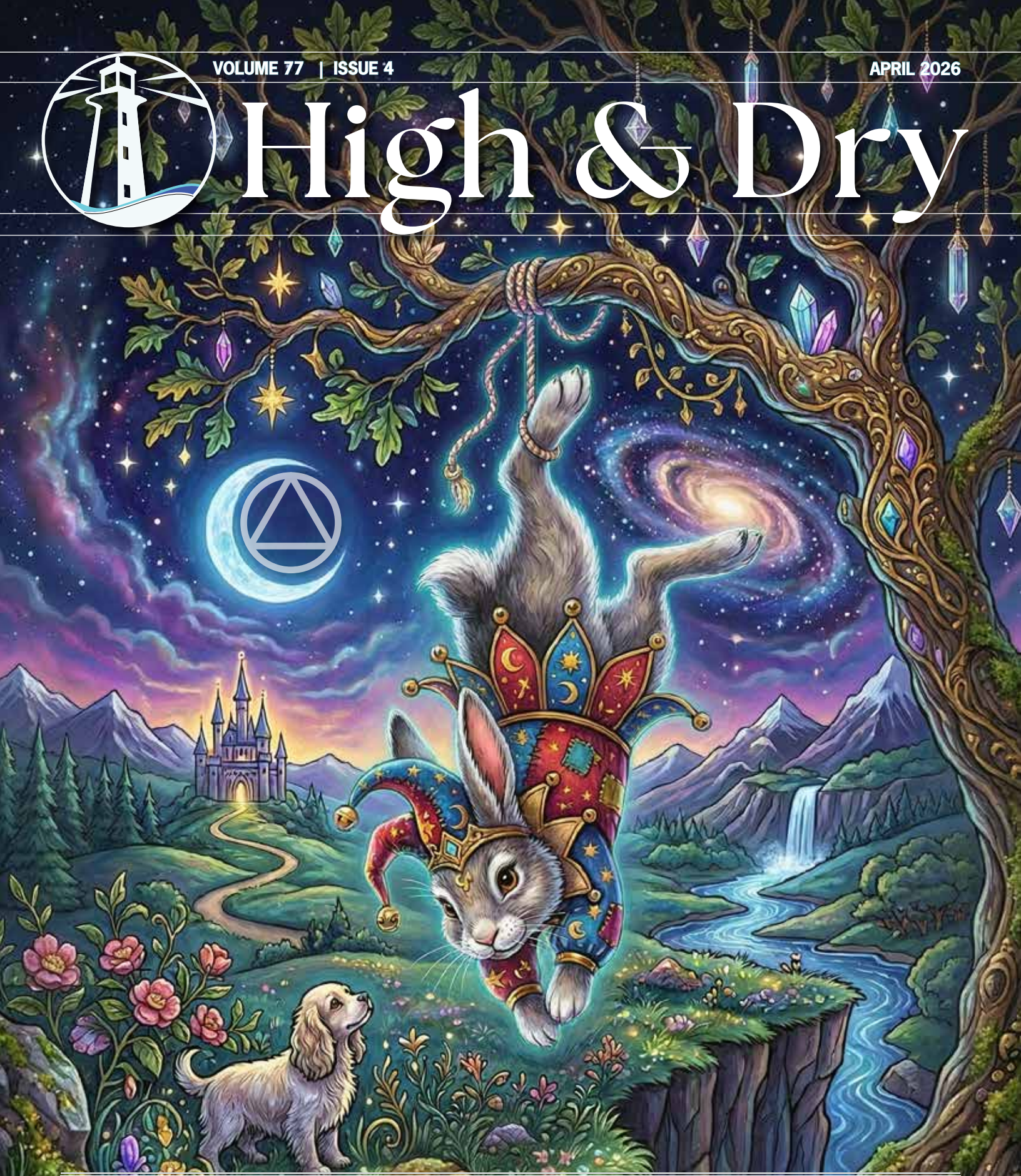
VOLUME 77 | ISSUE 4 APRIL 2026

High & Dry



Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

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Art by Janet V.

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FUTURE TRIPPING: APRIL 2026 GSIG EVENTS

1 - Accessibility Committee

- 01 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Meeting ID: 885 9521 8136
- Passcode: 611317

2 - 12th Step Committee

- 02 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- Meeting ID: 835 0869 0642
- Passcode: 749607

4 - Hospital & Treatment Committee

- 04 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Meeting ID: 820 0608 7832
- Passcode: 088776

4 - SKAC Easter Celebration

- 04 @ 12:00 pm - 4:00 pm
- South King Alano Club, 1317 Harvey Road, Auburn, WA, 98002, United States
- Easter Egg Hunt with a special Golden Egg!
- Join us for an Easter Potluck
- Come take pictures with the Easter Bunny

5 - Service Manual Study

- 05 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Meeting ID: 863 6483 7688
- Passcode: 022841

10 - 37th Annual International Men's Conference

- 10 @ 8:00 am - 5:00 pm
- Hilton Seattle Airport and COnference Center, 17620 International Blvd, Seattle, 98188, United States
- Event Registration www.iaamcab.org

For event details:

seattleaa.org/events

10 - WWA 72 April Quarterly

- 10 @ 5:00 pm - 5:00 pm
- Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA, 98198, United States
- For more information go to: April 2026 – Area72 Business Quarterly – Western Washington Area 72

13 - Corrections Committee

- 13 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Meeting ID: 872 2771 9137
- Passcode: 833575

17 - 9th Annual Northwest Girlstock

- 17 @ 8:00 am - 5:00 pm
- Four Points by Sheraton, 714 Lakeway Drive, Bellingham, WA, 98229, United States
- For more information go to Schedule – NORTHWEST GIRLSTOCK – A WOMEN'S 12 STEP WEEKEND

18 - CPC/PI Committee

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

18 - 85th Anniversary of AA in Washington

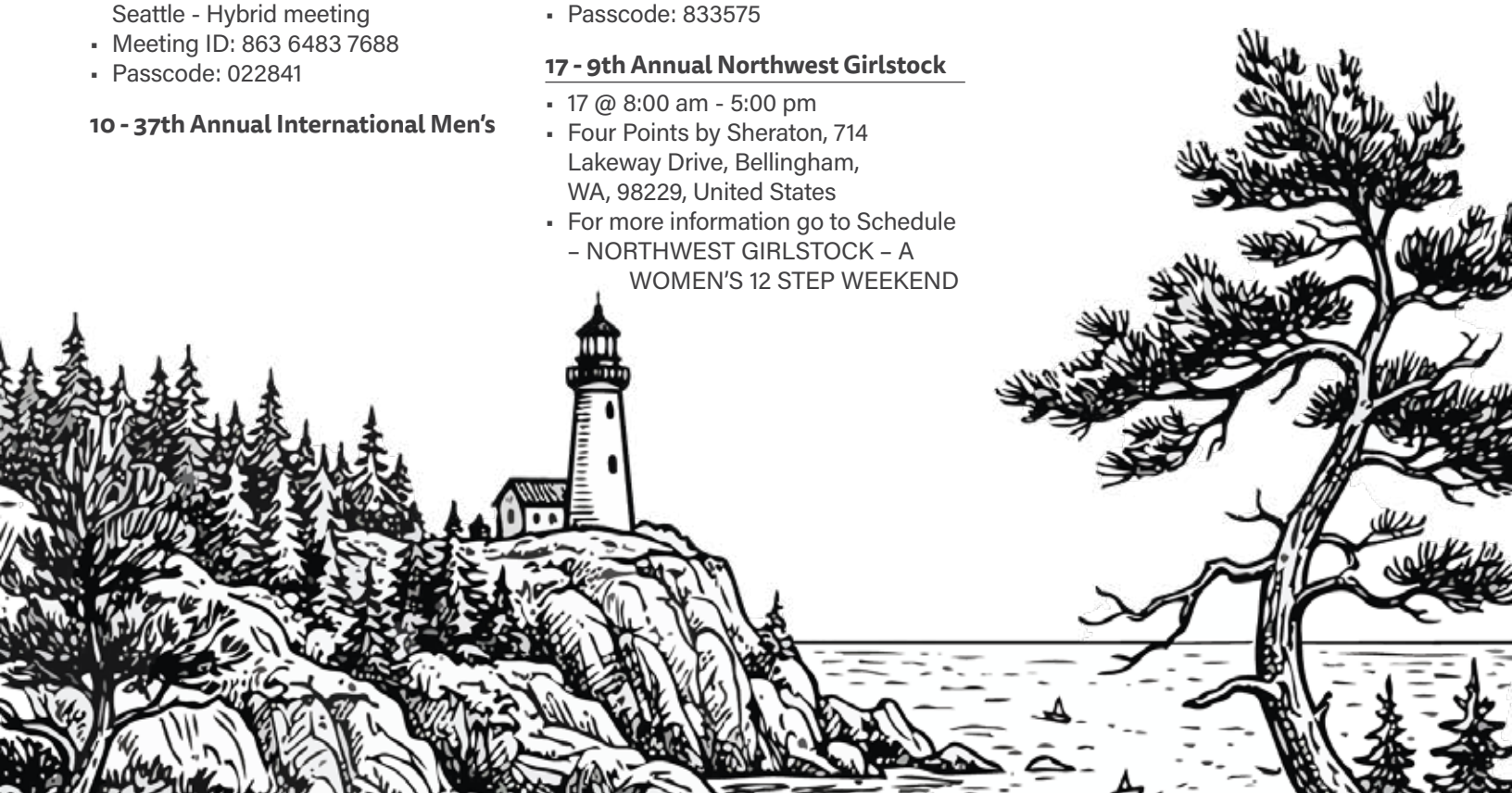
- 18 @ 10:00 am - 10:00 pm
- Emerald Downs, 2300 Ron Crockett Dr., Auburn, 98001, United States
- On April 19, 1941 4 men met in Room 522 of the New Washington Hotel. This event marks the first meeting of what became The Seattle Group of Alcoholics Anonymous.

21 - GSIG Monthly Board Meeting

- 21 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Meeting ID: 918 5437 5402
- Passcode: 035194

24 - Newsletter Committee

- 24 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle - Hybrid meeting
- Meeting ID: 810 7167 3523
- Passcode: 856572



REFLECTING ON OUR PAST: April In Our History

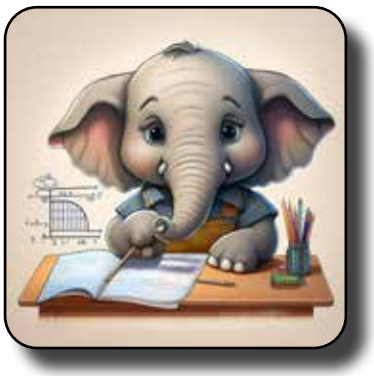
"Never could we recapture the great moments of the past." (Alcoholics Anonymous, **page 151***).* **But here we list some.**

April 1935	Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.
April 1950	Saturday Evening Post article "The Drunkard's Best Friend" by Jack Alexander.
April 1958	The word "honest" dropped from AA Preamble, "an honest desire to stop drinking".
April 1966	Change in ratio of trustees of the General Service Board; now two thirds (majority) are alcoholic.
April 1970	GSO moved to 468 Park Ave. South, NYC.
April 1, 1939	Publication date of Alcoholics Anonymous, AA's Big Book.
April 1, 1940	Larry J. of Houston, wrote "The Texas Prayer", used to open AA meetings in Texas.
April 1, 1966	Sister Ignatia died.
April 2, 1966	Harry Tiebout, M.D. died.
April 3, 1941	First AA meeting held in Florida.
April 3, 1960	Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."
April 7, 1941	Ruth Hock reported there were 1,500 letters asking for help as a result of the Saturday Evening Post Article by Jack Alexander.
April 10, 1939	The first ten copies of the Big Book arrived at the office Bill and Hank P shared.
April 11, 1938	The Alcoholic Foundation formed as a trusteeship for A.A. (sometimes reported as May 1938)
April 11, 1941	Bill and Lois finally found a home, Stepping Stones in New Bedford.
April 16, 1940	A sober Rollie H. catches the only opening day no-hitter in baseball history since 1909.
April 16, 1973	Dr. Jack Norris presented President Nixon with the one millionth copy of the Big Book.
April 19, 1940	The first AA group in Little Rock, Arkansas, was formed. First 'mail order' group.
April 19, 1941	The first AA group in the State of Washington was formed in Seattle.
April 22, 1940	Bill and Hank transfer their Works Publishing stock to the Alcoholic Foundation.
April 23, 1940	Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W insisted that Dr. Bob and Anne receive them.
April 24, 1940	The first AA pamphlet, "AA", was published.
April 24, 1989	Dr. Leonard Strong died.
April 25, 1939	Morgan R interviewed on Gabriel Heatter radio show.
April 25, 1951	AA's first General Service Conference was held.
April 26 or May 1, 1939	Bank forecloses on 182 Clinton Street.
April 30, 1989	Film "My Name is Bill W." a Hallmark presentation was broadcast on ABC TV.

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

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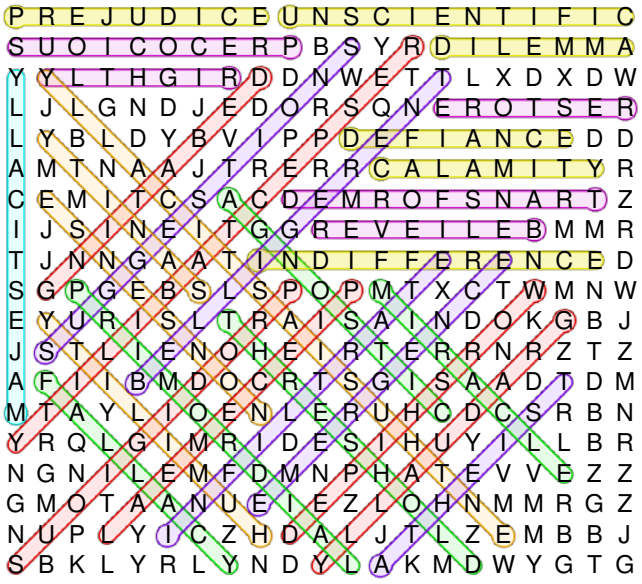
PUZZLES: STEP 4 | FEARLESS & THOROUGH







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



- fearless
- thorough
- creation
- emotional
- security
- instincts
- liabilities
- painstaking
- ~~obsession~~
- inventory
- disillusionment
- helplessness
- battleground
- jealousy
- revenge
- revolution
- depressive
- misshapen
- disposition
- erratic
- pride
- indescribable
- character
- ambition
- willingness

March Puzzle Key

April Key will be in Volume 77 Issue 5

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. and Morgan S.
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 41 Report was listed as District 40 Report in Condensed Minutes.**

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/



Pam H.	**Last Chance**	**4-3-1987**	**39 years**
Claire W.	**WOTS**	**3-26-2001**	**25 years**
Bob R.	**Kent East**	**4-14-1989**	**37 years**
Brooke L.M.		**3-19-2022**	**4 years**
Sprout	**OPP**	**4-21-1991**	**35 years**
Mike H.		**5-23-1984**	**42 years**

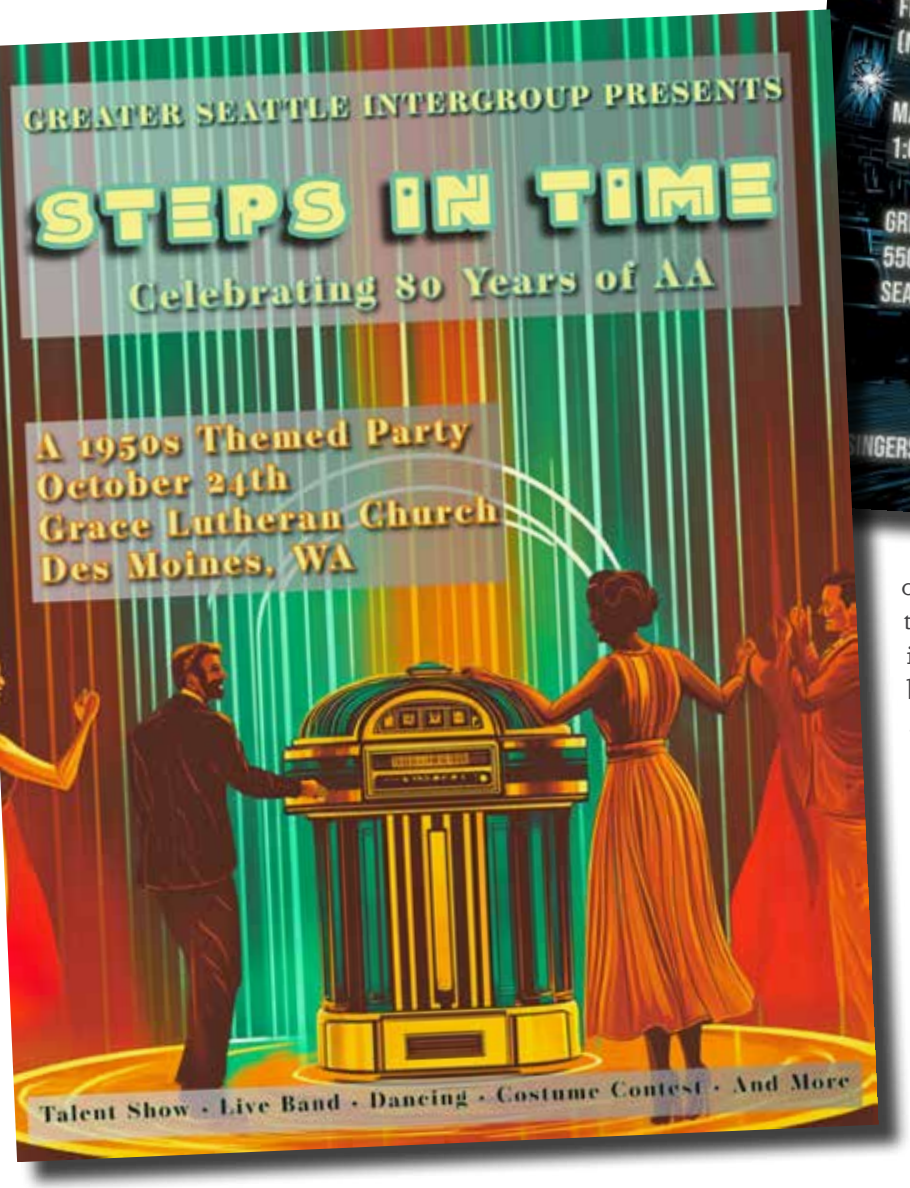
Happy Birthday to April Celebrants in the...

How Dry I Am Club!

SPECIAL EVENTS HIGHLIGHTS

1. Movie Trivia Night: Giddy up! The Special Events Team is inviting you and all your friends to mosey on over to GSIG on Saturday night, May 16th at 8 pm for Movie Trivia Night. The fun will begin with Fellowship at 8 pm & we reckon we will start the recovery-based movie, "Crazy Heart" around 8:30 pm. Please bring your thinking caps for trivia prizes & empty bellies to fill with fresh, buttery popcorn, candy & soda! We will also have a prize for best dressed Western costume so please remember your cowboy hats & boots...we will make sure there is plenty of room to park your horsies outside at 5507 6th Avenue S...Yee Haw!!! ;o)

2. Steps In Time: Please join us at Grace Lutheran Church on Saturday, October 24th for "Steps In Time." This special 1950's based party is a great way to celebrate 80 years of Seattle Intergroup with food, fellowship, a talent show, live band & a 50's dance. Be sure to dress up in your favorite 50's outfit as we will have a prize for the best costume. The doors are expected to open at 1 pm and tickets will be on sale soon. The address of Grace Lutheran Church is 22975 24th Avenue S in Des Moines.





3. Steps In Time Talent Show Tryouts: Come one, come all & bring your talent with you to open auditions at Seattle Intergroup on Sat, May 16th and Sun, May 17th from 1 to 3 pm. Whether it be singing, playing music, dancing, speaking or comedy, all acts are welcome. We encourage your performance to have a 1950's theme but that is not a requirement. The GSIG address is 5507 6th Ave S in Seattle, no appointment time necessary. See you all there! ;o)

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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 4: A Turning Point

By Lee R.

I'VE BEEN SOBER for just over ten years now, and if there's one step that changed everything for me—it's Step Four

When I first came into the rooms, I heard, "Made a searching and fearless moral inventory of ourselves," and immediately thought, "No thanks." I didn't want to look back. I'd already done enough damage. The idea of digging through my past, holding it up to the light, and calling it what it was... well, it felt like way too much.

But here's the thing I've learned: healing doesn't come from avoiding the wreckage. It comes from walking through it—slowly, honestly, and with a lot of support. That's what Step Four was for me. A turning point.

When I finally sat down and started writing that inventory, I realized something I hadn't seen clearly before: I'd been driven by fear and ego for most of my life. My drinking wasn't just about alcohol—it was about avoiding pain, covering up shame, and trying to control things I didn't know how to handle. I thought I was just trying to have a good time or numb out for a bit. But deep down, I was trying to survive emotions I didn't have the tools to deal with.

Step Four gave me those tools.

Now, before I go further, let me say this: this inventory isn't about beating yourself up. It's not about feeling ashamed. It's about truth. And it's about freedom. It's about seeing the patterns—where we were selfish, where we acted out of fear, where we hurt people, and how those instincts that are natural and even God-given can get completely out of whack when we're not grounded in recovery.

For me, my inventory brought a lot into focus. I saw how my need for security had turned into control. How my need for love had become manipulation. I saw how I'd leaned too hard on some people and pushed others away when they got too close. And yeah, it was painful. But it was also powerful.

Because once I could see it, I could start to change it.

If you're early in sobriety and Step Four feels overwhelming, I get it. I've been there. You might be thinking, "I'm just trying to stay sober one day at a time—why do I have to dig into all this stuff right now?" But I promise you, this isn't just about staying sober. It's about building a life that feels worth staying sober for.

And let me be honest—it took more than one draft. My first attempt at Step Four was surface-level. I was still half-defending my actions, blaming other people, minimizing things. But my sponsor was patient. He shared his own inventory with me and reminded me that this is a process, not a performance. The goal isn't to be perfect. It's to be willing.

That's what changed it for me—being willing to be real.

I had to look at how I treated people in relationships, how I showed up (or didn't) in my family, how fear of failure made me lie, isolate, or act like I had everything together when I was falling apart inside. I had to admit that my drinking was just a symptom. The real work was about facing those deeper issues-the ones I'd spent years trying to drown in a bottle.

But here's the gift: doing that work gave me my life back.

I'm not the same person I was when I first walked into a meeting. And that's not just because I stopped drinking. It's because I got honest. Because I stopped running. Because Step Four helped me stop seeing myself as a victim and start taking responsibility for my part.

So if you're standing at the edge of this step, scared to take the leap—let me tell you something I wish someone had told me back then: You're stronger than you think. You don't have to do it perfectly. You just have to do it honestly. And you don't have to do it alone.

Talk to your sponsor. Talk to someone you trust in the program. Write it down, even if it's messy. Just start. This step isn't about staying in the past—it's about clearing a path to the future. A future that's sober, yes—but also peaceful, meaningful, and real.

Ten years later, I'm still uncovering parts of myself. Still learning. Still growing. But that fearless inventory? That's where it started.

And I'd do it again in a heartbeat.△



Tradition Four

by Julie P.

WHEN I WAS VERY NEW, I HEARD SOMEONE SAY that *"AA has wrench to fit every nut!"* And it's true - because each group is autonomous, there's something for everyone who wants to stay sober in AA.



Art by Wendy C.

Autonomy means that each group has complete freedom to govern itself. Depending on its own conscience, a group may read a bunch of AA literature - or other literature - at the beginning of the meeting, or not! Some groups read several pages of the chapter How It Works, others just the steps. Some literature studies dispense with all the usual readings and launch right into whatever they are studying. We have Big Book Study meetings, speaker meetings, women's meetings, beginner meetings, old timer meetings, interview meetings. We have groups that have meetings with all these various formats throughout the week, and others with over twenty meetings a week, each identical in format to all the others.

In the March 1948 Grapevine, Bill wrote, *"With respect to its own affairs, the group may make any decisions, adopt any attitudes that it likes... even though it may act with indifference to our Tradition."* Many groups read literature from other sources than AA, such as Hazelton's Twenty-four Hours a Day, and Emmet Fox's Sermon on the Mount. I've attended meetings with members reading from the Bible, and meetings where one member after another shared about nothing but IV drug use. They are autonomous groups and can conduct themselves as they see fit. Our members have a wide range of choices. Some like only women's meetings or literature studies; some like a variety. Online meetings have offered even more choice. There are members with years of sobriety who have been to meetings daily but have not yet attended a meeting in person. Others don't like online meetings and participate in their local brick-and-mortar meetings.

With an ever more diverse membership, it's a beautiful thing that members can start a new group with characteristics that suit their preferences. Although groups may cite Tradition Four as justification for violating other Traditions, in the final analysis, it still strengthens our unity, as the long form states: *"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when our plans concern the welfare of neighboring groups also, we ought to consult them."*

"Autonomy: the urge to direct our own lives. Mastery: the desire to get better and better at something that matters. Purpose: the yearning to do what we do in the service of something larger than ourselves. These are the building blocks of an entirely new operating system for our businesses." -Daniel H.△

AA Concept IV
The Right of Participation

By Lee R., Third Legacy Chair

Concept IV (Short Form): "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

UNDERSTANDING THE BIGGER PICTURE

"At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

Who gets to participate in those decisions?

Concept IV answers: **everyone who carries responsibility should have a voice.**

As A.A. grew, it became clear that effective service could not happen if decisions were made by only a few, while others—otherswho were deeply involved in the work—had no meaningful input. To function well, A.A. needed participation that matched responsibility.

The Right of Participation ensures that those who serve are not only heard, but are included in the decision-making process itself.



PARTICIPATION IN ACTION

In practice, this means that representation within A.A.'s service structure is not arbitrary. Voting rights are distributed in a way that reflects both responsibility and experience.

For example:

- Delegates participate in the General Service Conference as voting members
- Trustees, directors, and staff also have a voice in matters affecting their work
- Committees include those directly involved in carrying out their purpose

This shared participation helps prevent decisions from becoming disconnected from the realities of service.

It also ensures that no single group or perspective dominates the process.

THE SPIRITUAL PRINCIPLE BEHIND IT

At its heart, Concept IV is about inclusion and fairness.

In recovery, many of us arrive feeling unheard or disconnected. A.A. offers something different: a place where every voice can matter, and where shared experience leads to better understanding.

The same principle applies in service.

When participation is broad and balanced, decisions tend to be wiser, more grounded, and more aligned with A.A.'s primary purpose. When voices are excluded, even unintentionally, unity can begin to weaken.

Concept IV reminds us that inclusion is not just kind... *It is essential.*

WHY IT MATTERS TO US INDIVIDUALLY

Concept IV shows up in simple, familiar ways.

- Every time a group holds a business meeting and invites all members to participate...
- Every time a committee listens to the input of those doing the work...
- Every time we make space for differing perspectives before reaching a decision...

We are practicing the Right of Participation.

Concept IV encourages us to stay engaged, to listen with respect, and to recognize that shared responsibility calls for a shared voice.

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

When participation is open and balanced, A.A. becomes stronger, not because everyone agrees, but because everyone has been heard. △

CORRECTIONS CORNER

Pink Can:

Huge thank yous to the following groups that contributed $553.40 to the Pink Can Fund in February: District 17, Waterfront Group, District 14, Lucky Ladies, Dawn Patrol, Mens Open Book (MOB) and anonymous others. The committee used to purchase $143 of Plain Language Big Books for the Federal Detention Center.

It takes all kinds of people to carry the message inside correctional facilities:

Tim D's story

My sponsor asked me, someone who'd never been inside a jail or prison, to start bringing meetings into the Federal Detention Center (FDC) with him. He'd been doing it for years and I had no interest. I had nothing in common with "those guys." At the time he'd been doing it for years and I felt like he was passing the torch and wanted me to carry it, so I said ok. When I first went in, it felt very scary, all concrete, lots of guys and depressing. My sponsor told me to just go with the flow and keep going and someday I'd want to.

In prison these groups of guys are stuck there and looking for something to do. I started to realize that the whites and blacks in there were a lot like me – no religious training and a rough up-bringing. We could understand each other. Afterall an alkie is an alkie. At some point I realized I wanted to go in.

I'm grateful to have had so many people help pave the way for me. Besides my sponsor Richard L, Lawrence took me in with him for a number of years. I got to participate in Spanish speaking meetings and see how similar we all are. We brought in lots of La Viñas and Spanish Big Books. The psychiatrist who oversees our service used to be Dr. Low who taught me how to do service within the facility's rules. I was shocked at how we had to dress, and that we had to look presentable! I still wear a button up shirt or sweater every time I come into FDC.

Now it's been over 15 years that I've been bringing meetings into FDC. Every time I leave the building, I feel a bit stronger and healthier. I've been taught that if I keep an open mind, I'll see similarities. Don't know if I help these guys but they sure help me. As my sponsor used to say, "If you're not giving it away, you're stealing it." I did not realize what a learning process for me this service would be." My suggestion to anyone who might be interested in corrections service is – if you want to know, try it! It made my sobriety so much stronger. △

Want to learn more? Many ways to do this!

Visit seattleaa.org/corrections to get lots more info and complete a short survey about your interests in corrections.

Ask your home group or district to invite a rep 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 2nd Monday of each month at 6:30pm on zoom and in person at the Intergroup office. (zoom: 87227719137, PW 833575, Intergroup 5507 6th Ave S, Seattle 98108).

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

Letter From the Editor



I want to thank you again for taking the time to read the stories, steps, and traditions, view some artwork, enjoy a puzzle, read a haiku, get excited about the upcoming special events, find out more about the important service work our fellowship engages in, and remember who came before us. It has truly been a plasure and an honor to put this together for you and slip another issue into the archives. Thank you for everything you do. You are truly a miracle.

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

Haiku By Jeff U

Step of the Month Haiku is a monthly reflection by Jeff U., our GSIG Board Chair. Each month, Jeff offers a haiku inspired by one of the Twelve Steps. Pause and let it settle - you may discover a fresh perspective on a step you thought you already understood.

April: Step 4

Our inventory
Starts the ball rolling today
Less fear tomorrow

IN MEMORIUM

Tom A., A man of deep faith and humility who said: "If you want peace, you gotta forgive everyone for everything, and I do mean everyone for everything." And, "It all comes down to love and service".

CONDENSED GSIG BOARD MEETING MINUTES

Greater Seattle Intergroup
March 17, 2026

Opening Call to Order & Serenity Prayer led by Jeff U, GSIG Chair. Tradition Three read by Karrie C, Twelfth Step Chair. Concept Three read by West C, Special Events Chair. No AA birthdays in the room this month. None. Not a single one.

Roll Call 14 of 16 voting members present. Quorum established.

GSIG Officers: Jeff U (Chair), Carina W (Vice Chair, incoming), Karla L (Chair Emeritus), Pete K (Treasurer), Carina W (Secretary, outgoing).

District Representatives present: Ruth P (D14), Blake P (D15), Ricky T (D16), Bobby T (D24), Thomas H (D31), Samantha M (D32), Aaron C (D33), Daysha G (D40), Sarah F (D42). Lara attending in lieu of William B (D18). Absent: David S (D17), Laura C (D41).

Minutes Outgoing Secretary Carina W took full accountability for errors in the February minutes, in which D41's February report appeared where D40's should have been, D41's January report appeared where their February report should have been, and D40's report was omitted entirely. The corrected minutes are available at seattleaa.org/intergroup/intergroup-board. Approved unanimously.

OFFICER REPORTS

Chair - Jeff U: The Ad Hoc Committee for Financial Auditing has completed its work. The committee - consisting of former Chair Mike M, former Treasurer Dan G, current Treasurer Pete K, and Office Manager Lara R - reviewed and formally approved the 2025 financials. Several bookkeeping categorization recommendations were made; these do not affect 2025 results and will be addressed going forward. The committee has disbanded.

Vice Chair - Carina W: Vice Chair activities were minimal this month due to ongoing Secretary transition work. Carina is getting things ready for incoming Secretary Sui D and watching Jeff closely in preparation for the day she may need to fill in.

Chair Emeritus - Karla L: The 85th Anniversary is happening! Rumors that we're trying to turn a profit are, in Karla's words, almost funny. The event needs your support. There will be chips, sweatshirts, cheesecake from a talented fellow in Tacoma, bundt cake, and - at Jeff's insistence - cobbler. Registration has no deadline.

On accessibility: ASL interpretation is not confirmed; options being explored include AI interpretation and closed captioning.

Treasurer - Pete K: Pete presented both the 2025 End of Year Report and the most recent monthly financials. He thanked groups, sustainers, Birthday Club members, and individual contributors. The full Treasurer's Report is attached at the end of these minutes - please refer to it directly for accurate figures. Approved unanimously.

To contribute: area72aa.org/contribute/ | treasurer@seattleaa.org | (206) 587-2838

Recording Secretary - Carina W: This is the last set of GSIG board meeting minutes from Carina W for the foreseeable future. She reminds everyone that the D40/D41 error in the February minutes was entirely her own - Newsletter Editor Peter J bears no responsibility, as he works from the minutes she provides. Incoming Secretary Sui D will take over going forward. Carina will remain available to support him.

INTERGROUP STAFF REPORTS

Office Manager - Lara R: The 2025 financial audit is complete. Thanks to past Treasurers Mike M and Dan G for their service on the audit committee. Income and expense figures are accurate; some categorization cleanup will carry into 2026. The organization successfully absorbed a large literature purchase without dipping into the prudent reserve. 2025 taxes have been filed.

A 2025 Annual Report is in progress and should be available for distribution at the April Quarterly.

Inventory notes: Daily Reflections (B-12) remains on backorder from AAWS. A new Grapevine book titled Gratitude has been ordered and is expected in a few weeks. The Circus Cover Big Book (1st edition reprint) is officially sold out at AAWS.

Season 2 of Our Primary Purpose is now streaming, covering the 2025 International Convention in Vancouver, new technology in

carrying the message, and member/professional perspectives on AA.

24-Hour Helpline - March Log: 12-Step Calls: 1 | Phone Calls: 97 | Chats: 74 | Total: 172

Assistant Office Manager - Anita S Anita joined under challenging internet conditions on a blustery evening and received a well-earned round of applause.

OLD BUSINESS

Election of New Secretary Two candidates presented themselves to the board:

Sui D - Sobriety date September 25, 2006. Home group: Sunday Night Speakers on Phinney Ridge (9½ years). Past service includes District 17 Secretary and Treasurer. Prior to Seattle, served six years in San Francisco General Service, including GSR, District Treasurer, and DCM. Active in Hospitals & Treatment.

Laurie K-R - Sobriety date February 22, 1985. Seattle resident since 2008. Home group: Pilgrims Online. Service includes helping start meetings, Service Chair for Saturday Morning Promises, Intergroup phones, H&T, co-founding Rocketed Into Recovery and Sober Diversity. Professional background in IT project management, meeting facilitation, and 911 dispatch.

Sui D was elected GSIG Recording Secretary in the first round. Welcome, Sui!

Intergroup Inventory Survey Approximately 20 members have responded. Shannon requested waiting until next month for a status update.

SERVICE COMMITTEE REPORTS

Relocation Committee - Ed H The current GSIG building at 5507 6th Ave S has been purchased by a new owner and is slated for demolition in 2028–2029. The committee recommends beginning relocation planning now and opening dialogue with the new owner about short-term lease options.

Key findings: A central location with light rail proximity is preferred. Current monthly space costs are approximately $6,500–$7,000 (roughly one-third of operating expenses); the target for a new space is closer to $5,000/month. The current 3,254 sq. ft. appears underutilized; a footprint of approximately 2,900 sq. ft. could meet needs if well configured. Ground-floor visibility, evening/weekend parking, and a welcoming atmosphere for walk-ins remain priorities.

All Ad Hoc committee meetings are open to members.

Office Committee - Steven M: Between the Treasurer's report, Relocation Committee report, and Office Manager report, Steven confirmed that pretty much everything was covered.

Accessibility - Jinah W: The committee discussed strategies to raise awareness of the Blue Can program and increase participation. Ideas include attending District meetings to introduce the Blue Can, submitting an article to the High & Dry, and setting up information tables at upcoming events (Burien Little Assembly, Spring Intergroup Gathering, Intergroup Picnic).

Nathan Lovaas has joined as Accessibility Chair for PRAASA 2027 (nathanlovaas@gmail.com). Laurel will connect Nathan with Alene (co-chair of the Deaf Special Forum) regarding multilingual app support.

District outreach assignments have been divided between Cynthia and Jinah. District 14 meeting April 14 - Laurel and Cynthia attending, with Virginia Wulf providing interpretation.

Materials updates in progress: Blue Can wording revision and improved QR code visibility (Jinah).

Archives - Teresa S: Nothing new to report.

Corrections - Karen K Pink Can: Thank you to District 17, Waterfront Group, District 14, Lucky Ladies, Dawn Patrol, Men's Open Book, and anonymous donors for $553.40 in February contributions. $143 was used to purchase Plain Language Big Books for the Federal Detention Center.

Volunteer Opportunities - Act Now: The Federal Detention Center (SeaTac, two blocks from Angle Lake Light Rail) is actively recruiting. Requirements: 5 years out of custody, not on probation, 2 years sobriety. Meetings Thursdays 5:30–6:30pm (arrive by 5:15). Background check and fingerprints required. New volunteer orientation April 26. Email volunteercorrections@seattleaa.org ASAP - the process takes time.

Also seeking volunteers for: SCORE in Des Moines (Saturday mornings), Juvenile Detention (Saturday girls' meetings, monthly Tuesday boys' meetings), and Pioneer Federal Co-ed Work Release (starting soon - contact Ruth S at blackfeetlovin@gmail.com).

Area 72 Corrections Quarterly: Saturday March 21. Hosted by D18. Eastside Alano Club Corrections Panel: Sunday March 29, 2–5pm. Hybrid: 12302 NE 8th St, Bellevue | Zoom: 3472061035, Passcode: 1234.

Monthly meetings: 2nd Monday, 6:30pm. Zoom: 87227719137, PW: 833575. In person: 5507 6th Ave S, Seattle 98108. Questions: corrections@seattleaa.org

Hospitals & Treatment - Mikey C The Capitol Hill men's facility of Union Gospel Mission has closed and relocated residents downtown and to Riverton. District 42 has been invited to join the University of Washington NW Hospital meeting. Monthly H&T meeting had 10 attendees.

Current openings:

UGM Downtown Seattle: 10am, 3rd and 4th Saturdays. Free parking.

Hope Place (Othello) women's shelter: 1st Tuesdays of even months, 8:45am. Contact Mikey for details.

Lakeside Milam Renton: 9am last Fridays. Contact Titus from D18.

Bread of Life: Back on track thanks to Lily.

Monthly meeting: 1st Saturday, 10am, GSIG boardroom and Zoom. Zoom: 820 0608 7832 | Passcode: 088776

Newsletter - Peter J Working on the April issue, themed around Courage: Step 4, Tradition 4, Concept 4, Principle 4.

By the time this is published, May submissions will be open. May

theme: Honesty - Step 5, Tradition 5, Concept 5, Principle 5.

We want YOUR submissions: art, photography, poetry, prose, personal stories, meeting spotlights, doodles, event flyers, feedback. Deadline: 25th of each month | Submit to: newsletter@seattleaa.org Next committee meetings: March 27 and April 24.

Nightwatch - Rob S:
Shifts currently open:

1st Saturday: 10:00pm–2:00am

3rd Thursday: 2:00–6:00am

4th Saturday: 2:00–6:00am

Contact: nightwatch@seattleaa.org | Text: 206-601-0061

Public Information / CPC - David D: PICPC meets the 3rd Saturday of each month at 10am (hybrid at GSIG). The committee carries the AA message to the general public and to professionals through literature racks, speaking opportunities, panel discussions, and outreach to clinics, hospitals, schools, courts, libraries, shelters, and media. New members welcome - no prior service experience required. Contact: 206-817-3695 | cpc@seattleaa.org | ddelafuente1@yahoo.com

Special Events - West C:

Hearts in AA (Feb 22): Great turnout. The dessert bar and boardroom décor were spectacular.

Movie Trivia Night: Saturday May 16, 8pm at GSIG. Featuring Crazy Heart, prizes, popcorn, pop, and candy.

Big AA Picnic: Coming to GSIG this year (Seward Park was unavailable). Celebrating 80 years of serving Greater Seattle AA with a car show, 50/50 raffle, food, prizes, and Ray's Garage band in the back alley.

Steps in Time: October 24 at Grace Lutheran Church, Des Moines. 1950s costume theme, talent show, skit, dinner, and live music dancing. Tickets: $20, on sale soon. Talent show tryouts: May 16–17, 1–3pm at GSIG.

85th Birthday Celebration commemorative chips available for $25 plus donation cans - ask West.

Special Events meets the 1st Tuesday of each month at 6pm at GSIG. New members welcome! Contact: specialevents@seattleaa.org | 425-736-4130

Third Legacy - Lee R: Lee was unable to attend or submit a report this month.

Twelfth Step Chair - Karrie C: The 12th Step Committee remains active. Chats are increasing while traditional 12th Step call requests are declining - this reflects real-time help happening via chat. Volunteers ("chatters") needed: it's once a week, you turn on the app and respond if someone reaches out. Easy service from your couch.

Web & Tech - Peter J: Discussion centered on district requests for pages on seattleaa.org or assistance finding affordable static hosting. The committee is open to supporting districts interested in their own sites or pages within seattleaa.org. Contact wtchair@seattleaa.org or bring requests to a Web & Tech meeting.

Webmaster - Dash M: The website continues to operate reliably. A "flyer wall" feature displaying event flyers alongside the events page is in development. Dash hopes to demo it at the April board meeting.

DISTRICT REPORTS

D14 - Ruth P: West Seattle, White Center, Vashon Island District met last week. Group inventory March 7 was well attended; Astri facilitated. Pre-Conference Meeting March 21 at Fauntleroy Church. D14 co-hosting April Business Quarterly April 10–11. Handbook committee formed. Meets 2nd Tuesday, 7pm.

D15 - Blake P: Downtown Seattle, West Capitol Hill Met March 11 at Intergroup, 7pm. New Alt DCM filled. Still seeking additional service positions. Upcoming events and BLA discussed. Registrar implementation reviewed. Meets 2nd Tuesday.

D16 - Ricky T: Northeast Seattle / University District Met at Journey Christian Church, 7–8:30pm, 12 attendees. GSR updates: April potluck planned by Lake City Group; Tuesday Night Special GSR returning; On Awakening reports successful childcare. Treasurer balance: $1,004.48 checking, $505.87 prudent reserve. Literature costs up approximately $3/Big Book. District road show planned to promote General Service. Outreach continues at Northwest and Swedish Hospitals. Upcoming: district summer picnic discussion, info table at Lake City Days August 1.

D17 - David S (absent): Ballard and Northwest Seattle Working toward setting a date for a Gratitude Banquet. Supporting promotion of the 85th Anniversary at Emerald Downs.

D18 - William B: (Lara R reporting) | Renton, Kent, Tukwila Hot Stove annual potluck: Kennydale Memorial Hall, Friday March 27. Dinner 6:30pm, speakers 7:30pm. Open to all. D18 hosting Corrections Quarterly Saturday. Positive Bridging the Gap activity, including Valley Medical Center. Pre-conference hosted Sunday, well received. Upcoming: Picnic July 18, Philip Arnold Park, 11am–4pm. CPC Roadshow June 6, venue TBD.

D24 - Bobby T: Southwest Snohomish County Meets 1st Wednesday, 7–8:30pm, St. Hildes, 15224 52nd Ave W, Edmonds. Last meeting March 4 with potluck. 35 in person, 5 online. Featured Area 72 Third Legacy Chair Terry R. Report from PRAASA: AI Translation did not work. Most positions filled; Alt Zoom coordinator open. Gratitude Banquet: March 28, 5–8pm, St. Pius, 22209 58th Ave West. Picnic: July 18 all day, Edmonds City Park.

D31 - Thomas H: Burien, Des Moines, Normandy Park, SeaTac, Tukwila Meets 2nd Wednesday via Zoom, quarterly in person. Open positions: Treasurer, Corrections, Treatment, Accessibility. GSR School February 21 - 70 attendees, great success. April Business Quarterly: April 10–11, Grace Lutheran Church (registration open, volunteers needed). District inventory: June 20, Grace Lutheran, 1–4pm, Alan Foster facilitating. CPC Roadshow Workshop: September 12, 11am–5pm, Grace Lutheran.

D32 - Samantha M: Algona, Auburn, Federal Way, Pacific Met March 2 at Brooklake Church, 629 S 356th St, Federal Way. 22 voting members, 2 guests. Storage costs increased. D32 Traveling Display heading to BLA. CPC seeking Russian-speaking

member and wheelchair-accessible vehicle volunteer. District 32 Picnic tentatively July 19 at Steel Lake Park. School Panels: new chair reaching out to Federal Way and Auburn School Districts. Treatment panels at Intercept: 1st Tuesdays 12:05–1:20pm and 4th Fridays 11:05am–1:20pm (contact Robert: 253-329-0418 or powerhouserob61@gmail.com). Meeting guides now available in standard 8.5x11 format. Open positions: Accessibility, Bridging the Gap, Corrections, Grapevine/ Literature, PI, Third Legacy.

D33 - Aaron C: Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent Met March 10, 6:30pm, King County Sheriff Station, Maple Valley. Quiet month. Gratitude Banquet Committee Chair position filled. Still seeking Grapevine and Accessibility chairs. Committed to hosting a quarterly Grapevine literature workshop (December 12–15, hybrid). Featured presentation by Michaela, Area 72 Archives Chair, on the upcoming National AA Archives Workshop: September 10–13, Washington State Museum, 1911 Pacific Ave., Tacoma. Includes hands-on experiences, workshops, speakers, and hospitality room. Contact: NAAAW2026chair@gmail.com

D40 - Daysha G: D40 meets on Zoom the first Tuesday of every month at 7pm. ZOOM ID: 636 349 2454 / no password. The next quarterly hybrid meeting will meet on Zoom and in-person at Seattle Intergroup on 5/5/26. www.seattleaadistrict40.com/

D41 - Laura C: Queen Anne, Magnolia, South Lake Union Meets 2nd Wednesday on Zoom. Group conscience taken to contribute $600 to the ASL Blue Can from district funds - transfer in progress. Summer picnic planning underway: August 1, 4–7pm, Magnolia Park, Shelter #1, reservation paid. District also contributing to Pride in the Park. Interest in Web & Tech partnership with Intergroup for district site hosting. GSRs encouraged to think about rotation. All group reports positive. Highlights: Abigail's Ghost (ASL) attendance has grown to 19. Young People's Committee connected with Sober High School in Seattle.

D42 - Sarah F: Lake Forest Park and Shoreline In-person meetings beginning April 9, 2nd Thursdays, 7pm at North Seattle Church, just south of Haller Lake. That's all!

FELLOWSHIP HALLS

A New Beginning (Trisha A): - Unable to attend or submit report.

Ed-Lynn Fellowship (Marcus): - Unable to attend or submit report.

Fremont Fellowship Hall (Adam R): - The group has moved to 11065 5th Ave NE, Suite F (enter from rear; parking in back). The new space is significantly larger. Additional space may become available for other groups in the future. Currently hosting 10pm meetings every night of the week. New women's meeting beginning March 29, Sundays at 3pm.

Greenwood Fellowship (Sullivan R): - Welcome to Sully, attending the GSIG board meeting for the first time!

Pass It On (Jeffery F): - Unable to attend or submit report.

Serenity Hall (Trent H): - Working with Lara on a group inventory. Will sponsor two members to attend the 85th Anniversary Celebration - winners selected at next business meeting April 11. Ongoing landlord challenges: a second leak developed after snow melt on March 14. Serenity Hall is actively searching for a new location; a local church has shown interest in offering their basement.

The Southend Fellowship (Lynn U): - Welcome to Lynn, attending the GSIG board meeting for the first time!

UPCOMING EVENTS

seattleaa.org/events

Event: Seattle Group AA Meeting

Location: GSIG

Date/Time: Every Saturday @ 6:00 PM

Event: Service Manual Study

Location: GSIG Hybrid

Date/Time: 1st Sunday @ 11:00 AM

Event: 85 Years in WA (Planning)

Location: GSIG Hybrid

Date/Time: Every other Saturday @ 4:00 PM

Event: Area 72 April Business Quarterly

Location: Grace Lutheran, Des Moines

Date/Time: April 10–11

Event: 85 Years in WA (Registration)

Location: Emerald Downs, Auburn

Date/Time: April 18 @ 10:00 AM

Event: May the Fourth Be with You

Location: GSIG Hybrid

Date/Time: May 4 @ 4:00 PM

DEADLINES GSIG Reports →

secretary@seattleaa.org | Due: April 21 Newsletter Articles → newsletter@seattleaa.org | Due: April 25

FIVE MAIN TAKEAWAYS

(In the ongoing tradition of "Five" meaning "Seven" at GSIG Board Meetings)

85 Years of AA in Washington - April 18 at Emerald Downs. Less than a month away! Register, volunteer, and come party with us.

Welcome, Sui D - Our new GSIG Recording Secretary.

Nightwatch shifts open - 1st Saturday 10pm–2am, 3rd Thursday 2–6am, 4th Saturday 2–6am. Contact nightwatch@seattleaa.org or text 206-601-0061.

2025 financials approved - Ask your District or Group Intergroup Rep for details, or find them at seattleaa.org → Intergroup → Intergroup Board.

Inventory survey - Still open. Tell us what you want in the GSIG store.

Motion to close: Pete K, Treasurer | Seconded by: Lara R, D18 | Unanimously approved

We adjourned with the Responsibility Statement.

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

GSIG FEBRUARY FINANCIAL SUMMARY

INCOME	EXPENSES	FEB NET INCOME	YTD NET INCOME
$20,236.08	$20,714.16	-$478.08	$3,385.51

INCOME VS EXPENSES

Income	**$20,236.08**
Expenses	**$20,714.16**

PRUDENT RESERVE

Current Reserve	**$47,565.23**
Target	**$63,078.00**

75.4% funded — **Shortfall: $15,512.77**

BANK BALANCES

Checking	**$16,458.78**
Savings	**$1,461.86**
Operating Funds	**$17,920.64**
Prudent Reserve	**$47,565.23**
Total Bank Accounts	**$65,485.87**
Stripe	**$769.66**
Accounts Receivable	**$115.00**
Total Assets	**$106,237.26**

STANDING COMMITTEE FUNDS

COMMITTEE	BUDGET	SPENT	REMAINING	% USED
Archives	$200.00	$75.00	$125.00	
Corrections	$360.00	--	$360.00	
GSIG Board	$1,000.00	$38.23	$961.77	
Hospital & Treatment	$1,800.00	$168.00	$1,632.00	
PI/CPC	$1,800.00	$44.75	$1,755.25	
Special Events	$6,500.00	$1,011.25	$5,488.75	
Third Legacy	$250.00	--	$250.00	
Web and Technology	$1,500.00	--	$1,500.00	
Accessibility	$2,250.00	$225.00	$2,025.00	
Total	**$15,660.00**	**$1,562.23**	**$14,097.77**	

BALANCE SHEET SUMMARY

TOTAL ASSETS	TOTAL LIABILITIES	TOTAL EQUITY
$106,237.26	$14,363.13	$91,874.13

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(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

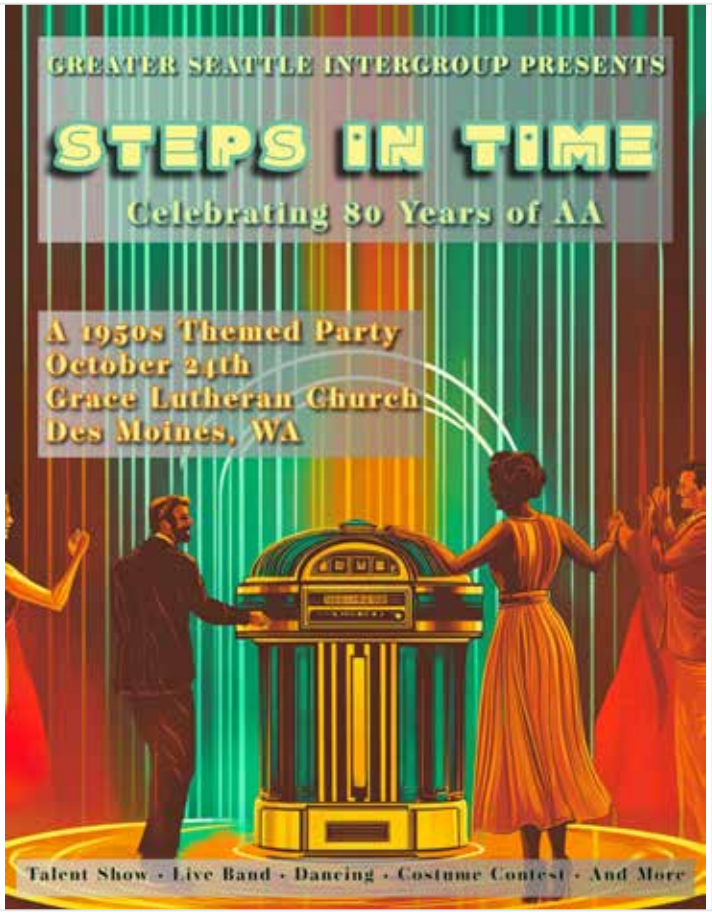
This event is at Seattle Intergroup and online

MEETING ID 863 6483 7688 PW 022841

5507 6TH AVE S., SEATTLE, WA 98108







A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 60 years, contributing a single dollar has been almost a tradition



12PK OF BEER

1960 ... $1.70
1970 ... $1.98
1980 ... $3.40
1990 ... $4.96
2000 ... $6.30
2010 ... $8.07
2024 ... $12.25



CIGARETTES

1960 ... $.20
1970 ... $.65
1980 ... $1.65
1990 ... $2.00
2000 ... $3.00
2010 ... $5.50
2024 ... $7.93



GAS

1960...$.22
1970...$.35
1980...$.35
1990...$1.10
2000...$1.25
2010...$2.70
2024...$3.19

$1.00 in 1935 would be worth **$23.03 in 2025! Today's dollar has only 9 cents of the purchasing power of a 1960's dollar.**



Acknowledging these economic facts, why not responsibly compensate by dropping in 3 bucks for 2025?



For those that can't afford it, the important thing is to keep coming back!

This poster is unofficial. It was not printed by AAWS. Printed by Lancaster Area Intergroup.



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: _____

SKAC Easter Celebration

April 4th . 12:00-4:00pm

1317 Harvey Rd NE
Auburn, WA 98002

Join us for an Easter Potluck!

Easter Egg Hunt + A special GOLDEN EGG

Come and take pictures with the Easter Bunny!

ALL PROCEEDS GO TO HELP SUPPORT 12 STEP PROGRAMS AND TO HELP THE STILL SUFFERING

southkingalanoclub.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

Pass It On .....

Speaker Meeting

17801 1st Ave So (Normandy Park)

(12th STEP WORK)

The Second Tuesday of the month . . .at 7pm

Pg 181

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

- Sense of duty.
- It is a pleasure.
- Because in so doing I am paying my debt to the man who took time to pass it on to me.
- Because every time I do it I take out a little more insurance for myself against a possible slip.

April 9

Speakers	Gerard A	of	Pass It On
	Nicole L	of	The First 164
	Jimmi C	of	Our Primary Purpose

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

April 4th Frankie R.

April 11th Jack L.

April 18th Sui D.

April 25th Jack O.

May 2nd Rob H.

May 9th Karla L.

May 16th Tiffany P.

May 23rd Michele D.

May 30th Katherine H.

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/