



TAKE YOUR RECOVERY TO A NEW HEIGHT!

OSAT Outdoor AA meeting

A uniquely Seattle outdoor AA meeting takes place twice a week atop Tiger Mountain in Issaquah.

The **Sunday** meeting is held year round from 10:00-11:00 am. The **Thursday** meeting is held (during Daylight Saving Time only) from 7:00-8:00 pm.



OSAT Preamble: This is an open meeting of the **One Step at a Time AA group**. This AA group is distinct and separate from the outdoor climbing club of the same name, although many members do belong to that club. Anyone attending this meeting is welcome to share about what is going on in their life.

Remember we follow the AA tradition of anonymity: who you see and what you hear should not be discussed outside of these meetings. **Most of our members are outdoor enthusiasts** And we often share about our outdoor interests because of the importance to our sobriety. We recommend attendance at other 12-step AA meetings where there is more discussion about the individual steps to recovery. **Our Format is very simple.** After the opening, we welcome newcomers to our meeting and observe special recovery dates. The meeting is then open for sharing. No one is called on. We do not pass it along, and there is no cross-talk. The meeting ends when everyone with a desire to share has done so, or when a predetermined time has elapsed. We close the meeting with **"Keep Climbing Mountains and Don't Slip"**.



From Seattle: East on I-90, past Issaquah to Highpoint exit 20. Take two immediate rights so you are heading westbound along the freeway. $\frac{3}{4}$ of a mile to gate. Park outside the gate for the Cable Line trail (straight up 2 miles) or through the gate to upper parking lot (Discovery Pass Required) for West Tiger 3 trail (3.1 miles, 2000 vertical feet).

Meeting Location: In the trees below **West Tiger 3** summit. Latitude: N 47 degrees 30' 73.2", Longitude W 121 degrees 59' 40.9"



What to Bring: Water, snack, change of warm clothing. A flashlight or headlamp for the Thursday night meeting. First timers should ascend with a frequent member of the group. For general information or current contacts go to OSAT.org/aa.