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PASS IT ON

Eastside Intergroup Newsletter

Issue 108 July 2026

Can't stop drinking?

We get it.

In A.A. we don't tell anyone to do anything. We talk about our own drinking, the trouble we got into, and how we stopped. Whether in person or online, we're here to help.

Alcoholics Anonymous[®]

For more information visit
AA.org or download the
Meeting Guide app.



eastsideaa.org



The following are just a few one-liners from our fellowship to help us stay close to our program in addition to

some commentary about the quote.

1. Quit looking up to find God. Simply look to the person next to you.

The one thing that took a lot of pressure off me in the early days of sobriety was permission to make the

group my Higher Power. My history with religion and God was something I wanted to leave behind. I couldn't just snap my fingers and believe. You also couldn't tell me to believe or fake it. What was real to

me was the power in a large group of former misfits who had peace in their life. Additionally, they provided their loved ones with peace and had the ability to handle the heavy lifting while others ran in the

other direction. That was what I wanted, so I decided to lean in and essentially worship at the alter of their

stories. When I ran into trouble, I sought their advice. Following their suggestions slowly began to show

my friends and family that I was changing for the better and on a more permanent basis. This is a great

place to be, and you can stay here as long as it works for you.

2. We are the elite of the mentally ill.

Outside of our community this statement might not come off in the most compassionate manner. Then

again, we are not obligated to explain our process to anyone who isn't willing to hear about it. We come

into the rooms on a losing streak. A.A. gives us the tools to right the ship and experience life closer to

what it's meant to be like. Eventually, our liabilities turn into assets, but we are still in the category of

maladjusted.

3. Your perspective changes my perception.

The healing power of other people sharing can never be understated. Lately, I tend to get more out of the

alcoholic who has 9 days than the one with 9 years. Both are valuable, but I tend to get caught up in my

own struggles and unanswered questions. My reasons for attending meetings change as I grow in sobriety.

If I'm sitting in the meeting thinking about what I'm going to share when called on, that means my focus

is off and I am unable to hear the message. The more desperate and off the beam I am walking into a

meeting, the more prepared I am to receive help. If you're new, I hope you feel safe enough to share at

meetings. While you are not obligated to say anything, it's important that you know that you have something to offer everyone and anyone who is willing to receive your perspective.

I hope this helps and I'll see you at a meeting.

-Matthew T.

D34 ORAL HISTORIES PROJECT



DO YOU KNOW:

- a “long-timer” in D34 with 35+ years of sobriety?
- an AA member who started an AA group in D34?
- someone with a connection to the history of AA as a whole and its pioneers?
- an AA member of an underrepresented background whose experience, strength, and hope can carry the message to the still suffering alcoholic?

If so, please contact D34 Archives Chair Jaimie L. at dist34archives@area72aa.org for more info on becoming an interviewer and/or interviewee. Help preserve District 34’s rich AA history for generations to come!



BELLEVUE GROUP

FREE CHILDCARE!

MONDAY
7:30-8:30PM

The Bellevue Group offers free
childcare during our meeting.
Room for up to 8 children.

St. Thomas Episcopal Church
8398 NE 12th St Medina, WA 98039

HOPE HALL SPEAKER MEETING



2 GUEST SPEAKERS
***FIRST SATURDAY
OF EVERY MONTH
@ 7:00 PM***

STARTING MAY 2025

WHERE: HOPE HALL
8305 MEADOWBROOK WAY SE
SNOQUALMIE, WA 98065



District 38 – Kirkland

www.kirklandaa.org



Service Opportunities Await!

Want to grow in sobriety? Give back through service!

District 38 has several exciting open service positions — a chance to connect, learn, and help carry the message of A.A. beyond the meeting room.



Treatment Facilities Chair

Help bring A.A. meetings

and "Bridging the Gap" support to those leaving treatment centers. Coordinate with local districts, maintain contacts, and share Grapevine subscriptions.



Grapevine & Literature Chair

Be the link between members and A.A. materials! Keep literature displays current, bring them to workshops and assemblies, and promote Grapevine reps in groups.



Corrections Chair

Carry the message

behind the walls. Support A.A. meetings in correctional facilities and help guide committees through training and assistance.



Accessibility Chair

Make A.A. available to all

who seek it. Focus on access issues, remote communities, and language inclusivity. Participate in Area meetings.

Coming Spring 2026:

District Service Workshop

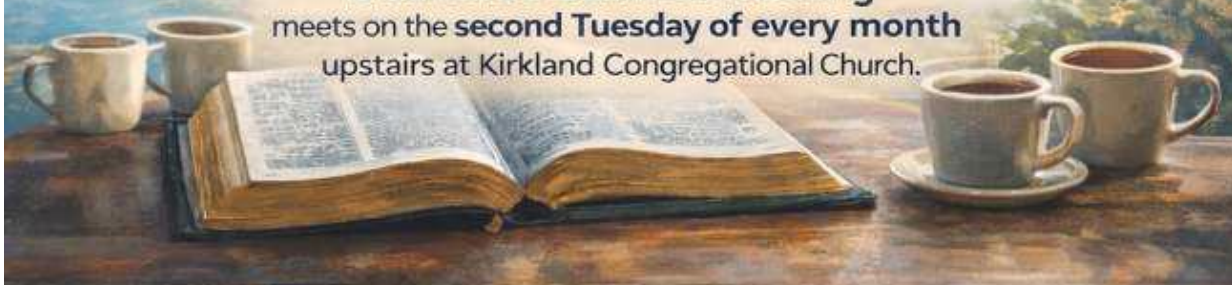
Learn how to get involved, meet trusted servants, and explore what district service is all about.

Questions?

Reach out via our website:
www.kirklandaa.org

District 38 Business Meeting

meets on the **second Tuesday of every month**
upstairs at Kirkland Congregational Church.



ALCOHOLICS ANONYMOUS GROUP

DO YOU THINK YOU HAVE A PROBLEM WITH ALCOHOL?

WE ARE HERE TO HELP

OPEN MEETINGS / EVERYONE IS WELCOME



GRUPO REGLA 62

Meetings

Mondays: Hybrid Meeting

In person: 16540 NE 00th ST, Redmond, W, A

Zoom ID: 917 6571 1060 - Password: REGLA62

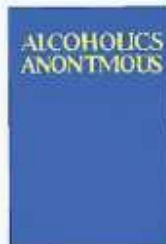
Pacific Time: 7:30 to 8:30 PM

Central Time: 9:50 to 10:30 PM M

Mountain Time: 10:30 to 11:30 PM

Fridays: Virtual Meeting

Same time and Zoom ID



SPEAKER MEETING

Virtual Only

Every third Monday of the month

Bilingual Meeting with Spanish to English and
English to Spanish translation

Zoom ID: 835 5592 2611 (no password)

At the same time

MORE INFORMATION

In English: East side Intergroup Office

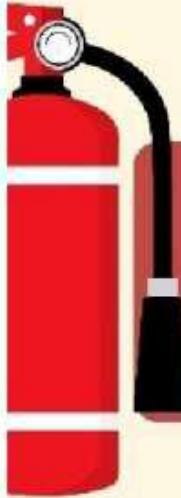
Phone: 425 454.9192

In Spanish: Fermin D,

Phone: 425 518 1383

Email: Regla62@hotmail.com

DIST54CPC@AREA72AA.ORG
DIST29CPC@AREA72AA.ORG



FIRST

RESPONDER

COMPaign



LAST MONDAY OF THE MONTH 6:30P



Our New Podcast:
Grapevine Weekly Open AA Meeting

Each week AA Grapevine holds an open virtual AA meeting with a host and two speakers. We record the meeting to create this podcast.



To join the meeting live on Wednesdays at Noon Eastern, use Zoom code 871 2036 8287 with password 238047.

The podcast is available on your favorite podcast platforms. A new episode drops every Friday. Enjoy!

PACIFIC REGION SERVICE NERDS

LITERATURE STUDY: LANGUAGE OF THE HEART

Thursdays 2026 - weekly

6PM PT/7PM MT/ 8PM CT/ 9PM ET

*Last Thursday of the month will be a
service speaker meeting*

Zoom ID: 878 7493 8831

PW: Nerds

email: servicenerds62@gmail.com





District 35 Business Meeting

Every 3rd Wednesday of the month, 7pm - 8:30pm

Pine Lake Covenant Church, Room B103

1715 228th Ave SE, Sammamish, WA 98075



District 35 Statement of Purpose

We serve to ensure all groups in our district feel informed, supported, heard, and loved within and throughout the A.A. service structure.

We do this through:

- Our group General Service Representatives (GSRs), the lifeline between our groups and the district.
- Our Service Committees, who carry the message to Alcoholics still suffering both outside and inside the rooms of A.A.
- Open and transparent monthly district meetings, held the 3rd Wednesday of each month at 7:30pm, at Pine Lake Covenant Church.
- Workshops and informative presentations (e.g., Delegate Report Out, Assembly Highlights given by GSRs), and Fellowship events, such as the yearly Gratitude Dinner.

We are trusted servants to our groups, directly responsible to those we serve. We do not govern.

We give back that which was so freely given to us.

Questions? Contact Us:

Cheyenne (D35 DCM)
dcm35@area72aa.org
(206) 854-2310

Tatiana (D35 Alt DCM)
altdcm35@area72aa.org

AREA 72

CPC IN ACTION **INTERACTIVE** **2026 WORK SHOPS**

Free Coloring Book!



D18 & D35 JUN 06

Eastside Fire & Rescue
10:00a to 2:00p
175 Newport Way,

ISSAQUAH

D3 & D12 JUN 20

18th & Baker
2:00p to 6:00p
1731 Baker Ave,

EVERETT

D7 JUL 19

Details Soon

VANCOUVER

D55 AUG 08

Sequim Valley
Foursquare Church
10:00a to 2:00p
9090 Old Olympic Hwy

SEQUIM

D31 SEP 12

Grace Lutheran
12:30p to 4:30p
22975 24th Ave S

DES MOINES

D57, D58 & D1 OCT 24

Details Soon

**EN ESPANOL
SEATTLE**

D25 Q4

Details Soon

ONLINE ONLY***

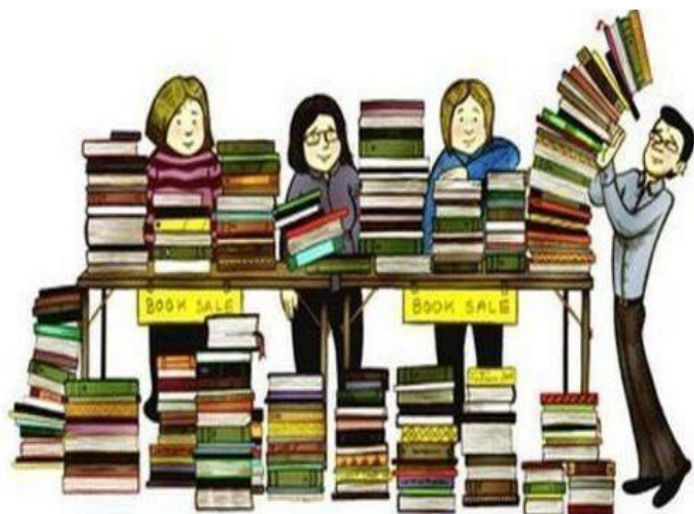
FIND ONE NEAR YOU!

What is CPC?

Find out at this interactive workshop that teaches A.A. members how to cooperate with professionals, protect our Traditions, and help carry the message in practical, accessible ways.

Workshops are in-person only***

Area 72 Archives Repository



3905 Steilacoom Blvd. SW
Lakewood, WA 98499

Contact: Maryland N.,
Area 72 Archivist
253-365-8072
archivist@area72aa.org

Every Month
3rd Sundays
12-2pm

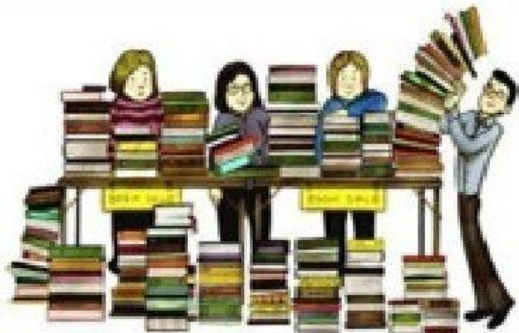


Archives Work Party

**Help preserve
Western
Washington Area
72 History!**



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 Qtrly 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 Qtrly 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 & CapJam Lacey & Founders Day Akron, 6/10-14/26
2026	Jun	6/21/2026	Sun	12-3	Area Check in & ACM Qtrly 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



Western Washington Area 72 July 2026 Business Quarterly



July 10th & 11th 2026
Summit Pacific Wellness Center
610 E Main St, Elma, WA 98541

Suggested Hotels (room block rates not available, so book early)

[Stay Beyond Inn & Suites](#) - 3 min east of quarterly location
800 E. Main St, Elma, WA 98541 | 360-209-2919

[GuestHouse Inn & Suites Montesano](#) - 15 minutes west of quarterly location
100 Brumfield Ave, Montesano, WA 98563 | 360-249-4424

Friday Evening @ Summit Pacific Wellness Center

5:00 pm – 7:00 pm – Dinner on your own (limited restaurants in Elma, we recommend buying or bringing your own dinner)
7:00 pm – 9:00 pm – PNC sharing session & Stump the Area Trusted Servant
9:00 pm – Ice Cream Social

Saturday @ Summit Pacific Wellness Center

7:30 – 8:30am – Doors Open for Fellowship
8:30am – Noon – Business Meeting
Noon – 1:00pm – Lunch
1:00pm – Business Resumes

Area 72 July 2026 Business Meeting Registration Form

Please complete and postmark by 6/3/2026 (if mailing)

Quarterly Business Meetings are meant to be self-supporting. Excess funds are forwarded to Western Washington Area 72.

Please check all items you want to include and make your check payable to: D21 & D58

- ☐ Registration Cost (In-Person) \$22.00*
- ☐ Registration Cost (Virtual) \$16.00*
- ☐ Registration Cost (Both) \$22.00*

Meal cutoff for mail in registrations is 6/3/2026 (please select)

- ☐ Friday Night Fajitas Buffet Dinner \$18.00
- ☐ Friday Night Ice Cream Social \$ 8.00
- ☐ Saturday Lunch (Boxed Lunch) \$20.00
 - ☐ Ham (Gluten-Free)
 - ☐ Turkey
 - ☐ Vegetarian

Total amount enclosed:
\$ _____

Please circle your position:

GSR Alt GSR DCM Alt DCM

Past Delegate

Volunteer Member

To register, visit the area website or complete and postmark this registration form by 6/3/2026 to:

D21 & D58, ATTN: Karen M.
P.O. Box 222
Ocean Shores, WA 98569

First Name:

Last Name:

Phone:

Email:

Home Group:

District:

Special Accessibility Requirements? Please contact altchair@area72aa.org

Interpreter request deadline: June 1, 2026 at languagechair@area72aa.org

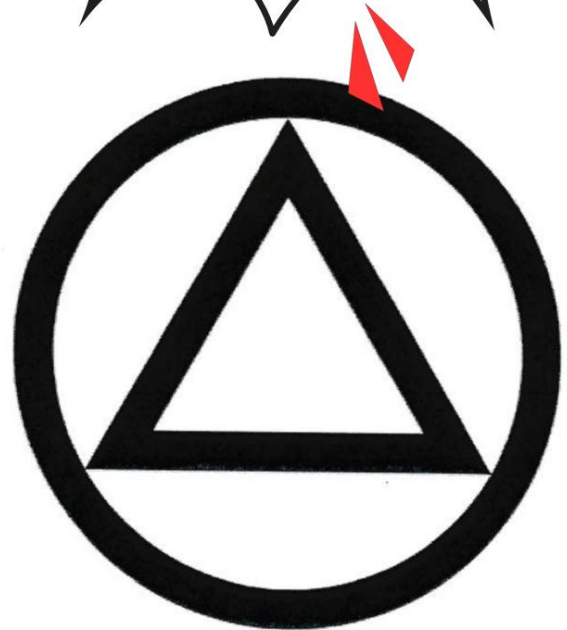
Any questions email jjurin49@hotmail.com

*Registration fee helps compensate for rent and expenses per Motion 90.2 and is a voluntary contribution

SATURDAY NIGHT LIVE **SPEAKER MEETING**



WHERE: HOPE HALL
8305 MEADOWBROOK WAY SE
SNOQUALMIE, WA 98065





ESIG ANNUAL SUMMER PICNIC

\$5

Everyone is welcome to attend this fun event!
Burger/Dog (Vegan avail), Chips and a Drink Included

BRING A SIDE OR DESSERT TO SHARE

(Children 6 and under are free!)

FOOD - LIVE MUSIC - FELLOWSHIP - 50/50 RAFFLE - GAMES

*****NEW THIS YEAR! CORNHOLE TOURNAMENT*****



SUNDAY JULY 12
10AM-2PM

MARYMOOR
VELODROME SHELTER
6046 W LAKE SAMMAMISH
PKWY NE
(PARKING IS \$1 AT MARYMOOR)

Purchase your ticket via QR Code,
via phone or in the ESIG office!

www.eastsideaa.org





AREA 72 Treatment JULY, 2026 QUARTERLY

JULY
18
SATURDAY | 10:00 - 1:00PM
2026

**Greater Seattle Intergroup
5507 6th Ave S
Seattle, WA 98108**

Hybrid

ID: 812 5591 9512 No Password

Info: www.treatment@area72aa.org

We will observe the 7th Tradition

POT LUCK EVENT

DIST.36 CAMPOUT

@ TEANAWAY CAMPGROUND JULY 17TH - 19TH 2026

BRING YOUR FAMILY AND FRIENDS FOR SOME FUN FELLOWSHIP



**SATURDAY JULY 18TH
BBQ / POTLUCK @ 5:00 PM
CAMPFIRE MEETING @ 7:00 PM**

DIRECTIONS

- ↑ Merge onto I-90 E
55.0 mi
- ↘ Take exit 85 for WA-970 N toward Wenatchee
0.2 mi
- ✓ Follow WA 970 and Teanaway Rd to W Fork Teanaway Rd
18 min (14.7 mi)
- ↙ Turn left onto I-90BL/WA-970
0.4 mi
- ↘ Turn right onto WA-970
6.5 mi
- ↙ Turn left onto Teanaway Rd
7.3 mi
- ↙ Turn left onto W Fork Teanaway Rd
0.5 mi

Teanaway Campground
1160 W Fork Teanaway Rd, Cle Elum, WA 98922

FOLLOW THE SIGNS!!



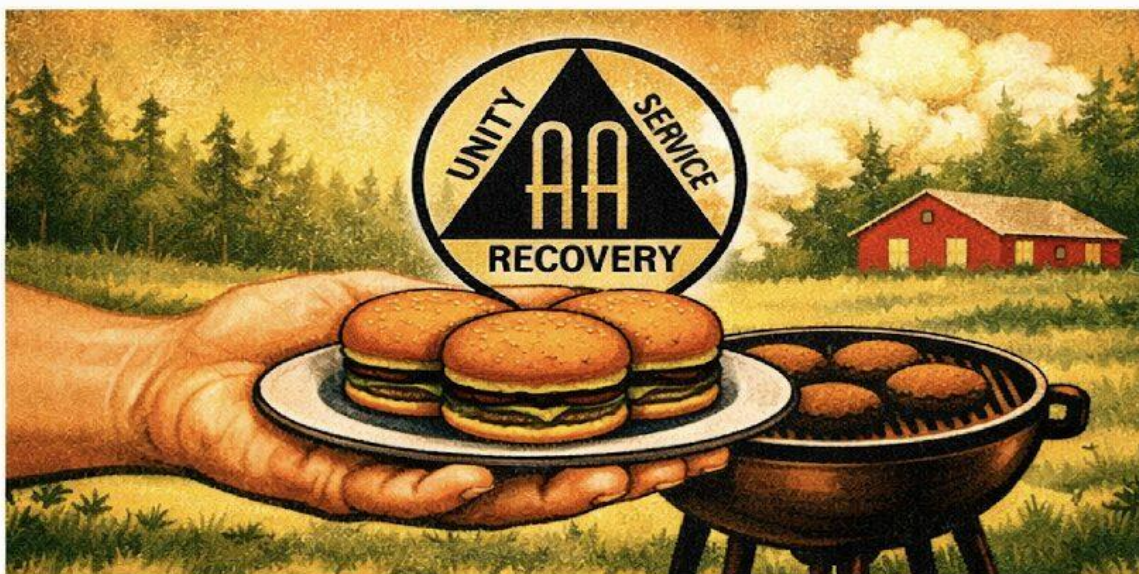
NO RESERVATIONS AVAILABLE. 1ST COME 1ST SERVED
VISIT <http://www.dnr.wa.gov/Teanaway> FOR MORE INFO ON CAMPGROUND
DISCOVERY PASS REQUIRED



Eastside AA

Service Fair & Barbecue

Staying Sober through Service
(Helping Your Group Run AA)



Service 101. Learn about the AA "service structure" (how AA runs), examples from others who serve or have served, and current opportunities on the Eastside.

Hosted by Districts 35 and District 36

This is open to everyone interested in how AA runs, even those not currently interested in a position.

Opportunities are provided for fellowship and one-on-one Q&A

When: Saturday, July 18 • 10 am to 1 pm

Barbecue lunch provided! (Hamburgers, hot dogs, etc.)

Where: Eastside Fire & Rescue, 175 Newport Way NW, Issaquah

- Volunteers needed for setup, parking assistance, coffee, etc.
- Questions & to volunteer: dist36thirdleg@area77aa.org

JOIN US FOR D39'S 2026

SUMMER PICNIC

Burgers, hot dogs, LIVE MUSIC by
Ray's Garage, games and raffles!

SUN 19 JULY

11AM - 2PM

WILLIS TUCKER PARK AMPHITHEATRE
6805 PUGET PARK DRIVE
SNOHOMISH, WA 98296

BRING: SIDE DISH / DESSERT / APPETIZERS
BLANKETS / CHAIRS / NEWCOMERS!





XXX ANNIVERSARY OF LA VINA BY THE PACIFIC REGION
24, 25, & 26 JULY 2026 HOST AREA 72 WESTERN WASHINGTON



La Quinta Inn & Suites Tacoma-Seattle
1425 E. 27th St, Tacoma, WA 98421

Event Location and Host Hotel Info

Room Rate: \$159.00/night + tax (APPROX \$189)

by phone: (253) 383-0146 x 5 (mention "AAX la Vina" for our Group Rate)

or

<http://www.wyndhamhotels.com/hotels/53370?checkInDate=07/24/2026&checkOutDate=07/26/2026&groupCode=072426LAV>



Hotel rooms must be booked by 6/24/2026 to get the group rate

Registration and Banquet purchase, and 7th Tradition Contributions:

<https://donate.homegroup.online/vina>

If registering, please add address to memo. No bank charge using Zelle, Google Pay, Apple Pay, Cash App, PayPal, Venmo. **Please note "vina" in the payment notes section.** A bank service fee is applied when using credit or debit payments.



XXX ANIVERSARIO DE LA VIÑA POR LA REGIÓN DEL PACIFICO
24, 25, & 26 de julio de 2026. AREA ANTITRIONS: 72 OESTE DE WASHINGTON



La Quinta Inn & Suites Tacoma-Seattle
1425 E. Calle 27, Tacoma, WA 98421

Lugar del evento y Información del hotel anfitrión

Precio de la habitación: \$159.00/noche + impuestos (APROX. \$189)

Por teléfono: (253) 383-0146 x 5 (mencione "AAX la Vina" para obtener nuestra tarifa especial)

o

<http://www.wyndhamhotels.com/hotels/53370?checkInDate=07/24/2026&checkOutDate=07/26/2026&groupCode=072426LAV>



Las habitaciones de hotel deben reservarse antes del 24/06/2026
para obtener la tarifa de grupo

Inscripción y compra de banquetes, y contribuciones a la 7.ª Tradición:

<https://donate.homegroup.online/vina>

Si se registra, por favor añada su dirección en la nota. No se aplican cargos bancarios al usar Zelle, Google Pay, Apple Pay, Cash App, PayPal o Venmo. **Por favor, indique "vina" en la sección de notas de pago.** Se aplica una comisión bancaria al usar pagos con tarjeta de crédito o débito.

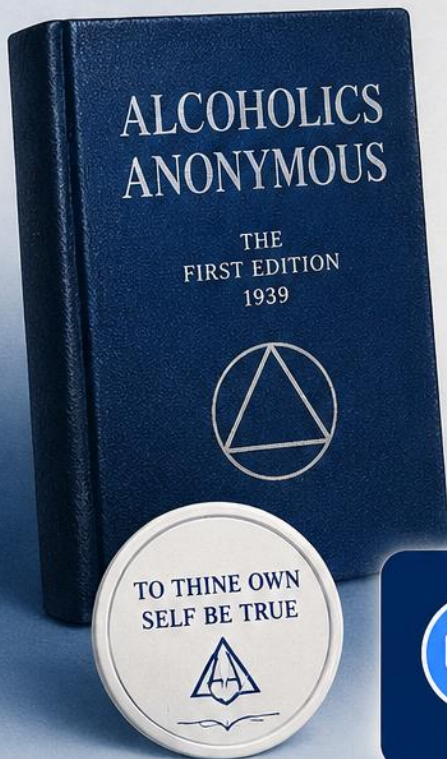


PROGRESS
NOT PERFECTION
Presents...

*"Easy
Does It"*

A.A. History of Florence R.

The *Only* Alcoholic Woman
with Her Story in the First Edition
of the Big Book



Presented by
Mily T.
of San Francisco



SATURDAY, JULY 25TH



10:00 AM EST



JOIN US ON ZOOM

ID: 858 372 0579

PW: 604734

All Are Welcome!



ONE DAY AT A TIME

UNITY | SERVICE | RECOVERY

District 25 / Area 72 Third Legacy Workshop

***“Joy of Service!
Know your
rights”***

When: July 25, 2026

11 a.m. – 1:00 p.m.

Zoom ID: 867 5897 1490

Passcode: 791816

Link:

<https://us06web.zoom.us/j/86758971490?pwd=MA2bphxH3bYloKMMqK2bTqbcsf9VvX.1>

**For more information contact:
Patty Smith D25 3rd legacy Chair
dist25thirdleg@area72aa.org**

Agenda:

Zoom Room opens at 10:45a

Welcome and Declaration of Unity

Topics / Presenters:

1. Right of Decision
Presenter: Frank M. past Area 72 treasurer
2. Right of Participation:
Presenter: Keith M past delegate
3. Right of Appeal:
Presenter: Dave T past delegate
4. Right of Petition:
Presenter: Lupita Area 72 alt. delegate

Each presenter will present for 20 minutes, then welcome questions, comments and thoughts from the participants.

Closing the workshop with the responsibility statement.

¿AREA 72?

¡YP QUARTERLY !

¡Hosted by district 40!



ypchair@area72aa.org

PROGRESO, NO
PERFECCIÓN

LOS MEJORES
DEL RUMBO

— DESDE 1939

AREA72AA.ORG/EVENTS

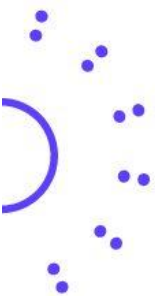


fellowship at 11:30am meeting starts at noon
Greater Seattle Intergroup
5507 6th Ave S Seattle Wa 98108

Hybrid option ID: 893 7643 7994 Password: 583923



Pacific Region Service Nerds



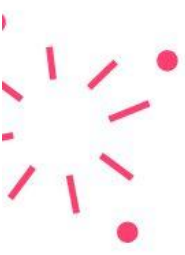
**Every Thursday night on Zoom-
Book Study - Language of the Heart**

**Last Thursday of the month
Service Speaker Guest**

**6/25/26
Jeanie M, Past Delegate
Area 4, Arkansas- Panel 73**



*Zoom: 878 7493 8831
pw: Nerds*



6pmPT 7pmMT 8pmCT 9pmET
email: servicenerds62@gmail.com

AREA 72

TREATMENT ROUNDTABLE

We will work on BTG
We will develop a spreadsheet
Set up a TC appointment

SUNDAY | July | 2026
26

12:00 -1:30pm

Zoom Event MeetingID:
812 5591 9512 No Password

For more information
www.treatment@area72aa.org

★ ★ ★ **THE ALANO CLUB
OF THE EASSIDE** ★ ★ ★

THE NOONERS JULY BBQ



**BURGERS, HOTDOGS, BAKED
BEANS, POTATO SALAD**

BIRTHDAY MEETING, CAKE, COINS

12302 NE 8TH ST BELLEVUE WA 98005

YOU'VE BEEN DRAFTED!

CPC & THE MILITARY



AUG
01

SNOCO

10A-2PM
DOORS OPEN
9:30A

CENTRAL OFFICE

1625 E MARINE VIEW DR
EVERETT WA 98201



833 4771 9488
PW: SERVICE



FOR MORE INFORMATION:
CPC@AREA72AA.ORG



BRING:
FINGER
FOOD
SNACKS



Together 
WE STAY SOBER.

PREASSEMBLY

UNITING IN SERVICE TO CARRY THE MESSAGE

**ONE DAY
AT A TIME**



**SUNDAY
AUGUST 2, 2026**



1:30 – 6:00 PM



**GOOD SHEPHERD
LUTHERAN CHURCH**
140 E. 56th St
Tacoma, WA



**HOSTED BY
DISTRICTS**
9, 29, 43, 44, 45, 54



**PLEASE BRING
A SNACK**
to share! 



UNITY
We are stronger
together.



SERVICE
We give back
what was
freely given.



RECOVERY
Our common
welfare should
come first;
personal recovery
depends upon
AA unity.
— Tradition One

**SERVICE
WORKS**

Be Honest
Be Open
Be Willing
Be Helpful 

**CARRY THE MESSAGE
TO THE STILL SUFFERING**

**EVERY GROUP,
EVERY MEMBER,
EVERY SERVICE ROLE
MATTERS.**

*Thank you for
your service!* 




WE SHOW UP


**WE WORK
TOGETHER**


**WE MAKE A
DIFFERENCE**


**WE CARRY
THE MESSAGE**

TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE.
AA – THERE IS A SOLUTION.

Step Ashore XII

"The Northwest Woodstock Of AA"

AUGUST 6 - 9, 2026

OCEAN SHORES CONVENTION CENTER

120 W. CHANCE A LA MER NW, OCEAN SHORES, WA 98569

2026 SPEAKERS

Georgia H. - Glendale, CA Marty J. - Richmond, B.C.

Yvonne S. - Los Angeles, CA Paul G. - Brecksville, OH

Trenton H. - Glendale, CA Christina G. - Brecksville, OH

Tonya M. - Seargeant Bluff, IA Lee D. - Santa Maria, CA

Jimmy D. - Dallas, TX Will M. - Seargeant Bluff, IA

Brent H. - Los Angeles, CA Sharon P. - Sebastian, KY

All Speakers and schedule of events are subject to change

www.nwwoodstockofaa.org



EASY ONLINE REGISTRATION



2026 Annual
Women in Sobriety Retreat

the 12
rewards
of **SOBRIETY**

AUGUST 7-9, 2026

The Rainbow Lodge | North Bend, WA

Join us to explore the 12 rewards of sobriety
through curated workshops and a weekend of
fellowship, reflection, and growth.

REGISTER ONLINE

womeninsobriety.info

\$310

(includes lodging, meals, & programming)



Questions? Email us @
womeninsobriety@outlook.com

Hosted by Districts

14, 15, 16, 17, 31, 32, 40, 41 & 42

PRE-ASSEMBLY

August 8th 11am-4pm

St Joseph Parish, 732 18th Ave E

Join us to learn about the background information for the motions and discussion topics on the Assembly agenda.

GSRs will have their questions answered so they are ready to carry the information back to their Groups for a discussion and to form a Group Conscience for the October Assembly.

Lunch break with Baked Potato Bar. Potatoes, toppings, and drinks provided by DCMs. Please bring a dessert to share if you can.

Questions? Please reach out to your DCM

dcm14@area72aa.org, dcm15@area72aa.org, dcm16@area72aa.org,
dcm17@area72aa.org dcm31@area72aa.org, dcm32@area72aa.org,
dcm40@area72aa.org, dcm41@area72aa.org, dcm42@area72aa.org



The Alano Club of the Eastside's 53rd annual Summer



**SATURDAY
AUGUST
15TH
1-4PM**

BBQ



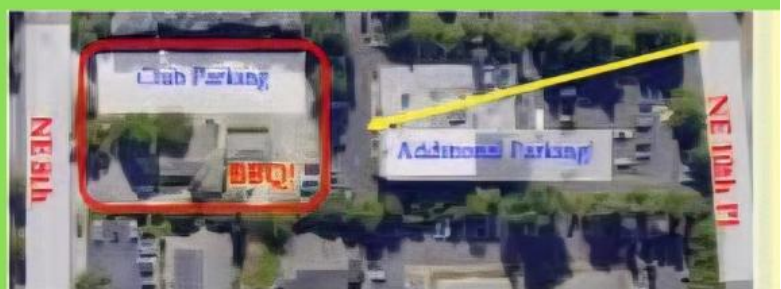
**Potluck by sobriety
month
Jan-April: side dishes
May-Sept: snacks
Oct-Dec: salads**

**Membership Specials
50/50 Raffle
Basket Raffle**

**Live music by Terry
B's band IDLE HANDS**



**12302 NE 8TH ST
BELLEVUE WA 98052
425-455-5700
alanoclubeastside.org**



**St. Andrews
Episcopal Church
510 E Park Ave
Pt Angeles, WA**

Pre- Assembly

Hosted by District 22

GSRs and all interested members, come and join the discussion as our Area Chair reviews motions and topics that will be part of the Area Assembly.

POTLUCK – Bring a dish!

**August 15, 2026
10 AM – 2:00 PM**



**Washington State Conference
of
Young People In Alcoholics Anonymous 9
August 21st through 23rd**

**Best Western Plus
3985 Bennett Dr,
Bellingham, WA 98225**

**Speaker Meetings
Fellowship
Events & activities
Community**



**Come join the thriving
AA community
in Bellingham WA**





Western Washington
Area 72

Archives Quarterly

01 AUG 26

AT 10:00 AM - 02:00 PM

Hybrid Quarterly and Potluck
Hosted by District 18

Main Dish: Chicken Casserole

**Learning Session with
Mily T. Presenting on the History of
Marty Mann**

MEETING ID: 895 8451 3370
PASSCODE: Archives

St. Matthew Lutheran Church
1700 Edmonds Ave NE
Renton Washington 98056

For more information contact
archiveschair@area72aa.org



CELEBRATING THE LIFE OF

Gayle Marie Hobi

With love, we invite family and friends
to celebrate the life of Gayle.

Together, we will honor her memory,
kindness, laughter, and the joy she
brought to so many.



*In memory of Gayle, a rose bush and
commemorative plaque will be placed at the
Alano Club as a lasting tribute to her beautiful spirit.*



SATURDAY,
AUGUST 29, 2026



12:00-2:00 PM



KELSEY CREEK CHURCH
1221 148TH AVE NE
BELLEVUE, WA 98007



On What Slender Threads

4-week Workshop Highlighting A.A.'s 12 Traditions from a Historical Perspective



"On what slender threads do life and fortune hang . . ." is a quote from Alexandre Dumas's *The Count of Monte Cristo*.

I have no idea whether Bill W. read Dumas or not . . .but in Bill's 1954 talk about A.A.'s early beginnings and in the context of early members anticipating a flood of money coming from Rockefeller, Jr., Bill paused and said in his usual humorous way:

"On what slender threads our destiny hangs . . ."

September 8, 2026 – September 29, 2026

Each Tuesday from 1 pm to 2 pm Eastern (New York)

Zoom # 878 8870 1121 Password: Threads0

<https://us02web.zoom.us/j/87888701121?pwd=3QYNOVJyA0p2ljsRVgOnBpaaPYEo0p.1>

September 8
Traditions 1, 2, 3

When 12th Step Work Forms a Group

September 15
Traditions 4, 5, 6

Grow through our mistakes or
Go through them again!

September 22
Traditions 7, 8, 9

The Structure of our Society and
Responsibility

September 29
Traditions 10, 11, 12

Alcoholics Anonymous:
The Character of our Society

Questions? Visit www.onwhatslenderthreads.com

Or email Lyn S. at whatslenderthreads@gmail.com

AA/AL-ANON

Northwest **FELLOWSHIP** ***of the SPIRIT***

SAVE THE DATE!

SEPT 10th-13th

Festhalle Civic Center, Leavenworth, WA

BANQUET, BBQ, DANCING, GAMES and FUN!

SPEAKERS: Kurt Z, CA | Matthew M, CA | Tom B, CO
Damon C, WA | Louise H, WA

*An experience
you must not miss!*

Registration now open!
nwfots.square.site



The 28th
National AA Archives Workshop
September 10th - 13th, 2026

"Archiving our past to safeguard our future."



Tacoma, Washington - Area 72
Washington State History Museum
1911 Pacific Ave, Tacoma, WA 98402

Join us for a weekend of hands-on workshops, archives presentations, and speakers. Visit the Area 72 Repository. Hospitality room with coffee and snacks.

*For local hotel information and to register online
visit **area72aa.org/NAAAW2026***

REGISTRATION



Name: _____
Name on Badge: _____
Email: _____
Address: _____
Phone: _____ Area: _____
Service Position: _____
Special Requests: _____

Registration	\$70	_____
Dessert (Fri)	\$20	_____
Banquet (Sat)	\$65	_____
Repository Visit & Museum (Thur)	\$28	_____
Total Enclosed		_____

Please make checks out to "NAAAW 2026" at PO Box 8105, Tacoma, WA 98198

For more information contact Michaela N.
naaaw2026chair@gmail.com

*This event will be interpreted for Keynote speakers on Thursday, Friday,
and Saturday nights.*



National AA



Technology Workshop

Join us at the workshop in the San Francisco
Bay Area or online!

September 11-13, 2026

CIRCUITS OF SERVICE: HOW TECHNOLOGY HELPS CARRY THE MESSAGE

Service entities can sponsor a registration for trusted
servants and tech helpers whose experience can
benefit the Fellowship

The NAATW Workshop is for
EVERYONE in A.A.

Our first-ever bilingual hybrid event will be
accessible both in-person, in the San
Francisco Bay Area in Concord, California,
and online via Zoom. Simultaneous
interpretation provided in Spanish & English.



[Workshop Registration](#)

INFO@NAATW.ORG



[Hotel Registration](#)

CO-HOSTED BY
AREA 06 TECH COMMITTEE
AND SF/MARIN INTERGROUP





PUGET SOUND CSO ANNUAL AWARENESS DINNER

**Tickets
\$25**

Saturday September 19th
University Place Presbyterian Church

**Ticket Price Includes Event, Dinner
and One Entry for Door Prize Drawing!**

**DINNER BUFFET - DESSERT SILENT AUCTION
SPEAKERS - 50/50 RAFFLE - DOOR PRIZE**

Dinner Buffet



Gift Basket Raffle



Dessert Auction



Door Prize!



Tickets on Sale at the Puget Sound CSO

3640 South Cedar Street Ste S, Tacoma, WA 98409

And From Our Members in the Community

For more info or to volunteer for the event contact
Randy M (253) 278-9842 or Jeffrey R (253) 754-7617

When

Saturday September 19th
Doors open at 5:00 PM
Dinner at 6:00 PM
Speakers at 7:00 PM

Where

University Place
Presbyterian Church
8101 27th St. W.
University Place, WA





2026 Area 72 Assembly

October 2-4, 2026

Little Creek Casino Resort, 91 Washington Hwy 108, Shelton WA 98584

THE ANNUAL BUSINESS MEETING FOR WWA72

This is a Hybrid Event

Hosted by District 8

<https://area72aa.org/2026-area-assembly>

MAIL-IN REGISTRATION MUST BE POSTMARKED BY 9/15/2026

(No meal refunds after September 15, 2026)

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 9/1/2026:

Registration

Select One:

- ☐ In-Person \$50
- ☐ Online (Email address is required) \$33
- ☐ Both (Email address is required) \$50

*Registration pays for rent and expenses; however, per Motion #0.2, payment of the registration fee is voluntary.

MEALS

Friday Dessert Social \$18

Saturday Boxed Lunch \$43

Select One:

- ☐ Ham/Swiss
- ☐ Turkey/Provolone
- ☐ Roast Beef/Cheddar
- ☐ Veggie Wrap (Vegan, Gluten Free)

Saturday Dinner \$53

Select One:

- ☐ Thinsliced Roasted Vegetable Lasagna (Vegan, Gluten Free)
- ☐ Penne Pasta Bolognese (Dairy Free)
- ☐ Baked Chicken (Gluten Free) (Dairy Free)

Sunday Breakfast Buffet \$33

Select One:

- ☐ Puget Sound Sunrise Breakfast
- ☐ Puget Sound Vegan breakfast

TOTAL ENCLOSED: \$ _____

Total for *In-Person* or *Both* registration
and all meals is: **\$197**

Coffee will be available, onsite, for purchase.

Make check payable to: 2026 Area Assembly

Must be postmarked by Sep 15th

Register online starting April 12th, 2026 at:

<https://area72aa.org/2026-area-assembly> or mail this
completed page to:

2026 Area Assembly, c/o District 8

344 Cleveland Ave Se Suite K, Tumwater WA 98501



RECOVERY | UNITY | SERVICE

2026 ASSEMBLY

VOLUNTEERS WANTED

We need shifts filled Friday, Saturday and Sunday



GREETERS
WELCOME



REGISTRATION
CHECK IN



TECH / ZOOM
CONNECT



TIMERS
KEEP PACE



SOBRIETY COUNTERS
CELEBRATE



PARKING
DIRECT



FOOD MONITORS
SUPPORT

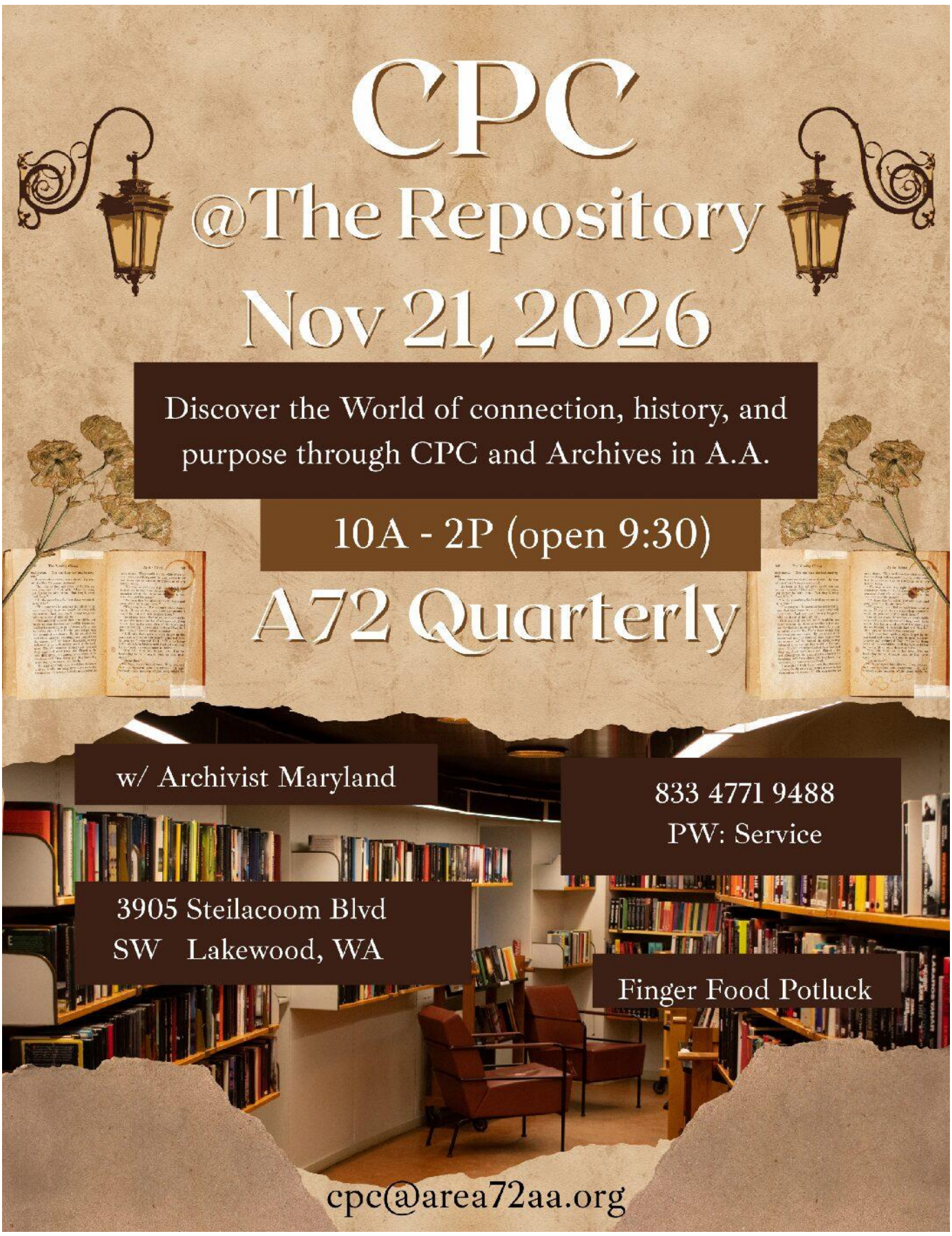


GENERAL
HELP OUT

**SHIFTS FROM 3 HOURS
TO AS LONG AS YOU WOULD LIKE**

OCTOBER 2-4, 2026 | LITTLE CREEK CASINO

Questions? Contact Jason G 360-480-1777.



CPC

@The Repository

Nov 21, 2026

Discover the World of connection, history, and purpose through CPC and Archives in A.A.

10A - 2P (open 9:30)

A72 Quarterly

w/ Archivist Maryland

833 4771 9488

PW: Service

3905 Steilacoom Blvd
SW Lakewood, WA

Finger Food Potluck

cpc@area72aa.org



PRAASA 2027

Pacific Region Alcoholics Anonymous Service Assembly

Friday, March 5th – Sunday, March 7th, 2027

The Westin Seattle

1900 5th Avenue
Seattle, WA 98101

Room Rate: \$189 per night *(plus tax)*

Estimated Registration Cost:

In Person: \$75 Online: \$25

Hybrid Event!

Come in person or online

Friday: Dinner

Saturday: Lunch, Banquet Dinner,
Ice Cream Social

Grab & Go options available



Arriving via plane? SEA (Seattle-Tacoma International Airport)

Take the Link Light Rail all the way to the venue!

Contact: praasa2027@area72aa.org

Hosted in Western Washington Area 72



ESIG 2026 Group Contributions

Group	Jan 26	Feb 26	Mar 26	Apr 26	May 26	Jun 26	TOTAL
Anchor Group	\$150.00		\$150.00		\$150.00		\$450.00
Anonymous	\$107.74	\$413.74	\$97.64	\$137.34	\$15.73	\$233.74	\$1,005.93
Any Lengths Group		\$125.00					\$125.00
Bel East Lunch Group	\$284.00						\$284.00
Bellevue New Group				\$400.00	\$200.00		\$600.00
Benevity Fund Donation			\$900.00				\$900.00
Better Odds Sober				\$250.00		\$400.00	\$650.00
Big Book Step Study	\$100.00			\$78.00			\$178.00
Bills Kitchen							\$0.00
Birthday Club	\$60.00						\$60.00
Bring Your Own Lunch				\$180.00			
Came To Believe (Carnation)				\$94.02			\$94.02
Cottage Lake Online					\$10.00	\$10.00	
District 38					\$500.00		
District 39				\$750.00			\$750.00
Duvall Big Book Study	\$130.00						\$130.00
Duvall Candlelight				\$60.00			\$60.00
Eastside Beginners		\$342.25		\$332.71			\$674.96
Eastside Men's Group	\$273.00					\$271.00	\$544.00
Eastside Stag					\$210.00		\$210.00
Eastside Women				\$176.00			\$176.00
Essentials	\$20.00	\$20.00	\$20.00		\$20.00	\$20.00	\$100.00
Fourth Dimension						\$318.00	
Fresh Start			\$200.00	\$150.00	\$150.00	\$200.00	\$700.00
Friday Night Firehouse	\$256.74			\$198.85			\$455.59
Friday Night Live and Let Live			\$150.00				\$150.00
Frontstream	\$2,380.00						\$2,380.00
Higher Powered at Gold Creek	\$265.20	\$195.90	\$225.25	\$74.58	\$126.84	\$189.78	\$1,077.55
Issaquah Group						\$20.00	
Keep it Simple						\$5.00	\$5.00
Kenmore Big Book		\$259.19			\$342.51		\$601.70
Ladies Step Study				\$86.04			\$86.04
Living Sober		\$157.00		\$501.00			\$658.00
Living Sober Online	\$92.76	\$146.41	\$111.01	\$140.19	\$92.44	\$111.19	\$694.00
Maximum Service	\$197.40						\$197.40
Millenium				\$604.67			
Moss Bay		\$650.00					\$650.00

ESIG 2026 Group Contributions

Nameless Bunch Of Drunks	\$1,004.00	\$1,000.00	\$1,002.00	\$1,000.00	\$800.00	\$800.00	\$5,606.00
Nameless Bunch of Drunks International	\$130.00	\$30.00	\$180.00	\$120.00			\$640.00
Nooners			\$500.00				\$500.00
No Perfect People Allowed	\$105.00						\$105.00
Pacific Northwesat Fellowship		\$10.00			\$125.40		\$135.40
Pine Lake Stag	\$300.00						\$300.00
Practicing The Principles				\$598.00			\$598.00
Reflections			\$80.00			\$96.00	
Regla 62 Grupo	\$40.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$265.00
Sammamish Big Book Study				\$184.00			\$184.00
Sammamish Plateau Women's Step Study		\$200.00					\$200.00
Saturday Night Live						\$110.50	
Serenity Break	\$1,200.00	\$1,200.00	\$1,200.00	\$1,200.00	\$1,200.00	\$1,200.00	\$7,200.00
Serenity Break Online	\$632.05	\$15.00			\$250.00		\$897.05
Serenity on Sunday					\$772.00		\$772.00
Seven & Sober	\$1,000.00	\$550.00	\$618.17	\$1,000.00	\$900.00	\$800.00	\$4,868.17
Sisters of the Forest		\$50.00		\$25.00	\$10.00	\$5.00	\$90.00
Sno-Valley Women in Recovery	\$63.00						\$63.00
Snoqualmie Friday Night						\$428.84	
Snoqualmie Stag					\$221.00		\$221.00
Sober At Cottage Lake			\$20.00				\$20.00
Sober Rebels						\$93.00	\$93.00
Sober Seniors		\$50.00					\$50.00
Steppin Up				\$50.00			\$50.00
Steps to Freedom					\$100.00		\$100.00
Stillwater Serenity				\$90.00			\$90.00
The Fourth Dimension Group	\$286.67						\$286.67
Tiger Mountain OSAT		\$314.00					\$314.00
Tuesday Issaquah Big Book Study	\$250.00						\$250.00
Tuesday Night Solutions			\$99.00				
Up The Creek	\$50.00						\$50.00
Wicked Sobah				\$300.00			
Women In Recovery				\$100.00			\$100.00
Women of Worth				\$100.00		\$30.00	
Women's Big Book Study						\$219.15	\$219.15
Women's Saturday Steps	\$353.86			\$145.40			\$499.26
Women's Sunlight of the Spirit						\$50.00	
Woodinville Wed. Fellowship	\$144.25			\$160.00			\$447.74
	\$9,875.67	\$5,773.49	\$5,598.07	\$9,330.80	\$6,240.92	\$5,656.20	\$39,861.63



Here is a quick breakdown of what's happening at Eastside Intergroup:

Summer Picnic: This Sunday!

Our annual picnic is just a few days away on Sunday, July 12th at Marymoor Park.

- **Tickets:** It is definitely not too late to get your tickets! Grab yours via QR code, over the phone, at the office, or just show up at the event and purchase your ticket at the door.
- **Music:** Terry's band, Idle Hands, is back to play for us again this year.
- **Food & Fun:** We'll have great food and tons of lawn games for all ages (volleyball, badminton, cornhole, giant tug-of-war, & "axe" throwing, basketball toss, dominoes, giant tic-tac-toe, bubbles and more).
- Bring your family, bring a friend, and let's enjoy the beautiful weather on Sunday!

Service Openings & Events

- I put together a new quick-reference flyer that shows open service positions at ESIG and our 5 surrounding districts. There is also a brief description of what each position is about. I'm hoping we can work together to spread the word and help each other fill needed positions.
- There are two great upcoming service events to help folks learn more, and that I hope everyone can attend:
 - District 35/36 Service Fair and BBQ: Next Saturday, July 18th
 - District 38 Event: Just added to the website, coming up on September 18th.
- **Flyers:** Grab copies of both flyers tonight, or download them on our website.

Financial Snapshot

Let's start with the tougher news: June sales were down from last year by about 23% (this number fluctuates greatly month to month), and our year-to-date revenue and profit are down 16% compared to last year. June contributions came in at \$5,656.20 (down 15% from last June), Overall, YTD contributions are down 11%, which is similar to what many groups are experiencing. But I want to send out a huge thank you to the 70 groups who have already supported ESIG this year! It's amazing to see so many groups helping to support ESIG!

It's not all hard news! The Good News:

- June expenses were down 15%.
- Year-to-date spending is down 5% (about \$3,200) - mostly due to lower accounting and payroll costs.
- We are actively keeping an eye on costs and will continue to decrease costs where we can. We will continue to treat your group's contribution dollars with the utmost care.

Pink Can Fund:

- Brought in: \$217 this month.
- Sent out: \$308 for Monroe Prisons.
- Current Balance: \$2,577 left in the fund.

Respectfully Submitted by

Ali v. & Doug

ESIG Special Workers

Office Information

Address: 13401 NE Bel-Red Rd.,
Suite B6 Bellevue, WA, 98005

Phone: 425-454-9192 24-Hours a
Day

Email: esig@eastsideaa.org

Website: eastsideaa.org

Office Hours:

Mon - Fri: 9:30AM-5:00PM **Office**

Manager: Doug H.

Email: doug_h@eastsideaa.org

Intergroup Representative Meeting

First Thursday of each month 7:30
pm-8:30 pm via Zoom

<https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09>

All members welcome!

Newsletter Contributors

Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us! Contact our editor and publisher – Emily G

newsletter@eastsideaa.org

Contribute to Eastside Intergroup



Scan the QR code to contribute



Pink Can Donations

Eastside Beginners, Eastside Women,
Juanita Triangle, Kenmore Friday Night-
ers, Kirkland Sobriety Headquarters,
Ladies Step Study, Moss Bay, Seven &
Sober, Women's Saturday Steps

\$1329.98



Eastside Intergroup, Districts, General Service Office & Area 72 Information

Eastside Intergroup

13401 NE Bel Red Rd. #B6
Bellevue, WA, 98005

Western Washington Area 72

1901 Cornwall Ave #745
Bellingham, WA, 98225

General Service Office (GSO)

P.O. Box 459
Grand Central Station
New York, NY, 10163

District 34

Bellevue, Redmond,
East Lake Sammamish, & Mercer
Island
PO Box 50081
Bellevue, WA, 98015

District 35

Issaquah
P.O. Box 442
Issaquah, WA, 98027

District 36

Snoqualmie Valley, Duvall, North
Bend
P.O. Box 1963
North Bend, WA, 98045

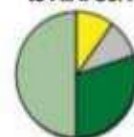
District 38

Kirkland
P.O. Box 322
Kirkland, WA, 98083

District 39

Bothell, Kenmore, Woodinville
P.O. Box 1695
Bothell, WA, 98041-1695

Sample of Group Contributions to A.A. Service Entities



10% to District
10% to Area 72
30% to G.S.O
50% to Intergroup