

DISTRICT 29

THE ACTION DISTRICT

ACTION LOG

DISTRICT 29 TRUSTED SERVANTS

DCM

Hello to everybody in District 29, It's been another busy month. Thank you to everyone who participated in the Pre-Conference. We had a turnout of about 100 people. Please remember to get your Groups input to our Delegate as soon as possible. Donna and I attended Trusted Servants Group on March 21 and assisted in a group Inventory. Thank you for the privilege of being asked.

We also attended the April Quarterly at Mt. Vernon. We, in conjunction with Districts 9, 44, and 45 put in a bid to host the January 2012 quarterly, and it was accepted. I'm sure we will be looking for volunteers, so if you are interested...

Last but not least I scheduled the Delegates report for May 10. We were thinking of doing a potluck at McMillan grange in place of our regular Business meeting. As always any input would be welcome and appreciated.

In Service
Tim T

ALT DCM

Hello District 29. We had a great turn out at the Pre-conference March 26th, Debbie A. our Area Delegate held a question and answer session with our 10 GSR'S that were represented about the agenda items for GSO. If you're GSR was not represented at the pre-conference I will have copies of the agenda items at our District meeting so your group will have a chance to look at them and give your group conscience. The responses for your group must be turned in to Debbie A. by April 26th.

Our 2nd Quarterly of the year was April 1-2nd in Mount Vernon your GSR will have information for you from the quarterly at your business meeting.

This year 2011 happens to be the 30th year of existence for District 29; our planning for the Picnic has started it will be July 24th at Frontier Park look for the fliers in May. The first committee meeting for the Picnic will be April 14th, 6pm at Applini's in downtown Puyallup, hope to see many of you there. So far the Blue Can has raised \$45.07 and 3 groups have stepped up for service work at the Picnic, thank you all for your help. Let us make our 30 years of existence a one to remember, get involved its fun. (*Ed. Note: Picnic Spreadsheet below*)

Thank you everyone,
Donna K.
Alt. DCM

ARCHIVES

Hello to all of you in Dist. 29 land; hope you all are having a blessed recovery! Now, let's get down to business; I heard a good idea at PRAASA LAST MONTH...I would like to have some old- timers tell the story of how Dist. 29 split to form Dist. 9 and Dist. 29; and, also, how Dist. 29 split to form Dist. 45. To do this, we can get together for a little food, your stories and a lot of fellowship. If any of you have any input pertinent to this topic, please feel free to call me at (253)228-7432; or email me at soberarch@gmail.com; I can't wait to hear from you. Let's remember that it is important to keep our archives safe from the elements, and wrinkle free. If anyone has any items they would like to donate (new or used), let me know; or give them to your GSR to deliver to our GSR meeting.

With Love in Service,
Mike Archer,
Dist 29 Archivist

P.S. Still looking for an alternate; let's make service work fun, fun, fun! =

COOPERATION WITH THE PROFESSIONAL COMMUNITY

The CPC committee meets at the same time as the Public Information committee on the Thursday after the second Tuesday (May 12) at 6:30 p.m. at Appilini's. At each meeting, we review the previous month's contacts, organize our goals for the coming month, restock our supply of pamphlets and orient any new volunteers.

In March, contact was made with seven area senior centers; literature was distributed to six – Puyallup, Orting Valley, Sumner, Milton and Eatonville. We also set dates for follow-up to refill racks.

In April, we will contact the area Senior Living Centers and place literature wherever welcome. We are also preparing a list of medical clinics for contact the following month. Just a reminder for potential volunteers: When we make contacts, we do not proselytize. We present a simple, short statement of our mission and answer any questions they might have. Then we present the

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Please send all submissions to:
robertsjacques@aol.com

DISTRICT 29 TRUSTED SERVANTS

literature and offer to refill supplies on a convenient schedule.

New volunteers are always welcome to participate at any level.

In other business, I attended the Area 72 quarterly in Mt. Vernon on April 2 and will represent you at the CPC Training at Seattle Intergroup on April 9.

Yours in service and sobriety,
Chris N.

CORRECTIONS

. The Beat Goes On.... District 29 Correction Committee is busy getting meetings and literature into our brothers and sisters behind bars in Pierce County. Two new AA's from District 29 have joined the ten or so other Pierce county AA's to help get our message to inmates at Tacoma/Pierce County jail.

Puyallup jail still has a need for a few more volunteers. (Especially women!) If you are interested in doing 12th step work, ask your Group Corrections rep, GSR, or call me at 253 988 4589. It is very rewarding work and the need is obvious.

In Love & Service
Dick F

NEWSLETTER EDITOR

It's still a work in progress. Learning to find all the information sources and schedules of events, learning to find appropriate articles, learning to find and format all the applicable flyers...it's getting better. I need your help !! It is a pleasure to serve !!!!!

PUBLIC INFORMATION

Hello Everyone! Your district 29 Public Information Chair is hard at work. I wish I could say your District 29 Public Information **Committee** is hard at work but not one single group representative showed up to the PI Committee meeting. If you recall, I said "We can do together what cannot be done alone." Public Information is not only a vital part of Alcoholic Anonymous but it is fun and rewarding. We did have three people show up for the mini-traditions workshop. It went very well and one of the people attended the panel at Sumner High School. She did a fantastic job and the panel was outstanding!! We have our last panel before summer break coming up at Puyallup High School (see calendar). Well it is the fourth month so let's look at the fourth tradition which states "Each group should be autonomous except in matters affecting other

groups or A. A. as a whole." Autonomous means, self-governing; independent; subject to its own laws only. Our 12x12 states the following on page146-147; "Any two or three alcoholics gathered together for sobriety may call themselves and A.A. group provided that as a group they have no other affiliation." A very interesting concept which has worked for a very long time.

Here is the money spent for Public Information this month:
Lunch for panel members (all day panels only) \$24.31
Candy for High School kids \$13.96
Pamphlet holders for misc. installations \$59.81

Receipts are turned into the District Treasurer at every GSR meeting.
Last, a review of upcoming events:

PI/CPC Workshop	April 9, 2011	10:00 AM	Seattle
PI Committee meeting	April 14, 2011	6:30 PM	Applini's
PI Quarterly	May 14, 2011	8:00 AM	Kirkland
PI Panel	May 27, 2011	7:30 AM	Puyallup High

I hope to see more group representatives at the next PI Committee meeting. See you all soon!!

Carol N.
District 29 Public Information Chair
Cne8817390@msn.com
(253) 222-9145

REGISTRAR

Greetings from your Registrar,
The lists of GSR's and Trusted Servants have been sent to the Area 72 Registrar.
(Ed. Note: More will be revealed)

(ALT) TREASURER

See Report Page 10
I participated in the 7th Tradition Workshop on March 19. Those who chose to attend had an opportunity to learn a lot about this Tradition and the real meaning of Self-Support. We covered

several aspects of the Tradition. One of the things I got out of it was the idea that contributing to the service structure of AA is as much a part of a Group's responsibility under the 7th Tradition as paying rent. My Group receives support from the District, CSO, Area 72, and GSO; therefore it is our responsibility to help pay for this support. I realize that there are times when it is all we can do to pay our rent, but when my Group was in that position we took action to correct the situation. It is no secret that a while back we had a Group Treasurer who proved less than honest. We found ourselves with an empty bank account and were 6 months' behind on rent to the church. We are a small Group. Nevertheless, we took action. Each of us made a commitment to dig just a little deeper in our pockets every time the basket was passed. The result? In just over a year we had the back rent paid and have re-established our reserve, and are now contributing to District, Area 72, CSO, and GSO once again. *If we can do it, so can you!*

Yours In Service,
Keith P.

SOME BEAR TRACK INSANITY

God is a state of being and a quality of love and beauty rather than a person you dialogue with. Having been raised in Catholic schools, I first looked for God the way one would seek a relationship with a person. It's a very different experience to realize that your own being is a reflection of God—and that by going within you can experience its bliss.

-Lynn Andrews

Picnic 2011	March	April	May	June	July	Totals
Income						
Raffle	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Pop/Water	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
7th Tradition	\$ 45.07	\$ -	\$ -	\$ -	\$ -	\$ 45.07
Total Income	\$ 45.07	\$ -	\$ -	\$ -	\$ -	\$ 45.07
Expenses						
Rent	\$ 125.00	\$ -	\$ -	\$ -	\$ -	\$ 125.00
Food	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Music	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Decorations	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Printing/Flyers	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Pop/Water/Coffee	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Kids games	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Total Expenses	\$ 125.00	\$ -	\$ -	\$ -	\$ -	\$ 125.00
Balance	\$ (79.93)	\$ -	\$ -	\$ -	\$ -	\$ (79.93)
\$125.00 seed money from District 29						

DISTRICT 29 TRUSTED SERVANTS

CONCEPTS STUDY

Below is the map to Seattle Intergroup. The Concept Study is the third Sunday of the month at 10am. We will be on Concept 2 this month. We just had the first meeting of the service manual study last Sunday. It will be the first Sunday of the month at 11am. We are skipping March, as several people will be attending PRAASA in Hawaii. Our next meeting will be Sunday April 3rd. (The day after the next Quarterly) We will be reading and discussing Chapter 1, GSR and the Group. I hope you can join us!!

At Greater Seattle Intergroup Central Office

Our Central Office is located at 5507 6th Avenue South (98108) in the Georgetown area of South Seattle--just South of the intersection of 6th Avenue South with Lucile Street.

Open Monday thru Friday 10 am to 6 pm; and Saturday 10 am to noon.



SOBRIETY CELEBRATION

BIRTHDAY MEETING & UNITY NIGHT

Individual birthday cakes will be given.
(sponsors are encouraged to participate by giving the cake supplied at the meeting)
If you want to celebrate your AA birthday with the others from our area,
call Deric F. @ (206) 427-5795
(Unfortunately we can not have a cake for you if we don't know it's your birthday)

WHEN
Saturday April 30, 2011
Fellowshipping begins at 6:30 meeting at 7:00

WHERE
BAYMONT INN
5640 Kitsap Way
Bremerton, WA 98312
Take the Kitsap Way exit
(The Hotel is on the West side of the freeway)

SPECIAL GUEST SPEAKER
CANDICE MOORE
North Hollywood, CA

For more information contact:

Holly G. - (360) 301-1338 Alison F. - (360) 535-1503
Chris J. - (253) 341-0819 Pat H. - (360) 204-2096

We absolutely insist on enjoying life

GOT SOME TIME ON YOUR HANDS?

Want to do some Service work?

The Central Office needs someone to do some
weekly cleaning.

INTERESTED?

Call Sally 253-474-8897

Mon – Thur 10:00am to 2:00pm

Into Action

I love my job, thank God for AA!

(Grateful to have been there)

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

--Action Log Editor 2011

Peace of Mind (1948)
Joshua Loth Liebman

Once, as a young man, I undertook to draw up a catalogue of the acknowledged "goods" of life. I set down my inventory of earthly desirables: *health, love, talent, power, riches and fame*. Then I proudly showed it to a wise elder. "An excellent list," said my old friend, "and set down in a reasonable order. But you have omitted the one important ingredient, lacking which your list becomes an intolerable burden."

He crossed out my entire schedule. Then he wrote down three syllables:

peace of mind.

"This is the gift that God reserves for his special protégés," he said. "Talent and health he gives to many. Wealth is commonplace, fame not rare. But peace of mind he bestows charily.

"This is no private opinion of mine," he explained. "I am merely paraphrasing the Psalmists, Marcus Aurelius, and Lao-Tse. 'O God, Lord of the universe,' say these wise ones, 'heap worldly gifts at the feet of foolish people. Give me the gift of the untroubled mind.'"

I found that difficult to accept; but now, after a quarter of a century of personal experience and professional observation, I have come to understand that peace of mind is the true goal of the considered life.

I know now that the sum of all other possessions does not necessarily add up to peace of mind; on the other hand, I have seen this inner tranquility flourish without the material supports of property or even the buttress of physical health. Peace of mind can transform a cottage into a spacious manor hall; the want of it can make a regal residence an imprisoning shell. Where then shall we look for it? The key to the problem is to be found in Matthew Arnold's lines:

"We would have inward peace
But will not look within. . ."

But will not look within! Here, in a single phrase, our willfulness is bared. It is a striking irony that, while religious teaching emphasizes people's obligations to others, it says little about their obligations to themselves. One of the great discoveries of modern psychology is that our attitudes towards ourselves are even more complicated than our attitudes towards others.

The great commandment of religion, "Thou shalt love thy neighbor as thyself," might now be better interpreted to mean, "Thou shalt love thyself properly, and then thou wilt love thy neighbor." Some will argue that this is a dangerous doctrine. "Human beings love themselves too much already," they will say. "The true goal of life is the rejection of self in the service of others." There are errors in this estimate of human nature. The evidence points in quite the opposite direction. We often treat ourselves more rigidly, more vengefully, than we do others. Suicide and more subtle forms of self-degradation such as alcoholism, drug addiction, and promiscuity are extreme proofs of this. But all the streets of the world are teeming with everyday men and women who mutilate themselves spiritually by self-criticism; who go through life committing partial suicide--destroying their own talents, energies,

creative qualities.

To one who goes through life hypnotized by thoughts of inferiority, I would say, "In actuality, you are quite strong and wise and successful. You have done rather well in making a tolerable human existence out of the raw materials at your disposal. There are those who love and honor you for what you really are. Take off your dark-colored glasses, assume your place as an equal in the adult world, and realize that your strength is adequate to meet the problems of that world."

Another road to proper self-regard is the acceptance of ourselves for what we are--a combination of strengths and weaknesses. The great thing is that as long as we live we have the privilege of growing. We can learn new skills, engage in new kinds of work, devote ourselves to new causes, and make new friends. Accepting, then, the truth that we are capable in some directions and limited in others, that genius is rare, that mediocrity is the portion of most of us, let us remember also that we can and must change ourselves.

Every person who wishes to attain peace of mind must learn the art of renouncing many things in order to possess other things more fully.

The philosopher Santayana pointed out that the great difficulty in life does not so much arise in the choice between good and evil as in the choice between good and good. In early life, however, we do not realize that one desire can be quite inconsistent with another. The young boy may vacillate between a dozen different plans for the future, but the mature person will have to renounce many careers in order to fulfill one. The same truth exists in the realm of emotions. It is fitting for the adolescent to transfer his or her love interest from one object of affection to another, but it is tragic when the grown-up still plays the role of the adolescent. He or she has not yet learned that human growth means the closing of many doors before one great door can be opened--the door of mature love and of adult achievement.

The first fundamental truth about our individual lives is the indispensability of love to every human being. By "love" I mean relatedness to some treasured person or group, the feeling of belonging to a larger whole, of being of value to others. Our interdependence with others is the most encompassing fact of human reality--our personalities are made by our contacts with others. There is, therefore, a duty which falls upon all of us--to become free, loving, warm, cooperative, affirmative personalities.

To love one's neighbors is to achieve an inner tolerance for the uniqueness of others, to resist the temptation to private imperialism. We must renounce undue possessiveness in relation to friends, children--yes, even our loves. The world is full of private imperialists--the father who forces his artistic son into business, or the mother who rivets her daughter to her service by chains of pity, subtly refusing the daughter a life of her own.

When we insist that others conform to our ideas of what is proper, good, acceptable, we show that we are not certain of the rightness of our inner pattern. Those who are sure of themselves are deeply willing to let others be themselves. We display true love when we cease to demand that our loved ones become revised editions of ourselves. . . .

Both science and religion teach us that the obstacles to serenity are not external. They lie within us. If we acquire the art of proper self-love; if, aided by religion, we free ourselves from shadow fears, and learn honestly to face grief and transcend it; if we flee from immaturity and boldly shoulder adult responsibility; if we appraise and accept ourselves as we really are, how then can we fail to create a good life for ourselves?

For then inward peace will be ours.

PUBLIC INFORMATION **EVENTS CALENDAR:**

PI/CPC Workshop (SAT)	April 9, 2011	10:00 AM	Seattle
PI Committee meeting (TH)	April 14, 2011	6:30 PM	Applini's
PI Committee meeting(TH)	May 12, 2011	6:30 PM	Applini's
PI Quarterly (SAT)	May 14, 2011	8:00 AM	Kirkland
PI Panel (FRI)	May 27, 2011	7:30 AM	Puyallup High

I will provide flyers for the workshop and quarterly upon request as well as provide copies to our
If you want to attend a panel, YOU MUST first attend a mini tradition workshop. The mini work
shop will be held at the PI committee meetings as needed.

Hang In There Group **7th Annual Camp-out and Pot Luck Picnic** **River Bend Campground** **August 19, 20, 21, 2011**

Spaces are available for tents, trailers, campers and motor homes

Make reservations with:

Jim H. 253-677-0811

Paul W. 253-640-0313

Reservations Deadline is August 1, 2011

Don't want to Camp?

Everyone is welcome to join us on Saturday August 20, 2011 for the day!

Breakfast

Biscuits and gravy & eggs 9-10 AM

Pot Luck Picnic 3-5 PM

Hit group will supply hamburgers and hot dogs with pop and water for sale.

DISTRICT 29 GROUP REPORTS

ABOVE GROUND GROUP

Hello again from the Above Ground group. We are doing great and would like you to join us every Tuesday and Thursday from noon until 1:15 at Applini's Two in Puyallup. Here are the birthdays for

March:

Diane	30 days
Scott	90 days
Sondra	90 days
Bob	22 years
Karen	25 years

God Bless
Dave H

BACK TO BASICS

Greetings from Back to Basics!
We meet Tuesdays at the Mountain View Lutheran Church in Edgewood at 7:00PM. The third Tuesday is a speaker meeting (followed by "business") and the last Tuesday is celebration of AA birthdays.

March:

Ryan	30 days!
Dave	4 months
Angel	6 months
Gretchen	7 months
Katrina	10 months
Lisa	1 YEAR !
Floyd	2 1/2 years
Rebecca	8 years
Pam	23 years
Ron	27 years

Come on up for good old-fashioned sharing - the coffee pot is always on.
Thanks for my sobriety,
Rockin Ron

BRUNCH BUNCH

CHOICES

EATONVILLE

Spring is here! Come join the fellowship in Eatonville. All are welcome, bring a friend. Happy Birthday to all who celebrated this past month. Keep coming back! Our birthday meeting is the last Tuesday of the month. Our business meeting is the 3rd Tuesday of the month immediately following the regular meeting. Eatonville's meetings are Open and 1 hour in length. Every Tuesday at 8PM, Wednesday at 12PM, and Saturday at 9AM we share our experience, strength, and hope with one another. Next time you are passing

through stop on by the American Legion Hall at Rainier and Carter for a great time of fellowship.

Serving Eatonville,
Erik S.

ELBE FRIDAY NIGHTERS

We continue to meet in the fellowship hall in back of the train depot in downtown Elbe at 8 o'clock for an open discussion meeting. The door is usually open by seven and the coffee ready shortly thereafter. Our recent quarterly potluck was a success and the next one will be near the summer solstice. As daylight gets longer enjoy the drive toward Paradise and share your recovery through the Twelve Steps with us.

Peace and Love,
Michael H.

FIRGROVE

Hello everyone. Want to say thanks to the speaker last month, Jeff, and happy birthday to all the birthdays.

Richard S	2 Months
Gary L	2 Months
Joe D	5 Months
Margie H	3 Years
Jeremy G	1 Year
Tim T	13 Years

Again Happy Birthday

Dawn

FRESH START

A "Fresh Start" group invites you to join us for our regular meetings every Friday at 10:30 am and 6:30 pm. We are located at the Lakeside Milam Recovery Center at 405 W. Stewart #A in downtown Puyallup.

We welcome and encourage you to come share your experience, strength, and hope. Our business and meeting is the last Friday of the month at 5:45 pm, followed by our birthday meeting at 6:30 pm.

Congratulations to the following people who celebrated a birthday in the month of March.

Dan	24 hours
Hannah	1 month
Cameron	1 month
Scott	1 month
Tyler	1 month
Lindsey	5 months
Ken	8 months
Elle	8 months
Tim	11 months
Karen	25 years

One day at a time.
Tim N.

GOLD GATE GROUP

Hello all, well, it's certainly turned out to be a great month here at the Gold Gate Group at Daffodil bowl! Our meetings continue to see increased numbers and it's great to see new faces. Our first few weekend meetings have been great too and we look forward to their continuation. Our address is 1624 E. Main St. here in Puyallup. Our meetings all start at 10 PM with the exception of Sunday which begins at 9:45. We look forward to seeing you and sharing in fellowship!

The birthdays we celebrated for March are:

Luke	24 hrs
Shannon L.	1 month
Toby P.	1 month
Dan P.	3 months
Megan K.	6 months
Andy H.	6 months
Chris E.	7 months
Stacey T.	9 months
Alex D.	10 months
Jason C.	10 months
Terry T.	11 months
Andrew W.	11 months

Congratulations to everyone. You rock because you are rocks!
Jason C.

GRAHAM GROUP

HAIR OF THE DOG

Greetings from the Hair of the Dog group. We meet every Wednesday night from 7:00 to 8:15 pm. Come down to the Poodle Dog Restaurant in Fife and have coffee with us....It a great meeting. Beware of the traffic lites and your speed in Fife...they are watching...Here are the birthdays for March:

Debbie	30 days
Marty	6 months

God Bless to all
Dave H

DISTRICT 29 GROUP REPORTS

HANG IN THERE GROUP

Our campout/picnic is set for August 19 – 21st at Riverbend. Mark your calendars and join us. We are still alive and well at Applini's Two each and every Sunday from 9am to 10:15am. Our guest speaker for March was Catherine from Meeker. What a life she has had. We all enjoyed her story and were blessed by it.

Birthdays for March:

Christina S	30 days
Jennifer S	30 days
Brian N	60 days
Mary L	60 days
Heather S	60 days
Polly P	90 days
Flossie N	4 months
Jan G	4 months
Jada	4 months
Lisa B	4 months
Michael S	6 months
Tim M	7 months
Darren K	7 months
Jolene J	9 months
Lloyd (Mo) M	10 months
Chris C	1 year
Teresa T	18 months
Jamie T	2 years
Darcy N	5 years
Julie D	20 years

We meet at the Hangar Inn Restaurant Monday thru Saturday from 11:45am to 1:00pm and Sunday from 9am to 10:15am at Applini's. Good fellowship and food at both places

LIVING FREE

Welcome from the Living Free Group of Alcoholics Anonymous. We invite you all to our Sunday night meeting, which includes a second meeting of Steps and Traditions. Spring is here and the days are longer, we can enjoy leaving in the light. It is great to see all the new faces sharing fellowship with all our friends of many years. Our birthday speaker Pam, sober since May 9, 1994, woke up one day without a desire to drink and drug; this was her "Spiritual Awakening". She shared that our attitude, our thoughts, and our actions can change, but we cannot change our past and how it can come back and affect us. The March birthdays are as follows:

Dave	24 Hours
Ryan	1 Month
Christie	1 Month
Will	1 Month
Glenn	3 Months
Jen	4 Months

Ray	7 Months
Penny	7 Months
Deb	7 Months
Lorraine	10 Months
Jeanette	10 Months
Terry	11 Months
David	1 Year
Dan	1 Year
Chris C	1 Year
Katherine	1 Year
Ken	2 Years
Thomas	3 Years
Princess Debbie	4 Years
Mary Beth	5 Years
Rob	10 Years
Martha	10 Years
Tim	13 Years
Eileen	17 Years
Bruce	22 Years
Pam	23 Years
Michael	24 Years
Precious Karen	25 Years

Happy Birthday to all of you!

Kevin C.

LOFT GROUP

"A full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

Our meetings are held daily at Noon, 6pm and 8pm - Women's Meetings at 6pm on Wed & Sun. Located in the Lake Chalet Square, Meridian @ 29th St East, Edgewood - Please join us in our walk of recovery.

March for us was full of growth and unity in the A.A. experience of strength and hope. As we reach out and help each other fight this insidious disease of alcoholism, it brings so much hope that together, shoulder to shoulder, we can commence our common journey.

Our Birthday Speaker this month was Kevin from the Fellowship Group. He shared his journey with a full house and we were glad to see so many of his group come to support him. It's always amazing to celebrate our most valuable accomplishment, the daily recovery of one day at a time. Thanks to all who were able to attend. Please join us on the last Friday of each month @ 8pm. Come early to be assured a seat! We want to Welcome and wish a Happy Birthday to:

Monica F	24 hours
Ruth T	24 hours
Jackie	24 hours
Byron B	1 month
Carol	2 months
Ryan	2 months
TJ	3 months
Justin C	4 months
Never The Less	5 months
KC	6 months

Angel	6 months
Michah	7 months
Monica	9 months
Jimmie K	9 months
Leslie P	10 months
Chris M	18 months
Angelique	18 months
Steve	21 months
Shannon S	2 years
Peggy T	3 years
Brett O	5 years
Brad G	7 years
Patrick A	8 years
Brenda P	14 years

"Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection"...every day, one day at a time. Our business meeting is held on the 3rd Tue of each month at 7:30pm. This month we were happy to fill many trusted servant positions. We are now working towards a few Spring improvement purchases, such as tables and other much needed essentials. Eduardo R has stepped up to become the Assistant Secretary and Natasha has graciously accepted the position of Activities Coordinator. Thank you to all our trusted servants. "Trust God, clean house and work with others." Your trusted servant, Jeanne'

MEEKER

This month in the hall we were eating good in our neighborhood, a fine spread was put out with roast beef provided by the hall and all the fixings brought by members. I myself gorged down a large plate followed by desert.

Our speaker this month was our own Kay L. with 29 yrs who shared her experience, strength, and hope with us all in her life story.

Birthdays for the month of March are:

Ron M.	24 hrs.
Shawn M.	30 days
Mac M.	30 days
Nicole H.	30 days
Chuck G	60 days
Jackie B.	60 days
James H.	60 days
Andy H.	6 mo.
Christy W.	6 mo.
Dion A.	1 yr.
Mark B.	3 yrs.
Melissa M.	5 yrs.
Rainy A.	9 yrs.
Cashmere H.	13 yrs.
Bret L.	14 yrs.
Rick G	24 yrs.

Happy birthday to all. Till next month.... Wayne L.

NEW SOUND

Tuesdays @ 6 PM weekly meeting. Business meeting is on the 3rd Tuesday of the month. Birthdays are celebrated on the last Tuesday. For the month of March Jassi celebrated two years and Karen 25 years. The birthday meeting is a candlelight meeting with coins, cake and great fellowship. A great substitute for the "cocktail hour" -- early meeting.

Andy, GSR

OHOP NUTS & BOLTS

OHOP Nuts and Bolts STOP THE PRESSES Ohop Nuts and Bolts has done it again....Standing room only in "Gods Garage" 50 plus AA members, family and friends celebrating Birthday Night what a great time and fellowship we all had. Thank you to Bob F. for chairing and all who attended.

- Kristy 1 Month
- Jackie 1 Month
- Paul 1 Month
- Kirsten 3 Months
- Stephanie 5 Months
- Sandra 8 Months
- JJ 8 Months
- Janette 10 Months
- April 10 Months
- Bill 1 Year
- Tom 1 Year
- Jim 18 Months
- George 2 Years
- Tammy 3 Years
- Mike 2 Years
- Stacey 3 Years
- Mary Beth 6 Years
- Ken 8 Years
- Mack 12 Years
- Dave 11 Months
- Martin 14 Years

Happy Birthday and congratulations to everyone! Our birthday night is celebrated on the last Saturday of the month at 8:00 p.m. Ohop Nuts & Bolts is located off Mountain Hwy and 260th (approx.) at the Lutheran Bethany Church. Our regular meetings are held Tuesday thru Friday 7:00 pm to 8:30 pm, Saturday 8:00 pm to 9:30 pm and Sunday 7:00 pm to 8:30 pm. Tuesday, Wednesday and Friday are Closed Meetings and Thursday, Saturday and Sunday are Open Meetings. The joy of sobriety is in the journey not the destination. Tom F.

ORTING FIRESIDE

Greetings to all from Orting Fireside! Hopefully all this rain hasn't dampened your recovery! We want to thank Bruce K. for sharing his story with us and how he knew he was different for the first time. I could certainly relate!! Happy Birthday to all who celebrated a birthday this month; especially the following:

- Matt B. 24hrs.
- Marty D. 24hr.
- Bob U. 2months
- Ron H. 2months
- Judy M. 4months
- Chris K. 7months
- Scott O. 8months
- Chris A. 9months
- Micah R. 11 months
- Jami T. 2years
- Chris C. 4years
- Jerry K. 4years

Gratefully yours in service, unity and recovery, Stephanie E.

P.A.I.R.

Yay, Spring is here! It must be..... I can't find the sun *anywhere*.

I have to mention how wonderful my home group is. I turned 3 this month and the night of our phone commitment, they threw me a surprise birthday party! It was so awesome. They had a cake, balloons, cards, and they all pitched in a got me a beautiful Big Book and 12X12 cover. It was really wonderful! I am so blessed by being loved by these wonderful people. Speaking of birthdays, here they are for March!

- John B. 24 hours
- Heather S. 30 days
- Ronnie M. 90 days
- Joe D. 5 months
- Eric J. 5 months
- Elle M. 8 months
- Tim N. 11 months
- Kevin M. 11 months
- Tim P. 18 months
- Margie H. 3 years

Happy birthday, everyone! Our birthday meeting is on the last Tuesday of the month at 8:00 pm. We're also here on Fridays at 7:00 pm. Both are open meetings and are one hour. Come join us!

Margie H.

PUYALLUP GROUP

Birthdays for the Month of March are as follows:

- Scott 1 month
- John 2 months
- Robert 3 months
- Chris C 1 year
- Ken 2 years
- Margie 3 years
- Mary Beth 4 years
- James 9 years
- Tony F 11 years

Congratulations all and happy birthday!

Thanks, Howard F

STRAIGHT SHOOTERS GROUP

Hello from everybody at the Straight Shooters group. March was an excellent month of recovery for our congregation. Despite the foul weather we have had, I am encouraged by the number of individuals who got out to our Monday night meetings. Thank you for your support. Although this may be a little premature, I want to send everybody an early reminder that Straight Shooters holds their meetings outdoors during the late spring and summer months. As the sun comes out and the days get longer, we set up chairs in the field south of the sportsman's club complete with a fire pit, and as always experience, strength and hope. On another note, we've decided that our bi-weekly hot dog expenses shall no longer be paid for with funds from the 7th tradition collection. Instead we have continued our group's staple with extra funds donated by those who enjoy having them at our meetings. Thank you to those whom have supported. Here are the birthdays for the month of March:

- Dave 2 mo
- Lindsay 5 mo
- Al 6 mo
- Sean 7 mo
- Doug 7 mo
- Jeanette 10 mo
- David P 1 year
- Debbie 4 years
- Rene 4 years
- Mary Beth 6 years
- Rainy 9 years
- Doc 31 YEARS!

Regards, JOHN F.

Al-Coholic Goggles

Since this is the fourth month, I consider the 4th step. Having spent much of my life in a state of hiding, ashamed of whom I was inside, I lived a double life, and set myself above others. When I came out of hiding, I had to deal with some dirt. Making this inventory is a good way to "wash the inside"; that washing involves bathing our life with tears, drying it with laughter, and clothing it with honesty.

We learn that this first "Action" step is done to remove the barriers we have placed in our lives blocking us from a relationship with our Higher Power, others and ourselves. One short repetitive word in this step somehow touches about every aspect of our lives. That word is "FEAR". It set in motion circumstances which brought us misfortune we felt we did not deserve. The kind of fears that the 4th step deals with are a specific kind of fear. Not the instinctual fears that we are born with. These fears are reasonable... They motivate us and protect us.

The fears we need to consider in step 4 are the kind that stifle us. The ones we are taught and instilled with, homegrown fears. They are lies that we tell ourselves or have been told, the denial of the truth, and a definite wrong believing designed to defeat and destroy us. Fear like alcoholism is cunning, baffling and powerful. So don't have these kinds of conversations with yourself... Why me? Poor me! Pour me another drink.

The Big Book tells us we are now on a different basis. We trust an infinite God rather than our finite selves. We play the role He assigns us. He enables us to match calamity with serenity. We ask him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear. **What a promise.**

We embark upon a course of rigorous action continuing to move forward into the solution.

In service,
Al - Coholic



A Wood From Margie

"If you are what you eat, then I'm a pizza dipped in chocolate. With ice cream on top....."

I remember when I was in treatment, there was a lot of information about how alcohol effected our bodies and minds, but little on basic, proper nutrition. It's not like I went there to learn how to eat in a healthy way or see how my behavior affected those around me or anything like *that*. As my friend Verna says, "I just wanted to learn how to drink without the hideous consequences." I figured there was some trick to drinking in moderation and that's what I would be taught. By the third or fourth time I went to treatment, I started to get the feeling they were leaning towards me not ever drinking again. That disturbed me.

It took a lot of loving "nagging" from a friend to realize that what I ate and didn't eat was directly related to my emotional well-being. If my diet consists of caffeine, high fructose corn syrup, and tobacco, I usually don't do too well emotionally. I tend to have a lot more anxiety, less patience, and have a more difficult time understanding things in general. In short: I'm a ticking time bomb. If I eat 5 to 6 times a day, (small portions, low sugar, high protein) it's amazing how much clearer my thinking is and my emotions not so out of control. Don't get me wrong: I love sweets and if I could, I would live on Red Vines, dark chocolate Milky Way's, and Captain Crunch cereal.

After three years, I'm usually pretty good about eating more healthy. In fact, I'm *so* good, I frequently ask the question, "Have you eaten today?" or "What have you eaten today?" when I notice a friend is out of sorts. My input is not always welcome (I've had my life threatened) but when the answer is "three pots of coffee and a giant bag of M&M's" I know it's time to kindly explain if they *just maybe* have a turkey sandwich, everything will be okay and they'll probably feel much better. If they don't attack me and they take my advice? Well, then we go to Baskins Robbins.....

Margie H.



Area 72 AA

Public Information & Cooperation with the Professional Community

Quarterly Meeting

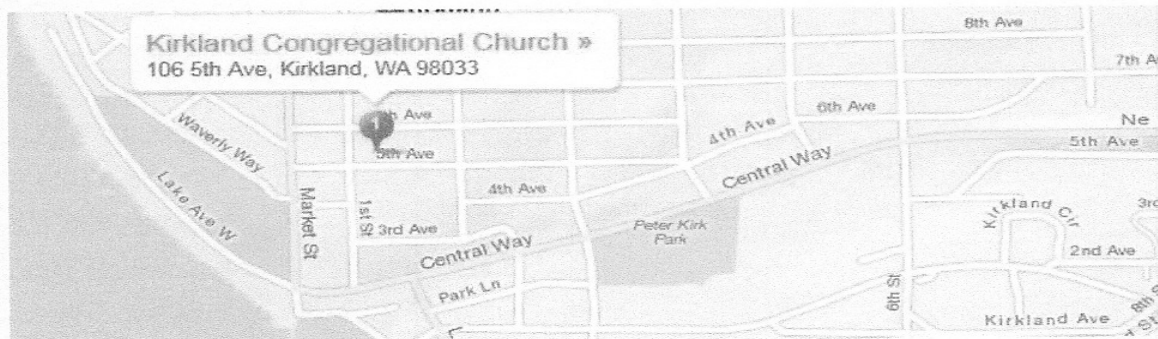
When: Saturday, May 14 2011 8:00 AM – 3:00 PM

**Where: Kirkland Congregational Church
106 5th Avenue (Basement Meeting Rm)
Kirkland, WA 98033**

*Potluck -- bring your favorite dish to share
7th Tradition will be observed*

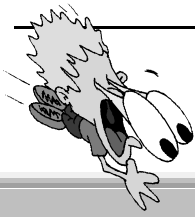
Directions: From I-405, take exit 18 to merge onto NE 85th St toward Kirkland. Continue onto Central Way, turn right at 3rd St, and take the 2nd left onto 5th Ave.

Meeting will be in the church basement room off of 5th Avenue, directly across from the Kirkland City Hall. Parking is available on the street or in the city hall lot across from the church.



For more information, please see:
<http://www.area72aa.org/pi.html>
<http://www.area72aa.org/cpc.html>

CALENDAR OF EVENTS



Note: Please submit calendar information to the editor: See new editor info in next month's issue.

Happenings for April and beyond.

District 29 Events

DATE & DAY	EVENT	TIME	WHERE	CONTACT
April 12th, Tuesday	District 29 Monthly Business Meeting	Starts: 6:30PM Second Tuesday of every month.	Tacoma Central Service Office 3640 South Cedar, Suite S Tacoma, WA 98409	Tim T. dcm29@area72aa.org CSO: (253) 474-8897
April 14th, Thursday	District 29 Monthly PI/CPC Meeting	Starts: 6:30PM Second Thursday of every month.	Applini's	PI Chair: Carol N., cne8817390@msn.com CPC Chair: Chris N. chriscarr53@hotmail.com
April 19th, Tuesday	District 29 Monthly Archives Meeting	Starts: 6:30PM Third Tuesday of every month.	Meeting location unavailable at this time. Call CSO: (253) 474-8897	Pam D.
April 20th, Wednesday	District 29 Monthly Correction Meeting	Starts: 6:00PM Third Wednesday of every month.	Joe Logger's shop 10920 Valley Ave E, Puyallup WA 98371	Joe Logger: joelogger@hotmail.com
Saturday, April 9, 2011	<u>Accessibility Committee Quarterly- Spring 2011</u>	Fellowship: 9:00-10:00 AM Business Meeting: 10:00 AM - 4:00 PM Lunch will be provided around 12:00 PM	Lutheran Church of the Good Shepherd 1601 North Street Olympia, WA 98501	accessibility@area72aa.org
Saturday, May 7, 2011	<u>Archives Committee Quarterly- Spring 2011</u>	Fellowship: 9:00 AM - 10:00 AM (Muffins and Coffee) Business Meeting: 10:00 AM - 4:00 PM Lunch: Around 12:00 PM (Lunch Provided)	Tibbetts United Methodist Church 3940 41st Ave SW Seattle, WA 98116	dcm14@area72aa.org archivist@area72aa.org
Saturday, May 14, 2011	PI and CPC Committee Quarterly- Spring 2011	8:00 AM - 3:00 PM Potluck Lunch- Bring Favorite Dish to Share	Kirkland Congregational Church 106 5th Ave (Basement) Kirkland, WA 98033	cpc@area72aa.org pi@area72aa.org
Friday, July 8 to Sunday July 9, 2011	W. Wa Area 72 Quarterly Hosted by District 46	Sack lunches homemade by District 46	First United Methodist 1050 SE Ireland St. Oak Harbor, WA 98277	dcm46@area72aa.org altdcm46@area72aa.org
Friday, October 7, 2011 to Sunday, October 9, 2011	WWA 72 2011 Assembly		Ocean Shores Convention Center 120 W. Chance A La Mer Ave. Ocean Shores, WA 98569	Assembly11chair@area72aa.org