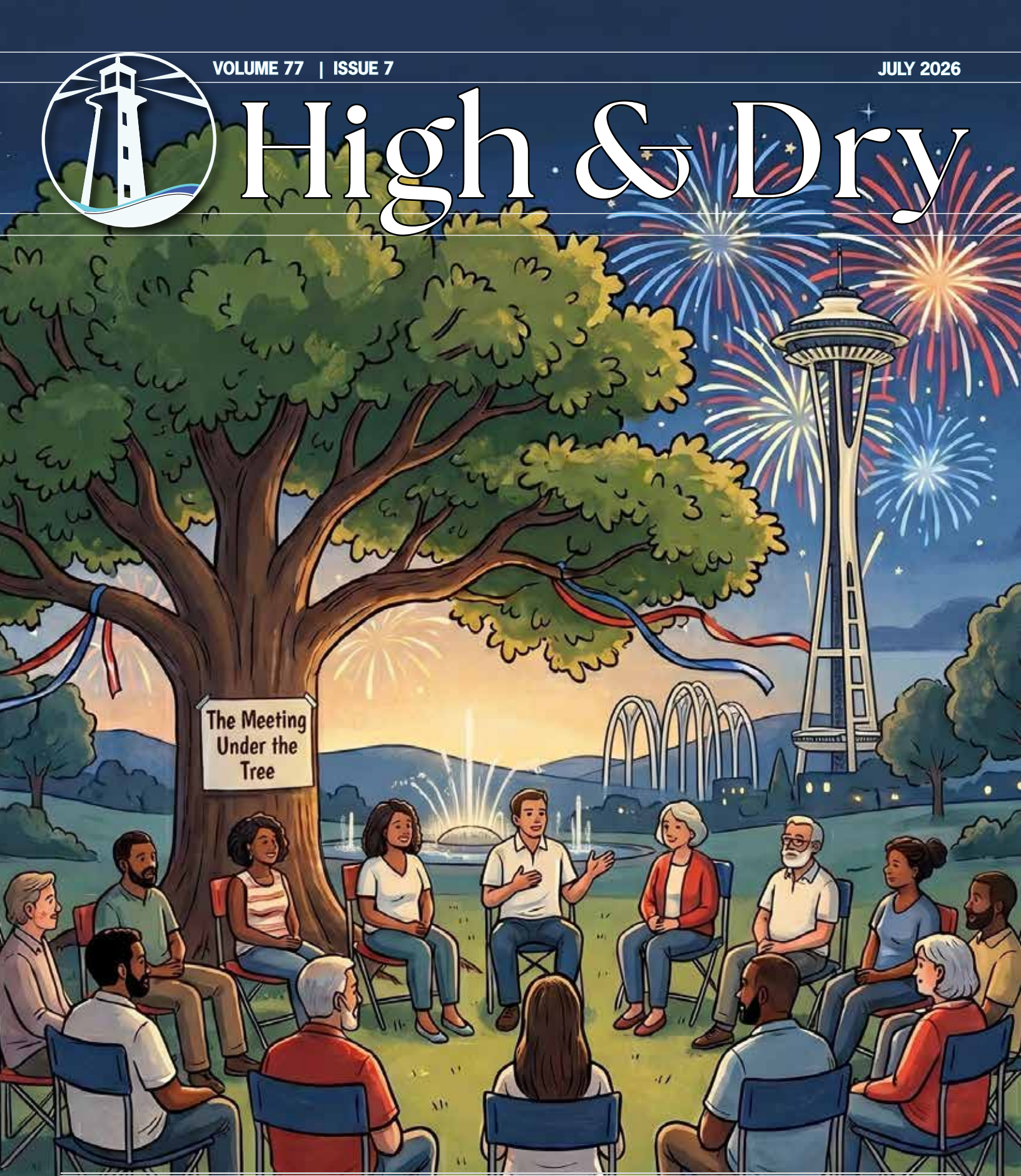
VOLUME 77 | ISSUE 7 JULY 2026

High & Dry



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

IN THIS ISSUE: HUMILITY



In This Issue: a modest, honest self-assessment and a freedom from arrogance.

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FUTURE TRIPPING: JULY 2026 EVENTS

2 — 12th Step Committee

- 2 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- This is the monthly meeting for the 12th Step Committee. Everyone Welcome.

4 — Hospital and treatment Committee

- 4 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This is the monthly H and T Committee meeting. All are welcome.

4 — Meeting Under the Tree

- 4 @ 10:00 am - 11:30 am
- International Fountain, 305 Harrison St., Seattle, 98109, United States
- In 1990 the volunteers from the International Convention met under the tree to have impromptu AA meetings to rejuvenate their spirits and connect with others from around the world. There has been a meeting under the tree on July 4th every year since then. Although there is no tree any longer, we still meet on the Northend of the International Fountain at Seattle Center.

4 — Broadview AA Groups July 4th BBQ

- 4 @ 2:00 pm - 4:00 pm
- Phoenix Club, 14701 Aurora Ave N, Shoreline, WA, 98133, United States

4 — Serenity Hall 4th of July Potluck

- 4 @ 2:30 pm - 5:00 pm
- Serenity Hall, 12536 Renton Ave S., Seattle, WA, 98178, United States
- Serenity Hall is providing hamburgers hot dogs and bottled water

5 — Service Manual Study

- 5 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This year we will be beginning the new 2024-2026 Service Manual.

9 — Living in Sobriety Summer Picnics

- 9 @ 5:30 pm - 8:00 pm
- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117, United States

12 — Eastside Intergroup Annual Picnic

- 12 @ 10:00 am - 2:00 pm
- Marymore Velodrome Shelter, 6046 W Lake Sammamish Pkwy NE, Redmond, 98052, United States
- ESIG Summer Picnic 2026
- Our annual Summer Picnic is just around the corner on Sunday, July 12th, from 10:00 AM to 2:00 PM at the Marymoor Velodrome Shelter!

13 — Corrections Committee

- 13 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This is the monthly Corrections Committee meeting. Everyone Welcome. This is a hybrid event.

18 — CPC/PI Committee

- 18 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Every month on the Third Sat, until Dec 19, 2026, 24

18 — District 18 Picnic

- 18 @ 11:00 am - 4:00 pm
- Phillip Arnold Park, 720 Jones Ave S, Renton, 98057, United States
- Join us for a good time celebrating District 18!
- Groups are asked to contribute a basket for the raffle.

18 — Game Night with Purpose

- 18 @ 6:00 pm - 10:00 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States
- A New Purpose Group presents: Game Night! Join us as we play games, share in fellowship and laughter

For event details:

seattleaa.org/events

19 — District 32 Picnic

- 19 @ 11:30 am - 2:30 pm
- Steel Lake Park, 2410 S 312th, Federal Way, WA, 98003, United States
- 2026 D32 Picnic
- Burgers, hot dogs and fixins provided. All groups are invited to bring a basket for a Raffle.

21 — Web and Tech Committee

- 21 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

21 — GSIG Monthly Board Meeting

- 21 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This is our monthly Board meeting. Everyone is welcome. This event is hybrid.

24 — Newsletter Committee

- 24 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Are you interested in contributing to the High and Dry newsletter? Come to the monthly meeting and see how you can help out.

25 — Young Person's Quarterly

- 25 @ 12:00 pm - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

25 — Seattle Young People's Potluck

- 25 @ 5:30 pm - 7:00 pm
- St. Joseph Catholic Church, 732 18th Ave E, Seattle, WA, 98112, United States
- Bring a dish, a friend, or yourself and join us for our monthly potluck every last Saturday of the month!

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
- Monthly Potluck Flyer2
- Birthday and Potluck Celebration

REFLECTING ON OUR PAST: JULY IN OUR HISTORY

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

July 1939	Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized.
July 1944	Bob writes article for Grapevine "On Cultivating Tolerance".
July 1962	'Victor E' cartoon first appeared in Grapevine. (Some say May 1962).
July 1-3, 1960	25th Anniversary of AA in Long Beach, CA.
July 2-3, 1955	20th Anniversary Convention at St. Louis, MO. The Three Legacies, of Recovery, Unity, and Service, turned over to the movement by the old timers. AA comes of Age.
July 2, 1960	Father Ed Dowling dies.
July 2, 1965	"Best of Bill" and Pocket-Sized "12 and 12" 1st sold.
July 2, 1965	1st "La Vigne", Canadian Grapevine, published.
July 2-4, 1965	30th Anniversary of AA in Toronto. Adopted "I Am Responsible."
July 2, 1993	50 years of AA celebrated in Canada.
July 2, 2000	20 millionth copy of Big Book given to Al-Anon in Minneapolis, MN.
July 3-5, 1970	35th Anniversary of AA in Miami. "Declaration of Unity". Bill's last public appearance.
July 3-6, 1980	45th Anniversary of AA in New Orleans. First true marathon meeting was held.
July 3-6, 1980	Gay AA's have own program at 45th AA Anniversary in New Orleans.
July 4, 1939	1st AA meeting started in Flatbush, NY.
July 4-6, 1975	40th Anniversary of AA in Denver. World?s largest coffee server serves 1/2 million cups a day.
July 5-7, 1985	50th AA Anniversary in Montreal, Canada. Ruth Hock was given 5,000,000th Big Book. House of Seagrams flew their flags at half mast for 3 days.
July 5-8, 1990	55th AA Anniversary in Seattle, WA. Nell Wing was given 10,000,000th Big Book.
July 7, 1940	Bill attends 1st Summer Session at School of Alcohol Studies at Yale University.
July 8, 1940	1st AA Group formed in Dayton, Ohio.
July 10, 1941	Texas newspaper publishes anonymous letter from founding member of Texas AA Group. (Larry J)
July 11, 1960	Time published article called "Passionately Anonymous" on the 25th Convention.
July 14, 1939	Dr Tiebout gives Big Book to Marty M. who promptly throws it back at him.
July 15 1938	1st documented use name Alcoholics Anonymous, A.A. archives letter Bill to Willard Richardson.
July 16, 1965	Frank Amos, AA Non-Alcoholic Trustee, dies.
July 18 1938	In letter to Dr. Richards at Johns Hopkins, Bill used Alcoholics Anonymous as working title for Big Book & name for the fellowship.
July 20, 1941	First AA group formed in Seattle, Washington.
July 22, 1877	William Duncan Silkworth born in Brooklyn, NY.
July 22, 1980	Marty M. early AA woman and founder of NCADD dies.
July 23, 1940	Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent.
July 23, 1943	New Haven CT Register reports arrival of AA's to study with E M Jellinek.
July 24, 1943	L.A. press reports formation of all-Mexican AA Group.
July 28-30, 1950	First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.
July 31, 1972	Rollie H dies sober in Washington DC.

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

PUZZLES: SELF SUPPORT

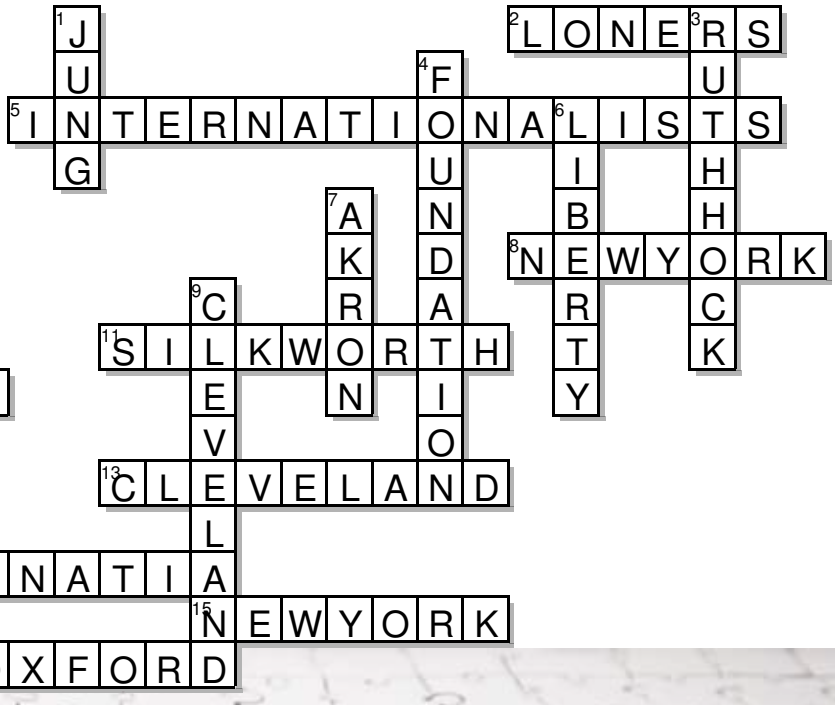
July Key will be in Volume 77 Issue 8

C M U L U D N E P M P R U D E N T
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treasuries
function
telephones
secretaries
services
pendulum
voluntary
tightwad
folding
money
prudent





June Puzzle Key

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

It does not mean having low self-esteem or thinking less of yourself; rather, it is a state of being self-aware, valuing others, and recognizing that you are no more important than anyone else.

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HOW DRY I AM: BIRTHDAY CLUB

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

Helen W.	1990	Real Alcoholics	36 years
Lyle C.	6-20-84	Brown Bag Bunch	42 years
Mike L-M	7-17-1996	Empire Way	30 years

Join the Club!

seattleaa.org/online-contributions/

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

Letter From the Editor

Humility has been on my mind all month. The Twelve and Twelve calls it "a clear recognition of what and who we really are" - a definition that keeps unraveling on me the longer I sit with it. Every time I think I've got a handle on humility, I catch myself feeling pretty good about how humble I'm being, and the whole thing collapses. Maybe that's the point. Maybe humility is less something we achieve and more something we're returned to, over and over, by the people and circumstances placed in front of us.

There is a lot to sit with in this issue. Stephan's reflection on Step Seven as a daily practice rather than a completed task. The Corrections Corner tribute to Bob Fox, whose decades of quiet service at SCORE and beyond reminded so many of us what a life of humble service can look like. And the news that our Georgetown home of 25 years will be moving - a good reminder that no matter how settled we get, we are always renters here, and the fellowship goes on regardless of the address.

Deep thanks to everyone who contributed this month: writers, artists, our haiku poet Jeff, the mailing team, and the volunteers who keep this newsletter going. You are the voices in these pages, and I am grateful.

Peter J.

Haiku by Jeff U.

Step 7

Humbly mumbly asked

My shortcomings are still here

Humility again

SPECIAL EVENTS HIGHLIGHTS



1. The 80th Anniversary Big AA Picnic @ GSIG: Come One, Come All and bring all your friends to Seattle Intergroup for The Big AA Picnic on Sunday, August 16th. We are celebrating 80 years of GSIG & the fun kicks off at 11 am. Be sure and register for our Classic Car Show happening in the front parking lot (see QR code on attached Picnic Flyer). The band "Ray's Garage" will be rockin in the back alley throughout the afternoon. We are cookin up some fun with our BBQ, 50/50 raffle, gift basket raffle, bingo & more. Be sure to buy your $10 picnic buttons in advance, good for a hotdog or burger, pop, chips and a chance to win a trip for two to the 2027 North Coast Roundup! There will be lots of festive games and important information at our GSIG Committee Tables in the alley as well. So come celebrate 80 years of GSIG with us, see our history on display and we will see you all on August 16th! The Greater Seattle Intergroup address is 5507 6th Avenue South.



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 50's costume. The doors will open at Noon on 10/24 and tickets are now on sale for only $20 (see QR Code on attached flyer to purchase). The address of Grace Lutheran Church is 22975 24th Avenue South in Des Moines.



3. Steps In Time Dress Rehearsals: It's not too late to step up to the plate and display your talent! We are having two talent show Dress Rehearsals for our Steps In Time event on Sat, September 5th and 19th from (1 to 3 pm). So if you've got talent, please plan to suit up, show up and let's see what you've got! Please contact West C at 425-736-4130 to let us know what you are planning. We are still welcoming new acts.

At Your Service With Gratitude,

West C



SEATTLE INTERGROUP NEEDS TO MOVE!

Seattle Intergroup has been at its current Georgetown location for 25 years. The building has been purchased by a non-profit organization, Watershed Community Development, which will be demolishing it in 2028 to make way for a new city park as part of larger redevelopment for the Seattle arts community.

In anticipation of the move, a committee has been formed and has begun defining what is needed to best serve our community.

Some initial thoughts:

Central Location: Intergroup serves and supports meetings from Auburn to Lynnwood, and a location equally accessible to everyone is important. A location near a light rail station would also be helpful.

Parking and identity: A location and property that is easy to find and identify, with good parking is desirable.

Size: 2,500 sq ft +/-

Economics: Sustainable rent and operating costs are essential.



Everyone's questions, suggestions, and ideas are welcome.

Email these to: 2028@seattleaa.org



7th Step

Humbly asked him to remove our shortcomings

In Alcoholics Anonymous, we often hear someone say, "It gets easier." My experience has been different. Some things do get easier—relationships improve, life stabilizes, finances often get straightened out—but other parts have gotten harder and harder for me as I've tried to live a sober, thinking life.

This has been especially true of Step Seven.

The first time I worked the Steps, I did them alone. When I reached Step Seven, I read it quickly, said the Seventh Step Prayer, and moved on. I didn't realize I was skipping something vital.

Years later, I worked the Steps with a sponsor who had recovered from this disease by practicing the Steps. (Not just talking about them, but actually living them.) Step Seven became more than a prayer; it was a process. After Steps Four, Five, and Six, I began asking three simple questions: Can I honestly admit these shortcomings, which are so obvious not only to me but to most others too? Do I really want to let them go? And am I willing to let my Higher Power remove them in God's time?

As the Twelve Steps and Twelve Traditions says, "Humility is a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be." I no longer see Step Seven as something I completed years ago; I see it as a daily practice.

In Step Seven, I find I can experience in real time the Power of the Universe (many call that God) when I "pause" in a situation and realize that, from a place of humility, I can ask my Higher Power for guidance to respond in a sane and sober way—instead of the ego. I'm tired of believing insane thinking, namely that my shortcomings are sometimes, someways, somehow helpful to me. I believe all my shortcomings are the result of my belief that the ego is the most helpful guide to follow. Step Seven, especially the "Seventh Step Prayer," teaches me there is a different and better way to think! And some say a different and better way of thinking is essential and part of an entire psychic change. Step Seven has been a lifesaver for me! That's also my conclusion on every other Step.

Stephan M.△



Tradition Seven

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members.

The long form of Tradition Seven states:

> *"The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."*

When I walked into my first AA meeting, desperate for a solution to my drinking problem, everything was in place for the life-saving message of Alcoholics Anonymous to be carried. There was a clean meeting place with Big Books on the tables, coffee was brewing, there were racks full of pamphlets, and there was a schedule of meetings to be held several times a day every day of the week. I have since learned that members contributed both the finances and the effort to make sure all these things were ready for the suffering alcoholic who might arrive at any moment. Someone had gone to Intergroup and used money from the seventh tradition basket to purchase that literature, and Intergroup had paid its rent and other bills from contributions made by that group and others throughout Seattle. Everything we needed for our meetings had been provided by our own members with no help from anyone outside AA.

Some years later I was GSR for a group that had a small but expensive meeting place, and had surplus funds to make contributions to the service entities that support our groups and members. Not all agreed when I stated that we were not self-supporting if we did not send money to Intergroup, District, Area and GSO, claiming that we paid our own rent and bought our own coffee, so we were self-supporting. However, when we went to Intergroup to buy literature sent from GSO, attend Assemblies, or enjoy any of the other support provided by those service entities, other groups were paying our share of the rent, phone bill, and other expenses. And so it is my opinion that groups who do not contribute to the service structure are not self-supporting.

And we contribute in other ways than just financially. There is plenty of work to be done, and it is important for each member and group to contribute their share in whatever way possible. When I was drinking, everybody had to cover for me at work, in the family, and in society. I could not be relied on to do my part, and so today I try to not only pay my own way financially, but give a little more than I owe, to try to even up the balance sheet of a lifetime of being a taker.



The spiritual principle underlying Tradition Seven is responsibility. It represents a shift from taking to giving, relying on groups and individual members to sustain the fellowship through voluntary contributions rather than relying on outside funding. Doing my fair share gives me a sense of belonging, gratitude and purpose. Groups' collective self-support fosters AA unity, because after all – where would we all be without the AA we are all sustaining?

As Bill W. says in Language of the Heart,

> *"When reflecting on these things, why should not each of us tell ourselves: 'Yes, we AAs were once a burden on everybody. We were 'takers.' Now that we are sober, and by the grace of God have become responsible citizens of the world, why shouldn't we now about-face and become 'thankful givers'! Yes, it is high time we did!'" p. 86* △

Corrections Corner

We want to honor Bob Fox's participation on the GSIG Corrections Committee. He has served off and on for many years taking meetings into many different correctional facilities. His passing leaves an empty spot for us. He has been serving at SCORE including being the Interim Facility Coordinator. We will miss his sparkle, his smile, his creative ideas, his unending love to AA service and willingness to actively help when needed. **He continues to inspire all of us.**

Below are some comments from several people who have served closely with him over the past several years:

Danny F: I am so grateful for the opportunity to serve at SCORE Jail meetings and elsewhere with Bob. He had an aura about him that always made me smile. When I attended corrections meetings with Bob. I was always able to sit and watch the expressions on the inmates faces. In almost all cases I saw them being attracted to our program by his humble, authentic and entertaining way he told his story. He had a great impact on many of those men. When Bob had his stroke and couldn't come to the jail meeting anymore I was surprised at how many of them asked, where's Bob? I was blessed to have been able to carry the message with such a Humble and authentic person who was truly selfless with his giving away the AA message. It was almost impossible not to get very fond of Bob, I will miss him.

Jennifer S: As the Corrections Volunteer Coordinator at GSIG, I had the pleasure of getting to know Bob F as he started going into the SCORE facility on Saturday mornings. The women's meeting is right before the men's, so we had a hug and a chat as we traded off. When he took over as the coordinator for that men's meeting, I started looking forward to seeing him (and his cookies) every month at the Corrections Committee meeting. I got to give him a ride to Empire Way after the committee meeting a couple of times and it was those "meeting after the meeting" moments where I really grew to love and appreciate him. He had great stories to share and really believed in Corrections work. One of my favorite acronyms for God is "Ghosts on Demand" and as one of our members pointed out as we were sharing stories about Bob, he is still with us as we carry on with the service that he was so dedicated to. I am so grateful to have gotten the chance to do service with him and as with others who have helped me in my recovery, I

am inspired to pass along what was so freely given to me. Which in this case means that if I can get access to his recipes, I will commit to baking his signature cookies for the next Corrections Committee meeting. (someone has to carry on that tradition!)

Karen K: Several years ago at an Empire Way meeting, Bob let me know he'd been approved for service at SCORE. As the chair of the GSIG Corrections Committee, I thought the timing was perfect because we needed more men. Little did I realize how deep and profound his impact on me and my relationship with the committee would be. Bob has that ability to step in and just start doing it. Not too long after that we needed someone to coordinate the mens meetings and Bob seamlessly stepped into that role too. A little later, we needed someone to step into the role of Facility Coordinator which is a trusted servant position with the facility. Bob offered to be the interim coordinator which was seamless for us and the facility. His willingness to serve helped the committee function so much more easily. Before each monthly committee meeting, I usually have some stress wondering how it will go. Whenever I saw Bob walk in the room, my stress would evaporate because I knew that the meeting would be ok. I am so grateful for his smile, the gleam in his eyes, his thoughtfulness when speaking, his deep reserves of experience he used to think outside the box, and how he continually showed up with compassionate action for corrections. Like so much in AA, I had no idea how profound him showing up as a volunteer for corrections would be for the committee and for me over time. His example of a life of sober service, inspires me to realize how we all can help each other be better people. △

WHAT IS THE BLUE CAN?

Many folks know about the Pink Can-Corrections. There's also a Blue Can-ASL. Both are critical for providing access to the solution.

Presently, there is a meeting in Seattle on Zoom that provides an interpreter three times a week and is well attended by Deaf alcoholics from United States and Canada.

This is a great fact: most Deaf alcoholics have no meetings available that not only makes the meeting accessible, but is more than once a week, and discuss Steps, read the Big Book. But Abigail's Ghost AA meeting, which meets on Zoom, (both hearing and Deaf) is that special meeting.

It costs around $1,000.00 a month to make this happen. And Abigail's can't afford it alone.

Greater Seattle Intergroup has a Blue Can, which covers interpretation expenses for Deaf who choose a meeting.

Examples of Purpose

These include ASL interpretive services for members to access meetings that groups cannot afford. Also, for the cost or at specific events, such as home group business meetings, District meetings or attendance to Speaker meetings. A Deaf member can say, "Yes" when asked to speak at a meeting and the Blue Can will provide the cost of the interpreter. If a newcomer reaches out to go to a local meeting near their home, the Blue Can can cover the cost of the ASL interpreter.

If you have questions about the Blue Can, please feel free to contact the GSIG Accessibility email: accessibility@seattleaa.org

AA resource A.A. Guidelines on Sharing the A.A. Message with the Alcoholic Who Is Deaf | Alcoholics Anonymous △

In Memorium: Bob Fox

I first met Bob 24 years ago when he came into the Intergroup office to talk with Larry (past Intergroup manager and man of service). I was very excited because I just knew that I was going to hear stories of service. Larry has many stories of serving with Bob and Susan. However, Bob talked about nothing but his children. I remember (2) things from that visit. First, Bob explained how when children walk into a room - things immediately get disheveled. Papers and books fly off shelves, his description made me think of the Peanuts character Pig Pen with the little tornado following him. I wondered, how does that happen? Once I had children of my own, I witnessed how it happens. Second, Bob quoted Susan - that Susan said "I will wash dishes in order to ensure that my children get a good education." I too now know what that means and am in agreement with Susan.

I brought my children to the Funeral Mass and reception. Bob met them as babies at the Intergroup office and I thought he would approve.

Larry shared a story with me of when the conversations were still happening at the Area Assembly regarding splitting Washington State into two areas. Bob was serving as Area Chair. I do not recall where this Assembly took place, but it was before we split - it could have been Spokane or Richland! At that Assembly serving as Area Chair - Bob had whooping cough. And his baby daughter came down with it too. As they say, the show must go on. In between business, Bob retreated to a chair and collapsed. I often think of Susan with her husband having whooping cough - refusing to "call in sick." And then have your baby sick as well. And not being at home near your familiar doctors/hospitals, not ideal.

After knowing Bob for 24 years, we sat in an AA meeting together exactly once. It was in 2025 at the June Empire Way birthday meeting. Other than that, our interactions were always service related.

Bob had range. In that he attended meetings ranging from Empire Way, Fremont Fellowship, Sunday Morning Magic, Penthouse - not to mention his attendance at Hospital and Treatment meetings.

At an Area Assembly years ago, during the lunch break he came and sat by me. The person I was with asked how come it costs $15 for a sandwich (at the time that was a steep price). Bob took the time to explain that of course the sandwich doesn't cost $15, but in order to pay for an assembly, the funds have to come from somewhere. And padding some extra dollars to the meals is a way to get funds. I now am pleased to pay the meal prices (unless Thomas wants to go out and eat).

After serving Alcoholics Anonymous for years, you will inevitably come across someone who can't stop talking (and if you haven't, you may be it 🙂). And you know how carpooling to an Assembly is full of laughter and stories of service? This next story was so not that experience. Bob called Intergroup and asked if he could carpool to the Ocean Shores Assembly. I said sure, I have a seat open. So it was Bob, an AA from the midwest new to sobriety and myself. When the newcomer got in the car she had camping gear with her. An igloo cooler full of food and drinks. A coffee pot that plugged into the car lighter thingie. Service people really just want to get to the Assembly ASAP. No stopping for coffee, treats, etc. That's for the ride home. This newcomer needed restroom breaks and snack breaks. And she could not stop talking. This was Friday at the Assembly with workshops, etc. I enjoy the ride home after an Assembly to "break down" all the information. To fill each other in on the workshops that each attended. This was so not the case. Weeks later, it occurred to me that this newcomer thought she was going to the beach. To Ocean Shores! Sadly, she did not even get to see the Pacific Ocean. She was in Seattle for less than a year and headed back to her home state of Minnesota. I saw Bob at the next Assembly and he said "hmmm ... yeah ... that was really something..." with a chuckle.

When we lost Burke D., Bob came to Burke's celebration of life. Bob wore a suit, showing his respect. In his talk about Burke one thing that stood out to me was that Burke refers to the Twelve Traditions writings as essays. I am so grateful that Bob reported that - the writings are essays.

Intergroup had been getting complaints about something the office was involved in. This is not a unique event! Many board members said that they were going to speak up regarding this matter. But when the time came, no one spoke. Again, not a unique circumstance. So, I said something. Bob texted me shortly after I spoke up and said that he appreciated my courage to speak up. I have saved that text.

I got a call from Fremont Fellowship. They requested a "moderator" attend their next steering committee meeting because the previous one was so chaotic that the police were called. I recommended Bob. I know that Bob likes this stuff. The next steering committee meeting was the Saturday before Bob's incident. Feedback from his performance at the Fremont steering committee meeting was reflected back to Intergroup. The police were not called. No one got hurt. And Bob stayed 2 hours after the meeting ended to answer questions.

-

And finally, Jack and Sally ... please know that your father mattered to many people. I just got a call on Sunday (Sunday after the Friday Funeral Mass) during my homegroup meeting of someone expressing shock and grief of learning of your father's passing. Your father changed people for the better. His impact was far and wide.

His legacy of service to Alcoholics Anonymous is tremendous and will be recorded in our beloved archives for future generations to learn from. △

Greater Seattle Intergroup | June 16, 2026

Opening

Call to Order & Serenity Prayer led by Jeff U, GSIG Chair. Approval to record the meeting. Tradition Six read by Jeff (Old Kent). Concept Six read by Stephen.

AA Birthdays — June

William (3 years) | Joey (2 years) | Morgan (9 years) | Chris (7 years) | Karla (24 years) | John (26 years).

Roll Call

Summer Assembly roll call: 50 total in attendance, 35 voting members. Quorum established.

Review and Approve Minutes

May minutes available at seattleaa.org/intergroup/intergroup-board/. Unanimously approved.

OFFICER REPORTS

Chair: Jeff U

Keeping it brief — the people doing the work will cover the details. Working with Derek at Area 72 on exploratory data-sharing between Area and Intergroup. Taking on the task of producing an informational sheet about GSIG — instead of the letter we sent last year through district reps, this year a promotional sheet the fellowship can distribute over time.

Also: we lost Bob Fox last Sunday. Past delegate, Office Committee member, voice of reason on this board, and a personal friend and supporter to Jeff as Chair. Memorial service Friday the 26th at 11am.

Vice Chair: Carina W

Reporting from the Pacific Northwest Conference in Vancouver. A few nuggets from the "Unity in Action" panel (some paraphrased)- "When a group conscience goes the opposite direction of what I think it should have — do I roll my eyes just a little, or report it with neutrality, positivity, and love?" | "When in conflict with another person, let me remember I'm sitting next to another alcoholic — another human being." | "AA is built on trust, and the fastest way to lose that trust is to win an argument with a sharp tongue." | From Heather N, past Area 72 Alt Delegate - "God, please help me be helpful, and if I can't be helpful, let me be quiet."

Otherwise, doing her best to be helpful with the Office Manager backfill process. Vice Chair isn't formally on the Office Committee, but showing up has helped with the sense of loss around Lara's departure. Impressed by the grace and caliber of all 20 candidates.

Chair Emeritus: Karla L

Current lease status: expires May 31, 2027. June High & Dry invited email suggestions to the community — no responses yet.

Landlord update: Ed H spoke with the landlord; 2028 demolition remains roughly on schedule for fall. Two building spaces have been leased to Watershed-affiliated tenants through June 2028. Landlord is willing to extend our lease to June 2028 if the committee chooses that option.

Discussion items for the next 2028 Committee meeting: whether to extend the current lease 12 months; reviewing market options for a June 2027 relocation; Ali from Eastside Intergroup emailed Ed with curiosity around combining offices — Ed will follow up on benefits, concerns, and practical considerations.

Treasurer: Pete K

Pete absent; Jeff gave the report. May income $16,189; expenses $21,296 — a $5,170 loss for the month, putting us $5,767 in the red YTD. Cause- group contributions came in at roughly half the normal $8,000–$12,000 range. Not a panic — historically these swing widely month to month. Checking ~$16,000; savings ~$1,500. Prudent Reserve at ~$47,500, about $15,000 short of the ~$63,000 target set in the bylaws. See attached financials for detail. Approve Treasurer Report:-unanimously approved.

Recording Secretary: Sui D

Thank you to everyone who submitted reports. Apology to Jinah for accidentally omitting the Accessibility report from May's minutes. Approve Minutes-unanimously approved.

INTERGROUP STAFF REPORTS

Office Committee: Steve

A couple meetings ago, Lara announced her resignation to the Office Committee. We weren't going to accept it — but the policy and procedure manual said we had to. Reminded of a Marine Corps saying- "The difficult, we do immediately. The impossible takes a little longer." Nearly 20 people applied. Interviews begin tomorrow. We trust the AA process will meet and exceed our needs, just as it did when Lara stepped up 7 years ago.

Office Manager: Lara R

Last report as Office Manager. Seattle Intergroup has been Lara's sobriety lifeline for nearly 7 years. Favorite stories- the woman who called the office, was met at a meeting by a volunteer, and has now been answering Wednesday phones for 4 years. The 12th step list — old and dusty,



THE HUMILITY COMMITTEE.

always producing the right person. The Hispanic gentleman who walked in, took pictures around the office, and cried in the boardroom seeing Bill W and Dr. Bob because "these two men saved my life."

Without groups and their contributions we would not exist. Contributions are not just monetary — answering phones, emptying garbage, fixing toilets, vacuuming, stepping up for picnics and events. Deep gratitude for all of it.

Financial: May was in the hole, reflecting low group contributions. Contributions wax and wane. This is not unique to us — low contributions are an epidemic across US and Canadian intergroups, and GSO has created a new Self-Support and Contributions desk position in response. Much of this traces back to COVID: groups that never returned to in-person, online meetings that assume their only expense is the platform fee. It falls to each of us to hold our online meetings accountable to self-support and to educate newcomers on the Traditions.

Inventory: B-12s (Daily Reflections) back in stock; binding issue appears fixed.

May Call Log: Calls 136 | Chats 93 | 12-step 1 | Total 230.

Assistant Office Manager: Anita S

Another quote from an oldtimer at the 85th: "Change takes time. Like taking medicine. You have to take the amount your body can tolerate. Taking more will make you sick. Not taking enough will prolong the illness." And: "When we feel powerless, what we have to focus on is willingness." Deposit protocol was updated by Lara and is running smoothly.

AD HOC COMMITTEE REPORT AND INVENTORY DISCUSSION

2028 Committee Report: Anita S

We've been at this location since December 1999 — over 26 years. The building has been purchased by a nonprofit

and will be demolished in 2028 for a new city park in the Seattle arts community redevelopment. Current lease expires May 31, 2027. Landlord roughly on track for fall 2028 demolition. Two other spaces leased through June 2028.

Current cost: ~$7,000/month rent and utilities, ~33% of average monthly expenses. Target monthly rent: ~$5,000 (28% reduction). A centrally located office matters — "equally inconvenient to all."

What Intergroup may need: a large reception area; two offices (one large, one medium for archives/meetings); a medium lunchroom; a large conference room for 40–60 people; ground floor with street visibility preferred; long-term lease preferred but a 5-year lease is not a deal breaker; shell space is not ideal though minor non-permitted renovations are fine. If we don't find a place by end of 2026, we should seriously consider extending the lease.

Discussion followed. Questions included pricing, whether we need this much space, lobby vs. reception, and any cost studies.

Inventory Discussion — What Should Intergroup Sell? Led by Shannon R

Since March, the Office Committee has been asking: what does the Greater Seattle Fellowship want to buy at Intergroup? Currently we sell mostly conference-approved literature, a few branded mugs and hats, a limited selection of coins and birthday cards. Two survey questions went out:

Question 1: Should Intergroup expand to include familiar non-conference approved literature (Hazelden titles like 24 Hours a Day, The Little Red Book, Drop the Rock; also A New Pair of Glasses, Back to Basics, Sermon on the Mount)? Shannon noted, and welcomed room for correction, that this list contains no female authors.

Question 2: Should Intergroup expand to items like coin covers, hardcover books, a wider coin selection, recovery-related greeting cards?

As of June 15: 87 responses combined online and paper. Question 1: 57% yes. Question 2: 71% yes.

Discussion covered pros — nearby intergroups (Eastside, Puget Sound Central) and local clubs generate meaningful income from outside literature and trinkets; carrying popular recovery books would keep members buying from us rather than Amazon; a small minimum-order test would be low risk. And cons — concerns about using basket money for non-AA items and diverting from primary purpose; risk of implied endorsement of outside publishers like Hazelden; timing given the $5,000+ reserve shortfall and upcoming relocation; and a "flea market" slippery-slope concern.

Clarifications: A member cited GSO document SMF-29 — "Conference-Approved" simply means literature produced by GSO; it does not mean GSO disapproves of other recovery literature or dictates what members can read. Restrictions on selling outside items live in Policies and Procedures, not the bylaws — this body has authority to change them. Intergroup has navigated non-approved items before (coins, mugs, picnic buttons). And as one member noted, if the body makes a decision the fellowship rejects, "it can always be undone."

Jeff wrapped up: survey stays live, discussion continues.

SERVICE COMMITTEE REPORTS

Accessibility: Jinah W

Committee met June 3 with Jinah, Cynthia, Laurel, and Ceair (former Accessibility Chair). Discussed the history of Blue Can presentations at districts and meetings, interpreter provision, and best practices going forward. Getting support from Daily Reprieve, Broadway Group, and Nameless Bunch of Drunks in Bellevue. Jinah will continue visiting meetings and districts. Presenting at the next Accessibility Assembly and setting up a booth for the summer GSIG gathering.

Archives: Teresa S

Ordered new Photoshop from Tech Soup for scanning old High & Drys — turned out too complicated, so will scan without cleanup for now. Progress continuing.

Corrections: Karen K

Meets 2nd Monday, 6:30pm, hybrid. Thanks to all meetings and districts donating to the Pink Can — used to purchase AA-approved literature for alcoholics in correctional facilities. Top two requested items- the Plain Language Big Book, and La Viña and The Grapevine. Growing subscriptions, including Spanish for the federal detention center. Full info at seattleaa.org/corrections. Speakers available for district or homegroup business meetings — forms available for corrections correspondence, pre-release, and other programs.

Hospitals & Treatment: Mikey C

Monthly meeting with 6 attendees. More volunteers welcome. Openings:-Key Works 7pm 2nd/3rd/4th/5th Sundays upstairs; Union Gospel Mission 10am 3rd/4th Saturdays (men only); NW UW Behavioral Health Center Wednesdays 3:30 huddle for 4pm panel (ID and waiver required). Monthly meetings 1st Saturday 10am in the boardroom — except July 4, Zoom only.

Newsletter: Peter J

No report.

Nightwatch: Rob S

No report.

Public Information / CPC: David D

No report.

Special Events: West C

Special Events is now meeting bi-weekly to plan two big events at a time — 1st Tuesdays 6pm and 3rd Saturdays in the GSIG Board Room.

Big AA Picnic — Sunday August 16 at GSIG, celebrating 80 years of serving Greater Seattle AA. Car show, 50/50 raffle, food, prizes, Ray's Garage band in the back alley. GSIG committees- let West know by the July board meeting if you'd like a table. Big shout out to Joey, our flyer guy.

Steps in Time Dress Rehearsals: September 5 and 19, 1–3pm at GSIG. Come in costume with your act. Still looking to add 2 more acts.

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

Seahawks Watch Party: Sunday November 29, tailgating at noon (49ers).

Spring Assembly Beach-Themed BBQ: happening in this room right now.

Next Special Events meeting: Saturday June 20, 4:30pm.

Third Legacy: Lee R

No report.

Twelfth Step: Karrie C

Three 12th Step requests this month — promising that people are reaching out during the summer. Multiple chat shifts have opened up; the chat line runs daily 10am–10pm on the GSIG website. Please

announce at homegroups and districts. Contact:- 12step@seattleaa.org.

Web & Tech: Peter J / Dash M

GSIG Bookstore App: development continues; next step is wiring to the Square API to display inventory and allow purchases from phones. Once the proof of concept is complete, the committee will address hosting and set a launch date.

District pages on GSIG website: discussed content streams that would let districts and groups maintain their own pages. Interest exists; not enough content yet to launch. Open pending content.

Office computer: adjusting sleep timer so it doesn't go into deep sleep during office hours.

DISTRICT REPORTS

District 14: Ruth P | West Seattle, White Center, Vashon Island

Meets 2nd Tuesday, 7pm. Several West Seattle groups had to relocate because Admiral Church is being torn down — all have moved, mixed results on attendance. Annual picnic and world famous pie auction- Sunday September 13.

District 15: Blake P | Downtown Seattle, West Capitol Hill

Meets 2nd Tuesday at Intergroup, 7pm. 6 GSRs and 4 district officers present. Courtney, Area 72 Delegate, visited — highlight of the meeting. Went over highlights from the General Service Conference and how to access the Delegate reports online. Pre-Assembly August 8 at St. Joseph's. Area 72 Assembly in Shelton in October — book early; shared lodging brings the price down. Watched the 12 Concepts video.

District 16: Ricky T | Northeast Seattle / U District

Met May 20 at Journey Christian Church. Discussing in-person-only meetings due to lack of a Web/Tech chair. Jennifer from Archives gave a presentation. 8 of 10 district groups represented.

GSR highlights: Lake City going well; Reservoir developing fellowship, considering an Intergroup phone shift; Spiritual Line still working on women's attendance; On Awakening going well, still offering childcare Sundays, inventory this Saturday; Lake City Young People going well; Go Ask Your Sponsor (GAYS) growing, turning 2 in July, potential Al-Anon and Alateen meetings coming to the same building; Burke Ave Men filling their room.

Welcome to Fremont Fellowship as new district members — they have meeting space available. Co-hosted the Central Delegate Report Back. High school panels at Seattle Prep and Bishop Blanchet well received. Service Roadshow scenarios in group review. Registered as a nonprofit for the AA Booth at Lake City Days Parade — awaiting confirmation. Reminder: childcare at On Awakening Sunday-8am. Pre-Assembly Sunday August 8 at St. John's Episcopal Church.

District 17: Jon B | Ballard and Northwest Seattle

No report.

District 18: William | Renton, Kent, Tukwila

Bob F was William's service sponsor at the Assembly — just found out today he passed. What a wonderful person. District 18 picnic July 18 at Philip Arnold Park. Banquet- October 10, location TBD. Pancake Gratitude at St. Matthew's Lutheran Church — 10am breakfast, two speakers.

District 24: Bobby T | SW Snohomish County: Edmonds, Lynnwood, Mountlake Terrace

Meets 1st Wednesday, 6pm, St. Hilda's Church. 38 in person, 3 online. Annual picnic- Edmonds City Park, July 18, 12:30–6pm. Full meeting was the DCM giving the Delegate Report Back.

District 31: Thomas H | 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 this year. Open positions- Treasurer, Treatment, Corrections, PI, Accessibility, Archives. Delegate Report: 37 attended. D31 Inventory: June 20, Grace Lutheran, 1–4pm, Delegate Alan Foster facilitating. Pre-Assembly: August 8, St. Joseph, 12–5pm. CPC Roadshow: September 12, Grace Lutheran, 11am–5pm. Burien Resource Fair looking for help when it starts back up 9/8.

District 32: Samantha M | Algona, Auburn, Federal Way, Pacific

Met June 1, 7–8:30pm at Brooklake Church. 21 voting members. Treasurer Skye — a new men's meeting (The MOD Squad) has started contributing. CPC — Bus Stop project running November 2026–January 2027 for signage, with signage staying up once space is bought. Events — District 32 Annual Picnic July 19, 11:30am–2:30pm, Steel Lake Park Site 1 covered area, sign-up via SignUpGenius. Treatment — looking for Intercept panel volunteers, 1st Tuesdays 12:05–1:20pm and 4th Fridays 11:05–1:20pm (contact Robert, 253-329-0418). Webmaster Nate updating the site and will need a successor next year. Young People (Laura) — TACYPAA events- Fircrest volleyball June 7, Owens Beach social June 27. Corrections (Matt) — attending the Intergroup meeting Monday; wants to bring books in. New business — rotations coming up, elections in October. Open positions — Accessibility, Bridging the Gap, Grapevine/Literature, Third Legacy.

District 33: Aaron C | Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent

Aaron is resigning as D33 rep due to a work schedule change; will try to find a replacement. Thank you for the opportunity to serve.

District 40: Daysha G | East-Central Seattle: East Capitol Hill, Central District, Madrona, Madison Park, Leschi

Report to be sent.

District 41: Laura C | Queen Anne, Magnolia, South Lake Union

Meets 2nd Wednesday on Zoom. District picnic: August 1, Magnolia Park, 3–7pm (burgers and hotdogs provided, sides welcome). Pre-Assembly August 8 at St. Joseph. Moment of silence held for Bob F. DCM quarterly coming up in July. Treasurer: positive balance. Web & Tech: attended the Area 72 W&T Quarterly, discussing the Area 72 Google account and website hosting; looking into a district website. 10 groups reported, all doing well. On the Waterfront looking into a Thursday summer meditation meeting on the dock.

District 42: John Paul | Lake Forest Park and Shoreline

New DCM taking over for Sarah, who's moving to Tucson — big party held for her Sunday. District had a group inventory this month. John Paul, past DCM, stepped in to keep District 42 represented at Intergroup. Thanks.

FELLOWSHIP HALLS

A New Beginning: Leah presenting for Trisha A

Founders Day potluck was beyond amazing — the tradition is roughly 40 years running.

One speaker didn't show, so Leah was asked to share on the spot. Nine meetings, all filled except a Sunday at noon; a new Saturday 9pm meeting just started.

Ed-Lynn Fellowship: Marcus

No report.

Fremont Fellowship Hall: Adam R

Aloha from Fremont. Old-timers' Day in June — Adam will emcee. Last year was a huge success; spur of the moment and still turned out great. July 4th party in the parking lot- BBQ and possibly a live band. Condolences on Bob Fox — the day before his stroke, Bob was our mediator for the Fremont steering committee meeting (the month before, ours had gotten so out of hand the police were called). Bob was a teacher. Wish we could have learned more from him.

Greenwood Fellowship: Luis

No report.

Pass It On: Jeffery F

No report.

Serenity Hall: Trent H

Group inventory on May 30 went really well. Thank you to Lara for supporting.

South End Fellowship: Lynn

A new person has taken on the H&T position, working with Mike C. Davina is engaged and moving things forward. Progress being made after a stretch of quiet.

UPCOMING EVENTS

seattleaa.org/events

Seattle Group AA Meeting: GSIG, every Saturday, 6pm

Service Manual Study: GSIG hybrid, 1st Sunday, 11am

85 Years in WA planning: GSIG hybrid, every other Saturday, 4pm

Meeting Under the Tree: July 4, 10am, north end of the International Fountain at Seattle Center

D18 Picnic: July 18, Philip Arnold Park

D24 Picnic: July 18, Edmonds City Park, 12:30–6pm

D32 Picnic: July 19, 11:30am–2:30pm, Steel Lake Park

D41 Picnic: August 1, Magnolia Park, 3–7pm

Pre-Assembly: August 8, St. Joseph, 12–5pm

Big AA Picnic — 80 Years: August 16, GSIG, 11am–4pm

Steps in Time Dress Rehearsal: September 5, GSIG, 1–3pm

CPC Roadshow: September 12, Grace Lutheran, 11am–5pm

D14 Annual Picnic and Pie Auction: September 13, Lincoln Park

Steps in Time Dress Rehearsal: September 19, GSIG, 1–3pm

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

Seahawks Watch Party: November 29, tailgate at noon

DEADLINES

GSIG Reports: secretary@seattleaa.org | Due July 14

Newsletter Articles: newsletter@seattleaa.org | Due June 25

FIVE MAIN TAKEAWAYS

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

1. We lost Bob Fox: Past delegate, Office Committee member, mentor, and friend. Memorial service was Friday June 26 at 11am. Bob's impact was felt across the fellowship — including as service sponsor to District 18's William, as mediator for Fremont Fellowship's steering committee the day before his stroke, and in the honest, unhurried service he gave everywhere he went.

2. Lara is stepping down as Office Manager: After nearly 7 years, Lara has given notice. Nearly 20 people applied to the position; interviews begin the day after this meeting. The Office Committee is trusting the AA process to meet and exceed our needs, just as it did when Lara stepped up.

3. Relocation planning is underway: 26 years in Georgetown coming to an end. The building will be demolished in 2028. The 2028 Committee is evaluating whether to extend our current lease through June 2028 or move to a new location around June 2027. Central location, ~2,500 sq ft, sustainable rent (~$5,000/month target). Send suggestions to 2028@seattleaa.org.

4. Inventory expansion discussion: Office Committee's survey has 87 responses so far — 57% yes to expanding beyond conference-approved literature, 71% yes to expanding non-print items. Rich discussion of the traditions questions and the practical questions. Survey stays live; discussion continues.

5. Big AA Picnic — Sunday August 16 at GSIG: 80 years of serving Greater Seattle AA. Car show, 50/50 raffle, food, prizes, Ray's Garage band in the back alley. Buy your $10 picnic buttons in advance — good for a hotdog or burger, pop, chips, and a chance to win a trip for two to the 2027 North Coast Roundup.

6. Steps in Time — October 24 at Grace Lutheran, Des Moines: 1950s theme, talent show, skit, dinner, live music dance. Tickets $20, on sale now. Dress rehearsals September 5 and 19 at GSIG.

7. Group contributions ran low in May: $5,170 loss for the month, $5,767 in the red YTD. Not a panic — contributions swing widely month to month — but a reminder to our home groups and online meetings that Intergroup runs on their support. GSO has added a Self-Support and Contributions desk position in response to a nationwide trend.

Motion to close: Unanimously approved.

We adjourned with the Responsibility Statement.



MAY 2026 · FINANCIAL SUMMARY

GSIG MAY FINANCIALS

Greater Seattle Intergroup

Humility begins with an honest accounting. Here is every dollar of May — what came in, what went out, and the ground still to make up — set down plainly, in the open, holding nothing back.

THE MONTH IN FULL VIEW

Income	$16,603.77
Expenses	$21,641.60
Net (May)	-$5,037.83

LIGHTEST MONTH YET

YEAR TO DATE

-$5,682.12

Net income through May — five months in, and slightly in the red.

YTD NET INCOME

OPERATING FUNDS

$17,264.21

Checking + Savings — the funds we draw on day to day.

READY TO SERVE

WHY MAY CAME UP SHORT

Spending held near normal at **$21,642**. The gap was on the income side: group contributions fell to **$5,585**, well below the $9,000–$20,000 range of earlier months. With **+$15.59** in interest, the month closed at **−$5,022.24** net — a lean month in the basket, nothing unusual in the ledger.

The Prudent Reserve

75.4% TO GOAL

ON HAND TODAY **$47,576.69**

TARGET $63,078.00

RESERVED SHORTFALL

Funded $47,576.69 · Still to grow $15,501.31 · Target $63,078.00 — essentially flat this month (+$2.08 interest).

WHERE THE FUNDS REST

U.S. Bank — Checking OPS	$15,802.17
U.S. Bank — Savings OPS	$1,462.04
U.S. Bank — Money Mkt RESERVE	$47,576.69
Total on deposit	**$64,840.90**

Committee Earmarked Funds

SET ASIDE & READY

FUNDS HELD FOR COMMITTEE USE — TOTAL EARMARKED $6,645.08

Corrections	Accessibility	Big Book / Literature
$4,701.50	$1,257.21	$686.37
71% of earmarked · Acct 2211	19% of earmarked · Acct 2213	10% of earmarked · Acct 2215

7

TRADITION SEVEN

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

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PROFIT & LOSS · JAN 1 – MAY 31, 2026

YEAR TO DATE — PROFIT & LOSS

Greater Seattle Intergroup

Five months, side by side, with nothing held back — every dollar in and every dollar out. A clear, unflinching look is the humblest thing a treasury can offer.

TOTAL INCOME	COST OF GOODS	TOTAL EXPENSES	YTD NET INCOME
$115,568	**$27,674**	**$94,313**	**−$5,682**
Contributions + sales + events	Literature, directory, coins	Operating + payroll + rent	Five months — slightly in the red

Five Months, Side by Side

INCOME VS. NET

JANUARY		FEBRUARY		MARCH		APRIL		MAY	
Income	$35,402	Income	$20,168	Income	$21,363	Income	$22,031	Income	$16,604
Expenses	$31,918	Expenses	$20,728	Expenses	$21,520	Expenses	$26,179	Expenses	$21,642
Net +$3,484		**Net −$560**		**Net −$157**		**Net −$4,149**		**Net −$5,038**	

Net shown is operating; +$736.60 other income (interest + a one-time card reward) brings YTD net to −$5,682.12.

Where the Income Came From

$115,568 YTD

CONTRIBUTIONS — 69%	$79,598.17	RETAIL SALES & OTHER — 31%	$35,969.72
Group Contributions	$58,637.69	Literature Sales	$25,517.58
The Sustainers Program	$8,367.90	Coin Sales	$5,035.84
Individual & Other	$7,561.78	Meeting Directory Sales	$4,079.50
7th Tradition Collections	$3,447.91	Special Events Income	$565.00
Birthday Contributions	$1,337.89	Shipping Income	$527.33
Group Insurance	$245.00	High & Dry Sales	$244.47

Where the Dollars Went

$94,313 YTD EXPENSES

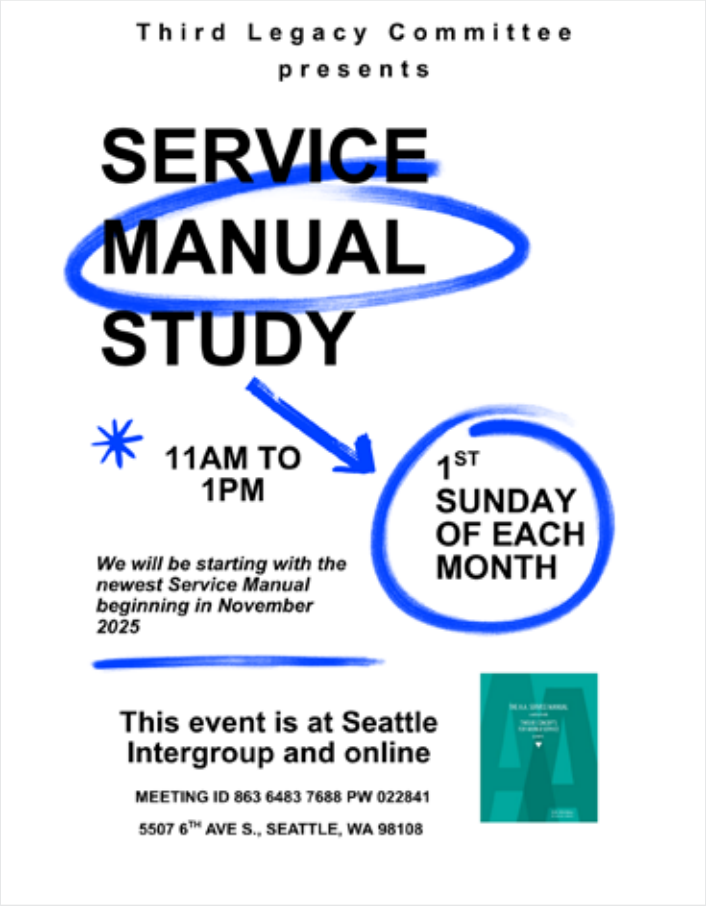
RENT & OFFICE	PAID STAFF	OTHER OP. COSTS
$47,292	**$37,825**	**$9,195**
50% of expenses	40% of expenses	10% — committees, fees, software, taxes

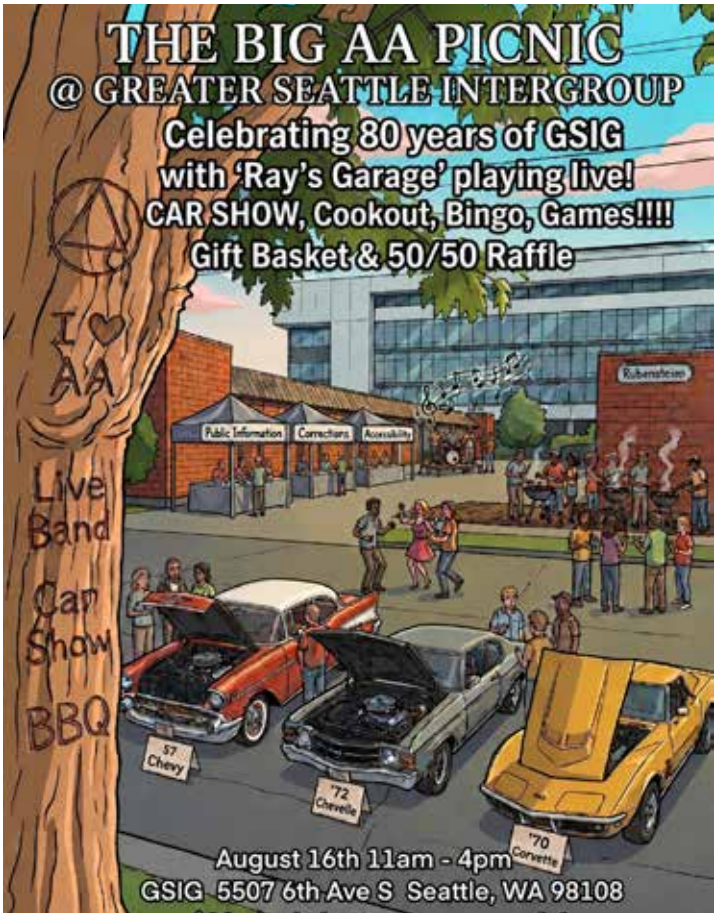
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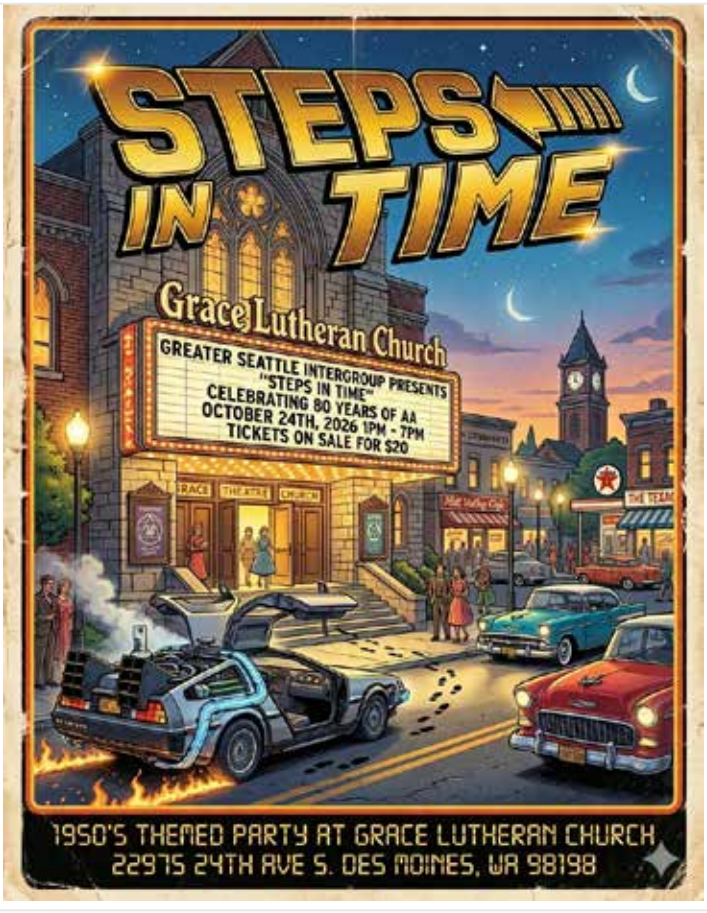
Email: info@SeattleAA.org · Website: www.SeattleAA.org

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.







SERENITY NOW

monthly birthday and POTLUCK CELEBRATION

7:30PM LAST WEDNESDAY OF EVERY MONTH
MEETING AT 8PM
3601 SW ALASKA ST, WEST SEATTLE

DISTRICT 41

Picnic in the Park



FOOD - FUN - FELLOWSHIP



ALL ARE WELCOME * MAIN COURSES PROVIDED
BRING A DISH AND SOMETHING TO SIT ON

SATURDAY
01
AUGUST

MAGNOLIA PARK
3 PM - 7 PM
1461 MAGNOLIA BLVD. W, SHELTER 1
SEATTLE, WA 98199

FOR QUESTIONS AND SERVICE OPPORTUNITIES EMAIL
GANELLE DCM41@AREA72AA.ORG OR **JORDIE**
ALTDCM41@AREA72AA.ORG

LIVING IN Sobriety

SUMMER PICNICS



Celebrate the joy of sobriety
with us at our Summer Picnics,
where fun, food, and friendship await!

EVENT DETAILS

Dates:
- Tuesday, June 9, 2026
- Tuesday, July 7, 2026
- Tuesday, August 11, 2026
- Monday, September 7, 2026

Time:
5:30 PM onwards

Location:
Golden Gardens State Park, Shelter #1



Join us for evenings of
LAUGHTER, CONNECTION, AND COMMUNITY SPIRIT,
celebrating life in sobriety!

♥ 'EVERYONE IS WELCOME!' ♥

Pass It On 17801 1st Ave So (Normandy Park)

☺ Speaker Meeting (12th step work)

The *3rd Saturday* of the month this month . . .at 7pm

☺AA Birthdays

Anniversary meeting (12th step work)

The *Last Saturday* of the month at 7pm

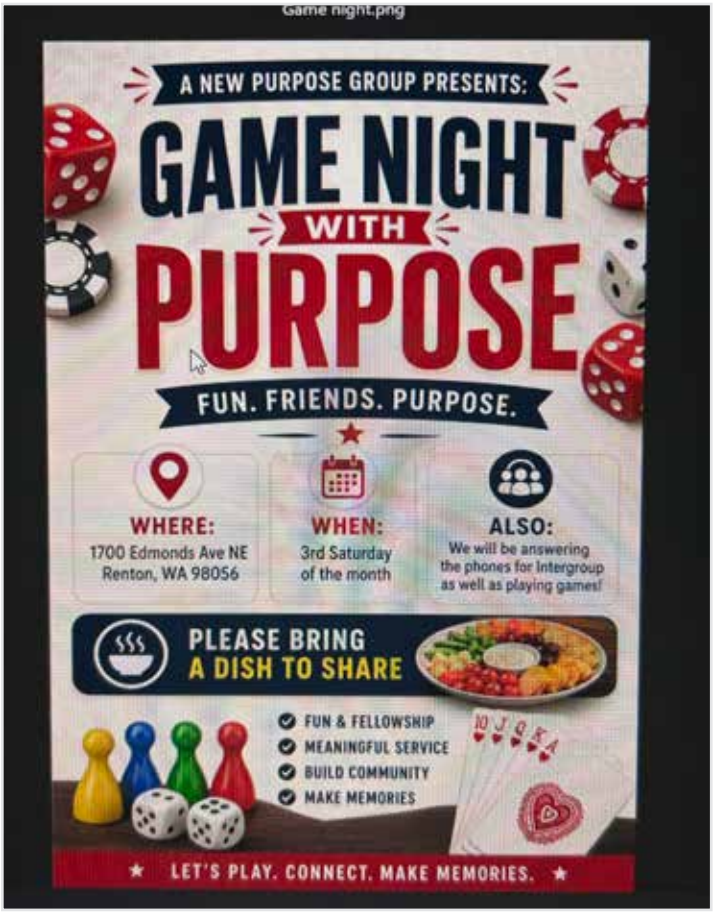
Come and celebrate the message of Alcoholics Anonymous

- We acknowledge 1, 3, 6, & 9 months (with coins)
- We celebrate annual anniversaries with their shared Experience Strength & Hope

☺Intergroup Phones (12th step work)

The ☺ *First Sunday* of the month from 2pm – 6pm

July 5th at the Seattle Intergroup Office (6th & Luciele)


Game night.png
A NEW PURPOSE GROUP PRESENTS:
GAME NIGHT
WITH
PURPOSE
FUN. FRIENDS. PURPOSE.
WHERE:
1700 Edmonds Ave NE
Renton, WA 98056
WHEN:
3rd Saturday
of the month
ALSO:
We will be answering
the phones for Intergroup
as well as playing games!
PLEASE BRING
A DISH TO SHARE
FUN & FELLOWSHIP
MEANINGFUL SERVICE
BUILD COMMUNITY
MAKE MEMORIES
LET'S PLAY. CONNECT. MAKE MEMORIES.


AA/AL-ANON
Northwest
FELLOWSHIP
of the SPIRIT
SAVE THE DATE!
SEPT 10th-13th
Festhalle Civic Center, Leavenworth, WA
BANQUET, BBQ, DANCING, GAMES and FUN!
SPEAKERS: Kurt Z, CA| Matthew M, CA | Tom B, CO
Damon C, WA | Louise H, WA
An experience
you must not miss!
More info coming soon!
nwfots.square.site


SUMMER
BBQ
Brought to you by:
Waterfront Group, Westside Story,
Into Action & Dawn Patrol
Sunday, September 6
Grill starts after the 10–11:30 AM
Westside Story Meeting
2589 Alki Ave SW,
Seattle, WA 98116
BBQ at Alki Shelter #1
Hamburgers, Hot Dogs & Drinks Provided!
Bring a side or dessert to share!


YOUR EVENT WOULD BE LISTED HERE:
IF YOU SUBMITTED IT TO THE...
VOLUME 77 | ISSUE 6
JUNE 2026
High & Dry

High & Dry

Editor: Peter J. (newsletter@seattleaa.org)

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Mailing Team: Irreplaceable Volunteers

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

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

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

Subscriptions — Please consider subscribing to the High & Dry newsletter!
Your contribution helps fund the services we provide. Suggested annual donation for hard copy is $12/year and digital copy $10/year. To subscribe visit: *SeattleAA.org/intergroup/newsletter/*

Greater Seattle Intergroup
of Alcoholics Anonymous

Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at *info@seattleaa.org*, or give Lara or Anita a call at (206) 587-2838.

Name:	
Address:	
City/Zip:	
AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
Home Group:	

If mailing, send this form to:
Greater Seattle Intergroup, 5507 6th Ave S. Seattle, WA 98108

Link to GSIG Online Contributions

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