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High & Dry



Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

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Artwork by: Janet V.

FUTURE TRIPPING

For details about the events listed below, visit the Events page on the GSIG website.

3 — Accessibility Committee

09/03 @ 6:00 pm - 7:00 pm

- Virtual Meeting
- Zoom link
- Meeting ID: 885 9521 8136
- Passcode: 611317
- The Accessibility Committee meets on the first Wednesday of each month via Zoom. Everyone is Welcome.

4 — 12th Step Committee

09/04 @ 6:00 pm - 7:00 pm

- Virtual Meeting
- Zoom link
- Meeting ID: 835 0869 0642
- Passcode: 749607
- This is the monthly meeting for the 12th Step Committee. Everyone Welcome.

6 — Hospital and Treatment

09/06 @ 10:00 am - 11:30 am

- GSIG Office 5507 6th Ave S., Seattle Hybrid meeting
- Zoom link
- Meeting ID: 820 0608 7832
- Passcode: 088776
- This is the monthly H and T Committee meeting. All are welcome.

7 — Service Manual Study

09/07 @ 11:00 am - 1:00 pm

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Zoom link
- Meeting ID: 863 6483 7688
- Passcode: 022841
- This year we will be beginning the new 2022-2023 Service Manual.
- Join us in person at the Seattle Intergroup Office or on zoom.

8 — Corrections Committee

09/08 @ 6:30 pm - 8:00 pm

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Zoom link
- Meeting ID: 872 2771 9137
- Passcode: 833575
- This is the monthly Corrections Committee meeting. Everyone Welcome.

11 — NW Fellowship of the Spirit

09/11 @ 8:00 am - 5:00 pm

- Festhalle Civic Center, 1011 Front St., Leavenworth, 98826, United States
- Please visit www.nwfots.org for more information

13 — Fremont Old Timers Day

09/13 @ 2:00 pm - 6:00 pm

- Fremont Northgate Fellowship Hall, 11301 5th Ave NE, Seattle, WA, 98125
- Potluck!
- We provide:, Burgers, Hot Dogs, Main Course
- You providw: Side Dishes, Desserts, Beverages

14 — Surrender @ Seven Summer Picnic

09/14 @ 1:00 pm - 3:00 pm

- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117, United States

16 — Web and Tech Committee

09/16 @ 5:30 pm - 6:30 pm

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Zoom link
- Meeting ID: 857 9514 2843
- Passcode: 467107

16 — 2025 Living in Sobriety Barbeque

09/16 @ 5:30 pm - 7:30 pm

- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117
- Barbque schedule 2025
- Bring a friend, family member or just yourself and have some food and sober fun!
- Bring your favorite potluck dish.
- Covered Picnic Area 1 Tables 1-4

16 — GSIG Monthly Board Meeting

09/16 @ 7:00 pm - 8:30 pm

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Zoom link
- Meeting ID: 918 5437 5402
- Passcode: 035194
- This is our monthly Board meeting. Everyone is welcome.

20 — CPC/PI Committee

09/20 @ 10:00 am - 11:30 am

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Zoom link
- Meeting ID: 839 2685 4975
- Passcode: 553965

20 — Area Archives and D31 Sponsorship Workshop

09/20 @ 1:00 pm - 4:30 pm

- Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA, 98198, United States
- Please Bring a dish to share.
- Area Archives & D31 Sponsorship Workshop Flyer

21 — Burien Little Assembly Planning Group

09/21 @ 10:30 am - 11:30 am

- GSIG Office 5507 6th Ave S., Seattle
- Hybrid meeting
- Meeting ID: 810 1629 8713
- Passcode: 817009
- 53rd Annual Burien Little Assembly
- Humility in Action
- March 14th 2026 More info to come on event
- Please join us to help celebrate and organize the Burien Little Assembly
- For more information, please visit the website www.burienlittleassembly.org

24 — The Principles of the Twelve Steps

09/24 @ 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.
- info@seattleaa.org
- 12 Principles

https://www.seattleaa.org/events/

SEPTEMBER IN OUR HISTORY

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



Artwork by: Janet V.

Sept, 1930	Bill wrote 4th (his last) promise in family Bible to quit drinking
Sept, 1939	Group started by Earl T in Chicago.
Sept, 1940	AA group started in Toledo by Duke P & others.
Sept, 1940	Journal of Nervous and Mental Diseases gives Big Book unfavorable review.
Sept, 1946	Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
Sept, 1946	1st A.A. group in Mexico.
Sept, 1948	Bob writes article for Grapevine on AA "Fundamentals – In Retrospect".
Sept, 1949	1st issue of Grapevine published in "pocketbook" size.
Sept 1, 1939	1st AA group founded in Chicago.
Sept 11, 2001	30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.
Sept 12, 1942	U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.
Sept 13, 1937	Florence R, 1st female in AA in NY.
Sept 13, 1941	WHJP in Jacksonville, FL airs Spotlight on AA.
Sept 17, 1954	Bill D, AA #3 dies.
Sept 18, 1947	Dallas Central Office opens its doors.
Sept 19, 1965	The Saturday Evening Post publishes article "Alcoholics Can Be Cured – Despite AA"
Sept 19, 1975	Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21, 1938	Bill W & Hank P form Works Publishing Co.
Sept 24, 1940	Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY.
Sept 30, 1939	article in Liberty magazine, "Alcoholics and God" > by Morris Markey.
Sept, 1971	First European Convention, Bristol, England, Sally Cousins, Archivist



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

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., Peter J.
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

MAKING AMMENDS

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 6, we made the following errors:

- Teresa's first name was misspelled in the *From the Archives* Section

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., △

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

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BIRTHDAY CLUB

LEE R.	A NEW PURPOSE GROUP	9-23-14	12 YEARS
GLORIA S.			46 YEARS
BOB F.	EMPIRE WAY		38 YEARS
BILL S.	SOLUTION GROUP	9-25-90	35 YEARS

We Need October 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 October 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/

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

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.***

AREA ARCHIVES / D31 SPONSORSHIP WORKSHOPS

WE WOULD LIKE TO CORDIALLY INVITE YOU ALL to our Area Archives & D31 Sponsorship workshops back-to-back on September 20th at Grace Lutheran Church!

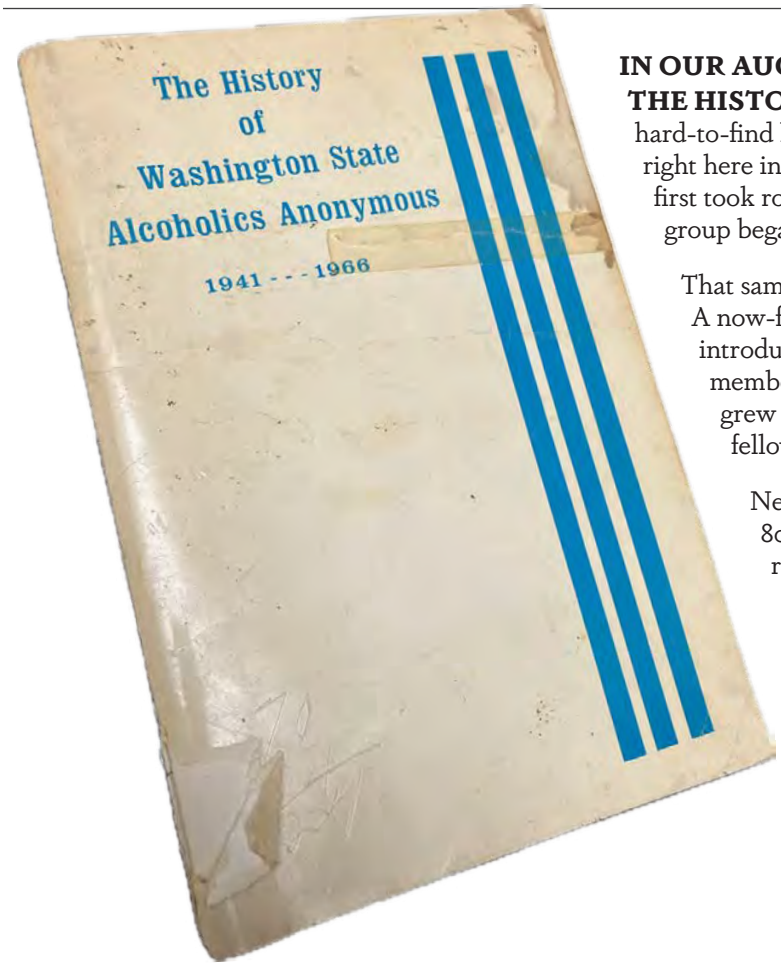
It promises to be an informative day full of fun, food & fellowship so we hope to see you all there! ;o)

Area Archives Workshop:
Members of the Archives Steering Committee will be presenting the archival story of districts in Western Washington. The sharing of this journey will be through the lens of history with an emphasis on how the story was put together by the preservation of Area 72 artifacts.

D31 Sponsorship Workshop:
Members from D31 join together to share our different approaches to Sponsorship and how to best support the alcoholic who still suffers. Our Sponsorship panel represents varying lengths of sobriety, features a history lesson on Sponsorship and concludes with a question and answer session for attendees. △



FROM THE ARCHIVES



IN OUR AUGUST EDITION WE MENTIONED THE BOOK THE HISTORY OF WASHINGTON STATE A.A., a rare and hard-to-find historical text that we're lucky enough to have copies of right here in our Georgetown offices. It tells the story of how A.A. first took root in Washington back in 1941, when the very first Seattle group began meeting.

That same year, A.A. was starting to catch fire across the country. A now-famous article in the Saturday Evening Post (March 1941) introduced millions of readers to Alcoholics Anonymous, and membership nearly tripled nationwide. Seattle's fledgling group grew out of that same wave of momentum, and from there, the fellowship spread across Washington.

Next year, we proudly celebrate two major milestones: the 80th anniversary of the Greater Seattle Intergroup, and a remarkable 85 years of A.A. in Washington State. Time to honor our roots and keep carrying the message forward.

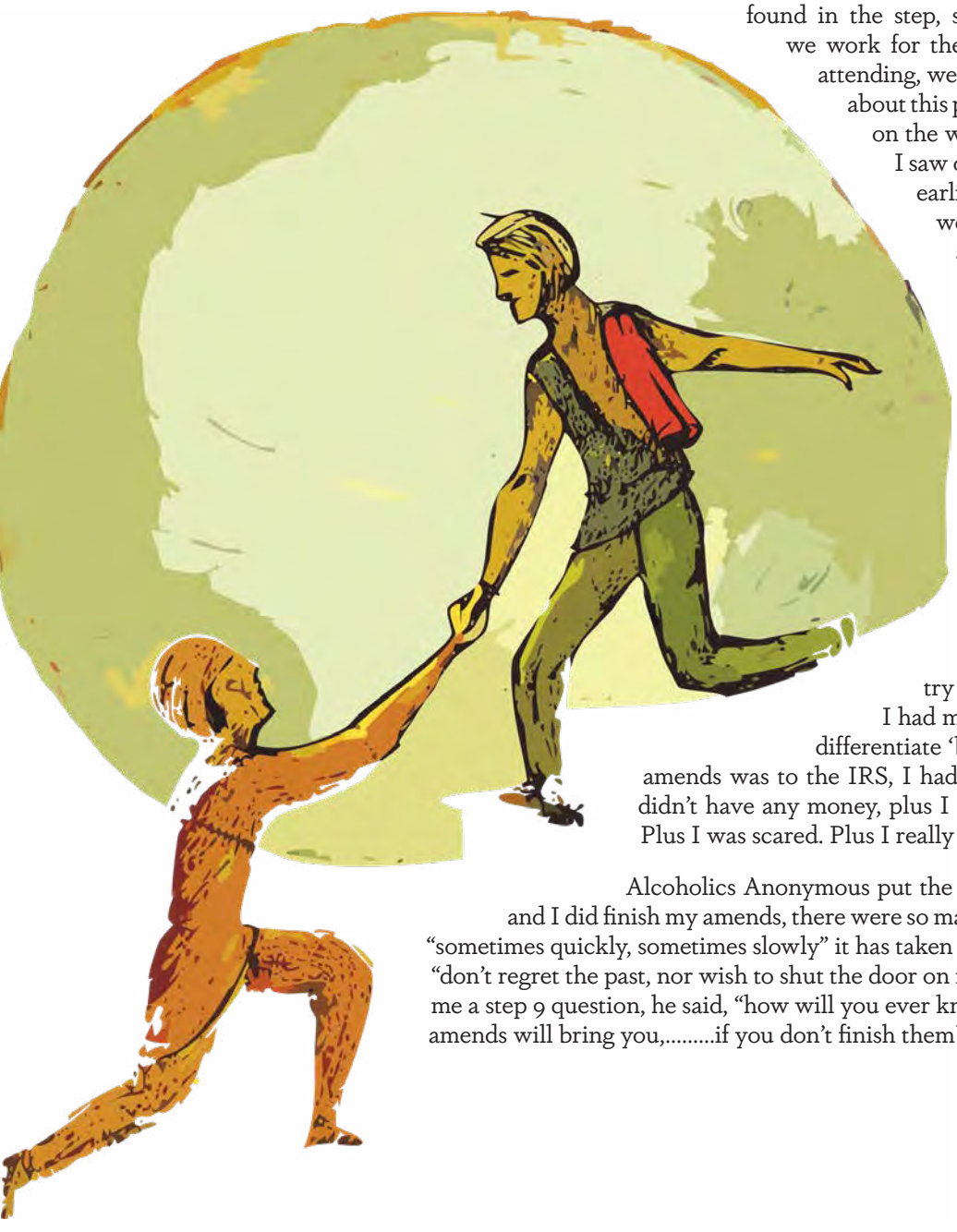
These anniversaries remind us that we're part of a living history — one that began with a single meeting in 1941 and continues today in hundreds of groups across Washington. Each of us who shows up, shares, or reaches out a hand is helping write the next chapter of that story.△

The Real Work of Step Nine

MY EARLIEST EXPERIENCE WITH THE 9TH STEP was confusing the word 'amend' with the word 'apology.' As I tried to navigate the steps by myself, (I was a huge fan of self-sponsorship) I did admit there were people I owed an apology to. My thinking was, "if the opportunity presented itself, I would apologise for whatever it was that I did or didn't do." As things turned

Step 9: MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

out, very few if any opportunities showed up. What that type of thinking meant to me, was I had pretty much finished my amends. After three years of daily meetings, involvement with my home group, always willing to help another alcoholic out by telling them what they should do, and falling deeper and deeper into that place of untreated alcoholism, I was approached by a man who had the real answer. The answer was called "working the steps with a sponsor!"



Everything, and I mean everything changed with me going through the steps. By the time I was working on step 9, I was reassured about the promises found in the step, specifically, "they will always materialise if we work for them." Plus, in the big book workshop I was attending, we also studied the words,"if we are painstaking about this phase..." So the conversation quickly centered on the words, 'work' and 'painstaking' (taking pain.) I saw our book reminded me of an agreement made earlier, "Remember it was agreed at the beginning we would go to any lengths for victory over alcohol," Ha, even though I was a little hazy on making that agreement, I moved on.

Our book suggests in a general way, the order amends could be made. First, business acquaintances and friends we have hurt. Second, people we have hated. Third, creditors "most alcoholics owe money" and fourth, family and loved ones. I had my list from the 8th step and many, many rewrites over what I was going to say. Now was the time the real work of step nine showed up! Had I sincerely amended the way I had previously led my life? Was I willing to try and set right any and all errors and mistakes I had made? Is it true alcoholics anonymous doesn't differentiate 'big' amends from 'small' amends? One of my amends was to the IRS, I had underreported my income for years, plus I didn't have any money, plus I didn't like the way the government spent it. Plus I was scared. Plus I really did want to make and finish all my amends.

Alcoholics Anonymous put the perfect people in my life at the perfect time and I did finish my amends, there were so many! And the promises, well, as it was written, "sometimes quickly, sometimes slowly" it has taken me almost 39years to truthfully report that I, "don't regret the past, nor wish to shut the door on it." I want to end by saying my sponsor asked me a step 9 question, he said, "how will you ever know what the experience of finishing all your amends will bring you,.....if you don't finish them?".△

-Stephan M

The Principle of Discipline

INITIALLY

WHEN I AGREED TO WRITE SOMETHING

aInitially, when I agreed to write something about the principle of discipline, I thought, *"Why did I get the negative one?"* In the past, the idea of discipline conjured up hard work, dull rigor, and doing something I **had** to do rather than something I **wanted** to do.

I've heard that in practicing one of the principles, a person is actually practicing all of them. Can this hold true of discipline?

According to Webster:

1. The practice of training to obey rules or a code of behavior.

2. A branch of knowledge.

3. The willingness to be trained.

4. To practice discipline, as compared to disciplining someone else. A lack of discipline has consequences or punishment.

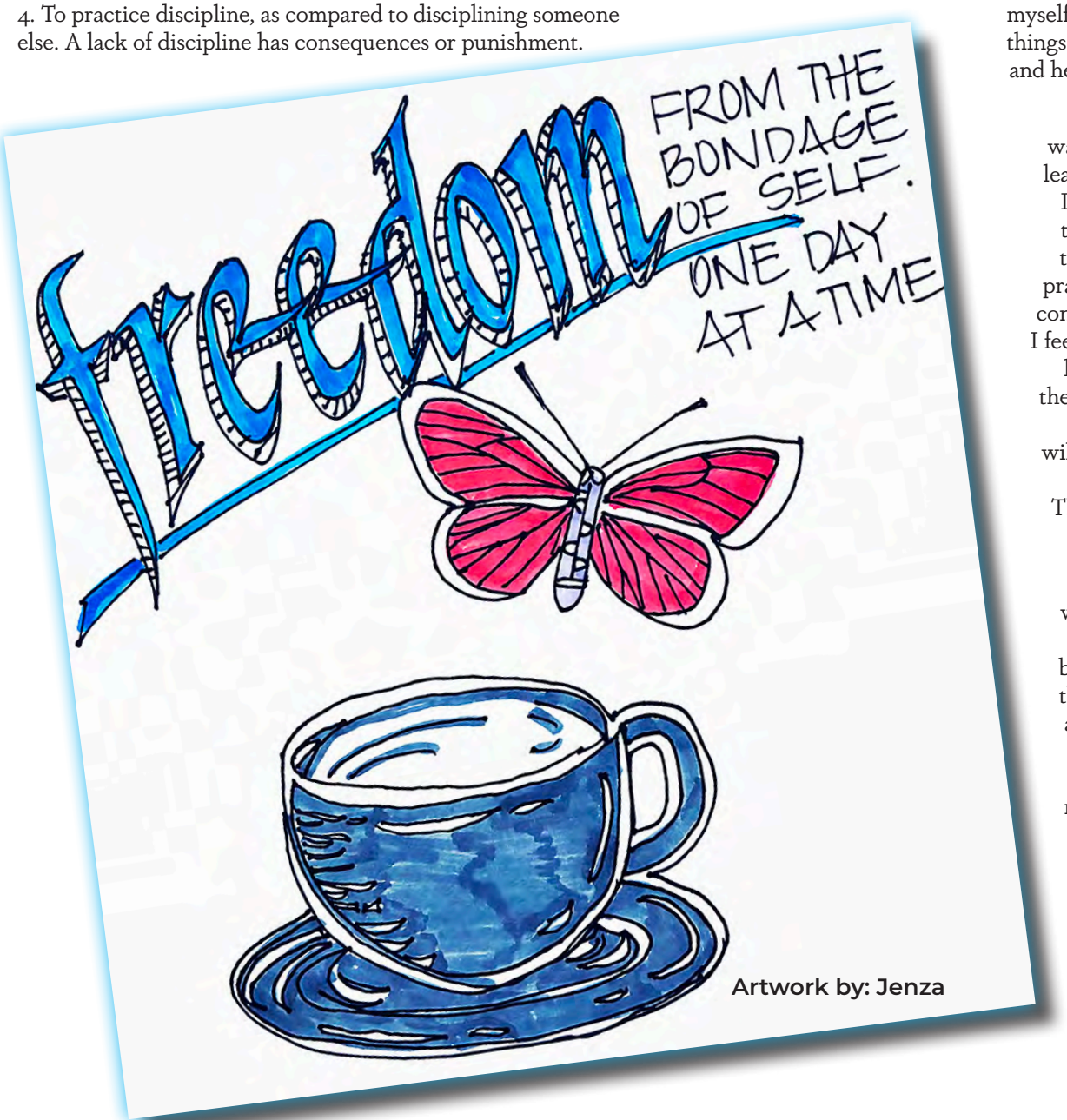
When I went to my first meeting, I was seeking help from the incessant punishment of my drinking. I was ready to do anything to stop the madness. This was my first experience of discipline in A.A., doing what I was told, in manageable steps, to accomplish a goal, and definitely not by myself.

Once I was working toward making my life more manageable, I was introduced to the relationship with my Higher Power. I hung around the people who had what I wanted and went into training, discipline, to get what they had. I was ready to learn, ready to be trained. By following the suggestions, I lost my desire to drink. A miracle.

Then came the hard part: I wanted to continue to get well. Before starting the next step, I was scared, anxious, and afraid I wouldn't be able to do it. Through following suggestions, being open enough to learn new perspectives, and being patient, I got to the other side, finishing one step and starting the next. Looking at my part in my relationships. Giving all of myself to my Higher Power. Being able to set myself and the way I see things aside. Thinking of and helping others.

This has been a new way of being, and I am learning and following. It is a struggle a lot of the time. Yet through the discipline of daily prayer, meditation, and connection with others, I feel the presence of my loving Creator. I find the courage to confront my fears and the willingness to welcome and support others. That is discipline with many rewards.

Discipline is hard work. What I did not see at first are the benefits, the freedom, the bounty of friends, and a purposeful life. Within all of that, I am practicing the rest of the principles. Thank you, A.A..△



Artwork by: Jenza

The Weight of Words: Why Tangible Still Matters in AA

WHAT ARE THE TRADE OFFS WHEN tangible things disappear into the land of digital? This is something that all of us are facing everyday and have been for quite some time. I'm afraid we are too entrenched in this "reality" to see the effects objectively. We are checking out our own groceries, depositing our money into the bank machines, pumping our own gas, Amazon delivers whatever our hearts desire in a matter of hours, Social Media determines our level of acceptance from (mostly) strangers and we are "friends" with people we might not ever look in the eye. Our social discourse has moved to platforms where engaging in debate has no real consequences and is incapable of effecting any real change in perception. There is no risk other than possibly being blocked or unfriended when we disagree with one another.

What has occurred with the intelligence of the aggregate of peoples? The book Varieties of Religious Experience by William James was a best selling book when it was first published in 1902. I don't know about any of you, but that book is a difficult read, and I have some college under my belt. A best seller?



Really? How is that even possible? I blame it on not teaching Latin in public High Schools anymore, but all of these things are outside issues, or are they? The more digital things become the less real the information that is being conveyed is perceived. It is inherently less valuable and viewed as more suspect. We simply have more information being flashed before our eyes, which our already overloaded brains will categorize briefly and most likely forget about altogether because it lacks the depth and weight to move us.

A point at hand is the vast amount of digital background information that the Area provides to us, but it is only when we have the Quarterlies and Pre Assemblies and Report Backs that we understand what is happening. In short, most folks do not engage in the digital material and prefer the in person or oral reporting of what is happening in our Area.

AA is still very much about person to person and people to people connection.

In this ever faster moving world it is vital that we remain slow in our communication. That we remain intentional with our thoughts and words. That we consume the information slowly and perhaps with a friend to help us understand the spiritual nature of what our Society stands for and relies on to keep us strong and focused on what is important. Inherent to a printed newsletter is a slowing down to retrieve vital information about our Area electeds, Committees and our Districts. A new website is redundant, we already have a website that is perfectly able to handle the lift of the proposed digital newsletter, if that is what we decide, however, I still am left to wonder what are the trade-offs of moving in the direction of a less personal, less tangible AA? △



12 PRINCIPLES • 12 STEPS MONTHLY WORKSHOP

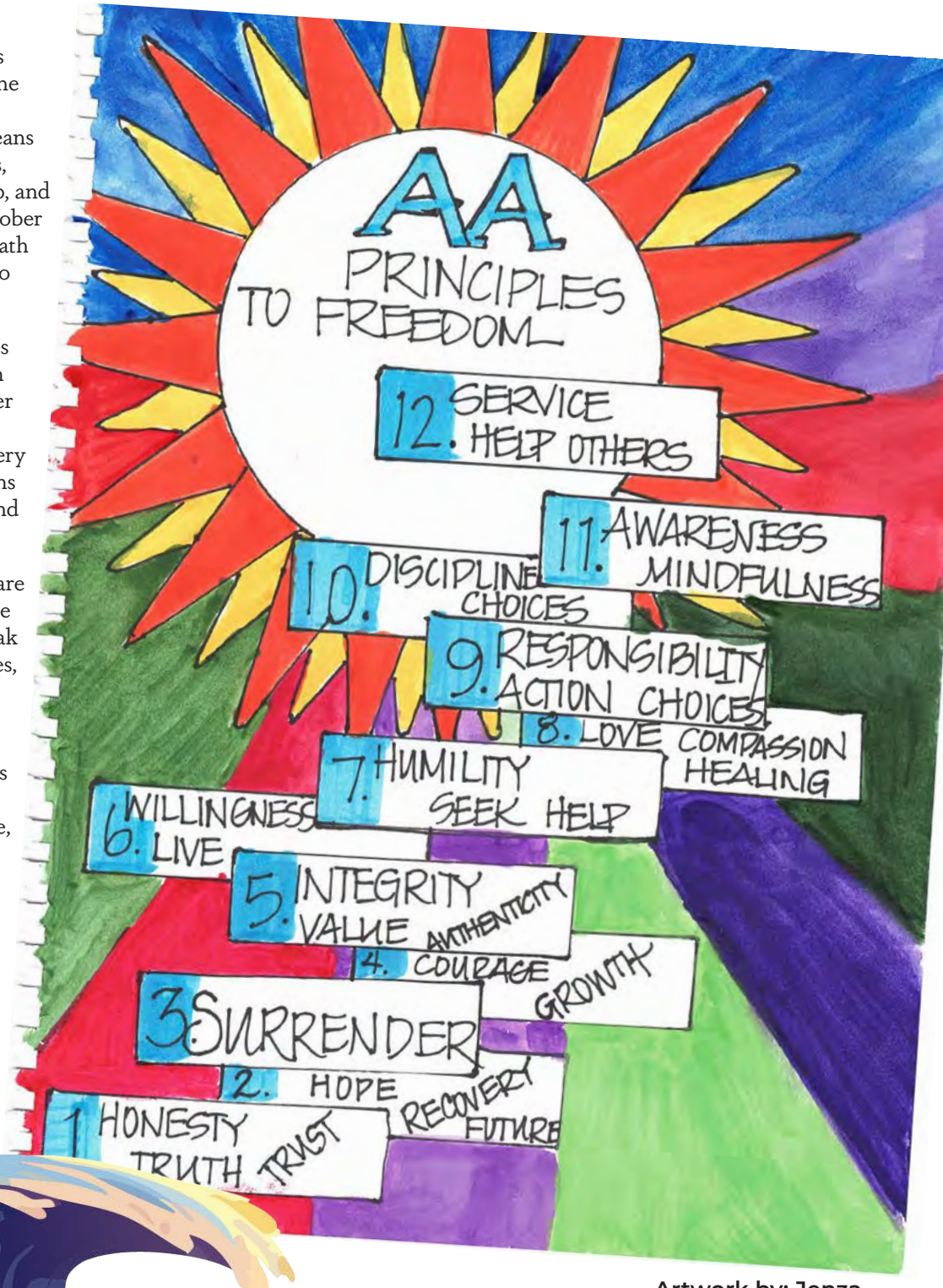
THIS MONTH WE TURN TO PRINCIPLE NINE: DISCIPLINE.

In recovery, discipline is not about punishment or harsh self-control. It is about steady practice, patience, and the willingness to keep showing up even when life feels difficult. Discipline means following through with commitments, staying connected with the fellowship, and taking the daily actions that keep us sober and growing. It helps us stay on the path when old habits and distractions try to pull us away.

Different lists of the Twelve Principles sometimes use other words here, such as perseverance or patience. Whatever term we choose, the heart of this principle is about consistency. Recovery does not happen all at once. It happens by doing the next right thing, again and again, one day at a time.

At this month's workshop, we will share our experience of practicing discipline in our daily lives. Some of us will speak about the struggles of keeping routines, others about the successes that come from persistence, and all of us will learn from one another. By working together, we discover that discipline is not a burden but a source of freedom, allowing us to build a life that is stable, joyful, and full of purpose. △

COME JOIN US AS WE EXPLORE HOW THIS PRINCIPLE CAN GUIDE US IN ANY OF OUR AFFAIRS.



Artwork by: Jenza

Opening

Call to Order & Serenity Prayer: Jeff U, Chair

Approval to record meeting: Samantha M, D32

Tradition Eight: West C, DCM 31

Concept Eight: Not specified

AA Birthdays: Lara R - 39 years (August 19), Carina W - 16 years (August 25), Jeff U - 10 years (August 5), Ruth P - 7 years (August 16), Roll Call & Attendance

GSIG Officers Present (4 of 5): Jeff U (Chair), Eddy M-M (Vice Chair), Karla L (Chair Emeritus)

Absent: Pete K (Treasurer), Carina W (Secretary)

District Representatives Present (9 of 12): Ruth P (D14), Blake P (D15), Ricky T (D16), Steve R (in lieu of William B, D18), Bobby T (D24), West C (in lieu of Thomas F, D31), Samantha M (D32), Laura C (D41)

Absent: David S (D17), Aaron C (D33), Daysha G (D40), Sarah F (D42)

Minutes Approval: Motion: Karla L, **Second:** Ricky T - Unanimously approved

Officer Reports

Chair - Jeff U

International Men's Conference chair unable to attend as scheduled.

Attended Summer Quarterly; two motions for Assembly agenda: Eliminating printed Area 72 Newsletter for fully digital version, Funding PSAs on King County Metro buses, Joined Web & Tech Committee meeting.

Announcement: Lee (former webmaster) is new Third Legacy Chair with exciting vision

September meeting: 2026 budget draft review; will be published in High & Dry for two months

Literature price increase: Requested districts/groups discuss for Fall Assembly input

Vice Chair - Eddy M-M

Delivered Treasurer's report (see below)

Attended picnic; serving as interim treasurer and secretary

Chair Emeritus - Karla L

Area Assembly - October 3-5, Lynnwood: 72 volunteer positions urgently needed, No registration fee; meals require payment, Contact Stephanie S. for volunteering (phone on flyer), Flyer emailed to GSIG membership list.

Treasurer - Pete K

Absent; delivered by Eddy M-M

New format: "Plain Language Financial Report" introduced for feedback.

Year-to-date: Positive by $401

Prudent reserve: Short by ~$11,000

Group donations: $2,400 over budget (thank you!)

Individual donations: Down $780

Literature sales: Down $800

Budget deadline: Committee chairs' 2026 requests due August 22

September: First draft of 2026 budget presentation

Motion to approve: Will B (D18), Second: Bobby T (D24) - Unanimously approved

Contribute at: https://area72aa.org/contribute/, treasurer@seattleaa.org, or (206) 587-2838

Recording Secretary - Carina W

Absent; Eddy M-M covered

Working on membership roster accuracy

Requests former Group Reps update their status

Contact: secretary@seattleaa.org | 206.683.1106

Staff Reports

Office Manager - Lara R

Picnic: Successful event; winner #127 Linda D.

Financial: Another month in the black

New inventory: Grapevine Greeting Cards ($3.00), 90th Anniversary commemorative book ($18.00+tax), Language of the Heart 90th Anniversary edition (arriving next week)

AA Seattle 85th Anniversary: April 19, 2026 - Planning meeting August 23 at 1pm

Burien Little Assembly: Planning meetings 3rd Sunday monthly at 10:30am (Zoom)

24-Hour Helpline Log: Calls: 140, Chats: 85, 12-Step Calls: 1, Total: 226

Assistant Office Manager - Anita S

Not present; no report submitted

Service Committee Reports

Accessibility - Kathy A
(Blue Can Report by Laurel W)

Blue Can supporting ASL interpretation for Duck Island (Monday) and Abigail's Ghost (Tuesday)

Abigail's Ghost struggled with costs; reluctantly accepted Blue Can support

On the Waterfront ended online ASL meeting but committed $325/month to Blue Can

Plan: ASL interpretation for Abigail's Tuesday, Wednesday, Thursday

Need: Continued group contributions to sustain interpreter services

Contributors since January: Duck Island, Principles before Personalities, Mountlake Terrace Wednesday Night, Big Book West, District 32, Acceptance is the Answer, There is a Solution, Woodland Park Women

Archives - Teresa S

Attended Area 72 Archives Quarterly online, Provided High & Dry editor with historical resources, Updated 2025 High & Drys and Grapevines for filing.

Request: Digital copies of "Sober in Seattle" volumes (2009-2013) needed

Contact: archives@seattleaa.org

Corrections - Karen K

Pink Can Fund: $310.45 donated in July; $149 spent on literature.

Contributors: Duck Island, Broadway, Mid-Day Mindfulness, A New Beginning, Mt. Rainier Big Book Study.

Volunteer Needs

Federal Detention Center (SeaTac): Thursdays 5:15pm - Need Spanish speakers.

SCORE (Des Moines): Saturday mornings - Need Spanish speakers.

King County Juvenile Detention: Tuesday (boys), Thursday (girls) - Younger volunteers helpful.

Kent City Jail: Tuesday (men), Saturday (women).

New: Possible zoom/hybrid meetings at facilities for those with less sobriety.

Event: Fall volunteer sign-up event needed in South King County.

Meeting: 2nd Mondays 6:30pm (hybrid) - ID 87227719137 PW 833575

Contact: volunteercorrections@seattleaa.org

Hospitals & Treatment - Mikey C

Need men: Capitol Hill Union Gospel Mission, Tuesdays 6pm.

Seeking: AA sidewalk sign.

Requirements: Pre-registration at https://ugm.org/volunteer (takes up to a week).

VA Hospital: Background check required.

Contact: hospitalandtreatment@seattleaa.org

Newsletter Editor - Peter J

High & Dry receiving positive reviews, Rolled out condensed minutes to save paper/ease mailing, Thanks to all contributors "Hoping to make September the best issue yet".

Nightwatch Chair - Rob S

Open shifts: 1st Thursday: 2-6am, 4th Monday: 6-10am

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

Office Committee - Matt T

(Report by Stacia J)

Bus advertising: Office can handle increased inquiries from proposed QR codes.

Health insurance: Exploring options for part-time staff; proposals in next year's budget.

Employee evaluations: Due soon; chair responsible per policy

PI/CPC - David B.

Budget: Under budget; no increase requested.

New banner: $141 retractable sign purchased.

Events: Shoreline Resource Fair (Sept 5), Recovery Day at Mariners (Sept 14) - David M. and Patti W. staffing, UW Addiction Medicine class (October).

District activities: Literature placement, 12-step referrals, professional outreach.

Challenges: Low engagement in some districts; inconsistent school outreach, Special Events Coordinator - OPEN, Contact info@seattleaa.org or (206) 587-2838

Third Legacy Chair - Lee R

New to position; excited to make service more accessible.

November 8: Tradition Workshop scheduled.

Monthly: Service meetings first Sunday.

Goal: Refresh Area website (content not updated since 2018, Plans to help committees update their sections with clear explanations.

Twelve Step Chair - Karrie C

Phone referrals quiet due to effective Phone Chat volunteers.

Need: More chat volunteers for holiday season ramp-up

Goal: 2 people per shift

Event: Phone volunteer event Sept 20, 12-1pm (hybrid from GSIG)

Contact: 12step@seattleaa.org

Web & Tech Chair - Peter J

Working with new Third Legacy chair on site updates, Upgraded hosting for increased traffic, Upgraded PHP from 8.1 to 8.2, Investigating non-profit hosting discounts.

Webmaster - Dash M

Continuing meeting updates as requested, Added donate button to homepage, Upgraded webserver for traffic increase.

Meeting: Web & Tech Committee 3rd Tuesday 5:30pm

Contact: 203-550-1430 or webmaster@seattleaa.org

District Reports

Meeting details at: https://www.seattleaa.org/district-map/

District 14 - Ruth P

West Seattle, White Center, Vashon Island

Meets 2nd Tuesday 7pm, Forming budget committee.

Picnic: September 7, Lincoln Park beach

Holiday party: December 9, Fauntleroy Church

Cost-saving model: GSRs sign up to donate specific items

District 15 - Blake P

Downtown Seattle, West Capitol Hill

Met August 12 at GSIG, Jack J (Area 72 Grapevine/Literature) presented; distributed turquoise service manuals, Budget met; seeking more GSRs.

Empire Way 78th Anniversary: November (details TBA)

District 16 - Ricky T

Northeast Seattle, University District

Meets 3rd Wednesday 7pm, Journey Christian Church, Co-hosted Pre-Assembly at Fauntleroy Church, First District 16 picnic well attended, Eddy M-M presentation in July recommended.

Challenge: 2 groups declined GSR participation; only 4 of 5 groups represented

On Awakening: Offering childcare for 8am Sunday meetings starting Sept 15

District 17 - David S

Ballard, Northwest Seattle

No report (Joel on Big AA Tour)

District 18 - William B

Renton, Kent, Tukwila

Meets 3rd Thursday 7pm, Renton United Methodist, Pre-assembly completed, BBQ July 27 successful, Old Kent picnic at Lake Wilderness Park, New website development

New Purpose 20th Anniversary: 9/11 potluck 6pm

Open position: Third Legacy

District 24 - Bobby T

Southwest Snohomish County

Meets 1st Wednesday, St. Hilda's Edmonds, Third Legacy potluck 6pm before meetings, Reviewed pamphlet P-16 on home groups/GSR role, Well-attended picnic, 25 in-person attendees at last meeting, Hosting October Area Assembly - volunteers needed

Open position: Alternate Zoom coordinator

District 31 - Thomas H

Burien, Des Moines, Normandy Park, SeaTac, Tukwila

Voted for Baked Potato Bar at Sept 20 Archives/Sponsorship Workshop, Monthly Zoom meetings; quarterly in-person (October, December), December meeting will be holiday party

District 32 - Samantha M

Algona, Auburn, Federal Way, Pacific

Met August 4, Brooklake Church, 19 voting members present, Jack J (Grapevine/Literature) guest speaker

Picnic: August 8, Steel Lake Park

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

2026 BLA planning: 3rd Sunday monthly 10:30-11:30am

District inventory: November with Area Alt-Delegate Lupida

Open positions: Accessibility, BTG, Corrections, Grapevine/Literature, PI, School Panels, Third Legacy

District 33 - Aaron C

Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent

Met August 12, King County Sheriff's Precinct, $483.75 contributions; 40% to Intergroup, Lake Sawyer Men's: Sept 6, 8-9am special meeting with breakfast

Timber Lane 40th Anniversary: Potluck 6pm, meeting 7pm

Young People's meeting: Fridays 7pm at Timber Lane (in development)

Gratitude Banquet planning: Aug 24, 10am, Panera Bread

District 40 - Daysha G

East-Central Seattle

Zoom meetings 2nd Tuesday 7pm, Hybrid 1st Tuesday at GSIG (ID: 636 349 2454), Central District Pre-Assembly 8/23

District 41 - Laura C

North-Central Seattle: Queen Anne, Magnolia, South Lake Union

Meets 2nd Wednesday 7pm Zoom, 16 members attended

BBQ: August 10 successful

Budget positive, Softies received Big Book donations, On the Waterfront ended Wednesday ASL; donating to Blue Can, Abigail's Ghost funding Tuesday ASL, Requesting Intergroup rep at September 10 meeting

District 42 - Sarah F

Northwest Seattle: Lake Forest Park, Shoreline

Meets 2nd Thursday 7-8:30pm Zoom, 15 attendees; met prudent reserve, Seeking in-person/hybrid meeting location

Picnic: September 6, Richmond Beach Park, 11am-5pm

Positive feedback on literature distribution

AA Clubs and Halls

Fremont Northgate Fellowship Hall

Adam: No report

Greenwood Fellowship

Lois: No report

Pass It On

Jeffery F: No report

Serenity Hall

Joel K: No report

Old Business

Open Committee positions: Special Events Coordinator

Consider creating Grapevine Committee Chair, Feedback on literature prices

New Business: None

Upcoming Events

See https://www.seattleaa.org/events/ for complete listings

Seattle Group AA Meeting: Saturdays 6:00pm (GSIG)

Service Manual Study: 1st Sunday 11:00am (GSIG Hybrid)

Principles of the Twelve Steps: 4th Wednesday 2:30pm (GSIG Hybrid)

85 Year ODAAT Planning: September 13, 1:00pm (GSIG Hybrid)

Western Washington Area 72 Assembly: October 3-5, Lynnwood Event Center (Hybrid)

Reminders: Gather group input on book price increases, Keep reports 3-5 minutes (details in written reports)

GSIG Reports due: September 16 to secretary@seattleaa.org

Newsletter articles due: September 25 to newsletter@seattleaa.org

Five Main Takeaways

OPEN POSITION: Special Events Coordinator needed. Contact info@seattleaa.org or (206) 587-2838

Literature Price Feedback: Districts/groups should discuss potential price increases and provide input for Fall Assembly

Phone Shifts Available: Group and Nightwatch shifts open. Contact lara@seattleaa.org and nightwatch@seattleaa.org

Area Assembly Volunteers: October 3-5 in Lynnwood needs 72 volunteers. Call Susan S at 206-277-2909

Chat Operators Needed: Help save lives from home. Contact Karrie C at 12step@seattleaa.org

Motion to close: Samantha M (D32), **Second:** None - Unanimously approved

Adjourned with the Responsibility Statement



Full unabridged minutes available at https://www.seattleaa.org/intergroup/intergroup-board/

Greater Seattle Intergroup
Financial Summary
July 2025

Income	
Group Contributions	$13,711.55
Individual Contributions	$1,886.88
Sustainer Contributions	$1,745.15
Events, Room Rental & Interest	$2,269.99
Liturature & Coin Sales	$6,512.55
Liturature & Coin Costs	-$4,726.15
Liturature & Coin Profit	$1,786.40
Total Income	**$21,399.97**

Bank Balances	
Checking	$31,186.53
Savings	$1,461.45
Earmarked Funds	-$7,136.76
Available Funds	**$25,511.22**
Prudent Reserve	**$47,099.74**
Prudent Reserve Target	$58,239.00
Prudent Reserve Shortfall	**$11,139.26**

Expenses	
Payroll	$7,974.61
Standing Committees	$859.87
Office, Travel & Adminstrative	$11,222.75
Total Expenses	**$20,057.23**

July Net Income	**$1,342.74**
Year-To-Date Net Income	**$401.89**

Standing Committee Funds

	Budget	Spent	Remaining
Archives	$500.00	$628.88	-$128.88
Corrections	$360.00	$55.07	$304.93
GSIG Board	$1,000.00	$293.61	$706.39
Hospital & Treatment	$1,800.00	$894.33	$905.67
PI/CPC	$1,800.00	$554.05	$1,245.95
Special Events	$6,200.00	$3,130.15	$3,069.85
Third Legacy	$250.00	$0.00	$250.00
Web and Technology	$1,500.00	$0.00	$1,500.00
Accessibility	$5,500.00	$1,550.04	$3,949.96

AA & AL-ANON

NW Fellowship of the Spirit

NEW DATE AND LOCATION!

SEPT. 11-14, 2025

Register April 1st
@ www.nwfots.org

Festhalle Civic Center

LEAVENWORTH, WA

Workshops, BBQ, Banquet, Dancing and Fun!

Brendan D. - Seattle, WA
Kellie F. - Denver, Colorado
Devin C. - Brooklyn, NY
Amy D. - Louisville, Kentucky
Janet V. - Seattle, WA



BURIEN LITTLE ASSEMBLY PLANNING GROUP

WHEN
3rd SUNDAYS 10:30am-11:30am
August 17th, 2025
September 21st, 2025
October 19th, 2025
November 16th, 2025
December 21st, 2025
January 18th, 2026
February 15th, 2026

53RD ANNUAL BURIEN LITTLE ASSEMBLY
Humility in Action
Saturday, March 14, 2026

WWW.BURIENLITTLEASSEMBLY.ORG

JOIN US!

BLA IS SUPPORTED BY OUR 7TH TRADITION
PLEASE CONTRIBUTE
TO: BURIEN LITTLE ASSEMBLY
(c/o Greater Seattle Intergroup)
5507 6th Ave S,
Seattle, WA 98108

WHERE
ZOOM MEETING
ZOOM ID 810 1629 8713
PASSCODE 817009

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

RECOVERY | UNITY | SERVICE

WANTED

VOLUNTEERS FOR THE 2025 ASSEMBLY

WE NEED SHIFTS FILLED FRIDAY, SATURDAY, AND SUNDAY

SET UP
CLEAN UP
REGISTRATION
TIMERS
SOBRIETY COUNTERS
BOSSES
PARKING
FOOD MONITORS
GENERAL

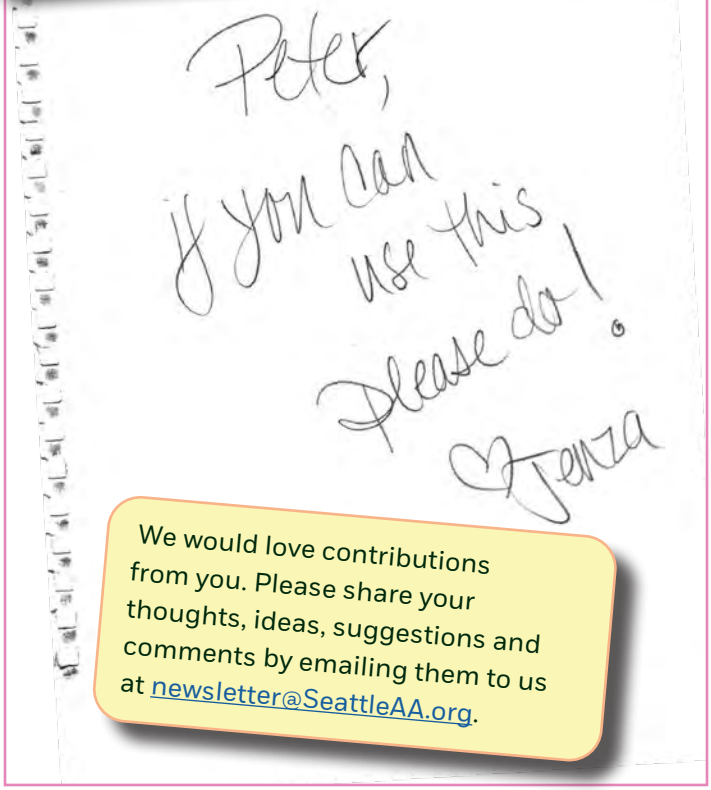
SHIFTS FROM 2 HOURS TO AS LONG AS YOU WOULD LIKE

OCT. 3-5, 2025
LYNNWOOD CONVENTION CENTER
Please Contact Stephanie S. (206) 227-2909





SUBMIT YOUR ART OR EVENT!



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

HELP US CELEBRATE

85 YEARS OF AA IN WASHINGTON

SECOND PLANNING MEETING

SEPTEMBER **13, 2025**

1PM-3:00PM

AA WILL BE 85 YEARS OLD ON APRIL 19,2026

in person at Seattle Intergroup
Tacoma Central Service Office
Eastside Intergroup
Vancouver Intergroup

Online at: Meeting ID: 890 5414 6610
Passcode: 281302

For more info contact Seattle, Eastside or Tacoma CSO/Integroup

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:

September 6th Amanda R.

September 13th Bre B.

September 20th Candy H.

September 27th Aurora M.

October 4th Danny O.

October 11th Derek s.

October18th Wade H.

October 25th Christina W.

Buck Creek Mens Retreat

WHEN
January 9-11, 2026

WHERE
THE SALVATION ARMY CAMP ARNOLD
33412 Webster Road E., Eatonville, WA 98328

RETREAT MASTERS
Marty J. – Richmond BC
Jeff B. – Richmond BC

REGISTER ONLINE AT

SECURE YOUR SPOT – REGISTER TODAY

REGISTRATION FEE
$190

HOODIES
$40

RETREAT THEME
Steps 8 & 9

IF YOU HAVE QUESTIONS, CONTACT
Robert M.
253.209.1999

SCAN TO REGISTER



In April 1986, four men discussed the idea of holding a National AA Men's Conference after hearing from some AA women about how successful their Women's Conference was every year. Ted H. was contacted by Sam L., Demers, Sam W., and Mike F. to collaborate. The men met at Ted's home in Cleveland, Ohio, to devise a plan of action.

Letters were sent out to the Cleveland AA community, inviting them to participate in the planning of the conference. A meeting was held in response, and a committee was formed to raise funds. The men set a fundraising goal of $1,500. Through raffles, picnics, dances, and out-of-pocket donations, they successfully raised the seed money needed to hold the first conference.

Since then, 36 cities have hosted the International AA Men's Conference. The 37th Annual 3-Day International AA Men's Conference will be held in Seattle, Washington, from April 10 to 12, 2026. We hope to see you there!

EVENT REGISTRATION

WWW.IAAMCAB.ORG OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E, SUITE 8 PMB 114, PUYALLUP, WA 98373 (Make checks payable to IAAMC 2026)
BOOK A HOTEL ROOM: HTTPS://BOOK.PASSKEY.COM/GO/IAAMC2026
For more information, contact Don N. at (253) 365-8073 or Jeffery R. at (253) 754-7617

- ☐ $ _____ Registration and Saturday Evening Banquet, $165.00
- ☐ $ _____ Registration only, $50.00
- ☐ $ _____ T-Shirt select size [S, M, L, XL: $19.50, 2X: $21.50, 3XL, 4XL, 5XL, 6XL: $23.50]
- ☐ _____ City Bus Tour of the Seattle Area (Coming Soon! Please check the www.iaamcab.org website for updates)

Total: $_____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____

High & Dry

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

Contributors: All of YOU

Special Thanks To: Rachel for Artwork on page 2.

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) www.seattleaa.org

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.

Subscriptions — Please consider subscribing to the High & Dry newsletter!
Your contribution helps fund the services we provide. Suggested annual donation for hard copy is $12/year and digital copy $10/year. To subscribe visit: *SeattleAA.org/intergroup/newsletter/*

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/