

Gratitude Celebrations

Western Washington Area 72
Newsletter
October 2025

November 2025 Newsletter Topic:
Service Sponsorship

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Confidentiality

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Western Washington Area Newsletter is published monthly by:

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

Newsletter Policy

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

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

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

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

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

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.

Western Washington Area Newsletter

Pre Assembly Background info.....	4		
Elected & Appointed Trusted Servant Articles_____	9	Member Articles_____	20
DCM Articles_____	14	Assembly registration	31
Intergroups & Central Offices_____	19	Flyers and Events	26

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EVENTS AT A GLANCE

Western Washington Area 72 Quarterly Business Meetings			
AREA ASSEMBLY Oct 3-Oct 5	Area Assembly	Lynnwood Event Center 3711 196 th St SW Lynnwood	
January 2 & 3	January Area 72 Quarterly	Seven Cedars Casino Sequim WA	
Area Standing Committee Quarterlies			
Saturday October 18 th 10am-1pm	Area Treatment Quarterly	Archives Repository 3905 Steilacoom Blvd SW Lakewood, WA 98499	Zoom ID 812 5591 9512 Passcode (none)
Saturday October 18 th	Area Accessibilities Quarterly		Zoom ID Passcode:
Saturday October 25 th Noon-3PM	Area Young Peoples Quarterly	Skagit PUD Building 1415 Freeway Dr Mount Vernon, WA 98273	Zoom ID 825 3645 0468 Passcode: 954559
Saturday October 25 th 10am-Noon	Area Web and Tech	Virtual Event	Zoom ID 540 797 4045 Passcode no code
Saturday Nov 1	CPC Quarterly Meeting		
Saturday Nov 1 10am-2pm	Archives Quarterly	Edmonds Presbyterian Church 22600 96 th Ave W Edmonds WA 98020	Zoom ID 895 8451 3370 Passcode: Archives
Saturday Nov 8	PI Quarterly		

2026 Conferences			
February 27- March 1	PRAASA 2026	Honolulu Hawaii	
Workshops			
Saturday Oct. 19 th Noon-2PM	Area Archives work Party	Archives Repository 3905 Steilacoom Blvd SW Lakewood, WA 98499	
Sunday Oct 25 th 9am-3pm	Regional Archives Workshop Area 92 Eastern WA & Area 58 Oregon	Archives Repository 3905 Steilacoom Blvd SW Lakewood, WA 98499	Zoom ID 507 478 8317 Passcode: Archives
Sunday Oct. 26 4:30-5:30	Registrar Workshop	Virtual	ZOOM ID 633 540 5154 Passcode: registrar
Sunday Oct. 26 3pm-4pm	PI Workbook Study	Virtual	Zoom ID 872 1003 9770 Passcode: 02416
Saturday Nov 7 th Noon-2PM	Area Archives work Party	Archives Repository 3905 Steilacoom Blvd SW Lakewood, WA 98499	
Saturday Nov 22	Third Legacy Workshop District 25	Virtual	Zoom ID 861 7239 0689 Passcode: 045219
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 8/23/2025	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
4 th Sunday 3PM-4PM	PI Workbook Study	Virtual	Zoom ID872 1003 9770 Passcode: 02416
Up Coming Newsletter Topics			
November Online and Print	Service Sponsorship	Due Oct 20	Submit Word Doc to Newsletter@Area72AA.org
December Online Only	The Group Inventory	Due Nov 20	Submit Word Doc to Newsletter@Area72AA.org

Pre-Assembly Materials including Motions and Discussion Topics

Each year, our pre-assemblies give us a chance to come together, review the business coming before the Area, and prepare to carry our groups' conscience forward. Whether you're a first-time GSR or a longtime trusted servant, this is where we get aligned before the Assembly—and where a lot of the magic happens.

At the upcoming pre-assemblies, we'll walk through how the proceedings will go, how voting works, and what topics are on the table this fall. It's also a great time to connect with others who've discovered that being "the glue that helps AA stick together" can be a meaningful part of their service path.

Purpose of the Pre-Assembly and this document

The purpose of a Pre-Assembly is to prepare GSRs (and through them their Groups) for the Annual Area Assembly. GSRs are provided with the background information [this document] and answers to questions regarding the motions and discussion topics on the Assembly agenda. GSRs then carry all the information back to their Groups for full discussion. Through thorough discussion, the Group comes to an informed Group Conscience which the GSR carries to the Annual Area Assembly.

Area 72 Handbook

Questions?

Derek S., Area 72 Chair

(949) 307-8690

chair@area72aa.org

Assembly Motion #1: Digital Newsletter

Move that beginning January 1, 2026, Western Washington publish a digital only Newsletter and cease regular printing and mailing. Digital format to include a printer friendly version available in the event a member, group or district wishes to print it for local distribution.

Background Information:

Purpose of the Newsletter. The Western Washington Area Newsletter serves as a primary communication tool for Area business. First established for this purpose in 1976, it covers essential information such as business meeting minutes, elections, motions, committee appointments, reports from elected and appointed officers, Standing and special committee updates, and service events that support carrying the A.A. message to the still suffering alcoholic. Flyers for Area service events are included and listed in the Area Events Calendar online. The newsletter is currently distributed in print across Western Washington to approximately 1,400 members and posted on the Area 72 website.

Intended Audience. "The published Newsletter is...intended to be shared with all the members of the Western Washington fellowship and relies on the [Area] Committee to generate content, encourage overall awareness, and ensure distribution to the Groups. The Newsletter is distributed monthly, free of charge, to [Area] elected and appointed officers, DCMs and Alternate DCMs, the GSRs of the registered [Area] groups, Past Delegates, G.S.O., the Pacific Regional Trustee..." *Our Stories Disclose...3rd Edition, Volume 1 (2023), page 338-340*

2024 Discussion / 2025 Ad Hoc Committee

The cost of the Newsletter was discussed at the July 2024 Quarterly and 2024 Assembly. At the January 2025 Quarterly, an ad hoc committee was established to research the financial viability of printing the newsletter due to substantial cost increases in printing and mailing. The Ad Hoc Committee presented its report and recommendations at the April quarterly. Some questions from the April Quarterly were noted regarding accessibility, printability, archival process and actual cost as areas to be addressed. The ad hoc committee presented additional information at the July 2025 quarterly to provide solutions to those questions. See Section entitled "Points Addressing April 2025 Questions" below.

Summary of Key Points:

o **Reach: 1,400 members by mail / 5,000+ members if digital**

The current print edition of the Newsletter is mailed to 1,400 members primarily made up of the GSRs of registered home groups, District trusted servants, Area appointed and elected Trusted Servants, and Past Delegates. It is not mailed to the general membership, correctional facilities or remote communities. It reaches those members if provided to them. A digital delivery system has the potential to reach all home group members, including remote communities with a low bandwidth print option. Digital reach is estimated at upwards of 5,000 members in Area 72 in an easily viewable, searchable, printable and archivable format.

o **Service Literature vs. Recovery Literature and Directly Carrying the Message**

The Area Newsletter is a service piece produced to inform the groups and districts on the business of Area 72. This is secondary to our primary purpose of carrying the message to the alcoholic. An example of directly carrying the message is providing literature for correctional facilities. The savings of \$30K+ by going digital can be redirected to projects that directly carry the message.

o **Area 72 Budget Constraints**

The 2025 Area Annual Budget, recommended by the Treasurer and approved by the Area Committee at the January Quarterly, was limited to \$182,500 considering the previous two years of contributions averaged \$175,000 per year. To keep the budget at \$182.5K, the Treasurer, on the recommendation of the Finance Committee, capped the Newsletter budget at \$20K despite estimates for monthly publication of \$32K for the year. To meet the budget, a House Keeping Floor Motion was presented and passed at the January Quarterly to print and mail only the editions containing the Quarterly and Assembly Minutes, in compliance with Area Motions regarding the Newsletter to date.

o **Cost of Print for 2026: \$35K / yr. Cost of Digital: \$1.5K / yr. going forward**

From 2020 to 2025, the cost of printing and mailing the Newsletter to 1,400 Area servants increased 218% from \$11,000 in 2020 to a projected \$35,000 in 2026 due to the Pandemic, supply-chain shocks related thereto, inflation and economic instability due to tariffs. The annual cost of a digital newsletter is estimated at \$1,500 per year after a one-time \$1,500 setup cost.

Points Addressing April 2025 Questions:

- o Accessibility. Added an HTML-based digital option as a solution as follows:
 - Easily translated digitally, saving the cost of Spanish translation.
 - Loads quickly, even in rural areas with limited cell service and/or internet access.
 - Is compatible with screen readers and zoomable for those with visual impairments.
 - Meets the preferences of younger, more tech-savvy members.
 - Prints easily in 8.5 x 11 for members doing service work.
- o Printable Version. Added an HTML-based option as a solution for reaching all members as follows:
 - The same HTML solution that addresses accessibility issues allowing members to print individual articles or the full newsletter on standard paper.
 - To print the paper at home it would be approximately \$4.00
 - Districts can support GSRs who need printed copies.
 - This approach is simple, flexible, and cost-effective.
- o Archival Process.
 - GSO confirmed that digital formats are acceptable for archival purposes.
 - Best practices include using PDF/A, metadata, and secure storage.
 - The digital format allows for searchable, well-organized, and easily preserved records.

Assembly Motion #2: Newsletter Steering Committee
Move that Western Washington Area 72 Newsletter Editor shall appoint a working editorial steering committee to assist in the format, content and distribution of the Newsletter. The newsletter editorial committee will be chaired by the newsletter editor and made up of, at a minimum, the following positions: Newsletter Editor, Language Chair, a member of the Web Steering Committee, a Past Delegate, and a DCM.

Key Point:
Regardless of whether Motion #1 passes, the Newsletter Editor has requested this motion separately as the responsibilities of the Newsletter Editor intensive and a steering committee would be beneficial to future rotations in publishing of the Area Newsletter.

Ad Hoc Committee Recommendation:
From the Newsletter Ad Hoc Committee Summary Report (See Motion #1)

- 1. Form a Newsletter Steering Committee**
- Purpose: To support the continued development and implementation of a monthly digital newsletter, we recommend that the Area 72 Newsletter Editor appoint a working Newsletter Steering Committee. This group would assist with the format, content, and distribution of both the digital and printer-friendly versions of the newsletter.
 - Composition: Include at a minimum, AA members with a desire to serve, and representatives such as the Newsletter Editor, Language Chair, a member of the Web Steering Committee, a Past Delegate, and a DCM.
 - Tasks should include but are not limited to:
 - o Develop a simple article submission process, including a user-friendly template and submission tool.
 - o Create a clear framework for how the editorial steering committee will function.
 - o Draft a transition plan so that, if the Area Assembly chooses to move forward, implementation can begin smoothly.
 - o Assist in the monthly preparation and publication of the Area newsletter.

Assembly Motion #3: Funding King County Metro Bus Sign Project
Requesting Area 72 Allocate Funds for the King County Metro Bus Sign Project During the 2026 Winter Holiday Period.

Background:
From 1992 to 2012 a bus sign project was maintained on King County Metro (KCM) buses. The signs let people know about the existence of AA in the area and how to get in touch. The project was funded by groups, individual contributions, and many Area 72 Districts. However, the project ended in 2013 due to an increase in advertising costs.
Around that same time, phone books stopped being delivered to Washington residents. This was another place AA made itself known to the general public. The phone book would have reached 2,047,967 residents in King County that year. The current methods of outreach to the general public in our Area include: internet searches*, word of mouth, libraries, & literature racks.

Details
The idea would be to run the bus sign project during the 2026 holiday season, when people tend to struggle more (November 1, 2026 - March 7, 2027). If the Motion were to pass at this Assembly, the Area Treasurer would budget for it in the 2026 Budget. Here are the statistics:

- 11” x 17” signs would be posted inside buses and/or metro rail.
- Number of buses with signage: 200
- Duration signs would be up: 18 weeks, but probably longer
- Number of times those signs would be viewed: 3,942,900
- CPM (Cost per 1,000 views): \$2.62
 - o This is a reduced rate due to our non-profit status.
 - o For comparison, here is the CPM on social media in 2023:
 - Facebook: \$7.19, X (formerly Twitter) \$6.46, Instagram: \$7.91, YouTube: \$9.68
- **Total cost: \$11,145**
 - o The minimum cost to have any signage is \$10,000.

Additional Considerations: Why Bus and Metro Rail Ads?

- Challenges to Public Information (PI) work being effective in news and media:
 - o Breaking through the “noise” of all the different types of media.
 - o Many people don’t read the newspaper anymore and get their news in small doses: Social Media, podcasts, apps.

- More & more people are listening to streaming music and not the radio.
 - Most people don't watch free public access television at 1am.
- The number of people who live outside the KCM system using Park & Rides: 19,976 per day.
- The bus routes are broken up by KCM, into four zones. The signs for each zone will be given a QR code. This will allow us to track where the interest is coming from.

KCM Bus Sign Project FAQ's

QR Codes- where will they go?

- To a landing page that will direct them to a meeting in their area/zip code.
- This will be in Spanish and English

QR Codes- how will we track the return on investment?

- Rather than think in terms of ROI think impressions. The QR code will give us data on how many people are clicking into the QR code.
- We use ridership data to assess the impact of impressions and determine how many people are likely to see the message.
- We will not be able to track using QR codes by each bus line/transit line individually as the buses change their routes several times a month and do not travel the same routes.

Ridership

- Total average ridership weekly is 874,800, monthly is 3,900,167 +6% over last year, this is Jan-June 2025. There is additional data available on ridership by buses and transit.
- Buses and Sound Transit go south to Dupont, north to Everett, east to Issaquah/Sammamish, and west to Purdy.

Signs

- We can have multiple creatives at no extra cost. We will have several mock-ups to present at the Assembly.
- Signs can be in Spanish and English
- External bus signs are not a consideration at this point the cost is prohibitive from what we proposed.
- Replacing damaged signs-the question was asked about signs that get defaced or damaged. They are not in a protected plexi. Damaged signs get replaced within a 24-48 hour time frame at no additional cost.

Calls

- There will be a call in number for those people with flip phones who are not able to access the QR code.
- Working with the Spanish community with a call in number.

Isn't this Promotion vs Attraction?

- The key term in tradition 11 is personal anonymity – not organizational secrecy or silence. The tradition aims to prevent individuals from becoming AA “celebrities”, not to keep AA hidden from the public.

Discussion Topic 1: Proposed Agenda Item Deadline: September 30

This discussion topic is carried over from the 2024 Assembly where no decision was made regarding changing the Area's business schedule to accommodate the change in the Proposed Agenda Item Deadline Date from December 15 to September 30.

Background:

Beginning in 2021, the General Service Board moved the Proposed Agenda Item Deadline date up from December 15 to September 15. This created an issue with a number of Areas, including Area 72, whose assemblies occur after September 15. If the Assembly Body votes to submit a Proposed Agenda Item for the General Service Conference, that submission falls after the deadline date would have to be submitted the following year for the conference after next.

Ad Hoc Committee Formation and Report:

This issue was discussed at the July 2023 Quarterly. The Area Committee decided to have an ad hoc committee to research and provide recommendations. An Ad Hoc committee was formed and presented its recommendation at the April 2024 Quarterly. It recommended changing the Area business schedule as follows: move the April Quarterly to March, the July Quarterly to June, and the Assembly to early September. This would accommodate the September 15 Deadline Date.

The Deadline Date Changes

At the 2024 General Service Conference, the Conference voted by substantial unanimity to make the PAI Deadline Date no earlier than September 30. The Ad Hoc Committee did not reconvene given the new deadline date and the original recommendation was discussed at the July 2024 Quarterly and the October 2024 Assembly. The commentary at the microphone included the following:

1. Since the deadline date has moved to September 30, it seems unnecessary to move the entire business schedule.
2. Have a special online assembly on just the PAI Motion(s), if any, and keep the Assembly in October.
3. Move the Assembly up two weeks into late September so its before the September 30 deadline date.
4. Don't change anything, A.A. moves slow so Area 72 isn't really at a disadvantage.

Additional Considerations:

The PAI Deadline Date is expected to remain at September 30 due to the 2024 Advisory Action stating: *The Proposed Agenda Item (PAI) submission date deadline for the 2025 General Service Conference be moved to a date no earlier than September 30, 2024.*

For Discussion:

- *Does the Area want to revisit this topic?*

- o *If so, what alternative solutions does the Area body want to consider, if any?*
- o *Should we continue the discussion at our Quarterlies next year?*

Example Motions:

Option A

Move that, in the event the Area Committee approves a motion for a Proposed Agenda Item to be voted on at the Assembly, that the Area hold a one-day Special Assembly online in September on just the Proposed Agenda Item Motion(s) in time to submit to the General Service Board. The Motion and all background information to be included in all pre-assembly materials and in the August edition of the Newsletter, with the Annual Assembly to continue to be held in October.

Option B

Move that, going forward, that the Area Assembly be moved into the last full weekend in September that is before September 30, as soon as feasible, so that future Assemblies are before the September 30 Proposed Agenda Item Deadline Date.

Flexibility: Trying Different Solutions

Also note that the Area can try different alternatives before deciding on a direction or final motion. For example, the Area body could move that the Area Assembly try a special online assembly and see how it goes and/or try an Assembly in late September and see how it goes, or both, before making a final decision, if at all.

Additional Documents on Area Website

- o Area 72 PAI History last 30 years
- o Comments from 2024 Assembly
- o Ad Hoc Committee Report from April 2024 (ENG)

Discussion Topic 2: The District Third Legacy Chair

Background Information

As the Third Legacy Chair for District 25, I have seen the value this service position can provide to a district during a rotation change and throughout a rotation. Districts can sometimes struggle after a rotation change in acclimating to the level service work at the district and area level, navigating the personalities and understanding this whole new world of an upside down, spiritually driven general service structure, all designed to support the groups in carrying the message. A District Third Legacy Chair can play a vital role in this process. And the hard work our Alternate Delegate and Past Delegates do across our Area in sharing their experience, strength and hope with incoming GSRs and DCMs is often not enough for a struggling district in their day-to-day journey. Enter the Third Legacy Chair.

As of date, 13 out of 31 districts that responded to our Chair’s poll have Third Legacy Chairs. This Discussion Topic is a great opportunity for districts who don’t have a third legacy chair to learn about the position and see whether it’s something their district may want to consider. We would like to hear from the districts that do have a Third Legacy Chair to share their experience regarding this position.

Fun Fact: The Area email system has a Third Legacy email already set up for every District Third Legacy Chair. dist00thirdleg@area72aa.org.

Additionally, the following is a list of services that a District Third Legacy Chair could choose from to help support their district:

- o The essence of the Third Legacy Chair position is to be a resource and service sponsor to the district. Some Suggested Duties:
- o Orient, inform, and educate the incoming district committee;
- o Assist the District Committee Member (DCM) and Alternate DCM in orientation and information at the Area Committee level;
- o Coordinate with Home Groups and GSRs to encourage service within the District;
- o Work on special projects as needed or requested by the district and DCM;
- o Assist the district standing committee chairs in preparing for their Area quarterlies;
- o Assist in bidding on and hosting Area Events and Area Standing Committee Quarterlies;
- o Coordinate workshops and roundtables on service-related topics;
- o Attend all district meetings and be available to the district committee for questions;
- o Assist in all Third Legacy matters including review and updating the District Handbook;
- o Chair a third legacy committee of past DCMs to advise on district third legacy matters;
- o Share information and experience by making presentations and/or skits at district or group business meetings to foster an understanding of the value of service in maintaining sobriety, of A.A.’s general service structure and its various functions; and
- o Assemble quarterly with other District Third Legacy Chairs to cover the gaps between the one Area Alternate Delegate and the forty-four districts.

Suggested Qualifications:

- o Have a working knowledge of the Traditions, Concepts, Service Manual, and District Handbook and be able to share that knowledge in an understandable way;
- o Preferred but not required, that the Third Legacy Chair be filled by the preceding District Committee Member (DCM) or have experience at the Area committee.

Compare with the Area 72 Alternate Delegate from the Area Handbook:

6.2 AREA ALTERNATE DELEGATE

Receives all correspondence from the General Service Office on the Conference that is sent to the Delegate so they can be informed in the event it becomes necessary to assume the Delegate's duties. Coordinates with the Delegate on Area issues. Is available to chair or work on special projects as needed or requested by the Area. Historically, the Alternate Delegate has been responsible for the continued education of DCMs and GSRs (i.e. DCM/GSA Roundtables & Universities) either in person or virtually.

What problem would this help to solve?

Across the US and Canada, approximately 30-35% of the groups participate in the General Service Structure. In Area 72 we average about 40%. That means 60% of our groups are not here today. Outreach to our groups to encourage participation in our general service structure starts at the local level. If each District Third Legacy Chair in our Area was able to inspire just one home group in their district to begin participating, that would mean 44 additional GSRs would be here today learning new ways to help support their home groups carry the message.

Discussion: Questions to Answer at the Mic during discussion at the Assembly:

1. Does your District have a Third Legacy Chair?

2. How could a District Third Legacy Chair help your District?
i.e. What does your District need that a Third Legacy Chair could help provide?
3. If the Area had a Third Legacy Standing Committee, would your District consider creating a District Third Legacy Chair?
4. Who at Area would you want to chair the Third Legacy Standing Committee?
e.g. The Alternate Delegate? A Past Delegate? Someone else?

Patty S.
Third Legacy Chair, District 25

Area 72 Motion History on forming an Area Third Legacy Committee
84.4 Moved and passed that the Washington Area establish a Third Legacy Committee with an appointed Chairperson to travel throughout the Area to discuss service structure and A.A. as a whole; and to allow \$50.00 for new props.
86.1 Moved and passed to rescind the motion that created the Third Legacy Committee at the 1984 Washington Area Assembly at Pasco, Washington.
95.13 That an ad hoc committee be established to look at the need for third legacy work within the Washington Area 72. Committee work shall conclude by July 96 Quarterly.
18.A Create an Area 72 Third Legacy steering committee.

Background for 2018 Assembly Motion #1

- a. Area 72 membership requires continual and ongoing educational/informational efforts to learn about a myriad of service work positions, duties, and processes ranging from the homegroup to the general service board.
- b. Area 72 has historically addressed this need in many ways, including service sponsorship, GSR and DCM workshops, concept studies and traditions workshops. These are frequently and happily managed at the district level. (This steering committee has no intention of inferring elimination of District level events whatsoever but would naturally be available to help support such events if requested.)
- c. For the last many rotations, the alternate delegate has taken it upon themselves to organize and facilitated GSR workshops, and more recently DCM workshops as well.

Steering Committee Duties

- a. This steering committee would be responsible for organizing and facilitating GSR and DCM workshops, much in the way the alternate delegate has in the past.
- b. This steering committee could host “Third Legacy Roadshows” designed to teach members of the fellowship about the general service structure and be available for other third legacy informational activities as able.

Composition

- a. This committee would be co-chaired by the Alternate Delegate and most recent Past Delegate (in the event that the most recent Past Delegate is unavailable, the Alternate Delegate will recruit a replacement co-chair).
- b. Additional membership would need to be flexible based upon people’s schedules and lives, but we encourage at least four dedicated members.
- c. Beyond this we encourage outreach and inclusion regarding who would attend and present at various workshops on the steering committee’s behalf. IE the committee should have the flexibility to invite different DCMs, GSRs, Appointed and Elected to participate at different events in order to ensure broad inclusivity and participation.

Scheduling and Specific Events - We leave this entirely to each rotation’s steering committee.

Funding

- a. Travel Costs for Steering Committees are covered under motion 06.3.
- b. If this becomes a motion, adding “\$300 credit lined to be reviewed annually by Treasurer” may be desirable to cover printing costs.

Considerations: Step 12, Tradition 9 & 11; and Concept 3 & 12
“Hence, an AA service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to AA's General Service Head-quarters for national and international action. The sum total of all these services is our Third Legacy.”
Bill W. Grapevine, July 1955

Articles of the Month

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

Elected Servants

DELEGATE
delegate@area72aa.org

Hello Area 72!

The 75th General Service Conference final conference report is out! I look forward to seeing you at the Area 72 Assembly. I hope to receive these by mail in advance of the assembly.

Link to [English](#)
Link to [Spanish](#)

¡Hola a todos!

¡Ya está disponible el Informe Final de la 75ª Conferencia de Servicio General! Espero verlos en la Asamblea del Área 72. Confío en recibir estos por correo antes de la asamblea.

Enlace en [inglés](#)
Enlace en [español](#)

¡Feliz lectura!

On the topic of Gratitude;
I love this time of year, gratitude banquets and celebrations. I always enjoy hearing the speakers share their amazing journeys of recovery. It’s funny, I’ve served alongside some people for over a decade, and it wasn’t until I heard them speak at a gratitude banquet that I truly learned their story. Moments like that remind me we’re all just drunks finding our way, one day at a time.

I look forward to attending many celebrations this season and hope to see you there.

For those who want more AA updates, my full delegate report with updates from the General Service Office, AA World Services, Grapevine, and more is included in the meeting minutes.

Thank you for allowing me to serve.

Courtney
Area 72 Delegate

ALTERNATE DELEGATE
altdelegate@area72aa.org

Hello, Area 72!

September was fairly quiet in my role as Area Alternate Delegate. I hosted a couple of workshops on how to put on standing committee quarterlies, attended a district picnic, and made it to my home group most weeks. As Courtney mentioned in an email in late-September, the General Service Conference Final Report is finally out! So, if you hear me suggest that I’m bored, don’t believe it. There’s always something to read to stay current on Conference business. 😊

Now on to the newsletter topic of gratitude: I expect many people will write beautifully about gratitude. How they found it and what they’re grateful for.... You won’t get much of that from me. It’s not that I’m ungrateful; I just find it uncomfortable to talk or write about gratitude, since it can so easily sound trite or insincere, which is never my intention.

What I do know is that I’m deeply aware of the grace and mercy that brought me to where I am today. I’ve learned that grace means unearned gifts or favors, while mercy is compassion. Put simply, ‘grace gives us what we don’t deserve, and mercy spares us from what we do deserve.’

Service reminds me that I’ve been given far more than I could ever earn and spared from far worse than I deserve. I may struggle to put gratitude into words, but I can try to live it through service—and for today, that’s enough.

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

CHAIRPERSON
chair@area72aa.org

Greetings Area 72,

It’s less than two weeks to our annual Area Assembly as I write this and a day after the Appointeds and Electeds got together at our Assembly Check-In Meeting to touch base with each other, review the agenda and Friday panel assignments and begin to focus on the upcoming event.

We have a full agenda and two floor motions as of now. I’ve had a quiet heart the past couple of days as I am grieving the passing of my beloved Sadie Boo as she crossed the rainbow bridge this past Monday. I have little words except to say thank you to my sponsor, my home group, this beautiful fellowship and to certain electeds and appointeds who have offered their experience, strength and hope in the passing of their beloved pets. Not once did the thought of drinking enter my mind and as I felt safe and protected in their loving arms.

In November, representatives from Area 72 and 92, including myself and the chair of Area 92 will be traveling to Nashville to bid on bringing the 2027 National Corrections Conference to Washington to highlight 83 years of A.A. corrections work in Washington State beginning with the Hilltoppers Group in 1942 in Washington State Penitentiary, Walla Walla. Wish us luck.

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
2025 Assembly Panels: “Working Together, Building Trust”

The theme for our October Assembly is “*Working Together, Building Trust.*” That theme has been resting gently on my heart, because lately, my triangle has felt a little lopsided.

As Alternate Chairperson, I have the joy of serving as the liaison with our host committees. In the weeks leading up to Assembly, the pace naturally picks up—extra committee meetings, last-minute changes, budget discussions, and all the details that come with planning such a big weekend. It’s exciting work, and I’m grateful for the chance to serve, but I also notice what happens when the service side of my triangle grows too long. The other sides—unity and recovery—begin to feel shorter.

I feel it most at home. My daughter recently said to me, “*You’re doing too much A.A. service again.*” She was right. Before I stood for this position, I told her I would keep a better pulse on my commitments and not let service crowd out the rest of my life. And yet, I’ve let extra meetings slip in, while exercise, home projects, and even the joy of cooking meals have slipped away. For me, service loses its sparkle when it crowds out the joy of living.

But here’s the hope: A.A. never asks me to carry this alone. The whole beauty of general service is that we work together. When I loosen my grip and allow others to share the load, everything shifts. Service gets lighter, laughter returns, and trust begins to grow again. I become more trustworthy when I show up in my life with balance, and I learn to trust others by letting them show up, too.

That’s exactly what our Assembly panels are about this year. We’ll hear experience, strength, and hope on topics like *Delegating is Trusting: It’s Okay to Ask for Help*, *Clear Communication, Shared Responsibility*, and *Humility in Action: Building Trust Through Principle Over Personality*. Each of these reminds us that we don’t have to figure it out alone. We are all learning how to carry the message through a balanced triangle and to share the work in ways that draw us closer together.

So if your triangle has ever felt a little off balance, I warmly invite you to join us at the Assembly on Friday, October 3rd, starting at 1:00 pm, when the panels begin. It will be a time to sit side by side, listen deeply, and hear how others are finding balance in service. Together, we will experience how working together builds trust. Even if you walk in a little weary, my hope is that you’ll walk out reminded of the joy, connection, and love that come when we serve—together.

This will be our spiritual arrival to the Assembly weekend. I can’t wait to see you there!

With love and gratitude,
Lisa S.

TREASURER
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ACCESSIBILITY
accessibility@area72aa.org

ARCHIVES CHAIR
archives@area72aa.org

As I reflect on the past nine months of serving as Archives Chair, gratitude is the word that comes to mind most strongly. When I began this position, my understanding of archives was limited to the idea of preserving and collecting materials. What I did not anticipate was how much this role would teach me — not only about AA history and service, but also about relationships, humility, and the spiritual foundation of Alcoholics Anonymous.

The learning curve was steep at first. My initial challenges were understanding what archival service to AA entails, forming meaningful relationships within our Archives Steering Committee (ASC), and learning how to communicate the purpose of archives to others. At one point, I even questioned whether I was capable of serving as Chair. A conversation with the previous Chair, Michaela, gave me guidance I still carry: to focus on getting to know people rather than worrying about tasks. This shift helped me let go of self-centeredness and opened the door to genuine cooperation and fellowship.

By August, I began to feel more confident, especially when I volunteered to serve at the traveling display in Ocean Shores for the Step Ashore Conference. Rather than seeing myself as “the Archives Chair,” I was simply another member serving alongside others, sharing the joy of exploring our collection. Items such as pre-AA materials and artifacts from the 1990 Seattle International Convention reminded me of the importance of preserving our history and strengthened my appreciation for archives work.

I am especially grateful to Maryland, who has been an invaluable mentor. She invited me to help District 21 organize their archives, where I learned to examine, catalog, and document materials. Later, she guided me and other members of the ASC through preparing a workshop for District 31 on their history. In my daily life, I often rely on Google, but Maryland showed me how to research without it — teaching me that our archives contain essential information not available to the public, and that meaningful research requires patience, accuracy, and effort. This lesson is one of the

ALTERNATE TREASURER
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Appointed Servants

most valuable gifts I’ve received in service.

Through these experiences, I have come to see that service is, at its core, about relationships. Integrity, humility, and a willingness to listen make those relationships thrive and allow us to work together toward the collective good.

I am deeply thankful for the opportunity to serve Alcoholics Anonymous as this Area’s Archives Chair. I am grateful for the wisdom of those who came before me, for the fellowship of those who serve alongside me, and for the chance to contribute — however modestly — to the preservation of our history. Most of all, I am grateful for the reminder that service, like recovery itself, is ultimately about connection, humility, and growth.

Yours in Service,
Jennifer R.
Area Archives Chair

ARCHIVIST
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**COOPERATION WITH
PROFESSIONAL COMMUNITY**
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Gratitude Banquets and the Gift of Fellowship

I took my last drink like a country song. My job was on the line, my relationship was over, my child had moved to Australia, the rental I was living in was in bankruptcy, and my bank account was empty. I didn’t even have a valid driver’s license, and my freedom rested on the outcome of this program. But I couldn’t connect. Not with people, not with myself, not even with the idea of being unmanageable.

My sobriety date is in February, so by my first gratitude banquet, I had just over eight months sober. That year, Districts 19 and 12 held a joint celebration at a church in Lake Stevens. I went with people I’d been fellowshiping with. One of them was Anthony, who became a very close friend. We were so different from one another, yet equally awkward in our own ways. Anthony never fully got this thing, and the disease took him. He’s not here to celebrate with me anymore. I’m grateful for the reminder that not everyone makes it, and when we do, it’s a gift. Anthony was a blessing, my friend, and I think about him often. He reminds me that sobriety is never to be taken for granted.

Another friend I went with that first night was Shae. Our sobriety dates are just days apart, and over the years, we’ve celebrated many February birthdays together. We’ve shared the joy of countless gratitude events

and had the privilege of serving side by side in General Service. That bond, rooted in our beginnings, continues to be a source of strength and gratitude for me.

Inside, the room was packed. Every round table overflowed with food, conversation, and laughter. Then came the sobriety countdown, my very first. At first, I thought, *This is so cheesy*. And when the finger snapping started, I thought, *This is so weird*. But as people began standing, as the years of sobriety got shorter, the cheering grew louder. My anxiety built, but when it was finally my turn to stand, the cheers felt warm and supportive. Like I mattered.

I’ve never missed a gratitude banquet since. They’ve changed over the years. Districts 19 and 12 no longer celebrate together. They’re also different because now I know so many people. I’m the one hugging long-lost friends in the parking lot, bringing a dish for the table, or scooping mashed potatoes onto plates.

This year will be my first time missing it. District 19’s banquet falls on November 1 in Everett, and I’ll be in Port Angeles at the CPC quarterly, learning how Cooperation with the Professional Community and Corrections work together to carry the message. I’m sad to miss it. My friend Fred tells me the speakers are some of the best yet, District 19 has an amazing archives display planned, and of course, there will be great food and the weirdest, cheesiest, most wonderful sobriety countdown around.

Even though I’ll miss this one, I am filled with gratitude for AA, for Districts 19 and 12, for Anthony’s reminder, for Shae’s companionship, and for all the wonderful people who embraced me so I could grow, serve, and expand my fellowship circle in my role as Area 72 CPC Chair.

Sooz
Area CPC Chair

CORRECTIONS CHAIR
corrections@area72aa.org

Hi Area 72!!
Hope everyone is feeling joy and peace... especially since fall is officially here!!!! Woohoo!!! I live in District 3, which is Monroe, Snohomish, Sultan, Gold Bar, and a little bit of Lake Stevens. We actually don’t have a Gratitude Dinner during this time of the year. Instead, we have a Spring Fling, which is, you guessed it, in the spring. It is very much like a gratitude dinner, though. Good food, a raffle(shhh), a speaker, and of course the magic of fellowshiping.

I don’t want to write too much about our spring fling because our DCM will need something to write about as well. This is being written before the Area Assembly, and I feel so excited to see you all. With a “full and thankful heart,” thank you for my sobriety.

Aimee B.
Corrections Chair

GRAPEVINE & LITERATURE

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[GV/LV Instagram](#)
[GV podcast](#)

Gratitude Celebration

The Gratitude Banquet of 2014 hosted by District 15 and District 40 was the first time I worked on a gratitude celebration. I might have attended one previous year, as an attendee, but never volunteering to help. At only five years in the program, I still didn't understand why you folks wanted to socialize together, much less why you emphasized being useful. Given that I'd been treasurer for my home group, and was now District 15 treasurer, I agreed to support the Gratitude Banquet that year; I hadn't stolen money from either service, some small part of me had changed. Even with that, my only recollection of the banquet was the financial balancing out with the District 40 Treasurer.

Eleven years on, I view that experience as being an important transition. Within my then-limited scope of usefulness, I collaborated as an equal with someone. The Seventh Tradition for me at that time was just the money part: did we make enough from passing the baskets to pay rent and reimburse some folks, maybe return money to districts? I learned that part of the Seventh Tradition was that I showed up and did my part. Self-support also means that I take responsibility to show up, even if it is just during the collection of funds. I shared back to the District the final tallies, and moved on to another service position..

In later years I served on Gratitude Banquet committees as speaker seeker, and as food coordinator. When there was pushback on including a speaker from Al-Anon, I sought the counsel of my sponsor and others. When there were younger, more experienced kitchen crew available, I gladly stepped aside. I've come to realize it is kinda fun to let other people have ideas and be a worker among workers. In a Grapevine story from an Area 92, Eastern Washington, member ("Hooked on Service," June 2022), they write, "I learned an important lesson about humility during this process, about the need to be of service to others without needing recognition or praise." Participation in a Gratitude Celebration helps me with my Seventh Step as well as the Seventh Tradition. Why didn't my sponsor ever tell me this?

Though not a gratitude celebration in a strict sense of the phrase, participating on the Burien Little Assembly (BLA) committee over the last five years has taught me a lot about service. I was a group service representative working with my District Committee Member (DCM) in 2020, when District 14 was chairing the BLA, cancelled due to COVID-19. As DCM for District 15 in 2021, we held an entirely virtual edition of the Burien Little Assembly. As a first-ever remote gathering, I made an effort to engage the rotation of districts as is the practice with BLA, working with District 16 that year,

and reaching out to District 17 to start thinking about the following year. We enlisted outside technological expertise. Due to the remote experience thrust upon us, and experience in remote editions of PRASSA, we were determined to increase participation of Hispanic members as well. Now, gratitude and service go hand-in-hand for me.

Jack J
Grapevine & Literature Chair

LANGUAGE CHAIR

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NEWSLETTER EDITOR

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Hello Area 72,

Gratitude

Celebrating Gratitude in the rooms of AA is a daily practice. I was surprised when I learned early in sobriety that many groups and districts honor the month of November by creating special events to acknowledge that we have all been rescued from our addiction through this spiritual program. I have learned to love that every group has their traditions. I participated in many a dinner that was hosted by a group with speakers and reveled in the fellowship.

When there is a group potluck I try to be very practical and bring something that will appeal to a wide variety of people without requiring too much cooking. Delicious Bakery bread sliced with butter is one of my stapples for such an occasion. I went to a banquet that was hosted and asked each group to bring a turkey or a ham and unfortunately none of the groups did so we feasted on side dishes and desserts. It was a real opportunity to meet my fellows and their families.

Notes on the Assembly

As we prepare for the 2025 Assembly and come together to discuss the motions and discussion topics. Let's all remember that it is the unity of our fellowship that holds us together. I really respect and appreciate the process we use to make decisions about our future. The open discussion, the hearing the minority opinion, all in pursuit of coming to a group conscience Spiritually.

Two of the motions directly affect my position as Newsletter editor. Regardless of the outcome of the vote this October and even though I have worked diligently with the Ad Hoc committee to come up with the proposal to have a Web Based Newsletter. I look forward to continuing to serve as your Editor whether that means continuing to produce the Newsletter in the traditional way or guiding our newsletter through the transition.

For everyone who is attending their first Assembly, Ask Questions, Bring Snacks, your patience and prepare to be surprised by what you learn.

Erin E
Newsletter Editor

PUBLIC INFORMATION CHAIR

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Gratitude Celebrations: Simple Moments That Matter

Gratitude is a big part of recovery and celebrating it doesn't have to be fancy. Some of my favorite gratitude celebrations have been simple BBQ potlucks with my homegroup. We'd gather at my house, bring food to share, and spend time together—newcomers and long-timers alike. It was a chance to connect, relax, and enjoy each other's company.

At my last homegroup, we'd host a big potluck once or twice a year. We'd open the doors a couple hours before the meeting and really make it a welcoming event. It gave people a chance to come by who might not have been to our meeting before. The food was great, but the fellowship was even better.

Gratitude celebrations can look different for every group. Some host speaker meetings, others do service projects or holiday dinners. No matter how you celebrate, it's the feeling behind it that counts—being thankful for recovery and the people who help us along the way.

I recently found something my mom wrote she was in another 12-step program, and it has resonated with me:
"When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know."

That's what these celebrations are about. Sharing love, showing up for each other, and remembering how far we've come.
In Friendship & Service
Julie U.
PI Chair, Area 72

REGISTRAR

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SECRETARY

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Gratitude Celebrations

I love Gratitude celebrations, and I love seeing how various Districts put their own spin to them.

Some gather together a few Districts and have a big blowout. Some prefer to have their own single District banquet. Some have "themes".

When I was the Alt DCM for District 45, we voted to have a banquet with the theme of "The Godfather" (pretty cool, since at that time the Districts that gathered for service in our communities were 9, 29,44, 45, and 54 and we considered ourselves the Five Families) that was a lot of fun.

The next year the theme was "The Oscars". We had a red carpet and a giant Oscar statue for people to have their photos taken with. What a blast.

The food is normally pretty good, but hey, who goes there for the food? Aren't we there for the camaraderie and to share our love for service and honor those who help

carry the message of Alcoholics Anonymous to the still suffering alcoholic? That is the common thread, regardless of whether the party is large or small, fancy or plain, we are there to reflect on where service in A.A. has brought us all and where we intend it to continue to grow and how we will influence others to pick up the reins and carry on. Gratitude events in A.A. are a powerful reflection of the fellowship's commitment to unity, service, and recovery. Whether large or small, extravagant or simple, the central message remains consistent: these events are a celebration of the collective work of A.A. members who carry the message of hope to those still suffering. The unique and creative nature of these events, such as theme-based celebrations, adds a layer of fun and personality while preserving the sacredness of the occasion. In the end, the most important takeaway from these banquets is not the food or entertainment, but the sense of gratitude and love for the service work that allows A.A. to continue helping alcoholics achieve lasting sobriety. As one member aptly put it, "The important thing is to ensure my heart is full, not necessarily my belly." Gratitude Celebrations are a reminder that in A.A., the work is never done, but it is always worth celebrating.

Don N.
Area Secretary

SOUND AND ZOOM COORDINATION
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I have been to a few gratitude banquets and for me they always seem like a bit over the top. But that is the alcoholic in me. In my addiction I was never one for group gatherings or any kind of celebration. I wanted to be left alone to drink and wallow in my misery. AA has given me a different understanding of relationships with people. They are one of the main ways that my higher power communicates with me. Now when I walk into a room with a lot of people or even a few I can find comfort in my discomfort. I know that the feeling of wanting to sulk in the corner is just a learned coping mechanism that I covered up with my excesses. Now, thanks to AA, I have the ability to recognize these feelings and have been given a set of spiritual tools that allow me to cope in a much healthier way. So today I can be grateful for being an alcoholic instead of thinking of it as a weakness.

Anthony Grennan
Area Sound & Zoom Chair
WWA72 Panel 75

TECHNOLOGY & WEB CHAIR
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Celebrating Gratitude
You never realize how grateful you are until you've been down. I had an extremely rough case of Covid over the past couple of weeks. Now that I am recuperating and

feeling better, I am so glad to be back to my happy, joyous and free self. When I saw the topic for this month I was thrilled. I really am in a state of gratitude, for my health.

There have been many times in my life when I have felt defeated and scared. Since becoming a member of Alcoholics Anonymous I have learned there is always a solution.

I wish I could magically share the feelings from defeat to success with new people walking into our program. It hurts my heart to see and feel that much fear and pain coming out of another child of God. You cannot share what you have not experienced, but when you are in the grips of our illness you feel like no one could possibly understand what you are going through. I know we hear it takes what it takes to find a solution. It just takes too long for most of us to have the trust and patience to ask for help. Especially when you hear things like: stick around, go to a lot of meetings and work with another alcoholic. Which is one more thing I am grateful for. The people in my early sobriety opened their arms and hearts to me. They told me I could get sober too if I did exactly as they said, went to a meeting or two everyday and found a person to read and work through the Big Book with me. I was totally beat and knew I did not have any better answers. I did exactly as directed. It took me 18 months to stop craving alcohol, but I called my sponsor daily and worked with her once a week on my steps. Those 18 months seemed like years, but I have been happy, joyous and FREE for 34 years. I am celebrating my sobriety every day of my life since that day, February 15, 1991.

I have also been very active in service from the start of sobriety. For me, service is the answer to a successful sober life. I did not get sober by myself and now, I realize I need to give back everyday to give it away and maintain my life of sober gratitude. Thank you God!

Suzi L
Area Treatment Chair

WEBSERVANT
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Gratitude Celebrations in District 56
Participating in the Gratitude Banquet in District 56 has been a cornerstone of my recovery journey for the past eighteen years. I can hardly recall a year when I wasn't involved in some capacity, whether it be on the planning committee, in charge of decorations, or simply attending. The planning meetings, the brainstorming of themes, and the creation of flyers and tickets by my best friend Crissy, who has been doing this for over a decade, are all integral parts of this cherished tradition. And, of course, there is always the much-anticipated raffle.

Our Gratitude Banquet is held annually on the second Saturday of November, a tradition that has been upheld for as long

as I can remember. This scheduling ensures that it does not conflict with District 22's banquet on the third Saturday or Sequim's (District 55) banquet on the first Saturday of November.

The banquet is a culinary delight, featuring turkey, hams, and sometimes mashed potatoes and gravy. One memorable year, our chef friend Kelly B. generously provided twenty-two apple pies! The tickets are printed with designations for side-dish, dessert, or salad, ensuring a bountiful feast. Remarkably, we have rarely run out of food, well, maybe once. This event is the largest recovery gathering hosted by District 56 each year, drawing up to 250 attendees on several occasions.

The raffle is a highlight of the evening. Each homegroup in the District contributes a raffle basket filled with an assortment of books, goodies, gift cards, and other items. These baskets are numbered, and we sell a plethora of raffle tickets. The raffle takes place after dinner and before the speaker, and it is always a hit!

Following the food and raffle, we have a speaker who shares their experience, strength, and hope with us. This year, we are honored to have Lisa S., our fabulous Area Alt Chair, as our speaker. Last year, we were privileged to hear from Alan F., our Area Past Delegate. We are honored to have our Area Trusted Servants to the Peninsula.

Regrettably, this year I will be in Cincinnati attending the NAATW National AA Technology Workshop during the weekend of our Gratitude Banquet. This will be the first time I have missed the event in seventeen years. Nevertheless, I am confident that it will continue to be a wonderful representation of how District 56 celebrates recovery in Alcoholics Anonymous.

Thank you for allowing me to be of service in Area 72!

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

YOUNG PEOPLE'S CHAIR
ypchair@area72aa.org

Hi, Area 72!

I'm having so much fun in my role as the Area 72 Young People's chair. I get emails, texts, and calls from people around the area all the time, sharing their ideas and questions about how they can best be of service to young people. Their excitement inspires me! I'm really excited for our next quarterly which will be held at PUD building in Mount Vernon on October 25th, 2025. As always, it will be from 12 pm to 3 pm, with fellowship beginning at 11:30 AM. It will be a hybrid event, so please join us in person or on zoom! I'm excited to have Debbie B coming to give a presentation on speaking at non-AA events. We hope to use this

information in order work with agencies that serve young people throughout the area. Flyer will be available soon!

I have a request for you all. Our committee really needs a secretary. The job would entail taking notes at our Young People's quarterlies and then sending the minutes to me within a month so that I can distribute them to the committee. Including the October YP quarterly, there are only five left in this rotation. This is a great way to get involved in general service and it would be extremely helpful to me and the committee! You do NOT need to be an existing member of the YP committee to do this position Please let me know if you are interested or if you have questions.

I love the topic of gratitude celebrations! November is my favorite month of the year in AA because I get to attend so many wonderful events. My homegroup (a women's group) has a gratitude banquet/speaker's meeting once a year. We open it up to anyone who wants to come. I absolutely LOVE getting to eat yummy food, meet and spend time with everyone's families, and hear the fabulous speakers. I love to visit other groups and districts. Helping plan these events has been an important and fun way for me to be of service over the years. These celebrations remind me of ALL I have to be grateful for: my sobriety and recovery, most of all. I hope to see many of you this November at these events!

As always, thank you Area 72 for allowing me to be of service. Feel free to reach out to me anytime! I love hearing from you!

In love and service,

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

Districts

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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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DISTRICT 4
Skagit County, Burlington, Concrete, Mt. Vernon, Sedro Woolley
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Hello everyone. District 4 has an annual Gratitude Banquet on the 2nd Saturday in November. This year it is on November 8th, location is the Swinomish Boys and Girls Club, look at Flyer for full details. This year has been a real challenge due to renovations at the facility, which means no Kitchen, but our committee has worked their tails off to make this happen and we could not be more appreciative and Grateful for their service. So a huge Shout out to John V, Heidi M , Greg K, Todd, and everyone for making this happen. Come join us for a great night of "Grillin for Gratitude". AA speaker will be George H who just recently celebrated 50 years of sobriety.
Ed S
DCM 4

DISTRICT 7
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DISTRICT 8
Thurston & Mason Counties: Olympia, Shelton, Lacey, Tumwater, Hoodspport, Matlock, Rainier, Littlerock
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DISTRICT 10
Kitsap Peninsula: Silverdale, Bainbridge Island, Kingston, Poulsbo, Chico, Belfair, Bremerton, Kingston
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If you have any questions on what District 10 is doing, I encourage you to visit dist10.org. This website is updated and maintained by Ron B. our Webmaster. The Website is a source of massive information that pertains to A.A. in our district, Area, and A.A. World Service of the United States and Canada. It has resources to

Meetings, Committees, Trusted Servants, Events, Documents, and Links to just about anything you need to know about A.A.

As far as the topic on Gratitude Celebrations, our district has a gratitude celebration and events committee chairperson. I thought it would be nice if our chair would be willing to share her input on this topic, so I called Kathy C. and I was pleased to hear she would. This is Kathy's input:

In 2024 the gratitude banquet was held at the Westside Improvement Center. It was my first year being gratitude banquet committee chair. I had volunteered at other banquet events, and this was a big step for me. I was grateful to have a lot of volunteers who helped pick the venue, plan the meal, setup decorations and help with all the little details that seem to come up. After three months of planning it was the big night. 250 people arrived excited to visit each other and celebrate our sobriety. We had a wonderful meal, 2 speakers and a raffle basket giveaway. Over 25 baskets were created and donated by the many halls in our district. Despite there being a serious shortage of chairs at the venue and some kitchen outlets shorting out the banquet was a success.

This year's banquet will be held at the Village Green Community Center in Kingston, November 8th at 5pm. It will be a little different, the venue is a bit smaller and will accommodate 200 guests. Josh R. will be playing piano for our listening pleasure prior to a delicious Italian meal. Besides 2 speakers the Third Legacy group will perform a skit "The Anonymity Police". As always there will be raffle baskets to try and win by buying lots of tickets. Make sure to check out the District 10 archives Gary D. will have on display. I'm looking forward to an evening of laughter, fun and fellowship.

With gratitude,
Kathy C.
Gratitude Celebration & Events Committee Chair for District 10

Mike D.
DCM District 10

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DISTRICT 12
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dcm12@area72aa.org

We continue to try to get into Marysville Jail and Denny Youth Center to no avail. They did however take some Big Books and 12x12s. We've done 4 Bridging the Gaps from Treatment Centers. It was nice attending the monthly Treatment roundtable thanks Suzi!! We're still looking for a Treatment chair. Our Pi/Cpc chair

teamed up with dist3s chair and visited Providence Hospital and Detox. Our Gratitude Banquet planning has begun. We will be having a busy October folding Schedules with Districts 2,3,12,19, and 57. Our Central Office for Snohomish County continues to answer the phones and do 12 step work. They are still looking for a Central Office Manager. Our unified website with Snohomish County Districts is going under some improvements and got to Participate in the new Digital Literature rack that's being worked on. I was busy all month. I got to work with John publishing September's Digital online Newsletter. We continued to attend the Web Steering Committee and had a Special meeting to talk about our Website and Geo fencing and our Firewall. We had an Awesome 3rd Legacy meeting with Lupita talking about our 9th Concept. I continue to invite Groups in our District to the Table. We're really excited and getting ready for the Assembly. preparing our agenda for District 12's business meeting Thursday night before the Assembly. Hopefully I get to help with October's online Newsletter. I've focused a lot of my attention on my Panel topic where to find the information and how everything operates at Our GSC there's a lot of information available. It's really great attending the Service Manual Study at Greater Seattle Intergroup every First Sunday of the month at 11am. We're looking for a Treatment Chair, Newsletter Person, and a Central Office Rep.
Shane DCM 12

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

DISTRICT 15
Downtown Seattle, West Capitol Hill, South Seattle
seattleaa.org

District 15 is gathering speed! All of our GSRs are attending the Area Assembly, with most attending in person and a few participating via Zoom. As a new DCM, I am grateful for their service to their homegroups. At our September district meeting, we had lively GSR sharing about how the GSRs are presenting the Assembly motions to their homegroups.

Diane D
District 15 District Committee Member

"Who is not in the room, and how can we be more inclusive?"

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

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

I've attended three Assemblies, two as a GSR and one as a regular alcoholic. I got

the most out of the Assembly when I was connecting with other people there - chatting with other GSRs at my table, asking questions at the mic, or just taking a break to catch up with a fellow alcoholic.

Our district has had a lot of conversation around the motions coming up at the Assembly. The bus sign project got the most interest - positive and negative. Some people thought it would be a great way to reach alcoholics. They shared stories about hearing PSAs about AA on TV while they were still drinking. Whether or not that directly caused them to seek out AA, it at least made them aware of it as an option. Other groups thought it felt too much like advertisement or promotion. Their biggest concern was what the actual signs would look like. They care about how AA presents itself and want to make sure it is in line with attraction rather than promotion.

In other news, District 17 will be having a gratitude banquet
When: 11/8/25 5pm-8:30pm
Where: St. Alphonse's Family Center & Gymnasium 5816 15th Ave NW
Hope to see you there!

Josh Blome
DCM District 17

DISTRICT 18
Renton, Kent, Tukwila
seattleaa.org
dcml18@area72aa.org

District 18 is doing good. We have a lot of people that are willing to serve and are happy to say there is no shortage of service opportunities.

We recently brought a few boxes from our Archives storage to the District meeting. It was really great to see some of the interesting history from District 18. It made me understand at a deeper level that Archives is something we need to be maintaining now. Archives are not just to view the past, but that the present will be the past shortly and that we need to save the fliers and document the events that we have now so that the present, which will be the past shortly, can be maintained. Granted a lot of these items that are being created now are digital, photos, etc., but, personally, I LOVE the tangible items to look at. Even if we are printing digital photographs or fliers, the preservation of these tangible items is still valuable to us in District 18!

One of our groups recently celebrated their 20th Anniversary and they had the very first sign in book from the very first meeting on display for the event.

It is a great reminder that indeed we need to slow down and take care to preserve our present so that future generations will know about what has happened in District 18.

Lara R.
DCM18@area72aa.org

DISTRICT 19
South Everett, Mill Creek and Mukilteo
dist19.org
dcml19@area72aa.org

DISTRICT 21
Grays Harbor and Willapa Harbor Areas, Aberdeen, Hoquiam, Montesano, Raymond
<http://aa21.org/>
dcml21@area72aa.org

DISTRICT 22
North Olympic Peninsula: Port Angeles, Forks, Joyce, Clallam Bay, Neah Bay
nopaa.org
dcml22@area72aa.org

DISTRICT 24
Southwest Snohomish County: Lynnwood, Edmonds
district24.org
dcml24@area72aa.org

Gratitude Celebrations!

In District 24, we hold our Gratitude Banquet in March, which is a little different than most. Honestly, I'm not totally sure how that started, but I think it had to do with St. Pius in Mountlake Terrace being booked up in November, and March just worked out. Either way, it's become our tradition, and it's one I look forward to every year!

The banquet is always such a fun time. We usually get a great turnout, with homegroups donating raffle prizes, a 50/50 raffle, and two amazing speakers—one from Al-Anon and one from AA. Our 2026 date is March 28th! Then in August, we gather again for our District picnic. Just like the banquet, homegroups chip in with raffle items, and we do another 50/50 raffle. Both events are full of laughter, fellowship, and a chance to spend time with our families while deepening the friendships we've made—and making new ones too.

Lisa J.
DCM District 24

DISTRICT 25
Online meetings
onlinedistrict25aa.org
dcml24@area72aa.org

DISTRICT 27
Cowlitz, Pacific and Wahkiakum Counties: Longview-Kelso Area, Long Beach Peninsula
district27area72aa.org
dcml27@area72aa.org

Topic: Gratitude Celebrations

Here in our District and I'm sure in others groups we celebrate sober anniversaries. Usually, each group has a party once a month with cake or other types of food. It is important that we celebrate the successes to show this does work and there is a way out. I find it inspirational and heart warming when we can recognize each other's accomplishments. To string together 24 hours at a time was something impossible to even imagine before coming to the fellowship and having the support of those who came before.

I have a choice today that I didn't before I came to our fellowship. Constant gratitude and not taking each day for granted helps this alcoholic stay sober and celebrate the life I have today.

In service,
Dave K
District 27 DCM

DISTRICT 28
Lewis County: Centralia, Chehalis
lewiscountyaa.org
dcml28@area72aa.org

DISTRICT 29
Puyallup, Eatonville, Orting
pugetsoundaa.org
dcml29@area72aa.org

DCM 29

DISTRICT 31
Burien, Des Moines, SeaTac, Tukwila, Normandy Park
seattleaa.org
Topic: Gratitude Celebrations

Even though I try to practice gratitude every day, we are now entering the best season for gratitude gatherings.

My first Gratitude Celebration was in Topping, VA, where I lived when I originally got sober. There was a large Gratitude Dinner held at the Pilot House. People came from all over the area, and each year a gifted speaker would move us to both laughter and tears. I went with friends and made many new friends. Newcomers, like me, were encouraged to come. Often members would buy tickets for those who couldn't afford one. It was a truly special night, filled with gratitude for the gift of sobriety and I could feel the love in the room. The event continues to this day.

District 31 has a variety of Gratitude Celebrations from many years annual events to newer gatherings:

Friday Night Orphans Annual Gratitude Dinner

A potluck meal followed by a candlelight meeting where everyone shares one thing they are grateful for. This beautiful event has lasted more than 30 years.

- **When & Where:** Friday, November 21, 2025, at the Prince of Peace Church.
-
- Potluck: 6:30–7:30 p.m.

- Candlelight meeting:
7:30–9:00 p.m.

A New Beginning (ANB) Gratitude Potluck

This event has been going on since 1986. The evening includes a potluck dinner, AA raffle, and a speaker. It's a night filled with fellowship, laughter, and joy.

- **When & Where:** Saturday, November 8, 2025, 6:00–9:00 p.m.

A New Beginning Thanksgiving Alcañon

On Thanksgiving Day, ANB will host meetings throughout the day—a wonderful way to stay sober, have fun, and enjoy fellowship during the holiday.

- **When & Where:** Thursday, November 27, 2025. Meetings at 10:00 a.m., 12:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m., and 9:00 p.m.

Dawn P
DCM 31

DISTRICT 32
Auburn, Federal Way
district32aa.org
dcm32@area72aa.org

Welp! September turned out to be a busy month like July and August! We received some wonderful feedback from Central Districts (14, 15, 16, 17, 31, 32, 40, 41, & 42) about the Pre-Assembly we held in West Seattle! Good coffee + great food + fellowship in service = happy AA's. We had some really good discussions and I am looking forward to the Assembly.

District 32 continues to facilitate the Burien Little Assembly planning committee meeting that meets on the 3rd Sunday of the month via Zoom from 10:30-11:30 (see flyers). We are still looking for groups to volunteer to be on panels as well as individual volunteers to help make the BLA a successful event. Look for the BLA Planning Committee flyer on the Intergroup website at www.seattleaa.org or email dcm32@area72aa.org for Zoom login and password.

We were able to attend several "silent" meetings to share information about the District Business Meeting as well review Assembly Motions with many groups so that they can have group discussions prior to the Area 72 October Assembly. Our efforts to identify inactive meetings and attend "silent" meetings, we have been able to determine which groups are active and which groups serve as a meeting space (without a GSR). Both serve the Primary Purpose of AA and it was an exercise in gratitude to be able to meet so many wonderful AAs. Of the 139 meetings that occur in District 32 every week, we were able to reveal that they are comprised of 42 total Active D32 Groups (36 In-Person & 6 Zoom), 2 Active D1 Groups, 3 Inactive Groups, and 1 Temporarily Inactive Group. Of the 42 Active D32 Groups, 24 have a GSR, 4 are Meetings (not a Group), and 14 groups still need to be reached out to. Progress not perfection! Several D32 members are helping to make

contact so that we have an accurate database of active meetings/groups in our district.

We created a flyer to generate awareness of our District 32 Business meeting and made it available in jpg format to share via text message in color (as shown) and also as a black font w/white background pdf to print on bright colored paper for home group meetings, gratitude potlucks, birthday events, etc. Hopefully this flyer and reaching out to our silent groups will help to increase our attendance at the district meeting as well as to fill our empty service positions.

District 32 groups are already getting organized for their Gratitude Get-togethers! I, personally, am looking forward to traveling to as many banquets, potlucks, and events as possible this Season of Gratitude! Let's gather our friends and share our gratitude with others!!

With Gratitude,
Nicole J. DCM 32
dcm32@area72aa.org

DISTRICT 33
Maple Valley, Covington, Black Diamond, Hobart, Ravensdale
district33aa.org
dcm33@area72aa.org

District 33 Gratitude Banquet

We're thrilled to announce that preparations for this year's Gratitude Banquet are in full swing, and we're gearing up for another memorable evening of fellowship and celebration! Following last year's highly successful event, we've addressed the minor hiccups and made thoughtful adjustments to ensure an even smoother experience this time around. Our Gratitude Banquet Committee Chair has done an outstanding job organizing clear roles for committee members, with nearly all positions filled by dedicated and enthusiastic volunteers. Their passion and commitment are setting the stage for a fantastic event. The banquet will be funded through a combination of surplus funds from last year's event and contributions collected from local groups via a second collection basket, keeping the event free for all attendees with no tickets or entry fees required.

Join us on November 1st from 5-8 PM at Tahoma High School in Maple Valley, where our Chair has once again secured a fantastic venue that fits our budget and comfortably accommodates a large crowd. We'll provide water, coffee, and the main dishes—turkeys, hams, mashed potatoes, and gravy—and we invite attendees to bring a side dish or dessert to share. In addition to delicious food and fellowship, the evening will feature an exciting 50/50 raffle, two inspiring speakers sharing their experience, strength, and hope, and a heartfelt Sobriety Countdown to close out the night. Whether you're a local member or just passing through, we'd love for you and your loved ones to join us for this

special celebration of gratitude and recovery. Come share in the fellowship and make this year's District 33 Gratitude Banquet unforgettable!

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

DISTRICT 34
Bellevue, Redmond, East Lake Sammamish, Mercer Island
eastsideaa.org
dcm34@area72aa.org

Gratitude Celebrations

As a member of Alcoholics Anonymous, I've had the joy of attending gratitude celebrations at both the group and district levels. District 34's annual Gratitude Dinner each November is a highlight, with inspiring speakers, fellowship, a sobriety countdown, and shared meals. The Bellevue Group in Medina also hosts events like the Labor Day potluck, where members contribute food, celebrate milestones with coins, and enjoy time together. As the Gratitude Banquet Chair, I along with the committee are organizing the festivities for 2025. These gatherings are a meaningful reminder of the power of gratitude, community, and recovery.

Belinda P.
ALT DCM / District 34

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

Gratitude Celebrations

Just like many other districts throughout Area 72, we will hold our annual Gratitude Dinner this November. So much could be written about what these gatherings represent to us recovering alcoholics—there is so much for which to be grateful that it's almost impossible to capture it in a few thoughts.

Luckily, I don't have to.

In the Twelve and Twelve on page 95, there is a single sentence that encompasses what I hear, see and feel when I'm in a room with 200+ AA family members expressing and celebrating gratitude for what AA has done for us:

An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.

Happy Gratitude month!

Key District 35 Activities

— District 35 GSRs have been preparing for the upcoming Assembly, and the majority of the group-conscience meetings have taken place. And it looks like all of our GSRs will be able to attend most, if not all, of the Assembly proceedings.

- District 35’s CPC Committee is preparing two items for the upcoming Area CPC Quarterly: 1) A tightened bid to host a CPC Quarterly in 2026 and 2) an overview presentation of our speaker panel visit to 7th grade students at Issaquah Middle School this past May.
- Planning for the District 35 Gratitude Dinner is underway in earnest. It is being held on November 15 at Pine Lake Covenant Church in Sammamish. GSRs are beginning to announce to their groups. The event is free, and we are offering complimentary childcare during the speaker portion of the evening.

Grateful for the opportunity to serve,

John K.
DCM, District 35

DISTRICT 36
Northeast King County: Snoqualmie Valley, Duvall, North Bend, Carnation, Fall City Preston, Snoqualmie Pass
snovalleyaa.org
dc36@area72aa.org

The year is ending so quickly around here, I cannot believe that the Area Assembly is less than two weeks from now! In quick succession we will complete the Assembly, have our Gratitude Dinner, then host a holiday Alcolthon. Suddenly January will be here! I mentioned last month that November is extra special for this alcoholic as my last drink (so far) was in November, nearly 19 years ago. I am one of those alcoholics that seems to show up at a lot more meetings in my birthday month and I am not sure why. The district 36 Gratitude Dinner has been in North Bend for as long as I have been attending them. We have a completely new committee this year and they have a completely new location. On November 8th, we will be at the Church on the Ridge in Snoqualmie. We will also open the doors an hour earlier and move the dinner and speakers back to 5pm and 6pm. Do alcoholics love and embrace change? We will find out! Our gratitude dinner has a sobriety count down that is the highlight for me, I always stood for the year that I was completing in November. A friend of mine (he shared a close sobriety date to mine but one year later) pointed out that our AA birthday was not until after the gratitude dinner and he stood for the previous year. Though he didn’t say it out loud he was hinting that I was stealing a year and should stand for the one that I completed, not the one I will complete in a week or two. So, I started doing that. Bob passed away in March this year with 17 years of sobriety. He was at my earliest AA meetings but decided to go out in the summer of my first year. He came back in and announced 24 hours almost a week after I announced one year. We have matched each other year after year since then. He had great sobriety and believed with conviction that the traditions had to

be followed to the T for the group to survive. And of course, the T meant his interpretation of the tradition in question. This put us at odds more than once during some heated business meetings. I often forget how much I need people to stand up and question why we do things the way we do and that I may not have all the answers. Almost all the people at Bob’s memorial introduced themselves as alcoholics or addicts. Many spoke of the impact that he had on their sobriety, including former inmates that he helped in corrections meetings. He was a presence in multiple 12 step programs in the Duvall area. I am grateful to have known Bob and in no small part he was one of the people who saved my life. Is there a way to honor Bob and the other important alcoholics that are no longer with us? Would it be appropriate to ask for an extra moment of silence at the gratitude dinner and specifically remember a special alcoholic who is no longer with us? What are your thoughts?

In service,
Mike L.
DCM D36

DISTRICT 37
North Clark County, North Skamania County, North Vancouver, Battleground, Woodland, Orchards
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DISTRICT 38
Kirkland
Dcm38@area72aa.org

DCM D38

DISTRICT 39
Bothell, Kenmore, Woodinville
District39aa.org
Dcm39@area72aa.org

DISTRICT 40
Capitol Hill, Madison Park
Dcm40@area72aa.org

As we move into October and Autumn is rolling in quickly the season of gratitude is here as well. Turning our attention to gratitude and making it a daily practice pays off as a marked shift across our lives. If it’s a quick gratitude list sent to a few friends, journals for ourselves, or gratitude dinners each has its benefits and I am sure there is many more practices if you ask around.

Gratitude also offers a point of reflection, possibly on the place we are at in contrast to before we came into the rooms, what is taking up mental real estate, or the work we have on the horizon.

So happy trudging my friends,
Chris B
DCM District 40

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North-Central Seattle: Queen Anne, Magnolia

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DISTRICT 42
Northwest Seattle, Shoreline, Lake Forest Park
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Gratitude A Daily Practice

Morning comes and in our drowsy awakening, we reflect back on the day just ended, just beyond the bookmark separating the beginning of a new day. This has long since become a part of our daily ritual ... a wondrous opportunity to clear away things that could steal the beautiful day that God’s has given us.

Our gratitude becomes our prayer.

Thank you, God ... It wasn’t long ago that pondering our yesterdays wasn’t the precious gift it is today. In the beginning of our recovery, it was a hold over; a replay from the days when the unmanageability of our lives demanded that we assess the damage done; the chaos that was our constant companion; the peril that threatened every moment; the fear that was present with every breath; the agonizing regret. We are humbled as we witness our own transformation and that of our fellow travelers;

Thank you ... You asked only that we be willing. You gave us the readiness to surrender our resistance and allowed that moment of faith, of trust, that let us to choose the path to a life of which we could not even imagine;

Thank you, Higher Power ... At every turn there is evidence that our purpose that was once self-serving has become one of giving back the love and support given us when we were lost and hopeless; there is joy in paying forward all that has brought us this far. We find within ourselves and those whose journey we share, not only a willingness, but an eagerness and a passion, calling us to reach out, to seek those who suffer;

Thank you ... You have freed us from the bondage that held us hostage; you have turned our regret into compassion; our fear, apprehension, worry, stress and anxiety into peace of mind, a quiet heart and serenity; you have granted us the inner stillness that allows us the grace to turn our experiences into a message to others that they are not alone; our insecurity into confidence; our uncertainty into intuition and our self-reliance into trust in You and our fellows;

Thank you, Creator ... As the promises come to past, we see and hear and feel the hope as they become more than just words on a page. We contemplate the question again: “Are these extravagant promises?” We find our wondering becomes a certainty and our gratitude allows us the absolute

knowledge and belief that not only are they not extravagant, they are extraordinary and exquisite.

We are grateful beyond words and celebrate each day in recovery in all its glory.

And so it is.

BY DISTRICT 42 ALT DCM
DCM Teri H. and Alt. DCM Trisha B.

DISTRIC 43

Port Orchard, Gig Harbor, Olalla, Key Peninsula
southkitsappeninsulaaa.org
dc43@area72.org

“Gratitude Celebrations,” great topic for this month. My experience with Gratitude celebrations varies in such a way that I haven’t even thought about it until this topic came up. I first thought that my gratitude was that I didn’t have to go back to prison because I got into Drug Court. What I didn’t realize at the time was that I would be eternally grateful for a man who sat on a bench in a black robe and accepted me into his program because he saw something in me that I didn’t see in myself and gave me another shot at life, and for that I am forever grateful. That’s how I started my journey of staying sober. I believe that while I was in that program I learned how to be responsible, be a productive member of society, make my commitments and show up time. Not that I didn’t already know these things but how to put them into practice in my life. I have since learned through the program that I have a Higher Power that is always there for me and helps guide me in the direction I need to go in.

In our district we have a gratitude banquet every year, as most districts do. I go to them every year, but at first, I was just there for the food. Some where along the line I realized its not about the food its more about getting together and experience the fellowship and being able to be a part of something bigger than myself and be happy cause not there trying to see what I can get from you but to give something away and that is the gratitude I feel from being in a program that truly helps me on path of recovery no matter what life throws at me. I am truly grateful for my Higher Power and the program of Alcoholics Anonymous.

Thanks for letting me be of service.

Jim B. DCM
District 43.

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

In District 44, the Gratitude Banquet is one of my favorite traditions. Every November we come together for food, fellowship, and a spirit of thankfulness that keeps us connected. This year’s banquet will be on November 15th with a 1970’s theme, lasagna dinner, raffle baskets, music, a sobriety countdown, and of course the dessert potluck—always a reminder that when we each bring a little,

it becomes more than enough for all. Also... Looking very forward to hearing Eddy M. (who was the Alt. Chair for Panel 73). He will be sharing his ESH.

I’m especially grateful for Susie, our Alt DCM, who has worked so hard to bring this event together, and for Deric, who found us the perfect venue. Their service reminds me that gratitude is best shown in action—by lending a hand, sharing a dish, or simply showing up. The Gratitude Banquet is a beautiful reminder that we don’t walk this path alone. - PS I have tickets... lol.

In Service,
Kari Monreal
District 44 DCM - Panel 75

DISTRICT 45
SW Pierce County; south Tacoma, Lakewood, Parkland, Spanaway, Steilacoom
DCM45@Area72.org

DISTRICT 46
Whidbey and San Juan Islands: Anacortes
www.district46aa.org
dc46@area72aa.org
Alt46@area72aa.org

DISTRICT 54
Bonney Lake, Buckley, Carbonado, Enumclaw, and South Prairie
aadistrict54.org
dc54@area72aa.org

District 54 has a long history of hosting an annual Gratitude celebration in conjunction with our anniversary of being an independent District up on the “Plateau”, which is in February each year. To make it fun, we pick a theme and dress up accordingly! We bring together over 250 people for fellowship, speakers, good food and fun. We are just forming this year’s committee and are excited to try a new venue for our celebration on Saturday, February 21, 2026.

Come join us!
With Gratitude,
David H.
D54 DCM

DISTRICT 55
Sequim area
district55aa.org
dc55@area72aa.org

Hello Area 72! We are planning away for our annual Gratitude Banquet. This is our most popular event of the year with participation from all the groups. Big shout out to Dog on the roof for set up and take down and Sequim N Women for table decor, and of course our Activities Committee for all the hard work that goes into planning such a large event. This year’s speaker is none other than our Area Chair Derek! Another cool thing we do here on the peninsula is attend our

neighboring district's gratitude dinners. Starting with Sequim (D55) Nov 1st, Port Townsend (D56) Nov 8th and Port Angeles (D22) Nov 15th. Looking forward to all the amazing food and fellowship!

Thank you for letting me be of service.

Danielle E
DCM District 55
dc55@area72aa.org

DISTRICT 56
East Jefferson County: Port Townsend, Quilcene, Brennon, Port Hadlock, Chimacum, Coyle
district56aa.org
dc56@area72aa.org

DISTRICT 57

Spanish speaking region that encompasses all of Western Washington from Lynnwood to the north

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dc57@area72aa.org

DISTRICT 58
Olympia to Vancouver, west to Aberdeen
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dc58@area72aa.org

Intergroups and Central Office

AREA 72 OFFICINA
INTERGRUPAL
aaintergrupalarea72.org

EASTSIDE INTERGROUP
eastsideaa.org

Gratitude Dinner Online Only
Let's think about this! I can only speak for myself but for me the strength I get to stay sober is through the fellowship of AA. Maybe it is because I started my recovery years before the covid generation but attending in-person gratitude dinners and actually shaking hands and hugs from the members I have met along the way is more exciting to me than having a meal in front of my computer screen and scrolling through the participants. Enjoying the many dishes that other members bring and enjoying the emotions in the room is what a gratitude dinner event is where I feel the spirit and our higher power all around me. Yes I do understand the need for online events for accessibility for some of our members but I hope that they might ask for help to attend an in-person gratitude dinner so that they will feel the love that overflows from these events! As a ESIG board member I have visited other district events and the joy that everyone shares can actually be emotional sometimes and this is a feeling that just doesn't happen for me in an online event. Again if you have an online gratitude dinner only let us know at ESIG so we can help share the information with all our eastside districts for those members that would like to participate!
Ray H. ESIG Board Member

GREATER SEATTLE
INTERGROUP
seattleaa.org

PUGET SOUND CENTRAL
SERVICE OFFICE
pugetsoundaa.org

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

VANCOUVER AREA
INTERGROUP
vancouveraa.org

Member Articles

Daily Gratitude Keeps Me Sober

Before AA, I never heard the word gratitude. My parents came through the Great Depression always living in a mindset of poverty and anxiety while struggling to survive. They made it through the tough times, but the gloominess and worry never changed in my home.

My understanding of gratitude has changed over the years in Alcoholics Anonymous. The spiritual path leads me to new meanings, new words, and a new mind set. When my sponsor told me to make gratitude list, I only had one item. My first item was that I was a teacher. Of

course, this paid the bills at home during my marriage. However, I never thought of it as having gratitude.

As I better understood the spiritual program, I realized that I was grateful for the good things coming into my life that brought a better experience for me. I continue my list today and it keeps growing. I am especially grateful for another day of sobriety. I am thankful that daily more things are continually being added.

Gradually learning it all comes from God, I realized not just, what was appearing to me, but also the trees, animals, plants, food, and even money were all from my higher power, providing for all my needs. I had not realized that everything had the energy of the Creator or it could not exist. That benevolent energy of creation was in me, too. This opened up a completely new view that everything had the energy of creation to be real. The step work removed many layers of filters from the ego that blocked the truth of who I am.

I came to understand the sentence in Chapter for the Agnostics. On page 46, it states, "As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things we began to be possessed of a new sense of power and direction, provided we took other simple steps." I felt that power and I felt a change within.

I heard at a meeting, we are spiritual beings having a human experience. Coming to realize that energy called love was within all people and we are human beings formed from a spiritual source. I am a physical form within the beneficent higher power of a loving Creator.

Several years ago, I was talking about an unbearable resentment at a meeting. During our gathering, I was told to read page 552. After sending my prayers to the person in my resentment, I realized that he had a terrible childhood and was trying to survive in his life; I found compassion.

Actually, my staying angry was draining my energy and health. I found my Creator was buried under all my fears, resentments, and wretched behaviors. I decided to send love and forgiveness. Now, I understood that those around me project their woundedness onto me and I do not have to take it on. How could I be angry with him now? He was suffering in his life situations trying to survive.

Forgiveness moves me into the present as the past is over. Following this decision, I live in the NOW. The future is my NOW moving forward into tomorrow. I do not have to drink over the past or future worries. I am in the presence of God as described on page 51 of the Big Book — "When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith."

I have love returning and that is what I always wanted in the first place. I was pursuing the effect produced by alcohol. Drinking to feel good ultimately brought me to AA when my life became unmanageable. My new eyesight sees that in the presence of God, all is well and I only see love and compassion for those on their life path to learn their lessons. I no longer have to drink to fill the hole within.

Learning what goes around comes around. Today, I send love to my past, future, and present. I now send love daily even to myself, understanding, and knowing that all is going well. Opening my heart to the real love of my higher power made the difference.

While I was on a short vacation, recently, I was able to feel the pain of relatives and send compassion. When things got uncomfortable and chaotic, I was able to walk away. I went into the bedroom and read a book, removing myself from their craziness. I sent prayers, God bless them, and felt empathy for their woundedness. I had no thoughts of drinking.

Changing my heart, mind, and actions brought a life beyond my imagination. I am happy, joyous, and free of my ego. The promises have come true. I am grateful today, that I have a path in life that is better than I could have imagined. I am eternally grateful to live in love and no longer react from the fears, past harms, or future worries. I respond in love. When I changed, my life changed. I am truly grateful for Alcoholics Anonymous.

By Marilyn R

Flyers, Events, and Forms

BAKERSTOCK

OCTOBER 17 -19 2025

BOOST YOUR RECOVERY

Excellent Speakers, Fun, Fellowship & Food

Register Now at www.BAKERSTOCK.org



BE ENTHUSED & INSPIRED BY THE EXPERIENCE, STRENGTH & HOPE OF

CAROLYN P., Seattle, WA ~ WA CLIFF G., Oklahoma City, OK
JACK W., Denver, CO ~ KELLI D., Bellevue, WA ~ LORI G., Oklahoma City, OK Al-Anon
MIKE K., Seattle, WA ~ TIM W., Canby, OR ~ TINA A., Los Angeles, CA

REGISTRATION: Speakers: & Saturday Night Dinner Buffet & Sunday Breakfast Buffet: \$160.00
Hotel Sleeping Rooms: \$139.00 – Silver Reef Casino Resort - 360.383.0777
DISCOUNTED GROUP RATE #: 6104

D45 GRATITUDE
BANQUET &
DESSERT POTLUCK

NOV 1ST,
2025

LOCATION

STEILACOOM
COMMUNITY CENTER
5PM-9PM 2301 WORTHINGTON ST
STEILACOOM, WA 98388



TICKETS
AND TIME

TICKET COST: \$20
AVAILABLE FROM A D45 GSR
DOORS OPEN AT 5PM MEXICAN FOOD
SERVED ABOUT 6PM

GUEST
SPEAKER

GAIL H.
PAST DELEGATE
PANEL 57 (2007-2008)



ACTIVITIES

SOBRIETY COUNTDOWN
RAFFLE BASKETS
50/50 RAFFLE
D45 ARCHIVES DISPLAY

QUESTIONS?
CONTACT: MARY W. ALT DCM D45
253-592-1377

BURIEN
LITTLE
ASSEMBLY
PLANNING GROUP

WHEN
3rd SUNDAYS 10:30am-11:30am
August 17th, 2025
September 21st, 2025
October 19th, 2025
November 16th, 2025
December 21st, 2025
January 18th, 2026
February 15th, 2026

53RD ANNUAL
BURIEN LITTLE ASSEMBLY
Humility in Action
Saturday, March 14, 2026

WWW.BURIENLITTLEASSEMBLY.ORG

JOIN US!

BLA IS
SUPPORTED
BY OUR 7TH
TRADITION
PLEASE
CONTRIBUTE
TO: BURIEN LITTL
ASSEMBLY
(c/o Greater Seatt
Intergroup)
5507 6th Ave S,
Seattle, WA 98108

WHERE
ZOOM MEETING
ZOOM ID 810 1629 87
PASSCODE 817009

VOLUNTEER FOR A SHIFT
AND REPRESENT AA @
THE NAADAC 2025
CONFERENCE
OCT 11-13

We need
YOU

Contact Sooz:
cpc@area72aa.org

National Association of
Addiction Treatment Providers
- Hyatt Regency, Bellevue

Western Washington
Area 72



Washington State East
AREA 92
Alcoholics Anonymous



**REGIONAL
ARCHIVES
WORKSHOP**



Oct 25, 2025
9:00am - 3:00pm PDT
3905 STEILACOOM BLVD
LAKEWOOD, WA 98445

ZOOM ID: 507 478 8317
PC: Archives

A working archivist event!

WESTERN WASHINGTON AREA 72

**ARCHIVES
QUARTERLY**

NOVEMBER 1ST 2025

10AM TO 2PM
EDMONDS PRESBYTERIAN CHURCH
22600 96TH AVE W, EDMONDS, WA 98020

Hybrid Quarterly and Potluck
Hosted by District 24
Main Dish: BBQ Chicken Sliders and Coleslaw

Learning Session with Nancy K Past Area 7
Archivist: Early AA Women's History

MEETING ID: 895 8451 3370
PASSCODE: Archives

For more information contact
archiveschair@area72aa.org

WESTERN WASHINGTON AREA 72

**TRIMESTRAL
DE ARCHIVOS**

1 DE NOVIEMBRE DE 2025

10AM TO 2PM
EDMONDS PRESBYTERIAN CHURCH
22600 96TH AVE W, EDMONDS, WA 98020

Hibrido Trimestral y almuerzo alojado por
Distrito 24

Plato Principal: Mini hamburguesas de pollo a la
barbacoa y ensalada de repollo

Sesión de aprendizaje con Nancy K. Ex archivista
del Área 7:

Historia de las mujeres de AA tempranas

ID de Reunion: 895 8451 3370
Código de Acceso: Archives

Para mas informacion contactar la coodinadora
de archivos
archiveschair@area72aa.org

D45 GRATITUDE
BANQUET &
DESSERT POTLUCK

NOV 1ST,
2025

LOCATION

STEILACOOM
COMMUNITY CENTER
5PM-9PM 2301 WORTHINGTON ST
STEILACOOM, WA 98388



TICKETS
AND TIME

TICKET COST: \$20
AVAILABLE FROM A D45 GSR
DOORS OPEN AT 5PM MEXICAN FOOD
SERVED ABOUT 6PM

GUEST
SPEAKER

GAIL H.
PAST DELEGATE
PANEL 57 (2007-2008)



ACTIVITIES

SOBRIETY COUNTDOWN
RAFFLE BASKETS
50/50 RAFFLE
D45 ARCHIVES DISPLAY

A NEW BEGINNING

GRATITUDE
POTLUCK



Join us for an evening of food,
fellowship, speakers, and fun!

BRING YOUR FAVORITE
DISH OR SIDE TO SHARE

Enter to win AA books in the raffle!

SATURDAY, NOVEMBER 8TH,
6 TO 9 P.M.
15403 AMBAUM BLVD SW,
BURIEN



Join us for a weekend journey through the
12 Steps of Alcoholics Anonymous:
Bringing women together through love,
laughter and service.

"...we have been given the Keys of the Kingdom."
Page 276, *Alcoholics Anonymous*

SPEAKERS
TBD

SATURDAY NIGHT SOCIAL/PAJAMA PARTY/
GAME NIGHT FREE TO ALL IN-PERSON
REGISTRANTS

October 10th – 12th, 2025
Go to www.rosecitygirlstock.com for
Event and hotel registration!

Holiday Inn Portland – Airport (HIPA)
8439 NE Columbia Court, Portland, OR
97220
503-256-5000
Book your room from our website.

\$89: Special Room Rates for the HIPA (per night plus
tax) for single King or double Queen beds.
Offer expires September 19, 2025

\$75: In-Person Registration Only
\$145: In-Person Registration + Meals
(Meals include Saturday Night Dinner, Sunday Morning
Breakfast)
Vegetarian and Vegan Options will be provided

\$30: Virtual Online Only Registration
All prices above do not include processing fees

Registration Chair: Ashlie B.; Co-Chair: Tuesday H.
Email: RCGSregistration@outlook.com
RCGS Chair: MiQuelle D.: 512-751-6996
RCGS Co-Chair: Debbie N.: 503-314-8030
Volunteer Coordinators: Shaunna S. & Kathy B.
Email: shaunnaspta@hotmail.com

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to
attend. No Seventh Tradition baskets are passed at any time during the event.

NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 – REGISTER EARLY!!!



DISTRICT 44

GRATITUDE
Banquet

SATURDAY NOVEMBER 15TH

5PM DOORS OPEN
6PM DINNER
FOLLOWED BY
DESSERT POTLUCK

7PM SPEAKER

SOBRIETY
COUNTDOWN

8:15 RAFFLE
CLOSING PRAYER

THEME: PURPLE HAZE A 1970S EXPERIENCE
WEAR YOUR FAVORITE 1970S OUTFIT!

STAY GROOVY

ST PATRICK'S CHURCH HALL
1001 N. J STREET
TACOMA WA 98403

SPEAKER : EDDIE M.

District 34

GRATITUDE DINNER

November 22, 2025

North Bellevue Community Center

4063 148th Ave NE
Bellevue, WA
Time 5:30 – 8:30 PM

Suggested dish – use 1st letter of last name

A-H Salads/Stuffing/Dinner Rolls

I-Q Side Dishes/Veggies/Casseroles

R-Z Desserts

Groups – Pre-sliced turkey, ham or main dish

Contact Belinda: altdcm34@area72aa.org

DISTRICT 33

GRATITUDE BANQUET

Saturday, November 1st
5pm - 8pm

Tahoma High School Commons
(please use the east entrance off Hwy 169)

Turkey, ham, mashed potatoes
& gravy provided.

Potluck-style sides and
desserts by sobriety month ~

Jan-Aug: Side/Salad
Sept-Dec: Dessert

Speakers
50/50 Raffle
Sobriety Countdown

This is a FREE event
– donations gladly
accepted

Questions? Want to volunteer?
Please contact Heather D.
425-877-5473

Repository Work Party Schedule Sep25-Dec26					
Year	Mon	Date	Day	Work Party	Future events may influence archive activities.
2025	Aug	8/17/2025	Sun	12-3	Prep D/31 8/24 Zoom, 9/6 Rep 2-5, D31 Archives & Sponsorship Workshop 9/20/25
2025	Sep	9/21/2025	Sun	12-3	Area Check in 9/21 & Assembly 10/3-5/25
2025	Oct	10/19/2025	Sun	12-3	Appt'd Check in & Regional Archives Workshop 10/25/25 & Arch Qtly 11/1 Edmonds
2025	Nov	11/1/2025	Sun	12-3	Appt'd Check in
2025	Dec	12/21/2025	Sun	12-3	Area Check in & ACM Qtly 1/2-3/26
2026	Jan	1/18/2026	Sun	12-3	Appt'd Check in & Arch Qtly 2/7
2026	Feb	2/15/2026	Sun	12-3	Appt'd Check in & BOT2026 Tacoma & PRAASA Hawaii - 2/27-3/2 (2/25-3/2-Mary)
2026	Mar	3/15/2026	Sun	12-3	Area Check in & ACM Qtly 4/10-12/26 & 85th WA AA & IAAMC SeaTac 4/10-12/26
2026	Apr	4/19/2026	Sun	12-3	Appt'd Check in & Arch Qtly 5/2
2026	May	5/17/2026	Sun	12-3	Appt'd Check in, 6/21 & Caplarn Lacey & Founders Day Alron, 6/10-14/26
2026	Jun	6/21/2026	Sun	12-3	Area Check in & ACM Qtly 7/10-11/26 & PNC 6/26-28/26 Vancouver
2026	Jul	7/19/2026	Sun	12-3	Appt'd Check in & Step Ashore 8/6-9/26 & La Vina 30th 7/24-26/26
2026	Aug	8/16/2026	Sun	12-3	Arch Qtly 8/1/26 & NAAAW 2026 9/10-13/26 Tacoma
2026	Sep	9/20/2026	Sun	12-3	Area Check in & Assembly 10/2-4/26
2026	Oct	10/18/2026	Sun	12-3	Appt'd Check in & Arch Qtly 11/7
2026	Nov	11/15/2026	Sun	12-3	Appt'd Check in
2026	Dec	12/20/2026	Sun	12-3	Appt'd Check in & ASC Rotation Potluck
Area 72 Archives					

The Twelve Principles

of the

Twelve Steps

A monthly workshop for 2025



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



AREA 72

YOUNG PEOPLES

QUARTERLY

HOSTED BY DISTRICT 4

OCTOBER 25, 2025

SKAGIT PUD BUILDING

1415 FREEWAY DR, MOUNT VERNON, WA 98273

OPENING / FELLOWSHIP: 11:30AM

QUARTERLY 12-3PM

JOIN ZOOM MEETING

HTTPS://AREA72AA-ORG.ZOOM.US/J/825364504668?

PWD=PBJHFY9XSJY4AKLMUMRKYQNDOCJ1U.1

MEETING ID: 825 3645 0468

PASSCODE: 954559

FOOD PROVIDED BY DISTRICT 4

2025

Gratitude

Banquet

SAVE the DATE

You are never alone

SAT. NOVEMBER 15th

Alcoholics Anonymous District 5

50/50 RAFFLE

Gift Basket Raffle

Join us for:

Dinner, AA & Al-Anon Speakers and Fellowship!

Fellowship @ 4:00pm, Dinner @ 5:00pm, Speakers @ 6:00pm

Location - Sage Hills Church

1601 5th St. Wenatchee, WA

Held in Gym & Fireside Room

Prepared & Sliced

Turkeys & hams will be provided by home groups

Please Bring Gravy, Salads, Side Dishes or Desserts

Questions? Want to be of Service?

Text:

Ward 509-421-8701 or

Tony 509-264-7409

25

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

Lodging Group Rate Options

Best Western Alderwood

9332 36th Avenue W

Lynnwood, WA 98036

\$ 99 + tax and fees (1 King)

\$145 + tax and fees (2 Queens)

For room reservations:

- Call 425-775-7600 and mention Area72

- Visit this [direct booking link](#)

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

La Quinta Inn Lynnwood

4300 Alderwood Mall Blvd

Lynnwood, WA 98036

\$103 + tax and fees (1 King)

\$103 + tax and fees (2 Queens)

For room reservations:

- Call 425-775-7447 and mention Area72

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

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

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

2025 Area 72 Assembly

October 3-5, 2025

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

THE ANNUAL BUSINESS MEETING FOR WWA72

This is a Hybrid Event

Hosted by D24

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

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

(No meal refunds after September 15, 2025)

Registration

☐ Select One:

☐ In-Person

☐ Online (Email address is required)

☐ Both (Email address is required)

\$59

\$30

\$59

*Registration pays for rent and expenses; however, per Motion 91.2, payment of the registration fee is voluntary.

MEALS

Friday Ice Cream Social

Saturday Lunch

Select One:

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

☐ Pork Chili Verde (Gluten-Free)

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

\$11

\$54

\$78

Saturday Dinner

Select One:

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

☐ Pan Seared Chicken Breast (Gluten-Free)

☐ Garlic Crusted Pork Chop (Dairy-Free)

\$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

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:

Register online starting April 1st, 2025 at:

<https://area72aa.org/2025-area-assembly> or mail this completed page to:

2025 Area Assembly, c/o District 24

PO Box 439, Lynnwood, WA 98046

UNITY

SERVICE

RECOVERY

27