

The Circle and Triangle
AA’s Third Legacy

Western Washington Area 72
Newsletter
June 2025

July 2025 Newsletter Topic:
We are Self Supporting

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Confidentiality

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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.

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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			
AREA QUARTERLY July 11 & 12	Area Business Quarterly	LaQuinta Inn & Suites 1425 E 27th St., Tacoma,	AREA QUARTERLY July 11 & 12
AREA ASSEMBLY Oct 3-Oct 5	Area Assembly	Lynnwood Event Center 3711 196 th St SW Lynnwood	
Area Standing Committee Quarterlies			

June 14, Saturday 10am-2pm	Grapevine & Literature Quarterly HYBRID	201 S Division St Suite B Auburn WA 98001	Zoom ID: 873 2199 0075 Passcode: 620280
June 21, Saturday 12pm-1:30pm	Treatment Round Table HYBRID	VIRTUAL	Zoom ID: 812 5591 9512 Passcode: (No Password)
June 21 Saturday 12pm-4pm	Corrections Quarterly HYBRID	Greater Seattle Intergroup 5507 6 th Ave S Seattle	Zoom ID: 873 0585 5427 Passcode: 331463
Saturday July 19 10am-2pm	Accessibility Quarterly		Zoom ID: Passcode
Saturday July 19 10am-1pm	Treatment Quarterly HYBRID	Skagit PUD 1415 Freeway Dr Mount Vernon, WA	Zoom ID 812 5591 9512 Passcode: (none)

Delegates Conference Report			
June 7 Saturday 10am-2pm	Peninsula Districts Pot Luck Finger Foods	Christian Life Center 1780 SE Lincoln Ave Port Orchard	
June 14 Saturday 10am-2pm	Longview	Family Faith Christian Center 3820 Ocean Beach Highway Longview, WA 98632	
June 15, Sunday 1pm-3pm	Spanish Districts 1, 57, & 58	538 N Tower Ave Centralia, WA 98531	
June 19 Thursday 6pm-9pm	District 18	2201 NE 4 th St Renton, WA 98056	
June 21 Saturday 12pm-4pm	Tacoma	Steilacoom Community Center 1603 Rainier St Steilacoom WA 98388	
June 22 Sunday 10am-1pm	Virtual		Zoom ID: 944 512 3341 Passcode: ConP75
June 28 th Saturday 10am-2pm	Southern Districts	Battleground Community Center 21609 NE 72 nd Ave Battleground, WA 98604	
June 29 th Sunday 10am-2pm	Northern Districts	Skagit PUD 1415bFreeway Dr Mount Vernon, WA	Zoom ID: 970 3994 0348 Passcode: 483743
July 19 Saturday	Central Districts	TBD	
Pre-Assembly 2025			
August 2 Saturday	East Side Districts	(18, 33, 34, 35, 36, 38, and 39)	
August 3 Sunday	Online Virtual	Anyone Welcome	
August 9 Saturday	Pierce County Districts	(9, 29, 43, 44, 45, 54)	
August 10 Sunday	Southern Districts	(7, 8, 21, 27, 28, 37)	
August 16 Saturday	Northern Districts	(2, 3, 4, 11, 12, 19, 24, 46)	
August 17 th Sunday	Peninsula Districts	(10, 22, 55, 56)	
August 20 Wednesday	Virtual	Anyone Welcome	

August 23 Saturday	Central	(14, 15, 16, 17, 18, 31, 32, 40, 41, 42)	
August 24 th Sunday	Spanish Districts	(1, 57, 58)	
2026 Conferences			
February 27- March 1	PRAASA 2026	Honolulu Hawaii	
Workshops			
Sunday, June 8 3pm-4pm	Area Email and Google Basics	Virtual	Zoom ID 471 680 0414 Passcode: Area72
Sunday June, 15 4pm-5:30pm	Registrar Workshop	Virtual	Zoom ID 633 540 5154 Passcode: Registrar
Sunday July 20 th 3pm-4:30PM	Arae Email & Google Basics Workshop	Virtual	Zoom ID 471 680 0414 Passcode: Area72
Study Groups			
4 th Sunday 3:00 PM – 4:00 PM	Cooperation with Professional Community	VirtualR	Zoom ID: 872 1003 9770 Passcode: 024176
4 th Saturday of the mon 10:00 AM – 11:30 AM	Corrections		Zoom ID: 828 6821 9335 Passcode: 343910
Up Coming Newsletter Topics			
July On Line Only	We are Self Supporting	Due June 20	Submit Word Doc to Newsletter@Area72AA.org
August Print and online	We are not a Glum Lot, Rule 62	Due July 20	Submit Word Doc to Newsletter@Area72AA.org
September Online only	The Area 72 Assembly 2025	Due August 20	Submit Word Doc to Newsletter@Area72AA.org
October Online Only	2025 Gratitude Celebrations	Due Sept 20	Submit Word Doc to Newsletter@Area72AA.org
A.A. INTERNATIONAL CONVENTION			
July 3 – 6 2025	A.A. International Convention	Vancouver, Canada	A.A.org/International- Convention

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

First, I can’t say thank you enough for the incredible feedback I received from our Area 72 groups before the Conference. Your thoughtful comments, questions, and encouragement meant a lot. I read every single one and felt your support. Thank you for the emails, email responses to my daily emails, and packages too! It was so helpful to feel connected to Area 72 during the week.

Conference week kicked off informally on Saturday with a Pacific Region history tour. A few of us rented a bus and visited AA landmarks around New York — including 38 Livingston Street, where Bill and Lois once lived, and site of Towns Hospital. That evening, we had a meet-and-greet where delegates exchanged pins, a fun tradition. I made a pin of my own, and you’ll get one if

you attend a report-back! A photo of it even made the Grapevine Instagram page!

Sunday was the official start, with roll call — and I had the honor of saying “present” on behalf of Area 72. That day, we spent time discussing the Conference Inventory. My group was assigned four questions, and we dove deep. I came prepared with summaries, quotes, and a few possible ideas. Notes from those discussions will be shared later this summer and included in the final report.

Monday morning, I met with my Conference Committee, Grapevine, and I couldn’t be more impressed. It’s a smart, thoughtful, passionate group, and we had robust conversations about our agenda items. We even discussed a few important topics that weren’t on the list of agenda items. I left feeling hopeful and excited about what we’ll bring to the floor later in the week.

Throughout the week, we heard from other committees, shared perspectives during open sessions, and listened to updates from GSO and trustees. On Wednesday, our Pacific Region wore matching t-shirts and in between the work, I had the chance to meet people from all over, including some wonderful GSO staff. I’m always amazed at how much they do behind the scenes.

We wrapped up with some long and powerful days of discussion and voting. In total, we completed 93 agenda items, including 55 committee recommendations and 12 floor

actions. One standout moment: the approval to adopt three short videos from Australia that left many of us in tears. We also voted to develop new literature and took steps to help Grapevine move toward becoming self-supporting.

It’s hard to put into words what this week meant to me. I tried not to come in with expectations, and I’m leaving with a full heart. I’m proud of the work we did together and I’m looking forward to sharing even more with you in the coming weeks during my report-backs. Check out the area72aa.org website, Events page to see the dates and locations.

Thank you again for letting me be of service.

Best,
Courtney S
Delegate P75

ALTERNATE DELEGATE
altdelegate@area72aa.org
Hello Area 72!

Before I address this month’s topic, I want to give a little update on what I’ve been up to as Alternate Delegate for Area 72.

It felt like my main task this last month was making sure Courtney was well and on her way to New York for the General Service Conference! :) In addition, there were two DCM workshops that were hosted in late April. I was very pleased with the

participation from the District Committee Members at the both DCM schools. I loved the open conversation and engagement between folks in attendance. After hearing suggestions from some District Committee Members, we will start having a monthly session to review the DCM handbook. Stay tuned for details!

I was invited out to three Districts this past month. It’s always a pleasure to be asked to speak with groups or districts. Thanks to Districts 39, 14 and 18 for having me.

Now to the newsletter topic: “Responsibility Statement: Who is responsible?” This is always a meaningful topic to review. I look forward to reading what others have written. For me, the most important part of the Responsibility Statement is that *I* am responsible. If I want to make changes or have questions: I am obligated to make suggestions and ask my questions. If I have feedback or concerns the responsibility falls to me to express my thoughts. This responsibility falls to each individual regardless of level: at my home group, district, committee, Intergroup, Area Committee meeting, etc.

I often see members of groups, districts and even of the Area Committee, rely on someone else to teach, lead or complete a task. I’ve been that person, myself! Over the years, I’ve learned that to abdicate my responsibility in this way is a disservice to myself and the groups/members I have been elected to serve.

An essential part of this responsibility is discerning the right time and place to act on it. Am I calling someone out publicly just to make a point, or would it be more effective and more compassionate, to raise my concerns in a smaller setting or private conversation? Am I genuinely offering support, or merely being contrarian under the pretense of “playing devil’s advocate”? And when it is appropriate to speak up publicly, can I do so with curiosity and respect, rather than with judgment or aggression?

The Responsibility Statement highlights my personal duty to actively support the groups I’ve been asked to serve. I can’t rely on the idea that “someone else will handle it.” The times I’ve grown the most in A.A.—especially in service—have been when I stepped outside my comfort zone and took action. No matter the outcome, I can go home with the peace of mind that I spoke up for what I believed (or what my group believed) was right for Alcoholics Anonymous and for both current and future members.

I look forward to seeing many of you at Courtney’s upcoming Delegate Report backs! Please do not hesitate to reach out if I can assist in any capacity,

Lupita YM
Area 72 Alternate Delegate | Panel 75
altdelegate@area72aa.org

CHAIRPERSON
chair@area72aa.org

Greetings Area 72,

Lots to share this month. First, the excitement is starting to build as we enter June. Summer months and long daylight days are ahead with warm weather and many Area events coming up. Our Delegate Courtney is back from the 75th Annual General Service Conference and will begin her Report Backs June 7 in Port Orchard. I can’t wait! Hope to see some of you there! Check the Area Events Calendar for Report Back dates nearest to you. And in June I’ll be finalizing preparations for the July Quarterly including preparing the Agenda,

checking in with our Appointed and Elected Trusted Servants, working with certain districts on possible discussion topics and motions, and being available for questions regarding the Quarterly. If you have any ideas for a discussion topic or motion, simply email me at chair@area72aa.org. And of course, the first weekend in July is the International Conference just north of us in Vancouver, B.C. followed by the Quarterly in Tacoma the following weekend. Then August and a full month of Pre-Assemblies two every weekend where we get to visit all of you and go through preparations for this year’s Area Assembly in Lynnwood this year Friday, October 4th through Sunday, October 6! Buckle up!

Second, there are things going on behind the scenes that I thought you may all find interesting. Areas 72 and 92 have regrouped their National Corrections Conference (NCC) Bid Committee to take a run at bringing the NCC to Washington State in 2027. I have the pleasure of serving on that committee and last week some of us toured the Tri-Cities area for venues for hosting the event. We bid at last year’s conference and lost out to Area 69 for Salt Lake City. This year we plan on being super polished and super prepared. Second bid is usually the charm for the NCC. It was Area 69’s second bid last year. The big draw of course is Washington State Penitentiary at Walla Walla where the second A.A. meeting behind the walls was held in 1942, only four months after A.A. took the message into San Quentin. San Quentin gets all the press but for us here in corrections in Washington State, “Concrete Mama,” as it’s referred to among its persons in custody, is a big deal!

Third, I had the privilege of attending a planning meeting for monthly 3rd Legacy Workshops some of our district’s 3rd Legacy Chairs are starting here in Area 72. Being in a district that had a 3rd Legacy Chair, I have firsthand experience of the value the position can bring to a district that may not have a large pool of servants to draw from for its service positions, especially DCM and Alt-DCM. A local 3rd Legacy Chair, focused on their own district can often be the difference between a successful district and a struggling one. If your district has a 3rd Legacy Chair or is considering creating one, please contact Patty S. in District 25 for more information on these workshops at dist25thirdleg@area72aa.org.

And finally, I continue to attend and shamelessly continue to plug for the GSIG Service Manual Study every first Sunday of the month at Greater Seattle Intergroup. Come join us. Also, come check out the weekly Pacific Region Service Nerds service meeting every Thursday Night at 6:00 pm on zoom ID: 878 7493 8831, Password: Nerds. We had (at the time you read this) Paul C., a past General Service Trustee the last Thursday in May share his experience strength and hope in his service journey from GSR to Area Delegate to Non-Trustee Director to General Service Trustee. He hails from Area 08, San Diego/Imperial Counties down in Southern California.

In Closing and As Always...
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

Zooming Across the Conference: What I’m Learning from Other Areas

One of the unexpected joys of this rotation has been meeting most months on Zoom with our Area 72 Chair, Derek S., for the Area Chair Sharing Session—a virtual gathering of trusted servants from across the U.S. and Canada. It feels like a service road trip across the Conference—no travel snacks or hotel key cards required.

What makes these sessions so interesting is seeing how differently AA can operate from one Area to another. Some include District Officers as voting members (can you imagine that—so many votes!). Others don’t give Past Delegates a vote *or* a voice at the mic during Committee Meetings or Assemblies. And while we say “online district,” many others—including the General Service Conference—call them “virtual districts.” Fascinating stuff!

I was so fascinated by the folded virtual district that I called that Chair after the May Sharing Session. We spoke for 40 minutes, and they shared the full story of its rise and fall. Hearing the full story gave me a deeper understanding of both the possibilities and the challenges of supporting virtual groups in a sustainable way.

Each of these sessions helps me look beyond our own Area and appreciate how varied the approaches to how A.A. operates and functions can be—while still staying united through our Traditions and Concepts. They remind me that even when our approaches differ, we’re all rowing in the same spiritual direction.

It also brought back memories of PRAASA. I attended the Treasurers’ roundtable in 2024 and the Chairs’ roundtable in 2025. Both were full of experience, wisdom, ideas, and care—offered freely by people who know just how much love and labor go into these trusted servant roles.

If you haven’t yet connected with others who share your service position this rotation, I *highly* recommend it. Whether it’s through roundtables, group chats, monthly Zooms, or quick phone calls, it’s amazing how much easier the work gets—and how much more fun it becomes—when we share our experience, strength, and hope with one another. And if no such connection exists yet for your role—start one! 😊

In service and in fellowship,
Lisa S.

TREASURER
treasurer@area72aa.org

ALTERNATE TREASURER
alttreasurer@area72aa.org

Appointed Servants
ACCESSIBILITY
accessibility@area72aa.org

- Accomplishments from the past month:
- I stayed sober and continue to help others.
 - I learned that there is a font that is more accessible than others.

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

- No problems, I missed two appointments this last month. Both because I do not have a good way to have Google appointments remind me they are coming up. One was a district meeting that I had on my calendar a week later than it should have been and the second was a meeting with the area appointed members, that one I just got too busy in my yard work.

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

- Make it to District 8 for there business meeting in early June.
- Get the audio recording of our April quarterly and type up some minutes and disperse to the chairs.

What am I grateful for?

- Service work helps keep me grounded to my heart.
- My wife for being the best halibut fisher I have ever met.
- My boat for the gift of adventures offshore with my wife.

Your Service sib,
Bud W
accessibility@area72aa.org

ARCHIVES CHAIR
archives@area72aa.org

Greetings Area 72!

I would like to share with you how responsibility manifests itself in my life. Something I have realized is that the more I avail myself to this program, a natural sense of responsibility to give back is the by-product of our 12 steps, traditions, and concepts. I have learned that any service position I take in AA is about being able to adjust myself to meet the needs of the fellowship. The way I accept my responsibility for this rotation is by taking the suggestion of an elderstates person to visit districts and tell them about archives. I am happy to tell you that I have been having a great time visiting districts throughout the Area. It is wonderful to see the lights come on and that people are reminded how important a part archives play in preserving and carrying the message of AA. I am grateful that I get to do this service and have the opportunity to build genuine friendships.

In Love and Service,

Jennifer R

ARCHIVIST
archivist@area72aa.org

Newsletter Archivist June 2025

Our mission in Archives is to document the record of ‘carry the message’ of Alcoholics Anonymous in Area 72. We do so that there is minimal distortion in telling our collective story. We have many tools at our disposal to do this. As an archivist, with 9 years in this arm of 12 step work, I have spent many Repository hours and ‘home’ hours learning about A.A., and both the vicinity of and structure of Area 72. What I learned in Army instructor training was that involving people in the new task would solidify their knowledge serves well in A.A. In sharing Archives—which is literally the story of A.A., I have shared in another member’s life and their own new story. In doing that, I hope to have

created a real partnership and leave them with both a new skill while providing “stake” in maintaining their records for the decades to come. It is THEIR record of “Carrying the message”...

In efforts to help any district get an archivist—we need to help them answer some basic questions. Is there any archives and where they are? Does anyone have access? Are they both physical and/or digital? Is there a physical listing, i.e. a catalog, of what the district has? Are all the newsletters, minutes, treasury reports, events, flyers, committees documentation somewhere and if not-can they be? Does the district committee utilize a website in addition to A72s? How adept are or is the district at using Google — not to mention all the rest of the incredible tech available? On each question, our response would be: can we in Area Archives help the district and their chosen representative on any or all of these matters? This is service work in archives.

The ASC members will be carrying the Archives message and including history in the effort this fall. I am hoping they are able to share an understanding of the district’s journey in carrying the message since AA came to Washington. These resources are recommended in the Repository to research for this story.

- The Directory - which lists its geographic cities and towns CURRENTLY. The back has an old graphic from 2015. Not even sure if it is accurate.
- The Maps and Panels Presentation which reflects A72 over time so you can see how it evolved since you the inception of the Conference. Remember when A.A. came. There was no structure like we know. We were known and listed in the directories as towns until after the Conference started. We were one of the first areas to present a map at the conference. Without looking I know the districts in the 30s are later—before the 90s though. Yet. There were only 9 in 1951. So, this district’s geography would have had to be part of 5-Pierce/Kitsap from the mountain to the sea, or, 9-above Pierce east to mountain, probably.
- The Registrar collection has group listings...in the oldest records the documents list all the groups/meetings under the district’s names.
- Our Stories Disclose III, which documents our area’s history since our first communication with the Alcoholic Foundation in 1939:
 - Chapters 1-4 have a dearth of info. I think it is Ch 2 that is ‘A.A. Spreads Across the State’. One of their towns may be listed. And. Maybe even a pic. I think it is Ch 4 that talks about the ‘variety’ of entities outside the service structure that was so essential in establishing the flame of A.A. that we all now carry as torch to light the darkness “when one alcoholic” reaches out their hand... if memory and my inept geography serves me right, maybe the police farm or one of the other early preseasons of treatment centers could be there.

- while there is a chapter for the district in third edition—that only reflects what was submitted/updated as of 12/31/2018
- the ASC members need to look at the first and second editions AND the little blue and white History of Alcoholics Anonymous, that was approved by the body and put together by Everett K. published in 1966.

All the above work is looking for “movers and shakers”—as the A.A. custodians I have known referred to as the ‘doers’ of our work—the ones who raised their hand and said “I am responsible”—in our Area history that came from that vicinity. This leaves the audience with a real partnership and a “stake” in maintaining their records for the decades to come. It is THEIR record of “Carrying the message”. Once the members of the members of the ASC have a feel for the towns and any identified names, they can further flush out their work by reviewing the handwritten letters in Everett’s box dated in 1965 and review the cassettes in the big cabinet in case archives has any of these “M&S” that can be shared during the presentation.

The results of the work that the members of the ASC will find will be on display September 20th. It looks to become a fabulous story.

In Service
Maryland~Archivist

COOPERATION WITH PROFESSIONAL COMMUNITY
cpc@area72aa.org

No one is “in charge” in AA, but each of us is a leader. We lead the meeting, the closing prayer, our home groups. We lead the suffering to a chair, the lonely to coffee, and our families to a version of ourselves they may have never known. And with leadership comes responsibility.

Growing up, I learned to trade achievement for love. If I looked successful enough, I was safe from rejection. I was taught to fake it—pretend long enough, and maybe it would feel true. Who I actually was didn’t seem to matter as much as who I appeared to be.

Eventually, this turned into survival. I’d show up however I needed to, even if it meant abandoning my authentic self. My parents often said I stepped aside from leadership out of fear. Maybe that was part of it. Recognition felt like a double-edged sword—when I got it, I feared people would resent me. When I didn’t, I believed I didn’t deserve it. That tightrope walk between invisibility and exposure followed me into addiction.

Then I got sober.

Sobriety taught me that my greatest successes happen inside. That humility, not ego, feels like real love. And that service—quiet, consistent, and sometimes inconvenient—is where my worth takes root.

Over the past decade, I’ve held various service positions. Sometimes I wondered if I was doing it for recognition or because I had something to give. Often, the answer was both. But I’ve learned that real leadership is doing the right thing when no one’s watching, while demonstrating what it looks like to show up.

I’ve also learned the danger of hyper-responsibility—taking on too much, trying to fix everything, and neglecting myself in the process. It leads to burnout and resentment, not serenity. On the other hand, I’ve seen how easy it is to wait for someone else to step up, especially in a room full of capable people.

But in AA, perfection isn’t required, presence is.

True service asks us to stretch. It asks us to show up tired, grieving, overwhelmed, or unsure. Some of my most powerful moments of connection happened when I felt like I had nothing left to give.

At my first assembly, I looked at the trusted servants up front and assumed they were the AA experts. But now I know they’re just like me. They in fact, are me. Often tired. Often struggling. Still showing up. Thank goodness we rotate every two years, so the opportunity is shared, and no one role starts to resemble my personality. This is a *we* program. It works because *we* all take responsibility.

So, who is responsible?

I am. Not because I have to be perfect. Not because I have all the answers. But because I know that showing up—authentically, humbly, and consistently—is the very thing that keeps me free.

Sooz
Area CPC

CORRECTIONS CHAIR
corrections@area72aa.org

“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.”

One thing that was promised to me when I came into AA was that things would get different. Evidence of The Universe’s Grace is all over the place with that promise. Thank goodness things get different. I walked into these rooms, not caring about responsibility at all. In fact, part of the reason I drank was to cover up the shame I felt for not meeting responsibilities in my daily life. It didn’t matter who was affected, either. So when I was introduced to this statement, I didn’t like it at all because I had become accountable, not just in my own recovery journey but also to the recovery journeys of others. The statement also highlights the importance of being available to a larger network of support. Together, so I am not alone, and I’m included in providing assistance and making sure it’s accessible to all who reach out to us. Through taking action in helping others, I then become empowered in my own commitment to my program. By embracing this statement, I help create a supportive environment where healing can take place and where hope thrives.

I love you all.

Aimie

Area Corrections

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

In my sobriety I spent years answering, “How are you?” with a litany of “self” that left little-to-no time to hear from the friend. For me to be responsible, I aim to step aside from my personal woes and resentment when I am graced with an opportunity to share. A challenge I set myself, as a responsibility to carry the message, is to reply with gratitude to what is, really, just a courtesy remark. “Thank you for asking. I woke up sober today. How about you?”

Taking meetings in King County jail before the pandemic, I would fret how to tailor my share, coming from my perceived

privilege. I’m visiting the jail, after all, but I never had a DUI, was still in a marriage, owned my car, had a job that I showed up to. At the end of one meeting, a fellow said, “That’s where I know you from. You brought meetings into the treatment facility where I sobered up once.” My presence is more important than my share. “The AA program does not recognize walls. It is immune to the conditions which break down an individual relationship, the difference in social levels, of intellect, of experience. AA takes no heed of this. It has one primary law, help your fellow man and do it by example rather than by instruction.” “Prisoner AA,” Washington State Penitentiary, February 1955, AA Grapevine [GV Daily quote, May 9, 2025].

The Grapevine is on the tablets of 96% of people in custody. Persons in custody still appreciate the use of paper issues of the Grapevine, hence Corrections committees collecting past issues. Did you know you can purchase from AA Grapevine a bulk package of fifty back issues of the Grapevine? Also, the Carry the Message project allows individuals and groups to purchase a yearly subscription to the Grapevine which is then provided to members, often in custody, who can’t afford a subscription. In addition, per the concept of self-support, our subscriptions—to the app, to digital or print of the magazine, or to the great array of books, actually goes to the Grapevine, which exists separately from our monthly or quarterly distributions to the General Service Board.

What can I do as an appointed chair, what can the district and group Grapevine Literature representatives do, to extend the hand of Alcoholics Anonymous? I share what I have found useful to my daily reprieve through reading and listening to the Grapevine. I can tell you the topic of the theme of the new issue of the monthly Grapevine. Lately, I’ve been sharing jokes from one of the Grapevine cartoon books, partly because I perceive myself as serious and uptight. What better way to avoid being a lot-of-glum than by telling a joke? “AA’s greatest power is not in the program itself, but in the examples of the men [and women] who have followed it.” “Prisoner AA,” Washington State Penitentiary, February 1955, AA Grapevine [GV Daily quote, May 15, 2025]

LANGUAGE CHAIR
languagechair@area72aa.org

I don’t remember the first time I heard the Responsibility Pledge—but I do remember falling in love with it soon after.

Like many newcomers, I came to AA seeking something: sobriety, peace of mind, community. I was in pain—deep, enduring pain—and I wanted it to stop. I came to AA for relief.

At the time, I also harbored a delusion: that AA was immutable, a permanent fixture of society, an institution that would always be there for me, no matter what.

That delusion shattered at the first group business meeting I ever attended. I won’t bore you with the details, but at six months sober, I was facilitating it—having just been elected secretary of my homegroup. To this day, it remains the most chaotic business meeting I’ve witnessed. Men with decades of sobriety threw tantrums, hurled insults, and traded barbs. I struggled to maintain order (mostly because I barely understood the rules myself).

That meeting taught me a powerful lesson—not about AA’s permanence, but about its fragility. AA is, and always will be, a society of

alcoholics: people predisposed to selfishness, self-centeredness, fear, shame, grandiosity, and delusion. That’s why our traditions matter so much—and why I’m grateful we close every business meeting with the Responsibility Pledge.

The pledge reminds me who is responsible for AA—for protecting it, guiding it forward, and reaching out when a newcomer cries for help. That responsibility is mine. AA is my home, my family. And it’s my job—my duty—to safeguard its ability to extend a hand when the still-suffering alcoholic calls out.

Charlie

Area Language Chair

NEWSLETTER EDITOR
newsletter@area72aa.org

Who’s Responsible? I am!

My home Group adopted the Responsibility statement as a closing for our meetings several years ago. At first it was awkward but we created laminated cards to hand around at the end of the meeting so everyone could follow along, even the newcomers. On the back of the cards is the history of the responsibility statement. This made it a stronger part of my program since like the serenity prayer it has become a solid practiced tool.

In other news...The newsletter has continued to become part of my practice in the program as well. I really need to create a committee to help me publish and post this each month. Like all AA service positions (and principles) I get better at this as I practice. By the time I have this all down it will be time to rotate out of my position. Isn’t that the way of AA.

Yours in Service,

Erin E
Newsletter editor

PUBLIC INFORMATION CHAIR
pi@area72aa.org

Greetings Area 72,

The Public Information (P.I.) Committee continues to thrive! We held our most recent quarterly meeting on May 10th at the Puget Sound Central Office. Heartfelt thanks to Districts 9, 29, 44, and 45 for their generous support in hosting this event.

Our committee chairs remain actively engaged in several key initiatives—from placing Big Books, Plain Language Big Books, and Twelve Steps and Twelve Traditions in local libraries, to organizing booths at community outreach events and local fairs. This quarter, our primary focus was on effectively presenting at non-A.A. events. We explored how to utilize the powerful, downloadable videos available on [aa.org](#) for public service announcements and educational efforts with professionals, including law enforcement, employee assistance programs, and medical providers.

A highlight of our meeting was a dynamic and practical presentation by Cindy G., our P.I. Liaison for Districts 9, 29, 44, and 45. Cindy shared her expertise on speaking at non-A.A. events, with a focus on best practices for manning booths at public fairs. She gave us a detailed look into her district’s annual participation at the State Fair—an effort that requires 45 volunteers and includes thorough training. Cindy generously provided her PowerPoint presentation, along with flyers and literature that have proven effective. Through interactive role-playing and

reviewing common questions from the public, we learned how to engage compassionately and informatively. The session was both educational and fun!

Looking ahead, our A.A. booth will once again be at the State Fair from August 29th to September 1st. We warmly invite you to stop by and say hello—or even better, volunteer and join us in this meaningful service!

At the heart of our work is the responsibility to carry the message of recovery to anyone, anywhere who seeks it. Public Information plays a vital role in making sure that people know who we are, what we do, and how we can help—all while honoring our Traditions. We humbly offer the hand of Alcoholics Anonymous to anyone with a desire to stop drinking. Our message is simple, yet it has the power to transform lives. We may never know whose life will be changed by hearing it—but we do know this: we always want Alcoholics Anonymous to be there when someone reaches out.

In fellowship & service,

Julie Udell

Area 72 PI Chair

REGISTRAR

registrar@area72aa.org

Don't miss our workshop this June

SECRETARY

secretary@area72aa.org

The Responsibility Declaration

"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".

Written 60 years ago for the 1965 AA International Convention in Toronto.

The theme of the Convention was: Responsibility. *"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."*

An article in the G.S.O. Newsletter, Box 459, in 2020, identifies former AA General Service Office trustee, Al S., as the author of the Responsibility Declaration.

I personally feel that what the Responsibility Declaration calls us to go even further than extending our hand to the still suffering alcoholic, to ensuring that "anyone, anywhere" in need of assistance is treated with that same respect and kindness.

The actions of a member of A.A. reflect the principles of A.A., regardless of whether others are aware that the individual is recovering from alcoholism through A.A. or not.

How I present myself to the world around me is a direct reflection of my A.A. program.

This life saving program has taught me how to be a participant in the world. If meetings and working with newcomers or other A.A. members was the only world I was part of that would not do justice to what our Twelfth Step says about practicing these principles in all our affairs.

I believe that is what the Responsibility Declaration encapsulates for me.

Thank you.

Don N., Area 72 Secretary

SOUND AND ZOOM COORDINATION

sound@area72aa.org

I am responsible! I suppose this one can go many different ways. The first thing that popped into my head when I read this was being responsible to be a good example of AA to the outside world. If anyone asks about my recovery I am not shy about it any more. When I first got sober I had shame around my alcoholism. But now, today 5/18 is 5 years for me :), I am not only comfortable but exuberant about what AA has done for me and my recovery in general. How it has helped me to find my spiritual life, helped me to see how I can be of service not just in AA but how that applies to the rest of the world, and how to have relationships with people.

I think that this can influence people both by my experiences and in unknown ways. For example, if someone who also has that shame like I did and is maybe a little afraid to admit they have a problem, then can see that the program worked for me and maybe they will do their own research and end up in the rooms. Or maybe someone I talk to can ask me some questions and take that information back to a family member or friend and help them find AA.

This example is also something that can be set for those in AA as well. When I go to meetings it is my job to be an example for new people that are in the rooms or the still suffering alcoholic that has some time under their belt. All I can do is be available and present for those that still need help, arguably all of us lol.

Thank you,

Anthony G.

Sound and Zoom

TREATMENT CHAIR

treatment@area72aa.org

During my first couple years of sobriety, I was so excited to be sober, I wanted everyone in the world to have this new thing I had, recovery. I talked about it to all of my family and the friends that I had remaining. Most of them were irritated and insulted. They thought I was calling them all alcoholics.

It took me a while to understand the meaning of 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. It is not my place to pronounce anyone else as an alcoholic. I knew my mother was an alcoholic, but it was not my place to get her help, without her personally reaching out for help. In fact, when I suggested to her she should have what I had, she made it her mission to drink more and show me she was not an alcoholic. She definitely agreed with me when I told her I was.

I worked in a hospital for a few years and I let the emergency staff that I was a recovering alcoholic and would make myself for anyone who reached out for help. After a while, I realized it was better to have AA volunteers to come to the hospital and do 12 step calls. It was important for me to separate my paid job from my volunteer work.

I do put my name on every 12-step sheet offered and sign up for many different volunteer opportunities. This is why the Treatment Chair was the perfect appointed position for me this rotation. I am grateful beyond words and thank God for my sobriety and ability to serve.

Suzi L.

Area Treatment Chair

TECHNOLOGY & WEB CHAIR

webchair@area72aa.org

I don't think we, as an Area, trust our groups – and it has consequences up and down the triangle of our General Service structure.

Here are three things I've heard in the past few years that lead me to think this:

- "20% of AA members do 80% of the service."
- "Why should we send our money to King County for the Bus Project?"
- "We need to hold the General Service Board accountable."

I came across a phrase in Concepts 3 and 12 a while ago that has been bouncing around my head ever since: "mutual trust." Usually when we talk about trust in service, we talk about trusting our trusted servants. Mutual trust is different, and I wonder: what does it mean to trust upward in the triangle?

I think it's pretty simple. We engage upward.

One thing that has repeatedly rubbed me the wrong way at Area 72 quarterlies is that we frequently make decisions that don't need to be made then and there, without engaging the groups. Even when we're presented with a motion for the Assembly agenda, we spend the bulk of our time discussing the substance of the motion rather than simply asking: is this a clear yes/no decision that the groups can make? When a quarterly votes "no" on such a motion – not because it's poorly formed, but rather because the people in the room on that day don't think it should ultimately pass – we take the decision out of our groups' hands. We achieve substantial unanimity in the room on that day, and then inform the groups later. The groups don't participate in the substantial unanimity.

A recent, clear example for me was in January when the Area approved a slate of appointed trusted servants, and then changed the rules on one of them a few hours later.

We approved Erin as Newsletter Editor. We approved a budget for her to do her work. By lunch time we were telling her how to do her job. I get that the newsletter is a big budget item, and the proposed 2025 budget was only 2/3 of the actual 2024 cost. Why not simply acknowledge that we haven't budgeted enough to do the job the way it's been done previously? Why not trust her to work within the budget that we approved, and ask the groups what they'd like to do long-term?

To be clear, I love the conversation we had that day. I love a lot of what has come out of that discussion. I had the opportunity to participate in a few Newsletter Ad Hoc committee meetings, and I was blown away by

the time, effort, and consideration that our trusted servants put into it. I think the digital newsletter experiment is outstanding. I just think we overreached in our decision that day. We didn’t trust our trusted servant, and we didn’t trust our groups.

I don’t think it’s malicious, and frankly probably not even conscious. I think it’s a natural consequence of spending a full day in a business meeting, wanting to feel like we accomplished something rather than just talk for hours and kick the can down the road. More than that, I think it’s largely the same example given to us when we were GSRs.

One decision about the newsletter isn’t going to make or break AA or Area 72. It’s about our principles, not the newsletter. It’s about the message we send groups when we don’t consult them. It’s about the message we send our trusted servants when we direct, rather than inform them. It’s about the example we set for the next panel of GSRs, DCMs, and all other trusted servants.

The degree to which we align with our principles gets reflected throughout the service structure. We repeatedly choose not to engage groups, and then lament low group participation. We demand transparency and accountability from those lower in the triangle, while not demonstrating it upwards ourselves. We mistakenly label “us” and “them”, and overlook clear opportunities to carry our beneficial message.

My personal assessment of our 36 spiritual principles is that they’re a stunning collection of bad ideas that can’t possibly work. Yet somehow, the more we align with our principles of recovery, we stay sober and lead worthwhile lives. The more we align with our principles of unity, our groups become more effective at grabbing hold of the next drunk who washes up here. The more we align with our principles of service, the better we are able to ensure that AA will be here for alcoholics not yet born.

Our story, Keys of the Kingdom, claims that “A.A. is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot, outgrow this plan. As arrested alcoholics, we must have a program for living that allows for limitless expansion.”

I believe this to be true for my own recovery. Many of my friends believe it to be true for them. For me, as a person whose participation in General Service is an outgrowth of my experience in recovery and the unity others have shown me, I believe it holds true in service as well. I don’t think we’ve squeezed all the juice out of this thing yet.

Thus I’m left with a clear responsibility and opportunity: to try to practice these principles a little bit better each day, and to share my experience with anyone who is willing to listen.

<3 Patrick

WEBSERVANT
webservant@area72aa.org

"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."

This statement really resonates with me. It reminds me that each of us has a crucial role to play in supporting others who are struggling with alcoholism. It's not just about attending meetings or following the steps; it's about being there for someone when they need it most. Whether it's a friend, a family member, or even a stranger, the idea is that we should always be ready to offer a helping hand.

I think about the times when I've reached out for help and how much it meant to me when someone was there to listen and support me. It's a powerful reminder that our actions can make a real difference in someone's life. By taking responsibility, we're ensuring that AA continues to be a beacon of hope for those who need it.

Our Responsibility Statement also highlights the importance of cooperation and inclusivity. It encourages us to work together with other organizations and agencies, ensuring that no one is left behind simply because they didn't come directly to AA. It's about creating a supportive community where everyone feels welcome and valued.

In essence, the Responsibility Statement is a call to action for all of us to be proactive in helping others and maintaining the integrity of AA. It's a reminder that the success of AA depends on the collective efforts of its members to reach out and support those who are still suffering.

Recently, I had a newcomer reach out using the phone list she was given at my homegroup, she wanted to meet, talk about sponsorship, working the steps, and recovery. We set up a time that worked for both of us, I went to the meeting place; she never showed up. I did my part, I feel good about that, I will reach out to her and suggest another time-I am responsible.

In love and service,
Shu D.
Area 72 Webservant | Panel 75

YOUNG PEOPLE’S CHAIR
ypchair@area72aa.org

Hello, Area 72!

We had our second YP quarterly at the end of April and it was a success! Thank you to district 24 for hosting! I was excited to hear all the amazing work happening throughout our districts. We heard a presentation from Area 8’s (San Diego Imperial) Young People’s committee chair. She gave us some great ideas about how to get young AA members more involved in general service. I also shared an update from the conference PI committee regarding the Young People’s video project. As of right now, the Young People’s video project is ongoing and submissions can be made on aa.org. I have also been working with our Area webmaster and Web and Tech chair to get our videos up on the Area 72 YouTube channel. Thank you to them for all their help! Lastly, we are in the process of forming a YP subcommittee to plan events and workshops, in order to get more young

people involved in our Area. I’m inspired by the excitement and motivation of the Area 72 Young People’s committee! Our next YP quarterly will be hosted by District 8 on July 26th, 2025 from 12:00 to 3:00 PM. More information to come soon!

I absolutely LOVE the responsibility statement. It really simplifies what we are all doing here. Sometimes I get wrapped up in all my committee work and I forget how simple it all is. Who is responsible? We all are. I am. I am responsible when someone walks into a meeting to walk up to them and put out my hand. I am responsible when someone outside of AA asks me how I got sober or asks for help with their alcoholism. I am responsible to carry the message wherever I can, whether that be in my YP committee work, in the rooms of AA, or in the community. I have a tendency to overcomplicate things (like many of us do), but when it comes down to it, it is all pretty simple. I have a responsibility to carry the message and share my experience, strength, and hope. I’m eternally grateful for the people who reached their hand out to me, when I came in.

As always, please feel free to reach out to me anytime. Have a great month, everyone!

In love and service,

Heather S
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
dcm1@area72aa.org

DISTRICT 2
Camano Island & Northwest Snohomish County: Stanwood, Arlington, Silvana
district2aa.org
dcm2@area72aa.org

DISTRICT 3
Southeast Snohomish County: Lake Stevens, Snohomish, Monroe, Sultan, Gold Bar, Index
skyvalleydistrict@area72aa.org
dcm3@area72aa.org

DISTRICT 4
Skagit County, Burlington, Concrete, Mt. Vernon, Sedro Woolley
District4aa.weebly.com
dcm4@area72aa.org

Hello everyone!

District 4 held a Dance on April 26th, and we had a great turnout. We will be having another Dance later this year, so look for the flyer on the area website. Upcoming events for June

are Halibut Tacos at the No Rezervation speaker meeting held on June 7th, again look for

the flyer. District 4 is also hosting, in conjunction with, our other Northern districts, the

Delegate report back on June 29th at the Skagit PUD building. Our Dcm attended the CPC

Quarterly on May 3rd and came away with a much better understanding of what CPC does and does not do. Still looking to fill that District Chair position. District 4 would also like to

thank both Joel and Shirley for bringing back to life SHOULDER TO SHOULDER, one of our

meetings that did not survive the Covid Crisis. This meeting is on Wednesday nights at the Mount Vernon Senior Center @7pm. And A.M Rush is hosting its annual Summer Solstice

Pancake Breakfast on June 21st

A wonderful 3-day event on the banks of the beautiful

Skagit River, Sunlight of the Spirit, it runs from June 26 thru the 29th. That flyer can be found

on the Distric4 aa website.

~DCM 4

DISTRICT 7
South Clark and Skamania Counties:
South Vancouver Area, Camas,
Washougal, Stevenson, Carson
vancouveraa.org
dcm7@area72aa.org

DISTRICT 8
Thurston & Mason Counties:
Olympia, Shelton, Lacey, Tumwater,
Hoodspport, Matlock, Rainier,
Little rock
aadistrict8.org
dcm8@area72aa.org

Greetings from D 8 We passed our budget at our May D meeting and filled one of our open positions – Activities Chair – just in time for summer activities Woohoo! We still have 2 open positions. Tigger is getting around to many meetings this month. He loves Road Trips and the person who is proudly wearing the Award this month is introducing him and letting people know that service can be fun. Next month, the Delegate Report back will be happening in the South Sound and in July, D 8 will have their picnic. Such happy times being with people in service for fun and for free! The Responsibility Statement reminds me that I have been given sobriety, at least in part, to be of service to others.

Love in Service

Debbie DCM D 8

DISTRICT 9
Central Tacoma: Fircrest.
Piercecountyaa.org
dcm9@area72aa.org

I can’t believe how quickly time is passing this rotation, we certainly are chugging along in D9. We are working on filling a couple positions that need a liaison and a CSO representative. Our district meeting is well attended and we’re feeling out the groups in D9 to see if there’s enough interest to hold

3RD legacy workshop to promote general service, because WE are responsible for carrying the message of AA!

Attending the DCM workshop was very informative, hearing other districts share their successes and challenges, looking forward to participating in the roundtables.

D9, with the help of our South Sound 7 are busy planning the July quarterly, we are excited to host for y’all!

Yours in service,

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. Best way to find where we meet is on our website: dist10.org. Anyone may attend our business meetings however only GSRs, (or Alternates), District Trusted Servants, and Standing Committee Chairpersons may vote.

District 10 had a productive April business meeting. We have 11 Trusted Servants, and 11 Standing Committee Chairpersons fully filled at this time. We have 28 active Group meetings but only 18 of them with GSRs. I am currently scheduling myself to attend all meeting on the district schedule to bring attention to the needed communication link between groups, the district, the area, and the general service conference.

With that said, I can now lead into the newsletter topic: The Responsibility Statement. Who’s Responsible???

It’s quite easy to say the answer. Just like AA itself - simple program, difficult sometimes for some to do. The Responsibility Statements answers it by; “I am responsible.” So, what do I do? It answers that too; When anyone reaches out for help, I want the hand of AA always to be there.

This statement was written by a former AA trustee by the name of Al S. back in 1965 for the International Convention in Toronto. This was at the time when Dr. Bob had already passed away back in 1950, and Bill W. had removed himself from being “in charge” and the Annual General Service Conference was established. The Conference allowed Delegates from each state to represent our Area, District, and Groups. The Delegates meet with the Trustees, non-trustee directors, and AA staff at the General Service Office in New York. Here is the Group Conscience of Alcoholics Anonymous as a whole working together to keep A.A. function for the future alcoholic not yet inside our fellowship.

For me, the statement brings out what this entire fellowship is all about. Altruistic! Showing a selfless concern for the well-being of others, without care for one’s own interests. It’s a declaration stating AA members must help the still suffering Alcoholic not even inside the rooms of Alcoholics Anonymous yet. That is why we have Trusted Servants and Committees like Accessibility, Corporation with the Professional Community, Public Information, Corrections, Treatment, and the likes. These committees reach out and together WE help the next AA member who will do the same thing, generation after generation. The Responsibility Declaration keeps AA going if WE do what it asks.

And for that: I am responsible.

Peace.

Mike D.
DCM District 10

DISTRICT 11
Whatcom County: Bellingham, Blaine
whatcomaa.org
dcm11@area72aa.org

DISTRICT 12
North and East Snohomish County,
Everett, Marysville
snocoaa.org
dcm12@area72aa.org

Being DCM brings a whole new level of being responsible to me. Regularly checking Gmail, answering Texts, Phone calls, Making myself Available to groups, attending Quarterlies for committees we don’t have chairpersons for, attending District meetings, planning meetings for Events, trying to welcome groups to participate, getting people involved in service work just to name a few.

Working on Good leadership Skills creating Safety and building on our great structure through our Traditions and Concepts and consistency. Trying to be a great example to make service work attractive and rewarding and fun.

Not doing everything but creating an atmosphere where others can be involved and encourage new people to participate. I like to be apart of instead of apart from. I owe a debt of Gratitude to AA I’m always trying to repay, or pay it Forward. Making my Recovery my most important endeavor but working on Unity with other people in my Group and other groups and being of Service to AA is my Intent!!

Love Kindness, Tolerance and, Unity.

Shane M DCM12

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

Greetings from District 14!

This past month has been one of growing connections. Our Alt DCM Kelly and I both attended DCM School, a fantastic opportunity to learn more about our roles and share what has been working and what challenges we have had with friends from other districts. Mid-month, several of the Central District DCMs and Alt DCMs gathered for a BBQ to share more about our service work and get to know each other better – another chance to increase our connection with each other. Unity and connection with our fellows in service allows us to answer the call in a stronger way, together not alone, when someone reaches out their hand for help. Having this responsibility is a gift, being able to share this responsibility with others is a blessing.

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
Downtown Seattle, West Capitol Hill,
South Seattle
seattleaa.org
District15

DISTRICT 16
Northeast Seattle, University District
seattleaa.org
dcm16@area72aa.org

DISTRICT 17
Northwest Seattle; Ballard
seattleaa.org
dcm17@area72aa.org

Accomplishments from the past month:
Laurel came to our district meeting last month to talk about accessibility and ASL interpretation.
Stay Gold has changed locations. They are now meeting at St John United Lutheran Church, 5515 Phinney Ave N, Seattle, WA 98103, USA.
A number of churches in our district raised rent for AA meetings. We discussed how different groups have handled rent/rent increases in the past.
Goals you hope to achieve or begin work on in the next month:
We've started planning our district's gratitude banquet. David & Sunny will be taking the lead.
Taylor Barnes~Alt DCM, D17

DISTRICT 18
Renton, Kent, Tukwila
seattleaa.org
dcm18@area72aa.org

District 18 is doing great. I am so grateful that people have stepped up to be of service in this district. We have people from very new to sobriety to past DCM's being of service on our committees. Lupita drove 11/2 hours to give us our very own GSR School and she also stayed for our District meeting!! It was great to have her.
We will be hosting a Report back on June 19th in lieu of our regular district meeting. We are so excited to hear about Courtney's experience in New York.
Our District picnic will be held at Kiwanis Park on July 27th from 11am to 4pm. See flyer for more details.

In service,
Lara R.
DCM District 18

DISTRICT 19
South Everett. Mill Creek and Mukilteo
dist19.org
dcm19@area72aa.org

DISTRICT 21
Grays Harbor and Willapa Harbor Areas, Aberdeen, Hoquiam, Montesano, Raymond
<http://aa21.org/>
dcm21@area72aa.org

I can never hear the responsibility statement without thinking about what made it so important to me. I was about 2 weeks sober sitting at a table, 10 minutes before a meeting was supposed to start. As I sat there trying to keep my hands from shaking I listened to the people in the room complain about not wanting to chair the meeting. I heard one person say something like, I did it last time,

and another say it isn't my turn. As I sat there I started to think that if the people who had been sober a while did not want to participate then why should I. I decided if no one got up there in the next 5 minutes I would leave.
Fortunately for me, a man got up from his seat in the back of the room walked up to the front and chaired the meeting. He said that he had moved into town about 2 months before but didn't like the meetings and ended up drinking. That day was his first day back.
To this day I don't know if I would have come back to AA if I had left that meeting but, I know that man with one day of sobriety is a huge part of why I am still sober all these years later. That day I learned that I am responsible for making sure that the hand of AA is there when it is needed no matter what form it comes in, how many times I have chaired the meeting I am in or how busy I think I am.
Lisa B. DCM21

District 21 Report
District 21 meets on the third Sunday of every month at the Aberdeen Alano Club. On May 18th we met for the first time at 1:30 instead of 5:30. The change seemed to go well. The number of people who cannot attend the new 1:30 time is about the same as the number who cannot meet at 5:30.

I have checked on all the groups listed as Active in the district with what is on the Fellowship Connection site. Now I just need to visit these groups with no contact person.
We are working on updating our District handbook. After I found out the only electronic copy of the handbook I could get was a PDF I announced it to our District meeting and our Treasurer, Chris K., was able to convert it to Word. Now we can put in the updates and begin the process of approving the updates once they are completed. We are having our Founders' Day Potluck and celebration on Sunday, June 8th from Noon to 4 at the Ocean Shores Lions' club. Thank you.
Lisa B. DCM21

DISTRICT 22
North Olympic Peninsula: Port Angeles, Forks, Joyce, Clallam Bay, Neah Bay
nopaa.org
dcm22@area72aa.org

DISTRICT 24
Southwest Snohomish County: Lynnwood, Edmonds
district24.org
dcm24@area72aa.org

DISTRICT 25
Online meetings
onlinedistrict25aa.org
dcm24@area72aa.org

DISTRICT 27
Cowlitz, Pacific and Wahkiakum Counties: Longview-Kelso Area, Long Beach Peninsula
district27area72aa.org
dcm27@area72aa.org

Greetings from District 27,

The first time I had truly asked another man for help with my alcoholism, he helped. He taught me that being of service to others will help me with my sobriety. He was right, it did. I stayed active in AA for four years. I then stepped away from service work and meetings thinking "I got this", only to find my way back into a bottle. When I came back into the rooms, another man put his hand out and introduced himself. Knowing that I needed help, the first question I had asked was; "Where is the next meeting?". He was really quick not only to tell me, but also took me to many other meetings in the area and introduced me to other members. This man helped me back onto the path of recovery.

I knew I couldn't keep what was so freely given to me. I also know what it takes to stay sober and free of the obsession to drink. Carrying the message, being active in service, helping others, is my way out. How can I possibly payback what has so freely been given to me? By being responsible...

District 27 is getting busy with all kinds of activities and service this season. Group potlucks, BBQ's, speaker meetings and all-around good fellowship and fun! Flyers are being posted to our website all the time <https://district27area72aa.org>. Feel free to join us anytime.

Our service structure continues to grow with a lot of members bringing meetings to our local corrections and treatment programs as well as an enthusiastic PI/CPC committee. We have been actively going to group business meetings to see if there are any questions or assistance that the district could help with.

In service,
Dave K.
DCM District 27

DISTRICT 28
Lewis County: Centralia, Chehalis
lewiscountyyaa.org
dcm28@area72aa.org

"Who is Responsible"??? The Hands of AA of course! The ones that pried us loose from the clutch of John Barleycorn. Strong hands of those who grasped the solution to the drink problem. Hands acting not haphazardly, but with intent. January, we changed hands, new GSR's, new committee Chairs. The old passed the torch to the new the light needed to assist our fellow warriors travelling the road to Happy Destiny. One day at a time brought us to our May District meeting where we reviewed four months of progress, concerns, questions, results. Are we giving the groups/individuals the information and help they need? How can we adapt to their concerns? Are GSRs and Chairs receiving all the resources they need? Are they registered with Area, and do they access regularly that information? A hand in hand in hand. Do they want other forms of communication? Questions?
Thank you Lupita, Alt. Delegate, for DCM "school" in Tacoma on May 3rd. One suggestion from the workshop I implemented immediately was to encourage all GSRs and committee Chairs to present topic ideas to me or Pam, Alt. DCM28, they wish discussed at District

meeting prior to Agenda printing. Thank you Rose and crew, District 7 and Lauren and crew, District 37, for co-hosting in Ridgefield upcoming June 28th SSS region Delegate report back with Courtney. Also, thanks to Lisa and crew in District 21, for hosting SSS region Pre-Conference in Elma on August 10th with Derek. Thanks to all everywhere who have upcoming summer events. Complacency, Stagnation, Frustration! How to avoid them? "The Spirit of Rotation" is the answer, I think? That also answers, "Who is Responsible" Everyone has personal issues which sometimes prevents them from fulfilling obligations. Then what? An Alt. or committee in place is one answer. But if there are none like we are experiencing now, do we let the position remain unfilled till someone steps up? Should we actively pursue to fill the position? Why don't we already have an Alt. or committee helping anyway? Trusted servants are trusted! We should trust our own limitations. Too many cooks spoil the broth but one cook can become overwhelmed. Therefore, this summer, when event after event fills the calendar, I hope we in District 28 and all of you in elsewhere Districts take some time to assure the continuity of all service we do and can offer to all alcoholics wherever they are on that road to recovery. All hands on Deck! Thank you Brian. After all, AA is about passing the message of how we recovered which we learned from those before us. If the cumulative hands of AA from past to present could speak, this might be something they would say, "One generation shall praise thy works to another, and shall declare thy mighty acts" (Ps 145:4 KJ).

The Hands of AA, All for One, One for All!

Jim M.
DCM 28

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DISTRICT 31
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DISTRICT 32
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dcm32@area72aa.org

DISTRICT 33
Maple Valley, Covington, Black Diamond, Hobart, Ravensdale
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DISTRICT 34
Bellevue, Redmond, East Lake Sammamish, Mercer Island
eastsideaa.org

dcm34@area72aa.org

I really love this statement and totally embrace its meaning. I feel like we are a family in AA and have a unique fellowship. Although we come from many different paths, we have a common bond that will never be broken. We come from all walks of life and share in a spiritual commitment to ourselves and others hoping to achieve the same goal, continued sobriety a day at a time. I am responsible to help anyone anywhere that reaches out for help. I am committed to help others in AA and carry the message so freely given to me. Whenever someone reaches out for help, it's beautiful to know the hand of AA will be there. I can keep it unless I give it away. Service is the key!

Yours in Service,
Belinda P.
District 34 Alt DCM

DISTRICT 35
Issaquah, South Sammamish Plateau
eastsideaa.org
dcm35@area72aa.org

As an active AA member, I try to the best of my ability to apply the 12 Steps and 12 Traditions daily, throughout my AA and everyday life activities. AA gave me the chance to reset the direction of my life; a life that's turned out better than I ever could have imagined. This life was given to me, as the old saying goes, for fun and for free. By people who asked nothing from me but to let them be of help to me, as was done for them.

In Chapter 7 of the Big Book, *Working with Others*, three sentences in particular have been foundational to how I try to carry myself today:

- “To be helpfully is our only aim.”
- “To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action.”
- “Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful.”

To me, these three sentences are the essence of The Responsibility Statement:

I am responsible.
When anyone, anywhere reaches for help, I want the hand of AA always to be there.
And for that: I am responsible.

And I try to apply this throughout my AA and everyday life activities.

Key District 35 Activities in the Past Month

- Participated in Eastside Districts GSR School
- Participated in DCM School in Everett
- Scheduled panel to speak 7th Grade classes at Issaquah Middle School on May 23rd.
- Beginning to build schedule for District's Gratitude Dinner, scheduled for November 15th
- Vetted potential venues for the Eastside Districts Pre-Assembly meeting, scheduled for August 2nd.

Grateful for the opportunity to serve,
John K, DCM 35

DISTRICT 36
Northeast King County: Snoqualmie Valley, Duvall, North Bend, Carnation, Fall City Preston, Snoqualmie Pass
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Hello everyone from the beautiful Snoqualmie Valley. I attended a recent DCM workshop at the Everett Recovery Cafe presented by Lupita. One of the DCMs shared an idea that they started doing at district meetings (I wish I could give credit, but my memory is that poor). This district had the idea to crowd source 5 takeaways from the district meeting. These are the five points that bubble up through discussion on what are the most important things for GSR to share with their groups. We tried it at the end of our District meeting in May, and everyone agreed on five things that we wanted our groups to know about: 1. Open service positions at district - Alternate DCM and a bunch of chairs (Literature, CPC/PI, and Treatment are a few). 2. Area PI proposal for a King County Metro Bus Sign - what does your group think? 3. <https://news.johnbarry.com> - a prototype for an online Area Newsletter - socialize and get people to check out the site. Read our complete newsletter live online! 4. Our District Events Chair is proposing that we have a district picnic in the Summer - would your group participate? 5. Women's AA meetings are officially restarted at Echo Glen Children's Center!

The five takeaways are a great way to wrap up our meeting and make sure that the most important points get to our groups in a succinct manner. I love hearing ideas from other districts and putting solutions together that really help our general service in the area. The Area DCM Workshop and GSR School are fantastic resources for anyone who wants to improve their knowledge and practice.

This month's newsletter topic is the AA Responsibility Statement. For me, the responsibility statement answers the question of who will keep the meeting doors open and the chairs available for the suffering alcoholics? If not me, then maybe no one. The long form of the fifth traditions states that an AA group is a spiritual entity. This reminds me that the unity and future of AA is my spiritual responsibility. The thing that saved my life was here when I needed it. A bunch of normal everyday drunks organized and kept meetings alive in the Snoqualmie Valley. When I needed help, an alcoholic took me to my first meeting. Everyone there was glad to see me, at least one took me aside at an early meeting and said I didn't have to drink, and I didn't have to feel empty and afraid ever again. One woman told me "we'll love you until you can love yourself." I had never heard a crazier statement in my life. The sincerity in that voice and in the stories that I heard (I heard a stranger tell my story!) was enough to give my first a small surrender. I wouldn't drink the next day, and I would come back to an AA meeting. After many such miracles I was told that I had to give what I got away freely. That I was responsible for the future alcoholic who was suffering just down the street right at this moment. I would have to do service work at my local groups, attend meetings, work with other alcoholics to keep my spiritual fitness. Without such work I would be right back where I started. I am forever grateful to this fellowship, and I love closing our service meetings with "*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.”

Mike L.
DCM D36

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“I Am Responsible”: A Reflection from My Journey in AA

When I first came into Alcoholics Anonymous, I was broken, scared, and unsure if this program could really work for me. But someone was there. They reached out, listened without judgment, and reminded me I wasn’t alone. That moment changed my life.

Now, nearly seven years sober, the words “I am responsible...” mean more than ever. They remind me that just as someone once reached out their hand to me, it’s now my turn to do the same. Whether it’s making coffee, sharing honestly in a meeting, or picking up the phone for a newcomer—these small actions matter.

I don’t show up perfectly, but I do show up. Because if someone, anywhere, reaches out for help, I want the hand of AA to be there. And for that—I am responsible.

This isn’t just a saying—it’s a reminder of why I keep showing up. My recovery depends not just on staying sober, but on staying connected and being of service. Whether it’s welcoming a newcomer, sharing my story, or simply listening, I remember that someone once did the same for me.

This statement calls me to action. It reminds me that AA is kept alive by those of us willing to be there—not perfectly, but willingly. And when I reach out my hand to help someone else, I strengthen my own recovery in the process.

Kim H
District 38

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DISTRICT 40
Capitol Hill, Madison Park
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Who’s Responsible you ask, well my friend that would be you and me. We are all here giving back to this program that has given us so much, so AA continues to thrive and be here for the next suffering alcoholic. Giving back looks different for all of us and thanks to HP we just have to show up and do our best. I am so grateful to be of service for District 40 and help the Groups our district supports carry the message.

Last month we hosted (thanks to Morgan our Alt DCM for hosting) our first In-person District meeting of this rotation. We met at Intergroup and had to shift our meeting to the First Tuesday to make the space work. Looking forward to finding a space for us to meet consistently for the future.

This year seems to be screaming past and I can hardly believe we are already getting ready for our Delegates Report Back, and shortly after the Pre-Assembly. The Central Seattle Districts have been amazing partners and planning these events together I am reminded how much easier success is when we work together.

Yours in Service

Chris B
Dist 40 DCM

DISTRICT 41
North-Central Seattle: Queen Anne, Magnolia
seattleaa.org
dcm41@area72aa.org

Districts 41 is co-hosting a pride booth with Districts 14 and 38 this year. It’s on Saturday, June 7th (opening day!) from 12pm to 7pm at Volunteer Park. If you are interested in a service opportunity please reach out to Nate Lyles, DCM for D41; or if you are around that day, please stop by and say hi!

Ganelle H
Alternate DCM 41
Queen Anne/Magnolia

DISTRICT 42
Northwest Seattle, Shoreline, Lake Forest Park
seattleaa.org
dcm42@area72aa.org

DCM: Teri Harte; Alt. DCM: Trisha B.

“...When anyone, anywhere reaches out...for that, I am responsible.” Such a powerful declaration needs to have an”!!!” at the end. As fellow alcoholics, this is truly our great responsibility; extending our hand, our hope, experiences and time. So many meetings open and close with the serenity prayer it almost feels soo BTDT. One of my homegroup meetings voted several months ago to change from the Serenity Prayer to the Responsibility Declaration at closing. Grand discussion that was, but the group conscience prevailed, and the Responsibility Declaration went into use, with grumblings..

Folks had trouble remembering what to say, when and how to start the new closing reading. This change has been revisited twice in the ensuing months and again in May. Steeped in AA tradition we voted again, moving into minority opinion and after great conversations, minds were changed and so was the vote. Solutions came up to aid the members; What if we put the question “Who is Responsible?” in the secretary’s script, achieving a prompt when we close? OH! We can also type up the Declaration on little slips of paper, and have them in the basket for members to read from, if that helps.. Helps indeed! I admire the grand people at this meeting even more today. Carrying the Message further, by declaring their intent, OUTLOUD to reach out hands of Hope!

All newcomers welcome.

District 42 continues its progress toward that of a strong and healthy District, with increased attendance, service and group 7th tradition support. We filled three more service positions with the exception of CPC, PI and Tech/Web; thank you to those who stepped up to fill Archives, 3rd Legacy and Registrar at our May 8th business meeting! We enjoyed a wonderful presentation by our Area 72 CPC chair; thank you Sooz!

Our GSRs reported first, which together with committee reports, indicate a busy summer is ahead. Plus, we ended on time! Our District inventory date is set for June 28th (11am-1pm) accessed by our District Zoom link; our Delegate, Courtney, will provide her GSConference report-back June 29th (10am-2pm)at the Skagit County PUD facility, in Mt. Vernon. Other upcoming events include discussions with District 24, planning for our participation in their July picnic- and they in ours- September 6th; Pre-Assembly, with Central (Seattle)Districts at Fauntleroy Church, August 23rd and participation at the Evergreen State Fair’s PI booth, Thursday, Aug. 21 - Labor Day, Sept. 1, 2025.

Grateful to be in General Service,

Teri H. & Trisha B.
Dist 42

DISRICT 43
Port Orchard, Gig Harbor, Olalla, Key Peninsula
southkitsappeninsulaaa.org
dcm43@area72.org
District 43 DCM Jim B.

DISTRICT 44
North Tacoma, Gig Harbor
Dcm44@area72aa.org

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

Happy almost Summer Area 72!

District 45 hosted a DCM workshop that was well attended and trusted servants from all over the state both on Zoom and in person. We are working on a district handbook update and had our first meeting, where we really dug in and reviewed our handbook and compared it to others, and found ours to be very outdated. We are all excited to do some upgrading and additional work including adding our mission statement. We have a delegate report back scheduled for 6/21 at noon at Steilacoom Community Church.

We have established a great liaison and outreach to JBLM and are bringing both meetings and service to the troops. JBLM has always been in our district and with a population of 25K+ service members we know it needs help. Over the years meetings have come and gone and there really hasn’t been any traction or consistency. Our Regisarar is an active service member, and is coordinating and facilitating our outreach through the CPC committee.

John C Dist 45

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Altdcm46@area72aa.org

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

District 54 has been busy with the following events coming up near term;

- Looking to fill a couple key positions; Alt DCM, CSO Directors & Third Legacy.
- One of our groups, Bonney Lake Stag, hosted an Anniversary Dinner with ~250 participants last Saturday night & it was a lot of fun.
- Hosting a District Workshop - Steps 4 & 5 on 6/14 from 10:30-12:30 at the Church of the Nazarene in Enumclaw.
- Hosting a “Watch Party” to hear our Delegate report back on the events from the General Service Conference on 6/22 from 10:00-1:00 at the Rainier Foothills Wellness Foundation in Enumclaw
- Published our 2nd Newsletter - Plateau Messenger, looking to publish them quarterly
- We are also hosting an AA booth at the King County Fair in Enumclaw on July 17-20.
- Our District Picnic is scheduled for August 16 @ Mud Mountain Dam from 11:00 -3:00

In thinking about “The Responsibility Statement - Who's Responsible”, I am reminded of my responsibility to be a good steward of A.A. Whether I am practicing my own affairs, working shoulder to shoulder with another man, participating within my Homegroup or performing service work, it is important that my actions reflect the principles of A.A. to ensure A.A. is attractive to the still suffering alcoholic. Given I am far from perfect, when I fall off the beam, it is important to clean up my mess and do the next right indicated thing.

With Gratitude,
David H – D54 DCM

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

DISTRICT 56
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district56aa.org
dcm56@area72aa.org

Respectfully submitting an article for the Newsletter - District 56 Highlights

- District 56 has been focusing renewed and re-energized efforts to reach the still suffering alcoholic. Thanks to our treatment Chair, AA panels at a local Behavioral Health facility are being scheduled. The panels include a 30-minute Q&A + 60-minute meeting and will be held on Fridays 10–11:30 AM. All of our registered groups are discussing their commitments for a monthly rotation.
- Our District is approaching the final decision (GSRs will vote this month) about changing our Answering

Service. Thanks to the efforts of the Committee chair and coordination with Districts 55 and 10, we plan to change our service and our approach to reach more alcoholics, receive better metrics and significantly lower costs.

- Our Activities Chair and her committee planned and executed another fabulous event for our members. 43 members attended Baked Potato Bingo! The District provided the spuds and folks brought their favorite toppings. A great time was had by all!

Yours in Service
Angie G
DCM District 56

DISTRICT 57
Spanish speaking region that encompasses all of Western Washington from Lynnwood to the north
aaintergupalarea72.org
dcm57@area72aa.org

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

Intergroups and Central Offices

AREA 72 OFFICINA INTERGRUPAL
aaintergupalarea72.org
EASTSIDE INTERGROUP
eastsideaa.org

Walk the Walk or Talk the Talk

Something that comes to mind once in a while, how about you?

For me it came to mind this month! Maybe because it's 22 yrs working on this program of AA. I was reminded about our ESIG Birthday Club! From Doug our ESIG Office Manager. I actually had forgotten about it but I had to stop and think about it. No to be honest I have never been a part of that club. This is what made us ask ourselves if I walk the walk or talk the talk? The promises do come true if you work for them. My life is living proof of that now and I am able to support our Intergroup Office and help carry the message of AA on the Eastside. I can remember when I first came into AA and \$1.00 was all I could contribute to the basket, with Attorney Fees, Court Fees, Probation Fees, Credit Card Debt, and Living Expenses! Over the years the promises do come true, and I became able to put more \$ in the basket, heck how much would I spend for a Drink at today's price? And I don't get a hangover and as you learn how important it is to support your Home Group, District, Intergroup, Area, GSO, is \$5.00 enough I ask? So with Gratitude I am excited to contribute the \$5.00 per year of Sobriety to our ESIG Birthday Club. Just another way to feel a part of AA as a whole. If you haven't stopped by the ESIG Office lately, come on by and meet our new Office Assistant, Ali !

If you're looking to put some excitement in your program, just get involved with service! Relapse Prevention I say. Lots of

opportunities when you're ready to get rocketed into that 4th Dimension. Do you Walk the Walk or Talk the Talk?

Ray H.
BoardChair esig@eastsideaa.org

GREATER SEATTLE INTERGROUP
seattleaa.org

Finally, the date for the legendary GSIG annual summer picnic has been set for

PUGET SOUND CENTRAL SERVICE OFFICE
pugetsoundaa.org

SNOHOMISH CO. CENTRAL OFFICE
<http://snocoaa.org/>

VANCOUVER AREA INTERGROUP
vancouveraa.org

Member Articles

The Responsibility Statement
By Marilyn R.

In AA ,I first heard 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,” This was first introduced to the Fellowship of A.A. in July 1965 to a crowd of 10,000 gathered at the 30th Anniversary Convention in Toronto. A former A.A. trustee, Al S., wrote it.

In my first few years in Alcoholics Anonymous, I was in a fog. However, over the years, the meaning of this powerful statement has brought great significance and importance into my life. I had never taken responsibility for anything I could dodge growing up or in my marriage. I found out through the step work, that I had never grown up because of the abuse. I was still acting childlike.

I handled life by reacting and drinking for courage while stuffing my feelings. I was not there for myself and therefore not there for my family or friends. In high school, I walked away from a group who asked me to be the vice-present of the club. I reacted from fear. I emotionally ran from accepting responsibilities. In my marriage, I contrived my husband to take care of the problems that I produced. .

Over time in the program working the steps and with my sponsor's guidance, I found myself more able to change my actions from responding in fear to being in service and not running away. I found myself in helping at conferences, speaking at schools and treatment centers, and chairing meetings. Overtime, I felt comfortable to reach out to the new comer. With more service work, it felt save to be there for another as I began sponsoring.

This changed my attitude to being open to reach out and be there to help others. I have gotten over my fear and now am able to respond in helpful ways. At my home group, I

was told the newsletter needs someone to write articles. My first response was to think I was not up to this.

However, the same person brought me a printed newsletter again saying they are looking for someone to write for the paper. Since, I already was a writer, this time I realized I could try to write one. I have learned about the workings of AA through preparing each piece. I enjoy writing the articles, today, I feel good to contribute information and understanding. I have continued to provide articles monthly for several years. I have to give it away to keep it.

I heard that others are just friends I have yet to meet. I know that *we are here to help others*. Seeing from my new perspective, I became more interested in being available in ways

needed for the group, members, and new comers. We must remember that A.A. will continue strong, only so long as each of us freely and happily gives it away to another person. Nowadays, I know it is a blessing. I understand how it is helping me become more of who I truly am.

There are opportunities for everyone to be helpful every single day. Sometimes they are as simple as returning that phone call, that message or that email to the person who is reaching out to you in need. Sometimes it simply means smiling at a newcomer as you pass them in the room, or asking them how their day is going.

How about you? A.A. has saved my life – how could I not give back? Instead of running from being responsible, I find the rewards feel

good; I do not have to drink to feel good. I will never forget my first international AA convention in Seattle, and those I attended in Australia and San Diego when we joined hands to pray at the closing ceremony. Joining hands with 60 or more thousands recovering alcoholics in the closing ceremony was so potent. I still feel that energy of power, love, and unity. .

I find the simplicity of “anyone, anywhere” deeply meaningful. As an alcoholic in recovery, working the 12 steps puts me on a spiritual plane that allows me to be used for a higher purpose that is to be of service to anyone reaching out for help, regardless of the source of their problem. Always answer the call, because you will understand more than ever, how good you feel when you do.
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 Inter group:	Your District:
Online: http://www.aa.org/aa-contributions-self-support	Online: http://area72aa.org/contribute/		
<i>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</i>			
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.	

District 54 Picnic – 2025!

August 16th – 11am w/Food @ Noon

Mud Mountain Park - Chinook Shelter

BBQ Hamburgers and Hot Dogs Provided

Please bring your favorite side or dessert

Kids Water Feature and Playground!

50/50 Raffle – Fellowship – Fun!!



It's Picnic Time!

DELEGATES REPORT BACK

June 7th, 2025

Time: 10:00 am - 2:00 pm

Hosted by District 43

Peninsula Districts

10, 22, 43, 55, and 56

at

Christian Life Center

1780 SE Lincoln Ave

Port Orchard, WA 98366

Finger food potluck • Coffee Provided

7th Tradition will be observed.

Contact: Jim B. - DCM 43 • (360) 473-6250



DISTRICT 55 AA

FOUNDERS
DAY PICNIC

CELEBRATING
90 YEARS
OF AA

JUNE 7TH
2025
1:30PM

SPEAKER
MEETING
POTLUCK

DRINKS & HOTDOGS PROVIDED
MASONIC TEMPLE 700 S. 5TH ST, SEQUIM, WA

Our Stories Disclose 3

SCAN HERE
FOR PAYMENT



THANK YOU

<https://www.72aa.org/food/volunteers> westbeaches@www.72aa.org

District 54 Picnic – 2025!

August 16th – 11am w/Food @ Noon

Mud Mountain Park - Chinook Shelter

BBQ Hamburgers and Hot Dogs Provided

Please bring your favorite side or dessert

Kids Water Feature and Playground!

50/50 Raffle – Fellowship – Fun!!



Area 72 Grapevine, La Viña, and Literature Quarterly

June 14, 2025, 10 am - 2 pm Hosted by District 1

This Meeting will be held in-person and hybrid

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District 1, 201 S Division St, Suite B, Auburn, WA 98001

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

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

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

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

We are excited to have Guest Speakers, and learn more how to  
Carry the Message of Grapevine, La La Viña, and A.A. Literature

Interpretation will be in Spanish to English and English to Spanish

We look forward to seeing you



Área 72 Grapevine, La Viña, y literatura trimestral

Junio 14, 2025, 10:00am - 14:00 horas      Organizado por el Distrito 1

Este Encuentro se realizará de manera presencial e híbrida

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Distrito 1, 201 S Division St, suite b, Auburn, WA 98001

Únase a nosotros virtualmente, ID de reunión: 873 2199 0075 Código de acceso: 620280

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

Únase a nosotros en persona para tener compañerismo a partir de las 9:30 am.

La reunión de negocios comenzará lo más cerca posible de las 10:00 am.
y finalizará aproximadamente a las 14:00 horas.

Estamos entusiasmados de tener oradores invitados y aprender más sobre cómo
Llevar el mensaje de Grapevine, La Viña y A.A. Literatura

La interpretación será de español a inglés e inglés a español.

“Esperamos verte”

AREA 72
Treatment
JULY
QUARTERLY
Mt. Vernon

JULY
SATURDAY | 19 | 10:00 - 1:00PM
2025

Skagit Public Utility District
1415 Freeway Drive, Mt. Vernon

We will observe the 7th Tradition
POT LUCK EVENT
Hybrid Zoom
Meeting ID: 812 5591 9512
No Password
www.treatment@area72aa.org

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



Be a Part of
the Solution

WEDNESDAY
09 JULY 2025

7 pm Eastern
6 pm Central
4 pm Pacific

FREE
ONLINE
EVENT



Scan to join

Zoom Login ID:
810 9099 6343
Password: 411

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

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



For more information or
<https://www.aabayarea.org/nursing-event/>

Sponsored by AA Nurses Group
and the AA Bay Area PPG Group

AREA 72

TREATMENT
ROUNDTABLE

Do you have questions?

Do you have suggestions?

Are you interested in Treatment?

JUNE

Saturday

21

2025

12:00 - 1:30pm

Zoom Event Meeting ID:
812 5591 9512 No Password

For more information
www.treatment@area72aa.org

ALL ARE WELCOME

Google

BASICS
GMAIL AND
GROUPS, CANVA
AND MORE



WORKSHOP July 20th, 2025

3:00 PM TO 4:30 PM

ON ZOOM

ID: 471 680 0414 Passcode: Area72

ALL ARE WELCOME

Google

BASICS
GMAIL AND
GROUPS, CANVA
AND MORE



WORKSHOP June 8th, 2025

3:00 PM TO 4:30 PM

ON ZOOM

ID: 471 680 0414 Passcode: Area72

2025 Area 72 Assembly

October 3-5, 2025

Purchased Menu Options

Friday Ice Cream

Triple Ice Cream Experience. Three mini ice cream treats per person

Saturday Lunch

Roasted Chicken Quinoa Salad (Gluten-Free, Dairy-Free). Apple, Hazelnut, Fennel, Quinoa Salad, House Made Herb Vinaigrette

Pork Chili Verde (Gluten-Free). Creamed Hominy, Tortilla Crisps

Cauliflower, chickpea & mushroom pinwheels (Gluten-Free, Vegan). Quinoa Salad, Roasted Red Pepper Puree

Saturday Dinner

Red Beans and Rice Stuffed Pepper (Gluten-Free, Vegan). Vegan Corn Veloute

Pan Seared Chicken Breast (Gluten-Free). Roasted Garlic Mashed Potatoes, Artichoke, Red Pepper & Red Onion, Lemon-Caper Butter Sauce

Garlic Crusted Pork Chop (Dairy-Free). Pancella-White Bean & Rosemary Ragout, Roasted Red Pepper Puree

Sunday Breakfast

Lynnwood Wake Up. Fresh Fruit Display, Scrambled Eggs, Bacon, Sausage, Herb Roasted Potatoes

Mini Croissants and Jam

Best Western Alderwood

9332 36th Avenue W

Lynnwood, WA 98036

\$ 99 + tax and fees (1 King)

\$145 + tax and fees (2 Queens)

For room reservations:

- Call 425-775-7600 and mention Area72

- Visit this [direct booking link](#)

Group block available through 9/12/25 based on availability (50 rooms)

La Quinta Inn Lynnwood

4300 Alderwood Mall Blvd

Lynnwood, WA 98036

\$103 + tax and fees (1 King)

\$103 + tax and fees (2 Queens)

For room reservations:

- Call 425-775-7447 and mention Area72

- Visit [their website](#) with group code Area72

Group block available through 9/12/25 based on availability (80 rooms)

Questions for the 2025 Assembly Host Committee? Email us: assembly2025@area72aa.org

2025 Area 72 Assembly

October 3-5, 2025

Lynnwood Event Center, 3711 196th St SW, Lynnwood, WA 98036 & via Zoom

THE ANNUAL BUSINESS MEETING FOR WWA72

This is a Hybrid Event

Hosted by D24

<https://area72aa.org/2025-area-assembly>

MAIL-IN REGISTRATION MUST BE RECEIVED BY 9/15/2025

(No meal refunds after September 15, 2025)

Registration

☐ In-Person

\$59

☐ Online (Email address is required)

\$30

☐ Both (Email address is required)

\$59

*Registration pays for rent and expenses; however, per Motion 90.1, payment of fee registration fee is voluntary.

MEALS

Friday Ice Cream Social

\$11

Saturday Lunch

\$54

Sunday Dinner

\$78

Sunday Breakfast Buffet

\$49

Full Name: _____

Badge Name: _____

Home Group: _____

District #: _____

City: _____

Email: _____

Phone: _____

I am a/an:

☐ GSR

☐ Alternate GSR

☐ DCM

☐ Alternate DCM

☐ Past Delegate

☐ Volunteer

☐ Other AA Member

Accessibility requests need to be made no later than 9/1/25:

TOTAL ENCLOSED: \$ _____

Total for In-Person or Both registration and all meals is: **\$251**

Coffee will be available, onsite, for purchase.

Make check payable to:

2025 Area Assembly

Register online starting April 1st, 2025 at: <https://area72aa.org/2025-area-assembly> or mail this completed page to:

2025 Area Assembly, c/o District 24

PO Box 439, Lynnwood, WA 98046



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