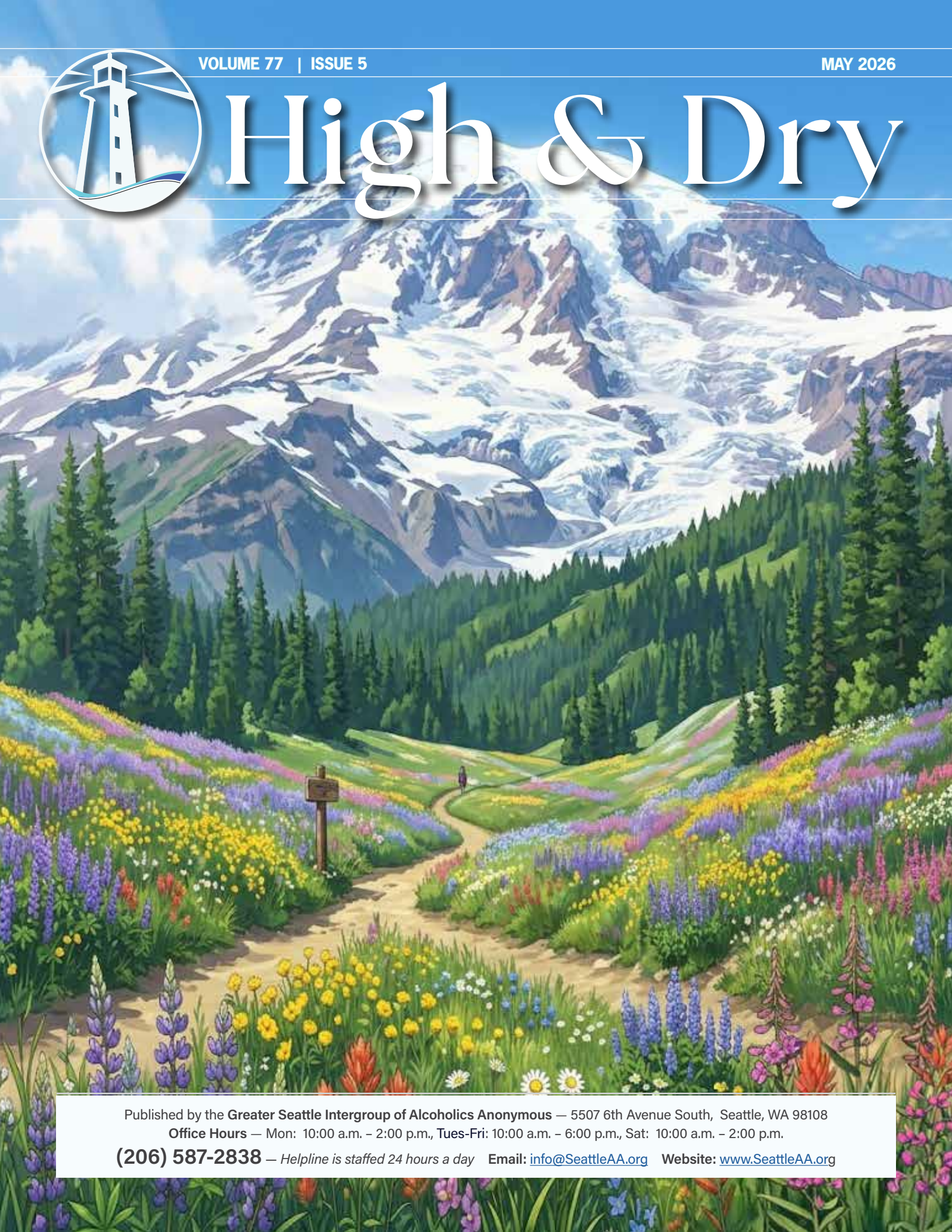
VOLUME 77 | ISSUE 5 MAY 2026

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

IN THIS ISSUE: INTEGRITY



In This Issue: The quality of being honest, having strong moral principles, and acting in alignment with your values, even when no one is watching.

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FUTURE TRIPPING: MAY 2026 EVENTS

2 — Dawn Patrol Speakers Brunch

- 2 @ 10:00 am - 12:00 pm
- Tibbetts Church, 3940 41st Ave SW, Seattle, WA, 98116, United States
- Join us for brunch and fellowship as two AA members share their experience, strength and hope.

2 — Hospital and treatment Committee

- 2 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 820 0608 7832
- Passcode: 088776

3 — Service Manual Study

- 3 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 863 6483 7688
- Passcode: 022841

4 — May the Fourth Be with You

- 4 @ 4:00 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- One of our rare in-person meet ups.

6 — Accessibility Committee

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

7 — 12th Step Committee

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

11 — Corrections Committee

- 11 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 872 2771 9137
- Passcode: 833575

16 — CPC/PI Committee

- 16 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 839 2685 4975
- Passcode: 553965

16 — Talent Show Try-Outs

- 16 @ 1:00 pm - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Open Auditions for the upcoming Steps in Time Event which will be held on October 24th.

16 — Movie and Trivia Night

- 16 @ 8:00 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Featuring 'Crazy Heart'

17 — 47th Annual Ladies Luncheon

- 17 @ 1:00 pm - 3:00 pm
- Lakeside Seward Park Community Center, 4916 S Angeline Street, Seattle, 98118, United States

19 — Web and Tech Committee

- 19 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 857 9514 2843
- Passcode: 467107

19 — GSIG Monthly Board Meeting

- 19 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 918 5437 5402
- Passcode: 035194

22 — Newsletter Committee

- 22 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 810 7167 3523
- Passcode: 856572

29 — Serenity Now Monthly Birthday and Potluck

- 29 @ 7:30 pm - 9:00 pm
- VFW Hall, 3601 SW Alaska St, Seattle, WA, 98126, United States

For event details:

seattleaa.org/events



REFLECTING ON OUR PAST: MAY IN OUR HISTORY

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

March-May 1938	Bill begins writing the book Alcoholics Anonymous.
May 1939	Lois W Home Replacement Fund started at Alcoholic Foundation.
May 1949	The first AA meetings in Scotland were held in Glasgow and Edinburgh.
May 1950	Nell Wing became Bill W's secretary.
May 1951	Al-Anon is founded by Lois W. and Anne B.
May 1, 1939	Bank forecloses on 182 Clinton Street. (sometimes reported as April 26, 1939)
May 1, 1940	Rollie H, Cleveland Indians, first anonymity break on national level.
May 1, 1941	The first Wisconsin AA meeting was held at a hotel in Milwaukee.
May 2, 1941	Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
May 3, 1941	The first AA group in New Orleans, Louisiana, was formed. (sometimes dated as May 2, 1943)
May 3, 1941	Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.
May 4, 1940	Sunday Star reported founding of first AA group in Washington, DC.
May 6, 1939	Clarence S of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.
May 6, 1946	The long form of the "Twelve Traditions" was published in the AA Grapevine.
May 8, 1943	Akron AA Group celebrates 8th anniversary with 500 present and sober.
May 8, 1971	Bill W buried in private ceremony, East Dorset, Vermont.
May 10, 1939	Clarence S announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
May 11, 1935	Bill W made calls from the Mayflower Hotel and was referred to Dr. Bob.
May 11, 1939	first group to officially call itself Alcoholics Anonymous met at Abby G's house in Cleveland. (some sources say the 18th)
May 12, 1935 @ 5 pm	Bill W met Doctor Bob at the home of Henrietta Seiberling.
May 15, 1961	Bill W's mother, Dr Emily Strobell, died.
May 16, 1941	Ruth Hock finds that Joe W. (or V.), credited with coming up with the name Alcoholics Anonymous, has a "wet brain".
May 17, 1942	The Dayton Journal Herald published pictures of AA members wearing masks to protect their anonymity.
May 17, 1942	New Haven, Conn paper has article on AA. Picture shows faces of members sitting in a circle.
May 18, 1950	Dr. Bob tells Bill "I reckon we ought to be buried like other folks" after hearing that local AA's want a huge memorial.
May 19, 2000	Dr. Paul O., Big Book story "Doctor, Alcoholic, Addict" (renamed "Acceptance Was the Answer" in the 4th edition) died at the age of 83.
May 28, 1974	The first World Service Meeting of AA outside North America was held in London.
May 29, 1980	"Dr. Bob and the Good Oldtimers" was published.

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

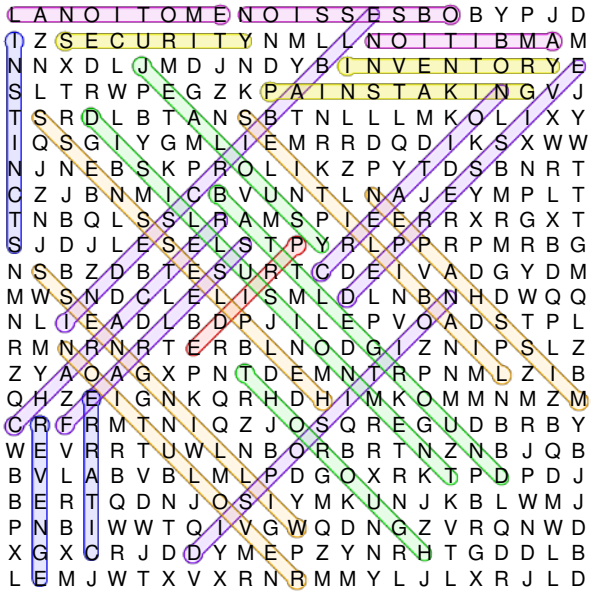
PUZZLES: STEP 5 | ADMITTED TO GOD







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



destructive
isolation
loneliness
boomeranged
belonging
kinship
forgiveness
meaningful
miraculously
tranquility
rationalization
accurate
willingness
confidence
humility

admitted
deflation
character
defects
problems
ghosts
yesterday
reluctance
admission
humiliating
perilous
confessing
spirituality
practical
fearless

April Puzzle Key

May Key will be in Volume 77 Issue 6

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

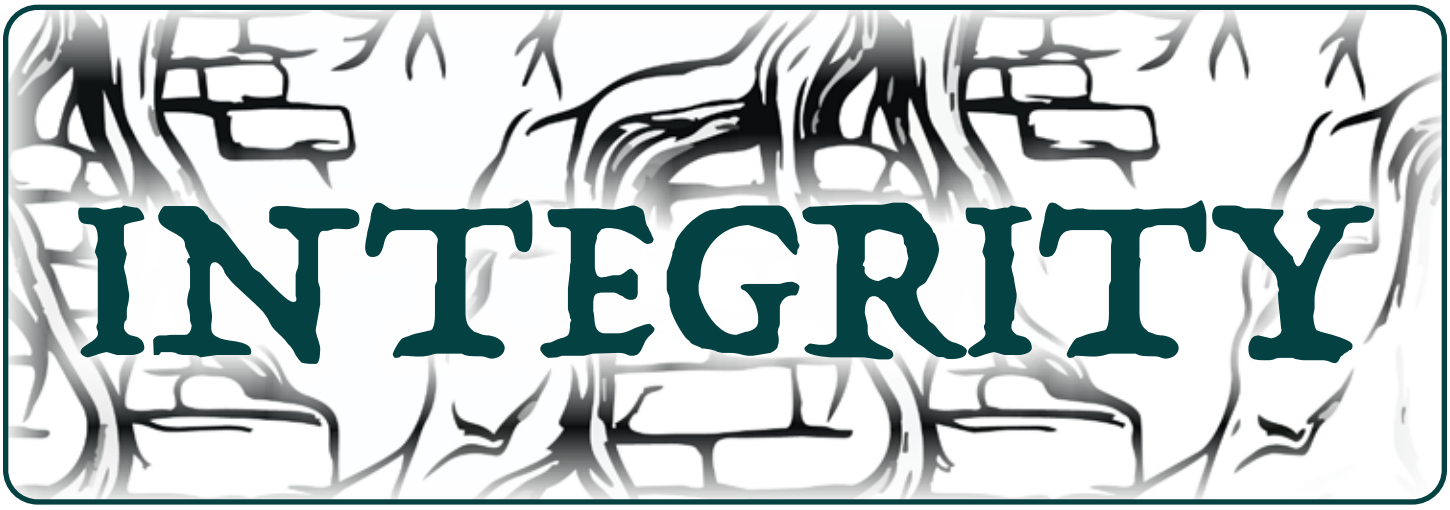
Manager: Jim H.
Rick L., Richard C., John G., Jesse J., Anna B., Bill S., and Matt W.

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



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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 June yet!
Help us keep this beautiful tradition alive!

Join the Club!

seattleaa.org/online-contributions/



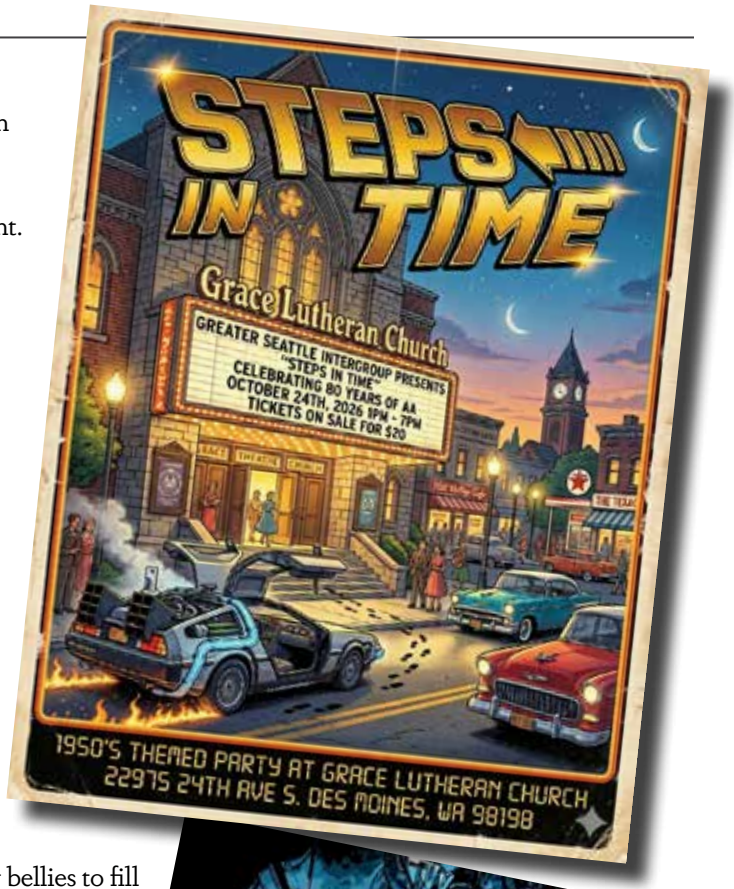
Mike B.			26 years
Shannon R.	Walk the Talk	April 7	42 years
Jennifer S.	Real Alcoholics	3-27-2015	11 years
Karen O.	Benson Hill		20 years
Sally P.	ANPG	4-30-1984	42 years
Bruce P.	Empire Way		17 years
Ann S.	Early Bird		32 years

Happy Birthday to May Celebrants in the...

How Dry I Am Club!

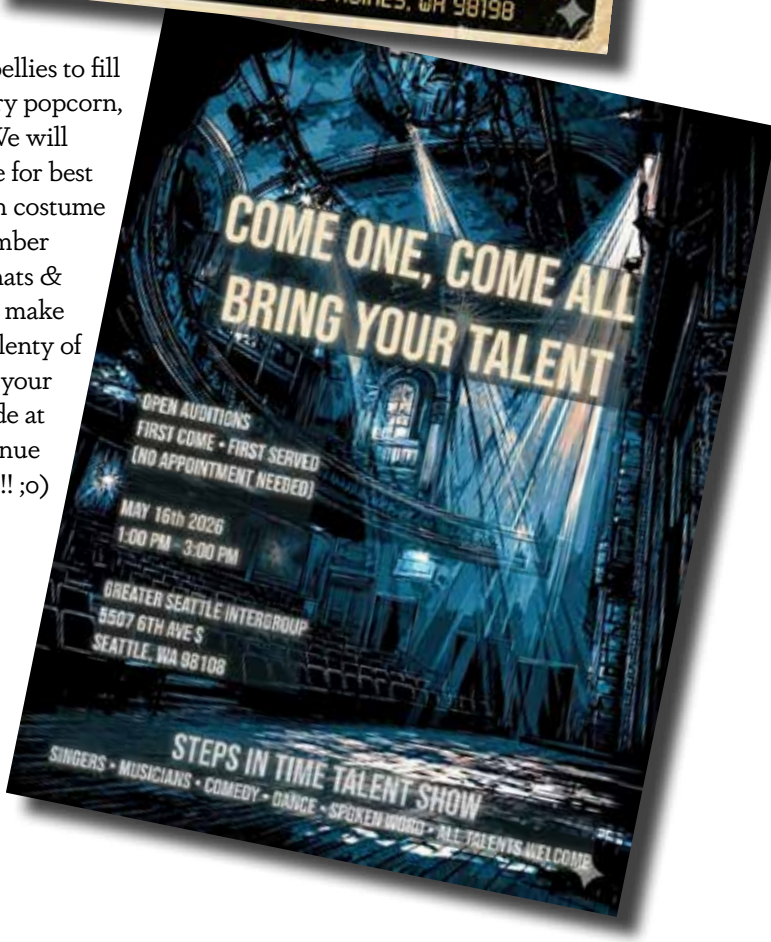
SPECIAL EVENTS HIGHLIGHTS

1. 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 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)



2. 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)





3. 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 are now on sale for only $20. The address of Grace Lutheran Church is 22975 24th Avenue S in Des Moines. △

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Step 5

By Stephan M.

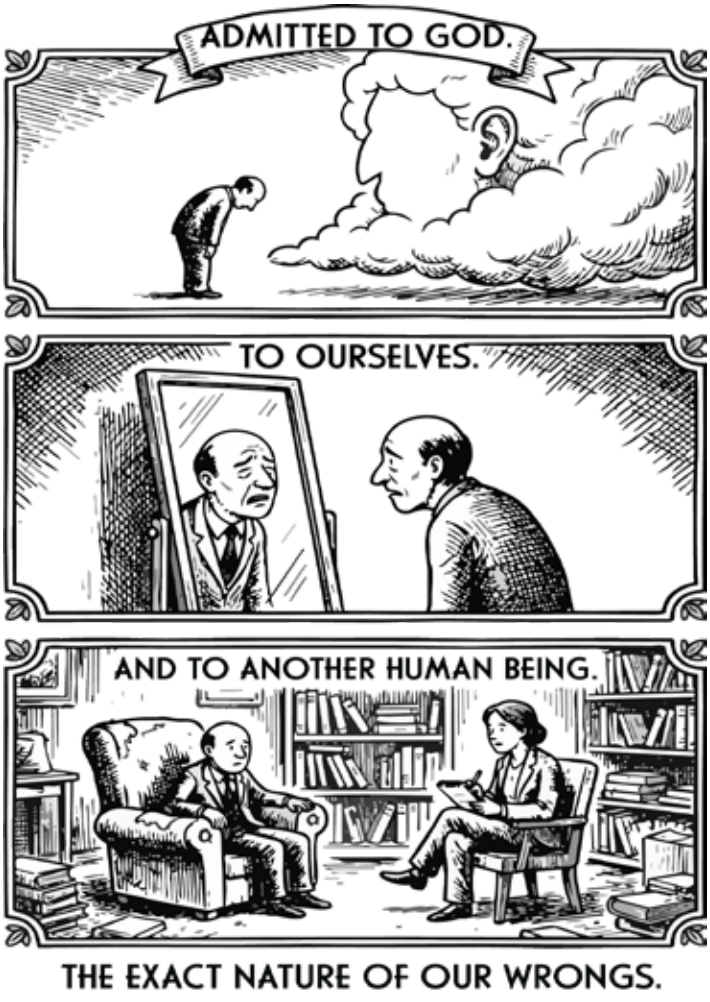
DURING MY EARLY DAYS IN AA, I didn't think much about Step Five (or, really, any other step either). My last drink was in the parking lot of the Eastside Alano Club, and as far as I was concerned, I had done Step One right: I had quit drinking, and that was all that really counted.

I was attending meetings every day, so it wasn't long before I heard people talking about - and recommending - that new people "work the steps." Since I was self-sponsoring, I didn't pay too much attention to that advice either.

As the weeks and months went by, I heard more and more about the importance of working the steps, and particularly Step Five. The reports I heard in the rooms from AA members who had completed Step Five said pretty much the same thing: "I read my inventory to my sponsor and admitted everything I had done wrong." "Even the things I thought I would never ever tell anyone, I shared out loud." "And when I was finished, I never felt so free in my life."

After about a year and a half of not drinking and daily attendance at meetings, I started to feel "less than" others who were working the steps with a sponsor and able to share their experiences of the steps. My game plan was to write an inventory - which I did, in an autobiography format because I couldn't follow the book's directions - and find an AA friend to hear what I wrote, which I also did. Even I was surprised at my candidness. I felt like I included "every nook and cranny" from my past. My friend was a great listener and was very supportive of what I was doing.

A few hours later, when we were finished, I tossed the inventory into his fireplace as instructed, then was told to go home and spend a quiet hour by myself. During the drive home there were no feelings of freedom or spiritual breakthrough or even relief - as I had heard so many others talk about. My biggest gain was that, now at meetings, I could claim I had completed my Fifth Step and, as an added bonus, feel superior and judgmental toward those who hadn't yet.



In August of 1989, with three years of not drinking and sinking lower into untreated alcoholism, I was approached by a man who had the real answer. (Exactly like the story on page 18 of our Big Book.) We worked the steps, and when the day came for my Fifth Step, I had a notebook reflecting the Big Book's suggested format of an inventory, and we had a long, long talk.

When I thought we were finished, he said, "So what did you discover the exact nature of your wrongs are?" I replied, "What? What are you talking about?" He reminded me the Fifth Step was about admitting not only the nature but the exact nature of my wrongs (my mistakes?). Truly, I was puzzled. I couldn't count how many Fifth Step discussions I had heard at meetings, and what was talked about was the time spent with the sponsor (as if the longer it took, the better one's was) and whether you TOLD ALL.

Once again I found myself in a position where I had to explain to a person - who, even I had no problem admitting, knew way more than I did - what a Fifth Step was really about, which was... leaving nothing out. He smiled and said, "OK, but what did you discover was the exact nature of your wrongs?" Seriously, I had never heard anyone ask or talk about that before, and so I said, "Oh, do you mean I'm selfish and self-centered?" He said he had no argument with my self-evaluation, but again asked, "What is the exact nature of your wrongs?" Again I answered, "I've been self-centered and selfish."

Then he asked me one of the best questions I have ever been asked in AA. He said, "Why have you been selfish?" My answer, "I don't know," didn't satisfy him.

We reviewed my inventory once more, looking for the nature - the very essence - of why and how I wrecked my life. I discovered that fear undermined every bad decision and every wrong action, and dominated my way of thinking. If I could find a way - the courage - to live where a power other than fear was in charge, even I could see my life would be miraculous in comparison. I was assured that not only was there a way, but that instructions on how to do exactly that are forthcoming in Steps Six through Twelve! My drive home this time was much different from my first attempt at Step Five. △

Tradition Five

by Julie P.

THE PRINCIPLE ASSOCIATED WITH TRADITION FIVE IS PURPOSE. The Long Form of Tradition Five states: ***"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers."*** This ensures groups remain focused on helping other alcoholics recover, preventing distraction by, or diversion into, outside issues, property, or prestige.

On page 106, Alcoholics Anonymous Comes of Age states: *"We think we should do one thing well rather than many things to which we are not called. That is the central idea of this Tradition. Our society gathers in unity around this concept. The very life of our fellowship requires its preservation. 'Shoemaker, stick to thy last' is no dull cliché for Alcoholics Anonymous. Together we have found a substantial remedy for a terrible malady. Of course we might interest ourselves in fields of education, research, neurosis, and the like. But, as a society, should we? Our experience says that we definitely should not. We can and we do help, as individuals, in those fields. That is good. But, as a fellowship, we know that we must not be diverted. It is our experience as alcoholics that makes us of unique value on our sector of the total alcoholic front. We can approach sufferers as no one else can. Therefore, the strongest kind of moral and ethical compulsion is upon us to do this and nothing more."*

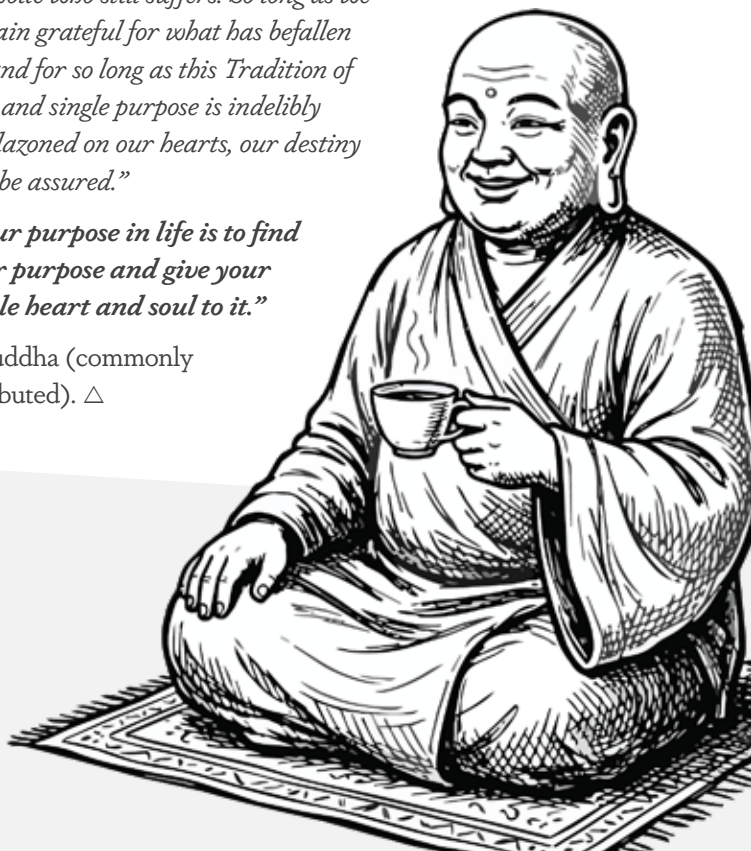
Just as we must keep our sobriety the top priority as individuals, so we must remember, as groups, that we are called to do one thing. Having the key to life for others who, like us, suffer from a progressive, incurable, fatal malady, why would we want to stray from offering the AA solution? Bill spells out the reasons on page 82 of Language of the Heart: *"Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For our kind, those who suffer alcoholism, recovery is a matter of life or death. So the Society of Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose. Temptations to do otherwise will come aplenty... Should our present success continue, people will commence to assert that AA is a brand-new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live."*

It is vital that we ensure our newcomers understand what AA is and what it isn't; what we do and what we don't do. Trying to be all things to all people is likely to result in our being of little usefulness to anyone. The AA publication F-13, About A.A. (Spring 1988), states: *"'I think that A.A.'s primary purpose has always been stated clearly in our literature,' delegate Beth B., Chicago Area, told Conference members. 'However, I don't believe that we are presenting a clear message to our newcomers. Some examples: At a recent meeting, a woman talked about her new "battered women's group." The next person spoke about sex-abuse therapy. I wondered—is this A.A.? One A.A. member said that her group was upset because a speaker that evening had talked only about drugs. Many could not identify; no one knew what to do. I suggested including the statement of A.A.'s primary purpose in the meeting format, [and] that the group could decide through a group conscience meeting whether to advise future speakers to share their experience, strength and hope in recovery from alcoholism.'"*

I take our Responsibility Statement personally. I truly want the hand of AA always to be there for the suffering alcoholic who reaches out. Although standing firm on the idea that AA is here strictly to carry the AA solution to alcoholics will not win any popularity contests, our unity is paramount. Like all our Traditions, the Fifth Tradition is vital to our unity. Bill sums it up thus on page 116 of Language of the Heart: *"We keenly realize that any fundamental disunity among us could instantly disillusion tens of thousands who would again turn their faces to the wall. Hence those disruptions common to great wealth, power, or controversy ought never be for us. Too many ... would surely die. Therefore our Fifth Tradition declares: Each AA group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers. So long as we remain grateful for what has befallen us, and for so long as this Tradition of high and single purpose is indelibly emblazoned on our hearts, our destiny will be assured."*

"Your purpose in life is to find your purpose and give your whole heart and soul to it."

—Buddha (commonly attributed). △



AA Concept V

The Right of Appeal and Petition By Lee R., Third Legacy Chair

Concept V (Short Form): "Throughout our world service structure, a traditional 'Right of Appeal' ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."

Note: As I sat down to write this, I remember that singer-songwriter Dave Mason passed away last week. His (I think overplayed, at least at my house) 1977 song "We Just Disagree" includes the line, "There ain't no good guy, there ain't no bad guy, there's only you and me and we just disagree." Though written about a relationship, I think it offers a gentle reminder for Concept V: disagreement does not require enemies. Sometimes people of goodwill simply see things differently. -LR

THE BIGGER PICTURE: THE MINORITY OPINION MATTERS

If Concept IV ensures that everyone with responsibility has a voice, Concept V asks another essential question:

What happens when we disagree?

Concept V answers with both wisdom and humility: **we make room for appeal, minority opinion, and careful review.**

Bill W. recognized that even sincere majorities can sometimes be mistaken, which is why Concept V protects the minority voice.

Important ideas can come from a small minority. Personal concerns, if ignored, can grow into resentment and division. For these reasons, our service structure includes a Right of Appeal and Petition.

There are times where a well-meaning majority may overlook important truth, something missed or not heard well during discussion that comes to light after a vote. I've seen votes in business meetings and Assemblies change on a solid argument from a different perspective.

This Concept reminds us that unity does not require uniformity. It requires fairness, patience, and the **willingness to listen again.**

APPEAL IN ACTION

The Right of Appeal means that a minority view should have the opportunity to be heard after a vote or decision has been made. Sometimes additional facts, deeper reflection, or overlooked concerns can change the outcome.

The Right of Petition means that grievances or concerns may be brought forward for consideration rather than buried or dismissed.

In practice, this may look like:

- A minority opinion being heard after a close vote
- A committee reconsidering an issue after new information emerges
- A trusted servant raising a concern respectfully through proper channels
- A group pausing long enough to listen before moving on

These safeguards help A.A. remain teachable.

WHY IT MATTERS TO US INDIVIDUALLY

Concept V is not limited to conferences and committees. It appears wherever people gather in service.

- Every time a group pauses to hear a dissenting voice...
- Every time a member is allowed to express concern respectfully...
- Every time we reconsider a decision in light of new understanding...

We are practicing the Right of Appeal.

It reminds us that being heard matters. It also reminds us that listening is a spiritual act.

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

Even when we disagree, there is still a place for truth to be spoken, heard, and honored.

—

*Robert's Rules of Order was first published in 1876; the first edition published by Henry Martyn Robert, a U.S. Army engineer officer who wanted a standardized way for meetings to run fairly and efficiently. The original is way out of copyright, however the 12th Edition of *Robert's Rules of Order Newly Revised*, the current modern standard, was published in 2020. △



Letter From the Editor

I want to thank you once 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, and learn more about the important service work our fellowship engages in. Summer is here, the sun is shining, God is with us in all that we do. Thank you. You are truly a miracle.

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

Haiku By Jeff U

May: Step 5

I wanted to tell
But of the exact nature
I did not yet know

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease."

~ Big Book, p. 75

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Greater Seattle Intergroup | April 21, 2026

Opening

Call to Order & Serenity Prayer led by Carina W, GSIG Vice Chair, in the Chair's absence. Approval to record the meeting. Tradition Four read by West C, Special Events Coordinator. Concept Four read by Bobby T, District 24 Rep.

AA Birthdays — March

Bobby T (10 years) | Samantha M (9 years) | Shannon (42 years) | Aaron C (6 years).

Roll Call

14 of 17 voting members present. Quorum established (minimum: 6).

GSIG Officers (4 of 5): Carina W (Vice Chair), Karla L (Chair Emeritus), Pete K (Treasurer), Sui D (Recording Secretary). Absent: Jeff U (Chair).

District Representatives (10 of 12): Ruth P (D14), Blake P (D15), Ricky T (D16), Lara (D18), Bobby T (D24), Samantha M (D32), Aaron C (D33), Daysha G (D40), Laura C (D41), Sarah F (D42). Absent: David S (D17), Thomas H (D31).

Review and Approve Minutes

March minutes available at seattleaa.org/intergroup/intergroup-board/. Approved unanimously (Pete K / Laura C).

OFFICER REPORTS

Chair: Jeff U

Absent. No report.

Vice Chair: Carina W

Slowly, by slowly, ramping up. Since the March board meeting, the role has already given Carina the chance to represent GSIG at the Burien Little Assembly, the Area 72 Spring Business Quarterly, and her first GSIG Office Committee meeting. She also attended the 85 Years of AA in Washington anniversary and reports that the cheesecakes, bundt cakes, speakers, food, and raffle were all everything Karla promised — a great party, host committee crushed it.

Two asks for the fellowship:

1. Please share Should Greater Seattle Intergroup expand the store inventory? — the survey is short and responses are still light. Fill it out, then send to one friend.

2. We want YOUR COVID-19 Recovery Story. Preserving how we made it through the pandemic matters; with enough submissions it could become a future compilation.

Carina is happy to drop in on any group or district meeting for a couple minutes to share details — just ask.

Email: vicechair@seattleaa.org

Chair Emeritus: Karla L

The 85th happened this past Saturday at Emerald Downs. All bills paid. Minor glitches, otherwise smooth. Big thanks to Bob for the cheesecakes. Maybe we do this every five years.

Treasurer: Pete K

Pete presented the monthly financials. See the Treasurer's Report attached at the end of these minutes for accurate figures.

Approved unanimously (Bobby T / Steve L).

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

Recording Secretary: Sui D

First board meeting in the role. Welcome, Sui!

INTERGROUP STAFF REPORTS

Office Manager: Lara R

The 2025 Annual Report is complete. It's a simple document — Lara welcomes feedback on what to include in future versions. Please grab some and share with your districts and groups.

A new Grapevine book, Gratitude, is in stock — 136 pages of personal stories from AA members on spirituality, fellowship, family, service, and getting through tough times. $14.99.

The 85th Anniversary celebration was a smashing success — and now, alas, it is over. Lara confesses she had no idea how difficult an event like that is to put together. The host committee was amazing; collaboration with Area 92 and Area 72 Archives was inspiring.

24-Hour Helpline: March Log:

Calls: 103 | Chats: 100 | 12-Step: 1 | Total points of contact: 204

Assistant Office Manager: Anita S

Thanks to Lara for covering during Spring Break — extra time with the boys is always welcome. Anita attended the Burien Little Assembly and part of the 85th, and reflected on what a great experience it was to serve on the inaugural planning committee and watch the event come to life.

OLD BUSINESS

Inventory Survey: Shannon (Office Committee)

Survey is gathering feedback through May; results will inform a discussion at the Spring Assembly (data is not driving any decision — it's framing the conversation).

Current results — 36 responses (online + paper combined):

• Should we offer more books beyond conference-approved literature? — 63% yes

• Should we offer additional non-print items (more coins, better card selection, requested items)? — 77% yes

The survey also includes free-form space for what you'd like to see. If you haven't filled one out, please do.

Discussion on increasing response rate: put the link on the front page of seattleaa.org (Dash will coordinate with Shannon); Bobby T offered to text the link to others; Samantha M asked whether one response can represent her homegroup — yes, just note "from a homegroup" in the free-form field. Lara reminded the room that selling something does not mean it is conference-approved literature.

NEW BUSINESS

Anita raised that 36 responses still feels low. The section on the website is labeled "GSIG Inventory Survey" — but "inventory" has different meanings in AA (it's not necessarily literature or merchandise), which may be costing clicks. Discussion on a clearer name for the survey is ongoing.

SERVICE COMMITTEE REPORTS

Relocation Committee: Ed H

No Report.

Office Committee: Stephan M

Successful meeting; Bob's cookies were fabulous (as usual) and there was no shouting. Discussion on presenting the Treasurer's Report in a more understandable format (ongoing). Brief discussion of fundraising ideas, possibly during the

picnic. A member is looking into the prudent reserve — collective member attitudes toward the shortfall and the possibility of setting concrete, measurable goals to address it. Hoping for more survey results on member views regarding non-GSO-approved literature.

Accessibility: Jinah W

Laurel and Jinah attended the Area 72 Accessibility Spring Assembly on Saturday 4/18 (10am–2pm), gave a report, and shared about the Deaf Forum and ASL interpretation for Deaf alcoholics. They've been visiting meetings and districts to talk about the Blue Can and gather support. Disappointment was expressed at the 85th Anniversary regarding ASL interpretation — funds and means weren't available. Working to coordinate with Eastside accessibility.

Archives: Teresa S

Planning to attend the hybrid Area 72 Archives Quarterly May 2 in Chehalis (hybrid — Teresa is still recovering from knee surgery). Updated scanning software has been purchased to continue digitizing old High & Dry issues for the GSIG Google Drive.

Corrections: Karen K

Pink Can: Thank you to all the groups that donated in March. Combined March + April report will come at the May meeting.

District 16 visit: Karen and Barry attended D16's monthly meeting. Barry was encouraged by interest from younger members in bringing meetings to Juvenile Detention. Still actively recruiting young people for Juvie meetings — Barry will attend the upcoming Young People's Quarterly. Email: volunteercorrections@seattleaa.org

Federal Detention Center: 7 new volunteers approved through the multi-step process and trained this evening. Thank you to everyone who pushed through.

Prerelease Program: Great service for anyone newer to sobriety (6 months) wanting to try corrections service. We connect you with someone being released in your area; you take them to a few meetings and help them connect with people in AA on the outside.

Corrections Correspondence Program (operated through GSO): forms available at the office or via seattleaa.org/corrections (link at bottom of page).

Monthly meetings: 2nd Monday, 6:30pm — hybrid at GSIG.

Email: volunteercorrections@seattleaa.org

Hospitals & Treatment: Mikey C

The committee is going strong; more volunteers always welcome to go into facilities. Two specific openings:

• A group or man to facilitate 3rd or 4th Saturdays at 10am at Union Gospel Mission Seattle.

• Wednesday 3:30pm arrival for a 4pm meeting at the new UW NW Hospital Behavioral Learning Center.

Contact: hospitalandtreatment@seattleaa.org

Monthly meeting: 1st Saturday, 10am, GSIG boardroom + Zoom.

Zoom: 820 0608 7832 | Passcode: 088776

Newsletter: Peter J

Working on the High & Dry is the best gig around — truly an honor and a total joy.

May (Vol. 77, Issue 5) — themes are stacking up nicely: Step 5, Tradition 5, Concept 5, Principle 5 — all pointing toward Integrity.

June (Vol. 77, Issue 6) — Step 6, Tradition 6, Concept 6, Principle 6 — Willingness.

But here's the thing: the magazine is only as good as the voices inside it — and that means YOU. Your stories, experience, wisdom — that's the good stuff. Dust off the pen (or keyboard) and send submissions by April 25.

Email: newsletter@seattleaa.org

Nightwatch: Rob S

No report.

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

Public Information / CPC: David d

No content reported.

Special Events: West C

Mission: Special Events supports GSIG and the Greater Seattle AA community by planning social activities that provide fun, food, and fellowship for the alcoholic who still suffers.

New meeting cadence: bi-weekly, planning two big events at a time. 1st Tuesdays at 6pm and 3rd Saturdays in the GSIG Board Room. First Saturday meeting: May 16, 1–3pm; from June onward 3rd Saturdays at 4pm.

• Steps in Time talent show tryouts — May 16, 1–3pm at GSIG. A couple slots remain; contact West.

• **Movie Trivia Night:** Saturday May 16, 8–11pm at GSIG. Featuring Crazy Heart — prizes, buttery popcorn, pop, candy.

• Spring Assembly Beach-Themed BBQ — Tuesday June 16, 6pm at GSIG. More details to come.

• **Big AA Picnic — Sunday August 16 at GSIG, celebrating 80 years of serving Greater Seattle AA:** car show, 50/50 raffle, food, prizes, and Ray's Garage band in the back alley.

• Steps in Time — October 24 (1–7pm) at Grace Lutheran Church, Des Moines. 1950s costume theme, talent show, skit, dinner, live music dance. Tickets $20 — on sale now.

Next Special Events meeting: May 5, 6pm. Help is needed to make all this happen.

Third Legacy: Lee R

No content reported.

Twelfth Step: Karrie C

The 12th Step Committee is trucking along, steadily answering chats. Two 12th Step requests this past month. Volunteers needed — there are open shifts that need filling ASAP. Karrie is happy to come talk at any business or district meeting about how easy signing up is. This is our primary purpose, after all.

Web & Tech: Peter J / Webmaster Dash M

Dash presented; no big updates. Inventory survey will go on the seattleaa.org front page (coordinating with Shannon). Dash also shared a

prototype of a flyer wall for upcoming events.

DISTRICT REPORTS

D14: Ruth P | West Seattle, White Center, Vashon Island

Met last week. Laurel W and Cynthia B from GSIG Accessibility presented on the Blue Can ASL campaign. Annual rocking picnic: Sunday September 13, Lincoln Park. Handbook committee formed. Meets 2nd Tuesday, 7pm.

D15: Blake P | Downtown Seattle, West Capitol Hill

7 GSRs and 6 district people present. Several district positions still open. Funds are short — figuring out how to get district people to the assembly. Area 72 Treasurer Theresa presented on service. Delegate items reviewed. No upcoming events.

D16: Ricky T | Northeast Seattle / U District

Met 7pm at Journey Christian Church. No Zoom attendees — district is discussing in-person-only meetings due to lack of a Web/Tech chair. 6 groups represented.

GSR highlights: Lake City Group — all positions filled, operations smooth; Lake City Young People participated in BLA panels. Tuesday Night Special — older-member accessibility issue resolved. Reservoir Group — 50th Potluck Anniversary April 26, doors 5pm, Faith Lutheran (8208 18th Ave NE). On Awakening — continues to grow, provides childcare at Sunday 8am in-person meetings; recently celebrated 20 years registered with GSIG.

AltDCM Ricky shared from the Area Business Quarterly and Pre-Conference. No Treasurer's report this month. Welcome to Fremont Fellowship as new district members. Grayson from Young People's announced an upcoming high school panel and need for younger volunteers. Service Roadshow continues development.

District business: Committee chairs established for the Annual District Picnic and an AA Booth at the Lake City Days Parade.

D17: David S | Ballard and Northwest Seattle

No report.

D18: Lara R (reporting) | Renton, Kent, Tukwila

Recently hosted a Corrections Quarterly in Seattle — really great. CPC Roadshow June 6, in collaboration with D35 at Issaquah Fire & Safety Headquarters, 10am–2pm. Volunteers being sought for the Regional Justice Center — AA is finally being let back in, in Kent. Contact: corrections@seattleaa.org or dist18corrections@area72aa.org. D18 Picnic — July 16, Philip Arnold Park.

D24: Bobby T | SW Snohomish County: Edmonds, Lynnwood, Mountlake Terrace

Met on April Fool's Day at St. Hilda's Church — potluck, 6–7pm. Third Legacy with Terry R covered Area Steering Committees, AA résumés, and service at home group / district / area levels. 31 in person, 5 online. Steve L from the Monroe Fair Committee attended — the fair has had a booth for 28 years and is recruiting; the district motioned $250 to the fair committee. Gratitude Banquet (March 31): $1,256 in the 50/50 raffle and $1,231 at the door — solid profit.

D31: Thomas H (absent — written report) | Burien, Des Moines, Normandy Park, SeaTac, Tukwila

Meets 2nd Wednesday on Zoom and once per quarter in person, with Area guest speakers at most in-person meetings. Open positions: Treasurer, Treatment, Accessibility, Corrections.

D31 co-hosted the April Area 72 Quarterly with D14 — Volunteer Coordinator Cheryl S did a great job. D31 Inventory: June 20, Grace Lutheran, 1–4pm, facilitated by Past Delegate Alan Foster. CPC Roadshow Workshop: September 12, 11am–5pm, Grace Lutheran. Steps in Time (Take Two): October 24, Grace Lutheran. ANB Potluck: June 13. 164 Speaker's Meeting: June 3. Literature survey discussion ongoing.

D32: Samantha M | Algona, Auburn, Federal Way, Pacific

Met 4/6. 19 voting members; 15 GSRs (great turnout). New GSR joined; Robin filled the Hospital 12-Step Committee position. D32 Picnic- July 19 (Sunday, time TBD) — planning committee forming, flyers will follow. New school panels chair likely waiting until next school year. Webmaster will attend the Web & Tech Quarterly. Thanks to all who came down for the 85 Years event in our district — a lot of fun.

D33: Aaron C | Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent

Met April 14, 6:30pm, King County Sheriff Station, Maple Valley. Open positions- Grapevine Chair, Accessibility Chair, Workshop Chair — please announce in groups.

Grapevine Literature Workshop: December 12–15, hybrid; district will provide location, snacks, drinks; still seeking a volunteer to lead/ coordinate.

Jennifer, Area Archives Chair, attended and shared a QR code for members to submit personal sobriety stories — goal is to increase submissions for the next edition of Our Stories Disclosed. Low overall attendance was noted as an ongoing concern.

D40: Daysha G | East-Central Seattle: East Capitol Hill, Central District, Madrona, Madison Park, Leschi

D40 meets on Zoom 1st Tuesdays, 7pm. Zoom ID: 636 349 2454, no password. Next quarterly hybrid (Zoom + GSIG): May 5. Accessibility, Corrections, and CPC/PI committees have open positions.

seattleaadistrict40.com

D41: Laura C | Queen Anne, Magnolia, South Lake Union

Meets 2nd Wednesday, 7pm on Zoom. Treasurer Sally — funds issued to the Blue Can; account balance positive. DCM Ganelle — pre-conference good; pre-Assembly August 8. District 41 Picnic- August 1.

Web & Tech (Jacob): Laura connected Jacob with Peter to discuss website ideas, including digital contributions — more to come. AI/anonymity discussion: concern raised about AI transcription posing an anonymity breach. Jacob will raise this at the Web & Tech Quarterly; Ganelle will raise it at the G2 Quarterly.

GSR reports: attendance generally consistent or growing. Some groups raised safety concerns: young-persons labels potentially inviting unsafe behavior; an individual contacting members uninvited at home (three members reached out to him directly — no recurrence); gossip flagged as a safety issue, with the recommendation to redirect to direct communication. Two meetings in the district include safety language in their preambles or read the yellow safety card.

New business: District is on the waitlist for a table at Pride in the Park, Volunteer Park — will follow up.

D42: Sarah F | Lake Forest Park and Shoreline

Meets 2nd Thursday, 7pm at North Seattle Church. First in-person hybrid district meeting last month — very successful, very fun. Excited to keep meeting in person.

FELLOWSHIP HALLS

A New Beginning (Trisha A): No Report.

Ed-Lynn Fellowship (Marcus): No Report.

Fremont Fellowship Hall (Adam R): Successful first month at the new location: 11065 5th Ave NE, Northgate. Fun fact — historically the group has been next to a bar, tavern, nightclub, or pawn shop. Then progress (not perfection): a massage parlor. Now, a chiropractor. 10pm meetings every night could use support. There's also talk of bringing back the Midnight Boot Out — late-nighters welcome.

Greenwood Fellowship (Wednesday, filling in): Speaker meeting last Saturday of every month — this month April 26. Mid-Timers Day: May 15 for anyone with 5–19 years' sobriety — free t-shirt for everyone. Spaghetti dinner Saturday nights, salmon dinner Friday nights. Attendance maintaining; financially sound.

Pass It On (Jeffery F): Meetings growing and well attended. Last year at Burien Little Assembly the group picked up a literature rack at the Burien Library; this year, the Tukwila Library.

Serenity Hall (Trent H): A very hoppy Easter. Questions about whether the hall is moving — leaning more toward yes; toured a second location recently. Issues at the current location keep popping up as soon as others get resolved. Group inventory- May 30 (thanks to Lara for supporting).

The Southend Fellowship (Lynn U): — Shares its meeting hall with Kent East. Now meets every day at 5pm, Monday through Saturday. 33 home group members. 15 attended the North Coast Roundup; 5 attended the 85th. Finances- just over three months' rent on hand. The group donates $10 each to D18, WW Area 72, GSO, and GSIG.

UPCOMING EVENTS

seattleaa.org/events

Event, Location, Date, Time

Seattle Group AA Meeting
GSIG, Every Saturday, 6:00 PM

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

May the Fourth Be with You, GSIG Hybrid, May 4, 4:00 PM

Special Events Meeting, GSIG
May 5, 6:00 PM

Mid-Timers Day, Greenwood Fellowship, May 15

Steps in Time Talent Show Tryouts, GSIG, May 16, 1–3 PM

Movie Trivia Night (Crazy Heart), GSIG, May 16, 8–11 PM

164 Speaker's Meeting, D31, June 3

CPC Roadshow (D18 + D35), Issaquah Fire & Safety HQ, June 6, 10 AM – 2 PM

ANB Potluck, D31, June 13

Spring Assembly — Beach BBQ, GSIG, June 16, 6:00 PM

D31 Inventory, Grace Lutheran, Des Moines, June 20, 1–4 PM

D18 Picnic, Philip Arnold Park, July 16

D32 Picnic, TBD, July 19

D41 Picnic, Magnolia Park, August 1

Big AA Picnic — 80 Years, GSIG, August 16

CPC Roadshow Workshop, Grace Lutheran, Des Moines, September 12, 11 AM – 5 PM

D14 Annual Picnic, Lincoln Park, September 13

Steps in Time, Grace Lutheran, Des Moines, October 24, 1–7 PM

DEADLINES

GSIG Reports → secretary@seattleaa.org | Due May 19

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

FIVE MAIN TAKEAWAYS

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

1. The 85th was a smashing success. All bills paid. Massive thanks to Karla, the host committee, Area 92, Area 72 Archives, and Bob's cheesecakes.

2. Inventory survey — push the link. 36 responses so far (63% want more books; 77% want more non-print items). Fill it out, share with one friend; results will frame the Spring Assembly discussion.

3. Big AA Picnic — Sunday August 16 at GSIG. 80 years of serving Greater Seattle AA. Mark your calendar.

4. Talent Show Tryouts — May 16, 1–3pm at GSIG. A couple slots left. Contact West.

5. Movie Trivia Night — May 16, 8–11pm at GSIG. Crazy Heart, popcorn, prizes.

6. Spring Assembly is coming June 16 — Beach-Themed BBQ at GSIG, 6pm.

7. AI + anonymity is on the radar. D41 raised concerns about AI transcription as an anonymity breach; topic going to the Web & Tech Quarterly and the G2 Quarterly. Welcome also to Sui D, our new Recording Secretary, in his first board meeting.

Motion to close: Carina W | Seconded by: Bobby T | Unanimously approved.

We adjourned with the Responsibility Statement.

GSIG MARCH FINANCIAL SUMMARY

MARCH 2026 · FINANCIAL SUMMARY

A transparent look at where every dollar landed this month — what bloomed, what we tended, and what still needs rain.

Greater Seattle Intergroup

THE MONTH IN BLOOM

INCOME	$21,969.95
EXPENSES	$22,188.76
NET (MAR)	−$218.37

NEARLY EVEN MONTH

YEAR TO DATE

+$3,167

Net income through March — still in the green.

YTD NET INCOME

OPERATING FUNDS

$20,121

Checking + Savings — what we tend daily.

READY TO SERVE

The Prudent Reserve

75.4% TO GOAL

ON HAND TODAY	TARGET
$47,572	$63,078

RESERVED | SHORTFALL

FUNDED	STILL TO GROW	TARGET
$47,572.27	$15,505.28	$63,078.00

WHERE THE FUNDS REST

U.S. Bank — Checking	OPS	$18,658.34
U.S. Bank — Savings	OPS	$1,461.92
U.S. Bank — Money Market	RESERVE	$47,572.27
Total on deposit		$67,692.53

Committee Earmarked Funds

SET ASIDE & WAITING

Funds held for committee use

TOTAL EARMARKED $8,204.77

Corrections Committee	Accessibility Committee	Big Book / Literature Fund
$5,334.04	$2,137.88	$732.85
65% OF EARMARKED	26% OF EARMARKED	9% OF EARMARKED
ACCT 2211	ACCT 2213	ACCT 2215



Every figure above is posted openly — income, outflow, and what still needs growing. Transparency is how we stay rooted.

PROFIT & LOSS · JAN 1 – MAR 31, 2026

A first-quarter view of every petal of income and every drop of expense — three months of the garden's growth, side by side.

Q1 2026 *Profit & Loss*

TOTAL INCOME
$76,933
Contributions + sales + events

COST OF GOODS
$20,654
Literature, directory, coins

TOTAL EXPENSES
$54,330
Operating & payroll

YTD NET INCOME
+$2,668
Through three months — still in the green.

Three Months in Bloom

INCOME VS. NET

	JANUARY	FEBRUARY	MARCH
Income	$35,402	$20,168	$21,363
Expenses	$32,068	$20,675	$21,581
Net	+$3,393	−$507	−$218

Where the Income Bloomed

$76,933 YTD

CONTRIBUTIONS · $53,678 (70%)

Group Contributions	$40,261.27
Individual & Other	$5,198.61
Sustainers Program	$4,994.91
7th Tradition Collections	$2,187.91
Birthday Contributions	$889.22
Group Insurance	$146.00

RETAIL SALES & OTHER · $23,255 (30%)

Literature Sales	$16,703.16
Coin Sales	$2,934.55
Meeting Directory Sales	$2,707.00
Shipping Income	$311.35
High & Dry Sales	$197.19
Special Events Income	$387.00
Sales of Product	$15.00

Where the Dollars Went

$54,330 YTD EXPENSES

RENT & OFFICE
$26,043
48% of expenses

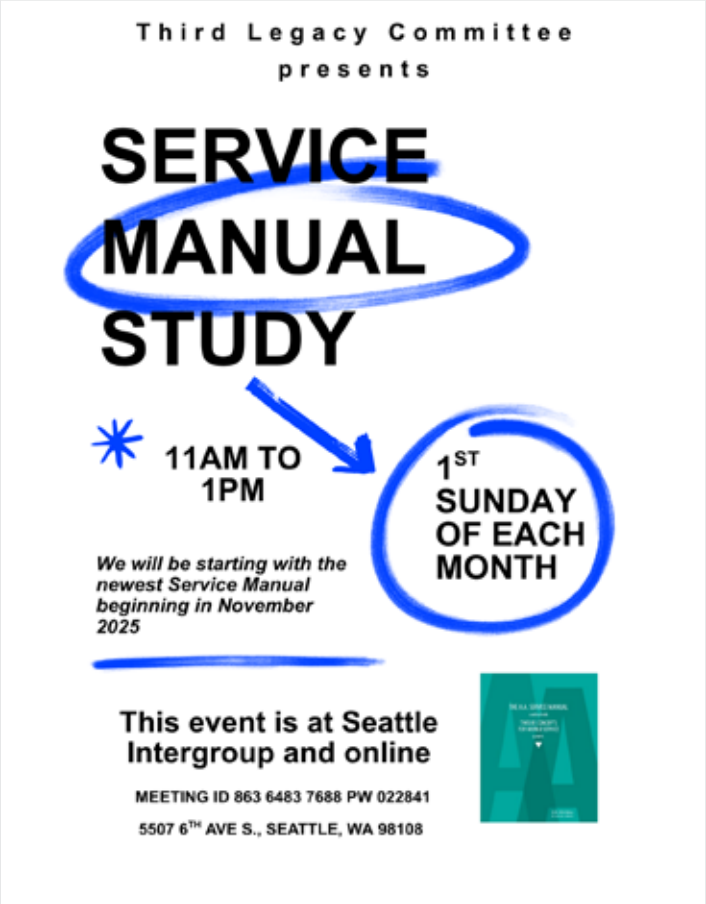
PAID STAFF
$22,546
42% of expenses

OTHER OP. COSTS
$5,741
10% — fees, software, taxes, committees

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

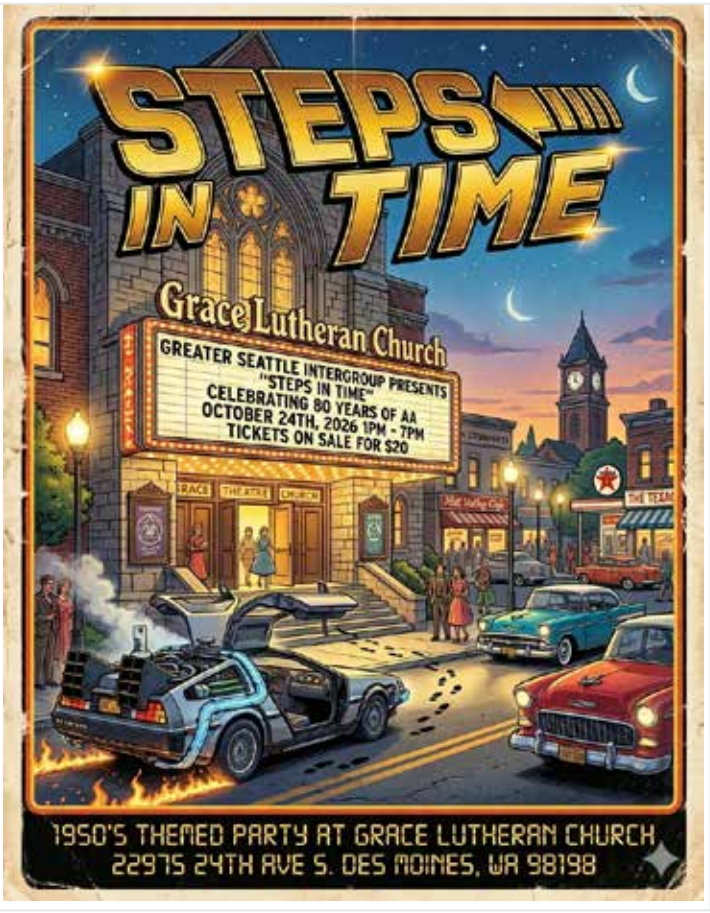
Three months of full disclosure — every dollar earned, every dollar spent. Integrity is a quarterly practice.

EVENT FLYERS









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:** _____

DAWN PATROL



AA Speakers Brunch

May 2nd

10 am - noon

Join us for brunch and fellowship, as two local AA members share their experience, strength, and hope.

TIBBETT'S UNITED METHODIST CHURCH
3940 41ST AVE SW, SEATTLE, WA 98116

SERENITY NOW

monthly birthday and POTLUCK CELEBRATION

7:30PM LAST WEDNESDAY OF EVERY MONTH

MEETING AT 8PM

3601 SW ALASKA ST, WEST SEATTLE

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 Saturday 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.

MAY 9th

Speakers	Tishawana S	of	Pass It On
	Spencer H	of	Pass It On
	Dallas E (Spokane)	of	Eye Openers



ABOUT

Founded in 1992, Fellowship of the Spirit (FOTS) is held annually in the Colorado mountains. This 4-day, family friendly conference gathers hundreds of AAs and Al-Anons to attend 12 step workshops and hear amazing speakers from far & wide. Fellowship of the Spirit is not to be missed!

THIS YEARS EVENT

LOCATION/ REGISTRATION/ LODGING

YMCA 2515 Tunnel Rd in Estes Park, Colorado

New dates this year June 18th - 21st

Registration opens February 1st

Room reservations @FOTS.com or 970.586.3341 (SEE INFORMATION BELOW)

Outdoor activities, yoga, Fellowship BBQ Dinner Campfire meetings, Ice cream social & MORE!

ROOM RESERVATIONS

1. Select your arrival and departure dates.
2. Enter the group code: Y001AIB835 (case-sensitive).
3. Enter the number of adults (ages 13 and over). Add Children ages 6-12 to the comment section.



MORE INFORMATION AT



High & Dry

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The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) www.seattleaa.org

Do you have something you would like to submit to The High & Dry newsletter?
We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

H&D deadline is the 25th of each month.

Subscriptions — Please consider subscribing to the High & Dry newsletter!
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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:
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Link to GSIG Online Contributions

https://www.seattleaa.org/online-contributions/