

**Western Washington Area 72
Newsletter
March 2025**

**The General Service Conference
Sharing the Topics with your Group**

April 2025 Newsletter Topic:
Carrying the Message
Successful Events & Workshops your
District has Implemented

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Confidentiality

This is a confidential document for AA members only. It contains members’ last names, addresses and phone numbers. Please respect our anonymity.

Western Washington Area Newsletter is published monthly by:

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Its purpose is to facilitate communication within the membership of AA. Opinions expresses are not to be attributed to Alcoholics Anonymous, or the Western Washington Area, except when Conference-approved publications are quoted. Articles from AA World Services, Inc. (A.A.W.S.) and the AA Grapevine, Inc. (as well as other publications) appearing herein are reprinted with permission.

Newsletter Policy

The Area Newsletter is a communication vehicle serving Western Washington Area 72 (WWA72). The scope includes WWA72 business, i.e. election results, committee appointments, motions, discussion topics, special committee activities, status of WWA72 trusted servants, and content provided by members of the Western Washington fellowship intended to carry the message of AA to the still suffering alcoholic.

The Newsletter also includes a calendar of events, which prominently features a categorized list of the dates and times of Area Service events, and other AA related events occurring throughout the Western Washington fellowship, i.e., campouts, luncheons, and picnics. Fliers related to the above events, registration, contribution, and subscription forms are consolidated in a separate section. Districts’ reports are encouraged.

The Newsletter Editor requests content each month from the WWA72 Committee, in particular elected & appointed officers, standing committees, special committees, Intergroups & Central Service Offices, and the DCMs for each of the 44 districts. All the above are encouraged to submit content that features a method of carrying the message in their sphere of duties.

The author’s first name, at minimum, will accompany all submissions. The Editor reserves the right to edit and/or refuse to publish content considered to be inconsistent with the three legacies: Recovery, Unity, and Service, with particular scrutiny given to content perceived to contain foul language and/or personal attacks.

The Newsletter is intended to be shared with all the members of the Western Washington fellowship and relies on the WWA72 Committee to generate content, overall awareness, and ensure distribution to the groups. It is distributed monthly, free of charge, to WWA72 elected and appointed officers, DCMs, and Alternate DCMs, GSRs of the registered WWA72 groups, past Delegates, GSO, Pacific Region Trustee, reciprocating Pacific Region Newsletter Editors, and the 15 Pacific Region Delegates. Homegroups or individuals may subscribe for \$12 per year by sending send their name, address, and payment to the Western Washington Area Treasurer. The views and opinions expressed in the articles and reports are those of the authors and do not necessarily reflect the official policy or position of the Newsletter Editor, Western Washington Area 72, or Alcoholics Anonymous.

EDITORS NOTE: The views and opinions expressed in the articles and reports are those of the authors and do not necessarily reflect the official policy or position of Western Washington Area 72 or Alcoholics Anonymous.

Publishing & Grapevine Our Big Book, Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and other books will now be produced jacketless, with jacket images printed on the covers. This change is in response to supply chain disruptions and will help alleviate out-of-stock issues and help keep costs down. Grapevine will be adding a \$2.49 increase to all books. The top 10 selling books’ prices will increase on January 1, 2023, and other books’ prices will increase as they go to reprint. Other ancillary items prices will increase on January 1, 2023, as well. If you are planning on going to the international conference in 2025 in Vancouver, BC, please see the FAQs at the end of the newsletter.

It is suggested that those who believe they have some past legal incident, such as a DUI or felony that could inhibit their attendance at the 2025 International Convention, seek assistance/information by accessing the CBSA links provided below question #6.

For general information members may also access <https://www.cbsa-asfc.gc.ca/menu-eng.html> or contact the Border Information Service (BIS) at CBSA by calling:

Within Canada

- Toll-free 1-800-461-9999
- TTY (for those with hearing or speech impairments) 1-866-335-3237

Outside Canada

(Long distance charges apply) 1-204-983-3500 1-506-636-5064
Press “0” to speak to an officer during regular business hours – Monday to Friday 8 a.m. to 4 p.m. (local time) excluding holidays.

Western Washington Area Newsletter

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EVENTS AT A GLANCE			
Western Washington Area 72 Quarterly Business Meetings			
March 6-9	PRAASA	Alaska	
AREA QUARTERLY April 4 & 5	Area Business Quarterly	Heathman Lodge 7801 NE Greenwood Dr, Vancouver	
Area Standing Committee Quarterlies			
Sunday March 2 3PM-4:30PM	Area Email and Google Basics Workshop	Virtual	ZOOM ID: 471 680 0414 Passcode : Area72
March 15 Saturday 10am-3pm	Corrections Quarterly All Welcome	Pierce County Central Office 3640 S Cedar St Tacoma WA	Zoom ID: 873 0585 5427 Passcode: 331463
March 22 Saturday 12pm -1pm	Treatment Workbook Study Group	Virtual Event	Zoom ID: 812 5591 9512
April 12 Saturday 10am-1pm	Area Treatment Quarterly	Greater Seattle Intergroup 5507 6 th Ave S, Seattle	Zoom ID: 812 5591 9512
April 19 Saturday	Area Accesibilities Quarterly		
April 26 Saturday [10-2	Area Web and Tech Committee Quarterly	Virtual Meeting opens at 9:30	https://area72aa-org.zoom.us/j/5407974045 Zoom ID: 540 797 4045
April 26 Saturday	Area Young People Quarterly		
May 3 Saturday	Area Archives Quarterly		
May 3 Saturday	Area CPC Quarterly		
May 10 Saturday 10-2	Area Public Information (PI) Quarterly	Tacoma, WA	
GSR Schools			
March 1 12PM- 3PM	GSR Schools Soouthern Districts	Ridgefield Fire Department 911 N 65 th Ave, Ridgefield	
March 2 Sunday 3PM-4:30PM	Area Email and Google Basics Workshop	Virtual	ZOOM ID: 471 680 0414 Passcode : Area72
PRE-CONFERENCE			
MARCH 15 Saturday 10am-2pm	Southern Districts(7, 8, 21, 27, 28, 29 & 37) & Potluck	Jackson Prairie Church 4224 Jackson Hwy, Chehalis	
MARCH 16 Sunday 10am-2pm	Northern Disticts(2, 3, 4, 11, 12, 19, 24, 42 & 46) Fingerfood Potluck	DistrictsSkagit PUD Building 1415 Freeway Dr, Mount Vernon	Zoom ID: 874 8829 4121 Passcode: 815298
March 16, Sunday 10am -2pm	Tacoma Viewing Potluck & Party of the Northern Pre-Conference	Central Service Office 3640 S Cedar St, Tacoma	Zoom ID: 874 8829 4121 Passcode: 815298
March 22, Saturday	Eatside Districts Hosted by Dist 18 Potluck	St Mathews Luthern Church 1700 EdmondsAve NE, Renton	
March 23, Sunday 1pm- 5pm	Central Districts(1, 14, 15, 16, 17, 31, 32, 40, 41, 57,& 58) Spanish Interpretation	St Johns United Luthern Church 5515 Phinney Ave N, Seattle	Spanish Interpretation
March 26, Wednesday 5pm-8pm	Virtual District 25	ON-Line Only	Zoom ID: 944 512 3341 Passcode: PreConP75
2025 Conferences			
March 6-9	PRAASA	Anchorage Alaska Hilton	
July 3 – 6 2025	A.A. International Convention	1055 Canada Pl Vancouver BC CANADA	A.A.org/International- Convention

Study Groups			
First Sunday 11:00 AM – 1:00 PM	Service Manual Study (Hybrid)	Greater Seattle Intergroup 5507 6th Ave S, Seattle	Zoom ID: 863 6483 7688 Passcode: 022841
Standing Committee Study Groups			
Last Sunday 3:00 PM – 4:00 PM	Cooperation with Professional Community (CPC) Literature Study	VirtualR	Zoom ID: 872 1003 9770 Passcode: 024176
Upcoming Newsletters topics			
April On Line Only	Carrying the Message: Successful Events & Workshops your District has Implemented	Due March 20	Submit Word Doc to Newsletter@Area72AA.org
May Print & Online	Circle & Triangle The Third Legacy of AA	Due April 20	Submit Word Doc to Newsletter@Area72AA.org
June On-Line	TBD		

Articles of the Month

AA members are invited to contribute their monthly District report and an AA related article on the ‘Topic’ of the month for publication in the newsletter. Address your report in an individual email with your District number and position to the newsletter editor in a word document. Flyers are to be sent in a PDF format.

Thank you for your service.

Elected Servants

DELEGATE
delegate@area72aa.org

Hello Area 72!
I have been busy working with the amazing district and alternate district committee members to schedule the pre-conference assemblies in March. It’s so fun to see the fellowship and FUN the neighboring districts are having together. Around the time this is published I will be starting the pre-conference assemblies around Western Washington and it will be very important for general service representatives to attend!

Purpose of the Pre-Conference:

- 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). This meeting will provide information to help facilitate a discussion within the homegroup.

Pre-Conference Information:

- The locations have been determined, and flyers are now available on the Area 72 Events page. I’ve also attached information.
- Keep an eye on the Delegate's Corner page on the Area 72 website—I’ll continue adding information about the pre-conferences and other updates throughout the year.
- We will have one hybrid and one virtual pre-conference for those unable to attend in person.
- Our Central District session on March 23rd will include Spanish interpretation.
- The final conference agenda and background materials ARE available. I am post them in a shared Google Drive linked in the Delegate’s Corner.

Pre-Conference Materials:

- A pre-conference packet will be distributed before our first pre-conference via email. Printed copies will also be available. Expect this in early March.

Providing Feedback to Your Delegate (me!):

- After you attend a pre-conference, please have a discussion with your group about the topics covered.
- Feedback on agenda topics will be collected through a Google Form to streamline submissions.

The link will be in the Delegate’s Corner and sent via email. However, you are always welcome to reach out via email, text, or phone.

- I will be hosting a Share with Your Delegate session on April 12th (zoom) for those who would like to provide verbal group feedback.
- All feedback is due by April 13th.

Date	Date	Date	Date	Date	Date	Share With Your Delegate
Saturday March 15 Housing Districts	Sunday March 16 Housing Districts	Sunday March 16 Housing Districts	Saturday March 22 Housing Districts	Sunday March 23 Spanish Interpretation Housing Districts	Sunday March 23 Spanish Interpretation Housing Districts	Saturday April 12 Housing Share with your Delegate (500 share verified feedback from homegroup documents)
Location: 7, 8, 11, 21, 28, 29, 37 Time (PacRt): 10:00A - 2:00P Type: In-person	Location: Northwest: 2, 3, 4, 11, 12, 13, 14, 42, 46, 45, 54 Time (PacRt): 10:00A - 2:00P Type: In-person	Location: Tacoma viewing party Housing Districts: 1, 44, 45, 54 Time (PacRt): 10:00A - 2:00P Type: In-person	Location: Central: 14, 15, 16, 17, 18, 19, 38, 39, 40, 41, 43, 44, 45, 54 Time (PacRt): 10:00A - 2:00P Type: In-person	Location: Central: 14, 15, 16, 17, 18, 19, 38, 39, 40, 41, 43, 44, 45, 54 Time (PacRt): 10:00A - 2:00P Type: In-person	Location: Virtual: 1225 Time: 9:00 - 10:30A Type: Virtual	Location: Virtual Time: 9:00 - 10:30A Type: Virtual
Location: Jackson Prairie Church 4224 Jackson Hwy. Olympia, WA 98512	Location: 1413 Fanning Ct. Maple Ridge, WA 98043 Zoom Meeting ID: 874 8829 4131 Passcode: 813339	Location: Puget Sound Central Service Office 3640 S Cedar St S. Tacoma, WA 98409	Location: St. Matthew's Lutheran Church 1700 Edwards Ave NE Renton, WA 98059	Location: St. John's United Lutheran Church 5315 Phinney Ave N Seattle, WA 98107	Location: Zoom Meeting ID: 844 512 3341 Passcode: 813339	Location: Zoom Meeting ID: 844 512 3341 Passcode: 813339

Please let me know if you have any questions!
Courtney

ALTERNATE DELEGATE
altdelegate@area72aa.org

Greetings Area 72,
The newsletter topic this month is so timely! With the agenda items and background information for the General Service Conference recently released it is a wonderful time to be discussing what it takes to arrive at an informed group conscience. I look forward to reading what others have found as ways to form a group conscience!
In the month of February, I facilitated seven GSR schools. There is one more scheduled for early March and some District Committee Members (DCMs) have reached out, asking me to come to their district or to plan GSR sessions later in April. These first sessions were intended as a high level crash course for General Service Representatives, Alternate General Service Representatives or members interested in learning about General Service. (Links to the GSR handbook and a useful page on the Area website are listed at the end of my article.)
One of the events that is encouraged for GSRs to attend is a Pre-Conference. (The dates and details of the Pre-Conferences can be found in this newsletter, and on the Area 72 website: <https://area72aa.org/events/category/area-business/pre-conference/list/>)
At the Pre-Conference meeting you will be provided information and background by our Area 72 Delegate, Courtney S. Then you have the task of sharing the content and informing your home group so you can have a conversation and arrive at a group conscience regarding the topics given. Groups have many different ways to facilitate this process and each group will find success in their own, different way. Some groups will want

to read all the information and discuss *all* the topics provided by Courtney. Some groups will not be as interested and maybe will only be engaged for a topic or two. Wherever your group falls on that spectrum, the goal remains the same: share information, lead a conversation, share the results of that conversation (thoughts, concerns, questions) with Courtney, so she can be informed as she participates in the forming of a group conscience at the General Service Conference in New York. I have seen groups have success in a variety of ways, and you can hear specific suggestions from your service sponsor, DCM or you can call me if you’re struggling. As your group representative, you know your group the best. I subscribe to the belief that some conversation and some discussions are better than none. Some feedback about the topics will be more helpful to Courtney than none at all. Inform your group of any groundbreaking topics from the Conference agenda and do your best to facilitate a group discussion on however many topics you can. Through this (Conference) process, your group gets to participate in conversations and decisions that will affect all of A.A. Through this process, your group can “take the final responsibility for their world services” (as Bill wrote in Concept I).
As referenced earlier, to access the GSR handbook, visit: <https://area72aa.org/wp-content/uploads/2025/02/GSR-Handbook-P75.2.pdf>. For a “one stop shop” for GSRs go to <https://area72aa.org/gsr>. Both of these are compilations and explanations of things a GSR can expect and what events to attend as a GSR.
As always, please reach out if I can help you, your district or your group. Thank you for the ability to serve Area 72.

Lupita Yerkes Medina
Area 72 Alternate Delegate | Panel 75
altdelegate@area72aa.org | 206.372.7335

CHAIRPERSON
chair@area72aa.org

Greetings Area 72,

First, I want to thank you all for such a great first newsletter of the new rotation. There were so many great articles. Great job to our area 72 ink slingers! I read the whole thing; part of my new job description. Also, spring is coming. That means PRAASA is right around the corner as are our Delegate Courtney’s Pre-Conferences and then the April Quarterly shortly after that. For those unfamiliar with PRAASA, it stands for the Pacific Region A.A. Service Assembly. Some history on PRAASA, it goes back to the 1960s shortly after the 1963 General

Service Conference approved the multi-state grouping plan recommended by the 1962 Conference that organized the U.S. into six geographical Regions. Regional Trustees would be elected to the board as Class B Trustees. Shortly after that, this annual assembly was started to prepare the Delegates from the areas in the Pacific Region for the Conference, hence it's in March or every year. Two years ago was my first PRAASA and I was like "meh." After presenting last year and having such a great time, I couldn't wait for this year, I've been all packed and ready for months.

Second, I am excited for the upcoming April Quarterly. I have the Agenda drafted and I am looking forward to hearing an update from the Newsletter ad hoc committee and continuing the discussion. As for the Conference, I am especially interested in the deadline date for Proposed Agenda Items for the 2026 Conference. Are they going to keep it at September 30 or move it into October? Either way, I expect we will want to revisit some alternatives at our July Quarterly as we digest Courtney's report backs from the Conference. Anyway, I continue acclimating into the chair position and have had many conversations with many people since the Quarterly about the Quarterly, Robert's Rules and serving in the chair position to the best of my capabilities.

Third, as for you fellow service nerds, come join me at Seattle Intergroup every first Sunday of the month at 11:00 am for the Service Manual Study where our past Delegates Astri T. and Alan F. lead us through the service manual line by line with robust discussion and Bob F. brings his homemade cookies. Also, come join me every Thursday night at 6:00 pm on zoom for the Pacific Region Service Nerds weekly service meeting. I have the privilege of serving on the committee with some other Area 72 servants and we have a great schedule. Every 1st Thursday an Alternate Delegate from the Pacific Region presents on the Tradition of the month, the 2nd Thursday a Delegate from the Pacific Region shares on the concept of the month, the 3rd Thursday we read the corresponding chapter in the new Service Manual (Month 3 = Chapter 3, and so on) and the 4th Thursday we have a special guest speaker on the Chapter we read from the previous week. For example, when we read the chapter on the General Service Office, we will have a staff member from the General Service Office join us and share their experience working at the office. And if there is a 5th Thursday, we have past Pacific Regional Trustees share their experience, strength and hope in service and on serving as a trustee. Our Past Pacific Regional Trustee Madeleine P. shared with us in January and former General Service Trustee Paul C. from Area 08 San Diego will join us the 5th Thursday in March. For those who have attended past PRAASAs, he is one of the more colorful panelists during the Past Trustee shares on Sunday morning.

And last and as always, please feel free to reach out as I am available to any Intergroup, District or Home Group to share on service and/or personal recovery, to facilitate group or district inventories, or

assist in group resolution or just answer random fellowship and/or service-related questions. Just email me as I am always happy to be of service.

Derek S., Area Chair
chair@area72aa.org

ALTERNATE CHAIRPERSON
altchair@area72aa.org

Hi everyone!
Did you know that over the past 7 years, only 38% of districts have had the chance to host an Area Quarterly? Let's change that! Hosting a Quarterly is more than just logistics—it's an opportunity to bring AA members together, ignite excitement for general service, and strengthen fellowship across the Area.
If your district hasn't hosted a Quarterly recently, I encourage you to explore potential meeting facilities that could accommodate 150–175 people. Great starting points include community centers, community colleges, or church fellowship halls. If your district doesn't have a suitable venue, consider partnering with a neighboring district to co-host. This can be a meaningful way to share resources and involve even more members in the process.

I'm hoping to receive two more bids from districts interested in hosting.
By hosting an Area Quarterly, we give AA members the gift of service. They might discover something new about general service, feel inspired to get more involved, or form lasting friendships with others on the same journey.
To ensure we have plenty of options to choose from, I've spent time mapping out where quarterlies have been held over the past seven years to guide us:

- 2018**
- January: D22 (Port Angeles)
 - April: D27 (Long Beach)
 - July: D8 (Olympia)

- 2019**
- January: D31 (SeaTac)
 - April: D29 (Puyallup)
 - July: D4 (Mount Vernon)

- 2020**
- January: D12 (Everett)
 - April: Zoom
 - July: Zoom

- 2021**
- January, April, July: Zoom

- 2022**
- January: D22 (Sequim)
 - April: D24 (Everett)
 - July: D9 (Lacey)

- 2023**
- January: D15, D40, D41 (Seattle)
 - April: D45 (Lakewood)
 - July: D10 (Bremerton)

- 2024**
- January: D34 (Bellevue)
 - April: D57 (Mountlake Terrace)
 - July: D8 (Lacey)

- 2025**
- January: D24 (Lynnwood)
 - April: D37 (Vancouver)
 - July: D9 (Tacoma)

Since 2018, 17 districts (38% of our Area) have hosted quarterlies, while 27 districts (62%) haven't yet had the opportunity.

- **Hosted (17 districts):** 4, 8, 9, 10, 12, 15, 22, 24, 27, 29, 31, 34, 37, 40, 41, 45, 57
- **Not Hosted (27 districts):** 1, 2, 3, 7, 11, 14, 16, 17, 18, 19, 21, 25, 28, 32, 33, 35, 36, 38, 39, 42, 43, 44, 46, 54, 55, 56, 58

I've been working with the following districts to prepare 2026 Quarterly bids that will be presented at the April Quarterly:

- **D21** – Preparing a bid for Grays Harbor County
- **D22, D55, and D56** – Joining forces for a bid in Sequim
- **D14 and D31** – Teaming up for a bid in Des Moines

Meeting with these DCMs and Alt DCMs has been a joy. Hosting Area events truly brings love and service into action, proving that we are *not* a glum lot!
If you're interested in putting together a bid, I'm here to help! We can gather all the necessary information in just a week with a little effort. I'd love to partner with you and your district to spread the love of general service. And, as an added incentive, I've offered to bake cakes for the districts that submit the first five quarterly bids this year. For those of you who haven't tried my cakes, they're truly delicious!
Looking forward to hearing from you!
Lisa S.
Alt Chair
(206) 949-1875
altchair@area72aa.org

TREASURER
treasurer@area72aa.org

ALTERNATE TREASURER
alttreasurer@area72aa.org

Appointed Servants

ACCESSIBILITY
accessibility@area72aa.org

Accomplishments from the past month:

- I was asked to give a 5-minute explanation of what Accessibility does in Western Washington Area 72, how it relates to the Districts and Home Groups. How important it is for Districts to have Accessibility Chairs. I got to make this presentation to District 10, 25 and 36. Thank you for the invites, it was my honor to spend time with you all and participate in your business meetings.
- We have an excel spreadsheet with the district contact information for each district up to date. We had 16 accessibility chairs/liaisons/DCM's connected together out of the 44 districts at the end of January, I am happy to say we added 10 more so we have 26 out of 44 Districts that will be represented at our next quarterly.
- I attended the CPC quarterly and was asked to share about how Accessibility and CPC intersect. Thank you Sooz, it was a wonderful quarterly and your group is going to do wonderful things this rotation.

Problems or issues you are facing or have already dealt with:

- I am from District 09. We do not have a district Accessibility Chair. We have a district liaison that attends monthly Accessibility meetings at the CSO in Tacoma along with 3 other district Liaisons and Home Group Accessibility Representatives. This monthly meeting can get big, 20-40 participants. They elect a chair, secretary, treasurer, they create sub-committees to do the work as small groups and all of them help each other to do good work as a large team.
- I am learning that some districts have an Accessibility Chair and that some of those districts do not have home group Accessibility Representatives, so the Chair is a committee of one. This breaks my heart, I cannot imagine going it alone.

Please share some goals you hope to achieve or begin work on in the next month.

- I want to help the rest of the Districts to get their services chair positions filled and attending our April quarterly.

What am I grateful for?

- District 25 for electing Aarin R. as the District Accessibility Chair
- WE have a District that is hosting our April Quarterly and a District checking to see if they want to host the July quarterly. We want Districts to host next year's quarterly's as well.

Your Service sib,
Bud Wasierski accessibility@area72aa.org
253.392.4748cell

ARCHIVES CHAIR
archives@area72aa.org

Hey Area 72!
I would like to share with you that it has been a joy to be your Archives Chair. In these past few months as I have been getting up to speed, I have learned how important maintaining archives is to preserving the historical facts of our Area. There are several intricacies that go into preserving and storing an artifact and/or document. I have been enlightened to see how much work goes into saving our Area history and making it available to all those who wish to learn about Area 72. In just this past month an author had asked to come to our repository so he could conduct some research. We also had someone fly across the country to take a look at our archives because their area is going through an experience and they want to know how Area 72 got through a similar challenge. I am impressed that people know what it is that we have stored on a national level. Most importantly, I am serving with enthusiastic and light hearted individuals who love Alcoholics Anonymous. I am so happy that I get to serve with these people throughout this rotation.
[Jennifer](#)

ARCHIVIST
archivist@area72aa.org

March 2025 Topic: "Forming a group conscience -sharing topics from the General Service Conference:: I like to review the entire agenda that becomes available in March. I also participate in my home group's discussion session on the topics that our Area focus' on during the PreConferences.
Repository Report 2/23/25 : We Archivists have spent 300 hours in Repository in the first 7 weeks of 2025 plus had two quarterlies there--totalling 100 hours; I purchased over \$400 supplies for Repository and pallets for OSD3; the updated Catalog of Holdings is listed below; we need to update the outdated information on the web page; we prepared for The Blending of Time Conference (NOT FUNDED BY A72)—we will be loading out of the Repository at 8 AM on Friday and setting up at La Quinta from 9 AM to 12 PM—Melissa is doing to room for this event; we will purchase SoundByte for the 'jukebox' presentation of PRAASA recordings available on laptops---Nathan and Devin have been working on this project from home (THEIR PROCESS IS MINDBLOWING); we've identified the Archives attendees for Step Ashore event in August (NOT FUNDED BY A72); I will attend PRAASA=the Archivists of the Region are presenting a motion; the safe had a malfunction and locked us out-after much coordination we got in and replace the access point; talked with Jack about Gv?Lit display; We lost printer access for a couple days and then our entire Wifi disappeared—Comcast came and we got it back after 24 hours. We had a research request from Area 15's

Ad Hoc Committee on splitting—Donna researched our paper collection and prepared a summation of the documents and a copy of the pertinent data to leave with and moved to Florida a provided a packet of data to Bob H. (he was a GSR in A72 a few years back) last Friday; Gary N. the author of the book on Bobbie B. will be at Repository on 2/27/25 to review our letters by Bobbie—he is the Historian at The Blending of Time Conference.

Repository Catalog of Holdings:
Assembly History, Delegates, Alt Delegate, Chairperson, Alternate Chairperson, Treasurer, Alternate Treasurer*, Accessibility, Archivist*, Archives Chair*, Cooperation with the Professional Community, Corrections (Institutions), Grapevine/Literature, Language Coordinator*, Newsletter, History Books, Public Information, Registrar, Secretary, Sound, Treatment (Hospitals), Web Committee*, Web Servant*, Young People, Audio / Visual, Audio Cassettes Digitized (1200+), Floppy / CDs, GSO Directories, GSO Manuals, Final General Service Conference Reports, International Conventions, 1990 International, Delegate Binders, Grapevines, Districts (44), Newsletters, PRAASA, Forums, PNC, BLA, NAAAW, NAATW, NCC, NAACPC/PIC, Alcoholic Foundation, GSO. Bulletin / Exchange / 459, Prison Letters, WA AA History (Founders | Assembly | Special Collections)

Maryland N, Archivist

COOPERATION WITH PROFESSIONAL COMMUNITY
cpc@area72aa.org

We kicked off our first **Cooperation with the Professional Community (CPC) quarterly meeting** of the year on **February 1st in Bellevue**, and what a fantastic gathering it was! A huge thank you to **District 34** for being such wonderful hosts. Our next event will be May 3, hosted by District 24. Stay tuned for details and a flyer. With many of our attendees being new chairs—some from districts without CPC representation since before COVID—we took things back to the basics. We started by answering the big questions: **What is CPC, and what do we do?** From there, we focused on the foundational building blocks that will support a strong and successful rotation moving forward. District chairs shared insightful reports, and we know how challenging that can be just a month into the role. But despite the early-stage learning curve, the enthusiasm in the room was undeniable. The most common phrase of the day? **"I'm excited to get started!"** With such a motivated and engaged group, we're looking forward to a great year ahead. Let's keep the momentum going as we work together

to strengthen our outreach and collaboration!

FREE ONLINE Event: "Nurses for Recovery: A Presentation of Alcoholics Anonymous and Alcoholism" Wednesday, April 09, 2025, 4p PST. Zoom ID: 810 9099 6343 Password: 411

Nurses for Recovery’s annual **A Presentation on Alcoholics Anonymous & Alcoholism** is a free online event open to professionals, students, first responders, and anyone interested in learning more about AA and Alcoholism. Tell everyone you know!

Want to talk about speaking with professionals? I’m available CPC@Area72aa.org ~ Sooz Sooz Banfield

Area CPC Chair Panel 75

cpc@area72aa.org 425-299-5660

CORRECTIONS CHAIR

corrections@area72aa.org

The AA General Service Conference is a pivotal gathering where our area delegates come together to discuss and make decisions for “AA as a whole.” As I’ve not been a delegate, I’ve not had the opportunity to travel to the Conference. However, during panel 74, I was a DCM, and I had the opportunity to witness our delegate fulfill her responsibility to the groups by bringing the information from the conference to our area 72 groups. This process looks different depending on which service position I am holding. Actions taken as a DCM were much different as a GSR, and this year, as a corrections chair, I get to be a cheerleader for everyone!!!

Aimee B.
Corrections

GRAPEVINE & LITERATURE

grapevine@area72aa.org
[GV/LV Instagram](#)
[GV podcast](#)

The General Service Conference:
Sharing the Topics With Your Group

One of my fall-back traits is contempt prior to investigation (CPtI). Ray C brought this quote, attributed to Voltaire or Shakespeare, to our attention in his story, The Artist’s Concept, from the first edition. He led off his story with the quote, which was later included at the end of the Spiritual Experience, Appendix III, pg 166, in the Plain Language Big Book. Ray designed the red and yellow cover for the book, Alcoholics Anonymous. His story is also collected in the book Experience, Strength and Hope. Due to my CPtI, I tended to “dislike new ideas before [I] knew anything about them.” I could barely listen in my early sobriety to

trusted servants as they shared the topics for the General Service Conference.

I’ll take full responsibility for my slow arc in service, becoming GSR and then DCM ten years into sobriety. That slow arc gave me time to trust another alcoholic or two. A recent A.A. Grapevine Daily Quote reminded me how my sponsor would talk me through my CPtI about service topics, much like they would when I was in my early days of sobriety. “Empathy, not sympathy or pity, is the most useful quality a sponsor can cultivate.” (from District 34, Bellevue January 1975, “Need a sponsor? Who? Me?” reposted on AA GV app February 11, 2025).

My sponsor fortunately had more time and patience than I did. By his example, I attended business meetings, even when I wasn’t mentally present. My sponsor is invaluable for discussing the topics themselves, how to talk about them, their background, so that I can be better engaged in the process. As I gathered the courage to ask questions about the process, my sponsor explained, listened, and endeavored to take personalities out of the equation. In general, he helped me ease past my CPtI.

At the recent Grapevine/Literature Quarterly, a member asked for background on changes to literature. I was personally vested in changes to language in the Twelve Steps and Twelve Traditions a few years back, and enjoyed being able to dive deep into the machinations A.A. went through to publish and then to not un-publish the book. The GSC pre-conference material our Delegate makes available has a wealth of information. When I find even one topic that catches my interest enough, I can then talk about the process, where the topic came from, what kind of input our Delegate is seeking.

Read over what our Delegate provides. If a topic piques my interest, and I do more research, then it might be an engaging topic for someone else. The upside down triangle might begin to make sense. Leading up to the GV/Lit Quarterly, I focused intently on information about the Grapevine, only to be gobsmacked when a rep asked about the Literature Handbook. “What? There’s a literature handbook as well as a Grapevine Handbook?!” We are all volunteers, and we are teaching each other. Empathetically, we helped each other stay sober one day at a time; now in service, I learn how to be useful one day at a time, with empathy, not sympathy or pity.

Jack J

LANGUAGE CHAIR

languagechair@area72aa.org

Getting Into a Groove

Hello Area 72!

As I settle into my role as Area Language Coordinator, it’s been an exciting and productive month. The Hispanic Districts have decided which committees they’d like interpreted for this rotation: Public Information and Grapevine/Literature. To support this, we provided interpretation at both the Public Information and Grapevine/Literature quarterlies this past quarter, and will continue to do so for the remainder of Panel 75. Additionally, we offered interpretation at the GSR School on February 9th.

We also held our first Language Steering Committee meeting, which had a fantastic turnout! During the meeting, we elected a Committee Secretary and discussed creating a new position: the Interpretation Equipment Coordinator, responsible for coordinating the transportation of interpretation equipment to and from Area events. Since the start of the year, we’ve translated over twenty-five documents—totaling more than eighty thousand words.

Much of my focus this past month has been on creating systems to streamline our translation and interpretation services for Area 72. This has included revising the P75 Language Committee Hand-off Document, building an annual events calendar for interpretation tracking, and delegating tasks to our enthusiastic committee members.

I want to express my heartfelt thanks to our interpreters for their dedication over the past two months, as well as their patience with me as I transition into this new role. A special thanks to Claudia—our lead interpreter and translator—who has truly been a rockstar and a joy to work with. Her willingness to make herself available for Area 72 has been invaluable, and we are incredibly grateful for her time and expertise.

I’d also like to thank the members of our newly formed Language Steering Committee. We’ll be meeting monthly to delegate tasks and ensure no one person is overwhelmed with too much work. As a reminder, we’re all volunteering our time, and one of my main goals this year is to make sure the service work remains balanced and enjoyable. If you’re interested in attending a Language Steering Committee meeting, please reach out to me at the email listed below.

I am deeply grateful for the opportunity to serve Area 72. I look forward to seeing you all at the April Quarterly!

Sincerely,
Charley P.
Area 72 Language Coordinator /
Coordinador del Comité de Idiomas
del Área 72
Pronouns: he/him / Pronombres:
él/él
languagechair@area72aa.org

NEWSLETTER EDITOR
newsletter@area72aa.org

I am currently working with the AdHoc committee to improve the content, cost and delivery for the Area Newsletter.

My goals are to increase participation and get more flyers and quarterly information published with each coming month. Additionally, the Spanish Language version should be published much quicker than I did for my first issue and improve the accuracy of the Events section.

The General Service Conference is one of the highlights of the year for Service Nerds. Participating in the group conscience is an important part of keeping AA vital and healthy. I learned early on how important it is to hear the minority opinion. I have repeatedly seen that it can create a change of heart and the whole group conscience an pivot with the words of a few wise and thoughtful members.

I am heading to PRAASA this coming week and I am eager to explore how other areas utilize their area newsletters to share information and ideas.

Thank you for all the submissions, Keep them coming,

Erin E
Newsletter Editor
206-354-8228

PUBLIC INFORMATION CHAIR
pi@area72aa.org

Newsletter PI Quarterly Report
Greetings!

Area 72 PI had their quarterly meeting on February 8th from 10:00 am – 2:00 pm we had 11 people online and 16 people in person, additionally our interpreter Claudia was present to assist with Spanish interpretation. We also had our Corrections Chair Aimee, our Language Chair Charley, and past Delegate Bob F. in attendance, thank you for your support!

The focus of our first Quarterly was for us to get to know each other, learn about Public Information and how to form a PI Committee. We reviewed the difference between Public Information and Cooperation with the Professional Community and the nuances between the two.

In our discussions of where to start in forming a committee we focused on informing the Fellowship and how that could look, attending business meetings, having workshops, etc. We reviewed the resources available and shared our goals for the rotation. Some of the resources we highlighted outside of the PI resources provided by GSO were the Language of the Heart, the new podcast Our Primary Purpose, and the A.A. Fact File. Bob F. shared that the Fact File is a great resource for anyone who does service work and especially for those doing public information service work. Being we were at The Greater Seattle Intergroup I think about 15 A.A. Fact File booklets were purchased that day!

Everyone shared what they are doing in their individual districts, and we had great dialogue with each other. Brian, Dee Dee, and Kathy are forming their committees and reaching out to libraries to ensure there are Big Books and information racks. Cindy is holding an all-day conference on Safety & Anonymity. We had a good discussion around anonymity regarding social media and were reminded that we can always direct our questions to GSO and will receive a thoughtful, well-formed answer.

The topic of a PI Workbook Study was brought up and we unanimously voted yes to have a monthly study on zoom- the last Sunday of each month at 3:00 pm.

For our next Quarterly we will highlight Speaking at Meetings Outside of A.A. and reviewing the downloadable videos available to show to the public.

Thanks to Cindy, Angel, and Kurt for volunteering to host the remaining Quarterlies!

Looking forward to an exciting year in Public Information.

In love and service,
Julie

REGISTRAR
registrar@area72aa.org

In the past month I have entered 200+ new trusted servants into the GSO Fellowship Connection Database and approximately the same into the Area 72 Newsletter. I believe I am approximately working on this 3 to 5 hours a day – thank you for retirement. And, I want to be honest and let you know I am NOT up to date yet...

It has been a hope of mine that I cull the Newsletter list at the same time and hopefully my methods are working. I am doing this to get a handle on who should be receiving the newsletter and how many newsletters should they receive based on how many service positions they are currently serving in. When I think of this (of course in my own head and sometimes actually out loud – lol) it sounds so easy, but in all actuality, it is not!

AAHHHH, the joys of my service position...

Honestly, there is a joy in learning and working my program to find the courage and sometimes strength to ask for help from GSO when I spend an hour trying to figure out where and what the person's last service position is so the database will allow me to enter the new position by end dating it and entering the new one. A bit of insanity as I try and try and then always send a note to membership services to please find it on their end. Of course, they do, and they are so much kinder than I am being to myself. Also, I have allowed myself to just call the member who I am trying to help and asking them for help with their information and they too are always so kind and happy to help. Because, we are a friendly lot.

I continue to work on my backlog every day and find gratitude in being of service, learning, communicating, staying in the middle of the boat of Area 72 AA and asking my HP to give me the will and the direction for this service and for my sobriety and recovery.

Houston L

SECRETARY
secretary@area72aa.org

‘The General Service Conference, Sharing the Topics with Your Group’

Many people in A.A. believe the Alcoholics Anonymous General Service Conference (GSC) is something that happens in New York and has very little to do with what they, as an A.A. member, do on a day-to-day basis.

They couldn't be further from the truth. We, as A.A. members, are the reason why there is a Conference.

If we, at the group level, are not getting the Conference agenda items and discussing them, we are doing a great disservice to A.A.

Concept I, of the Twelve Concepts for World Service”, states, “*The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience (my emphasis added) of our whole Fellowship.*”

That's us, from the individual member to the Group, to the District, to the Area, and, by way of our Area Delegate, to the GSC.

We A.A. members at the Group level should not only be waiting on our General Service Representative (GSR) to share the Conference topics, but we should also be anticipating it as a service to A.A. and be willing to give of our time and resources to ensure it happens before our Delegate goes to N.Y.

The GSR prepares by attending one of the pre-conferences set up by the Area Delegate, receiving the current agenda items and background information, and participating in the pre-conference discussion. The GSR then emails the information packet to each member of our Group and sets up a time and location for them to get together. This time is usually separate from our group meeting or business meeting time and dedicated to the selected Conference agenda items.

We may have a potluck or get together and do phone service at the Central Service Office at the same time as we discuss the items on the agenda. Notice I said “discuss”, we don’t just do a vote on each item, we talk about it, often at length, to ensure the group is aware of the pros and cons of each topic to guarantee a thorough knowledge prior to polling the group conscience.

Our GSR will then send our group’s decisions on the agenda items to our Area Delegate so they have a knowledge of how our group and it’s individuals feel regarding these matters. Group individuals are also informed that they may send their own opinions to the Area Delegate via email, by a specified date, if they so desire.

It is also very important that once the Delegate returns from the Conference in N.Y, the GSR attend one of the Delegate report back meetings so they can return to the group and inform them of the final outcome on each of the specific Conference agenda items that way the group is kept informed and also can feel they are an active part of the General Service Conference.

Thank you! – Don N., Area 72 Secretary

SOUND AND ZOOM COORDINATION
sound@area72aa.org

I suppose when it comes to forming a group conscious, I see it as my duty to provide an informed opinion. And if that opinion is one that has no idea about the subject then to sit back and listen. I have heard that we have 2 ears and 1 mouth, so we should be listening twice as much as we talk. This gives us the opportunity to be a part of vs forcing our ideas on the situation. To allow the moment to change us vs us doing our best to get our opinion out there so we influence the situation. When I practice step 3 I can observe the world from a place of humility. I have found that when I do this my opinion carries a little more weight without it sounding like I'm trying to tell everyone how they should think. When you speak softly your voice can carry far, so I hear. Bringing this back to group conscious I would say it is all of our duty to put our thoughts out there but then equally as important to respect what it is the group decides. Once the decision is made then we move past it and don't get stuck in mind set that what I had to say was super important and if everyone would just listen then everything would go perfectly.

Anthony G
Area Sound & Zoom Chair
253-455-4937

TREATMENT CHAIR
treatment@area72aa.org

Area 72 aa Newsletter Article

Area Treatment Chair – March 2025

Area Treatment Chair is a wonderful position. I am experiencing some amazing growth from the new District Treatment Chairs. There are so many panels and speakers coming out of the districts. These people have the biggest hearts. They are truly helping the newly recovering alcoholics.

The Greater Seattle Intergroup H&I Team are working their tails off. I am so honored to be able to observe their hard work and coordination coming out of this intergroup and Mike’s team.

The Area 72 Treatment Quarterly will be hosted by Greater Seattle Intergroup on April 12th starting at 9:00 AM.

A special thank you to Mark S. Area Treatment Secretary and Chuck P. Area 72 Bridge The Gap Chair. Their work is exceptional.

We had a fabulous turnout for the first Area Treatment Workbook Study Group on February 22nd. We completed the first half of the Workbook. The attendees had some great comments and suggestions. We were also able to accommodate Jason from District 2 with some panelist from District 39. Carol F. Treatment Chair for District 39 said she and Judy P. really did well, and the treatment center was thrilled with their panel.

The second Area Treatment Workbook study group will be Saturday, March 22 from 12:00pm – 1:00pm. We will start and complete the second half of the Workbook. Again, all interested AAs are welcome to attend on Zoom - Log in: 812 5591 9512

No password. Please join us.

Thank you for the opportunity to serve,

Suzi L.
Area 72aa Treatment Chair

TECHNOLOGY & WEB CHAIR
webchair@area72aa.org

Greetings, groups of Area 72!

As you meet to contribute to the informed group conscience of Alcoholics Anonymous, I would like to call your attention to some resources you may find helpful.

First off: you can find the agenda items, background material, and summary information on the Area 72 website “Delegate’s Corner”
<https://area72aa.org/delegates-corner/>

By the time you read this, Delegate Courtney will have already told you all about that via email, newsletter article, pre-conference, District Committee Member, and carrier pigeon.

Here are some additional resources that might help, or at least be interesting, in your conversations about the 2025 Conference agenda items:

- Advisory Actions of the General Service Conference (<https://www.aa.org/m-39-advisory-actions>) – a short-form record of all the decisions the

General Service Conference has made, beginning in 1951. If a member of your group asks, “When the heck did we decide THAT?!”; this is your go-to resource. It is organized first by committee or category, and then by year within each category.

- 2024 and 2023 General Service Conference Final Reports (<https://www.aa.org/2024-general-service-conference-final-report> and <https://www.aa.org/2023-general-service-conference-final-report>) – several of the agenda items are continued from previous conferences.
- All of our literature, for free, in PDF form (<https://www.aa.org/resources/literature>) – want to look at the current Cooperation with the Professional Community Workbook, Twelve Steps Illustrated Pamphlet, or *Living Sober*, all of which will be reviewed at this year’s Conference? Go to the literature page, enter the title in the search box, and you’re there.

I get that not every member wants this level of information... but I think it’s important to know that it is available. There is no “they” making decisions that affect “us” – there is only the “We, of Alcoholics Anonymous...” and the basic question: am I willing to exercise my right of participation, to fulfill the responsibility I have to current and future AA members?

Plus I know there’s at least one GSR or DCM out there who will clap their hands with glee upon learning of the Advisory Actions pamphlet (ask me how I know...)

Okay! I look forward to hearing what shakes out at this year’s Conference! Thank you for contributing to AA’s informed group conscience. Please reach out if you have questions or ideas for how the Tech and Web Committee can be helpful to your group.
techwebchair@area72aa.org

<3 Patrick M

WEBSERVANT
webservant@area72aa.org

In Alcoholics Anonymous we thrive on unity and collective decision-making, to ensure that our members have a voice in shaping the fellowship’s future. One of the most important ways this happens is through the General Service Conference (GSC) and the process of forming a group conscience at our local level. By discussing and sharing topics from the GSC, our AA groups contribute to the broader service structure while staying connected to the principles that guide our recovery.

A group conscience is the collective decision-making process of an AA group,

grounded in the principles of AA’s Twelve Traditions and Twelve Concepts for World Service. It ensures that our voices are heard and that decisions are made with spiritual integrity rather than personal opinion. The process is not a simple majority vote; rather, it seeks to reach a substantial unanimity (typically two-thirds agreement) through multiple informed discussions.

The General Service Conference is the annual gathering of delegates, trustees, and members from around the world who talk about and make recommendations on a multitude of matters affecting the fellowship. Some of the topics are updates to literature, policies, public outreach, and other initiatives that help AA remain effective in carrying the message of recovery. Every AA group has an opportunity to participate in this process by reviewing these topics, discussing them at our homegroup, and passing their conscience along through their General Service Representative (GSR) to our Delegate at Area 72.

How do we form a group conscience? We obtain the information that is provided to us by our Delegate either on the website or from our GSR. We familiarize ourselves with the information and topics and attend our homegroup business meeting to share our thoughts on the material, thus developing a group conscience. We all have a voice, we have open discussion, we refer to AA literature and service guidelines and maintain an atmosphere of respect and unity. Allow minority opinions to be heard and work toward a clear group conscience.

The groups GSR is then responsible to carry the groups decisions to the District and Area levels and after the conference and our Delegate returns, the GSR is tasked with reporting back to their group regarding the decisions that were made at the conference. Engaging in group conscience discussions about GSC topics strengthens AA’s structure, ensuring that decisions reflect the fellowship’s collective experience rather than a select few. It also helps educate members about AA’s service structure and deepens our connection to the broader recovery community. By participating in this process, every AA group fulfills its responsibility to preserve and carry AA’s message for future generations, ensuring that the fellowship continues to serve alcoholics in need. In love and service,

Shu D. Webservant Panel 75
Shu D.

YOUNG PEOPLE’S CHAIR
ypchair@area72aa.org
Hello again, Area 72!

We had our first YP quarterly at the end of January and I was so excited to see many YP chairs from several districts. We spent some time orienting to the position and going over the YP handbook and the Area 72 website. We did some brainstorming about ways we can reach young people in the community, as well

as how to bring young AA members into general service. I was inspired by the amazing work already happening in many districts. I’m excited to keep collaborating with everyone to make this rotation great. Our next quarterly will be April 26th 12-3 PM at the Lynnwood Alano Club and on zoom. Thank you District 24 for hosting! I can’t wait! Flyer and more details to come soon. I hope to see some of you at PRAASA in Alaska. I will be moderating the YP round table on Friday afternoon and I’d love to see some of you there!

As I think about forming a group conscience, I think about my past experiences at the group, district, and area levels. One of the things I love most about AA is the focus put on the minority opinion. I have been at an Area Assembly where the vast majority of people were agreeing on something, but when a member got up and shared his minority opinion, you could feel the room shift. When the body voted again, the outcome had changed! All because someone had the freedom to share their minority opinion without judgement from the group. It was a powerful experience. In my group and at the district level, I’ve had to learn the importance of listening to understand and learn. As is true with many alcoholics, I usually think I’m right 😊 But in AA, I have learned that I’m not always right. When I listen to others, like REALLY listen, I become open to new ideas and I am able to grow. The more experience I have had in chairing committees, the more I have come to appreciate and love the idea of group conscience. It’s not about what I want, it’s about what the group as a whole wants. It’s about unity. It’s about letting our higher power guide our decisions and keeping our primary purpose at the front of our minds. It’s about serving the still suffering alcoholic.

Please feel free to reach out to me about any YP questions or ideas! I’m excited to have met some new YP chairs within the last month. I’m looking forward to learning from you all! Have a great month!

In love and service,

Heather Spencer
Area 72 Young People’s Chair
ypchair@area72aa.org

Special Committees
ARCHIVES STEERING COMMITTEE

ARCHIVES REPOSITORY CORNER
archivesrepository@area72aa.org

Districts

DISTRICT 1
Spanish Speaking District South of King/Snohomish Counties, Olympic Peninsula
aaintergrupalarea72.org
dcml1@area72aa.org

DISTRICT 2
Camano Island & Northwest Snohomish County: Stanwood, Arlington, Silvana
district2aa.org
dcml2@area72aa.org

DISTRICT 3
Southeast Snohomish County: Lake Stevens, Snohomish, Monroe, Sultan, Gold Bar, Index
skyvalleydistrict@area72aa.org
dcml3@area72aa.org

Committee Updates:
1. We have successfully filled two vacant committee spots:
- Corrections Committee
- Grape Vine and Literature Committee
Thank you to those two who made themselves available!

2. Currently, we still have open positions that need to be filled:
- Accessibilities Committee
- Alternate Treasurer
- Alternate District Committee Member (Alt DCM)
Upcoming:
This month, I will begin outreach efforts to groups that are not currently registered. My goal is to:
- Identify and connect with these groups to provide information and support.
- Assess the potential for finding a suitable candidate for the DCM position.
Dan H
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DISTRICT 4
Skagit County, Burlington, Concrete, Mt. Vernon, Sedro Woolley
District4aa.weebly.com
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DISTRICT 7
South Clark and Skamania Counties: South Vancouver Area, Camas, Washougal, Stevenson, Carson
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DISTRICT 8
Thurston & Mason Counties: Olympia, Shelton, Lacey, Tumwater, Hoodport, Matlock, Rainier, Littlerock
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dcml8@area72aa.org

DISTRICT 9
Central Tacoma: Fircrest.
Piercecountyaa.org
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We are trudging along at D9 with two district meetings under our belt and things are starting to flow nicely. We have a couple positions that came open that we need to fill one unfortunately due to the passing of a longtime D9 servant, Tom R, who would always make himself available wherever needed. Our GSRs are showing up and participating and are excited to

learn and carry the voice of their home groups.
We hosted a GSR school with neighboring south sound districts D44, D45 and D29 which was well attended and very informative! Thank you, Lupita, for coming down to lead that for us! The South Sound 7 had our first meeting in January, and we got to know our fellow DCMs and ALTDCMs in the south sound, we decided to host a watch party at Puget Sound Central Service office on March 16th of the Northern Districts pre-conference. A few of us will also load up the can for the pre-conference with the Southern Districts in person, looking forward to that!
Looking forward to many more adventures in service and learning opportunities!

Shannon H
DCM9

DISTRICT 10
Kitsap Peninsula: Silverdale, Bainbridge Island, Kingston, Poulsbo, Chico, Belfair, Bremerton, Kingston
dist10.org
dcm10@area72.org

Our district business meetings are monthly, normally on the last Sunday of the month. The location varies each month as each group General Service Representative (GSR) gets approval from their group to make their hall available for our two-hour meeting.

We have 19 Groups with GSRs of which 10 participated in the last district meeting. We have 24 Trusted Servants of which 18 participated in the last district meeting.

Anyone may attend our business meetings however only GSRs, (or Alternates), District Trusted Servants, and Standing Committee Chairpersons may vote.

The newsletter topic this month is “The General Service Conference. Sharing the Topics with your Group....”

Communication is a two-way street. I really like how the General Service Representative Handbook shows such a simplified way on page 4 of the newly revised book just how the communication goes from the AA Groups, to District meetings, then to Area Assembly, and then to the General Service Conference and back again.

If we don’t get the word out, then the word is idle and stays on aa.org, or area72aa.org, or whatever our district central office website may be. Our Delegate Courtney has already informed us at the January Quarterly that she was chosen to be on the Grapevine Committee at this year’s Conference. So, I am assuming one item we will be talking about is the 5-year financial plan of the Grapevine and La Vina with goals to reduce shortfalls and increase revenue.

Other Agenda Items will be discussed at the scheduled Pre-Conference meetings coming up in March. I remember from last year that our Delegate doesn’t go over ALL the agenda items because our heads would explode with way too much

information. At least mine would. So, I for one am grateful Courtney will filter out what she thinks is “area important” and go over a few agenda items so we can keep it simple. (I heard that somewhere before). If anyone wants to know what all the Agenda Items are and the background of each one, they can be found on our area72aa.org website once available.

District 10 is one of the districts where we will attend any one of the five scheduled Pre-Conference meetings in the South, North, East, and Central Area locations along with a virtual only meeting. We will be discussing this at our next district business meeting on the 23rd of February at the 9th & McKenzie Group Hall. We are hoping to “HERD” as many GSRs, Alts, Trusted Servants, and any members who really love Service Work to come to a Pre-Conference meeting, take notes, ask questions, and bring back to each group so each group member has an idea of what the heck A.A. World Service is doing for the suffering Alcoholic inside and still outside of these rooms.

Once the GSRs get a group conscience from their group on the Agenda Items, these will then be discussed at our district meeting (March 30th). I am hoping our district GSRs will then also participate in sharing feedback with Courtney at the meeting on Saturday, April 12. This way Courtney has a better feel of how each group and districts opinions are on the Agenda Item topics.

I am so grateful to be of service and looking forward to the meetings.

Peace.

Mike D.
DCM District 10

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DISTRICT 12
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DCM12 February 22 2025 report

- We had our GSR School Yay it was Great our Area 72 Alt Delegate Lupita was awesome and very inspiring lot s of great information was so great to collaborate with Districts 3,12,19,24,42 and everyone else that was involved . We had great attendance both in person and on Zoom. Super big shout out to District 24 for running Zoom. Recovery Cafe was Happy to have us.
- Continued planning for Pre – Conference in Mt Vernon. Initially there were questions about sound that seem to have been resolved from experience gained from GSR School district 24 will run Zoom and sound at this event too. Its been fun collaborating with Districts

- 2,3,4,11,12,19,24,42,46 and we look forward to having Pierce Counties districts join us online.
- Got a list together of District 12 Committee Chairs contact info attending quarterlies that we don’t have Chairs for. Working on a Zoom system for business meeting. Keep posting info to District 12 committee for groups . Working on getting groups involved in District 12. Keep attending Seattle Inteergroups Service Manual Study and meeting regularly thur night to read Panel 74 final Report.
- Havent had the time to carry message to District 12 groups so asking Groups to announce in district 12 meeting we would love to have them get involved.
- Its great working with other Surrounding Districts in spirit of unity though it does come with certain challenges but trying to follow traditions and concepts. Trying to make sure everyone has a voice and always being sure to ask for any Minority opinions on every decision. Trying to match up with each others enthusiasm Level.
- Super looking forward to Pre Conference these events are so fun and rewarding coming together at . Hoping to get more groups involved and people to Chair committee spots that are open.
- District 12 looks forward to working together in the Spirit of Unity with all our neighboring Districts . We had District 19s PICNIC/Grattitude chair Dave talk to us about collaborating on our Picnic this summer.

DISTRICT 14
West Seattle, White Center, Vashon Island
seattleaa.org
dcm14@area72aa.org

Greetings from District 14!
Well I blinked and it’s already almost March! District 14 held our second business meeting of the panel, which would be more aptly named our “Monthly District Conscience” meeting. As a group, our committee chairs were very enthusiastic about their first quarterly committee meetings and shared excitement for the work ahead. We are grateful that a member stepped up to fill our open Web/Tech Committee Chair position; we continue to seek available members to serve as District 14 Young People’s and Third Legacy Chairs.
Building a group conscience and sharing the topics from the General Service Conference is a task that requires teamwork. Teamwork is a

topic which is foremost on my mind today, the day after a super team of DCM's and Alt-DCM's from eight districts centered around Seattle came together to host a GSR School at Greater Seattle Intergroup. It was a total team effort that started at the January Business Quarterly, concluding with a rewarding day of discussion, interaction, and fellowship on Saturday, February 22. This event, led by our Alt-Delegate Lupita, was a perfect start to building an Area conscience. Helping GSR's understand their role and responsibilities is step one in getting group inputs into that conscience. I'm looking forward to the next step in building this Area conscience, which will come with the Pre-Conferences in March. Our tight-knit Central Seattle Districts are actively planning our Pre-Conference, which will be held on Sunday, March 23 at St John United Lutheran Church in Phinney Ridge. The Seattle Pre-Conference will also have Spanish Language translation, which has granted me the chance to engage more closely with our Spanish Language Districts. I know it can't be emphasized enough how important it is to get the word out about these Pre-Conferences so that we can support Courtney with a clear Area conscience when she travels to New York in April. I'll admit that I was anxious about how we would coordinate important gatherings like GSR Schools and Pre-Conferences when I started this panel. Now I get to be super grateful for the teamwork and fellowship I've already experienced with my friends from the other Seattle Districts and support received from across the Area. We don't have to do this alone – teamwork is essential to building an informed and complete group conscience. Thank you for this opportunity to be part of the team. Enjoy the day! Your Friend in Service, David J DCM, District 14

DISTRICT 15
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District 15 March 2025 The upcoming Delegate Pre-conference meetings all across Area 72 kick off General Service's most important work. The Pre-conferences allow our delegate, Cortney S., to begin a dialogue with AA's true VIPs, our individual members, about the message she will carry to the 2025 General Service Conference (April 27-May 3) in New York. Cortney has been assigned to the Grapevine Committee. The Pre-conferences will be her opportunity to

let our groups know what the topics she needs help and guidance with. The Districts in central Seattle are meeting March 23 at St. John's Lutheran. That includes my district, District 15. Other districts participating at St. John's are 14, 17, 40 and 41. This process — where the individual groups' consciences on Cortney's primary topics — are communicated directly to her via the GSRs ensures AA's inverted pyramid functions as described by the 12 Concepts of world service.
John P DCM

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- Accomplishments from the past quarter.
- Alongside other DCMs, Taylor and I helped plan the GSR School hosted at GSIG on Feb 22. It was great to see all the other DCMs and GSRs!
 - We participated in planning for the Central Districts Pre-Conference.
 - Natalie became our district registrar at our February meeting.
 - Woodland Park Women has continued to take a meeting into a Swedish facility for pregnant people with alcohol and substance abuse issues.
 - We started using our area Google accounts to organize our district minutes, event flyers, etc.

- Goals you hope to achieve or begin work on in the next quarter.
- We will plan to attend the Pre-Conference on March 23. Hoping to see as many GSRs as possible there

Josh Blome
DCM 17

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The past month has been about making service at the District as attractive as possible. We returned to the venue that we were at prior to Covid. It felt great to be back there. We filled our Corrections Chair position and have a hopeful candidate for Webmaster. That leaves our Accessibility Chair vacant.

Our Alt. DCM, Lee R., had worked as our Registrar to get everyone registered at the Area. I visited a couple of meetings and introduced myself, I plan to continue this trend. We have worked together with the Eastern Districts to coordinate a venue for the Pre-Conference and had a great turnout at the GSR School with the Central Districts held at the Seattle Intergroup office. District 18 has a bit of an identity crisis between Central and Eastern Districts and the confusion of being served by Seattle Intergroup rather than Eastside Intergroup, but it's a good lesson that the categorization of Districts has nothing to do with Intergroups necessarily because General Service is not the same as Intergroup Service, it is parallel to it. We know this, but there is often a learning curve for people new to service. Quite honestly, as someone who holds Seattle Intergroup near and dear to my heart, I have been resistant to being categorized as an Eastern District, but, alas, I have surrendered to logic and left my bleeding heart to the side. We have a great Area and we are proud to belong wherever we can to serve this awesome fellowship and Alcoholics Anonymous. I continue to be humbled by this service and am more in love with AA than ever.

Lara Randolph
DCM
District 18

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The General Service Conference Sharing the Topics with your Group Attending the pre-conference is the beginning of the process to form a group conscience through sharing the topics from the General Service Conference. Every year our Area 72 Delegate prepares for the General Service Conference and meets with the GSRs at the pre-conference assemblies. Part of your job as GSR is to attend these meetings, take notes, then share the topics with your group. On page 35 of the Area 72 GSR handbook you will find tips to help you when you give reports to your group. These are also helpful for sharing the topics from the pre-conference. It is also important to take

a lot of notes to help you answer any questions group members may have about the topics. In addition, it is a good idea to choose just a few topics your group may be interested in to discuss first. If you have time after that you can see if the group wants to discuss more topics. After you come to a group conscience you will share that information with our delegate, Courtney, before the April 13th deadline. On page 14 of the handbook in the description of the Pre-conference assemblies it says, “This way the GSRs can inform the Delegate about their groups’ thoughts on the issues so that the Delegate has a sense of our Area while attending the General Service Conference.” In the pamphlet *G.S.R. General Service Representative Your group’s link to A.A. as a whole* it says: You transmit ideas and opinions, as well as facts; through you, the group conscience becomes a part of the collective conscience of our whole fellowship as expressed in the General Service Conference.”
Lisa B. D21 DCM

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March report
The Area Accessibility Chair, Bud W., asked District 25 if he might present info on the work and workings of this committee and how best District 25 might add to the success of those goals. At the time of Bud’s initial request District 25 did not have a chairperson in place, but by the time of the next scheduled (February) business meeting wherein Bud would present we had voted in Arrin R.. That being said, Arrin introduced Bud W. and he provided us with a compelling share on the hopes, means, and goals for this arm of AA’s service structure.

Believing this to be an effective way to drum up enthusiasm for both the area and district service arms and still needing to fill a few other committee positions (including CPC, PI, Treatment, and the Young People’s Chair) it is my goal to send invites to the Area Chairpeople of these

committees and see if we can’t get them to provide the needed incentive to our group of GSRs, AltGSRs, and all the membership to stand and serve knowing that their sobriety will be elevated through fulfilling 12th Step and making true the Declaration of Responsibility:

I am responsible... when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.
Jo
DCM

The General Service Conference, Sharing the Topics With Your Group

I was sick in bed with pneumonia when our Area Delegate, Courtney S., reached out via email regarding the necessity of setting up a date for an online pre-conference on the topics being discussed at the next conference. But I was more than a little “self-absorbed” and wasn’t inclined to read or catch up on or follow through on any emails whatsoever. Undaunted, Courtney ended up placing a call to me that I was able to take and just in time for the regularly scheduled District 25 business meeting with the committee chairs, GSRs, AltGSRs, et al.

In that phone conversation with Courtney S. and I were able to choose a date, March 26, 2025 at 5:00pm Pacific Time for all interested parties to hear via Zoom Courtney’s presentation and to voice questions and concerns before taking what they hear back to their individual groups where the membership will discuss and determine the “group conscience” decisions for the GSR to then submit to Courtney via the form she is putting together for that very purpose. The topics are to be submitted to the membership via the GSRs here shortly and will be sent to their email addresses. Hopefully the GSRs will then make them available to any of their members not just at their business/pre-conference topic discussion meeting but as soon as they might so people can really sit with them and think about them, maybe even talk about them with their step or service sponsors so as to begin to formulate an understanding of the various topics.

This is just another thing I love about what A.A. is teaching me (us): To give myself time to think, gather information, listen and then voice my ideas/opinions and to join in the voting process knowing that every vote is important. To hear and really take in the minority opinion, weighing its merits and not standing so very

solid in whatever stance I’ve taken so as to be living in a closed mind!

And let me tell you folks, this is NOT my natural way of thinking and behaving and being. Its yet another gift of the program and for that I will be forever grateful.
Jo
DCM

DISTRICT 27
Cowlitz, Pacific and Wahkiakum Counties: Longview-Kelso Area, Long Beach Peninsula
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“FORMING A GROUP CONSCIENCE”

Our District has been growing since Covid. People doing service has also increased. District 27’s PI/CPC committee had asked for, and received, an increase in their monthly budget from a group conscience. Big Books have been bought for jails in our district and we are working on other jails receiving copies soon. All of these decisions are done by having a group conscience. We also have someone making themselves available for our Corrections and Treatment Chair next month. This is going to help tremendously in carrying the message of AA to those that may want “a way out”.

We are getting organized!

In service,
Dave K.
DCM District 27

DISTRICT 28
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Our February district meeting became highly animated when discussing the 2025 budget. The big contentious point was the allotted funds to the Chairs and approval of what they spend it on. The bright side was them wanting to know the guidelines on how to utilize the money to best fulfill the goals of helping the alcoholic in need of the services we're capable of providing. A need to update our District 28 handbook, last updated in March 2018 comes to light. Staying informed is a game we must always be prepared for.
Andrew, Accessibility Chair, brought to light ideas from his Quarterly he hadn't considered before assuming the position. He agreed when asked to provide a short-written summary next month for the GSRs to share with their Home groups. Game on. Doug, Web Chair, reintroduced, after being confronted by members about web content, what is allowed to be posted on our AA website? Past conscience says, Traditions are the fine line which guides us. Some feel the line should be rigid and uncompromising, while others say it should be pliable and

reflect more of the primary AA purpose of carrying the message. Another swipe from District to GSRs who now have to lob it back over the net to Home groups. More will be revealed when Home groups swing back. Gunny, Chehalis group GSR, brought and gave out information handouts from GSR workshop to GSRs who were not in attendance at the February 8,2025 class held, and hosted by District 8, and presented by our Alt-Delegate Lupita. Josh, GSR, Serenity Seekers, reported his group wants ideas from other groups on how they plan on implementing ride shares? Everything, back and forth, gathering and dispersing information. Wes Wants Winning Weekend Words of Wisdom! "Hear Ye, Hear Ye", Speakers Wanted! Centralia Speakers Meeting looking for speakers to share their story. Can't beat recovery as a topic. Contact me at dcm28@area72aa.org for those interested in sharing (you get service work extra credit) your recovery. Looking forward to Debbie, Grapevine/Literature Chair's report next month after her Quarterly last Saturday. Big Mike, Hotline Chair, is revving up his engine for a trip to the Seattle Intergroup hotline center for an on hands shift of observing a successful operation. I know he'll have lots of questions and then answers for us here in the S.S.S. region of area72. I might stow away in his car and see for myself what it's all about. The information game seems endless. Andrew, Accessibility, Josh, Treatment, and Rosalind, Young Person's Chair seem to be forming an unplanned alliance combining their tool bags to build a strong foundation to help alcoholics with needs. Everyone gets a chance to swing the information paddle as well as bearing the impact of being wacked by new information from it. A never-ending Ping Pong Match. Sorry I didn't get to "Sharing the Topis with your Group", about the General Service Conferance. But that might be more the reason to attend the Delegate Pre-Conferance with Courtney. For us that's March 15,2025 at the Assembly of God Church, 4224 Jackson Hwy. Chehalis, WA. 10:00 am to 2:00 pm.

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DCM28

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Greetings from District 29. Things are going well with robust attendance at the monthly business meeting. The groups and district are actively

involved in all areas of service and there is an air of excitement about expanding our message to the alcoholics who still suffer. Meeting attendance is up in most groups. We have an active Third Legacy Program and have been speaking at many group birthday night celebrations. I look forward to the next quarterly in April.

In service,
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"The Conference"
My service sponsor has been educating me on this process. I hope this article shows I'm paying attention and learning. First, a little history. The General Service Conference (known as the "Conference") was born to replace our co-founders Bill W. & Bob S., mortal men. It came about in 1951 for A.A. to truly be independent of Bill & Bob and take on a life of its own. It was originally designed to have an informed group conscience from the groups in the US & Canada that make up our fellowship with respect to the operations of our centralized services including the General Service Board (GSB), A.A. World Services, Inc., (AAWS) which includes our General Service Office (GSO), and The Grapevine Inc. All of this runs off of the 36 spiritual principles: 12 Steps, 12 Traditions, and 12 Concepts

Our service structure process is that each group elects a Group Service Representative (GSR), who attends the District meetings. Each district elects a District Committee Member (DCM) to carry the districts' group conscience to the Area Quarterlies. The GSRs and DCMs elect our Delegate at the Assembly who carries our area's conscience to the Conference. Then after the Conference, the information comes back in reverse order by our Delegate who reports back to the GSRs who then report back to their groups.

Now you can see how important it is for all the service positions to be filled along this chain of communication from the groups to the Conference and back again. I hope every group has a GSR and attends the Pre-Conference in March, where our Delegate, Courtney, will give us the Pre-Conference agenda items. Of course any member is welcome to

attend. The more, the better. Then GSRs should take these items back to your groups to get your group's conscience on the most important items; then email that to Courtney before she attends the Conference in April. Lets send Courtney off with a well-informed Area Group Conscience. I hope to see you there!
DCM 31
Angie

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When we think about the A.A. group conscience and its importance, it is good to think about the inverted triangle that represents the "Structure of the Conference" and that the "final authority" does not rest upon the few, in this case the General Service Board. But, instead, this ultimate authority is the responsibility of the groups of A.A. It is the group conscience of the members of A.A. that must thoroughly review and share information, consider the many points of view that a large collective of individuals hold, apply the practiced principles of A.A., and then determine the best way to proceed before action is taken. Many of us find ourselves in a new rotation of service and new to our service positions. We must rely on our relationships and the fellowship to seek out advice and suggestions on effective ways to share information, review/collaborate, and consider A.A. as a whole before reporting back what our thoughts are on any given topic or request to our Delegate. As Pre-Conferences approach, I am excited to partner with my fellows to determine the best way to be of service to its members and our groups while forming a group conscience.
Nicole J
DCM 32

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As we gather in our various meetings and share our stories, it's essential to remember that our collective voice holds incredible power. One of the most impactful ways we can harness that power is by discussing the topics brought up at the Pre-Conference Assembly. These conversations are more than just procedural; they are a crucial link between our local groups and the broader structure of AA, ultimately benefiting the still-suffering alcoholic.

Why Share Pre-Conference Topics?
When we discuss the issues and suggestions that emerge from the Pre-

Conference, we open the door for our groups to provide valuable feedback. This feedback is crucial—it’s our chance to contribute to the broader conversation within AA and ensure that our collective experiences and insights make their way to our Area Delegate, who will carry them to the General Service Conference.

By sharing these topics in our meetings, we create an inclusive environment where everyone’s voice can be heard. This process not only strengthens our groups but also fosters a sense of unity and purpose. When we come together to discuss these important matters, we remind ourselves that we are not just individuals on our own paths; we are part of a larger fellowship dedicated to helping one another.

The Upside-Down Triangle of AA Service

One of the foundational principles of AA is the upside-down triangle, which symbolizes the structure of our service organization. At the top of the triangle are the AA groups, followed by group GSRs, districts, area assemblies, the General Service Conference, and finally, the General Service Board at the bottom. The unique shape of this triangle reminds us that the groups are the most important part of our service structure. They are where recovery begins, and it is from these grassroots levels that we draw strength and direction.

The Importance of Feedback

When we take the time to discuss Pre-Conference topics within our groups, we invite diverse perspectives and experiences into the conversation. This feedback is invaluable—not just for our Area Delegate, who carries our collective conscience to the General Service Conference, but for the entire fellowship. Each group’s insights help shape the decisions made at the conference, influencing how AA evolves and responds to the needs of its members.

Moreover, these discussions foster a sense of unity and purpose within our groups. They remind us that we are not just isolated individuals in recovery; we are part of a larger community dedicated to helping one another. By engaging with the topics and providing thoughtful feedback, we empower our members to feel more connected to the service structure of AA and to each other.

Helping the Still-Suffering Alcoholic

Ultimately, our discussions and feedback serve a greater purpose: reaching the still-suffering alcoholic. Every time we engage in these conversations, we advocate for the future of our fellowship and ensure that it remains relevant and accessible to those who are still struggling. By voicing our thoughts and concerns, we help create an environment where every alcoholic can find the help and healing they need, just as we did.

In conclusion, sharing the topics discussed at the Pre-Conference with our groups is not just a procedural task; it is an essential part of our commitment to service and recovery. By engaging in these discussions, we empower our members,

support our Area Delegate, and ultimately enhance the experience of the still-suffering alcoholic. Let us embrace this opportunity to strengthen our fellowship and ensure that every voice is heard in the journey toward recovery. Together, we can make a difference—one meeting at a time.

With love and gratitude,
Christina M.
Alt DCM / District 33

DISTRICT 34
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District 34 is operating well! The district holds regularly scheduled hybrid meetings every 1st Tuesday of every month. District Officer’s, Chairperson’s, and GSR’s attend and participate in the meetings. We provide reports to keep the district informed of group activates, district business, upcoming events, and all business important to Area72 and GSO. Currently, one of the most pressing activates in District 34 is to increase group participation among GSRs (not participating) and encourage more AA members to engage in service commitments. The district has (6) open positions to include Bridge the Gap, Public Information, Treatment, Web Tech / Zoom Chair, and YPAA. All these positions are two-year commitments. Since the beginning of 2025, the district conducted a “Speed Dating Workshop” in January. The in-person workshop was aimed at providing information about all open district positions, and responsibilities. In attendance were prior AA members that held the open positions in the past and others of interest. The prior CHAIRS delivered brief presentations and participated in Q&A. In February the district hosted Area 72 CPC Quarterly Cooperation with Professional Community. *Upcoming*, the district will continue to keep Members, Groups, Districts, and Area well informed, conduct / participate in beneficial events and activities. District 34 will be sharing information about the General Service Conference in New York (held in April) and forming a group conscience. The district will ensure the GSRs are provided with information to help facilitate a discussion within the homegroup. The Alt DCM will attend PRASSA in Anchorage Alaska in March.

Yours in Service,
Belinda P.
District 34 Alt DCM

DISTRICT 35
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Key decisions/activities from District 35 monthly business meeting, held on February 19, 2025:

- Proposed date for this year’s District 35 Gratitude Dinner to be November 15, 2025.

- Filled Treasurer and Alt Treasure positions; still several open positions to be filled.
- Eastside Intergroup (ESIG) Chairperson (Ray) was a guest speaker at the meeting, to brief us on the current happenings at ESIG these days, and to explore opportunities for District 35 and ESIG to collaborate.
- Continued discussion from January as to the 1-2 topics we’d like to tackle as a district in the coming year. Out of our discussion, two committees were formed:
 1. Explore the best way to address ways to diversify those who attend our groups/meetings, so as to better reflect our changing community composition.
 2. Explore how to raise awareness and attract younger persons who are suffering to our meetings in the area.
- Key upcoming events:
 1. March 15: Eastside Intergroup Pancake Breakfast; 10am-1pm; St. Thomas Episcopal Church; Medina WA
 2. Eastside Districts Pre-Conference Meeting; March 22; 10am-2pm; St.Matthew’s Lutheran Church, Renton WA

Grateful to be in service,
John K.

DISTRICT 36
Northeast King County: Snoqualmie Valley, Duvall, North Bend, Carnation, Fall City Preston, Snoqualmie Pass
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Hello fellow trusted servants, it has been a great month to be a member of AA in the Snoqualmie Valley. Our district meeting in February hosted our Area Accessibility Chair, Bud W, for a presentation and questions on accessibility in AA. Our District Corrections Chair, Natalie C, got AA members into two volunteer orientations at Echo Glen Children's Center which is required for AA volunteers to get into the facility. Natalie is also working hard to get an AA meeting restarted after a multi-year hiatus. We are hoping to host an AA meeting soon for the teens and young adults currently at the facility. Our Events Chair, Jerry G, has hosted two events for the district at Hope Hall in Snoqualmie in February. We had a Super Bowl party and Valentine's dance with speaker

meeting. We look forward to more fun fellowship happening throughout the year. The first area GSR event will happen in March - we will participate in the Eastside Districts Pre-conference on March 22 in Renton. This is important so our groups can be informed of what is happening at the General Service Conference in April this year. As a district we have participated in the ongoing Area discussion topic about the Newsletter. I have asked for group feedback on the Quarterly discussion topic, and I am participating in the Newsletter Ad hoc Committee to present information to the Area in April. Like most things that I have encountered in General Service, the information has really been eye opening. The ability to disseminate area service information to a large geographic audience seems important to keeping groups and districts involved in Area service. Is the newsletter in its current format the best way to do that? It's great that we get to discuss this and reach a group conscience as an area on what information is important and how we spend our 7th tradition funds to that end.

The newsletter topic for this month, Forming a Group Conscience, is particularly interesting as we discuss the Area topics and receive information from the Delegate on the GSC. What is my role as DCM and group member to achieve a group conscience? I think my most important role in a group conscience is to listen. Listen to everybody and pay special attention to the member who disagrees or expresses a minority opinion. Why do they feel that way? What point of view do they see that the rest of don't? Always be prepared to answer how the information and decision reflects the principles of AA expressed in the steps and the traditions. I have also noticed that we do not make important, weighty decisions in AA quickly. This allows us to gather the most information and opinions from the largest audience. I have cautioned groups in the past that making quick decisions about important items does not often reflect the spirit of AA. My alcoholic was impatient and could make snap decisions about really important life choices. I always hear that alcoholic voice when I am in a business meeting and listen to a member report that we have to do this now! Slow down and listen carefully; ask your higher power to be present, get out of the way, and let your group conscience shine through.

Grateful to be of service,
Mike L.
DCM D36

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DISTRICT 38
Kirkland
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We are now two meetings into this new rotation, and I am starting to lose the butterflies. I am still nervous to run the meeting and I hope to get people excited about service at the district level. But how do I do that? District 38 is gearing up to host our very first Founders Day and people are starting to get involved. What a great feeling when people come together for the greater good.

I am still navigating how to get people informed, especially when it comes to the Assemblies and the General Service conference. I know for myself, less is always more. I think compiling a list of bullet points to disseminate to my district will be key. It is easy to get lost in the details, and unless someone specifically asks, I need to keep it short. Short and sweet!

What I am loving about this process is that I am learning right along with my district. I know I might stumble, make a mistake or not know what the next indicated step is. What I do know, is just like working my steps and staying sober, I have a huge support network that is just an email or a phone call away. I am never alone in AA and I am never alone in service, as long as I ask for help!

Kim H
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District 40 is alive and well

- Co-hosted GSR University with the central districts, was well attended and a great first event for us.
- Added an Intergroup rep
- Second district meeting, hosted by our Alt DCM, couple hiccups with switching to a District zoom. Thankfully everyone was very flexible and made it happen.
- Strong participation from GSRs, great attendance to

quarterlies so far and great sharing back to

- The district.
- Excited for the Pre-Conference we are co-hosting with 1, 14, 15, 16, 17, 31, 32, 41, 57, & 58!
- I attended the Grapevine/La Vina and Literature Quarterly and learned a ton hoping to find a Grapevine and Literature Chair in the coming months.

Chris Belden
DCM - District 40
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DISTRICT 41
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Upon a thorough review of District 41's finances, we found that while our contributions have halved each year since 2022, our expenses have remained relatively consistent. Consequently, we must make some tough budget decisions to be fully self-supporting and financially responsible.

To meet our budget shortfalls, we are exploring several options:

- Increasing outreach efforts
- Utilizing 7th tradition opportunities
- Organizing fundraising events
- Seeking support from other districts for shared expenses

For instance, if your district is interested in collaborating on a booth at this year's Pride Festival, please contact Ganelle H, Alt DCM of District 41.

With Gratitude and Respect,

Ganelle H
Alternate DCM 41
Queen Anne/Magnolia
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DISRICT 43
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Dcm44@area72aa.org

Hello everyone, I remember when I went to my first group conscience (at the advice of my sponsor). I was why do I need to go to this, I was only about six months sober at the time. Then I saw what and how it operated.

I have been to alot of group consciences since then, and for different groups and committee's as well. Each one operates completely different than the other one. But they all have the same purpose to come to a uniformed decision. I have formed a couple of group consciences for different groups, and setting up the responsibilities of each position is very important to help keep the group informed how it is being conducted and where and the monies are being spent. Laying out the guidelines or agenda for the group conscience is conducted is just as important. I do believe the best group conscience is one where everybody has the opportunity to be heard, and if someone has something they think is important then they should be looked into, instead of just shutting it down. I learned that the hard way.

Jim B. DCM

District 43

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DISTRICT 45
SW Pierce County; south Tacoma, Lakewood, Parkland, Spanaway, Steilacoom
dcm45@area72aa.org

District 45 is happy and grateful to be working to help the still sick and suffering thru Valentines day and we have had some cold weather. As we begin to get adjusted to the new Panel 75 rotation and fight the learning curve of transferring emails and bank accounts we are settling into a more normal routine of work and planning. The district just hosted a very well attended GSR School with Lupita rocking the service house with a bunch of great topics. Just a few were touched upon;

- The most important service position in AA is the GSR.
- Sometimes suiting up and showing up is the best we can do, and that's 1000 times better than not.
- Exploring the Area 72 website is crucial.
- Important Dates were talked about. Preconference, Assembly, Quarterlies
- Effective communication from GSR to group
- Unity, Fellowship, Friendship within the Committee Structure
- We highlighted the new person in service
- There was great participation and Q&As
- Someone brought some FANTASTIC Maple Bars with BACON!

- D9 and D29 DCMs Shannon who I called Kari 5 times and Fred

Pierce County doesn't not have a face-to-face meeting for the pre-conference so we are organized and are having a viewing party of the Northern Districts Pre-Conference March 15th 10-2 at our local CSO office, but GSRs also will be traveling to Chehalis and Renton each about 30-45 minutes from Tacoma. We have had some great discussions regarding Newsletter and King County Bus Signs. We have several positions that still need to be filled. PI, Accessibilities, Grapevine and literature, and District Registrar. District 45 is beginning to plan our Summer Picnic. Alt DCM Mary and GSR Darrel are booking venue.

DISTRICT 46
Whidbey and San Juan Islands: Anacortes
www.district46aa.org
dcm46@area72aa.org
Altdcm46@area72aa.org

DISTRICT 54
Bonney Lake, Buckley, Carbonado, Enumclaw, and South Prairie
aadistrict54.org
dcm54@area72aa.org

District 54 is off to a busy start and there are a couple of key positions that we are still working to fill, one of which is the Alt DCM. The Service Committees/GSRs are all getting settled in. We hosted our Anniversary/Gratitude dinner in February, which was a lot of fun! We are also planning our District Orientation and Pre-Conference Watch Party which will both be held in March. In thinking back to when I was a GSR, I recall the difficulties of getting all of the General Service Conference information in front of my Homegroup to establish our Group conscience given the limited time allotted by my Homegroup. We found it beneficial to form a small group out of the Homegroup members to attend a "General Service Pre-conference" review. This is where we looked at the various topics and questions that our Delegate needed a response on. It generally took a couple meetings for this small group to form recommendations, which we took to the following Homegroup meeting and established our Group's conscience. Given the condensed timeframe, it was/is important to attend the Delegate's Pre-conference meeting. Quite often, the topics seem to evolve and the Delegate's emphasis on many topics may shift. As a GSR, I found that spending time discussing the topics with the small group and presenting the recommendations to the Homegroup, I became well informed on the Groups interests, and was able to address the topics as they evolved. Attending the Delegate's General Service Post-conference report out provided me with information to share back with my Homegroup and helped close the loop

between the General Service Conference and my Homegroup.

With Gratitude,
David H.
D54 DCM

DISTRICT 55
Sequim area
district55aa.org
dcm55@area72aa.org

DISTRICT 56
East Jefferson County: Port Townsend, Quilcene, Brennon, Port Hadlock, Chimacum, Coyle
district56aa.org
dcm56@area72aa.org

DISTRICT 57
Spanish speaking region that encompasses all of Western Washington from Lynnwood to the north
aaintergrupalarea72.org
dcm57@area72aa.org

DISTRICT 58
Olympia to Vancouver, west to Aberdeen
aaintergrupalarea72.org
dcm58@area72aa.org

Intergroups and Central Offices

AREA 72 OFFICINA INTERGRUPAL
aaintergrupalarea72.org

EASTSIDE INTERGROUP
eastsideaa.org

Forming a Group Conscience

Learning this is an important part of my spiritual growth in AA. and how to keep a home group healthy. How often do we hear talk in a meeting about how long someone shares for too long? Or do we need better topics? Or other ideas that might affect the group as a whole? I like this meeting the way it is, do we want to stay hybrid? Does your meeting lose members? Do you attend your home group business meeting? That's where we learn about a group Conscience and learning the principles of AA to stay sober. Things aren't always going to be my way. Humility, Ego, Pride, learning how to recognize our character defects and not get a resentment is essential to not picking up that drink. Learning how to share in a group how I feel about what is happening in a meeting or how we might make it more inviting for new members might not be the same with others who like it, just the way it runs is where taking a group conscience is the solution. Trusting the group's decision and seeing that my higher power is speaking to me through the group is something I have learned in AA.

My new service position on the Board of EastSide Intergroup is going to help me learn a lot more about practicing these

principles in all my affairs, learning how to listen is the first one that comes to mind. Service is Relapse Prevention in my program so looking forward to helping carry the message of AA with all our members on the east side. Check out our website, eastsideaa.org for all our events like our Pancake Breakfast coming up March 15th. Or stop by and meet Doug H our Office Manager or our great volunteers and maybe pick up some coins or literature for your home group. Thank You for taking the time and reading this and hope to meet you on your trail to a happy destiny.

Ray H. ESIG

GREATER SEATTLE INTERGROUP
seattleaa.org

The new service rotation at Greater Seattle Intergroup is off to a great start. Many of our service Chair positions have been filled and the groups in our service area have stepped-up and help make the first two months of 2025 financially positive. I am excited about the year ahead.

Some of the highlights of the past month have included: a wonderful visit to our monthly Board meeting from AA General Service Trustee Carolyn W of British Columbia to share with us about the upcoming International Conference in Vancouver; continued recruitment for our online chat service; continued recruitment for our open service positions including Webmaster, Web & Tech Chair, Special Events Chair, Third legacy Committee Chair, and Newsletter Editor; and planning for the upcoming Burien Little Assembly.

Additionally as a start to the new service rotation the Seattle Intergroup Board has sent a letter to be read by GSRs to every AA group in the greater Seattle area, describing the work GSIG does to support groups, and outlining ways groups and individuals can support Intergroup with volunteers and contributions.

Finally as Board Chair I have begun a process of reaching-out to each of the Intergroup service committees that do the day-to-day work of serving the still suffering alcoholic to learn what the GSIG Board and staff could do to better support the amazing work they all perform. Their input will help inform our GSIG Board agenda in the coming years.

To contribute to Seattle Intergroup, you can donate on our website at: <https://seattleaa.org/online-contributions/>. We also accept credit cards, Apple Pay, Google Pay, Paypal or Venmo. Checks can be mailed to PO Box 698, Seattle, WA 98177.

If you would like to learn more about us, you can subscribe to our monthly newsletter the High and Dry, visit our website at seattleaa.org, or contact me any time at chair@seattleaa.org, or 360-362-3180!.

In service,

Jeff U
Board Chair Greater Seattle Intergroup

PUGET SOUND CENTRAL SERVICE OFFICE
pugetsoundaa.org

SNOHOMISH CO. CENTRAL OFFICE
snokingintergroup.org

VANCOUVER AREA INTERGROUP
vancouveraa.org

Member Articles

Service Work, Works for Me

The traditions Of Alcoholics' Anonymous are based upon unity as described in Tradition One and Two. They emphasize humility, unity, and trust in a loving God expressed through the group conscious. This principle ensures that no individual has ultimate authority, guiding AA groups to focus on helping others recover. By fostering collaboration and spiritual growth, Tradition 2 transforms relationships, decision-making, and leadership within the fellowship and beyond.

Therefore, the one voice represents all the voices of the members of the group and is called the group conscious. AA is unusual, as most organizations have one person making the decisions for all to follow. In AA, we all have a voice to blend into the one voice for our group guidance. This leads into unity to be of service as chairing a meeting, holding a position, doing sponsorship, and ways we reach out to other alcoholics in twelve-step work. .

Being in harmony with each other gives us the power to serve and carry the message. We need the new comer as much as they need us. We are the arms and legs of our higher power when being in service where we are called. As a group, we allow "The Father doeth the work", to provide the results. Our sole authority is a loving God as expressed in a group consciousness. This does work.

Sometimes I found myself helping someone calling the main office. We do not go alone to these 12-step calls. I went with my sponsor. At times, the person calling for help does not follow through with meetings and working the program. I was concerned. I learned that it helped us even if the person was not into recovery. This is what Lois said to Bill W. after 6 months of trying to recruit drunks in a bar. Her comment to his lament was, "It kept you sober".

Suggesting the newcomer get into service is a wonderful way to involve their coming to meetings. There were times as the coffemaker or ashtray cleaner, in the old days, I had to be there, even though I did not want to go to the meeting. I always heard what I needed to hear. After the meeting, I was so glad I did attend.

I was put in a position to chair in my early days. I felt insecure about heading a meeting. After the meeting, a new member came up to me and thanked me for the topic, as they too needed to hear what was shared during the meeting.

I was so insecure, and shy when first in AA, I kept in the background. I needed to learn to speak up, reach out, and be supportive of another. The interesting part of my sponsor keeping me involved was that in helping others, I found more of myself. I saw that in helping another I was helping me. I was learning to participate in life. The way in the past was to drink to be at the party and part of the fun. I was doing things sober.

As I became involved with helping in different parts of the program, I gained in self-confidence, being able to speak up. One of my big shortcomings was that I was so lonely. While being in meetings, helping with the conference preparations, gratitude meals, and other events, I was not alone but part of the committee. I grew into being a part of the group and enjoying their company. I finally fit in.

In sponsoring, I found I was often helped more than the person with whom I was working. We had many similarities. After each time we met, I always felt better. They were like a mirror to me. That was validating. It is the gift of being in service. I can feel good by helping others.

I have personally adopted the 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.

A friend in another 12-step program lived in a cabin and always went to the 4th step workshop when I chaired. Her neighbor called to tell me that the Rescue Aid truck had been at her home but she did not go to the hospital. I immediately called her saying, "I am on my way to pick you up".

It turned out that the summer heat was too much for her poor health to endure. When I arrived at her place, I found that her cabin was hotter inside than the weather outside that day. It was as ifnewsletter@area72aa.org she were in an oven. I took her home with me and she stayed to recuperate for several days. You never know how your jumping in will be helpful, but being there does make a difference. . .

Being in service has brought me a better life. I have become the person I always wanted to be. Without Alcoholics Anonymous and being in service work, I would not have been able to help my friend. When I came to the program, I stayed isolated, afraid to join in, speak, or participate in the activities. As in the *Serenity Prayer*, I have found ' the courage to change' in Alcoholics Anonymous. By Marilyn R.

Flyers, Events, and Forms

Group Treasurer's Regular Contribution Plan Addresses			
General Service Board Post Office Box 2407 James A Farley Station New York, NY 10116-2407	Area 72: Western Washington Area 72 1901 Cornwall Ave., #745 Bellingham, WA 98225	Your Central Office or Intergroup:	Your District:
Online: https://www.aa.org/aa-contributions-self-support	Online: https://area72aa.org/contribute/		
Please make sure all your contributions include your group's name and group number. This will ensure your group is properly listed in the quarterly Contribution Reports.			
Western Washington Area 72 Contributions To make contributions to Area 72, please make checks payable to: Western Washington Area 72 Mail to: Western Washington Area 72 1901 Cornwall Ave., #745 Bellingham, WA 98225 Contribution Amount: \$ _____ <i>Please include District and Group numbers on the check</i> Group Name: _____ District #: _____ Group #: _____ Address: _____ State: _____ Zip Code: _____ Email: _____ Phone: _____ Area 72 is an unincorporated association recognized as exempt from federal income tax under Internal Revenue Code 501(c)(3). Therefore, individual contributions may be tax deductible depending on an individual's tax filing status. The Area does not give tax advice. Always check with a Certified Public Accountant regarding tax questions and deductibility of your contributions.		Western Washington Area 72 Newsletter Suggested donation for new or renewed subscriptions is \$15 per year. Please make checks payable to: Western Washington Area 72 Mail to: Western Washington Area 72 Registrar 1901 Cornwall Ave., #745 Bellingham, WA 98225 Name: _____ Address: _____ City: _____ State: _____ Zip Code: _____ Email: _____ Phone: _____ Amount Enclosed: \$ _____ 1 yr. 2 yr. Changes of address or group information: ☐ The Area Registrar maintains the Newsletter mailing list and updates group information with GSO. To update group information, including new GSRs, please use the Group Information Change Form located on the back page of this newsletter or send email to registrar@area72aa.org.	

						Share With Your Delegate
Date	Date	Date	Date	Date	Date	Date
Saturday March 15	Sunday March 16	Sunday March 16	Saturday March 22	Sunday March 23 <i>Spanish Interpretation</i>	Wednesday March 26	Saturday April 12
Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts	Hosting
Southern: 7, 8, 21, 27, 28, 29, 37	Northern: 2, 3, 4, 11, 12, 19, 24, 42, 46	Tacoma viewing party Pierce County: 9, 44, 45, 54	Eastside: 18, 33, 34, 35, 36, 38, 39	Central: 14, 15, 16, 17, 31, 32, 40, 41, Linguistic: 1, 57, 58	Virtual: D25	Share with your Delegate <i>GSRs share verbal feedback from homegroup discussions</i>
Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)	Time
10:00A - 2:00P	10:00A - 2:00P	10:00A - 2:00P	10:00A - 2:00P	1:00 - 5:00P	5:00 - 8:00P	9:00 - 10:30A
Type	Type	Type	Type	Type	Type	Type
In-person	Hybrid	In-person	In-person	In-person	Virtual	Virtual
Location	Location	Location	Location	Location	Location	Location
Jackson Prairie Church 4224 Jackson Hwy, Chehalis, WA 98532	Skagit PUD 1415 Freeway Dr, Mount Vernon, WA 98273 Zoom: Meeting ID: 874 8829 4121 Passcode: 815295	Puget Sound Central Service Office 3640 S Cedar St S, Tacoma, WA 98409	St. Matthew's Lutheran Church 1700 Edmonds Ave NE, Renton, WA 98056	St. John's United Lutheran Church 5515 Phinney Ave N, Seattle, WA 98103	Zoom: Meeting ID: 944 512 3341 Passcode: PreConP75	Zoom: Meeting ID: 944 512 3341 Passcode: PreConP75

Area 12 Corrections

Hybrid

QUARTERLY

ZOOM

ID: 873 0585 5427

PW: 331463

SATURDAY

MARCH 15 2025

10AM-2PM

3640 S. CEDAR STREET, SUITE S

TACOMA, WA 98409

Food provided

Seventh Tradition Will Be Observed

DOORS OPEN AT 9:30

corrections@area72aa.org

Free Online Event

Open to professionals, students, first responders, and anyone interested in learning more about AA and Alcoholism

A Presentation on Alcoholics Anonymous & Alcoholism

Helping Professionals Help Their Patients

Developed for professionals with patients who drink too much

Learn strategies to foster sobriety

Understand the AA program of recovery from the professional's perspective

With Al-Anon participation Al-Anon is a Twelve-Step support program for the friends and loved ones of alcoholics

Wednesday 09 April 2025

7 pm Eastern

6 pm Central

4 pm Pacific

Scan to Join

Zoom ID: 810 9099 6343

Password: 411

Sponsored & Presented by AA Nurses for Recovery

Co-hosted by the Bay Area PPG AA Group

<https://www.aabayarea.org/nursing-event/>

Every Thursday

Pacific Region Service Nerds

6pm PT/7pm MT/8pm CT/9pm ET

1st Thursday: Tradition of the month

2nd Thursday: Concept of the month

3rd Thursday: Service Manual Chapter

4th Thursday: Special Speaker on Service Manual Chapter

Zoom ID: 878 7493 8831

PW: Nerds

Email:servicenerds62@gmail.com

2025 COLUMBIA RIVER GORGE HOW-L

March 14, 15, & 16th

"Language of the Heart"

816 page x316

323 E 4th street, The Dalles OR- Civic Auditorium

THE DOORS OPEN AT 4 PM FRIDAY

JOIN US FOR:

- Speaker Meetings
- Women's and Men's Meetings
- Al-Anon Meetings
- Panel/Workshop
- Raffle
- Hospitality Room
- Fellowship
- Fun!

Sunday Morning Pastry & Coffee Social

Optional Dinner Saturday Night:

General questions: How1993@yahoo.com

Jonni H 541 380 1352

Speaker Lineup

Matt C.
Nashville Tennessee:
Opening Night Speaker.

Luther B.
White Salmon: Local Speaker.

John H.
Southern CA: Alanon Speaker.

Saturday Afternoon Panel:TBA

Arina A.
Eagle Idaho: Saturday Night Speaker

Sharyl W.
Minnesota: Spiritual Speaker, Sunday morning.

TWO WAYS TO REGISTER

1. ONLINE!

Scan the QR

<https://how2024.wufoo.com/forms/xia1y821tpafkw/>

2. Mail-in Registration

JOIN US ON FACEBOOK

Columbia Gorge HOW-L Conference

Limited seating, ALL PARTICIPANTS MUST be registered

Mail Registration with Check Payable to: Columbia Gorge HOW-L PO Box 973 Hood River, OR, 97031

NAME(S)

EMAIL

ADDRESS

CITY/STATE/ZIP

HOW MANY REGISTRATIONS @ \$65.00 \$

SATURDAY DINNER ADD ON(S) @ \$35.00 \$

Chicken _____ Tn Tip _____ Vegetarian Lasagna _____ \$

SCHOLARSHIP DONATIONS _____ \$

TOTAL INCLUDED \$

Volunteers Needed! If you are interested in a 2-hour commitment, please put your name and phone number here.

Registration: Rick Narciso- rickyn2001@gmail.com

Hotel Group Rate: The Fairfield Inn & Suites by Marriott (541) 769-0753

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