

DISTRICT 24 NEWSLETTER

February 2026!!!

www.district24.org



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| CONCEPT II | |
|---|---|
| “The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.” | |
| <p style="text-align: center;">RESPONSIBILITY DECLARATION</p> <p>I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.</p> | <p style="text-align: center;">DECLARATION of UNITY</p> <p>This we owe to A.A.’s future: to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.</p> |
| District 24 PO Box 439 Lynnwood, WA 98046 | Greater Seattle Intergroup 5507 6 th Ave S. Seattle, WA 98108 |
| Western WA Area 72 Treasurer 1901 Cornwall Ave #745 Bellingham, WA 98225 | General Service Office PO Box 2407 James A Farley Station New York, NY 10116-2407 |

| District Committee Chairs and Contacts | | |
|--|-------------------|----------------------------------|
| ACCESSIBILITY CHAIR | Rita N. / Open | Dist24accessibility@area72aa.org |
| ARCHIVES CHAIR | Kim E. / Heidi P. | Dist24archives@area72aa.org |
| CORRECTIONS CHAIR | Jason M. /Open | Dist24corrections@area72aa.org |
| CPC CHAIR | Kevin H. / Angela | Dist24cpc@area72aa.org |
| DETOX CHAIR | Eric H. / Dan K. | Dist.24.detoxchair@gmail.com |
| EVENT COORDINATOR | Rachel O. / Open | Dist.24events@yahoo.com |
| GRAPEVINE/LIT. CHAIR | Pat B./ Open | Dist24gvlit@area72aa.org |
| GSIG CHAIR | Bobby T. / Open | Dist.24gsigrep@gmail.com |
| NEWSLETTER CHAIR | Sam P. / Open | Dist.24.newsletter@gmail.com |
| PUBLIC INFO CHAIR | Brad G./ Barb T. | Dist24pi@area72aa.org |
| RECORDING SECRETARY | Guy H. / Open | Dist24secretary@area72aa.org |
| REGISTRAR | Liz C. / Open | Dist24registrar@area72aa.org |
| SCHEDULE COMMITTEE | Desi H. / John M. | D24schedules@gmail.com |
| THIRD LEGACY CHAIR | Terry R. | Dist24thirdleg@area72aa.org |
| TREATMENT CHAIR | Cheryl M. / Open | Dist24treatment@area72aa.org |
| TREASURER | Glen C. | Dist24treasurer@area72aa.org |
| ALT TREASURER | Greg S. | dist24alttreasurer@area72aa.org |
| WEB SERVANT CHAIR | Bob | Dist24web@area72aa.org |
| YOUNG PEOPLE'S CHAIR | John B | Dist24yp@area72aa.org |
| ZOOM COORDINATOR | Open/Doug | Dist.24.zoomhost@gmail.com |
| ALT ZOOM COORDINATOR | Open | Dist.24.altzoomhost@gmail.com |
| DCM | Lisa J. | Dcm24@area72aa.org |
| ALT. DCM | Jan H. | Altdcm24@area72aa.org |

Please email Dist.24.newsletter@gmail.com for corrections to District Committee contact names or email.

Join us for our **Third Legacy presentation potluck**, the
1st Wednesday of every month at 6PM.

We will be discussing the Concepts as well as reading and discussing the
AA Service Manual. Bring your favorite dish to share, ***and then...***

Join us for our District 24 business meeting, the **1st Wednesday of every month.**

LOCATION!

**St. Hilda's Episcopal Church
15224 52nd Ave W
Edmonds, WA 98026**

...and on Zoom

Meeting ID: 827 3971 4442 / Password: 441729

This month's Area 72 quarterlies and events go to

<https://area72aa.org/events>

Also: See pages 5-6

AA Meetings – Hybrid, Zoom and In-Person

<https://area72aa.org/meetings>

Don't Forget to Check Out our New "District 24 Website"

<https://district24.org>

District 24 Business Meeting Agenda for February 4th, 2026

District 24 Business Meeting Agenda

February 4th, at 7:00 PM

ZOOM MEETING

<https://us02web.zoom.us/j/82739714442pwd=aDk0eENIMlpSVERwUWdHeIRPNjVJUT09>

Meeting ID: 827 3971 4442 / Password: 441729

Open with the Serenity Prayer:

God, grant me the serenity, to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

Responsibility Declaration:

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Reading of short form Concept 2:

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Housekeeping: Smoking/Vaping – 25ft from the entrances, cleaning up our mess, general respect for the church.
PLEASE

Birthdays: February

Presentation:

Anthony G., Area 72 sound chair, will join via Zoom to go over Discussion Topic #2.

The Tech Steering Committee recommends that the appointed position of Sound Chair for each rotation be by recommendation of the Tech Steering Committee before selection by the Electeds and approval by the Area Committee.

GSR Check In/Reports: (by table to the mic)

Reports:

Secretary – Guy H – *motion to approve Meeting Minutes – December 25 Please send quarterly reports and flyers to the Secretary!

Treasurer – Glen C - *motion to approve Treasurer's report

Alt Treasurer – Greg S

Accessibility – Rita N – January Quarterly

Alt Accessibility – **Open**

Archives – Kimberly E

Alt Archives – Heidi P

Corrections – Jason M

CPC – Kevin H

Alt CPC – Angela J

Detox – Eric H

Alt Detox – Dan K

Event Coordinator – Rachel O

Grapevine/Lit – Pat B

District 24 Business Meeting Agenda for February 4th, 2026, Continued

Greater Seattle Intergroup Rep – Bobby T

Newsletter – Sam P

Alt Newsletter - **Open**

PI – Brad G

Alt PI – Tonya R

Registrar – Liz C – If you're new in your position, please come talk with me so we can get you registered with Area 72

Schedules – Desi H

Third Legacy – Terry R

Treatment – Cheryl M - January Quarterly

Alt Treatment – Open

Web Chair – Bob M – January Quarterly

Young People's Chair – John B – January Quarterly

Alt YP Chair - Seinji

Zoom Coordinator – David Z

-Anything else to share?

Alternate DCM – Jan H – Safety Workshop update.

DCM – Lisa J – Pre-Conference, Q&As

Old Business: Motion made to hold out 1-month expenses at the end of the year and distribute remaining available funds.

New Business:

5 Takeaways :

Contact dcm24@area72aa.org if you want to add new agenda items to this list

Unity Declaration:

This we owe to A.A.'s future: to place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

District 24 Business Meeting Mintes January 7rd, 2026

District 25 Business Meeting Minutes

January 7th, 2026 – 7pm

Present: Angela J., Bob M., Bobby T., Chris B., Christine O., Dave O., Devon H., DJ R., Finn S., Frank W., Glen C., Greg S., Guy H., Heidi P., James L., Jan H., Jim R., Joey G., John B., John M., Joyce B., Justin D., Lisa J., Rachel O., Rachel T., Ryan P., Samuel P., Suzanne W., Tracy M., Trevor J., Debbie S.

Online: Rita N., Sarah M

CTO 7pm

Open with the Serenity Prayer:

God, grant me the serenity, to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.

Responsibility Declaration:

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Reading of short form Concept 1: The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Housekeeping: Smoking/Vaping – 25ft from the entrances, cleaning up our mess, general respect for the church. PLEASE ☹☹

Birthdays: January Frank 7yrs, Finn 24yrs,

Presentation: 3rd Legacy-Roberts rules of order-Area 72 style

Nominations:

Bob nominated Tanya for Alt-PI **Second DJ unanimously approved**

Jason nominated DJ for Alt Corrections **2nd Jan Unanimously approved**

GSR Check In/Reports: (by table to the mic)

Bob O-TUG-Had a Christmas party- it was well attended

Devon-Edmonds Group-Tuesday's 5:30pm, they had a very successful Christmas party.

Nelson-GSH- new GSR

Chuck-AMAA-New GSR Tracy

Jim-Alt GSR for Ed Lynn Fellowship- 32 meetings a week

Dave N-Action is The Key-Meets Tuesday nights

Rachelle-WOTS-7pm @ St. Tims- Alt Sue

Jason MLT Wed-New Alt GSR Darcee

Brian-On Awakening- No report

Bob M.-OPPN-Great attendance

DJ-WANS-Potluck first Sunday of the month at 530pm

Rachelle O-New Alt-GSR for WOTSRachelle T-Sisters-They are hybrid and will be having a speakers mtg on Jan 31 st , with a great speaker.

Chris-Real Knuckleheads- No report

Joyce-Freedom Group- No report

Sarah M-a New Experience-Maplewood -Women's only-new rotation

Reports:

Secretary – Guy H – *Motion to approve December 2025 Meeting Minutes first-Justin 2nd Greg Unanimously approved

Please send quarterly reports and flyers to the Secretary!

Treasurer – Glen C - *Motion to approve December 2025 Treasurer's report 1stJustin, 2nd Frank approved See report in January Newsletter -We have paid for the 2026 PRAASA from 2025 funds, D24 2026 picnic is paid for from 2025 budget-we showed a net loss for 2025 of \$1213.00 -Tracy asked if we are going to set a precedent for per diem, food etc - The covered expenses are listed in our D244 handbook, we just need to add the vote to send our DCM/Alt into the D24 Handbook

Alt Treasurer – Greg S

Accessibility – Rita N

Alt Accessibility –

Archives – Kimberly E

Alt Archives – Heidi P

Corrections – Jason M

CPC – Kevin H –

Alt CPC – Angela J

Detox – Eric H-

Alt Detox – Dan K

Event Coordinator – Rachelle - We are not going to have a Valentines dance- Gratitude banquet planning meeting this Saturday at 1pm, at the LAC-Banquet Mar 28th

District 24 Business Meeting Minutes January 7th 2026 Continued

Grapevine/Lit – Pat B- Went to the quarterly, he helped Jack J at the assembly, GSO is updating pamphlets as needed, 5th edition BB will be out late 2026. Challenge for 10% of all groups in US and Canada to get subscription and the GV will be solvent and can start giving money to repay the prudent reserve

Greater Seattle Intergroup Rep-Bobby T- They meet from 7-830- they had 45 people live 12 online. See report for more details-85th anniversary of AA in WA-New Accessibility Chair-Event committee first Tuesday, really needs motivated people to help with GSIG events

Newsletter – Sam P-

Alt Newsletter - Trevor

PI – Brad G –

Alt PI – Tonya R-

Registrar – Liz C – To all new GSR's/alts, get your info to her via her District email

Schedules – John - If you have any changes let John and Desi know, the next printing is in April. We had a tote of schedules walk off out of the closet here at the church

Third Legacy – Terry R - Will do a segment on resources for new GSR's

Treatment – Cheryl M

Alt Treatment – Open

Web Chair – Bob M

Young People's Chair – John M

Alt YP Chair - Seinji

Zoom Coordinator – David - All good!

Alternate DCM – Jan H – the safety workshop will be in March sometime, the area accessibility will be meeting with Jan to discuss the presentation, it will most likely be Hybrid. She did not attend the quarterly, due to being sick. She did attend via Zoom, and she was able to get a refund for the hotel room. She approaches people at meetings and asks them if they would be interested in doing District service. Look for others that you feel may be good at this.

DCM – Lisa J – D24 ROCKS! - She attended the quarterly and shared how she disseminates the vast amounts of information that we share as trusted servants. Glen brought the contribution envelopes. There are a lot of flyers available. She has a calendar of events for the coming year, about what is going on in Area 72 service.

Pre-Conference Information

☑ Discussion topics 1 and 4, you will have the info to discuss, but AA's charter states that AA in the US and Canada, does not allow for international meetings to be a part of our service structure.

o Third legacy chair discussion-Lupita will come here in the next couple of months to discuss this

☑ Discussion topic 4 Sound chair-Anthony will be here next month

☑ Discussion topic 5 PAI deadline proposal

☑ Courtney gave her Delegates report, Lisa has highlighted some key points and explained the process for the items to be brought to the GSC. She stressed the importance of getting involved and really looking at what the fellowship is asking for. Courtney is on the GV committee, and the international forms committee.

☑ We are at a turning point with grapevine, it has not been self-supporting since 2017, it has had a deficit of 2.8 million, which the GSB has had to cover. You can go to the grapevine website; you can give a gift of the Grapevine. There are 2 different ways to give.

☑ There will be price increase on all literature, \$3 on books, 15% on all other literature(pamphlets)

☑ If you are a district chair, and can't attend your area quarterly meeting, let Lisa or Jan know so they can attend in your stead.

Old Business:

Do we want to set a date for the Finance Committee to meet? The committee met and has a budget to present for 2026 for the bodies approval. Pat asked how to figure your mileage-rate is .725 - for travel over 25 miles from your home. There are guidelines in the D24 handbook that outlines what expenses you will be re-imbursed for. You do not have to spend the money, if you need more, come before the body and ask for approval. Liz makes a motion to approve, Joyce 2nd-motion passed.

-We need to decide how much of our prudent reserve we need to keep. We have ~ 3k over our prudent reserve, Area only keeps 3 months of expenses and sends the rest to GSO. Rachele wants to send more than 40% to intergroup due to Area being able to send out 8k to GSB. Liz wants to have greater clarification of the proposed splits, and wondered why we are proposing to keep one month more than our prudent reserve. Glen made a motion to send 30% \$777 WWA72, 30% \$777 GSB, 40% \$1036 GSIG Bob made a motion to hold 1 month of expenses over our PR to cover monthly expenses. **2nd Devon approved.** See January newsletter for details Lisa will send out an email tomorrow to the membership for any that want to attend.

-Tracy went to the Sno-King jail to carry the message. She had to fill out a 12-page form- requirements: Sobriety req's, 3yrs, 5yrs no felonies. She is looking for more guidance.

-Lisa and Jan will be attending the January quarterly and will be discussing the geo fence

New Business: None


Contact dcm24@area72aa.org if you want to add new agenda items to this list

Unity Declaration: This we owe to A.A.'s future: to place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

Quarterly Reports

John B. YP Chair- Quarterly Report

Young people had our quarterly. CPC area chairperson came and spoke on ways CPC and Young people's committees can work together. 6 CPC presentations in the future. See Washington newsletter. AA newsletter from GSO to professionals that deal with young people can be sent out monthly to professionals from GSO. There were 3 young people videos from people in Washington state that were approved from GSO. They can be viewed on the AA meeting app. Under news. Go to the 3rd Young people video that says teenage video, and it is our very own Desi. The

schedules chairperson. Congratulations . I'd like to find someone who has a connection with the Washington State school superintendent and ask that the young people's videos be shared in all junior high schools and high schools in the state. Maybe in health class. If anyone has a connection, please let me know. Thanks. The young people's meeting that meets at St. Hildas Church Tuesday night from 7pm-8pm needs support. We recently had a man who got sober at age 13 and has been sober 40 years coming to the meeting.

There was information about how to write a story for our AA literature at the quarterly. Check GSO website. There is a virtual panel. There will be a young person conference in Bellingham the last weekend of August. WSAAYPC. At the 85th celebration of AA in Washington state, there will be a couple of young people speaking. There was a discussion of YP having their own newsletter online and a young people calendar of events online.

Thanks

John B. Young people chair.

Rita N January 17th Accessibility Report

Hello District 24,

The first January 2026 quarterly by Area 72 Accessibility Committee was on zoom only from 10am-2pm Saturday, January 17. Several accessibility chairs were present and the area chair, Bud, led the meeting. Committee Accessibility members checked in and shared what they are doing in their districts.

Highlights include:

- D24 is hosting a workshop on Safety in AA. The first planning meeting occurred on January 10 with Alt DCM, Jan, D56 accessibility chair Holly, and I, Rita, D24 Accessibility chair. The second planning meeting is on January 24 at 12:30pm. Some other chairs from the area were interested in attending.
- I shared information about our district website and links to deaf and hard of hearing. I also shared about asking the GSRs to go over home group accessibility guidelines and the updating of the meeting guide.

My goal for the rest of this year is to provide GSRs an Accessibility Questions form to complete at your next home group meeting. And to make any necessary updates to the meeting schedule. I would be happy to help you with your home group for any of this process. Please contact me at my district email dist24accessibility@area72aa.org, or call 206-465-5242.

Thank you,

Rita N

D24 Accessibility Chair

Dist24accessibility@area72aa.org

Treasurer's Report (Bank Statement)

| Checking | | Savings | |
|--------------------|----------|--------------------|---------------------|
| Beginning Balance | 3,233.70 | Beginning Balance | 3,413.87 |
| Deposits/Credits | 2,594.29 | Deposits/Credits | 1.30 |
| Withdrawals/Debits | (734.57) | Withdrawals/Debits | (415.17) |
| Ending Balance | 5,093.42 | Ending Balance | 3,000.00 |
| | | | Total Assets |
| | | | 8,093.42 |

CHECKING DEPOSITS / CREDITS

| Received From | Group ID | Deposit Date | Amount | Check/MO # | Comments |
|--------------------------------------|----------|--------------|-----------------|--------------|----------------------|
| Dividend/Interest | | 12/26/2025 | 0.17 | | |
| We Are Not Saints | 684145 | 1/8/2026 | \$51.70 | 105 | |
| Mill Creek Discussion | 630769 | 1/8/2026 | \$125.00 | 22-110885897 | |
| MLT Wednesday | 27732 | 1/8/2026 | \$7.19 | 5035 | |
| New Beginning | 91600 | 1/8/2026 | \$41.60 | 2015 | |
| Way of Life | 658788 | 1/8/2026 | \$50.00 | 9990 | |
| Jan H | | 1/8/2026 | \$323.62 | | Refund WWA72 Qrtly |
| Dividend/Interest | | 1/23/2026 | 0.13 | | |
| Online Banking Transfer from Savings | | 1/26/2026 | 415.17 | | Part of Excess Funds |
| Abbey Group | 113706 | 1/26/2026 | \$50.00 | 242 | |
| Gunny Sack Hill | 178910 | 1/26/2026 | \$1,243.90 | 1967 | |
| Brothers in Recovery | 727829 | 1/26/2026 | \$195.81 | 1073 | |
| Edmonds Group | 113795 | 1/26/2026 | \$90.00 | 1071 | |
| Total Deposits/Credits | | | 2,594.29 | | |

CHECKING WITHDRAWALS / DEBITS

| Paid To | Check/MO # | Deposit Date | Amount | Comments |
|---------------------------------|-------------|--------------|-----------------|------------------------------------|
| Jan H | 1045 | 1/23/2026 | (21.55) | D24 coffee supplies |
| Alderwood Safe Storage | Debit #8408 | 1/21/2026 | (81.00) | Storage Unit |
| Lisa J | 1046 | 1/14/2026 | (363.02) | WWA72 Qtrly Hotel & Ferry |
| Lynnwood Alano Club | 1047 | 1/14/2026 | (44.00) | Jan 2026 D24 newsletter |
| Lynnwood Alano Club | 1048 | 1/14/2026 | (25.00) | Gratitude Banquet planning mtg |
| John B | 1044 | 1/12/2026 | (200.00) | Reimb for D24 Committee Literature |
| Total Withdrawals/Debits | | | (734.57) | |

SAVINGS DEPOSITS / CREDITS

| Received From | Check/MO # | Deposit Date | Amount | Comments |
|-------------------------------|------------|--------------|-------------|----------|
| Dividend/Interest | | 01/23/26 | 0.65 | |
| Dividend/Interest | | 11/28/2026 | 0.65 | |
| Total Deposits/Credits | | | 1.30 | |

SAVINGS WITHDRAWALS / DEBITS

| Paid To | Check/MO # | Deposit Date | Amount | Comments |
|-------------------------------------|------------|--------------|-----------------|--------------------------------|
| Online Banking Transfer To Checking | | 01/26/26 | (415.17) | Reduce to \$3K Prudent Reserve |
| Total Withdrawals/Debits | | | (415.17) | |

| | |
|---|-------------------|
| Total Overall Deposits/Credits | 2,595.59 |
| Total Overall Withdrawals/Debits | (1,149.74) |
| Net Income | 1,445.85 |

Budget vs Actuals

| | 2026 Budget | January | February | March | 2026 Actuals | Remaining Budget |
|-----------------------------------|------------------|-----------------|----------|-------|-----------------|------------------|
| INCOME | | | | | | |
| Homegroups & Private Donations | | 1,855.20 | | | 1,855.20 | |
| Assembly Scholarship | 194.20 | | | | - | 194.20 |
| Gratitude Potluck Dinner | | | | | - | |
| Picnic Raffles & Donations | | | | | - | |
| Misc Income | | 323.62 | | | 323.62 | |
| Checking / Savings Interest | | 1.60 | | | 1.60 | |
| TOTAL INCOME | | 2,180.42 | - | - | 2,180.42 | |
| EXPENSES | | | | | | |
| Accessibilities | 40.00 | | | | - | 40.00 |
| Archives | 200.00 | | | | - | 200.00 |
| Coffee Maker | 40.00 | | | | - | 40.00 |
| CPC | 40.00 | | | | - | 40.00 |
| Corrections | 40.00 | 40.00 | | | 40.00 | - |
| Detox Chair | 40.00 | 40.00 | | | 40.00 | - |
| D.C.M. / Alt D.C.M. | 2,500.00 | 363.02 | | | 363.02 | 2,136.98 |
| Grapevine & Literature | 40.00 | | | | - | 40.00 |
| Public Information | 40.00 | 40.00 | | | 40.00 | - |
| Registrar | 20.00 | | | | - | 20.00 |
| Schedules Chair | 40.00 | | | | - | 40.00 |
| Secretary | 40.00 | | | | - | 40.00 |
| Third Legacy | 40.00 | | | | - | 40.00 |
| Treasurer / Alt Treasurer | 30.00 | | | | - | 30.00 |
| Treatment / Bridging the Gap | 40.00 | 40.00 | | | 40.00 | - |
| Web Master | 40.00 | | | | - | 40.00 |
| Young People's Representative | 40.00 | 40.00 | | | 40.00 | - |
| Zoom Coordinator | 40.00 | | | | - | 40.00 |
| District Meeting Rental Fee | 900.00 | | | | - | 900.00 |
| Newsletter Printing Costs | 500.00 | 44.00 | | | 44.00 | 456.00 |
| P.O. Box Yearly Rental Fee | 244.00 | | | | - | 244.00 |
| Storage Unit Rental Fee | 972.00 | 81.00 | | | 81.00 | 891.00 |
| Website Hosting Fee | 300.00 | | | | - | 300.00 |
| Zoom Annual Subscription Fee | 177.00 | | | | - | 177.00 |
| Technology Fund | 500.00 | | | | | 500.00 |
| Miscellaneous Fund | 100.00 | 21.55 | | | 21.55 | 78.45 |
| 7th Tradition Donations (Splits) | | | | | - | - |
| Cost of Printing Schedules | 1,300.00 | | | | - | 1,300.00 |
| D24 Annual Picnic | 1,200.00 | | | | - | 1,200.00 |
| D24 Gratitude Dinner | 1,800.00 | | | | - | 1,800.00 |
| Evergreen State Fair Contribution | 150.00 | | | | - | 150.00 |
| Host a Quarterly Funding | 1,250.00 | 25.00 | | | 25.00 | 1,225.00 |
| TOTAL EXPENSES | 12,703.00 | 734.57 | - | - | 734.57 | 11,968.43 |
| NET INCOME | | 1,445.85 | - | - | 1,445.85 | |

Sisters in Recovery Speaker Meeting

*Last Saturday of
every odd month
at 10am*

*Good Shepard
Baptist Church
6915 196th St SW
Lynnwood, WA
98036*

*Our regular meeting is every
Saturday, and we're on Zoom
860 7168 1760 Password SIR*

JANUARY 31ST
- THERESA H.
KIRKLAND, WA

MARCH 28TH
- DANIELLE M.
TULALIP, WA

MAY 30TH
- TARA M.
WOODINVILLE,
WA

We Are Not Saints

**Come fellowship with WANS the first
Sunday of the month!**

**@5:30 Food and Fellowship
@7:00 The regular meeting of
Alcoholics Anonymous**

Good Shepherd Church
6915 196th Street Southwest
Lynnwood, WA, 98036

~There is parking in the front and back lot, please
do not park directly in front of the apartments.
~Childcare available for meeting.



Women's Spiritual Retreat
Spiritual Growth in our Natural World
February 20, 21, 22
Cedar Springs Lodge
31459 Barben Road
Sedro Woolley WA 98284
Contact people
Patty Smith 360-770-6988
Michelle R. 360-202-4459

Program includes guided meditation, a session of yoga, a singer, and exploration of topics such as "Who Am I", "The Child inside" "Joy" "Spirituality"

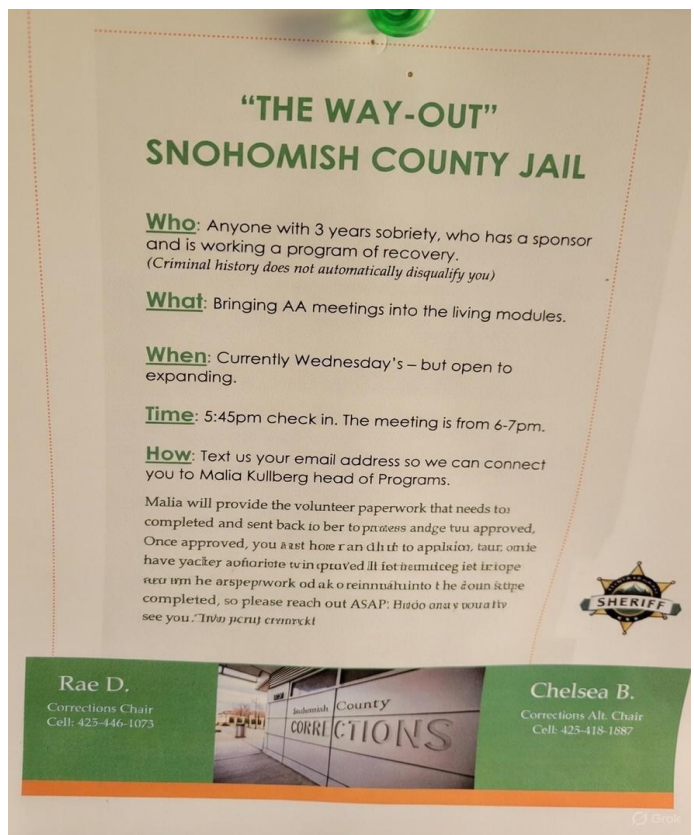
We are limited to 25, we can sleep 16 people and have 9 Saturday only attendees

Registration covers 2 nights and all meals, please bring a dessert to share and any special needs food and meds needed.

Weekend \$200.00 Saturday only \$50.00
Please send a confirmation of attendance to Patty Smith at ahamoments1983@yahoo.com

Payment can be sent by check or venmo
Venmo is @aunity
Check payable to Patricia Smith 2613 N. Laventure Rd, Unit A, Mount Vernon, WA 98273

No outside shoes in the lodge, bring slippers or your inside shoes. Bring raincoat, boots. Phone charger, ear plugs



"THE WAY-OUT" SNOHOMISH COUNTY JAIL

Who: Anyone with 3 years sobriety, who has a sponsor and is working a program of recovery.
(Criminal history does not automatically disqualify you)

What: Bringing AA meetings into the living modules.

When: Currently Wednesday's – but open to expanding.

Time: 5:45pm check in. The meeting is from 6-7pm.

How: Text us your email address so we can connect you to Malia Kullberg head of Programs.

Malia will provide the volunteer paperwork that needs to be completed and sent back to her to process and get approved. Once approved, you are set to go to the program. Our office has your application in progress. If you have any questions, please reach out ASAP. Email: ahamoments1983@yahoo.com

Rae D.
Corrections Chair
Cell: 425-446-1073

Chelsea B.
Corrections Alt. Chair
Cell: 425-418-1887