

We are Self Supporting

**Western Washington Area 72
Newsletter
July 2025**

August 2025 Newsletter Topic:
We are not a glum Lot
Print and on line

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Confidentiality

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Newsletter Policy

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

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

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

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

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

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

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

If you are planning on going to the international conference in 2025 in Vancouver, BC, please see the FAQs at the end of the newsletter.

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

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

Within Canada

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

Outside Canada

(Long distance charges apply) 1-204-983-3500 1-506-636-5064

Press “0” to speak to an officer during regular business hours – Monday to Friday 8 a.m. to 4 p.m. (local time) excluding holidays.

Western Washington Area Newsletter

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EVENTS AT A GLANCE

Western Washington Area 72 Quarterly Business Meetings			
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			

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)
Saturday July 26ith 10am-Noon	Web and Tech Virtual Quarterly	Virtual	Zoom ID 540 797 4045 Passcode: (none)
Saturday Aug 2 nd 110am-3pm	CPC Quarterly Hybrid	Puget Sound CSO 3640 S Cedar St Tacoma, WA 98409	Zoom ID 833 4771 9488 Passcode: 767867
Saturday Aug 2 nd 110am-3pm	Archives Quarterly Hybrid	Trinity Episcopal Church 2301 Hoyt Ave Everett, WA 98201	Zoom ID 895 8451 3370 Passcode: Archives
Saturday Aug. 9 th 10am-2pm	Area Public Information Quarterly		

Delegates Conference Report			
July 19 Saturday 1pm-4pm	Central Districts	Greater Seattle Intergroup 5507 6 th Ave S Seattle, WA 98108	
Pre-Assembly 2025			
August 2 Saturday 10:30am-2pm	East Side Districts (18, 33, 34, 35, 36, 38, and 39)	Kelsey Creek Church 1221 148 th Ave NE Bellevue WA 98007	
August 3 Sunday	Online Virtual	Anyone Welcome	Zoom ID Passcode:
August 9 Saturday 12pm- 4pm	Pierce County Districts (9, 29, 43, 44, 45, 54)	Bethlehem Lutheran Church 101 E 38 th ST Tacoma, WA 98404	
August 10 Sunday 11am-3pm	Southern Districts (7, 8, 21, 27, 28, 37)	Summit Pacific Wellness Center 610 East Main St Elma WA 98541	
August 16 Saturday	Northern Districts (2, 3, 4, 11, 12, 19, 24, 46)	PUD Building 1415 Freeway Dr Mt Vernon WA 98273	Zoom ID 996 3547 2534 Passcode: 168650
August 17 th Sunday	Peninsula Districts (10, 22, 55, 56)	St Luke’s Episcopal Church 525 N 59 th Ave Sequim WA 98382	
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 July 20 th 3pm-4:30PM	Area 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	Virtual	Zoom ID: 872 1003 9770 Passcode: 024176
4 th Saturday 10:00 AM – 11:30 AM	Corrections	Virtual	Zoom ID: 828 6821 9335 Passcode: 343910
4 th Sunday Noon-1:30pm	Treatment Roundtable July 27, August 31 st , Oct 26 th ,	Virtual	Zoom ID 8125591 9512
Up Coming Newsletter Topics			
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

Hi Area 72,

It’s been a great month running around Western WA and hanging out with you! We have had some thoughtful questions and great discussion at the Delegate Report Backs. If you haven’t been able to attend one yet, there are still several coming up. Check out our website for the latest listing of **Delegate Report Backs** <https://area72aa.org/events/>

If you or your homegroup members can’t attend a report back but still want to learn more about the 75th General Service Conference, check out the **Delegate’s Corner** on our website: <https://area72aa.org/delegates-corner/> (be sure to login first!). You'll find the slide deck, advisory actions, committee considerations, and a quick reference guide.

If you have any questions at all please let me know, I am here to support you and your groups.

In service,
Courtney

ALTERNATE DELEGATE
altdelegate@area72aa.org

Hello Area 72!

This month’s topic of self-support is always worth talking about. I’m sure many articles will be written about the financial aspect of self-support, so I won’t go too

deep into that. I think self-support is less commonly talked about in regard to supporting our trusted servants with attendance and participation.

I’ve spoken a lot about this at GSR and DCM workshops about the importance of supporting your group, but equally important is your group and district’s support of you. As an elected representative, you deserve to feel supported. Interest and engagement will wax and wane, but hopefully, they will honor your service with curiosity and respect.

In Alternate Delegate news, I continue to visit Districts as invited by your District Committee Members. I’ve attended quite a few Delegate Report backs and when possible, am spending time reading what I can and picking Courtney’s brain about her experience at the General Service Conference. I also continue to attend the monthly North American Alternate Delegate meeting, and the monthly meeting for the Pacific Region Alternate Delegates. No matter what the topic, no matter how I feel, I always leave feeling fulfilled by our Fellowship and I always have at least ONE new thing I learned! Thank you for those who remind me that I only have to take this one quarter-mile at a time.

Thank you for letting me serve,
--
Lupita YM

Area 72 Alternate Delegate | Panel 75

CHAIRPERSON
chair@area72aa.org

Greetings Area 72,

Again, I have a lot to share this month so here goes:

Friday Night of the July Quarterly
We are heading into the Area Quarterly here on July 11 and 12 in Tacoma. Some of our Area Committee Members will be returning from the 2025 A.A. International Conference. A member of our committee who, like me, will be unable to attend the Conference, suggested we have something at the July Quarterly so those who did attend can share their experiences. What a great idea! Thank you Sooz! Accordingly, Friday night of the Quarterly, we will be holding a one-hour sharing session for those who attended the Conference to share on their experience for two minutes each.

Pre-Assemblies
The remainder of July will be full preparing the background information and agenda for the Pre-Assemblies, two every weekend beginning August 2 through August 24. All of the Pre-Assembly background information will be included in the August printed edition of the Newsletter along with the July Quarterly Minutes. As for the Pre-Assembly schedule, be sure to check the Area Events page of our Area website for the pre-assembly nearest to you. Here’s a quick rundown of the schedule:

Saturday, August 2nd: Eastside Districts (18, 33, 34, 35, 36, 38, and 39)
Sunday, August 3rd: Online District 25 (open to all) via Zoom
Saturday, August 9th: Pierce County Districts (9, 29, 43, 44, 45, 54)
Sunday, August 10th: Southern Districts (7, 8, 21, 27, 28, 37)
Saturday, August 16th: Northern Districts (2, 3, 4, 11, 12, 19, 24, 46)
Sunday, August 17th: Peninsula Districts (10, 22, 55, 56)
Wednesday, August 20th: Virtual District 25 and Catch-All via Zoom 6pm to 9pm
Saturday, August 23rd: Central (Seattle) Districts (14, 15, 16, 17, 18, 31, 32, 40, 41, 42)
Sunday, August 24th: Spanish Speaking Districts (1, 57, 58)

Tradition Four

I am going to reserve my input on Self-Support in favor of the long form of Tradition 4 which states:

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount."

This Tradition has been resonating with me this rotation in light of recent challenges presented by our virtual district. I wrote about it in my April Quarterly report and received feedback from a past Delegate that I should reprint it in the Newsletter for wider viewership. So here goes:

"I believe a potential issue our area will face during this and future rotations is how to best support our online district that, as of the 2023 Assembly, has no geographic boundaries as a district. I distinguish “as a district” from that of our area, which does have geographic boundaries. And our Area is part of the U.S. and Canada General Service Conference which also has geographic boundaries. How far can our online District’s lack of boundaries take us as a geographic Area and even as a geographic Conference. Requests have recently come in from international members of online groups that are members of District 25. They have requested access to our Area website so they can review the General Service Conference background information available on our website. They do this in order to participate in their group’s conscience and give that conscience to our delegate before the upcoming Conference.

Currently, we have a fire wall in place on our website that limits our web traffic to the US and Canada borders due to past issues with bots and spiders from the worldwide web hitting our website and shutting it down. I am told technology has since changed and it may not be as difficult to protect against such attacks, but the underlying issue is our Area is one of ninety-three geographic areas in the U.S./Canada Conference Structure, which is also a geographic area. And while I am excited for any member of A.A. to want to participate in their general service structure throughout our world-wide fellowship, now that we are connected virtually, are internationally located members allowed to participate in the US/Canada Conference. This seems to be becoming a Conference issue, not necessarily an Area issue. Nor does it seem we as a geographic Area have any authority to include members outside of the U.S./Canada Conference let alone outside Western Washington without affecting other Areas or A.A. as a whole. And because our online District has international members in its home groups, our Area Committee is being asked to grant international access to our Area website to accommodate this. I imagine more will develop in the coming months and I have no answers to this issue except to reach out to all of you for your thoughts."

Third Legacy Studies

And finally, I continue to attend and continue to shamelessly plug for the GSIG Service Manual Study every first Sunday of the month at Greater Seatle Intergroup. Come join us either in person or online. 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.

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

Hi everyone!
I’ve been digging through the Alt Chair Drive and email archives and have compiled a pretty thorough list of Area Assembly locations going all the way back to 2012 (because yes—I’m that kind of

nerd). Over the past 18 years, our Area Assemblies have rotated through a range of cities and districts—but there are still many districts that haven’t had the opportunity to host. And did you know we haven’t held an Assembly on the Peninsula during that entire span? Hosting an Assembly is a powerful way to bring the fellowship into your district, spark enthusiasm for general service, and create lasting bonds among trusted servants across Area 72. These weekends are filled with shared experience, laughter, spiritual growth, and a deep connection to our common purpose.
If your district has never hosted—or it’s been a while—now’s a great time to start envisioning what that could look like. You can find venue requirements in the Area Handbook. And remember: it takes a village! Co-hosting with one or more neighboring districts is a fantastic way to share the workload and build community. Another option to consider: if your district is located on the Peninsula, is a Spanish-speaking district, or is just outside a venue location, you can team up with a district closer to the venue to co-host. For example, D31, D18, and D32 successfully hosted in Tacoma back in 2013—even though none of them were based in Tacoma.
To support your planning, here’s a look at where Assemblies have been held—or are scheduled—between 2012 and 2029. Hybrid events are marked with an asterisk:
Southern Region
• Shelton – Little Creek Casino (D8): 2012, 2017, 2026*
• Longview – Cowlitz County Expo Center (D27): 2019, 2023*
• Vancouver – Hilton (D7): 2016, 2029*
Peninsula Region
• *No Assemblies held during this period*
Pierce County
• Tacoma – Hotel Murano (D9, D18, D31, D32, D44): 2013, 2018, *not yet scheduled for a future Assembly*
Central Region
• SeaTac – DoubleTree (D14, D31): 2028*
• Seattle – Bell Harbor Conference Center (Seattle-area districts): 2015
Eastside
• Renton – Hyatt at Lake Washington (D18, D33, D34, D38): 2022*
Northern Region
• Lynnwood – Lynnwood Event Center (D24): 2025*
• Lynden – NW WA Fairgrounds/Event Center (D11): 2014, 2027* (tentative hybrid)
Online (Pandemic Years)
• Zoom – Hosted by D11 & D24: 2020, 2021
Some venues are unlikely to be options for future Assemblies:
• Bell Harbor Conference Center in Seattle required a complex homestay coordination system to make attendance affordable, which isn’t easily replicated. Cowlitz County Expo Center in Longview is a strong facility, but we won’t return until the ongoing bed bug issue at their hotels is fully resolved.

- Hyatt at Lake Washington in Renton gave us excellent rates because we booked early when the hotel first opened. We likely won't get that same pricing again.

That leaves us with six strong, realistic possibilities for hosting an Assembly of our size:

- Little Creek Casino in Shelton
- Hilton in Vancouver
- Hotel Murano in Tacoma
- DoubleTree in SeaTac
- Lynnwood Event Center in Lynnwood
- NW WA Fairgrounds in Lynden

We are already scheduled to be at five of these six venues in the next five years, which makes it even more important to see a bid come in for the one that isn't currently on our calendar: Hotel Murano in Tacoma. It's been a great fit for past

ACCESSIBILITY
accessibility@area72aa.org

Accomplishments from the past month:

- Made it to the June business meeting of District 8 and watched them qualify and accept a person for the open Accessibility Chair position. It was cool.
- I attended the Language Steering Committee quarterly meeting, it was wonderful.

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

- No problems, I have issues with Google calendar. I currently have a work calendar that is Microsoft based, Teams/Outlook. My personal stuff is Google calendar, and I have two of them personal and AA. Having just one calendar with all items on it does not work, it is too clutter. Google calendars do not give me notifications like Microsoft does. Google notifications are kind, soft, and disappear without my attention.
- Zoom audio recording, I have yet to try to access it from our last Accessibility quarterly to type up some minutes and distribute them to our committee. I need to put on my big boy's pants and figure it out and if need be, ask someone for help.

Goals

Assemblies and helps us maintain regional balance.
Even more importantly—it would be amazing to see an Assembly held on the Peninsula.
I'm anticipating a bid from District 8 for Little Creek Casino in 2026, but I'd love to see someone explore a new location on the Peninsula, such as the Kitsap Conference Center at Bremerton Harborside, which successfully hosted a Quarterly in recent years. It's a beautiful venue with great potential.
So the big question: Which districts will step up and work together to make it happen? It would be *amazing* to see at least three bids for the 2030 Assembly so we have strong options to vote on this October at the Area Assembly.
If your district isn't on the list—or hasn't hosted in years—this could be your moment. I'm here to support you every step of the way, whether that means helping with a venue search or collaborating on a multi-district bid. With some coordination, we can prepare a strong proposal by September.

Appointed Servants

- Attend the international in Vancouver, attend the July Western Washington Business quarterly the weekend after the international, then attend the Accessibility quarterly in hosted by District 24 in Edmonds.
- Get the audio recording of our April quarterly and type up some minutes and disperse to the chairs.

What am I grateful for?

- District 18 for offering to host the October quarterly.
- My wife is the best weed puller I have ever met.
- My lawnmower for the gift of a 30" wide cut and still be useable by my wife.

Your Service sib,
Bud W accessiblity@area72aa.org

ARCHIVES CHAIR
archives@area72aa.org

ARCHIVIST
archivist@area72aa.org

Archivist Newsletter July 2025
Self-support. Did we concern ourselves with any solution for self support for our Newsletter in January?
In the swirling sands of our worlds, I find myself in quiet contemplation of what I have observed since January 2025. I went to my 11th January quarterly. A budget was proposed. A motion was made and the budget was passed. Since this was my 11th experience of this

And just to sweeten the deal: If your district wins the bid, I will personally bake one of my fabulous cakes and bring it to your district meeting to celebrate (unless it's D25—still working on teleporting cakes through Zoom).
Hosting an Assembly is a gift to the fellowship—and the people who step up to do it deserve to be celebrated. Let's keep growing the spirit of general service by inviting more voices, more regions, and more love into the process.
With love and service,
Lisa S.
Area 72 Alternate Chairperson
(206) 949-1875
altchair@area72aa.org

TREASURER
treasurer@area72aa.org

ALTERNATE TREASURER
alttreasurer@area72aa.org

process, I assumed we did what we always do and for the past 10 years we have based our budget on last year's expenses.

I watched a discussion topic happen. And the discussion topic was that we needed to go digital with the newsletter. It was revealed that the newsletter was underfunded by \$10,000. *A fresh panel of 66 brand new members of the Panel 75 were told the newsletter was over budget.* My lived experience for 10 years in Area 72 had never heard that...I have sat in every quarterly since January 2015. No treasurer, no alternate treasurer ever reported the newsletter was over budget in 10 years—40 Treasurer's & AltTreasurer's Reports.

This newsletter situation developed between Assembly 2024 and Jan Quarterly - in the blink of an eye in A.A. I know the Repository funding line. Is it next? Or will we look at ALL our data over time in all our spending categories—technology, travel, printing, archives—and, using the tools of the Program, look for ways to be fully self supporting?
~Maryland~Archivist

COOPERATION WITH PROFESSIONAL COMMUNITY
cpc@area72aa.org

Bar Tabs to Balance: What Sobriety Taught Me About Self-Support
There was a time when I lived right on the edge of poverty. I worked two jobs, regularly cried over how I'd make rent, and still managed to find my way to the bar. Somehow, that expense never felt optional.
I broke leases, maxed out credit cards, and stretched student loans as far as they could go. When my mom wanted to see me, she sent money for a plane ticket. Back then, I thought being self-

supporting just meant paying a bill now and then. I didn't yet understand what it really meant to stand on my own two feet.

Sobriety changed that. Slowly and sometimes painfully, I learned that being self-supporting isn't just about money. It's about responsibility, reliability, and self-respect. It's about showing up for your life and the people in it. It's putting food in the fridge, saving a little for the future (even if that future starts a little later than you hoped), and knowing your kids won't have to take care of you down the road.

Most of all, it's about self-care. For me, that means being someone others can count on because I've learned to count on myself.

My drinking came at a high price: legal fees, medical bills, lost opportunities, and more than a few hard lessons. But the dignity I've gained from rebuilding is worth every step.

And just like that matters for me, it matters for AA, too. A self-supporting AA group isn't vulnerable to outside influence. It can't be swayed, pressured, or redirected by people or institutions who don't live this program. The power stays with the group; democratic, open, and free.

No one pays to belong to AA. But when we contribute what we can, we're not just keeping the lights on. We're taking responsibility for our own recovery. We're showing up for something that changed our lives. It's a small action with big meaning.

Being a contributing member of AA, of society, of my own life restores something I didn't realize I was missing: my dignity. It means I don't have to rely on favors, handouts, or luck. I get to show up, do the work, and be someone I'm proud of.

Sooz
Area CPC Chair

CORRECTIONS CHAIR
corrections@area72aa.org

Hi Everyone! Hope you all are feeling joy in your lives.

One of my favorite pamphlets is "Self Support: Where Money and Spirituality Mix." If you haven't read it yet, it is F-3 on aa.org. I am tempted to copy and paste the pamphlet here and just end there. But alas, I have a few things to say. To me, one of the most important concepts to come out of the Seventh Tradition is autonomy. By being self-supporting, AA avoids potential conflicts of interest and maintains its independence from outside influences, allowing it to focus on its primary purpose of carrying the message of recovery to those who still suffer. Autonomy allows us to fulfill our primary purpose. No DRAMA! In my current service position with corrections, I have gotten to see the true difference our self-support makes by seeing all the literature available to persons in custody.

Sometimes the literature that we provide is the only meeting someone in custody has. Could you imagine? The pamphlet mentions a story about how John D. Rockefeller Jr. was approached by our AA pioneers for money. He

responded, "I am afraid that money will spoil this thing". Thank goodness that was his response.

Love you all,
Aimee B.

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

I'm not comfortable when something is freely given to me. Most often free stuff comes with strings attached. Like that glass you left half-finished, or the cabinet at your parent's beach house that had been fully stocked? Guilt, shame, blame, hangovers. Turns out sobriety doesn't cost me anything, unless you count my time, patience, attendance, following suggestions, and humility. I have been self-sufficient most of my life, striking out on my own early and maintaining a bi-coastal lifestyle (now called "doing a geographic," I think).

Took me a while to realize that when the Seventh Tradition states that we are fully self-supporting, "we" means not only the group and the A.A. fellowship, but also me. At first I gave money stingily, then I gave more once I realized cigarettes weren't a dollar a pack any more. My sponsor also kept coming up with ways for me to donate my time, at treatment centers, with Greater Seattle Intergroup, as treasurer for my home group and at the District.

It still surprises me that the first time I heard being read the following was when I was over a dozen years sober. From the Self-Support card, F-42 (Did you know the "F" means free?), service material from the General Service Office: "It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose. The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world."

When I can contribute back to the Fellowship in money and time, it's a little insurance that I won't take this, all this life I have now, for granted. When I pay my way, I can do what Higher Power directs me to do. This is especially true for me now with the Grapevine App. I downloaded the app for free, as many of us did. Subscribing to the app, I gain so much more, literally a spiritual connection that joins me in unity with AA members around the world. I recognize in that voice someone from a meeting I attended. I know that

story from when I thought I'd never be able to make it through the night.

I always like to use a Grapevine quote from a member on Area 72, in these articles, culled from the search function, available when you subscribe to the app. Grapevine Story Archive: April 2011, "Happy Birthday--You're an Alcoholic;" Mike S., Port Angeles, Washington: "I got a job and held it for the first time in my life. I was self-supporting. No more glamour; I was employed taking care of handicapped adults. I took a nightly inventory. I was in service and had placed my recovery in AA above all else. I had to or all else was lost anyway.... I have structure in my life. I've learned the value of discipline in my life." Jack J
Area Grapevine and Literature

LANGUAGE CHAIR
languagechair@area72aa.org

NEWSLETTER EDITOR
newsletter@area72aa.org

Self Support and Tradition 7

This is the tradition we discuss at possibly every meeting of Alcoholics Anonymous. Every member has participated or understood this Tradition from early in their sobriety. I feel that we can sometimes take this too literally.

Many of us in Early sobriety are facing financial wreckage that is significant, I know I was. I was making the best contributions I could even though I was teetering on the edge of not making rent every month in the early days. This program was saving my life and it was a major priority. I realized early on that I could and should contribute in other important ways. Showing up early for set up and taking a service position were important ways I could help my homegroup be self-supporting. As a DCM I was often trying to encourage groups to send a GSR to our monthly meeting. I frequently stressed that *we needed their participation more than we needed their money.*

At about 2-3 years of sobriety I had an epiphany. The 7th tradition was something I could practice to enhance my own recovery program. I personally could benefit from being financially, emotionally, and spiritually self supporting. I participated in our sister program AL-Anon and gained skills to be a better sponsor and become emotionally self supporting. My recovery has benefited from incorporating self supporting into my practice. I am learning to run on faith and not fear.

At 12 years sober I am progressing, not perfect but I have grown my program and sponsorship to include the 12 Traditions as well as the 12 steps. There is so much available to us in recovery why stop learning and growing.

Erin E
Newsletter editor

PUBLIC INFORMATION CHAIR
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REGISTRAR
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SECRETARY
secretary@area72aa.org
We Are Self Supporting

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

Alcoholics Anonymous is absolutely free. All of the wonderful life saving principles and concepts encapsulated in the A.A. program cost us nothing. They have been handed down to us quite freely by prior members and in what we refer to as the “Big Book”, or the “Twelve and Twelve” and other A.A. books and literature.

It may cost someone the price of a library card to check out the above books, read them, and go, “Ah-ha! That’s the answer! Why hadn’t I read these books earlier?” I’m not going to say that hasn’t happened. I know in the early days, before the formation of all of these amazing groups, it was pretty close to that.

Unfortunately (or, perhaps, fortunately) that’s not the way it works for most of us in A.A. We meet in groups, usually in buildings of some kind, that charge rent for their use. We enjoy a hot beverage now and then at these groups or meetings, that costs a bit of money.

Once we have recovered a bit, and can afford to contribute financially, we drop a buck or two or three in the basket as it goes around because we know from Tradition Seven (which is probably read or at least mentioned at each meeting) that the group has expenses which must be covered by its members.

We also learn that we do not solicit donations from outside our program. That may lead to us being “beholding” to another entity outside of A.A., which has shown in the past to lead some difficult situations.

The Traditions we observe today were hammered out on the anvil of trial and error made by members of our program in the past.

Now, I want to take a step further. As I recall, only 48% (and that may be a bit high) of the A.A. groups contribute to the General Service Board (GSB) of Alcoholics Anonymous.

The GSB in NY serves all of the groups in the U.S. and Canada (regardless of the group’s financial contribution). I recommend you take a look at the aa.org site and check out all that is done by the GSB.

Currently the GSB is working on a shortfall and making up the difference between what should be coming through contributions by having to charge more for books and literature. (please attend one of our Area Delegates Conference report backs to find out exactly what’s been going on this last year)

It is important for us to remember that self-support extends much further than just our group level.

Thank you.
Don N., Area 72 Secretary

SOUND AND ZOOM COORDINATION
sound@area72aa.org

One of the most powerful aspects of Alcoholics Anonymous is its principle of self-support. Tradition Seven reminds us: *“Every A.A. group ought to be fully self-supporting, declining outside contributions.”* This isn’t just about money—it’s about dignity, responsibility, and freedom. By supporting ourselves, we keep our doors open and our message clear. No strings, no debts, no outside influence—just one alcoholic helping another, freely and honestly. When we drop a dollar in the basket or pitch in to make coffee, we’re not just paying rent—we’re honoring the gift of sobriety that was freely given to us. Our self-support is a reflection of our growth. We stand on our own feet today, not just in our finances, but in our lives. We show up, we give back, and we carry the message with open hearts. In a world where so much comes with conditions, it’s a rare and beautiful thing to be part of something sustained purely by gratitude and service. Let’s keep it that way.

Anthony G
Area Sound & Zoom Chair
WWA72 Panel 75

TREATMENT CHAIR
treatment@area72aa.org

Self-Supporting Through Our Own Contributions
Tradition Seven

“Every AA group ought to be fully self-supportive, declining outside contributions.”

The dinner held by John D. Rockefeller in 1940 addressed this beautifully,

“Gentlemen, you can all see that this is a work of good will. Its power lies in the fact that one member carries the good message to the next, without any thought of financial income or reward. Therefore, it is our belief that Alcoholics Anonymous should be self-supporting so far as money is concerned. It needs only our good will. I am afraid that money could spoil this thing.” Early member finally realized the truth in the old cliché, “Whoever pays the piper calls the tune.” This is when the Seventh Tradition took root.

I love what it says in our pamphlet:
Where Money and Spirituality Mix

With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for A.A.’s survival would have to come from individual A.A. members and groups. As Bill W. put it in 1957, “Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility — one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid.

(The Language of the Heart, p. 221)
Where Money and Spirituality Mix “Self-support begins with me, because I am part of us — the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Board. If it were not for those entities, many new people would never discover the miracles of A.A.”.

In my opinion, it would be awful if the members of Alcoholics Anonymous where financially beholden to any outside entity. Our principal of Self Supporting through our own contribution enables our groups to continue to be autonomous. I am grateful members of Alcoholics Anonymous are responsible for their own finances. AA is a we program. It belongs to the current and future members of Alcoholics Anonymous.

Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.

Suzi L
Area Treatment Chair
~~~~~

The Greater Seattle Intergroup H&I Team continue to break barriers. I am so honored to be able to observe their hard work and coordination coming out of this intergroup and Mike’s team. Saturday, June 21st we will start having Treatment / Bridging the Gap Roundtables. Our volunteers and chairs are getting so connected they have a lot of experience, strength and hope to share with the new volunteers and chairs. It is like magic to watch them spread the service bug and mentor their new team mates.

The Area 72 Treatment July Quarterly will be hosted by District 4 in Mount Vernon on July 19th starting at 10:00 AM. The venue will be at the Skagit County PUD facility. Special thanks to Chuck P. Area 72 Bridging the Gap Chair. His work is exceptional. He has so much to share. We love having him a leader on our team.

I had a huge honor. The AA International Convention Committee asked me to be one of the speakers at the upcoming International Convention. I will speak on Friday, July 4th in the East Building – Ballroom B at 3:30pm. The meeting is called Treatment Facilities. I hope to see some of my Area 72 friends for love and support.

Thank you for the opportunity to serve,  
Suzy L.  
Area 72aa Treatment Chair

**TECHNOLOGY & WEB CHAIR**  
[webchair@area72aa.org](mailto:webchair@area72aa.org)

Greetings Area 72!

I think the phrase “we are self-supporting” encompasses a lot, but I want your attention, so let’s start with everyone’s favorite topic: \$\$\$.

During Panel 73, I served as the Treasurer for my home group. During that time, I wondered, “How much does each member need to contribute to sustain AA?” When we first come to AA, we see other people put a dollar in the basket, and so we put a dollar in the basket. Then we hear that GSO and Intergroup don’t have enough money. How does that happen? I figured that if I wanted to understand that, I should start with my group, where I had good data and the numbers were small.

I did some math. I took our committed expenses, divided by the number of home group members, and had a number. The point was not to say how much each person needs to contribute to the group, but simply to provide a point of departure for determining my personal contribution amount. I only counted home group members. I figure that although we may receive additional contributions from other members, it is the home group that passed the budget, and thus the home group members that have committed to contributing enough to meet it.

The number ended up right around \$250. For us to meet our commitments to rent, Area Assembly, literature, and goodies, each home group member would need to contribute – on average – \$250 over the course of the year for us to be fully self-supporting. I presented it as purely informational. I didn’t suggest people contribute that amount; I didn’t encourage people to contribute more than they already do. I simply said this is how much it costs to sustain our group, and what that means for our average home group member.

A guy who I’ve never seen attend a business meeting, before or since, looked me right in the eye and said, “If you think everyone in this room should contribute \$250 to the group, I suggest you be the one to start.” I thanked him for his remark and that was the end of my report. I later did more math, and determined that \$250/year works out to 68 cents per day. I don’t think his challenge to me was quite the flex he thought it was. If your home group isn’t worth 68 cents per day to you, you might want to change your home group.

Look I get it, I was way worse than broke when I came into AA. I had filed bankruptcy and still owed the IRS a truckload of money. And even though we’re promised that fear of economic insecurity will leave us, sometimes economic insecurity stays for way too long or even comes roaring back. We’re not always able to contribute our full share of the financial responsibility, or sometimes even a buck.

We’re also told that we shall aspire to soon achieve the ideal of being fully self-supporting, and I think that applies at all levels of AA, including the member. So here’s another way of looking at it: are you willing to believe that a loving God who would have you be happy, joyous, free, and useful, would also place you in a position to be able to contribute 68 cents per day (or however much it costs) to your home group? Could you do business with a God that wants your home group to provide an inviting meeting space to people, to be a good example to your community, to distribute AA literature to newcomers, and to participate in the informed group conscience of Alcoholics Anonymous?

Here’s an idea for you: figure out your group’s number, and when you’re able, contribute an extra 50%. To me, this acknowledges the reality that the newcomer often can’t yet contribute the full amount needed to sustain the group. If you and I each put in 50% extra, we’ve got the new person covered until they are soon able to achieve the self-supporting ideal.

We need to start this idea at the group level, because change in Alcoholics Anonymous happens from the top down. Groups have ultimate authority and responsibility for sustaining Alcoholics Anonymous. How many times have you heard that some service entity doesn’t have enough money to meet its expected expenses? It doesn’t make any sense! A group of trusted servants got together, reviewed a proposed budget, and passed the budget – without verifying that the groups would be willing to support it? If we pass a budget, we commit to fulfilling it. If we are unable or unwilling to fulfill a budget, it’s our responsibility to speak up so that the body can make an informed decision. Either we commit to a lower budget, or other groups know they need to contribute more.

If we apply this idea at the group level, we have a good shot of accomplishing the self-supporting ideal at all levels. If we

throw a buck in the basket, with no clear understanding of how much it costs to sustain our services, we’ll always come up short.

Above all, we need to appreciate what 7th tradition contributions really mean. It’s not an abdication of responsibility, thanking God that some poor schmuck is doing the job that I don’t want to do. It is the recognition that carrying the message of Alcoholics Anonymous requires people’s time and energy – and supporting them in that work requires money so that any member can participate, regardless of financial situation.

To be self-supporting means that when I see work that needs to be done, and I’m available, I say so and accept the responsibility. When my time is done, I step aside so that someone else can share in the responsibility and have their own experience. I contribute financially because I value your efforts and want you to be effective. I could walk away, and Alcoholics Anonymous would survive, albeit a bit weaker. If you walk away, it will probably still survive, but a bit weaker still. If enough of us walk away, it all falls apart. My hope is to stand alongside you, each of us supporting the other, and welcome anyone willing to stand alongside us.

<3 Patrick

**WEBSERVANT**  
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**Self-Supporting Through Our Own Contributions in AA**

The fellowship of Alcoholics Anonymous has helped countless individuals find sobriety and support through its principles and practices. One of the fundamental principles of AA is to be self-supporting through our own contributions. This concept not only fosters a sense of responsibility but also ensures the sustainability and accessibility of the program for everyone who needs it.

Self-support in AA means that each group is financially independent and relies solely on the contributions of its members. This principle is rooted in the belief that those of us who benefit from the program should also help sustain it. By contributing (what we can), group members take ownership of their recovery and the well-being of the group. This financial independence allows AA to remain free from outside influences and maintain its focus on helping individuals achieve sobriety.

Contributing to AA is more than just a financial act; it is a demonstration of personal responsibility and mutual aid. Each member's contribution, no matter how small, is a testament to our commitment to our own recovery and the support of others. This collective effort creates a strong, supportive

community where everyone plays a role in maintaining the group's health and effectiveness.

This self-supporting model of AA ensures that the program remains accessible to anyone seeking help. By relying on member contributions, AA can provide resources and literature without the need for external funding. This approach keeps the focus on recovery and support, rather than financial concerns. This also allows AA to operate with transparency and integrity, maintaining the trust of its members.

As someone who has experienced the transformative power of AA, I can attest to the significance of self-support through our own contributions. It is a reminder that recovery is a shared journey, and each member's involvement is of equal importance. By contributing, we not only support the group but also reinforce our commitment to sobriety and the principles that guide us.

Shu D. Area 72 Webservant | Panel 75

**YOUNG PEOPLE'S CHAIR**  
[ypchair@area72aa.org](mailto:ypchair@area72aa.org)

Hello, Area 72!

Over at the Area 72 Young People's committee, we are gearing up for our next quarterly. It will be hosted by District 8 and will be held at Peer Olympia at 522 Franklin St SE,

Olympia, WA 98501. The event will be from 12:00 to 3:00 PM on July 26<sup>th</sup>, 2025. Fellowship will begin at 11:30 AM. As always, the event will be hybrid. Zoom meeting ID is 897 1891 7974, Passcode: 871170. I am excited to have Nick K, delegate from Area 41 and chair of the conference PI committee to join us on zoom and give an update about the GSO Young People's project. We are still in the process of forming a YP subcommittee to plan events and workshops in our area. More information to come in the future! Lastly, I'm excited to announce that the YP videos from last rotation are now available to view on the Area 72 YouTube channel. Go check out the videos at <https://www.youtube.com/playlist?list=PL3tT8R-0jjbPnShSIuH6EpxSmRAFqZakv>. Thank you to the Webmaster and Tech and Web committee chair for making it happen. And of course, thank you to all the people who participated in the videos and graciously shared their experience, strength, and hope.

When I think about self-supporting, I think about the panels I've gotten the opportunity to participate in at an Area Assembly and at the Burien Little Assembly. I was given the chance to discuss the topic with people who know a lot more than me, as well as do some soul-searching

about what being self-supporting really means. I have come to feel so much gratitude about the fact that we are self-supporting. We don't have to worry about the influences of other people or other organizations. Because of this, we get to remain focused on our primary purpose of helping still suffering alcoholics. I have learned that I have a responsibility to contribute to AA, both with my money and with my time and service. When I put money in the basket, it not only goes to the running of my group, it goes down the line to district, Area, Intergroup, and the General Service Office. My contributions go directly toward services that help alcoholics who are still suffering, both within and outside of our rooms. Similarly, I am responsible for supporting that primary purpose with my time and energy. I am uniquely qualified to help other alcoholics, and I take that responsibility seriously. I am incredibly grateful for the opportunity to support myself and my AA community with my time, money, energy, and love.

Please feel free to reach out to me anytime!

In love and service,

Heather Spencer  
Area 72 Young People's Chair  
[ypchair@area72aa.org](mailto:ypchair@area72aa.org)

Districts

**DISTRICT 1**  
**Spanish Speaking District South of King/Snohomish Counties, Olympic Peninsula**  
[aaintergrupalarea72.org](mailto:aaintergrupalarea72.org)  
[dcm1@area72aa.org](mailto:dcm1@area72aa.org)

**DISTRICT 2**  
**Camano Island & Northwest Snohomish County: Stanwood, Arlington, Silvana**  
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**DISTRICT 3**  
**Southeast Snohomish County: Lake Stevens, Snohomish, Monroe, Sultan, Gold Bar, Index**  
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[dcm3@area72aa.org](mailto:dcm3@area72aa.org)

As District 3 wraps up our Report Back and begins preparing for our upcoming picnic on August 2nd (10:00 AM to 2:00 PM at Skykomish River Park in Monroe), it's a good time to reflect on one of our core principles—we are self-supporting through our own contributions.

This idea is at the heart of Tradition Seven, which reminds us that “every A.A.

group ought to be fully self-supporting, declining outside contributions.” What this means is more than financial—it's about responsibility, ownership, and the spiritual strength that comes from supporting what we are part of. Whether it's a group pitching in to pay rent, a district funding its events, or individuals stepping up to with district or area events, our Fellowship thrives when we support it ourselves.

This year, District 3 has welcomed a new meeting into the fold—Design for Living—held Wednesdays from 7:00 to 8:00 PM at the Lake Stevens Food Bank. Please stop by and show your support if you're in the area.

As we look toward closing out the year with the Fall Assembly, we're reminded again that our ability to carry the message—through meetings, service events, literature, and connections—depends on each of us doing our part. Whether it's time, money, or energy, your contributions help make AA work. Thank you for being part of that.

We hope to see many of you at the picnic in August—and then, before we know it, we'll be doing it all again next year.  
DCM 3

**DISTRICT 4**  
**Skagit County, Burlington, Concrete, Mt. Vernon, Sedro Woolley**  
[District4aa.weebly.com](http://District4aa.weebly.com)  
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**DISTRICT 7**  
**South Clark and Skamania Counties: South Vancouver Area, Camas, Washougal, Stevenson, Carson**  
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**DISTRICT 8**  
**Thurston & Mason Counties: Olympia, Shelton, Lacey, Tumwater, Hoodspport, Matlock, Rainier, Littlerock**  
[aadistrict8.org](mailto:aadistrict8.org)  
[dcm8@area72aa.org](mailto:dcm8@area72aa.org)

**DISTRICT 10**

**Kitsap Peninsula: Silverdale, Bainbridge Island, Kingston, Poulsbo, Chico, Belfair, Bremerton, Kingston**  
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[dcm10@area72.org](mailto: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](http://dist10.org). Anyone may attend our business meetings however only GSRs, (or Alternates), District Trusted Servants, and Standing Committee Chairpersons may vote.

Last month I announced how our trusted Servant positions are all filled, and now this month I am reporting we have two openings due to certain circumstances and other obligations. Accessibility and Cooperation with the Professional Community Chairpersons are open. Hopefully we will have members in our district to make themselves available for these positions at our next district meeting June 29<sup>th</sup>.

Now the topic of “We are self-supporting”: Lots of places have information on this topic. The seventh tradition short form is the basic recap. The long form explains more and even a bit of what not to do. The twelve steps and twelve traditions book explains in even more detail and gives examples why we should be self-supporting. There are two items from AA World Service, one is the Self-Support Card (F-42) that explains the spiritual significance of this principle: “The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the World.” The other is Self-Support; Where Money & Spirituality Mix (F-3). This pamphlet is full of good information, and history of why we have a Self-Supporting/Spiritual fellowship. It brings in the name of Mr. Rockefeller and the phrase “who pays the piper calls the tune”. Is that an “ominous” warning?

My take on all of this is our primary purpose is to help the still suffering alcoholic. If we follow this tradition of self-supporting, we don’t make money, we make sure we have what is needed to pass the message of hope to anyone with a desire to stop drinking, now and in the future. These are contributions not donations. Contributions give us a place for meetings, the literature we read and grow from, cost to get our GSRs, DCMs, and Delegates to the meetings we all cannot attend so they can voice our opinion and bring back the message to us. We find through experience it is helpful not to hoard money, or use it selfishly, or take donations from non-A.A. persons. What is left over after our bills are paid, we send it downstream to districts, central service centers, areas, and of course the General Service Board where they distribute the donations to the General Service Office. If we don’t support the GSB, we won’t have the personnel to make the books, apps, social media, send out the letters, receive the email and

phone calls from us and lots, lots more! It is so easy to say we don’t have to put money in the “hat” if we don’t want to. The first word is WE. Members of Alcoholics Anonymous. Not anyone else. Just my take on it and yes, I’m still learning.

And for that: I am responsible.

Peace.

Mike D.

DCM District 10

**DISTRICT 11**

**Whatcom County: Bellingham, Blaine**  
[whatcomaa.org](http://whatcomaa.org)  
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Hello! District 11 is excited about summer with many of our home groups having their annual summer picnics. The gratitude banquet committee starting meeting up this month to start planning the November event. We elected an accessibility chair at our last district meeting but had our corrections chair step down in the same meeting.

Thank you for your service

Josh C

DCM District 11

**DISTRICT 12**

**North and East Snohomish County, Everett, Marysville**  
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**DISTRICT 14**

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**DISTRICT 15**

**Downtown Seattle, West Capitol Hill, South Seattle**  
[seattleaa.org](http://seattleaa.org)  
District15

**DISTRICT 16**

**Northeast Seattle, University District**  
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**DISTRICT 17**

**Northwest Seattle; Ballard**  
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[dcm17@area72aa.org](mailto:dcm17@area72aa.org)

Bittersweet announcement:

Taylor B will be moving in August, and the district voted to have Josh B take over the DCM role

Goals you hope to achieve or begin work on in the next month:

A handful of people from our district will be going to Vancouver for the International Convention in July. We're looking forward to a sobriety filled weekend! We'll also go to the Delegate's Report Back later in July.

Josh B

DCM17

**DISTRICT 18**

**Renton, Kent, Tukwila**  
[seattleaa.org](http://seattleaa.org)  
[dcm18@area72aa.org](mailto:dcm18@area72aa.org)

Hello Area 72.

District 18 is alive and strong. We are supporting the effort to re-engage with the Regional Justice Center in Kent. We carry the message into treatment facilities: John Vulcan Academy (Kent) and Lakeside Milam (Renton). We host a monthly PI/CPC table at a local, Kent library Resource Fair. Our Accessibility Committee is working on how meetings can overcome obstacles they encounter with childcare by creating a “best practices” document, like the traditions, what we have learned through difficulty and making mistakes. Childcare at meetings is a painstaking and vital service that has very specific challenges unto itself. The 12 Step Committee, which is headed up by our young constituency in the district, is rocking the chat line and the 12 step calls to ensure that the hand of AA is there when someone reaches out. Let’s give a shout out to the next generation of servants.

On the topic of self support, our district is poor. We have been putting the word out the past few months that we need money from the groups. We are not able to fund the activities that our District Handbook recommends. It is our job to continuously educate people about how this structure of service works. It is so different from the capitalism that fuels our culture that people take AA and what it provides for granted if we let them. We need to take it upon ourselves to educate people about the importance of passing the hat and how our money supports the message being carried.

I remember early in my sobriety (I was very young and naive) when the basket was passed I thought to myself, “Ah, that’s the catch, they’re doing this for the money.” I know I am not alone in this ignorance. It took some time for me to understand what self supporting meant. Who is paying for the thousands of cups of coffee with creamer and sugar I am consuming, biding time until I can have a real spiritual experience instead of a caffeine induced one? Who is paying for this hall that hosts 5 meetings a day for the alcoholic who still suffers (me)? Who is asking me what I think at the business meetings so that my selfish voice can be heard and I can cast a vote, making sure our GSR can carry these crazy thoughts of mine to the District and Area?

Most people, attending AA meetings, are blissfully unaware of anything happening outside of the group. I know it all takes time. Time to actually get sober, time to realize there are people other than oneself to consider, time to actually care about the Traditions that keep our groups functioning, time to see outside of the group to the bigger picture of the service that AA provides. I first realized the importance of the AA structure when I went to Intergroup to answer phones with my home group. Intergroups and Central Offices are a great place for an

alcoholic to begin to understand the importance of carrying the message. I remember Steve C., our past Delegate, told me that we have no way of calculating or knowing how many thousands of lives are saved and/or touched by the work we do.

That all being said I believe in the importance of instilling early on that, yes, this is free to anyone who wants it, but that we must give something back, sooner rather than later in our sobriety. To learn the lesson that we are not just takers, we have something to give. Even if it is .50 in the basket that we have something to offer, even if it is our shaky minority opinion, or the ability to wash coffee cups, or set up chairs or greet the newcomer at the door, we have to give back, it is our duty and responsibility. This will eventually translate into more money in the basket when the newcomer is able. This unselfishness is the medicine for the alcoholic's main problem of self centeredness. This principle translates to self support, so let's keep teaching and educating and role modeling good AA behavior, so that when the newcomers are ready to start giving back they know what to do.

In service,  
Lara R.  
DCM D18

**DISTRICT 19**  
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**DISTRICT 21**  
**Grays Harbor and Willapa Harbor Areas, Aberdeen, Hoquiam, Montesano, Raymond**  
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We are Self Supporting

When I was about two years sober my home group met in a room at a treatment center. When the group started meeting there the facility administrator told us they could not charge us any money for rent for the room. After much discussion of the 7<sup>th</sup> tradition in our business meeting we explained that we had to be self supporting and asked the facility if they would accept big books if we donated those in lieu of money and they agreed to do that. We would set aside a percentage of our contributions and buy big books to donate once a month for the clients as our rent. About six months later one of the nurses brought a client to the meeting (it was a closed meeting) and told us she had to stay in the meeting until it was over to make sure the client stayed for the meeting and then escort them back to their room. We asked her if she was an alcoholic and she said no. We then explained to her that the meeting was closed and that she would have to wait outside in the hallway until the meeting was over. She agreed and left the meeting.

After she left I thought about the phrase from tradition seven in the Twelve Steps and Twelve Traditions, “Whoever pays the piper is apt to call the tune.” I realized that because we found a way to pay rent it was a lot easier to say no to the request to allow a non-alcoholic nurse to stay in the meeting, which could have made it more difficult for some of the clients to share during the meeting.

Lisa B. DCM21

**DISTRICT 22**  
**North Olympic Peninsula: Port Angeles, Forks, Joyce, Clallam Bay, Neah Bay**  
[nopaa.org](http://nopaa.org)  
[dcm22@area72aa.org](mailto:dcm22@area72aa.org)

Hello again from District 22, the far West of the Olympic Peninsula. Here's a brief overview of what's been happening

The big annual event, the Olympic Roundup, was the middle weekend in May and was well attended. I was honored to be asked to be the kickoff speaker on Friday afternoon, then offered to host one of our other speakers, Darren P from Santa Barbara. It was a good weekend of fellowship for all.

We also held a fund raiser for our annual picnic, an auction and pot luck. Perhaps the highlight of the last month was the celebration of not one, but two members 50<sup>th</sup> AA Anniversaries. Congrats to Armand and Dixie!

Collaborative Events with other Districts include:

There was a Delegates Report back in conjunction with Districts 43, 55, & 56 for June 7<sup>th</sup> in Port Orchard. Due to a last minute scheduling conflict I was unable to attend.

We are working with Districts 10, 22, 55, & 56 to arrange a pre-Assembly meeting to discuss potential agenda items for the October Area Assembly; we have a tentative date of August 17.

The Host Committee for the January 2026 quarterly to be held at 7 Cedars along with Districts 55 & 56 is slowly filling up. We look forward to hosting you all January 2 & 3, 2026.

Pete P  
DCM22

**DISTRICT 24**  
**Southwest Snohomish County: Lynnwood, Edmonds**  
[district24.org](http://district24.org)  
[dcm24@area72aa.org](mailto:dcm24@area72aa.org)

**DISTRICT 25**  
**Online meetings**

[onlinedistrict25aa.org](http://onlinedistrict25aa.org)  
[dcm24@area72aa.org](mailto:dcm24@area72aa.org)

“We Are Self-Supporting”

In A.A., “self-supporting” refers to the principle outlined in the Seventh Tradition: each group is responsible for funding its own activities through voluntary contributions from its members. This ensures A.A.’s independence and protects it from outside influences. It also fosters a sense of responsibility and unity among members, as they collectively ensure the group’s financial well-being and the continuation of A.A.’s services at all levels.

In a district with no geographical boundaries (due to the fact that we are a 100% online district) some of our membership do not live in the U.S. and are not able to make financial contributions to their groups, to the district, to Area, or to GSO. How then might they foster the sense of responsibility and unity talked about in the description of the the Seventh Tradition principle?

The answer is service: By helping to insure their meetings run smoothly and to participate in the rotation of service positions toward that end and that their groups conscience is heard and reported to the district and area, these members are able to build on that sense of responsibility and to grow in unity with not just those members that they see regularly at meetings but with the district and area that welcome them and embrace what they are able to give and provide.

Yours in service,  
Jo G., DCM25

After relating to the district the scant information regarding the firewall that is in place prohibiting members living or traveling outside the U.S./Canada borders from accessing the Area 72 website, it was decided that a letter to the Area Chair, Area Webchair and Area Webservant should be composed and sent to those trusted servants so that certain questions might be asked and answered so that informed discussions might be held regarding a remedy. Toward that end we asked the 48 groups to poll for us the numbers of members who identified as being “internationals”. Our GSRs reported back that, not accounting for any members who might simply be traveling abroad, but in fact live part, if not all, of the year outside the U.S./Canada borders, totaled 30 such people at this time. A letter has been drafted and we await a response.

At some point our district website went down and created a headache for our web servant but with some help from others our web servant was able to remedy the problem and the site is back up and running. Just another great example of we do not have to do “this” alone but can turn to our fellows with any of our struggles and someone will have experience in that area to offer suggestions and solutions.

Our district meeting for this month looks forward to John B, from the area newsletter committee, to present for us the digital newsletter in the works and field questions and suggestions from district 25 for the committee to consider.

Jo  
Dist 25

**DISTRICT 27**  
**Cowlitz, Pacific and Wahkiakum**  
**Counties: Longview-Kelso Area, Long Beach Peninsula**  
[district27area72aa.org](mailto:district27area72aa.org)  
[dcm27@area72aa.org](mailto:dcm27@area72aa.org)

Greetings from District 27,

When I first saw this month's topic I thought of money and I didn't want to write about money. I wanted to write more about what our district does to support our groups and the committees that we have. But there's really no way around it. Our district does support our committees with money to do business. Member support the groups, the group support the district, the district supports the committees, and that's how we continue to carry the message.

So, I want to think that the support of the fellowship is just as important, if not more than the money. When I was three months sober, I went to my very first assembly and I didn't care about the “business end” of AA because I just wanted to get sober. They carried me when I couldn't carry myself. They taught me the importance of service work and giving back what was so freely given to me. I understand that money helps carry the message, and so do our experiences.

In service,  
Dave K.  
DCM District 27

**DISTRICT 28**  
**Lewis County: Centralia, Chehalis**  
[lewiscountyaa.org](mailto:lewiscountyaa.org)  
[dcm28@area72aa.org](mailto:dcm28@area72aa.org)

We are self-supporting, or, Us be one(s) helping! As usual I find myself outside the box looking in. Surely my fellow DCM's can explain, better than I, the money aspect of the topic. Therefore, I'll take the liberty of offering an additional view. After all, "We have recovered, and have been given the power to help others" (BB p.132). An AA group, two or more gathered together, to primarily help the suffering alcoholic, but also to guide and assist them in recovery. The groups foundations, stability, and message effectiveness are not dependent on material assets or intellectual concepts. Successful groups, "Keep it Simple", one alcoholic talking to another: speaking truthfully when sharing what it was like, what happened, and what it is like now. Done right, we gain their trust. Once like them, now changed. The ninth step promises they yearn for can easily be

observed in our speech and actions, reassuring rewards. "A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit" (Matt. 7:18). Therefore, truly then, We are self-supporting, because, Us be one(s) helping!

Jim M.  
DCM 28

**DISTRICT 29**  
**Puyallup, Eatonville, Orting**  
[pugetsoundaa.org](mailto:pugetsoundaa.org)  
[dcm29@area72aa.org](mailto:dcm29@area72aa.org)

From District 29  
Greetings from District 29. Things continue to go well with good participation and attendance at the district level service positions. The groups in the district continue to be very engaged and essentially all of them make seventh tradition contributions to the district. Our district does vote on a budget at the end of the year. This includes the entire district and each service position as well as our events. We track this pretty closely and groups have been responsive to any financial needs. Because all of our service positions are filled, the funds are being spent. If a trusted servant needs more than their budget, this gets approved by the GSR's at the business meeting, if appropriate. I commend our GSR's and Trusted Servants for being good financial stewards of the district funds.  
[Fred J](#)

**DISTRICT 31**  
**Burien, Des Moines, SeaTac, Tukwila, Normandy Park**  
[seattleaa.org](mailto:seattleaa.org)  
[dcm31@area72aa.org](mailto:dcm31@area72aa.org)

**DISTRICT 32**  
**Auburn, Federal Way**  
[district32aa.org](mailto:district32aa.org)  
[dcm32@area72aa.org](mailto:dcm32@area72aa.org)  
Greetings from District 32! I trust everyone is having a wonderful start to their summer! We are excited to be having our Annual Summer Picnic on Saturday, August 8th!! Head our way for some fun and fellowship at Steel Lake Park - Site 1 (covered) where we will be BBQing hamburgers/hotdogs, potluck style side dishes/desserts, gift baskets raffle (provided by our groups), and a 50/50 raffle! Bring your friends and family.

We are Self Supporting! Great topic!! Greater Seattle Intergroup has a great flyer that demonstrates quite clearly how a dollar in the past was a major financial contribution. It is important for us to be reminded that a single dollar (or two) doesn't go as far as it did when that was a suggested contribution to the fellowship. And it is also important for us to be reminded that the economy is "tough" right now and some of our fellows might be experiencing financial hardship, especially if we are new to recovery and/or working on making financial amends. I think that we all, at different stages in our recovery and life in general, can contribute to the fellowship in different ways.

We all have talents that we can share with the group or at the district level. Or if you are looking to step out of your comfort zone and try something new, find your district's monthly business meeting. I know that our district (like many others) is struggling with attendance and we have many open service positions. If you have time that you could volunteer, looking for a service position is a gift you can give the group or district. And you will find that it is a wonderful gift you can give yourself... by helping others and to help fulfill our Primary Purpose. If you don't have a lot of time available to take on a service position, you can join a committee! Being a committee member is a great way to contribute a small amount of time that can have a great impact on the greater good of AA when looking at the collective whole.

--  
With Gratitude,  
Nicole J. DCM 32  
[dcm32@area72aa.org](mailto:dcm32@area72aa.org)

**DISTRICT 33**  
**Maple Valley, Covington, Black Diamond, Hobart, Ravensdale**  
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**We Are Self-Supporting**  
Tradition Seven—being self-supporting—is close to our hearts, isn’t it? It’s that moment when we toss a couple dollars into the basket or help set up chairs before a meeting, knowing we’re keeping AA’s spirit alive. Every little bit we give, whether it’s cash for coffee or time to help a newcomer feel welcome, keeps our fellowship free from outside influence. It’s about us taking care of our own, ensuring we can carry the message of recovery with no strings attached, just as it’s been passed to us.

Think about it: every coin, every moment we share, it all adds up to something bigger. From the newcomer nervously passing the basket to the longtime member keeping the group’s books in order, we’re all pitching in to keep AA’s doors open. As costs for things like meeting spaces creep up, let’s lean into this tradition together. It’s not just about money—it’s about showing up for each other, for the folks who came before us, and for those still struggling who’ll someday find hope in these rooms. Let’s keep AA ours, by us, for us, one heartfelt contribution at a time.

**District 33 News:**  
We had a fantastic time at Maple Valley Days in June, staffing the AA information booth! Volunteers from within District 33 stepped up to cover 2-hour shifts throughout the weekend, providing information to those curious about Alcoholics Anonymous. It was a joy to connect with local AA members who dropped by for quick chats, as well as AA’s from other areas who expressed gratitude for our presence and grabbed local meeting schedules. We’re excited to do it all again at the Covington Days festival taking place July 19-20—be sure

to stop by and say “hi” if you’re in the area!

With love and gratitude,  
Christina Mc  
Alt DCM / District 33

**DISTRICT 34**  
**Bellevue, Redmond, East Lake Sammamish, Mercer Island**  
[eastsideaa.org](http://eastsideaa.org)  
[dc34@area72aa.org](mailto:dc34@area72aa.org)

**DISTRICT 35**  
**Issaquah, South Sammamish Plateau**  
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[dc35@area72aa.org](mailto:dc35@area72aa.org)

While all 12 Traditions carry great depth and weight in guiding our fellowship, the Seventh Tradition deserves special attention. The Seventh Tradition, as written in our book “Twelve Steps and Twelve Traditions,” focuses on our organizational need to “remain poor” in favor of being self-supporting, at all levels of A.A.

As has been well documented in A.A., money can (and on occasions did) do funny things to us—for example:

- Disrupt group unity (Tradition 1)
- Cause us to stray from our primary purpose (Traditions 5 and 6)
- Tempt us to become the seat of perilous wealth or power (Concept 12)
- Sway decision-making (Concept 12)

So, the principle of being self-supporting when it comes to all matters financial is crucial to our well-being and survival.

While there are many other aspects of the need to be self-supporting, two in particular stand out to me; one is pretty obvious, the other perhaps less so:

- Self-supporting extends well beyond just money. Service work, showing up to meetings, sharing in meetings, greeting people at the door, sharing a smile with a newcomer are just some of the many forms of being self-supporting.
- In my life experience, the things I had to work for carried more value with me than things that were given. They were more important to me, I used them more often, I got greater satisfaction out of them, and my appreciation for them was higher.

Being self-supporting in A.A. requires work—and through this work, I derive better sobriety from A.A. and (hopefully) contribute to the strength of our fellowship as a whole.

**Key District 35 Activities**

- On May 23rd, our Young People's committee spoke to three 7th grade classes at Issaquah Middle School during their health curriculum's alcohol unit. The presentations were well received, with extremely positive feedback from both the teacher and

students in her follow-up survey. Based on this success, we've arranged to return for all three semesters next year during their alcohol unit. The teacher is also planning to share her positive experience with other 7th grade teachers to potentially expand the program within the school.

- District 35 has decided to put in a bid to host a CPC Quarterly in 2026, which will be led by our COC Committee Chair, Dan H.
- District 35 will be attending the Delegate Report Back on July 26, as well as the Pre-Assembly on August 2nd, to be held on the Eastside.

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**  
[snovalleyaa.org](http://snovalleyaa.org)  
[dc36@area72aa.org](mailto:dc36@area72aa.org)

Hello Western Washington trusted servants.  
I am grateful to be a recovering alcoholic in this beautiful spring weather. After a week of sunshine, I was enjoying the smell of fresh Washington rain a moment ago that always reminds me of my place and time in space and life. I was proud to be of service in helping start a new speaker meeting in Snoqualmie. Saturday Night Live meets the first Saturday of each month (except in July due to our International Conference they will meet the second Saturday). This meeting has already hosted such great speakers as the DCM for District 36 (me), our past DCM for District 35 (Cheyanne S) and this month not one, but two past Delegates for Area 72: Gail H and Eddie H. In May, I attended a presentation from two young people in AA at Issaquah Middle School. Laine the District 35 YP Chair presented to two health classes her experience with alcohol as a young person and how she found her way to AA and sobriety. She was joined by Benjamin, another young member, for a third class. It was quite a moving experience for me to see how honest and forthright they were about their experience and the pain and hurt that alcohol and addiction can cause even teenage drinkers. John K (DCM District 35) and I met with the teacher last week to discuss how it went and how we can participate in future classes. She had a great experience and really wants to see more of these presentations in schools. It really fit in with the curriculum and the students gave positive feedback in surveys after class.

For the June District Business Meeting, our District Corrections Chair, Natalie C gave a presentation on her work at Echo Glen and how we can participate in working with the teens and young adults at the facility. She has started a meeting with the help of the volunteer coordinator for young women. We are still working to

- get a regular men's meeting started as well. We ended our district meeting with five takeaways that the group feel are the important high points from the meeting to share with our members. Here are the five take aways from the June meeting:
1. Service positions open! We currently need a Secretary, Alternate DCM, Accessibility, BTG/Treatment, CPC/PI, Grapevine and Lit, and a Third Legacy Chair. We also need anyone who wants to participate and help even if you can't do a chair position. - [dc36@area72aa.org](mailto:dc36@area72aa.org)
  2. Put a year on your group flyers. We talked about archives getting copies of your group flyers. Putting a year on the flyer with the date will help our future historians  
- [archives@snovalleyaa.org](mailto:archives@snovalleyaa.org)
  3. Interview your old timers. Allison is looking for candidates in our groups to be interviewed and recorded for archives. Who has participated in AA for at least 25 years in your group?  
- [archives@snovalleyaa.org](mailto:archives@snovalleyaa.org)
  4. Echo Glen meetings are underway. We are looking for more volunteers to support 12 step work with Echo Glen. Natalie has an info sheet and information to start this process.  
- [corrections@snovalleyaa.org](mailto:corrections@snovalleyaa.org)
  5. District 36 campout at Teanaway Campground, June 27<sup>th</sup> to 29th. BBQ / Potluck / Campfire meeting and fellowship.  
- [events@snovalleyaa.org](mailto:events@snovalleyaa.org).

Check out our district web site for information on activities and meetings in District 36: <https://snovalleyaa.org>

In Service,  
Mike L.  
DCM D36

**DISTRICT 37**  
**North Clark County, North Skamania County, North Vancouver, Battleground, Woodland, Orchards**  
[aarecoveryd37.org](http://aarecoveryd37.org)  
[dc37@area72aa.org](mailto:dc37@area72aa.org)

**DISTRICT 38**  
**Kirkland**  
[Dcm38@area72aa.org](mailto:Dcm38@area72aa.org)

We Are Self-Supporting

The Seventh Tradition says: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

For me, this goes beyond just putting a dollar in the basket. It’s about taking ownership of my recovery and giving back to the Fellowship that gave me a new way of life.

AA doesn’t accept outside help because we don’t need it—we have each other. Our contributions, no matter how small, help pay for rent, literature, and carrying

the message to the next struggling alcoholic.

Self-support means showing up, doing service, and remembering that AA survives because we each do our part. It's gratitude in action, and it keeps the doors open for the next person who walks in.

Kim H  
DCM D38

**DISTRICT 39**  
**Bothell, Kenmore, Woodinville**  
[District39aa.org](#)  
[Dcm39@area72aa.org](#)

**DISTRICT 40**  
**Capitol Hill, Madison Park**  
[Dcm40@area72aa.org](#)

**DISTRICT 41**  
**North-Central Seattle: Queen Anne, Magnolia**  
[seattleaa.org](#)  
[dcm41@area72aa.org](#)

Pride at the Park was a fantastic success! A huge shoutout to Districts 14 and 38 for co-hosting and to all the volunteers who helped at the booth. It was the perfect day to carry the message to the still suffering alcoholic.

Mark your calendars -- the District 41 Picnic is on August 10th from 3 to 7 PM at Magnolia Park (1461 Magnolia Blvd W, Seattle, 98199). Everyone's welcome! Bring a chair, a dish to share, and let's celebrate recovery in fellowship and sunshine!  
**Ganelle H**  
*Alternate DCM 41*

**DISTRICT 42**  
**Northwest Seattle, Shoreline, Lake Forest Park**  
[seattleaa.org](#)  
[dcm42@area72aa.org](#)

Reflecting on this month's topic, "WE ARE SELF SUPPORTING", District 42 continues to focus on and embrace the Principles to which the 7th Tradition requires; a firm commitment. In the name of SELF SUPPORT, INDEPENDENCE, INTEGRITY and GRATITUDE, our resolution to overcoming a challenging couple of years is evident. Our groups have demonstrated their renewed faith through increased GSR (plus Alt's and visitors!) in attendance, and with their contributions, we have reestablished fiscal responsibility and transparency. With individual and collective determination, we have demonstrated vigilant participation and guardianship over our funds. Our responsibility, autonomy, trustworthiness and willingness to give back and pay forward all we've been given is so rewarding, we look forward to each month being better than the month before. For this we say to

everyone in District 42, THANK YOU!

In June, we warmly welcomed our Area Public Information chair, Julie U. Her share included helping members understand the similarities and differences between the areas of responsibility when considering Public Information vs. Cooperation with the Professional Community. Thank you Julie! Bringing in Area Chairs regularly is our way of (gently) nudging groups to spread the word about general service, the District and grab a home group member or buddy into service for those still suffering. Six months into this rotation and for the second time, we have filled all but three service positions; CPC, PI and Tech/Web. We've invited Patrick M. the Area Tech/Web Chair to present at our July meeting, smack in the middle of the IC and the July Area Quarterly. He has graciously accepted! As a reminder, we'll have our District inventory (on our regular D42 Zoom link, June 28th (11am-1pm); our Delegate's Report Back on the GSC June 29th (10am- 2pm) with Northern Districts at the Mt. Vernon PUD facility. Upcoming events include a planning session 6/22 at the LAC @1:00pm with District 24 for our participation in their July 19 picnic; Central Districts Area 72 Pre-Assembly Conference August 23, from 10-3pm, and our District 42 picnic September 6th. Thank you for letting us Serve, Alt. DCM42- Trisha B. & DCM Teri H.

**DISRICT 43**  
**Port Orchard, Gig Harbor, Olalla, Key Peninsula**  
[southkitsappeninsulaaa.org](#)  
[dcm43@area72.org](#)

I always struggle with writing an article for the newsletter. I don't know why, I just do. Anyway, here I go. I have to look back on the history of how they decided that A.A. ought to be self supporting. when it came to money and how to keep meetings running they thought that if they could set up meetings in hospitals or other places and charge people or the places they were at it would help with the cost of holding the meetings, but they soon found out that was not true because then the places would be asking for their right to say what was going to happen. So, I believe with the introduction of the traditions that it was known to them that we should be self supporting and each group is run in its own way. I know that for my home group with us being self-supporting that we are able to pay our rent, keep supplies for coffee and have literature on hand for those who need it, without any outside contributions. We are also able to send any extra income we have upline to help support places like:

our district, our central service office, the area we are in and GSO. But first and foremost we make sure that we keep the doors open so the newcomer has a place to go for help.  
Jim B.  
District 43 DCM

**DISTRICT 44**  
**North Tacoma, Gig Harbor**  
[Dcm44@area72aa.org](#)

**DISTRICT 45**  
**SW Pierce County; south Tacoma, Lakewood, Parkland, Spanaway, Steilacoom**  
[dcm45@area72aa.org](#)

Happy Summer!  
District 45 has been busy the last month. We have been planning our Gratitude Picnic scheduled for July 19<sup>th</sup>, featuring a meeting and our 3<sup>rd</sup> annual Cornhole Tournament. We are also beginning the planning process for our Gratitude Banquet scheduled for Nov 2<sup>nd</sup> with a Day of the Dead theme.  
We have hosted an Archives quarterly and are working on a CPC quarterly.  
We are hosting a Delegate Report Back on 6/21 and Pre Assembly on 8/9.  
Our district has had some robust discussion regarding bus signs and the Newsletter. We have been very active in our Pierce County CPC, PI and CSO meetings.

We are moving onto our 3<sup>rd</sup> meeting of a ad hoc committee to revise our District Handbook. Our first meeting was mainly review of ours and other districts. 2<sup>nd</sup> we really began changes and now are implementing changes and formatting.  
We still need a couple service committee liaison/chairs, Grapevine/Lit and Accessibilities.  
District 45 is making inroads and gaining traction in bringing information and creating a dialogue with our JBLM meetings and helping our service members get sober and carry the message.  
John C  
DCM 45

**DISTRICT 46**  
**Whidbey and San Juan Islands: Anacortes**  
[www.district46aa.org](#)  
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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 Director & Third Legacy.
- As part of a series, the D54 Workshop Committee hosted a Workshop - Steps 4 & 5 on 6/14. The remaining steps will be scheduled each Quarter throughout this rotation.
- Our District is hosting a “Watch Party” on 6/22 to hear our Delegate report back on the events from the General Service Conference.
- Our Newsletter Committee (of one), published our 3rd Newsletter - Plateau Messenger, which continues to improve and will have the next edition released in July.
- Our PI Committee is hosting an AA booth at the King County Fair in Enumclaw on July 17-20. This will be the first fair for this District and we are excited, come visit us!
- Our District 54 Picnic is scheduled for August 16 @ Mud Mountain Dam from 11:00 -3:00, come join us!

In reflecting upon the Area Newsletter Topic, “WE ARE SELF SUPPORTING”, Tradition 7 comes to mind, “Every A.A. group ought to be fully self-supporting, declining outside contributions”. Tradition 7 helps ensure

**AREA 72 OFFICINA INTERGRUPAL**  
[aaintergrupalarea72.org](http://aaintergrupalarea72.org)

**EASTSIDE INTERGROUP**  
[eastsideaa.org](http://eastsideaa.org)

Tradition Seven. We are self supporting, I didn’t really start learning traditions till my 2nd year of sobriety, my home group was a 12x12 study group so it wasn’t till my 2nd year that I looked at the 2nd ½ of the book. Sure, we read the Traditions but it wasn't something I really understood. That is how our fellowship survives! I didn’t really understand until I started to begin my journey into service, which is relapse prevention for me. It was when I was chair for my 1st gratitude dinner that this topic came up when we wanted raffle baskets, and a member wanted to get donations from restaurants and businesses, when a member with more

we are all equal as members of AA, which I learned about first-hand. Several years ago, I was participating on our District Banquet Committee as the Chair of Set-up /Break-down sub-committee. I brought in pizza for the people who volunteered to help, knowing they were coming from work and likely hungry. The Banquet Chair politely asked if I kept the receipt. I said no, I have it covered and she gently reminded me that we are self-supporting. She went on to share that the person with my role next year may not have the ability to purchase pizza and may therefore be reluctant to participate. This experience was a good opportunity for me to think about and further align my actions with the principles and traditions so freely given to me.

In gratitude,  
David H  
D54 DCM

**DISTRICT 55**  
**Sequim area**  
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Hello Area 72,

District 55 has been busy making moves. Our treatment chair Anne has been working diligently getting permission to go into our 1 out patient treatment center in Sequim. This has been something we have been working on for many years with no success. She has not only achieved this by getting a panel to go in but has almost 40 members signed up to volunteer on the panels. The result has

**Intergroups and Central Offices**

experience then I reminded us at the planning meeting that this would not be following our 7th Tradition. This is when the Traditions became something that I realized I needed to understand more about and to learn how it affects the fellowship. At first I had no understanding of the Traditions but that is something we always read at the beginning of our meetings and when I suggested we do a Tradition topic every month it was not one that was accepted by our group conscious at first but it started us thinking about the Traditions and how our group and District would benefit to understand that's how our fellowship survives! I now suggest to new members to get a copy of the 12x12 at our Eastside intergroup office and not only use it to help with understanding the 12 steps but also how important the 12 Traditions are and it will help with their foundation to stay sober!  
Ray H. ESIG

been well received and we are carrying the message to more alcoholics.

Also, our Accessibility Chair and committee and been working hard at getting into our many nursing facilities. They have also been successful with this and are now able to bring meetings into those that can’t get to a meeting. They too have quite the list of members willing to take a meeting into the facilities.

My heart is overwhelmed with the willingness of members ready to be of service. We may be small in our little district but we are mighty!!!

Yours in service,

Danielle Engdahl  
District 55 DCM

**DISTRICT 56**  
**East Jefferson County: Port Townsend, Quilcene, Brennon, Port Hadlock, Chimacum, Coyle**  
[district56aa.org](http://district56aa.org)  
[dcm56@area72aa.org](mailto:dcm56@area72aa.org)

**DISTRICT 57**  
**Spanish speaking region that encompasses all of Western Washington from Lynnwood to the north**  
[aaintergrupalarea72.org](http://aaintergrupalarea72.org)  
[dcm57@area72aa.org](mailto:dcm57@area72aa.org)

**DISTRICT 58**  
**Olympia to Vancouver, west to Aberdeen**  
[aaintergrupalarea72.org](http://aaintergrupalarea72.org)  
[dcm58@area72aa.org](mailto:dcm58@area72aa.org)

**GREATER SEATTLE INTERGROUP**  
[seattleaa.org](http://seattleaa.org)

**PUGET SOUND CENTRAL SERVICE OFFICE**  
[pugetsoundaa.org](http://pugetsoundaa.org)

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

**VANCOUVER AREA INTERGROUP**  
[vancouveraa.org](http://vancouveraa.org)

**Member Articles**

Exploring Being Self-Sufficient

The book, "Alcoholics Anonymous" although well reviewed, was not selling. Bill Wilson tried unsuccessfully to make a living as a wire-rope salesman. A.A. had about a hundred members, but many were still drinking. Meanwhile, in 1939, the bank foreclosed on the Clinton Street house. With Bill and Lois becoming homeless for several years, they lived as guests in borrowed rooms and at one point staying in temporary

quarters above the A.A. clubhouse in Manhattan. On February 8, 1940, John D. Rockefeller Jr. held a dinner at the Union Club with many wealthy members. Mr. William G. Wilson, author of "Alcoholics Anonymous" and Dr. Harry Emerson Fosdick were to be the speakers.

Bill was hoping to receive generous donations to sustain AA and was disappointed when Rockefeller declined to contribute to his cause. However, he did set up a trust to provide Bill with \$30 a week -- but no more. The tycoon felt that money would corrupt the group's spirit.

This began the origin of being self-reliant from our own donations. This is the basis for Tradition Seven that says, *Every AA group ought to be fully self-supporting declining outside contributions.*

Several years ago, I was in a meeting where the group was planning an auction. One member hit the streets asking stores for contributions to the auction. There was a frenzied debate about how his actions were in accord with Tradition Seven. Ultimately, the members were told if we are self supporting we need to be the contributors for the auction and not outside businesses. One comment was that when people contribute to a cause they then have an influence for regulation of the group. This was not in accord with the traditions of AA.

Since this history has been resolved at headquarters, which provides limits on donations. AA family members over the years have donated to AA with money and their thanks to AA for the sobriety of their departed loved ones. Even upon death, some members have left large sums to AA. These limits are set in place to maintain Tradition Seven.

This separates the material world from the spiritual world. It separates us from our ego driven lives to relying on our Higher Power to provide. Bill Wilson believed the key to sobriety was a change of heart. This tradition changed the focus to trust a higher power rather than our finite selves.

By Marilyn R.

Flyers, Events, and Forms

| Group Treasurer's Regular Contribution Plan Addresses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>General Service Board</b><br>Post Office Box 2407<br>James A Farley Station<br>New York, NY 10116-2407                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Area 72:</b><br>Western Washington Area 72<br>1901 Cornwall Ave., #745<br>Bellingham, WA 98225 | <b>Your Central Office or Inter group:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Your District:</b> |
| <b>Online:</b><br><a href="http://www.aa.org/aa-contributions-self-support">http://www.aa.org/aa-contributions-self-support</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Online:</b><br><a href="http://area72aa.org/contribute/">http://area72aa.org/contribute/</a>   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                       |
| 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                       |
| <b>Western Washington Area 72 Contributions</b><br><br>To make contributions to Area 72, please make checks payable to:<br><br><b>Western Washington Area 72</b><br><br><b>Mail to:</b><br>Western Washington Area 72<br>1901 Cornwall Ave., #745<br>Bellingham, WA 98225<br><br>Contribution Amount: \$ _____<br>Please include District and Group numbers on the check<br><br>Group Name: _____<br>District #: _____ Group #: _____<br><br>Address: _____<br>State: _____ Zip Code: _____<br><br>Email: _____<br><br>Phone: _____<br><br><small>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.</small> |                                                                                                   | <b>Western Washington Area 72 Newsletter</b><br><br>Suggested donation for new or renewed subscriptions is \$15 per year. Please make checks payable to:<br><br><b>Western Washington Area 72</b><br><br><b>Mail to:</b><br>Western Washington Area 72 Registrar<br>1901 Cornwall Ave., #745<br>Bellingham, WA 98225<br><br>Name: _____<br>Address: _____<br><br>City: _____<br>State: _____ Zip Code: _____<br><br>Email: _____<br>Phone: _____<br><br>Amount Enclosed: \$ _____ 1 yr. 2 yr.<br><br><b>Changes of address or group information:</b><br>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 <a href="mailto:registrar@area72aa.org">registrar@area72aa.org</a> . |                       |

| June                                                       |                                              |                                |                                    |                                          |                                        |                                           |                                                                                     | July                                  |                                |
|------------------------------------------------------------|----------------------------------------------|--------------------------------|------------------------------------|------------------------------------------|----------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------|--------------------------------|
| Date                                                       | Date                                         | Date                           | Date                               | Date                                     | Date                                   | Date                                      | Date                                                                                | Date                                  | Date                           |
| Saturday June 7                                            | Saturday June 14                             | Sunday June 15                 | Thurs June 19                      | Saturday June 21                         | Sunday June 22                         | Saturday June 28                          | Sunday June 29                                                                      | Sunday, June 15                       | Saturday, July 19              |
| Hosting                                                    | Hosting                                      | Hosting                        | Hosting                            | Hosting                                  | Hosting                                | Hosting                                   | Hosting                                                                             | Hosting                               | Hosting                        |
| Peninsula districts 10, 22, 43, 55 and 56                  | District 27 Longview, WA                     | SPANISH GROUPS D1/D57/D58      | District 18                        | Tacoma districts                         | Virtual                                | Southern districts                        | Northern districts                                                                  | SPANISH HOME GROUP May 10 Group       | Central Districts              |
| Time (Pacific)                                             | Time (Pacific)                               | Time (Pacific)                 | Time (Pacific)                     | Time (Pacific)                           | Time (Pacific)                         | Time (Pacific)                            | Time (Pacific)                                                                      | Time (Pacific)                        | Time (Pacific)                 |
| 10a - 2p                                                   | 10a - 2p                                     | 1 - 3p                         | 6:00p potluck Meeting at 6:30p -9p | Noon - 4p                                | 10a - 1p                               | 10a - 2p                                  | 10-2p                                                                               | 10a - noon                            | TBD                            |
| Type                                                       | Type                                         |                                | Type                               | Type                                     | Type                                   | Type                                      | Type                                                                                | Type                                  | Type                           |
| In person                                                  | In person                                    | In Person                      | In Person                          | In person                                | Virtual                                | In person                                 | Hybrid                                                                              | In person                             |                                |
| Location                                                   | Location                                     | Location                       | Location                           | Location                                 | Location                               | Location                                  | Location                                                                            | Location                              | Location                       |
| Christian Life Center 1780 SE Lincoln Ave. Port Orchard WA | 3820 Ocean Beach Highway, Longview, WA 98632 | 528 N Tower Ave, Centralia, WA | 2201 NE 4th St, Renton, WA 98056   | 1603 Rainer Street, Steilacoom, WA 98388 | Zoom ID: 944 512 3341 Passcode: ConP75 | 21609 NE 72nd Ave, Battleground, WA 98604 | 1415 Freeway Drive, Mount Vernon, WA 98273<br>Zoom ID 970 3994 0348 Passcode 483743 | 1082 Kirkland Ave NE, Renton WA 98056 | TBD                            |
| Contact                                                    | Contact                                      |                                | Contact                            | Contact                                  | Contact                                | Contact                                   | Contact                                                                             | Contact                               | Contact                        |
| Jim B. dcm43@area72aa.org                                  | Margaret Sears artgramma@gmail.com           | dcm58@area72aa.org             | Lara R dcm18@area72aa.org          | John dcm45@area72aa.org                  | delegate@area72aa.org                  | Debbie dcm08@area72aaorg                  | Joe dcm19@area72aa.org                                                              | Jose dcm01@area72aa.org               | Genelleh altdcm41@area72aa.org |

DISTRICT 32

Annual Picnic

SAT 9 AUGUST

11:30AM - 2:30PM

Friends and Family Invited!!!

Burgers and hot dogs provided! All groups invited to donate a gift basket for the raffle!!

Last name A-H bring a side dish, I-P bring a dessert, & Q-Z bring drinks

Raffle, 50/50, fun & fellowship!

Steel Lake Park - Site 1 (covered)

2410 S 312<sup>th</sup> St, Federal Way

47°19'39.28147°N

122°11'39.28147°W

Beach House

Dock

28TH AVE S

122°11'39.28147°W

Steel Lake Park

2410 S 312th St

join us for our

DISTRICT 18

BARBECUE

FOOD • FELLOWSHIP • FUN

SUNDAY JULY 27

11 AM - 4 PM

BRING A DISH TO SHARE

Play Volleyball

KIWANIS PARK

815 UNION AVE NE, RENTON, WA

District 54 Picnic – 2025!

August 16<sup>th</sup> – 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!

SEATTLE INTERGROUP PRESENTS

**BIG SUMMER  
PICNIC**

AUGUST  
SUNDAY | **17** | 11AM TO 4PM  
2025

5900 Lk Washington Blvd. Seattle 98118 shelter #3

*Raffle, Bingo, food and  
games*

FOR MORE INFO GO TO  
[www.seattleaa.org/events](http://www.seattleaa.org/events)

The Twelve Principles  
of the  
Twelve Steps

A monthly workshop for 2025

THE 12 PRINCIPLES

STEP 1: HONESTY  
STEP 2: HOPE  
STEP 3: ACTION  
STEP 4: COURAGE  
STEP 5: INTEGRITY  
STEP 6: WILLINGNESS  
STEP 7: HUMILITY  
STEP 8: BROTHERLY LOVE  
STEP 9: DISCIPLINE  
STEP 10: PERSISTENCE  
STEP 11: SPIRITUAL AWARENESS  
STEP 12: SERVICE

Something Promised

Join us as we explore what it means to practice these principles in all of our affairs.

How can these principles help us to live a more sane and sober life?

When: Fourth Wednesday of each month beginning in January  
@ 2:30pm

Where: Seattle Intergroup and Online  
5507 6th Ave S. Seattle 98108  
Meeting ID 830 7826 9547 Passcode 600554  
For more information contact  
[info@seattleaa.org](mailto:info@seattleaa.org)

Our Stories Disclose 3

SCAN HERE  
FOR PAYMENT



THANK YOU

<https://www.72aa.org/food/sales> [seattleaa@www.72aa.org](mailto:seattleaa@www.72aa.org)

AREA 72  
Treatment

JULY  
QUARTERLY  
Mt. Vernon

SATURDAY | JULY 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@area72adl.org

DISTRICT 45  
HOSTS  
AREA 72 CPC 3<sup>RD</sup>  
COMMITTEE  
QUARTERLY  
@PUGET SOUND CSO

3640 S CEDAR ST TACOMA, WASHINGTON  
AUGUST 2<sup>ND</sup>, 2025  
9AM FELLOWSHIP 10AM -3PM BUSINESS  
LUNCH WILL BE SERVED

HYBRID: ZOOM  
ID 833 4771 9488  
PW: 767867

7<sup>TH</sup> TRADITION WILL BE COLLECTED  
BRING A SIDE OR SNACKS FOR BREAKFAST





AREA 72  
DELEGATE REPORT BACK

Please join the Central Districts to hear about the Panel 75 General Service Conference in New York. Learn how your group's conscience impacted the Conference.



Saturday July 19th  
1-4pm

Bring snacks or drinks to share!



Where?  
Greater Seattle Intergroup  
5507 6th Ave S, Seattle WA 98101



AREA  
PRE-  
ASSEMBLY

WHEN  
Sunday  
August 17  
2pm – 6pm

WHERE  
St. Lukes Episcopal  
Church  
525 N. Fifth Ave, Sequim

Bring a dish, snack, or drinks to share

LIVE ONLY: NO ZOOM OPTION

POTLUCK!

WHOSE INVITED?  
DCMs, GSRs, Committee Chairs, and anyone else from Districts 10, 22, 55 & 56

WHY ATTEND?  
Come learn about the processes and topics of an Area Assembly, and expand your service fellowship

WHAT TO BRING  
Notepad & pen  
Service Manual  
A dish to share  
Enthusiasm  
Fun attitude!

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



ALL ARE WELCOME

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

Area 72 Young Peoples  
Quarterly Meeting





522 Franklin St SE  
Olympia, WA 98501

July 26, 2025

Fellowship 11:30 AM

Meeting Noon-3 PM

Zoom (opens 11:30 AM)

ID: 897 1891 7974

Passcode: 871170

Contact Heather  
YPchair@area72AA.org

Refreshments  
courtesy of  
District 8

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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](mailto: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)

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:

Registration

Select One:

☐ In-Person

\$59

☐ Online (Email address is required)

\$30

☐ Both (Email address is required)

\$59

\*Registration pays for rent and expenses; however, per Motion 90.2, payment of the registration fee is voluntary.

MEALS

Friday Ice Cream Social

\$11

Saturday Lunch

\$54

Select One:

☐ Roasted Chicken Quinoa Salad (Gluten-Free, Dairy-Free)

☐ Pork Chili Verde (Gluten-Free)

☐ Cauliflower, chickpea & mushroom pinwheels (Gluten-Free, Vegan)

Saturday Dinner

\$78

Select One:

☐ Red Beans and Rice Stuffed Pepper (Gluten-Free, Vegan)

☐ Pan Seared Chicken Breast (Gluten-Free)

☐ Garlic Crusted Pork Chop (Dairy-Free)

Sunday Breakfast Buffet

\$49

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 1<sup>st</sup>, 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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