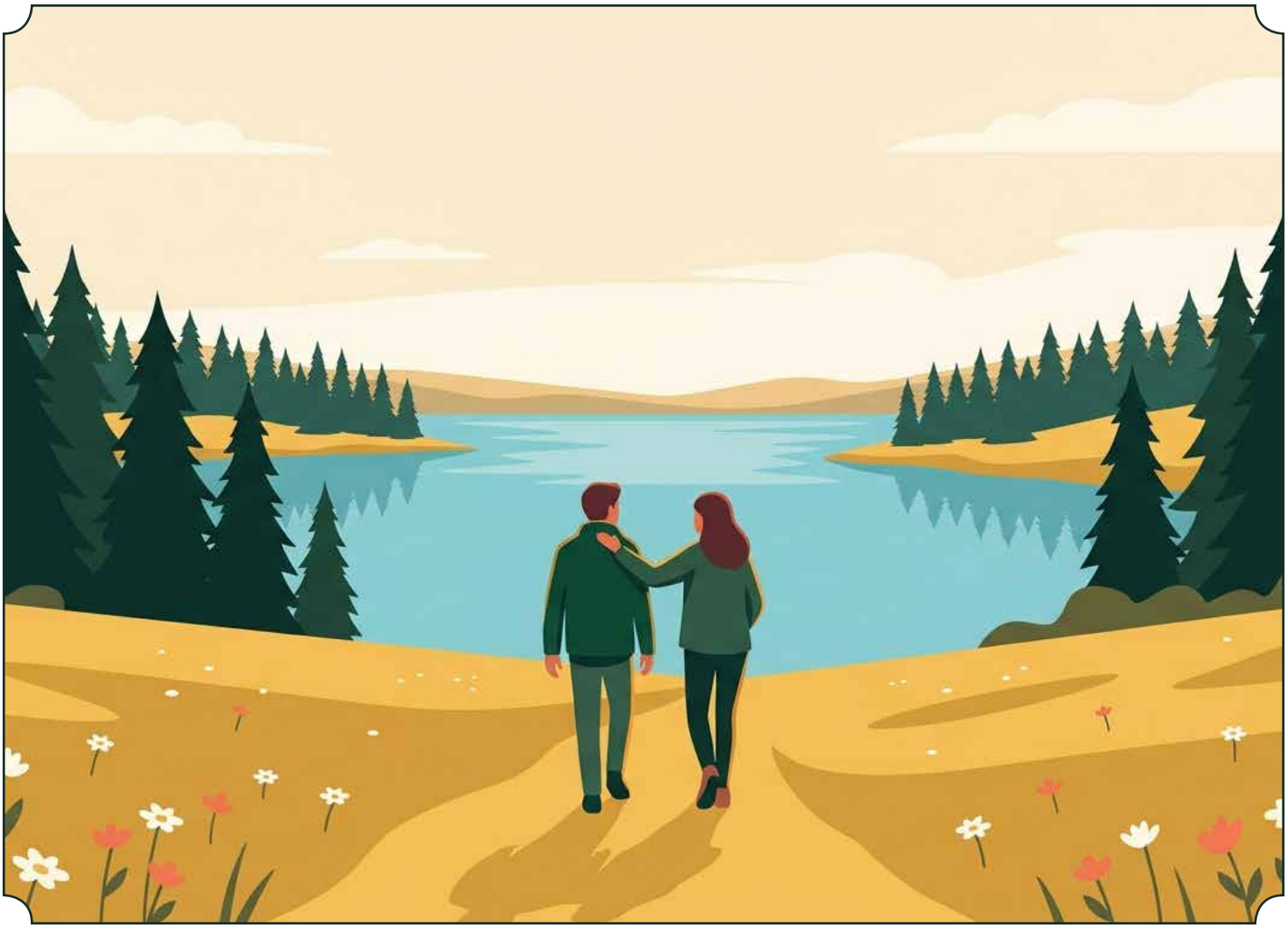
VOLUME 77 | ISSUE 8 AUGUST 2026

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: BROTHERLY LOVE



In This Issue: emotional warmth, loyalty, mutual support

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FUTURE TRIPPING: AUGUST 2026 EVENTS

1 — Hospital and treatment Committee

- 1 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

1 — Vashon Island Picnic

- 1 @ 11:00 am - 4:00 pm
- Dockton Park, 9500 SW Dock St., Vashon, WA, 98070, United States

1 — District 41 Picnic in the Park

- 1 @ 3:00 pm - 7:00 pm
- Magnolia Park, 1461 Magnolia Blvd. W, Seattle, United States
- Food, fun, fellowship

2 — Service Manual Study

- 2 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

5 — Accessibility Committee

- 5 @ 6:00 pm - 7:00 pm
- Virtual Meeting

6 — Step Ashore XII

- 6 @ 8:00 am - 5:00 pm
- Ocean Shores Convention Center, 120 W Chance a La Mer NW, Ocean Shores, WA, 98569, United States

6 — 12th Step Committee

- 6 @ 6:00 pm - 7:00 pm
- Virtual Meeting
- 8 — Central District Pre Assembly
- 8 @ 11:00 am - 4:00 pm
- St Josephs Parish, 732 18th Ave E, Seattle, 98112, United States

8 — Dance through the 70's 80's and 90's

- 8 @ 8:00 pm - 11:30 pm
- South King Alano Club, 1317 Harvey Road, Auburn, WA, 98002, United States

9 — Eastside District Pre-Assembly

- 9 @ 2:30 pm - 6:30 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

10 — Corrections Committee

- 10 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

11 — Living in Sobriety Summer Picnics

- 11 @ 5:30 pm - 8:00 pm
- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117, United States

15 — CPC/PI Committee

- 15 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

15 — Game Night with Purpose

- 15 @ 6:00 pm - 10:00 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

16 — 80th Annual GSIG Summer Picnic

- 16 @ 11:00 am - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Join us for the 80th Annual Big Summer Picnic!

18 — Web and Tech Committee

- 18 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

18 — GSIG Monthly Board Meeting

- 18 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

26 — Serenity Now Monthly Birthday and Potluck

- 26 @ 7:30 pm - 9:00 pm
- VFW Hall, 3601 SW Alaska St, Seattle, WA, 98126, United States

28 — Newsletter Committee

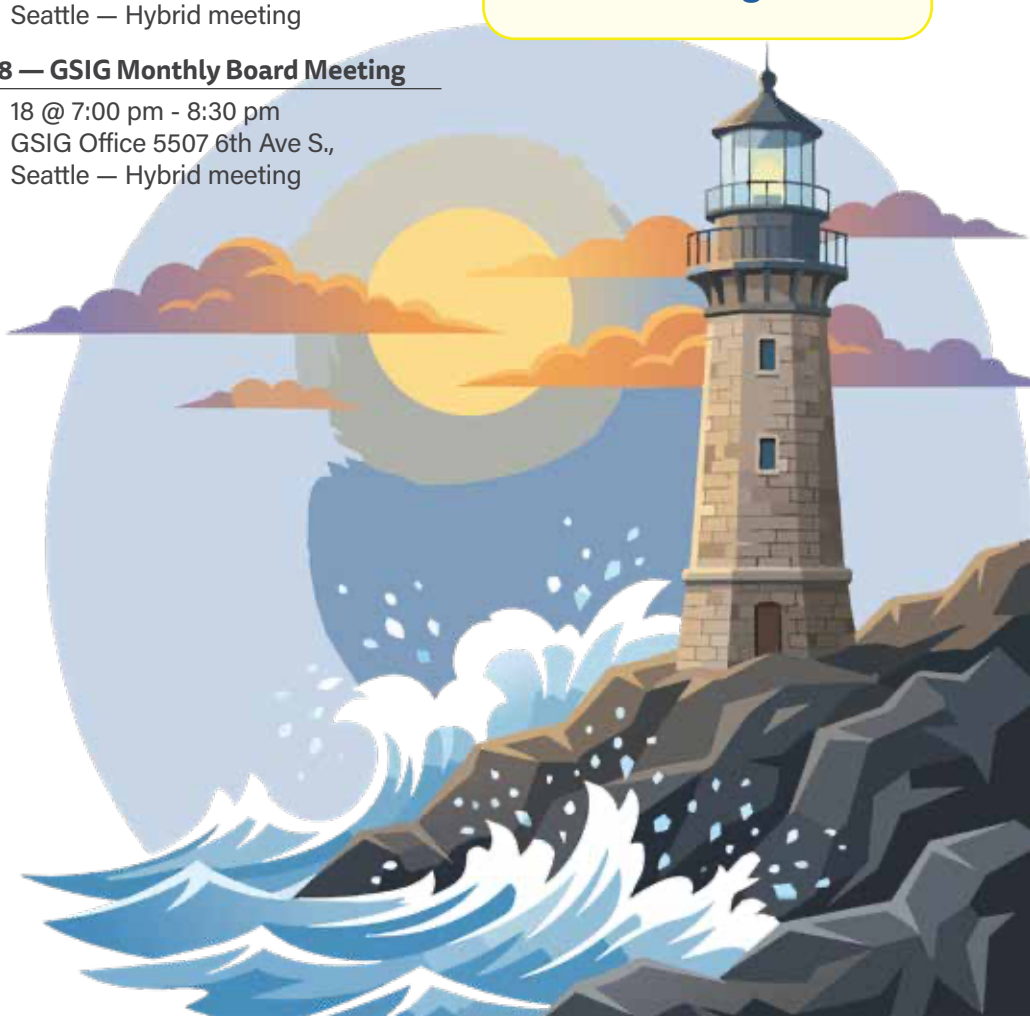
- 28 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

29 — Seattle Young People's Potluck

- 29 @ 5:30 pm - 7:00 pm
- St. Joseph Catholic Church, 732 18th Ave E, Seattle, WA, 98112, United States

For event details:

seattleaa.org/events



REFLECTING ON OUR PAST: AUGUST IN OUR HISTORY

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

Aug 1934	Rowland H and Cebra persuade court to parole Ebby T. to them.
Aug 1939	Dr. Bob wrote & may have signed article for Faith magazine.
Aug 1941	1st meeting in Orange County, California held in Anaheim
Aug, 1981	Sales of the Big Book passes 3,000,000
Aug 1981	Distribution of Alcoholics Anonymous passes 3 million.
Aug 1, 1943	Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.
Aug 3, 1954	Brinkley S. gets sober at Towns Hosp after 50th detox.
Aug 8, 1879	Dr. Bob born in St. Johnsbury, VT.
Aug 9, 1943	LA groups announce 1000 members in 11 groups.
Aug 11, 1938	Akron & NY members begin writing stories for Big Book.
Aug 15, 1890	E M Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".
Aug 16, 1939	Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.
Aug 18, 1988	1st Canadian National AA Convention in Halifax, Nova Scotia.
Aug 19, 1941	1st AA Meeting in Colorado is held in Denver.
Aug 25, 1943	AA group donates Big Book to public library in Quincy, MA.
Aug 26, 1941	Bill writes Dr Bob to tell him Works Publishing has been incorporated
Aug 28, 1954	"24 Hours a Day" is published by Richmond W.

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

Letter From the Editor

The prescribed theme of this issue is brotherly love, but for some reason willingness seems like a better fit. Step Eight asks us to become willing to make amends. Tradition Eight insists we remain forever nonprofessional. Concept Eight describes trusted servants rather than professional A.A.s. Different subjects entirely, and yet all three keep circling the same small act - setting down your own importance and getting on with the work.

Step Eight is easily underestimated. It asks only that we make a list of people we harmed and become willing to make amends; it's not hard to interpret that as low value lip-service before the real work of Nine. I no longer think that's the case. The list tells the story of how our lives came unraveled. The willingness is the hardest part.

Haiku by Jeff U.

Step 8

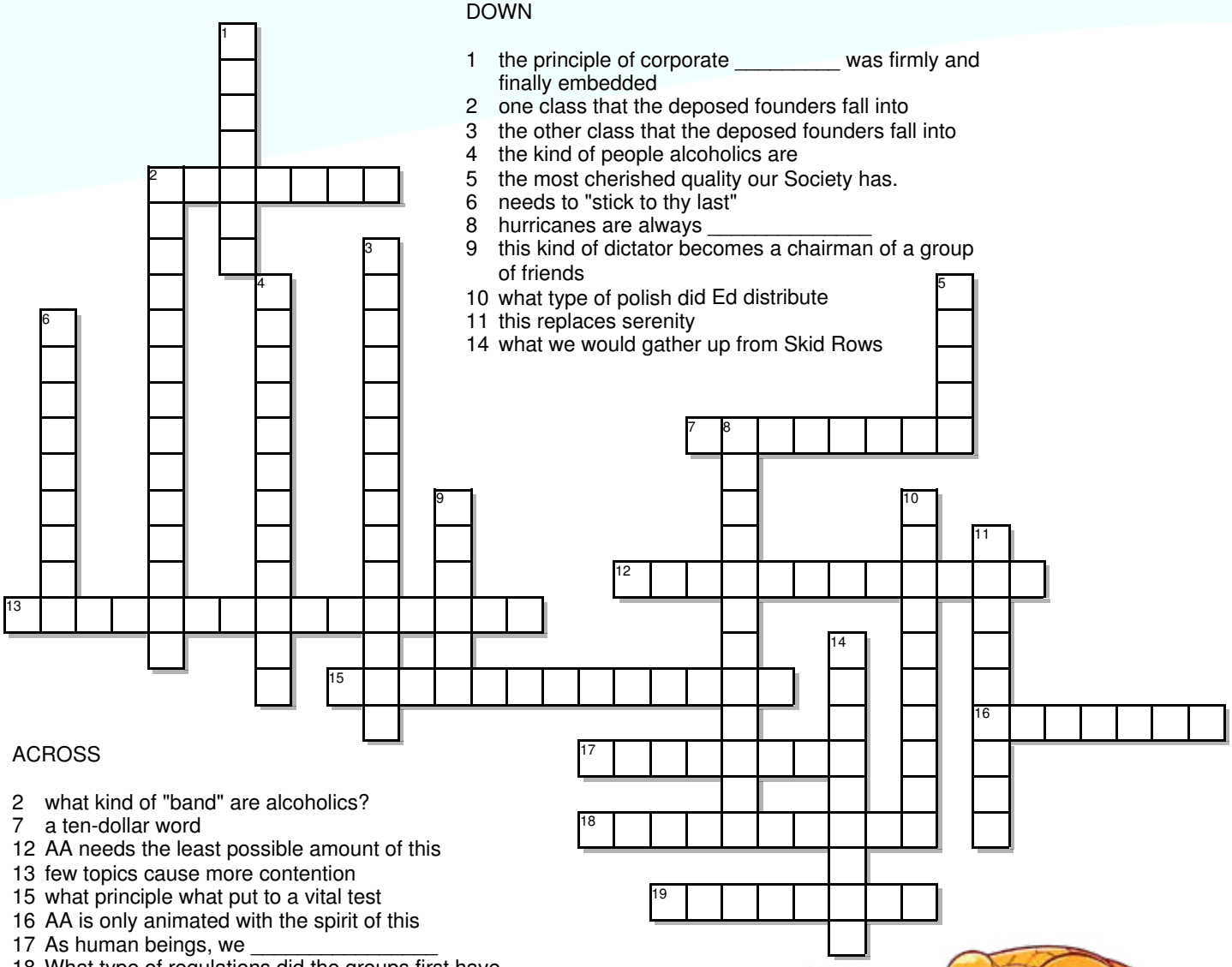
Becoming ready
Entirely is a lot
But I **will** do it

There is a lot to sit with in this issue. Mikey C's reflection on Step Eight, and his admission that his personality and attitude had to be shut down before he could hear criticism. Lee R. on Concept Eight, and the reminder that A.A. works not because anyone is in charge but because a great many people quietly do their part. The Corrections Committee's call for volunteers at SCORE and the Juvenile Detention Center - willingness with a start time and an address. And a moving committee now doing the unglamorous work of finding us a next home.

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* △

PUZZLES: TWELVE AND TWELVE SLEUTH

August Key will be in Volume 77 Issue 9



DOWN

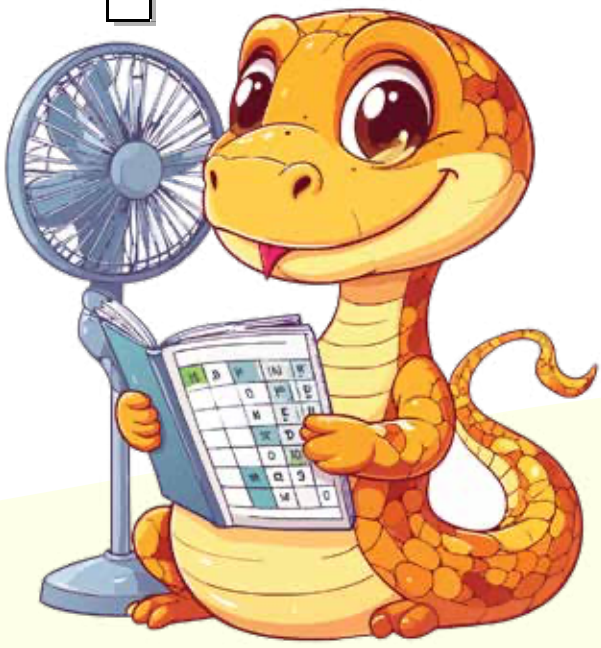
1 the principle of corporate _____ was firmly and finally embedded
2 one class that the deposed founders fall into
3 the other class that the deposed founders fall into
4 the kind of people alcoholics are
5 the most cherished quality our Society has.
6 needs to "stick to thy last"
8 hurricanes are always _____
9 this kind of dictator becomes a chairman of a group of friends
10 what type of polish did Ed distribute
11 this replaces serenity
14 what we would gather up from Skid Rows

ACROSS

2 what kind of "band" are alcoholics?
7 a ten-dollar word
12 AA needs the least possible amount of this
13 few topics cause more contention
15 what principle what put to a vital test
16 AA is only animated with the spirit of this
17 As human beings, we _____
18 What type of regulations did the groups first have
19 what kind of instinct will be our undoing

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

July 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., Morgan S. and Peter J
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. & Honey
THURSDAY	Teresa & Glitter
FRIDAY	Thomas H. and 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

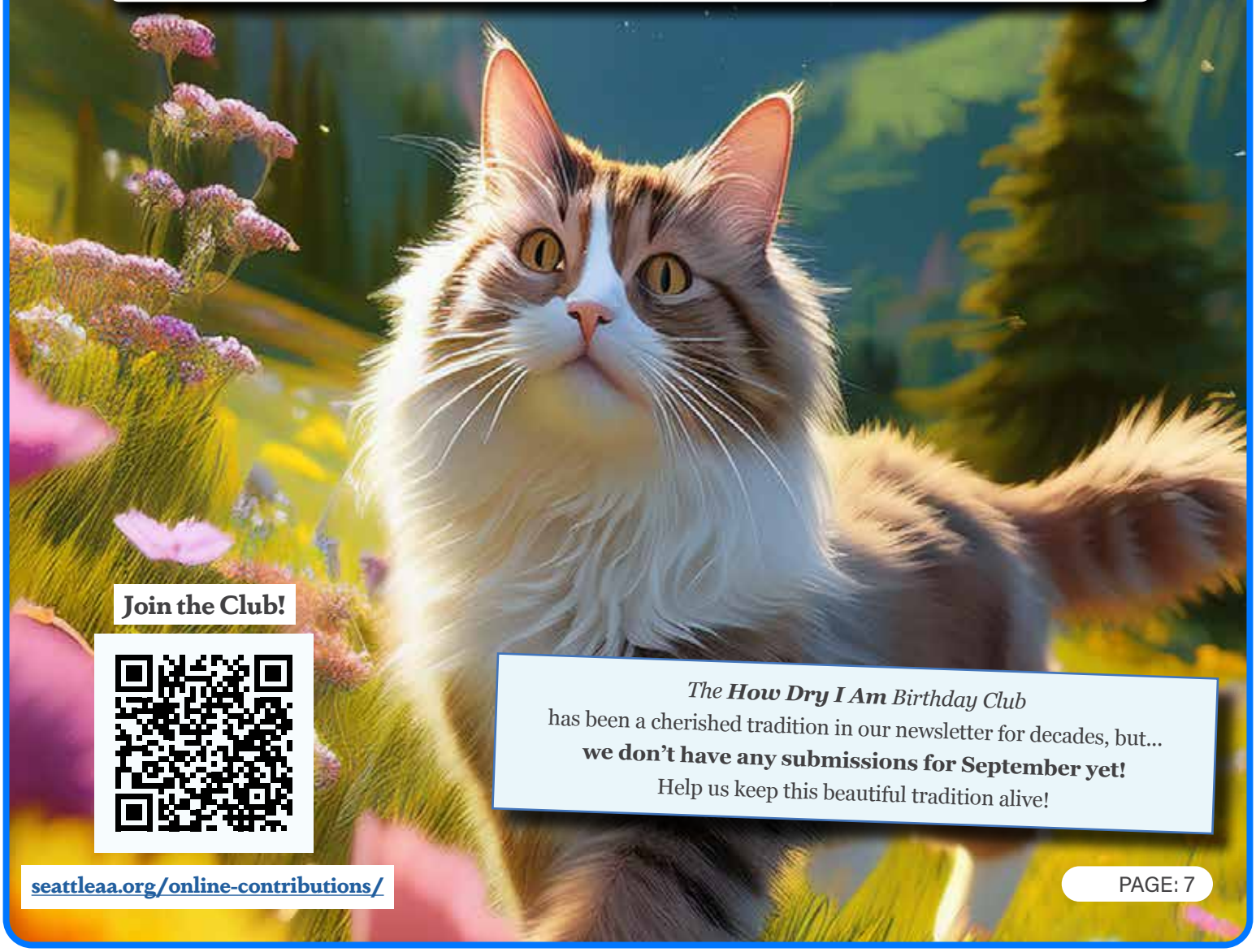


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Happy Birthday to August Celebrants in the...

How Dry I Am Club!

Lara R.	A New Purpose Group	8-19-1986	40 years
Stephan M.	Seattle Group	8-14-1986	40 years
Becky B.		6-24-1986	40 years
Ron E.	Our Primary Purpose	7-31-1984	42 years
Kendall H.	DRU North	7-01-2011	15 years
Marcus M.	FWMS	8-08-1986	40 years
Judy S.	MLTW		29 years
Astri T.	MLTW	8-18-1979	47 years
Nichole J.			20 years



Join the 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 September yet!
Help us keep this beautiful tradition alive!

seattleaa.org/online-contributions/

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.

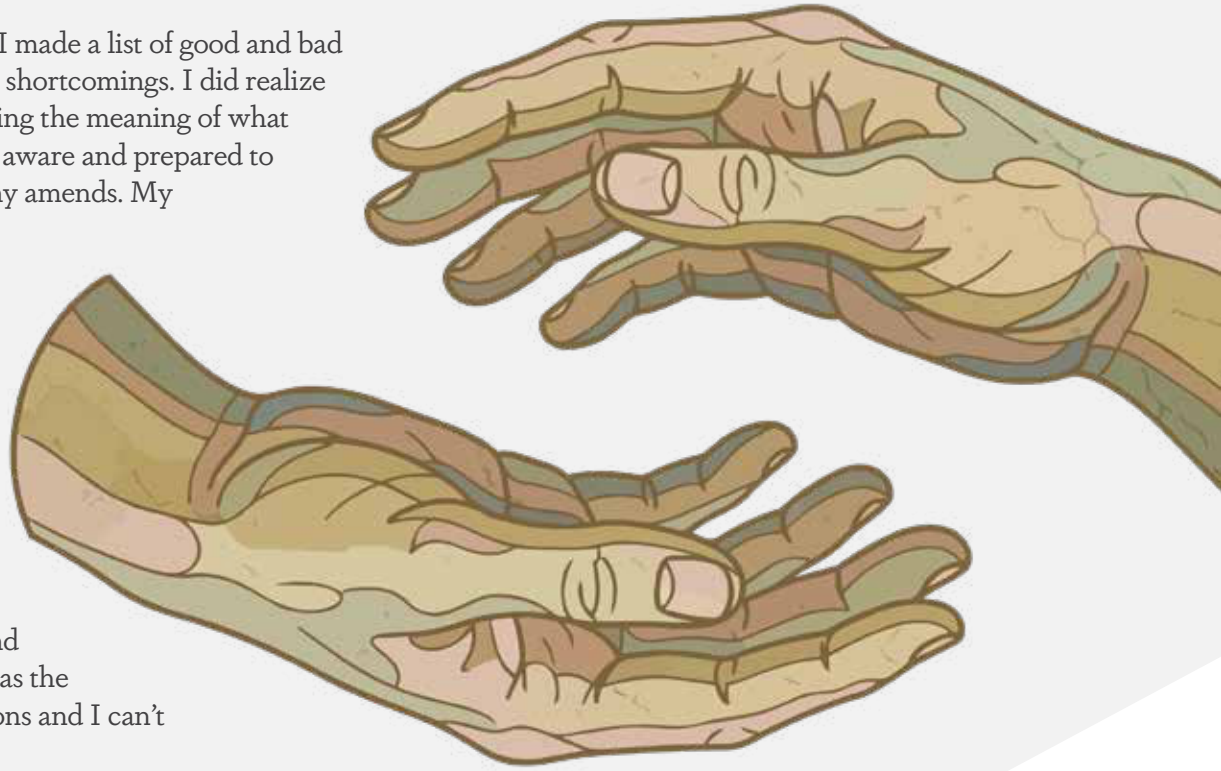
Email these to: 2028@seattleaa.org



8th Step

a list of all persons we had harmed, and became willing to make amends to them all.

After working with my sponsor and recognizing that I am not perfect. I became aware of how I hurt or offended friends and people through my actions.



Working the steps in order I made a list of good and bad character defects and of my shortcomings. I did realize in working and understanding the meaning of what step eight is I became more aware and prepared to approach people to make my amends. My personality and my attitude had to be shut down to be acceptable to criticism and even to be able to accept the negative. This process is an act of growth. I also understand that asking for forgiveness is my choice, it is the outcome to completely understand that what is done is done and that the offended (or not) has the choice to make their decisions and I can't control the outcome.

If I didn't work the steps as directed or go to different styles of meetings I wouldn't understand that my life was unmanageable and powerless, the fact that my life had a "little" bit of insanity in it made me think I needed that power greater than myself.

Writing and working with a sponsor my life did become manageable and the acceptance of fixing me started and that I cannot control people, places or things.

Today's life is full of helping others through hospitals, recovery centers and missions and encouraging them that it is ok to surrender; it is ok to call yourself an alcoholic. That life is getting better one day at a time.

I am also able to recognize the pain that is suffered by listening to people who call the hotline. Digging into my past recognizes that if I didn't work the steps, being ready to make amends I wouldn't be able to understand how valuable working step eight is.

Mikey C GSIG

H and T chair

Mlt/Wed △



Tradition Eight

by Julie P.

We hear in meetings every day, "you have to give it away to keep it," and "we do it for fun and for free." This is the substance of our Eighth Tradition, which states in its long form that,

» Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

AA Comes of Age explains it like this:

> *"Alcoholics Anonymous will never have a professional therapeutic class. We have gained some understanding of the ancient words 'Freely you have received, freely give.' For our purpose, we have discovered that at the point of professionalism money and spirituality do not mix. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same; our single purpose has been defeated... But the issue of professionalism had other aspects. For years we were trying to figure out what in A.A. was professionalism and what was not. This problem arose out of the need for paid workers in our service centers, the need for people who would do the jobs that volunteers could not or would not do. Were service workers professionals, or were they not? That was the issue." (pages 114–115)*

The payment we receive for twelfth step work is our own sobriety. We know from the oft-quoted line in Working With Others that, *"nothing will so much insure immunity from drinking as intensive work with other alcoholics."* The idea that a member might charge the newcomer to take them through the steps is laughable. But what about the AA who chooses to go into the field of alcoholism counseling? Here the member changes hats when he or she is on the job, following his employer's expectations after acquiring the education and other qualifications to work as a professional chemical dependency counselor. When that same person attends an AA meeting, if they offer to sponsor the newcomer – or carry our message at an institution, or take on service commitments – this is the *"avocation"* our Big Book mentions on page xiii.

But what about jobs we need done to make it possible to carry the message? Can't we just staff central offices and intergroups with volunteers doing service? We have members who own print shops. Why can't they donate our directories and reports? And why not let volunteers translate documents and perform ASL and other jobs for us? Well, if we want the job done the way we want it done, we need to pay for it. Our employees at Intergroups around the country, as well as the hardworking staff at the General Service Office do an amazing job of making sure everything is in place so that the lifesaving message of AA can be carried. They get job reviews and deserve to be well paid for what they do. I encourage folks I meet all around the country in online meetings to visit their local Central Office. If their intergroup is half as amazing as Seattle Intergroup, they will see AA love and service in action – usually coordinated and facilitated by highly qualified and dedicated staff who deserve every penny they earn. And if a question arises and a member decides to call our "home office" in New York City, I can assure them from my own experience, they will get a thorough, gracious, friendly and helpful answer from whoever answers the phone as well as the employee whose job it is to assist members who call for help. If we want that office staffed during certain hours, with qualified individuals who know and love AA, we need to pay them, and pay them well. △



AA Concept 8

Trusted Servants—Not Professional A.A.s

By Lee R., Third Legacy Chair

Concept VIII (Short Form):

> *"The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."*

Understanding the Bigger Picture of Concept VIII

At first glance, Concept VIII appears to describe the work of the trustees. But behind it lies one of A.A.'s most distinctive principles:

Alcoholics Anonymous is led by trusted servants—not by professional A.A.s.

As A.A. grew, the Fellowship needed people to oversee publishing, finances, legal matters, office operations, and countless day-to-day responsibilities. Some of these duties required specialized knowledge and full-time attention.

The solution was not to create professional leaders of the Fellowship. Instead, A.A. developed a structure in which volunteer trustees provide overall direction while paid employees carry out the daily work.

Each serves an important purpose.

Volunteers Lead—Professionals Support

Concept VIII recognizes that some services simply require paid staff:

- Employees answer phones at the General Service Office.
- Editors prepare publications.
- Accountants manage finances.
- Administrative staff keep world services functioning every day.

These employees are professionals in their respective fields—but they are **not professional A.A.s**.

Responsibility for A.A.'s policies, direction, and spiritual principles remains with the Fellowship through its trusted servants.

The paid staff provide continuity, expertise, and administrative support. The trustees provide oversight. The General Service Conference provides accountability. Together, they ensure that A.A.'s world services remain both effective and faithful to our principles.

The Spiritual Principle Behind It

Concept VIII reflects the spiritual principle of service without personal authority.

Bill W. often reminded us that no one owns Alcoholics Anonymous.

Service positions exist to help carry the message—not to build careers or accumulate influence.

Even those who devote enormous time and energy to A.A.'s work remain servants of the Fellowship.

Likewise, paid employees deserve respect for their skill and dedication, while recognizing that their professional role supports—not directs—the spiritual life of Alcoholics Anonymous.

The result is a healthy partnership between volunteer leadership and professional administration.

Why It Matters to Us Individually

Most of us experience this principle much closer to home:

- Our group's secretary may organize the meeting
- The treasurer keeps accurate records
- Coffee gets made
- Rent gets paid
- The meeting opens on time

These responsibilities matter, but they are acts of service—not positions of status.

Concept VIII reminds us that **effective service often depends on people quietly doing necessary work behind the scenes.**

Whether volunteer or paid, the purpose remains exactly the same:

To help Alcoholics Anonymous carry its message to the alcoholic who still suffers.

And perhaps that's the quiet wisdom of Concept VIII:

The work of A.A. succeeds not because someone is in charge—but because countless trusted servants willingly do their part.

Read More:

- The A.A. Service Manual / Twelve Concepts for World Service — Concept VIII and Bill W.'s essay explaining the distinction between volunteer leadership and paid service.
- The Language of the Heart (Bill W.) — Essays discussing leadership, service, and the principle of trusted servants.
- A.A. Comes of Age — Bill W.'s account of the development of the General Service Office, the General Service Board, and the balance between volunteer leadership and professional administration. △

Corrections Corner

Pink Can Thank you to the following groups who donated $129.70 in June: Mens Open Book (MOB), Old Kent, and Dawn Patrol II. We used $126.30 to purchase Grapevines and Spanish/English Big Books for Reynolds Work Release, King County Jail and Federal Detention Center.

Answering the Call to Service

One of the greatest gifts Alcoholics Anonymous has given many of us is the opportunity to turn our past into a source of hope for someone else.

Every week, AA volunteers carry the message of recovery into correctional facilities throughout King County. For many incarcerated alcoholics, these meetings are their first introduction to the possibility of a sober life. Sometimes we are the first sober person they have met who truly understands where they have been. By simply sharing our experience, strength, and hope, we help others see that recovery is possible.

Today, our Corrections Committee has several important opportunities where your service can make an immediate difference.

We are seeking volunteers for the following:

- Juvenile Detention Center – We are looking for men interested in bringing meetings and helping expand boys meetings. This is an opportunity to share your message and mentor new volunteers, strengthen an important Twelfth Step effort, and help ensure that young people in custody have the chance to hear AA's message of recovery.
- Men's SCORE Meetings – We urgently need additional volunteers to carry meetings into the South Correctional Entity (SCORE) in Des Moines. Consistent meetings are vital for the men who attend, and more volunteers will help ensure these meetings continue while sharing the responsibility among a larger service team.
- Spanish-Speaking Volunteers – Our Corrections Committee is actively recruiting Spanish-speaking AA members especially for the Federal Detention Center in Sea-Tac. As more and more Spanish-speaking men and women attend the weekly meetings, we want to ensure that language is never a barrier to hearing the message of Alcoholics Anonymous. If you can share your recovery in Spanish, your service is greatly needed.

Corrections work strengthens our own sobriety while offering hope to people who may feel forgotten or isolated. Every meeting reminds us that recovery is available to anyone willing to seek it, regardless of where they are.

If you have ever wondered how you can give back to the Fellowship that changed your life, this is an opportunity to do just that. Whether you can serve weekly, monthly, or help behind the scenes, your time and experience can make a lasting difference.

Please consider joining the Greater Seattle Intergroup Corrections Committee. Together, we can ensure that every alcoholic behind the walls has the opportunity to hear the message that was so freely given to us. If interested email volunteercorrections@seattleaa.org.

Want to learn more? Many ways to do this!

- Visit https://www.seattleaa.org/corrections to get lots more info and complete a short survey about your interests in corrections.
- Ask your home group or district to invite a rep from the Corrections Committee to your monthly business meeting. We're happy to attend, share info and answer questions.
- Attend the Corrections Committee meetings the 2 nd Monday of each month at 6:30pm on zoom and in person at the Intergroup office. (zoom: 87227719137, PW 833575, Intergroup 5507 6 th Ave S, Seattle 98108).

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

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 △

OPENING

Jeff U, GSIG Chair, called the meeting to order with the Serenity Prayer, and recording of the meeting was approved. John Paul read Tradition Seven and Mike read Concept Seven.

July AA birthdays: Pete K., 17 years; Ricky T., 17 years; Ed C., 31 years.

ROLL CALL

Present: 12 of 17 voting members.

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

District Representatives (7 of 12): Blake P (D15), Ricky T (D16), William (D18), Bobby T (D24), Thomas H (D31), Samantha M (D32), John Paul (D42). The quorum requirement of seven district representatives was met.

Minutes: The June minutes were approved — moved by Blake (D15), seconded by William (D18), unanimously approved.

OFFICER REPORTS

Chair, Jeff U: Jeff presented the annual letter from the Board to the groups in the GSIG service area. The letter describes what Intergroup does and how groups can participate and help. Printed copies were distributed to District Representatives with the request that each rep bring them to their district meeting for GSRs to read aloud at their home groups. Jeff will also email copies to all representatives and DCMs. The letter has already been printed, so no further edits are possible. Jeff read the letter aloud.

Vice Chair, Carina W: Attended the July Office Committee meeting and observed the final steps toward selecting a new Office Manager. Congratulated Anita and thanked Lara. Also attended the Eastside AA Service Fair & Barbecue.

Chair Emeritus, Karla L: No report.

Treasurer, Pete K: June income was $18,517.64 and June expenses were $25,459.94, a loss of $6,942.30 for the month. The year-to-date loss is $12,709.62. The savings account now stands at $52 after $1,400 was moved to cover bills. Group contributions are off by more than $12,000 over the last two months, and further slow months may require drawing from the prudent reserve. Refer to the financial summary in this issue for details. The Treasurer report was approved unanimously.

Recording Secretary, Sui D: No report.

INTERGROUP STAFF REPORTS

Office Manager (incoming), Anita S: Continuing training with videos Lara has recorded. Attended Bob's funeral Mass and reception, and raised the idea of reviving the Old Timer's Luncheon that Denise D. once started. Attended a Special Events Planning Committee meeting. Highlighted an archives find by Steve R. — a vintage "Progressive Symptoms of Alcoholism" flyer — and recommended the Grapevine book The Language of the Heart.

Office Manager (outgoing), Lara: Lara gave her final Office Manager report, thanking the fellowship for "the best job I have ever worked at." She noted two months in a row in the red and the $1,400 draw from savings, and urged representatives to carry the need for contributions back to their districts and groups. She expressed full confidence in Anita as her successor and gratitude to the Office Committee and hiring team.

July call log: Calls 108, chats 94, 12 Step calls 1 — total 203.

OLD BUSINESS

None.

NEW BUSINESS

Approval of Anita S. as the new Office Manager: The Office Committee unanimously forwarded Anita to the Board. Jeff provided background and details of the offer, and Anita gave some background. There was no discussion. The motion was approved, and Anita is the new Office Manager.

SERVICE COMMITTEE REPORTS

Relocation, Ed H: No report.

Office, Stephen M: The Office Committee unanimously forwarded Anita for Office Manager and presented her with an offer letter, which she accepted, pending board approval. The committee will next begin the search for an Assistant Office Manager. Under the bylaws, the new Office Manager has a major say in that choice, so Anita will lead the process.

Accessibility, Jinah W: The committee met July 1 with four attending. Jill (D14) created a laminated Blue Can QR code she has been bringing to meetings. Susan (D11) asked about



THE COMMITTEE ON BROTHERLY LOVE.

ASL interpreters for meetings in the Bellingham area. The committee discussed interpreter plans for the WSCYPAA conference in August and will focus on the August picnic at the Intergroup office.

Archives, Steve R (for Teresa S): There will be an archives display at the upcoming picnic, assembled from materials on hand.

Corrections, Karen K: Pink Can thanks to Mens Open Book (MOB), Old Kent, and Dawn Patrol II for donating $129.70 in June — $126.30 was used to purchase Grapevines and Spanish/English Big Books for Reynolds Work Release, King County Jail, and the Federal Detention Center. The committee needs Spanish-speaking members for the Federal Detention Center in SeaTac, men for Saturday morning SCORE meetings in Des Moines, and a men's meeting Facility Coordinator for SCORE — once a month is welcome; contact volunteercorrections@seattleaa.org. The committee is reviewing the How it Works for Corrections statement, finalizing the GSIG Corrections Handbook for the August or September meeting, and will table at the picnic on August 16.

Hospitals & Treatment, Mikey C: Thanked committee members for supporting the committee's commitments at facilities including Keyworks, Riverton, Bread of Life, the Salvation Army Bridge at the Booth, Lakeside Milam, Harborview, U of W N/W Hospital, and Northpoint at Northgate, along with the many volunteers who show up. The committee meets the first Saturday of every month — more info at seattleaa.org.

Newsletter, Peter J: No report.

Nightwatch, Rob S: No report.

PI/CPC, David D: No report.

Third Legacy, Lee R: No report.

Twelfth Step, Karrie C: No report.

Special Events, West C: The team meets bi-weekly to plan its two big events. The 80th Annual Big AA Picnic is August 16 at the Intergroup office, with a car show, 50/50 and basket raffle, archives display, food, prizes, and live music from Ray's Garage. Over 30 volunteers have signed up; committees planning a table should let West know, and homegroups are encouraged to donate a raffle basket. "Steps In Time" is October 24, 1 to 7 pm, at Grace Lutheran Church in Des Moines — a 50's costume theme, talent show, two skits, dinner, and a live music dance; tickets are $20 and on sale now. Four more acts and skit volunteers are still needed, and dress rehearsals are September 5 and 19, 1 to 3 pm, at the Intergroup office. A Seahawks watch party is set for Sunday, November 29.

Web & Tech, Peter J / Dash M: The flyer wall is now live on the homepage at seattleaa.org/event-wall — groups can submit events by emailing flyers to anita@seattleaa.org. In progress are an ASL link on the homepage using ASL pictograms and a possible "For the Professional" page. Aaron B. was voted in as alternate webmaster to support Dash.

DISTRICT REPORTS

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

D14, West Seattle / White Center / Vashon: Written report. Vashon Island picnic August 1. Combined BBQ on Alki September 6. Annual D14 picnic and pie auction at Lincoln Park September 13. Ongoing discussion in D14 groups about the purpose of pie auction fundraising.

D15, Downtown Seattle / West Capitol Hill: Good turnout with 8 GSRs. Patrick M. from Area 72 Web and Tech presented on the now-digital Area newsletter, a new voting app, and website improvements. Pre-assembly August 8, and members were encouraged to register early for the October assembly. Several open positions, and the treasury is a little short.

D16, Lake City to the Ship Canal: A public information booth is planned at Lake City Days. District picnic December 12, with a group/district inventory on the 13th. Joining seven other Seattle districts for the August 8 pre-assembly at St. Joe's, featuring a baked potato bar.

D17, Ballard / NW Seattle: No report.

D18, Renton / Kent / Tukwila: The district has grown from about 6 attendees to 20 to 30 per meeting. The recent district picnic was a success. Pancake potluck October 10 at 10 am.

D24, SW Snohomish County: No report.

D31, Burien / Des Moines / Normandy Park / SeaTac / Tukwila: Held a district inventory in June facilitated by past delegate Alan. National AA Archives Workshop September 10 to 13 at the Washington State History Museum in Tacoma, including a visit to the Area 72 repository. CPC Roadshow at Grace Lutheran Church in September. Ice Cream Social before the August district meeting. Many open positions.

D32, Algona / Auburn / Federal Way / Pacific: Met July 6 with 20 voting members. The district picnic was well attended. A new Accessibility Chair leaves three open positions. The district created a document defining all service positions ahead of upcoming elections.

D33: No report.

D40, East-Central Seattle: Written report. Meets on Zoom the first Tuesday at 7 pm, with the next quarterly hybrid meeting August 4 at Intergroup. Open positions on several committees, all district positions up for election in December, and the district is seeking a new Intergroup Liaison. Hosted the Area 72 Young People's Quarterly on July 25.

D41, Queen Anne / Magnolia / S. Lake Union: Written report. District picnic August 1 at Magnolia Park, 3 to 7 pm — everyone invited. The district account balance is positive. The district voted to try Google Meets again in place of Zoom to gain more experience with it.

D42, Lake Forest Park / Shoreline: Met July 9. Elected John Paul as representative. Heard from the Archives Vice Chair about the upcoming National Archives event.

AA HALLS AND CLUBS

A New Beginning, Melaina: A new IG rep and leadership rep were elected. Secretary and chairperson workshops August 8 — all welcome. Service openings available.

Ed-Lynn Fellowship, Marcus: No report.

Fremont Fellowship Hall, Adam R: A new events coordinator has added monthly dances to Saturday fellowship events — karaoke, movie night, or game night, chosen each week, with a dance the last Saturday of the month. The Sunday 3 pm Women's Meeting is going strong. A large back room with an adjoining kids' room is available.

Greenwood Fellowship, Luis: Grand Timers Day (50+ years of sobriety) is Saturday, September 12, with food, a fellowship meeting, and an outdoor screening of The Wizard of Oz. A national speaker, Rebecca H. from the Pacific Group, speaks on the 25th, with a free dinner at 7 pm and the speaker at 8 pm.

Pass It On, Jeffery F: No report.

Serenity Hall, Trent H: No report.

The Southend Fellowship, Lynn U: A new Saturday 10 pm Night Owl meeting has been running for a couple of months and is self-supporting. The group bought 10 tickets to the Big AA Picnic to sell or give away.

WRAP-UP — FIVE MAIN TAKEAWAYS

1. We have a new Office Manager, Anita S.

2. Take the Intergroup Letter back to your groups and read it out loud.

3. 80th Annual Big AA Picnic, August 16, 11 am to 4 pm — raffle baskets wanted, and car show registration is open at seattleaa.org.

4. "Steps In Time" talent show, October 24 — acts still needed, with rehearsals September 5 and 19. Contact specialevents@seattleaa.org.

5. Open position on the Office Committee.

The motion to close was unanimously approved, and we adjourned with the Responsibility Statement.

These are condensed minutes prepared for the newsletter. The full minutes, financial reports, and prior months' minutes are available at seattleaa.org/intergroup/intergroup-board.



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

Greater Seattle Intergroup

JUNE 2026 · FINANCIAL SUMMARY

GSIG JUNE FINANCIALS

Step Eight asks only that we make the list and become willing. Here is our list for June — every dollar in, every dollar out, and the ground still to make up — set down plainly, nothing left off.

THE MONTH IN FULL VIEW

Income	$18,517.64
Expenses	$25,459.94
Net (June)	−$6,942.30

SECOND MONTH IN THE RED

YEAR TO DATE

−$12,709.62

Net income through June — six months in, and the gap is widening.

YTD NET INCOME

OPERATING FUNDS

$11,535.32

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

READY TO SERVE

WHY JUNE CAME UP SHORT

The story is still on the income side. Group contributions came in at **$7,540.12** — contributions overall totaled **$10,720.65**, well below what the budget counts on — while spending held near normal at **$25,460**. To keep the bills paid, **$1,400** was moved from savings, which now stands at **$52.09**. Tradition Seven is not an abstraction this summer.

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 — unchanged this month while operating funds carried the strain.

WHERE THE FUNDS REST

U.S. Bank — Checking OPS	$11,483.23
U.S. Bank — Savings OPS	$52.09
U.S. Bank — Money Mkt RESERVE	$47,576.69
Total on deposit	**$59,112.01**

Committee Earmarked Funds

SET ASIDE & READY

FUNDS HELD FOR COMMITTEE USE — TOTAL EARMARKED $6,903.03

Corrections $4,774.95	Accessibility $1,436.71	Big Book / Literature $691.37
69% of earmarked · Acct 2211	21% of earmarked · Acct 2213	10% of earmarked · Acct 2215

Standing Committee Budgets

2026 SPENT VS. REMAINING

COMMITTEE	BUDGET	SPENT	REMAINING
Special Events	$6,500.00	$2,417.97	**$4,082.03**
Accessibility	$2,250.00	$637.50	**$1,612.50**
Hospital & Treatment	$1,800.00	$381.82	**$1,418.18**
PI / CPC	$1,800.00	$176.42	**$1,623.58**
Web and Technology	$1,500.00	$0.00	**$1,500.00**
GSIG Board	$1,000.00	$102.64	**$897.36**
Corrections	$360.00	$0.00	**$360.00**
Third Legacy	$250.00	$0.00	**$250.00**
Archives	$200.00	$147.23	**$52.77**
ALL COMMITTEES	$15,660.00	$3,863.58	**$11,796.42**

8

TRADITION EIGHT

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Greater Seattle Intergroup

PROFIT & LOSS · JUNE 1 – 30, 2026

JUNE — PROFIT & LOSS

One month, line by line — where every dollar came from and where every dollar went. Becoming willing starts with being honest about the ledger.

TOTAL INCOME	COST OF GOODS	TOTAL EXPENSES	NET (JUNE)
$18,517.64	**$6,780.57**	**$18,679.37**	**−$6,942.30**
Contributions + sales + events	Literature, directory, coins	Operating + payroll + rent	Income less COGS and expenses

Six Months, Side by Side

INCOME VS. NET

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Income $35,402	Income $20,168	Income $21,363	Income $22,031	Income $16,604	Income $18,518
Expenses $31,918	Expenses $20,728	Expenses $21,520	Expenses $26,179	Expenses $21,642	Expenses $25,460
Net +$3,484	Net −$560	Net −$157	Net −$4,149	Net −$5,038	Net −$6,942

January–May as published in the July issue; June per the June P&L (expenses include cost of goods sold). Year-to-date net through June is −$12,709.62 per the Treasurer's report.

Where June's Income Came From

$18,517.64 TOTAL

CONTRIBUTIONS — 58%	$10,720.65
Group Contributions	$7,540.12
The Sustainers Program	$1,569.76
Individual & Other	$1,064.41
7th Tradition Collections	$436.80
Birthday Contributions	$109.56

RETAIL SALES & OTHER — 42%	$7,796.99
Literature Sales	$5,302.21
Coin Sales	$1,199.20
Special Events Income	$722.00
Meeting Directory Sales	$439.50
Shipping + High & Dry Sales	$134.08

Where the Dollars Went

$18,679.37 EXPENSES

RENT & OFFICE	PAID STAFF	OTHER OP. COSTS
$8,651.28	$7,852.47	$2,175.62
46% of expenses	42% of expenses	12% — committees, meetings, fees, software

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



EVENT FLYERS

Third Legacy Committee
presents

SERVICE MANUAL STUDY

11AM TO 1PM

1ST SUNDAY OF EACH MONTH

We will be starting with the newest Service Manual beginning in November 2025



This event is at Seattle Intergroup and online

MEETING ID 863 6483 7688 PW 022841

5507 6TH AVE S., SEATTLE, WA 98108



AA/AL-ANON

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

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

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.





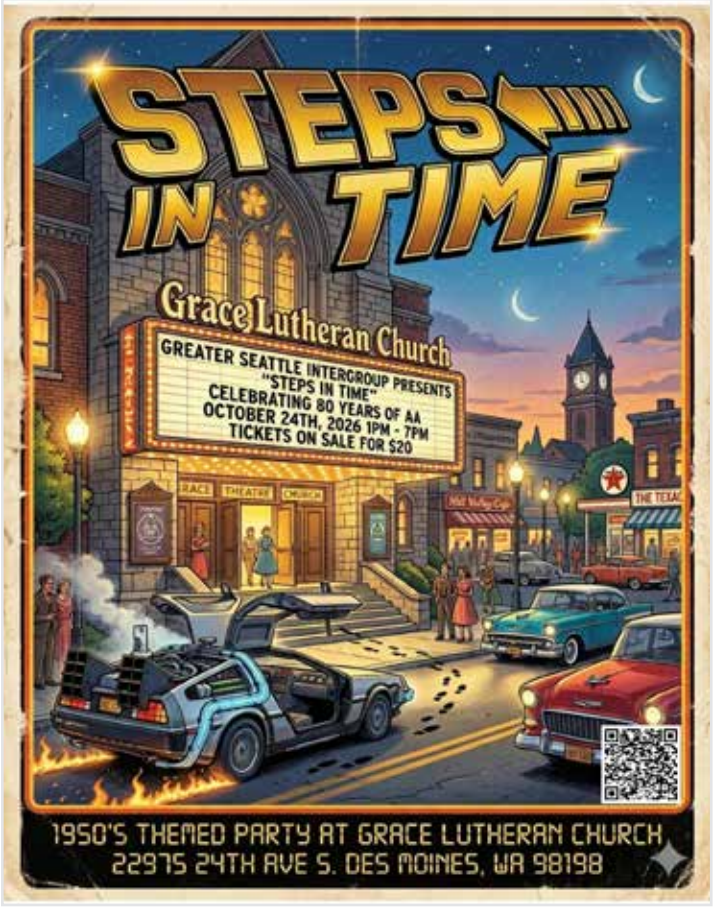


SERENITY NOW

monthly birthday and POTLUCK CELEBRATION

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





District 14
PICNIC AND PIE AUCTION



FOOD, FUN, AND FELLOWSHIP!

HAMBURGERS, HOTDOGS, VEGAN OPTIONS,

AND DRINKS WILL BE PROVIDED.

PLEASE BRING A SIDE OR SNACK TO SHARE.

PLEASE CONSIDER BRINGING A PIE FOR THE AUCTION!

SUNDAY
13
SEPTEMBER

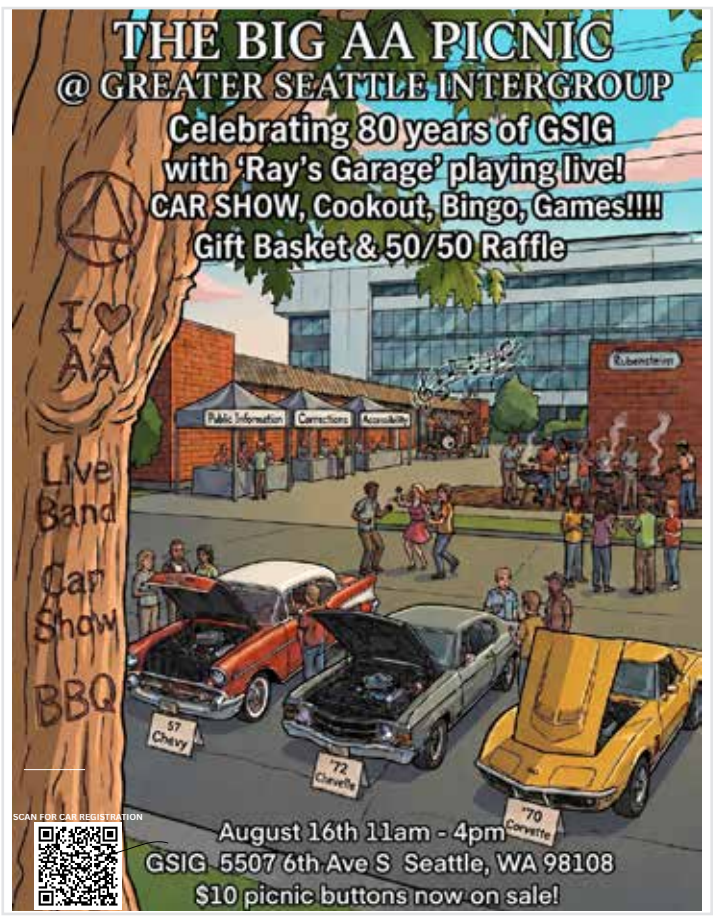
10AM-2PM
Live Pie Auction: 12:30

Lincoln Park: Shelter 2
(uptop, wooded area)


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


STEPS
IN
TIME
TALENT SHOW
"Dress Rehearsals"
SEPTEMBER
5TH & 19TH
1PM–3PM
GREATER SEATTLE
INTERGROUP
5507 6TH AVE S.
SEATTLE, WA 98108
(206) 587-2833
TALENT SHOW
QUIET
ON STAGE
ACT ORDER
PROP CASE
Every step brings you closer to your moment!

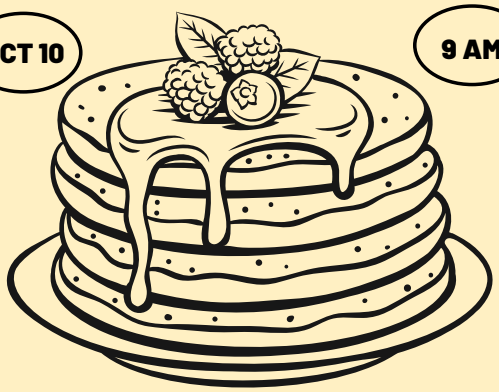

Seattle Young People
AA
SUMMER
PICNIC
SUNDAY, AUGUST 2ND
NOON - 3:00 PM
EVERYONE IS WELCOME.
BRING A SNACK, A BEV,
OR A FRIEND!
Madrona Park
853 Lake Washington Blvd
Seattle, WA 98122
Questions? Text a
homegroup member:


THE BIG AA PICNIC
@ GREATER SEATTLE INTERGROUP
Celebrating 80 years of GSIG
with 'Ray's Garage' playing live!
CAR SHOW, Cookout, Bingo, Games!!!!
Gift Basket & 50/50 Raffle
I ♥ AA
Live Band
Car Show
BBQ
SCAN FOR CAR REGISTRATION
August 16th 11am - 4pm
GSIG 5507 6th Ave S Seattle, WA 98108
$10 picnic buttons now on sale!

DISTRICT 18

PANCAKE BREAKFAST

OCT 10 **9 AM**



Two Speakers!

Sasha B – Renton Friday Night

Titus O – Renton Young People

St Matthews Church
1700 Edmonds Ave NE
Renton, WA

UNITY SERVICE RECOVERY

PASS IT ON... is growing!

2 NEW MEETINGS

MONDAYS & THURSDAYS
6:30am - 7:30am

Chaired by Tammy W. & Bobbie E.

Help us reach our potential – chair one of the open mtgs below.

Help Us Open More Doors for the Newcomer

We're looking for trusted servants to help open the remaining meeting times.

	8:30 AM	MONDAY – FRIDAY MORNING MEETINGS @ 6:30 AM & 8:00 AM					8:30 AM
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	OPEN	TAMMY W	OPEN	OPEN	BOBBIE E	OPEN	OPEN
MORNING	CARY	LINDA	MARK	LINDA	LINDA	MIKE	MIKE
NOON	TODD	BILL	STEVE	HIRAM	KEVIN	GERARD	RAMANA
5 PM	RYAN	BETSY N & LESLIE	KEN	ROBERT	ROBERT L	OPEN	STEPH
7 PM	MARK & AMY	OPEN	HOOKER	KELLY & DANIEL	FRANK	OPEN	ADAM
10 PM	OPEN	RON	OPEN	SEAN	OPEN	OPEN	OPEN

Could one of these open meeting times become your next act of service?
One trusted servant can open another door for recovery.
A dark hall carries no message, passes no basket, and pays no bills.

EMAIL
passitonhall@outlook.com
your availability to serve.

Area Newsletter Sharing Session

Is the all digital format meeting your needs as members, as groups and/or districts? Why or why not?
Do you or your group have suggestions about how the newsletter can better serve as a source of staying informed about Area 72 business?

Or, if you and your group are satisfied with the new format, then come and share that information too.
The Newsletter Committee needs to hear our feedback.
Come and share your gratitude, issues, concerns and questions about our digital Area 72 Newsletter.

SPONSORED BY DISTRICT 18 AND 34

7TH TRADITION WILL BE OBSERVED

SPANISH INTERPRETATION PROVIDED

WHEN: SEPTEMBER 26TH 2PM-4PM
WHERE: SEATTLE INTERGROUP
5507 6TH AVE S. SEATTLE, WA 98108
ZOOM ID: 815 9676 4242
passcode: 428340

7th tradition will be observed.
Any questions email Lara at DCM18@area72aa.org or Angel at DCM34@area72aa.org

JOIN US FOR FELLOWSHIP, FUN & GRATITUDE

RICHMOND BEACH PICNIC

DISTRICT 42

ALL A.A. MEMBERS, FAMILIES & FRIENDS

All Are Welcome!

SEPTEMBER 12TH

11 AM – 5 PM

UNITY SERVICE RECOVERY
TOGETHER WE STAY SOBER

RICHMOND BEACH SALTWATER PARK
2021 NW 190TH ST SHORELINE

LOWER SHELTER "ON THE BEACH"

BURGERS DOGS
Grill provided

DRINKS PROVIDED

BRING A SIDE, SOMEONE NEW!

ONE DAY AT A TIME.
TOGETHER WE CAN.

FREEDOM FROM ANY ACTIVE ADDICTION

GRATEFUL ★ HUMBLE ★ WILLING

High & Dry

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

Contributors: Zoya K., Jenza, Lara R., William B., Kelli S., Linda M., Dylan S., Karen K., Bob D., Jeff U., Lee R., Julie P., Carson M., Samantha M., Janet V., Stephan M., Mikey C.

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/