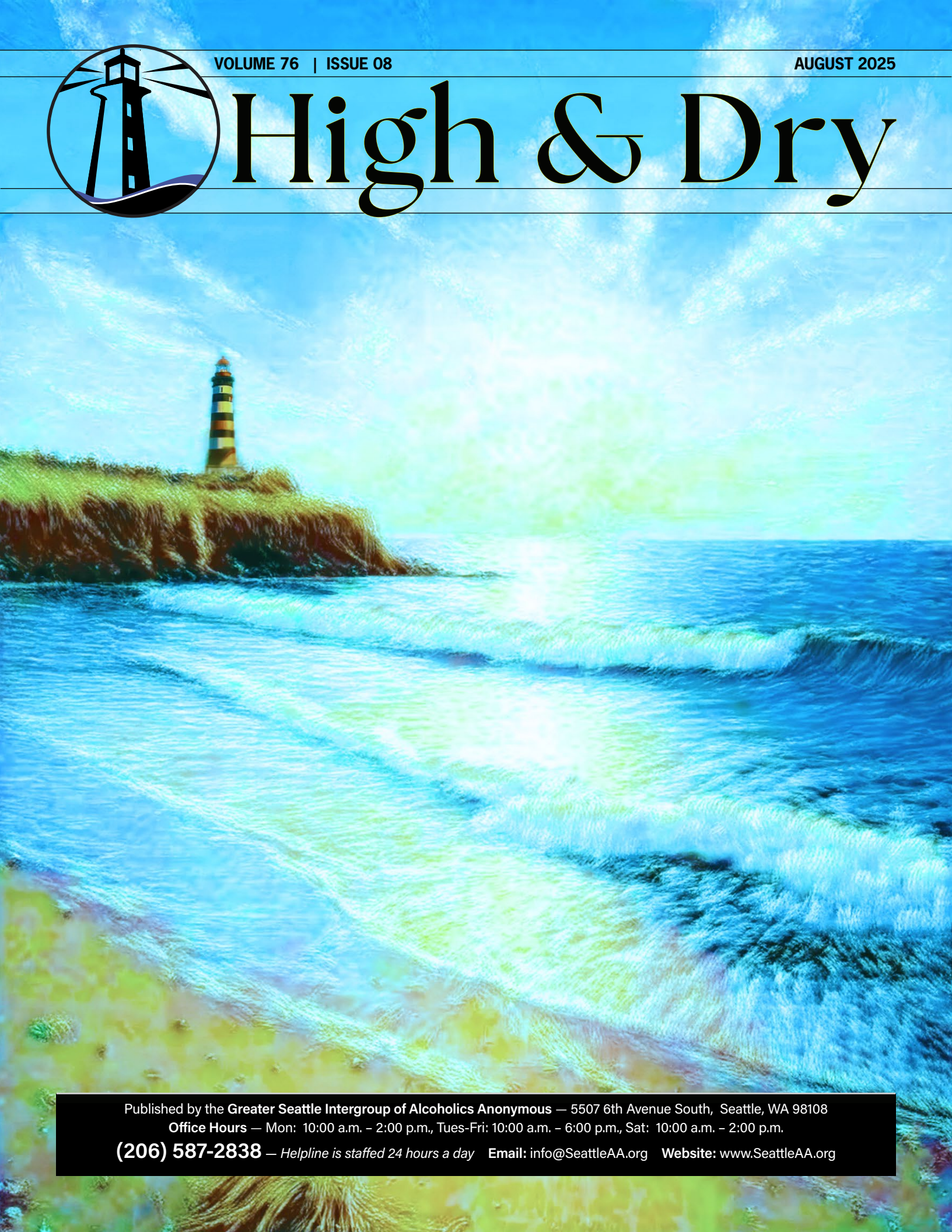
VOLUME 76 | ISSUE 08 AUGUST 2025

High & Dry



Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
Office Hours — Mon: 10:00 a.m. – 2:00 p.m., Tues-Fri: 10:00 a.m. – 6:00 p.m., Sat: 10:00 a.m. – 2:00 p.m.
(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

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FUTURE TRIPPING

August 2025 GSIG Events

2 — Hospital & Treatment Committee
- 02 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 820 0608 7832
- Passcode: 088776

3 — Service Manual Study
- 03 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 863 6483 7688
- Passcode: 022841

6 — Accessibility Committee
- 06 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Meeting ID: 885 9521 8136
- Passcode: 611317

7 — Step Ashore XI
- 07 @ 8:00 am - 5:00 pm
- Ocean Shores Convention Center, 120 W Chance a La Mer NW, Ocean Shores, WA, 98569, United States
- For online registration: www.nwwoodstockofaa.org

7 — 12th Step Committee
- 07 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Meeting ID: 835 0869 0642
- Passcode: 749607

8 — One Hour Minimum presents Friday Night Freak Show BBQ
- 08 @ 6:00 pm - 9:00 pm
- Wayside Church, 2000 SW Dash Point Road, Federal Way, 98023, United States
- Meat, buns, water and coffee supplied
- Bring sides and drinks

9 — District 32 Annual Picnic
- 09 @ 11:30 am - 2:30 pm
- Steel Lake Park, 2410 S 312th, Federal Way, WA, 98003, United States
- 2025 D32 Picnic FLYER
- Friends and family invited.
- Burgers and hot dogs provided

9 — District 16 Fellowship Picnic
- 09 @ 2:00 pm - 5:00 pm
- Cedar Park, 3737 NE 135th St., Seattle, 98125, United States
- Meet us at the park, Invite friends
- Bring something to snack or sip on
- Hot Dogs, burgers and veggies.

10 — District 41 Picnic
- 10 @ 3:00 pm - 7:00 pm
- Magnolia Park, 1461 Magnolia Blvd. W, Seattle, United States
- Join us for food, fun and fellowship!
- Bring a sde dish, something to sit on.
- 7th tradition will be observed.

11 — Corrections Committee
- 11 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 872 2771 9137
- Passcode: 833575
- Everyone Welcome.

15 — Auburn Alkees Campout
- 15 @ 8:00 am - 5:00 pm
- Game Farm Park, 330 R. St. S.E., Auburn, WA, 98002, United States
- Campfire Meetings
- Raffle, Activities
- BBQ/Potluck Saturday @ 1pm

16 — CPC/PI Committee
- 16 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 839 2685 4975
- Passcode: 553965

For More Details about August Events:

www.seattleaa.org/events/month/2025-08/

17 — GSIG Big Summer Picnic
- 17 @ 11:00 am - 4:00 pm
- Seward Park, 5900 Lake Washington Blvd S, Seattle, WA, 98118, United States
- Come and have some food, fun and fellowship at the annual picnic.
- 50/50 Raffle, Basket Raffle, Bingo. Swag sales, Service Committee tables, games
- hot dogs, chips, drinks and ice cream available!

19 — Web and Tech Committee
- 19 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 857 9514 2843
- Passcode: 467107

19 — 2025 Living in Sobriety BBQ
- 19 @ 5:30 pm - 7:30 pm
- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117, United States
- Bring a friend, family member or just yourself and have some food and sober fun!
- Bring your favorite potluck dish.
- Bar-b-que starts at 5:15

19 — GSIG Monthly Board Meeting
- 19 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 918 5437 5402
- Passcode: 035194

27 — The Principles of the 12 Steps
- 27 @ 2:30 pm - 3:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 830 7826 9547
- Passcode: 600554
- Join us as we explore what it means to practice these
- principles in all of our affairs.
- Contact: info@seattleaa.org

REFLECTING ON OUR PAST

August In Our History

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

Aug 1934	Rowland H and Cebra persuade court to parole Ebby T. to them.
Aug 1939	Dr. Bob wrote & may have signed article for Faith magazine.
Aug 1941	1st meeting in Orange County, California held in Anaheim
Aug, 1981	Sales of the Big Book passes 3,000,000
Aug 1981	Distribution of Alcoholics Anonymous passes 3 million.
Aug 1, 1943	Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.
Aug 3, 1954	Brinkley S. gets sober at Towns Hosp after 50th detox.
Aug 8, 1879	Dr. Bob born in St. Johnsbury, VT.
Aug 9, 1943	LA groups announce 1000 members in 11 groups.
Aug 11, 1938	Akron & NY members begin writing stories for Big Book.
Aug 15, 1890	E M Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".
Aug 16, 1939	Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.
Aug 18, 1988	1st Canadian National AA Convention in Halifax, Nova Scotia.
Aug 19, 1941	1st AA Meeting in Colorado is held in Denver.
Aug 25, 1943	AA group donates Big Book to public library in Quincy, MA.
Aug 26, 1941	Bill writes Dr Bob to tell him Works Publishing has been incorporated
Aug 28, 1954	"24 Hours a Day" is published by Richmond W.

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



Just as our fellowship grows through acknowledging and learning from its history, we grow through honest reflection and making things right. History teaches us that progress comes not from perfection, but from our willingness to acknowledge mistakes and make corrections - both in our personal recovery and in our publications.

MAKING AMENDS

IN THE SPIRIT OF STEP 9, we acknowledge our mistakes and make direct amends wherever possible. Like all of us in recovery, we strive for progress, not perfection. In Issue 7, we made the following errors:

- The event's listing header in the Future Tripping section was mistakenly labeled as June, it should have been July.
- The link at the bottom of In Our History was mistakenly printed as: https://aasj.org/june-history/ when it should have been: https://aasj.org/july-history/

"We will not regret the past nor wish to shut the door on it."
- Alcoholics Anonymous, 4th Edition, p. 83-84

We sincerely apologize for these mistakes. We will correct the digital edition when and if possible; however, errata in printed copies may persist. We're grateful for your understanding and patience as we continue to carry the message, one day at a time. Sincerely, Peter J., △

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	Jenza, H., Mikey C. and Morgan S.
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Jake and Joe B.
FRIDAY	Thomas H.
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 August Celebrants in the *How Dry I Am Club*!

Stephan M.	Seattle Group	8-14-1986	39 years
Lara R.	ANPG	8-19-1986	39 years
Chris L.	Hot Stove	6-27-2018	6 years
Tim C.	On Awakening	7-15-1985	40 years
Michelle L.	A Vision for You		25 years
Carina W.	PBP	8-25-2009	16 years
Astri T.	MLTW	8-18-1979	46 years





We Need September Celebrants!

The How Dry I Am Birthday Club has been a cherished tradition in our newsletter for decades, but we don't have any submissions for September yet! Help us keep this beautiful tradition alive!

Your sobriety birthday is a milestone worth celebrating! By joining the Birthday Club, you're not just marking your own journey, you're inspiring others and showing them that recovery is possible, one day at a time. Also, we made cake!

Link to Seattle Intergroup Online Contributions

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

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: n*ewsletter@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.***

Step 8: *"Made a list of all persons we had harmed, and became willing to make amends to them all."*

Step Eight: A Wealth of Empowerment

By Janet V.

THE INSPIRED INCLUSIVITY of Ebby's statement, "Why don't you choose your own conception of God?" unlocked, for each member of AA, a unique one-of-a-kind experience with the Big Book and the steps. We are all empowered to ask ourselves what these spiritual terms mean to us; therefore, every interpretation is valid and equal. Consequently, I can present my experience with step 8 freely with no implication that it is correct or incorrect - but it is mine.

Step 8 — "Made a list of all persons we had harmed, and became willing to make amends to them all" — often gets short shrift and combined with Step 9 in AA workshops and book studies. Even in the Big Book, Step 8 is pinned to Step 9, as if it cannot stand on its own. In my experience, there is often overlooked action indicated in Step 8.

Our introduction to this step in the Big Book is the biblical quote "Faith without works is dead." This connection to this line of scripture is to remind us that the pathway between the problem and the solution is action. It also might serve to remember another biblical quote, "Abraham's faith was made perfect through his works." There is an intimate connection between taking inspired actions and increasing faith. In step 8, we are committing to trusting this connection, even if we don't yet believe it.

Before we launch into the list of amends, there is action to take in Step 8. "...became willing to make amends to them all" We have our list of people we have harmed, and we're likely to be ready to make amends to some of them. Some of them might terrify us. We might not yet have enough faith onboard to be able to face them. If we haven't the will to do those, "we ask until it comes." Meaning these amends stay active business with God. We continue to pray for the will to take the actions. We don't just move into Step 9 and bypass praying to share God's will and strength to do the scary amends. So, often, we are taking Steps 8 and 9 at the same time. Our experiences as we take Step 9 and the strength and direction we pray for from our Higher Power combine to give us the courage we need to face the scary amends. We perfect our faith through our work.

I have found a wealth of empowerment in looking at Step 8 on its own. I have grown to trust that God will continue to transform my fear into the necessary courage and, together, we can do the seemingly impossible. △



Thank you AA

By Lara R.

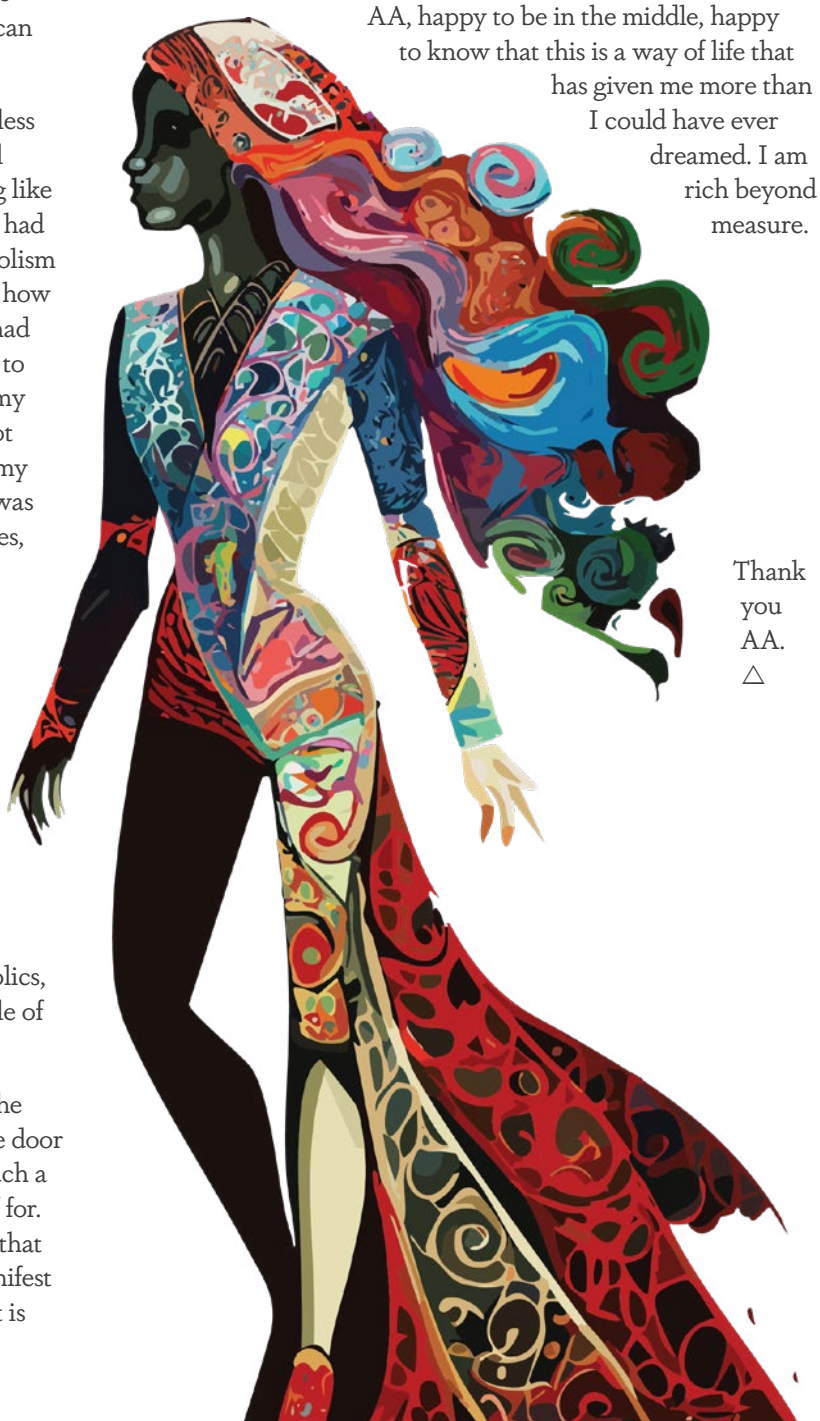
39 YEARS AGO TODAY, as I write this, I was living in a Motel on MLK with my Mom, her boyfriend and my married boyfriend. I was a home wrecker. Everyone thought I was a prostitute, because I looked like one. I had a job at a local restaurant as a busser, which worked out for me, because even though I was underage, the bartender would feed us drinks after the restaurant closed-every budding alcoholic's dream. I had tried to get sober before by going to another 12 step program and I managed to stay sober for a number of months, but ultimately drank again. I had gone to treatment, got kicked out and ultimately drank again. I had tried a number of ways to control my drinking, which, all ultimately failed, because controlling my drinking wasn't really something I was too interested in. I thought I was very clever when I said, "I can quit whenever I want to, I just don't want to."

But things were getting bleak. We were essentially homeless due to our unmanageable, chaotic lifestyle, my emotional status was infantile and I walked around ashamed, feeling like a victim most of the time. I felt so tired. Tired of the life I had been living. I was raised in alcoholism-my parents' alcoholism first and then my own. It really was the only way I knew how to exist. I was only 17 years old but I felt like I was 117. I had seen and experienced things that a child should not have to see or experience. I've had therapists tell me about how my childhood was taken away from me and all of that. I'm not so sure about that now, it was what it was. The adults in my life were basically children themselves. If my childhood was taken from me, I certainly wasn't the only one, and besides, self-pity, I have come to realize, is just an excuse to stay sick and stuck.

Alcoholics Anonymous has given me a path out from my feelings of being stuck, a discipline where I once had none, a joy in life that is indeed indescribably more wonderful as time passes. The prophetic words of the Big Book ring truer and truer the longer I stay sober, the essays on the Traditions mean more to me with every passing day. From someone who couldn't sit still through an entire hour and a half meeting, to someone who thirsts for the knowledge that comes from listening to my fellow alcoholics, to my sponsor and to my sponsees, this is truly an example of the miracles that happen everyday in AA.

For many years into my sobriety I thought for sure that the promise "We will not regret the past, nor wish to shut the door on it" could not possibly come true for me. I had made such a grave mistake that I thought I could never forgive myself for. I had a sponsor tell me that God alone can judge me and that I was not qualified to do the job of God. The ego can manifest itself in so many ways. Alcohol is not the only power that is cunning and baffling. The ego is so clever in its techniques at keeping us separated from God, but those words of my former sponsor started a shift in perception, which has ultimately turned into the necessary psychic change I needed to free myself from my shame.

Where would I be without AA? I shudder to think of it. I am so grateful everyday when I wake up with another opportunity to be a better person than I was yesterday. Yes, I fail, almost daily in one way or another, but I have hope today and I have so many people that know my dilemma. They, too, have a way out that they remind me of. It is a constant vigilance that I must maintain, but I am happy to serve AA, happy to be in the middle, happy to know that this is a way of life that has given me more than I could have ever dreamed. I am rich beyond measure.



Thank you AA. △

Tradition 8: *"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."*

Walking the Line: Professional Help, Fellowship Heart

By Peter J..

AT 18 MONTHS SOBER, I found myself volunteering on multiple committees at the Intergroup office, working alongside both volunteers like myself and a few paid employees. Most days, the distinction felt natural enough. As volunteers we shared our experience, strength, and hope freely, while the paid staff handled the phones, managed the bookkeeping, and kept the lights on. But the boundaries weren't always as clean as I'd expected.

I watched our paid office workers, also in recovery, field calls from newcomers with the same care and wisdom any of us volunteers might offer. I saw volunteer committee chairs making decisions about budgets and policies that felt distinctly administrative. The lines blurred in daily practice, yet somehow it still worked, until I tried to bring my step work to a therapist outside of AA...



"We don't do that, we can't do that," was the response, with little explanation. That's when Tradition 8 began to crystallize for me, not as a rigid boundary, but as a guiding principle navigating complex terrain.

The contrast was illuminating. In our AA office, even when roles overlapped, there was an understood priority: our primary purpose came first. The paid workers, whether they were in recovery or not, understood they were facilitating something larger than their job descriptions. They showed up reliably and kept things running in ways that volunteer committees sometimes couldn't, but they never confused their professional competence with spiritual authority.

The outside professionals, bound by different training and liability concerns, couldn't enter into the spiritual relationship which defines AA recovery work, and they shouldn't.

I began to see the wisdom in this tradition's flexibility. AA needs specialists: accountants, lawyers, event planners, office administrators... people who can handle the business side professionally and reliably. Some of these professionals happen to be in recovery, others aren't. What matters isn't their personal relationship to the program, but that they understand their role as supporting, not replacing, the heart of what we do.



The tradition protects something essential; the moment we start paying people to carry the message itself, we risk transforming the very nature of what makes AA work, one alcoholic helping another, not because it's their job, but because their own sobriety depends on it. Yet it also acknowledges that good intentions and volunteer availability alone can't sustain an organization.

> *"Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated."*
> ***- Tradtion 8, page 166, Alcoholics Anonymous***

It's a living balance, one that requires ongoing discernment rather than rigid rules. The tradition keeps our primary purpose clear while recognizing that the practical and the spiritual don't always fall into neat categories. △

Greater Seattle Intergroup
of Alcoholics Anonymous

WEB AND TECH COMMITTEE

The Web and Tech Committee oversees website development, Nightwatch automation (24-hour phone answering), and intraoffice computer systems and servers.

Created by Board action in May 2013, the mission of this permanent standing committee is to develop a three-year technology strategy and budget proposal and then to implement it.

Join us

Our committee meets on the third Tuesday at 5:30 p.m.

In Person at the GSIG Office:
5507 6th Ave South, Seattle, WA 98108

Online on Zoom

We invite anyone to participate.

Please email wtchair@seattleaa.org or call 206-587-2838 with any questions.



FROM OUR FELLOWSHIP

She feels time begin to slow. Clicking a ball point pen
as the cafe around her zooms in and out of space.
People like golden coins in her peripheral pond.
Swallowing the pages of names before her.
Enemy of sweat as it holds her palms hostage.
She sees the harm willingly. Lithophane of
encrypted regret. She knows the pain.
Each name is a realization, a remembrance.
The cold etching of hubris on her shaved
forearms as she paves the golden page.
She hopes to be lost from the weight. This magnificent
beast. Snarling it's teeth as the coffee gets warmer
and her name becomes synonymous with change.

-a friend named June

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FROM THE ARCHIVES: AUGUST 1952

Tracing the High & Dry's 80-Year Journey

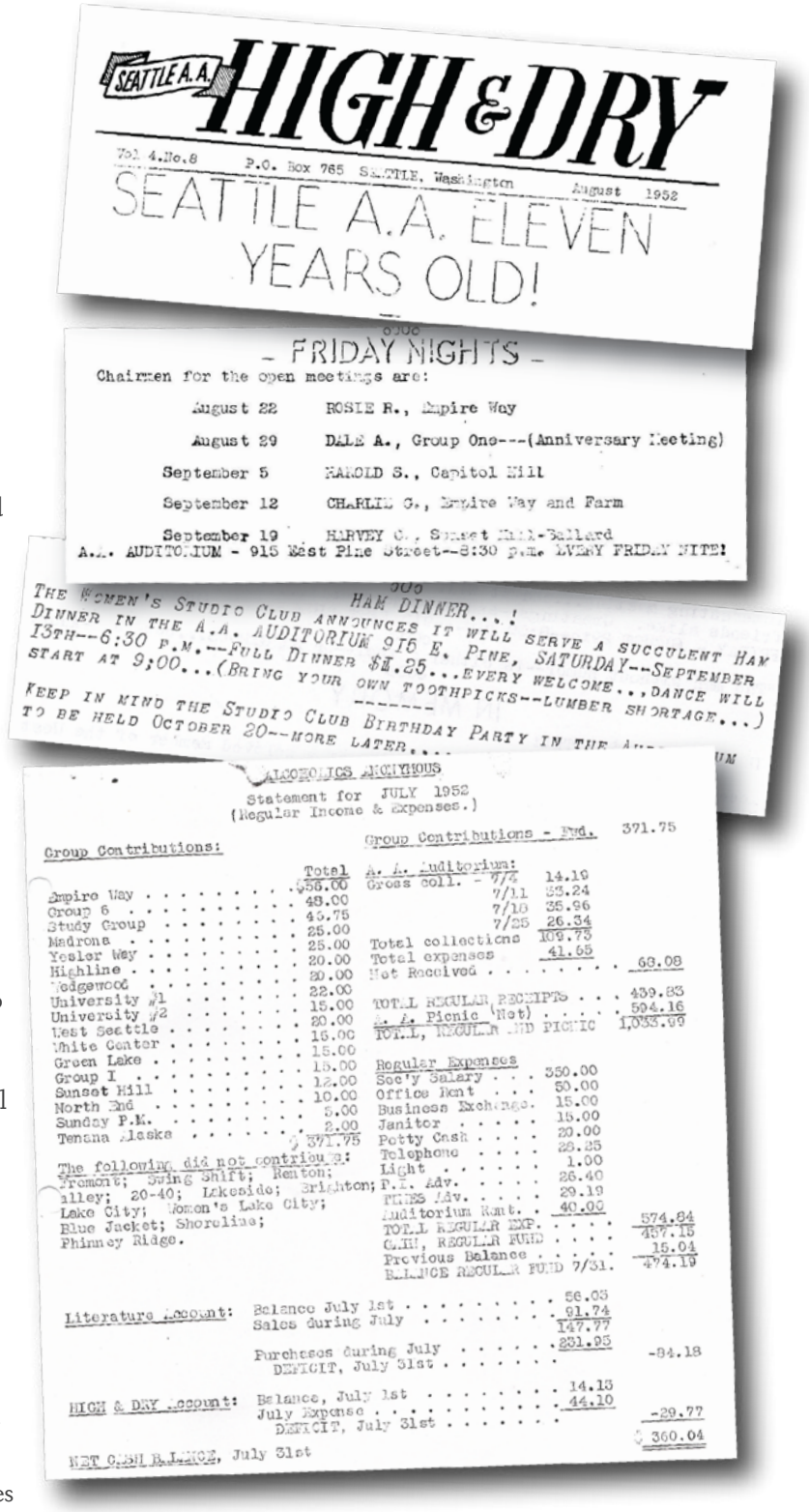
THE HIGH AND DRY has been connecting Seattle AA members for over eight decades, but much of its early history remains shrouded in mystery; fitting, perhaps, for a fellowship built on anonymity.

According to SeattleAA Archivist Theresa S., our newsletter, The High & Dry, has been in continuous circulation since the 1940s, with nearly all historic copies preserved at the Greater Seattle Intergroup Office. These historic pages offer glimpses into our fellowship's past and appear to be typed on an archaic device known as a typewriter (the precursor to modern word processing software). The newsletter's distinctive title fonts were likely rendered by hand or stencil, a far cry from the digital design tools we use today.

The first known editor may have been George T. who released the first news bulletin in July 1948, followed by Chet H. that same year. Everett K., Seattle AA's first executive secretary, took The High & Dry editorial helm in 1949 before passing it to Les V. on May 1st in 1951. Everett K. wore many hats in those early days, serving simultaneously as Seattle Intergroup Board Chair and Area Delegate back when Washington had just one Area.

Distribution in the 1950s must have looked much different from today's dual print-and-email system, but details are sparse. Early editors like Les V., maintained contact lists of nearly 6,000 names, though whether all received the newsletter, and by what means remains unclear. Were copies mailed, hand-distributed at meetings, or picked up from the office? If they were mailed, how did the postman know how to get to an address without gps navigation on their smartphone? We'll need to do some more research to further clarify these points of interest. Today we print hundreds of copies and email thousands of members to broadcast the message of strength courage and hope. We use tools like Adobe Creative Cloud, Wordpress, Microsoft Office, Google Workspace, and we've even incorporated Artificial Intelligence into our editing workflow and creative process. Oh how times have changed.

For those intrigued by our fellowship's history, Theresa recommends several resources (if you can find them): "The History of Washington State Alcoholics Anonymous 1941-1966" (a historic copy is available at the GSIG office, edited by Everett K.,) and the three editions of "Our Stories Disclosed." She also invites history enthusiasts to the next Area 72 Archives Quarterly Meeting on Saturday, August 2, from 10 AM to 2 PM at Trinity Episcopal Church in Everett, a hybrid meeting where past and present converge. You may have to contact someone at GSIG or Area72 to get the Zoom info. △



SEATTLE A.A. HIGH & DRY

Vol 4.No.8 P.O. Box 765 SEATTLE, Washington August 1952

SEATTLE A.A. ELEVEN YEARS OLD!

- FRIDAY NIGHTS -

Chairmen for the open meetings are:

August 22 ROSIE R., Empire Way

August 29 DALE A., Group One---(Anniversary Meeting)

September 5 HAROLD S., Capitol Hill

September 12 CHARLIE G., Empire Way and Farm

September 19 HARVEY C., Sunset Hill-Ballard

A.A. AUDITORIUM - 915 East Pine Street--8:30 p.m. EVERY FRIDAY NITE!

HAM DINNER...!

THE WOMEN'S STUDIO CLUB ANNOUNCES IT WILL SERVE A SUCCULENT HAM DINNER IN THE A.A. AUDITORIUM 915 E. PINE, SATURDAY--SEPTEMBER 13TH--6:30 P.M.--FULL DINNER $1.25...EVERY WELCOME...,DANCE WILL START AT 9:00...(BRING YOUR OWN TOOTHPICKS--LUMBER SHORTAGE...)

KEEP IN MIND THE STUDIO CLUB BIRTHDAY PARTY IN THE A... TO BE HELD OCTOBER 20--MORE LATER....

ALCOHOLICS ANONYMOUS

Statement for JULY 1952

(Regular Income & Expenses.)

Group Contributions:

	Total
Empire Way	$58.00
Group 6	48.00
Study Group	45.75
Madrona	25.00
Yesler Way	25.00
Highline	20.00
Wedgewood	20.00
University #1	22.00
University #2	15.00
West Seattle	20.00
White Center	15.00
Green Lake	15.00
Group I	15.00
Sunset Hill	12.00
North End	10.00
Sunday P.M.	5.00
Tenana Alaska	2.00
	$ 371.75

The following did not contribute: Fremont; Swing Shift; Renton; Valley; 20-40; Lakeside; Brighton; Lake City; Women's Lake City; Blue Jacket; Shoreline; Phinney Ridge.

Group Contributions - Fwd. 371.75

A. A. Auditorium:

Gross coll. -	7/4	14.19
	7/11	33.24
	7/18	35.96
	7/25	26.34
Total collections		109.73
Total expenses		41.65
Net Received		68.08

TOTAL REGULAR RECEIPTS 439.83

A. A. Picnic (Net) 594.16

TOTAL, REGULAR AND PICNIC 1,033.99

Regular Expenses

Sec'y Salary	350.00	
Office Rent	50.00	
Business Exchange	15.00	
Janitor	15.00	
Petty Cash	20.00	
Telephone	25.25	
Light	1.00	
P.I. Adv.	26.40	
TIMES Adv.	29.19	
Auditorium Rent.	40.00	
TOTAL REGULAR EXP.		574.84
G.H., REGULAR FUND		459.15
Previous Balance		15.04
BALANCE REGULAR FUND 7/31.		474.19

Literature Account:

Balance July 1st	56.03	
Sales during July	91.74	
	147.77	
Purchases during July	231.95	
DEFICIT, July 31st		-84.18

HIGH & DRY Account:

Balance, July 1st	14.13	
July Expense	44.10	
DEFICIT, July 31st		-29.77
NET G.S.I. BALANCE, July 31st		$ 360.04

Have historical AA materials or memories to share? Submit them to the High and Dry through the seattleaa.org website, or bring them into the Greater Seattle Intergroup Office.

CORRECTIONS CORNER

Pink Can Thank Yous:

A big thank you to the following groups who contributed $263.00 to the Pink Can Fund in June: Duck Island, District, 17, and Savage State of Mind. The committee used $18 to purchase Black in AA pamphlets for SCORE.

5 Takeaways about Corrections:

At the July meeting, we agreed to create a list of "5 takeaways" to prioritize key info for District Corrections Chairs and Home Group Reps to use when sharing info about Corrections service needs! Here are the ones from the July meeting:

1. We need more people! Are you interested in taking meetings into some correctional facilities and willing to apply and go through background checks? If you are, or if you know anyone who is, please email, or have them email volunteercorrections@seattleaa.org.

The meetings are:

a. Federal Detention Center (SeaTac): men's and women's meetings, Thursdays at 5:15pm

b. SCORE (Des Moines): women's and men's meetings, also looking for someone with experience to become the next women's meeting coordinator. Saturday mornings.

c. King County Juvenile Detention Center (Seattle): boy's and girl's meetings, Thursday evenings

d. Helen B Ratcliff Womens Work Release (Beacon Hill): women's meeting date is being determined

e. Pioneer Co-Ed Work Release (Pioneer Square): Looking for men and women, meeting dates being determined

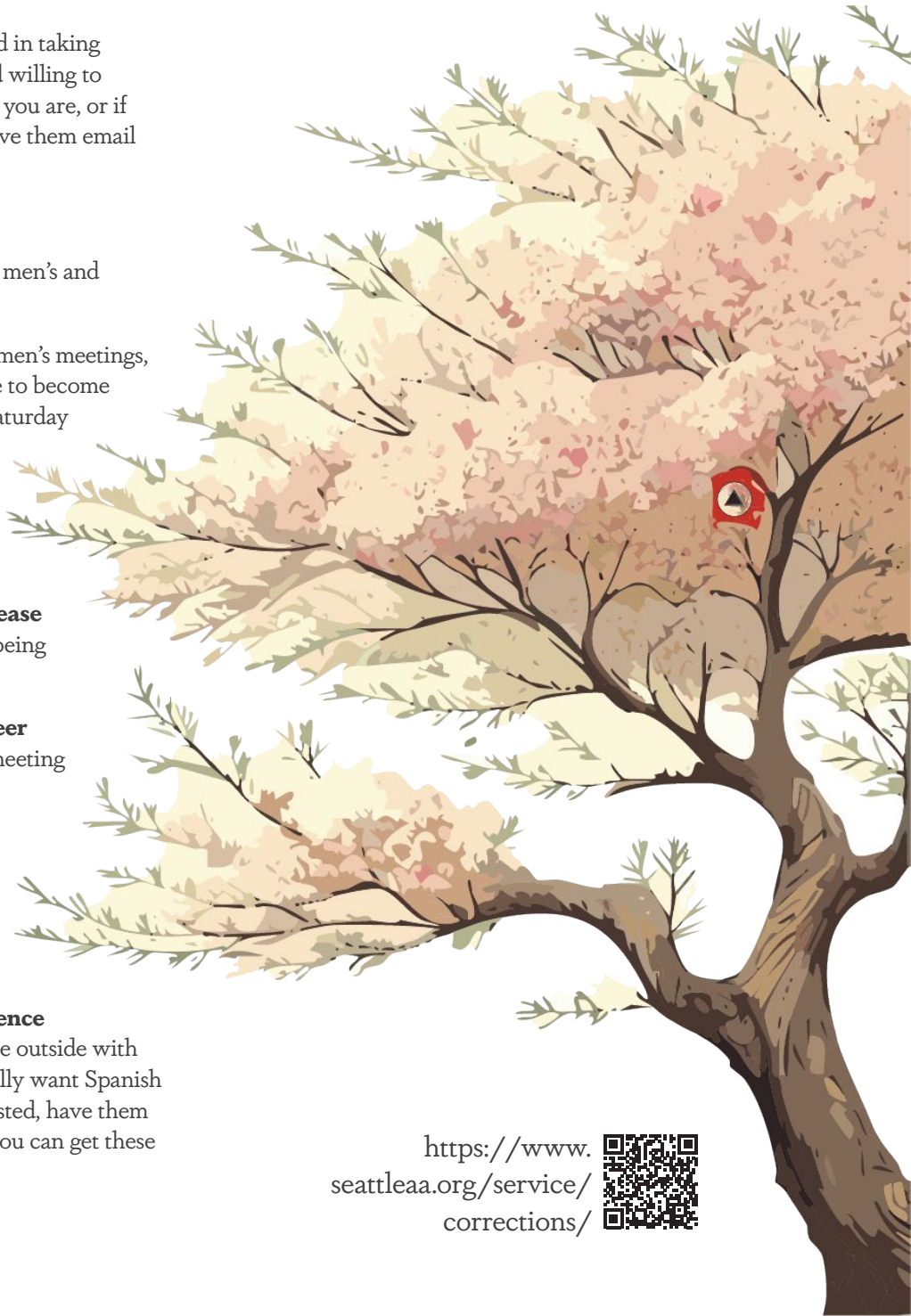
f. Regional Justice Center (Kent): Looking for a woman to coordinate setting up women's meetings at this facility. Meeting dates still being determined.

2. AA offers the Corrections Correspondence Service program which matches AAs on the outside with sober members inside facilities. They especially want Spanish speaking people. If you know anyone interested, have them email volunteercorrections@seattleaa.org. (you can get these pamphlets at Intergroup)

3. We will be tabling at GSIG Summer Picnic on Sunday, August 17. This is an excellent time to eat great food, meet fun people and learn about all corrections service opportunities. Stop by!

When and Where we meet:

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! Any questions, please contact corrections@seattleaa.org. △



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

PI/CPC COMMITTEE

Public Information & Cooperation with Professional Community (PI/CPC) Committee

By David B., GSIG PI/CPC Chair

ARE YOU INTERESTED IN CARRYING THE MESSAGE BEYOND THE ROOMS OF A.A. to the general public, schools, community events, healthcare professionals, educators, companies, and more? If so, contact the Public Information & Cooperation with Professional Community (PI/CPC) Committee or your home district and see how you can help.

The PI and CPC functions are closely related because they both involve educating non-members about A.A., so they are often combined, but they have distinct roles, as outlined by the GSO:

Public Information (PI) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics. Public Information Workbook

Cooperating with nonalcoholic professionals is an effective way to carry the message to the sick alcoholic. Such people often meet the alcoholic in places where A.A. is not present. Through professionals, alcoholics may be reached who might otherwise never find the program, or they may be reached sooner with the help of informed non-A.A.s. Cooperation with the Professional Community (CPC) Workbook

PI/CPC committee members are active in many different ways in the Greater Seattle Intergroup area. Activities are usually led in each district by the local district PI/CPC chair. Recent activities by members have included:

- *Participating in panels at high schools and middle schools*
- *Distributing A.A. literature in public libraries and community centers*
- *Presenting to health care professionals*
- *Providing resources and literature to court systems*
- *Staffing tables at community events and resource fairs*
- *Distributing literature in health care settings*
- *Staffing booths at professional conferences*

To find out how you can get involved, contact cpc@seattleaa.org, or attend the next PI/CPC committee meeting. △

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



GSIG PI/CPC Committee Meetings

We meet at 10:00 AM on the third Saturday of every month in a hybrid format. Meeting information can be found on our events page at https://www.seattleaa.org/events/.

Please email cpc@seattleaa.org or call (206) 587-2838 with any questions or if you'd like to be added to the PI/CPC email list.

GSIG JULY 15TH 2025 BOARD MEETING MINUTES

Opening

Chair: Jeff U | **Vice Chair:** Eddy M-M | **Secretary:** Carina W | **Treasurer:** Pete K (absent)

AA Birthdays: Peter J (18 months, July 19), Ricky T (16 years, July 14)

Attendance & Quorum

Roll call showed 14 total voting members: 4 of 5 GSIG Officers and 10 of 12 District Representatives present. Previous meeting minutes unanimously approved.

GSIG Officers Present: Jeff U (Chair), Eddy M-M (Vice Chair), Karla L (Chair Emeritus), Carina W (Secretary)

District Representatives Present: Ruth P (D14), Blake P (D15), Ricky T (D16), William B (D18), Bobby T (D24), Thomas F (D31), Samantha M (D32), Daysha (D40), Laura C (D41)

Note: Sarah F (D42) not present. Complete attendance details available in full minutes online.

Officer Reports

Chair (Jeff U): Budget drafted by Treasurer and Office Manager in September, presented at October board meeting, finalized at Fall Assembly in December. Attended Area Summer Quarterly. Approved motions for

Assembly agenda: Cease printing Area Newsletter (online-only), create Newsletter Steering Committee, fund King County Metro Bus Sign project for 2025/2026 holiday season.

Beta test site for Area Newsletter: news.johnbarry.com

Vice Chair (Eddy M-M): Delivered Treasurer's report (see financial section below).

Treasurer (Pete K): Report delivered by Eddy M-M.

June financial challenges: ~$3k shortfall, group contributions $3k under budget, individual contributions $1k under budget. Overall year-to-date contributions still ~$6k positive. 2026.

Budget Request: Committee chairs must submit budget requests to treasurer@seattleaa.org and lara@seattleaa.org by August 22nd.

Archives spending clarification: ~$600 spent on computer purchase.

Secretary (Carina W): Focus on updating roster. Requests notification if receiving updates but no longer serving as Intergroup Representative.

Staff Reports

Office Manager (Lara R): June showed red numbers but year-to-date still positive. International Convention souvenir book arriving soon.

Building update: Met with new property owners (Watershed Community); building demolition scheduled end of 2028. Owners exploring possibility of new location within their developments. Committee being formed to explore options and report to fellowship - volunteers welcome.

New products: Grapevine greeting cards with cartoons, $3 each.

Call Statistics: 148 phone calls, 114 chatline contacts (262 total), 2 twelve-step calls.

Assistant Office Manager (Anita S): Highlighted positive GSR experience at Spring Assembly. Attended Empire Way birthday meeting with Bob F. Collected quilt blocks from various events including Judie A.'s Celebrations of Life. Iron-on transfer sheets available at Intergroup Thursday. Mentioned Burke D.'s Daily Reflections contributions being researched by Maryland N.

Committee Reports Summary

Accessibility (Kathy A): Getting into swing of things, attended quarterly. Exploring braille options for calling cards to serve blind alcoholics.

Corrections (Karen K): $263 in Pink Can contributions from Duck Island, District 17, and Savage State of Mind.

Facility needs: Federal Detention Center (Thu 5:15pm, men's & women's), SCORE (Sat mornings, seeking women's coordinator), King County Juvenile Detention (Thu evenings), Helen B Ratcliff Women's Work Release, Pioneer Co-Ed Work Release, Regional Justice Center (seeking women's coordinator).

Other opportunities: Correspondence Service (especially Spanish-speaking), tabling at GSIG Summer Picnic (Aug 17).

Notes: Pierce County 1st Step Workshop development, Federal Detention Center service needs meeting, exploring International zoom hosting for facilities. Monthly meetings 2nd Monday 6:30pm hybrid format.

Hospitals & Treatment (Mikey C): Panelists forgetting commitments when scheduled far out - reminder systems important. Area 72 H&T Coordinator requested Mikey speak July 19th at Mt. Vernon. Northwest Hospital meeting still stalled. Ballard Hospital Women's Meeting (Sun 9am hybrid) seeking panelists. Harborview developing new panel qualifications.

Facilities needing support: UGM Capitol Hill men's recovery facility, Bricklayers' Hall.

Requirements: UGM pre-registration at ugm.org/volunteer (takes up to one week).

Newsletter (Peter J): Tremendous joy compiling contributions from H&T, Corrections, step/tradition stories, artwork from Jenza, birthdays. Submit to newsletter@seattleaa.org or through SeattleAA.org website.

Nightwatch (Rob S):

Open shift: 1st Thursday 2:00-6:00 AM.

Contact: 206-601-0061 or nightwatch@seattleaa.org

Office Committee (Matt T): Evaluating employee compensation and benefits. Working with insurance professional. 32 hours constitutes full-time employment.

PI/CPC (David B): Staffed King County Substance Use Recovery Conference (June 25), distributed 50+ pieces literature. Nate (D31) created healthcare professional presentation, conducting hospital outreach. Don (D3) working Evergreen District Court, initiating Providence Hospital peer-visit program.

Upcoming: Shoreline Resource Fair (Sept 5), Recovery Day at Mariners (Sept 14), UW health sciences class (October).

Challenges: Low PI/CPC engagement in some districts.

Special Events: GSIG Big Summer Picnic August 17th, 11:00 AM-4:00 PM, Seward Park.

Volunteer sign-up: signupgenius.com/

go/10C0944A8A722A1FBC61-57321676-2025.

Contact: specialevents@seattleaa.org

12-Step (Karrie C): GSIG Chat feature booming with activity. Few 12-step referrals due to effective chat team. Seeking more chat volunteers - would prefer 2 people per shift. Service from home opportunity.

Web & Tech (Peter J): New chair position. Seeking committee members with good ideas and strong work ethics.

District Reports Summary

District 14 (Ruth P): Legendary picnic Lincoln Park September 7th. Considering Jennifer S meditation workshop proposal. Open CPC position. New Web & Tech person (Ron) seeking position description from other districts. Questions about quilt project details.

District 15 (Blake P): Productive meeting with new GSR reps. Ad-hoc group checking with meetings about joining district. Working on condensed GSR school.

District 16 (Ricky T): July budget discussion scheduled. Eddy M-M attending July meeting about Intergroup role. Visiting Lake City 11th Hour (June 21st, 11:00 AM).

District picnic: August 9th, Cedar Park, 2-5pm potluck. Newsletter usage survey ongoing. Seeking secondhand AA literature for corrections, 12-step call volunteers.

District 18 (William B): Delegate report back with Courtney completed.

Events: BBQ July 27th Kiwanis Park (10-2pm), Old Kent picnic Lake Wilderness Park Shelter 1 (11-4pm), New Purpose 20th anniversary 9/11 (potluck 6pm, 2 speakers). Open Third Legacy position. Richard C offering AA literature presentation.

District 24 (Bobby T): Monthly meetings 1st Wednesday 6-9pm, St. Hildes (24 attendees: 19 in-person, 5 online). Jerry F spoke about service sponsorship.

Next month: "Healthy Homegroup" through Spiritual Principles.

Major events: Hosting Area 72 Annual Assembly October 3-5, 2025, Lynnwood. Gratitude dinner 03/28/26, St. Pius 5-8pm.

District 31 (Thomas H): In-person meetings August, October, December. Heather S (Area VP Chair) spoke at last meeting.

Archive/Sponsorship Workshop: September 20th, 1pm. Service opportunities: Transform Burien, Burien Library Resource Fair. Jennifer H new Archives Chair - all positions filled. Co-hosting April 2026 Quarterly with D14 at Grace Lutheran. Post-conference report July 19th GSIG, Pre-Assembly August 23rd Fauntleroy Church.

District 32 (Samantha M): Meeting July 7th, 14 voting members at Brooklake Church.

CPC Kevin: 6 Multicare referrals, seeking legal community contacts.

District picnic: August 9th, 11:30am-2:30pm, Steel Lake Park Site 1.

Treatment needs: Intercept panels 1st Tuesday 12:05-1:20pm, 4th Friday 11:05-1:20pm.

Fire displacement: All Saints Church fire displaced One Way (seeking space) and Thursday Night Women in Recovery (relocated to Church of Christ, Military Road South).

Open positions: Accessibility, Bridging Gap, Corrections, Grapevine/Literature, PI, School Panels, Third Legacy.

District 40 (Daysha G): Moving to hybrid meetings August 5th, 1st Tuesday monthly, Intergroup office + Zoom. Elected new treasurer. Central District report back July 19th 1-4pm Intergroup. Pre-Assembly 8/23, 10am-3pm, Fauntleroy Church.

District 41 (Laura C): Good attendance including new Softies meeting GSR (Mondays 7-8pm, Denny Park Lutheran).

Events: July 19 Delegate report back, August 23 Pre-Assembly, August 10 District picnic (3-7pm, Magnolia Park), August 17 Seattle Intergroup Picnic.

District 42 (Sarah F): Nothing to report.

AA Clubs & Halls

Fremont Northgate (Adam): Picnic July 20th, 2-6pm with hot dogs and burgers. Signed up to answer phones at Seattle Intergroup for first time in years.

Serenity Hall (Joel K): Monthly speaker meeting 3rd Sunday, July 20th potluck 7pm, speakers 8pm.

Current Service Opportunities

Open Committee Positions: Special Events Chair, Third Legacy Chair, considering Grapevine Committee Chair

Volunteer Needs: Nightwatch (1st Thursday 2-6am), Chat volunteers (prefer 2 per shift), Corrections facilities (multiple), Treatment panels (various facilities), GSIG Picnic volunteers, Building transition committee

Upcoming Events

White Center AA Picnic: Seahurst Park July 27, 11:00 AM

Friday Night Freak Show BBQ: Wayside Church August 8, 6:00 PM

District 32 Picnic: Steel Lake Park August 9, 11:30 AM

District 41 Picnic: Magnolia Park August 10, 3:00 PM

Auburn Alkis Campout: Game Farm Park August 15-17

GSIG Big Summer Picnic: Seward Park August 17, 1:00 PM

Key Action Items

Committee Chairs: Submit 2026 budget requests by August 22nd to treasurer@seattleaa.org and lara@seattleaa.org

All: Consider volunteering for building transition committee

Groups: Continue feedback on literature price increase proposal

Volunteers needed: Chat support, picnic help, open committee positions

Contact Information

Main Office: (206) 587-2838, info@seattleaa.org, SeattleAA.org

Key Contacts: secretary@seattleaa.org (206.683.1106), treasurer@seattleaa.org, newsletter@seattleaa.org, nightwatch@seattleaa.org (206-601-0061), volunteercorrections@seattleaa.org, specialevents@seattleaa.org, hospitalandtreatment@seattleaa.org

Financial Summary & Reports

June 2025 Financial Overview: June presented challenges with group contributions $3,027 under budget and individual contributions $1,793 under budget, creating an overall monthly shortfall. However, year-to-date performance remains positive with group contributions $7,897 over annual budget and overall

financial health maintained.

Budget vs. Actuals - June 2025

INCOME PERFORMANCE:
Special Events: June $1,270 vs budget $542 (+$728) | YTD $2,728 vs budget $3,250 (-$522)

Group Contributions: June $8,257 vs budget $11,284 (-$3,027) | YTD $75,602 vs budget $67,704 (+$7,897)

Individual Contributions: June $684 vs budget $2,477 (-$1,793) | YTD $10,652 vs budget $14,864 (-$4,211)

Meeting Room Collections: June $843 vs budget $400 (+$443) | YTD $3,973 vs budget $2,400 (+$1,573)

Birthday Contributions: June $287 vs budget $183 (+$104) | YTD $1,874 vs budget $1,100 (+$774)

Sustainers Program: June $1,757 vs budget $1,667 (+$90) | YTD $10,488 vs budget $10,000 (+$488)

Group Insurance: June $72 vs budget $83 (-$11) | YTD $407 vs budget $500 (-$93)

Total Contributions: June $11,901 vs budget $16,095 (-$4,194) | YTD $102,995 vs budget $96,567 (+$6,428)

Committee Funds Report (January-June 2025)

COMMITTEE BUDGET PERFORMANCE:
Archives: Budget $250, Spent $589, Over budget (-$339) - Computer purchase

Corrections: Budget $180, Spent $55, Remaining $125

GSIG Board: Budget $500, Spent $282, Remaining $218

Hospital & Treatment: Budget $900, Spent $615, Remaining $285

PI/CPC: Budget $900, Spent $544, Remaining $356

Special Events: Budget $3,100, Spent $2,599, Remaining $501

Third Legacy: Budget $125, Spent $0, Remaining $125

Web & Technology: Budget $750, Spent $0, Remaining $750

Accessibility: Budget $2,750, Spent $1,550, Remaining $1,200

EARMARKED FUNDS:
Corrections Pink Can: $4,728 available for literature purchases Accessibility

Blue Can: $1,643 available for ASL interpretation

OVERALL FINANCIAL POSITION:
Total Bank Balance: $26,381

Total Earmarked Funds: $6,371 Available Operating Funds: $20,010

Total Standing Committees: Budget $9,455, Spent $6,235, Net Position $9,591

Meeting adjourned with Responsibility Statement

Note: Complete unabridged minutes with full discussion details and individual reports available online at seattleaa.org/intergroup/intergroup-board/ △



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

August 2nd Lisa J.

August 9th Susan D.

August 16th Matt G.

August 23rd Cynthia W.

August 30th Kevin H.

September 6th Amanda R.











2025 Summertime Barbeque Schedule

Living in Sobriety Potluck

Come join us for some Summertime fun at Golden Gardens Park!

CommUNITY, SERVICE and RECOVERY in action. While our recovery is upmost in our minds and we take it very seriously we also make time for fun to enjoy our friends, new ones and old ones, in this time to celebrate the joys of summertime with Puget Sound and the Olympics in the background while we wiggle our collective toes in the sand.





Who: Bring a friend, family member or just yourself. Join us for some good sober fun!

All are welcome!

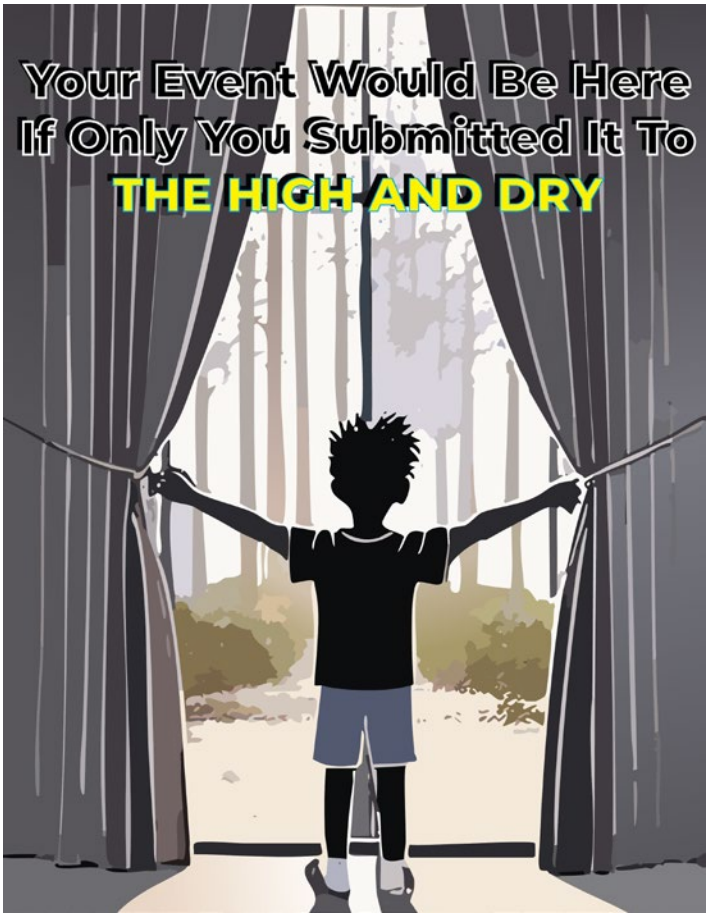
What: HAMBURGERS, HOTDOGS & BEVERAGES provided. POTLUCK– bring your favorite dish!

When: The barbeque starts around 5:15pm right after the 4:00 meeting

Tuesday , June 17th...Tuesday, July 15th ...Tuesday, August 19th.....Tuesday, September 16th

Where: Golden Gardens Park, 8498 Seaview Pl NW—Covered picnic Area 1-Tables 1-4

Living in Sobriety, Meetings daily at 4:00, 6512 12th Ave NW, Seattle, WA 98117



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





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

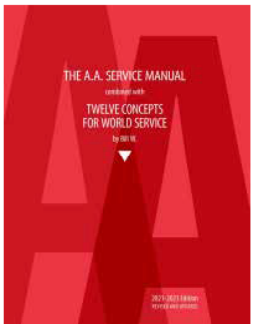
5507 6TH AVE S.,

SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483 7688

PASSCODE 022841



High & Dry

Editor: Peter J. (newsletter@seattleaa.org)

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Special Thanks To: Rachel for Artwork on page 2.

Mailing Team: Irreplaceable Volunteers

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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:	
Address:	
City/Zip:	
AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
Home Group:	

If mailing, send this form to:
Greater Seattle Intergroup, 5507 6th Ave S. Seattle, WA 98108

Link to GSIG Online Contributions

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