VOLUME 77 | ISSUE 2 FEBRUARY 2026

High & Dry



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

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Art by Jimmy J.

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FUTURE TRIPPING: FEBRUARY 2026 GSIG EVENTS

1 — Service Manual Study
- 01 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Zoom link | 863 6483 7688 | 022841

4 — Accessibility Committee
- 04 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Zoom link | 885 9521 8136 | 611317

5 — 12th Step Committee
- 05 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Zoom link | 835 0869 0642 | 749607

7 — Hospital & Treatment Committee
- 07 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Zoom link | 820 0608 7832 | 088776

7 — 85th Anniversary in WA Planning Committee
- 07 @ 4:00 pm - 5:15 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Zoom link | 892 1628 9830 | 456122

9 — Corrections Committee
- 09 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Zoom link | 872 2771 9137 | 833575

14 — SKAC Valentines Day Dance
- 14 @ 8:00 pm - 12:00 am
- South King Alano Club, 1317 Harvey Road, Auburn, WA, 98002, United States
- $10/person | $15/couple

15 — Burien Little Assembly Planning Group
- 15 @ 10:30 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- 810 1629 8713 | 817009

17 — GSIG Monthly Board Meeting
- 17 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link | 918 5437 5402 | 035194

21 — CPC/PI Committee
- 21 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link | 839 2685 4975 | 553965

22 — Hearts in AA
- 22 @ 3:00 pm - 5:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Share the Love Story Slam

27 — 14th Annual Blending of Time Conference
- 27 @ 8:00 am - March 1 @ 5:00 pm
- La Quinta Inn - Tacoma 1425 E 27th St, Tacoma, WA, United States

27 — Newsletter Committee
- 27 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link | 810 7167 3523 | 856572

For event details:

seattleaa.org/events



REFLECTING ON OUR PAST: February In Our History

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

Feb 1908	Bill made boomerang.
Feb 1916	Hazing incident Norwich University, Bill & sophomore class suspended
Feb 1938	Rockefeller gives $5,000 to AA. Saves AA from professionalization.
Feb 1939	Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.
Feb 1939	Dr Howard of Montclair, NJ suggests swapping "you musts" for "we ought" in the Big Book.
Feb 1940	1st AA clubhouse opens at 334-1/2 West 24th Street, NYC.
Feb 1951	Fortune magazine article about AA. New York reprints in pamphlet form for many years.
Feb 1963	Harpers carries article critical of AA.
Feb 1981	1st issue of "Markings" AA Archives Newsletter is published.
Feb 1 or 2, 1942	Ruth Hock, AA's 1st paid secretary, resigns to get married.
Feb 8, 1940	Rockefeller dinner.
Feb 8, 1940	Houston Press ran first of 6 anonymous articles on AA by Larry J.
Feb 9, 2002	Sue Smith Windows, Dr Bob's daughter died.
Feb 11, 1937	First New Jersey meeting was held at the home of Hank P ("The Unbeliever" in the 1st edition). Some sources report this as happening Feb 13, 1937
Feb 11, 1938	Clarence S. ("Home Brewmeister" 1st-3rd edition) sobriety date.
Feb 14, 1971	AA groups worldwide hold memorial service for Bill W.
Feb 14, 2000	William Y., "California Bill" dies in Winston Salem, NC.
Feb 15, 1918	Sue Smith Windows, Dr. Bob's adopted daughter, was born.
Feb 15, 1941	Baltimore Sunday Sun reported that the city's first AA group, begun in June 1940, had grown from 3 to 40 members.
Feb 17,	Jim B contacted Charlie B, whom he had met once, some two years before, at a New York AA meeting.
Feb 18, 1943	During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.
Feb 19, 1967	Father "John Doe" (Ralph P), 1st Catholic Priest in AA dies.
Feb 20, 1941	The Toledo Blade published first of three articles on AA by Seymour Rothman.
Feb 23, 1959	AA granted "Recording for the Blind" permission to tape the Big Book.
Feb 28, 1940	First organization meeting of Philadelphia AA was held at McCready Huston's room at 2209 Delancy Street.

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

"Faith has to work twenty-four hours a day in and through us, or we perish."

-- Twelve Steps and Twelve Traditions, p. 39 (ties the past to ongoing practice)

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PUZZLES: Came to Believe

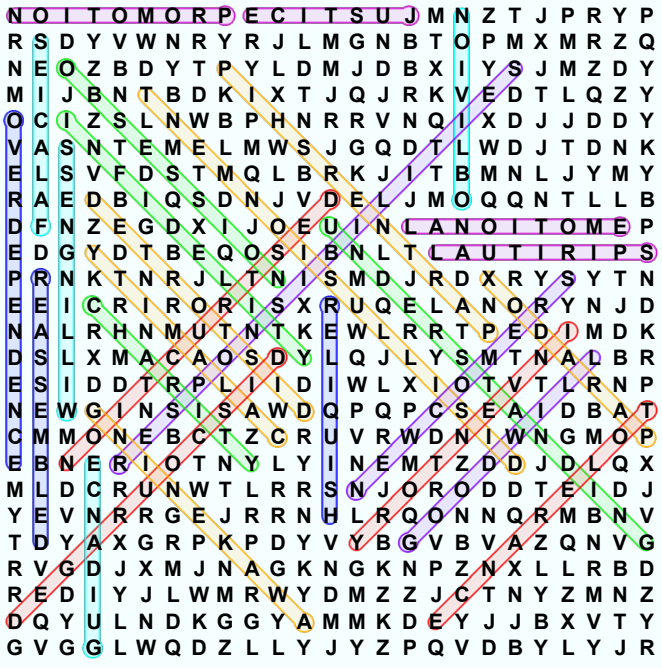
P R E J U D I C E U N S C I E N T I F I C
S U O I C O C E R P B S Y R D I L E M M A
Y Y L T H G I R D D N W E T T L X D X D W
L J L G N D J E D O R S Q N E R O T S E R
L Y B L D Y B V I P P D E F I A N C E D D
A M T N A A J T R E R R C A L A M I T Y R
C E M I T C S A C D E M R O F S N A R T Z
I J S I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

restore
sanity
dilemma
miracle
belligerent
majestically
primordial
emergence
atheist
suggestions
piecemeal
debating
worshiped
unscientific
nonsense
prodigious

gradually
infiltrate
enthusiastically
threshold
transformed
indifference
prejudice
defiance
agnostic
believer
precocious
respectability
calamity
fallacy
humility
rightly

Working With Others

It works when other activities fail



January Key

Key will be in Volume 77 Issue 3

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., Pam H., Amy F. & Honey
THURSDAY	Glitter and Joe B.
FRIDAY	Thomas H. 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

There is hope.

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Join the Club!

seattleaa.org/online-contributions/



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

Ruth S.	Native American Group	1/1/2016	10 years
Jeffrey F.	Pass It On	2/29/1988	38 years
Ann W.	Sober Diversity	1//7/2019	7 years
Laurie K.R.	Pilgrims on Broadway	2/22/1985	41 years
Deirdre L.		2/22/1992	34 years
Jane S.	Phoenix Club		29 years
Ruth H.	Empire Way	1/6/2010	16 years
Jeff H.		1/11/1987	39 years
Tami W.		1/1/2022	4 years

Happy Birthday to February 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

Step Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

by Stepan M.

AFTER THREE YEARS IN AA, attending meetings daily, not drinking, and thinking I didn't need a sponsor, I was ready for some help. My life was a mess and I couldn't figure out why, because I thought I was a decent enough AA member. I had emptied ashtrays, been a coffee maker, served as a secretary a few times and most mistakenly came to believe that not drinking, going to meetings, being of service was going to restore me to sanity. Of course those activities helped, but I was a long way away from sanity (being of sound mind.)

The mistake I made, and truly believed, was if I stopped drinking I would be restored to sanity. With that belief, I thought step two was completed. For many, many years I never thought about step two much. I stayed active in AA, worked with others and tried to live a decent, happy and useful life.....but had I been restored to sanity? Through much work with recovered (sane) alcoholics, I gained enough emotional maturity to question some of my rigidly held fixed ideas. For example, "Hey Steve, do you think sane people keep resentments - especially when the AA program shows us how to be rid of them?" "Hey Steve, do you avoid arguments and fault finding like the plague?" "Hey Steve, have you discovered that spiritual principles will solve all your problems - or are you really still trying to figure things out yourself?"

Not surprisingly at all, those questions and many more were asked to me at the perfect time. Step two states, "came to believe..." ok, "came from where?" With me I came from a place of certainty. Certain that I knew what was best for me, especially after so many years in AA. I also believed that sane alcoholics (well at least me) could hold and even nurture resentments, argue with others and tightly hold certain prejudices, and that is what sanity looked like - at least until I said those words out loud. What if I came to believe in a Power that showed me a way to sanity that worked? Certainly it works, the history of AA and my own observations prove that it does.

So, I recognized my best (ego) thinking would never gift me sanity, and God could and would if He were sought.

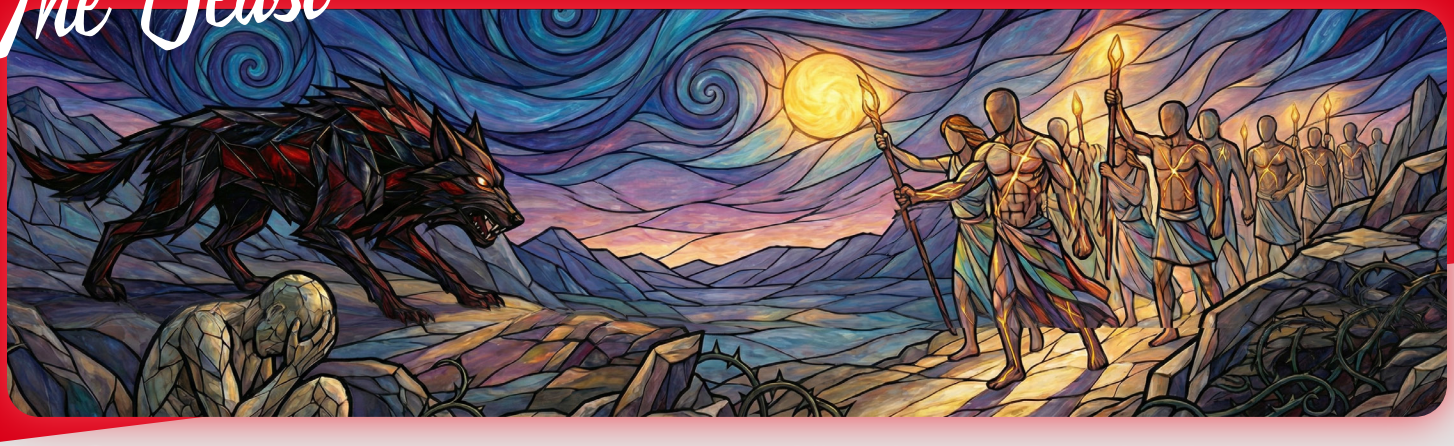
Step two is more important to me now than ever before, as I use it as my litmus test for sanity. "Do I have an inner sense of peace and am I happy?" If not, which happens frequently, "Can I come to a Power greater than my ego and be restored to sanity?" Thankfully and as a result of Alcoholics Anonymous the answer is always...



YES!

△

The Beast



by Andrew G.

THE UNIVERSE IS SO INFINITELY LARGE, yet so minutely small. Mother nature is magically beautiful yet so hideously ugly. As humans we are fundamentally animals. We walk the earth living at the will of both the cosmos and mother nature. There is a natural order of things like the life cycle of plants and animals. There are many things that remain unknown. We think we are kings and queens of the food chain but there are things far more powerful and deadly than we could have ever imagined. Alcohol and drugs are a fearsome predator that lurks in plain sight. It is an omnivore that does not discriminate on what it consumes. It is cunning, generally preying on the weak. It is also patient. It has no life cycle, no timeline, it does not die. It bides its time, awaiting its chance to take on its larger and more difficult prey. We must stay vigilant in our awareness and strength. There will always be moments of weakness. When the time is right it will strike. It starts with a taste of its new found prey which slowly progresses into bites. Each bite only increases its thirst for more, an ever increasing appetite. Some may have camouflage to blend in or try to outrun it with speed, but this predator is hungry. It will always continue to hunt. You may be in a pack or herd. You may try to survive on your own, but eventually other animals will take note of your wounds. You will move slower than before. No longer will you be able to swing from tree to tree or climb to the top to enjoy the sunrise and sunset. You may even fall from that tree trying, lucky enough to land on the soft ground that is home. You are unable to recollect how you got there or the branches you may have broken on the way down. You check for new wounds the fall may have caused you whilst the beast lingers, looking for its next bite. Even in safety, you are being consumed. The animals around you become increasingly worried and withdrawn. Some will get frustrated as you are unable to fulfill your role in the food chain. You try to heal your wounds over and over to no avail. You plead for some sort of symbiotic relationship but again fail to fulfill your part. You are mentally and physically beaten, broken. Material things have diminished and the ground you called home, no longer soft. There is little left to feed the hungry predator. You are fearful at first but the feeling of hopelessness quickly sets in as the beast approaches you for its last few bites. You are ready for the agony to be over. Your herd and surrounding animals retreat to protect themselves. You are alone in these final moments. You cling to life, reminiscing of the sunrises and sunsets you used to enjoy. You think of your lost vigor, strength and proper place in the food chain. As all that was and is starts to slip away and you take your last breaths a new herd approaches. This herd looks strong and fearsome as if unafraid of anything. They have wounds and scars from the very beast about to consume all that is you. Some, if not all, are still healing. Hope is brought back into your eyes and heart as the once deadly beast scampers off, unable to take its last bite out of you. This herd will not simply lick your wounds for a quick and easy recovery because they no none truly exist. This herd shows you the natural remedies for a strong recovery to the injuries received from the beast. They assure you that, albeit slowly, they will heal.

This herd knows, there is strength in numbers.△

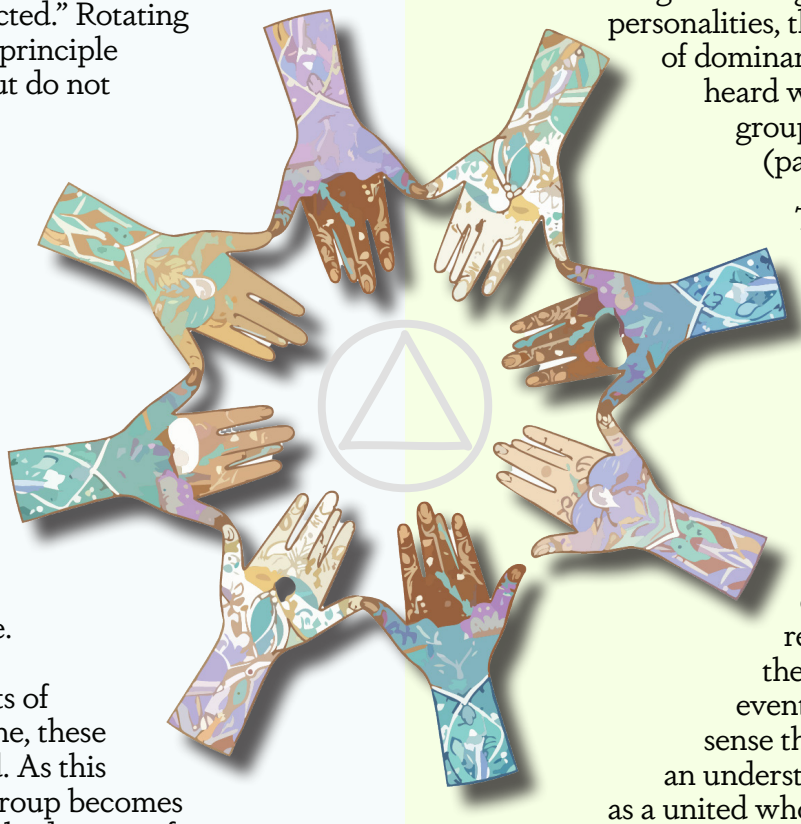
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Tradition Two

By Julie P.

"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern"

"WHO'S IN CHARGE AROUND HERE?" Our ultimate authority is a loving God as He may express Himself in our group conscience. Our pamphlet *The Twelve Traditions Illustrated states*, "A.A. is both a democracy" and, in Bill W.'s words, "a benign anarchy." A group elects its own officers — who have no power to order anybody to do anything. In most groups, most of the slate rotates out of office at the end of six months, and new officers are elected." Rotating leadership supports the principle that our leaders serve but do not govern.



So how do we decide what to do and how to do it in an AA group and in AA as a whole? In Language of the Heart, Bill writes, "We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs." (page 78)

Precisely how does a loving God express Himself in our group conscience? According to our pamphlet *The AA Group*, "The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind." Furthermore, "On sensitive issues, the group works slowly - discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions. Its voice is heard when a well-informed group arrives at a decision." (pages 28 - 29)

To understand what a group conscience is, perhaps it helps to be clear what a group conscience isn't. A group conscience is not a vote. Dear friend and former delegate Steve C. taught me that when an AA group discusses an issue with each member listening respectfully for the will of the group's Higher Power, eventually we come to the sense that the group has reached an understanding about the issue, as a united whole. At that point the vote is just a formality. And if even one member does not agree, we listen with open hearts and minds to the minority opinion, seeking that "Thy will, not mine be done." *The AA Group* pamphlet confirms this when it says, "The result rests on more than a "yes" or "no" count - precisely because it is the spiritual expression of the group conscience. The term 'informed group conscience' implies that pertinent information has been studied and all views have been heard before the group votes". △

"We cannot always have everything our way. As co-creators of a shared reality, our free will always operates within the confines of the collective consciousness."

— Anthon St. Maarten

Concept Two
Leadership That Serves, Not Rules

Concept II (Short Form): "The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs."

Concept II (Long Form): "When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services—thus making the Conference, excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter, the actual voice and the effective conscience of our whole Society."

UNDERSTANDING THE BIGGER PICTURE

Concept II is fundamentally about **trust**-and about why we trust trusted servants to do their jobs, regardless of how well or poorly we may think they are doing them.

It also answers a practical question that naturally follows Concept I: **If the Fellowship holds ultimate authority, how does A.A. actually get things done?**

The short answer is through the General Service Conference. Through it, the groups of A.A. delegated authority for the *active maintenance* of world services, making the Conference the effective voice of A.A. as a whole.

This decision was not about creating a ruling class or central control. It was about creating a way for A.A. to function responsibly, efficiently, and safely-without abandoning its spiritual foundations.

The longer answer is more precise. Authority does not flow to the General Service Conference as a body in isolation. It flows *through* the Conference via delegates, who carry the informed conscience of their Areas-consciences that originate with groups and are expressed through GSRs.

In other words, the General Service Conference is not an independent conscience. It's actually a *conduit* back to the conscience of the groups.

Concept II is built on **representation, not governance**. Delegates are not elected to decide for the Fellowship. They are trusted to listen, discern, and vote-guided by the collective conscience they carry.

DELEGATED AUTHORITY IN ACTION

ABy confirming the permanent charter of the onference, the groups said, in effect:

"We trust you to act on our behalf."

The Conference was given broad authority to make decisions affecting world services, while clear limits were placed on that authority. Changes to the Twelve Traditions—or to Article 12 of the Charter-remain the responsibility of the Fellowship itself.

In this way, Concept II preserves a careful balance:

- Authority is delegated for action
- Responsibility remains with the Fellowship
- Safeguards protect A.A.'s spiritual core.

THE SPIRITUAL PRINCIPLE

At its heart, Concept II is about **trust**.

Just as we learn in recovery to rely on others and let go of control, the Fellowship practices that same principle at a global level. The Conference is trusted to listen, deliberate, and act-not as rulers, but as servants guided by conscience.

This trust allows A.A. to grow and adapt while staying anchored to the principles that made recovery possible in the first place.

WHY IT MATTERS TO US INDIVIDUALLY

Most of us will never attend a General Service Conference. But Concept II still touches our lives-especially at the group level.

Every time we trust a group conscience, support A.A.'s service structure, or allow trusted servants to do the work they've been asked to do, we are living this Concept in real time.

We don't need to manage everything ourselves. We don't need to control the outcome. Like so much of recovery, Concept II invites us to participate, trust, and let go, knowing that A.A.'s future is being carried by many hands, guided by a shared conscience.

And maybe that's the quiet reassurance of Concept II: A.A. doesn't depend on any one of us, but it depends on all of us working together. △

By Lee R., Third Legacy Chair

CORRECTIONS CORNER

Pink Can
Karen K

Many thanks to Alki Tuesday Night Group, Lake City Group, Broadview Women's BB Study, Dawn Patrol, Serenity Now, Titanic, Mountlake Terrace Wednesday Night Group, and Luck Ladies for contributing $556.08 to the Pink Can Fund during January 2026. We used $1,396.34 to purchase lots of AA approved books and pamphlets (English and Spanish) to be used at the SCORE and Federal Detention Center.

Corrections Highlight: Pre-Release Program

Dan P (D32) has been the program coordinator for the past two years and is stepping down to get ready for the next phase of his life. We asked him to share what this program and corrections service has meant to him. Here are his words:

» *Hello fellow AA people. Most readers of the High and Dry have done or are still involved in some form of service work. Lordy knows that there is plenty of it to go around. I've always ensured I have one or two service jobs. (depending upon how much time I need to dedicate to the cause) All of them have been rewarding. So, as I turn my position as Prerelease Coordinator over to a wonderful replacement, I reflect to when I started. I recall all the help that the Corrections committee gave to me. I remember the volunteer recruitment workshops and being at the corrections table at the assemblies and different functions. I remember talking to all prerelease men and women getting ready to be released, who wanted to start new lives without alcohol and they wanted us... AA to help them and I got to be the guy to help them get started on their road to recovery on the outside. Some of them call me occasionally and talk about their sponsors (some of them were paired through the prerelease). So, I thank God (my higher power) and the Greater Seattle Intergroup for the opportunity to be of service. I wonder what my next adventure will bring?*

If you're interested in learning more about Pre-Release, please email volunteercorrections@seattleaa.org.

Service Opportunities:

Regional Justice Center (Federal Detention Center (SeaTac), SCORE (Des Moines) 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.

Federal Detention Center (SeaTac), **SCORE** (Des Moines) 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.

Volunteer Sign Up Events are a great chance for your home group or district to host a time to learn more about service, hear moving talks by people who've been inside and experienced AA meetings brought to them, enjoy good fellowship and sign up for service onsite. If you want to host and help with outreach, the committee will put it together! Contact volunteercorrections@seattleaa.org with questions!

Corrections Correspondence Service (CCS) connects A.A. members in custody with A.A. members on the outside. If you would like to share your experience, strength and hope with A.A.s who are confined by writing letters, please return this completed form to GSO's Correction Desk. View PDF

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!△

H and T Skid Row report

GSIG H & T Meeting list:

Key Recovery: South Park
**6:30 pm Tuesday
**3:30 pm Saturday
**7:00 pm Weekends Sat/Sun

Bread of Life: Seattle Open All Are Welcome

**11:45-1pm Saturdays

Union Gospel Mission: Closed Panel
register at https://www.ugm.org/volunteer
**Seattle UGM (2nd Ave ext) 10am Saturdays
**Hope Place: Othello Women only Even Months 1st Tuesdays
**Riverton Men's recovery 6 pm every Thursday UGM mens

Salvation Army Bridge at the Booth (Sodo)
Open All Welcome

**7pm every Sunday evening

Harborview Medical Center:
5th Floor west at 5:30 pm Sundays (Clearance is needed) 18 panelist approved

(cont on next page)

Lakeside Milam: Closed panels
**Renton final Friday at 9 am
**Auburn 2nd Tuesday 7 pm

U of W at Northwest Hospital: Closed Panel
Wednesday: 4-5pm 2 meetings (see Hospital and Treatment Chair)

The following meetings are open to AA members in an institution setting more info at seattleaa.org:

Swedish Ballard Hospital:
**Saturday (zoom) 9am
**Sunday (Hybrid) 9 am Women in recovery Open to all (South building Conference room A on Tillman)

Salvation Army New Hope Men only
Tuesday 7pm Greenwood Ave.

My name is Mikey C and I am the Greater Seattle Intergroup Hospital and Treatment Chair. It has been one year of guiding this committee into a great, self-running machine! As we all do, "we know nothing" on how to run a committee. It reminds me of my first days of being a GSR. As we walk with purpose and lots of questions, things just seem to work out.

So I am encouraging anyone not to give up because there are not any right ways as long as there is action and willingness.

As my faith in sobriety has changed, it is the fellowship that keeps me focused. Carrying the message into the different facilities shows me how close I came to the reality of consequences such as death, mental illness, and my body slowly deteriorating.

As many of you know, we support many hospitals, institutions, and missions, but it doesn't happen if you don't have the support of people supporting our mission. So thanks to all who sign up and continue in service.

I'd love to tell you more about what we do because it's very easy to get the bug and want more. Every time we go into a facility for a panel, we get excited about who is going to attend and what we should focus on. We do learn from each other, which is the positive side of this committee.

I have provided all the meetings we support. If you are interested, you can come to our monthly meeting every 1st Saturday of the month and get on the call list for the various meetings or panels.

More information is always at seattleaa.org

In Service

Mikey C

GSIG H and T Chair

Treatment Primary Purpose:

The primary purpose of the Treatment Committee is to carry the AA message to the alcoholic who still suffers.

There is probably no better place for an A.A. member to find a suffering alcoholic than in a treatment facility or outpatient treatment setting.

Many members of our fellowship cite treatment facilities as a factor most responsible for them coming to A.A.

Carrying the message to alcoholics in treatment is basic Twelfth Step work–sharing experience, strength and hope-giving it away in order to keep it!

WHAT AA DOES NOT DO:

A.A. is not a religious organization and does not push any religious beliefs.

A.A. does not affiliate with any other organization, institution or agency.

A.A. does not deal with drug addiction, but we may cooperate with other 12 Step fellowships.

A.A. does not make medical diagnoses or tell you if you are alcoholic.

A.A. does not provide drugs, detox, or other medical treatment.

A.A. does not provide domestic or vocational counseling.

A.A. does not provide jobs, housing, transportation or money.

A.A. does not charge dues or fees for membership.

A.A. does not recruit—we're here if you want us.

A.A. does not judge, blame or shame—we've been there.

Experience with alcohol is one thing all A.A. members have in common. It is misleading to hint or give the impression that A.A. solves other problems or knows what to do about drug addiction.

—Reprinted with permission from A.A. World Services, Inc.

Haiku By Jeff U

February: Step 2

Beyond what I know
A great power may transmute
Behold sanity

Letter from the editor

February 2026

Dear Seattle AA Fellowship,

Thank you again for giving me the honor of providing you with another issue of the High & Dry. It is again a great pleasure and joy to participate. In grateful service,

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

CONDENSED GSIG BOARD MEETING MINUTES

Board Meeting Minutes | Greater Seattle Intergroup | January 20, 2026

CHAIR — Jeff U

Attended Web & Tech Committee and Area Business Quarterly. GSIG Vice Chair Eddy M-M selected for Area position and will step down as Vice Chair. Special election for Alternate Chair will be held at next board meeting. Welcomed new Office Committee Chair Steven D.

TREASURER — Pete K

Revised 2025 year-end summary available next month. Prudent reserve will increase in 2026. For contribution info: https://area72aa.org/contribute/, treasurer@seattleaa.org, (206) 587-2838.

RECORDING SECRETARY — Carina W

Collects reports, takes meeting notes, summarizes for seattleaa.org and newsletter.

OFFICE MANAGER — Lara R

Inventory discrepancy of ~$2,700 identified; working to improve processes. Ordered 10,000 books before February price increase. Literature prices remain unchanged until GSO increase takes effect. Picnic planned for August 16, 11am-4pm (location TBA after March 1). Helpline: 4 twelve-step calls, 98 phone calls, 68 chats (166 total contacts). Shifts available (max 3/month recommended).

LITERATURE PRICING

Extensive discussion on 20% price adjustment authority. Consensus: Office Committee may match GSO price changes and adjust up/down 20% as needed. New pricing effective February 1, regardless of existing inventory.

85 YEARS OF AA IN WA — Steve R

April 18 at Emerald Downs. $100 includes lunch, dinner, entertainment, archives, speakers, t-shirt printing, volunteer opportunities. Register now.

ACCESSIBILITY — Jinah W

First 2026 meeting held Jan 7. Plans: thank groups donating to blue can, visit meetings, arrange accessibility presentations. Attending Deaf Forum 1/17 and Area 72 Accessibility Assembly.

ARCHIVES — Teresa S

Filing current High & Drys and Grapevines. Recovering from knee surgery. Attending Area 72 Archives Quarterly next month.

CORRECTIONS — Karen K

Thanks to groups that contributed $556 to Pink Can Fund in December. Spent ~$1,400 on literature for facilities. Current locations: SCORE, South Correctional Entity, King County Juvenile Detention Center, Federal Detention Center, work release houses, county jail women's meetings. All need volunteers (background check/fingerprinting required). King County Jail restarting men's meetings with Barry. Two facility coordinators now at Regional Justice Center. Committee meets 2nd Monday, 6:30pm, hybrid. Open to questions about pen pal connections.

HOSPITALS & TREATMENT — Mikey C

Monthly meeting Jan 3 with great turnout. Area 72 treatment quarterly held Jan 10. Bread of Life mission positive; working to make attendance mandatory. U of W N/W campus behavioral health thriving with 2 meetings. 7 districts without treatment centers. Monthly meeting: 1st Saturday, 10am, boardroom. Zoom: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSUT09 (ID: 820 0608 7832, Passcode: 088776).

NEWSLETTER EDITOR — Peter J

Producing excellent newsletter including Web & Tech committee reports.

NIGHTWATCH CHAIR — Rob S

Shifts needed: 1st Monday 6am, 2nd Tuesday 2am, 3rd Thursday 2am, 3rd Sunday 10pm. Contact Rob Smith: 206-601-0061.

OFFICE COMMITTEE — Steven D

Elected unanimously. Shannon elected to committee. Discussed pricing and potential healthcare assistance for staff. Survey idea introduced to gather member input.

SPECIAL EVENTS — West C

December Assembly was "HUGE success." New Mission: "Our Special Events Team Plans Social Activities Providing Fun, Food and Fellowship for Our AA Community Throughout the Greater Seattle Area." "Hearts in AA" story slam: February 22, 2pm-6pm, boardroom (3:30pm event, 1.5 hours). 10 speakers recruiting walk-ups. 7th Tradition "heart box." Volunteers needed for Burien Little Assembly (March 14) table. Picnic returning to Seward Park #3, August 16. Banner design for GSIG 80th Birthday celebration. Next meeting February 3.

WEB & TECH — Peter J & Dash M

Meetings searchable by postal code. Discussion on listing international/district groups (bring to board). Cleaned up URLs, monitoring uptime (only 2 incidents since November vs. frequent prior issues).

DISTRICTS

D14 (Ruth P): Successful "Sober Curious" event Dec 27 with community interest.

D15 (Blake P): 11 at meeting. 85th celebration presentation. GSR School upcoming. Area 72 newsletter live.

D16 (Ricky T): Discussed Area Website Geofence for upcoming quarterly.

D18 (William B): Meets 3rd Thursday, 7pm, Renton United Methodist. Needs PI/CPC chair. Two yearly events planned: district picnic and gratitude breakfast (Hot Stove banquet 3/27). Young person panels in progress.

D24 (Bobby T): 37 in-person, 2 online. Elected Alt PI (Tonya) and Alt Corrections (DJ). Gratitude dinner 3/28 at St. Pius. Picnic 7/18 at Edmonds City Park.

D31 (Thomas H): Meets 2nd Wed via Zoom, quarterly in-person. GSR School 2/21, Pre-Conference 3/21 at Fauntleroy Church. Co-hosting April Quarterly. June inventory planned. Open positions: Treasurer, Treatment, Accessibility Chairs.

D32 (Samantha M): 16 voting members, 3 guests. 85th celebration presentation. Discussing Alcathon and possible 2027 Quarterly. Many open positions.

D33 (Aaron C): Ended $439.63 above prudent reserve. Distributed surplus: 30% to Intergroup, 30% to Area, 40% to GSO. Discussing volunteers for Burien Little Assembly and 85th celebration.

D40 (Daysha G): Hybrid meetings starting February at Intergroup office. Uptick in attendance. GSR School 2/21. Pre-Conference 3/21.

D41 (Laura C): 85th celebration info shared. Positive finances with prudent reserve. GSR School 2/21, Pre-Conference 3/21. District website proposal ($100-200/year) going to groups for feedback. Abigail's Ghost offers ASL interpretation. Counterbalance starting tradition study last Wed of month. 2026 budget

presented to groups for vote in February.

D42 (Sarah F): Motion passed to transition from online-only to hybrid (in-person + online). Beginning April 9, meetings 2nd Thursday 7-8:30pm at North Seattle Church, 2150 N. 122nd St. Accepting dinner donations from groups, rotating monthly.

FELLOWSHIP HALLS

Serenity Hall: Elections complete. Lori H stepped down as Secretary (4+ years); Andy (Literature chair) elected new Secretary. Trent H replacing Joren K as Intergroup Rep. Prayers for former Chairman Glenn H, recovering from post-Christmas health complications.

UPCOMING EVENTS

85 Years Planning: Every other Sat @ 4pm (Hybrid)

BLA Planning: 3rd Sun @ 10:30am (Online)

Seattle Group AA: Every Sat @ 6pm (GSIG)

Service Manual Study: 1st Sun @ 11am (Hybrid)

Principles of 12 Steps: 4th Wed @ 2:30pm (Hybrid)

Hearts in AA: Feb 22 @ 3pm (GSIG)

REPORT DEADLINES

GSIG Reports: secretary@seattleaa.org (Due: February 17)

Newsletter Articles: high_and_dry@seattleaa.org (Due: February 25)

The complete unabridged minutes for January 2026 can be found here: https://www.seattleaa.org/wp-content/uploads/2026/01/GSIG-BoardMeeting-Minutes_2026-01-20.pdf



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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

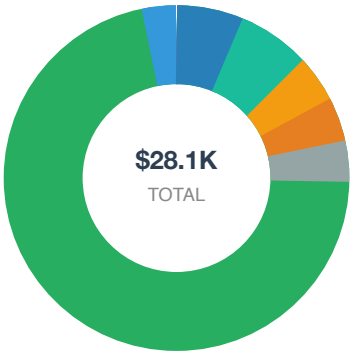
GSIG NOVEMBER FINANCIAL SUMMARY

NET INCOME
$2,119.75

Income: $28,143.97
Cost of Goods: -$8,871.38
Expenses: -$17,412.89

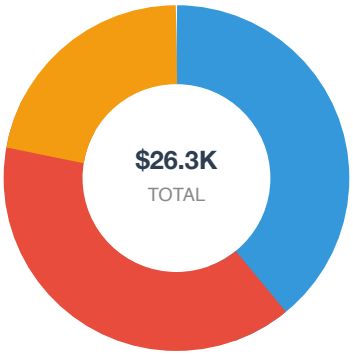
INCOME SOURCES

Total: $28,143.97



EXPENSES

Total: $26,284.27



- Group Contributions: $13,617
- Sustainers: $1,684
- Literature Sales: $5,465
- Meeting Room 7th: $1,038
- Individual & Other: $2,855
- Directory Sales: $947
- Coin Sales: $1,720
- Other: $819
- Rent & Office: $8,756
- Committees: $489
- Cost of Goods Sold: $8,871
- Paid Staff: $7,238
- CC/Bank/Software: $930

PROFIT & LOSS DETAIL

CATEGORY	AMOUNT
INCOME	
Contributions	
Group Contributions	$13,616.56
Individual & Other	$2,854.60
Meeting Room 7th	$1,038.25
Birthday Contributions	$514.73
The Sustainers Program	$1,684.33
Group Insurance	$160.00
Retail Sales	
Literature Sales	$5,465.31
Meeting Directory	$946.50
Coin Sales	$1,720.35
High & Dry Sales	$173.36
Shipping Income	$106.98
Special Events	$63.00
TOTAL INCOME	**$28,143.97**

CATEGORY	AMOUNT
COST OF GOODS SOLD	
Literature COGS	$4,593.11
Meeting Directory COGS	$547.25
Coin COGS	$1,079.08
High & Dry COGS	$112.12
Inventory Adjustments	$2,711.75
Other / Qty Discount	-$170.93
Total COGS	**$8,871.38**
OPERATING EXPENSES	
Rent & Office	$8,756.22
Paid Staff	$7,237.76
Standing Committees	$488.83
CC Fees / Software / Tax	$930.08
Total Expenses	**$17,412.89**
TOTAL OUT	**$26,284.27**

GROSS PROFIT	NET OPERATING	NET INCOME
$19,272.59	$1,859.70	$2,119.75

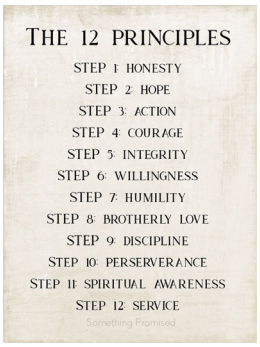
EVENT FLYERS

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

GSR SCHOOL

HOSTED BY DISTRICTS 14, 15, 16, 17, 31, 32, 40, 41 & 42

21 february 2026
1pm-4pm

Finger food potluck

Seattle Intergroup
5507 6th Ave S, Seattle, WA
Hybrid Meeting ID 822 2529 9587 PW GSR2026



https://area72aa.org/events/category/workshops/gsr/list/

AA | AL-ANON
ESTD
BURIEN LITTLE ASSEMBLY
AL-ANON
1973
SERVICE

53rd Annual
Saturday, March 14, 2026
"HUMILITY IN ACTION"

Burien Little Assembly is sponsored by Area 72 AA Districts 14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup, and WA Area Al-Anon Districts 18 and 19.

Panel Topics:

1. Restoration and Discovering Grace, Unity and Fellowship
2. Gossip vs Facts: Examining the Health of Our Own Communications
3. Finding Common Ground

Schedule:

10am - 11:20am	Potluck with *11am Al-Anon skit*
Anniversary Month	**Jan - Apr:** Main Dish
	May - Aug: Side Dish
	Sept - Dec: Dessert
11:30am - 12:20pm	Panels Session 1
12:30pm - 1:20pm	Panels Session 2
1:30pm - 2:20pm	Panels Session 3
2:30pm - 3:20pm	Panels Session 4
3:30pm - 4:00pm	AA skit & Anniversary Countdown
4:00pm - 5:00pm	AA, Al-Anon, Alateen Speakers

Volunteer here

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

For more information go to:
www.burienlittleassembly.org

Contribute here

14th Annual
Blending of Time Conference

The Blending of Time

Save the Date!

Friday, Saturday, Sunday
February 27, 28, and March 1, 2026
La Quinta Inn and Suites, Tacoma, WA

Don't forget the "Meet the Speakers Dinner"
February 26th, 2026 (Location to be determined)

**Registration and More Information coming soon!*

37TH INTERNATIONAL A.A. MEN'S CONFERENCE (IAAMC)

APRIL 10 – 12, 2026

MIRACLES IN PROGRESS

HILTON SEATTLE AIRPORT AND CONFERENCE CENTER
17620 INTERNATIONAL BLVD, SEATTLE, WA 98188
Deadline for pre-registration is March 31, 2026

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: _____

IAAMC NAAMC FOUNDED 1987

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.	

South King Alano Club

A Clean and Sober Community



1317 Harvey RD.
Auburn WA 98002

100% of all proceeds goes to the support of 12 step programs & to help the still suffering

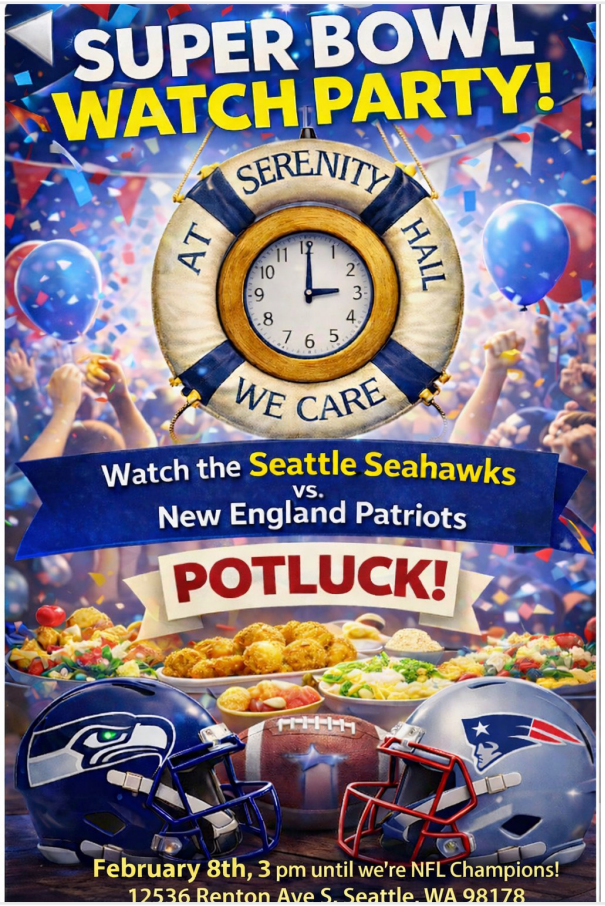
IN NEED OF A MEETING BUT HAVE KIDDOS TO KEEP OCCUPIED?

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



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/