



District 29 September 2025 *Action Log* Newsletter

Editor's Note: Hello September!

It is Fall or Autumn season but in the N.W. we have the most beautiful Septembers. It's like it doesn't want to give up Summer yet. Step Nine helps use move to the next chapter, the next adventure we are schedule to do. Like the seasons, our AA steps have an order with purpose. I love when you know the Step 9 promises have come true.



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

Step 9:

*"Made direct amends to such people
wherever possible, except when to do so
would injure them or others."*

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 can get the
message out.

"The Action District"

Reminder of Upcoming Events:

Sep 9th	District 29 Monthly Meeting	15
Sep 13th	Area GV/Lit Quarterly	25
Sep 20th	Area Correction Quarterly	20
Oct 3-5	October 2025 Area 72 Assembly	
Oct 11th	Area Treatment Quarterly	
Oct 18th	Area Accessibilities Quarterly	
Oct 25th	Area Young Person's Quarterly	
Oct 25th	Area Tech & Web Quarterly	
Nov 15th	District 29 Gratitude Banquet	26

More Info on Page:

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

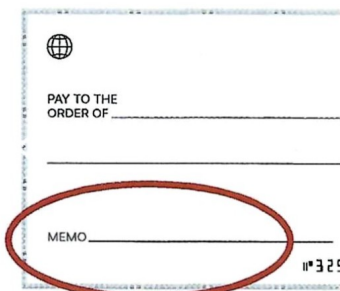
GENERAL SERVICE OFFICE:

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>



CSO

*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.

**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.**

TRUSTED SERVANTS

DCM: Fred J dcm29@area72aa.org
Alt: Amanda M altdcm29@area72aa.org
Secretary: Open 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: Jess J
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: Janeah O 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: Open
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 Alt.
 Elbe Friday Nighters
 FIR.....Bruce K
 Alt. Kevin O
 Firgrove.....Laurie S
 Alt.
 Graham Women's.....Mary N
 Alt. Christina P
 Hang In There.....Patty G
 Alt.
 Keep It Simple Sumner...Chris L
 Alt. Don S
 Living Free.....Ryan W
 Alt.
 Loft.....Keith G
 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
 Alt.
 Out to Lunch Bunch
 Puyallup Men's Stag.....Shaun R
 Alt.
 Puyallup Service Group..Bryce J
 Alt. Jasmine P
 Seeking Our Solution...Rachel K
 Alt. Rick B
 Sober Sisters of Sumner..Annie M
 Alt.
 Solution is the Journey..John P
 Alt. Robert
 Trusted Servants.....Mitch M
 Alt. Janeah O
 Women On Tapps.....Sherrie S
 Alt.

Trusted Servants Monthly Reports

DCM: Fred J	DCM Report on Page 6	dcm29@area72aa.org
Alt: Amanda M	Alt DCM Report on Page 6	altdcm29@area72aa.org
Secretary:		dist29secretary@area72aa.org
Alt:		
Treasurer: Dan C		dist29treasurer@area72aa.org
Alt: Ryan W	Treasurer Report on page 5	
Accessibility: Ty S		dist29accessibility@area72aa.org
Alt:		
Archives: Deborah M		dist29archives@area72aa.org
Alt: Jess J	Archivist Report on Page 17	
Corrections:		dist29corrections@area72aa.org
Alt:		
CPC: Scott N	CPC Report on Page 18	dist29cpc@area72aa.org
Alt:		
CSO Director 1: Dave D		d29csodir1@pugetsoundaa.org
CSO Director 2:		d29csodir2@pugetsoundaa.org
Grapevine/Lit: Janeah O		dist29gvlit@area72aa.org
Alt:		
PI: DeeDee B	PI Report on Page 18	dist29pi@area72aa.org
Alt: Rex J		
Registrar: Brittany U		dist29registrar@area72aa.org
Third Legacy: Alana W		dist29thirdleg@area72aa.org
Alt: Carol J	Third Legacy Report on Page 17	
Treatment: Greg E		dist29treatment@area72aa.org
Alt:		
Newsletter: Grace C		d29actionlog@pugetsoundaa.org

Hello to All in District 29,
Happy September,
And now the planning committee starts for the Banquet, on November 15th. Please come plan with us, on these Tuesdays Sept 23rd, Oct 7th and Nov 4th. Page 15 for address and time. Page 26 for all info on new location of the Banquet, date and time. Please discuss with groups about donating a raffle basket, which is much needed to carry on this event tradition next year. A lot of information this month please make sure to share the newsletter with your group or others. *Thank you for allowing me to share and be of service, Grace C*

Alt: 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 August 2025

Groups	Donations											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Above Ground	\$ 40.00	\$ 40.00	\$ 30.00	\$ 30.00	\$ 45.00	\$ 53.00	\$ 44.00	\$ 40.00				
Back to Basics	\$ 40.00	\$ 40.00	\$ 40.00	\$40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00				
Eatonville Group				\$150.00								
Elbe Friday Neters												
FIR (Fellowship In Recovery)	\$544.00											
Firgrove Group	\$ 180.00											
Fresh Start												
Graham Group												
Graham womens group	\$340.00							\$56.74				
Hang in There (HIT)												
Hole in the Donut												
Keep It Simple Summer (KIS)					\$1,100.00							
Living Free					\$100.00							
Loft Group	\$47.92	\$10.00	\$10.00	\$10.00	\$ 33.00	\$ 33.00	\$ 33.00	\$ 33.00				
Meeker Fellowship												
OHOP Nuts and Bolts			\$139.11					\$ 92.74				
Orting Fireside								\$50.00				
Out to Lunch Bunch		\$ 300.00				\$ 200.00						
Puvallup Group												
Puyallup Men's Stag		\$200.00			\$100.00							
Puvallup Service Group			\$279.40									
Seeking Our Solution (SOS)				\$300.00								
Shop Group												
Sober Sisters of Summer								\$60.00				
Solution is the Journey												
Trusted Servants	\$ 50.00	\$50.00	\$50.00	\$50.00	\$ 50.00	\$50.00	\$ 50.00	\$50.00				
Women on Tapps			\$80.00					\$100.00				
District 29 7th Tradition	\$ 103.00	\$71.00	\$ 114.00	\$ 82.00	\$ 54.00	\$ 55.00	\$ 59.00	\$ 85.00				
Income Special Events												
other	\$23.00							\$77.00 +/-				
Total Income This Month	\$ 1,367.92	\$ 711.00	\$ 742.51	\$ 662.00	\$ 1522.00	\$ 431.00	\$ 226.00	\$ 607.48				
EXPENSES												
DCM				\$ 228.59								
Alt DCM						\$420.63						
Secretary												
Treasurer			\$14.60			\$71.94	\$70.00					
Newsletter						\$300.00						
Accessibility												
Archives		\$82.45	\$99.08		64.57	\$22.03						
Third Legacy												
Corrections						\$53.86						
C.P.C		\$67.40				\$90.89						
Pub. Info	\$202.66	\$41.00		\$ 94.46		\$78.33						
Registrar												
Treatment						\$45.97						
12 Step												
Annual Donation CSO 60%												
Annual Donation WWA 30%												
Annual Donation GSO 10%												
CSO Phones			\$ 195.00	\$ 65.00	\$ 65.00	\$ 65.00		\$ 130.00				
Meeting Room Rent	\$ 200.00	\$200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00				
Post Office Box				\$ 210.00								
Storage Rent	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00				
Zoom	\$ 17.61	\$17.61	\$ 17.61	\$ 17.61	\$ 17.61	\$ 18.70	\$ 18.70	\$ 18.70				
Total expenses	\$ 558.27	\$ 546.46	\$ 664.29	\$ 953.66	\$ 485.18	\$ 1505.35	\$ 426.70	\$ 486.70				
NET Monthly Balance	\$ 809.65	\$ 164.54	\$ 78.22	\$ 291.66	\$ 1036.82	\$ 1074.35	\$ 200.70	\$ 120.78				
Beginning Bank Balance	\$22,439.98	\$ 23,249.63	\$ 23,414.17	\$ 23,492.39	\$ 22,166.21	\$ 23,203.03	\$22,128.68	\$ 20,076.55				
Ending Bank Bal.	\$ 23,249.63	\$ 23,414.17	\$ 23,492.39	\$ 22,166.21	\$ 23,203.03	\$ 22,128.68	\$ 20,076.55	\$ 22,145.67				
Operating balance	\$8,232.69	\$ 8,379.23	\$8,475.45	\$8,183.79	\$9,220.61	\$8,146.26	\$7,945.56	\$8,066.34				
PRUDENT RES. **	\$2,516.94	\$2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94				
Special Events Begin Bal	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 11,465.48	\$ 11,465.48	\$ 11,465.48	\$ 9,614.05				
Picnic Expenses				\$1,034.52			\$ 51.43	\$1,781.66				
Picnic Income						\$200.00	\$3,730.00					
Picnic Balance	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ 1,465.48	\$ 1,465.48	\$ 1,465.48	\$ 1,614.05	\$ 3,562.39				
Gratitude Banquet Exp							\$2,000.00					
Gratitude Banquet Income												
Gratitude Banquet Balance	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 8,000.00	\$ 8,000.00				
Special Events End Bal	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 11,465.48	\$ 11,465.48	\$ 11,465.48	\$ 9,614.05	\$ 11,562.39				

DISTRICT COMMITTEE MEMBER DCM & Alt DCM REPORTS

DCM

Greetings from District 29 DCM,

Things continue to go well with a lot of members in active service. We just had our annual district picnic which was an immense success and well attended. This year we had a talent show. It was quite entertaining and well received. I would say that my first genuine spiritual experience in service occurred at the first assembly that I attended. I was absolutely amazed at how many people were there and the degree of fellowship and participation as well as the concern for the general welfare of our area. I also discovered as a 60 something, I could relate to 20 somethings. Since then, I have attended several assemblies and while they sometimes can be tedious, it is a wonderful time to learn and make friends not only with members from throughout the area. It is also one of the best events to learn how AA "works". I continue to be amazed at the genuine concern, interest and participation at all levels of service and have encouraged my GSR's and trusted service to attend the Assembly and get the most out of it.

Fred Johnstone
DCM District 29
dcm29@area72aa.org
253-229-7435

Please note our New Zoom information for District 29 Business Meetings held on the second Tuesday of every month and all are welcome to join us!
Zoom ID: 882 6118 3379
Passcode: 983646

Alt DCM

Hello District 29,

Next, we are planning District 29's Gratitude Banquet, it happens on November 15th. Please come and be part of the great crew that puts it all together. Our planning meetings takes place at 432 Wood Ave, in Sumner. On these Tuesdays, Sep 23rd, Oct 7th and Nov 4th at 6:30 pm. More information about the Banquet is on page 26 and note the location change from last year. This event needs members that would like to volunteer for some service work. Many positions open: Meal Prep a lot done the day before the event, Kitchen help the day of, Servers, decoration prep, at the door tickets, unload and loading, Raffle crew and clean up! All of it includes lots of fellowship. Any questions please contact me.

Amanda M
District 29 Alt DCM
altdcm29@area72aa.org

*GSRs and groups please consider a Raffle Basket donation.
The Raffle Baskets proceeds help raise the money for
next years Banquet.*

GROUP SERVICE REPRESENTATIVE

GSR REPORTS

ABOVE GROUND*

We have 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 the day. Fall is now upon us and what better way to spend an hour and a quarter with good friends, coffee, and treats? *The church has provided us with an extra room that we can use for childcare or it would be good for private one-on-one talks.* Come meet up with some old friends or meet new ones. Our meetings are held at:

Sumner First Christian Church

432 Wood Ave.

Sumner, WA 98390

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

Janet S 11 months

Henry C 50 years

John C 59 years

Congratulations to all! Thank you John C and Don N for bringing the cake!

BACK TO BASICS*

Hello!

Back to Basics group meets every Tuesday

at 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.

Birthday nights are open on the last Tuesday and we have treats to share. We hope to see you there!

August Birthdays:

Mark L - 2 months

Lucy V - 34 years

*Themed Birthday
meetings
Flyer is on page 19
Join us!
September theme
Hot Dog Bar*

EATONVILLE

American Legion Hall, 123 Rainier Ave N, Eatonville, WA 98328

Tuesday 7 -8pm

ELBE FRIDAY NIGHTERS

Greetings from Greater (Virtual) Elbe!

We meeting on Zoom every Friday evening at 7:00 pm. We're a small group so everyone has a chance to share their experience, strength and hope. If you haven't visited us before please come out to "the Mountain" and say hello!

Congratulation to All

Our District 29 Peeps

Celebrating a Happy Birthday!

Toddy F

Join Zoom meeting

Meeting ID: 208 089 505

Passcode: 008670

The ***Fellowship In Recovery*** Group has a new location. We start meeting at **Light of the Hill Church United Methodist Church, 11304 136th St E, Puyallup, WA 98374** at 7pm on Tuesday evenings and 8am Saturday mornings. Our Birthday meeting are the last Tuesdays of the month and we have both AA and Al anon speaker.

Please come visit and check it out our new location.

Most meetings begin with a short reading from the Big Book, except on the first Tuesday of the month when we study Traditions in the 12 & 12. And the first Saturday we study a step from the 12 & 12.

Families In Recovery - they will move with us.

Tuesdays also includes a concurrent meeting of Families In Recovery Al anon Family Group.

Our meetings are open meetings and we look forward to seeing you!

August FIR group Birthdays:

1 month: Randall L 2 months: Ian H

9 months: John D 10 months: Kyle L

1 year: Anne F 8 years: Russ M

We would like to thank our Al anon Speaker Lianne and AA Speaker Russ M.

THE FIR IS MOVING!!

Fellowship In Recovery, an open meeting of Alcoholics Anonymous will begin meeting at a new location on Tuesday September 2nd. The new location is:

LIGHT OF THE HILL UNITED METHODIST CHURCH
 11304 136TH ST. E.
 PUYALLUP, WA 98374

We hope you will continue to join us for our Saturday 8am and Tuesday 7pm meetings.

Pre scout and plan your new route!!

FIRGROVE*

Hello from the Firgrove group,

As always I'm extending an invitation to visit us at Firgrove Mondays and Fridays at 8:00pm.

All are welcome. And a special thank you to Dick M from Puyallup Men's Stag for sharing his story with us.

Celebrated Birthdays For August 2025:

Mike 2 months

Colin 5 months

Ramon 18 months

Also Happy Birthday to our Homegroup members who were not able to attend.

Laurie 8 years

Sean 17 years

In service, Tim T.

We meet at 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 night speaker meeting the last Friday of the month 8pm-9:30pm. With speaker, coins and cake.

GRAHAM WOMEN'S GROUP*

This group of wonderful women, are happy to share each other's experience, strength and hope.
Graham Women's Group meets on Saturday 9am 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*

August Birthdays are celebrated the last Saturday each month:

***2 months - Susan, 4 months - Tiffany, 5 months - Maria, 5 months - Natalina,
6 months - Erica, 6 months - Signe, 7 months - Melanie, 2 years - Brandi***

We enjoy celebrating birthdays, come join us.

Business meeting are held immediately after our regular meeting on the first Saturday of each month.

HANG IN THERE*

Hang In There (HIT) Group Report August 2025

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:

Sept. Business Meeting will be held on Friday, 9/19/25 immediately after our regular meeting.

Sept. Birthday Meeting will be held on Thursday, 9/25/25 during our regular meeting hours. Join us for cupcakes, ice cream and a speaker!

August Birthdays – Speaker Mike H.

30 days – Cloey D.

Meri C.

2 mos. – Greg H.

9 mos. – Adam H.

Danielle O.

9 yrs. – Jerry B.

13 yrs. – Jennifer N.

22 yrs. – Kathie P.

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 guest speakers for the month of August were the Third Legacy Committee:

August Birthdays:

1 month Andy
11 months Becca

Fred DCM
Steve Building Facilitator
Dee Dee P I Chair
Debra Archivist
Grace Newsletter Editor
David D CSO Director I
Ryan GSR, Alternate District Treasurer
Clint Former GSR
ED K History of Third Legacy Committee

Happy Birthday to Everyone.

Hope to see all of you soon at

Living Free!!!

Kevin C

LOFT*

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

Open Meetings:

Daily Meetings: Noon & 8pm

Mon, Tues, Wed, Fri, Sat & Sun
~ 6pm & 8pm
Friday and Saturday at 10pm
Saturday at 9 am

In-Person Women's Meetings:

Wed & Sun ~ 6pm

Zoom Women's Meetings:

Wed & Sun ~ 6pm
ID: 862 7295 5592
Password: 035163

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 chair people 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 September 18th at 7pm.

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.

Happy Birthday

Rae 30 days	Alexa 3 months	Alicia S 1 year	Mary Francis 44 yrs
Nick J 30 days	Monte 5 months	Steve 2 yrs	
Bailey 2 months	Will 5 months	Mari S 7 years	
Donna S 2 months	Pat 6 months	Liz 9 yrs	
Taylor Q 2 months	Laura K 8 months	Katt B 9 yrs	
Tanya M 3 months	Desirae M 8 months	Laura S 12 yrs	
Bandy W 3 months	Jen C 8 months	Duestin 12 yrs	
Jenna S 3 months	Sylvia G 1 yrs	Julie 33 yrs.	

Thank you to our Birthday Speakers:

Amanda M., Lisa and Sonia

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

Tara S

August 2025 Birthday celebrations:

24 hours: Mike A
1 month: Derrick H
1 month: Randall L
1 month: Andy F
5 months: Monty F
1 year: CeCe W
1 year: Harry C
1 year: Laurie P
2 years: Jose Q
3 years: Maria H
9 years: Gretchen C
12 years: Ashley A
21 years: Bob V
26 years: Joe B
31 years: David P
43 years: Larry H

Meeker Fellowship
[new location](#)

Puyallup Elks Lodge
3314 27th St NE
Puyallup, WA 98372

Entrance to the left of the pool,
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

Saturday September 27th
Birthday Potluck starts 5pm
Speaker Meeting to follow

Check out our Event
*New Year's
Eve Ball*
flyer 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. *August Birthdays: 1 month Brian W, 2 months Laura M, Mike N,
9 months Adam H, 1 year Shannon S, Steve H, 2 years Brandi D, 3 years Richi Z, Nick C,
4 years Brandy R, 8 years Harry L, Kevin W, 13 years Jenn N, 32 years Betty V*

ON TRACK AGAIN*

Our group meets in the Mt Rainier Dining Car, located [54106 Mountain Highway East, Elbe, WA 98330](#). We meet every Wednesday night at 6:00pm for an open meeting. Then once a month on the second Sunday join us for a Spiritual Breakfast Speaker Meeting: (See page 23) seating is open at 9:30am, meeting begins at 10 am. Our business meeting is held on the last Wednesday of the month, following the regular meeting. We encourage you to go for a scenic drive and join us, to share our experiences, strength, and hope.

August Birthday: Von 33 years

ORTING FIRESIDE*

Greetings from Orting Fireside Group!

Our meetings are on Mondays and Thursdays 6:30-7:30 pm. We meet at United Methodist Church, 109 Train St SE, Orting, WA 98360 We continue to have some great speakers on birthday night. We want to thank Jon G from Yelm, his story of his sobriety was very interesting. We enjoyed having him for our speaker. We celebrated sobriety birthdays on the last Thursday of the month. Join us for cake, coffee, and coins.

August we celebrated with:

Bonnie K 16 years

ORTING HOLE IN THE DONUT*

We welcome you to come visit Orting Hole In the Donut! United Methodist Church, 109 Train St SE, Orting, WA 98360. Sundays at 11:00 am. We are known for a small town with a Big View. We celebrated birthdays the last Sunday of the month at 11am. We always have hot coffee and fresh donuts. We had a great turn out, without anyone celebrating a birthday. Come celebrate Sundays with Hole in the Donut. Come play in the garden after the meeting.

OUT TO LUNCH BUNCH*

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 currently reading the Big Book and having some excellent discussions. As the cooler months approach, we will be take advantage of the heat inside our room, making us the warmest kids on the block. *The church has provided us with an extra room that we can use for childcare or it would be 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 you to bring is your experience, strength, and hope.

In August we celebrated with:

Marc T 8 months Janet S 11 months Ralph D 49 years

Congratulations to everyone and to all with another day of sobriety.

A special thank you to Ralph for bringing the extra special German Chocolate Cake. This cake was homemade by Ralph's daughter in law Rita for this extra special occasion.

PUYALLUP MEN'S STAG*

Peace Lutheran Church, 214 East Pioneer, Puyallup, WA 98372

We are a Men's Thursday meeting at 7:00pm. With the last Thursday of the month being potluck/speaker meeting at 6:30pm. Congratulations to All with Birthdays!!!

PUYALLUP SERVICE GROUP*

*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*

Birthdays for August

*3 years - Courtney
7 years - Mari
12 years - Laura*

*We want to thank the
Third Legacy Committee
for joining us this month!*

SEEKING OUR SOLUTION*

Seeking Our Solution meets every Saturday at 8:00 am at First Presbyterian Church of Puyallup, 412 W Pioneer Ave, Puyallup, WA 98371. Right across from Police station and just a block from Puyallup Farmer's Market (park then walk to,) which ends in October. Our business meeting takes place on the third Saturday of each month after the meeting. On the last Saturday we host a breakfast potluck to celebrate milestones.

In August, we proudly celebrated these milestones:
Hope W ~ 12 years Scott S ~ 19 years Randall L ~ 1 month
James T ~ 25 years

Best quote of the meeting: "I didn't end up on Skid Row, but I certainly knew the address."

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

SOBER SISTERS OF SUMNER*

S.S.S. is an open Women's meeting that meets every Wednesday 12:30-1:30.

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. We meet at

*In July Annie M celebrated 14 years
but didn't get on her own list of birthdays.*

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

Celebrating Birthdays on Aug 27, 2025

Pam 2 months	Tyra 4 months	Angel 1 year
Judy 3 months	Anita 7 months	Laurie 4 years
April 4 months	Jessica 1 year	

*Our business meeting is the 3rd Wednesday of the month, right after regular meeting.
Birthday meetings is the last Wednesday of the month.
Please join us for the celebration of sobriety.*

TRUSTED SERVANTS*

Hello from Trusted Servants,

We always welcome everyone to come and meet for one hour every Monday @ 7pm, Faith Covenant Church. 1915 Washington Street, Sumner.

Our business meeting is being 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. Please join us and make Trusted Servants your home group.

Courtney continues to sign us up at the local treatment centers, so we can carry the AA message to Alcoholics that may want what AA has. Thanks, Courtney, for setting it all up.

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

Celebrating August AA birthdays:

Jerry 4 months	Brian J 11 years
Courtney 3 years	Laura 12 years
Kat 9 years	

Happy Birthday to all. We really enjoyed the celebration and hope to see you all again soon!

In Service,

Trusted Servants

WOMEN ON TAPPS*

LAKE TAPPS COMMUNITY CHURCH 17017 FOREST CANYON ROAD E LAKE TAPPS, WA 98391

WOT is an open Women's meeting on Monday night at 7pm to 8:15pm. We have childcare for mothers that need a meeting. We enjoy the increasing number of Women at the meeting. We are grateful for the joy of fellowship created by sharing our experience, strength and hope with each other. We want to thank our speaker Deanna.

August was a wonderful birthday celebrating month.

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

July 2025 Correction to the Celebrated list:

Makayla 24 hours
Judy 87 days
Mandy 3 months
Gretchen 4 months
Kelley 4 months
Amanda 9 months
Melissa 10 months
Daniel 11 months
Heather 4 years
(the rest of birthdays listed were correct)

August 2025 Celebrations are:

Judy	3 months	Melissa	11 months
Mandy	4 months	Jessica	1 year
Symone	7 months	Marie	3 years
Amanda	10 months	Laurie R	4 years

GSR EVENTS

GSRs: Have you relayed the Pre-Assembly motions to your group to receive the group's conscience. The votes you will take to the October 3-5th Assembly. You have registered, Yes? And then enjoy the experience.

Oct 14th & Nov 11th

**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 info **Zoom ID: [882 6118 3379](#)
Passcode: [983646](#)**

Schedule Committee Meetings:

only the District meeting is on Zoom

2nd Tuesday Sep 9th at 6: 30 pm
District 29 Monthly Meeting and on Zoom

3rd Tuesday Sep 16th at 6:30 pm
District 29 Treatment Committee

4th Tuesday Sep 23rd at 5:30 pm
District 29 CPC / PI meeting
Banquet Planning Meeting at 6:30pm

5th Tuesday Sep 30th

1st Tuesday Oct 7th at 6:30 pm
Planning Meeting for the District 29
November 15th Gratitude Banquet

Assembly Motions and Discussions

**Please go to: [Area72aa.org](#) and find under
Area Business Quarterly/Assembly**

- **October 2025 Assembly || Documents**
-
- **Motion #1** - Move that beginning 01/01/2026, WW Area 72 publish a digital only Newsletter and cease regular printing and mailings.
- **Motion #2** - Move that WW Area 72 Newsletter Editor shall appoint a working editorial steering committee to assist in the format, content and distribution. No less than 5 on listed members of a committee.
- **Motion #3** - Motion requesting that Area 72 allocate funds for the King County Bus Sign Project during the 2026 Winter Holiday period (Nov 1 2026 - Mar 7 2027)
- **Discussion Topic #1** - Proposed Agenda Item Deadline Date: Sept 30
- **Discussion Topic #2** - The District Third Legacy Chair - District 29 has a Third Legacy Chair - This topic wants you to discuss if we should create a position that helps transitioning position in new rotation along with many other duties.

All background info for each of these above, can be found on [aa.org](#) under [Area Business](#) and [Area 72 Assembly 2025](#).

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.

Open Service Positions at District 29

As of the Beginning of August 2025

GSRs invite a group member to visit a District meeting.

Trusted Servants are needed, this is a current list of open position. Please note you will be encouraged to attend the monthly District 29 meeting, submit a report in the Action Log newsletter and attend Committee Quarterlies. If any of these interest you or you would like to know more please contact DCM Fred J via email at dcm29@area72aa.org. All Trusted Servant service positions are (2 year positions or) until 12/31/26. Blue letter means **need Alt only**.

Secretary And 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 1 & 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.

Treatment Alt: Helps reach the alcoholic in hospitals and treatment facilities. Programs can include: sponsoring or coordinating in-house meetings, providing panelists to describe what AA is and what is not, and proving the AA message through book, pamphlets and word of mouth. Attends the Treatment Committee meeting, the District 29 monthly business meetings and Treatment Quarterlies.

Grapevine/Literature Alt: The Grapevine and Literature Representative helps groups and GSRs with subscriptions/information on the AA Grapevine. He/She also keeps the groups up-to-date on new or featured materials published by AA Grapevine and AA World Services. He/She attends monthly District 29 meetings and participates in the Area Grapevine and Literature Quarterlies.

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

Facilities Liaison Alt: Responsible for being key holder, setting up monthly District 29 meetings as well as putting away when meeting ends. Makes coffee and is the liaison between the facility and group.

Accessibility Alt: Provides AA message to those who would otherwise not have access. Attends Accessibility Committee, the Quarterlies and the monthly District 29 Meeting. Meets the first Wednesday of the month at 6:30pm at the CSO.

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

** 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

August 2025 District 29 Archivist Monthly Report

District 29 Archives

Our Regional Archives workshop is October 25, 2025 at repository in Lakewood, WA. Our National AA Archives workshop is September 10th - 13th 2026 at our Washington State History Museum 1911 Pacific Ave, Tacoma, WA 98402.

We will devote 4 hours in September to start labeling and cataloging storage containers in our District 29 storage. Any questions or concerns please email me.

dist29archives@area72aa.org

Thanks in service D29,

Deborah M

District 29 Archivist

August 2025 District 29 Third Legacy Monthly Report

Hello District 29 Family,

This is Alana W., District 29 Trusted Servant for Third Legacy. We would like to come to your Business, Birthday or Regular meeting. Each standing committee will share briefly about their position, and how service has impacted their sobriety.

Our August presentations reminded me why I do this. I am so honored to be a part of District 29.

Thank you PSG for inviting us to your birthday night 8/30. SPECIAL THANKS to all who participated: Dan Treasurer, Scott CPC, Fred DCM, Grace Action Log, Mary Alt Action Log, George Alt PI, Steve Bldg Liaison, Ty Accessibilities, David CSO Director 1, and home group member Bryce GSR.

Then, 8/31 we went to Living Free birthday/potluck. SO GRATEFUL to: Grace Action Log, Deborah Archivist, Fred DCM, DeeDee PI, David CSO Director 1, Steve Bldg. Liaison. Home group members Ryan GSR (new Alt Treasurer D29), Clint past GSR, Roger Treasurer, Kevin Birthday Chair.

This is what it's all about. Doing what's uncomfortable, showing up no matter what. Connecting with a community that once were strangers, and now works together to help each other spread a message of hope for that still suffering alcoholic.

In Service,

Alana W. Chair dist29thirdleg@area72aa.org or 206-519-1508

& Carol J. Alternate

August 2025 District 29 PI/CPC Monthly Report

Happy September!

PI (public Information) and CPC (Cooperation with Professional Community) have a combined meeting 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 they've been accomplishing and how your group can help carry the message. Individuals are welcome to join also. The booth at the Puyallup Fair was well attended by AA members and others finding out about AA.

In Service,

DeeDee PI Chair - dist29pi@area72aa.org

Alt. PI George N (253)377-0453

Scott N CPC Chair - dist29cpc@area72aa.org

- Step 9** **“Made direct amends to such people wherever possible, except when to do so would injure them or others”**
- Tradition 9** **“AA, as such, ought never be organized; but we create service boards or committees directly responsible to those they serve.”**
- Concept 9** **“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the Trustees.”**
- Principle 9** **Discipline**

The 9th Step Promises of Alcoholics Anonymous

“We are going to know a new freedom and happiness.”

“We will not regret the past nor wish to shut the door on it.”

“We will comprehend the word serenity.”

“We will know peace.”

“No matter how far down the scale we have gone, we will see how our experience can benefit others.”

“That feeling of uselessness and self-pity will disappear.”

“We will lose interest in selfish things and gain interest in our fellows.”

“Self-seeking will slip away.”

“Our whole attitude and outlook on life will change.”

“Fear of people and economic insecurity will leave us.”

“We will intuitively know how to handle situations which used to baffle us.”

“We will suddenly realize that God is doing for us what we could not do for ourselves.”

The Twelve Steps of Alcoholics Anonymous

Step 1

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3

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

Step 4

Made a searching and fearless moral inventory of ourselves.

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6

Were entirely ready to have God remove all these defects of character.

Step 7

Humbly asked Him to remove our shortcomings.

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

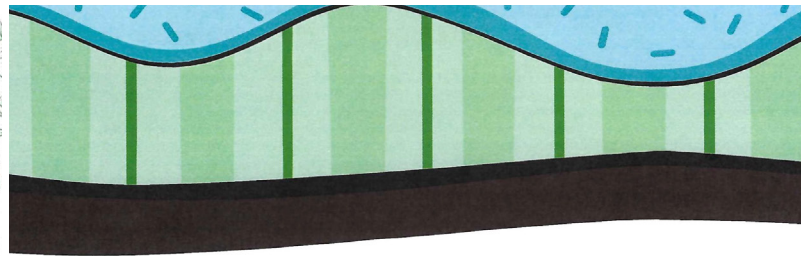
Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Traditions of Alcoholics Anonymous

(Short Form)

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servant; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose--to carry it's message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



PACIFIC REGION SERVICE NERDS

3rd Thursday - Service Manual Study Chapter 5

Zoom# 878 7493 8831
pw: Nerds

6pmPT/7pmMT/8pmCT/9pmET

email: servicenerds62@gmail.com



SEPTEMBER 20,
2025

CORRECTIONS Quarterly

Puget Sound CSO
3640 S. Cedar St, Suite s
Tacoma, WA 98409

ZOOM INFO
ID: 827 5121 7158
PW: 712933

Doors open at 9:30am
Business starts at 10am
Pizza provided. **BRING DRINKS!**
Questions email Aimee at
corrections@area72aa.org

Back to Basics Monthly Birthday Potluck

Join us for Fellowship on the **LAST TUESDAY** of every month
6 pm, Prior to the Regular Birthday Meeting at 7

Mountain View Lutheran Church
3505 122nd Ave E, Edgewood WA

AUGUST: BBQ
SEPTEMBER: Hot Dog Bar (we provide the dogs)
OCTOBER: Taco Tuesday
NOVEMBER: Baked Potato Bar (we provide the spuds)
DECEMBER: Italian

**Bring your favorite dish and
come celebrate birthday night with us!**



Roman Numerals

I 1	II 2	III 3	IV 4
V 5	VI 6	VII 7	VIII 8
IX 9	X 10	XX 20	XXX 30
XL 40	L 50	LX 60	LXX 70
LXXX 80	XC 90	C 100	D 500

Save the Date!

PRAASA 2026



Hawaii Area 17

**is hosting PRAASA
(Pacific Region A.A. Service Assembly)
on February 27, 28 & March 1, 2026
in Honolulu, Hawaii!**

Watch for more information...

PRAASA 2026
(Pacific Region AA Service Assembly)

SAVE THE DATE

PRAASA 2026
will be held at
Hilton Hawaiian Village,
Waikiki Beach, Oahu

February 27 – March 1, 2026

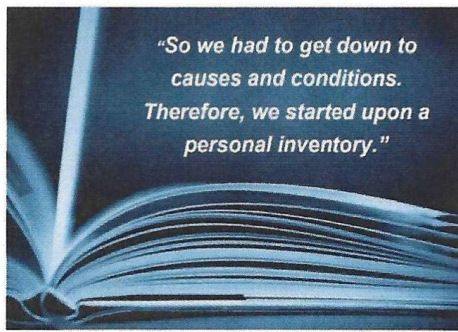
The purpose of PRAASA is to:

- Develop greater Unity among the members, group, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.
- The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

Who is PRAASA for?

The Pacific Region Alcoholics Anonymous Service Assembly is a mix of panel presentations, roundtable discussions, open mic sharing, and speakers. Many attendees also come for the great fellowship and bonding that takes place with others from the same service Area and with new friends made from other Areas. Topics for the presentations and sharing are focused on general service. PRAASA is held prior to the General Service Conference and includes topics that will be discussed at the upcoming conference along with issues that are of interest to members involved in general service. Roundtables provide an opportunity for members to discuss topics with people who have the same service position, like the Corrections or DCM and GSR roundtables, or who are interested in a particular topic such as Newsletter, Grapevine or information Technology.

Editor's Note: Everything above is from the website <https://prassa.org>. Only difference is they have an active count down to the event. It's not too early to plan for this one. I'm saying this from experience I've been to the San Francisco and Anchorage ones, and they are worth making time to go! Every year a different location - 2027 Seattle - but don't wait until then when you could have a huge AA meeting in Hawaii! There was a big showing of AA members from our Area 72 at both. In San Francisco I found out how other newsletter editors get it done. In Anchorage I learn so much more about our Area Trusted Servants, they were given a topic beforehand to share about our fellowship. Aloha and Mahalo!



BY THE BOOK

STEPS 4 & 5 WORKSHOP

Saturday, October 11, 2025

Don't miss out on the chance to deepen your understanding of the inventory process and take another step towards lasting sobriety.



Information:
Matt F.
(253) 682-7696

Presented by
Jeff S. & Matt F.

Creator Lutheran
Church
16702 S Tapps Dr.
Bonney Lake

Doors Open 9:30 AM
Workshop 10:00 AM

Bring AA Big Book,
Paper & Pen

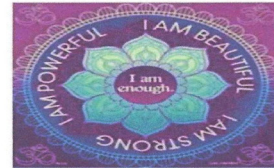
\$5.00
Suggested
Donation

POTLUCK LUNCH
Please bring a
main or side dish
to share.

A Spiritual Experience

Every Tuesday
AA Women's Big Book Workshop
Line by Line
Uncover, Discover, Discard

Presented by Candice M. - Los Angeles
With Featured Co-hosts
This week: Amy D. - Kentucky



Zoom ID: 858 0161 3157 PW: 561896
Room opens 15 minutes prior.

A beautiful community of strong women.

Tuesdays
6 pm PST
7 pm MST
8 pm CST
9 pm EST

Big Book breakdown
Q&A/Sharing

Boldly go where few Big Book Workshops can take you!



Join us for a weekend journey through the
12 Steps of Alcoholics Anonymous:
Bringing women together through love,
laughter and service.

*"...we have been given the Keys of the Kingdom."
Page 276, Alcoholics Anonymous*

SPEAKERS
TBD

**SATURDAY NIGHT SOCIAL/PAJAMA PARTY/
GAME NIGHT FREE TO ALL IN-PERSON
REGISTRANTS**

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to attend. No Seventh Tradition baskets are passed at any time during the event.

NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 - REGISTER EARLY!!!



October 10th - 12th, 2025
Go to www.rosecitygirlstock.com for
Event and hotel registration!

Holiday Inn Portland - Airport (HIPA)
8439 NE Columbia Court, Portland, OR
97220
503-256-5000
Book your room from our website.

\$89: Special Room Rates for the HIPA (per night plus tax) for single King or double Queen beds.
Offer expires September 19, 2025

\$75: In-Person Registration Only
\$145: In-Person Registration + Meals
(Meals include Saturday Night Dinner, Sunday Morning Breakfast)
Vegetarian and Vegan Options will be provided

\$30: Virtual Online Only Registration
All prices above do not include processing fees

Registration Chair: Ashlie B.; **Co-Chair:** Tuesday H.
Email: RCGSregistration@outlook.com
RCGS Chair: MiQuelle D.: 512-751-6996
RCGS Co-Chair: Debbie N.: 503-314-8030
Volunteer Coordinators: Shaunna S. & Kathy B.
Email: shaunnaspta@hotmail.com

SOBER ERA

NEW YEAR'S

EVE BALL

DECEMBER 31
ELKS CLUB

314 27TH STREET NE, PUYALLUP, WA 98372

POTLUCK — 6PM
SPEAKERS — 7PM
DANCE — 8PM

COSTUME CONTEST
MASQUERADE · ROARING '20s · HIPPIE '60s
DISCO '70s · ROCK '80s · '90s TROWBACK

MAIN COURSE PROVIDED
POTLUCK SIDES

\$20 TICKETS CONTACT
SARAH 253 386 8236 HEATHER 971-447-6160

SPIRITUAL BREAKFAST

@Mt. Rainier Railroad Dining Co.

54106 Mountain Hwy E. Elbe

Second Sunday of each month

Alcoholics Anonymous Speaker Meeting

Come early and enjoy a bite to eat in this full service restaurant or just bask in the fellowship!

Each meeting will feature a speaker from the program.

Speaker begins at **10am!**



3rd Annual Psychic Change Retreat

A 12-Step Weekend for Men of A.A.

September 19-21, 2025

Guest Speaker ~ Sheldon F., Las Vegas NV

Registration \$170

Registration closes August 31, 2025

Salvation Army Camp Arnold

33412 Webster Rd E, Eatonville, WA 98324

*Dorm style housing and meals included.

Bring a sleeping bag, pillow, toiletries, snacks, etc



1. Register Online

Click Here to Register: <https://forms.gle/yE7YvcTudUvxPJb16>

2. Pay via Venmo or Check



@Alan-ONeill-3

Make Checks payable to:

Tony Winn

6427 195th Ave E

Bonney Lake, WA 98391

Contact: psychicchangeretreat@gmail.com

34th Annual Woman to Woman Conference



September 12th - 14th, 2025

Pilgrim Firs

3318 Lake Flora Rd. Port Orchard, WA 98367



Registration deadline: \$180 must be received no later than August 31st to save your spot.

Limited half scholarships by request. (Scholarships by request are based on need. Please send letter explaining. Only new requests will be considered. Scholarship deadline is August 31st).

Registrations are processed on 1st come, 1st served basis. Questions? Call Tianna 253-334-9963 or Email: 23W2Wbtg@gmail.com

MAKE CHECKS PAYABLE TO: Washington Woman to Woman Conference

Mail Check and registration (below) to:

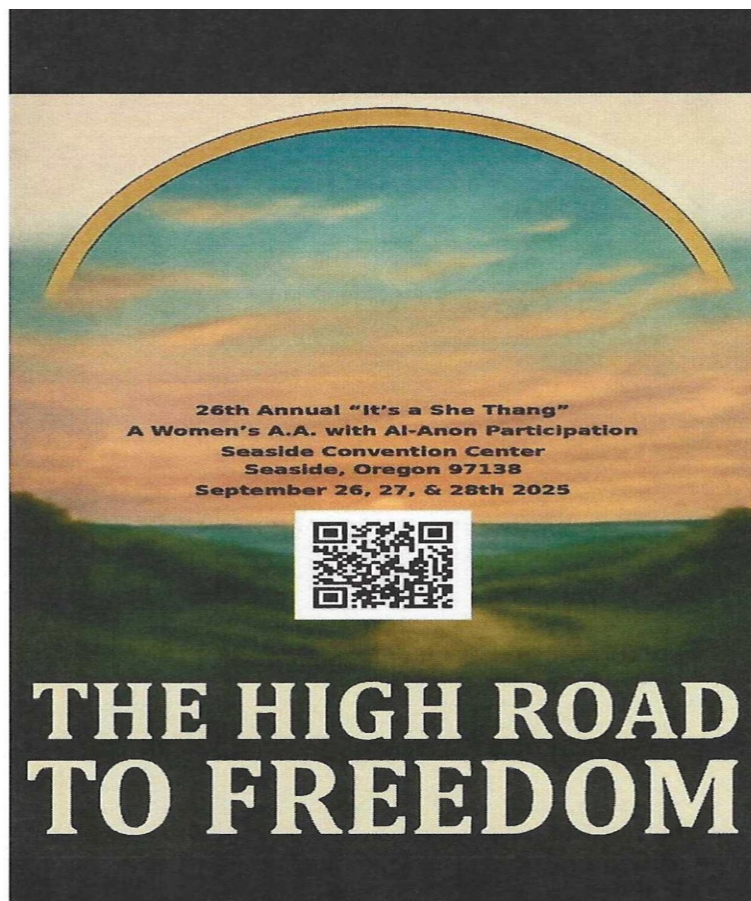
Tianna Peterson

5507 25th Street NE

Tacoma, WA 98422

Included in your Registration:

- Two Nights Lodging in a Rustic Cabin
- Full Bathrooms, twin beds, electric heating, sitting room and small porch
- Five Meals, coffee, tea, water and snacks
- Smoking/vaping only in designated areas
- Meetings, fellowship, speakers, meditation, yoga, arts & crafts, activities, free time and Group Activity on Saturday evening. Please note one person per Registration form. We also ask that you write your contact information as legible as possible or you may not receive important info via email. A confirmation email will be emailed within one month of receipt of your Registration form. No children and no pets please.



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, contact Don N. at (253) 365-8073
or Jeffery R. at (253) 754-7617**

- ☐ \$ _____ 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]
- ☐ _____ City Bus Tour of the Seattle Area (Coming Soon! Please check the www.iaamcab.org website for updates)

Total: \$ _____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____





Area 72 Grapevine, La Viña, and Literature Quarterly

September 13, 2025, 10 am - 2 pm Hosted by District 3

This Meeting will be held in-person and hybrid

Monroe Public Library Meeting Room

1070 Village Way, Monroe, WA 98272-2035

or, Join us virtually, Meeting ID: 873 2199 0075 Passcode: 620280

<https://area72aa-org.zoom.us/j/87321990075?pwd=SUxzVG42QWRDQytjU0lyR0dmbm96dz09>

Come join us in person for fellowship starting at 9:30 am

Light potluck encouraged

The business meeting will start as close to 10:00 am as possible and end at approximately 2:00 p.m.

We are excited to learn more how to

Carry the Message of Grapevine, La Viña, and A.A. Literature

Interpretation will be available, Spanish to English and English to Spanish

We look forward to seeing you

D45 GRATITUDE BANQUET & DESSERT POTLUCK

NOV 1ST, 2025

LOCATION

STEILACOOM COMMUNITY CENTER

5PM-9PM 2301 WORTHINGTON ST
STEILACOOM, WA 98388



TICKETS AND TIME

TICKET COST: \$20
AVAILABLE FROM A D45 GSR

DOORS OPEN AT 5PM MEXICAN FOOD SERVED ABOUT 6PM

GUEST SPEAKER

GAIL H.
PAST DELEGATE
PANEL 57 (2007-2008)



ACTIVITIES

SOBRIETY COUNTDOWN
RAFFLE BASKETS
50/50 RAFFLE
D45 ARCHIVES DISPLAY

QUESTIONS?
CONTACT: MARY W. ALT DCM D45
253-592-1377



Summit View Higher Power



This AA Group is

Celebrating 27 Years as a Group

October 13th, 2025

Please Join us For a Potluck

We will supply Fried Chicken-Bring what you can

Dinner 6:00 PM

Speaker Meeting 7:00-Glenn C.

2916 92nd St. E, Tacoma 98445

Body of Christ Church; 92nd and Waller Rd.

SAVE THE DATE!
NOV 15, 2025

DISTRICT 29



INFO ON PAGE 26

RULE

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1st Tues

in Sept, Oct & Nov
Gratitude Banquet Planning Meeting

6:30 pm

**432 Wood Ave
Sumner**



**"JOIN US ON THE
BROAD HIGHWAY"
FOR DISTRICT 29'S
GRATITUDE BANQUET**

**STARTING POINT:
TACOMA SPORTSMAN'S CLUB
16409 CANYON ROAD EAST
PUYALLUP, WA
(BEHIND AMAZON)**

**NOV 15, 2025
4:30PM DOORS OPEN
5PM CHICKEN DINNER**

**SPEAKERS
AL-ANON & AA
RAFFLE PHOTOS
50/50 FELLOWSHIP**

**\$20 TICKETS
FROM YOUR D29 GSR
DESSERT POTLUCK**

**FEEL FREE TO DRESS LIKE A TOURIST
OR COME AS YOU ARE! IF YOU'RE
FEELING ADVENTUROUS, WEAR
SOMETHING THAT REPRESENTS
GETTING YOUR KICKS ON ROUTE 66!**

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 Step 10 topic. 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 two anonymous AA members for sharing on Step 9.

9th Step

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Approaching this step it was important to remember what my sponsor frequently told me. This is about cleaning my side of the street. What the other person may or may not have done does not come into play. Actually, if I have done a good job dealing with my resentments list, their part in the matter isn't on my radar. By now I've been practicing and living my program for some time. Hopefully the recipient of my amends can see some changes in me and accepts my amends as sincere, honest attempts to right my wrongs. Not all bridges that have been burnt can be rebuilt, but if I have done my part the end results are out of my hands. Acceptance is the key.

Step 9 "Made direct amends to such people wherever possible except when to do so would injure them or others"

This was probably my most feared and humbling action step for me. To go to those I've hurt, look them in the eye and admit my faults to them. Asking them if there's anything I can do to make it right. After listening to them and continuing to be willing to make things right when I can and following through with other amends my fear turned to freedom. I could face the world without having to look over my shoulder. Today I can make things right as mistakes come because of the tools of AA. The 9th step promises are real! Pages 83 & 84 Big Book Alcoholics Anonymous.

STEP NINE BODY LANGUAGE:



FINISHED HER AMENDS.

From this month's Grapevine



STILL THINKING ABOUT IT.

30

September 2025

Did you know when you go to the meeting App (at the bottom of page) you can get news from the GSO in NY?

News 08-14-2025

Finance

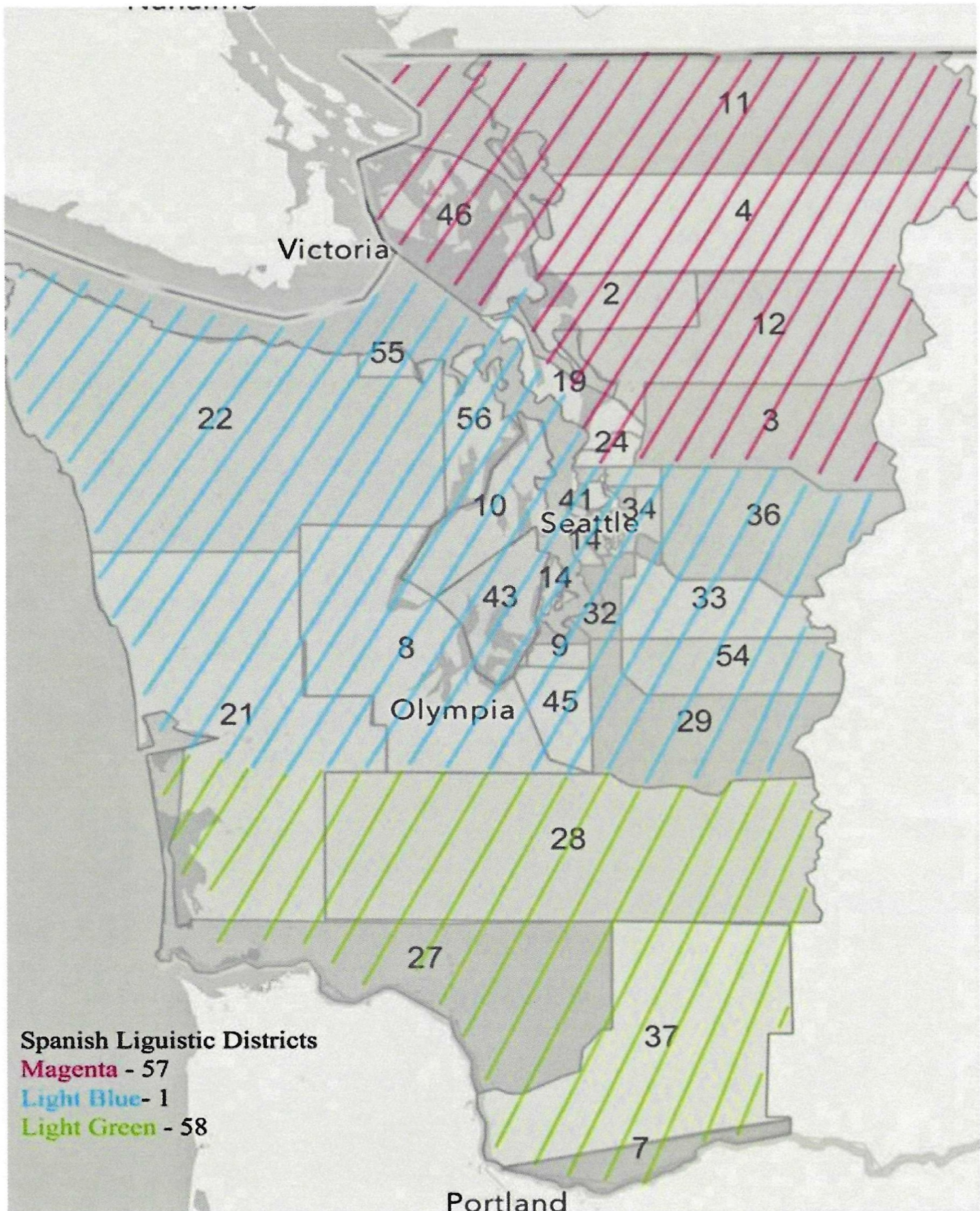
Conference approves increase to bequest limit

Did you know that members of the Fellowship can leave money to A.A. in their wills?

The 75th General Service Conference has raised the maximum amount you can leave from \$10,000 to \$12,500. Bequests may be made on a one-time basis, not in perpetuity.

Be the reason somebody believes sobriety is possible!

WESTERN WASHINGTON AREA 72 MAP



**We have 4 non- geographic districts - District 1, 57 ,& 58 are our 3 Spanish Linguistic Districts; District 25 is our Online District