VOLUME 76 | ISSUE 12 DECEMBER 2025

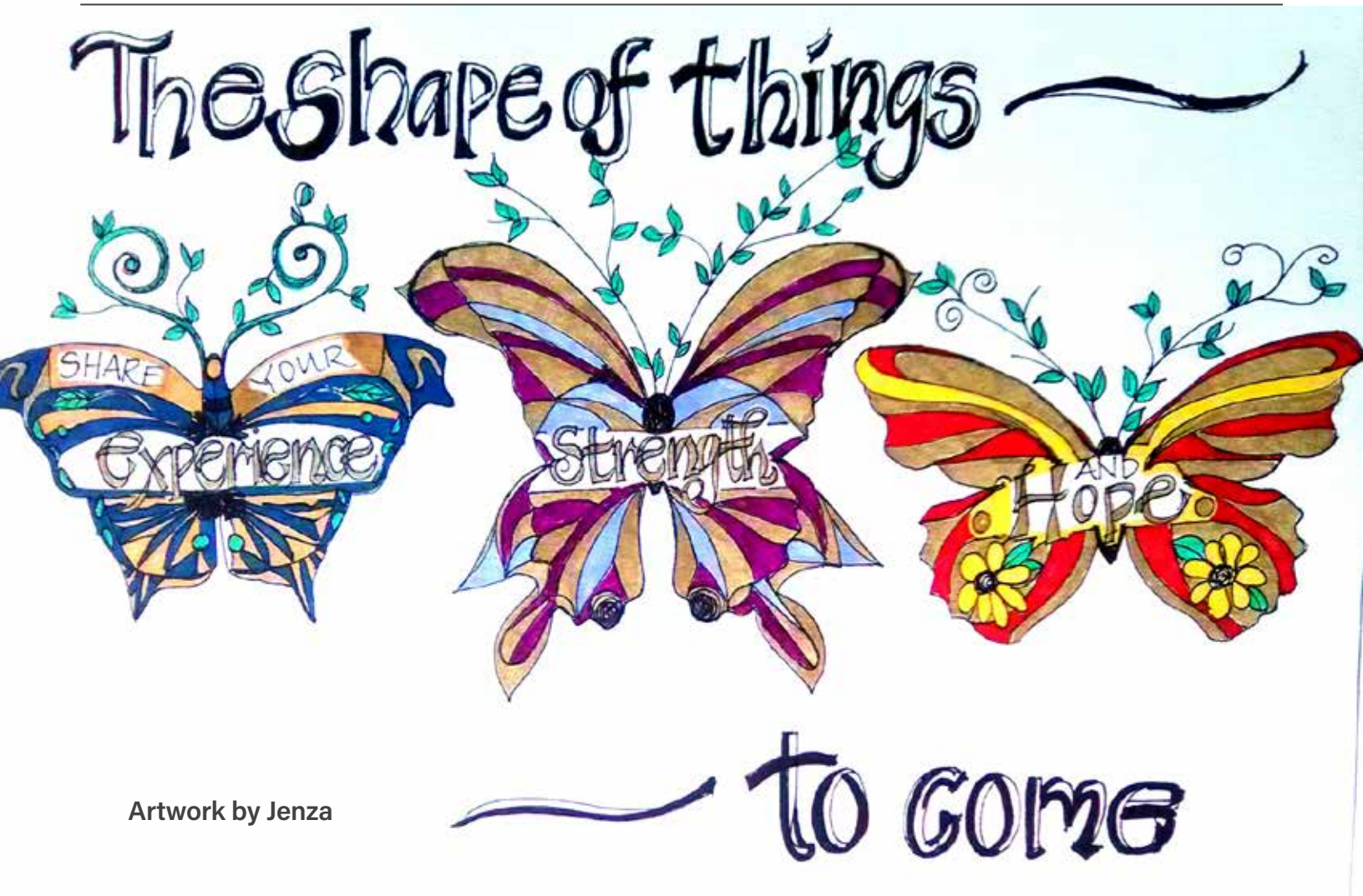
High & Dry

People who stop going to meetings don't know what happens to people who stop going to meetings...



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

Future Tripping: October 2025 GSIG Events 3
Reflecting on our past: November In Our History 4
Puzzles: Working With Others 5
There is a solution 6
Making Amends 6
How Dry I Am: Birthday Club 7
12 Tips 8
Stories, Steps, & Traditions 9
The AA Catch-Up 9
Empty Rooms, Full Hearts 10
Essay on AA's Twelfth Tradition 11
In Memorium 11
Corrections Corner 12
Inside Out 12
The Twelve Steps Illustrated 13
Letter from the Editor 13
Condensed GSIG Board Meeting Minutes 14
GSIG Financial Summary 19
GSIG 2026 Budget Planning 20
Event Flyers 22

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

FUTURE TRIPPING: DECEMBER 2025 GSIG EVENTS

3 — Accessibility Committee
- 03 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Zoom Meeting ID: 885 9521 8136 | Passcode: 611317

4 — 12th Step Committee
- 04 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Zoom Meeting ID: 835 0869 0642 | Passcode: 749607

6 — Hospital & Treatment Committee
- 06 @ 10:00 am - 11:30 am
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 820 0608 7832 | Passcode: 088776

7 — Service Manual Study
- 07 @ 11:00 am - 1:00 pm
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 863 6483 7688 | Passcode: 022841

8 — Corrections Committee
- 08 @ 6:30 pm - 8:00 pm
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 872 2771 9137 | Passcode: 833575

10 — District 31 Holiday Party
- 10 @ 5:30 pm - 8:30 pm
- **Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA, 98198, United States**
- Fellowship/Potluck
- Speaker: Keith M. Panel 61 Past Delegate Area 69 (Utah)

13 — Homegroup.Online Workshop
- 13 @ 2:00 pm - 4:00 pm
- Security for Treasurers, convenience for members.
- This event is ONLINE ONLY
- Zoom Meeting ID 829 7603 8477 | Passcode 595607

15 — Women's Daily Reflection Christmas Party
- 15 @ 6:00 pm - 8:15 pm
- **St. Matthews Lutheran Church, 1700 Edmonds Ave NE**
- 6:00pm fellowship and snacks/desserts
- 7:00pm Women's AA meeting

16 — Web and Tech Committee
- 16 @ 5:30 pm - 6:30 pm
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 857 9514 2843
- Passcode: 467107

16 — Seattle Intergroup Fall Assembly
- 16 @ 6:00 pm - 9:00 pm
- **GSIG Office 5507 6th Ave S., Seattle**
- All groups welcome to participate in the voting at the assemblies! Please send a representative and be a part of what takes place at Seattle Intergroup.

16 — GSIG Monthly Board Meeting
- 16 @ 7:00 pm - 8:30 pm
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 918 5437 5402 | Passcode: 035194

17 — Newsletter Committee
- 17 @ 5:30 pm - 6:30 pm
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 848 3027 4303 | Passcode: 770673

20 — CPC/PI Committee
- 20 @ 10:00 am - 11:30 am
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 839 2685 4975 | Passcode: 553965

21 — Burien Little Assembly Planning Group
- 21 @ 10:30 am - 11:30 am
- **GSIG Office 5507 6th Ave S., Seattle** — Hybrid meeting
- Zoom Meeting ID: 810 1629 8713 | Passcode: 817009
- 53rd Annual Burien Little Assembly
- For more information, visit www.burienlittleassembly.org

24 — The Principles of the Twelve Steps
- 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.

31 — Rocketed Into 2026
- 31 @ 9:00 pm - 12:30 am
- **Kirkland Congregational Church, 106 5th Ave, Kirkland, WA, 98033, United States**
- Ring in the New year with Dancing, fellowship and fun!
- Immediately following the Millenium's Speaker Meeting
- Suggested $10 at the door

For event details:

seattleaa.org/events



REFLECTING ON OUR PAST: December In Our History

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

Dec 1934	Bill & Lois start attending Oxford Group meetings.
Dec 1934 to May 1935	Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.
Dec 1938	Twelve Steps written.
Nov/Dec 1939	Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other member?s homes.
Dec 1939	First AA group in mental institution, Rockland State Hospital, NY.
Dec 1939	1st home meeting in Los Angeles at Kaye M.'s house.
Dec 1939	Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked 1st effort reach alcoholics outside married middle-class category.
Dec 1940	1st AA group formed in St. Louis, Missouri.
Dec 1940	Group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups.
Dec 1948	Dr. Bob's last major talk, in Detroit.
Dec 1950	Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.
Dec 1955	'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'
Dec 1982	Nell Wing retires from GSO after 35 years of service.
Dec 1, 1940	Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.
Dec 5, 1985	Dave B, founder of Montreal Group dies weeks before 50th anniversary. His story added to the 4th Edition Big Book.
Dec 6, 1939	Bert the Tailor lends Works Publishing $1000.
Dec 6, 1979	Akron Beacon reports death of Henrietta Sieberling.
Dec 7, 1949	Sister Ignatia received Poverello Medal on behalf of A.A.
Dec 10, 1975	Birds of a Feather AA group for pilots is formed.
Dec 11, 1934	Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).
Dec 11, 1941	Dallas Morning News reports 1st AA group formed in Dallas.
Dec 12, 1934	Bill has Spiritual Experience at Towns Hospital.
Dec 12, 1937	Bill meets with Rockefeller Foundation and tries to get money.
Dec 13, 1937	Rockland State Mental Hospital takes patients to meeting in New Jersey.
Dec 13 or 14, 1934	Ebby visited Bill at hospital, brought William James's book, "Varieties of Religious Experience".
Dec 19, 1939	Los Angeles hold their 1st AA meeting there.
Dec 20, 1945	Rowland H dies (he carried the Oxford Group message to Ebby).

Source: AASJ - https://aasj.org/december-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

Working With Others

It works when other activities fail

N O I T O M O R P E C I T S U J M N Z T J P R Y P
R S D Y V W N R Y R J L M G N B T O P M X M R Z Q
N E O Z B D Y T P Y L D M J D B X I Y S J M Z D Y
M I J B N T B D K I X T J Q J R K V E D T L Q Z Y
O C I Z S L N W B P H N R R V N Q I X D J J D D Y
V A S N T E M E L M W S J G Q D T L W D J T D N K
E L S V F D S T M Q L B R K J I T B M N L J Y M Y
R A E D B I Q S D N J V D E L J M O Q Q N T L L B
D F N Z E G D X I J O E U I N L A N O I T O M E P
E D G Y D T B E Q O S I B N L T L A U T I R I P S
P R N K T N R J L T N I S M D J R D X R Y S Y T N
E E I C R I R O R I S X R U Q E L A N O R Y N J D
N A L R H N M U T N T K E W L R R T P E D I M D K
D S L X M A C A O S D Y L Q J L Y S M T N A L B R
E S I D D T R P L I I D I W L X I O T V T L R N P
N E W G I N S I S A W D Q P Q P C S E A I D B A T
C M M O N E B C T Z C R U V R W D N I W N G M O P
E B N E R I O T N Y L Y I N E M T Z D D J D L Q X
M L D C R U N W T L R R S N J O R O D D T E I D J
Y E V N R R G E J R R N H L R Q O N N Q R M B N V
T D Y A X G R P K P D Y V Y B G V B V A Z Q N V G
R V G D J X M J N A G K N G K N P Z N X L L R B D
R E D I Y J L W M R W Y D M Z Z J C T N Y Z M N Z
D Q Y U L N D K G G Y A M M K D E Y J J B X V T Y
G V G G L W Q D Z L L Y J Y Z P Q V D B Y L Y J R

spiritual
emotional
awakening
tolerance
paradox
obsession
reliquish

inventory
guidance
newcomers
reassembled
discouraged
promotion
calamity

partnership
distorted
willingness
understanding
responsibilities
oblivion
goodwill

infidelity
disillusionment
overdependence
falacies
justice
charity
destruction

Key will be published in Volume 77 Issue 1

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 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., Barbara R.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Jesse J., 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 11, we made the folloring errors:

Honey's Birthday was incorrectly printed as 11-01-1076, when it should have been 11-01-1975, Mikey C's Bday should have been 11-9-2016 instead of 10-9-2016.

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. △

» *Made direct amends to such people wherever possible, except when to do so would injure them or others.*



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

HOW DRY I AM: BIRTHDAY CLUB

*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 January yet!
Help us keep this beautiful tradition alive!

Join the Club!

seattleaa.org/online-contributions/



Heidi P.	MLTW	10-13-1985	40 years
Anonymous	-	-	10 years
Pat S.	-	11-19-1995	30 years
Bonnie S.	-	07-17-1992	33 years
Maureen S.	Hour Primary Purpose	12-17-2004	21 years
Linda M.	SSoS	12-31-1986	39 years
Tracy H.	WBYOBB	12-07-1985	40 years

Happy Birthday to December Celebrants in the...

How Dry I Am Club!

12 Tips — Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from *Box 459* with permission.

Happy Holidays

The AA Catch-Up

by Kelli S. B., Seattle, WA.

ONE OF THE SOUL FILLING ASPECTS OF MY HOME GROUP ARE the 5-minute catch-ups I have with my friends and old-timers before and after the meeting. Some people call it "the meeting before the meeting and the meeting after the meeting." I have found that even without formal fellowship opportunities for coffee or driving to the meeting together, catching up as I mingle around the meeting fills my soul in a special way. Last night, I had two such moments that were memorable and from which I walked away feeling love and loved.



The first was with a long-time friend in the program who I see mostly at meetings. She shared that she had recently gotten a new job, but early on thought she had made a mistake. No one spoke to each other in the office! People passed each other in the hall with heads down and it was an awkward and unfriendly environment. Because she's sober and has a program of recovery, her solution wasn't to quit the job, but rather to start saying "Hi" to people in the halls. Pretty soon, they were saying "Hi" back to her and the whole work-place environment changed! Then she asked how I was doing as a recent empty-nester. I shared how my spiritual work continues to focus on moving through fear and awful-izing situations with my kids to moving into faith, and possible best-case scenarios. I told a quick story of my son going into the mountains, and out of cell phone range the previous night. I immediately assumed he was alone, and would run out of gas, and get stranded in the Montana winter mountains. My "work" was reciting the Serenity Prayer. There was a lot in this situation that I could not change and even more that I needed to accept along-side real feelings of fear. I was able to Let Go and Let God and get some sleep. My son sent me a text the next morning telling me about his great night going into the mountains to see the northern lights with friends and take amazing pictures. I was so grateful for the courage to change the things I can instead of wasting my night in worry.

A second catch-up I had last night was with an old-timer who I greatly respect and with whom I've been having conversations about our relationships and understandings of our Higher Powers. He relayed how he'd been thinking of our conversations and asked if he could call me to "talk about things" sometime. I said "of course!" and as we moved on to mingle with others, I felt love. The special part of this interaction was that I felt love and loved as soon as I saw him across the room; before we even started chatting. Our quick catch-ups have changed our relationship into something important and meaningful.

I believe one of the things that makes these quick catch ups so powerful is that they include vulnerability, struggles and imperfections along-side recovery, hope, and stories of using the tools of the program. Sharing our experience, strength and hope happens from the podium, over coffee after the meeting and in our 5-minute catch-ups before and after the meeting. So grateful for it all. △

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

Empty Rooms, Full Hearts

From Linda M., Sober Sisters of Seattle

Dear High N Dry Editorial Team,

OUR HOME GROUP, SOBER SISTERS OF SEATTLE, would like to submit this photograph in the spirit of Grapevine's article "If Walls Could Talk" series- but with a gentle twist. Our image shows our members facing the photographer, all wearing masks. We believe this photo honors the Tradition of anonymity: no individual's identity is discernible, and the focus remains on unity, recovery, and the power of fellowship. The masks serve as symbols of both safety and humility- reminders of how we protect one another in more ways than one.

Even behind masks, the spirit of AA fellowship shines brightly. And as the Big Book reminds us, we are not a glum lot. This image captures how we stay connected and sober — together.

We hope it reminds readers that the rooms of AA are never truly empty when love and service fill them.

Thank you.

With gratitude and service,

Sober Sisters of Seattle. △



ESSAY ON AA'S TWELFTH TRADITION

By Dylan S.

WHEN I WAS NEWLY SOBER, I thought traditions meetings were the worst. I believed the twelve traditions had nothing at all to do with me staying sober. I viewed them as the realm of the AA "busy bodies" who derived pleasure from hearing themselves talk and showing off how much they knew. They liked to hold groups hostage in the business meetings, going on and on about how the group shouldn't do this thing, or must do this other thing, according to their inspired knowledge of AA tradition. No, AA traditions were not for me. What did this have to do with me getting and staying sober? I didn't see the connection.

Fast forward a few years and I still didn't like the traditions much. The topics seemed bland compared to the exciting, harrowing, sometimes heart-breaking recovery stories I heard in other types of meetings. But I began to see and believe in the concept that we who trudge this Road of Happy Destiny had to stick together or die separately, and the traditions were how we did that. Our unity is what the traditions were designed to preserve, and without unity, Alcoholics Anonymous and our fellowship would disintegrate. I saw how the traditions did have something to do with me getting and staying sober. They were vital to it.

Our co-founder Bill W. talks about the "immense spiritual significance" of anonymity. Both for our fellowship and for ourselves as individual AA members. He explains how our principle of anonymity makes it safe for newcomers to attend meetings and how practicing anonymity is a demonstration to the outside world of the spiritual way of life we are trying to live; that we really are walking our talk. It also reminds us to place principles before personalities, promotes a "humble modesty," and protects us against vanity, self-congratulation and self-promotion. Why is that important? For me, I think of the twelfth tradition as a way to keep my ego in check. It reminds me that celebrating myself, my own great deeds or intellectual prowess, is vain at best. At worst, it is the gateway for my ego to return and block my connection from my fellows and my higher power. Without anonymity, I am prone to selfishness and self-centeredness. The principles of Love and Tolerance are forgotten, and I find myself far less useful to others.

> And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Little by slow, with the patient help of my sponsor and others who showed me through their examples of Love and Service, a passion has grown in me for our traditions. It is because of these principles that AA was here for me when I needed it. It is by practicing these principoles, that I can help ensure our fellowship endures so it will continue to be here for those who will come later, God willing. △

IN MEMORIUM

In memory of Karen R. who passed on November 6, 2025 with 54 years of sobriety. Shoreline All-Stars was her home group for many years. SHe was a vibrant, beautiful member of AA.

In memory of George D., past Trustee and General Service Office Manager and his many years of dedicated service to Alcoholics Anonymous. He passed with 64 years of sobriety.

We shall be with you in the Fellowship of the Spirit...

-A VISION FOR YOU

CORRECTIONS CORNER

Pink Can
Karen K.

Grateful thank yous to MOB (Men's Open Book), Happy Hour, Gunnysack Hill and anonymous donors who contributed $918.63 to the Pink Can Fund. The Corrections Committee used $153 to purchase meeting schedules, Daily Reflections and soft cover Big Books for Monroe, Reynolds Work Release and Federal Detention Center. If you want to help your home group get set up to accept Pnk Can Contributions, please email volunteercorrections@seattleaa.org.

Service Opportunities

Regional Justice Center (Kent) will be opening for mens meetings. Dani is the new Facility Coordinator who will work with RJC to get womens meetings started. If you're interested, please email volunteercoordinator@seattleaa.org

Federal Detention Center (SeaTac) and **King County Juvenile Center** (Seattle) have openings for men and women who want to bring their experience, strength and hope to those still behind bars.

Helen B Ratcliff Work Release and **Pioneer Coed Federal Work Release** are both starting meetings. Email volunteercorrections@seattleaa.org for more info.

Want 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 2nd Monday of each month (next is November 10) 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!△

Inside Out by Bob D (Empire Way homegroup member)

Bob D's homegroup is Empire Way. He has helped the Corrections Committee in many ways and wrote his story about how he found a new way of living inside a prison when he found a way to stay sober...

Inside **Out**

Eight years passed and I was released from federal prison into the arms of my girlfriend. You can learn a lot doing time in the feds except how to cohabitate with a significant other. I got a job, carried my lunch pail, attended AA and began a happy wife, happy life existence. I became disenfranchised with my home group, drifting further and further while stacking resentments like dried firewood. I relapsed, completely. I came home from work one day and my belongings were in the driveway collecting the day's snowfall. I cheated on her by using, lying, drinking and being an alcoholic who could find no peace. I loaded up my stuff and drove to a local motel. Six months later I was in state prison serving ten years.

I was reintroduced to AA in a max joint. We met once a week along with civilian AA members. I was the chairperson and all told there was twenty of us attending. A corrections officer (c/o) would sit outside the room watching and likely listening if possible. Secluded behind cloudy plexi-glass we conducted our meetings in a circle using the identical format recognized by AA around the world.

Most men came to earn a certificate, a coveted sheet of paper when placed in your file increased the approval rate for conjugal visits, parole hearings and transfers. You needed twenty-four consecutive meetings to qualify for that.

I was transferred to a medium security prison amid the Covid crisis. All programs allowing outside civilians to attend were suspended. In the spring of 2001 AA and others started to run again. The addiction services lady (Ms. D) asked me if l would chair/run the AA meetings. Three nights a week I was in the program area carrying the message.

I met a sponsor through the GSO Corrections Correspondence program. We wrote and wrote for three years. I did all the step study guides and made amends where I could. I balanced the big book in one hand and the convict code in the other. I desperately wanted to not only keep my sobriety, but to grow in the steps. I tried to hold on to relationships with guys I'd known for years but we grew distant. The facility was inundated with drugs and alcohol. A handful of guys started getting and staying sober in the meetings. That was when I knew AA really worked.

Despite remarks made by c/os and other naysayers I never waivered or missed a meeting. Four years at three meetings a week adds up to six hundred meetings or so. I was released the first week of Jan. 2025. It took me less than a week to wander in to St. Peter's church where the Empire Way group meets. I felt like a freshman at the senior prom. I didn't want to be seen or heard but that didn't last. Never have I been awed by just energy and genuine joy as I was that night. It is my home group, I celebrated seven years of sobriety there which began in 2018 at that dark dingy max prison. I have a sponsor and do service work. More importantly I found my place in society.

Gratefully,

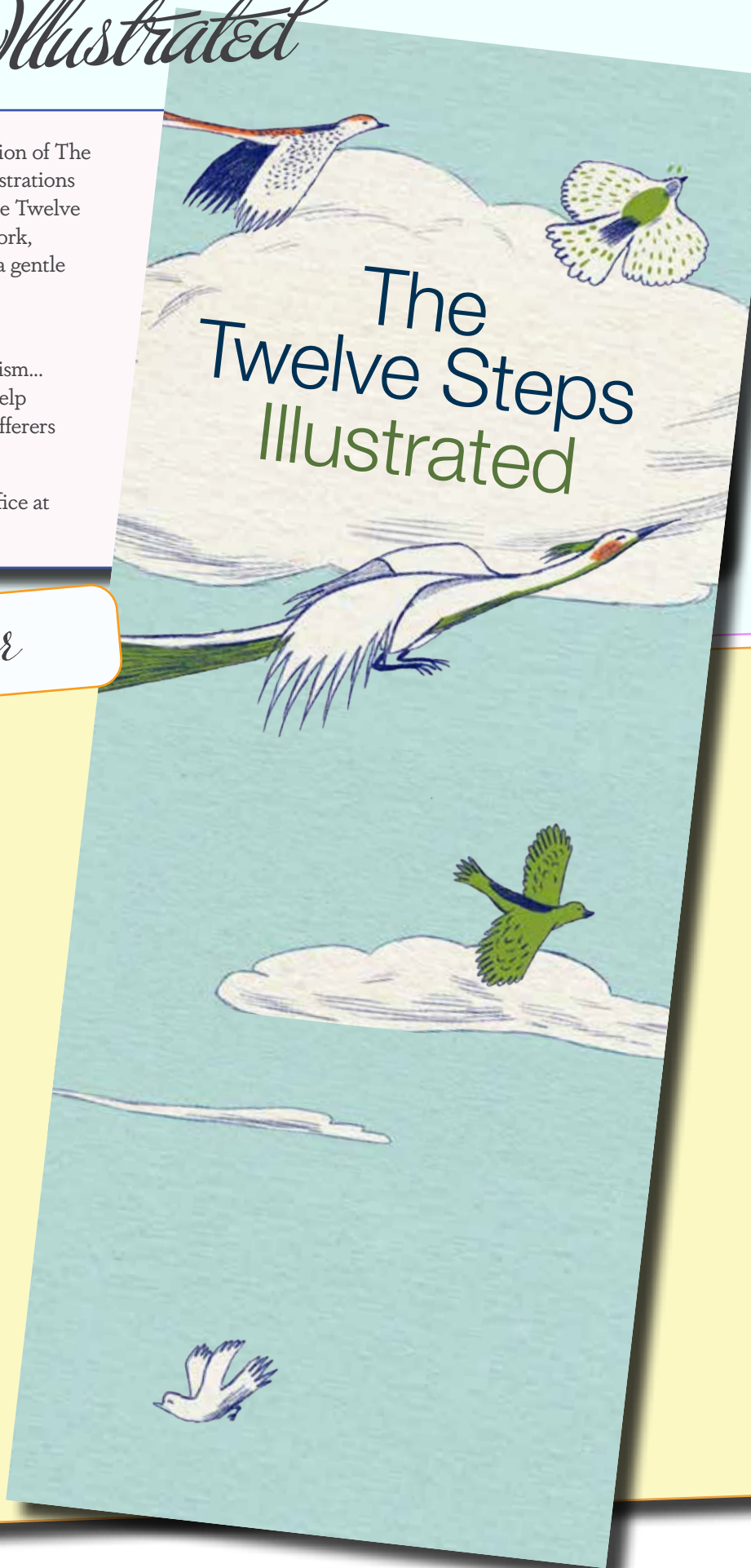
Bob D. △

The Twelve Steps Illustrated

AA World Services has released a newly revised edition of The Twelve Steps Illustrated, updated June 2025 with illustrations by Karlotta Freier. This pamphlet presents each of the Twelve Steps alongside simple, accessible language and artwork, making it a welcoming resource for newcomers and a gentle reminder for those with more time.

As the pamphlet states, "A.A.'s Twelve Steps offer an every-day solution to the age-old problem of alcoholism... If practiced as a way of life, these Twelve Steps can help alcoholics to expel the obsession to drink and lead sufferers to become happily and usefully whole."

Available through the Greater Seattle Intergroup Office at 5507 6th Ave S., or at gsigbookstore.com.



Letter from the Editor

Decemberr 2025

Dear Seattle AA Fellowship,

The winter holiday season is upon us. However your faith, denomination, beliefs, or spiritual practice is defined, now is a time for family gatherings, warmth, kindness and joy. For me, it is also a time of fear, isolation, regrets, and stress.

My gift to the reader is a message. I often question whether I am qualified to give it, yet here I am. The message is hope, courage, and strength. Assurance that you are not alone, and that my struggles may not mirror yours exactly, but share a common desire to better myself through abstinance, honesty, and spiritual principles.

Thank you for the time you took today to read through these stories, celebrate the moment of clarity, and continue to carry the message with me.

In grateful service,

Peter J.
Newsletter Editor
newsletter@seattleaa.org. △

CONDENSED GSIG BOARD MEETING MINUTES

Officer Reports

Chair | Jeff U

GSIG's current building has been sold and will be torn down. An Ad-Hoc committee will be formed to find a new location. Anyone with experience in commercial real estate or specific facility needs should contact chair@seattleaa.org. District nominations will be accepted in two weeks.

Vice Chair | Eddy M-M

Pacific Northwest Conference (PNC)

June 26–28, 2026 in Vancouver, WA. Flyers and buttons available.

In Memory of George Dorsey

Memorial gathering Saturday, 2:00 PM via Zoom (ID: 852 6616 8966, Passcode: 365074).

Treasurer | Pete K

GSIG needs an additional $4,000 in the next two months to meet a balanced budget. Schedule book sales are critical. Treasurer's report unanimously approved. Contribute at https://area72aa.org/contribute/ or email treasurer@seattleaa.org.

Office Manager | Lara R

2026 Schedule Books

Rotary Press quote: $0.94 each. Meeting updates due November 21st.

24-Hour Helpline (October)

12-Step Calls: 3 | Phone: 122 | Chats: 91 | Total: 216

54th Burien Little Assembly

March 14, 2026, 10am–5pm at Grace Lutheran Church, Des Moines. Requested contributions: Groups $50-75, Districts $75-100. Volunteer signup: https://m.signupgenius.com/#!/showSignUp/8050A48ACAB2CAAFA7-60141037-burien

2026 Budget Proposal

Accessibility Committee requested budget increase from $2,250 to $3,500 for ASL interpretation. Office Committee recommended leaving at $2,200 with flexibility to increase if needed.

Literature Pricing Motion

PASSED: All inventory prices (except schedule books) increased 10%, rounded to nearest $0.25. Motion by Ruth P (D14), seconded by Ricky T (D16).

85th Anniversary of AA in Washington

April 18, 2026 at Emerald Downs. Planning meetings every other Saturday at 4:00 PM. Registration fee will apply. Details: https://www.seattleaa.org/home/85-years-in-wa/

Service Committee Highlights

Corrections | Karen K

Pink Can contributions: $918.63. Regional Justice Center (Kent) opening for men's meetings. Prerelease Coordinator position available—contact dpierce2121@yahoo.com. Monthly meetings: 2nd Monday, 6:30pm at GSIG (Zoom ID: 872 2771 9137).

Hospitals & Treatment | Mikey C

New closed meeting secured at UW Northwest Hospital: Wednesdays 4:45pm. Harborview counselor visiting December 6 at 10pm monthly meeting. Contact: hospitaland-treatment@seattleaa.org

Newsletter | Peter J

January issue: Step/Tradition/Concept/Principle 1. Submissions due by 25th of each month to newsletter@seattleaa.org. Committee meets Wednesday before the 25th.

Public Information/CPC | David B

David B resigning end of year due to new job. David D volunteering as interim chair. October activities included NAADAC Conference, WSADCP, and UW Nursing School presentation.

Special Events | West C

Hawks watch party: 40+ attendees, successful fundraising. Next event: GSIG Fall Assembly, December 16 at 6pm—cookie exchange and Santa's workshop costume party. Planning meetings: First Tuesday at 7pm at GSIG.

12th Step | Karrie C

Chatline now double-staffed starting mid-November. Training session November 15, 12-1pm via Zoom (ID: 875 0789 9613). Contact: 12step@seattleaa.org

District Highlights

District 14 (West Seattle, White Center, Vashon)

2026 budget approved. Planning "sober curious" event for Dry January. District Inventory scheduled for early 2026. Holiday party: December 9 at Fauntleroy Church.

District 16 (NE Seattle, U-District)

Childcare now available at On Awakening Sunday 8:00am meetings (Ryther, 2400 NE 95th St).

District 24 (SW Snohomish County)

$60 contribution approved for Burien Little Assembly. Gratitude dinner: March 28, 2026 at St. Pius, 5-8pm. Picnic: July 18, 2026 at Edmonds City Park.

District 31 (Burien, Des Moines, SeaTac)

Holiday Potluck/Ugly Sweater Contest: December 10 at Grace Lutheran Church. Co-hosting April Quarterly. Friday Night Orphans Gratitude Dinner: November 21, 6pm at Prince of Peace.

District 40 (E-Central Seattle)

Annual Gratitude Banquet (Districts 15, 40, 41): November 21, 5:30-9pm at St. Joseph Catholic Church, 732 18th Ave E. Free (7th tradition), ASL provided.

District 42 (Lake Forest Park, Shoreline)

Karen R.'s memorial: November 22, 1:30-4:30pm at Zion Lutheran Church, Everett (4634 Alger Ave). District planning return to in-person meetings.

Clubhouse Reports

Ed-Lynn Fellowship

Thanksgiving Alcathon: November 26 (8pm) through November 28 (midnight). Dinners at 4am and 5pm Thanksgiving Day. Christmas Alcathon: December 24 through De-

cember 26. New meeting: Thursday Midnight Hoot-Owl. Saturday breakfast continues: food 9am, meeting 10am.

Serenity Hall

Thanksgiving gratitude dinner: November 22, 4pm. Thanksgiving Alcathon: November 26 (8pm) through November 29 (1:30am). Hall closed 1:30am-8am daily during alcathon.

Key Upcoming Events

GSIG Fall Assembly | December 16 @ 6:00 PM | GSIG Hybrid

85 Years Planning Committee | Every other Saturday @ 4:00 PM | GSIG Hybrid

BLA Planning Meeting | 3rd Sunday @ 10:30 AM | Online

Service Manual Study | 1st Sunday @ 11:00 AM | GSIG Hybrid

Full event calendar: seattleaa.org/events

Reminders

GSIG Reports: secretary@seattleaa.org

Newsletter submissions: newsletter@seattleaa.org (deadline: 25th of each month)

Full minutes available at seattleaa.org

Meeting adjourned with the Responsibility Statement △

Greater Seattle Intergroup Financial Summary October 2025

Income	
Group Contributions	$12,833.87
Individual Contributions	$3,166.16
Sustainer Contributions	$1,658.54
Events, Room Rental & Interest	$636.13
Liturature & Coin Sales$	6,287.23
Liturature & Coin Costs-	$4,685.28
Liturature & Coin Profit	$1,601.95
Total Income	**$19,896.65**

Expenses	
Payroll	$8,796.19
Standing Committees	$739.00
Office, Travel & Adminstrative$	9,585.48
Total Expenses	**$19,120.67**

Bank Balances	
Checking	$18,143.57
Savings$	1,461.63
Operating Funds	**$19,605.20**
Prudent Reserve	**$47,328.68**
Target Prudent Reserve	$58,239.00
Prudent Reserve Shortfall	**$10,910.32**

August Net Income	**$775.98**
Year-To-Date Net Income$	**2,026.61**

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	$429.06	$570.94
Hospital & Treatment	$1,800.00$	1,228.70	$571.30
PI/CPC	$1,800.00	671.35	1,128.65
Special Events	$6,200.00$	4,816.08$	1,383.92
Third Legacy	250.00	0.00	$250.00
Web and Technology	$1,500.00	$662.09	$837.91
Accessibility	$5,500.00	$1,775.04	$3,724.96

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
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

Third Legacy Committee presents

SERVICE MANUAL STUDY

11AM TO 1PM

1ST SUNDAY OF EACH MONTH

We will be starting with the newest Service Manual beginning in November 2025

This event is at Seattle Intergroup and online

MEETING ID 863 6483 7688 PW 022841

5507 6TH AVE S., SEATTLE, WA 98108



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

DISTRICT 31 Holiday Party

Wednesday, December 10, 2025
5:30 - 8:30 PM

Fellowship / Potluck
Speaker: Keith M.
Panel 61 Past Delegate
Area 69 (Utah)
Ugly Holiday Sweater Contest
Open Mic / Karaoke



First Name Initial

A – H: Meats / Main Dishes
I – Q: Salads / Side Dishes
R – Z: Dessert

Grace Lutheran Church
22975 24th AVE S • Des Moines, WA 98198

Seattle Intergroup presents

Learn about Homegroup.Online

Join us for a workshop exploring this GROUP treasury platform.
HGOL does the heavy lifting
Come and learn about how it works and see if it will benefit your homegroup

DECEMBER 13, 2025 2PM

This event is hybrid
In person at Seattle Intergroup
Online at Meeting ID 829 7603 8477
Passcode 595607

for more info contact
info@seattleaa.org

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

COMING SOON

WESTSIDE THIRD TRADITION

West Seattle's only Secular Atheist/Agnostic AA meeting.

Thursdays 6:30-7:30pm

First meeting will be New Year's Day

Location: *First Lutheran Church*
4105 California Ave, just north of the Junction

Stay tuned for more details!



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!

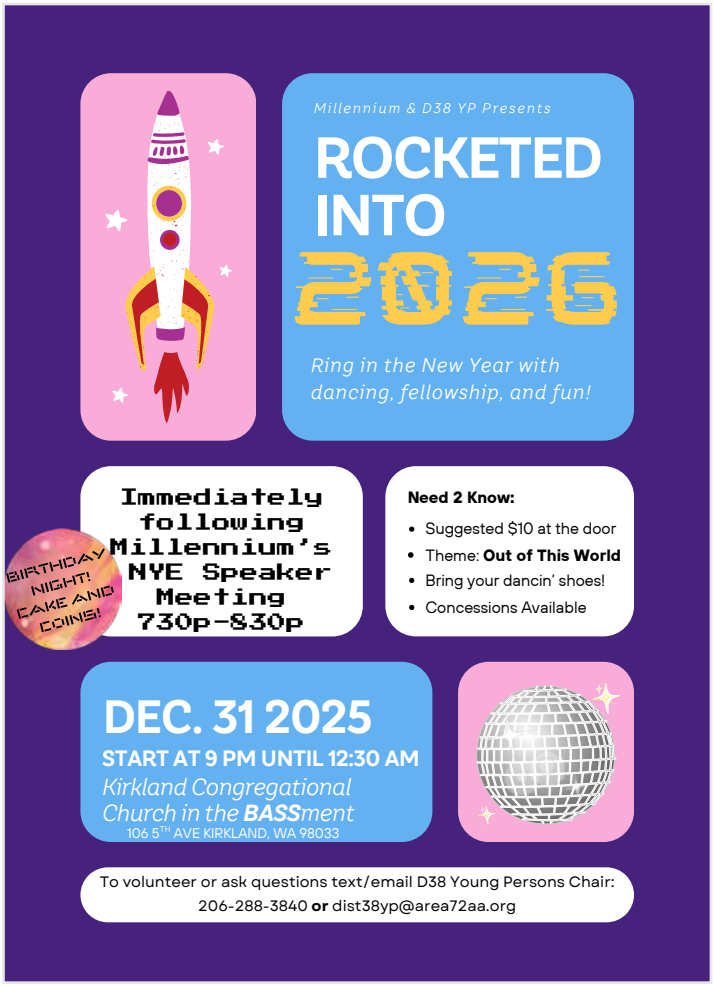
EVENT REGISTRATION
WWW.IAAMCAB.ORG OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E, SUITE 8 PMB 114, PUYALLUP, WA 98373 (Make checks payable to IAAMC 2026)
BOOK A HOTEL ROOM: HTTPS://BOOK.PASSKEY.COM/GO/IAAMC2026
For more information, contact Don N. at (253) 365-8073 or Jeffery R. at (253) 754-7617

- ☐ $ _____ 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: _____


GREATER SEATTLE INTERGROUP'S
FALL ASSEMBLY - 2025
Tuesday, December 16th @ 6:00 PM
Greater Seattle Intergroup
5507 6th Ave S, Seattle, WA 98108
Santa's Workshop
Costume Party
and
Cookie Exchange!


Millennium & D38 YP Presents
ROCKETED INTO
2026
Ring in the New Year with dancing, fellowship, and fun!
Immediately following Millennium's NYE Speaker Meeting 730p-830p
BIRTHDAY NIGHT! CAKE AND COINS!
Need 2 Know:
Suggested $10 at the door
Theme: Out of This World
Bring your dancin' shoes!
Concessions Available
DEC. 31 2025
START AT 9 PM UNTIL 12:30 AM
Kirkland Congregational Church in the BASSment
106 5TH AVE KIRKLAND, WA 98033
To volunteer or ask questions text/email D38 Young Persons Chair:
206-288-3840 or dist38yp@area72aa.org


IN NEED OF A MEETING BUT HAVE KIDDOS TO KEEP OCCUPIED?
WE'VE GOT YOU COVERED!
On Awakening
FREE CHILDCARE AT RYTHER
AA MEETINGS ON SUNDAYS
8 AM - 9 AM
2400 NE 95TH ST.
SEATTLE, WA 98115


Women's Daily Reflection
CHRISTMAS PARTY
Bring your favorite snack or dessert
6pm fellowship
7pm meeting
December 15th
Childcare available
St. Matthew's Church
1700 Edmonds Ave NE,
Renton, WA, 98056

Contribute to Washington State's 85th Anniversary Celebration

On April 19th, 1941, four alcoholics gathered in room 522 of the New Washington Hotel for the first meeting of Alcoholics Anonymous in Washington State.
Celebrate our statewide 85th Anniversary with us in Spring 2026.
In an attempt to raise funds for this event we are offering members a permanent place in the history of AA of WA.
We are purchasing two beautiful leather journal style books to record your donations which will become a part of Area 72 and Area 92 archives forever.
Our suggested contribution is $1.00/year of sobriety
The entry in the book will reflect name, home group sobriety date Area and District.
To contribute digitally please scan the QR Code







High & Dry

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

Contributors: Zoya K., Jenza, Lara. R., William B., Kelli S., Linda M., Dylan S., Karen K., Bob D.

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/