High & Dry

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

Volume 75 Issue 06 June 2023



In This Issue

- Reflecting on Our Past 2
  June in Our History
- Future Tripping 3
  GSIG Calendar
- There is a Solution 4
  GSIG News and Notes
- *How Dry I Am* Birthday Club 5
- Steps, Stories & Traditions 6
  Step 6 6
  Tradition 6 7
- June Challenge 10
- Board Meeting Minutes 11
- Announcements 22
- Get Involved! 24

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 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

June GSIG Events

For details about the events listed below, visit the Events page on the GSIG website, *seattleaa.org/events*

3 — 12th Step Committee

- June 3 @ 6:30 pm - 7:30 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09
- Meeting ID: 835 0869 0642 Passcode: 749607

3 — Hospital and Treatment Committee

- June 3 @ 10:00 am - 11:30 am — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSUT09
- Meeting ID: 820 0608 7832 Passcode: 088776

3 — Delegate Report-Back Online

- June 3 @ 11:00 am - 2:00 pm
- Everyone Welcome
- Zoom ID: 424 735 6179 PW: 1935

4 — Service Manual Study

- June 4 @ 11:00 am - 1:00 pm — Hybrid meeting
- Zoom link: https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09
- Meeting ID: 863 6483 7688 Passcode: 022841

4 — Delegate Report-Back Districts 24, 28 and 39

- June 4 @ 11:00 am - 2:00 pm — Hybrid meeting
- Bothell 12 x 12 Fellowship Hall 15812 116th Ave NE, Bothell
- Everyone Welcome in-person or online
- Zoom ID: 347 206 1035 Passcode 061035

7 — Accessibility Committee

- June 7 @ 6:00 pm – 7:30 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09

Meeting ID: 885 9521 8136
Passcode: 611317

10 — Delegate Report-Back West Seattle

- June 10 @ 2:00 pm - 6:00 pm
- Fauntleroy Church 9140 California Ave SW, Seattle
- Districts 14, 15, 16, 17, 18, 31, 40 and 41 are hosting this event

10 — Group Inventory Workshop

- June 10 @ 3:00 pm - 5:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom Meeting ID: 863 8280 5095 Passcode 516433

11 — Delegate Report-Back Northern Districts

- June 10 @ 2:00 pm - 6:00 pm — Hybrid meeting
- Lynnwood Alano Club 4001 198th St. SW, Lynnwood
- Districts 2, 12, 19, 24 and 42
- Zoom Meeting ID 845 3262 6514 Passcode 374814

12 — Corrections Committee

- June 12 @ 6:30 pm - 8:00 pm— Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YkIzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

14 — Delegate Report-Back Online

- June 14 @ 6:30 pm - 8:30 pm
- Everyone Welcome
- Hosted by District 25
- Zoom Meeting ID 813 4206 1256 Passcode 73

17 — CPC/PI Committee

- June 17 @ 10:00 am – 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09
- Meeting ID: 810 2073 8836 Passcode: 166656

17 — Area 72 Quarterly

- June 17 @ 10:00 am - 1:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Everyone Welcome. Zoom information will follow.

20 — Web & Tech Committee

- New date/time — June 20 @ 5:30 pm - 6:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09

20 — GSIG Monthly Board Meeting — Spring Assembly

- June 20 @ 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

« *Future Tripping*
continued from page 2

22 — Third Legacy Committee

- June 22 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTlMSmN5dz09
- Meeting ID: 837 5540 2948 Passcode: 830816

23 — Pacific Northwest Conference

- June 23 @ 8:00 am - June 25 @ 5:00 pm
- Save the Date! June 23-25 Portland, OR

24 — BBQ at Intergroup

- June 24 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship.

24 — Open Mic

- June 24 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

27 — Tradition Study by the GSIG Third Legacy Committee

- June 27 @ 7:00 pm - 9:00 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

REFLECTING ON OUR PAST

June in our History

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

June 1
1949 — Anne S., Dr. Bob's wife, died.

June 6
1979 — AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.

June 8
1941 — Three AA's started a group in Kalamazoo, Michigan.

June 10
1935 — The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.

June 11
1945 — Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

June 16
1938 — Jim B., "The Vicious Cycle" in Big Book, had his last drink.

June 17
1942 — New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

June 19
1942 — Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up.

June 21
1944 — The first Issue of the AA Grapevine was published.

June 26
1935 — Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28
1935 — Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30
1941 — Ruth Hock showed Bill W. the Serenity Prayer and it was adopted by AA.June 2

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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: *SeattleAA.org/intergroup/newsletter/*

Thanks to Our Awesome Daytime Office Volunteers

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

Southend Bookstore Volunteers

Manager: Jim H.

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.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open 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 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 June Celebrants in the *How Dry I Am Club*!

Morgan S.	Seattle Young People	6 years
Karen R.	Mountlake Terrace Wed. Night	52 years
Owen C.	5-20-2017	6 years
Adonis	5-03-2015	8 years
Jerry D.	Northgate Group	42 years

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.

Link to GSIG Online Contributions

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



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Step 6: *"Were entirely ready to have God remove all these defects of character."*



The Sixth Step

By Demitri I.

IN REFLECTING ON STEP SIX, the saying "sometimes quickly, sometimes slowly," really comes to mind.

In the "Twelve Steps & Twelve Traditions," there are two sentences in the sixth chapter that read:

"Having been granted a perfect release from alcoholism, why then shouldn't we be able to achieve by the same means a perfect release from every other difficulty or defeat? This is a riddle of our existence, the full answer to which may be only in the mind of God."

This brief passage is both powerful, frustrating, and calming all at once.

Why doesn't God simply remove all my other defects and difficulties!?

Well, the "Twelve Steps & Twelve Traditions" goes on to offer some discussion on that question, but in my near two-year experience in these rooms, falling back on the idea of "sometimes quickly, sometimes slowly," seems pertinent.

With time, continued practice of these Steps, and letting go and letting God, I'm finding that "sometimes quickly, sometimes slowly," rings true in relation to my difficulties and defeats being removed.

When I look back, even just a few months, I often find that life is much more peaceful, serene, and good now than it was then. So, something must be working.

It was, and often still is, difficult early in AA to deal with the challenges of life. "Why can't they all go away?" I sometimes ask myself. "What is wrong with me? Why isn't life perfect right now?"

When feeling this way, I find solace and comfort in turning to those with more time than me. In my experience, I've been hard pressed to find an old-timer who doesn't seem to have the serenity, peace, and connection that I want. This reminds me, that with time, life continues to improve, and I'll continue to let go of my defects, difficulties, and pains.

This is a welcome observation, however frustrating (I'm an alcoholic after all, and I want to change the way I feel now!), and reminds me that while I don't experience a perfect release from "every other difficulty or fear right away," life gets better and better over time, and I am not alone in this experience.

It sure is a lot better than when I was drinking – it's categorically different, and I'm so thankful for that.

With surrender, rigorous honestly, and continued service, I have faith that God may not always give me what I want, but he'll give me what I need.

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Another take on Step Six: *Loving Courage*

By Kelli SB

WHEN THINKING ABOUT STEP SIX, the greatest obstacle for me was knowing my defects in the first place. Where am I stepping on the toes of my fellows? I see clearly where they are retaliating, what isn't always clear is my part. Steps One through Five showed me the baseline problems in my make up. I am self-centered, full of fear, try to control the world around me and want to run the show. Steps Ten and Eleven remind me, daily, of where I stepped off the beam and where I might in the near future. Here is an example of how this works in my daily life.

My son is 16 and a sophomore in high school. Academic excellence is not important to him. Wonder where he gets that!? While my own high school achievements were not important to me, his success is. So much so that I have pushed him to the point of fighting, creating low self-esteem, teaching him his efforts are not good enough, and creating stress and tension in our household. I knew this was a struggle, but I didn't see the truth about my behavior until he told me how he felt and I saw that I was harming him. I really believed that if I just tried harder and kept at him, I would help him succeed. I was so very wrong.

My best thinking created harm. I knew I must change my behavior. In order to change this behavior, and have God remove my defects, I needed to be willing to experience the vulnerable fear that he might fail. The horrible possibility that I have failed him. That is hard to walk through. Denial, justification, rationalization, and self-righteousness feel much more powerful and comfortable. Feeling powerless and vulnerable takes guts. Courage comes from love. My love for him is more powerful than my fear of vulnerability. My love for him gives me courage to be wrong. My love for him gives me willingness to go to God for help. The 12 Steps having provided me with a working relationship with a Power that solves all my problems.

So here we are at the end of the school year and he is at risk of failing two classes. As I read the emails from the teachers, my heart started beating faster, the adrenaline started pumping and I started practicing my conversation with him of all the things I was going to take away from him and all the consequences he would have if he didn't focus and make improvements. Then I paused. I've been practicing what I call a Breath Prayer. One big breath, not really any specific ask, but just practicing being with God. I left my computer and all these emails from the teachers and went on with my day. When I saw him after school, I had an intuitive thought. It said: "Why don't you ask him how he wants to handle this situation?"

So I did. We had a loving exchange and conversation. He had wonderful and manageable solutions. We had a fantastic evening and our home was joyful. Thank God. I am profoundly grateful for this work that really works. I have found a Power in my life that solves all my problems. My job is to see the truth about myself and have the loving courage to be wrong.

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Tradition 6: *"An AA group ought never endorse, finance of lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."*



Tradition Six

By Peeps

FOR ME, IT'S LAUGHABLE that we need Tradition Six. It would be obvious to anyone attending my home group that the prospects of success for any business connected with us would be slim to infinitesimal.

But the Traditions of A.A. are the result of our shared experiences, which were often painful as well as disappointing. As a group, A.A.'s are down with giving virtually anything a try. YOLO, baby!

In our beginning, enthusiastic A.A.'s wanted to share the miracle of recovery with as many people as possible (pronounced lots of money needed to make connections). Groups organized hospitals, treatment centers, schools, clubhouses and the like.

It's written on page 159 of Twelve Steps and Twelve Traditions: "These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We of Alcoholics Anonymous could not be all things to all people, nor should we try."

None of the ventures succeeded. The efforts conflicted with our primary purpose, which is to share the message of recovery with suffering alcoholics. Profits and losses, business plans and visions, and conflicting opinions doomed these sincere efforts to help others.

We are complicated people who do best when we keep things simple.

Corrections Committee Pink Can Thank-Yous

By Karen K

The Pink Can is an easy way for groups to help bring literature to alcoholics behind bars. The GSIG Corrections Committee is grateful to the home groups that support this effort. This money is used to purchase only AA approved literature. Any group can participate! If you want to start a Pink Can Fund for your home group, email volunteercorrections@seattleaa.org.

We thank the following groups for contributing $790.04 to the Pink Can Fund between March 28 – May 23, 2023:

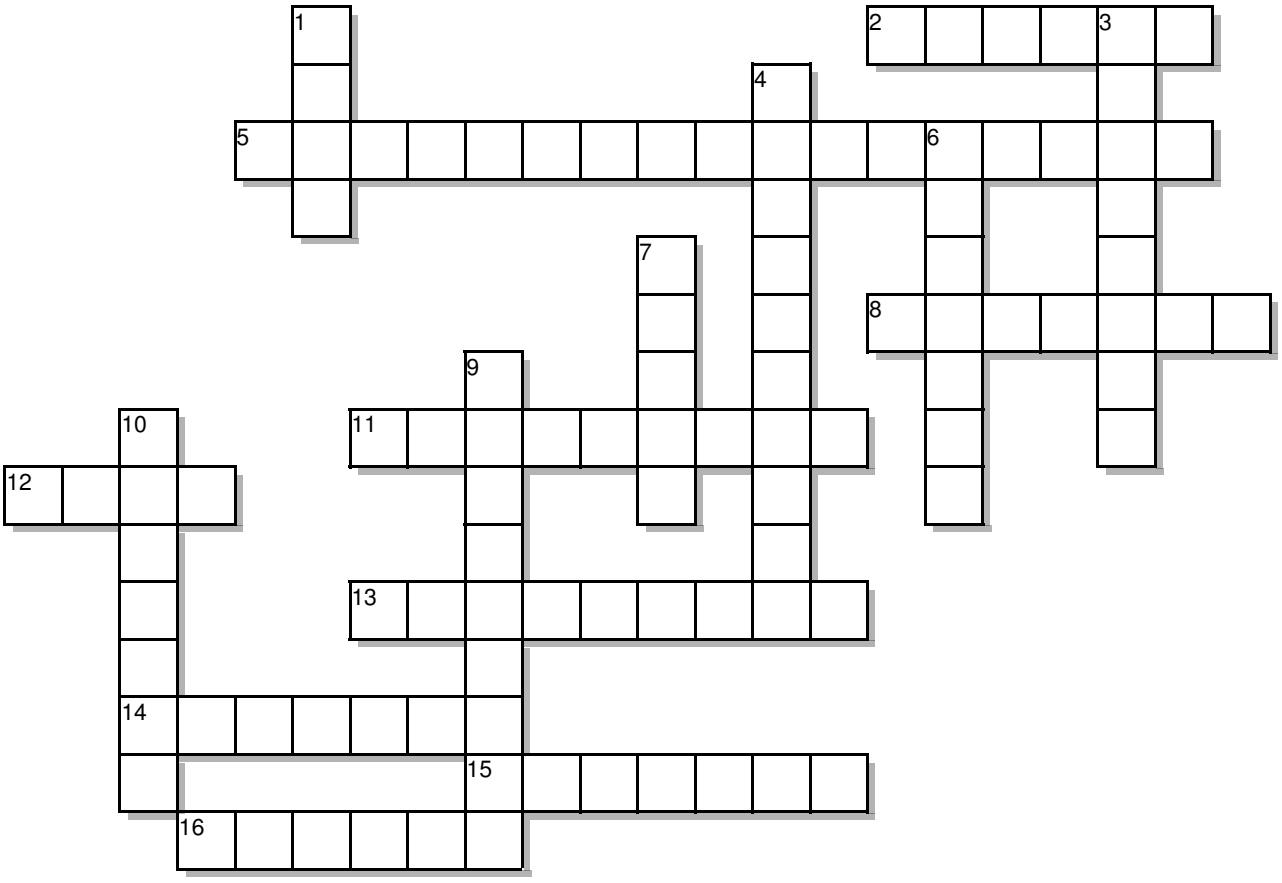
- Auburn Men's Stag
- Acceptance is the Answer
- Auburn Group
- Donations to Intergroup Front Desk Pink Can
- MOB (Men's Open Book)
- Daily Reprieve
- Empire Way
- Pass It On
- Dawn Patrol Digital
- White Center Group
- Sunday Night Speakers
- Lake City
- Anonymous Online Donation

My Path to Recovery... Asking for Hope

Artwork by Jenza H.



AA Fact File



ACROSS

2 What's the name of AA's that live in isolated areas throughout the world?
5 What's the name of seagoing AA's?
8 What city did Bill W. live in when he sobered up?
11 The name of the Dr. that brought the physical allergy information to Bill
12 The name of the hospital in Akron where the first AA work began
13 Where was the home of the third AA group?
14 The name of the sister that worked closely with Dr. Bob in Akron
15 Where was the home of the second AA group?
16 The name of the Group that Bill and Bob tried to sober up in at first

DOWN

1 The name of the Dr. that brought the spiritual malady information to Bill
3 The name of the Secretary that typed the first manuscript of the Big Book
4 The name of the first Board of trustees? The Alcoholic _____
6 In the Fall of 1939 this magazine produced an article that created much interest in AA
7 What town did AA begin in?
9 The location of AA's first Convention in 1950
10 Where was the second International Convention held?

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting

May 16, 2023 — Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer

Elected Officer Reports

Recording Secretary (Janet A.)

Very grateful to be here and to be of service. I hope everybody had a great weekend. My husband and daughter both spoiled me rotten. So blessed to be present in my daughter and grandchildren's lives. If you would like your contact information added to the roster, please send it my way. If you haven't already, you can still send in your reports. The deadline to have your reports to me is ***by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org. This is per our Chair, Karla. I will accept Final Reports no later than Friday, the 24th at midnight. I send Final Minutes to Lara on the 25th so she can submit to the high and dry.***

Treasurer (Dan G.)

We had a good month; we are positive $5,695. This is due to extra contributions from groups as moregroups are opening up and more members are going to meetings along with new groups forming. In response

To West's question, yes, we are still doing a fundraiser that was proposed in which we will be asking groups for an additional $100. This is still in the discussion phase.

Chair (Karla)

I don't have a lot to report this month.

I attended the King County Conference on Substance Use Disorder along with our Chair Emeritus and other volunteers, including Greg from D24. GSIG had a table with pamphlets. We had a few people come and talk with us about what GSIG does and can do. The conference overall was very interesting with the highlight being the Recovery School panel. The Recovery School is an alternative school on Queen Anne hill for students in recovery.

As promised, have listed the upcoming delegate report backs. These are also available at area72aa.org under events. I hope that you will attend one or more to see AA's group conscience at work.

Chair (Karla) continued next page »

« ***Chair (Karla)*** continued

DELIGATE REPORT BACKS

- June 4 – 12:00pm-3:00pm - Bothell 12x12 Fellowship (Hybrid), 15812 116th Ave NE, Bothell, WA 98011 (Meeting ID: 347 206 1035 Passcode: 061035)
- June 10 – 2:00pm-6:00pm – Fauntleroy Church, 9140 California Ave SW, Seattle , WA 98136
- June 14 – 6:30pm-8:30pm – District 25 (online) – Meeting ID: 813 4206 1256 Passcode: 73
- June 23 – 11:00am-2:00pm – District 25 (online) – Meeting ID: 822 9551 4903 Passcode: 73 The Interim Newsletter Chair, Pauline S., was accepted by the committee as the Newsletter Editor for Area 72 Panel 73.

Chair Emeritus (Astri)

Greetings to you all. I have a report this month!Carina, our PI/CPC Chair asked me to help her coordinate manning a GSIG Table at the King County Substance Use Disorder Conference, held at Bellevue College on Thursday, May 11th. I was joined by: Karla L, GSIG Board Chair; Josh B, GSIG CPC Alt Chair/Dist. 17 CPC Chair; Jane S, Dist 34 Past CPC; Laura D, Dist. 24 CPC Chair; Sunny O, Dist40 CPC/PI Chair; Greg S, Dist. 24 GSIG Rep and Bobby T, Trusted Servant. They were all a great representation of AA; I was proud and grateful for the example they set. I had a great time fellowshipping and learning a little about what is happening in the "substance use disorder" community and current treatment focus appears to be. We did have some attendees (politicians, treatment providers and recovering people) approach our table and avail themselves of the literature (and candy) provided at our table.

Thank you, Carina, and GSIG for the opportunity to continue to serve.

It was a good day.

GSIG Office Reports

Office Manager (Lara)

Financial: Group contributions are up; individual contributions are up but still lagging behind budget and the Sustainers Program is above budget. Thank you for your support.

We have purchased a new desktop computer for only $100! This computer runs the Point-of-Sale System. The old one was getting very slow.

Inventory: Our inventory is good, however, GSO continues to be on backorder for certain books and pamphlets. There is a new edition of the Grapevine book: The Home Group: the heartbeat of AA. They ought to be in by month's end.

Call Log information for March:

- 12th Step: 9
- Meeting Info: 52
- Wanted to Talk: 28
- Outside referral: 8
- Intergroup info: 33
- Misc: 26
- Info about AA: 9
- Total Calls: 165
- Average Calls per day: 8.25

Procedure: We have ordered picnic buttons. Our normal source is no longer available, so we had to order buttons through another avenue. That ought to be in by the end.

- Our Special Events Committee has begun to ask for help from Districts. Not a lot of response yet, but hopefully as Districts have their monthly meetings there will be more activity on the Sign-up Genius.
- We are working on setting up a chat feature on our website. This will be a great opportunity for service soon. More to come.

Service Committee Reports

Accessibility (Laurel)

The Accessibility Committee is very active in serving Deaf alcoholics. We currently coordinate interpreters for AA meetings and other activities such as outreach for the committee. Tomorrow I will visit District 16 business meeting to discuss the committee and the blue can. If your district has any surplus after paying expenses and contributions, please consider inviting me to your district meeting on how you could support the blue can. The blue can, aka ASL can, is paying for interpreters for the Duck Island group (in District 17). This group is interpreted every Monday (in person). The blue can also pays for the interpreter for the Speaker meeting last Saturday at Pass it On. Sometimes it's challenging to find an interpreter available on a Saturday night in the Normandy Park area, hence some Saturdays are not filled. But regular Deaf attendees are notified of changes. Chairperson and interpreter coordinator for the Accessibility Committee.

Archives (Theresa S)

This is the first time since January 2020 that somebody has held the Archives position. I attended the Area 72 Archives Quarterly Meeting. This was very helpful since we haven't seen each other for a very long time. One of the items that keeps coming up is, digitization. Ideally, archivists, the hardcore ones want stuff that is still saved in paper, hard copies. But we've been working closely with the area to share information. And if we have some documents that are area specific, I was able to take some of those and give them to the area archivists for the first time in three years. It was good to be able to get back to quote normal. And I think, Lara mentioned and that there's some new displays in the display cases.

There's a collection of books. They're called the Golden Books by Father John Doe. That's obviously not his real name. They are not conference approved literature, but they're fascinating materials. I thought it would be a good idea to have them on display. They are, they have all of them that we have, we have about 20 of them. They're all stapled on the end with ugly, corroded staples. I take all the staples out and rethread them with white thread like this. I'm in the process of rethreading them now. This is part of what archivists do, is take out staples and rethread books.

Corrections (Amy F)

Greater Seattle Intergroup will tentatively be hosting the Area 72 Summer Quarterly meeting on Saturday, June 17th. Zoom info and other details to be posted soon.

Hospitals & Treatment (West C)

The Hospital & Treatment Committee last met on Sat, May 6th at GSIG @ 10am and on Zoom with 16 people in attendance.

We continue to work with Union Gospel Mission's Riverton Place in D31, a men's treatment facility and I am working on getting some new guys involved.

We have expanded our relationship with UGM to include Hope Place, a women's recovery facility in D15... We continue our monthly panel there.

D31 also continues to carry 5 Zoom meetings weekly into Cascade Behavioral Health. They are closed to in-person visitation for the foreseeable future. I met with the director last month and he says everything is fine on their end. He said he could use some more big books so I donated a case from our H & T budget and dropped them off last week.

Our next Lakeside Milam Renton panel will be on the Final Friday of June 30th @ 9 am. We are still alternating with Eastside Intergroup every month on this joint venture to carry the message to their patients.

My sponsor Danny & I had our first panel on Sun, May 7th @ 5:30 pm at Harborview Psychiatric Unit and I will be going back with our own Janet A. this week. We have 5 new volunteers going through the process of being approved so we can increase to weekly panels.

We also started a men's meeting at Salvation Army's William Booth Center on May 7th @ 7 pm and donated more books from our Big Book Drive.

We will be starting to bring Veterans from the program to speak at the VA Tuesdays at noon.

A few of us have been speaking at "Intercept" via zoom a treatment center in Federal Way courtesy of Robert, the D32 Treatment Chair.

In addition, we plan to host our next Area Treatment Quarterly in July hybrid at GSIG.

The best way to get involved in any of these projects is to attend our monthly hybrid H & T Committee meeting on the first Saturday of every month. We meet at 10 am at the Seattle Intergroup office and also on zoom.

Nightwatch (Rob S)

Thank you to all current Nightwatch volunteers. Thanks to you, the GSIG phone is being answered from 10pm - 10am. If you are interested in volunteering, please contact Rob at nightwatch@seattleaa.org There is a 6-month minimum sobriety requirement and the shifts are: 10pm-2am, 2am-6am, and 6am-10am. We are currently looking to fill the 4th Saturday of the month 6-10am shift.

Thank you all for your service

Please contact Rob (Nightwatch Chair) at nightwatch@seattleaa.org if you are interested volunteering and/or learning more. In Service,

PI/CPC (Carina W)

Greetings Seattle Area Fellowship,

What a wonderful early summer we're having... and I sure hope it's still going on as you read this report on the happenings in the Public Information & Cooperation with the Professional (PI/CPC) space.

IMMEDIATE NEEDS

- **Redmond Library —** AA has a table in the Community Resources Center for anyone who needs help. District 34 keeps a bin of literature in the room, which is free for those who visit the table. A library host sits in the Resource Center too. It can be a one-time thing or a recurring commitment. This is an excellent opportunity for the hand of AA to be there for those who reach out for help.

  - When: Wednesdays from 1:45 -4pm
  - Where: 5990 NE 85th St, Redmond, WA 98052
  - Task: simply set up the literature and and talk to those who stop by

  Can you help out by coming if only for just one week or announcing this commitment at the meetings you go to?

- **REST** — This non-profit services center in Columbia City is in dire need of women's sponsors, weekly Women's Speakers Meetings, and Women's AA Meetings.

  Can you help on any level?

If you are available for any of the above, please contact me at 206.683.1106 and/or cpc@seattleaa.org for next steps.

WHAT'S HAPPENED

- Thank you, Astri T (GSIG Chair Emeritus), Karla (GSIG Chair), Josh (GSIG PI/CPC Alt Chair), and all of the others who staffed our table at the 2023 King County Conference on Substance Use Disorders on Thursday, May 11 from 11:00 am – 4:00 pm at Bellevue College. This was our first time participating in this annual event, and we look forward to doing so again next year.
- It was my great pleasure to serve on a speaker panel together with three other GSIG Committee Chairs, namely Amy (Corrections), John DD (12-Step), and West (Hospitals & Treatment), at the April 2023 Young People's Quarterly. The room's energy and active participation of everyone in attendance was humbling and invigorating. I chatted with some District YP Chairs who were particularly interested in how to bring panels into high schools. I've had an initial discussion with Kari, our Area 72 PI Chair, who sounds like she already has a lot in the works with high school panels, and Carlos, our Area 72 CPC chair, has also been approached about high school panels. All of us together, and with God's help, I'm confident we'll get something going for these folks! More will be revealed.
- I loved seeing so many of you at the CPC Quarterly online or in Sequim! Together I just know we're going to find some beautiful ways to be useful to our fellows.

PI/CPC (Carina W) continued next page »

« ***PI/CPC (Carina W)*** continued

ON THE HORIZON

In addition to the above, we've got some other exciting things on our radar:

- Are you looking for a service position? The PI/CPC Committee still has all sorts of opportunities, big and small! For example, maybe you have just a couple of hours to inventory literature or assemble packets? Looking for a longer commitment? Become a Project Coordinator for the High School Panel or Invite the Legal community to Lunch projects.\
  - Clinics and Hospitals
  - Community Centers
  - Libraries
  - Media Liaison
  - Police and Fire
  - Shelters
  - Spiritual Communities

And always remember, none of us are on our own with any of this. We all in this together as we work to help the still suffering alcoholic. And most of all, God's got our backs!

I would also love to hear about any PI/CPC activities you've already got going on and any ideas you have, so please don't hesitate to reach out with your ideas or qu estions. I might not have the answer, but want to help find it!

UPCOMING EVENTS

- Delegate Report Backs 2023 — 5 dates (in-person, hybrid, online)
- CPC Literature Study (online) — First Mondays @ 6:00 pm
- PI Literature Study (online) — First Mondays @ 7:15 pm
- August CPC Quarterly (hybrid) — 08/05 @ TBD
- August PI Quarterly (TBD) — 05/12 @ TBD

Thank you so much for taking the time to read this report, and I look forward to hearing from you.

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Third Legacy (Dan R)

The Third Legacy monthly committee was held on April 27th.

A reminder that GSIG will be hosting the summer quarter Sponsorship Workshop on Saturday, June 24th from 10 am to 12pm. The meeting will be at GSIG and available via zoom.

We are happy to report that we are waiting on a final confirmation from the group who will be facilitating the summer workshop.

If we are not speaking with your group – there is still time for your group to sign up for the fall and winter workshops. For more information or to participate on a panel, please reach out to thridlegacy@seattleaa.org.

We would also like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to connect any willing members with opportunities to serve. Please send all your requests to thirdlegacy@seattleaa.org.

Our specific ask of the board and its attendees - we need your help in:

- Your participation at the Service Manual Study – 1st Sunday of every month at 11am.
- Facilitating a Traditions panel – panels facilitated hybrid on the 4th Tuesday of every month at 7pm
- Your participation on our committee – we meet virtually on the 4th Thursday of every month at 7pm
- Your participation at the Sponsorship Workshop – June 24th from 10am to 12pm
- Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

If you or your group would like to present on an upcoming Tradition or participate in the Sponsorship Workshop, please reach out to thridlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

In Service,
Dan R.

Twelve Step (John DD)

Great to be here and great to be sober. Great to see you all. Sorry. I can't be with you tonight. the 12 step committee meets every first Thursday. 6: 30 p.m. We'd love to talk to you, especially if you're a night watch operator, a district rep. Or just looking to get involved in this work. What we do is we facilitate 12 step calls and 12 step follow up when the office is closed, right? We only received two 12 step referrals from Nightwatch operators in the month. One of the things we're trying to do is work with Nightwatch. Chair Rob is to kind of host another probably virtual or hybrid get together. Focused on the Nightwatch Operators and how we can help them and just kind of increase the dialogue around. There are more opportunities for follow up and what can we do to help in that space? For my own journey as a Nightwatch operator, I feel like there's an opportunity there and Lara and Anita agree. Looking forward to that and lots going on.

Web & Tech (Mikey C)

Greetings from the web/tech dude: As the newly assigned web/tech chair I look forward to be a part of great bunch of people. In this committee there are constant changes going on. I have found out that the groups, halls, and meetings need to look at your on-line presence and see if adjustments need to be made. Meetings need to be kept current! No one wants to walk up to a locked door or sign-in to a closed meeting on zoom.

This is how we keep the schedules current!

As mentioned at the May 16th board meeting, our web page has a new feature that enables you to text your questions to an AA member at the office. (During office hours) this is brand new and will be growing into a great tool to help AA as a whole! Looking for more service positions in the future, will keep you posted.

I would also like to add that we meet on the 4th Saturday of every month, and everyone is welcome to attend in person and on-line.

Time: 10 a.m. PT
Zoom ID: 857-9514-2813 Passcode: 467107

Special Events (Steve R) — Not Present – Lara gave a Report.

I circulated an email to the DCM's. This was the special events committee's idea to get the districts involved with The Greater Seattle Intergroup Picnic, which is August 27th at Seward Park, Shelter 3 from 11:00 am – 4:00 pm. Certain groups will have certain tasks that they sign up for. Districts signed up for tasks at a picnic, including loading, unloading, and selling food. Discussion about DCMs, district meetings, special events, taxes, and a new web projector and hear what they're, what, what they're all about.

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GSIG District Reports

District 14 (Stacia)

Hi. I'm Stacia. And everyone District 14, which is Vashon Island, White Center, & West Seattle. We are having our first live meeting in over three years. We did have a holiday party in December, but we've been doing all our monthly meetings on Zoom. And we budgeted for in-person in a room that's. We've been doing all of these this year in a room at the call. So we're going to work on being live next year, potentially, but we're excited to actually see each other in person. We are having our picnic on Sunday, September 11. But we did not get the shelter at the beach. This year for the first time in the long time, but it's right by beach and we can still smell the water. So it's still going to go by in the southern south end of the top of the hill of the beach.

District 18 (Ali)

We definitely did talk about the events. The DCM is doing things for the group. It is confirmed that the minutes that they are into, the loading it on the way. Just as a side note, we split. We have a DCM and all these things, and they come back and talk about it. We are actually looking for groups to help with the intergroup picnic. There is no plan. District 18 did not hold a picnic last year. There has not been discussion whether we will have one this year yet.

District 24 (Greg S)

Serving Lynnwood, Edmonds, and Mountlake Terrace. District 24 is Hybrid and meets every 1st Wednesday of the month at 7:00pm in person at Edmonds Masonic Lodge 515 Dayton St. Edmonds, WA and on Zoom Meeting ID: 827 3971 4442 / Password: 441729 In attendance – 27 people live and 12 on Zoom for a total of 41 people.

- Special Presenter – Steven gave a presentation regarding the AA booth we have at the Evergreen State Fair each year. They currently have 40 volunteers of the 70 needed. They are 4-hour shifts. Free parking and free entrance to the fair if you volunteer. Who doesn't like fair? The dates for the fair will be August 24 through September 4th. If you would like to volunteer, you can call Steven at 425-210-1856. District 24 voted to donate $160.00 to help with the costs.
- Events- District 24 Picnic – July 29th at Edmonds City Park – Time has been determined – Noon to 6pm. District 24 Schedules – About 100 people showed up for a stapling party. They put together 10,000 schedules. It took a little more than 4 hours to complete the job, and everyone had a wonderful time.
- District 24 website is in the process of being revamped and should be up and running in the next month or so. You can still access parts of the website.
- Crystal will give a Delegate report at Lynnwood Alano Club June 11th at 1:30pm.

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District 32 (Samantha M)

We didn't really go with our treasury report, but we're still actually below $282. We still have some positions open. We had someone step up to be the Events Chair. It was suggested that the event chairs have a lot to take on as one person, so this person has had the liaison for their home group so that they have decided that our picnic or annual picnic, which will be August 19th, 11 a.m. to 3 p.m.

Regarding treatment-Robert has been in contact with West, which is great. A lot of participation at Intercept and they're receiving a lot of help from Intergroup District 25 and apparently district 32, they're still looking for people to be a service to speak. We are still on Zoom. Donating to the pink can and still looking for service, especially for the women. We'll step in for CPC and they have some calls for MultiCare, and they created these little yellow sheets and we've been passing around at meetings so that people can sign up to be a service for CPC and to create some messages into, MultiCare, hospital, and state branches.

We are having Crystal coming to our next district meeting to do a group inventory. Also, it's great to be a service.

District 41 (Laurel)

District 41 will host a booth, Pride booth, on June 25. If you would like to volunteer, they can use help with setup, set down, and answering questions about AA in the booth. Contact Nate L. At 803 225 2102.

The Area Treasurer Derek and Alt. Treasure Lisa provided information on 7th tradition and numerous tips. It was very helpful!

District 41 will host a delegate report back picnic event June 10 at 2 pm.

A New Beginning (Anamaria B)

June 10th, we are having a Founders Day Potluck at 6 p.m. and a speaker meeting to follow at 7:00 pm, everyone is welcome. We have our main courses being coordinated and if you decide to pop by, I want to bring something dessert is always welcome.

The women's meeting is on Sunday at 3:00 pm and it is an amazing, wonderful time.

The Young People's meeting, at 9:00 pm Friday night is also very wonderful.

All in-person meetings, nothing online and parking is available if you should show up and it's a bit of a challenge with our parking lot. It is. is available across the street at the auto shop on the gravel strip and at the mini mart kitty corner from where we are, and that gravel strip is also available for our use.

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South End Fellowship

South End Fellowship continues to be open for meetings. We have movie nights that continue to build fellowship as well as regular meetings.

Upcoming Events

- Seattle Group Saturdays at 6:00PM
- Young People's Quarterly Saturday, April 22 from 12-3pm online and in person at GSIG.
- Meeting ID 865 8484 3076 Passcode 040134
- Trad Study 4th Tuesday of the month at 7:00pm – April 25, 2023
- Service Manual Study 1st Sunday of the month at 11:00am – May 7, 2023



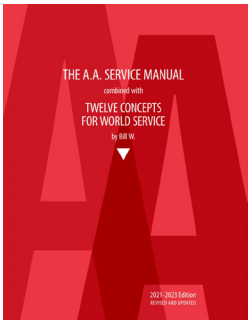
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SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDYING THE NEW SERVICE MANUAL.
THIS DISCUSSION AND STUDY WILL BE FACILIATATED BY AREA 72 TRUSTED SERVANTS.
JOIN US IN PERSON AT GSIG OFFICE OR ON ZOOM on the *1st Sunday of each month at 11am*

SEATTLE INTERGROUP
5507 6TH AVE S.,
SEATTLE 98108
ZOOM INFO:
MEETING ID 863 6483 7688
PASSCODE 022841









NEED VOLUNTEERS
CARRY AA MESSAGE TO CORRECTIONS

Correctional facilities are starting to reopen for AA meetings and we are short on volunteers. Help the incarcerated suffering alcoholic by committing to one meeting a month. This will help a lot!

Federal Detention Center (SeaTac) – Thursdays 5:30-7pm

-minimum 18 mos sobriety; 5 yrs out of custody; not on probation

Regional Justice Center (Kent) – Thursdays 7-8pm

-3yrs off alcoholic & marijuana; 7yrs off hard drugs; 3 yrs off probation

Basic clearance requirements shown above. Email Corrections for additional information and jail application or other ways you can help.

volunteercorrections@gmail.org or corrections@seattleaa.org

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

SPONSORSHIP WORKSHOP

WITH SEATTLE INTERGROUP-THIRD LEGACY COMMITTEE

WHAT DOES THE AA LITERATURE SAY ABOUT SPONSORSHIP?

WHAT DO I LOOK FOR IN A SPONSOR?

HOW CAN I BE A MORE EFFECTIVE SPONSOR?

WHAT IS THE EXPERIENCE OF SOME OF OUR LOCAL AA MEETINGS AND MEMBERS WITH SPONSORSHIP?

FIND OUT THE ANSERS TO THESE QUESTIONS AND MORE

MARCH 25TH
JUNE 24TH
SEPTEMBER 23RD
HYBRID EVENT
IN PERSON AT SEATTLE INTERGROUP
5507 6TH AVE S SEATTLE 98108
ON ZOOM
MEETING ID 883 3095 4767



OPEN MIC

June 24TH

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

TRADITION STUDY

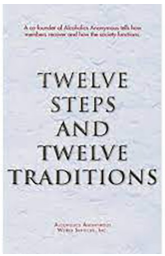
WITH THE
GSIG THIRD LEGACY COMMITTEE

STUDY THE TRADITION OF THE MONTH WITH THE THIRD LEGACY COMMITTEE.

WHEN: **FOURTH TUESDAY AT 7PM**
Starting January 24,2023

THIS MEETING IS HYBRID. COME DOWN TO THE OFFICE OR JOIN IN ON ZOOM.

IN PERSON AT SEATTLE INTERGROUP
5507 6TH AVE S., SEATTLE 98108
ON ZOOM
MEETING ID 858 5142 0330
PASSCODE 051501



Greater Seattle Intergroup
of 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

June 3rd Al B.

June 10th Carol L.

June 17th David D

June 24th Mike K.

July 1st Mike F.

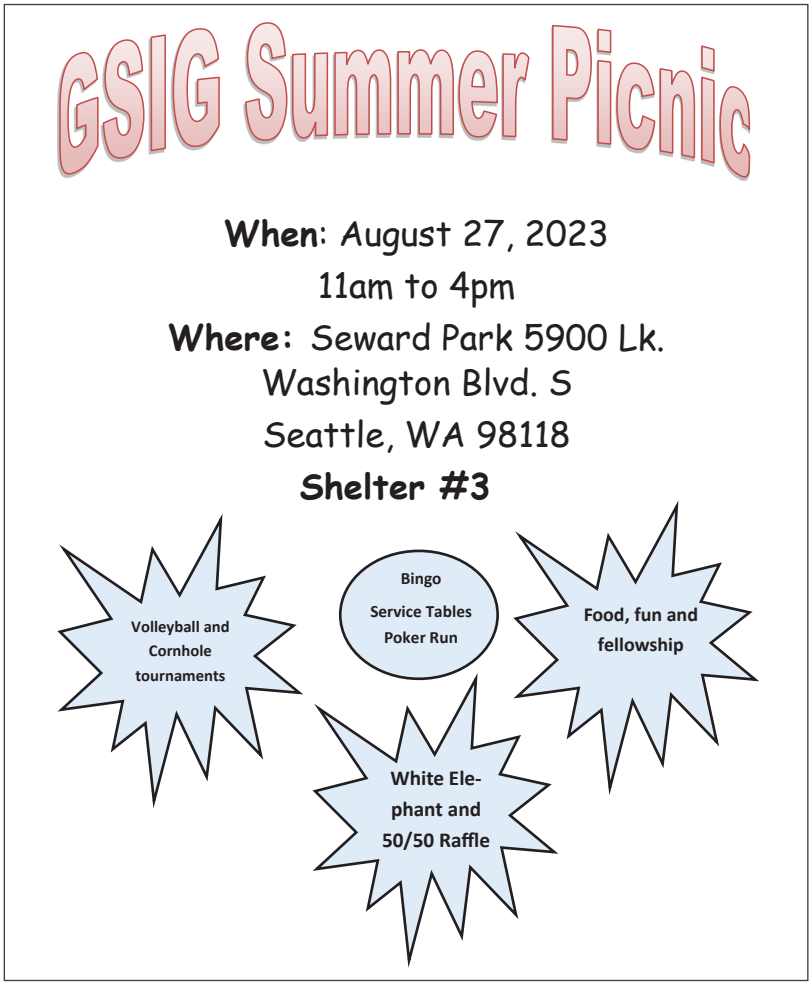
July 8th Rick J.

July 15th Astri T.

July 22nd Allison F.

July 29th Rocky 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!
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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/