VOLUME 77 | ISSUE 1 JANUARY 2026

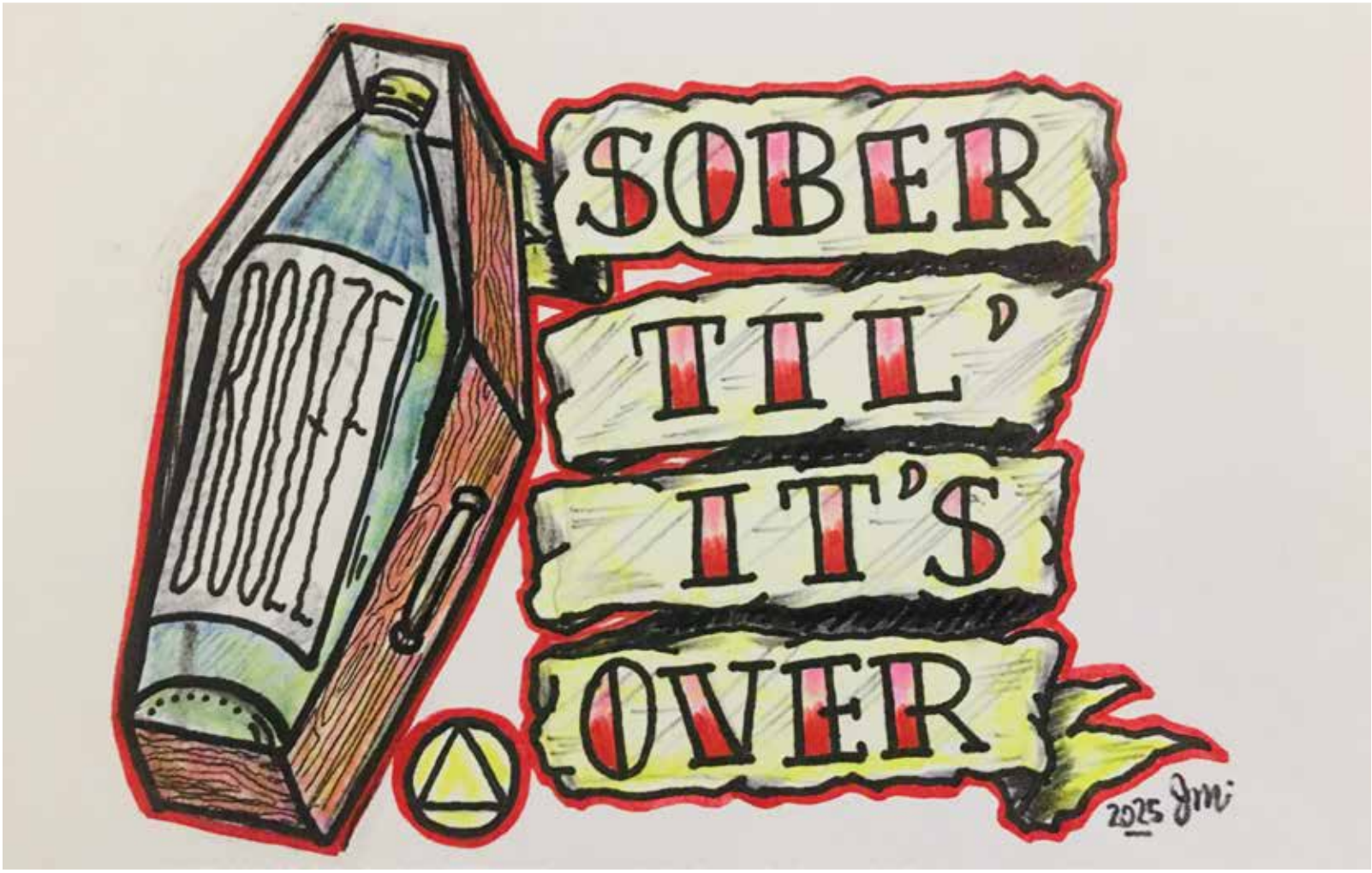
# High & Dry

**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

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# FUTURE TRIPPING: JANUARY 2026 GSIG EVENTS

### 3 — Hospital and treatment Committee

- 03 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 820 0608 7832
- Passcode: 088776

### 4 — Service Manual Study

- 04 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 863 6483 7688
- Passcode: 022841

### 7 — Accessibility Committee

- 07 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Meeting ID: 885 9521 8136
- Passcode: 611317

### 9 — Buck Creek Men's Retreat

- 09 @ 8:00 am - 5:00 pm
- Camp Arnold, 33412 Webster Rd E, Eatonville, WA, 98324, United States

### 10 — 85th Anniversary in WA Planning Committee

- 10 @ 4:00 pm - 5:15 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 892 1628 9830
- Passcode: 456122

### 12 — Corrections Committee

- 12 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 872 2771 9137
- Passcode: 833575

### 17 — CPC/PI Committee

- 17 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 839 2685 4975
- Passcode: 553965

### 17 — Geeks Who Don't Drink 5th Geekaversary

- 17 @ 10:00 am - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Children welcome, only vested service dogs allowed
- Pizza, Soda and Water provided

### 18 — Burien Little Assembly Planning Group

- 18 @ 10:30 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Passcode: 817009

### 20 — Web and Tech Committee

- 20 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 857 9514 2843
- Passcode: 467107

### 20 — GSIG Monthly Board Meeting

- 20 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 918 5437 5402
- Passcode: 035194

### 25 — Conscious Contact

- 25 @ 12:45 pm - 2:00 pm
- Center for Spiritual Living, 6318 Linden Ave N, Seattle, 98103, United States



**For event details:**

[seattleaa.org/events](seattleaa.org/events)

# REFLECTING ON OUR PAST: January In Our History

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

| | |
|---|---|
| **Jan 1929** | Bill W. wrote third promise in Bible to quit drinking |
| **Jan 1940** | Akron group moves to new home at King School. |
| **Jan 1944** | Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous". |
| **Jan 1944** | onset of Bill's 11 years of depression. |
| **Jan 1946** | Readers Digest does a story on AA. |
| **Jan 1948** | 1st A.A. meeting in Japan |
| **Jan 1951** | AA Grapevine publishes memorial issue for Dr Bob. |
| **Jan 1958** | Bill writes article for Grapevine on "Emotional Sobriety". |
| **Jan 1, 1943** | Columbus Dispatch reports 1st Anniversary of Columbus, Ohio Central Group. |
| **Jan 2, 1889** | Sister Ignatia born, Ballyhane Ireland. |
| **Jan 3, 1939** | First sale of Works Publishing Co stock is recorded. |
| **Jan 4, 1940** | 1st AA group formed in Detroit, Michigan. |
| **Jan 5, 1939** | Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere". |
| **Jan 5, 2001** | Chuck C. from Houston died sober in Texas at 38 years sober. |
| **Jan 6, 2000** | Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died. |
| **Jan 8, 1938** | New York AA splits from the Oxford Group. |
| **Jan 10, 1940** | 1st AA meeting not in a home meets at King School, Akron, Ohio. |
| **Jan 13, 1988** | Dr Jack Norris Chairman/Trustee of AA for 27 years dies. |
| **Jan 13, 2003** | Dr Earle M sober for 49 years, author of "Physician Heal Thyself" died. |
| **Jan 15, 1937** | Fitz M brings AA meetings to Washington DC. |
| **Jan 15, 1945** | First AA meeting held in Springfield, Missouri. |
| **Jan 19, 1943** | 1st discussion for starting AA group in Toronto. |
| **Jan 19, 1944** | Wilson's returned from 1st major A.A. tour started in Oct 24 1943. |
| **Jan 19, 1999** | Frank M., AA Archivist since 1983, died peacefully in his sleep. |
| **Jan 21, 1954** | Hank P who helped Bill start NY office dies in Pennington, New Jersey. |
| **Jan 23, 1985** | Bob B. died sober November 11, 2001. |
| **Jan 24, 1918** | Bill marries Lois Burnham in the Swedenborgen Church in Brookyn Heights. |
| **Jan 24, 1945** | 1st black group St. Louis |
| **Jan. 24, 1971** | Bill W dies at Miami Beach, FL. |
| **Jan 25, 1915** | Dr. Bob marries Anne Ripley. |
| **Jan 26, 1971** | New York Times publishes Bill's obituary on page 1. |
| **Jan 30, 1961** | Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum". |
| **End of Jan 1939** | 400 copies of manuscript of Big Book circulated for comment, evaluation and sale. |

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

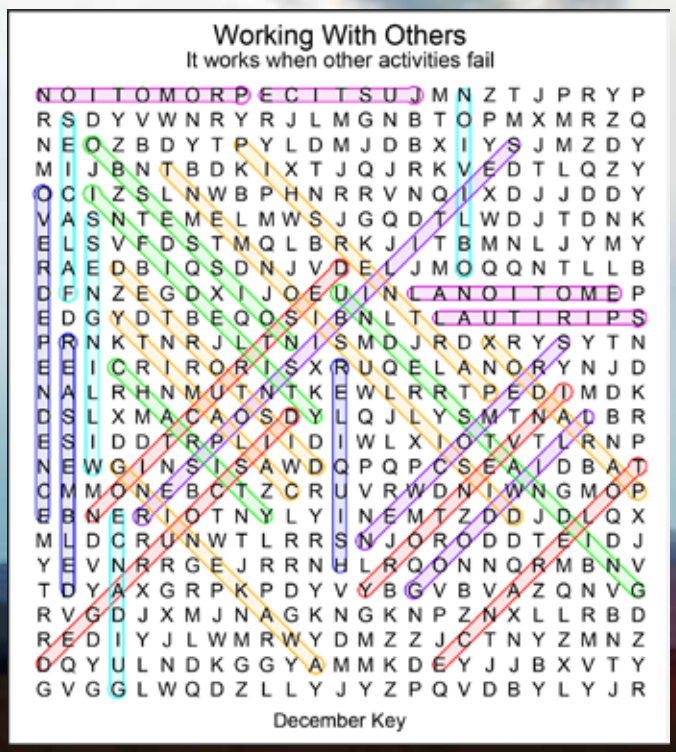
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# PUZZLES: Powerlessness and Unity

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

**Key will be in Volume 77 Issue 2**

powerless
unmanageable
obsession
bankruptcy
rapacious
humiliation
precarious
taproot
liability
willpower
relentlessly
condemned
hopelessness
unity
grace
suggestions
liberty
anarchy
license
paradox
obedience
deviate
sacrifice
peace
harmony
erratic
sustain



## 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**

We hope this issue of the High and Dry will inform and comfort those who are, or who may be affected. There are many.

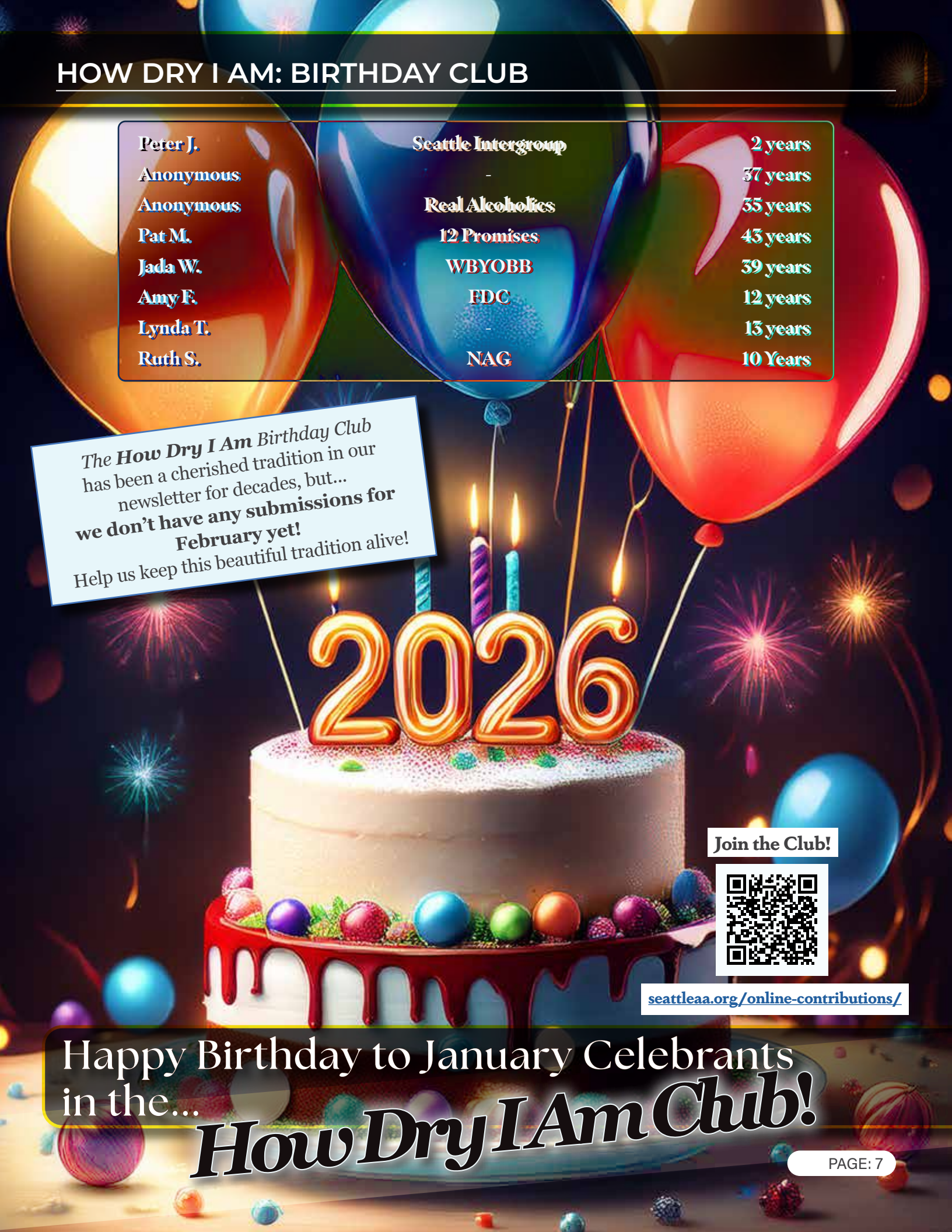
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# HOW DRY I AM: BIRTHDAY CLUB

| | | |
|---|---|---|
| Peter J. | Seattle Intergroup | 2 years |
| Anonymous | - | 37 years |
| Anonymous | Real Alcoholics | 35 years |
| Pat M. | 12 Promises | 43 years |
| Jada W. | WBYOBB | 39 years |
| Amy F. | FDC | 12 years |
| Lynda T. | - | 13 years |
| Ruth S. | NAG | 10 Years |

*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 February yet!**

Help us keep this beautiful tradition alive!




**Join the Club!**

seattleaa.org/online-contributions/

Happy Birthday to January Celebrants in the...

# How Dry I Am Club!

# 85 Years of AA in WA!

Alcoholics Anonymous in Washington State is turning 85 years old in April of 2026.

***We are having a big party, and you are invited to celebrate***

## 85 Years of AA in Washington

The party program includes Don L. from Bellingham as the main speaker, an old timers (50+ years) panel, young persons panel, a presentation on AA history in Washington, a raffle, sobriety countdown and a dance.

• • • • •

**Where:** Emerald Downs Racetrack
2300 Ron Crockett Dr., Auburn, WA 98001
**When:** April 18th from 10am to 10pm

**If you would like to find out more and/or register for this event go here:**

https://www.seattleaa.org/home/85-years-in-wa/

**If you would like to volunteer for this event go here:**

https://www.signupgenius.com/go/10C044EACAB28A2FECF8-61370696-85years#/

*If you have questions contact wa85aa@seattleaa.org*

Alcoholics Anonymous in Washington State is turning 85 years old in April of 2026.

***We are having a big party, and you are invited to celebrate***

# ***85 Years of AA in Washington***

**Where:** Emerald Downs Racetrack

2300 Ron Crockett Dr., Auburn, WA 98001

**When:** April 18th from 10am to 10pm

**MAIL IN REGISTRATION MUST BE RECEIVED BY APRIL 1, 2026**

*(Cut off for registration with meals is April 1st)*

**Full Name:** _____

**Address:** _____

**City:** _____

**Email:** _____

**Phone:** _____

**Home Group:** _____

**District #:** _____ **Area #:** _____

**Sobriety Date:** _____

**Do you require interpretation?**

O Spanish O ASL

**Would you like to volunteer?**

O Yes

**Register online at:**

https://donate.homegroup.online/85WA/

| | |
|---|---|
| **Registration** | **$100.00** |
| O **Scholarship Contribution** | _____ |
| O **85th Coin** | **$25.00** |
| O Pick Up at event O Mail | |
| O **Commemorative Book** | _____ |
| (suggested $1.00 for each year of sobriety) | |
| **Total:** | _____ |

**Saturday Lunch**

*Select One:*

O Yes

O No

O Vegan

**Saturday Dinner**

O Yes

O No

O Vegan

**Make checks payable to:**

*homegroup.online/85WA/*

Or mail this completed page with check to:

**85 Years of AA in WA**
**c/o Greater Seattle Intergroup**
**5507 6th Ave South**
**Seattle WA, 98108**

Contact us at: wa85aa@seattleaa.org

# 85 Years FAQ



## 85TH ANNIVERSARY OF A.A. IN WASHINGTON CELEBRATION – FAQ

**What is being celebrated?**
In April 2026, Alcoholics Anonymous in Washington State will celebrate 85 years of continuous recovery. The first recognized A.A. meeting in Washington took place on April 19, 1941.

How did A.A. begin in Washington?
After the publication of the Big Book, alcoholics in Washington contacted the New York A.A. office for help. On April 19, 1941, four alcoholics met in Room 522 of the New Washington Hotel, recognized as the first A.A. meeting in Washington State.

**When is the 85th Anniversary Celebration?**
April 18, 2026 at Emerald Downs. Planning includes Archives displays Speakers and lunch and dinner.

**Who is organizing the celebration?**
The Washington 85th Anniversary Celebration Planning Committee, with participation from Western Washington Area 72, Washington Area East 92, Intergroups and Central Service Offices and individual members statewide.

**How large is this event expected to be?**
This is expected to be one of the largest A.A. gatherings in Washington State since the 1990 International Convention.

**How is the celebration being funded?**
Entirely funded by members' donations, event registrations (which include meals) and several fundraising options including orange and green 85th Anniversary contribution cans, donations for a commemorative archive book, an 85th Anniversary poker chip, and other activities before and during the event.

**How can you donate?**

Check out our contributions site at: https://donate.homegroup.online/85WA/ web page.

**What is the commemorative Archival Book?**
A commemorative Book will record member contributions and become part of the A.A. Archives.

**How can I be included?**
Leather bound commemorative books, containing a listing of names, are being made.
Area 92 and Area 72 will each receive one for their archives. The recommendation is to contribute $1.00/year of sobriety. Online: https://share.google/GU23xbridGDqLIAwZ If you would like to contribute on behalf of anyone In Memoriam, please indicate their specifics in the **Special Requests** section.
Please include their Name, home group (Area and District) and sobriety date.

**How can I purchase the Commemorative 85th poker chip:**

Available for purchase through in groups in central offices. For more info online go to: https://www.seattleaa.org/home/85-years-in-wa/

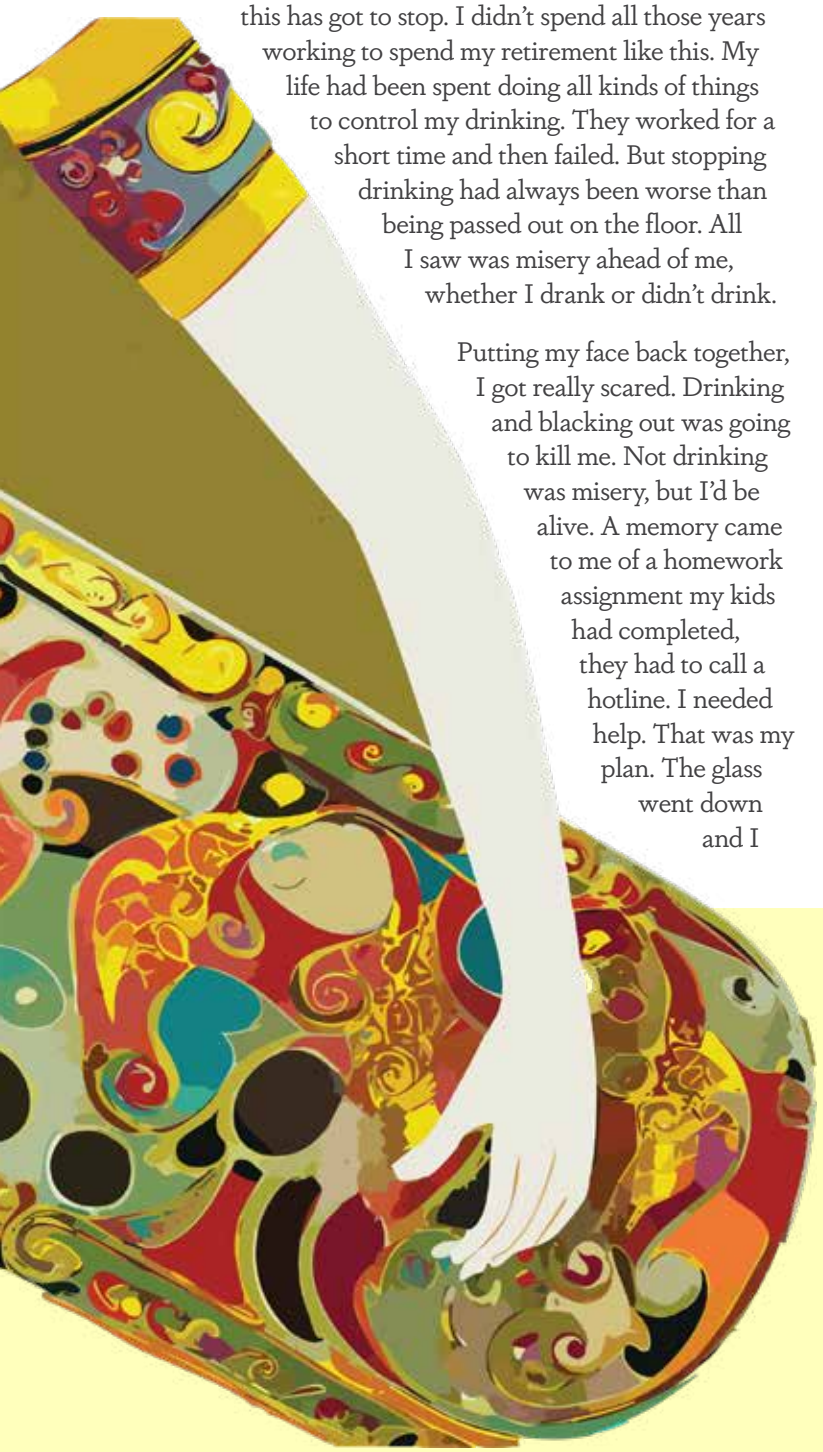
**How can I get involved?**

Volunteers from Area 72 and Area 92 are welcome. Contact: Washington 85 AA via email: wa85aa@gmail.com.

# Step One: The Day I Woke Up

*by Lucinda H.*

**THE DAY I WOKE,** sprawled on the floor, was the start. I had passed out while pacing my apartment, glass in hand. My face was in a little puddle of drying blood, teeth knocked out, chin gaping. The first thought was: does anyone know? Then: how much damage did I do to myself? Then: how much wine is left?



While drinking my next glass, I got the message: this has got to stop. I didn't spend all those years working to spend my retirement like this. My life had been spent doing all kinds of things to control my drinking. They worked for a short time and then failed. But stopping drinking had always been worse than being passed out on the floor. All I saw was misery ahead of me, whether I drank or didn't drink.

Putting my face back together, I got really scared. Drinking and blacking out was going to kill me. Not drinking was misery, but I'd be alive. A memory came to me of a homework assignment my kids had completed, they had to call a hotline. I needed help. That was my plan. The glass went down and I didn't drink until the next morning when I called the AA hotline. That moment changed my life.

The stranger who answered made me feel I wasn't alone. He said I never had to feel this way again, that many people had gotten better and I could too. He told me it took courage to call. He referred me to yet another stranger who spent over an hour talking to me on the phone. That was the beginning of my journey in AA.

You bet I felt powerless over alcohol. I had tried every way I knew how over forty years to control it, to stop it, and I couldn't. Thanks to the strangers who paused what they were doing to help me, I started feeling some hope. Not only that I wouldn't drink today, but that slowly, while listening to how they did it, I might enjoy my life. Through hearing others' stories, doing service, and thinking about others, my thoughts of alcohol went away.

With a little success under my belt and the obsession lifted, I was on top of the world. But I needed a couple of reminders of how powerless I really was. About four months after getting sober and starting the steps, I became quite anxious looking forward to my fourth step. I drank a bottle of wine in about fifteen minutes. What scared me was the next thought: where to get more, and no one will know. Another time, during an argument, I was certain wine would make it better. It didn't. These experiences cemented my realization: I am powerless over alcohol. I believe that completely.

Today my life is so much better. I am part of a loving community that continues to show me how to live a sober and loving life. I am now that stranger who answers the phone and says, "It takes so much courage to ask for help. I'm so glad you called. There is a solution. You never have to feel this way again."△

**Step 1. We admitted we were powerless over alcohol — that our lives had become unmanageable.**

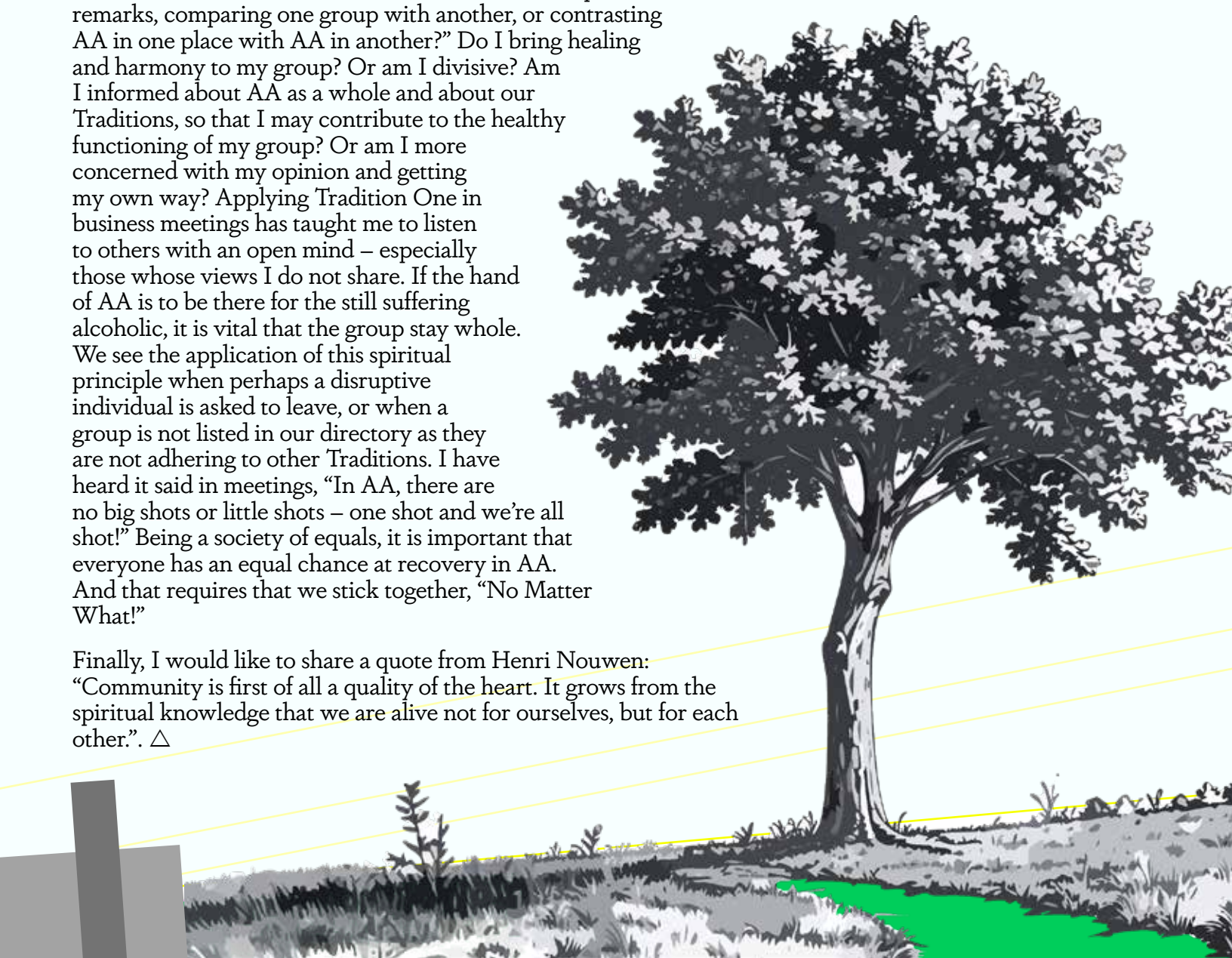
# Tradition One

*By Julie P.*

**"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."**

**APPENDIX I, THE AA TRADITION, STATES THAT** "...no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together; else most of us will finally die alone." Indeed, the remaining eleven Traditions serve to strengthen our unity, putting guidelines in place to keep this ship afloat in spite of alcoholics like yours truly who might have lots of bright ideas about improving on the life saving program that managed fine without her presence for decades and will hopefully thrive long after we are all gone. In the final analysis, our common problem and common solution require "brotherly and harmonious action," as our Big Book reminds us on page 17. These bonds, borne of desperation, are strong enough to keep us unified no matter how great our individual differences.

The Tradition One checklists asks, "Do I make competitive AA remarks, comparing one group with another, or contrasting AA in one place with AA in another?" Do I bring healing and harmony to my group? Or am I divisive? Am I informed about AA as a whole and about our Traditions, so that I may contribute to the healthy functioning of my group? Or am I more concerned with my opinion and getting my own way? Applying Tradition One in business meetings has taught me to listen to others with an open mind – especially those whose views I do not share. If the hand of AA is to be there for the still suffering alcoholic, it is vital that the group stay whole. We see the application of this spiritual principle when perhaps a disruptive individual is asked to leave, or when a group is not listed in our directory as they are not adhering to other Traditions. I have heard it said in meetings, "In AA, there are no big shots or little shots – one shot and we're all shot!" Being a society of equals, it is important that everyone has an equal chance at recovery in AA. And that requires that we stick together, "No Matter What!"



Finally, I would like to share a quote from Henri Nouwen: "Community is first of all a quality of the heart. It grows from the spiritual knowledge that we are alive not for ourselves, but for each other.". △

# Concept One
## Where the Responsibility Really Lives

**"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."**

By Lee R., Third Legacy Chair

### UNDERSTANDING THE BIGGER PICTURE

When most of us first come to A.A., we're focused on one thing: staying sober today. World services, boards, conferences—those can feel far away from the meeting we're trying to get to on time.

But Concept One reminds us of something important: A.A. belongs to all of us.

There is no single person "in charge" of Alcoholics Anonymous. No president. No headquarters calling the shots. Instead, A.A. functions because the Fellowship as a whole accepts responsibility for its future and expresses that responsibility through a shared, collective conscience.

That idea may sound abstract at first, but it's actually very practical.

### DELEGATION WITHOUT LETTING GO

As A.A. grew—and as Bill W. began to think about his own mortality—it became clear that not every decision could be made by every member, every time. To ensure continuity and stability, the Fellowship delegated responsibility for day-to-day matters to trusted servants, forming boards, committees, and service structures to carry out that work.*



But here's the key: delegation is not abdication.

Concept One makes it clear that while we entrust others to serve, the ultimate authority never leaves the Fellowship itself. If something drifts off course, the conscience of A.A. has both the right and the responsibility to speak up.

This balance between trust and accountability is what has kept A.A. from being driven by personalities, power, or personal agendas.

### THE SPIRITUAL PRINCIPLE BEHIND IT

At its heart, Concept One is about humility.

Just as recovery asks us to stop running the show in our own lives, A.A. as a whole practices the same principle. No one voice matters more than the group conscience. No one opinion outweighs the collective wisdom of experience, prayer, and discussion.

It's not a perfect system, but it's a spiritual one.

### WHY IT MATTERS TO US INDIVIDUALLY

Even if we never attend an area assembly or think much about world services, Concept One still applies. Every time we participate in a group conscience, support A.A., or respect the service structure, we're taking part in something larger than ourselves.

We don't just receive A.A.—we help sustain it.

And maybe that's the quiet gift of Concept One: a reminder that sobriety isn't only personal. It's shared. Protected. Passed on: one voice, one group, one conscience at a time. △

*For a further, more detailed explanation of how the structure came about, see Dr. Bob and the Good Oldtimers, chapter 27, "Shadows—Illness and Dissention."

# CORRECTIONS CORNER

***Pink Can***
*Bob F.*

A shout out to the Admiral SW Siders, Mish group, Duck Island, Serenity Now, Wednesday Mountlake Terrace, Dawn Patrol and Loyal Heights for their generous Pink Can contributions of $442.24 which virtually fully fund our literature purchases for our incarcerated members and future members inside. We were able to supply Kent City Jail and the Federal Detention Center with $140.75 worth of Soft Cover Big Books and Twelve & Twelves.

For your Group's very own Pink Can, Email:volunteercorrections@seattleaa.org.

**Service Opportunities**

**South Correctional Entity (SCORE), Des Moines:** The Men's Meeting on Saturday morning could really use some volunteer help. If you have an hour and a half free on Saturdays from 9:15-10:45 am, what better way to start off your weekend than to give a still suffering alcoholic HOPE for a better life in Alcoholics Anonymous? Reach out to: volunteercoordinator@seattleaa.org.

**Juvenile Detention Center, Seattle:** The young men could use more inspiration and brighter outlook for their future on the second Tuesday night of each month at 5:30 pm in Seattle. If you would like to help, email: volunteercoordinator@seattleaa.org

**Want to learn more?**

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

- Attend Greater Seattle Intergroup's monthly Corrections Committee meeting the 2nd Monday of each month. Our next meeting is Monday, January 12, 2026 at 6:30 pm in the Intergroup Board Room at 5507 6th Ave S., Seattle, WA. It is also a hybrid meeting on Zoom: ID 872 2271 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!△

**When Anyone Anywhere Reaches Out for Help** by Bob F (Empire Way homegroup member)

Bob F's homegroup is Empire Way. He is a past delegate, panel 49. He has done so much for Greater Seattle Intergroup of AA! Though, he is a fan of being very humble, so he may not want to brag about all his service positions. So without further ado, here is his featured story for corrections corner:

## "When **ANYONE**, *ANYWHERE* reaches out for help …"

When I first considered trying Corrections Work, I was motivated to try and help an obviously still suffering alcoholic. But, I was reluctant; scared! What if when I filled out the background the authorities found that I was really not a nice guy and was WANTED? Then I told myself: "You have done a thorough Fourth through Ninth Steps and have cleared up the wreckage of your past. You have nothing to worry about so ***Do It!***" And, I did and was cleared in just a few days.

My first visit was to the prison in Pierce County, WA. Walking through those tall, chain-link fences was daunting. They reminded me of being drafted with all the loss of control. We left our belongings, except for our Big Books, in the lockers provided. The Corrections Staff ushered us into a sizeable meeting room and we sat down. Within minutes the "inmates" were led into the room and seated with us. They didn't look so scary. They looked like our Home Group Members we see every week. We shared a brief portion of our stories and then it was their turn. The second person to share, shared a very familiar story of drunk driving and DUI for which he was serving a four-year sentence. In his blackout he had killed someone with his car. All I could think about was: "There, but for the Grace of God, go I".

One of my next trips was to Larch Mountain Corrections Center near Longview, WA. These inmates were trained firefighters and fought wildfires throughout the state, and more. They sometimes had a glimpse of life outside the walls. They were all looking forward to the day that they could attend meetings with us. But, until then, they stayed sober listening to each other sharing Experience, Strength and Hope. These men were serious about their sobriety and had even registered as a Group with the General Service Office. They were so excited to have outsiders come visit them and share about the General Service Conference that they save up portions of the meager rations in order to throw us a little dinner party. So thoughtful and generous of them! The gesture touched all of our hearts as we reluctantly had to leave them behind while we went back to our normal lives, all the while remembering how lucky we were to serve A.A. Members such as these.

Now, I take a panel into the South Correctional Entity (SCORE) in Des Moines, WA every Saturday that I can. It's an easy one and one-half hour commitment and a great way to start off my weekend. Sure, some of the attendees are just there because they are bored and want an hour out of their pod.

## "When **ANYONE**, *ANYWHERE* reaches out for help ..."(cont.)

But some have come because they have seen a glimpse of their pitch-black bottom, just as you and I have, and they desperately want to turn their lives around with the help of Alcoholics Anonymous. Imagine how lost they would feel if we weren't there to explain the way out that we were given so freely? There are even some that don't know about alcoholism, let alone that they may be one. Every once in a great while, after hearing our experience, their eyes are opened and they head straight to our literature table stocked with helpful insights into our disease and recovery. That literature is only available to them because of our Group's generosity when we slip a dollar into the "Pink Can".

We tell those less free to move about the city about our Home Groups and invite them telling them "We'll save you a seat, a hot cup of coffee and maybe something sweet to eat". Sometimes they show up. We have two solid Home Group Members like that in our Home Group. Maybe you do too and may not even know it. That is why we " Keep Coming Back"!

*Bob F.* △

## Letter from the Editor

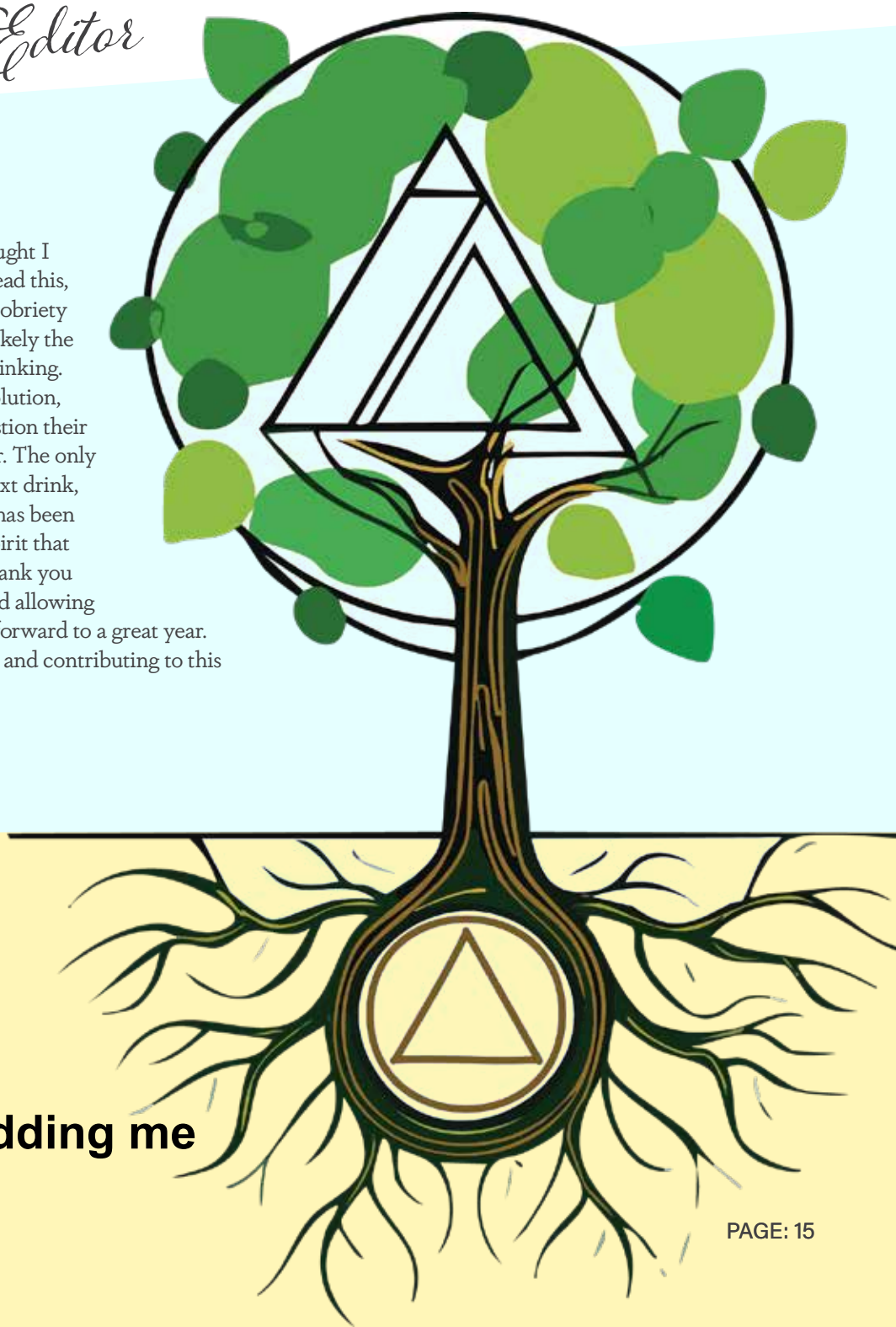
January 2026

Dear Seattle AA Fellowship,

We made it. 2026 is upon us. I never thought I would make it this far. By the time you read this, it's likely I will be celebrating 2 years of sobriety - and although I remain humble, it was likely the best decision I have made while I was drinking. I have no secret sauce, no prescriptive solution, no method or answers to those who question their ability to persevere through another year. The only way to stay sober is to not pick up the next drink, that's it. That lone commitment, for me, has been enough, and I welcome all the joy and spirit that awaits me since I made that decision. Thank you again for participating in my sobriety, and allowing me to participate in yours. I am looking forward to a great year. Thank you so much for reading, sharing, and contributing to this issue and those to come.

In grateful service,

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



## Haiku By Jeff U

**January: Step 1**

**Can I manage it?**
**You have to be kidding me**
**Powerless indeed**

# CONDENSED GSIG BOARD MEETING MINUTES



December 16, 2025

2026 Budget Proposal

Pete K, Treasurer, presented the 2026 budget. The largest increase is $12,000 for health care coverage (not currently in use as we have no full-time employees). The rest of the budget increased by 2.7% to match projected CPI.

**Key discussion:** Accessibility budget concern noted from previous meeting. Group contributions increased substantially in 2025. We are on track for a balanced budget for the first time in many years. "Balanced budget" means income met expenses; little progress on refunding the prudent reserve.

MOTION APPROVED

Literature Pricing Motions

Jeff, Chair, presented both motions, noting they are somewhat in conflict.

**Literature Pricing Motion #1 (William B, D18 & Sarah M, D42):** That GSIG authorizes the Office Manager and Office Committee to adjust literature and inventory prices as needed to meet operating costs and maintain the prudent reserve, with limits: up to 20% adjustment per calendar year without additional approval; exceeding 20% requires Board approval; all changes reported at next Board meeting and published in High & Dry. Discussion covered flexibility to raise prices until prudent reserve is refunded, then lower again without returning to the body. MOTION APPROVED

**Literature Pricing Motion #2 (Ruth P, D14):** Move to increase prices of all inventory items except schedule books by 10%, rounded to nearest $0.25. Extended discussion about whether both motions could coexist. Assembly felt Motion 1 provided sufficient flexibility. MOTION FAILED

Officer Reports

**Chair - Jeff U:** Shannon has departed. Steve M reappointed to Office Committee. Building will be demolished in three years. A 2028 Committee (7 members) formed to shepherd relocation process.

**Vice Chair - Eddy M-M:** Visited six districts for roadshow on services and funding. Pacific Northwest Conference June 26-28, 2026 in Vancouver, WA at Heathman Lodge. Visit www.PNC1948.org for info.

**Chair Emeritus - Karla L:** Washington's 85th AA Anniversary Celebration planned for April 18, 2026 at Emerald Downs Racetrack, 10am-10pm. Main speaker: Don L. from Bellingham. Registration includes lunch and dinner. Contact wa85aa@gmail.com to volunteer.

**Treasurer - Pete K:** Multiple income lines; schedule books received and will need payment. Motion to approve: Eddy M-M | Seconded: Bobby T, D24 | Unanimously approved

**Recording Secretary - Carina W:** Apologies for late minutes delivery.

**Office Manager - Lara R:** Break-even month, still ahead for year. Schedule books sent to printer. New laser printer purchased for Southend Bookstore. Equinox Studios reports earliest deconstruction would be July 2028.

**24-Hour Helpline:** 5 12-Step Calls | 119 Phone Calls | 120 Chats | 244 Total Contacts

Committee Reports

**Accessibility - Jinah W:** New chair introduced. Welcome Jinah!

**Corrections - Ruth S (Vice Chair):** Pink cans doing well. Need more volunteers for facilities.

**Hospitals & Treatment - Mikey C:** Great year carrying the message. Some challenges (Seattle acute recovery center, Saint Thomas de Porres, King County residence center). Stable meetings at Union Gospel Missions, Booth center, Key Recovery/Key Works. Two new meetings at UW Northwest facility. Committee meets first Saturday at 10am at GSIG (hybrid).

**Newsletter Editor - Peter J:** Working on January issue (Step/Tradition/Concept/Principle 1). Submissions welcome. Deadline: 25th of each month. Submit to newsletter@seattleaa.org

**Nightwatch - Rob S:** Need volunteers with 6+ months sobriety for 4-hour monthly shifts. Open: 2nd Tuesday 2-6a, 3rd Thursday 2-6a, 4th Monday 6-10a. Contact nightwatch@seattleaa.org or 206-601-0061

**Office Committee - Matt T:** Provided budget information. Rotating out of position - thank you for your service!

**Special Events - West C:** Next event: "Hearts in AA" Story Slam, February 22nd, 2pm-6pm at GSIG. 15 speakers. GSIG's 80th Birthday theme throughout 2026 events. Next planning meeting: January 6th at 7pm.

**Twelfth Step - Karrie C:** Added more chat volunteers. 2026 focus: visiting district meetings, updating 12th Step referral list, recruiting volunteers.

**Web & Tech - Peter J:** Meeting December 16th. Solved 0 tech issues and adjourned.

District Reports

**D14 (Ruth P):** Restarted meetings at Helen B. Ratcliff/DOC Women's Work Release (Sundays 6-7pm) and Pioneer Fellowship House (Thursday 6:30-7:30pm). New Women's Coordinator for RJC.

**D15 (Blake P):** Five GSRs and five trusted servants at December meeting. Discussed Fall Assembly, Pre-Assembly planning, and GSO asbestos announcement.

**D16 (Ricky T):** Now offering childcare at On Awakening Sunday 8am meetings (Ryther). Hosting Young Peoples Area Quarterly January 24th. Reviewing district handbook (last updated 2016). Groups support literature price increase.

**D17 (David S):** Present with fun quips, nothing to report.

**D31 (Thomas H):** Christmas party well attended (41 people). Bob F was guest speaker. Ugly sweater contest won by Dawn.

**D32 (Samantha M):** Gratitude dinner held. Hosting BLA - come support!

**D33 (Aaron C):** Gratitude banquet successful. Recruiting for BLA. Working on 2026 district budget.

**D40 (Daysha G):** Meeting on Zoom second Tuesday at 7pm. Next hybrid meeting February 3rd.

**D41 (Laura C):** DCM Nate L resigned; Ganelle H elected DCM, Jordy elected Alt DCM. Web & Tech proposed dedicated district website ($100-200/year). Gratitude banquet successful. H&I funding request tabled.

Fellowship Hall Reports

**A New Beginning:** Christmas Alcathon 10am-9pm

**Cherry Fellowship Hall:** Round-the-clock Alcathon December 24-27

**Ed-Lynn Fellowship:** Successful Thanksgiving Alcathon. Christmas Alcathon next. All positions filled.

**Pass It On:** Working with Lara on schedule updates.

**Recovery Kingdom:** Moving to new location.

**Serenity Hall:** New chair Bekah L (welcome!). Christmas dinner December 27th. New Year's Eve party December 31st at 10pm. Alcathons Christmas Eve through 26th and NYE through January 1st.

Upcoming Events

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

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

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

Principles of the 12 Steps - GSIG Hybrid - 4th Wednesday @ 2:30 PM

85 Years in WA Planning Committee - GSIG Hybrid - Every other Saturday @ 4:00 PM

Reminders

**Send GSIG Reports to secretary@seattleaa.org - Deadline:** January 20

**Send Newsletter articles to newsletter@seattleaa.org - Deadline:** January 25

Five Main Takeaways

[To be added]

**Motion to close:** Pete K | Seconded: William B | Unanimous approval

We adjourned with the Responsibility Statement

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




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

# GSIG NOVEMBER FINANCIAL SUMMARY

## Greater Seattle Intergroup

Financial Summary — November 2025

| INCOME | EXPENSES | NOV NET | YTD NET |
|---|---|---|---|
| $21,894.40 | $22,161.92 | -$267.52 | $1,619.59 |

### Bank Balances

| | |
|---|---|
| Checking | $16,693.28 |
| Savings | $1,461.69 |
| **Operating Funds** | $16,693.28 |

### Prudent Reserve

Progress to Target 81.4%

| | |
|---|---|
| Current | $47,392.90 |
| Target | $58,239.00 |
| Shortfall | $10,846.10 |

### Standing Committee Funds

| | | | | | |
|---|---|---|---|---|---|
| Archives | -$128.88 | Corrections | $304.93 | GSIG Board | $570.94 |
| $628.88 / $500.00 | 126% | $55.07 / $360.00 | 15% | $429.06 / $1,000.00 | 43% |
| Hospital & Treatment | $60.55 | PI/CPC | $863.82 | Special Events | $1,211.77 |
| $1,739.45 / $1,800.00 | 97% | $936.18 / $1,800.00 | 52% | $4,988.23 / $6,200.00 | 80% |
| Third Legacy | $155.62 | Web & Technology | $837.91 | Accessibility | $3,724.96 |
| $94.38 / $250.00 | 38% | $662.09 / $1,500.00 | 44% | $1,775.04 / $5,500.00 | 32% |

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

# 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

## Hearts In AA

SHARE THE LOVE

STORY SLAM

(and dessert bar)

What's that, you say?

A Story Slam is like a speaker's meeting, where there is a topic with multiple speakers and each person gets five minutes!

In keeping with Valentine's Day, LOVE is our theme. That could be anything from why you love the program, to the love you feel for your home group, or love you've found for yourself OR finding love in the rooms!

Bring: a sweet treat, your loved ones, or just yourself!
Everyone is welcome

Sunday, February 22, 2026 - 3-5 pm
Greater Seattle Intergroup
5507 6th Ave S Seattle, WA 98108

Questions? Contact specialevents@seattleaa.org

## 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

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
ALCOHOLICS ANONYMOUS

## THE SEATTLE GROUP

**An open meeting of Alcoholics Anonymous**

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

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

**SCHEDULED SPEAKERS**

| | |
|---|---|
| January 3rd John N. | February 7th D.J. |
| January 10th Robin O. | February 14th Joanne F. |
| January 17th Will L. | February 21st Roxanne J. |
| January 24th Jody C. | February 28th Craig B. |
| January 31st Aimee B. | |

**Submit your Event to**
**newsletter@seattleaa.org**






# 85 YEARS
## OF AA IN WASHINGTON

PLANNINGMEETING

JANUARY 10, 2026
JANUARY 24, 2026
FEBRUARY 7, 2026
**4 PM-5:15PM**

in person at Seattle Intergroup
Tacoma Central Service Office
Vancouver Intergroup

Online at: Meeting ID: 892 1628 9830
Passcode: 456122

For more info contact
wa85aa@gmail.com

# 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/