VOLUME 76 | ISSUE 10 OCTOBER 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

IN THIS ISSUE



Artwork by Jenza

In This Issue 2

Future Tripping: October 2025 GSIG Events 3

Reflecting on our past: October In Our History 4

There is a solution 5

Making amends 5

How Dry I Am 6

Stories, Steps, & Traditions 7

The Big G: At the Intersection of Guilt and Step 10 7

Not Knowing: An Idea for Approaching Step 10 8

From The Archives: 80 Years of the Message 9

Corrections Corner 10

Condensed GSIG Board Meeting Minutes 11

GSIG FINANCIAL SUMMARY 15

GSIG 2026 Budget Planning 16

Event Flyers 18



FUTURE TRIPPING: OCTOBER 2025 GSIG EVENTS

1 - Accessibility Committee

- 01 @ 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.

2 - 12th Step Committee

- 02 @ 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.

4 - Hospital and treatment Committee

- 04 @ 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.

10 - A Day in the Steps with Wayne B.

- 10 @ 6:00 pm - 6:00 pm
- Zion Lutheran Church, 4634 Alger Ave, Everett, 98203, United States
- Friday Night Wayne's Story
- Saturday 9am to 6pm Steps 1-12
- Pre registration 35.00 or 40.00 at the door
- To pre-register Venmo @Tom-Laris

12 - Service Manual Study

- 12 @ 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.
- Plenty of past Area 72 servants to choose from!

13 - Corrections Committee

- 13 @ 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.

17 - Bakerstock

- 17 @ 8:00 am - 5:00 pm
- Silver Reef Casino, Ferndale, washington
- Bakerstock 2025
- Go to the website for online registration and more information
- https://www.bakerstock.org/

18 - CPC/PI Committee

- 18 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.
- Meeting ID: 839 2685 4975
- Passcode: 553965

19 - Burien Little Assembly Planning Group

- 19 @ 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
- Please join us to help celebrate and organize the Burien Little Assembly

21 - Web and Tech Committee

- 21 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.
- Meeting ID: 857 9514 2843
- Passcode: 467107
- Every month on the Third Tue, until Dec 16, 2025, 12 occurrence(s)

21 — GSIG Monthly Board Meeting

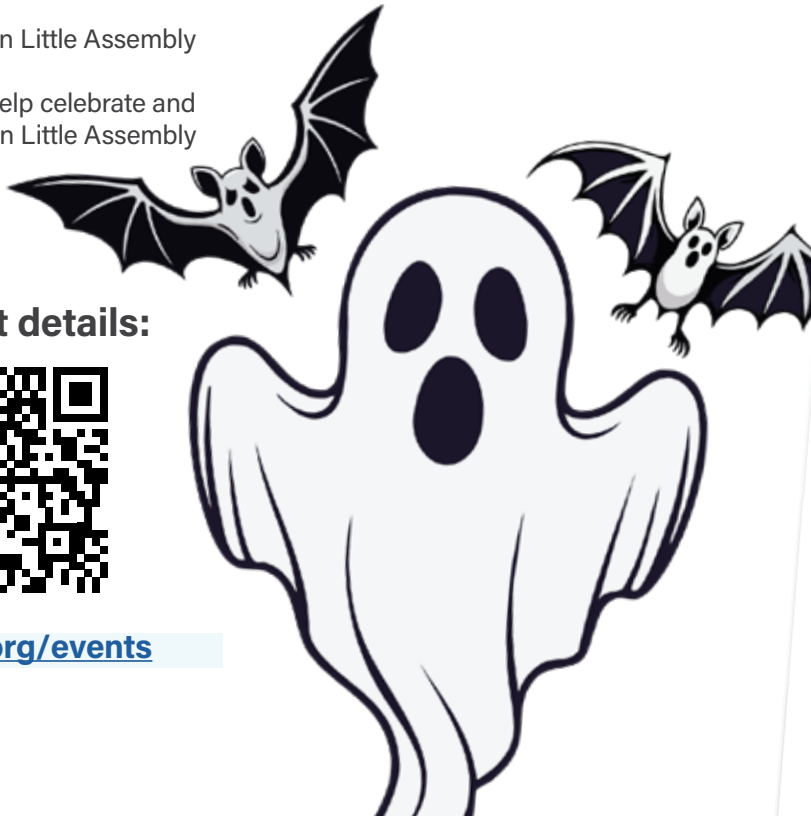
- 21 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.
- Meeting ID: 918 5437 5402
- Passcode: 035194
- This is our monthly Board meeting. Everyone is welcome.

22 — The Principles of the Twelve Steps

- 22 @ 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.
- How can these principles help us to live a more sane and sober life.
- When: Fourth Wednesday of each month beginning in January

For event details:

seattleaa.org/events



REFLECTING ON OUR PAST: October In Our History

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

Oct 1936	Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
Oct 1939	1st central committee formed in Cleveland; 1st example A.A. rotation.
Oct 1942	1st issue of Cleveland Central Bulletin is published.
Oct 1944	First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.
Oct 1951	Sister Ignatia wrote "Care of Alcoholics ? St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the journal of Catholic Hospital Association.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."
Oct 1958	Playhouse 90 TV airs "The Days of Wine and Roses".
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957	Book "A.A. Comes of Age" published.
Oct 2, 1944	Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945	AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972	2nd World Service meeting held in New York.
Oct 5, 1988	Lois Burnam Wilson died.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.
Oct 8, 1988	Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 14, 1939	Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904	Marty M, early AA woman, is born in Chicago.
Oct 17, 1935	Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 21, 1939	Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 22, 1963	E M Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942	L.A. Times reports AA groups in 14 California cities.
Oct 24, 1943	Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.

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

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

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 aka 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., Morgan S., and Jenza
WEDNESDAY	Stephan M., Cindy H., Karin O., Pam H., Amy F. & Honey
THURSDAY	Glitter and Joe B.
FRIDAY	Thomas H. and Peter J.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Anna B., Bill S., and 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 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 9, we made the folloring errors:

- On page 9 the intro text to the story, The Principle of Discipline had duplicated text in the printed copy. The duplicate text was removed in the digital copy but a stray "a" remains.

- On page 19 Special Thanks was given to Rachel for artwork, but this was a carryover from a previous issue. Our featured artists in Issue 9 were Janet V. and Jenza.

We sincerely apologize for these mistakes. We're grateful for your understanding and patience as we continue to carry the message of strength courage and hope, one day at a time. Sincerely, Peter J. △

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

Link to Seattle Intergroup Online Contributions

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

JOIN THE BIRTHDAY CLUB!

Carina W.	PBP	8-25-09	16 years
Jim H.	Covington Study	10-12-82	43 years
Teresa S.	Back to Basics	10-12-83	42 years
Tom K.	Back to Basics	10-10-66	59 years
Andrew G.		9-19-95	30 years
Susan F.		9-29-86	39 years
Carolyn K.			42 years
Gloria S.			46 years
Donna R.			37 years

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

Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

The Big G: At the Intersection of Guilt and Step 10

By Ruth P.

SO MANY OF OUR EMOTIONS HAVE VALUE TO A POINT, but when they cross a line, they're harmful.

Take guilt (please!) Sometimes guilt manifests as that spidey sense that you're not doing something consistent with who you are. Like the guilt of not calling your mother or not taking care of your body. Let's call that good guilt.

Then there's bad guilt, the guilt that just hangs around, sometimes for years.

Step 10 invites us to continue to take personal inventory and when we were wrong promptly admit it. The key here for me is "promptly." Not to let emotions, like guilt linger, languish, fester, rot, etc.

The really insane thing about not dealing with things in the moment, or "promptly," is that they can get distorted or become something else altogether.

Many of us have had this experience: We are working Step 9, and something we did several years ago has been eating away at us. We carefully craft a plan and make our amends to the person we hurt, only to be met with, "Thank you, but I don't even remember that."

My own recent example: I have known for years that I have some hearing loss. Having been to hundreds of live concerts, I blamed myself and for being too drunk, stoned and stupid for not taking better care of my ears. I mean, seriously beating myself up for my carelessness.

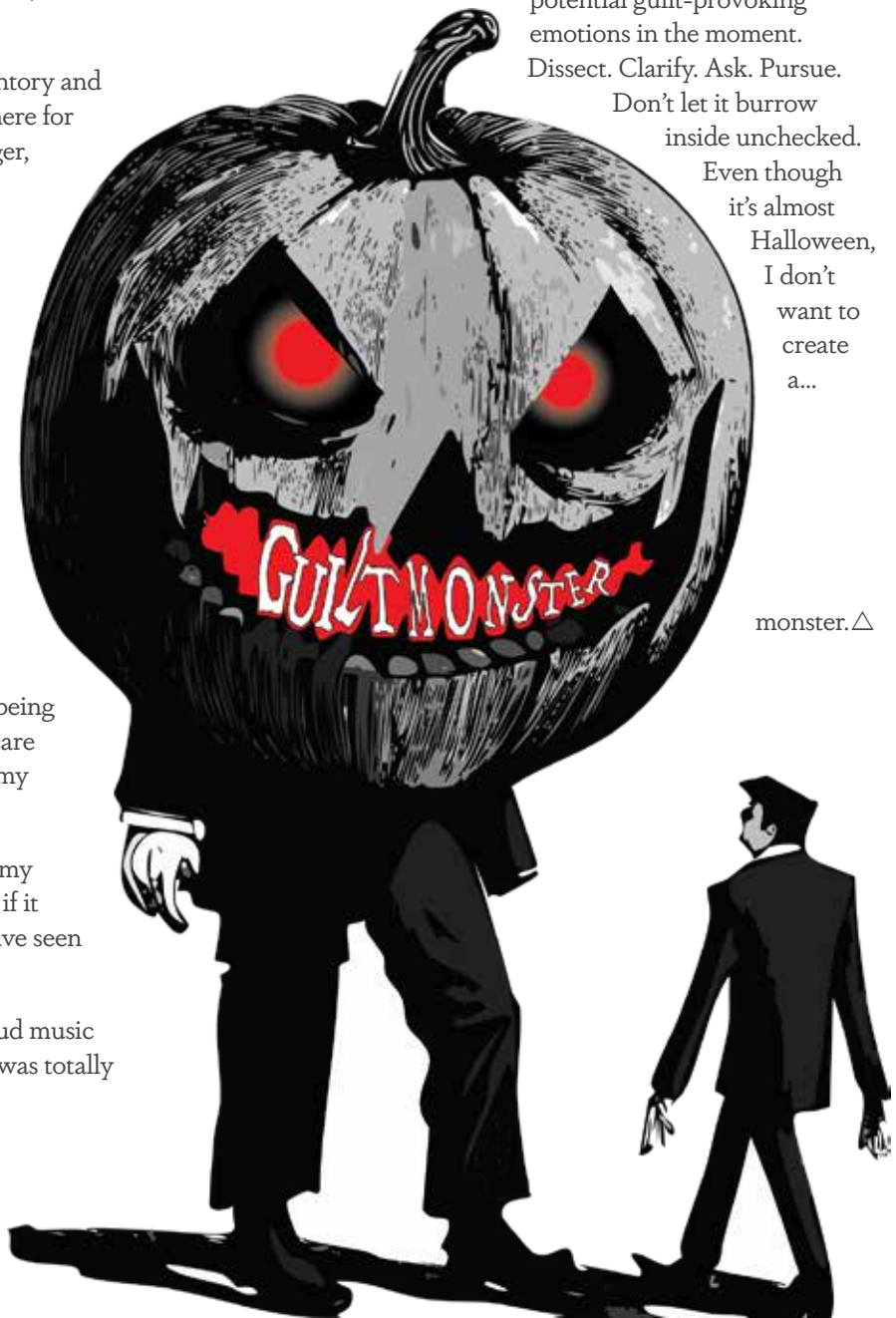
I was astounded when the audiologist told me that my severe hearing loss was familial. She explained that if it was related to exposure to loud noises we would have seen a totally different pattern on the audiogram. Huh.

So I had been kicking myself for years. Sure, the loud music didn't help, but it wasn't the cause. All of that guilt was totally unproductive.



What did I learn from that? The things that we hang onto and feel remorseful about...we've invested this energy into it only to find that it wasn't a thing. I think of what I could have done with all of that time I spent feeling guilty. Now I feel guilty about having felt guilty. Stop!

The lesson for me, as I consider Step 10, is dealing with potential guilt-provoking emotions in the moment. Dissect. Clarify. Ask. Pursue. Don't let it burrow inside unchecked. Even though it's almost Halloween, I don't want to create a... monster.△



Not Knowing: An Idea for Approaching Step 10

By Rachel T, Stay Gold.

I FIND IT RELATIVELY EASY , to "admit when I am wrong", I'd argue I'm even good at doing it promptly. This sort of moral scorecard approach to self-examination is something I did long before coming into AA. I felt like I was incessantly evaluating my thoughts and actions to determine how "wrong" (bad or crazy) I was. Of course, this is not spiritual practice, but one driven by fear and delusion. Fear that I am NOT okay. Delusion that I am capable of making myself okay. The Big Book warns us, "we must be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others." I lived in morbid reflection, and I can contest, I was not useful to others.



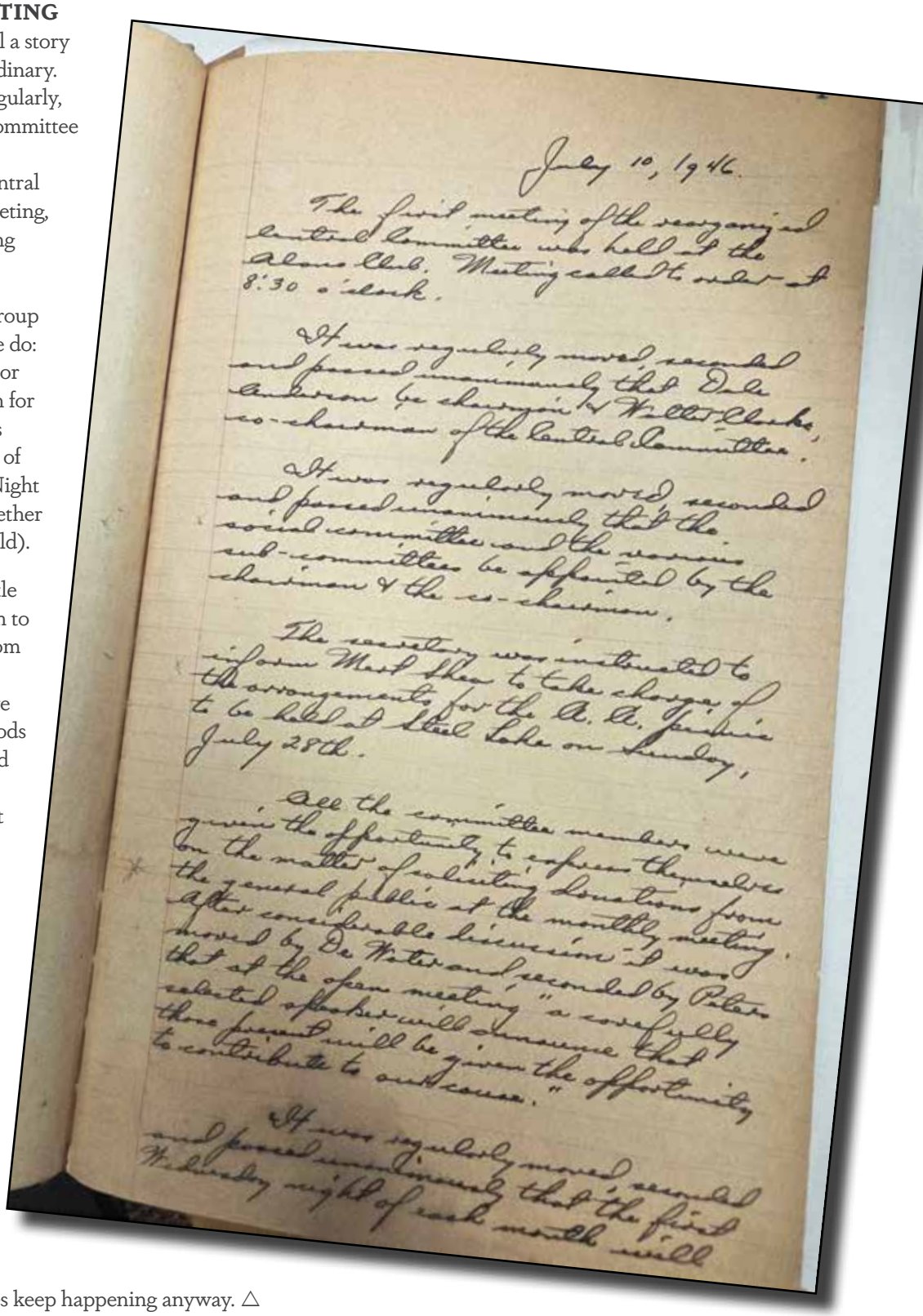
Step Ten tells me that it's my function to "grow in understanding and usefulness." But how can I do that if admitting I'm wrong gets me stuck in a loop of remorse? The answer is that I need to have a new relationship with being "wrong."

In Step Seven, I give God "all of me, good and bad." I give God all of myself. This is freedom. It is no longer up to me to determine which parts of me are good or bad, right or wrong. Instead, I pray that God removes from me what, "stands in the way of my usefulness" and I pray that God will, "Grant me strength to do your bidding."

In this view, I am incapable of determining what is "wrong" and incapable, even, of taking my own moral inventory. I must have conscious contact, present time awareness, with God if I am going to learn the Truth about me. The Big Book also warns us, "having just made conscious contact with God, it is not probable that we are going to be inspired at all times." Now I am truly in a bind. If I can't know the Truth without God, and if I cannot be constantly With God, how can I practice Step Ten? Again, the answer is having a new relationship with what is "wrong." In this approach to Step Ten, I am wrong when I am attached to the idea that I know- that I can know the Truth without conscious contact. Since it is unlikely I will be constantly With God, the "right" answer to any question about my conduct is: I don't know. Step Ten now becomes a tool for watching my connection to God and admitting that without God, I don't know. △

FROM THE ARCHIVES: 80 YEARS OF THE MESSAGE

THOSE HANDWRITTEN MEETING MINUTES FROM JULY 1946 tell a story that's both remarkable and utterly ordinary. The secretary noted they'd moved regularly, passed unanimously that the social committee and the chairman & co-chairman be appointed by the chairman of the Central Committee. Just another business meeting, really—except it was part of something extraordinary.



July 10, 1946.

The first meeting of the reorganized Central Committee was held at the Alano Club. Meeting called to order at 8:30 o'clock.

It was regularly moved, seconded and passed unanimously that Dale Cameron be chairman & Walter Clarke, co-chairman of the Central Committee.

It was regularly moved seconded and passed unanimously that the social committee and the various sub-committees be appointed by the chairman & the co-chairman.

The secretary was instructed to inform Mart Shea to take charge of the arrangements for the A. A. Picnic to be held at Steel Lake on Sunday, July 28th.

All the committee members were given the opportunity to express themselves on the matter of soliciting donations from the general public at the monthly meeting. After considerable discussion it was moved by De Weiland seconded by Peter that at the open meeting "a carefully selected speaker will announce that those present will be given the opportunity to contribute to our cause."

It was regularly moved seconded and passed unanimously that the first Wednesday night of each month will

Next year, the Greater Seattle Intergroup celebrates **80 years** of doing what we do: keeping the lights on, the coffee hot (or at least available), and the doors open for anyone who needs us. That's 80 years of phone lists and meeting schedules, of volunteers showing up at 2 a.m. for Night Watch shifts, of arguments about whether the coffee should be stronger (it should).

From those first meetings when Seattle AA could fit in someone's living room to today's network spanning districts from Ballard to Federal Way, the message has remained the same: we're here, we survived, and you can too. The methods have evolved—we've got websites and Zoom meetings now alongside those church basements—but the heart of it hasn't changed.

Eighty years of groups contributing what they can, districts pulling together, volunteers making sure there's always someone to answer when a desperate alcoholic calls. Not perfect, never that. But persistent as hell.

So here's to 80 years of carrying the message, one day at a time, one drunk helping another. Thanks to every group, every district, every bleary-eyed volunteer who's kept this thing going.

The coffee's still terrible. The miracles keep happening anyway. △

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

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!

Pink Can Thank Yous

The Pink Can Fund is used to purchase literature for persons in custody. Groups "adopt" a pink can and accept donations which are given to Intergroup to deposit in the Pink Can Fund account. A huge thank you to Mens Open Book, Southwest Siders, Counterpoint, Old Kent, Mountlake Terrace Wednesday Nite, New Purpose, Mt Rainier Big Book Study, and Big Book West Groups for donating $422.26 in August.

We used $1029 to purchase Big Books, 12&12s, Daily Reflections, Plain Language, pamphlets, As Bill Sees It and meeting directories for Federal Detention Center, Reynolds Work Release, SCORE, Kent City Jail and Monroe.

More Opportunities to Volunteer

Since COVID, the correctional facilities where we bring meetings are slowly reopening. Right now we are actively working with the Regional Justice Center in Kent, the Helen B Ratcliff Women's Work Release Home and the Pioneer Federal Co-ed Work Release Center to restart womens and mens meetings. In 2026, the King County Jail has indicated they are willing to restart mens meetings.

It can be a frustrating and slow process working with facilities with lots of rules and regulations to make sure everyone is safe and secure, staffing levels are adequate and protocols are followed. It can feel like our service is not appreciated by the facility, even when in the meetings we hear from the people in custody how much they value us coming in to meet with them. Now after a couple years of meetings at places like the Federal Detention Center and King County Jail, we have redeveloped the personal relationships with staff and are being welcomed in and formally recognized with certificates of acknowledgement recognizing volunteers for their service at the facilities. Even though we do this work to help the still suffering alcoholic behind bars and so we can stay sober, the acknowledgement is nice.

How to Learn More

If you're interested in learning more about corrections service, there are several ways to do it:

- Attend our monthly meetings the 2 nd Monday of each month (next is October 13) at 6:30pm. This is a hybrid meeting at Seattle Intergroup, 5507 6th Ave S. and

Zoom ID: 872 2771 9137 Passcode: 833575.

- Visit our webpages https://www.seattleaa.org/corrections and complete the volunteer survey form (scroll down to the volunteer section).

- Email volunteercorrections@seattleaa.org with questions!).△



Art By Rachel

CONDENSED GSIG BOARD MEETING MINUTES

September 16, 2025

Opening

Call to Order & Serenity Prayer: Jeff U, Chair

Approval to record meeting: Bob, Office Committee Member

Reading of Tradition Nine: David S, D17

Reading of Concept Eight

AA Birthdays for the month of April:

- **Lee R:** 11 years September 23
- **West C:** 5 years September 24

Initial Business

Roll call of voting members (15 of 17 total)

GSIG Officers (5 of 5)

- **Jeff U:** Chair
- **Eddy M-M:** Vice Chair
- **Karla L:** Chair Emeritus
- **Pete K:** Treasurer
- **Carina W:** Secretary

District Representatives (10 of 12)

The minimum required for a quorum is six

- **Ruth P:** D14
- **Blake P:** D15
- **Ricky T:** D16
- **David S:** D17
- **William B:** D18
- **Bobby T:** D24
- **Thomas:** D31
- **Samantha M:** (absent) D32
- **Aaron C:** (absent) D33
- **Daysha G:** D40
- **Laura C:** D41
- **Sarah F:** D42

Review and Approve Minutes

https://www.seattleaa.org/intergroup/intergroup-board/

Motion to approve: Karla L, Chair Emeritus

Motion seconded: Pete K, Treasurer

Unanimously approved

Officer Reports

Chair: Jeff U

Jeff attended the Web & Tech committee and reminded us that we would discuss the 2026 budget draft later under New Business. We're a month ahead of schedule, so all the groups will have plenty of time to discuss and share their opinions. Changes will happen only at the Fall Assembly, but we really need everyone's input beforehand.

Vice Chair: Eddy M-M

Eddy didn't have a report, but Jeff emphasized how much Eddy provides important help to the still suffering alcoholic.

Chair Emeritus: Karla L

The Area 72 Assembly, scheduled for October 3-5 in Lynnwood, is approaching quickly and still needs volunteers. Sign up at 2025 Area 72 Assembly Volunteer Sign-Up or by emailing assembly2025@area72aa.org.

Treasurer: Pete K

We were $1,500 short for the month but also $681 above ask from groups.

Approve Treasurer Report

Motion to approve: Bobby T, D24

Seconded: William B, D18

Unanimously approved

Groups and individuals can contribute to Greater Seattle Intergroup at https://area72aa.org/contribute/, email treasurer@seattleaa.org, or call (206) 587-2838.

Recording Secretary: Carina W

Working hard to clean up records by reaching out to contacts on roster not yet seen in 2025 via email and/or text. Non-responsive contacts being removed from roster but can be re-added anytime.

Contact: secretary@seattleaa.org | 206.683.1106

Intergroup Staff Reports

Office Manager: Lara R

Financial: Working on 2026 budget with Jeff U and Pete K. August shortfall due to paying annual taxes, but still in the black for the year by $1,800.

Inventory: New 90th Anniversary books available:

- **"A Book of Fellowship" Convention Souvenir Book:** $18.00
- **Hard Back "The Language of the Heart:** International Convention Commemorative Edition": $17.99
- **Sweatshirts available:** $25.00

Protocol: Completed Anita's annual employee evaluation. Anita planning to attend annual ICOAA Conference in Memphis, TN.

Events: AA will be 85 years old in April 2026. Seattle Intergroup will be 80 years old next year. Planning for both events underway.

24-Hour Helpline Log: 136 calls, 112 chats, 4 twelve-step calls (Total: 252)

Assistant Office Manager: Anita S

Quilt blocks needed by end of day Tuesday September 23rd. Looking forward to attending ICOAA Seminar. Office stocks diverse literature including Sober & Out (Grapevine book), AA for the Native North American, Black in AA, Hispanic Women in AA, and LGBTQ Alcoholics in AA.

Service Committee Reports

Accessibility: Kathy A

No report provided.

Archives: Teresa S

Updated binders at SIG Archives with current copies of High and Dry and Grapevines. Had knee replacement surgery 2 weeks ago, still in recuperation.

Corrections: Karen K

Thank you to groups contributing $422.26 to Pink Can Fund during August. Used $1,029 to purchase literature for Federal Detention Center, SCORE, Kent City Jail, Reynolds Work Release and Monroe Penitentiary. Tabled at Annual Intergroup Picnic with six sign-ups for service.

Pierce County developed model for sponsorship inside correctional facilities: 24 women completed Step 5 workshop at Purdy.

Big need for volunteers at SCORE, Federal Detention Center, Helen B Ratcliff Women's Work Release, and Pioneer Co-ed Federal Work Release.

Next committee meeting: Monday, October 13 at 6:30pm (second Mondays) at Intergroup or on Zoom.

Contact: corrections@seattleaa.org

Hospitals & Treatment: Mikey C

UGM meeting starting Capitol Hill, Tuesdays at 6 PM. Last meeting had 24 men. Need men to volunteer for secretarying one Tuesday a month.

Harborview volunteers not filling out assigned calendar. Will be adding new volunteers in near future.

Newsletter Editor: Peter J

Working on October issue themed around Step 10, Tradition 10, Concept 10, Principle 10 (Perseverance).

November submissions needed related to Step 11, Tradition 11, Concept 11, Principle 11.

What makes newsletter great are YOUR submissions: art, photography, poetry, prose, personal stories, meeting spotlights, doodles, event flyers.

Submission deadline: 25th of each month

Submit to: newsletter@seattleaa.org

Nightwatch Chair: Rob S

Looking for service position with 6+ months sobriety. Commitment is one 4-hour shift per month (10p-2a, 2-6a, 6-10a).

One open position: 1st Thursday of month 6-10a.

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

Office Committee: Matt T

The amount to be added to budget for insurance coverage for full-time employees should be $1000 per month. This benefit needs to be added to budget even if not used in particular year.

Public Information/CPC: David B

Still under budget, will not ask for additional budget next year.

Exhibited at Shoreline Resource Fair September 5 and Recovery Day at Mariners September 14.

Upcoming events:

- **October 14:** Washington State Association of Drug Court Professionals (with Corrections Committee)
- **October 21:** Panel presentation at UW Addiction Medicine class

Challenges: Some districts have very low PI/CPC engagement.

Special Events Coordinator: West C

New Special Event All-Stars team kicking off Tuesday, October 7th at 7pm at GSIG.

Events planned with tentative dates:

- **11/15/25:** Seahawks Party v Rams at GSIG
- **12/16/25:** Costume Party with cookie exchange at Fall Assembly
- **04/18/26:** Support 85 Years of AA in Washington Celebration
- **06/15/26:** Beach-Themed 80th BBQ for GSIG Spring Assembly
- **08/16/26:** Annual Big Picnic with Eastside Intergroup
- **10/24/26:** 80th Birthday Party/Steps in Time with 50's Theme

Contact: West C, 425-736-4130

Third Legacy Chair: Lee R

Carries message of service to groups and districts through workshops and panels.

Coming Up: Third Legacy Traditions Workshop, November 8, 2025 from 9am-12pm at GSIG: hybrid.

Committee chairs should check their pages on seattleaa.org for accuracy.

Twelfth Step Chair: Karrie C

Relatively slow month with 2 twelve-step referrals, but GSIG chats booming with over 130 per month. Expecting busier holidays. Want to double staff chat line shifts: only 4 hours, one day a week through phone app.

Joint Phone Volunteer Appreciation and Information event with Nightwatch: Saturday 9/20 from noon-1pm, hybrid potluck at Intergroup.

Zoom Meeting ID: 814 6038 0615, Passcode: 850981

Web & Tech Chair: Peter J

Meeting September 16, Present: Lee, Ron, Jeff, Peter, Sanjay, Carina, Lara

Childcare Meeting Visibility Request: Added "Meetings > Childcare" menu option. Lee enabled "babysitting" visibility in TSML plugin. Unable to implement other requests due to TSML limitations. Sanjay will submit items to TIAA forum and GSO for potential global implementation.

Group Representative Documents: Carina created PDFs for new group representatives to be posted online.

Meeting Database Maintenance: Limited contact information for closed meetings. GSIG lacks communication channels with approximately 2/3 of 500+ groups we service.

Webmaster: Dash M

Unable to attend due to traveling to Maine for grandfather's funeral. Continues making meeting updates and will sync with folks wanting to update copy and designs on site.

District Reports

District 14: Ruth P (West Seattle, White Center, Vashon Island)

Meet second Tuesday at 7pm. Had guest speaker Sooz B, Area 72 CPC Chair. Archives Chair working on "Virtual Literature Rack" with QR codes. Picnic success despite Seahawks opener, pie auction made $895. Holiday party Tuesday December 9 at Fauntleroy Church.

District 15: Blake P (Downtown Seattle, West Capitol Hill)

Hybrid meeting 7pm second Tuesday online and at GSIG. Discussed Assembly material, book prices, upcoming GSR school with Lupita. Looking to fill service positions.

District 16: Ricky T (Northeast Seattle and University District)

Most groups consistent or growing. Multiple Area Committee Chair positions open. On Awakening Group now offering childcare at 8:00 AM Sunday mornings at Ryther. Still working to have more groups represented by GSRs.

District 17: David S (Ballard and Northwest Seattle)

Gratitude Banquet: Saturday November 8th, St Alphonsus Family Center, 5816 15th Ave NW, Seattle. $10 per person turkey dinner with vegan options.

District 18: William B (Renton, Kent, Tukwila)

Meet third Thursday 7pm at Renton United Methodist Church. Elected past DCM as Third Legacy Chair.

District 24: Bobby T (Southwest Snohomish County)

Business meeting first Wednesday at St. Hildes in Edmonds. 44 attendees last meeting. Need Alt Zoom Operator. Area 72 Assembly October 3-5. Gratitude dinner March 28, 2026 at St. Pius 5-8pm.

District 31: Thomas H (Burien, Des Moines, Normandy Park, SeaTac, Tukwila)

Meet monthly 2nd Wednesday via Zoom, quarterly in person. Area Archives & D-31 Sponsorship workshop at Grace Lutheran September 20th with baked potato bar. December 10th Holiday bash planned. D-31 Archives Chair position now open.

District 32: Samantha M (Algona, Auburn, Federal Way, Pacific)

14 voting members at September meeting. Brooklake Church requiring insurance for meeting space. Treatment panels needed at Intercept: 1st Tuesday 12:05pm-1:20pm and 4th Friday 11:05am-1:20pm. Contact Robert at 253-329-0418. First 2026 BLA Planning Meeting held: meets 3rd Sunday 10:30-11:30am via Zoom. District Inventory during November meeting with Lupita.

Open positions: Accessibility, Bridging the Gap, Corrections, Grapevine/Literature, Public Information, School Panels, Third Legacy

District 33: Aaron C (Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent)

District has $956.55 above prudent reserve: funds split 30% General Services, 30% Area 72, 40% Intergroup. Cohosting Burien Little Assembly next March, theme "Humility and Action." Applying to host December 12, 2026 Grapevine Quarterly Assembly. Group consensus split on Big Book price increase.

District 40: Daysha G (East-Central Seattle)

Meet first Tuesday 7pm on Zoom, quarterly hybrid at intergroup office. Discussed literature topic with GSRs having questions to take back to groups.

District 41: Laura C (North-Central Seattle)

Meet 2nd Wednesday 7pm on Zoom. 13 members attended. New Young Persons Chair welcomed. Gratitude Banquet November 21 at St Joseph's (parking available), cohosting with District 40.

District 42: Sarah F (Northwest Seattle)

Formed committee to explore hybrid option after years online.

AA Clubs and Halls

Fremont Northgate Fellowship Hall: Adam

Had Old Timers day. Breakfast meeting Sundays at 10am.

Greenwood Fellowship: Lois

No report provided.

Pass It On: Jeffery F

Meeting well-attended by longtime members. Morning, noon, and 5:00 PM meetings well-attended. Birthday meeting last Saturday of month. Answer phones first Sunday of month.

Serenity Hall: Joel K

No report. Jeff made plug for midnight Saturday meeting.

Old Business

Consider creating a Grapevine Committee Chair

Not discussed as it had not been presented as formal discussion topic at previous meeting.

Feedback on literature prices

Topic discussed since June 17th at 2025 Spring Assembly. Groups/Districts can send motions to info@seattleaa.com.

Treasurer calculated 12% increase in books and coins would eliminate prudent reserve deficit.

Price comparisons: Amazon $15.22, Barnes & Noble $25.95, GSO/GSIG $12.00

Groups with strong support for increase: Last Chance, Empire Way, Saturday Promises

Some smaller D40 groups expressed concern about unfair burden compared to larger groups.

District 17 suggested Concept 7 defines how to handle situation.

New Business

2026 Budget Draft Review

Based on 2.7% inflation rate. Expenses increased ~$15,000 more than 2025 (majority is $12,000 for healthcare). Accessibility budget reduced. Healthcare budgeted for one full-time employee though GSIG has two part-time.

Quick Group Conscience: Budget discussion will be after Officer Reports next month.

Wrap-up

Upcoming Events

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

• **Seattle Group AA Meeting:** GSIG Every Saturday @ 6:00 PM

• **Service Manual Study:** GSIG Hybrid October 12 @ 11:00 AM (postponed from first Sunday due to Area Assembly)

• **Burien Little Assembly Planning:** Online Only Third Sunday @ 10:30 AM

• **The Principles of the Twelve Steps:** GSIG Hybrid Fourth Wednesday @ 2:30 PM

• **Western Washington Area 72 Assembly:** Lynnwood Event Center Hybrid October 3-5, 2025

Five Main Takeaways

1. Please discuss the 2026 budget draft in your districts and groups before December 30th Fall Assembly vote

2. Does your District or Group want GSIG to increase literature/book prices? Will your group bring a motion?

3. Quilt Square Deadline is Tuesday September 23rd: get 12” x 12” squares to Anita

4. Volunteers needed for Western Washington Area 72 Assembly October 3-5

5. Seattle Intergroup needs more Chat Operators for holidays: contact Karrie C at 12step@seattleaa.org

Reminders

• Gather info from groups about raising book prices

• Keep reports clear and concise (3-5 minutes) with more info in written reports

• Send GSIG Reports to secretary@seattleaa.org

• Send Newsletter articles to high_and_dry@seattleaa.org

Motion to close: None noted

Motion seconded: None noted

Everyone sorta wandered off

Adjourned with the Responsibility Statement

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

Artwork by Jenza



Greater Seattle Intergroup
Financial Summary
August 2025

Income	
Group Contributions	$12,018.32
Individual Contributions	$495.36
Sustainer Contributions	$1,682.99
Events, Room Rental & Interest	$3,938.90
Liturature & Coin Sales	$7,170.60
Liturature & Coin Costs	-$5,924.83
Liturature & Coin Profit	$1,245.77
Total Income	**$19,381.34**

Bank Balances	
Checking	$20,537
Savings	$1,462
Operating Funds	**$21,999**
Prudent Reserve	**$47,180**
Target Prudent Reserve	$58,239
Prudent Reserve Shortfall	**$11,059**

Expenses	
Payroll	$8,158.57
Standing Committees	$1,390.29
Office, Travel & Adminstrative	$15,057.09
Total Expenses	**$24,605.95**

August Net Income	**-$5,224.61**
Year-To-Date Net Income	**$1,810.86**

Standing Committee Funds

	Budget	Spent	Remaining
Archives	$200.00	$628.88	-$428.88
Corrections	$360.00	$55.07	$304.93
GSIG Board	$1,000.00	$340.53	$659.47
Hospital & Treatment	$1,800.00	$916.83	$883.17
PI/CPC	$1,800.00	$574.10	$1,225.90
Special Events	$6,200.00	$4,430.97	$1,769.03
Third Legacy	$50.00	$0.00	$50.00
Web and Technology	$1,500.00	$0.00	$1,500.00
Accessibility	$5,500.00	$1,550.04	$3,949.96

Greeater Seattle Intergroup
Draft 2026 Budget

			2026 Group Contributio	2026 Net Income		
			$167,460	$0		
Category	**2026 Budget**	**2025 Forecast**	**2025 Actual Jan-August**	**2025 Budget**	**2024 Actual**	**2023 Actual**
CPI	2.70			1.04		
INCOME						
Contribution Income						
Special Events	6500	7000	7600	6500	6992	9700
Group Contributions	167460	152000	101250	133101	95986	124700
Individual Contributions	21000	19000	12700	30103	21709	29200
Meeting Room	6200	7500	6000	4800	5092	4700
Birthday Contributions	3000	3300	2210	2200	1957	2700
Sustainers	20000	18532	13900	20000	13488	18700
Group Insurance	700	700	475	1000	470	750
Total Contribution Income	**224860**	**208032**	**144135**	**197704**	**145694**	**190450**
Retail Sales						
Literature Sales	70000	69500	46300	58000	44090	47300
Meeting Directory Sales	9000	8635	5700	11000	8088	10500
Coin Sales	18000	17500	11700	15000	10725	12700
High & Dry Sales	300	375	250	320	150	500
Shipping	1100	1050	700	1200	943	1100
Total Retail Sales	**98400**	**97060**	**64650**	**85520**	**63996**	**72100**
Cost of Goods Sold						
Literature Costs	56000	56470	37600	38680	36712	33850
Meeting Directory Costs	5850	5700	3275	5000	5584	8100
Coin Costs	9000	8850	5900	7950	5730	2900
High & Dry Costs	2300	2385	1590	1850	1981	1900
Inventory Adjustments	-1000	-1000	-2400	-300	-228	-634
Total Cost of Goods Sold	**72150**	**72405**	**45965**	**53180**	**49779**	**46116**
Retail Sales Gross Profit	**26250**	**24655**	**18685**	**32340**	**14217**	**25984**
Interest Income	**1200**	**1200**	**800**	**1200**		**19**
Total Income	**252310**	**233887**	**163620**	**231244**	**159911**	**216453**
EXPENSES						
Standing Committees						
Archives	200	200	620	200	-12	0
Corrections	360	360	55	360	41	106
GSIG Board	1000	1000	340	1000	427	109
Hosp & Treatment	1800	1800	916	1800	1255	584
PI/CPC	1800	1800	575	1800	2201	1200
Special Events	6500	6500	4400	6200	3463	9350
Third Legacy	250	250	0	50	0	0
Web and Tech	1500	1500	0	1500	100	0
Accessibility	2250	2250	1550	5500	1730	3100
Total Standing Committees	**15660**	**15660**	**8456**	**18410**	**9205**	**14449**
Paid Staff						
Wages	91400	91505	59500	89543	64574	76700
Payroll Taxes	7200	6900	4600	6406	4620	6000
Medical Dental & Vision Insurance	14400	2400	1100	1700	1274	1700
Total Paid Staff	**113000**	**100805**	**65200**	**97649**	**70468**	**84400**
Rent and Office						
Rent	53500	53500	35300	51815	38276	50500
Triple Net	21000	21000	14700	20000	16202	19000
Maintenance & Repair	2000	1000	1900	3500	2986	1000
Computer Upgrades	1000	1000	718	1000	866	200

Greeater Seattle Intergroup
Draft 2026 Budget

			2026 Group Contributio	2026 Net Income		
			$167,460	$0		
Category	**2026 Budget**	**2025 Forecast**	**2025 Actual Jan-August**	**2025 Budget**	**2024 Actual**	**2023 Actual**
Office Supplies	5000	5000	3400	2900	5137	3300
Software & Subscriptions	4800	5800	4175			
Electricity	4000	4000	2670	3335	2350	2700
Internet Service	4000	4000	2500	3940	1779	5000
Other Utilities	6750	6750	4400	5376	3793	4700
Call Forwarding	1560	1560	1800	1140	811	1000
Shipping	2135	1500	1000	3500	2135	3500
Office Upgrades	500	500	0	2000	3438	0
Total Rent and Office	**106245**	**105610**	**72563**	**98506**	**77773**	**90900**
Other Expenses						
Conference, Convention, Meetings	2000	2000	566	2000	1460	1500
Web Credit Card Fees	1500	2000	2928	1352	912	3800
Merchant Credit Card Fees	2000	2000	0	1976	1547	0
Insurance	7200	7200	7050	5466	1697	5300
Tax & Licenses	30	30	30	30	25	344
Professional Fees	4500	4500	4100	3600	8219	14520
Burien Little Assembly	150	150	150	150		150
B&O Tax	25	25	200	25	20	300
Total Other Expenses	**17405**	**17905**	**15024**	**14599**	**13880**	**25914**
Total Expenses	**252310**	**239980**	**161243**	**229164**	**171326**	**215663**
Net Operating Income	**0**	**(6,093)**	**2,377**	**2,080**	**(11,415)**	**790**
Prudent Reserve	**63078**			**57291**	**42832**	**53916**

This is the proposed 2026 Budget. Please share with your home groups. We will be voting on this budget at our annual Fall Assembly on December 16, 2025 at 7pm.

Every group is able to send a representative for voting at our assemblies.

Your input is invaluable, please come and be a part of the decision making at Seattle Intergroup!

Lara Randolph
info@seattleaa.org
content not written by AI
lara@seattleaa.org

I am responsible: when anyone, anywhere reaches out for help I want the hand of AA always to be there.

EVENT FLYERS

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



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

"A Day in the Steps"

w/ Wayne B.

(Sobriety date 11 08 '77)

Saturday, Oct. 11, 2025

→ *Friday night, Oct. 10, Wayne's story.*

Venue: Zion Lutheran Church

4634 Alger Avenue, Everett, WA 98203

Highlighting the 3 phases of 12 Step Development: Desperation | Restoration | Transformation

Phase 1: Desperation | Steps 1 – 3: *We Uncover the Problem*

Phase 2: Restoration | Steps 4 – 9: *We Discover and Discard The Results of The Problem*

Phase 3: Transformation | Steps 10 – 12: *We Recover from The Problem*

Friday:	Fellowship 6:00 pm – 7:00 pm	Wayne's Story	7:00 pm – 8:30 pm
Saturday:	Registration 8:00 am – 9:00 am	Sessions I – VI	9:00 am – 6:00 pm

9:00 am – 10:00 am	Opening: Overview + History
10:10 am – 11:10 am	Session 1: Step 1
11:20 pm – 12:20 pm	Session 2: Steps 2/3 [12:20 - 1:00 pm pot luck lunch,
1:00 pm – 2:00 pm	Session 3: Steps 4/5/6 please bring a covered dish]
2:10 am – 3:10 pm	Session 4: Steps 7/8/9
3:20 pm – 4:20 pm	Session 5: Steps 10/11
4:30 pm – 5:30 pm	Session 6: Steps 11/12 [5:30 – 6:00 wrap up]

For more information, please call:

Rona Y.R. (253) 202-9965,
Tom L. (206) 391-0843,

Pre-registration: $35.00 – Saturday at the door: $40.00

To Pre-Register via Venmo: @Tom-Laris

Registration Tickets will also be sold by local members

*Lunch will be available on site from 12:20 - 1:00 pm for $10.

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

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
BuckCreekRetreat.com

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

Gratitude BANQUET

Hosted by D15, D40 and D41

FRYDAY NOV 21 2025

ST. JOSEPH'S PARISH
732 18TH AVE E SEATTLE, WA 98112

FELLOWSHIP STARTS AT 5:30, DINNER AT 6:30PM, SPEAKERS AT 7:30
50/50 RAFFLE & 7TH TRADITION OBSERVED

HOST DISTRICTS WILL PROVIDE TURKEY, TOFURKEY, POTATOES, STUFFING, GRAVY, COFFEE & BEVERAGES.
GUESTS PROVIDE POTLUCK DISHES BASED ON FIRST NAME GUIDE BELOW:
A-I - DESSERTS
J-P - SIDE DISHES
Q-Z- SALADS
ASL INTERPRETATION WILL BE PROVIDED



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

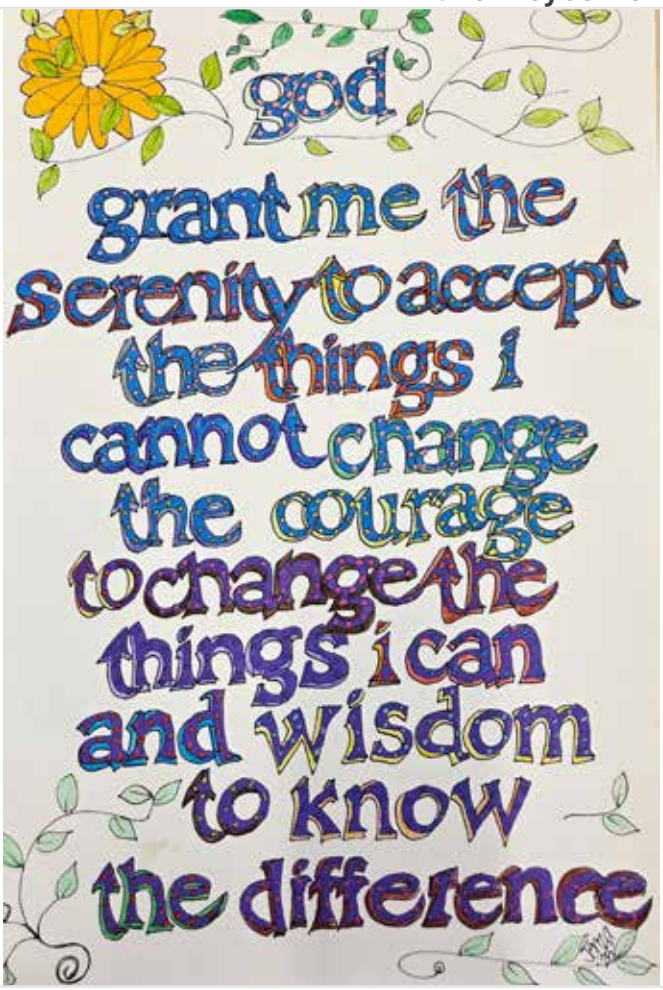
- ❑ $ _____ Registration and Saturday Evening Banquet, $165.00
- ❑ $ _____ Registration only, $50.00
- ❑ $ _____ T-Shirt select size [S, M, L, XL: $19.50, 2X: $21.50, 3XL, 4XL, 5XL, 6XL: $23.50]
- ❑ _____ City Bus Tour of the Seattle Area (Coming Soon! Please check the www.iaamcab.org website for updates)

Total: $_____

Name: _____
Phone: _____
Address 1: _____
Address 2: _____
City: _____
State: _____ Zip: _____
Email: _____

Artwork by Jenza





Free Childcare at Rytherl!

AA Meetings on Sundays,

8 am - 9 am

2400 NE 95th St
Seattle, WA 98115

In need of a meeting but have kiddos to keep occupied?

We've got you covered!

Join us as we study AA's

Twelve Traditions

Presented by

Greater Seattle Intergroup

Third Legacy Committee

Saturday November 8, 2025
9 AM - noon



Potluck brunch & Fellowship 8:30 - 9:00 AM
in person at Seattle Intergroup
5507 6th Ave. S. Seattle 98108

Join us on Zoom at
ID 893 5547 3708
Password 540866

High & Dry

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

Contributors: Zoya, Jenza, Ruth P., Lara. R

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/