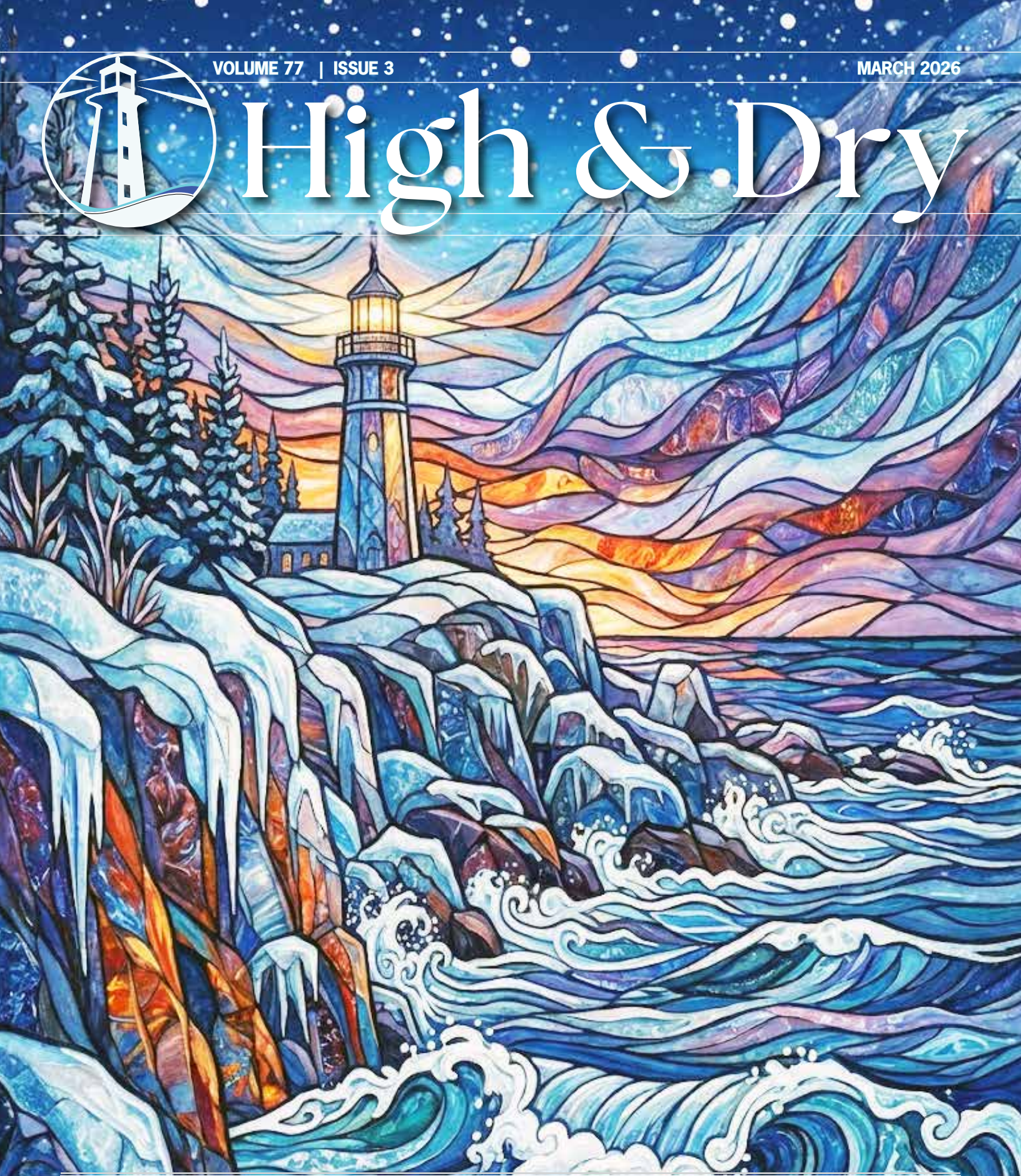
VOLUME 77 | ISSUE 3 MARCH 2026

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.
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IN THIS ISSUE: WILLINGNESS, ACTION, FAITH



In This Issue: Willingness, Action, Faith

In This Issue (Art by Jenza) 2
Future Tripping: March 2026 GSIG Events 3
Reflecting on our past: March In Our History 4
Puzzles: Made A Decision 5
There is a solution 6
Making Amends: 6
How Dry I Am: Birthday Club 7
In Memorium 8
85 Years in WA Flyer 9
85 Years in WA Registration Form 10
85 Years in WA Swag 11
Stories, Steps, & Traditions 13
Step 3: The Road Narrows 12
Tradition Three 13
Concept Three 14
Corrections Corner 15
In The Past 15
Haiku by Jeff U. 15
Letter From the Editor 15
Condensed GSIG Board Meeting Minutes 16
GSIG January Financial Summary 19
Event Flyers 20

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FUTURE TRIPPING: MARCH 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
- Meeting ID: 863 6483 7688
- Passcode: 022841

4 — Accessibility Committee

- 04 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Zoom link
- Meeting ID: 885 9521 8136
- Passcode: 611317
- The Accessibility Committee meets on the first Wednesday of each month via Zoom.

5 — 12th Step Committee

- 05 @ 6:00 pm - 7:00 pm
- Virtual Meeting — Virtual Meeting
- Zoom link
- Meeting ID: 835 0869 0642
- Passcode: 749607
- This is the monthly meeting for the 12th Step Committee.

7 — Hospital & Treatment Committee

- 07 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link
- Meeting ID: 820 0608 7832
- Passcode: 088776
- This is the monthly H and T Committee meeting. All are welcome.

9 — Corrections Committee

- 09 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link
- Meeting ID: 872 2771 9137
- Passcode: 833575

For event details:

seattleaa.org/events

14 — Burien Little Assembly

- 14 @ 10:00 am - 5:00 pm
- Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA, 98198, United States

14 — Totem Pole 59th AA Anniversary

- 14 @ 1:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Raffle and Dinner
- Speaker Meeting

15 — Pre-Conference Eastern Districts

- 15 @ 2:30 pm - 6:30 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

17 — Surrender at Seven St Patrick's Day Party

- 17 @ 5:30 pm - 7:00 pm
- Queen Anne Presbyterian Ch, 414 West Howe St., Seattle, WA, 98119, United States

17 — GSIG Monthly Board Meeting

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

21 — CPC/PI Committee

- 21 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link
- Meeting ID: 839 2685 4975
- Passcode: 553965

21 — Pre-Conference Central Districts

- 21 @ 1:00 pm - 5:00 pm
- Fauntleroy Church, 9140 California Ave SW, Seattle, WA, 98136, United States

27 — Hot Stove Anniversary Potluck

- 27 @ 8:00 am - 5:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Please join us for food, fellowship and the message of hope.
- Doors Open @ 6pm

27 — Newsletter Committee

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

28 — Benson Hill 59th Anniversary Dinner

- 28 @ 5:00 pm - 7:30 pm
- King of Kings Lutheran CHurch, 18207 108th Ave SE, Renton, WA, 98055, United States
- Benson Hill Flyer
- Dinner at 5pm
- Speakers at 6pm

30 — Shamrock Spring Social

- 30 @ 6:00 pm - 8:00 pm
- Tibbetts Church, 3940 41st Ave SW, Seattle, WA, 98116, United States
- Hosted by Monday Night Winners
- Light snacks and drinks provided
- Bring something to share
- 6-7 celebration
- Birthday meeting to follow



REFLECTING ON OUR PAST: March In Our History

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

March 1936	AA had 10 members staying sober. At end of 1936 A.A. had 15 members.
March-May 1938	Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.
March 1940	Mort J. came to LA from Denver; started custom of reading Chapter 5 Big Book at Cecil group.
March 1941	Second printing of Big Book.
March 1941	1st Prison AA Group formed at San Quentin.
March 1946	The March of Time film is produced by NY AA office.
March 1949	Dr. Bob considers idea of AA conference premature.
March 1951	American Weekly publishes memorial article for Dr. Bob.
March 1, 1939	Readers Digest fails to write article on AA.
March 1, 1941	Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end.
March 3 1947	Nell Wing started work at Alcoholic Foundation 415 Lexington Avenue.
March 4, 1891	Lois W is born.
March 5, 1945	Time Magazine reports Detroit radio broadcasts of AA members.
March 7, 1940	Bill and Lois visited the Philadelphia AA group.
March 7, 1941	Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
March 9, 1941	Wichita Beacon reports AA member from NY who wants to form a group in Wichita.
March 10, 1944	New York Intergroup was established.
March 11, 1949	The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in Alcoholics Anonymous, was formed in Minneapolis by five Catholic AA members.
March 14,	South Orange, NJ, AA group held an anniversary dinner with Bill W as guest speaker
March 15, 1941	1st AA group formed in New Haven, Connecticut. Not reported in paper until Oct 1, 1941.
March 16, 1940	Alcoholic Foundation & Works Publishing move from Newark to 30 Vesey St in lower Manhattan – first headquarters of our own.
March 21, 1881	Anne R, Dr Bob's wife, is born.
March 21 1966	Ebby dies.
March 22, 1951	Dr William Duncan Silkworth dies at Towns Hospital.
March 22, 1984	Clarence S, "Home Brewmeister", dies.
March 23, 1936	Bill & Lois visit Fitz M, "Our Southern Friend", in Maryland.
March 25, 1898	Jim B ("The Vicious Cycle") was born.
March 29, 1943	The Charleston Mail, WV, reported on Bill W's talk at St. John's Parish House.
March 31, 1947	1st AA group formed in London, England.

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

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PUZZLES: MADE A DECISION







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

decision
understood
willingness
faith
acceptance
effectiveness
earnestly
testify
beginning
mysterious
remote
practical
protection
guidance
Providence
dependence
doughnut
egotism
~~independence~~
electricity
meddle
willpower
warring
fragments
brotherhood
juggernaut
faulty
rebellious
discipline
persistant
agreement
intention

Key will be in Volume 77 Issue 4

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

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	Teresa & Glitter
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

MAKING AMENDS:

In the Spirit of Step 9, we acknowledge our mistakes and make direct amends wherever possible. Like all of us in recovery, we strive for progress, not perfection. In Volume 77 Issue 2, we made the following notable errors:

- **District 40 Meets Hybrid Quarterly and online otherwise.**
- **February Edition was accidently published with January in several places including the cover and the How Dry I Am Birthday Club**

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

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HOW DRY I AM: BIRTHDAY CLUB

*The **How Dry I Am** Birthday Club*
has been a cherished tradition in our newsletter for decades, but...
we don't have any submissions for April yet!
Help us keep this beautiful tradition alive!

Join the Club!

seattleaa.org/online-contributions/



Margaret Y.	Holly Court	43 years
Vito M.	Empire Way	44 years
Marco L.	Ed-Lynn/Coffee Cup	1 year
Gail T.	Real Alcoholics	28 years
Bill H.	Drunks R Us North	35 years
Audrey I.	1 hr Minimum	36 years
Dick P.	Dawn Patrol	54 years
Robert M.	Counterpoint	48 years
Riff Raff	Fremont	17 years
Gary H.	Pass It On	42 years
Steve S.		36 years
Zan S.	Holly Court	39 years

Happy Birthday to March Celebrants in the... How Dry I Am Club!

IN MEMORIUM

In Memory of Tom Atkinson

High and Dry, March 2026 Edition

Tom Atkinson (September 30, 1959 – December 3, 2025) will be remembered and missed by many. His service in AA over his twenty-seven years of sobriety included work at the King County Jail, at the King County Work Education Release Program and at Intergroup Seattle. He was a founding member of one of the Zoom meetings that sprang up in Seattle during COVID. He continued after the lifting of the lockdown to be a pillar of the online Daily Retreat/Daily Reprieve meeting, committing himself to the sobriety of both newcomers and those with years. He was a wise and compassionate man, and always one for a little humor. Words that he often repeated and that were taken to heart by many -

"If you are going to stay sober, if you want to be happy, you are going to have to forgive everyone for everything. I mean, everyone for everything."



A Celebration of Tom's Life (a pie potluck) will be held on Saturday, March 14, 1:00-4:00PM, Woodland Park United Methodist Church, 302 N 78th St., Seattle.

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 event program includes lunch and dinner, Don L. from Bellingham as the main speaker, an old timers (50+ years) panel, a young persons panel, a speaker from the Hispanic community, a presentation on AA history in Washington, archives display from Eastern and Western Washington, raffles, sobriety countdown and a dance featuring Ray's Garage.

• • • • •

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 would like to purchase commemorative merchandise for this event go here:
https://store.85yearsinwa.org/?shop_consented_scopes=email%3Averified+openid+pay%3Asession_token+profile+shop%3Aaccount_uuid&shop_sign_in=true

If you have questions contact wa85aa@seattleaa.org

85 Years of AA in Washington Registration

If you do not wish to register online, please fill out this form and mail it with your check to:

85 Years of AA in WA
c/o Greater Seattle Inter-group
5507 6th Ave South
Seattle WA, 98108
Make Checks payable to
homegroup.online/85WA/

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

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

Letters to Legacies

85 Years Washington Strong

APRIL 19, 1941 — 2026

SCAN TO SHOP

Saturday, April 18, 2026

Emerald Downs
Auburn, Washington

SUPPORT THE CELEBRATION — SHOP OFFICIAL EVENT MERCHANDISE

Order online now • Pick up at the event • Ships nationwide



Distressed Dad Hat
$25.00



Retro Trucker Cap
$24.79



Unisex Classic Tee
From $20.50



Denim T-Shirt
From $30.50



Crew Neck Sweatshirt
From $37.00



Zip Hoodie
From $43.50



Black Glossy Mug
From $19.00



White Glossy Mug
From $17.00

ORDER ONLINE AT
store.85yearsinwa.org

Merchandise also available at the door
Emerald Downs · Auburn, WA · April 18, 2026

Step 3: The Road Narrows

Made a decision to turn our will and our lives over to the care of God as we understood Him.

by Carson M.

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will

always!

THE FIRST TIME I EVER MUTTERED THESE WORDS was in a small, musty upstairs room at St. Paul's Church in Ballard in the Spring of 2009. And I'll be real, here. I read from those highlighted and underlined words with about as much conviction as I had for high school presentations, which is to say none. I didn't even think of the third step because I was entirely preoccupied with dread at what came after, the "searching and fearless moral inventory".

It turned out my dread was misplaced and I wouldn't have to worry about that for a while. And that is because not even weeks after my sponsor and I prayed together that day, he stopped taking my calls before unceremoniously firing me in a very it's not you, it's me kind of way.

On the one hand, this didn't feel so great to a guy with only a few months of sobriety and an incredibly fragile ego. But on the other hand, it was great news. Not only did it let me off the hook for the whole moral inventory thing, but it also made me unaccountable. I had about as much personal accountability as I did conviction for archaic prayers out of an old blue book written back in the 1930s

The wise thing to do would have been to find and form a relationship with a new sponsor, immediately. Instead, I did what any sensible man in my shoes would have done and I opted for a toxic relationship instead. I vaguely remember picking up a sponsor at some point during this time, as I have the memory of reading a heavily redacted moral inventory to someone in a luxury apartment somewhere in Downtown Seattle. And by some miracle I did manage to get a year of sobriety, even in what I'd consider to be a high-pressure environment. And that is because I was under the (foolish) impression that recovery was a transactional affair. I figured that picking up a year coin would be viewed a worthy sacrifice in the eyes of a higher power, and that the entirely dysfunctional relationship I found myself in would somehow right itself by virtue of not being loaded for an entire 365 days.

Spoiler alert. It did not.

And I did not stay sober. And my relapse did not stay fun. In fact, it was never fun at all. It was like skiing straight down into some level of Dante's Inferno and skipping straight past purgatory. And there I was again, not even a month later, seated back in the rooms with the conviction not to repeat the same mistakes. But oh, I did. And unsurprisingly, living with the misery of my decisions led me to get loaded once more.

Gone were the days of not knowing any better. I now had an intuitive sense of when I was making a mistake and learned to listen to it. The way I felt when doing the things I was supposed to do, versus doing the things I knew I shouldn't, was night and day.

If I'm doing the things that bring me fulfillment, the fruits multiply. And one form of said fulfillment is me writing this short essay right now. When I first came in, I didn't even know I knew how to write. It was something only revealed to me when I stayed the course and followed the path.

And as for what happens when I stray from those things? What happens is the filter through which I experience life goes very dark. The old patterns of neurosis, self-obsession and fear re-emerge. The sunlight of the spirit fades out and disappears.

But that's okay, because how else would I know?

I'm here to report that the Road to Happy Destiny™ is real, and in my case, it's lined by thorn bushes on either side. I consider this a blessing, as if I begin to wander just a little too close to those edges, I've a tendency to both feel it quickly and feel it hard.

There's a thought that just came to me as I sit here writing this. The first sponsor I had took me as far as I was supposed to go with him. He got me to that prayer and then he handed me off to a higher power that did all the steering from there. If he'd never ended our relationship and hadn't dumped me off in the proverbial wilderness like he did, I wouldn't have had the opportunity to write about it here and share what I've learned. And it's because of this prayer that I never tell anyone I'm working with who not to date, how to manage their finances (still working on that one myself), or what they should do for a living. I have only one job, and that's to create the space to allow their own path to unfold in a way appropriate for them.

We are all unique, with unique gifts to offer the world, and with a unique function that only we as individuals can carry out. And what that function is, isn't up to me. That's between them and a higher power. All I'm there to do is plant a seed.

I'll also say that life isn't always easy and can at times be very difficult even when I'm doing all the things I'm supposed to do. But it's never meaningless. And there's an inherent beauty to the whole thing that I simply could not see prior to really giving this my all.

And I'll end with this.

As I look back on nearly 14 years of sobriety, I can't help but suspect that all of this is the result of a simple prayer said a little over 17 years ago at St. Paul's Church in Ballard.

And I don't know where the road leads. It's taken so many twists, turns and detours that to even guess would be an entirely pointless exercise.

And that's the beauty of it.△

Tradition Three

By Julie P.

TRADITION THREE Our book Alcoholics Anonymous says that *"We are people who normally would not mix."* (page 17) And that is so true! I've heard it said that we AA members come from Yale, jail and hell. Alcoholism does not discriminate between rich and poor, Black and White, on the basis of religion, intelligence, culture, or sexual orientation. Thankfully, neither does AA. Any alcoholic looking for a way out is welcome to join us as we "trudge the road of Happy Destiny." (page 164)

Because the short form of Tradition three reads, ***"The only requirement for A.A. membership is a desire to stop drinking," many have the misconception that anyone with a desire to not drink may be a member of Alcoholics Anonymous. The original long form of the tradition makes clear that there is a second membership requirement. "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."***

So any alcoholic who wants to stay sober may become a member of AA if they choose, and nothing more is required. Although many of our members find it helpful to get a sponsor, take the steps, hold service commitments, carry the AA message, and participate in fellowship activities, none of these are requirements for membership. AA members are invited to participate in these activities, but ought never feel pressured or judged if they simply come to meetings – or not. Bill W. states in the pamphlet, AA Tradition How It Developed, *"Our A.A. door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say-so... We do not wish to deny anyone his chance to recover from alcoholism. We wish to be just as inclusive as we can, never exclusive."* (pages 13 - 14)

Bill goes on in Language of the Heart to say that, *"...we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist... If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity."* (page 79)

Our pamphlet, Problems Other Than Alcohol makes clear that *"there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."* But it goes on to say, *"Suppose, though, that we are approached by a drug addict who nevertheless has had a genuine alcoholic history."*

Again – any alcoholic who wants to stay sober may become a member of AA if he chooses. As long as one is alcoholic, being a drug addict, suffering other mental health issues, other addictions and compulsions, does not prevent one from AA membership any more than race, religion, politics, social status, or criminal record.

"As A.A. co-founder Bill W. wrote in 1965: 'In A.A. we are supposed to be bound together in the kinship of a common suffering... Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she declares.'" P-86 The God Word, page 5. △

"I'd never join a club that would allow a person like me to become a member" -Groucho Marx

AA Concept Three
The Right of Decision

By Lee R., Third Legacy Chair

Concept III (Short Form): "To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional 'Right of Decision.'"

UNDERSTANDING THE BIGGER PICTURE

If Concept I tells us where authority ultimately resides, and Concept II explains how it is delegated, then Concept III answers the next practical question:

Once authority is delegated, how much freedom do trusted servants actually have?

Concept III says they must have the freedom to decide.

Without that freedom, delegation becomes meaningless. If every action required constant approval or second-guessing, nothing could function effectively. Leadership would stall, and service work would grind to a halt.

The "Right of Decision*" simply recognizes that those entrusted with responsibility must also be trusted to use their judgment.

WHAT THE RIGHT OF DECISION IS (AND ISN'T)

The Right of Decision does not mean unlimited power. It does not remove accountability. It does not place anyone above the Fellowship.

Instead, it allows trusted servants to interpret their responsibilities and make choices within the scope of the authority given to them.

In practice, this means:

- Delegates must sometimes vote according to informed judgment, even when discussion in their Area was divided.
- Committees must make administrative decisions without polling every group.
- Boards and staff must handle daily matters without constant oversight.

Without this right, service would become reactive instead of responsible.

Concept III protects A.A. from micromanagement just as much as Concept I protects it from control.

THE SPIRITUAL PRINCIPLE BEHIND IT

At its heart, Concept III is about maturity and trust.

In recovery, we learn that trust requires letting go of the illusion of control. We also learn that responsibility requires freedom to act. A sponsor cannot recover for us. A Higher Power does not force obedience. Growth happens when freedom and accountability meet.

A.A.'s service structure reflects that same balance.

When we grant the Right of Decision, we are saying: *"We trust you to act in good faith, guided by principle."*

And when trusted servants exercise that right carefully and humbly, unity is strengthened rather than threatened.

A BRIEF HISTORICAL NOTE

When Bill W. wrote about the Right of Decision, he was drawing from hard-earned experience. In A.A.'s early years, confusion sometimes arose when service workers were second-guessed after being asked to act. Bill saw that if trusted servants were expected to carry responsibility, they also needed reasonable freedom to interpret their duties.*

He often emphasized that leadership in A.A. must be both trusted and accountable. The Right of Decision was never meant to weaken group conscience—it was meant to prevent paralysis. Without it, he warned, A.A.'s service structure could become hesitant, overcontrolled, and ineffective.

Concept III was Bill's way of protecting both efficiency and unity: granting freedom to act, while keeping ultimate authority in the hands of the Fellowship.

WHY IT MATTERS TO US INDIVIDUALLY

Concept III isn't limited to world services. It shows up in our home groups.

- Every time we elect a treasurer and allow them to manage funds responsibly...
- Every time we trust a chairperson to conduct a meeting...
- Every time we allow a committee to carry out a task without interference...

We are practicing the Right of Decision.

This Concept reminds us that leadership in A.A. is not about control. It is about service empowered by trust.

And maybe that's the quiet reassurance of Concept III:

When responsibility is shared and trust is honored, A.A. can move forward, guided not by fear or control, but by principle and conscience. △

See the AA Service Manual, page C-9, "The 'Right of Decision' Makes Effective Leadership Possible"

CORRECTIONS CORNER

by Karen K

Pink Can

Huge thank yous to the following groups that contributed $945.26 in January to the Pink Can Fund: Mens Open Book (MOB), AA4U, Happy Hour, Titanic, Counterpoint, Mid-Day Mindfulness, Dawn Patrol, Empire Way, Gunnysack Hill, Admiral SW Siders, Acceptance is the Answer and some anonymous individuals. We used these funds to purchase *Living Sober, Un Día a la Vez*, pamphlets and meeting guides for Federal Detention Center, King County Jail, and SCORE.

Service Opportunities:

- Bringing meetings inside facilities: More men and women are needed for SCOREv(Des Moines) and Federal Detention Center (SeaTac). Younger people are needed to bring meetings into the Juvenile Detention Center in Seattle's Central District. Participate once or twice a month!
- Corrections Correspondence Program: The GSO in NY will match you with someone in a federal prison who wants a sober pen pal.
- PreRelease Program: Contact volunteercorrections@seattleaa.org to sign up to host someone being released who wants to go to meetings and get involved with an AA community once they are out.
- Help spread the word about corrections service: Attend the committee's monthly meetings for your home group and/or district and report about opportunities, special activities, and why this is important.
- Pink Can: Bring a pink can to your home group meeting to collect contributions for the committee to purchase AA approved literature to bring into the facilities.

Want to learn more? Many ways to do this!

Visit seattleaa.org/corrections to get lots more info and complete a short questionnaire.

As your home group or district to invite someone from the Corrections Committee to your monthly business meeting. We're happy to attend, share info and answer questions.

Attend the Corrections Committee meetings the 2 nd Monday of each month at 6:30pm on zoom and in person at the Intergroup office. (zoom: 87227719137, PW 833575, Intergroup 5507 6 th Ave S, Seattle 98108).

Questions? Send an email to corrections@seattleaa.org We'd like to hear from you! △

In The Past

by Samantha M

In the past... today would be thirsty Thursday. Today I am thirsty for growth, love, compassion, and living out each day sober to the best of my ability with God's guidance. Let's thrive and be thirsty for progress, not perfection. One day at a time. △

Haiku By Jeff U

Step of the Month Haiku is a monthly reflection by Jeff U., our GSIG Board Chair. Each month, Jeff writes a haiku inspired by one of the Twelve Steps, beginning with Step One in January and continuing through Step Twelve in December. Take a moment to sit with it - you might find something new to consider about a step you thought you knew.

March: Step 3

Take my will today
In my control disaster
Changes everything

Letter From the Editor

March 2026

Dear Seattle AA Fellowship,

Thank you again for the honor of putting together another issue of the High & Dry. It is a great pleasure and joy to participate in this way. In my own recovery, I find comfort in objective truths - things that are quantifiable and provable. So this month, I want to share a mathematical proof that counting one day at a time really does add up. What follows is a proof by induction that the sum of individual days equals your days of sobriety, and then a glimpse at just how many breaths that represents.

Theorem. Let each day of sobriety be represented by the number 1. Then the total days of sobriety after n days is:

$$S(n) = \sum_{i=1}^{n} 1 = n$$

Proof.

Base Case. When n = 1, we have:

$$S(1) = \sum_{i=1}^{1} 1 = 1$$

Inductive Step. Assume the formula holds for some arbitrary number of days k — that is, assume:

$$S(k) = \sum_{i=1}^{k} 1 = k$$

Now consider the next day, k + 1. We add one more day of sobriety:

$$S(k+1) = \sum_{i=1}^{k+1} 1 = S(k) + 1$$

Since S(k) = k by our assumption:

$$S(k+1) = k + 1$$

By the principle of mathematical induction, S(n) = n for all n ≥ 1. One day at a time adds up to exactly the number of days you have been sober.

And, days are made of smaller moments. Each day of sobriety contains 24 hours, each hour 60 minutes, each minute 60 seconds, and an adult takes roughly one breath every 4 seconds.

After just one year - 365 days of sobriety - you will have taken approximately 7,884,000 sober breaths. Every single one of them counted.

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

CONDENSED GSIG BOARD MEETING MINUTES

Call to Order & Serenity Prayer led by Jeff U, GSIG Chair. Tradition Two read by Bobby T (D24). Concept Two read by Lois (Greenwood Fellowship). AA Birthdays: Jeffrey, 38 years (Feb 29); Anita S, 26 years (Feb 23).

Roll call: 16 of 17 voting members present (Ruth P, D14 absent). Quorum met.

Daysha noted an error in the January condensed minutes (High & Dry) suggesting D40's business meeting was hybrid; it is primarily online and hybrid quarterly. The full January minutes were accurate. Correction will be made. Minutes unanimously approved.

Officer Reports

Chair — Jeff U: Adjusted agenda for Vice Chair election (see Old Business). Shannon from the Office Committee presented on expanding GSIG inventory (see New Business).

Vice Chair — Eddy M-M: Thanked the board for 14 months of service. Departing to serve as Area 72 Alt Treasurer. PNC registration is now open at pnc1948.org/registration.

Chair Emeritus — Karla L: No report.

Treasurer — Pete K: Presented Treasurer's Report. Approved (motion: Bobby T, D24; seconded: William B, D18). Full report attached to original minutes. Contributions: area72aa.org/contribute or treasurer@seattleaa.org.

Secretary — Carina W: GSIG needs a new Secretary! The position involves sending meeting reminders, attending the monthly board meeting, and assembling the minutes. Contact Carina at secretary@seattleaa.org or 206.683.1106.

Intergroup Staff Reports

Office Manager — Lara R: Purchased ~$18,000 in literature from AAWS before the Feb 1 price increase, improving profit margin for the year. Literature prices raised Feb 1 to match new AAWS pricing, consistent with the Fall Assembly vote. Daily Reflections (B-12) sales halted due to bad binding; ~100 copies being donated to Corrections and Treatment committees. AAWS issuing credit.

24-Hour Helpline: 1 Twelve-Step call, 151 phone calls, 83 chats (235 total contacts).

Archives: Launched COVID-19 Recovery Story collection at seattleaa.org. 85th Anniversary planning going well—registration is $100 (includes lunch, dinner, dance, speakers, raffles, coffee). Inaugural Supporter merch available. Phone shift volunteers needed—contact lara@seattleaa.org. Lara took responsibility for misprints in the January High & Dry.

Asst. Office Manager — Anita S: Noted Grapevine books are now comparatively more economical after AAWS price increase. Recommended "Making Amends." Helping with Burien Little Assembly and 85th Anniversary planning. Visit seattleaa.org for 85th Anniversary info and merch.

Old Business — Vice Chair Election

Jeff opened by thanking Eddy for 14 months of service. Three candidates qualified: Matt T (Outgoing Office Committee Chair), Mikey C (H&T Chair), and Carina W (Secretary). William B (D18) made himself available but withdrew before qualifying.

Election conducted via online poll and paper ballots. First vote: no two-thirds majority. Second vote: Carina elected Vice Chair by two-thirds majority. GSIG is now seeking a new Secretary—elections at the March 17th board meeting at 7pm.

New Business — Inventory

Expansion Survey

Shannon (Office Committee) and Dash (Webservant) presented an information-gathering survey about expanding GSIG's store inventory. Examples: non-conference-approved literature (e.g., "A New Pair of Glasses," "Sermon on the Mount"), book covers, wider variety of coins, greeting cards. Survey at seattleaa.org. COGS estimates expected by Spring Assembly. AA does not disapprove of intergroups selling non-conference-approved items.

Service Committee Reports

Accessibility — Jinah W: Met Feb 4 with Laurel W, Cynthia B, and Jill (D14). Discussed safety as an accessibility issue. Planning visits to meetings and districts to talk about the blue can and accessibility. Requested to present at Spring Area 72 Assembly. Jinah involved in D24 safety workshop (March 7).

Archives — Teresa S: Launched COVID-19 Recovery Story survey at seattleaa.org.

Corrections — Karen K: Pink Can received $945.26 from multiple groups—funds used for literature for Federal Detention Center, King County Jail, and SCORE. SCORE and FDC meetings going well; need more volunteers. Boys' meetings at Juvenile Detention Center need younger male volunteers—contact Barry K at 206-484-2827. Info table at BLA in March. Contact: corrections@seattleaa.org or 206-265-3788. Meets 2nd Monday, 6:30pm, Zoom + GSIG office.

Hospitals & Treatment — Mikey C: Attended treatment roundtable; received Bridge the Gap video. Celebrated Jim's 2-year graduation from UGM. Visited Hope Place open house. Recruited at Young People's Quarterly. Great reviews from UW NW Hospital behavioral health staff. 12 people reported at monthly committee meeting. Secretary Robert departing—thank you for your service. Contact: hospitalandtreatment@seattleaa.org.

Newsletter — Peter J: Not present.

Nightwatch — Rob S: Not present.

Office Committee — Steven D: No new motions. Discussed inventory survey and COVID-19 Recovery Stories.

PI/CPC — David DLF: Not present.

Special Events — West C: New mission statement adopted. "Hearts in AA" event Feb 22, 2–6pm at GSIG Board Room (story slam format, 10+ speakers). Looking for BLA table volunteers (March 14, Grace Lutheran). Summer picnic pending—applied for Seward Park shelter #3, Aug 16. GSIG 80th Birthday banner ready for 2026 events. Grace Lutheran reserved Oct 24 for "Steps in Time" (50's theme, talent show, dance). 85th Anniversary commemorative chips for sale ($25). Next meeting March 3. Contact: specialevents@seattleaa.org or 425-736-4130.

Third Legacy — Lee R: Not present.

Twelfth Step — Karrie C: Committee running well with new chatline volunteers. Still looking to double-book weekly 4-hour shifts. Four 12th Step call requests in February (two local, one Tacoma referral, one Chicago). Planning District Meeting Tour for more volunteers. Will have BLA table. Contact: 12step@seattleaa.org.

Web & Tech — Peter J: Two new Google Forms added: COVID-19 Recovery Story submission and GSIG store inventory expansion survey.

Webmaster — Dash M: Site stable with minimal downtime. Inventory survey and COVID story submission links live. Exploring pop-up feature (not yet implemented). Stories collected via Google Forms stored in seattleaa.org Google Workspace.

District Reports

Business meeting details for all districts: seattleaa.org/district-map/

D14 (West Seattle, White Center, Vashon) — Ruth P: Steve R presented on 85th Anniversary. District inventory March 7 at GSIG. All positions filled.

D15 (Downtown Seattle, West Capitol Hill) — Blake P: Hybrid meeting, 14 attendees including 9 GSRs. Aaron E (Area 72 Newsletter Editor) presented online Area newsletter. Over 30 active groups but only 9 with GSRs—outreach planned.

D16 (NE Seattle, U-District) — Ricky T: Lake City Group positions filled. Spiritual Line group trialing a timer position following safety discussions. On Awakening growing with childcare. Go Ask Your Sponsor celebrating 2nd anniversary in July. Treasurer reported $1,595.85 earned in 2025, ~$862 checking balance. Discussed Area website geofence, Sound Chair transition, Third Legacy standing committee, and international groups in virtual D25.

D17 (Ballard, NW Seattle) — David S: Supporting 85th Anniversary celebration. SNS requesting info on setting up childcare.

D18 (Renton, Kent, Tukwila) — William B: Meets 3rd Thursday, 7pm, Renton United Methodist Church. Old Kent potluck 2/19. Hot Stove anniversary potluck 3/27. Still need PI/CPC chair. District 18 picnic 07/18 at Phillip Arnold Park. Young Persons chair Noah seeking help with school panels.

D24 (SW Snohomish County) — Bobby T: Meets 1st Wednesday, 7–8:30pm, St. Hildes, Edmonds. 35 in person + 7 online. Third Legacy hour featured Area 72 Zoom & Sound. Most positions filled. Gratitude dinner March 28 at St. Pius. Picnic July 18 at Edmonds City Park.

D31 (Burien, Des Moines, Normandy Park, SeaTac,

Tukwila) — Thomas H: Meets 2nd Wednesday (Zoom; quarterly in person). Need Treasurer, Treatment & Accessibility Chairs. GSR School Feb 21 at GSIG. 53rd BLA March 14 at Grace Lutheran. Pre-Conference March 21 at Fauntleroy Church. Co-hosting April Quarterly (April 10–11). District inventory June 20. CPC Roadshow Sept 12.

D32 (Algona, Auburn, Federal Way, Pacific) — Samantha M: Met Feb 2 at Brooklake Church, 15 voting members + 2 guests. CPC seeking Russian-speaking contact. Possible picnic July 19 at Steel Lake Park. Treatment panels need volunteers for Intercept—contact Robert at 253-329-0418. Webmaster fixed broken links and meeting guides. Hosting BLA March 14. Mahryah new School Panels chair. Open positions: Accessibility, Bridging the Gap, Corrections, Grapevine/Literature, PI, Third Legacy.

D33 (Maple Valley, Covington, Black Diamond) — Aaron C: Met Feb 10 at King County Sheriff's Station. $1,000 for distribution (30% Intergroup, 30% Area, 40% GSO). Co-hosting BLA. Open positions: Grapevine, Gratitude Banquet, Accessibility Chairs. Voted to fund Secretary's PRAASA attendance every other year. Discussing Intergroup hosting D33 webpage. 85th Anniversary registration open.

D40 (East Capitol Hill, Central District, Madrona, Madison Park, Leschi) — Daysha G: Positive balance with prudent reserve. Good meeting attendance. GSR class at Intergroup Feb 21. On the Waterfront exploring meditation meeting. Surrender group hosting St. Patrick's Day Baked Potato Bar March 17 at 5:30 (50/50 raffle, half to Intergroup). 2026 budget approved. GSRs collecting feedback on D40 info page on Intergroup website.

D41 (Queen Anne, Magnolia, South Lake Union) — Laura C: Astri presented 85th Anniversary info. Finances positive with prudent reserve. GSR School Feb 21. Pre-conference March 21. Web & Tech proposing district website (~$100–200/year)—GSRs taking to groups. Abigail's Ghost hosts ASL interpretation. Ship Canal meeting moved to conference room (same address). Counterbalance starting tradition study last Wednesday of month. Interest in Pride in the Park outreach.

D42 (Lake Forest Park, Shoreline) — Sarah F: No report.

AA Clubs and Halls

A New Beginning — Trisha A: Not present.

Ed-Lynn Fellowship — Marcus: Not present.

Fremont Fellowship Hall — Adam R: Given five weeks' notice to vacate. Possible space next door in Northgate area; may move as soon as 2/19. Exploring options.

Greenwood Fellowship — Lois: Financially well. Working with Pine Lake Speakers meeting on speakers. Prime rib dinner coming in a few months. Salvation Army regularly attends meetings.

Pass It On — Jeffery F: Updated meetings list with Lara and Anita. Saturday speakers' meeting doing well.

Serenity Hall — Trent H: No updates. Will need new location in 2027.

Upcoming Events

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

Burien Little Assembly — Grace Lutheran Church — March 14, 10:00 AM–5:00 PM

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

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

Full events listing: seattleaa.org/events

Five Main Takeaways

1. GSIG needs a new Secretary! Carina is now Vice Chair. Duties and responsibilities at seattleaa.org | Intergroup | Intergroup Board. Email chair@seattleaa.org or lara@seattleaa.org. Elections at the March 17 board meeting.

2. Should GSIG expand its store inventory? Fill out the survey at seattleaa.org.

3. Submit your COVID Recovery Story at seattleaa.org or forms.gle/VSLmcsQDvmRDaBqTA.

4. Accessibility funds are less than $100. Contribute via Blue Can at your group or online at seattleaa.org/online-contributions (select "Blue Can—ASL").

5. 85 Years of AA in Washington — April 18 at Emerald Downs. Registration open at seattleaa.org.

6. Burien Little Assembly — March 14 at Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA 98198.

7. PNC 2026 registration is open! Vancouver, WA, June 26–28. Register at pnc1948.org.

Reminders

Send GSIG Reports to secretary@seattleaa.org — Deadline: March 17

Send Newsletter articles to high_and_dry@seattleaa.org — Deadline: March 25

Motion to close: Bobby T, D24 | Seconded: Eddy M-M | Unanimously approved

Adjourned with the Responsibility Statement

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

GSIG JANUARY FINANCIAL SUMMARY

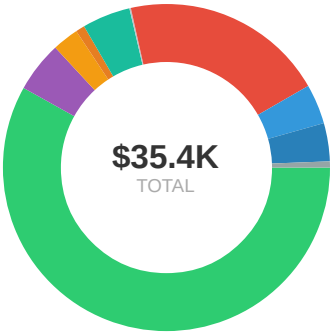
NET INCOME

$3,392.81

Income: $35,402.17
Cost of Goods: -$12,596.17
Expenses: -$19,471.72

INCOME SOURCES

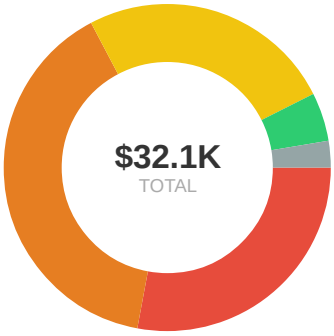
Total: $35,402.17



- Group Contributions: $20,538
- Sustainers: $1,683
- Literature Sales: $7,136
- Directory Sales: $1,386
- Individual & Other: $1,766
- Coin Sales: $1,335
- Meeting Room 7th: $920
- Other: $639

EXPENSES

Total: $32,067.89



- Cost of Goods Sold: $12,596
- Committees: $1,542
- Rent & Office: $8,949
- CC/Bank/Software: $888
- Paid Staff: $8,094

PROFIT & LOSS DETAIL

CATEGORY	AMOUNT
INCOME	
Contributions	
Group Contributions	$20,537.57
Individual & Other	$1,765.96
Meeting Room 7th	$919.85
Birthday Contributions	$307.85
The Sustainers Program	$1,682.83
Group Insurance	$48.00
Retail Sales	
Literature Sales	$7,135.92
Meeting Directory	$1,386.00
Coin Sales	$1,334.50
High & Dry Sales	$74.56
Shipping Income	$129.13
Special Events	
Special Events Income	$77.00
TOTAL INCOME	**$35,402.17**

CATEGORY	AMOUNT
COST OF GOODS SOLD	
Literature COGS	$5,891.84
Meeting Directory COGS	$5,842.49
Coin COGS	$677.02
High & Dry COGS	$183.32
Other COGS	$1.50
Total COGS	**$12,596.17**
OPERATING EXPENSES	
Rent & Office	$8,948.62
Paid Staff	$8,093.97
Standing Committees	$1,541.51
CC Fees / Software / Tax	$887.62
Total Expenses	**$19,471.72**
TOTAL OUT	**$32,067.89**

GROSS PROFIT	NET OPERATING	NET INCOME
$22,806.00	$3,334.28	$3,392.81

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

EVENT FLYERS

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

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

Benson Hill Group
59th Anniversary Dinner



Join us as we celebrate **59 years of sobriety, service, and fellowship.** Whether you're brand new, coming back, or have years in the program—**there's room for you on the life raft.**

March 28th, 2026
Potluck at 5:00
AA/Al-Anon Speakers at 6:00p
Raffle

Main course provided.
Please bring your favorite dish to share.

Come and learn about some of the proposed agenda items for the upcoming conference

Pre-Conference

INFO SESSION



15 MARCH

2:30p - 6:30p
1700 Edmonds Ave NE - Renton, WA - 98056

Hosted by Eastern Districts
18, 33, 34, 35, 36, 38, and 39

The Hot Stove Anniversary Potluck

Please join us for food, fellowship and to hear a message of HOPE

Speakers: Tiffany T. & Steve M.

Friday, March 27th, 2026

Doors open @ 6:00 pm
Fellowship @ 6:30 pm
Speaker starts @ 7:30 pm

The Kennydale Memorial Hall
2424 Northeast 27th Street
Renton, WA 98056

Please bring a dish to share
If your last name starts with:
A through J — Main dish
K through R — Side dish
S through Z — Dessert

WWW.SOUTHKINGALANOCLUB.ORG

St. Patty's Day Dance

Saturday, March 14th, 2026

8:00PM-12:00AM

Come to the South King Alano Club for some clean and sober fun!

1317 Harvey Rd. Auburn, WA 98002

FOOD • MUSIC • DANCING



100% of all proceeds go to the support of 12 step programs, Alanon, Alateen, and to help the still suffering

Tickets (non members):	Tickets (members):
$10 each	$8 each
$15 couples	$12 couples

47th Annual A.A. Ladies Luncheon

Grace in action: She reached for me: Sisters by grace

Please join us for a delightful afternoon of fellowship, food, raffles, the ask-it-basket, and the renowned hat contest!

When:
Sunday, May 17th, 2026
1:00 pm to 3:00 pm

Location:
Lakeside Seward Park Community Center
4916 S Angeline Street, Seattle, WA 98118

Cost:
$35.00/person

Hat Contest Themes
Best AA theme
Funniest
Most elegant
Most outrageous

Raffle
Please bring an item for the raffle table (something you would like!)
**All raffle contributions go toward the continuation of the Annual A.A. Ladies Luncheon*

Shelter Donations
Please bring toiletries for our group donation to the Hope House Women's Shelter

To register:
Visit this website: https://bit.ly/AALadiesLuncheon or scan the QR Code to the right & complete the online registration & payment
-Or-
Fill out the below form, detach, & mail with check to "Spring Ladies Luncheon" at 8462 26th Street CT E, Edgewood, WA 98371

Name(s): _____ **Email:** _____

# of Tickets: ____ **Total enclosed:** _____



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: _____

2026 PRE-CONFERENCE CENTRAL & LINGUISTIC

"HUMILITY IN ACTION"

Hosted by Central Districts 14, 15, 16, 17, 31, 32, 40, 41 and Linguistic Districts 1, 57, & 58

Spanish Interpretation and Light Refreshments provided

1:00 - 5:00pm
21 March 2026

Fauntleroy Church
9140 California Ave SW,
Seattle, WA 98136

What to Expect :

Discussion | Snacks | Fellowship

Hear about Conference agenda items from our Delegate to get group feedback

www.area72aa.org

Pacific Northwest Conference

June 26th - 28th 2026

Hosted by Western WA Area 72

Heathman Lodge

7801 NE Greenwood Dr, Vancouver WA 98662

Join us for a weekend of service panels, fellowship and fun in beautiful Western Washington.

1ST PANEL STARTS FRIDAY 4P
ENDS SUNDAY 12P

To register online visit **www.pnc1948.org**

REGISTRATION

Name: _____
Name on Badge: _____
Email: _____
City/State: _____
Phone: _____ Area: _____
Interpretation: Spanish ____ ASL ____
Volunteer by clicking here

Heathman Lodge
7801 NE Greenwood Drive, Vancouver, WA 98662
Cost: $166 per night* + $10 per add'l person
Group Rate "Western Washington Area 72 AA"
Book online here
For group rate please book by 05/27/2026
*Plus facilities fee of $15 per night for amenities (pool, sauna, wifi, parking, gym, laundry services)

Registration

In person $45	—
Online $25	—
Friday Taco Bar* $34	—
Veggie __	
Sat Burger, Tots & Salad* $34	—
Veggie __	
Sat Buffet Dinner* $57	—
Veggie __	
Sat Ice Cream* $20	—
Pre-Ordered Merch (see pg 2)	—
Total Enclosed	—

*Food Cutoff is 6/19/2026

Please make checks out to "PNC 2026 " at 3640 S Cedar St S, Tacoma, WA 98409

For more information contact PNC 2026
pnc2026chair@area72aa.org

01/18/2026

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

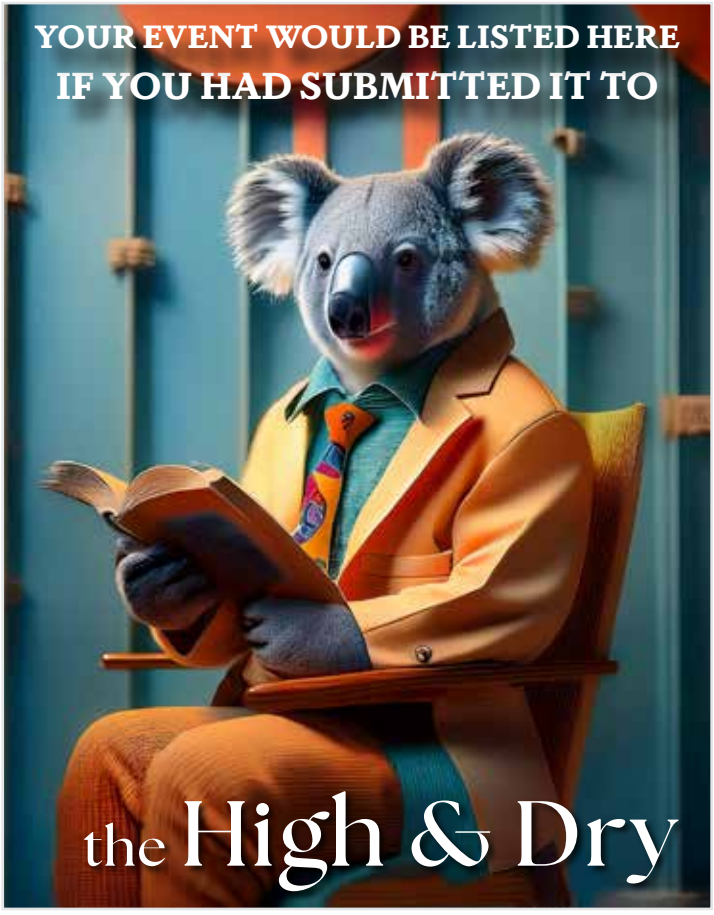
WE'VE GOT YOU COVERED!

On Awakening

FREE CHILDCARE AT RYTHER

AA MEETINGS ON SUNDAYS
8 AM - 9 AM
2400 NE 95TH ST.
SEATTLE, WA 98115

YOUR EVENT WOULD BE LISTED HERE
IF YOU HAD SUBMITTED IT TO



the High & Dry

High & Dry

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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.

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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/