

DISTRICT 29 THE ACTION DISTRICT ACTION LOG

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District 29 Action Log, 10611 Canyon Road East, PMB #114, Puyallup, WA 98372-4526

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DISTRICT 29 TRUSTED SERVANTS

DCM

Greetings D29! Hope this article finds that everyone had a wonderful holiday and safe and happy New Year. We have lots of things happening as we move into the 2010 rotation. I will be heading to the January quarterly in Vancouver, WA and will have a full report at the January district meeting. On January 11th a few members of an Ad-Hoc committee will be getting together to start reviewing archive documents pertaining to district history to start the beginning of what will become our district "handbook". We doubt that it will be called "handbook" as several members has stated their dislike of the description of the work in progress. Will advise as to what it will officially be in the next couple of months.

I am also looking forward to our district 7th Tradition Workshop coming up on February 6th. I am in hopes that all group treasurers and alternate treasurers will show up in attendance as there is groups in the district and throughout. We also have our Pre-Conference scheduled Saturday, March 13th. Time and place still TBD. Will advise as information becomes available.

A gentle reminder to GSR's and trusted servants if you don't already have an alternate in place, please, start asking for interest in service at your groups. As it is so important that when we rotate, there are those who have followed that continue giving of themselves of what was freely given to them.

Thought for the Month:

**Don't be dismayed at good-byes.
A farewell is necessary before you
can meet again.
And meeting again, after moments or
lifetimes,
is certain for those who are friends.**

L., I., S.,

Teresa M
DCM D29
tresdcm29@yahoo.com

ALTERNATE DCM

Hello to all of you in our Dist. 29 land...the action district! I am sorry I missed our last GSR meeting, but, as Dixie and I have six beautiful grandchildren in school, we have been busy going to their Christmas programs. What a blessing those grandchildren are; and, without AA, you people and God's hand, I would have missed this chapter in my life.

Well, let's not forget our Area 72 quarterly coming up on January 8th and 9th, 2010. Quarterly's are great opportunities to meet fellow AA members, and to help us understand how our area works on our behalf.

Thank you Straight Shooters for inviting us to your group for a Third Legacy presentation. With this rotation being half over, it's a good way to find out what is available, at the district level, for service positions. Service is a great way to get out of ourselves. When I am busy helping others, I don't have time for my 'stinkin thinkin'!

We have a Traditions Workshop coming up, and lot of other great things to do in 2010. With all of that said, my beautiful wife, Dixie, and I wish each and every one of you, and yours, a very Merry Christmas; and a blessed and sober New Year!!!!!!

As I was looking at all the magnets on our refrigerator, I found this: "Not one of us is given a torch big enough to lead the drunks of the world out of darkness and into the light; instead, each of us is given a candle that burns for a short while with a flickering flame. If

we stand together, the light will outshine the greatest torch. If we argue and bicker, and blow at each other's candle so that each of us starts shielding our own little flame, then the alcoholics of the world will continue to suffer in darkness; and so shall we." So, let's let our lights shine this holiday season!!!
GOD BLESS YOU ALL!!!!!!!!!!!!!!!!!!!!!!

With Love in Service,

Mike Archer,
Alt. DCM

SECRETARY

I want to wish everyone a happy 2010 new year. When I was using, I did not expect to be alive at the end of the twentieth century and now here we are 10 years into the twenty-first. Anyway, district 29 has a lot to look forward to this year. This is the second year of a two-year rotation and everyone has become more comfortable and familiar with his or her positions. As a result, they are more courageous in their approach to helping the district carry the message to the still suffering

Inside this issue:

- Trusted Servants Report (Pages 1-2)
- Into Action
The Marty Mann Story.
- Group Reports (Pages 5-7)
- Financial Reports (N/A)
- Calendar of Events (Page 8)

Please send all submissions to:
stampmud@yahoo.com

DISTRICT 29 TRUSTED SERVANTS

alcoholic.

Here are some of the things that are going on in the "Action District". We have established the need for three adhoc committees. One committee would look in to the possibility of moving to a new facility. Our current location is also used by another organization, which has closed one of their offices and moved a lot of that stuff into the meeting place. That has caused a lack of space, for example, we no longer have mailboxes because there is not enough room for them. The second committee will be looking in to the possibility of having a district handbook. We currently have to look back at old meeting minutes to see what motions have passed and handbook might be a more organized way of keeping track of that. The third committee would be looking at the pros and cons of the District Picnic and Gratitude banquet being a separate entity from the district. It was decided at December's meeting to table the motion to make a separate checking account for the Picnic and Gratitude banquet until the adhoc committee could look into it.

Birthdays for December are as follows:

Kristen	6 months
AJ	5 years
Don	5 years
Paul	6 years
Mike	7 years
Karla	9 years
Brad	21 years

Happy birthday everyone!!! One day at a time and there will be many more to come.

Our groups are doing well. They were all encouraged to update their information in anticipation of the next printing of the Where and When. Fried Bread II has a new location. Beginning December 16, 2009, Fried Bread II will be meeting at 8702 123rdSt. E., Puyallup, WA 98373.

I will close with a couple of quotes:

"The desire to improve ourselves for the sake of doing good to others is truly moral. The highest moral law is that we should unremittingly work for the good of mankind."

MAHATMA GANDHI

"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here, to do your bidding." Alcoholics Anonymous Second Edition page 76

REGISTRAR

Happy New Year!

Well, we have entered into a new decade and closed the book on 2009. The "oughts" pretty much summed it up for me...I ought to do this or I ought to do that...Anyway, I hope that each of you reading this had a wonderful Christmas season.

I have placed the updated roster of GSRs and Trusted Servants into your folders. For those GSRs that are rotating out, please have the incoming GSR update your group's contact information. Forms will be available at the District meeting to take, fill out, and return.

The power of gratitude...Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for

tomorrow. – Melody Beattie

Thanks for the opportunity to serve you. It is truly a blessing. May God bless you in your recovery and the ability to create vision for this New Year!

Kevin R your Registrar

ARCHIVES

I haven't had a lot of time during the holidays to do much, working six days a week, Thanks to Teresa L, the archives, were set up at the banquet. I'm hope this coming year i can get more involved in the archives, Not working as much, and not so many early hours 3am come early to start work, Winter is here, stay warm, by the fire place, and hope everyone has had a wonderful holiday and happy new year, god is always with us, working side by side

District 29 Archives
Pam Dunningan

CSO LIASON

CSO Report District 29
December 2009

Mission Statement:

The Pierce County Central Services Office makes AA Literature available to AA Groups and Members, provides meeting space for local AA Districts and Standing Committees, and provides other services as required to assist local AA Groups in carrying the AA message.

Operating Budget in Pierces progress.
Quick Cap: Ending November Books.
Income: \$ 6,779.32
Expenses: \$ 6,492.80

Operating Account Balance Beg
\$ 11,004.99
Transfer from prudent Reserve as
per past motion: \$ 8,107.63

Ending Balance \$ 19,399.28
Prudent Reserve \$ 24,555.00
Total Funds Available \$ 43,954.28

Prudent Reserve \$ 24,555.00
Operating Budget \$ 15,000.00
Allocated improvements \$ 1,012.00
Total allowable Funds \$ 40,567.00

Distribution of Overage \$3,387.28 50% to Area, 50% GSO

CSO Proposed Budget for 2010. See attached. I will provide copies for anyone to review. If you have any questions concerning the budget please see me.

CSO Minutes for November, Please see me if you would like a copy.

Website: Now has copies of all district newsletter and has added an archive section.

New Where & When to be printed. All changes must be turned in no later than Jan 15th. Please see me if you have any questions.

District Reports:

District 29: Gratitude banquet went off great.

District 9: Al-Non Motion Failed at District Meeting.

District 45: Nothing to report.

CSO will be looking for a new Web Master.

CSO will have its Annual inventory every year in August.

Your CSO Rep

Mark K

Into Action



Marty Mann and the Evolution of Alcoholics Anonymous

Considered by many as; "The First Lady of Alcoholics Anonymous"

--By Sally Brown --Photos courtesy of George Dimas

Marty Mann is scarcely a household word today, yet she is arguably one of the most influential people of the 20th century. Marty's life was like a blazing fire, but was nearly extinguished by personal tragedy and degradation. She rose to a triumphant recovery that powered a historic, unparalleled change in our society. Through her vision and leadership, the attitude of America toward alcoholism was changed from a moral issue to one of public health. This was a tremendous shift, especially considering America's long temperance history which culminated in the Prohibition Amendment of 1920.

Marty was able to accomplish these things despite numerous, very difficult setbacks along the way, any one of which might have overcome a lesser person. She would be the first to claim that her sobriety, found through Alcoholics Anonymous (AA) in its very earliest days, was the most important factor in her success. Indeed, she was the first woman to stay sober in AA -- from 1940 until her death in 1980.

Marty was born into a life of wealth and privilege in Chicago in the early 1900s. Her family sent her to the best private schools. She was blessed with beauty, brains, a powerful will and drive, phenomenal energy and stunning charisma. She traveled extensively. She debuted, then married into a wealthy New Orleans family. Her future seemed ordained to continue on the same patrician track except for one serious setback on the way. When Marty was 14, she was diagnosed with Tuberculosis (TB). In those days, drugs for treatment were not yet available. However, her family could afford to send her to an expensive private sanitarium in California for a year, and then provide her with a private-duty nurse at home for another year or two. She had one recurrence of the disease several years later, and for the rest of her long life she knew that she was always in remission from this ancient scourge.

Marty was no sooner past this hurdle when another disease began to assert itself. When Marty was 17 she could drink as an adult. Moving at a fast pace in an elite social group, she had a "hollow leg." A party girl from the onset, she could out drink anyone and be the only person left standing to get everybody else home. Later, she was to learn that her unusual capacity was an important early sign of alcoholism.

Suddenly her father lost all his wealth, and she had to go to work. Untrained for any specific career, she was nevertheless favored with important moneyed and social connections in this country and abroad. Her natural talents led her into the world of public relations.

Marty's drinking was an occupational hazard in her line of work. Within 10 years she went from a bright, assured future to a hideous existence of round-the-clock drinking. She lost one job after another. She became destitute, living off the goodwill of friends, convinced that she was hopelessly insane. Two suicide attempts nearly killed her, and desperate drinking threatened to finish the job.

At this point, friends intervened. She was accepted as a charity patient at Bellevue Hospital in New York City, then transferred to Blythwood, an exclusive private psychiatric inpatient center in Connecticut as a charity patient. There were a few patients who were alcoholics, like Marty, whose behavior had become bizarre or unmanageable.

It is difficult these days to imagine a world where the term "alcoholism" was virtually unknown and there was no treatment except "drying out." Alcoholics Anonymous didn't exist. The medical profession was as much in the dark as the alcoholics and their baffled families. The concept of alcoholism as a disease -- and a major, treatable one at that -- was scarcely known.

Then in 1935, two alcoholics, Bill Wilson and Dr. Bob Smith, happened to come together to help each other stay sober. Alcoholics

Anonymous, probably the most famous grassroots, self-help health movement of all time, was launched on its shaky way.

Within four years, Bill and Dr. Bob and a handful of other pioneers had attracted two small groups of men who managed to achieve sobriety; one in Akron, Ohio (Dr. Bob's home), and the other in New York City (Bill W's home). They decided to write down their experiences in the belief and hope that they could thereby broaden their outreach to other suffering alcoholics. The book "Alcoholics Anonymous" was born, and at the heart of it was the famous "12 Steps," which have been adopted and adapted by literally hundreds of other kinds of self-help groups. The year was 1939.

The year of 1939 was also a fateful year for Marty. She had been a patient at Blythwood for months, still unable to remain completely sober. Her enlightened psychiatrist, Dr. Harry Tiebout, gave her a manuscript of "Alcoholics Anonymous" to read, convinced that it would help her in a way he could not. This opened the door to her recovery.



Into Action

Eventually she was persuaded by Dr. Tiebout to attend her first AA meeting, held in the home of Bill Wilson and his wife, Lois. This was still during the time that there were only two AA meetings in the whole country. Each little group met just once a week. Many members literally drove over a hundred miles each way to attend the fellowship. Contrast that scene with the thousands and thousands of AA meetings available across America today, the majority a short distance from home.

Furthermore, all of the AA members were men. A few women had drifted in and out, but the stigma against women alcoholics was as strong as ever. Women rarely had the courage to seek help, even if they acknowledged they might have a problem.

Marty loved and appreciated AA from the beginning. She was immensely relieved to learn she was not incurably insane, but instead had a disease which manifested itself as "an allergy of the body coupled with an obsession of the mind." Scientific research describes this condition as a biochemical abnormality affecting the body and the brain in ways which increasingly limit the predisposed person's ability to function or to stop, despite dire consequences.

Marty had three relapses during her first 18 months in AA. Slips, or relapses, while distressing and sometimes tragically fatal, are not uncommon with many of those who come into AA. Later, Marty settled down, and the real healing began as she started to apply the 12 Steps to her life.

Five years after she found AA, Marty had a dream. Her vision was to educate the whole country about alcoholism. She was obsessed with eliminating the historic stigma attached to chronic inebriation. She joined forces with the Yale School of Alcohol Studies (now at Rutgers), where early significant scientific research into alcoholism was underway. Eventually her nationwide educational efforts led to the creation of a separate organization, the National Council on Alcoholism (now the National Council on Alcoholism and Drug Dependence or NCADD). NCADD has been this country's most important educational, referral resource for alcoholics, their families and communities all across the country.

Marty was the right person at the right place and time. She was extremely fortunate to find a wealthy donor, Brinkley Smithers, who was committed to her goals and generously supported her organization. Marty was intensely focused on her mission. More

than one person said she was like a train coming down the track -- jump on or get out of the way. Her elegant appearance, captivating charm, intellect and breathtaking charisma swept people off their feet.



By all accounts, she was one of the most spellbinding speakers this land has ever seen. Even audiences initially skeptical of her message, that an alcoholic is a sick person who can be helped, ended up enthusiastically supporting her. For most of her 24 years as director of NCA, she maintained a speaking schedule of over 200 talks annually. The purpose of Marty's talks was to establish local volunteer groups in every major city. These affiliates of NCA would carry out NCA's mission to provide education, information and referral for their respective communities. Government financial support was minimal to nonexistent. Most of the funding for the affiliates came from local, private donations.

By now, one would think Marty had it all. Restored health, sobriety, the realization of her dream. Then, once more, she was felled by a disease beyond her control -- this time it was cancer. Several surgeries were required, and eventually she recovered from the cancer. Doctors were amazed by her medical history: recovery from three major diseases, recurrences of severe chronic depression, plus the physical consequences of her early suicide attempts.

When she was 65, Marty retired with some reluctance from active management of NCA. It was not easy for her to relinquish control of her creation and the central focus of her passion for over two decades. As NCA's promoter without peer, she continued a punishing speaking schedule on the organization's behalf for many

years, but gave up her personal involvement in day-to-day affairs.

In the early 1950s, Edward R. Murrow, distinguished journalist, selected Marty as one of the 10 greatest living Americans. During her lifetime, Marty was extremely well-known in the local, regional and national press. Her appearances before state legislatures and Congress were unforgettable for those present and produced results. She was made an honorary member of prestigious professional groups here and abroad.

Marty's last talk was before AA's international convention in New Orleans in 1980. Two weeks later she suffered a stroke at home and died very shortly thereafter. She was 75.

The organization and history of NCA after Marty has been mixed. There were some rocky periods, which are to be expected following the retirement and demise of a long-term, extremely dynamic and charismatic leader. The affiliates across the country also experienced some ups and downs. However, the organization persisted, stabilized and continues to be an effective public voice on behalf of alcoholics.

Marty's legacy is sparingly reported in the histories of Alcoholics Anonymous, probably because NCA was not an arm of AA. However, AA grew enormously in the decades that Marty was active. Wherever she spoke, she generated extensive publicity, and new AA members appeared in droves. Her appearances were especially important in attracting women alcoholics. They figured that if a person as impressive and inspiring as Marty could admit that she was an alcoholic, they could too. Women like Betty Ford are direct inheritors of Marty's example.

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Factoid:

Before founding the National Council on Alcoholism in 1944, Marty Mann was one of the "ink-stained wretches," as Bill W. referred to them, who started the AA magazine, the Grapevine, which is still in publication today.

Factoid:

Marty Mann's story appeared in the original Big Book, entitled: "Women Suffer Too."

The Action Log presents articles in the interest of promoting awareness and discussion. We take no responsibility for the accuracy of events herein.

--Action Log Editor 2009

DISTRICT 29 GROUP REPORTS

ABOVE GROUND GROUP

Hi from the Above Ground Group. We're still meeting every Tuesday and Thursday from noon to 1:15pm at Applini's Two Restaurant in beautiful downtown Puyallup. Stop by for a great meeting.

Birthdays for December:

Derrick	18 months
Forest	16 years
John	19 years

Dave H

ACTION LOG HIKERS

BACK TO BASICS

Greetings from Back to Basics!

We meet every Tuesday evening at 7:00 p.m. at Mountain View Lutheran Church in Edgewood . We have a home group speaker every third Tuesday and an open meeting for birthday night the last Tuesday of every month. Please join us and share in our love for the fellowship.

Here are the birthdays for the month of December:

Marie	5 months
Kristen	6 months
CJ	7 months
TJ	7 months
Julie	9 months
Michelle	11 months
Steve	1 months
Michelle T.	1 year
Sarge	2 years
Cindy	2 years
Molly	3 years (In October, but she was in Mexico)
Dan	4 years
Bob	4 years
AJ	5 years (The alcoholic formerly known as Tre)
Greg	18 years
Lenore V.	21 years
Keith P.	23 years
Scottie	24 years
Mo	29 years

Rebecca

BRUNCH BUNCH

EATONVILLE

ELBE FRIDAY NIGHTERS

Happy New Year to all our AA buddies in District 29 and beyond. We look forward to ever more spiritual development in our lives one day at a time. One way we do that is to attend the open AA meeting on Friday evenings. The door to the fellowship hall next to the tiny historical church in downtown Elbe is open by 7:30 p.m. for the 8 p.m. discussion meeting. Topics are generated from AA literature and we look forward to you sharing your experience, strength and hope with us soon. Also of note is our quarterly potluck, which will happen on January 29th, the last Friday of the month. The coffee will be on at 6 p.m. and we will begin eating all the great food you bring by 6:45 p.m. It's birthday night, too so there will be lots of desserts. We hope that you will make the drive into the foothills to join us in fellowship.

Peace and Love, Michael H.

FIRGROVE

FRESH START

FRIED BREAD II

Happy New Year!

Our new meeting place is very nice and so are Bev and Jim T. We celebrated birthdays after a great potluck! The December Birthdays were as follows:

Sarah L.	24 hrs
Star K.	1 month
Lynette C.	1 year
Calvin F.	4 years
Brad. L.	21 years

Happy Birthday everyone!

Fried Bread II meets at 7 p.m. Wednesday nights at 8702 123rd St. Puyallup 98373. Our business meeting is the Wednesday after the GSR meeting. We meet right after the regular meeting. On birthday night, our potluck starts at 6:00 pm. Come and enjoy a great meeting with lots of sobriety.

In love and service,

Kay L.

GRAHAM

Happy Holidays to All from the Graham Group.

We have concluded with our Big Book Study and have moved on to the 12 by 12. It was our group conscious to expand our reading to include other important AA literature. We are including some review of AA brochures that we hand out to new comers, all the while never having read them for ourselves!! We want to improve the hand we extend to the alcoholic who still suffers. Come join us on Wednesdays at 8 pm at the Lutheran Church of St. Paul on 224th and Meridian.

Celebrating birthdays for November were:

Sean	24 hours
Soren	24 hours
Darrell	1 month
Sandra	18 months
Christine	17 years
Ed	34 years!!

Celebrating December Birthdays were:

Daryl	1 month
Dave	7 years
Keith	23 years
Wayne	29 years!!

Your fellow in Sobriety,

Beth M.
Secretary

HAIR OF THE DOG

Welcome from the Hair of the Dog group.

We meet every Wednesday from 7:00pm to 8:15pm at the Poodle Dog Restaurant in Fife. Here are the birthdays for December:

Nita	1 month
Diana	8 months

God Bless you all
Dave H

HANG IN THERE

New Year greetings from the HIT group. We are well and thriving at the Hangar Inn Restaurant and Sundays at Applini II.

Our guest speaker for December was the one and only Debbie A. Great talk. She filled in

DISTRICT 29 GROUP REPORTS

perfectly for our sick scheduled speaker. Inspiring to have such talent available.

We went to Western WA Hospital (H&T) and to CSO last month. Wonderful turn out at both places. If you haven't be been to either or other service meetings, you should try it. You might like it!!!

Birthdays:

- Jackie H 24 hrs
- Jim T 1 month
- Christy L 1 month
- Cathy B 2 months
- John M 4 months
- Joe W 4 months
- Bonnie K 4 months
- Ryan H 4 months
- Ed D 5 months
- Bobby G 9 months
- Olga K 9 months
- Jami T 9 months
- Meggan M 2 years
- Jessie S 4 years
- Paul W 6 years (72 months)
- Mike A 7 years
- Shawn S 18 years

Congratulations.

Paul

LIVING FREE

We made it through another year of sobriety "One Day at a Time", and sometimes just one minute at a time. But we made it. We made a lot of new friends this year; good times with the new as well as the old, and we are glad for all of them. We hope all "Promises of the Program" come to you quickly rather than slowly this year. Our potluck speaker, Mafia Mike, captivated all of us with his story full of experience, strength, and hope. I liked what Mafia Mike said, "That forever is just a bunch of now's in a row" and that "if you just don't drink for "Right Now" then you can stop drinking forever". Thank you for sharing your many years in the program with us.

The December birthdays are as follows:

- Greg 1 month
- Jimbo 1 month
- Cathy 2 months
- Jason 3 months
- Michael 3 months
- Ray 3 months
- Randy 3 months
- Gary 7 months
- Katherine 7 months

- Steve 11 months
- Doug 11 months
- Megan 2 years
- Jose 2 years
- Paul 6 years
- Bob 13 years
- Cheryl 20 years
- Walt 30 years

Thank you for letting me serve you, Kevin C.

LOFT

MEEKER

MIRACLE HALL

NEW SOUND

December was a fun month at the New Sound Group. We are welcoming new members and have a lot of good discussions; smaller group of caring people. We wish everyone a Happy New Year and hope to see you in 2010.

719 East Main, Puyallup. Birthdays for December were ;

- Mike 2 months
- Brian 11 months

In Love and Service

OHOP NUTS & BOLTS

OUT TO LUNCH BUNCH

ORTING FIRESIDE

P.A.I.R.

Is it just me or is everyone glad the holidays are over? Actually, it wasn't that bad this year. Like previous years, I saved all of my shopping for Christmas Eve. Shopping while under the influence of a "alcohol induced psychosis" was always entertaining. (Not to me; I never remembered it, but family members recall several Christmases where I called out, "Wow! Who got you *that*?" They would always answer, "Um, actually *you* did.") Anyhoo, shopping while stark raving sober is a hoot, people. Whenever there was a long line I could clear it out real fast by announcing loudly, "Can you believe there's still a couple of those Dell computers left that are only 25 dollars?" Or, "I'm pretty sure that

guy from the Twilight movie is over on isle 7." It's amazing what people will fall for. I also find it amazing to see grown men and women getting their picture taken on Santa's lap. I overheard a woman saying to Santa, "Oh, I can't sit on your lap, I'll *break* it!" What? How do you break someone's lap? Even worse is making a *dog* have his picture taken on Santa's lap. I saw one dog that I swear was giving his owner a look that said, "I am *so* peeing on your brand new Calvin Klein comforter....."

Hey, we only had one birthday this month:

- Carlos 6 months

Happy Birthday, Carlos! We have our birthday meeting on the last Tuesday of the month with cake, coffee, and some great home group members. We are here on 104th and Canyon every Tuesday at 8:00 pm and on Fridays at 7:00 pm. Our phone commitment at CSO is on the third Saturday of every month. Everyone is invited to join our potluck, games, and fellowship. I missed the last two of our commitments (and both were good reasons, Denise) and I will also miss the one this month because I will be in Paris. Yeah, you heard it right, Paris. I was surprised to get to be able to go but even *more* surprising was the fact I was actually issued a passport. Go figure. I did find out that the smoking rules are even more strict in Paris than here. You can't even smoke and *drive*. Are you kidding? I don't know if I can even operate a motor vehicle unless I have a lit cigarette in my hand. I'm pretty sure my ignition won't engage unless I'm exhaling smoke from a Marlboro Ultra Light. I really hope this trip is worth it. By the way, there are lots of English speaking meetings in Paris so I'll report back on that. And also, please someone go by and make sure that they're making the coffee correctly at PAIR. I have issues about that....

Yours in service,

Margie H.

PUYALLUP GROUP

PUYALLUP SERVICE GROUP

Happy Holidays from everyone at the Puyallup Service Group. We celebrated our birthday night with a beautiful Christmas tree and a guest speaker from the Living Free Group who at the last minute graciously accepted the invitation to share. This is the true meaning of giving back and passing it on. Cathy who recently moved back to the area after getting sober in Kodiak

DISTRICT 29 GROUP REPORTS

Alaska shared her story and the important difference between a dry drunk and true sobriety. Our birthdays celebrated were:

Mike	2 months
Scott	2 months
Brad	5 months
Carlos	6 months
Kristin	6 months
Graham	9 months
Doug	11 months
Tracy	2 years
Mark	3 years
Walt	30 years

It was a great way to celebrate the day after Christmas with our AA family. Happy New Year to all, come and share with us anytime.

KISS,
Laurie D.

SANELY SOBER

Hello & Happy Holidays from Sanely Sober

Most of the members of Sanely Sober are dually diagnosed. We live with mental illness, alcoholism and/or drug addiction. We meet on the grounds of Western State Hospital in the visiting room in the forensic services (CFS) this is a locked down unit. There are a few AA members who come to our meeting from the community, to share their experience & hope. At our business meeting on 12/22/09 we had a good time sharing. Birthdays for the month of December are:

Moe M.	1 month
Doug S.	4 months
Abraham W.	3 years

Happy Birthday to you all & Happy Holidays!

Sanely Sober meets Tuesday evenings, 6:15-7:15 PM (Next Tuesday, December 29th we will not have AA, so I wanted to make a note of that for everyone concerned). Following the meeting are refreshments and time for fellowship. Our birthday night is the last Tuesday of the month. Our business meeting, which precedes the regular meeting at 5:45 PM, is held the same night. Lynnette McInturff, our AA Community Liaison, will walk you through a quick, confidential screening process (please arrive by 5:20pm, it's about 15 minutes) when you arrive for your first Sanely Sober Meeting. If you would like to find out more about our meetings, please contact Lynnette McInturff, AA Community Liaison, CFS Unit, WSH @ (253)582-8900 ext. 3291 or call our GSR Tim T. (253) 279-3322. We hope everyone will

have a clean & sober Christmas \$ a very Happy New Year!!! God bless you all this time of year, from all of us at sanely sober. Happy Holidays!!!

Ho Ho Ho Merry Christmas Tracy G.

SEEKING OUR SOLUTION (SOS)

First of all, thank you to our wonderful speaker, Ann (Marie) from the Living Free Group, for sharing your experience, strength, and hope. It was so enlightening to hear your story..."How was your day Charlie?" Birthdays for the month were:

Jason S.	1 month
Kevin	2 months
April S	2 months
Chelsea J	3 months
Phil	10 months
Andrea P.	10 months
Eric	1 year
Stephanie M.	5 years
Milt	7 years

Congratulations to all who celebrated birthdays! We had some real miracles in the room this birthday night! I am so grateful to be a part of the miracle every week with my home group. We meet Wednesdays at 7pm at the American Legion Hall on 14th and Pioneer, Thursdays at 7pm and Saturdays at 8am at the Foursquare Church on 9th Ave Love is Service, Julia J

SHOP GROUP

Happy New-year everyone, hope everyone had a wonderful holiday season.

Birthdays from the shop group for December were as follows.

Tim	24 hours
Moe	1 month
Rick	8 months
Jessie	4 years
Davy	21 years

Well that's it for last year, come see us Mon., Thurs. 7pm.

SIMPLE SOLUTIONS

STRAIGHT SHOOTERS GROUP

TRUSTED SERVANTS

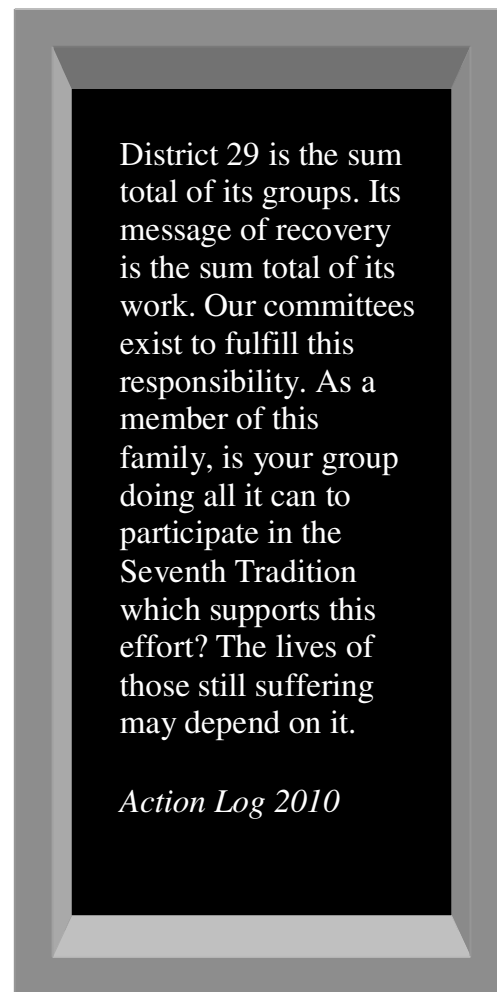
Happy New Year from Trusted Servants in Summer.

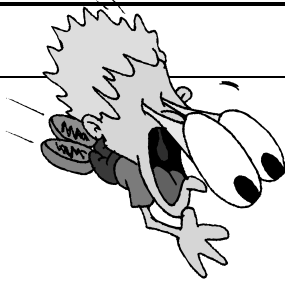
I was having so much fun eating delicious cookies and the fun fellowship I completely forgot to write down the birthdays for December. . . but by memory here they are. If you have a birthday and I forgot, we will honor you next month!

Joey	1 month
Steve	2 months
Ashley	4 months
Phil	10 months
Eric	1 year
Molly	3 years
Carrie	3 years
Jenny	7 years
Mo	29 years

7:30-9:00 Monday Nights Washington St., Sumner Presbyterian Church.

Karen E., Sec.





DISTRICT 29 CALENDAR OF EVENTS

Note: Please submit calendar information to the editor: E-mail stammvmud@yahoo.com

JANUARY AND BEYOND

DISTRICT-29 EVENTS

DATE & DAY	EVENT	TIME	WHERE	CONTACT
January 12, Tuesday	District 29 Monthly Business Meeting	Starts: 6:30PM Second Tuesday of every month.	DSC Office Campfire Girls Building Puyallup, WA	Teresa M. dcm29@area72aa.org
January 14, Thursday	District 29 Monthly PI/CPC Meeting	Starts: 6:30PM Second Thursday of every month.	DSC Office Campfire Girls Building Puyallup, WA	PI Chair: Dave M. dask123@yahoo.com CPC Chair: Margie H. mlchughey@hotmail.com
January 19, Tuesday	District 29 Monthly Archives Meeting	Starts: 6:30PM Third Tuesday of every month.	DSC Office Campfire Girls Building Puyallup, WA	Pam D.
January 20, Wednesday	District 29 Monthly Correction Meeting	Starts: 6:00PM Second Wednesday of every month.	DSC Office Campfire Girls Building Puyallup, WA	Joe Logger: joelogger@hotmail.com
February 6, Saturday	7 th Tradition Workshop Hosted by District-29	Noon to 2:00pm Lunch Provided	DSC Office Campfire Girls Building Puyallup, WA	Donna k. Cell: 253- Home: 253
January 8-9, Friday,	Western Washington Area 72 January Quarterly	Friday: Registration Saturday: 8:30am Business	Red Lion Hotel Centennial Ballroom 100 Columbia Street Vancouver, WA 98660	dcm7@area72aa.org
January 16, Saturday,	WWA 72 Accessibility Quarterly Business Meeting	Fellowship: 9:00 AM Business Meeting: 10:00 AM	St. Mark's Episcopal Church 124 North Sylvia St. at Spruce Montesano, Washington 98563-3717	accessibility@area72aa.org
January 16, Saturday	WWA 72 Treatment Quarterly Business Meeting	Fellowship: 9:30 AM Business Meeting: 10:00 AM	1338 Jefferson Street Port Townsend, WA 98368-6622	treatmen@area72aa.org
March 5-7,	PRAASA	Starts: 12:45 PM Friday Ends: Noon Sunday	Radisson Hotel 6225 West Century Boulevard Los Angeles, CA 90045	dcm29@area72aa.org
July 1-4	2010 International Convention of Alcoholics Anonymous 75 Years of A.A.		San Antonio Texas	www.aa.org Fax: (514)-228-3154

The events listed herein are for the purpose of informing the reader. District 29 does not promote any outside events, and further has no opinion on them.

Larry H. / Action Log Editor 2009-2010

Dear Members:

This month's Action Log is somewhat abbreviated because I have experienced yet another catastrophic computer failure. This has caused some loss of data and other important tools used in the production of this newsletter.

If anything goes right, I'll be back on track next month...keep everything crossed!

**Larry Hottman
Action Log Editor**