High & Dry

The Newsletter of the **Greater Seattle Intergroup** of Alcoholics Anonymous

Volume 75 Issue 01 January 2023



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FUTURE TRIPPING

January GSIG Events

For details about the events listed below, visit the Meetings page on our website, *seattleaa.org/meetings*

3 — Seattle Intergroup Accessibility Committee

- January 4 @ 6:00 pm - 7:00 pm — Zoom Meeting
- Zoom link: https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09
- Meeting ID: 885 9521 8136 Passcode: 611317

7 — Memorial for Rick B

- January 7 @ 2:00 pm - 4:00 pm
- Fremont Fellowship Hall 8916 Aurora Ave N, Seattle, WA
- Known to his friends as "Tricky Ricky" 38 years sober Come and join in the celebration of life.

9 — Burien Little Assembly Planning Meeting

- January 9 @ 7:30 pm - 8:30 pm — Zoom Meeting
- Zoom link: https://us02web.zoom.us/j/89635482091?pwd=RGRBRkU0V0hrNmpBM1drY1JVZ2s1UT09
- Meeting ID: 896 3548 2091 Passcode: 330494

13 — 36th Annual Women's Spiritual Retreat

- January 13 @ 8:00 am - January 15, 2023 @ 5:00 pm
- In-Person event
- Falls Creek Retreat 32 Falls Creek Rd., Raymond, WA

14 — Open Mic

- January 14 @ 7:30 pm - 11:00 pm — In Person
- GSIG Office 5507 6th Ave S., Seattle

17 — GSIG Monthly Board Meeting

- January 17 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09
- Meeting ID: 918 5437 5402 Passcode: 035194

24 — Tradition Study by the GSIG Third Legacy Committee

- January 24 @ 8:00 am - 5:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09
- Meeting ID: 858 5142 0330 Passcode: 051501

January in our History

January 1

1948 — First A.A. meeting was held in Japan, English speaking.

January 4

1939 — Dr. Bob wrote Ruth Hock that A.A. should drop Oxford Group atmosphere.

January 15

1948 — Polk Health Center Alcoholic Clinic for Blacks started operations.

January 17

1919 — 18th amendment, "Prohibition," became law

January 21

1951 — A.A. Grapevine published memorial issue on Dr. Bob.

January 23

1961 — Bill W. sent a letter to Dr. Carl Jung for his contribution to A.A.

January 24

1918 — Bill W. and Lois Burnham married.

January 25

1915 — Dr. Bob S. married Anne Ripley.

January 26

1971 — New York Times published Bill's obituary on Page 1.

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THERE IS A SOLUTION

Meeting Changes

If your meeting information is changing, please let us know so that your changes can be reflected accurately in the schedule and website.

Please email *webmaster@seattleaa.org* about changes to your meeting.

Subscribe to the *High & Dry*

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: https://www.seattleaa.org/intergroup/newsletter/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Morgan S. and Mikey C.
WEDNESDAY	Stephan M., Cindy H., Pam H. and Amy F.
THURSDAY	Joe M. and Joe B.
FRIDAY	Thomas H., Desiree and Riff Raff
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Troy O., Carolyn B., Bill S., Rick L., Casey A., Chris H., Brian L., Richard C., Vickie S. and Darren F.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 11 a.m. to 2 p.m.

Main Intergroup Office Hours

The Intergroup office is open Tuesday through Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m. We're located at 5507 6th Ave. S in Seattle.

High & Dry News and Notes

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to us at high_and_dry@SeattleAA.org. We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

We are also seeking a group conscious — and volunteers — for ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to *newsletter@seattleaa.org*

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BIRTHDAY CLUB

Happy Birthday to January Celebrants in the *How Dry I Am Club*!

Janice B., Benson Hill	33 years
Mark S., Native American Group	47 years
Maureen S.,Hour Primary Purpose	18 years
Anonymous	34 years
Mike M., Men's Open Book	24 years
Steve R., New Purpose Group	32 years
Chris J., Holly Court	34 years
John P., Empire Way	4 years
Don R., Serenity Hall	37 years
Craig B.	41 years

Link to GSIG Online Contributions

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

How to Join the *How Dry I Am* Birthday Club

The suggested donation for having your annual birthday recognized in the H&D is one dollar ($1) per year of sobriety.

There are two ways to make your donation:

- 1) print the form on the back of this newsletter and mail it along with a check;
- 2) donate with a debit/credit card online at *SeattleAA.org/online-contributions* (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email *newsletter@seattleaa.org* with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

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OUR STORIES

Community Connections Save Lives

By Janine G.

I DON'T KNOW HOW THE PATH TO SOBRIETY WORKS, but I know it requires help and a sense of community. Together, we can accomplish things that we cannot do on our own.

In 1978, a study was published in which a group of rats were divided in two: One an open community (Rat Park) with plentiful cheese, gathering spaces, toys and fellow rats. Members of the second group were placed in solitary cages with only necessities. Two kinds of water were provided in each group, one with an addictive substance and the other without. Ultimately, the investigators found that in Rat Park, hardly any rats drank the addictive water. Those isolated, drank the intoxicating water, often to the point of death.

I lived in a homeless shelter in early sobriety and spent days at the local AA club going to meetings. I met a feisty lady there who wore too much blue eyeshadow and "too short" shorts. She gave me a business card with her phone number on one side and the responsibility prayer on the other. A carpenter gave me a little book to write phone numbers in. Another person bought me a Big Book. Someone else bought my lunch.

I eventually found Joan, who was my sponsor for the next 27 years. She met with me weekly to read the Big Book, work Steps and check in, but she also taught me how to apply mascara, how to use my manners when I didn't want to, and how important it was to remain in school. She came to my college graduation and put together flower arrangements at my wedding. She introduced herself as my Godmother in situations where it was important to protect my anonymity. Essentially I was raised by her.

I know I am sober today through good sponsorship and an early foundation in Step work and service, but also due to the generosity of my fellow alcoholics.

I know I am sober today through good sponsorship and an early foundation in Step work and service, but also due to the generosity of my fellow alcoholics.

I am built of miracles and the service of others. I know what my primary purpose is. It was handed to me in my first sober week on the card from the feisty lady in blue eyeshadow: "... When anyone, anywhere reaches out for help I am responsible."

No one could determine what specific feature of Rat Park caused the members to avoid the intoxicating water, just like no one can say precisely why AA works, but the common denominators are that we are members of close knit communities and our very lives depend upon that fact.

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Our meetings and members bring joy, love to our program

By Peeps.

THERE ARE LITERALLY THOUSANDS of AA meetings each week in the Puget Sound region.

All of them are special because of the message and the people in attendance. Every single meeting, whether in-person or online, has the potential to change lives.

For me, it's not luck or happenstance that determines the significance of a meeting. The attitude and willingness I bring through the door determine the depth and intensity of what I experience, as well as the individual members in attendance.

They are the ones who show me how to live in our program's solution.

Our Steps and the literature mold and shape our recvery, but I believe it when people say no one can predict how another person will respond to a share.

I had an indelible experience at an AA meeting on Dec. 13 at the Port Madison Lutheran Church on Bainbridge Island. That gathering is one of the highlights of my life in recovery, all 1,400-plus days of it!

Even though our Twelfth Tradition says "principles" outweigh "personalities," one person's presence, example and contributions cannot be overlooked or downplayed or forgotten. Ever.

I'm writing about Ralph B., age 90, a member the Empire Way group.

The meeting was the Mustard Seed group's Holiday Party, which was being celebrated after a Covid-caused hiatus. That alone made it a special night, but Ralph, the evening's sole speaker, was a huge factor.

Our Steps and the literature mold and shape our recvery, but I believe it when people say no one can predict how another person will respond to a share.

He was the reason many people attended.

The vast majority of the 70-plus people at the event were locals, from Bainbridge and other groups rooted on the western shore of Puget Sound, but more than two dozen people traveled from Seattle to support a fellow Empire Way member, a member who celebrated 66 years of sobriety this past September and never misses an opportunity to practice our primary purpose: sharing the message of recovery.

The food was plentiful and tasty. There was fried chicken, turkey and gravy, ham, rolls, various casseroles, homemade tamales (my favorite offering) and enough sugar-rich cakes, pies, candy and cookies to cheer a mall full of dentists.

Meetings and Members Continued on page 7 »

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« ***Meetings and Members*** continued from page 6

The meeting hall room was beautifully decorated — there was a brightly-lit tree, lots of twinkling lights and faux candles and swags of garland. Thanks to an abundance of AA love and fellowship, the room was welcoming and cozy.

The scene would have looked right at home on the set of the movie "It's a Wonderful Life." The perfect place for sober folks to celebrate the approaching holiday season.

For me, the festivities began while talking with EW members riding the westbound ferryboat, and things kicked into a higher, more intimate gear as folks filled the meeting room. Introductions, laughter, hugs and handshakes, among old friends and new ones, abounded as people chatted while getting food and finding their ways to the tables and seats.

And then, after the hearty meal, Ralph spoke, or should I say commanded the room as he shared his experience, strength and hope for more than 50 minutes.

I have heard Ralph share before, but I was struck by the way he delivered his heartfelt and timeless testimony to AA's power this night.

We have found a solution in taking the 12 Steps and sharing our stories with others that's helped us recover and lead useful, happy lives.

He stood as he spoke, without aid of notes. His voice forceful. His language easy to understand. His eyes clear as his gaze connected with individuals in the audience. I am sure I wasn't the only one who felt he was talking directly to me.

And his familiar message seemed fresh to me: "... we (recovered alcoholics) are the luckiest people on the face of the Earth!"

I don't doubt it. We have found a solution in taking the 12 Steps and sharing our stories with others that's helped us recover and lead useful, happy lives.

It's more than luck.

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STEP 1

By Peeps

"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP," is not an Alcoholics Anonymous cliche, but it applies to Step One.

For alcoholics, like me, Step One is intimidating. From where I was at my lowest, it looked 100 feet tall.

I knew AA changed lives, I knew how it worked, but Step One was a barrier until I could admit to myself that daily life beyond my control.

I literally went down on a knee on before dawn on Jan. 7, 2019 and implored a God I did not believe in, and whose name I could not say, "Please help me!"

I finally admitted that my best thinking was responsible for my Hell-ish existence. Only then was I able to surrender, ignoring protests from my ego, and ask for help from a Higher Power.

That was my first step toward recovery. And I can't believe where the momentum of that decision has carried me. My life is far from perfect, but I have developed a balance that gives me serenity and hope in all circumstances.

If only I could have seen from my bottom where that act of surrender would lead me, it might not have taken me more than 30 years, in and mostly out of AA meeting rooms, to reap rewards that accrue from practicing the 12 Steps.

I'd seen people close to me build new, better lives, but I refused to do what I saw them do: Make AA the number one thing in their lives. They stopped drinking completely, went to a lot of meetings, worked with others and expressed belief in a Higher Power.

We admitted we were powerless over alcohol — that our lives had become unmanageable

I mistakenly thought those actions were signs of weakness. I thought myself too cool for that. I was blinded by fear, despair and pride, which prevented me from following the path trod by millions of recovered addicts.

By Jan. 7, 2019 I had run out of options. I finally recognized that the Steps — difficult, at times confusing and demanding — were the "easier, softer way."

Ours is a daily practice. There are no shortcuts or video game power-ups or half-measures allowed in recovery. Every one of us has to take Step One to begin the process of healing and recovery.

Just as we have to take the actions suggested in all 12 Steps to live happy, joyous and free. All roads do not lead to Rome, but we all start with Step One.

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TRADITION 1

By Peeps

IT IS IMPOSSIBLE for me to decide which is the most important AA Tradition, but many of my fellows argue it is Tradition One. As said in the Big Book, AA members need to band together, no matter what, or we will die alone.

Tradition One in the oil that keeps our program operating harmoniously. It encourages us to focus on our similarities and common goal, to get/remain sober, instead of focusing on our differences.

That explains why our program has remained unified in pursuit of carrying out our primary purpose, sharing the message of recovery with the alcoholic that still suffers.

Meetings can be loud and contentious about how that message is delivered or how meetings are conducted, but our objective never changes. The group conscious prevails, as members agree to disagree on many topics.

In 1947, Bill W. wrote the following in a Grapevine article about Tradition One:

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual ..."

Our common welfare should come first; personal recovery depends upon A.A. unity.

It is easy for me to acknowledge Tradition One is the foundation of AA's continued unity, relevance and survival. Our common welfare has to come first.

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January Challenge

Do you know your AA history?

Intermediate level — A little harder than last month.

1. The Oxford Group changed its name to what in 1938?

a) First Century Christian Fellowship
b) Moral re-armament
c) For Sinners Only
d) Initiatives of Change

2. Did Ebby Thatcher die sober?

a) Yes b)No

3. Who was Ebby Thatcher's Sponsor?

a) Bill Dodson
b) Roland Hazard
c) Dr. Bob
d) Dr. Silkworth

4. How many steps did the Oxford Group have before Bill W. wrote the Twelve Steps?

a) 0
b) 5
c) 6
d) 9

5. According to the Big Book, how many members did A.A. have when the Big Book was written?

a) 100
b) More than 100
c) 76
d) 85

6. Dr. Paul O wrote a story that has been included in the story section of the Big Book. He talks of a concept that was the answer to all his problems. What is this concept?

a) Serenity
b) Spirituality
c) Acceptance
d) Service

7. Dr. Bob said there were two things needed to start a new group in A.A. What are those two things?

a) Willingness and a Big Book
b) A Resentment and a coffee pot
c) Cookies and Milk
d) Two alcoholics

8. Did Ebby Thatcher get royalties from Big Book sales?

a) Yes b)No

9. Where was Bill W.'s birthplace?

a) New York City
b) East Dorset, Vermont
c) Akron, OH
d) Cleveland, OH

10. What were the Four Absolutes of the Oxford Group?

a) Honesty, purity, unselfishness & love
b) Serenity, service, acceptance & integrity
c) Restitution, confession, surrender & faith
d) Strength, loyalty, obedience & compliance

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Service Opportunities

Web & Technology Committee is looking for a webmaster. If you have the skills to help run the GSIG WordPress site, you are needed. Contact *webmaster@SeattleAA.org.*

Nightwatch is the 24 hour hotline that gives callers a real person to talk to. These positions are forwarded to your phone and only one, four hour shift once a month

- We need volunteers for 4 hour shifts 10pm, 2am, 6am.
- Also, we are still searching for NEW Nightwatch scheduling coordinator.

12th Step Calls — Put your name on the 12th step call list or join the new 12th Step Committee. Reach out to *anita@SeattleAA.org*

Corrections/Treatment Juvenile Detention Meetings are starting up at the new Juvenile Detention Center. Contact *corrections@SeattleAA.org* to learn more.

Bridge the Gap — We need a few new Bridge program volunteers for people that are being released from facilities and want to connect with AA meetings right away.

Corrections Correspondence is always looking for people to write to inmates, especially men. It's a great way to do service for people that are starved for contact on the outside.

Groups Needed to Answer GSIG Phones — Can your group help answer calls at the GSIG office? This monthly service opportunity is one way to have a meeting with members of your group and provides a chance to help the next suffering alcoholic who is reaching out for help.



"I had a layover in Omaha … which led to a hangover in Des Moines."



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BOARD MEETING MINUTES

December 20, 2022

Fall Assembly

Board Meeting

Submitted by Leslie I. (Recording Secretary)

Introductions

District representatives:

all present except D24 and A New Beginning

Nicholas is new rep for Fremont Hall

Seonaidh is representing D17

D32 and D33 inactive

Group representatives:

Desi – The Unity Group

Janet – Benson Hill

Eddie – Son of Madison

Kathleen – Spiritual Light

Bob – Practice These Principles

Tony – Evergreen South Breakfast Group

David – Empire Way

Arinne – Real Alcoholics

Josh – Fremont Triangle

Dick – Dawn Patrol

Tom – Full Monty Men's Group

West – Our Primary Purpose

Jeff – Serenity Hall

Ed – A New Purpose Group

Dave – There Is a Solution

Jeff – Southend Fellowship

Jennifer – Fourth Dimension

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Reports

Please make sure to submit your reports by email. If you have any corrections or changes to the roster or if you are new to GSIG and would like to be added to the roster, please submit the information to *secretary@seattleaa.org*

Recording Secretary (Leslie I.)

Approve November Minutes
–Motion made by John D16, seconded by Kim D14

Treasurer (Carl G.)

GSIG TREASURER REPORT December 2022

November Financials

If you have questions or suggestions, please contact *Treasurer@SeattleAA.org*

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Jan-22	3.3 K	15 K	0.7 K	1.5 K	492	1.8 K	95 K
Feb-22	(3) K	9 K	0.7 K	1.4 K	533	2.5 K	95 K
Mar-22	(2.6) K	10 K	1 K	1.3 K	261	1.5 K	95 K
Apr-22	(.6) K	11 K	0.9 K	1.3 K	633	1.3 K	95 K
May-22	(2.7) K	9.6 K	0.8 K	1.3 K	834	1.6 K	93 K
Jun-22	(4.7) K	11.2 K	0.5 K	1.3 K	1.4 K	1.7 K	88 K
Jul-22	2.2 K	10 K	2.5 K	1.4 K	1.8 K	0.8 K	90 K
Aug-22	(5.9) K	9 K	2.8 K	1.4 K	3.4 K	2.1 K	84 K
Sep-22	(4.6) K	5.5 K	0.6 K	1.4 K	0.6 K	3 K	78 K
Oct-22	(-0.3) K	11 K	0.5 K	1.4 K	0.5 K	3 K	76 K
Nov-22	(-2.5) K	9 K	0.4 K	1.4 K	0.5 K	1.5 K	74 K

Treasurer Report Comments:

- Group contributions for November are $290 below budget while YTD is 10 K above.
- Sustainers are continuing but YTD is (1.5) K below budget.
- Personal & Other Contributions are under monthly budget by (2) K and way below YTD budget (16) K.
- The YTD net loss increased to (21.2) K. Cash and Savings decreased this month by (2) K.

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Treasurer Report Comments (continued):

- Earmarked Funds remaining amounts
  Pink and Blue Cans (contributions specified for these committees):
  - Corrections: $3.4K
  - Accessibility: $130
- Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2022:
  - Corrections: $307
  - Hosp & Treat. $1,167
  - Accessibility $4,950
  - Pi/CPC $1,204

» Report was approved.

Business

Nominating Committee (Chair: Steve R. D18):

Elections of 2023/2024 Board Officers (facilitated by Mike M.)
(provided a brief description of third legacy procedure and reminder of who is eligible to vote)

The new officers are:

- Chair: Karla L.
- Vice Chair: Jeff U.
- Treasurer: Dan G.
- Recording Secretary: Janet A.

Astri introduced:

- Leslie I. as her appointed choice for the Office Committee and
- Pete as the Office Committee's choice for 2023/2024

2023 proposed Budget discussion and vote:

- Hospitals and Treatment committee and PI/CPC are both requesting additional funds.
- They would like to have their budgeted amounts be $1800 which is what they have had in past years.
- Discussion followed.
- ***Motion made by Mike M.*** *to increase the 2023 Hospitals and Treatment budget to $1200 and PI/CPC to $1000 which is the amount of their average expenditures from 2018-2022*
- The motion was seconded by Dave.
- **The motion passed.**
- **Morgan asked why some committees have a budgeted amount over their expenditures for the year?**
  - Carl stated not all expenses for the year have been submitted so the current report does not include all the expenditures for 2022.
- **Diane asked where in the budget is the deficit shown?**
  - Carl stated the Board wants a balanced budget sheet so the deficit is put in group contributions which is assuming we will get enough contributions.
- If is felt the groups need to be educated about the need for contributions.
- The new proposed budget was voted on and passed.

2023 Approved Greater Seattle Intergroup Budget

	2023 Approved Budget
INCOME	
4201 Special Events Income	6,200
Contributions	
4001 Group Contributions	152,001
4002 Misc. Contributions/individual	15,000
4003 Meeting Room 7th Collects	3,600
4004 Birthday Contributions	1,900
4005 The Sustainers Program	17,000
Total Contributions	**195,701**
Literature Sales	
Retail Sales	
4101 Literature Sales	53,000
4111 Meeting Directory Sales	6,000
4121 Coin Sales	9,756
4141 High & Dry Sales	78
4151 Shipping Income	531
Total Retail Sales	**69,365**
TOTAL INCOME	**265,066**
Cost of Goods Sold/CGS	
5101 Literature COGS	35,000
5111 Meeting Directory COGS	5,500
5121 Coin COGS	4,062
5141 High & Dry COGS	1,383
5161 Inventory Adjustments	
5162 Lit COGS QtyDisc(-) Penlty (+)	
Total COGS	**45,945**
Total Cost of Goods Sold	**45,945**
GROSS PROFIT	**219,121**
EXPENSES	
6801 Standing Committees	
6811 Archives Committee	
6812 Corrections Committee	

	2023 Approved Budget
6813 GSIG Board	130
6814 H & T Committee	1,200
6815 PI/CPC Committee	1,000
6816 Special Events Committee	6,200
6817 Third Legacy Committee	50
6818 Web and Tech Committee	500
6819 Accessibility Committee	5,500
6820 Big Book/Lite Fund	-
Total 6801 Standing Committees	**14,580**
Literature Discounts	
6830 Travel and Meetings	
6831 Conference, Meetings	1,900
Total 6830 Travel and Meetings	**1,900**
Other Expenses	
6301 Interest/Bank Charges	65
6302 Stripe Processing Fees	1,528
6303 Merchant Svs. Credit Card Fees	1,228
6501 Insurance	4,985
6502 Licenses & Taxes	
6701 Professional Fees--Tax & Other	14,520
6921 Burien Little Assembly	150
6931 Cash Over/Short	-
6932 Petty Cash (Over) Short	-
6933 Reconciliation Discrepancies	-
6934 Penalties and Fines	-
6935 WA STATE B&O TAX	300
6941 Depreciation	
Total Other Expenses	**22,776**
Paid Staff	
6101 Payroll Expenses	838
6111 Wages	81,920
6112 Taxes	6,554
Total 6101 Payroll Expenses	**89,312**
6121 Med Insurance/dent&vision	1,620
Total Paid Staff	**90,932**

	2023 Approved Budget
Rent and Office	
6001 Rent	50,549
6002 Triple Net	19,209
6003 Maintenance & Repairs	1,100
6004 Computer Upgrade	500
6005 Office Supplies	2,900
6201 Utilities	4,475
6211 Electricity	2,740
6212 Internet Service	4,859
Total 6201 Utilities	**12,073**
6400 Communications	
6401 Phones	
6403 Call Forwarding	1,028
Total 6400 Communications	**1,028**
6601 Shipping Expense	2,118
6602 Postage	
Total Rent and Office	**89,477**
Southend Book Store stipend	
TOTAL EXPENSES	**219,665**
Net Operating Income	**-544**
Other Income	
7001 Interest Income	19
7002 Credit Card Rewards	525
7003 Other Income	
Total Other Income	**544**
Net Other Income	544
NET INCOME	**0**

Chair (Astri T.):

First, I want to say thank you for the opportunity to serve as your Board Chair for the past two years. I've enjoyed getting to know you and being of service to you, so much! Thank you for sharing what is happening in your Districts and for sharing with your Districts what's happening at GSIG.

Looking back over the past rotation, there was little controversy, and we have accomplished much.

We approved a new lease for this facility, so you can count on us to be here for the next 5 years.

We approved a new insurance policy which enables GSIG to provide insurance to groups who can't afford to carry their own, at an affordable rate. Several groups have already taken advantage of this service.

May1st, we launched an e-commerce site, so groups and individuals can now order literature and coins, etc. on-line. Delivery is being made via USPS.

We were able to provide the GSIG South End Book Store with a new computer.

GSIG has a U Tube channel and podcasts are posted every Wednesday, Seattle Group speaker recordings are also posted there.

Excess Spanish literature was donated to GSIG Standing Committees, Spanish Intergroups and Districts.

Our Big Book Fund has been used to donate literature to the Downtown Emergency Service Center, Salvation Army, the PI Booth at the Evergreen State Fair and to a few people who wandered into the office in need of a Big Book.

We printed new meeting schedules in July 2022 and our website; seattleaa.org continues to be updated with zoom, hybrid and in person changes, as soon as groups provide them.

We have a new 12 Step Committee, approved at our Spring Assembly. Please contact John DD for information regarding how you can participate.

After a long "lull", our new Third Legacy Committee Chair, Dan, has got that committee developing short-term and long-term projects. Check the website to learn more.

I am so impressed by all our Standing Committees, who continued to function as Covid put the brakes on their activities. Laurel, our Accessibility Chair, got busy working on ASL interpreted, on-line meetings. I have loved hearing the reports from Greg, David and Amy as H&I, Treatment and Corrections opportunities for service began to open up again and the creative ideas they developed.

Teresa has continued to sift/sort through information as it arrives for our Archives.

Lee and Dan, Web Committee, have maintained our website and facilitated hybrid meetings.

John P. has kept an amazing Newsletter (The *High & Dry*) going monthly.

Continued next page »

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» Chair (Astri) — Continued

Rob, our Nightwatch Chair and Julie are busy reminding us that we have a phone commitment coming up. They are eagerly awaiting your call asking how you can sign up for a phone shift! Making sure someone is on the other end of the line when a suffering alcoholic calls, is what we are all about.

We went without a Special Events Chair for most of the rotation, but managed to hold a 2021Nov Gratitude Get Together, Dec 2021 Cookie Exchange, A Plain Ordinary Whoopie Party and the annual picnic, held at Seward Park both years. In addition, we are host in an Open Mic and Jam Sessions on Saturday nights. Special Events now has a Chair (Steve R) and committee members, I look forward to seeing what they will have up their sleeves for the next rotation.

In addition, I want to thank Jeff U and the Office Committee, Pete K and the Finance Committee, Carl G our Treasurer, Leslie I, our Secretary, Aaron C, Vice Chair and Mike M Chair Emeritus for their guidance and support. Anita and Lara, you rock! We at GSIG and members in the greater Seattle area are so lucky to have you.

This has been an amazing two years for me. I will take my turn along the wall, as your new Chair Emeritus, for the next two years.

Thank you all for everything you do.

Office Committee (Jeff U.):

Minutes of December 2022 GSIG Office Committee Meeting

Tuesday December 13th, 6:00PM

Via Zoom

Attending: Committee Chair Jeff U, GSIG Treasurer Carl G, GSIG Chair Astri, GSIG Office Manager Lara R, Jennifer L, Bill S, Bob Z, Chair Emeritus Mike M, Pete K, Leslie

GSIG Treasurer presented the September financial report. GSIG continues to experience monthly shortfalls

GSIG Office Manager Lara delivered the Office manager's report.

Report from Mike M about status of the closing of Sno-King Intergroup. Committee voted unanimously to accept a plan to have phones and website forwarded, plus accept 50% of inventory and cash, plus a 12-step list.

Leslie and Pete K appointed to Committee for next term, Pete by Committee and Leslie by Chair.

Employee evaluations, Committee agreed to forward evaluation of Anita by Lara to Board with no changes, and to accept Lara's evaluation as compiled by Jeff U with small edits. Jeff will present final versions at Assembly.

Preparation for Fall Assembly. New budget will be sent out by Carl for consideration

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Finance Committee (Tony H.):

The finance committee met on Saturday December 10th We decided we only need to meet 4 times a year unless something else comes up Starting in April next year. We will help the Treasurer on January 2nd to do an inventory of the literature and books at GSIG office.

Other topics of discussion included how to generate more income going forward like special events raffles etc. It was suggested to charge committee's regular price for literature instead of discounting it. It was also discussed on coming up with a standard fee for groups that don't contribute like area and others that would like to use building facilities to hold meetings.

For sustainers Jeff plans to support 3rd legacy and do more group visits to explain how things work.

Office Manager (Lara R.):

2022 End of year GSIG report

12 step calls: Approximately 200-12th Step Connections were made since January

Literature provided by the Big Book/Literature Fund:
- We provided approximately $1000.00 worth of literature to the following places:

- Downtown Emergency Service Center
- Salvation Army
- Cascade Behavioral Hospital
- Harborview Hospital

GSIG Bookstore sales:
- Just over $2000.00 in sales since the inception of the website www.gsigbookstore.com in April

Number of Groups that we have provided liability insurance for since October 2022:
- 7 groups paying approximately $300.00

Number of BBQs: 8

Number of hot dogs consumed: 160

Number of Hamburgers: 120

How Dry I Am/Birthday Club Contributions: $2100.00
- There is a suggestion of donating $1.00 for every year of sobriety that is achieved.
- Your name can be printed in the High and Dry.

High and Dry Contributions: $163.00
A point of interest to take back to your groups:
- If you are receiving a digital copy of the *High & Dry* there is a suggested $10.00/year contribution

Continued next page »

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» Chair (Lara R.) continued

- If you are receiving a hard copy of the High and Dry the suggested donation is $12.00/year. It is easy to donate to this cause on our website. It currently takes approximately $2.00 per copy to print and send.
- If you would like to donate more, then please do.

***High & Dry* subscriptions:** Digital: 1065, Hard copy: 76

- If we were to receive the recommended donation from all of our subscribers the High and Dry would yield $11,500/year rather than $163.00

Sustainer's Support: $16,500 annually Please consider signing up to give monthly to Seattle Intergroup. We appreciate your support.

20/20 (Mike M.):

Attended Sno-King Ad Hoc Dissolution Committee last month. Reviewed plan below with GSIG Office Committee who approved the plan below as outline by SKIG

Notice of Proposed Dissolution
SnoKing Intergroup
Shutting down after 30 plus years of service

We are sad to announce that after over 30 years of operation, SnoKing Intergroup (SKIG) has begun proceedings to shut down operations indefinitely. The primary factors that have been insurmountable and that lead to this decision were the inability to secure a physical location declining 7th tradition contributions and less volunteers.

On December 19, 2022, at 7pm the Board of Directors will meet to authorize the dissolution of SnoKing Intergroup. All members and interested parties are invited to attend. The meeting will be held on the following Zoom session: https://us02web.zoom.us/j/927936512

In September SKIG's Board passed a motion to create a Special Ad Hoc Committee that would develop a plan for shutting down operations. This Committee has been pursuing that end, with regular meetings, that include attendance with representatives from both Greater Seattle Intergroup and Eastside, following SKIG's regular monthly business meetings. In an effort to be fully transparent, SKIG has posted these activities on our website at: https://snokingaa.org/skig-shutdown/

Greater Seattle Intergroup (GSIG) and the Eastside Intergroup (ESIG) have agreed to help by

1. Having our existing phone number forwarded to GSIG
2. Porting our website address to GSIG
3. Our current 12th step list will be provided to both GSIG, ESIG & Central Office (Everett), see more below
4. The Groups and meetings in the districts formerly served by SKIG will continue to be listed on both GSIG and ESIG websites
5. Groups and meetings will be able to purchase AA literature from either GSIG or ESIG
   - Note GSIG now offers the ability to purchase literature online and have it shipped see https://www.gsigbookstore.com/

The Special Committee has recommended, and the Board of Directors have voted that all assets, after expenses have been paid, will be split equally between Greater Seattle Intergroup and Eastside Intergroup.

SKIG's 100 plus 12 step volunteers will be contacted individually for permission to extend their offers of service. These volunteers have been called on both for 12 step support and Bridging the Gap requests. It is our hope that this asset may be shared among all of the AA Support structure; ESIG, GSIG, & Central Office (Everett). Once permission is granted, the list will be shared out widely. The master list is already under the care of the rotating District 24 Treatment Chair.

Thank you for supporting SnoKing Intergroup these many years and we hope that all homegroups will consider supporting GSIG and ESIG.

Terry R & Bruce S

Co-Chairs of the SnoKing Intergroup (Shutdown) Special Committee

Accessibility (Laurel W.):

Thank you members, groups, districts for your donations to the "blue can", aka ASL fund. Your contributions paid for interpreters at AA meetings, Speaker meetings, and AA business meetings. I've had the honor of coordinating interpreters for 3 meetings a week every week, plus monthly meetings, gratitude meetings. I've assisted Area 72 in scheduling qualified ASL interpreters for Pacific Northwest Conference and the October Area 72 quarterly meeting.

Have a sober 2023

Corrections Committee (Amy F.)

I'm Amy, alcoholic - and your GSIG Corrections Chair.

Season's Greetings, everyone!

We are wanting to attract more young people with good sobriety into Corrections.

Currently, The Federal Detention Center, SCORE and the Juvenile Detention Center are open and having meetings. The Federal Detention Center has meetings weekly and needs more female volunteers that are willing to make a commitment. Spanish speakers are a plus.

SCORE is down to about once every 4 weeks due to staffing issues. The Juvenile Detention Center has occasional meetings. We're trying to build a rapport there and are looking for people in the local Capitol Hill area that are interested in getting involved.

We are hoping that the Helen B Ratcliff Work Release Facility, the King County Jail and the Kent Regional Justice Center will be reopening soon for meetings. In the event, we will need more volunteers. We need to be prepared. We are compiling a list of people that are interested in bringing meetings into these facilities. And we have applications for those that are interested in the facilities that are currently open.

The Pink Can Funds are healthy at this point. We stopped asking for donations for a while but are asking for groups to begin to take this up again. Literature has been of vital importance during lockdown when no other contact with AA has been possible. We thank you for all your donations.

Other opportunities for service include: collecting old Grapevine magazines and bringing them to intergroup for Corrections box in back. We also need people to do Corrections Bridge service that can connect to newly released people and meet or bring them to a few meetings so they make a solid connection with AA. Also, you can do Correspondence with incarcerated people.

Our meetings are the second Monday of the month at 6:30pm. At this time we're doing Zoom only. All are welcome. Come see what's involved in getting involved!

Meeting ID: 872 2771 9137
Password: 833575

You can write to us at: *volunteercorrections@gmail.com* or *corrections@SeattleAA.org*

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Hospitals & Treatment Committee (Greg E.):

Hi all! This is my final report as Chair of the H&T Committee and I want to say a huge thank you to all for letting me be of service over the last two years!!! This has been a privilege and an amazing opportunity. Outreach to the suffering alcoholic in hospital & treatment settings is near and dear to my heart, and I'm so grateful to have been able to contribute to that effort in any way.

A couple things to note in the way of a year-end report:

1) We routed approx 37 Bridge the Gap forms in 2022;

2) We helped set up 4 new regular meetings at hospital & treatment (or related) facilities;

3) We held two informational panels about AA at H&T facilities, and also spread the word about our Committee's work at the Burien Little Assembly and the GSIG Big Summer Picnic;

4) We delivered dozens of books and hundreds of pamphlets to H&T facilities.

I also want to extend a huge THANK YOU to Colleen L, who was our awesome Secretary for this whole rotation - she did an amazing job, couldn't have done it without her!

A big thanks to West C who has stepped up as the next Chair of the Committee, and Amielle M who will be Secretary. The Committee and fellowship will be in great hands with them at the helm!!!

Another big thanks to all who participated in the Book Drive at the Area Assembly and GSIG Assembly - those books will be put to good use!

A final announcement: we still have one open service position for this Committee: Hospital 12-step-call Dispatcher. Please reach out to *hospitalandtreatment@SeattleAA.org* with any questions about that position.

Newsletter (John P.):

The High & Dry is moving ahead with efforts to attract more contributions from our membership. I will be attending meeting asking for people to contribute articles, poems, art and jokes.

We have brought a new graphic artist on board, Lee R, who has hit the ground running.

Night Watch Coordinator (Rob S.):

Nightwatch volunteers continue to answer phones from 10p to 10a every day. Thank you to all for stepping up to help. We are always looking for new volunteers and welcome anyone with 6+ months of sobriety.

Please contact Nightwatch Chair, Rob Smith, at 206-601-0061 or *Nightwatch@SeattleAA.org* if you would like to volunteer or if you have any questions/comments.

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PI/CPC Committee (David D.):

- PICPC Committee has decided to no longer continue support a meeting Fridays at Noon at Elizabeth Gregory House, a day shelter for homeless women.
  - Meeting attendance has been limited to one or two women at the most, and not everyone identifies as alcoholic.
- PICPC did a training for some AA members who were interested in doing a panel and a table at a Health Fair event designed to provide increased outreach to the Black community in the Greater Seattle area.
- The meeting and Health Fair went very well.
- PICPC purchased Big Books for Renacer Adolescent Boys Treatment Center in partnership with the Hospital and Treatment Committee.
- We also encourage attendance by anyone interested at the PICPC committee meeting, held the third Saturday of the month at 10:00 AM. Please reach out to your home groups for this service opportunity.
- District PI or CPC representatives are encouraged to attend as well.

Special Events Committee (Janice B.):

Although I have not officially been sworn in for the events chair for the next rotation. I was asked in September to consider taking this on. I jumped at the opportunity I have submitted my resume and pretty much assumed this position. Steve R has been busy with family issues.

Just to let you know that there will be a little dessert social after the Seattle group's meeting on New Year's eve. Bring a dessert to share or enjoy one that will be here.

I look forward to hearing ideas and suggestions for special events in the new year. Specifically if you have any ideas for assemblies, the big picnic, special presentations or activities, let us know at specialevents@seattleaa.org.

12 Step Committee: (John D.):

The committee meets every 1st Thursday at 6:30 pm. The link is at *SeattleAA.org*. We facilitate 12th step calls when the office is closed, referred by Nightwatch operators. Volunteers are needed for 12th step calls!

Please call Intergroup, or signup online at: *SeattleAA.org/12-step-signup*.

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District 14 (Kim S.):

This month district 14 had their holiday dinner and celebration on their regularly scheduled meeting date and time.

D14 has filled many of their positions and are looking for the following:

- Grapevine and literature
- Accessibility
- Archives
- Treatment and facilities
- Public information chair
- Web chair
- Young peoples chair
- Intergroup Liaison

They will be meeting on zoom/online on. the 2nd Tuesday of the month at 7 pm. If interested attend their meeting to find out more. Details are on seattleaa.org.

District 42 (Mike C.):

Would like to thank Sarah our outgoing DCM for her outstanding guidance of our district it wasn't easy but she persevered and just want to thank her for her service.

Welcome to our new DCM Aarin and all the new trusted servants! Go D42!!

We are still holding firm on zoom every 2nd Thursday at 7p.m..

Id: 930 1782 3319 PC: 202171

I lobbied for 10 Big Books for the assembly held on December 20th which was well received by the hospital and treatment committee. Thank you d42 members and groups for their contribution.

GSIG held the fall assembly and elected new officers and approved the budget along with request for volunteers for January quarterly and also volunteers for Burien Little assembly. Thank you Astri, Leslie, Carl and Aaron for your service. Welcome Karla, Jeff, Dan and Janet thank you for your support of intergroup.

Just a friendly reminder that the High and dry is a great resource for what's happening in AA especially if you are new and looking for support.

The high and dry can be sent to you by mail or is available on-line at seattleaa.org. contact the GSIG office for more information.

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112 A new Beginning (Anamaria):

We had a great turn out for the Gratitude dinner and Thanksgiving alcathon.

We will be hosting a Christmas Eve alcathon from 10 am to 10 pm and a Christmas Day alcathon from 10 am to 10pm.

For New Year's Eve we will have a once in a year opportunity to meet at 11:00 pm for a Blue Light meeting into 2023.

New Business

50th Annuall Burien Little Assembly

- March 11, 2023 — In Person and Online
- Brooklake Church, Federal Way

BLA is a free one-day event, focused on Service.

This year's theme is **A.A.'s Three Legacies—Our Common Solution**

Includes panels with translation between Spanish and English

WE NEED YOU!

Help us plan and organize the day, volunteer for the day of the Assembly, and help support with 7th Tradition Contributions.

- Planning Meetings Jan 9, Feb 6, and Mar 6 at 7:30 pm on Zoom:
- Meeting ID: 896 3548 2091; Passcode: 330494

For more information about BLA and opportunities to be of service, email *bla@SeattleAA.org*

Upcoming events

- Seattle Group- Saturdays at 6:00PM (no meeting on Dec 24th)
- Service Manual Study 1st Sunday of the month, Sunday Jan 1st, 11:00AM will start new Service Manual, This is a Hybrid event.
- Western Washington Area 72 Business Quarterly Jan 6 & 7.
- Trad Study 2nd Saturday of the month, Saturday Jan 14th 10:00AM Hybrid
- GSIG Board Meeting, Jan 17th, 7:00PM Hybrid

Closing

We closed with the responsibility declaration:

I am responsible .....
When anyone, anywhere reaches out for help,
I want the hand of AA always to be there.
And for that: I am responsible.

Do You Know Your AA History? (Intermediate) Answers

1. b
2. b
3. b
4. c
5. b
6. c
7. b
8. a
9. b
10. a

50TH ANNUAL
BURIEN LITTLE ASSEMBLY

MARCH 11, 2023
IN PERSON AND ONLINE
BROOKLAKE CHURCH, FEDERAL WAY

BLA is a free one-day event, focused on Service.

Panels and speakers from AA and AlAnon, sharing experience, strength, and hope in service. Fellowship, food, and fun!

This year's theme is
A.A.'s Three Legacies—Our Common Solution

Includes panels with translation between Spanish and English

WE NEED YOU!

Help us plan and organize the day, volunteer for the day of the Assembly, and help support with 7th Tradition Contributions.

Planning Meetings Jan 9, Feb 6, and Mar 6 at 7:30 pm on Zoom:

Meeting ID: 896 3548 2091
Passcode: 330494

For more information about BLA and opportunities to be of service,, email bla@seattleaa.org, or check out

www.burienlittleassembly.org

OPEN MIC

JANUARY 14TH
SATURDAY - 7:30PM

YOU CAN DO :

Singing Acoustic Guitar
(No Karaoke We will Accompany you)
Acoustic Instruments Comedy
Keyboard Poetry
Whistling & More

SEATTLE INTERGROUP
5507 6TH AVE S. SEATTLE, WA 98108

BRING FOOD & SNACKS
FOR MORE INFO:
Text Yoshi (253)209-6802 / Reith (206)434-2589

Save the Date!

District 31 Service Roundtables

When: Saturday February 4th, 2023
9am – 11am

Where: Greater Seattle Intergroup
in the Board Room
5507 6th Ave South
Seattle, WA 98108

Who: Gail H.
Bob F.
Astri T.
Alan F.
Lupita Y-M
and more …



36th Annual Women's Spiritual Retreat
January 13th, 14th & 15th

Reconnecting through our spiritual fellowship

Join us for a weekend of sharing, spirituality, and fun.
Friday night dinner is at 7pm, followed by candlelit meeting.
Saturday morning enjoy small discussion groups that offer topics on Sobriety and Spirituality.
Saturday afternoon is free time for meditating, hiking, hot tubbing, napping, or fellowshipping.
Saturday night and Sunday morning are our main speakers.
Rooms are beautiful and the meals are great. This is a closed AA Women's Retreat.

Bring flashlights, swimsuits, snacks and warm/dry clothing, and any past photos for the Archive Album
For questions about the retreat, contract: Geri F. 206-919-9594 or Donna W 206-819-0071
For more info about the retreat facilities, view the website:
www.fallscreekretreat.com / Phone 1-888-934-9555

Directions: From I-5, take Exit 77 (Hwy 6 West). Drive West on Hwy 6 for 34 miles, to Milepost 19. Turn left on Elk Prairie Road. Drive 3 miles, then turn left on Falls Creek Road. Drive over the bridge, take first right after the Dining Hall and continue to Meadow Lodge to check in.

Your donated raffle items are appreciated! (Maximum 1 items)
The raffle raises seed money and scholarships for next year.
Retreat registration - $160.00 – This includes rooms and all meals.

Detach registration below and mail with payment to:
Women's Spiritual Retreat / Geri Flynn
10420-65th Ave So.
Seattle, WA 98178
Registration must be received before Jan. 1st, 2023

Name_____Phone_____

Address_____City_____State_____Zip_____

Sobriety Date_____Email_____

If rooming with others, please provide names_____

Are you interested in chairing a meeting? Yes____ No____. Do you prefer vegetarian food? Yes____ No____

If you would like to help sponsor a woman in attendance, please include a donation check. $_____

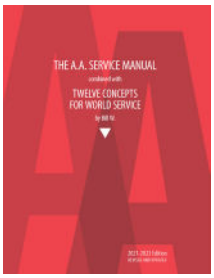
GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

Seattle Intergoup Service Manual Study

When: First Sunday of each month @ 11am **Where:** Hybrid event

In-person at Seattle Intergroup 5507 6th Ave S., Se attle

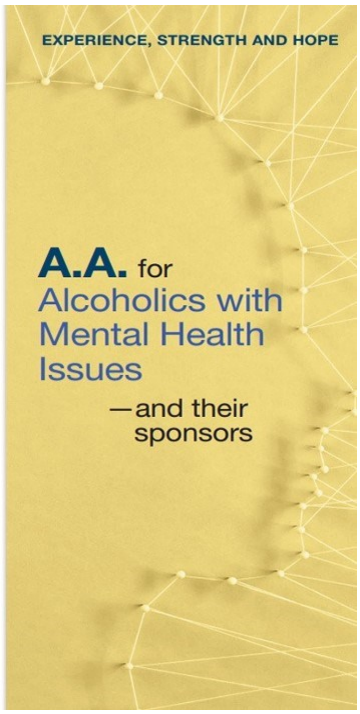
On Zoom: Meeting ID 899 8502 7998
Passcode 280420



We are currently studying the 2018-2020 edition. We will begin the new service manual in January.

SPONSORSHIP WORKSHOP

HOSTED BY SEATTLE INTERGROUP, PUGET SOUND CENTRAL OFFICE and EASTSIDE INTERGROUP



AA Sponsorship of Alcoholics with Mental Health Issues
Or: How to be a medical advocate for your sponsee or loved one in psychiatric care
Presented by Hiro S.

When: February 25, 2023
10a-12p
This will be a hybrid event
In person at
Seattle Intergroup
5507 6th Ave S.
And at **PSCSO**
3640 S. Cedar St. Ste S
Tacoma, WA 98409
Or on Zoom:
ID: 836 0100 7309
Passcode: 229902

High & Dry
Call for Entries

The High & Dry, Seattle Intergroup's Monthly Newsletter, is looking for original content from local drunks. This is a great opportunity to serve our fellowship!

- Stories About Recovery
- Poetry & Creative Writing
- Art & Photography
- Comics & Jokes
- Information about Sober Activities & Service Opportunities

Submit your work and find out more by visiting SeattleAA.org

https://www.seattleaa.org/intergroup/newsletter/submission/

high_and_dry@seattleaa.org

Greater Seattle Intergroup
Alcoholics Anonymous

THE SEATTLE GROUP
An open meeting of Alcoholics Anonymous.

Saturdays at 6:00PM
5507 6th Ave S.
Seattle, Wa. 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS

January 7th Mark T.

January 14th Bill W.

January 21st Greg N.

January 28th Crystal S.

February 4th Brenda F.

February 11th David L.

February 18th Cherrise B.

February 25th Sean O.

High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

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

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

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

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

Greater Seattle Intergroup
of Alcoholics Anonymous

Get Involved

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

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

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

Link to GSIG Online Contributions

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