



DISTRICT 29

August 2026

ACTION LOG

Newsletter

Editor's Note: Happy August!

As the August summer days (and nights) are heating up, and the air is sometimes smoky, I am still full of gratitude. Recovery has given me the tools to navigate my days. Service work has given me opportunities to grow and learn, even when I don't want to. I attended our pre-assembly last weekend and I am always amazed at how it all works out...how we all manage to carry on our business for the good of AA, like grownups! Jump into service, the water is fine!



Tradition 8:

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Remember: The deadline for submitting reports, sobriety birthdays, event flyers, and articles for the Action Log is the 4th of every month!!
Email to: d29actionlog@pugetsoundaa.org

DISTRICT 29

“The Action District”

GSR's: In your report, please note if there have been any changes to your groups address or meeting schedule.

UPCOMING EVENTS:

Date	Event	
August 11 th	District 29 Monthly Business Meeting	
August 16 th	Pre-Assembly – Northern Districts (Hybrid)	
August 23 rd	Pre-Assembly (Virtual Only)	
August 30 th	Delegate's Report Back	
August 30 th	Google Basics Workshop	
September 1 st	Event Planning Meeting	
September 8 th	District 29 Monthly Business Meeting	
September 10-13 th	National AA Archives Workshop	
September 12 th	Area Grapevine & Literature Quarterly Meeting	
September 19 th	Puget Sound CSO Awareness Dinner	
November 14 th	District 29 Gratitude Banquet	

All event information can be found at area72aa.org. Go to “Events,” then click on the calendar date.

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>

*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.

CSO

The image shows a check stub with a red box highlighting the MEMO field. The text on the check stub includes: "PAY TO THE ORDER OF", "MEMO", and a small logo in the top left corner.

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		DISTRICT 29 GROUPS	
DCM: Fred J	dcm29@area72aa.org	Above Ground	Gary S Alt: Emilie M
Alt DCM: Amanda M	altDCM29@area72aa.org	Back to Basics	Rex J
Secretary: Sara M	Dist29secretary@area72aa.org	Eatonville	
Alt Secretary: OPEN		Eatonville Women's	Christina P Alt: Diana P
Treasurer: Dan C	Dist29treasurer@area72aa.org	Elbe Friday Nighters	
Alt Treasurer: Ryan W		FIR	Bruce K Alt: Kevin O
Accessibility: Ty S	Dist29accessibility@area72aa.org	Graham Women's	Mary N Alt: Michelle L
Alt Accessibility: OPEN		Hang In There	Mike A Alt: Bob H
Archives: Deborah M	Dist29archives@area72aa.org	Keep It Simple Sumner	Chris L Alt: Don S
Alt Archives: OPEN		Living Free	Ryan W Alt: Clint D
Corrections: OPEN	Dist29corrections@area72aa.org	Loft	Sophia N Alt: Annie M
Alt Corrections: OPEN		Meeker	Misty M Alt: Maria H
CPC: OPEN	Dist29cpc@area72aa.org	Ohop	Chelsea P Alt: Sierra S
Alt CPC: OPEN		On Track Again	Holly C Alt: Michelle C
CSO Director #1: David D	D29csodir1@pugetsoundaa.org	Orting Fireside	Joshua D Alt: Jill N
CSO Director #2: OPEN	D29csodir2@pugetsoundaa.org	Orting Hole in the Donut	Jill N Alt: Ethan W
Grapevine/Lit: Cheryl A	Dist29gvlit@area72aa.org	Out to Lunch Bunch	
Alt Grapevine/Lit: OPEN		Puyallup Men's Stag	Shaun S Alt: Bret L
Newsletter: Mary N	D29actionlog@pugetsoundaa.org	Puyallup Service Group	Bryce J Alt: Jasmine P
Alt Newsletter: Grace C		Seeking Our Solution	Rachel K Alt: Jeff J
PI: DeeDee	Dist29pi@area72aa.org	Sober Sisters of Sumner	Pam N
Alt PI: George N		Solution is the Journey	John P
Registrar: Brittany U	Dis29registrar@area72aa.org	Trudging the Road	Jackie R
Third Legacy: Alana W	Dist29thirdleg@area72aa.org	Trusted Servants	Janeah O Alt: Laura S
Alt Third Legacy: Carol J		Women on Tapps	Tracie L Alt: Janice M
Treatment: Greg	Dist29treatment@area72aa.org		
Alt Treatment: Jose Q			
12 Step: Jake F			
Facilities Liaison: Steve B			
GUIDE:			
DCM – District Committee Member			
CPC – Cooperation with Professional Community			
PI – Public Information			
GSR – Group Service Representative			
CSO – Central Service Office			
ELECTED 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: Eddy MM	alttreasurer@area72aa.org		

TREASURER'S REPORT

District 29 Treasurer's Report July 2026

Groups	Donations											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Above Ground	\$ 45.00	\$ 52.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 60.00	\$ 20.00					
Back to Basics	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00					
Eatonville Group	\$75.00					\$100.00						
Eatonville Womens Group												
Elbe Friday Nites												
FIR (Fellowship In Recovery)		\$700.00										
Firgrove Group		\$480.00				\$360.00						
Graham Womens Group		\$50.00										
Hang in There (HIT)					\$667.00							
Hole in the Donut			\$50.00									
Keep It Simple Summer (KIS)												
Living Free												
Loft Group		\$366.00	\$33.00	\$33.00	\$33.00	\$33.00	\$33.00					
Meeker Fellowship					\$ 80.00		\$ 80.00					
OHOP Nuts and Bolts	\$176.70				\$199.70							
On Track Again							\$180.00					
Ordina Fireside												
Out to Lunch Bunch					\$400.00							
Puyallup Men's Stagn												
Puyallup Service Group												
Seeking Our Solution (SOS)												
Sober Sisters of Sumner	\$215.00						\$ 80.00					
Solution is the Journey												
Trusted Servants	\$ 100.00		\$100.00	\$50.00	\$100.00		\$50.00					
Women on Tapps			\$100.00			\$100.00						
District 29 7th Tradition	\$ 66.00	\$100.00	\$42.00	\$100.00	\$52.00	\$80.00	\$ 78.00					
Income Special Events												
corrections pink can												
Total Income this month	\$ 717.70	\$1,788.00	\$405.00	\$263.00	\$1,611.70	\$773.00	\$561.00					
EXPENSES												
DCM												
Alt DCM			\$42.00			\$284.45						
Secretary												
Treasurer		\$15.00										
Newsletter					\$360.00							
Accessibility												
Archives	\$418.41	\$108.36		\$133.98	\$94.09		\$70.77					
Third Legacy												
Corrections												
C.P.C		\$51.80										
Pub. Info		\$50.48			\$40.41		\$48.00					
Registrar												
Treatment												
12 Step												
Facility Liaison	\$ 36.47											
Annual Donation CSO 60%	\$ 6956.54											
Annual Donation WWA 30%		\$3,478.27										
Annual Donation GSO 10%	\$ 1159.42											
CSO Phones/zoom	\$ 76.03	\$76.03	\$ 76.03	\$ 76.03	\$ 76.03	\$ 76.03	\$ 76.03					
Meeting Room Rent	\$200.00	\$200.00	\$200.00	\$ 200.00	\$200.00	\$200.00	\$200.00					
Post Office Box				\$ 216.00								
Storage Rent	\$ 147.00	\$147.00	\$ 147.00	\$ 147.00	\$ 147.00	\$ 147.00	\$ 159.00					
Total expenses	\$ 8,993.82	\$ 4127.54	\$ 465.03	\$ 773.01	\$ 977.48	\$ 707.48	\$ 553.80					
NET Monthly Balance	\$ 8,276.17	\$ 2,389.54	\$ 60.03	\$ 510.04	\$ 634.22	\$ 66.63	\$ 2.20					
Beginning Bank Balance	\$28,696.23	\$ 20,420.11	\$ 18,080.57	\$ 18,020.54	\$ 17,510.53	\$ 18,144.75	\$17,022.27					
Ending Bank Bal.	\$ 20,420.11	\$ 18,080.57	\$ 18,020.54	\$ 17,510.53	\$ 18,144.75	\$ 17,022.27	\$ 19,254.84					
Operating balance	\$1,570.34	\$ 2,709.07	\$2,649.04	\$2,139.03	\$2,828.20	\$2,893.72	\$2,900.92					
PRUDENT RES. **	\$3,451.50	\$3,451.50	\$ 3,451.50	\$ 3,451.50	\$ 3,451.50	\$ 3,451.50	\$ 3,451.50					
Special Events Begin Bal	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 10,677.05					
Picnic Income							\$3,605.50					
Picnic expenses					\$54.95	\$188.00	\$1,380.13					
Picnic Balance	\$ 1,920.00	\$ 1,920.00	\$ 1,920.00	\$ 1,920.00	\$ 1,865.05	\$ 1,677.05	\$ 3,902.42					
Gratitude Banquet Exp						\$1,000.00						
Gratitude Banquet Income												
Gratitude Banquet Balance	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 9,000.00	\$ 9,000.00					
Special Events End Bal	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 11,920.00	\$ 11,865.05	\$ 10,677.05	\$ 12,902.42					

TRUSTED SERVANT'S REPORTS

District Committee Member – DCM

Greetings from your DCM. I hope that everyone is having a good summer. I just got back from Sturgeon fishing, and it was a blast. I caught a real lunker that weighed as much as I do. I'm headed up to Ashford this coming week for a bike event. We will be holding elections at the September business meeting for the next panel of Elected Trusted Servants. Following the elections, the new DCM will be recruiting the appointed Trusted Servants. The various positions are listed in the Action Log and are a great way to expand your service to the AA Fellowship and still suffering alcoholics. Please consider stepping out of your wheelhouse and volunteering for one of these jobs.

In service,

Fred Johnstone

District 29 DCM

Dmc29@area72aa.org

(253) 229-7435

Alternate District Committee Member – Alt DCM

Hello Everyone!!

The Special Events Committee is currently planning District 29's Gratitude Banquet. The Groups did so well with picnic raffle baskets! Please start planning a raffle basket for this event too! This year it's going to be held on November 14th at the Elks Lodge in Puyallup. Check out the flyer here in the newsletter. The next Special Events planning meeting is September 1st at 6:30pm at 432 Wood Ave, Sumner. Come join us, some committees still need to be filled.

I will be locking in next year's picnic date soon and will let you know as soon as possible. We had a beautiful day provided for us on our last picnic on July 11th. Thank you everyone that helped. The picnic was a successful day with everyone having lots of fun and all the committees doing a wonderful job.

I am all booked and registered for the October Assembly and excited to see everyone there.

Also, I am looking forward to hearing what your next service position will be, in the next rotation!

Question you can reach me at altdcm29@area72aa.org or come say "Hi"!

Amanda M

District 29 Alt DCM

Action Log/Newsletter

Greetings District 29 friends. Well, this is it! The first Action Log without Grace. Honestly, I had NO idea what I was in for when I volunteered to help with the Action Log. Let me just say, Grace is amazing, and the work that she has done for District 29 is immeasurable. So, my first official report is a thank you to Grace, for all she has done, and continues to do. And thank you to all of you for your patience and understanding as I muddle my way through my new responsibilities! Thank you for allowing me to be of service.

In service,

Mary New

District 29 Action Log

D29actionlog@pugetsoundaa.org

(253) 307-1389

Archives

Hello District 29!

Please note our upcoming AA ARCHIVES WORKSHOP 2026 in Tacoma, September 10 – 13th.

This is a great opportunity...It is local and it will be fun!

The report from the Archives Quarterly on August 1st:

There was a presentation on the history of Marty Mann, presented by Mily (My-lee) from Area 06. This is a very interesting topic on the first women in AA. There is also a conference approved book published

The Archives committee would like to get each of our District 29 meetings start dates. We are creating a graphic representation called, "The Fruits of D29 AA Meetings." Archives would like to present this at the Archives Gratitude Banquet table.

In service,

Deborah M

Dist29archives@area72aa.org

Third Legacy

Third Legacy would like to come to your regular meeting! Let us share with you our experience, strength, and hope. Our discussion will be of the AA structure, AA service work, and a little bit about our journey to service.

In service,

Alana W and Carol J

Dist29thirdleg@area72aa.org

Facilities Liaison

If you haven't noticed, the church has installed a prayer/meditation garden outside our entrance door. It is a wonderful place to talk to your Higher Power or simply listen. All are welcome and encouraged to attend our various district meetings held on Tuesdays throughout the month. Check the Action Log for the one you would like to attend, or better yet, come to them all and get involved in district activities.

In Service,

Steve B



DISTRICT 29: OPEN SERVICE POSITIONS

Alt Secretary: Alternate to the Secretary who is responsible for maintaining a record of district business and activities for the GSRs and other committee members.

Correction's Chair and Alt: The position consists of any project reaching out to the alcoholics in prisons, jails, or other correctional facilities. Projects include writing to alcoholics in prison or helping the alcoholic member who is being released from prison to get to a meeting on the outside. The Chair/Alt will attend the monthly Corrections Committee meeting, the District 29 monthly meetings, and the Corrections Quarterlies.

CSO Director #2: District 29 has two representatives at the Central Service Office (CSO) serving on the Board of Directors. The CSO Directors are required to attend the monthly meeting of the CSO Committee and the monthly District 29 meetings. The CSO Directors work with other representatives from Districts 43, 44, 45, 54, 9, and other committees.

Alt Accessibilities: The Alternate to the Accessibilities Chair helps to provide AA messages to those who would otherwise not have access. The Chair/Alt will attend the monthly District 29 meetings, Accessibility Committee meetings, and the Accessibility Quarterlies.

Alt Archives: The Alternate to Archives helps the Chair in maintaining records of all the district business, motions, activities, and changes that have been made since the district began. The Archivist attends the Archive Quarterlies to learn how to preserve our history. The Archivist may take a traveling display to groups or district functions.

Alt Grapevine/Literature: The Alternate to the Grapevine/Lit Chair will help the chair in assisting groups and GSRs with subscription information on the Grapevine. Also, the Chair/Alt keeps the groups up-to-date on new or featured materials published by AA Grapevine and AA World Services. The Chair/Alt attends the District 29 monthly meetings and the Grapevine/Literature Quarterlies.

Cooperation with Professional Community (CPC) Chair and Alt: Seeks to explain what AA is, and what AA is not to professionals who may encounter alcoholics. Typically, the CPC carries information to doctors, nurses, dentists, clergy, attorneys, treatment facility counselors, law enforcement, and corporate employee assistant professionals. The Chair/Alt attends the District 29 business meetings and CPC Quarterlies.

Alt Facilities Liaison: The Alternate will assist the Facilities Liaison with setting up and cleaning up for the month District 29 business meeting, including making coffee. The Facilities Liaison is the contact person between the facility and the District 29 group.

Alt 12 Step Service Committee (TSSC): (This is a subcommittee of the CSO) The Alternate to the TSSC Chair helps to maintain 12 Step lists, coordinates home answering service, CSO phone volunteers and 12 Step work commitments. The Chair/Alt attends the TSSC/12 step meetings and District 29 monthly business meetings.

If interested: Contact DCM Fred J @ dcm29@area72aa.org or 253-229-7435

ABOVE GROUND*

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

Travis H – 3 months

Zac C – 3 years

Cheryl A – 39 years

Phil M – 42 years

Happy Birthday to all who have another 24 hours!

Thank you to Dave H for bringing the cake this month!

BACK TO BASICS*

Hello!

Back to Basics Group meets every Tuesday at 7pm at:

Mountain View Lutheran Church

3505 122nd Ave E

Edgewood

We are in the white chapel basement. We have a home group speaker share every 3rd Tuesday of the month. The first 3 Tuesdays of the month are closed meetings. Birthday nights are open meetings and are held on the last Tuesday of the month. We have treats to share, we hope to see you there.

July 2026 Birthdays:

Donovan – 7 years	Margie K – 29 years
Ang H – 21 years	Dick – 32 years

EATONVILLE*

We are still here in the hills! Eatonville has 2 meetings each week.

Wednesday at 12pm noon and Saturdays at 9am. We meet at the American Legion Hall
123 Rainier Ave N, Eatonville WA 98328.

EATONVILLE WOMEN'S*

Hello from the Eatonville Women's Group! We are a new meeting where we explore and study AA's 12 Steps and Traditions, as well as diving into the Big Book for discussion topics to support our journey together. Join us on Saturdays at 10 am. Birthdays on the 2nd Saturday and business meeting on the last Saturday. Come check out this new space for women's recovery.

We meet at:

Tanwax Country Chapel

36417 Mountain Highway East

Eatonville, WA 98328

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

JULY BIRTHDAYS: Shauniece – 3 months

ELBE FRIDAY NIGHTERS*

Greetings from greater, virtual downtown Elbe. Our meetings are on Zoom only. We meet every Friday evening at 7 pm. Take a virtual trip up to the mountain and visit us. We have new Zoom information:

Meeting ID: 853 5480 6608, Passcode: 755075

Congratulations to all birthdays this month!

FELLOWSHIP IN RECOVERY*

The FIR Group is here at:

Light of the Hill Methodist Church

11304 136th St E

Puyallup, WA 98374

We have meetings at 7 pm on Tuesday evenings and 8 am on Saturday mornings. Our birthday meetings are held on the 4th Tuesday of the month, when we have both AA and Alanon speakers.

We are a one-hour BB study meeting, except on the first Tuesday of the month, when we study the Traditions in the 12 & 12. Come join us!

Families in Recovery moved with us. Tuesdays also include a concurrent meeting of Families in Recovery (Alanon family group). Our meetings are open meetings. We look forward to seeing you.

August 2026 – 10

FIR JULY 2026 BIRTHDAYS:

Sarah – 24 hours	Chris S – 4 months	David S – 7 months
Johnny T – 7 days	Ryan B – 6 months	Joe S – 9 months
Mike J – 3 months	Danielle O – 6 months	Jason S – 4 years

Thank you, Chris and Alan for sharing your experience, strength, and hope with us.

FIRGROVE*

Hello from the Firgrove Group! We are pleased to say our meeting attendance is growing. We have a large meeting room and plenty of seating. Please come and join us Mondays and Fridays at 8 pm. It's always nice to see new faces and familiar ones as well.	Pilgrim Lutheran Church 10510 136th St E Puyallup, WA 98374 Newcomers are always welcome. Meeting days/times: Mondays (closed – alcoholics only) from 8 pm – 9 pm. Fridays (open) 8 pm – 9:15 pm. Business meeting is the 3rd Monday of each month at 6:30 pm, followed by a Traditions meeting at 8 pm – 9 pm. Birthday speaker meeting is the last Friday of the month from 8 pm – 9:30 pm with speaker, coins, and cake.
Birthdays for July Tristan – 24 hours Mark – 24 hours Zach – 1 month Shannon – 2 months Corey – 2 months Charlie – 4 months RJ – 10 months Andy – 1 year Brad – 17 years Shane – 24 years Margie – 29 years Vic D – 36 years	

GRAHAM WOMEN'S GROUP*

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

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

Lutheran Church of St Paul

22419 108th Ave E

Graham, WA 98338

NOTE: We are a hybrid meeting! If you can't join us in person, join us on Zoom:

Zoom ID: 428 9538 662

Passcode: 036816

Our business meetings are held on the first Saturday of the month, immediately following our regular meeting.

August 2026 – 11

Birthdays are celebrated on the last Saturday of each month. We love celebrating our recovery birthdays, please come join us!

July Birthdays:

Ariel – 24 hours	Melanie – 18 months	Kim S – 21 years
Vanessa – 24 hours	Jess P – 2 years	

HANG IN THERE GROUP

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:

Aug. Business Meeting will be held on Friday, 08/28/26 immediately after our birthday meeting.

Aug. Birthday Meeting will be held on Friday, 08/28/26 during our regular meeting hours. Join us for cake, ice cream and a speaker!

Hang In There Group Annual Picnic – Saturday August 29, 11:00 – 3:00

Frontier Park, Shelter #1

Join us for a day of fun, food and fellowship! Hot dogs and hamburgers provided. Please bring a side dish to share and BYOC (bring your own chair).

July Birthdays – Speaker Kevin (Above Ground Group)

1 mo. – Kevin D.

7 mo. – Alyssa B.

10 mo. – RJ M.

3 mo. – Meri Kay C.

Ryan H.

5 yrs. – John F.

4 mo. – Shannon W.

8 mo. – Bob H.

5 mo. – Mark Z.

9 mo. Jeramy B.

LIVING FREE*

The Living Free Group is located in Puyallup at the corner of 5th and Pioneer at:

Presbyterian Church

412 West Pioneer Avenue

Puyallup, WA

We meet every Sunday at 6:30 pm. This is an open meeting, and all are welcome.

We have a birthday speaker meeting on the last Sunday of the month, along with a potluck which starts at 6 pm. Our home group speaker for the month was Alex G, who shared his experience, strength, and hope with all who were there. Hope to see you soon at Living Free!

July Birthdays

Kathlyn – 24 hours	Triny – 1 year
Chris – 4 months	Kevin C – 27 years
Brent – 10 months	Tom – 38 years
Randal – 1 year	Sheryl – 39 years

LOFT*

Open Meetings:

Daily Meetings: Noon 6pm & 8pm

Friday, Saturday at 10 pm and
Sunday- Thursday at 9:30pm
Saturday and Sunday at 9 am

In-Person Women's Meetings:

Wed & Sun ~ 6pm

In-Person Men's Meeting:

Sunday at 8pm

In-Person LGBTQ+ Meeting:

Sunday at 4pm

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 August 20th 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

Thank you to our Birthday Speakers:

Bambi, Sarah, and Patti D.

Michelle	24 hours	Jen	8 months	Nick	1 year
Jenna	1 month	Sarah	8 months	Krystal	18 months
Monty K	1 month	Arnoldo	8 months	Willow F	3 years
Heidi	3 months	Taylor C	9 months	Colleen	5 years
Jenny	3 months	Karissa W	10 months	Heather S	5 years
Jason A	4 months	Michaeline P	11 months	Grace C	9 years
Teri N	4 months	Nichole	10 months	Jordan	9 years
Alli	5 months	Erin P	1 year	Chris T	11 years
Carly N	7 months	Jessi B	1 year	Annie M	15 years
				Victoria H	20 years
				Keith G	27 years

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

Tara S

MEEKER FELLOWSHIP*

Get involved! Check the board at the Fellowship for community meeting dates. The Activities Committee meets every 2 weeks on Saturdays at 2 pm. Come present your ideas for sober fun activities.	Meeker Fellowship meets at: Puyallup Elks Lodge 314 27th St NE Puyallup, WA 98372 Entrance door to the left – <u>Do not enter the main door.</u>
UPCOMING: Meeker Annual Campout is scheduled for August 7, 8, and 9 @ Camp Lakeview. Flyer is on page xxxxx <u>SAVE THE DATE: (More info to come)</u> <u>Halloween Potluck and Dance 10/31/26</u> <u>New Year's Eve Potluck and Dance 12/31/26</u> @ the Puyallup Elks Lodge	<u>Meeting times:</u> <u>Mon – Sun</u> 9 am, 12 pm, 5:30 pm, 8 pm* <u>Wed</u> 6 am (New meeting) <u>Sat and Sun</u> 6 am <u>Sat</u> 9 am (Women's meeting) <u>Sun</u> 9 am (Men's meeting) *The 8 pm meetings would love, and need, your support and fellowship. Please come and join us if you can.
<u>Saturday, August Birthday Potluck</u> starts at 5pm Speaker meeting at 6 pm, Coins/Cake at 7 pm Sign up to bring a dish and get a coin on your sobriety birthday or help others to celebrate sobriety and grab a great meal!	<u>We have Meeker Fellowship tee shirts for sale - \$20. Shirts are black and embroidered. See Maria or Luke to purchase.</u>

JULY BIRTHDAYS:

Dave M – 1 month	Steve W – 1 month	Claire R – 1 month	Belle G – 1 month
Ken L – 1 month	Danny B – 1 month	Chris M – 2 months	Sierra P – 3 months
Skye M – 3 months	Jeny R – 3 months	Michelle I – 3 months	Amanda S – 3 months
Taijana M – 4 months	Brendan H – 4 months	Matt D – 4 months	Heidi D – 5 months
Jared A – 6 months	Mark R 6 months	Claire V – 1 year	Jenn A – 1 year
Brenda P – 2 years	Kristie M – 3 years	Lisa D – 15 years	Randy C – 16 years
Lisa G – 20 years	Gaylynn F – 20 years		

OHOP NUTS AND BOLTS*

Ohop Nuts and Bolts meets in “God’s Garage” next to Bethany Lutheran Church located at:
26418 Mountain Highway East
Spanaway, WA 98387
We meet 7 days a week at 7 pm.

Mondays are book study nights. Mondays, Tuesdays, Wednesdays, and Fridays are closed meetings (alcoholics only). Thursdays, Saturdays, and Sundays, are open meetings, all are welcome.

Our business meeting is on Saturday, **after** the 2nd Tuesday each month at 5 pm.

Our birthday night is the last Saturday of each month at 7 pm. We celebrate birthdays for 24 hours and each month up to a year, 18 months, and all year celebrations.

Ohop's July Birthdays:

Austin – 24 hours	Meri C – 3 months	Bart R – 9 months
Daisy T – 24 hours	Shannon W – 4 months	Brandon H – 2 years
Rod – 1 month	Alyssa B 7 months	Kim S – 21 years
Timothy S – 2 months	Brandon W – 7 months	
Mike H – 2 months	Ryan H – 7 months	

ON TRACK AGAIN*

Our group meets at:

Elbe Church Annex

54206 Mountain Highway East

*****NOTE: NEW LOCATION*****

Elbe, WA 98330

This is a small building located east of the Elbe Church. We meet every Wednesday at 6 pm for an open discussion meeting. Our business meeting is held on the second Wednesday of each month following the regular meeting.

We welcome all to check out our new location. Join us as we share our experience, strength, and hope.

JULY Birthdays:

Jack – 4 months	Casey – 20 years
Jamie – 5 years	Colleen – 35 years

ORTING FIRESIDE*

Greetings from Orting Fireside Group!

Our meetings are held on Mondays and Thursdays from 6:30 – 7:30 pm. We meet at:

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.

Thank you to Shawn, our July speaker. We enjoyed hearing your story. Congratulations to all!

Celebrating July Birthdays:

Blair R – 11 months	Clarence S – 2 years
Rachel A – 2 years	Brandon H – 2 years

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ORTING HOLE IN THE DONUT*

We welcome you to visit Orting Hole in the Donut! We meet on Sundays at 11 am at:

Orting Methodist Church

109 Train St SE

Orting, WA 98360

We have a Big Book Study on the 1st Sunday each month. We celebrate sobriety birthdays on the last Sunday of the month. We always have hot coffee, coins, and fresh donuts.

We hold our business meeting on the 3rd Sunday of the month, right after our regular meeting.

For the month of July we would like to congratulate:

Angie A – 1 month	Mark Z – 5 months	John F – 5 years
Mary Kay C – 3 months	Michelle H – 9 months	Tom P – 36 years

Happy Birthday to our friends! Come check out Orting, the small town with a big view!

OUT TO LUNCH BUNCH*

***OUT TO LUNCH BUNCH is the winner of the first ever “MOST INTEREST” award –
District 29 – Gratitude Banquet 2025***

The Out to Lunch Bunch is an open meeting of Alcoholics Anonymous. We meet each Tuesday, Thursday, and Saturday at noon. Our Tuesday meeting is a book study. We are currently in the early chapters of the Big Book of Alcoholics Anonymous.

We have currently had, in my opinion, an unusually nice July and have been able to take advantage of the AC! The church has provided us with an extra room that is good for private one-on-one conversations.

We are located at:

Sumner First Christian Church

432 Wood Avenue

Sumner, WA 98390

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

In July we celebrated with:

Zac – 3 years	Arsenio – 12 years
And... a room full of people celebrating 24 hours	

Apologies, we had more birthdays, but the person in charge of writing them down...forgot. So, if we missed you, let us know and we will publish them in the August Action Log!

PUYALLUP MEN'S STAG

Puyallup Men's Stag meets every Thursday at 7 pm at:

Peace Lutheran Church

214 Pioneer Way E

Puyallup, WA 98372

We look forward to seeing everyone for another evening of fellowship, recovery, and support.

Monthly Reminders:

Phone commitment – The last Tuesday of each month at the CSO. If you are interested in participating, or want more information, see Dick, Sean, or John

Birthday, Potluck, and Speaker meeting = The last Thursday of each month. Potluck begins at 6:30 pm, birthdays are celebrated at 7 pm, followed by a guest speaker.

Treatment Center Commitment – See John or Brett for times and locations.

We hope to see you on Thursday night!

PUYALLUP SERVICE GROUP*

Our July Birthdays: Tristan – 24 hours Joseph – 6 months RJ – 10 months Shane – 24 years	Hello! We are the Puyallup Service Group. We meet on Wednesday and Saturdays at 8 – 9 pm. Our business meeting is on the 3 rd Saturday of every month. Our birthday night is the last Saturday of every month. Our phone commitment is the 4 th Friday of each month at the CSO from 6 – 9 pm, all are welcome to attend.
	We meet at: Celebration Lutheran Church 2500 Shaw Road East Puyallup, WA 98371

SEEKING OUR SOLUTION*

Seeking our Solution (SOS) meets every Saturday at 8 am at:

First Presbyterian Church of Puyallup

412 W Pioneer Ave

Puyallup, WA (one block from the Puyallup Farmer's Market)

Come early and get great parking for the meeting and the Farmer's Market.

This is an open meeting and families with children are welcome. On the second Saturday of each month, we read from the Grapevine. On the last Saturday of each month, we host a breakfast potluck to celebrate recovery milestones. Bring a dish and come hungry!

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Our business meetings happen quarterly on the third Saturday during the last 30 minutes of the meeting. Home group members are encouraged to attend.

We voted in new service positions at our last business meeting. Jeff J has been the group chairman and will now be passing the torch to Erin B. Jeff has also been our alternate GSR and will be representing our group at the Assembly in October. Blake B was voted in to be our treatment rep. Thank you to everyone for your service work.

In July we celebrated these milestones:

Lionel – 10 months	Keith K – 20 years
Erin B – 6 years	Keep Coming Back!

Best quote of the birthday meeting: “I can go back to being passed out on the front lawn, or I can do the steps. It’s just that simple.”

SOBER SISTERS OF SUMNER

S.S.S is an open women’s meeting that is child friendly.

We meet every Wednesday from 12:30 pm to 1:30 pm at:

Sumner First Christian Church

432 Wood Ave

Sumner, WA 98390

We have been there, so we will be there for you. Let’s grow together! We are a fun group and understand the seriousness of getting and staying sober.

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

July 2026 Milestones:

Stacie – 24 hours	April – 3 months	Bethany – 3 months
Lynn – 5 months	Peggy – 6 months	

SOLUTION IS THE JOURNEY*

We are going strong and open 5 days a week, Monday through Friday, from 12 pm to 1 pm at:

Graham Church of Christ

Graham, WA 98338

Our business meetings are held on the second Tuesday, following the regular meeting.

We celebrate sobriety birthdays on the last Friday of the month.

TRUDGING THE ROAD*

Our meeting is held on Thursdays at 6 pm at:	
First Presbyterian Church 412 W Pioneer Ave Puyallup, WA 98371	This meeting has concurrent AA, Alanon, and Ala-teen meetings, the whole family can have a meeting!

TRUSTED SERVANTS*

Hello from Trusted Servants!

Come one, come all, please join us each Monday at 7 pm at:

Faith Covenant Church
1915 Washington Street
Sumner, WA

Whether you are new, or have been around for a while, we'd love to see you there. Trusted Servants is a place for anyone seeking sobriety, connection, and support. Come be a part of our community and consider making Trusted Servants your home group.

On the last Monday of each month, we celebrate AA birthdays with "the BEST potluck in the world!" The potluck starts at 6:15 pm, followed by birthday chips and an open meeting at 7 pm.

July Birthdays:

Michelle – 24 hours	Kerry – 9 months	Heather – 5 years
Matt – 7 months	Lionel – 10 months	Donavon – 7 years

Happy birthday to all who celebrated! Thank you for sharing with us.

On Monday nights, the door is always open and the coffee is always on.

WOMEN ON TAPPS*

**Women on Tapps is the winner
of the "Most Interest" Award at the District 29 Picnic 2026**

Women on Tapps/WOT is an open women's meeting on Monday nights from 7 pm to 8:15 pm at:

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

We have an attended child area, for mothers that need a meeting. We enjoy the increasing numbers of women at the meeting. We are grateful for the joy of fellowship creating by sharing our experience, strength, and hope with each other.	Our group's rotating schedule is: 1 st Monday – Big Book study 2 nd Monday – Step study 3 rd Monday – Tradition- 12 & 12 study Last Monday is Birthday/Speaker meeting
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This month's birthday speaker was our very own Rebecca. We were all glad to hear her story. You helped us become closer. Thank you for sharing your experience, strength, and hope with us.

Happy Birthday Celebrations for July 2026:

Melissa – 1 month

Lynn – 4 months

Megan – 3 years

Ashley – 3 years

Grace – 9 years

Annie – 15 years

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 AA.

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 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 AA as a whole.

District 29 – EVENTS and NEWS

District 29 Annual Family Picnic on July 11, 2026

Hello to All,

This is to all attendees of the July 11th picnic or who helped beforehand, during and after in any way. Thank you for sharing and being with us.

We had a beautiful day for the picnic! You should have seen all the labored over gorgeous group baskets that showed up. There was a lot of excitement around the raffle items. I don't know about you, but I felt like we had the best ever baskets to give away. The Annual Hay Coin event for the kids was a huge success. The raffle let's us refuel for next year's picnic, (all funds raised return to a Special Events budget) I'm here to say thank you to everyone, from putting coins in the container, to gather the items for the basket, to making that burger or dish to share, to having fun deciding which basket you'd like to win. A huge thank you to those on the Picnic Committees, the Rock-stars in the kitchen and food area did wonderful, the super guys BBQing, greatest DJ, water coffee and soda legendary department, Superstars in the Activities department, amazing Raffle committee and to all that helped unload, set-up and clean-up just fabulous, and the famous Alt DCM. Also, that one roving guy that helped in every department (I think) I want to not forget about his all-knowing abilities! Thank you to all that shared somethings we could use that day- chairs, canopies, flatbed trailer, hula hoops, soccer ball and nets, tables, and any other item I didn't list. The help is spectacular when these events are put on. You made it successful.

There is a roaming plaque that gets awarded every year to the group's basket that receives the most attention. Here are the results to the group raffle basket award: Awarding the plaque to first place- **Women On Tapps**: (Located in the Lake Tapps area) with a basket containing a 2 person inflatable kayak with going to the lake items. Congratulation. Rounding out the rest of the Top 10, in no particular order (because ticket counts were so close) followed by the all the groups:

Out to Lunch Bunch, Firgrove, Ohop, Meeker Fellowship, Back to Basics, Seeking Our Solution, Eatonville, Hang In There, Orting Fireside.

Graham Women's, Above Ground, Eatonville Women, Keeping It Simple Sumner, Fellowship In Recovery, Trusted Servants, Sober Sisters of Sumner, On Track Again, Living Free, Loft, Living Free, District 29 and one individual donations.

Thank you very much everyone,

Raffle Committee Chair

GSR and TRUSTED SERVANTS – CALENDAR OF EVENTS

All District 29 business meetings are held on the 2nd Tuesday of each month.

In person at – Sumner First Christian Church

432 Wood Ave,

Sumner, WA 98390 or

On Zoom – ID 882 6118 3379 – Passcode 983646

MARK YOUR CALENDARS!

UPCOMING:

2 nd Tuesday	August 11 th at 6:30 pm	District 29 Monthly Meeting In person & Zoom
3 rd Tuesday	August 19 th at 6:30 pm	District 29 Treatment Committee Meeting
4 th Tuesday	August 26 th at 5:30 pm	District 29 PI Committee Meeting
1 st Tuesday	September 1 st at 6:30 pm	Event Planning Meeting – Gratitude Banquet
2 nd Tuesday	September 8 th at 6:30	District 29 Monthly Meeting In person & Zoom

TRADITION 8 - "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

This tradition takes root in something our co-founder Bill W said years ago, referring to the twelfth step, but also applies here. "Now, like many of our traditions--each of which was not founded on our good behavior, but upon the bad behavior." This is from the book Our Great Responsibility page 55. In the early days, many Steps and Traditions were based on what went wrong before finding a better answer. At the level of groups and meetings most if not all tasks can and should be done by volunteers. This includes DCM to our GSR's, people who open the door, make coffee, set up, and break down the room, these and more tasks can be done by members seeking service opportunities. When we move to the level of CSO and GSO our needs change, along with the time it takes to fill these needs. There are large amounts of mail (incoming and outgoing), there are payments for services received. This takes a full-time staff that the typical member does not have the time for. At this point, it is necessary that we employ special workers.

- Anonymous

HARVESTING HOPE DISTRICT 29 GRATITUDE BANQUET

November 14TH, 2026

- 4:00PM Doors Open
- 5:00PM Dinner
- 6:30PM Speaker
- \$30 Ticket Per Person
- Bring a Dessert to Share

*Recovery is
the seed,
hope is the
harvest!*

**Where your best flannel or come as you
are! All are welcome here!**

For tickets, please see a District 29 GSR!

FELLOWSHIP | ITALIAN FEAST | SPEAKER | RAFFLES



LOCATION: PUYALLUP ELKS

314 27TH ST NE PUYALLUP, WASHINGTON, 98372



OHOP'S 296TH ANNUAL WEENIE ROAST



— SATURDAY —

SEPT 12TH

★ 4:00 – 6:30 PM ★

Potluck!

BURGERS & DOGS PROVIDED!

Location:
"Gods garage"

**26418
MOUNTAIN HWY E
SPANAWAY, WA**



★ *Regular Open Meeting* ★
AT 7:00 PM