



District 29 February 2026 ~Action Log~ Newsletter

Editor's Note: Happy February!
In my home group we spend a meeting night discussing the Traditions. I don't always remember them as much as the steps. It's so good to read out of the 12 & 12 and listen to the others react to them. As a Trusted Servant myself I'm able to share the knowledge, the message without making conditions on what happens next.



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

Tradition 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 servants; they do not govern."

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:

More Info on Page:

Feb 10th	District 29 Monthly Business Meeting	15
Feb 14th	Area 72 Public Information Quarterly Meeting	
Feb 14th	Area 72 GV & Lit. Quarterly Meeting	
Feb 21st	GSR School <u>Hybrid</u>	20
Feb 27th	PRAASSA Pacific Region AA Service Assembly	
Mar 8th	Area Email & Google Basics Workshop	
Mar 14th	Pre-Conference Northern Districts	
Mar 15th	Pre-Conference Eastside Districts	
Mar 21st	Pre-Conference Central & Linguistic <u>Zoom only</u>	20
Mar 22nd	Pre-Conference Peninsula Districts	
Mar 28th	Pre-Conference Pierce Co & Southern Districts	15

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>

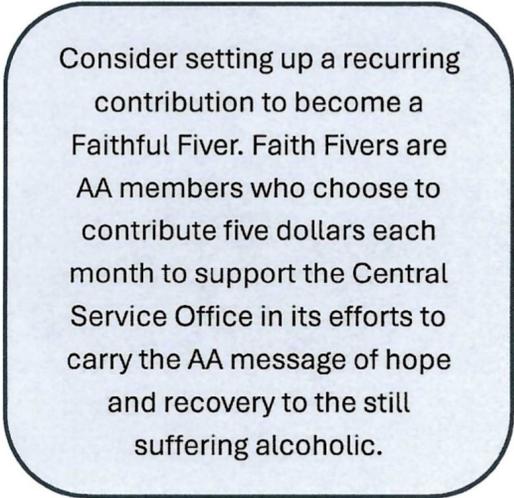
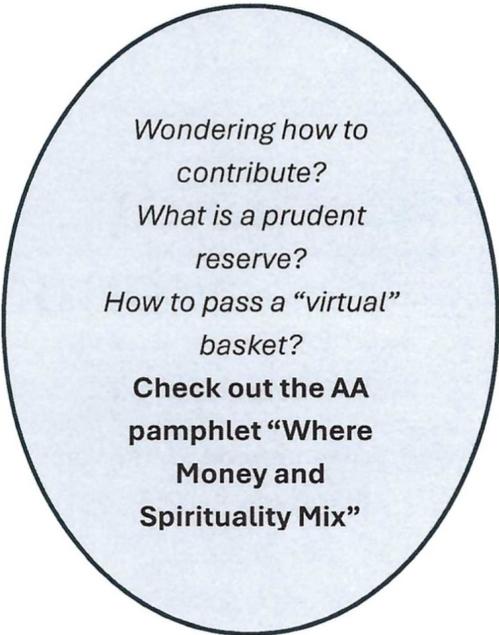
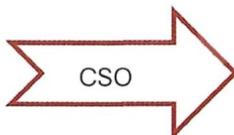
CENTRAL SERVICE OFFICE:

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



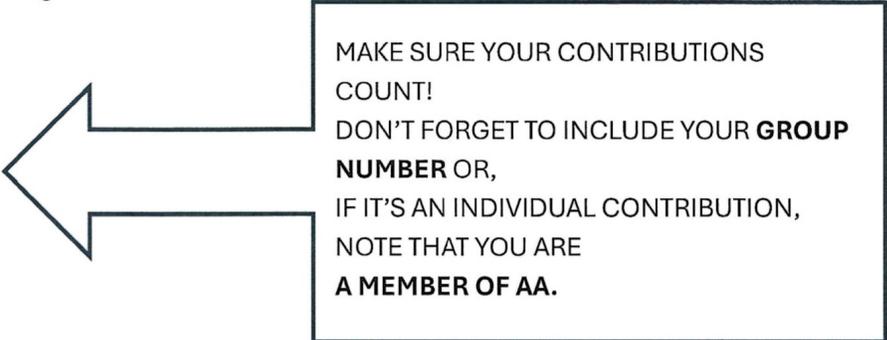
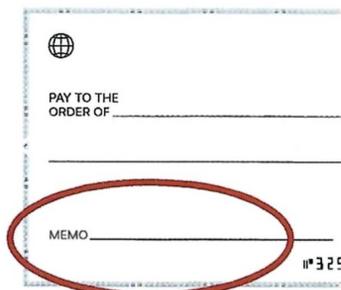
GENERAL SERVICE OFFICE:

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>



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: Open
Corrections: Open dist29corrections@area72aa.org
Alt: Open
CPC: Scott N dist29cpc@area72aa.org
Alt: Open
CSO Director 1: Dave D d29csodir1@pugetsoundaa.org
CSO Director 2: Open d29csodir2@pugetsoundaa.org
Grapevine/Lit: Open dist29gvlit@area72aa.org
Alt: Open
Newsletter: Grace C d29actionlog@pugetsoundaa.org
Alt: Mary N
PI: DeeDee dist29pi@area72aa.org
Alt: George N
Registrar: Brittany U dist29registrar@area72aa.org
Third Legacy: Alana W dist29thirdleg@area72aa.org
Alt: Carol J
Treatment: Greg E dist29treatment@area72aa.org
Alt: Jose Q
12 Step: Jake F
Facilities Liaison: Steve B

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

Elected WW Area 72 Trusted Servants of Panel 75

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

District 29 Groups

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

Trusted Servants Monthly Reports

DCM: Fred J

[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:

[Archivist Report on Page 17](#)

Corrections:

dist29corrections@area72aa.org

Alt:

CPC: Scott N

[CPC Report on Page 18](#)

dist29cpc@area72aa.org

Alt:

CSO Director 1: Dave D

d29csodir1@pugetsoundaa.org

CSO Director 2:

[CSO 1 Report on page 19](#)

d29csodir2@pugetsoundaa.org

Grapevine/Lit:

dist29gvlit@area72aa.org

Alt:

PI: DeeDee B

[PI Report on Page 18](#)

dist29pi@area72aa.org

Alt: George N

Registrar: Brittany U

dist29registrar@area72aa.org

Third Legacy: Alana W

dist29thirdleg@area72aa.org

Alt: Carol J

[Third Legacy Report on Page 17](#)

Treatment: Greg E

dist29treatment@area72aa.org

Alt: Jose Q

Newsletter: Grace C

d29actionlog@pugetsoundaa.org

Hello to All in District 29, Happy February!

I don't know about you but for me it's already a busy New Year. There is so many flyers, now that the Holiday season is over. Have you checked out the new digital Area 72 Newsletter, it has its own website News.area72aa.org. You can still get there through Area72aa.org and it has an excellent flyer wall and topic sharing section. Our own DCM Fred writes one monthly. I am a Service Sponsor for several GSRs I gear most of my research for the newsletter based on what I would of liked to know when I was a GSR. And all the rest of the information is for AA members to share, please find an event to go to where so many other AA members are and do what they doing - fellowship. At the District meeting I will have flyers for events that did not make the newsletter, check them out if you need more info or go to Area72aa.org.

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

Alt: Mary N

Each month I learn a little bit more about all of the "behind the scenes" efforts that go into our Action Log. We really are the "Action District!" Thank you for your patience, and for allowing me to be of service. - Mary N

12 Step: Jake F

Facilities Liaison: Steve B

Responsibility Statement

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

District 29 Treasurer's Report January 2026

Groups	Donations											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Above Ground	\$ 45.00											
Back to Basics	\$ 40.00											
Eatonville Group	\$75.00											
Elbe Friday Niters												
FIR (Fellowship In Recovery)												
Firgrove Group												
Fresh Start												
Graham Group												
Graham womens group												
Hang in There (HIT)												
Hole in the Donut												
Keep It Simple Sumner (KIS)												
Living Free												
Loft Group												
Meeker Fellowship												
OHOP Nuts and Bolts	\$176.70											
Orting Fireside												
Out to Lunch Bunch												
Puvallup Men's Stagg												
Puyallup Service Group												
Seeking Our Solution (SOS)												
Shop Group												
Sober Sisters of Sumner	\$215.00											
Solution is the Journey												
Trusted Servants	\$ 100.00											
Women on Tapps												
District 29 7th Tradition	\$ 66.00											
Income Special Events												
corrections pink can												
Total Income This Month	\$ 717.70											
EXPENSES												
DCM												
Alt DCM												
Secretary												
Treasurer												
Newsletter												
Accessibility												
Archives	\$418.41											
Third Legacy												
Corrections												
C.P.C												
Pub. Info												
Registrar												
Treatment												
12 Step												
Facility Liason	\$ 36.42											
Annual Donation CSO 60%	\$ 6956.54											
Annual Donation WWA 30%	<small>not cashed \$3478.27</small>											
Annual Donation GSO 10%	\$ 1159.42											
CSO Phones/zoom	\$ 76.03											
Meeting Room Rent	\$200.00											
Post Office Box												
Storage Rent	\$ 147.00											
Total expenses	\$ 8,993.82											
NET Monthly Balance	\$ 8,276.12											
Beginning Bank Balance	\$28,696.23											
Ending Bank Bal.	\$ 20,420.11											
Operating balance	\$1,570.34											
PRUDENT RES. **	\$3,451.50											
Special Events Begin Bal	\$ 11,920.00											
Picnic Income												
Picnic Balance	\$ 1,920.00											
Gratitude Banquet Exp												
Gratitude Banquet Income												
Gratitude Banquet Balance	\$ 10,000.00											
Special Events End Bal	\$ 11,920.00											

DISTRICT COMMITTEE MEMBER DCM & Alt DCM REPORTS

DCM

Greetings from District 29. We've had a good start to the new year. We had our district inventory this month and identified several areas of improvement for the district. In particular we will be putting together a more formal trusted servant handbook detailing roles and responsibilities, mainly so people have a good idea about what they're getting into.

With regard to the topic of the month. We've had great success with our Third Legacy roadshow. We've taken this to a little over half of our groups this past year and it has been well received and I think it has promoted service from those groups. We are making a new attempt at getting to the groups that have not had a presentation and also trying to make sure that we regularly present to all the groups at roughly a two year interval. As part of these presentations, I'm impressed that many of our members really have little knowledge of our service structure, how easy it is to get in service and most importantly how service helps bring the AA message to still suffering alcoholics.

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 to All!

I wanted to share we enjoyed going to the Fellowship In Recovery (F.I.R.) group meeting last Tuesday night at 7 pm. Next we're heading to Trudging the Road group February 19th at 6pm. Get the address on page 14 right here. It's nice to get together and see others you know at other meetings. Come join us this next one has meetings for Ala-non and Ala-teen at the same time. If you have family member that need or want to experience a meeting.

I'll be joining the group of us heading to the Pre-Conference, March 28th 12:00 flyer on page 15 with the address and it's potluck. Bring something to share.

Special events meetings will be here soon, for the already scheduled D29 Family Picnic. And we will be booking Banquet location soon. Watch for information, then come help us plan.

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

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. Winter 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 use 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 January we celebrated with:

Dawn K - 2 months, Kerry K - 3 months, Rosemary H - 18 months, Tim N - 27 years, Roger B - 28 years, Ross L - 30 years, Gary S - 31 years, Pam E - 38 years

Thank you Steve for bringing the cake this month! *Congratulations to all!*

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

BACK TO BASICS

Hello!

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

EATONVILLE

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

EATONVILLE WOMEN'S*

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

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

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

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

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

January Birthdays:

Aeril H 24 hours, Erica C 11 months, Shauniece J 4 months, Christina P 2 years

ELBE FRIDAY NIGHTERS*

Greetings from greater virtual downtown Elbe!

Come out and visit us. We are an open Zoom meeting every Friday evening at 7:00 pm.

Even with rain and cold it's always an easy and quick drive to the meeting on Zoom!

Here is the Zoom sign-in info, or you can also find it at ElbeAA.org:

Congratulation to All Birthdays this month.

January Birthdays:

Toddy F 36years

Join Zoom meeting

Meeting ID: 208 089 505

Passcode: 008670

FIR*

+++We have moved please note new address+++

starting 7pm Tuesday September 2. 2025

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 meetings 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 moved 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! A large crowd on **January 27th 2026** for birthday night:

Randall L 6 months, Ian H 7 months, Tim M 11 months, Daniel 11 months, Pat E, Dave H 14 years

Thank you to Al-anon speaker: Nicole

AA speaker: Russ A

We provide coffee and delicious cake at each birthday celebration. All are welcome to attend whether you are home group member or not.

FIRGROVE*

HELLO FROM THE FIRGROVE AND WELCOME TO 2026

We're looking forward to another exciting year in recovery and looking forward to welcoming new members to the program. As always, there is plenty of seating for all. Please come and join us at 8:00 pm Monday and Fridays. We have a wide variety of sobriety, but new faces as well as familiar ones are always welcome.

January 2026 birthdays:

Andy 6 months

Mike 7 months

Jessica 1 year

Scott 13 years

Will 25 years

Robert 34 years

Thank you for sharing your sobriety birthdays with us, and a special Thank You to our own Sean F for sharing your story as our Birthday speaker! It's always inspirational to see and hear about our individual journeys in Sobriety.

And a special thanks to the Chair for our birthday cake!

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.

GRAHAM WOMEN'S GROUP*

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

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

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

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

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

January Birthdays: Danielle - 24 hours, Susan - 3 months, Michelle - 4 months, Melanie - 1 year, Jess - 18 months

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

Mark your calendars - **You are invited to our upcoming Spiritual Breakfast - April 18th. More details soon!**

HANG IN THERE*

**Hang In There (HIT) Group Report
January 2026**

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

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

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

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

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

At Christ Community Baptist Church – portable classroom #3

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

Meeting opens at 10:30 am for fellowship.

Upcoming Events:

Feb. Business Meeting will be held on Friday, 02/27/26 immediately after our birthday meeting.

Feb. Birthday Meeting will be held on Friday, 02/27/26 during our regular meeting hours. Join us for cupcakes, ice cream and a speaker!

January Birthdays – Speaker Sally B.

1 mo. Or less – Meri Kay C.
Matthew F.
Emily B.

2 mo. -Bob

3 mo. – Krista H.
AJ V.
Cam Marie F.

4 mo. – Heather R.
Tim U.

1 yr. – Karen D.
3 yr. – Roger S.
26 yrs. – Sally B.

KEEP IT SIMPLE SUMNER

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

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

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

LIVING FREE*

The Living Free Group is located in Puyallup at the corner of 5th and Pioneer at the First Presbyterian Church, 412 West Pioneer Ave, every Sunday at 6:30 pm. This is an open meeting, and all are welcome. We have a birthday speaker meeting the last Sunday of the month along with a potluck which starts at 6: 00 pm. Our Home Group speakers for the month of January was Ryan and Clint D, who shared their Experience, Strength and Hope with all who were there.

January Birthdays:

2 Months Jacob
28 Year Roger B
38 Years Carole

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

Kevin C.

LOFT*

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

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

Open Meetings:

Daily Meetings: Noon 6pm & 8pm

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

In-Person Women's Meetings:

Wed & Sun ~ 6pm

In-Person Men's Meeting:

Sunday at 8pm

Zoom Women's Meetings:

Wed & Sun ~ 6pm

ID: 862 7295 5592

Password: 035163

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

Lori	24 hours	Monty K	3 months	Dean P	3 yrs
Malaina	1 month	Karissa W	4 months	Misty M	3 yrs
Marcus P	1 month	Hilary M	4 months	Stephanie	6 yrs
Arnoldo A	1 month	Micheline P	5 months	Sarah C	7 yrs
Erika	1 month	Erin P	6 months	Kari	29 yrs
Michelle J	1 month	Jamie R	7 months	Julie	29 yrs
Donna	1 month	Tanya M	8 months	Dave F	36 yrs
Matt A	2 month	Anais S	9 months	Brandy	37 yrs
Monte C	3 months	Monte F	10 months	Carol J	38 yrs
Hugo S	3 months	Joe R	1 year	Mike C	44 yrs
Devyn T	3 month	Krystal M	1 year		

Thank you to our Birthday Speakers:

Brenda D., Katie B., Nancy

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

Tara S

MEEKER FELLOWSHIP*

January 2026 Birthday celebrations:

24 hours: Ciara P
24 hours: Joe L
30 days: Merrill A
30 days: Arnaldo A
30 days: Jenny R
60 days: Dawn K
60 days: Drew B
60 days: Ellie A
90 days: Robby A
90 days: Carey K
4 months: Brent S
4 months: Stevie M
4 months: Joel H
4 months: Tim U
6 months: Claire V
3 years: Luke F
6 years: Jesse G
8 years: Daniel L
32 years: Jerry G

Meeker Fellowship

meets at

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

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

Meeting times:

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

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

*** Saturday Febuary 28th ***

Birthday Potluck Starts at 5pm, with Speaker Meeting 6pm, Coin/Cake 7pm.

**Meeker Annual Campout is scheduled for August. Flyer is on page 20!*

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.

ON TRACK AGAIN*

****IMPORTANT ANNOUNCEMENT**** The Spiritual Breakfast Speaker meeting that is held once a month on a Sunday has been canceled as of February 2026 until further notice. Our regular meetings on Wednesday evenings will continue.

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, discussion meeting. Our business meeting is held once a month, on the last Wednesday of the month, following the regular meeting. We welcome all as we share our experiences, strength, and hope.

January birthdays: Toddy F 36 years

ORTING FIRESIDE*

Greetings from Orting Fireside Group!

Our meetings are on Mondays and Thursdays 6:30-7:30 pm. We meet at the United Methodist Church, 109 Train St SE, Orting, WA 98360. We celebrate sobriety birthdays on the last Thursday of the month at 6:30 pm. Join us for pie, hot coffee, coins and a speaker. Thanks to Shawn, our January speaker, for sharing his experience, strength, and hope.

January Birthdays: Blaire 3 months

ORTING HOLE IN THE DONUT*

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

In **January** we celebrated birthdays with: **Dave R - 9 days, Meri Kay C - 12 days, Michelle H - 3 months, Ro A - 6 months, Alex S - 6 months, Erik K - 9 months, Lindsey O - 17 years**

Happy Birthday to our Friends!

OUT TO LUNCH BUNCH*

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

The Out to Lunch Bunch is an open meeting of Alcoholics Anonymous. We meet at noon each Tuesday, Thursday, and Saturday. Our Tuesday meeting is a book study. We are 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. *The church has provided us with an extra room that is good for private one-on-one talks.*

We are located at:

Sumner First Christian Church

432 Wood Ave.

Sumner, WA 98390

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

In January we celebrated with:

Zoey M 1 month, Tom C 1 month

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

Thank you to Marisa for bringing your over the top, melt in your mouth special cake. It was a cheesecake on top of brownies, just delicious! Jim J has 19 years as of Dec 2025 it was printed he had 29. Apologize to Jim J, and please keep going!

PUYALLUP MEN'S STAG*

Puyallup Men's Stag is held on Thursdays nights 7:00pm at Peace Lutheran Church, 214 E Pioneer, Puyallup. The last Thursday of the month is our potluck/speaker meeting which begins at 6:30pm.

We would like to recognize the following **January Birthdays: Sage - 2 months, John - 2 months, Scotty B - 6 months, David - 6 months, Andy - 6 months, Mike - 7 months, Clarence - 18 months, Chris - 2 years, Nitza - 2 years, Will - 7 years, Dick - 10 years, Sean - 26 years.**

THANKS TO JOSEPH FROM FLIMSY REED WHO DELIVERED AN IMPACTFUL MESSAGE FOR JANUARY.

The increasing participation and engagement reflect the strength of the fellowship and the commitment of it's members to recovery and service. Please join us.

PUYALLUP SERVICE GROUP*

Our January Birthdays:

*Joseph - 1 month
Rex M - 8 months
Lindsey L - 2 years
Scott N - 13 years*

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

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

SEEKING OUR SOLUTION*

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

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

Previously, we voted to schedule our business meetings to be held quarterly. There was much discussion at the January business meeting on how best to conduct business. We will review those ideas during our group inventory on February 28th at the Puyallup Library at 2 pm. All home group members are encouraged to attend.

Best quote of the birthday meeting: *"But just as material losses are not necessary to indicate alcoholism, material gains are not the true indications of sobriety. The real rewards aren't material in nature."* Alcoholics Anonymous, 4th edition, pg. 327.

In January, we proudly celebrated:

Anita R. 3 years
Greg D. 3 years

Keep coming back!!

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 for January 2026:

Sarah D	2 months		
Dawn K	2 months		
Sue I	4 months	Tyra M	9 months
Pam N	7 months	Lyndsey L	2 years

Our business meetings are on the 3rd Wednesday of the month, right after regular meeting. Birthday meetings are 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 22.
 Every Thursday at 6 pm.
 This meeting has concurrent AA, Ala-anon and Ala-teen meetings,
 the whole family can have a meeting.

TRUSTED SERVANTS*

Hello from Trusted Servants,

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

Our business meeting is held on the 3rd Monday of the month at 6pm. Trusted Servants always has room for anyone who would like to be a part of a fellowship filled with strong sobriety and principles. Please join us and make Trusted Servants your home group.

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

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

We had a fabulous birthday celebration with lots of old friends and new.

Celebrating January AA birthdays:

3 months- Matt	3 years - Aimee
6 months - Anjie, Erin	32 years - Jim J
9 months - Jerry, Jason, Christina	38 years - Carol J
2 years - Ashleiqh, Nick, Cory	

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

In Service,

Trusted Servants

WOMEN ON TAPPS*

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

Our group's rotating schedule is:

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

WOT is an open Women's meeting on Monday nights 7 pm to 8:15 pm. We have an attended child area, for mothers that need a meeting. We enjoy the increasing number women at the meeting. We are grateful for the joy of fellowship created by sharing our experience, strength and hope with each other. We would like to thank our birthday night speaker Sarah H. Her share help remind us how powerful alcohol is. How she helped others in so many connecting ways. Thank you Sarah.

Birthdays Celebrated in January 2026:

Louise 3 months, Pam N 7 months, Pam E 38 years

GSR EVENTS

GSRs: Remember last year at this time? We went to GSR school, check out page 19 for GSR school info if you didn't attend the Jan 31st one. If you don't have an Alt yet, only one year left of your rotation. Help teach a group member District AA process. Next coming up is the Pre-Conference.

Mar 10th & Apr 14th

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

In Person at:

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

Or:

This is new Zoom info

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

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

Scheduled Committee Meetings:

(only the District meeting is on Zoom)

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

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

4th Tuesday Feb 24th at 5:30 pm
District 29 CPC / PI meeting

1st Tuesday Mar 3rd

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

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

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

Steilacoom Community Church
1603 Rainer St. Steilacoom, WA 98388

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

If you haven't yet, go check out the Area 72 new digital Newsletter we voted for last year (because the paper one was so costly). It's really well done. When you get past reading one of the articles about 'Service that Changed Us' then check out what our own DCM Fred mentions. Check out each District has a local picture above their article. I believe our District 29 is represented by a generic picture - am I right?

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.

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

Secretary 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.

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

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

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

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

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

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

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

January 2026 District 29 Archivist Report

Hello all of District 29,

It was the Archives Quarterly last weekend (Saturday, February 7th) in West Seattle. There were learning session with Maryland N - Oral Histories and Comprehensive How - To's.

Archives, with District 29's permission, changed the locks at the storage unit. We now have 3 keys, one for Archives, one for the Alt DCM, and one for our Treasurer. We hope to condense and organize both sides of the storage unit space. Archives and Events (Picnic and Gratitude Banquet).

Any members who may be interested in the Archives position for next rotation(2027-28) and or being Alt. Archives for the rest of this rotation, please contact me at email below.

All are invited to attend District 29's Business meeting which is held on the second Tuesday of each month starts at 6:30. Where: Sumner First Church,432 Wood Ave, Sumner, WA 98390.

Grateful in Service,
Deborah M
District 29 Archives Chair

January 2026 District 29 Third Legacy Report

Hello District 29 Family,

Wow its February already ... Step Two resonates with me right now and all the turning points I have trudged this past year. Came to believe, I know and have facts of just coming to believe has literally shifted my thinking. And having a power greater than myself that absolutely restores me to sanity.

Being a part of District 29 has shown me, I am *not* in control and my Higher Power is leading this ship. I trust my ship mates who show up time and time again.

Third Legacy would love to come to your business, birthday, or regular meeting. Let us share with you our experience, strength and hope of our service journey.

In January we visited The FIR Group and this month on 2-19 @ 6pm please join us at Trudging the Road. Let's show up for our District!! Unity includes many and we can do together what I cannot do alone.

In Service,
Alana W D29 Third Legacy Chair
dist29thirdleg@area72aa.org 206- 519-1508
Carol J D29 Third Legacy Alternate Chair

Step 2

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

Tradition 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 servants; they do not govern.

Concept 2

The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Principle 2

Faith, Hope

January 2026 District 29 Public Information (PI) Report

Hello to All,

PI (Public Information) meeting is on the 4th Tuesday of every month at the First Christian Church, 432 Wood Ave, Sumner at 5:30 pm. Please send a member from your group to this meeting to collect information about what they've been accomplishing and how your group can help carry the message. Individuals are welcome to join also. PI has a panel schedule February 10th at Bonney Lake High School. With another amazing group of volunteers panel set on Feb. 24th. With Sumner HS having a pending date also. And I spent time at a Young Persons Committee Zoom meeting to see if I could get any volunteers for HS panels.

In Service,

DeeDee PI Chair - dist29pi@area72aa.org

Alt. PI George N (253)377-0453

January 2026 District 29 Cooperation with the Professional Community(CPC) Report

Hello District 29!

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

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

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

Meeting is in the back of the office and hybrid.

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

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

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

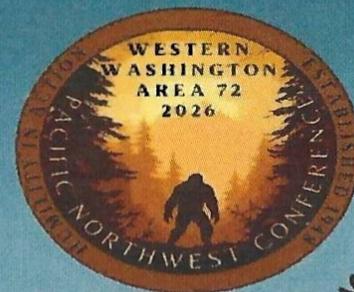
Thank you,

Scott N

District 29 CPC Chair

dist29cpc@area72aa.org

**SAVE THE
DATE!**



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

Heathman Lodge

7801 NE Greenwood Dr | Vancouver, WA 98662

Hybrid Event

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

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

Potential meals for purchase:

Friday Dinner

Saturday Lunch & Dinner

Approximate full food package \$160

Interactive volunteer sign up sheet TBA

January 2026 District 29 CSO Director 1 Report

The Central Service Office (CSO) is a nonprofit organization designed to support the districts in the greater Tacoma area. It is not actually part of the formal service structure but supports it. It has a governing board of two directors from each of seven districts. It also has a paid administrator. CSO is currently solvent but not flush with cash. It is in much better shape than it was a year or two ago, when it was reaching a threshold of dissolution. Revenue for CSO comes from contributions and literature sales. The goal of the board is to get the prudent reserve for CSO up to \$42,000. It currently sits around \$36,000 but they have added to it regularly. Our districts end of year contribution helped them reach that final prudent reserve number. They hold roughly \$35,000 in inventory.

The CSO has a new webmaster and newsletter editor. Stories can be submitted to CSO in addition to our Action Log. CSO will be at the blending of time selling literature.

As of February one, prices for GSO published literature will increase. This will be deferred by CSO until 1 April. They have placed additional orders under the old price structure to hold cost down.

The CSO administrator personally wrote thank you letters to all of the groups and districts sending contributions. These are in the group's boxes at CSO. There is a flyer about seventh tradition contributions available for groups. This encourages people to make realistic rather than minimal contributions.

There will not be a CSO board meeting in February because of the Super Bowl.



Puget Sound Central Service Office

3640 South Cedar Street Ste S
Tacoma, WA 98409

11th January 2026

District 29 and Groups

Dear Members of District 29,

On behalf of the Puget Sound Central Service Office, I would like to express our heartfelt thanks for District 29's incredibly generous contribution of \$6,956.

Your support came at a truly pivotal moment for our organization. This gift has made it possible for the CSO to move out of dissolution and reach an important milestone that ensures our ability to continue our work. Simply put, your generosity has helped secure our future, and we cannot overstate how meaningful that is to us.

We are deeply grateful for your belief in the CSO and for your willingness to stand with us when it mattered most. Your contribution has made a lasting difference, and we are honored to have your support.

Thank you again for your kindness, commitment, and confidence in our mission.

With sincere appreciation and gratitude,

Meghan K.
Puget Sound Central Service Office Chair

»Your group's 7th Tradition at work here. This letter is written to everyone in District 29 that has contribute to 7th Tradition and your group sends to District 29. Once a year, at the end of the year the overture funds are sent to CSO, according to our District 29 by-laws, when and how much.

»District 29 has two positions for CSO Directors, we are in need of one more. Check out description on page 16, if you are interested in this position, see DCM Fred J.



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

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

Panel Topics:

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

Schedule:

10am - 11:20am Potluck with 11am Al-Anon skit
Anniversary Month Jan - Apr: Main Dish
 May - Aug: Side Dish
 Sept - Dec: Dessert

11:30am - 12:20pm Panels Session 1
 12:30pm - 1:20pm Panels Session 2
 1:30pm - 2:20pm Panels Session 3
 2:30pm - 3:20pm Panels Session 4
 3:30pm - 4:00pm AA skit & Anniversary Countdown
 4:00pm - 5:00pm AA, Al-Anon, Alateen Speakers



Volunteer here

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

For more information go to:
www.burienlittleassembly.org



Contribute here

GSR SCHOOL

HOSTED BY DISTRICTS 14, 15, 16, 17, 31, 32, 40, 41 & 42

**21 february 2026
1pm-4pm**

Finger food potluck

Seattle Intergroup
 5507 6th Ave S, Seattle, WA
 Hybrid Meeting ID 822 2529 9587 PW GSR2026



<https://area72aa.org/events/category/workshops/gsr/list/>

**VIRTUAL PRE-CONFERENCE
ASSEMBLY**

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

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

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

Questions? delegate@area72aa.org

**JOIN US
FOR ANOTHER MEEKER
CAMPOUT & POTLUCK PICNIC**

When: August 7, 8, 9 2026

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



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

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

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



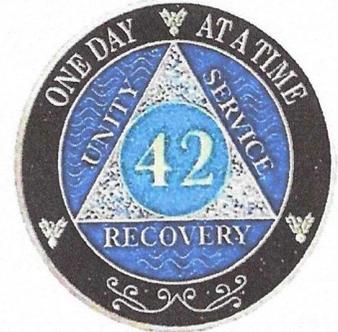
Activities
 *Swimming
 *Walking Trails
 *Fishing
 *Games
 *Boating (rentals available)

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

THE LOFT 42ND ANNIVERSARY POTLUCK

****Established 1984**

CANYON VIEW LOFT GROUP



March 21, 2026

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

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

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

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

McMillin Grange

12615 WA-162, Puyallup, WA 98374

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

Sarah – 253-320-1252

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!**

Cancelled
until further notice

All are
welcome!

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

Regular Wednesday night
meetings still happening.



A New
Women's
Meeting!



Eatonville Women's Group
Saturday's at 10 am

Tanwax Country Chapel
36417 Mountain Hwy East
Eatonville, WA 98328

In the Education building next to the church

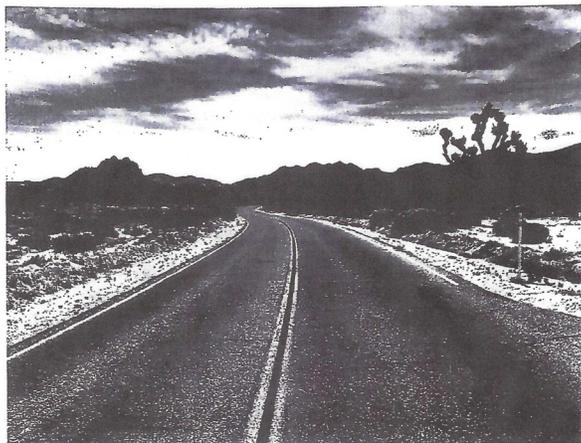
Look for the AA sign hanging on the doorknob

Weekly Meeting Format:

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

We celebrate Birthdays the 2nd Saturday

TRUDGING THE ROAD



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

At-Anon and Alateen meet concurrently

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



New CSO Bookstore Hours

Closed Sunday

Closed Monday

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

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

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

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

Hearts In AA

SHARE THE LOVE STORY SLAM

(and dessert bar)

What's that, you say?

A Story Slam is like a speaker's meeting, where there is a topic with multiple speakers and each person gets five minutes!

In keeping with Valentine's Day, LOVE is our theme. That could be anything from why you love the program, to the love you feel for your home group, or love you've found for yourself OR finding love in the rooms!

Bring: a sweet treat, your loved ones, or just yourself!
Everyone is welcome

Sunday, February 22, 2026 - 3-5 pm
Greater Seattle Intergroup
5507 6th Ave S Seattle, WA 98108

Questions? Contact specialevents@seattleaa.org

14th Annual The Blending of Time Conference

"Together We Can"

February 27th – March 1st, 2026

La Quinta Inn & Suites

1425 E 27th, Tacoma, WA

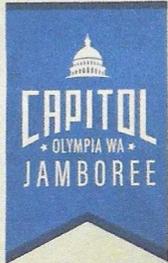
This is the only conference of its type on the West Coast, where every Alcoholic who attends has a chance to speak. We have panels from 0-10 yrs, 11-20 yrs, 21-30 yrs, and 31-100 yrs. Each panelist speaks for 5 minutes. Panelists are chosen by the date their registration form is received.

Keynote Speakers, hailing from near and far are:

Nikki G. Flagstaff, AZ
Cliff G. – Oklahoma City, OK
Jerry W. – Long Beach, CA (Historian and Speaker)
Rona YR – Federal Way, WA
Shannon H. – Former Tacoma, WA resident, now living in ID

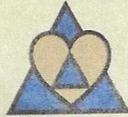
Please plan to attend the "Meet the Speakers Dinner" at United Lutheran Church 1231 South 76th St, Tacoma, WA 98408 7:00pm on Thursday, Feb 26th 2026

\$15.00 at the door or pre-register at <https://theblendingoftime.org>



Save the Date!
2026 Kickoff
Saturday March 21

SPSCC Lacey Campus
4220 6th Ave SE, Lacey
More info and tickets here



www.nwwoodstockofaa.org

Step Ashore XII

August 6 - 9, 2026 Ocean Shores Convention Center

The Northwest Woodstock of AA

DIST54CPC@AREA72AA.ORG
DIST29CPC@AREA72AA.ORG

FIRST RESPONDER CAMPAIGN

LAST MONDAY OF THE MONTH 6:30P

ZOOM ID 815 4694 2591
PW FIRE



YOU ARE INVITED TO

DISTRICT 54 ANNUAL GRATITUDE BANQUET

February 21, 2026

*Around the World,
One Day at a Time*

Field House

1456 ROOSEVELT AVE E, ENUMCLAW, WA 98022

**Speakers, Raffle, 50/50,
Food & Fellowship**

4:30 PM - DOORS OPEN

5:30 PM - ALDER SMOKED

BABY BACK RIB DINNER

\$ 20 TICKETS FROM YOUR D54 GSR

International costume optional

PLEASE BRING A DESSERT TO SHARE

ADULTS ONLY PLEASE



Questions Contact DCM54@Area72.AA.org

9th Annual Northwest Girlstock

APRIL 17, 18, & 19, 2026

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

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

DAWN M., Laguna Hills, CA.

HOLLY D., Jacksonville, FL.

JEANNIE M., Bentonville, Ark.

KATHLEEN H., Al-Anon, Cincinnati, OH

KATYA A., Woodland Hills, CA.

MOONLI S., LOS Angeles, CA.

ROSA G., Los Angeles, CA.

ROSIE T., Seal Beach, CA.

Please REGISTER EARLY at NWGIRLSTOCK.COM

- MEETINGS ONLY: \$ 80.00

- MEETINGS & 2 MEALS: \$180.00

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

Choose two queen beds, or one king bed.

Hotel Reservations: 360.671.1011

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

APRIL 10 – 12, 2026

MIRACLES IN PROGRESS

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

Deadline for pre-registration is March 31, 2026

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

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

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

EVENT REGISTRATION

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



Make checks payable to IAAMC 2026

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

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

Qty

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

Registration and Saturday Evening Banquet, \$165.00

Registration only, \$50.00

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

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

Total: \$ _____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____

I would be interested in volunteering for a workshop or panel



Members Page

This page is for AA members of District 29. Send in AA related quotes, cartoons, questions or short inspirational notes. If this page creates interest I'll keep it going. Ask a group member to submit something related to next month's topic Tradition 3. Send it to this email by the 4th of every month d29actionlog@pugetsoundaa.org. Please take a moment to enjoy these and share!

We want to thank these anonymous AA members for sharing on Tradition 2.

Tradition Two

"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 servants; they do not govern."

The second tradition reminds me of how I can let my higher power guide my ideas and actions on many levels. For example, at our business meeting. Am I respectful of others opinions, do I listen without interrupting, am I willing to consider that "I could be wrong". I believe these things do not happen when I let my former self take over. One thing that comes to mind is how that also applies at the area and conference level of the program. Rotation is an example of how we ensure that no single individual has ultimate authority over any group, area, or conference position. This way the only constant authority remains the same...a loving God as he may express himself in our group conscience.

Tradition 2: Reminds me of all the AA members in service positions right now. None of them are getting paid. They do it so that knowledge will get passed around to stay sober. We share what we've learned with all the AA members that are ready to hear it, then those will share what they've learned. We share what we've freely been given. An Ultimate power has shared with us already to let us know to be on this path. When I'm in a group setting like our business meeting I practice asking my Higher Power before hand to guide me in mentioning all that needs to be said by me, to help others.

"Forgive yourself for not knowing earlier what only time could teach"

Be the reason somebody believes sobriety is possible!



Last Chance- We still need help naming this Award: Here are 8 ideas or send me one of your own!

1. Most Desired
 2. Most Interest
 3. Most Wanted
 4. Most Coveted
 5. Most Popular
 6. Most Sought-after
 7. Most Tickets
 8. Certificate of Interest Award
- Text me your answer at 253-347-8867 or send me your vote to d29actionlog@pugetsoundaa.org And thank you!



I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

Sense of duty.

It is a pleasure.

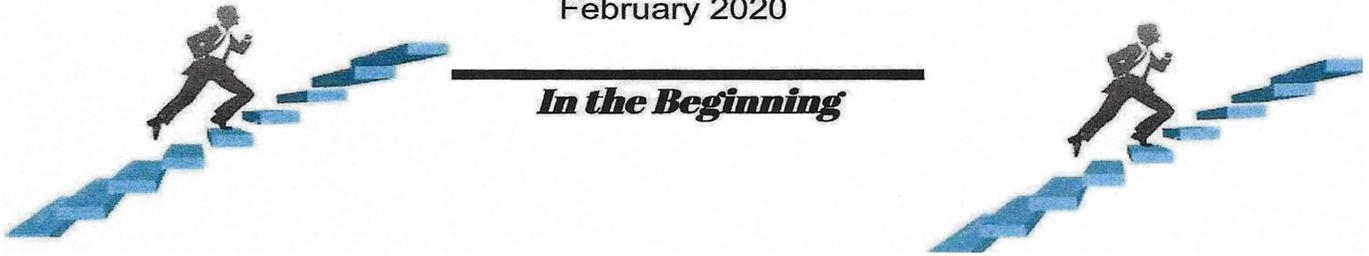
Because in so doing, I am paying my debt to the man who took time to pass it on to me.

Because every time I do it, I take out a little more insurance for myself against a possible slip.

**AA Co-Founder
Dr. Bob Smith**

District 29

February 2020



District 29 is located in the greater Puyallup Valley area and is primarily rural with connecting small towns. It was out of a need for a closer unity with each other that the idea of forming a new district was discussed.

In March 1981, a meeting was held in Puyallup, WA with District 9. Each group signed a statement stating their desire to be part of a new district, which at that time, would be called District 9-A. On April 22, 1981, Bill R, also known as "Whisky Bill," called to order the first structural meeting of the new district in the Orting Fireside Hall. On June 16, 1981, the Washington Area Delegate (Dick P) announced that he had requested the number 29 for this new district and that this would be confirmed at the next Washington Area Assembly in October.

In September 1981, the basement of the McMillan Grange was rented and after a lot of hard work, this new facility was made ready for use as the new District 29 office, where they would conduct business until 1994, when the district office was relocated to downtown Puyallup in the Campfire Girls building. This facility was in an alley near 5th and Pioneer. In 2009 the district office was moved once again, to its current location at the Puyallup Elks Club, located at 314 27th St NE, Puyallup. (NOTE: In March 2024 the District 29 office moved from this location, when the pipes froze, to the Sumner First Christian Church, 432 Wood Ave, Sumner, and remains at this location as of January 2026).

At the time, Area 72 covered all of Washington State until it was voted at the 1995 Area Assembly to form two areas with the dividing line to run down the center of the Cascade mountain range. This would form what we now know as Western Washington Area 72, along with Eastern Washington Area 92. In 1996 District 29 hosted the first ever Western Washington Area 72 Assembly at the Executive Inn in Fife, WA. Ten years later, (in 2006), the district would once again host the Assembly at the Bi-Centennial Pavilion in Tacoma, WA. During this same time period, District 29 started a grass roots campaign that would ultimately restructure the Area 72 Pre-Conference Assembly format, from one of merely listening to the delegate reciting conference agenda items, to one of actually interacting with the delegate, so he or she would carry a sense of the groups back to the General Service Conference. Also, District 29 did the same thing to help put in place the WWA 72 Third Legacy Committee, helping members understand the value of service work. In those early days, the fledgling district worked hard to establish itself, and the hope then, was to see it grow and thrive. Well, it has certainly lived up to that. What those early pioneers couldn't have imagined however, is the level at which our members would step to the plate to insure our place in history. The enthusiasm and love for our way of life has continued throughout the years, and District 29 has earned its reputation as the "Action District."

Thank you to our Archivist, Larry H.

This article was originally submitted to the February 2020 Action Log and will now be included in the upcoming edition of "Our Stories Disclose."