



District 29 November 2025 *Action Log* Newsletter

Editor's Note:

Happy November!!! Gratitude Month! And Thanksgiving to all! Another busy season has arrived. Step 11 will help you get through hectic times. If practiced all the time, the frazzled around edges wouldn't be a thing, very often. This step will help when Step 12 comes along and you'll know how to help others.



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

Step 11:

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

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.

"The Action District"

Reminder of Upcoming Events:

Nov 4th	Planning meeting for the Banquet	15
Nov 11th	District 29 Monthly Business Meeting	15
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

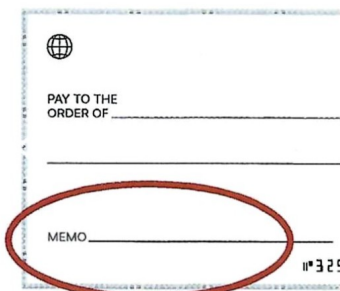
GENERAL SERVICE OFFICE:

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	
Elbe Friday Nighters	
FIR.....	Bruce K
	Alt. Kevin O
Firgrove.....	Laurie S
	Alt.
Graham Women's.....	Mary N
	Alt. Michelle L
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
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
Trudging The Road.....	Alan O
Trusted Servants.....	Mitch M
	Alt. Janeah O
Women On Tapps.....	Sherrie S

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 18	
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 18	
Treatment: Greg E		dist29treatment@area72aa.org
Alt:		
Newsletter: Grace C		d29actionlog@pugetsoundaa.org

Hello to All in District 29, and Happy November,

Again I'm part of the planning meeting for the banquet, but will be sad not to attend and see all the bright faces show up. Now the planning committee is in the last stages to get everything there and set up for the event. Super big task so big it has to be done the day before. Friday the Nov 14th, 12-5:00, come join the fellowship that happens during this time. You will feel like you made a difference. See page 15 for address and page 26 for all info on new location of the Banquet, date and time. Something new this year a Silent Dessert Auction (we will still be having a dessert potluck) and a large item Silent Auction. When you get there check it out. A lot of information this month please make sure to share the newsletter with your group and 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 October 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	\$ 49.00	\$47.00		
Back to Basics	\$ 40.00	\$ 40.00	\$ 40.00	\$40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$40.00		
Eatonville Group				\$150.00								
Elbe Friday Nites												
FIR (Fellowship In Recovery)	\$544.00											
Firgrove Group	\$ 180.00								\$48.00			
Fresh Start												
Graham Group												
Graham womens group	\$340.00							\$56.74				
Hang in There (HIT)												
Hole in the Donut												
Keep It Simple Sumner (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	\$ 33.00	\$133.00		
Meeker Fellowship												
OHOP Nuts and Bolts			\$139.11					\$ 92.74		\$600.00		
Orting Fireside												
Out to Lunch Bunch		\$ 300.00				\$ 200.00						
Puyallup Group												
Puyallup Men's Stag		\$200.00			\$100.00							
Puyallup Service Group			\$279.40						\$46.76			
Seeking Our Solution (SOS)				\$300.00								
Shop Group												
Sober Sisters of Sumner								\$60.00				
Solution is the Journey												
Trusted Servants	\$ 50.00	\$50.00	\$50.00	\$50.00	\$ 50.00	\$50.00	\$ 50.00	\$50.00		\$100.00		
Women on Tapps			\$80.00					\$100.00				
other	\$ 23.00							\$ 50.00				
District 29 7th Tradition	\$ 103.00	\$71.00	\$ 114.00	\$ 82.00	\$ 54.00	\$ 55.00	\$ 59.00	\$ 85.00	\$ 80.00	\$75.00		
Income Special Events												
corrections pink can								\$77.00 +/-		\$40.00 +/-		
Total Income This Month	\$ 1,357.92	\$ 711.00	\$ 742.51	\$ 662.00	\$ 1522.00	\$ 431.00	\$ 226.00	\$ 607.48	\$ 596.76	\$995.00		
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		\$4.57	\$22.03				\$93.62		
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	\$65.00	\$65.00		
Meeting Room Rent	\$ 200.00	\$200.00	\$ 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	\$138.00	\$147.00		
Zoom	\$ 17.61	\$17.61	\$ 17.61	\$ 17.61	\$ 17.61	\$ 18.70	\$ 18.70	\$ 18.70	\$18.70	\$18.70		
Total expenses	\$ 558.27	\$ 546.46	\$ 664.29	\$ 953.66	\$ 485.18	\$ 1505.35	\$ 426.70	\$ 486.70	\$421.70	\$ 524.32		
NET Monthly Balance	\$ 809.65	\$ 164.54	\$ 78.22	\$ 291.66	\$ 1036.82	\$ 1074.35	\$ 200.70	\$ 120.78	\$1,237.45	\$470.68		
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	\$ 22,145.67	\$20,120.73		
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	\$20,120.73	\$20,057.47		
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	\$9,883.79	\$10,354.47		
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	\$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	\$ 11,562.39	\$7,720.00		
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	\$ 1,920.00	\$1,920.00		
Gratitude Banquet Exp							\$2,000.00		\$2,200.00	\$533.94		
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	\$ 5,800.00	\$5,266.06		
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	\$ 7,720.00	\$7,186.06		

DISTRICT COMMITTEE MEMBER DCM & Alt DCM REPORTS

DCM

Greetings from District 29. It was great to see everyone at the Area Assembly. We had a good attendance and participation from the District 29 and members got a lot out of the assembly educationally as well as spiritually. I especially appreciated Crystal's heartfelt share on Sunday. I'm always energized by these events. We are getting ready for our District 29 banquet in November. We are moving banquet locations to a new venue because of cost, so hopefully everything will work out. We have a great crew working on it and our theme is "Rule 62", fashioned after a Route 66 theme. I look forward to the upcoming quarterly in January. I hope everyone has a joyous holiday season.

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

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

Hello District 29!

I'm excited to see you at the Gratitude Banquet November 15th, doors open 4:30pm. Address on flyer page 26. I'm looking forward to our speakers and lots of desserts. I love to see what each group put together for a basket raffle donation. And thank you groups. In the recent past we did not have a Banquet award plaque like the District 29 Picnic does, for a group that receives the most tickets (thats how the votes are counted) for the best Donated Group Basket. This will be awarded during the banquet. The group will be able to display and keep this award at their meeting. Along with all the bragging rights. I really have been especially grateful for all the participation we have from home groups to the special events and all the committees in our awesome district!

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 the day. Fall is now upon us and what better way to spend an hour and a quarter with good friends, hot coffee, and donuts? *The church has provided us with an extra room that we can use for childcare or it can 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 October, we celebrated with:

Sue E - 1 months, Mark T - 10 months, Denice - 22 months, and Don N - 50 years
Congratulations to all! Thank you Dave H for bringing a wonderful vanilla 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!

*Themed Birthday
meetings
Flyer is on page 19
Join us!
November theme
Baked Potato Bar*

October Birthdays:

Rebecca R - 4 years, Alana W - 10 years, Floyd - 17 years, Scott B - 21 years

EATONVILLE

American Legion Hall, Tuesdays 7 - 8 pm at 123 Rainier Ave N, Eatonville, WA 98328

We want to welcome this group back! During the October District business meeting we met Charlie and will meet Kim next meeting. Look forward to having your group at district meetings.

ELBE FRIDAY NIGHTERS*

Greetings from greater downtown Elbe in Zoom land!

We meeting on Zoom every Friday evening at 7:00 pm.

In spite of the weather, it is always an easy commute to our Friday night AA meeting. If you're looking for a small, friendly Zoom meeting with lots of good sobriety come check us out. Make the "virtual" road trip up toward the Mountain and share your experience, strength and hope.

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 is getting settled into our new location 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. 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. We look forward to seeing you!

Please join us on Tuesday nights 7:00 pm and on Saturday mornings at 8:00 am.

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*

Greetings from the Firgrove group,

We had a great turn out for Birthday Night/Halloween.

Many thanks to our Guest Speaker Tony W from the Beyond Human Aid Group.

I'm extending an invitation to visit us at Firgrove Mondays and Fridays at 8:00pm. All are welcome.

Birthdays for October 2025:

Danielle	24 hours
RJ	2 months
Andy	3 months
Kyle	1 year
Dennis	3 years
Greg	4 years
Joe	6 years
Kari	9 years
Alana	10 years
Mary Jo	41 years
Bill R	50 years

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

Thank you all for sharing your experience, strength and hope with us and for celebrating your Birthdays at Firgrove. Special thanks to Laurie for the German Chocolate birthday cake and those who brought Halloween treats. Hope to see you all at Firgrove soon.

In service,

Tim T

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 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 enjoy celebrating birthdays, come join us.

October Birthdays: 7 months - Maria, 8 months - Erica, 9 months - Melanie

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

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:

Nov. Business Meeting will be held on Friday, 11/14/25 immediately after our regular meeting.

Nov. Birthday Meeting will be held on Thursday, 11/27/25 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 speaker for the month of October was Roger B, who shared his experience, Strength and Hope with all who where there.

October Birthdays:

3 Months Randall
30 Years Dee Dee
50 Years Don

Happy Birthday to everyone.

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

Kevin C.

LOFT*

Open Meetings:

Daily Meetings: Noon & 8pm

Mon, Tues, Wed, Fri, Sat & Sun ~
6pm & 8pm

Friday and Saturday at 10pm

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

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 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 November 20th at 7pm. The Loft will also host an Alcolthon Thanksgiving day with meetings starting at 9 am until 9pm with fellowship and food in between. Please join us!

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

Matt A	24 hours	Tanya M	5 months	Matt A	19 months
Todd	24 hours	Brandy W	5 months	Kadisha	1 year
Christina	24 hours	Alexa	5 months	Jason	4 years
Lena	24 hours	Jamie	5 months	Rebecca	4 years
Karissa	1 month	Brandon	6 months	Delana	7 years
Hilary M	1 month	Robert	6 months	Denise	12 years
Monty K	1 month	Anise	6 months	John T	23 years
Michael G	1 month	Monty K	8 months	Ed R	28 years
Jake W	2 months	Scooter	8 months	Patty	30 years
Michaeline P	2 months	Tim	8 months	Maureen G	35 years
Vick V	3 months	Jen C	10 months		
Tobey P	3 months	Desirae M	10 months		
Erin	3 months	Laura K	10 months		
Nick	3 months	Desirae M	10 months		
Ed J	4 months	Justin	11 months		
Donna S	4 months	Aaron	11 months		
Jenny	4 months	Kara	11 months		

Thank you to our Birthday Speakers:

Abel, Kat B and Michelle M

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

Tara S

MEEKER FELLOWSHIP*

October 2025 Birthday celebrations:

30 days: Scott H
30 days: Karlotta W
90 days: Claire V
90 days: Jenn A
5 months: Shiko H
5 months: Alexa B
1 year: Heather J
18 months: Cody H
2 years: Noelle G
3 years: Shane F
3 years: Dennis H
30 years: Patty F
36 years: Randy M
50 years: Bill H

*Thanksgiving
Dinner*

**And Alcahthon
Weekend
event info
page 20**

Check out our event

*New Year's
Eve Ball*

flyer on page 24

Meeker Fellowship

[*new location](#)

Puyallup Elks Lodge
314 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 November 29th*](#)

[Birthday Potluck starts 5pm](#)

[Speaker Meeting to follow](#)

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. *The power was out on our birthday meeting. We transferred to a restaurant and still celebrated birthdays!*

October Birthdays:

Brian - 3 months, Laura - 4 months, Aerial - 6 months, Harley - 3 years

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 19) 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.

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.

October Birthdays: Blair R - 1 month, Erica C - 8 months, and Jill N - 18 months.

Our October Speaker: Sybil, who got sober in 1988 shared her experience, strength and hope, telling us how she got sober, and stayed sober.

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 celebrate birthdays the last Sunday of the month at 11am. We always have hot coffee and fresh donuts. In October we celebrated 13 years as a group. Our special guest, Erin B, shared the story of when the group started in October 2012.

October Birthdays: Jill N - 18 months

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 stories in the back of the Big Book and having some excellent discussions. As the cooler months are here, we will be taking 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 October we celebrated with:

Phillip S 1 month Lionel G 1 month Wally S 12 years Tom B 27 years

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

Thank you to Jim J for bringing the decorative cupcakes. We all enjoyed all having seconds.

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.

Happy Birthday to our October Birthday!!!

Scott - 3 months Andy - 3 months David - 3 months Mike - 4 months

Mike - 18 months Kenny - 18 months Dennis - 3 years Ralph - 18 years

Joe - 20 years

Thank you to our Guest Speaker - Tim from the Above Ground Group. He delivered a stellar message of AA and we really enjoyed it.

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*

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. This is an open meeting. Families and children are welcome. On the third Saturday of each month, we read from the Grapevine. Directly afterwards, we have our business meeting. On the last Saturday, we host a breakfast potluck to celebrate milestones in recovery. Bring a dish and come hungry!

In October, we proudly celebrated these milestones: John P - 21 years

Best quote of the meeting: "I'm always amazed at how the sponsorship lineage changes after years of working the program together. After so long it becomes a question of who is sponsoring who? Wisdom is not determined by length of sobriety."

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

Sumner First Christian Church
432 Wood Ave
Sumner, WA 98390

Celebrating Birthdays on October 29, 2025

Melanie N 2 months

Michaela B 3 months Laurie G 4 years

April P 6 months Corrine O 18 years

Jodi R 3 years

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.

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 17. We would like to welcome a new group to District 29, their meetings started in May 2025. Every Thursday at 6 pm. At the October District Business meeting we had the pleasure of meeting Alan O. This meeting has concurrent AA, Ala-non and Alateen meetings, the whole family can have a meeting.

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.

We continue to support local treatment centers, so we can carry the AA message to Alcoholics that may want what AA has. This month we supported Royal, thank you, Jim J, Shares, Steve B, and Don S for participating especially on Halloween and as always, thanks, Courtney, for setting it all up.

We celebrate AA birthdays the last Monday of each month with THE BEST potluck in the World starting at 6:15 pm. We had a huge turn out for this Birthday meeting with lots of old friends and new. The Birthday coin celebration and open sharing started at 7pm.

Celebrating October AA birthdays:

Erin 3 months	Jerry 6 months	Aundermis 2 years	Dennis 3 years
Gary 34 years	Tom 39 years	Mary Jo 41 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 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 childcare 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 birthday night speaker Ashley. Her share was enjoyed. Many of the ladies still talking about it to each other. She said (and it made sense to me) her 24 years of Sobriety means everything and nothing.

Birthdays Celebrated in October:

Louise	24 hours	Lauren	18 months
Brittany	1 month	Haley	18 months last month
Judy	5 months	Heidi	2 years
Cheyenne	10 months	Jodi	3 years
Amanda	1 year	Sarah	4 years

GSR EVENTS

GSRs: How was the biggest event and responsibility of a GSR? The votes you carried to the October 3-5th Assembly. If you want take a few minutes to send me your thoughts. I enjoy our AA process and hope you did also!

Nov 11th & Dec 9th
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](#)
Passcode: [983646](#)

Schedule Committee Meetings:

(only the District meeting is on Zoom)

2nd Tuesday Nov 11th at 6: 30 pm
District 29 Monthly Meeting and on Zoom

3rd Tuesday Nov 18th at 6:30 pm
District 29 Treatment Committee

4th Tuesday Nov 25th at 5:30 pm
District 29 CPC / PI meeting

1st Tuesday Dec 2nd

2nd Tuesday Dec 9th at 6:30 pm
District 29 Monthly meeting and Zoom

Note from the planning committee:

Hello District 29,

Our Gratitude Banquet is Saturday Nov 15th only couple days away. We would love if we could get a couple hours of your time to help set up for this event, Friday Nov 14th 12-5 Information in the flyer on page 26. Check with your home group GSR to get your tickets, for the event on the 15th.

When you get there don't forget to check out our first ever Dessert Silent Auction? And another the part of the Silent Auction is Large ticket items. This is a trial run at this and we have limited it to 5 in each category up for the Silent Auction.

Groups donating baskets - Please make a list of all items that are in the basket. The list is to be visible outside the basket. And make sure the Raffle Committee knows which group it's from. If it's a gift card please have the amount listed. Large items we need to know which group its from. All this helps us keep track and be able to thank you during the Banquet and after. This year there is an award for group basket that receives the most raffle tickets in the bag for the item. Come join the fun and check out all the items.

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 November 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 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 at dcm29. Blue letters means **Alt only** needed.

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 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 Reeps 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.

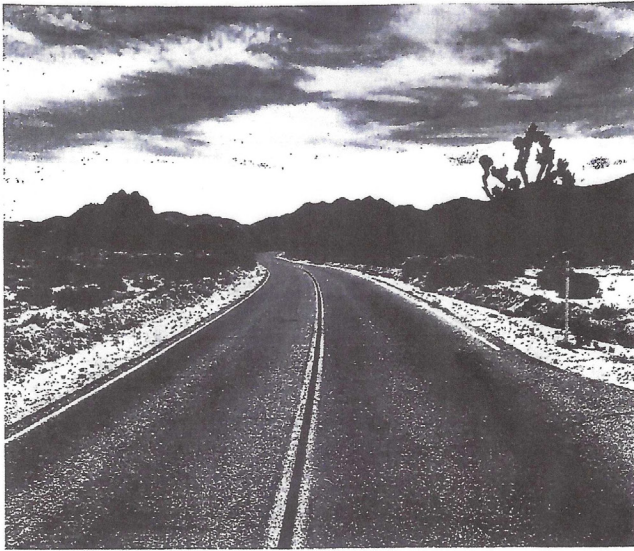
Accessibility Alt: Provides AA message to those who would otherwise not have access. Attends Accessibility Committee, the Quarterlies and the monthly District 29 meeting. Meets the first Wednesday of the month at 6:30pm at the CSO.

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/committees. 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

TRUDGING THE ROAD



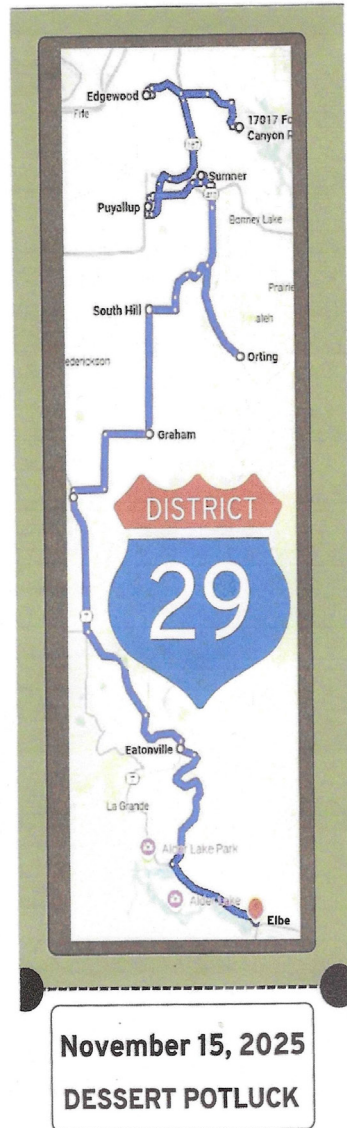
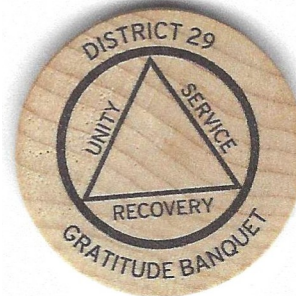
*An open meeting of Alcoholics Anonymous
Big Book Study
Thursday Evenings @ 6:00pm*

Al-Anon and Alateen meet concurrently

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



These are set to be souvenirs from the District 29 Gratitude Banquet (if you're going.) And I hope you are a raffle winner, make sure to buy a ticket! Check out the Silent Auction tables. Many, many volunteers helped to make this event a great one. Please thank them!



SAVE
the date
**PACIFIC NORTHWEST
CONFERENCE**

JUNE 26 - 28, 2026

Heathman Lodge · Vancouver WA

October 2025 District 29 PI/CPC Monthly Report

Hello to All,

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. When the school year started PI is taking panels into 3 different HS. CPC will be talking to a group at Fire and Rescue class. Interesting stuff going on if you would like to be part of sharing our knowledge of how AA works for us.

In Service,

DeeDee PI Chair - dist29pi@area72aa.org

Alt. PI George N (253)377-0453

Scott N CPC Chair - dist29cpc@area72aa.org

October 2025 District 29 Third Legacy Monthly Report

Hello District 29 Family,

This is Alana W, your District 29 Trusted Servant for Third Legacy. Carol J and I are very excited to serve our groups. We believe that our presentations could spark an interest at both levels when we see others actively serving.

We would like to come to your Business, Birthday or Regular meeting to talk about service. Each standing committee will share briefly about their position, and how service has impacted their sobriety.

We look forward to meeting new groups and our calendar is open for the next few months.

In Service,

Alana W Chair, Carol J Alternate

alanaw28@yahoo.com or dist29thirdleg@area72aa.org

October 2025 District 29 Archivist Monthly Report

Hello District 29,

We spent time at storage to complete the items for display table at our District 29 Gratitude Banquet on Nov 15th 2025. We are doing a dump run this week to rid of damaged pamphlets and some broken and unusable storage items. Making room for foldable shelving to keep storage containers off the ground.

Also our Area Archivist Maryland N will be meeting with an out of state member in 2026 to see if it's possible to salvage cassettes and a couple reel to reels. And we will be storing them in a dry storage until then.

We have one working pamphlet display rack if our community can use it? Please let me know so I can bring it.

And come view District 29 Archives table at the Banquet, where we will have items on display.

Yours in service,

D29 Archives Chair

Deborah M

dist29archives@area72aa.org



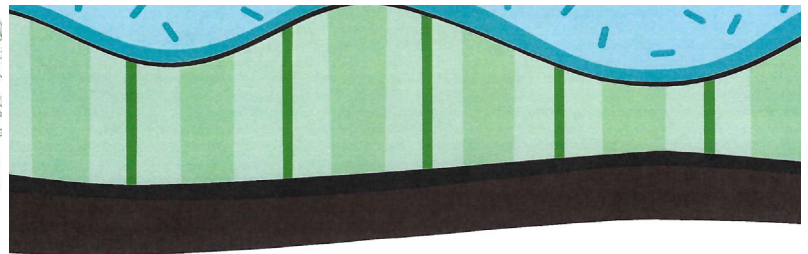
PACIFIC REGION SERVICE NERDS

3rd Thursday - Service Manual Study Chapter 5

Zoom# 878 7493 8831
pw: Nerds

6pmPT/7pmMT/8pmCT/9pmET

email: servicenerds62@gmail.com



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!**



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!**



Organized by:
On Track Again
AA group;
Meetings
Wednesday
@Mt. Rainier RR
Dining Co.
6pm



Buck Creek Mens Retreat

WHEN
January 9-11, 2026

WHERE
**THE SALVATION ARMY
CAMP ARNOLD**

33412 Webster Road E., Eatonville, WA 98328

RETREAT MASTERS
Marty J. – Richmond BC
Jeff B. – Richmond BC

REGISTER ONLINE AT
BuckCreekRetreat.com

**SECURE
YOUR SPOT –
REGISTER
TODAY**

REGISTRATION FEE
\$190

HOODIES
\$40

RETREAT THEME
Steps 8 & 9

**IF YOU HAVE QUESTIONS,
CONTACT**
Robert M.
253.209.1999

SCAN TO REGISTER

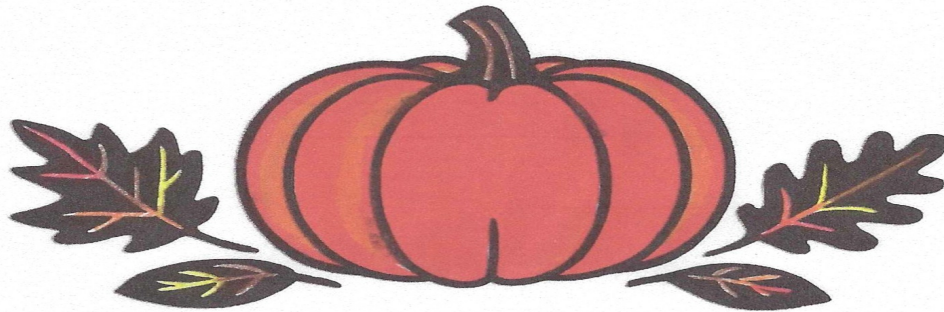


MEEKER FELLOWSHIP INVITES YOU TO
**THANKSGIVING
DINNER**

**THURSDAY, NOVEMBER 27
DINNER IS AT 3:30**

ALCATHON

**STARTING THE DAY BEFORE THANKSGIVING
RUNNING THROUGH THE SUNDAY
AFTER THANKSGIVING**



**PLEASE SIGN UP TO BE OF SERVICE
PUYALLUP ELKS CLUB
314 27TH ST NE, PUYALLUP, WA 98372
CONTACT DENNIS H 253-278-4278**

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.

Tradition 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.

Concept 11

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Principle 11

Spiritual Awareness

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.

12 TRADITIONS WORKSHOP

Hosted by The Public
Information Committee



**Join us on Saturday
December 13th
9:30AM – Fellowship
10am to 2:30PM – Workshop**

Good Shepherd Lutheran Church
140 E 56th Street
Tacoma, WA 98404

**Learn more about how the Twelve Traditions
are a set of guiding principles for Alcoholics
Anonymous and the fellowship as a whole, that
ensure our unity, survival, and effectiveness.**

-
- | | |
|----------------------|-------------------|
| -Speaker Panels | -Fellowship & Fun |
| -Discussion Sessions | -Breakouts |
| -12 Traditions Skit | -Lunch Provided |

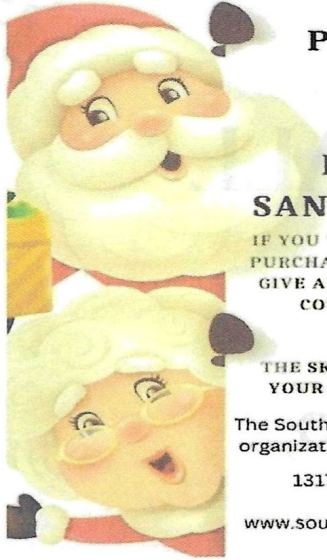
For more information, please email: pichair@pugetsoundaa.org

SOUTH KING ALANO CLUB

A Clean & Sober Community In Recovery

SANTA & MRS. CLAUS ARE COMING TO TOWN!

Sunday 🎄 Dec. 21st 1-4 pm



PLEASE JOIN US
FOR GIFTS,
TREATS AND
PHOTOS WITH
SANTA & MRS. CLAUS

IF YOU WOULD LIKE TO DONATE MONEY TO
PURCHASE GIFTS, OR DROP OFF AN ITEM TO
GIVE AWAY, PLEASE DO SO AT THE CLUB'S
COUNTER DURING THE HOURS OF
6:30AM-8:00PM.

THE SKAC CAN PROVIDE A TAX FORM FOR
YOUR DONATION. ASK AT THE COUNTER

The South King Alano Club is a 501(c)(3) nonprofit
organization supporting the recovery community

1317 Harvey Road, Auburn WA 98002

253-939-6541

www.southkingalanoclub.org ☆ @SKAlanoClub

SANTA'S COMING

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!

SEAHAWKS WATCH PARTY

Fellowship · Food · Football · Fun

Seattle Seahawks vs. LA Rams
Sunday, November 16 · Kickoff 1:05 PM
Seattle Intergroup · 5507 6th Ave S
Seattle, WA 98108



11 AM Pregame Fellowship
50/50 Raffle · Football Square Pool
Burgers & Dogs Provided
Potluck - Bring Your Favorite Snack
And Don't Forget Your Hawk Gear!!



Open AA Meeting and potluck

Come on down to Sandy's Cabin every
third Monday of the month for a potluck
followed by an open AA meeting.

Dinner starts at **5:00pm**

Meeting starts after dinner

21726 WA-706 E. Elbe, WA

Contact Michelle @7606255610 for details.



Sponsored by Elbe On Track
Again AA Group. Meeting
held each Wednesday 6pm
@ The Train

MEEKER
SOBER ERA
NEW YEAR'S EVE BALL

DECEMBER 31
ELKS CLUB
314 27th St NE, Puyallup,
WA 98372

Potluck - 6pm
Speaker - 7pm
Dance - 8pm

Costume Contest

Masquerade, Roaring 20's, Hippie 60's,
Disco 70's Rock, 80's, Throwback 90's

Main Course Provided
Potluck Sides

Adults \$20 Kids \$10

Contact: Sarah 253.386.8286
Maria 253.468.7769

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 (\$80.00)

Total: \$ _____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____

☐ I would be interested in volunteering for a workshop or panel





**"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 12 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 11.

Step Eleven

"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."

The former me would have never asked for anyone's opinion or advice on any subject, let alone pray or meditate on any of them it. After all, wasn't I placed in this world with the ability to make my own choices?

Prayer was for people who believed that God would grant wishes, meditation was for those that could not make a decision on their own. What I have learned in the program and come to believe is completely different. Meditation works best for me when I quietly ponder my thoughts on a multitude of issues (good and not so good) in life looking for answers. Prayer is when I look to my Higher Power for guidance and the strength to handle these issues. As my sobriety grows, so does my willingness to practice my personal prayer and meditation practices.

I was told once:

"The moment you allow someone to make you angry or sad is the moment they've won power over you"

Learn to respond, don't let your emotions overpower your intelligence."

Step 11 makes me aware of every aspect of all the possible ways to respond and how to help others.

Step 11

"Sought through prayer and meditation to improve our concourse contract with God as we understood him, praying only for knowledge of his will for us and the power to carry that out "

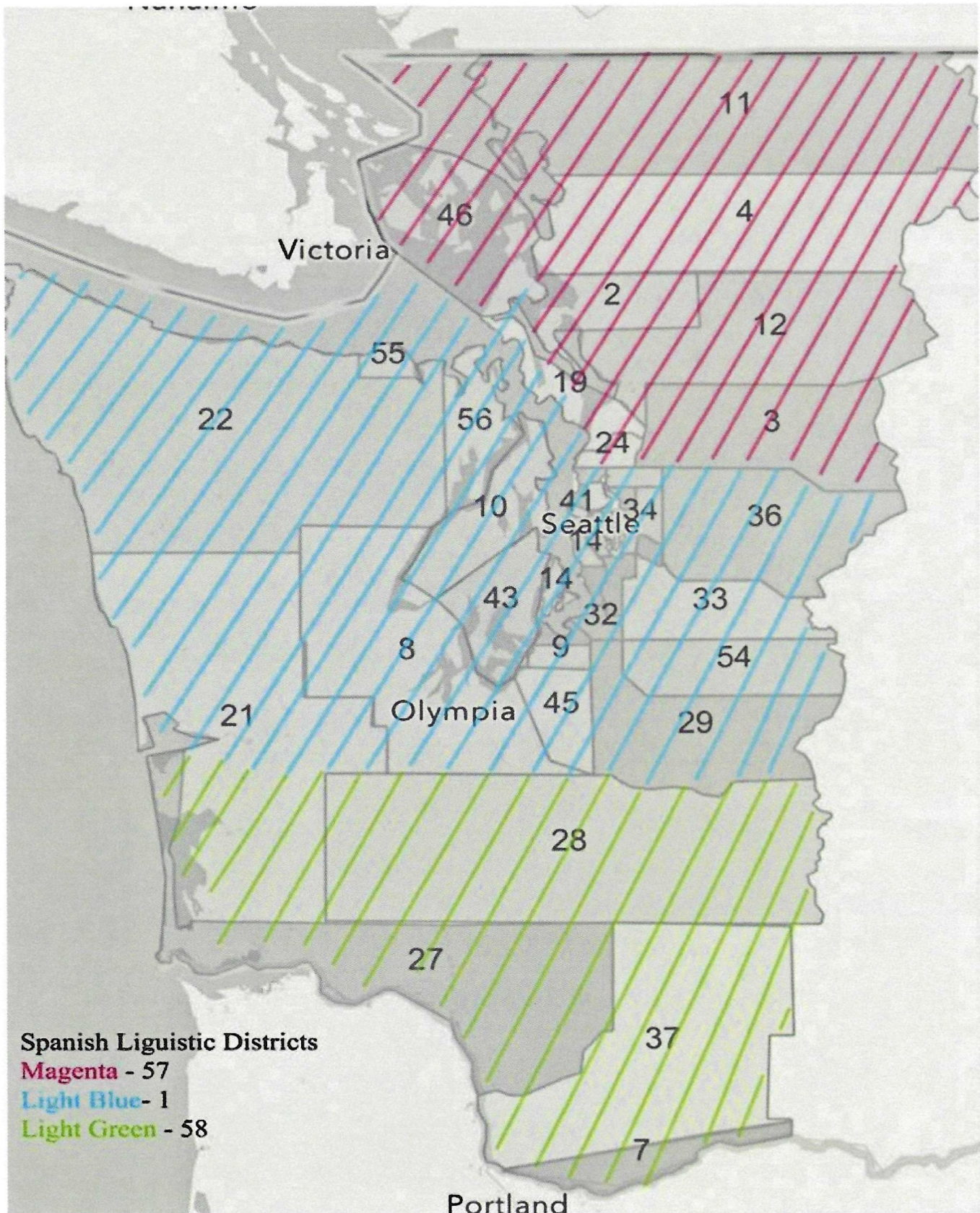
My first sponsor had me do a list every day of what's my will and what's gods will. After weeks of frustration I found out that I don't know what's god will is. What I can do is pray and meditate for what god would have me be in any circumstance. When life happens I can pray for where I need to be and what actions I should take. When life isn't happening I can pray and ask where I can be useful. In daily life I can pray and ask to be kind loving patient and tolerant toward all. Growing relationships take time and so does a relationship with God in my experience and I have to continually put in the effort or that relationship suffers.

From Editor: Can I get a volunteer to write a step 12 experience you've had or what a step 12 means to you? In 2026 the theme of the month will be the Traditions of that month. You can volunteer to write about those also.

***One minute
One hour
One day
One month
One year
One lifetime
Every sober moment
Builds the next.***

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