VOLUME 77 | ISSUE 10 OCTOBER 2026

High & Dry



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

IN THIS ISSUE: PERSEVERANCE



In This Issue: the conscious choice to keep moving forward and working toward a goal, even when you face hard times, failure, or obstacles.

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FUTURE TRIPPING: OCTOBER 2026 EVENTS

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

10 — District 18 Gratitude Breakfast
- 10 @ 9:00 am - 11:30 am
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

12 — Corrections Committee
- 12 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

17 — CPC/PI Committee
- 17 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

17 — Game Night with Purpose
- 17 @ 6:00 pm - 10:00 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

18 — Burien Little Assembly Planning Group
- 18 @ 12:00 pm - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

20 — Web and Tech Committee
- 20 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

20 — GSIG Monthly Board Meeting
- 20 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

24 — Steps in Time
- 24 @ 1:00 pm - 7:00 pm
- Grace Lutheran Church, 22975 24th Ave S, Des Moines, WA, 98198, United States

27 — Newsletter Committee
- 27 @ 5:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting

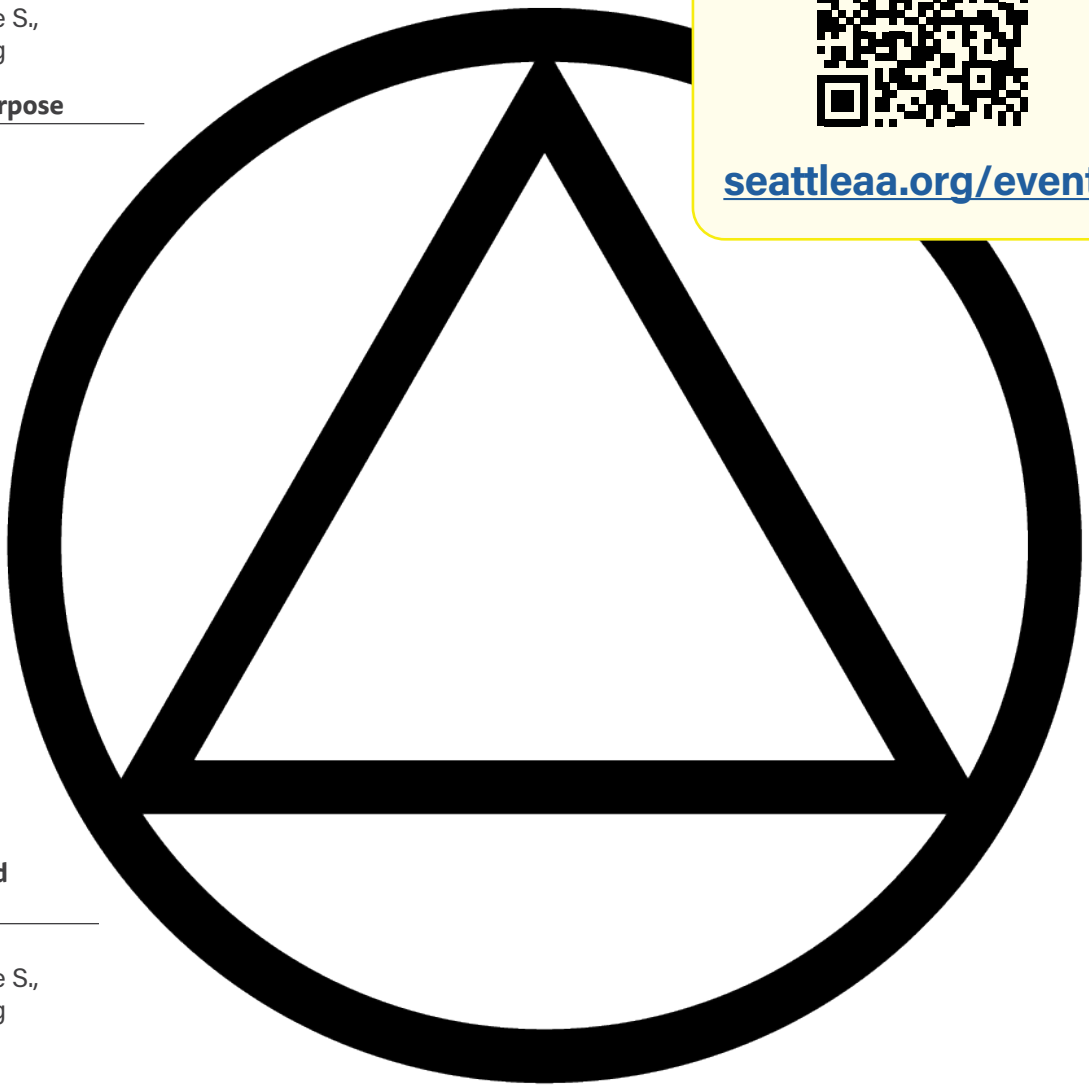
28 — Serenity Now Monthly Birthday and Potluck
- 28 @ 7:30 pm - 9:00 pm
- VFW Hall, 3601 SW Alaska St, Seattle, WA, 98126, United States

30 — SEF Halloween Party
- 30 @ 6:00 pm - 9:30 pm
- St James Episcopal Church, 24447 94th Ave S, Kent, WA, 98030, United States

31 — Seattle Young People's Potluck
- 31 @ 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



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REFLECTING ON OUR PAST: OCT. IN OUR HISTORY

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

Oct 1936	Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
Oct 1939	1st central committee formed in Cleveland; 1st example A.A. rotation.
Oct 1942	1st issue of Cleveland Central Bulletin is published.
Oct 1944	First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.
Oct 1951	Sister Ignatia wrote "Care of Alcoholics ? St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the journal of Catholic Hospital Association.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."
Oct 1958	Playhouse 90 TV airs "The Days of Wine and Roses".
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957	Book "A.A. Comes of Age" published.
Oct 2, 1944	Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945	AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972	2nd World Service meeting held in New York.
Oct 5, 1988	Lois Burnam Wilson died.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.
Oct 8, 1988	Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 14, 1939	Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904	Marty M, early AA woman, is born in Chicago.
Oct 17, 1935	Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 21, 1939	Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 22, 1963	E M Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942	L.A. Times reports AA groups in 14 California cities.
Oct 24, 1943	Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.

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

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PUZZLES: NO OPINION ON OUTSIDE ISSUES

October Key will be in Volume 77 Issue 11

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

controversial
publicly
provocation
millennium
polotical
nature

imminent
spiritual
climate
citizens
peaceable
squabble
postage

Sept Puzzle Key

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



Ways You Can Help Seattle Intergroup

High and Dry Subscriptions

$12/yr. for a physical copy, $10/yr. for a digital copy

» To sign up to receive our newsletter, visit: seattleaa.org/intergroup/newsletter/

Join the '*How Dry I Am Club*' or aka the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.

» To contribute to the Birthday Club, visit: seattleaa.org/online-contributions/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Bill S., Gary H., and Susan D.
TUESDAY	Mikey C. and Morgan S.
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. & Honey
THURSDAY	Teresa & Glitter
FRIDAY	Thomas H. 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

Perseverance

Not giving up when you face a problem or make a mistake.

Working hard step by step until a job is done.

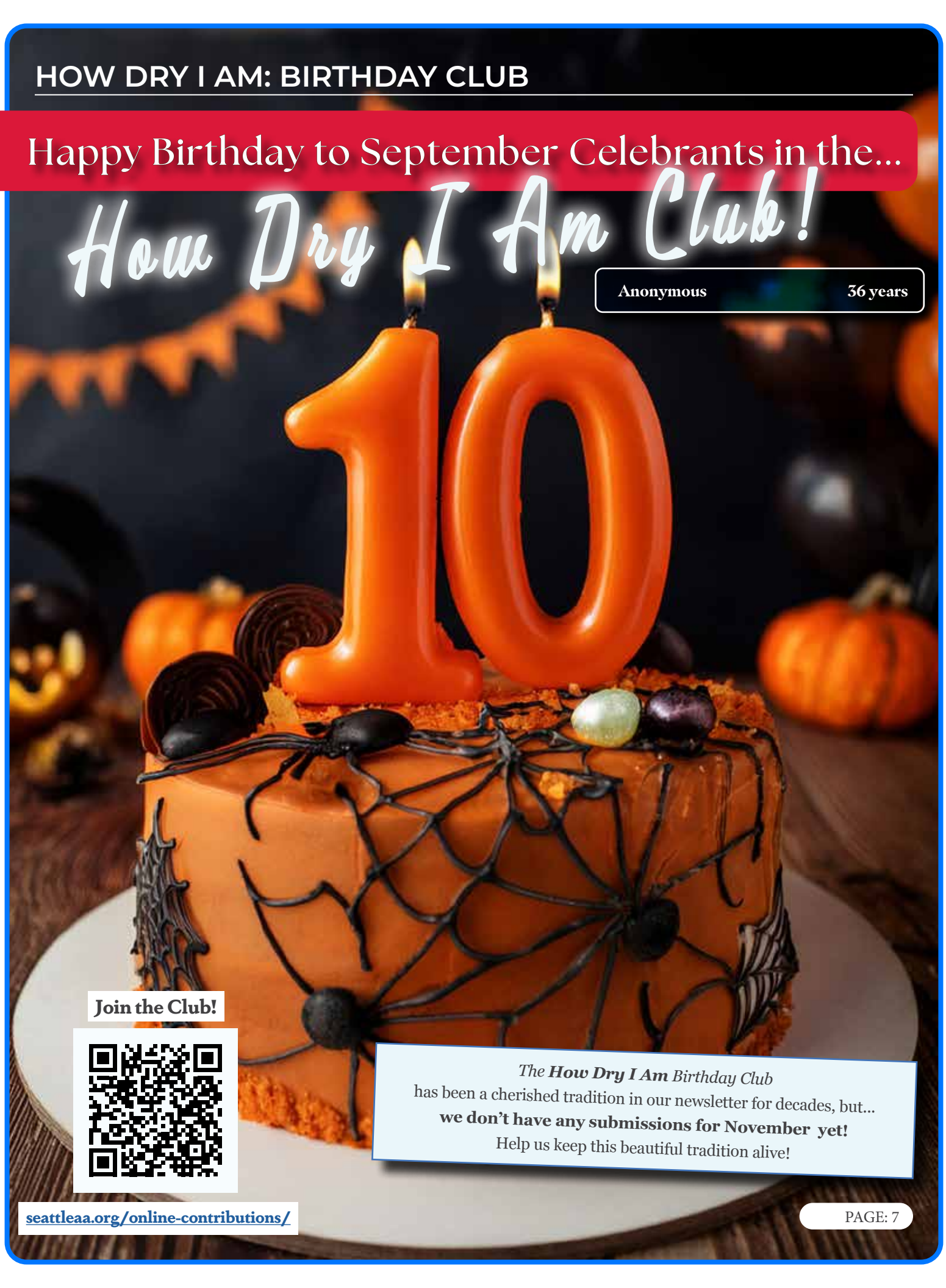
Staying focused through tough times instead of walking away.

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Happy Birthday to September Celebrants in the...

How Dry I Am Club!

Anonymous **36 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 November 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.



At Your Service With Gratitude,

West C △

Letter From the Editor

This month's High & Dry leans into Ten: Step, Tradition, and Concept. Continuity. Restraint. Matching the job with the power to do it. And underneath those three, one quieter thread: perseverance.

Step Ten asks us to keep looking, day after day. Tradition Ten asks us to keep our focus on our own recovery, even when the world is noisy. Concept Ten asks us to keep giving trusted servants both the work and the authority to finish it. None of that is a one-time decision. It's a practice we return to.

I'm grateful for the members who sent stories, art, and a haiku that lands right on "promptly." Keep them coming. Your voice is what makes this paper ours.

In service,

Peter J. △

Haiku by Jeff U.

Step 10

Relief through action

Yes I am **frequently wrong**

Promptly is the key



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 10

When We Were Wrong

Continued to take personal inventory and when we were wrong promptly admitted it.

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us."

That statement, found on page 90 of the Twelve Steps and Twelve Traditions in the discussion of Step 10, has given me a great deal to think about over the years. The words "with us" are emphasized, and I believe that emphasis is important.

When I first encountered this spiritual axiom, I wasn't entirely comfortable with it. I began looking for situations in my life where I felt I had been disturbed through no fault of my own. Surely, I thought, there must be exceptions. If someone treats me unfairly, or something happens that is clearly not my fault, how can it be said that something is wrong with me?

At the time, I was looking for a concrete example that would disprove the axiom. I didn't realize that I was approaching it from the wrong direction. I was trying to prove that the statement didn't apply to me, rather than asking what it might have to teach me.

The Steps have helped me develop a clearer mind and a more sober way of thinking. Over time, I've learned to examine some of the beliefs that have contributed to my disturbances:

"You're wrong."

"It's not my fault."

"This shouldn't be happening."

"Things should be different."

With the help of other members of Alcoholics Anonymous, I've begun to recognize that my problem isn't always the event itself. Sometimes the problem is the way I think about the event, the expectations I bring to it, and my refusal to accept what has already happened.

For a long time, I fought against reality. I believed that if I thought something should be a certain way, then it ought to be that way. And when it wasn't, I became frustrated, angry, resentful, or disappointed.

And guess what?

It wasn't the way I thought it should be.

No amount of arguing with reality changed that.

The Inheritance

One example that comes to mind involves an inheritance. I had a clear idea of what I believed I would receive. In my mind, the situation was pretty straightforward. I thought I understood what was supposed to happen.

When the settlement turned out differently from what I expected, I felt cheated and deeply disturbed.

Now, there may have been legitimate questions about the estate. There may have been things that deserved to be examined or clarified. Step 10 doesn't require me to ignore facts, abandon reasonable questions, or pretend that an injustice never occurred.

But it does ask me to look at my own response.

What expectations had I formed? How attached was I to the outcome I believed I deserved? What was happening inside me when things didn't go my way? Was I able to seek answers without allowing resentment to take control of my thinking?

Those are difficult questions, but they are the questions that lead me toward recovery.

I've experienced many other situations in life where things didn't turn out the way I thought they should. Some were my fault, and some were not. Sometimes I was treated unfairly. Sometimes other people made decisions that affected me negatively. Sometimes circumstances simply unfolded in ways I couldn't control.

Step 10 has taught me that I don't have to approve of everything that happens in order to work toward acceptance.

I may not be able to change the facts, but with effort, prayer, and the help of the program, I can change my relationship to those facts.

I can move from resentment toward acceptance, from frustration toward understanding, and from the need to be right toward peace.

That doesn't always happen immediately. I'm still learning.

When We Were Wrong

The words in Step 10 that have taken on a new meaning for me are:

"And when we were wrong, promptly admitted it."

For many years, I understood that part of the Step in a fairly familiar way. When I made a mistake, hurt someone, or acted inappropriately, I needed to acknowledge it. I needed to take responsibility and make things right when possible.

I still believe that.

But I've come to see another meaning in those words.

Sometimes I am wrong because I have an opportunity to forgive someone—and I choose not to.

That's what I call wrong.

Maybe I have a legitimate

grievance. Maybe the other person really did hurt me. Maybe I believe I have every right to remain angry. But if I have an opportunity to release that resentment and I deliberately hold on to it, what is happening inside me?

Am I protecting myself, or am I continuing to carry something that is hurting me?

Am I seeking justice, or am I allowing the grievance to become part of my identity?

Am I maintaining a necessary boundary, or am I refusing to let go of the desire to punish someone in my thoughts?

These questions aren't always easy to answer.

Forgiveness doesn't mean that what happened was acceptable. It doesn't mean that nobody was wrong. It doesn't mean that I must restore trust, ignore harmful behavior, or put myself in a situation where I can be hurt again.

Forgiveness can coexist with boundaries. It can coexist with accountability. It can even take time.

To me, forgiveness means that I am willing to release my grip on the grievance rather than allow it to continue controlling my life. It is a gift I give not only to another person, but also to myself.

When I forgive, I am not necessarily changing the past. I'm changing what I am willing to carry into the future.

And sometimes I realize that I have been wrong simply because I missed an opportunity to forgive.

A Sane and Sober Way of Thinking

I've come to believe that a sane and sober-thinking individual is someone who doesn't want to miss an opportunity to forgive.

That's my personal understanding. I'm not suggesting that forgiveness is always immediate or that anyone should feel pressured to forgive before they are ready. Some wounds are deep, and some situations require time, distance, and wise counsel.

But I want to remain willing.

I want to be willing to look at my part, even when I believe someone else is more responsible. I want to be willing to examine my expectations, even when I feel justified. And I want to be willing to forgive when forgiveness is available to me.

For me, that is part of what it means to practice Step 10.

After more than 40 years in Alcoholics Anonymous, I still experience disturbances. I still get upset. I still have moments when I think someone is wrong or that circumstances should be different.

The difference today is that I have tools.

I have the Steps. I have the fellowship. I have spiritual principles that help me look at situations differently. I have people I can talk to who may see something I cannot see. And I have a Higher Power I can turn to when my own thinking becomes confused or self-centered.

The program hasn't given me a life without problems. It has given me a way to deal with problems without allowing them to consume me.

Step 10 reminds me that recovery is an ongoing process. I don't have to get everything right. But I do need to remain willing to look honestly at myself, admit when I'm wrong, and make a different choice when I have the opportunity.

And sometimes that different choice is forgiveness.

When I have an opportunity to forgive, I don't want to miss it.

Because, to me, a sane and sober-thinking individual is a person who never wants to miss an opportunity to forgive.

And for that, I am grateful.

Stephan M. △

Tradition Jen

By *Julia P*

Long Form Tradition 10:

» *No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.*

Several years ago, an argument broke out in a Tradition Study. One member was certain that, as far as AA is concerned, you're not sober if you're smoking pot. Most of us believed that was an outside issue according to Tradition 10. Many of us had an opinion on the issue, but AA does not. Just to check, I picked up the phone and called our General Service Office. The receptionist chuckled and said that no, AA has no opinion on marijuana smoking, and put me through to our Pacific

Tradition Ten (continued)

Region Correspondent. I left a message with my question, and he responded with a lengthy e-mail, full of quotes from AA literature, confirming that Alcoholics Anonymous has no opinion on almost anything and everything – except our own program of recovery.

Bill puts it like this, in Alcoholics Anonymous Comes of Age, pages 123 - 124:

» Since it began, Alcoholics Anonymous never has been divided by a major controversial issue. Our fellowship never has taken sides publicly on any question in this embattled world. This has been no earned virtue. It could almost be said that we were born with it, for as one old-timer recently declared, ***"Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall argue them publicly."***

As by some deep instinct, we have known from the very beginning that, no matter what the provocation, we must never publicly take sides, as A.A.'s, in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy...

Let us re-emphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that is a different matter. As A.A.'s we do not enter into public controversy, because we know that our fellowship will perish if we do. We conceive the survival and spread of Alcoholics Anonymous to be something of greater importance than any weight we could collectively throw back of other causes.

We learned from our predecessors, the Washingtontonians, that diverting our attention to outside issues – however worthy – threatens our unity, and the survival of our lifesaving fellowship. Although we might make an enormous, positive difference in a variety of social issues if we put the weight of our entire membership behind a cause, we dare not do that. Many of us pursue a variety of social issues, now that we are sober and able to participate in the world around us. But collectively, Alcoholics Anonymous has no opinion on outside issues, hence the AA name ought never be drawn into public controversy.

Because alcoholism and sobriety are matters of life and death to us and *"to uncounted alcoholics not yet reached,"* (Alcoholics Anonymous, page 561), we need to keep our eye on the ball. Although AA has no opinion on outside issues, many of us are very opinionated, myself included! James from GSO puts it this way in his e-mail: ***"Julie, it may surprise you but Alcoholics Anonymous has no opinion about marijuana, cocaine, mushrooms, LSD, meth, etc. A.A. does not even have an opinion about alcohol. No where in AA literature does it state if a person uses a mind-altering substance their sobriety date must be changed. Whatever an individual member's or an individual group's definition of sobriety is, the focus of Alcoholics Anonymous continues to be carrying the A.A. message to the alcoholic who still suffers."***

Julia P. △

AA Concept 10
Authority Must Match the Job

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

Concept X (Short Form):

"Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."

Concept X (Long Form):

"Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws."

Understanding the Bigger Picture

Earlier Concepts move authority carefully down the line: from the groups (Concept I), through the Conference (Concept II), with a Right of Decision (Concept III), participation (Concept IV), and appeal (Concept V). Concept IX asks who we trust to lead. Concept X asks the practical next question:

If we give someone a job, do we also give them the authority to do it and have we said how far that authority goes?

Bill W. saw that a service structure fails in two opposite ways. One is responsibility without authority: we ask a servant to deliver a result, then withhold the freedom to act. The other is authority without clear limits: someone is free to act, but no one has defined the job. Either way, the work suffers. People grow resentful, or they grow bold in the wrong direction.

Concept X is the remedy. At every level, the duty and the power to discharge it should match. And that match should be written down—by tradition, by a group conscience, by a job description, or by a charter—so that everyone knows the same boundaries.

Defined Authority Is Not Unlimited Authority

Matching authority to responsibility is not a blank check. It is a defined one.

The Long Form lists the tools A.A. already uses: tradition, resolution, job description, charters and bylaws. Those tools do two things at once. They free the trusted servant to act inside a known scope. They also protect the Fellowship from surprise, because the scope was agreed in advance.

Bill also warned against "double-headed management": two people, or two bodies, claiming the same authority over the same work. When that happens, the servant in the middle is paralyzed, and the Fellowship pays the price. Concept X asks us to name one clear line of responsibility for each job, then leave that servant free to do it, accountable, but not second-guessed at every turn.

Authority Must Match the Job (continued)

Closer to Home: How GSIG Practices This

We do not have to look as far as New York to see Concept X at work. Recent Intergroup board minutes show the same principle, quietly.

When Greater Seattle Intergroup needed a new Office Manager, the Office Committee did the search and unanimously forwarded Anita S. to the Board. The Board then approved the hire. Under the bylaws, the new Office Manager has a major say in choosing an Assistant Office Manager, so Anita leads that next search. Responsibility and authority travel together, and the documents say who decides what.

The same clarity showed up in the long conversation about what Intergroup sells. A survey asked the fellowship what it wanted on the shelves. At the June Assembly it was clarified that the bylaws do not ban non–Conference-approved titles; the restriction lives in Policies and Procedures, which the Assembly can change. Once that policy is set, the Office Manager, supported by the Office Committee, curates inventory. The big decision belongs to the body that owns the policy. Day-to-day selection belongs to the people who run the store. That is Concept X in ordinary clothes.



A larger example is still in front of us. GSIG has been left about $125,000 in a will. The gift has not been accepted. The Board and Office Committee can discuss options and ask groups to talk, but a decision of that size is headed to the December Assembly. The people who carry ultimate responsibility for Intergroup, the groups (through their Assembly) are being asked to match that responsibility with the authority to decide.

How Authority Travels in World Services

In world services, Concept X is the logic of delegation made visible. The groups hold final responsibility. They delegate active authority to the Conference. The Conference, in turn, trusts the General Service Board with initiative in most matters of policy and finance. The Board then elects directors of the service corporations, and those directors entrust executives and staff with the day-to-day work.

At each step, the same rule applies: the person or body asked to carry the work must have authority equal to that work, and the edges of that authority must be known. Without that match, Concept III's Right of Decision becomes theory. With it, trusted servants can move.

The Spiritual Principle Behind It

At its heart, Concept X is fairness joined with clarity.

Fairness, because it is unjust to hold someone responsible for an outcome they were never empowered to produce. Clarity, because undefined authority is a kind of chaos dressed up as flexibility. Recovery already taught many of us that vague expectations breed resentment. Service is no different.

This Concept also asks humility of the rest of us. Once we have defined a job and chosen a servant, we practice restraint. We do not hover. We do not invent a second boss. We let the servant serve, and we use the Rights of Participation and Appeal when something needs correcting, rather than informal interference.

Why It Matters to Us Individually

Concept X appears wherever a group or committee asks someone to carry a real job.

- Every time we give a treasurer both the books and the authority to pay agreed expenses...
- Every time a chairperson is trusted to run the agenda without being overridden from the floor at every turn...
- Every time a committee receives a written charge instead of a vague "please handle it"...
- Every time an outgoing servant leaves a clear job description for the next person...
- Every time a large question goes to the Assembly, and a daily question stays with the people hired or elected to handle it...
- Every time we refuse to create a second, informal authority that undercuts the one we elected...

We are practicing Concept X.

This Concept reminds us that service in A.A. is not only about willingness. It is about giving trusted servants a job they can actually do, within limits everyone understands.

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

When responsibility and authority match, and when the scope of that authority is clear, A.A.'s work can move forward without confusion—or control.

Read More:

- The A.A. Service Manual / Twelve Concepts for World Service – Concept X, "Every Service Responsibility Should Be Matched by an Equal Service Authority"
- Concept III – the Right of Decision that defined authority is meant to make possible
- Concept VI – how the Conference trusts the trustees with active responsibility while keeping final say on large matters
- Tradition Two – trusted servants, group conscience, and authority in A.A.△

Corrections Corner

Pink Can

Sober Softball made this corrections connection so much sweeter:

Lily B., Corrections Pre-Release Coordinator, recently matched Jordan, a new corrections volunteer, with someone recently released who wanted to get connected to AA to help him stay sober. This is how Lily and Jordan tell us it happened!

I asked Jordan what his experience has been working with Seattle Corrections. Jordan did not know much about Corrections work, but when I, as the pre-release chair, reached out to him to take a guy being released from prison to a few meetings, Jordan was more than willing. Despite not knowing much, he was excited to be of service.

Lily: What made you willing to take someone being released to meetings?

Jordan: "I am more than willing to take people who have gone through the justice system to meetings because I understand the importance of service. As someone who has also been incarcerated, I can empathize with how difficult the struggles of life can be post-release and the transition period. Similar to how AA enveloped me when I entered the program, I want to do the same for these guys. It is an honor and a privilege to do the same for them."

Lily: How did you and the fellow you recently took to meetings meet before he got incarcerated?

Jordan: "I met him playing sober softball four years ago."

Lily: How has your experience been connecting with a fellow you knew before he got incarcerated? And what has it been like reconnecting with him now?

Jordan: "It has felt like serendipity to reconnect with him all these years later. It really speaks to the power of AA, Clean and Sober Softball, and fellowship that we randomly got connected through pre-release again."

Lily: Now that you have been introduced to corrections service, what are your thoughts?

Jordan: "I thoroughly enjoy working with people who have been released, and I am taking joy in being a person who can be that bridge to connection from incarceration to a recovery community and the program on the outside. Thank you for allowing me to be of service in a new way."

Want to learn more about Corrections Service?

- Invite the corrections committee to your district meeting! Just email volunteercorrections@seattleaa.org
- The committee meets the second Monday of each month at 6:30 pm as a hybrid meeting, at Intergroup (5507 6th Ave S in Georgetown) and on Zoom (ID: 87227719137 Passcode: 833575).
- Check out our webpage: https://www.seattleaa.org/corrections

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 opened with the Serenity Prayer. Recording was approved; Tradition Nine and Concept Nine were read.

Attendance: Jeff U and Carina W; representatives from D14, D16, D18, D24, D40 and D41.

Approvals: Previous minutes and Treasurer report unanimously approved.

OFFICER AND STAFF REPORTS

Chair, Jeff U: Continue distributing and reading the Board letter at groups. A recruitment committee was formed for December elections for Chair, Vice Chair, Secretary and Treasurer; membership will be announced next month. Representatives should seek candidates; the committee will collect service resumes for publication and visit districts as needed. Aaron was appointed to fill the Office Committee vacancy.

Bequests: Two AA members left GSIG $125,000 and $55,000, totaling $180,000. No decision on acceptance or use was made. Discussion covered the Seventh Tradition, autonomy, GSO guidelines, donor intent, accepting all or part, and sharing funds with other AA entities. Staff, guided by the Office Committee, will clarify estate restrictions, possible deferral and distribution options by next month. Groups and districts should return feedback and proposals for a likely December Assembly decision. Brief viewpoints may be published beforehand in High & Dry. Anita reported that none of the 38 intergroups she contacted accepts bequests above $12,500.

Vice Chair, Carina W: Groups should discuss the bequests, relocation and whether GSIG should sell merchandise beyond Conference-approved literature before the December Assembly. Available for group and district visits.

Treasurer, Pete K, reported by Jeff: Monthly income $14,301; loss $338; group contributions just over $10,000. Expenses were near budget; the year-to-date deficit remained nearly $10,000. Continued group and individual support is needed.

Office Manager, Anita S: Picnic raised over $5,000. Lara is returning as Assistant Office Manager. Anita reported the fifth-edition Big Book is expected in February 2027 at $20. Call log recorded 124 incoming calls, 82 chats and one Twelfth Step call, totaling 207 contacts.

No reports: Chair Emeritus and Recording Secretary.



NEW BUSINESS

Intergroup inventory: An inventory is due before the service rotation ends. Members favored Saturday, 10 am–2 pm; late October or early November was suggested. Jeff will find a facilitator, coordinate with the office, avoid calendar conflicts and announce a date without waiting for approval at the next meeting.

SERVICE COMMITTEES

Office, Stephen M: Landlord permit and financing delays may allow GSIG to stay longer. Discussions continue; a potential Rainier Brewery space is being explored, with parking, nearby light rail and apparently sufficient room. Cost remains a consideration; no move was decided.

Accessibility, Jinah W: No committee meeting this month. Working with PRAASA's Accessibility Chair and ASL coordinator Laurel on interpreters for PRAASA 2027 in Seattle. Meets first Wednesdays, 6 pm, on Zoom.

Corrections, Karen K: Purchasing Spanish-language literature; Spanish-speaking volunteers needed at Federal Detention Center meetings, Thursdays at 5.30 pm. Barry K is coordinating a restart of King County Jail men's meetings, aiming for twice monthly; volunteers needed, start date pending. Boys' detention meetings are on hold while staff education and younger male volunteers are explored. Helen B. Ratcliffe women's meetings resumed twice monthly, Thursdays at 7 pm; no additional volunteers yet. Regional Justice Center remains on hold. Updated Corrections Handbook approved; printing pending. District presentations available. Contact volunteercorrections@seattleaa.org.

Hospitals & Treatment, Mikey C: Panels continue; more groups, panelists and help coordinating volunteers are needed. Committee meets first Saturdays at 10 am.

Nightwatch, Rob S: Open shifts are first Wednesday, first Thursday and second Monday, 2–6 am; fourth Thursday, 10 pm–2 am. Volunteer at seattleaa.org/nightwatch or text 206-601-0061.

Special Events, West C: Steps in Time, October 24, 1–7 pm, Grace Lutheran Church, Des Moines; $20. Includes

a 1950s costume theme, talent show, skits, dinner and dance. Event volunteers and four sponsor/sponsee pairs needed. October planning meetings are October 6 at 7 pm and October 17 at 1 pm. Seahawks watch party November 29, tailgating at noon. December Assembly potluck and festivities begin at 6 pm. Contact specialevents@seattleaa.org.

Twelfth Step, Karrie C: Two requests promptly placed; chat remains busy and more volunteers are needed.

No reports: Relocation, Archives, Newsletter, PI/CPC, Third Legacy and Web & Tech.

DISTRICT REPORTS

District meeting details: seattleaa.org/district-map.

D14, Ruth P: Picnic and pie auction well attended. Groups are discussing Assembly motions and the bequest. Archives is seeking oral histories. Draft budget due at October meeting.

D16, Ricky T: Report described discussion of in-person-only business meetings because the Web/Tech position is vacant, nonprofit registration, Lake City Days outreach and cohosting the Central Area Pre-Assembly. Service Roadshow script completed; trial presentation being scheduled. Childcare available at On Awakening, Sundays at 8 am at Ryther.

D18, William: Gratitude Breakfast October 10 at St. Matthew's Lutheran Church; breakfast at 9 am, speakers at 10 am, $10 with assistance available. Elections and a district inventory will be discussed.

D24, Bobby T: Area Assembly presentation given; Board letter shared and groups asked to discuss the bequest. Lynnwood detox needs male and female volunteers Mondays and Fridays at 6 pm. October service-position "speed dating" will introduce prospective volunteers to outgoing trusted servants.

D31, West reporting: Registrar, Corrections, Treatment and Treasurer positions filled; PI, Accessibility and Archives remain open. CPC Roadshow drew 20. Elections November 11 and holiday party December 9 at Grace Lutheran Church; party usually starts around 5.30 pm, with skits planned.

D40, Morgan: Morgan will serve as Intergroup representative for the rest of the rotation. Elections November 3 at Intergroup, fellowship at 6 pm, meeting at 7 pm. Joint D15/D40/D41 Gratitude Banquet November 20 at St. Joseph's; fellowship tentatively 5.30 pm, possible additional district participation.

D41, Laura C: Inventory at October meeting; groups should bring input on year-end surplus for November discussion. Voted to continue meeting on Zoom. Young Persons chairs are developing a shared contact sheet to coordinate events. Abigail's Ghost has ASL Tuesday–Thursday. In the Works moved to Queen Anne Methodist Church.

No reports recorded: D15, D17, D32, D33 and D42.

HALLS AND CLUBS

A New Beginning, Melaina: Speaker representative elected. Inventory proposed for October 10; preamble changes under consideration.

Fremont Fellowship, Adam R: Women's meeting Sundays at 3 pm; social events Saturdays at 10 pm. Back room rents for $25 per meeting with adjoining children's room. Halloween party includes dance, barbecue and Rocky Horror at midnight.



Serenity Hall: Inventory completed. Birthday meeting needs support. Labor Day appreciation potluck held. Friday meetings at 8 and 10 pm; Saturday midnight meeting.

Southend Fellowship, Lynn U: HUDOL meeting canceled for low attendance; incorrect address listings are being investigated. Halloween party October 30. Motion passed to fund GSR Assembly registration. Members favored considering a trust for GSIG's bequest funds, with periodic withdrawals.

No reports recorded: Greenwood Fellowship and Pass It On.

Adjournment: Motion to close unanimously approved; Responsibility Statement recited.

Full minutes and financial reports: 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

GSIG AUGUST FINANCIAL SUMMARY

AUGUST INCOME	AUGUST EXPENSES	JULY NET INCOME	YTD NET INCOME
$22,690.03	**$26,182.89**	**-$338.30**	**-$10,983.87**
Income + net other income	Cost of goods sold + expenses	As labeled in the summary	Per financial summary

P&L: income

Group contributions	$10,531.77
Individual & other	$1,620.75
Sustainers	$1,497.07
Meeting room collections	$470.00
Birthday contributions	$157.66
Group insurance	$24.00
Special events	$3,592.10
Literature sales	$3,231.75
Coin sales	$995.13
Meeting directories	$475.51
High & Dry sales	$10.61
Shipping income	$81.66
Total income	**$22,688.01**
Interest / net other income	$2.02

Bank balances

Checking	$14,561.26
Savings	$32.09
Operating funds	**$14,593.35**
Money market / reserve	$47,582.68
Stripe	$441.60
Total bank accounts	**$62,617.63**

P&L: expenses & result

Cost of goods sold	**$3,492.86**
Paid staff	$9,084.55
Rent & office	$8,317.13
Standing committees	$1,155.45
Fees, software & B&O tax	$978.34
Operating expenses	**$19,535.47**
Net operating income	-$340.32
Net other income	$2.02
August net income	**-$338.30**

Balance sheet

Assets	$89,653.47
Liabilities	$11,853.03
Equity	$77,800.44

Prudent reserve

On hand	$47,582.68
Target	$63,078.00
Shortfall	**$15,495.32**



On hand compared with target

EARMARKED FUNDS — **Total $6,448.92**

Corrections $4,331.75 · Accessibility $1,419.80 · Big Book / literature $697.37

Standing committee funds

August 2026 year to date

COMMITTEE	BUDGET	SPENT	REMAINING
Archives	$200.00	$147.23	$52.77
Corrections	$360.00	$0.00	$360.00
GSIG Board	$1,000.00	$102.64	$897.36
Hospital & Treatment	$1,800.00	$549.82	$1,250.18
PI/CPC	$1,800.00	$201.42	$1,598.58
Special Events	$6,500.00	$3,380.42	$3,119.58
Third Legacy	$250.00	$0.00	$250.00
Web and Technology	$1,500.00	$0.00	$1,500.00
Accessibility	$2,250.00	$637.50	$1,612.50

Figures as reported in the August financial summary, P&L and balance sheet. Amounts in USD.

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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

EVENT FLYERS

Third Legacy Committee
presents

SERVICE MANUAL STUDY

11AM TO 1PM

1ST SUNDAY OF EACH MONTH

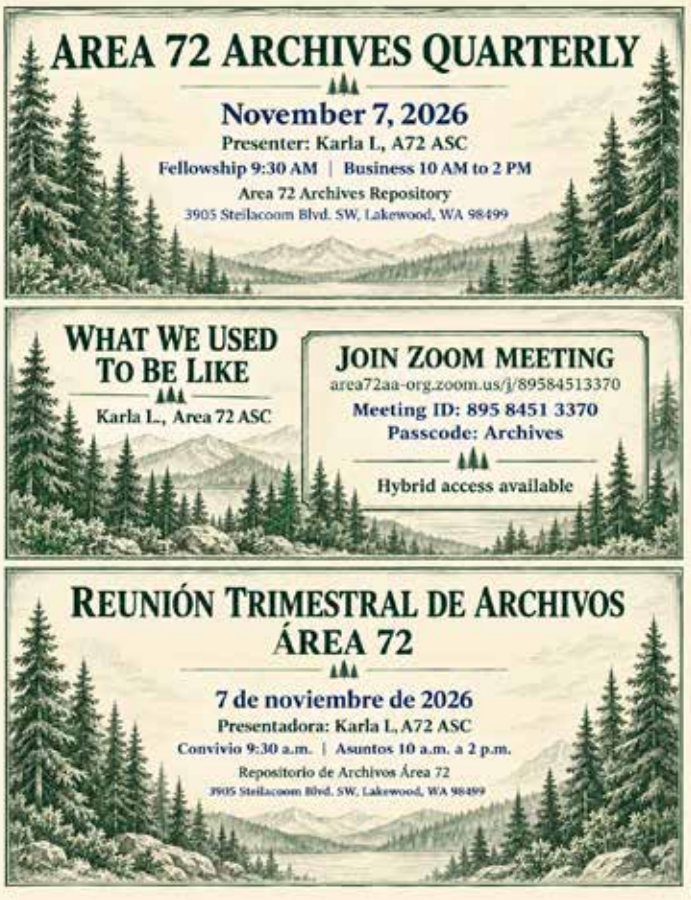
We will be starting with the newest Service Manual beginning in November 2025



This event is at Seattle Intergroup and online

MEETING ID 863 6483 7688 PW 022841

5507 6TH AVE S., SEATTLE, WA 98108



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

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

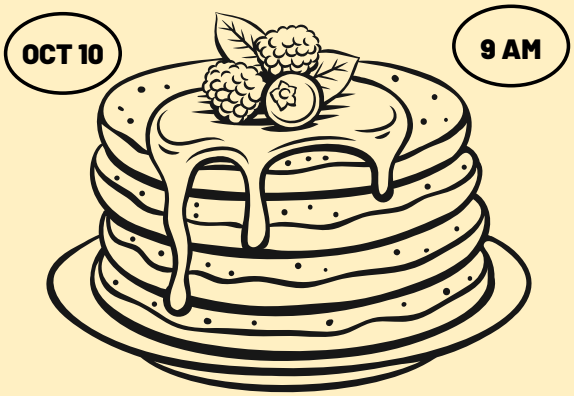
A: PEQUEÑA ASAMBLEA DE BURIEN
(c/o Intergrupo del Gran Seattle)
5507 6th Ave S
Seattle, WA 98108

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

CALL FOR RESUMES

AREA 72 ARCHIVES

PANEL 77 ARCHIVIST



DUTIES MAY INCLUDE:

REPOSITORY STEWARDSHIP • CATALOGING • PRESERVATION
DIGITAL RECORDS • DISPLAYS • RESEARCH • TRAINING

SUBMIT RESUMES TO

ASC@AREA72AA.ORG

SUBMIT BY NOVEMBER 12, 2026

SERENITY NOW

monthly birthday and POTLUCK CELEBRATION

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

You're Invited

AREA 72 YP QUARTERLY

HOSTED BY D9, 44, and 45

Join us for fellowship and an overview of recent/upcoming Young Person's Committee work in our area!

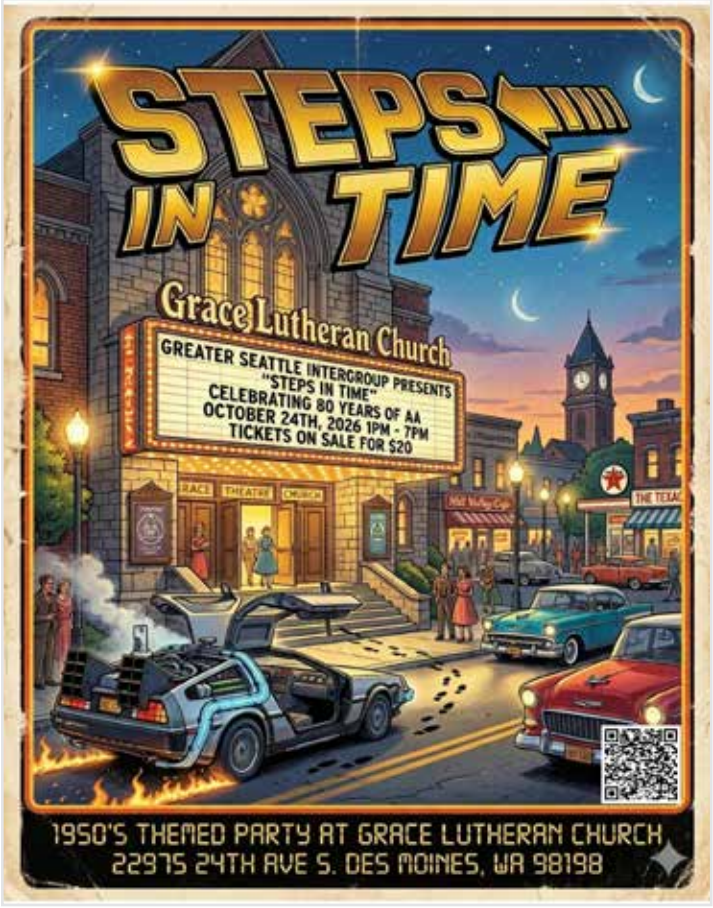
OCT 24 2026
12-3PM
FELLOWSHIP @11:30AM

AT
PUGET SOUND CENTRAL SERVICE OFFICE
3640 S CEDAR ST S, TACOMA, WA 98409

YPCHAIR@AREA72AA.ORG
OR
YPCHAIR@PUGETSOUNDAA.ORG

FOR MORE INFO

ZOOM
MEETING ID:
839 3512 4670
PASSCODE:
798536



GRATITUDE BANQUET

Hosted by Dist, D15. D40 and D41
FRIDAY NOV 20 2025
ST. JOSEPH'S PARISH
732 18TH AVE E SEATTLE, WA 98112

FELLOWSHIP STARTS AT 5:30,
DINNER AT 6:30PM, SPEAKERS AT 7:30
50/50 RAFFLE & 7TH TRADITION OBSERVED
HOST DISTRICTS WILL PROVIDE TURKEY, TOFURKEY, POTATOES, STUFFING, GRAVY, COFFEE & BEVERAGES.

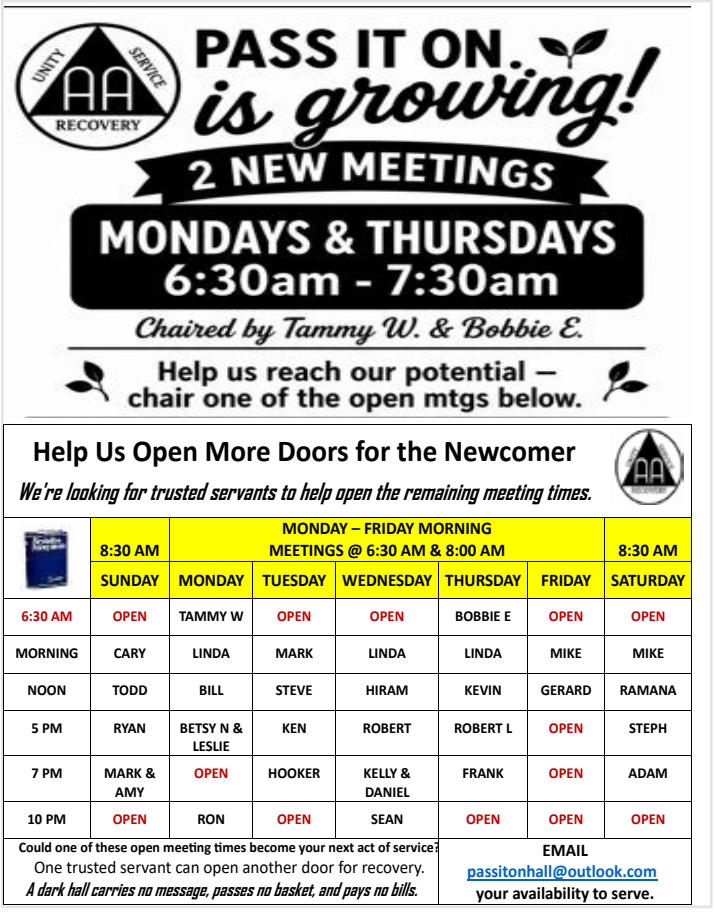
GUESTS PROVIDE POTLUCK DISHES BASED ON FIRST NAME:
A-I - DESSERTS J-P-SIDE DISHES
Q-Z- SALADS

Please use this QR-Code to see & signup for service oppertunities.

FOR SERVICE OPPORTUNITIES OR QUESTIONS,
dcm15@area72aa.org, dcm40@area72aa.org,
dcm41@area72aa.org







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.



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., Julia 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 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/