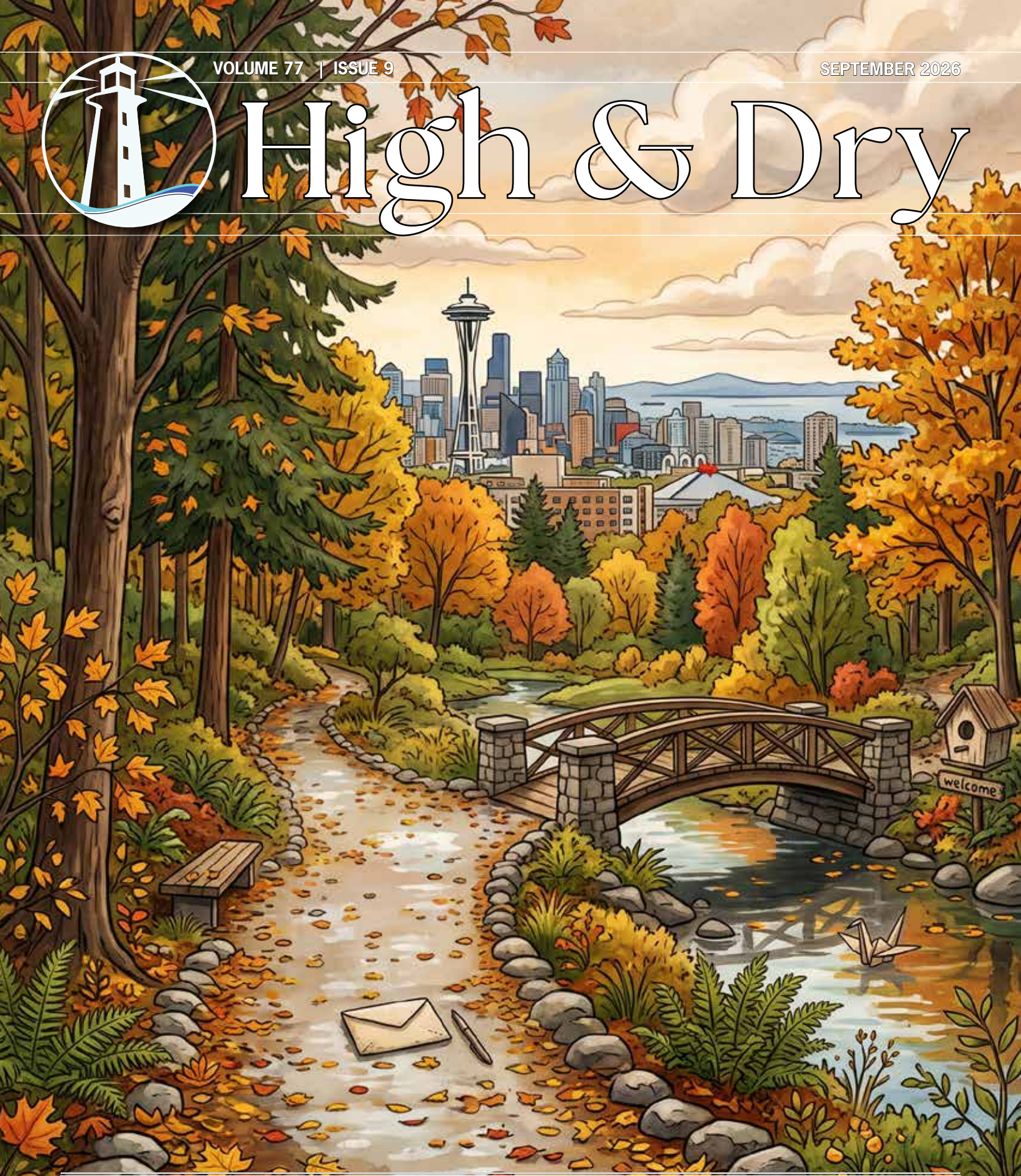
VOLUME 77 | ISSUE 9 SEPTEMBER 2026

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: AMENDS



In This Issue: doing something good to fix a mistake or make up for a wrong, loss, or injury you caused.

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FUTURE TRIPPING: SEPTEMBER 2026 EVENTS

2 — Accessibility Committee
- 2 @ 6:00 pm - 7:00 pm
- Virtual Meeting

3 — 12th Step Committee
- 3 @ 6:00 pm - 7:00 pm
- Virtual Meeting

5 — Hospital and treatment Committee
- 5 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

5 — Steps in Time Dress Rehearsal
- 5 @ 1:00 pm - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- This event is for those people participating in the Talent portion of the Steps in Time event on October 24th.

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

6 — Summer BBQ
- 6 @ 11:30 am - 5:00 pm
- Alki Beach, 2589 Alki Ave SW, Seattle, 98116, United States
- Hosted by Waterfront Group, Westside Story, Into

7 — Broadview AA Groups Labor Day BBQ Party
- 7 @ 2:00 pm - 4:00 pm
- Phoenix Club, 14701 Aurora Ave N, Shoreline, WA, 98133, United States
- Food, fellowship and fun

8 — Living in Sobriety Summer Picnics
- 8 @ 5:30 pm - 8:00 pm
- Golden Gardens Park, 8498 Seaview Place NW, Seattle, WA, 98117, United States

10 — NW Fellowship of the Spirit
- 10 @ 8:00 am - 5:00 pm
- FOTS, 1101 Front Street, Leavenworth, 98826, United States
- The Northwest Fellowship Of The Spirit Conference convenes for four days each September to share a message of hope, recovery and a new freedom...

12 — Richmond Beach Picnic
- 12 @ 11:00 am - 5:00 pm
- Richmond Beach Lower Shelter, 2021 NW 90th St, Shoreline, WA, 98177, United States
- Burgers, Drinks and Dogs provided
- Bring a Side dish and someone new.
- All AA members, families and friends are welcome

12 — Great Grand Timers Day
- 12 @ 6:00 pm - 10:30 pm
- Sandel Park, 9053 1st Ave NE, Seattle, 98117, United States

13 — District 14 Picnic
- 13 @ 10:00 am - 2:00 pm
- Lincoln Park, 8011 Fauntleroy Way SW, Seattle, WA, 98136, United States
- Food, fun and Fellowship.
- Hamburgers, hot dogs, vegan options
- Please bring a side or snack to share.

14 — Corrections Committee
- 14 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

15 — Web and Tech Committee
- 15 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

15 — GSIG Monthly Board Meeting
- 15 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

19 — CPC/PI Committee
- 19 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

For event details:

seattleaa.org/events

19 — Steps in Time Dress Rehearsals
- 19 @ 1:00 pm - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle

19 — Game Night with Purpose
- 19 @ 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! oh, ya, and answer phones for Intergroup.
- Bring a dish and your sense of humor.

20 — Burien Little Assembly Planning Group
- 20 @ 12:00 pm - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

22 — Newsletter Committee
- 22 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

26 — Newsletter Sharing Session
- 26 @ 2:00 pm - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This is a sharing session about the Area 72 Newsletter.
- Now that we have experienced the digital newsletter is this format working for everyone?

26 — Seattle Young People's Potluck
- 26 @ 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!
- Potluck 5:30pm
- Meeting starts at 7pm

30 — Serenity Now Monthly Birthday and Potluck
- 30 @ 7:30 pm - 9:00 pm
- VFW Hall, 3601 SW Alaska St, Seattle, WA, 98126, United States
- Monthly Potluck Flyer2
- Birthday and Potluck Celebration
- Potluck at 7:30
- Meeting at 8:00
- Last Wednesday of every month

REFLECTING ON OUR PAST: SEPT. IN OUR HISTORY

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

Sept, 1930	Bill wrote 4th (his last) promise in family Bible to quit drinking
Sept, 1939	Group started by Earl T in Chicago.
Sept, 1940	AA group started in Toledo by Duke P & others.
Sept, 1940	Journal of Nervous and Mental Diseases gives Big Book unfavorable review.
Sept, 1946	Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
Sept, 1946	1st A.A. group in Mexico.
Sept, 1948	Bob writes article for Grapevine on AA "Fundamentals – In Retrospect".
Sept, 1949	1st issue of Grapevine published in "pocketbook" size.
Sept 1, 1939	1st AA group founded in Chicago.
Sept 11, 2001	30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.
Sept 12, 1942	U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.
Sept 13, 1937	Florence R, 1st female in AA in NY.
Sept 13, 1941	WHJP in Jacksonville, FL airs Spotlight on AA.
Sept 17, 1954	Bill D, AA #3 dies.
Sept 18, 1947	Dallas Central Office opens its doors.
Sept 19, 1965	The Saturday Evening Post publishes article "Alcoholics Can Be Cured – Despite AA"
Sept 19, 1975	Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21, 1938	Bill W & Hank P form Works Publishing Co.
Sept 24, 1940	Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY.
Sept 30, 1939	article in Liberty magazine, "Alcoholics and God" > by Morris Markey.
Sept, 1971	First European Convention, Bristol, England, Sally Cousins, Archivist

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

Letter From the Editor

I'd like to thank everyone involved in making this issue happen, both the contributors and the readers. I truly enjoy putting this together and I really appreciate your participation in my recovery. Hard to believe where I was just 3 years ago compared to where I am now. I don't know what lies ahead for me, but I know that my sobriety is something no one can take from me. Thank you for your support and for picking up this issue of The High & Dry. Looking forward to hearing from you and putting next month's issue together. thanks! △

Haiku by Jeff U.

Step 9

Amends are to **them**
But counterintuitive
The relief is ours

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PUZZLES: TWELVE AND TWELVE SLEUTH

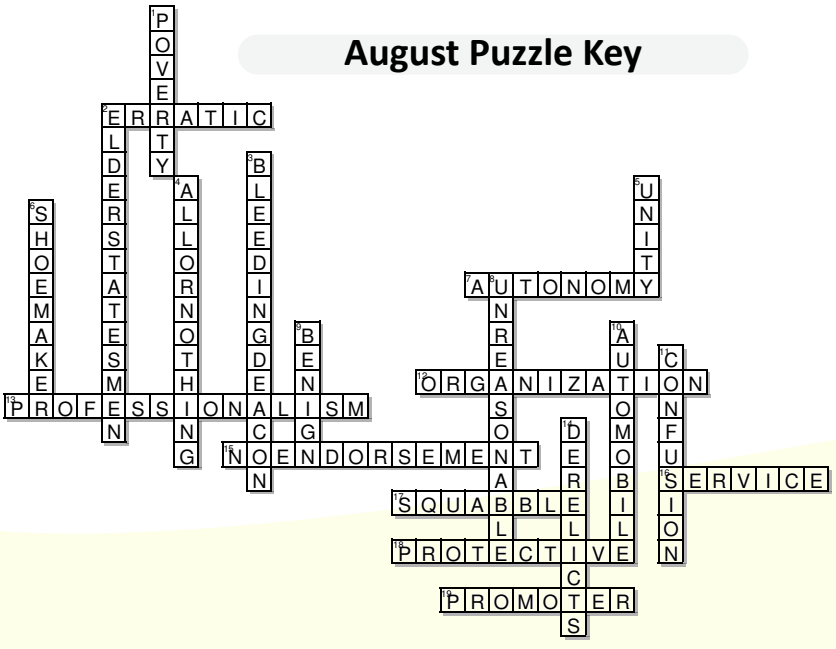
September Key will be in Volume 77

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

obligations
sincerity
exhilerating
relief
prudence
frankness
disclosure
courage
forthright
righteous
responsibility

direct
amends
judgment
reflected
progress
hangover
harrowing
others
discretion
admit
damage

August 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

Make Amends

Acknowledge harm: Name the specific action clearly without making excuses.

Listen: Ask if anything was missed and let the other person speak without defending yourself.

Take action: Ask how to make things right and follow through on repairing the damage.

Living amends: Change your future behavior permanently when direct contact is not possible or safe.

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Happy Birthday to September Celebrants in the...

How Dry I Am Club!

Gloria S-N		9-12-1979	47 years
Lupita YM	Kitchen Group	7/16/06	20 years
Anonymous			44 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 October yet!
Help us keep this beautiful tradition alive!

seattleaa.org/online-contributions/

SPECIAL EVENTS HIGHLIGHTS

1. 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.



2. 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



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

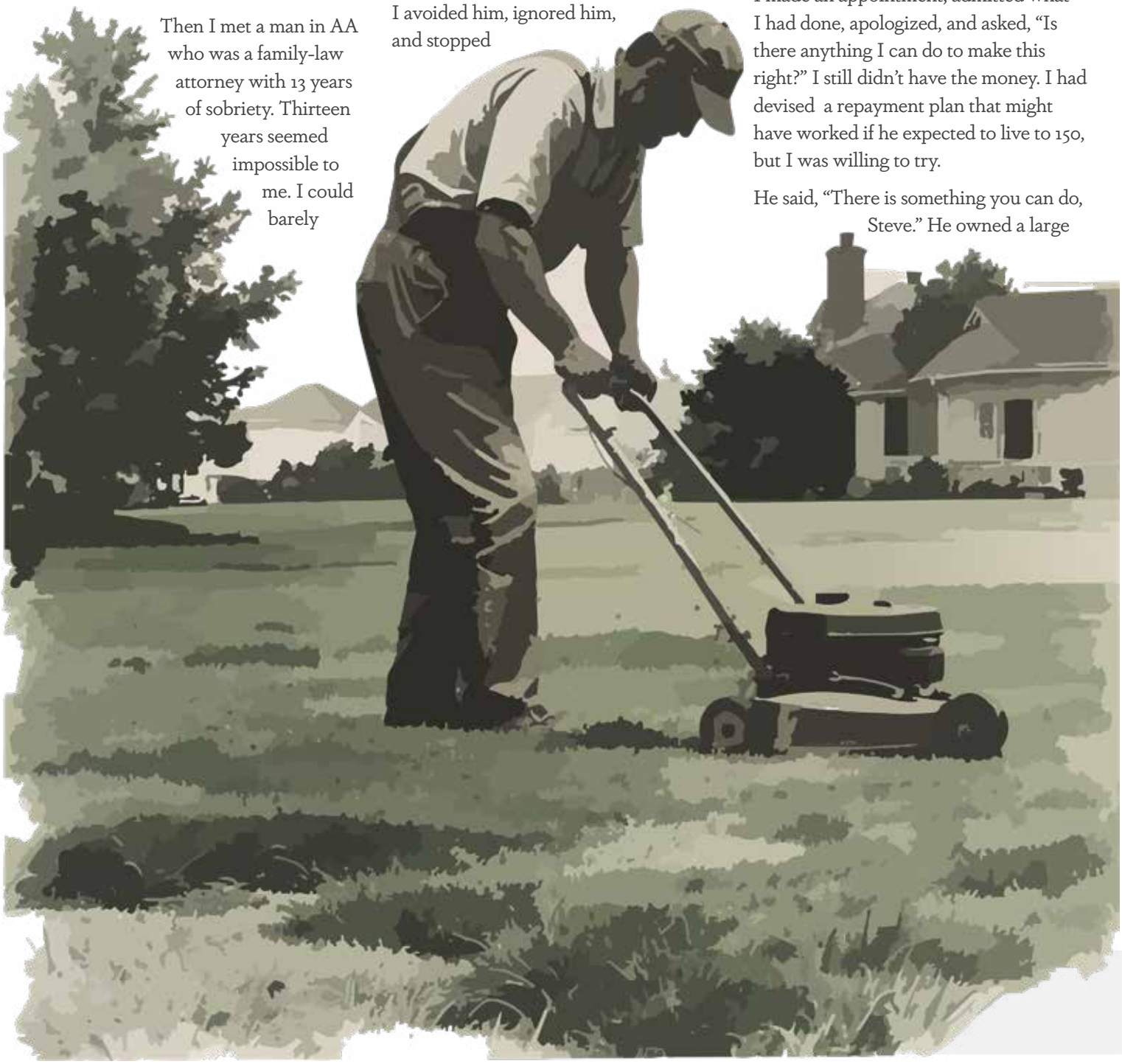
I wanted to share a Step Nine story that has stayed with me.

When I was new in AA, my life was collapsing on every front. My wife had filed for divorce, my business partnership had exploded, and my drinking and behavior had left our 17-year marriage—and our four children—in ruins. I had little income, mounting bills, and no idea how to repair the damage.

Then I met a man in AA who was a family-law attorney with 13 years of sobriety. Thirteen years seemed impossible to me. I could barely imagine staying sober for 13 days. I hired him to represent me. The more I knew him, the more I saw recovery in action: he was kind, compassionate, fair, and willing to listen. I wasn't used to that—and I wasn't very good at following his advice. The billable hours accumulated (I rarely followed his advice), and when the divorce was over, I couldn't pay. So I avoided him, ignored him, and stopped returning his calls, even though he had become a friend. (Ha, shows what kind of a friend I was.)

About a year later, after getting a sponsor and working the Steps, I reached Step Nine. I still felt guilty. I respected this man, knew I owed him money, and wanted him to be one of my first amends. I made an appointment, admitted what I had done, apologized, and asked, "Is there anything I can do to make this right?" I still didn't have the money. I had devised a repayment plan that might have worked if he expected to live to 150, but I was willing to try.

He said, "There is something you can do, Steve." He owned a large



Step 9 (continued)

property and asked me to mow the lawn and maintain the grounds four to six hours a week. I had been thinking about money. He was thinking about responsibility. As I left, I asked how much he would credit me for each visit. I was expecting $175 or $200—the amount I could have earned elsewhere. He said, "Let's say $45 or $50, whichever you think is best." I thought, "Are you kidding me?" But I agreed, and I cut that man's lawn for a long time. Eventually, the bill was paid. More importantly, we became close friends. He became a mentor, and through his son—who later recognized that he was an alcoholic—our lives became connected in recovery.

Somewhere along the way, I understood what I had missed about Step Nine. I thought I was making an amend to pay off a debt. But I was learning how to become a different person. When things went wrong, I had thrown emotional tantrums. When I couldn't pay, I avoided people. When I was uncomfortable, I ran. When I was wrong, I had an explanation. Step Nine gave me another way: Tell the truth. Take responsibility. Ask what you can do. Then do it.

I discovered that if I became forgivable, I was often forgiven. I can't change what I did to my wife, my children, or my business partner. I can't undo the legal bill I incurred with someone who helped me when I needed it. But I can become someone who no longer repeats those patterns—someone who pays his debts, shows up, keeps his word, stays when life is uncomfortable, and can say, "I was wrong," without adding "but."

We sometimes think an amend is meant to make another person forgive us. But we don't control that. They may forgive us, or they may not. They may never want to see us again, and we have to respect that. Our job is not to obtain forgiveness. It is to become the kind of person whose life shows that the change is real.

As the Big Book reminds us in the section on amends, "In nine cases out of ten the unexpected happens" (Alcoholics Anonymous, page 78). I didn't pay that lawyer back with one check. I paid him back one lawn at a time. And somewhere between the first lawn and the last, I learned: An amend isn't just something I do to my past. An amend is something I do to the man I'm becoming.

When I first met this man, his 13 years of sobriety seemed impossible. Yet the unexpected happened. My divorce attorney became a close friend. A bill that threatened to overwhelm me became an opportunity to learn responsibility. A lawn became a place to practice humility. And the man who believed everyone and everything was standing in his way began to see that the biggest obstacle had often been himself.

That's what Step Nine gave me: Not a clean past. But a different future.

And now with 40 years of sobriety, I can't even remember 13 years. There is so much more to amends than just paying back the money too.

Stephan M. △

Tradition Nine

by Julia P.

Tradition 9: A.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

When I walked into my first AA meeting, someone was making coffee. There were Big Books on the tables, racks full of pamphlets, along with a schedule of meetings on the wall with names of people who would be chairing each meeting. I later learned that everything had been carefully put in place so that the life-saving message of AA could be carried to any alcoholic who showed up, desperate for a solution to their drinking problem. Without the organization of all these services and many others, there might not have been a meeting that fateful day — or any other day! So Tradition Nine tells us that we create service boards or committees to make it possible for the AA message to be carried. We do not organize how that message is carried by our members and groups. Just as each member has their own experience, strength, and hope to share, and a slightly different message and their own way of sponsoring, each autonomous group carries out its primary purpose as the group conscience decides.

The Twelve Traditions Illustrated explains it like this:

» *The words 'Let's keep it simple' were the last Bill W. heard from his fellow*



founder of A.A., shortly before Dr. Bob's death in 1950. Aware that 'it' means our recovery program, Bill later wrote, 'We need to distinguish sharply between spiritual simplicity and functional simplicity.

When we get into questions of action by groups, by areas, and by A.A. as a whole, we find that we must to some extent organize to carry the message — or else face chaos. And chaos is not simplicity.'

When Tradition Nine speaks of 'A.A. as such,' it goes to the heart of the A.A. experience, to the 'spiritual simplicity' of one alcoholic's saying, silently perhaps, 'Help!' and another alcoholic's answering, 'I know how you feel. We're here to help you.' Such a relationship couldn't be organized. Or could it? But in 'action by groups,' we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what's the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing meeting refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility — not taking on authority. (Here, Traditions Two and Nine interlock.)

The long form of Tradition Nine states:

» *Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.*

I believe this business of rotation is extremely important. Each service position teaches the member important lessons. From the position of greeter or coffee maker, where we learn to show up on time, keep commitments, and do a job with a servant's heart, to GSR, group secretary, literature rep, and others, where we learn to cooperate with others, service offers opportunities to apply spiritual principles. Being a worker among workers is important, and rotation teaches how to accept help in learning a new job, and that commitment means being responsible either to show up myself or to make sure someone is there to fill in for me. Ideally, members are encouraged by other home group members and their sponsors to carefully consider whether this is a commitment they can fulfill, learn the job, and stay for the term of commitment, usually a period of six months to two years. But when my term ends, it is someone else's turn, and time for me to step down from the job and support the next person who rotates in. There is humility to be gained in letting go and allowing the next person to make that position their own. Learning that everybody doesn't have to do it my way is an idea I can carry into all my affairs, and I learn that in rotation of AA service.

So service is organized to make it possible to carry the AA message. But it is impossible to organize how that message is carried by each group or member. In carrying the message, we hope that our ultimate authority has its way in our group, and that we are each guided by a Higher Power in our Twelfth Step work. How could such a thing be organized?

"Everybody can be great because everybody can serve. You don't have to have a college degree to serve... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace — a soul generated by love." — Martin Luther King, Jr.

Julia P. △

AA Concept 9
Leadership Is Not Optional

By Peter J., Newsletter Editor & Web and Tech Committee Chair

Concept IX (Short Form):

"Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees."

Concept IX (Long Form):

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

Understanding the Bigger Picture

A.A. often says that our leaders are trusted servants and do not govern. Some of us hear that and conclude we have no need for leaders at all. Concept IX says the opposite: good service leadership is indispensable. Without it, the rest of the Concepts are a diagram on a page.

The earlier Concepts distribute authority, responsibility, participation, and accountability. Concept III then gives trusted servants the Right of Decision. Concept IX asks who we trust with that right, and how we choose them.

Bill W. put it plainly: no matter how carefully we design the structure, the results can be no better than the people who must make it work. Poor leadership is not a personality problem. It is a safety problem. Services stall, funds are mishandled, and the Fellowship loses continuity.

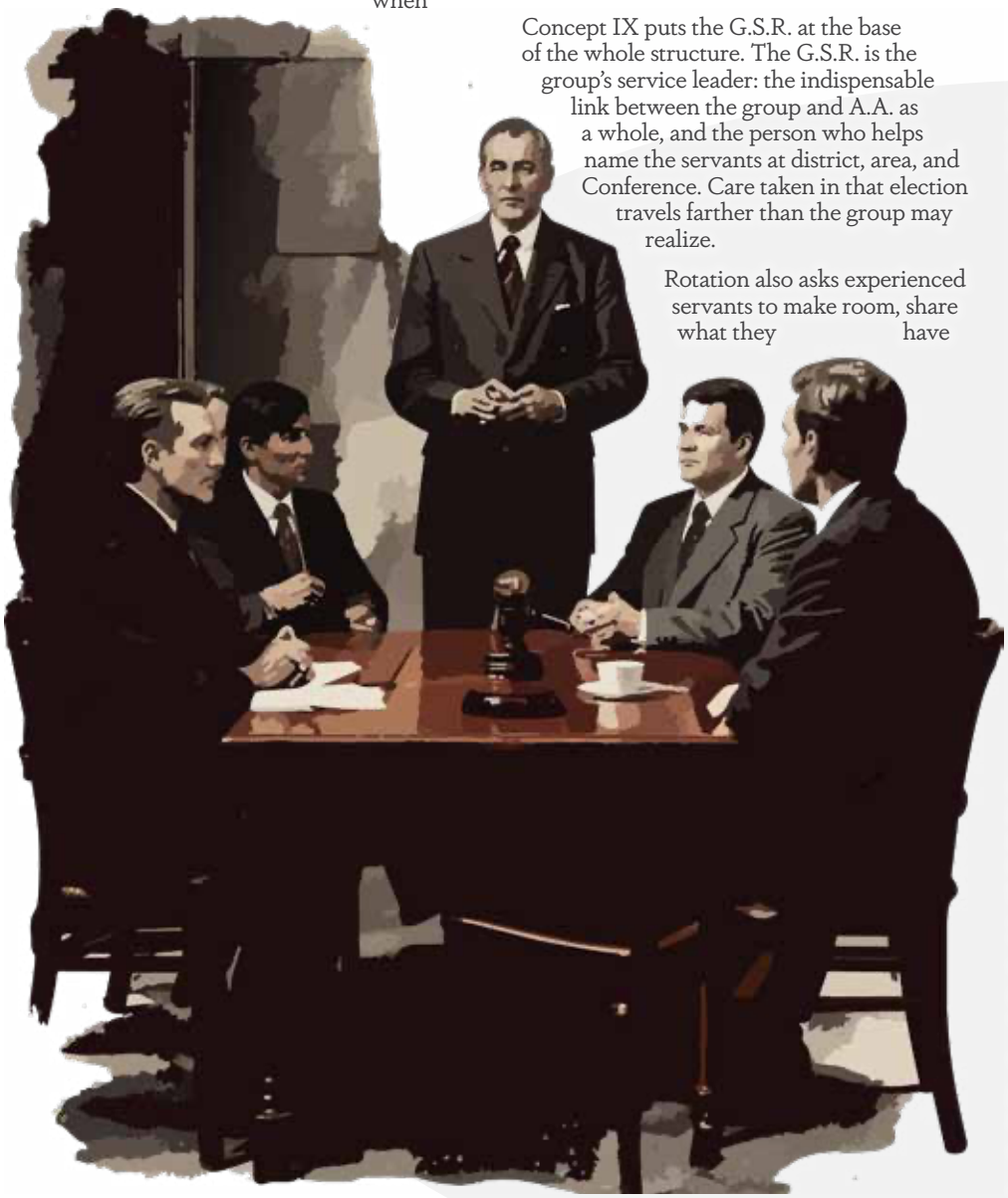
Leadership Is Not Optional (continued)

"Act for Us, but Don't Boss Us"

Bill's essay on Concept IX describes an A.A. leader as someone who can put principles, plans, and policies into action so dedicated and effective that the rest of us want to help. When a leader power-drives, we rebel. When a leader becomes a mere order-taker, that person is not leading at all. In effect, he wrote, we are saying to our servants: "Act for us, but don't boss us."

This is the chairperson who tables a motion because the group is not yet informed, and who is willing to be unpopular for it. This is the G.S.R. who notices that no one is coming up behind the current officers, and says so before the group is left without a servant.

Vision comes first: seeing a need before it becomes a crisis. After that come the quieter skills: listening widely, taking a better idea from anyone, changing course when the group conscience requires it, accepting criticism, and knowing when compromise helps and when principle does not.



Choosing Them Carefully

Because we rotate, we cannot treat leadership as a one-time find. We have to keep finding it.

The Long Form is explicit: we need good leaders and sound methods of choosing them. A.A. does not campaign for service jobs. We ask for willingness, we look at the record of service, and, at many levels, we use Third Legacy procedure so a popularity contest cannot decide the outcome. The method is meant to slow us down just enough to choose a servant, not a favorite.

"Who is most popular?" and "Whose turn is it?" are the wrong questions. So is "Who always says yes?" The member who never declines is often the one with no time left to serve well. We should look for stability, judgment, experience, the ability to work with others, and enough recovery that the job will not become a substitute for it.

Concept IX puts the G.S.R. at the base of the whole structure. The G.S.R. is the group's service leader: the indispensable link between the group and A.A. as a whole, and the person who helps name the servants at district, area, and Conference. Care taken in that election travels farther than the group may realize.

Rotation also asks experienced servants to make room, share what they have learned, and then stay off the next person's back.

The Trustees: Leadership After the Founders

The second sentence of Concept IX is about succession. The primary world service leadership once exercised by Bill W. and Dr. Bob had to pass to the trustees of the General Service Board. It could not remain a matter of personal prestige. It had to live inside a structure accountable to the Conference and, ultimately, to the groups.

The trustees do not rule A.A. They look ahead, they mind the services, and they hold a responsibility the Fellowship can no longer ask two men to carry.

The Spiritual Principle Behind It

At its heart, Concept IX is humility joined with courage. Humility, because no one owns a service job and a better idea may come from anyone. Courage, because someone still has to decide, stand the criticism, and act when the easier path is to wait for someone else.

Why It Matters to Us Individually

Concept IX appears wherever members accept responsibility for helping A.A. function.

- Every time we choose a trusted servant for their qualifications rather than their popularity...
- Every time a chairperson listens carefully and still helps a group move forward...
- Every time an outgoing servant shares experience and then allows a successor to serve...
- Every time someone accepts correction, gives credit to another person, or takes responsibility for a difficult decision...

We are practicing the principles behind Concept IX.

This Concept reminds us that leadership in A.A. is neither prestige nor power. It is the willingness to serve effectively, remain accountable, and help others unite around our common purpose.

And maybe that's the quiet reassurance of Concept IX: When we choose trusted servants for their willingness and judgment, and when those servants lead with humility, courage, and example, A.A. is better prepared to carry its message safely into the future.

Read More:

* The A.A. Service Manual / Twelve Concepts for World Service – Concept IX, "Leadership in A.A.: Ever a Vital Need"

* Tradition Two – the relationship between group conscience, trusted servants, and authority in A.A.

* Concept III – the Right of Decision that A.A. leadership is meant to exercise. △

Corrections Corner

Pink Can

Thank you to Duck Island Group, Titanic, Counterpoint, Dawn Patrol, Admiral SW Siders, Gunnysack Hill, and anonymous groups and individuals for contributing $415.05 to the Pink Can Fund in July. We used $1,181 to purchase Spanish and English Big Books, Plain Language Big Books, pamphlets, and meeting directories for SCORE, the Federal Detention Center, Kent City Jail, and Helen B. Ratcliff House. The fund currently has a balance of $3,933.

The Importance of Building Bridges: Corrections Pre-Release Program

By Karen K.

Getting sober, admitting you need help, and entering AA is never easy. Getting sober while incarcerated adds another difficult and stressful layer of complexity to the already challenging journey each of us takes to get and keep our butts in the seat.

For individuals getting released from prison, one of the biggest concerns is recidivism (when you get incarcerated again). The AA Corrections Pre-Release Program connects those of us on the outside with someone in our area who is just being released, to help them get connected to a sober community as quickly and as smoothly as possible. We take them to a few meetings and introduce them to other sober people, which helps ease that difficult transition period.

As the Pre-Release Coordinator for Intergroup's Corrections Committee, I get to help build that bridge by connecting people getting released with a volunteer in the AA community in the Seattle area. Every person I have connected with has been so excited to get this assistance to continue their AA journeys and build relationships with new people. It is such an honor to do any type of service. I find that corrections work, where I can help make the transition of re-entering sobriety a little easier, is so rewarding, and I am grateful for it every time I make a new connection.

If you're interested in helping people leaving a correctional facility get connected to AA by taking them to a few meetings and introducing them to AA members to build their sober support network, please email volunteercorrections@seattleaa.org.

Want to learn more?

- Check out the corrections webpage: https://www.seattleaa.org/corrections
- Attend our hybrid meetings the second Monday of each month at 6:30 pm, in person at Intergroup (5507 6th Ave S) or on Zoom (Meeting ID 872 2771 9137, passcode 833575)
- Or send an email to corrections@seattleaa.org

In service,

Karen K

GSIG Corrections Chair

206-265-3788 △

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. West C read Tradition Eight and Ed read Concept Eight.

August AA birthdays: Carina, 17 years; Ruth, 8 years; Steve, 40 years; Jeff, 11 years.

ROLL CALL

Present: 12 of 17 voting members.

Officers (4 of 5): Jeff U, Chair; Carina W, Vice Chair; Karla L, Chair Emeritus; Sui D, Secretary. Pete K, Treasurer, was not present.

District Representatives (8 of 12): Ruth P (D14), Blake P (D15), Ricky T (D16), Jon B (D17), Bobby T (D24), Thomas H (D31), Samantha M (D32), Laura C (D41). The quorum requirement of seven district representatives was met.

Minutes: The July minutes were approved — moved by Bobby T (D24), seconded by Jon B (D17), unanimously approved.

OFFICER REPORTS

Chair, Jeff U: Aaron C has been appointed to the Office Committee to finish the remaining five months of Bob Fox's term. Officer elections are in December for Chair, Vice Chair, Secretary, and Treasurer. A nominating committee has not yet been formed; please start talking with people who might serve. Keep circulating the Board letter to the groups. Hard copies are available, and the letter is now posted under Service at seattleaa.org.

Vice Chair, Carina W: Available to visit districts or groups to talk about Intergroup and the Vice Chair role. The Board letter is on the website under Service.

Chair Emeritus, Karla L: Won two baskets at the picnic. Bingo was fun.

Treasurer, Pete K: Jeff gave the report. July income was about $25,000 and expenses about $18,000, a net of about $4,700 for the month. Group contributions were just over $11,000. The year-to-date loss is still over $5,000. Refer to the financial summary in this issue for details. The Treasurer report was approved unanimously.

Recording Secretary, Sui D: Thanked everyone for sending reports, and asked that they keep coming in.

INTERGROUP STAFF REPORTS

Office Manager, Anita S: The Intergroup picnic was a success, with thanks to all who served. Call log: chats 100, calls 85, 12 Step calls 0. Thanked Lara for extra training time.

OLD BUSINESS

None.

DISCUSSION TOPICS FOR DECEMBER ASSEMBLY

Opt-in communications, Shannon R: Shannon introduced a discussion topic for the December Assembly, Opt-In Communications and Lightweight Member List. GSIG news now travels through several volunteer handoffs (board to district to GSR to group), and any one of those can drop. The idea is a voluntary email opt-in as a second channel, not a replacement for GSRs and districts. Email would be the only required field. First name and last initial, home group, sobriety year, and service position would be optional. Members would renew each year or drop off. It would start with an invitation to the existing High & Dry email list, plus a wider opt-in campaign. Questions covered whether this duplicates One Week at a Time (it does not; that list is not treated as a general-mail list), opt-in versus opt-out (this is opt-in, with annual renewal), whether other areas do it (some, including Area 72 and the Grapevine, keep lists of some kind), and whether it would be two-way (informational feedback is welcome; it would not replace group conscience or the GSR path). Take this back to districts and groups. More discussion at coming board meetings, then the Assembly.

Bequeathment, Jeff U: GSIG has been left about $125,000 in a deceased member's will. The gift has not been accepted. GSO's suggested maximum for a group is $12,500; Intergroup is a 501(c)(3) created by the groups, and practice has usually been to follow the Traditions. Options on the table range from declining the gift, to keeping some or all of it, to sharing with Area or GSO, to setting money aside for a stated purpose such as the office move. A large gift could also affect group contributions. Take this to districts and groups. Further discussion at coming meetings, with a decision likely at the December Assembly. The Office Committee called it a chance for a Fellowship-wide Seventh Tradition conversation. Nothing of this size has come up at Seattle Intergroup before.

SERVICE COMMITTEE REPORTS

Relocation, Ed H: No report.

Office, Stephen M: No report.

Accessibility, Jinah W: Met August 5 and planned for the picnic. Blue Can and raffle raised close to $800. The committee meets the first Wednesday of each month at 6 pm on Zoom.

Archives, Teresa S: Attended the Area 72 Archives Quarterly on Zoom. Updated the Sober in Seattle PowerPoint for the office, and is still looking to borrow a hard copy of Sober in Seattle Volume III to scan. Stepping Stones has acquired the original Big Book manuscript.

Corrections, Karen K: Pink Can details are in Corrections Corner in this issue. Volunteers are needed at the Federal Detention Center in Burien (Spanish speakers especially, Thursday early evening), women for the Regional Justice Center in Kent, and men for the Juvenile Detention Center. Email volunteercorrections@seattleaa.org. Picnic tabling went well.

Hospitals & Treatment, Mikey C: Ricky T reported that panels at Northwest Hospital run Wednesdays from 4 to 5 pm and need volunteers. The sobriety requirement is 24 hours. Mikey asked members to consider standing for chair at the next rotation. The committee meets the first Saturday of the month at Intergroup. More at seattleaa.org.

Newsletter, Peter J: No report.

Nightwatch, Rob S: No report.

PI/CPC, David D: No report.

Special Events, West C: Thanks to all who served at the 80th Annual Big AA Picnic. Turnout was over 200, and the car show, raffle, archives table, food, and Ray's Garage were a hit. Steps In Time is October 24, 1 to 7 pm, at Grace Lutheran Church in Des Moines — 50s costumes, talent show, two skits, dinner, and a dance. Tickets are $20. Dress rehearsals are September 5 and 19, 1 to 3 pm, at the Intergroup office. Four more acts and skit volunteers are still needed. A Zoom planning meeting is Tuesday, September 8, at 6 pm. Seahawks watch party Sunday, November 29. Contact specialevents@seattleaa.org.

Third Legacy, Lee R: No report.

Twelfth Step, Karrie C: Chat has been busy, with four 12th Step requests. Volunteer shifts are open (four hours, once a week, from a phone). Email 12step@seattleaa.org.

Web & Tech, Peter J / Dash M: A new page for healthcare and mental health professionals is live on seattleaa.org. The office printer was fixed.

DISTRICT REPORTS

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

D14, West Seattle / White Center / Vashon: Combined BBQ on Alki September 6. Annual picnic and pie auction at Lincoln Park September 13. Discussion continues on whether 7th Tradition funds should pay for picnics.

D15, Downtown Seattle / West Capitol Hill: Nine at the business meeting. Nightwatch presentation. Many open positions. District inventory October 13. Elections in November. Second Tuesday at 7 pm at Intergroup.

D16, Lake City to the Ship Canal: Information booth at Lake City Days. Helped host the Central Area Pre-Assembly (over 70). Picnic September 12 at Maple Leaf Park. District inventory September 13 with Alan F. Childcare at On Awakening, Sunday 8 am at Ryther.

D17, Ballard / NW Seattle: No report.

D18, Renton / Kent / Tukwila: No report.

D24, SW Snohomish County: About 35 in person and 4 online. Picnic July 18 raised about $845. Service "speed dating" in October at 6 pm to walk through open positions.

D31, Burien / Des Moines / Normandy Park / SeaTac / Tukwila: Ice cream social August 12, 27 people. New treasurer, corrections, treatment, and registrar. Still need Accessibility, PI, and Archives. CPC roadshow Saturday, September 12, 11 am to 5 pm at Grace Lutheran. GSRs should register for the Area 72 Assembly October 2 to 4.

D32, Algona / Auburn / Federal Way / Pacific: Picnic drew over 100 and raised about $1,000. Archives storage was purged. National AA Archives Workshop in Tacoma September 10 to 13. October rotation coming; still open are Grapevine Literature, Third Legacy, and Bridging the Gaps.

D33: No report.

D40, East-Central Seattle: No report.



"It's about making *disciplined* amends, not just apologizing!" bellowed Chairman Higgins..

D41, Queen Anne / Magnolia / S. Lake Union: Picnic went well. Inventory October 14. Elections November 11. On the Waterfront is adding a Thursday 7 am meditation meeting. Abigail's Ghost has ASL on Tuesday and Thursday.

D42, Lake Forest Park / Shoreline: No report.

AA HALLS AND CLUBS

A New Beginning, Melaina: Secretary guidelines meeting August 8.

Fremont Fellowship Hall, Adam R: Saturday 10 pm karaoke, games, or movies after the 8 pm meeting and potluck. Sunday 3 pm Women's Meeting. Back room available at $25 per meeting, with a kids' room next door. Looking into childcare.

Greenwood Fellowship, Luis: Great Grand Timers' Day (50-plus years) is the second Saturday of September at Sandel Park, behind the Greenwood Fred Meyer. Food 5:30 to 8:30 pm, meeting at 8 pm, then The Wizard of Oz. Free shirts at the event.

Pass It On, Jeffery F: No report.

Serenity Hall, Trent H: The Board letter is being read at the business meeting. Labor Day pop-up 12 to 5 pm, with Glenn and Lori. Speakers meeting the third Sunday at 8 pm. The hall did not close; a building issue has been resolved.

The Southend Fellowship, Lynn U: Congratulated Anita S. Made $10 monthly contributions to GSIG, GSO, Area 72, and District 18.

WRAP-UP — MAIN TAKEAWAYS

1. About $125,000 left to GSIG in a will. Take it back to your groups. A decision is likely at the December Assembly.

2. December Assembly discussion topic: Opt-In Communications and Lightweight Member List.

3. GSIG officer elections at the end of the year. Start looking for people.

4. Steps In Time, October 24, 1 to 7 pm. Dress rehearsals September 5 and 19 at Intergroup. specialevents@seattleaa.org.

5. Take the Intergroup letter back to your groups and read it out loud.

6. New Office Committee member: Aaron C.

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
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

JULY 2026 · FINANCIAL SUMMARY

GSIG JULY FINANCIALS

Greater Seattle Intergroup

Step Nine is about becoming the kind of person who pays what is owed. Here is July, set down plainly — every dollar in, every dollar out, and the ground still to make up.

THE MONTH IN FULL VIEW

Income	**$25,470.45**
Expenses	**$23,559.02**
Net (July)	**+$1,911.43**

FIRST BLACK MONTH SINCE JAN

YEAR TO DATE

−$10,645.57

Net income through July — seven months in. July helped. The year is still in the red.

YTD NET INCOME

OPERATING FUNDS

$13,920.02

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

READY TO SERVE

WHY JULY CAME BACK

Group contributions landed at **$11,249.70** — well above June's $7,540 — and total income reached **$25,470.45**. Spending (cost of goods plus operating) was **$23,559.02**. Operating net was **+$1,911.43**; with $152.02 in other income, net income was **+$2,063.45**. The first month in the black since January. Savings still sits at $32.14.

The Prudent Reserve

75.4% TO GOAL

ON HAND TODAY **$47,580.60**

TARGET $63,078.00

RESERVED SHORTFALL

Funded $47,580.60 · Still to grow $15,497.40 · Target $63,078.00 — essentially unchanged this month.

WHERE THE FUNDS REST

U.S. Bank — Checking OPS	**$13,887.88**
U.S. Bank — Savings OPS	**$32.14**
U.S. Bank — Money Mkt RESERVE	**$47,580.60**
Total on deposit	**$61,500.62**

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

COMMITTEE	BUDGET	SPENT	REMAINING
GSIG Board	$1,000.00	$102.64	$897.36
Third Legacy	$250.00	$0.00	$250.00
Corrections	$360.00	$0.00	$360.00
Archives	$200.00	$147.23	$52.77
All committees	**$15,660.00**	**$3,863.58**	**$11,796.42**

9

TRADITION NINE

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

PROFIT & LOSS · JULY 1 – 31, 2026

JULY — PROFIT & LOSS

Greater Seattle Intergroup

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

TOTAL INCOME
$25,470.45
Contributions + sales + events

COST OF GOODS
$5,123.21
Literature, directory, coins

TOTAL EXPENSES
$18,435.81
Operating + payroll + rent

NET (JULY)
+$1,911.43
Income less COGS and expenses

Seven Months, Side by Side

INCOME VS. NET

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
Income $35,402	Income $20,168	Income $21,363	Income $22,031	Income $16,604	Income $18,518	Income $25,470
Expenses $31,918	Expenses $20,728	Expenses $21,520	Expenses $26,179	Expenses $21,642	Expenses $25,460	Expenses $23,559
Net +$3,484	**Net −$560**	**Net −$157**	**Net −$4,149**	**Net −$5,038**	**Net −$6,942**	**Net +$1,911**

January–June as published in prior issues; July per the July P&L (expenses include cost of goods sold). Year-to-date net through July is −$10,645.57 per the Treasurer's summary.

Where July's Income Came From

$25,470.45 TOTAL

CONTRIBUTIONS — 65% $16,428.38		RETAIL SALES & OTHER — 35% $9,042.07	
Group Contributions	**$11,249.70**	Literature Sales	**$5,142.23**
Individual & Other	**$2,512.26**	Special Events Income	**$1,527.00**
The Sustainers Program	**$1,646.27**	Coin Sales	**$1,316.25**
7th Tradition Collections	**$702.00**	Meeting Directory Sales	**$925.50**
Birthday Contributions	**$318.15**	Shipping + High & Dry Sales	**$131.09**

Where the Dollars Went

$18,435.81 EXPENSES

RENT & OFFICE
$9,188.02
50% of expenses

PAID STAFF
$8,029.56
44% of expenses

OTHER OP. COSTS
$1,218.23
7% — committees, meetings, fees, software

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Office hours: Mon 10 AM to 2 PM, Tue-Fri 10 AM to 6 PM · (206) 587-2838 · Helpline 24 hours
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.



PEQUEÑA ASAMBLEA DE BURIEN GRUPO DE PLANIFICACIÓN

CUÁNDO

3º DOMINGO 12:00-1:00pm

16 DE AGOSTO DE 2026
20 DE SEPTIEMBRE DE 2026
18 DE OCTUBRE DE 2026
15 DE NOVIEMBRE DE 2026
20 DE DICIEMBRE DE 2026
17 DE ENERO DE 2027
21 DE FEBRERO DE 2027

DÓNDE

REUNIÓN DE ZOOM

ID DE ZOOM: 810 1629 8713
CÓDIGO DE CONTRASEÑA: 817009

¡UNETE A NOSOTROS!

WWW.BURIENLITTLEASSEMBLY.ORG

54º ASAMBLEA ANUAL DE BURIEN PEQUEÑO

Honrando Nuestro Pasado, Abrazando Nuestro Futuro

Sábado, 13 de Marzo de 2027

BLA ES APOYADOPOR NUESTRA ÉPTIMA TRADICIÓN

POR FAVOR CONTRIBUIR A: PEQUEÑA ASAMBLEA DE BURIEN
(c/o Intergrupo del Gran Seattle)
5507 6th Ave S
Seattle, WA 98108



SERENITY NOW

monthly birthday and POTLUCK CELEBRATION

7:30PM LAST WEDNESDAY OF EVERY MONTH

MEETING AT 8PM

3601 SW ALASKA ST, WEST SEATTLE

BURIEN LITTLE ASSEMBLY PLANNING GROUP

WHEN

3rd SUNDAYS 12:00-1:00pm

August 16, 2026
September 20, 2026
October 18, 2026
November 15, 2026
December 20, 2026
January 17, 2027
February 21, 2027

WHERE

ZOOM MEETING

Zoom ID: 810 1629 8713
Passcode: 817009

JOIN US!

WWW.BURIENLITTLEASSEMBLY.ORG

54TH ANNUAL BURIEN LITTLE ASSEMBLY

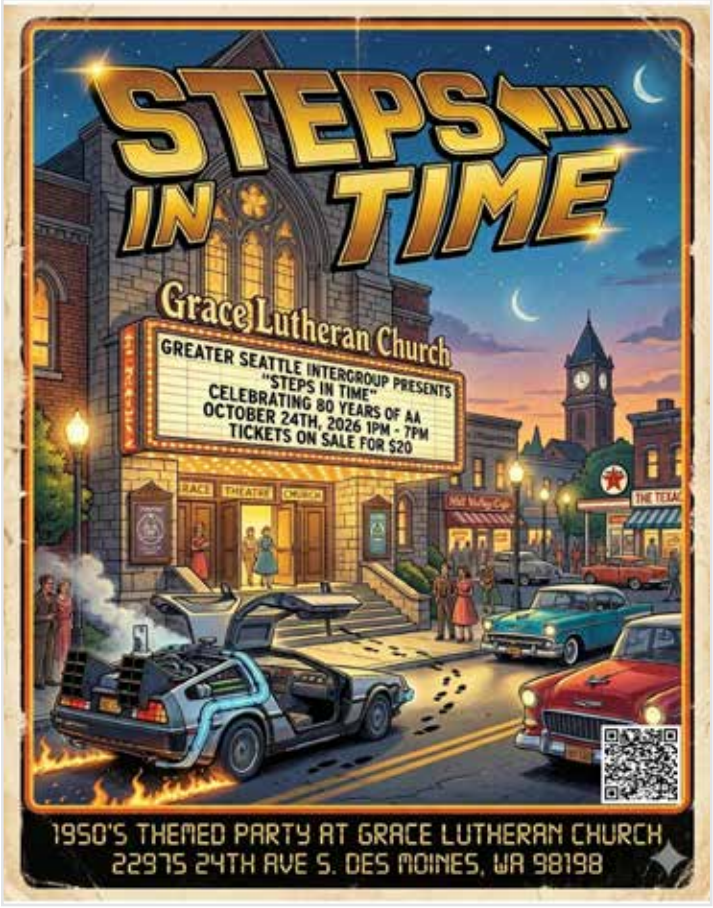
Honoring Our Past, Embracing Our Future

Saturday, March 13, 2027

BLA IS SUPPORTED BY OUR 7TH TRADITION

PLEASE CONTRIBUTE

TO: BURIEN LITTLE ASSEMBLY
(c/o Greater Seattle Intergroup)
5507 6th Ave S
Seattle, WA 98108



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)





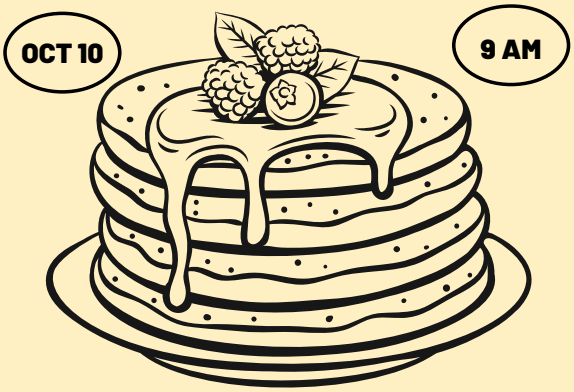
SUBMIT YOUR EVENT TO:

NEWSLETTER@SEATTLEAA.ORG



DISTRICT 18

PANCAKE BREAKFAST



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

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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

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

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

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

Subscriptions — Please consider subscribing to the High & Dry newsletter!
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 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/