we proudly celebrated:

Daryl D. (AKA Santa) with 48 years! Sadly, he was in the hospital. We will celebrate his birthday in March. Keep coming back!

SOBER SISTERS OF SUMNER*

S.S.S is an open women's meeting that is child friendly. We meet every Wednesday from 12:30pm to 1:30pm. We have been there so we'll be here for you. Let's grow together. We are a fun group and understand the seriousness of getting and staying sober.

LOCATION:

**Sumner First Christian Church
432 Wood Ave
Sumner, WA 98390**

Celebrating Birthdays for February 2026:

**Jules F 24 hours
Linda R 6 months
Pam N 8 months
Mandy M 10 months**

Our business meetings are on the 3rd Wednesday of the month, right after regular meeting. We celebrate sober birthday on the last Wednesday of the month with coins, sweets, and lots of joy. We welcome all.

SOLUTION IS THE JOURNEY

We are going strong and open 5 days a week Monday thru Friday from 12 to 1. We celebrate birthdays on the last Friday of the month. And our business meeting is held on the second Tuesday following the regular meeting. We meet at: Graham Church of Christ
9524 224th Street East
Graham, WA 98338

TRUDGING THE ROAD
 First Presbyterian Church
 412 W Pioneer Ave.
 Puyallup, WA 98371

Group introduction flyer on page 22.
 Every Thursday at 6 pm.
 This meeting has concurrent AA, Ala-anon and Ala-teen meetings,
 the whole family can have a meeting.

TRUSTED SERVANTS*

Hello from Trusted Servants,

We meet for one hour every Monday @ 7pm, Faith Covenant Church. 1915 Washington Street, Sumner.

Our business meeting is held on the 3rd Monday of the month at 6pm. Trusted Servants always has room for anyone who would like to be a part of a fellowship filled with strong sobriety and principles or come and join us if you would like to see our group's conscience in work. We welcome all!

We participated in treatment facility commitments this month and thank all the volunteers that supported.

We celebrate AA birthdays the last Monday of each month with THE BEST potluck in town, starting at 6:15pm. Birthday coin celebration and open sharing starting at 7pm.

We had a huge turn-out of folks for our February's birthday celebration, it was fabulous to celebrate with a full room of people.

Celebrating February AA birthdays:

| | |
|-----------------------|----------------------|
| 3 months- Matt | 6 years – Brittany |
| 4 months – Kerry | 21 years - Steve |
| 10 months – Jerry | 30 years – Jerrie |
| 10 months – Jason | 38 years – Al |
| 10 months – Christina | 39 years – Jackie R. |

Happy Birthday to all. We hope to see you all again soon!

In Service,

Trusted Servants

WOMEN ON TAPPS*

Lake Tapps Community Church
17017 Forest Canyon Road East
Lake Tapps, WA 98391

Our group's rotating schedule is:

- *1st Monday of the month is Big Book study*
- *2nd Monday is Step study*
- *3rd Monday is Tradition 12 & 12 study*
- *Last Monday is Birthday/speaker meeting*

WOT is an open Women's meeting on Monday nights 7 pm to 8:15 pm. We have an attended child area, for mothers that need a meeting. We enjoy the increasing number women at the meeting. We are grateful for the joy of fellowship created by sharing our experience, strength and hope with each other. We would like to thank our very own home group birthday night speaker Megan R. Our first time hearing her heart felt story of her experience, strength and hope.

Birthdays Celebrated in February 2026:

We welcome with 7 days sober and receiving a 24 hour coin - Jewels

| | | | | | |
|------------------------|-------------------------|----------------------|------------------------|-----------------------|------------------------|
| <i>Louise R</i> | <i>4 months</i> | <i>Pam N</i> | <i>8 months</i> | <i>Judy M</i> | <i>9 months</i> |
| <i>MandyM</i> | <i>10 months</i> | <i>Lori K</i> | <i>5 years</i> | <i>Jenna S</i> | <i>10 years</i> |

GSR EVENTS

GSRs: If you don't have an Alt, 8 months left of this rotation. Help teach a group member District AA process. Next up is the Pre-Conference. Meet our Delegate Courtney S and then share that information with your group.

Apr 14th & May 12th

**All District meetings are held on the
Second Tuesday of every month**

In Person at:

**Sumner First Christian Church
432 Wood Ave, Sumner, WA 98390**

Or:

This is new Zoom info

Zoom ID: [882 6118 3379](https://us02zoom.us/j/88261183379)

Passcode: [983646](https://us02zoom.us/j/88261183379)

Scheduled Committee Meetings:

(only the District meeting is on Zoom)

2nd Tuesday Mar 10th at 6:30 pm
District 29 Monthly Meeting and on Zoom

3rd Tuesday Mar 17th at 6:30 pm
District 29 Treatment Committee

4th Tuesday Mar 24th at 5:30 pm
District 29 PI meeting

CPC now meets at CSO see page 18

5th Tuesday Mar 31st

1st Tuesday Apr 7th 6:30 pm
Event planning meeting - Picnic

2nd Tuesday Apr 14th at 6:30 pm
District 29 Monthly meeting & on Zoom

District 29 AA Pre-Conference Come in person to meet our WW Area 72 Delegate

A.A. PRE-CONFERENCE!
Hosted by: D9, D44, D45, D54, D7, D8, D21, D27, D28, D29, D37

March 28, 2026
12:00 pm - 4:00 pm

Steilacoom Community Church
1603 Rainer St. Steilacoom, WA 98388

Potluck: Bring a Snack to Share
7th Tradition will be Observed

Pre-Conference 2026 Dates

| Date | Date | Date | Date | Date |
|--|--|---|--|--|
| Saturday March 14 | Sunday March 15 | Saturday March 21 | Saturday March 21 | Sunday March 22 |
| Hosting Districts | Hosting Districts | Hosting Districts | Hosting Districts | Hosting Districts |
| Northern: 2, 3, 4, 11, 12, 19, 24, 42, 46 | Eastside: 18, 33, 34, 35, 36, 38, 39 | Virtual: D25 | Central: 14, 15, 16, 17, 31, 32, 40, 41, Linguistic: 1, 57, 58 | Peninsula: 10, 22, 43, 55, 56 |
| Time (Pacific) | Time (Pacific) | Time (Pacific) | Time (Pacific) | Time (Pacific) |
| 10:00AM-2:00PM | 2:30-6:30PM | 8:00AM - 11:00AM | 1:00 - 5:00PM | 10:00AM - 2:00PM |
| Type | Type | Type | Type | Type |
| Hybrid | In-person | Virtual | In-person | In-person |
| Location | Location | Location | Location | Location |
| 4634 Alger Ave, Everett, WA 98203 | St. Matthew's Lutheran Church 1700 Edmonds Ave NE, Renton, WA 98056 | Meeting ID: 944 512 3341 Passcode: GSC2026 | Fauntleroy Church 9140 California Ave SW, Seattle, WA 98136 | Tri-Area Community Center 10 West Valley Rd, Chimacum, WA 98325 |

Share With Your Delegate

| Date |
|---|
| Sunday April 19 |
| Hosting |
| Share with your Delegate GSRs share verbal feedback from homegroup discussions |
| Time |
| 9:00AM - 10:30AM |
| Type |
| Virtual |
| Location |
| Meeting ID: 944 512 3341 Passcode: GSC2026 |

GSRs or District members invite a group member to visit a District meeting. Trusted Servants are needed, this is a current list of open positions. Trusted Servants will be encouraged to attend the monthly District 29 meeting, submit a monthly report to the Action Log newsletter, and attend Committee Quarterlies. If any of these positions interest you, or you would like to know more please contact DCM Fred J via email dcm29@area72aa.org or (253) 229-7435. **Blue lettering** means only Alternate is needed.

Secretary Alt: The Secretary is responsible for maintaining a record of District business and activities for the GSRs and other committee members.

Corrections Chair And Alt: This position consists of any project reaching out to the alcoholic in prison, jail or other correctional facilities, writing alcoholics in prison, or helping the AA who is being released from prison to get to a meeting on the outside. Attends the Corrections Committee meeting, the District 29 monthly business meeting and the Correction Quarterlies.

CSO Director 2: District 29 has two representatives at the Central Service Office serving on the board of directors. The two members are required to attend the monthly meeting of the CSO Committee and the monthly District 29 meetings. Works with other Reps from Districts 43, 44, 45, 54, 9 and other committees.

Archives Chair Alt: Archivist is responsible for maintaining records of all the districts business, motions, activities changes that have been handed down since the district started. The Archivist also assists members needing to research something in our history. And attends the Archives Quarterlies to learn how to preserve our history. Archivist can take a traveling display to groups, group or district functions as invited. They may create a committee to assist in organizing and preserving the records.

Grapevine / Literature Chair Alt: The A Grapevine and Literature representative helps groups and GSRs with subscriptions/information on the AA Grapevine. Also keeps the groups up-to-date on new or featured materials published by the AA Grapevine and AA World Services. Attends District 29 monthly business meetings and Grapevine Literature Quarterlies.

Cooperation with Professional Community (CPC) Alt: Seeks to explain what AA is and is not to professionals who may encounter alcoholics. Typically, CPC carries information to doctors, nurses, dentists, clergy, lawyers, treatment facility counselors, police, judges, corporate employee assistance professionals, business managers and Union leaders. Attends District 29 business meeting and CPC Quarterlies.

Facilities Liaison Alt: Responsible for setting up for monthly District 29 Business meeting as well as putting away when meeting ends. Makes coffee and is the Liaison between the facility and the District group.

Accessibilities Alt: Provides AA message to those who would otherwise not have access. Attends monthly District 29 Business meetings, Accessibility Committee meeting and Accessibility Quarterlies.

12 Step Service Committee (TSSC) Alt: (This is a Sub-Committee of the CSO in Pierce County): And maintains 12 Step lists, coordinates home answering service, CSO phone volunteers and 12 step work/commitments. Attends TSSC/ 12 step meetings and District 29 monthly Business meetings.

**Please reach out if you'd like to be of service at the District level by contacting:
DCM Fred J dcm29@area72aa.org or (253) 229-7435**

February 2026 District 29 Third Legacy Report

Hello District 29,

Third Legacy would love to come to your business, birthday, or regular meeting. Let us share with you our experience, strength and hope. Some of our discussion will be about AA service structure, different levels of AA service work, and a little bit about how we got into service and how we show up in our District 29 service position.

Already into March, this year is flying by.... Tradition 3 reminds of how human I am. “No matter who you are, no matter how low you’ve gone, no matter how grave your emotional complications-even your crimes-we still can’t deny you AA. When I first came into Alcoholics Anonymous, I was young and didn’t have such an extreme bottom. After going back to drinking for several years, I realized we all have our own bottom. And it’s not for me or for anyone to say any differently. Coming back, I felt more connected because I wasn’t focusing on what I would share so people would know I belonged. With every experience I have been through, there will be someone who can relate. With service work I see now than I did before, what I can’t do alone, we can do together. This Tradition helps me to ask for help, introduce myself, share in meetings, make new friends, and really it helps me to just show up as I am. What a relief, phew!!

Last month we enjoyed Trudging the Road meeting and their wonderful speakers. I love how our groups are autonomous. There is something different at each meeting. This month we plan on attending Keep It Simple Sumner (KISS). Come all to join us!! This is not a presentation, just merely getting out there to share about service the best we can. Sometimes that is just by showing up.

March 28th at Meeker’s birthday meeting we will be having a Third Legacy presentation. Thank you, Misty, for reaching out!! Potluck starts at 5pm, 6pm-7pm Third Legacy presents, then 7pm-8pm are birthday coins.

In Service,

Alana W and Carol J Alternate Chair

206-519-1508

Dist29thirdleg@area72aa.org

February 2026 District 29 Archivist Report

Hello all of District 29,

I will be working on storage unit as it warms up outside. Next Archives Quarterly is in May 2026.

Anyone interested in Archives position for next rotation(2027-28) and being Alt. Archives for the rest of this rotation, or any other Archive questions please email at dist29archives@area72aa.org.

Thank you in service,

Deborah M

District 29 Archives Chair

dist29archives@area72aa.org

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The only requirement for AA membership is a desire to stop drinking.

Concept 3

To insure effective leadership, we should endow each element of AA - the Conference, the General Service Board and its service corporations, staffs, committees, and executives - with a traditional “Right of Decision.”

Principle 3

Action, Surrender

February 2026 District 29 Public Information (PI) Report

Hello to All,

PI (Public Information) meeting is on the 4th Tuesday of every month at the First Christian Church, 432 Wood Ave, Sumner at 5:30 pm. Please send a member from your group to this meeting to collect information about what D29 PI has been accomplishing and how your group can help carry the message. Individuals are welcome to join also. PI has a panel schedule for local High School. If you want to be part of another amazing group of volunteers panel contact us. Sumner HS has a pending date. There are other local things we do, like flyers or pamphlets about AA, we locate places that these items might be helpful. Come join us.

In Service,

DeeDee PI Chair - dist29pi@area72aa.org

Alt. PI George N (253)377-0453

February 2026 District 29 Cooperation w/the Professional Community(CPC) Report

Hello District 29!

The CPC committee monthly meeting will be moving to the CSO in Tacoma. If your group has a CPC representative, please give them this information. Or send someone from your group to help bring back this information so we get it out to all our groups.

Meeting Day & Time - Second Wednesday of the month at 6:30 PM

[3640 South Cedar Street Ste S, Tacoma, WA 98409](#)

Meeting is in the back of the office and hybrid.

Zoom ID: [439 926 4926](#) Pass: [7654321](#)

We have the Area CPC Quarterly on February 7th (this will have passed by the time of publishing) in Issaquah. I will have a report in next months' Action Log.

We have the Fire and First Responder campaign meeting on Zoom every last Monday of the month at 6:30pm. Flyer is in the Action Log page 23.

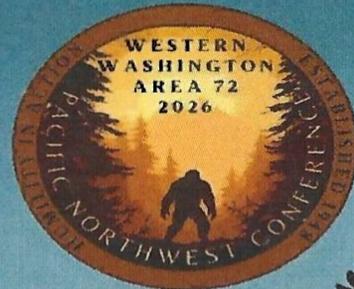
Thank you,

Scott N

District 29 CPC Chair

dist29cpc@area72aa.org

**SAVE THE
DATE!**



**Pacific Northwest Conference
June 26 - 28, 2026**

Heathman Lodge

7801 NE Greenwood Dr | Vancouver, WA 98662

Hybrid Event

Approximate Registration: In Person \$40 / Online \$20

Hotel Room: \$181/night + \$10 add'l person

Potential meals for purchase:

Friday Dinner

Saturday Lunch & Dinner

Approximate full food package \$160

Interactive volunteer sign up sheet TBA

Hello District 29, My report from Accessibility meeting at the CSO.

Presentation: Accessibility and Autism in Recovery Spaces

Guest speaker **John L.** shared personal experience regarding accessibility considerations for individuals on the autism spectrum within recovery meetings.

- Some individuals on the autism spectrum may engage in self-regulating behaviors ("stimming"), such as moving, pacing, or fidgeting while thinking.
- Eye contact may be difficult or distracting for some individuals, especially those who process information visually.
- Environmental factors such as lighting, background noise, or crowded social settings can create barriers to participation.
- Entering a room with multiple conversations or high levels of social interaction may be overwhelming.
- Some individuals find online meetings more accessible due to reduced sensory stimulation.
- Many people on the spectrum want to participate in in-person meetings but may face barriers that make this difficult.

Communication styles may differ. Some individuals interpret language very literally, while much of the language used in recovery communities relies on metaphor or figurative language.

Accessibility Considerations Discussed

- Lower or dimmer lighting when possible
- Reducing background noise and harsh acoustics
- Providing open space or flexible seating
- Allowing individuals the ability to move around during meetings
- Creating quieter environments with reduced sensory stimulation

Attending meetings with a trusted person or support individual may also help reduce barriers. Some individuals may display repetitive or self-regulating behaviors such as tapping, pacing, or making quiet sounds while processing information. Understanding these behaviors can help create a more welcoming environment.

Respectfully submitted,
District 29 Accessibility Chair

GSR Preamble

We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A.

We realize the ultimate authority is a loving God as He may express Himself in our Group Conscience. As trusted servants, our job is to bring information to our groups in order that they can reach an informed group conscience. In passing along this group conscience, we are helping to maintain the unity and strength so vital to our fellowship.

Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our group and A.A. as a whole.

DIST54CPC@AREA72AA.ORG
DIST29CPC@AREA72AA.ORG



RESPONDER CAMPAIGN

LAST MONDAY OF THE MONTH 6:30P



ZOOM ID 815 4694 2591
PW FIRE

VIRTUAL PRE-CONFERENCE ASSEMBLY

SATURDAY, 21 MARCH
8 – 11:00AM PACIFIC
Meeting ID: 944 512 3341

The purpose is for the Delegate to communicate with the GSRs (and through them the Group) about agenda items which will be addressed at the General Service Conference (held in April).

Materials can be found on <https://area72aa.org/delegates-corner/>

Questions? delegate@area72aa.org

New CSO Bookstore Hours

Closed Sunday

Closed Monday

| | |
|-----------|------|
| Tuesday | 10-6 |
| Wednesday | 10-6 |
| Thursday | 10-6 |
| Friday | 10-6 |
| Saturday | 10-6 |

The CSO Board of Directors voted on August 10th to close the Bookstore section of the CSO on Sundays and Mondays. Due to a shortage of volunteers. We will resume operations as soon as we have sufficient volunteers.

No other functions of the CSO are affected. Authorized groups and committees may still utilize the CSO during these days.

Should you have concerns or questions please email;
csoachair@pugetsoundaa.org
csoadmin@pugetsoundaa.org

March 21, 2026

10AM-2PM



**Greater Seattle
Intergroup**
5507 6th Ave South
Seattle, WA
98108

**CORRECTIONS
QUARTERLY**

Zoom Info:

ID: 849 7234 7452
PW: 567491
Zoom opens at 9:45

Potluck!

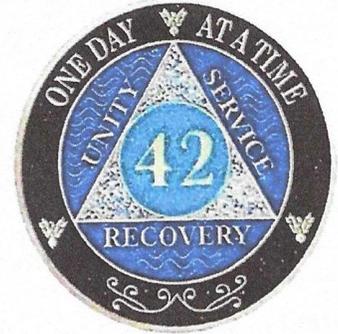
Bring your favorite dish!
7th Tradition will be
observed.

Questions:
corrections@area72aa.org

THE LOFT 42ND ANNIVERSARY POTLUCK

****Established 1984**

CANYON VIEW LOFT GROUP



March 21, 2026

****doors open at 4:00 pm**

- Dinner Provided: Spaghetti, Salad, French Bread, Beverages
- Dessert Potluck Please bring your favorite to share!
- Dinner will be served at 5:00 pm

- 🚧 AA Speaker: 6:00 pm – Terry I.
- 🚧 Open-Mic: 6:40 pm
- 🚧 Basket Raffle & 50/50 Raffle **\$1.00 each**
- 🚧 Sobriety Countdown
- 🚧 Loft T-Shirt/Hoodies (Pre-Order) **\$25/\$40**

80's Theme - Dress for that decade or come as you are!!

McMillin Grange

12615 WA-162, Puyallup, WA 98374

- **Contacts: Janet – 253-293-3610, Sharyl – 206-854-2069**

Sarah – 253-320-1252

A New Women's Meeting!



*Eatonville Women's Group
Saturday's at 10 am*

**Tanwax Country Chapel
36417 Mountain Hwy East
Eatonville, WA 98328**

In the Education building next to the church
Look for the AA sign hanging on the doorknob

Weekly Meeting Format:

1st ~Steps 2nd ~AA Topic
3rd ~Traditions 4th ~AA Topic

We celebrate Birthdays the 2nd Saturday

JOIN US FOR ANOTHER MEEKER CAMPOUT & POTLUCK PICNIC

When: August 7, 8, 9 2026

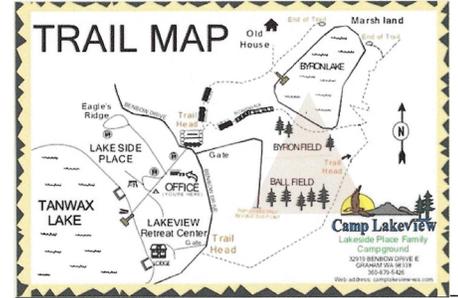
Where:
Camp Lakeview
32919 Benbow Dr. E
Graham WA, 98338



Camping
\$60-WEEKEND Per Tent
\$10 extra tent (\$80 w/o pre-registration)
Friday check in noon
Sunday Check out 11am
\$10 Saturday picnic per Person (No RV Hookups)

Friday Night
*7pm Chili cook off & Potluck
*Meeting at 8pm
*10pm campfire meeting

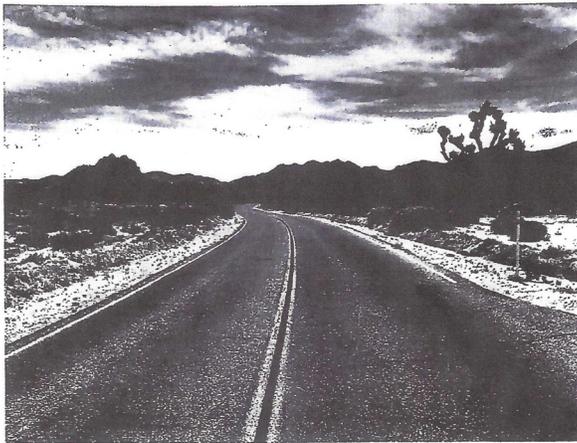
Saturday
*Meeting 6am 9am & noon
*6pm potluck
*7pm Speaker
*8pm Raffle, 50/50
*10pm campfire meeting



Activities
*Swimming
*Walking Trails
*Fishing
*Games
*Boating (rentals available)

For more Info Contact:
Maria H (253) 468-7769
Luke F (253) 353-0855
Jenn A (425) 220-2725

TRUDGING THE ROAD



*An open meeting of Alcoholics Anonymous
Big Book Study
Thursday Evenings @ 6:00pm*

Al-Anon and Alateen meet concurrently

*First Presbyterian Church of Puyallup
412 W. Pioneer Ave
Puyallup, WA
Starting May 1st 2025*



53rd Annual Saturday, March 14, 2026 "HUMILITY IN ACTION"

Burien Little Assembly is sponsored by Area 72 AA Districts 14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup, and WA Area Al-Anon Districts 18 and 19.

Panel Topics:

1. Restoration and Discovering Grace, Unity and Fellowship
2. Gossip vs Facts: Examining the Health of Our Own Communications
3. Finding Common Ground

Schedule:

| | |
|--------------------------|---------------------------------|
| 10am - 11:20am | Potluck with 11am Al-Anon skit |
| Anniversary Month | Jan - Apr: Main Dish |
| | May - Aug: Side Dish |
| | Sept - Dec: Dessert |
| 11:30am - 12:20pm | Panels Session 1 |
| 12:30pm - 1:20pm | Panels Session 2 |
| 1:30pm - 2:20pm | Panels Session 3 |
| 2:30pm - 3:20pm | Panels Session 4 |
| 3:30pm - 4:00pm | AA skit & Anniversary Countdown |
| 4:00pm - 5:00pm | AA, Al-Anon, Alateen Speakers |



Volunteer here

Grace Lutheran Church
22975 24th Ave S,
Des Moines, WA 98198

For more information go to:
www.burienlittleassembly.org



Contribute here

Alcoholics Anonymous in Washington State is turning 85 years old in April of 2026.

We are having a big party, and you are invited to celebrate

85 Years of AA in Washington



The party program includes Don L. from Bellingham as the main speaker, an old timers (50+ years) panel, young persons panel, a presentation on AA history in Washington, a raffle, sobriety countdown and a dance.



Where: Emerald Downs Racetrack
2300 Ron Crockett Dr., Auburn, WA 98001

When: April 18th from 10am to 10pm

If you would like to find out more and/or register for this event go here:

<https://www.seattleaa.org/home/85-years-in-wa/>



If you would like to volunteer for this event go here:

<https://www.signupgenius.com/go/10C044EACAB28A2FECF8-61370696-85years#/>

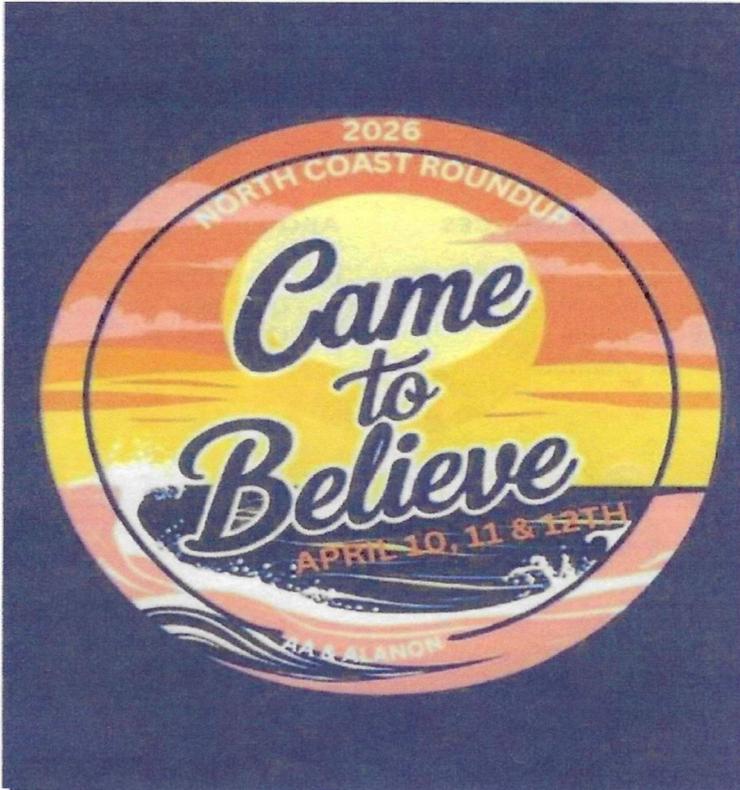


If you have questions contact wa85aa@seattleaa.org

North Coast Roundup 2026

APRIL 8 - APRIL 12

registration@soberinseaside.org



Stay in the Loop!
Stay informed about event details, registration, volunteer opportunities, and other exclusive updates.

bit.ly/sdsru2026

sandiegospingroundup.com



**Pacific Northwest
AA**

The Olympic Roundup

*Our 24th!
May 15-17,
2026*

Friday
Registration
Welcome
Ice Cream
Social

Saturday
AI-Anon
Spiritual
Breakfast
Buffet Dinner
Sobriety
Countdown

Sunday
AA
Spiritual
Breakfast



AA Speakers

- | | |
|------------------|-------------------|
| Jamie K | Port Angeles, WA |
| Rich N | Federal Way, WA |
| Shu D | Port Townsend, WA |
| Crystal J | Tacoma, WA |
| Dean B | Gig Harbor, WA |
| Bob T | McCalla, AL |

AI-Anon Speaker

Madison M Seattle, WA

Joint AA & AI-Anon Speaker Workshop:
Steve D & Madison M

Register at <https://olympicroundup.org>
Vern Burton Convention Center, 308 E 4th Street, Port Angeles, WA
ALL MEALS MUST BE PURCHASED BY MAY 1ST.



Save the Date!
2026 Kickoff
Saturday March 21

SPSCC Lacey Campus
4220 6th Ave SE, Lacey

More info and tickets here →

www.nwwoodstockofaa.org

Step Ashore XII

August 6 - 9, 2026 Ocean Shores Convention Center
The Northwest Woodstock of AA

9th Annual Northwest Girlstock

APRIL 17, 18, & 19, 2026

**At Four Points by Sheraton Hotel & Conference Center
in Beautiful Bellingham, WA.**

**Treat yourself and invite your friends to an infusion of happy recovery!
Listen to Experience, Strength and Hope, delivered by some of the best
communicators among us:**

DAWN M., Laguna Hills, CA.

HOLLY D., Jacksonville, FL.

JEANNIE M., Bentonville, Ark.

KATHLEEN H., Al-Anon, Cincinnati, OH

KATYA A., Woodland Hills, CA.

MOONLI S., LOS Angeles, CA.

ROSA G., Los Angeles, CA.

ROSIE T., Seal Beach, CA.

Please REGISTER EARLY at NWGIRLSTOCK.COM

- MEETINGS ONLY: \$ 80.00

- MEETINGS & 2 MEALS: \$180.00

**A link on our website will help you reserve a room at the
Four Points at a very special \$142.00 per night rate.**

Choose two queen beds, or one king bed.

Hotel Reservations: 360.671.1011

37TH INTERNATIONAL A.A. MEN'S CONFERENCE (IAAMC)

APRIL 10 – 12, 2026

MIRACLES IN PROGRESS

HILTON SEATTLE AIRPORT AND CONFERENCE CENTER
17620 INTERNATIONAL BLVD, SEATTLE, WA 98188

Deadline for pre-registration is March 31, 2026

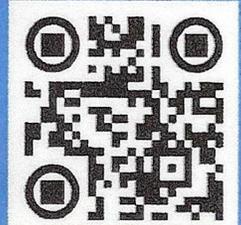
In April 1986, four men discussed the idea of holding a National AA Men's Conference after hearing from some AA women about how successful their Women's Conference was every year. Ted H. was contacted by Sam L., Demers, Sam W., and Mike F. to collaborate. The men met at Ted's home in Cleveland, Ohio, to devise a plan of action.

Letters were sent out to the Cleveland AA community, inviting them to participate in the planning of the conference. A meeting was held in response, and a committee was formed to raise funds. The men set a fundraising goal of \$1,500. Through raffles, picnics, dances, and out-of-pocket donations, they successfully raised the seed money needed to hold the first conference.

Since then, 36 cities have hosted the International AA Men's Conference. The 37th Annual 3-Day International AA Men's Conference will be held in Seattle, Washington, from April 10 to 12, 2026. We hope to see you there!

EVENT REGISTRATION

WWW.IAAMCAB.ORG OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E
SUITE 8 PMB 114, PUYALLUP, WA 98373



Make checks payable to IAAMC 2026

Book a Hotel Room: <https://book.passkey.com/go/IAAMC2026>

For more information on the conference, contact Don N. at (253) 365-8073, Jeffery R. at (253) 754-7617, or Randy M. at (253) 278-9842

Qty

\$ _____
 \$ _____
 \$ _____
 \$ _____

Registration and Saturday Evening Banquet, \$165.00

Registration only, \$50.00

T-Shirt select size [S, M, L, XL: \$19.50, 2X: \$21.50, 3XL, 4XL, 5XL, 6XL: \$23.50]

Bus Tour of the Seattle Area (Fri, 9:00 AM ___ or Sat, 9:00 AM ___) (\$80.00)

Total: \$ _____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____

I would be interested in volunteering for a workshop or panel



Members Page

This page is for AA members of District 29. Send in AA related quotes, cartoons, questions or short inspirational notes. If this page creates interest I'll keep it going. Ask a group member to submit something related to next month's topic Tradition 4. Send it to this email by the 4th of every month d29actionlog@pugetsoundaa.org. Please take a moment to enjoy these and share!

We want to thank these anonymous AA members for sharing on Tradition 3.

"The only requirement for AA membership is a desire to stop drinking" (Twelve Steps and Twelve Traditions)

In the program's early days, groups made their own rules about who could and could not join. They only wanted the pure alcoholic, fearing that anyone else might distract them from their primary purpose. They were also concerned that the less desirable element would shed a bad light on the program. Some examples of these rules can be found on page 140 of the 12 x 12. Today we welcome all people and let them decide if they are alcoholic or even want to quit drinking. Often in open meetings we see a person come in who is encouraged to show up by, the court system, a spouse, job or some other external force.

Occasionally these folks do not think they have a problem or even want to stop drinking. What a joy it is to see that person come to realize that alcohol may be a problem that needs to be dealt with. Before that first step, there is no hope of dealing with life's other challenges. We do not proclaim anyone an alcoholic, we open the door so they can make their own decision.

Except for any direct quotes the rest is all the writer's observations and opinions.

Getting sober was not just about alcohol. I also had to detox from anger, fear, resentment and toxic people.

Healing doesn't mean the damage never existed. It means the damage no longer controls our lives.

Knowing my family doesn't have to worry about me today is one of my favorite parts of recovery.

Tradition Three: "The only requirement for membership is a desire to stop drinking."

In AA, those words in Tradition 3 have always meant a great deal to me. I've always had a desire to quit drinking because of all the messes and problems created by my alcohol use. I finally accepted that I cannot control my drinking and it can still be a challenge. This is why I need to stay connected to AA by going to meetings. Stay connected with my Sponsor and my "sober sisters" this is what helps me along the way. They all remind me AA is where anyone who truly wants to stop drinking can come and find a seat, a listening ear, and a path forward.

What I've learned overtime is that desire is where everything begins. Even when it feels small, that willingness is enough to keep coming back and stay within the fellowship.

For me a good sponsor has made a big difference. A service position is so important, giving me sense of purpose helping with accountability with the program and the people around me.

It's a powerful message that AA's doors are always open to anyone who wants help. Hope and Acceptance keeps me grateful for AA fellowship. And this open door is the last house on the block for me.

J.M.

Just for today I will stay sober because today is all I need to focus on.

Be the reason somebody believes sobriety is possible!

