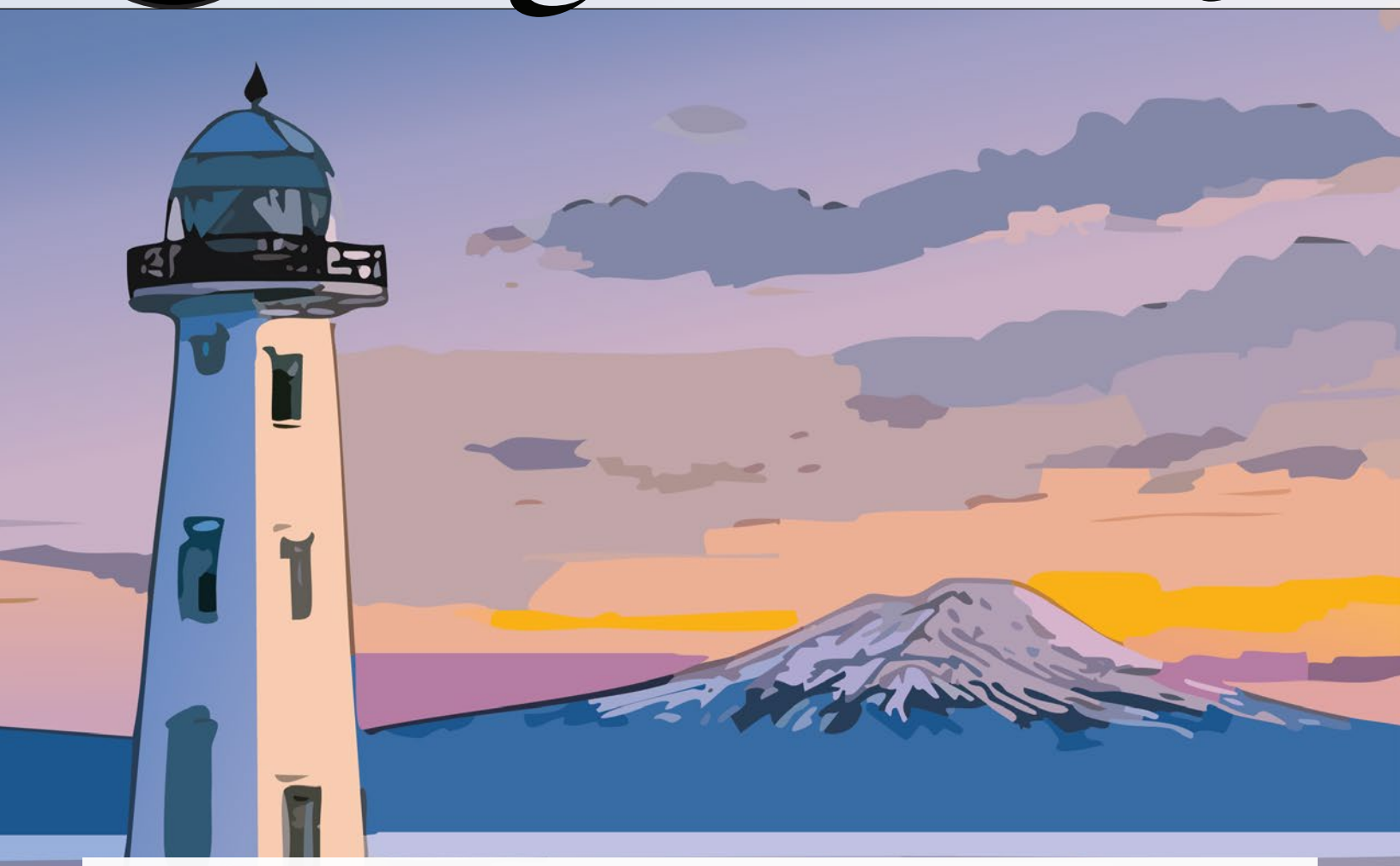
VOLUME 76 | ISSUE 04 JUNE 2025

High & Dry



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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

FUTURE TRIPPING

June 2025 GSIG Events

1 — Service Manual Study
- 01 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Service Manual Study Zoom
- Meeting ID: 863 6483 7688
- Passcode: 022841

4 — Accessibility Committee
- 04 @ 6:00 pm - 7:00 pm — Virtual Meeting
- Accessibility Committee Zoom
- Meeting ID: 885 9521 8136
- Passcode: 611317

5 — 12th Step Committee
- 05 @ 6:00 pm - 7:00 pm — Virtual Meeting
- 12th Step Committee Zoom
- Meeting ID: 835 0869 0642
- Passcode: 749607

7 — Hospital and Treatment Committee
- 07 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Hospital & Treatment Committee Zoom

7 — Founders Day Celebration
- 07 @ 5:00 pm - 9:30 pm
- North Bellevue Community Center, 4063 148th Ave NE, Bellevue, WA, 98007, United States
- Celebrate the 90th Anniversary of AA Founder's Day!

7 — Sober Beats Dance Party
- 07 @ 9:00 pm - 11:00 pm
- VFW Hall, 3601 SW Alaska St, Seattle, WA, 98126, United States

9 — Corrections Committee
- 09 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Corrections Committee Zoom
- Meeting ID: 872 2771 9137
- Passcode: 833575

14 — Founders Day Potluck
- 14 @ 6:00 pm - 8:30 pm
- A New Beginning, 15403 Ambaum Blvd SW, Burien, WA, 98166, United States

17 — Web and Tech Committee
- 17 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Web and Tech Committee Zoom
- Meeting ID: 857 9514 2843
- Passcode: 467107

17 — Seattle Intergroup Spring Assembly
- 17 @ 6:00 pm - 9:00 pm
- GSIG Office 5507 6th Ave S., Seattle

For more details:

seattleaa.org/eventsevents/



17 — GSIG Monthly Board Meeting
- 17 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Board Meeting Zoom
- Meeting ID: 918 5437 5402
- Passcode: 035194

21 — CPC/PI Committee
- 21 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- CPC/PI Zoom
- Meeting ID: 839 2685 4975
- Passcode: 553965

25 — The Principles of the Twelve Steps
- 25 @ 2:30 pm - 3:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 830 7826 9547
- Passcode: 600554

29 — Sobriety Seekers Annual BBQ
- 29 @ 12:00 pm - 3:00 pm
- Game Farm Park, 330 R. St. S.E., Auburn, WA, 98002, United States
- Music, Games, Fellowship, Raffle

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REFLECTING ON OUR PAST

June In Our History

"Never could we recapture the great moments of the past." (Alcoholics Anonymous, **page 151***).* **But here we list some.**

June 1, 1949	Anne Smith, Dr. Bob's wife, died.
June 4, 2002	Caroline Knapp, author of "Drinking: A Love Story" died sober of lung cancer.
June 5, 1940	Ebby Thatcher took a job at the NY Worlds Fair.
June 6, 1940	The first AA Group in Richmond, VA, was formed.
June 1979	AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Edu cation, and Welfare. It was presented by Lois Wilson, Bill's wife, in New York.
June 7, 1939	Bill and Lois Wilson had an argument, the first of two times Bill almost slipped.
June 1941	The first AA Group in St. Paul, Minnesota, was formed.
June 8, 1941	Three AA's started a group in Kalamazoo, Michigan.
June 10, 1935	The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.
June 11, 1945	Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.
June 1969	Dr. Bob's granddaughter, Bonna, daughter of Sue Smith and Ernie Galbraith (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.
June 1971	Ernie Galbraith died.
June 13, 1945	Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn't drink.
June 15, 1940	First AA Group in Baltimore, MD, was formed.
June 16, 1938	Jim Burwell, "The Vicious Cycle" in Big Book, had his last drink.
June 17, 1942	New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
June 18, 1940	One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
June 19, 1942	Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.
June 21, 1944	The first Issue of the AA Grapevine was published.
June 24, 1938	Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"
June 25, 1939	The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."
June 26, 1935	Bill Dotson. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.
June 28, 1935	Dr. Bob and Bill Wilson visited Bill Dotson at Akron's City Hospital.
June 30, 1941	Ruth Hock showed Bill Wilson the Serenity Prayer and it was adopted readily by AA.
June 2000	More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Source: AASJ - https://aasj.org/june-history/

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THERE IS A SOLUTION

Ways You Can Help Seattle Intergroup

High and Dry Subscriptions

$12/yr. for a physical copy,
$10/yr. for a digital copy

» To sign up to receive our newsletter, visit: seattleaa.org/intergroup/newsletter/

Join the 'How Dry I Am Club' or also known as the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.

» To contribute to the Birthday Club, visit: seattleaa.org/online-contributions/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Bill S., Gary H. and Susan D.
TUESDAY	Mikey C. and Morgan S.
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Jake and Joe B.
FRIDAY	Thomas H. and Marissa F.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Jesse J., Anna B. and Bill S., Matt W.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open
Monday, 10 a.m. – 2 p.m., Tuesday – Friday, 10 a.m. to 6 p.m.
and Saturday, 10 a.m. – 2 p.m.

We're located at 5507 6th Ave. S in the Georgetown neighborhood of Seattle

NEWS AND NOTES

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to us at *newsletter@SeattleAA.org*.

We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

We are also seeking a group conscience — and volunteers, ways to make the High & Dry more relevant and useful for readers. We want to add new AA - and recovery-related content, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to *newsletter@seattleaa.org*

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BIRTHDAY CLUB

Happy Birthday to June Celebrants in the *How Dry I Am Club*!



Mike B.	PBP	25 years
Morgan S.	Seattle Young People	7 years
Karen R.	Edmonds Group	54 years
Jody		48 years
Kathleen G.	Abigails Ghost/PTP	30 years
Bobby T.	WMLT	9 years
Samantha M.	1-hr Minimum	6 years
Judy S.		28 years

How to Join the ***How Dry I Am*** Birthday Club

The suggested donation for having your annual birthday recognized in the H&D is one dollar ($1) per year of sobriety.
There are two ways to make your donation:

1) Print the form on the back of this newsletter and mail it along with a check;

2) Donate with a debit/credit card online at *SeattleAA.org/online-contributions* (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email us at: *newsletter@seattleaa.org* with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

Link to Seattle Intergroup Online Contributions

https://www.seattleaa.org/online-contributions/

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IN MEMORIUM

Frank H passed away on April 15, 2025 at the age of 83 at his home in Arizona.

Frank passed shortly before beginning his 42nd year of sobriety. He'd been sober since June 4, 1983. Frank was a believer in the 12 steps and AA program and was a leader or co-leader of multiple meetings around the Greater Seattle area in the 80s and 90s; notably A New Beginning in Burien, Easy Does It in Burien, Southwest in Burien, and others. He met his best friend Reggie White through AA.

One friend of his said that when he was newly sober, Frank nominated him to lead a meeting. He felt unqualified, but soon realized that Frank did that so he could take responsibility and help others, thus keeping himself accountable to the program.

Frank participated in meetings regularly up until moving to Arizona, but still kept AA's teachings close to heart. Frank made many friends throughout the years, most of whom have gone before him, but those that remain will remember him fondly.

Jerry D passed away early in the morning of May 23rd surrounded by countless people who loved him. He's was a good, kind, funny, thoughtful man who touched many people's lives. He would have celebrated 44 years of sobriety on 5/31 and his love and humility for the program of AA was central to his life. He was also a proud machinist who retired after 29 years working at Electroimpact. Most of all he loved his family and friends. Jerry and I were life partners for 29 years and he was my anchor.
He loved his daughter Teddi and his granddaughter Signe and he gave them his love unconditionally. He will now be with his mom and dad snd his dear daughter Jahna. To all of you who knew Jerry, you know he loved you.

Thank you all for your love and friendship.



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Step 6: *"Were entirely ready to have God remove all these defects of character."*



Willingness: The Principle of Step VI

By Stephan M.,

WILLINGNESS, the principle aligned with Step six, has often been referred to as the cornerstone of a meaningful transformation in the Alcoholics Anonymous path to recovery. Perhaps this is why, in the Twelve & Twelve, a note appears at the beginning of Step Six, "This is the step that separates the men from the boys." In no other step is any pre-statement made. So, what makes 'willingness' so special? And, in our recovery process, how might 'willingness' be defined, and what does AA say about it, and what does 'willingness' have to do with separating "The men from the boys?"

WILLINGNESS! It has also been called the hinge that joins the discovery of our problems, through Steps four & five, and doing something about them. Am I still willing to go to any length, or have I found a comfortable spot to rest on my laurels till my sponsor starts talking about Steps eight and nine? If I truly want to experience an entire psychic change, obviously the way I think must change too. Having a list of my character defects, am I willing to quit justifying and blaming them on someone else? Not surprisingly, I've found the principle of willingness is the result of mature emotional and sober attitudes. Am I ready for change in my life? The proof will be in action. Am I completely ready to let go the failed experiment of trying to successfully run my life? The proof will be in action. Am I willing to face the certain discomfort that will surely arise with a new way of thinking? The proof will be in action. And finally, am I willing to believe in the collective experience of Alcoholics Anonymous that trusting in a Higher Power, and to be ok with spiritual progress not spiritual perfection? The proof just may be in my degree(s) of willingness! △

Stephan M.

The Hole in the Doughnut

By A.P.,

ALTHOUGH THE TITLE of this writing, "the hole in the doughnut," is referenced in step 3 in the 12&12 (36), I think it aligns nicely with step 6: "we're entirely ready to have God remove all these defects of character." Much like I thought I would be a non-entity of empty space without my alcohol and drugs, similarly did I fear being a lost soul without some of my lifetime emotional deformities and negative habits of thought and action toward myself and those I interacted with.

After completing my first fearless and thorough moral inventory (step 4) and sharing it aloud with my sponsor and God (step 5) I certainly felt entirely ready to let go of who I was and to become someone new. The attitudes, beliefs and actions I had been living by had delivered me to a place of daily suicidal ideation, had destroyed or severely damaged my relations with other people, institutions and principles, not to mention an inability to stay clean and sober despite my best efforts.

In the preceding steps it was important to see a clearer interpretation of reality and my past, focusing on my own faults and mistakes versus the wrong-doing of others as I was historically more inclined to focus on. I couldn't really be ready for my character defects to be removed until I knew (know) wholeheartedly what they are and how they are negatively affecting my life and the lives of nearly everyone I interacted with.

I now saw how gossiping or talking about others behind their back while feigning good intentions was actually to feel a bit superior (pride), and was also planting poisonous, inaccurate, inconsiderate thoughts into the mind of the person I was talking to.

I now saw how completely ignoring, ghosting, or shutting out people who said something I disagreed with was actually practicing closed-mindedness, self righteous anger, and fear or lack of faith. I was (am) good at seeing the differences between us.

I now saw how taking something that wasn't mine was actually stealing; and I felt how it would leave me with a lasting pit of anxiety, dread and fear of being found-out. Deeper still: a fear of not having or being enough.

I could see now how cheating on partners instead of communicating clearly and restraining from harmful behavior was deeply inconsiderate and selfish, and would arouse bitterness, jealousy and emotional insecurity in all involved.

When I got to step 6, with guidance from a sponsor as outlined in the Big Book and 12&12 the resounding answer was "yes." Yes I am ready to have these grosser handicaps removed. I was emerging out of denial into a place of honesty and willingness to do and be something different.

It was here, at step 6, that the obsession for alcohol was removed from me. And it was here that sparked the belief that maybe, if these steps and a higher power could do that, maybe they could help remove this other stuff.



Fast forward a couple decades and it remains vital to continue taking inventory, admitting my faults to my fellows, willingness to change, and asking God to remove from me the bondage of self. The more I practice this, instead of feeling like the hole in the doughnut, actually the more meaning, purpose and freedom I experience in daily life.

And even sometimes, my defects of character and patterns of living don't have to "cause excessive misery" before I am willing to change... but usually they do. △

> *"Yes, respecting alcohol, I guess I have to be dependent upon A.A., but in all other matters I must still maintain my independence. Nothing is going to turn me into a nonentity. If I keep on turning my life and my will over to the care of Something or Somebody else, what will become of me? I'll look like the hole in the doughnut."*
>
> *- 12 Steps and 12 Traditions*

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Concept VI and the Spirit of Trusted Service at Intergroup

By Eddy M. M.,

IN ALCOHOLICS ANONYMOUS, Concept VI of the Twelve Concepts for World Service states: "On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and active responsibility in most of these matters should be exercised primarily by the Trustees acting as the General Service Board." This Concept addresses the vital balance between authority and responsibility — a dynamic that resonates not just at the level of the General Service Board, but also in our local service bodies, including Intergroups.

At its heart, Concept VI introduces the idea of delegated authority — that trusted servants are empowered to act on behalf of the fellowship, with the understanding that they are accountable to the body that delegates the responsibility. Intergroup, like the General Service Conference, functions best when its committees and officers are trusted to carry out the tasks they've accepted, while keeping open lines of communication with the groups they serve. Intergroups have the administrative authority to carry out the conscience of the Fellowship as delegated by the groups and members they serve. In this regard, Intergroups needs to make sure the most qualified Board members, in business and finance, are chosen, and that they are under close observation, guidance, and direction of the entity in which they serve, but then once all of this is set in place, they have large authority to carry out their equally large responsibility. When we understand this Concept, we better appreciate the trust placed in our Intergroup representatives, officers, and committee chairs.

In many Intergroups, service positions such as 12-Step Committee Chair, Office Committee Chair, or Webservant carry significant responsibilities. According to Concept VI, once a person is selected for one of these roles, the group should allow them the space and trust to carry out their duties without micromanagement — while also expecting periodic updates and transparency. It is this balance between authority and accountability that creates an atmosphere where real service can thrive.

> *"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."*
> *- 12 Concepts for World Service*

This Concept also reminds us that while the Intergroup body may have ultimate authority — especially in matters like budget approval or major policy changes — the day-to-day decisions and initiative should come from the trusted servants doing the work. We sometimes fall into the trap of thinking every detail needs group consensus, but Concept VI teaches that we serve best when we allow our trusted servants the latitude to act responsibly within their roles.

When embraced fully, Concept VI fosters an environment of mutual respect and effectiveness. It encourages participation and shared responsibility, creating a culture where service is not about control, but about contributing to something greater than ourselves. Intergroup becomes a model of what healthy service can look like in AA: a place where we trust others to carry the message and where we accept responsibility with humility and care.



We should always remember that Concept VI is more than a guideline for trustees at the General Service level — it's a spiritual principle that strengthens all levels of service. By understanding and practicing it in our Intergroups, Areas, Districts, and Groups, we cultivate trust, support leadership, and ensure that our common welfare truly comes first. △

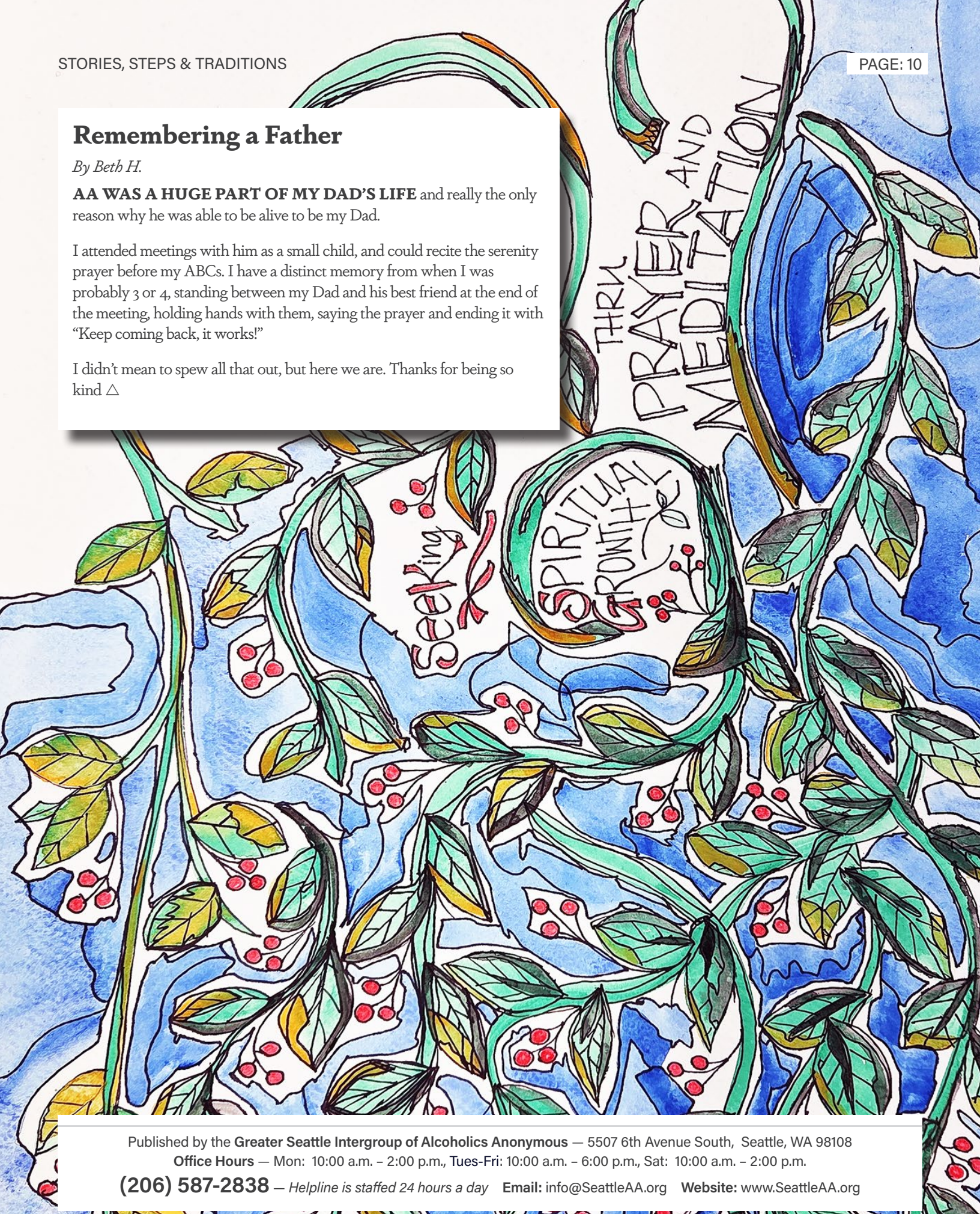
Remembering a Father

By Beth H.

AA WAS A HUGE PART OF MY DAD'S LIFE and really the only reason why he was able to be alive to be my Dad.

I attended meetings with him as a small child, and could recite the serenity prayer before my ABCs. I have a distinct memory from when I was probably 3 or 4, standing between my Dad and his best friend at the end of the meeting, holding hands with them, saying the prayer and ending it with "Keep coming back, it works!"

I didn't mean to spew all that out, but here we are. Thanks for being so kind △



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CORRECTIONS CORNER

By Karen K, chair

You can help in the Corrections Committee even if you have a record or less than two years sobriety!

We meet at 6:30 PM on the second Monday of every month, in person and via Zoom. This is a hybrid meeting at Seattle Intergroup, 5507 6th Ave S. and Zoom ID: 872 2771 9137 Passcode: 833575. Please join us to find your place in corrections!

Service opportunities with less than 2 years sobriety that don't have clearance requirements include:

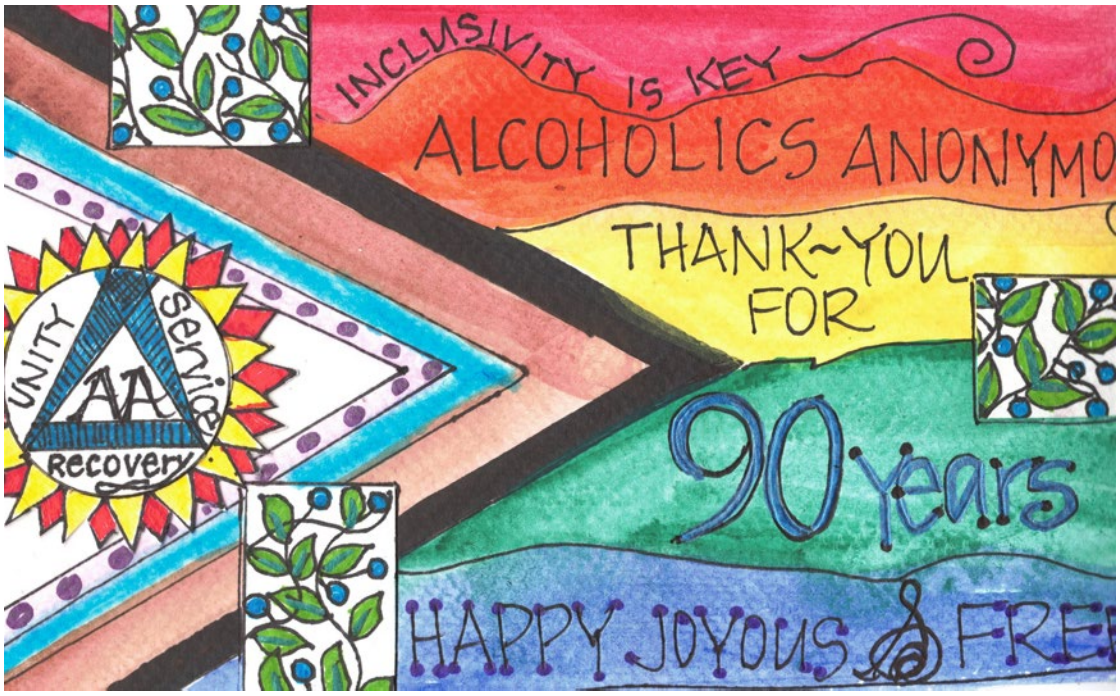
- Prerelease Program (aka Bridge): Contact and help recently released incarcerated individuals attend AA meetings and meet people.
- Corrections Correspondence: Write sobriety related letters to an incarcerated individual.
- Corrections 12-Step: Answer calls from recently released individuals.
- Corrections Literature: Help your home group set up a Pink Can program to purchase AA literature, and/or collect used Grapevines for facilities.
- Corrections Volunteer Recruitment: Tell others in your home group about volunteer opportunities.
- Home Group Corrections Rep: If your home group doesn't have one, ask if you can create this service position to attend corrections meetings and connect the group with all these service opportunities!!

You can read more about any of these opportunities at https://seattleaa.org/corrections or just email: volunteercorrections@seattleaa.org

Pink Can Thank Yous



The Corrections Committee is always grateful to the many groups that support the Pink Can Fund so we can purchase AA approved literature for alcholics behind bars. Many thanks to the following groups that donated $534.63 to the Fund in March and April: Admiral SW Siders, A New Beginning, Waterfront Group, Saturday Women and Nonbinary Soul Searchers (SWANSS), Acceptance is our Answer, Daily Reprieve, Mens Open Book (MOB), Sober Sisters of Seattle, and Empire Way. We used $868.50 to purchase Big Books, Daily Reflections, Plain Language Big Books, and As Bill Sees It to be used at SCORE, Federal Detention Center, King County Jail, and Lynnwood Jail. The fund has a balance of $4,132.28.



If you are interested in setting up a Pink Can for your home group, please email volunteercorrections@seattleaa.org or stop by our monthly meeting on the second Monday of each month (June 9) at 6:30pm on zoom and at the Intergroup office (5507 6th Ave South). △

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Phoenix Club Corrections Volunteer Info Session A Big Success!

By Marcia O.

I AM ON THE CSIG CORRECTIONS COMMITTEE as the Corrections Rep. for the Broadview Groups at the Shoreline Phoenix Club-home to about 25 AA meetings. When I joined the Committee over a year ago, the intrepid and very compelling Vice-Chair suggested that having a Corrections Volunteer Info Session at the Phoenix Club would be a good thing to do. Many months later, April 26, 2025, we did that!



Forty-three people showed up to learn how they can get involved in bringing AA into the lives of people who are currently incarcerated or transitioning into the realities of new sobriety on the outside.

Our trusty and enthusiastic Committee members did a great job painting the range of volunteer opportunities -- from taking 12-step meetings inside correctional facilities, providing AA literature, connecting newly released members with someone who can get them to outside meetings, corresponding with those who want recovery support while serving time, and keeping AA groups current on volunteer opportunities. (link to more info below.)

The highlight of the session were the two speakers and those in the audience who briefly shared their experience, strength and hope. They described how AA reached out and connected with them when they were lost and alone. I was deeply moved and encouraged when I heard so many clear illustrations of how this program and the fellowship can transform lives that may seem hopeless into lives filled with hope and love. Speakers, we can't thank you enough for your honesty and courage in sharing your stories and insights.

Link to Seattle Intergroup Corrections Corner

https://www.seattleaa.org/service/corrections/

The proof of the success of this session was that we met our goal: to encourage people to take AA action for those inside. There was a "fellowship buzz" that started from the first attendees entering the club and grew and lingered afterwards as people signed up to volunteer and talked about what they can start doing now to serve this community.

Attendees also learned there are lots of other ways people can help by starting a Pink Can Fund, being a group liaison to corrections or District Corrections Chair Learn more at the monthly hybrid zoom meetings (second Monday of every month). For more information on these volunteer opportunities, please email volunteercorrections@seattleaa.org

Learn more about AA Corrections Opportunities at www.seattleaa.org/service/corrrections or scan the code below to access AA Corrections volunteer form. △

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Opening

- Call to Order & Serenity Prayer: Jeff U
- Reading of Tradition Five: Samantha M
- Reading of Concept Five: Karla L
- AA Birthdays for the month of April: No birthdays this month

Initial Business

- Roll Call of voting members

GSIG Officers

Jeff U	Chair
Eddy M-M	Vice Chair
Karla L	Chair Emeritus
Carina W	Secretary

District Representatives (11 of 12)

The minimum required for a quorum is six

Ruth P	D14
Blake P	D15
Ricky T	D16
William B	D18
Bobby T	D24
West C	D31
Samantha M	D32
Aaron C	D33
Daysha G	D40
Laura C	D41
Sarah F	D42

- Review and Approve Minutes *Unanimously approved*
  https://www.seattleaa.org/intergroup/intergroup-board/

Officer Reports

Chair.....**Jeff U**

Things have been a little quiet this month. Jeff plans to resume visiting Seattle area districts in May.

Vice Chair.....**Eddy M-M**

See the Treasurer report just a bit below, which Eddy delivered at this month's board meeting.

Chair Emeritus: ..... **Karla L**

Karla joined our board meeting, but didn't have any report for May.

Treasurer.....**Pete K**

Eddy presented the Treasurer's report. Trying out a different report format, which you can see at the end of these minutes. This is the one that will be sent out going forward. Great contributions came in again last month, but we don't want to let up, as we haven't yet fully funded our prudent reserve. The hope is that this will be resolved before the end of this year.

There was some confusion about which reports were sent via email and the reports provided during the meeting, but Lara emphasized that GSIG will provide any report you'd like to see.

Treasurer Report Approval Process

Motion to approve: William B *Motion seconded*: West C *Unanimously approved*

There are many ways for groups and individuals to contribute to Greater Seattle Intergroup. For more info, see https://area72aa.org/contribute/, email treasurer@seattleaa.org, or call (206) 587-2838.

Recording Secretary ..... **Carina W**

Greetings Seattle Area Fellowship!

We're already a quarter of the way through this rotation, and it's clear everyone hit the ground running in their new service positions this year! I'm constantly amazed by the life-saving work happening in Intergroup, thanks to the dedication of our chairs, committees, and staffers. You can read all about it in their reports. And not to forget every single volunteer!

I'm also thrilled to share that our Newsletter, Webmaster, and Web & Tech Chair positions are now filled—just the Special Events and Third Legacy Chair roles left to go!

The Spring Assembly is coming up fast on June 17th. Will your group send someone to let us know what kinds of services you'd like to see from GSIG? Did you know this is one of only two times each year that groups in the Greater Seattle area participate directly in the business of Seattle Intergroup? Any member from your group can attend, join the discussion, and vote—it's not necessary to be an official Intergroup Rep or GSR.

In grateful service,
Carina, GSIG Secretary | secretary@seattleaa.org | 206.683.1106

Intergroup Staff Reports

Office Manager ..... **Lara R**

Financial: Things are moving along nicely. Sustainers is up a couple of hundred dollars/month.
We continue to run at a profit for the month. Thank you for everything everyone does to make Seattle Intergroup function and continue to serve the alcoholic who still suffers.
Picnic Buttons are in and available for distribution/sale. $10/each, the grand prize is 2 nights lodging and 2 full packages to the North Coast Roundup in April of 2026. This is roughly a $700 prize.

Lara's Office Manager Report continued:
We did have a member step up to make themselves available to help organize the picnic, Christina S. We are excited to help her succeed in making this year's picnic a success.

Inventory: There is a new Grapevine book. The Next Frontier. This is a hard copy of Emotional Sobriety 1 and 2 with a pull out of Bill W.'s essay on the topic. This book is retailing for 16.99.
Just so you are all aware, the 5th edition of the Big Book will most likely not be available until after next year's Conference. There will be a souvenir book for the International, we will buy those and make them available as soon as we can. Most likely at the end of June.

Protocol: We have gotten a new Webmaster, a new Web and tech Chair and two newsletter editors, one to handle format and the other to glean content, all in the last couple of months. This relieves Lee a tremendous amount to help on the Web and Tech Committee in other valuable ways.

Call Log info

- 12 Step Calls: 2
- Total Calls: 124
- Chatline Contacts: 146

  Total points of Contact: 270

The additional contacts made with the chat is invaluable. Thank you to the 12 Step Committee for stepping up to handle this responsibility for Seattle Intergroup.

Questions

- Are there any availabilities for group phone shifts
  Almost every Sunday from 6:00 PM – 10:00 PM is available

Assistant Office Manager .....Anita S

I want to thank Pete R. from Fremont for the generous donation of 1-month coins.

I completed one quilt block. I am going to tackle more blocks this next month. I plan on experimenting with copying a photo of Jenza's art onto a quilt block. We will have available cotton muslin precut blocks and photo decal iron-on transfer sheets as well.

As far as which days in the Daily Reflections is attributable to Burke, I've gotten no response from the Literature or Archives Committee. So, I asked Lupita who was going to ask the Past Delegates. I am getting ready to ask Dave T and the Maryland N to research this.

Here is a condensed, incomplete list of Burke's service positions.

- Seattle Intergroup: PI Speaker Coordinator
- Board Secretary
- Office Committee Chair
- 3rd Legacy Chair
- Built and maintained our first website
- High & Dry editor
- Weekly phone shift
- Conference Report/Charter Chair
- New Area Transition Committee Chair
- Reorganized Area Archives to current Steering Committee Format
- Co-Editor of Our Stories Disclose
- Co-Chair of Host Committee + Chair of Housing for 1990 International
- Co-Chair/Program Chair of PRAASA 1995

Anita's Assistant Office Manager Report or Burke's service positions continued:

- General Service: Alt GSR
- GSR
- Alt DCM
- DCM
- Area Archivist
- Area Chair
- Panel 43 Delegate
- Facilitate inventories for Intergroup and Area Committee
- Organized Assembly election process
- Sponsor to 3, "service sponsor" to too many to count
- Facilitate group/district inventories
- Computer consultant/programmer for Area Archives

Licensed pilot, active in Boeing Flying Club in his free time.

And, even with all that service and accruing all this AA experience he could still be feisty! Quotes from one of Burke's letters to GSO, criticizing "AA—The First 50 Years" … later changed to "Fifty Years with Gratitude:" Burke was asked to review the manuscript.

"I found 'AA – The First 50 Years' disappointing."

"Little is added of the years after 1955. Much of the later material seems presented as more of a personal viewpoint."

"The writing style is amateurish."

"The manuscript seems to try to make the point that there has been almost no need to change in AA – this simply is not true. AA has continually adapted to its needs."
This is a timely statement in lieu of the current new publication Plain Language Big Book.

Questions

- What exactly should I bring to my district about the Spring assembly?
  Go talk to your groups and ask if they have any motions they'd like brought forward.
  For example, historically, districts have requested a web page. GSIG could provide a landing page for this to groups or districts.

Service Committee Reports

Accessibility ..... **Kathy A**

Went to the quarterly meeting in Tacoma. I was impressed, as this was my first time participating in intergroup service. I'd like to request a workshop on how to chair a meeting.

The main topic of discussion was people with service dogs. The only type of dog that is a personal assistant service dog, which has been trained, has the right to be in a meeting. A way to tell is that such a dog will never respond to other people or accept food from anyone other than their person.
We cannot refuse to accept a dog. Emotional support dogs don't have a right to be in meetings. This was essentially all we discussed during the four hours we were there. The person providing this information was a police officer and had extensive experience.

Kathy's Accessibility Report continued:
The second most discussed topic was funding, and how groups can address accessibility needs, such as building access. I was wondering if GSIG can help fund this.

I also heard about childcare at the Accessibility quarterly; that if children are taken out of the parents' view into another room, it becomes an insurable event in the state of Washington.

Kathy A
GSIG Accessibility Chair, 206 794-1491

Archives ..... **Theresa S**

Attended Area 72 Area Archives Quarterly in Tacoma earlier this month. Set up an interview with longtimer Tom K from Bellevue to be included on GSIG's YouTube site. Thank you, Steve M, for conducting the interview.

Teresa S

Corrections ..... **Karen K**

Many thanks to the following groups who donated $534.63 to the Pink Can Fund in March and April: Admiral SW Siders, A New Beginning, Waterfront Group, Saturday Women's Soul Search, Acceptance is our Answer, Daily Reprieve, Men's Open Book, Sober Sisters of Seattle, and Empire Way. We used $868.50 to purchase Big Books, Daily Reflections, Plain Language Big Books, and As Bill Sees It to be used at SCORE, Federal Detention Center, King County Jail, and Lynnwood Jail. The fund has a balance of $4,132.28.

The Volunteer Sign Up Event held at The Phoenix Club in April was a big success. 41 people attended and 26 of them were new to corrections! Thank you to Marcia (Broadview Groups liaison and event coordinator), Jennifer S (volunteer coordinator), and Rebecca (committee secretary) for organizing. Two speakers told their stories of finding AA while incarcerated and how the meetings AA brings in changed the trajectory of their lives.

The Federal Detention Center held an orientation for four new AAs who passed the background checks and are approved to bring in meetings. Next step is fingerprinting and badging. We're hopeful this will start in the next month or two.

The Regional Justice Center has held an orientation and training for men recently approved to bring in meetings! Next steps are to set the days/times for men's meetings, find a women's meeting coordinator, purchase literature, and start meetings!

The committee is looking for volunteers interested in applying to take meetings into other facilities. If they might be you, send an email to volunteercorrections@seattleaa.org.

Upcoming is the Area 72 Corrections Quarterly to be held at the Intergroup offices on Saturday, June 21, 12-4pm (note time change). Anyone is welcome to attend.

Karen's Corrections Report continued:
If you want to learn more about corrections and service opportunities, please attend our monthly meetings, which are on the second Monday of each month (next is June 9) at 6:30pm on Zoom and in person. Zoom info: ID: 87227719137, PW: 833575. In person: 5507 6th Ave S, Seattle 98108.

Any questions? Email corrections@seattleaa.org.

Thank you,
Karen K, Chair

Hospitals & Treatment ..... **Mikey C**

- Reported that the Matt Talbot center now has a women's only meeting at 2 p.m. on Thursday.
- Which brings us to the H and T business cards, which have a "QR" code that takes you to the H&T website, which includes the BTG forms and brochures that explain in detail the BTG process.
- I received 7 bridges from the Ballard Swedish hospital and one from Great Falls, MT
- The same page has the meetings that need support and are in places that provide us the opportunity to practice carrying the message to the still suffering alcoholic.
- The much talked about U of W behavioral health center at the Northwest hospital is happening.
- Carol F and I will start the 1st meeting (Panel) on the 6th of June at 7:00 PM. Stay tuned because this is just a start, and this facility wants more AA meetings when other floors open up. So if you have a group or want to secure a weekly meeting

Committee Reports
- **Shelley**: Magnolia speakers meeting D41 treatment chair, King County residence coordinator Tuesday
- **Carol F**: D39 Treatment Chair attending King County residence, Seattle acute medical care center, available to do service work. Works with our Area 72 treatment chair.
- **Tyler**: UGM Seattle coordinator, Working with District 31 (West), Working on Olympic Heritage
- **Jill P**: Facilitates UGM Hope place women's meeting, Key recovery 3rd weekend with John. Inquired about BTG and redirected to our website H and T page.
- **Migdalia**: Reporting for Paul S who sent in a report. No issues at this time, but it is in need of literature.

Mikey's Hospitals & Treatment Report continued:
- **Paul S**: We had a great month. Gratitude to all the panelists who were able to speak at the facility. Also, my gratitude to Migdalia, who is scheduling panelists for weekends this month. Also, she is also gaining experience as a project coordinator. *Also, we send prayers to Paul for a speedy recovery due to a spinal injury.*
- **Donna**: Reports that Milam Renton is not moving and the Fierce Women Meeting is going strong.
- **Diane**: Happy to serve at Harborview and has been attending the Seattle acute medical care center.
- **Becky** Harborview Liaison and wants to make sure everyone is checking google docs at HMC.
- **Lily S**: Spearheading the Bread of Life meeting and started the 1st Women's meeting downtown at the Matt Talbot Center. (See meeting schedule).
- **Anita**: She has been very busy and appreciates the bridge that was sent to her.
- **Clay S**: Answers the phones at intergroup but did sign up for a slot at Harborview.

Karen's Corrections Report continued:

- **Kristi**: Glad to hear that everything went will and will be back better than ever in.
- **Robert T**: D32 to Everyone: Service work opportunity. Share your experience, strength, and hope in a 3-person panel (Zoom environment). Would you be interested in speaking? We provide two events monthly. First event is on the 2nd Tuesday of the month, and the second event is on the 4th Friday of the month.
  These are two separate events. You get to pick or choose a date that works for you.
  - First. event: 12:05pm -1:20pm.
  - Second event: 11:05am -1:20pm.
    Will this time of day work for you?? You will be providing 20 to 30 minute shares with people currently in treatment.

Please come to the monthly AA meeting on the 1st Saturday of each month at Intergroup.

Questions

- How are things going with the King County residential treatment program?
  Well, but it could be better. I got a last-minute call that I did myself.

Newsletter Editor ..... **Peter J**

Please email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Really exited to be a part of this effort. Has been working on automation tools. Also, I have been working on some scripts to ensure the board minutes can be well incorporated into the newsletter retaining the URLs.

Question

- What is the cutoff for submissions? Is it still the 25th?
  Earlier would be best. I'm still new, though, so I'll have this more clearly defined later.

Nightwatch Chair..... **Rob S**

Thank you to all the Nightwatch volunteers for their important service work.

We currently have some open shifts:

- 1st Thursday of the month 2-6a
- 4th Friday of the month 2-6a

If you're interested or have questions, please contact Rob Smith at nightwatch@seattleaa.org or text me at 206-601-0061

Best,
Rob Smith | Nightwatch Chair | 206-601-0061

Office Committee ..... **Matt T**

Secretary's note: Matt provided a high-level verbal report that I unfortunately failed to capture.

Public Information/Cooperation with the Professional Community Chair .....**David B**

Exhibits. We continue participating in resource fairs. In April D14 staffed a booth at the Progress Pushers resource fair. Upcoming exhibits include the Spring Resource Fair on May 28th on N 143rd St and Aurora, and the King County Substance Use Recovery Conference on June 25 in Auburn

Schools Outreach. D16 gave presentations to six health class at Bishop Blanchet High School and Seattle Prep High School.

Sc**hools Outreach Kit**. We are forming a committee to create a set of materials providing guidance for members reaching out to schools. We plan to have this complete by August in order to be ready for the fall

UW Health Education. We have been invited back to present to the health sciences class on Addiction Medicine in the fall.

District 25, our online district, is struggling to fill PI/CPC service positions and is looking for ways to get the online groups more involved in service. Pauline O is filling in for now.

David B., GSIG CPC/PI Chair, cpc@seattleaa.org

Special Events.....**OPEN**
Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Third Legacy Chair .....**OPEN**
Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Twelve Step Chair..... **Karrie C**

12th Step Committee is doing well! The Chat Line information event was great! But props to William B and Noah G for making it all come together seamlessly. We have most of our shifts covered but are always looking for backups! If interested, please see Karrie C, William B or Noah G for details.

Our next big project is to attend district meetings in the area to entice Intergroup Liaisons to help recruit new 12th Steppers and organize the numbers we have by location. That will make it easier to connect still different alcoholics with someone in recovery in their local area. So, with that said:
CALLING ALL DCMs! Please let me know when would be the best time for us to have a guest spot at your district meeting to talk about continuing to carry the message? Please let me know.
Thank you for all your service and dedication.

In service,
Karrie C

Web & Tech Chair.....**Dez D**

Dez wasn't able to attend the May board meeting, but we look forward to meeting him next month.

Webmaster.....**Dash**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Dash moved from Virginia about six months ago, where he was the tech chair for the North Virginia group and was a web master for Oxford houses.

District Reports

You can find business meeting details for all Districts within the Greater Seattle Area at https://www.seattleaa.org/district-map/.

District 14.....**Ruth P**

West Seattle, White Center, Vashon Island

Secretary's note: Ruth provided a verbal report that I unfortunately failed to capture.

District 15.....**Blake P**

Downtown Seattle, West Capitol Hill

Our DCM resigned and we don't have an alt DCM, so much of this seems to be falling on me. We're making a flyer and hoping to get folks to fill positions.

District 16.....**Ricky T**

Northeast Seattle and University District

3rd Wednesday of the month is our district meeting. Lots was discussed about the pre-conference, especially about all the underrepresented groups. Only four of 20 GSRs are attending our business meeting. We're getting points of contact for those who don't have GSRs. The U District groups were receptive. We're trying to get a childcare meeting going on the weekends, since there's a clear need. We sent a message to the Area72 Accessibility chair to see if we could get some help, but it sounds like there's no clear guidance or tips available. A couple of school panels are ongoing. We probably need young people to do the high schools. My group answers phones at intergroup, and what a great opportunity to have fun and service.

District 17.....**David S**

Ballard and Northwest Seattle

Our meetings are quiet. Lots of GSRs attend, things are really smooth, and we always have food. You're welcome to visit if you'd like to see how well everything's running.

District 18..... **William B**
Renton, Kent, Tukwila

We meet every third Thursday at 7pm at Renton United Methodist Church. The address is 2201 NE 4th St, Renton.

- District 18 has a BBQ on July 27th, 10-2pm Kiwanis Park
- Old Kent picnic lake wilderness park shelter 1 from 11-4
- New Purpose group is doing a 20th anniversary on 9/11 potluck at 6, and will have 2 speakers
- District 18 Web Master is creating a wonderful website that everyone should check out!
- Before our next district meeting, we are having a potluck archives event to begin going through the archives!
- We have one service position open, Third Legacy.

District 24.....**Bobby T**
Southwest Snohomish County: Everett, Lynnwood, and Montlake Terrace

- We meet on the first Monday of the month at St Hildes
- 6 people online in attendance and 37 in person
- All positions are filled except alternates
- Have a picnic coming up

District 31.....**Thomas H**
Burien, Des Moines, Normandy Park, SeaTac, and Tukwila

- Service Opportunities:
  - Burien Resource Fair (Library)
  - Transform Burien
- Corrections visits & written correspondence with inmates
- Archives workshop Sat, Sept 20th (1-3 pm) @ Grace Lutheran Church / D31 Archives Chair needed
- Patrick M Presentation / Ideas for Tech & Web
- Treatment Service Opportunities:
  - Olympic Heritage Behavioral Health panel
  - Bridging the Gap
- Report Back July 19th & Pre-Assembly August 23rd (see report)

District 32..... **Samantha M**
Algona, Auburn, Federal Way, and Pacific

- 12 voting members at our last district meeting. Lupita will facilitate a quarterly district meeting coming up in September. We have a bunch of important positions, including some really important ones.
- Our DCM is great about giving us the information we need.
- The annual picnic is coming up at Steel Lake Park, too.
- Our treatment panel person does intercept. It's in the middle of the day, so we're having some challenges finding folks to staff it.

District 33.....**Aaron C**
Maple Valley, Covington, Black Diamond, Hobart, Summit, and East Kent

D33 meets at the King County Sheriff's Station in Maple Valley on the 2nd Tuesday of each month at 6:30 PM

Financial Update
The district remains under its prudent reserve, so no financial splits to GSO or other service entities will occur this month.

Vacant Chair Positions
- The following service positions remain open and in need of volunteers:
  - Workshop Chair
  - Newsletter Chair
  - Accessibility Chair
- The Young People's Chair position was filled and approved during the meeting.

Maple Valley Days Booth – June 13 Weekend
A sign-up sheet is available for members to volunteer at the District 33 booth during Maple Valley Days. Participation is encouraged to strengthen community outreach.

New Public Outreach Idea – Metro Bus Ads
The district discussed a new initiative to advertise AA on King County Metro buses. This idea gained strong interest and sparked active discussion about costs, reach, and messaging.

Improving Engagement with The Grapevine & District Meetings
- Members shared ideas to boost interest in the AA Grapevine, including ways to make it more accessible.
- A new flyer is now available to distribute at local meetings to promote District 33 meeting attendance and help fill remaining chair positions.

District 40.....**Daysha G**
East-Central Seattle: East Capitol Hill, Central District, Madrona, Madison Park, and Leschi

- We are currently meeting on Zoom on the second Tuesday of every month at 7:00pm. Our last meeting was on 5/6/25, a week earlier than normal so we could have a hybrid meeting at the Intergroup office and online. Online meeting ZOOM ID: 636 349 2454 / no password. Room opens at 6:45pm. We will have a hybrid meeting every quarterly.
- Shared the Intergroup Annual Report with the District 40 GSRs.

Thanks,
Daysha

District 41..... **Laura C**
North-Central Seattle: Queen Anne, Magnolia, and part of South Lake Union

- District 41 meetings are held on the 2nd Wednesday at 7:00 PM monthly on Zoom.
- Report outs included Alt DCM (DCM was traveling) Secretary, Treasurer, GSRs and Committees. 11 members attended
- There are several open positions the group is actively working to fill, PI Chair, Young Peoples Chair and Secretary.

Upcoming events

Seattle Pride in the Park 2025 at Volunteer Park on 6/7 from 12:00 – 7:00,

- Districts 41, 14, and 38 will host a table together at the event at Volunteer Park on
- Capitol Hill: 1247 15th Ave East, Seattle
  - 8/10 3:00-10:00. District 41 Barbecue and picnic at Magnolia Park
  - Details will be available soon

Laura

District 42..... **Sarah F**
Northwest Seattle: Lake Forest Park and Shoreline

- Area CPC committee chair presentation talked about Julia's school presentation meeting.
- Archive chair was filled.
- AA for you too meeting is struggling and needs service positions filled.
- Correction chair asked for help with taking meetings into facilities.
- Pre-Assembly set for August.
- District Inventory will be on Zoom, June 28th.

AA Clubs and Halls

Fremont Northgate Fellowship Hall .....**Adam**
Adam wasn't able to attend the May board meeting or provide a report.

Greenwood Fellowship ..... **Lois**
Lois wasn't able to attend the May board meeting or provide a report.

Pass It On ..... **Jeffery**

Things are really looking up at PIO! Drunk guys come in and get sober at PIO, and this is what it's all about, isn't it?

We have the same issues everyone talks about. Emotional support animals aren't allowed. We have a Friday night Spanish-speaking women's meeting. They're having a little issue due to not having childcare.

Jeffery's Pass It On Report continued:
We support the Union Gospel Mission, and do a great job at this!

Business meetings are well attended. If you'd like to see people get mad at one another for seemingly no reason, come to our business meeting!

Serenity Hall .....**Joel K**
Joel wasn't able to attend the May board meeting or provide a report.

Old Business

Open Committee positions
Special Events Chair, Third Legacy

Preliminary Agenda Items for Spring Assembly

The Greater Seattle Intergroup holds two Assemblies each year, during which Groups can bring forward discussion topics and motions. Each group is encouraged to participate in this process by sending a representative. This person doesn't need to be a GSR or Intergroup Rep, but can be anyone who represents your group.

1. **Should we pay to remove the tawk.to logo from the GSIG Chat Line?**
   

   Removing the parrot icon and "Powered by tawk.to" would incur a monthly expense of $29.

   Please see March 2025 Minutes at Seattle Intergroup Board for original discussion.

2. **Should GSIG raise the price of books by $1 each?**
   Literature pricing is generally reviewed twice a year, and any recommended adjustments are then presented at the next assembly. If a group or district would like to bring a recommendation forward, it is generally submitted prior to the next Assembly.

   Please see March 2025 Minutes at Seattle Intergroup Board for original discussion.

3. **Gathering information about 12-step volunteers**
   Will B, D18, is on the Twelfth Step committee and described the struggles the Chair has trying to find someone to respond to a call. At a minimum, the list needs to be updated, so we would like to discuss some ideas or hear proposals on how to best accomplish this.

4. **How can Seattle Intergroup better serve the AA Groups in the Greater Seattle Area?**

Wrap-up

Upcoming Events

See https://www.seattleaa.org/events/ for more info and additional events.

▪ GSIG Spring Assembly	Hybrid	Tuesday, June 17 @ 7:00 PM *with BBQ and Potluck starting @ 6:00 PM*
▪ Seattle Group AA Meeting	In-Person	Saturdays @ 6:00 PM
▪ Service Manual Study	Hybrid	First Sunday @ 11:00 AM
▪ The Principles of the Twelve Steps	Hybrid	Fourth Wednesday @ 2:30 PM

Reminders

▪ Send GSIG Reports to secretary@seattleaa.org	Deadline:	June 17
▪ Send Newsletter articles to high_and_dry@seattleaa.org	Deadline:	June 25

Five Main Takeaways

Email info@seattleaa.org or call (206) 587-2838 for more info or to volunteer.

1. **Our Spring Assembly is on Tuesday, June 17!!!**
   Mark your calendars! We hope every AA group sends a representative to decide how Seattle Intergroup can best serve the Greater Seattle Area.
   - Potluck with BBQ starts at 6:00 PM
   - Business starts at 7:00 PM

2. **Seattle Intergroup now has only two Service Positions left**
   Will you be our next Special Events or Third Legacy Chair?
   Join our next board meeting, email info@seattleaa.org, orcall (206) 587-2838 to express your interest and availability.

3. **… because now we have a new Webmaster and Newsletter Editor!**
   Join us at the Spring Assembly on June 17th to meet Dash M and Peter J together with our new Web & Tech Chair, Dez D, who joined us last month.

4. **Bring your 12” x 12” Quilt Squares**
   Anita is on fire to make AA quilts that will be used for raffle prizes and all sorts of fun things.

5. **24-hour helpline phone shifts available**
   Provide service and stay sober.
   Email nightwatch@seattleaa.org or call (206) 587-2838 for more info or to sign-up.

6. **Thank you to all the groups and members who contributed!!!**
   All bills got paid with some leftover funds to help refund the prudent reserve. Thank you, thank you, and thank you again. 🙏

Motion to close: Bobby T *Motion seconded*: Samantha M, D32 *Unanimously approved*

We adjourned with the Responsibility Statement

Seattle Intergroup

Spring Assembly

17th JUNE | TUESDAY | At 06 PM

FOOD . DRINK . FELLOWSHIP

Bring a dish to share
Come and represent your group at
our bi-annual Assembly

7pm Board Meeting
5507 6th Ave S. Seattle



SATURDAY JUNE 7

SOBER BEATS

FELLOWSHIP

DANCE PARTY

$6

Tickets and info here:

https://SOBERBEATS.eventbrite.com

9-11PM

VFW HALL
3601 SW Alaska Street
WEST SEATTLE

THIS EVENT IMMEDIATELY FOLLOWING
THE 7pm WEST SEATTLE SPEAKERS MEETING
CARRYING THE MESSAGE



AA FOUNDERS DAY CELEBRATION

CELEBRATE the 90th ANNIVERSARY of AA FOUNDER'S DAY!

Saturday June 7th, 2025 - 5:00 - 9:30
(doors open @ 4:30)

Recordings of Our Founders - Comic History Quiz - Archives
Potluck & Cake!

Potluck Suggestion by Sobriety Month
Jan-March Appetizers, April-Aug Main Dish, Sept-Dec Dessert

Speaker - Alan F. Past Delegate – Area 72 - 2019-2020

Tickets $10 in advance only – limited to 200 attendees

PayPal

venmo

PayPal, Venmo or Contact us for more options to purchase tickets (or volunteer!) @
FoundersDayDistrict38@gmail.com
Please include first name and initial for each person, when buying tickets online

North Bellevue Community Center 4063 148th Ave NE Bellevue WA
Hosted by District 38 of Kirkland

High & Dry
Call for Entries

The High & Dry, Seattle Intergroup's Monthly Newsletter,
is looking for original content from local drunks.
This is a great opportunity to serve our fellowship!

- Stories About Recovery
- Poetry & Creative Writing
- Art & Photography
- Comics & Jokes
- Information about Sober Activities & Service Opportunities

Submit your work and find out more by visiting SeattleAA.org

https://www.seattleaa.org/intergroup/newsletter/submission/

high_and_dry@seattleaa.org

The Twelve Principles

of the

Twelve Steps

A monthly workshop for 2025



Join us as we explore what it means to practice these principles in all of our affairs.

How can these principles help us to live a more sane and sober life?

When: Fourth Wednesday of each month beginning in January @ 2:30pm

Where: Seattle Intergroup and Online

5507 6th Ave S. Seattle 98108

Meeting ID 830 7826 9547 Passcode 600554

For more information contact

info@seattleaa.org

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM
5507 6th Ave S.
Seattle, Wa. 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS:

June 7th Dave M.

June 14th Brad S.

June 21st Cynthia W.

June 28th Dan G.



SERVICE MANUAL STUDY

SPONSORED BY THE

GSIG THIRD LEGACY COMMITTEE

THIS DISCUSSION AND STUDY WILL BE FACILITATED BY AREA 72 TRUSTED SERVANTS.

JOIN US IN PERSON AT GSIG OFFICE OR ON ZOOM on the *1st Sunday of each month at 11am*

SEATTLE INTERGROUP

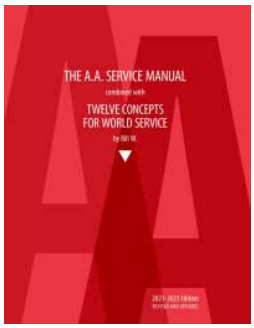
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SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483 7688

PASSCODE 022841



High & Dry

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Do you have something you would like to submit to The High & Dry newsletter?
We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

H&D deadline is the 25th of each month.

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Greater Seattle Intergroup
of Alcoholics Anonymous

Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at *info@seattleaa.org*, or give Lara or Anita a call at (206) 587-2838.

Name:	
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