High & Dry

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

Volume 76 Issue 1 January 2024



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

FUTURE TRIPPING

January GSIG Events

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

3 — Accessibility Committee

- January 3 @ 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

4 — 12th Step Committee

- January 4 @ 6:30 pm - 7:30 pm
- Zoom link: https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09
- Meeting ID: 835 0869 0642 Passcode: 749607

5 — Magnolia Speakers Meeting

- January 5 @ 7:00 pm - 8:30 pm
- Magnolia Lutheran Church 2414 31st Ave W, Seattle

6 — Hospital and Treatment Committee

- January 6 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSUT09
- Meeting ID: 820 0608 7832 Passcode: 088776

8 — Corrections Committee

- January 8 @ 6:30 pm - 8:00 pm — Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

12 — Magnolia Speakers Meeting

- January 12 @ 7:00 pm - 8:30 pm
- Magnolia Lutheran Church 2414 31st Ave W, Seattle

13 — Young People's Video Project Recording Event

- January 13 @ 12:00 pm - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- See: *www.seattleaa.org/event/young-peoples-video-project-recording-event/* for complete info.

14 — 2024 BLA Planning Committee

- January 14 @ 10:00 am - 11:30 am — Hybrid meeting
- Zoom link: https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHlHODR6QzV4UT09
- Meeting ID: 812 0274 5971 Passcode: 857017

16 — Web & Tech Committee

- January 16 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetings
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09

16 — GSIG Monthly Board Meeting

- January 16 @ 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

19 — 37th Annual Women's Spiritual Retreat

- January 19 @ 8:00 am - January 21 @ 5:00 pm
- Falls Creek Retreat 32 Falls Creek Rd, Raymond, WA
- *For more information call Geri F. 206-919-9594.*

11 — Corrections Committee

- December 11 @ 6:30 pm - 8:00 pm — Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

19 — Magnolia Speakers Meeting

- January 19 @ 7:00 pm - 8:30 pm
- Magnolia Lutheran Church 2414 31st Ave W, Seattle

20 — CPC/PI Committee

- January 20 @ 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

26 — Magnolia Speakers Meeting

- January 26 @ 7:00 pm - 8:30 pm
- Magnolia Lutheran Church 2414 31st Ave W, Seattle

REFLECTING ON OUR PAST
January In Our History

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

Jan 1929	Bill W. wrote third promise in Bible to quit drinking
Jan 1940	Akron group moves to new home at King School.
Jan 1944	Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".
Jan 1944	onset of Bill's 11 years of depression.
Jan 1946	Readers Digest does a story on AA.
Jan 1948	1st A.A. meeting in Japan
Jan 1951	AA Grapevine publishes memorial issue for Dr Bob.
Jan 1958	Bill writes article for Grapevine on "Emotional Sobriety".
Jan 1, 1943	Columbus Dispatch reports 1st Anniversary of Columbus, Ohio Central Group.
Jan 2, 1889	Sister Ignatia born, Ballyhane Ireland.
Jan 3, 1939	First sale of Works Publishing Co stock is recorded.
Jan 4, 1940	1st AA group formed in Detroit, Michigan.
Jan 5, 1939	Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere".
Jan 5, 2001	Chuck C. from Houston died sober in Texas at 38 years sober.
Jan 6, 2000	Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died.
Jan 8, 1938	New York AA splits from the Oxford Group.
Jan 10, 1940	1st AA meeting not in a home meets at King School, Akron, Ohio.
Jan 13, 1988	Dr Jack Norris Chairman/Trustee of AA for 27 years dies.
Jan 13, 2003	Dr Earle M sober for 49 years, author of "Physician Heal Thyself" died.
Jan 15, 1937	Fitz M brings AA meetings to Washington DC.
Jan 15, 1945	First AA meeting held in Springfield, Missouri.
Jan 19, 1943	1st discussion for starting AA group in Toronto.
Jan 19, 1944	Wilson's returned from 1st major A.A. tour started in Oct 24 1943.
Jan 19, 1999	Frank M., AA Archivist since 1983, died peacefully in his sleep.
Jan 21, 1954	Hank P who helped Bill start NY office dies in Pennington, New Jersey.
Jan 23, 1985	Bob B. died sober November 11, 2001.
Jan 24, 1918	Bill marries Lois Burnham in the Swedenborgen Church in Brookyn Heights.
Jan 24, 1945	1st black group St. Louis
Jan. 24, 1971	Bill W dies at Miami Beach, FL.
Jan 25, 1915	Dr. Bob marries Anne Ripley.
Jan 26, 1971	New York Times publishes Bill's obituary on page 1.
Jan 30, 1961	Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".
End of Jan 1939	400 copies of manuscript of Big Book circulated for comment, evaluation and sale.

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

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Ways You Can Help Seattle Intergroup

High and Dry Subscriptions

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

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

Join the 'How Dry I Am Club' or also known as the 'Birthday Club.'

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

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

Thanks to Our Awesome Daytime Office Volunteers

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

Southend Bookstore Volunteers

Manager: Jim H.
Troy O., Bill S., Rick L., Richard C., Patrick P., Darren F., John G., Keetah O.

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

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open Monday, 10 a.m. – 2 p.m., Tuesday – Friday, 10 a.m. to 6 p.m. and Saturday, 10 a.m. – 2 p.m.

We're located at 5507 6th Ave. S in Seattle

HIGH & DRY NEWS AND NOTES — January 2024

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, 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*!

Jules	Alki Tuesday Niters	4 years
Mike M.	Men's Open Book	25 years
Valerie S.		35 years
Steve R.	A New Purpose Group	33 years
Pat M.		41 years
John P.	Empire Way	5 years
Judie A.	Empire Way	53 years
Janice B.		34 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 One and Tradition One

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

unity
anarchy
powerlessness
unmanageable
defeat
bankrupycy
humiliation
liberty
paradox
bedrock
precarious
conform
spiritual
principles
sacrifice
preservation
taproot
dilemma
allergy
erratic
malady
merciless

Step 1: *"We admitted we were powerless over alcohol — that our lives had become unmanageable."*

12 12

The First Step

By Dimitri I.

BEFORE GETTING SOBER, alcohol had its grasp on me. In my case, it wasn't so much that I drank every day, but that my relationship to alcohol was something that consumed me.

My obsession towards it – at the time, a can't-live-with-it, can't-live-without-it relationship of sorts – was something that prevented me from being present, finding peace and being of service to others. The obsession and powerlessness were something that dominated much of my life and, ultimately, rendered it unmanageable.

The unmanageability was sophisticated, as well. Often times, my life was staying together on the surface, not quite collapsing, but showing signs of unravelling. The unmanageability, often times, was something within. It was a turmoil, restlessness, and unhappiness that was persistent, only occasionally pierced by moments of joy or hope, and almost never by lasting serenity.

Admitting this was the case – something that was an ongoing process, not a singular event – was the start of change. And was the foundation for lasting peace, serenity, connection, and happiness. Something only dreamt of during my days of use.

Today, I am grateful to live life free of the obsession over alcohol. And Step One, however painful at the time, was the crucial starting point towards freedom. △



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Tradition 1: *"Our common welfare should come first; personal recovery depends upon AA unity."*

12 12

Tradition One

From Kelli S-B

A HALLMARK of I'm so grateful that AA teaches me to find my right place in this world so that I don't go around destroying something as important to me as AA. Without AA, I would be locked up or dead. Yet, sometimes I feel so strongly about something, that I want to change AA.

A while ago, my homegroup had some disruptions from a group member. Although he was not drinking, he was angry, boisterous and disruptive. It caused quite a few discussions as to how to best handle this situation. Should we create "safety protocol?" Should we ask him not to return? Should we let it play out? I love the illustrated version of the 12 Traditions where the group members are sitting on the tree branch and the one, closest to the trunk, is sawing off the branch. The First Tradition states that one member cannot cut off the branch we are all sitting on. That means I need to have enough recovery to be helpful to the group. I need to be spiritually fit enough to set aside my own feelings, desires, and discomfort and see the big picture. It is hard to step back and get the bird's eye view of a situation when I feel like my homegroup, that is so near and dear to my heart, is being threatened. My first response isn't the grown-up, sober, loving view but rather fear. Fear of the anger being expressed, fear of my personal safety, fear that I might do the same since we have the same disease, fear that he will be harmed by other group members, fear, fear, fear.

It's ironic that in order for me to place our common welfare first, I need to focus on my own personal recovery. I can be most helpful to our group and maintain the integrity of our 12 Traditions when I am emotionally sober, having had a spiritual awakening as the result of these steps and practicing these principles in all my affairs. When I'm operating out of fear, resentment, self-pity or dishonesty, I tend to go against our 12 Traditions, especially Tradition One.

Our common welfare depends on my personal recovery and my personal recovery depends on our common welfare. △

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Following the Steps to Freedom

By West C.

MY NAME IS West C. and I am very grateful this Holiday season to be clean and sober. It took me a long time to get here and I now have nearly 1200 days of continuous sobriety.

The past few years felt lonely and depressing during the Holidays, having lost my parents and being estranged from other family members.

This year, I am experiencing a newfound freedom as a result of working a strong program and putting recovery first in my life.

I had a spiritual awakening after six months of sobriety, when I decided to turn my life over to a Power greater than myself. Since that time, I have worked the Steps with a sponsor, worked closely with other alcoholics and been very active in my homegroup.

I have built a network of support around me and no longer feel alone. I wake up every day with an attitude of gratitude and have many new clean and sober friends. I feel like I have returned to the

See ***Steps to Freedom*** continued next page »

Following Suggestions

By Peeps

IT'S BEEN NEARLY 10 YEARS since I met my sponsor. As I close in on five years of continuous sobriety, his "suggestions" now get my full attention, but that wasn't always the case.

Those doing "the math" can tell there's a gap in my sober life, which began Jan. 7, 2019. He helped me get more than a year-and-a-half in 2014-15, but I relapsed shortly after beginning Step Nine (pronounced Stopped Going to Meetings) and needed more than three years to return to the rooms of AA, humbled and teachable.

Early on, I trusted him, but needed to verify things using my alcohol and drug-addled brain. Sometimes quickly, sometimes slowly, right? My recovery has been a textbook example of slowbriety.

When we talked recently during our weekly meeting, he suggested that I set some goals for my recovery practices in 2024. Namely, continue to work on Step Two, copious amounts of prayer and meditation and intense work, daily, on Step 12.

He thinks beginning and ending my days focused on "practicing these principles" in all my affairs will help. He suggests I take a loose, as opposed to perfectionistic, pursuit of these goals. That I do the best I can and not overthink things when I think I've come up short.

See ***Suggestions*** continued next page »

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« ***Steps to Freedom*** continued from last page

authentic West I used to be before I put alcohol and drugs above everything else.

This Holiday season, my sister is back in my life after making amends to her two years ago. I also have a new and healthy romantic relationship this year with someone who is clean and sober and mutually supportive.

I was able to play drums on the worship team at my church for the first time for Christmas Eve services. I wouldn't have even dreamed of picking up a pair of sticks if I was still drinking and using drugs.

I even hung out with old family friends, who were drinking during the Holidays and not once was I remotely tempted to participate. My obsession to drink has been lifted, what a miracle!

All of this is possible only through my Higher Power and working my program. I am now learning to live life on life's terms and have hope for the future. Thank you, AA, for my sobriety, my newfound freedom and the ability to walk a more happy and peaceful path. △

« ***Suggestions*** continued from last page

One day at a time is the correct pace.

I have a job that puts me in close contact with people in early recovery several days a week. I've been surprised by how much I am learning about myself in my, at times flawed, efforts to be of service to them. It's becoming obvious to me that self-forgiveness is a practice that gets easier iand more rewarding when I listen suggestions. △



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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting – Fall Assembly
December 19, 2023
Submitted by Janet A. (Recording Secretary)

Elected Officer Reports

Recording Secretary (Janet A.)

If you would like your contact information added to the roster or if there are any corrections, you can put that information in the chat. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. The initial deadline to have your reports to me is ***by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org. I will accept Final Reports this month no later than Saturday, December 23rd. I will send Final Minutes to Lara on the 25th so she can submit to the high and dry.***

- **Approval of November minutes** (Moved by: Greg /Seconded: Laurel) — **Motion passed.**

Treasurer (Dan G.)

TREASURER'S REPORT MONTHLY (Data in Thousands K)

Month	Net In-come (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Sept-22	(4.6)	5.5	0.6	1.4	0.6	3	78
Oct-22	(0.3)	11	0.5	1.4	0.5	3	76
Nov-22	(2.5)	9	0.4	1.4	0.5	1.5	74
Dec-22	(2)	8.4	3.3	1.4	1.1	(0.6)	75
Jan-23	(.045)	14.9	1.4	1.4	0.7	3.3	77.5
Feb-23	(2)	9.3	0.3	1.4	0.5	2.9	75.4
Mar-23	7.1	10.7	11.6	1.6	0.5	1.4	82.5
Apr-23	5.7	17.2	0.7	1.7	0.4	1.4	84.0
May-23	0.8	7.9	1.8	1.7	0.6	4.5	85.5
Jun-23	(3.8)	8.4	3.3	1.7	0.6	2.0	81.2
Jul-23	2.8	11.3	0.4	1.6	0.5	2.1	87.3
Aug-23	(10.4)	9.9	0.2	1.7	0.6	1.5	76.1
Sept-23	(0.6)	8.9	1.2	1.4	0.4	1.2	79.4
Oct-23	(3.1)	9.0	0.9	1.0	1.0	1.8	80.6

Treasurer (Dan G) continued next page »

Treasurer Remarks

We finished the month of October with a loss of $3,814. Contributions were lower than expected. Our checking account has also fallen to a balance of $16,406, which is about one months' worth of expenses. Our situation has changed quite a bit since I presented our initial 2024 budget in September due to large losses over the past two months that are not sustainable.

Thank you for allowing me to be of service. Contact me by email at treasurer@seattleaa.org.

- **Approval of Treasurer's Report** (Moved by: Astri /Seconded: Morgan) — **Motion passed.**
- **The 2024 Budget was approved!** 27 in favor/ 2 opposed with no minority opinion.
- Because of the approved Budget, Seattle Intergroup will be open on Mondays from 10am to 2pm beginning January 8th.

Chair (Karla)

I was able to attend the CPC/PI committee meeting as well as the Web & Tech committee this month.

I attended the hybrid Sponsorship workshop at GSIG on December 9th via Zoom. It was great to hear and participate with panelists, Steve, and Nancy, as well as other attendees. I encourage you all to attend. It's never too late to learn more and share wisdom on sponsorship.

Game Day on December 10th was a lot of fun! I don't even like football, but it was fun to play some games, eat some food, and listen to the fans. Participating in sobriety events is such an important thing – if sobriety wasn't fun, I wouldn't do it.

I attended my first jail meeting at SCORE in Burien. It was easy to get approved and I am so glad I did. The women attending the meeting are just sick alcoholics like me. Please consider getting approved to carry the message behind the walls.

The office committee completed Lara's office manager employee evaluation. The committee was unanimous in their assessment that Lara is a great asset to Seattle Intergroup. She is organized, conscientious, forward-thinking, and good with alcoholic personalities. We are lucky to have her and hope she continues in her current position for many years. Lara completed Anita's evaluation and Anita is also an indispensable asset to our office.

Lastly, I will be attending the January Area Quarterly in Bellevue. I am looking forward to telling them all about our Fall Assembly.

Thanks for allowing me to be of service!

Chair Emeritus (Astri)

To GSIG Fall Assembly:

Halfway through this rotation and opportunities for service still abound, I hope you all take advantage of any opportunity that comes your way. I am grateful you all still invite me to participate with you.

I enjoyed speaking at Sisters in Recovery (southwest Seattle) on Nov 25th. On the 28th I joined the Seattle Group (on zoom) to participate in GSIG 3rd Legacy Traditions Study, what a great opportunity to learn and share about what is keeping our groups safe for the alcoholics who will come looking for us in the future. Dec 2nd,

I facilitated the Group Inventory for the 4th Dimension group, hopefully they are following up on some of the great ideas that emerged from them during that discussion. I can't forget the Dec 10th Game Day! People did show up, maybe not as many as I had hoped for, but there was lots of food, games, crafts and eventually that disappointing football game! But it was fun to be a part of fellowship with people dedicated to service to GSIG and Alcoholics Anonymous. Thank you all who came and contributed to a fun afternoon.

January looks to be another fun filled month beginning with the Area 72 Quarterly in Bellevue on the 4th and 5th and the Service Manual Study on the 7th.

GSIG Office Reports

Office Committee (Pete)

The office committee went over November financials. We approved new committee members for next year. Also went over Lara evaluation. We also discussed the 2024 budget. Matt T has been approved to be on the Office Committee. None opposed.

Office Manager (Lara Office Manager)

Financial: We are producing a new poster for 2024 Contributions which reflects the inflation since the 1960's. These will be available for circulation at your groups early 2024.

There will be a small committee banded together for the purpose of going over the annual financial reports and will come back with any suggestions for how we might be able to improve our financial picture. This is a routine annual internal affair.

Office Manager (Lara) continued next page »

Inventory: The new Our Stories Disclose III are available for purchase. These are a beautiful 2 Volume Set for $25.00. If you pre-ordered and paid for yours already and you are within the Seattle Intergroup Service area, we have your books at the office.

We are preparing for a physical inventory at the end of the year. This will be facilitated by a few awesome volunteers.

Through the end of the year, we will be offering the first edition replication of the Big Book of Alcoholics Anonymous (B-0) and Our Great Responsibility (B-70) for $5.00+tax.

Call Log info:

- 12th Step: 5Meeting info: 62
- Outside Referral: 7
- Intergroup Info: 44
- Wanted to Talk: 35
- Misc.: 35
- Call Total: 188
- Chatline Total: 215
- Total points of contact: 403

Procedure: We have 4 new groups that have signed up to answer phones: Serenity Hall, WOTS, Lucky Ladies and Sober Sisters of Seattle. There are still many slots available for groups to come into the office and answer phones during closed office hours. Please contact lara@seattleaa.org to get a list of availability.

Service Committee Reports

Accessibility: (Laurel)

This is my last month as chair of the Accessibility committee. I've had the pleasure of serving in this position for at least five years. I will continue serving as interpreter coordinator.

There's a new website that lists meetings that are interpreted as well as meetings that are ASL only. *https://sites.google.com/view/deafaa/home* It is a very simple website to use.

We need a chair as well as more members. Please spread the word to get people involved in this wonderful service. We meet the first Wednesday of each month. From 6:00 – 7:00 PM.

January 3 on ZOOM:
Meeting ID: 885 9521 8136
Passcode: 611317

Archives: (Teresa)

The Area 72 Archives Committee Quarterly is scheduled to meet at 10 AM February 3 at Intergroup. We need a volunteer to be able to set up and operate the "hybrid equipment" for the meeting, or at least train me to do it. The meeting usually lasts until around 2 p.m.

Filing and scanning continues.

Corrections: (Amy F)

The Corrections Committee has formed a sub-committee to work with Districts that do not have a Corrections Chair. We will be available to work with your District to understand more about the full spectrum of opportunities for service within the Corrections Committee.

There's something for everyone. We are looking for and urgently in need of a recording secretary. Requirements consist of:

- Typing
- Word
- Google Docs/Drive

You can email us at one of the addresses on our GSIG web page.

* I am stepping down as Corrections Chair.

Karen K will be our new Chair. She was on Zoom here earlier but had to leave. She has done a superb job as Recording Secretary. Please show your support and come help us to fill that position.

It's been a pleasure and honor serving as Chair. Thank you!

Hospitals & Treatment: (West)

- Our Hospital and Treatment Committee last met Saturday, December 2nd and I counted 17 people in attendance, including in person and on Zoom. month. Glen & Dianne F paneled with me this month.
- Our Thursday night Speakers meeting at UGM's Riverton Place has increased to bi-weekly with the possibility of going weekly in the future. I am currently working on getting several new guys involved. I also attended the UGM graduation last week and made new contacts with the downtown location as well as Capitol Hill. Mark at Capitol Hill wants me to come there in January to tour the facility.
- We continue our monthly panels with Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through February. We have our next Lakeside Milam Renton panel on Fri, December 29th @ 9 am. We are now bringing in a panel on the final Friday of every month.
- We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 17 volunteers cleared to panel and 3 more in the process right now. We are very close to reaching my goal of 20 volunteers and we increase to weekly starting in January.
- Please come support our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center and bring a friend. We are currently rotating Secretaries weekly and we are always looking for folks to chair that meeting as well. All are welcome.
- A big thank you goes to the guys at UGM's Riverton Place like Rob B for supporting the meeting and others from GSIG like Jeff U and Mikey C from Intergroup.
- We are encouraging everyone to support the VA Hospital meeting on Tuesdays at noon. The meeting happens in room 1W88 in the new ATC building right next to the parking garage.
- George A from Shoreline Veterans Center is asking for support for their Fri night 6 pm meeting so we are spreading the word. The address is 1301 N 200th St, Shoreline, WA 98133
- The best way to get involved in any of these projects is to attend our H & T Committee hybrid meeting every first Saturday of the month.
- The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom. Please contact West C if you are interested in getting involved at 425-736- 4130 or hospitalandtreatment@seattleaa.org. Hope to see you there!

At Your Service with Gratitude,

West C
Chair, Greater Seattle Intergroup Hospital & Treatment Committee
425-736-4130
hospitalandtreatment@seattleaa.org

Nightwatch (Rob S)

Thank you to all the Nightwatch volunteers who answer phones between 10p and 10a every day, when the GSIG office is closed.

We are in need of filling the following shifts:

- 3rd Friday of the month 2am - 6am
- 3rd Saturday of the month 2am -6am
- 4th Wednesday of the month 2am – 6am

If you have at least 6 months of sobriety, and are interested in volunteering, please contact Rob at: *nightwatch@seattleaa.org*

PI/CPC: (Carina W) – Not Present

Third Legacy (Dan R) – Not Present

Twelve Step (John DD)

We facilitate 12 Step calls when the office calls when the office is closed. If you are not on the 12 Step list,

Let's do that tonight. We meet on each 6th Thursday at 7:00 PM, and we would love you to join us on Zoom.

Web & Tech (Mike C)

It's a new year which means new adventures. I am reaching out to our AA community for help updating our hybrid equipment. If you have a suggestion, please inform the web/tech committee.

Just a reminder that we meet 90 minutes before our board meeting every 3rd Tuesday. If special accommodation is needed, please inform the host. Meeting details are here https://www.seattleaa.org/series/web-and-tech-committee-meeting/

In Service,

Mikey C
wtchair@seattleaa.org

Special Events (Steve R)

We need to figure out where we need to have our GSIG picnic next year. There were several people

That came to me regarding Seward Park. We can possibly go back to Woodland Park. We are looking at the date of August 18th of 2024. Please send me you input at *specialevents@seattleaa.org* as soon as possible.

District Reports

District 14 (Stacia) – Not Present

District 15 (Greg E)

D15 Report - November 2023

Past Delegate Bob (Empire Way) joined us to present on Concepts 10 & 11

Treasurer's Report

- District 15 needs contributions!
- Current balance is above our prudent reserve but below the amount we traditionally set aside for our trusted servants fund.

Corrections Report (Morgan)

- D15 is hosting the next Corrections Quarterly at GSIG, Dec. 16, 10-2. Corrections speakers and lunch start at 1 pm.
- Home groups in D15 will support with side dishes / desserts.

DCM Report

- Seattle Gratitude Banquet report: very successful event, open to all. 7th Trad raised funds that will reimburse the host Districts.
- We will take a District inventory at our next regular D15 biz meeting in Dec (12/12, 7 pm), facilitated by Bob. We'll have food and fellowship starting at 6:30
- GSR sharing, topic: reflect on first year of GSR service: highlights? challenges?
- Open service positions: Accessibility, Archives, PI/CPC, Grapevine/Lit, Young People

District 16 (Kathleen B)

We are having our voting tomorrow. We have treats tomorrow, Wednesday, December 21st. We do have some positions open. We are looking to increase our participation within the district.

District 24 (Greg S)

Last month in attendance 30 people live, 6 people on zoom. DCM stepped down in October. We had a going away for her. Lisa, ALT DCM has stepped in as DCM. We have 2 open positions.

District 31 (Thomas)

No Business for December
Held Christmas Party: Nice turn out and Great Year!!!
4 Positions still open

District 32 (Samantha M)

We had a Potluck for our December meeting on 12/18/2023 full of fellowship and food.

Reports were sent to our secretary Ruth so we could enjoy some end of the year festivities.

DCM Heather: Communicated the following

- PRAASA registration is open.
- Heather and Desi our Alt DCM will be attending the Area Quarterly January 5th and 6th in Bellevue
- Pre-Conferences are scheduled for the Seattle Districts. Our pre-conference date is March 16th. Heather and Desi will be attending.
- Our District meetings will start meeting on the first Monday of the month starting in February. Same time, 7:00 pm - 8:30 pm, and same place, Brooklake Church in Federal Way.

PI Nicole:

- Attended the Area 72 PI/CPC Quarterly via zoom
- Attended the Area 72 PI/CPC Monthly Meeting
- New Project Idea: provide police and fire department with cards, meeting guide, and/or mini literature packet.

Treatment Robert:

- No in person opportunities yet
- Need 3 people a month for panels

Corrections Dan:

- Currently seeking Men who have experience with jails and are able to coordinate for the Seattle jail
- New website was put together at launched at the end of November
- No bridge requests this month

Grapevine Troy:

- 20% off for shipping all products NOT subscriptions. Ends December 31st
- 0% off all Big Books and 12x12 at the bookstore

District 32 (Samantha M) continued next page »

CPC Lydia & Gary:

- Tne referral from the Hospital. No call back from a 23-year-old male.

Accessibilities:

- Attended the Intergroup monthly meeting
- Still learning position

Thank you,
District 32 Representative - Samantha M

District 33 (Abby)

Happy holidays from district 33! At our last business meeting we discussed the 2024 proposed district budget and opted to vote on it next month as some changes were suggested, including increasing the Public Information budget and a fund for a district banner to display at events such as Maple Valley and Covington Days.

- Our Alt DCM Cheri may attend PRAASA next year in San Francisco. Cheri passed out a Flyer with information for a monthly Concept study by Area Delegate Crystal: first Wednesday of every month at 5:30 on Zoom meeting ID: 944 512 3341, Passcode: service.
- There were no comments on GSIG 2024 proposed budget aside from "The budget proposal seems just fine to us. Our group contributions, when we can make them, come with our complete confidence that the GSIG board and you as our District 33 representative know best how the contributions should be spent."
- Discussion was held on the topic "is an AA group a group because it says so?" And literature Rep Jim H emphasized parts in the pamphlet "The AA Group," and "the Twelve Concepts for World Service, Concept Twelve, Warranty Six: "[T]hat any group of alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other purpose or affiliation."

Thank you to Paul R and Covington Study Group, and Greg M from Timberlane for your feedback!

District 41 (Laurel)

We had a successful gratitude dinner in November. We hosted this with districts 15, 40 and 16.

We will review and propose our 2024 budget for at our next business meeting which meets the second Wednesday of each month.

Next business meeting 7 pm on January 10.

Meeting ID: 720 608 8868 Passcode: NUqze7

A New Beginning (John H)

Nothing new to report

Christmas and New Year's Alkathons are still taking place during these times.

Discussion Topic: Lara

Is an AA meeting or Group an AA meeting or Group just it says it is?

- Should there be some criteria set by Seattle Intergroup to be in our AA meeting schedule?
  - No other affiliation?
- Other Intergroup offices have a list of criteria that a group must adhere to be placed in their meeting schedule.
- There was discussion both in favor and opposed to requirements for groups to be in the schedule. Members are asked to bring this discussion to their groups and bring feedback to GSIG in January. "What do you want your GSIG to do?"

Upcoming Events

See: *www.SeattleAA.org/events/*

- Seattle Group Saturdays at 6:00PM
- Tradition Study 4th Tuesday of the month at 7:00pm – December 26th
- Service Manual Study 1st Sunday of the month at 11:00am – January 7th
- Young People's Video Project Recording Event – 12:00pm - 3:00pm – January 13th – Seeking volunteers to create video content to be shared in high school and college settings.
- BLA Planning Committee – 10:00am-11:30am – January 14th

*** Burien little Assembly is getting closer to Burien. Saturday 10 AM to 6 PM, March 9th, 2024. Mark your calendar it is being held at Grace Lutheran Church 22975 24th Ave S, Des Moines**

*** GSIG Reports deadline: by 3rd Tuesday of the month email to *secretary@seattleaa.org***

Newsletter articles deadline: 25th of each month email to *highanddry@seattleaa.org



Greater Seattle Intergroup
of Alcoholics Anonymous

THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM
at Greater Seattle Intergroup Office
6th Ave S. – Seattle, WA 98108

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

SCHEDULED SPEAKERS

January 6th Eric D.
January 13th Melissa A.
January 20th Jerry F.
January 27th Terez M.
February 3rd Clayton S.
February 10th Claudia B.
February 17th Nancy N.
February 24th Derek S.





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

51st Burien Little Assembly

Responsibility in Service: When and How to Give

When: Saturday March 9, 2024
10am to 5pm

Where: Grace Lutheran Church
22975 24th Ave S. Des Moines, WA 98198

What: Potluck Brunch, service tables, Workshops, speakers and fellowship

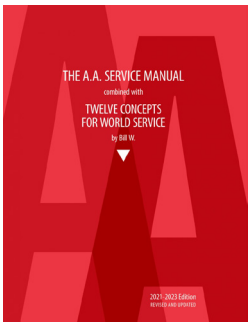
FREE REGISTRATION CONTRIBUTIONS ACCEPTED

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



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

51st Burien Little Assembly
March 9, 2024

"Responsibility in Service: When and How to Give"

Planning Committee Meetings

WHEN: The second Sunday of each month, usually	**Sep 10, 2023 10:00 AM** **Oct 15, 2023 10:00 AM** [note: 3rd Sunday, not 2nd] **Nov 12, 2023 10:00 AM** **Dec 10, 2023 10:00 AM** **Jan 14, 2024 10:00 AM** **Feb 11, 2024 10:00 AM**
WHERE: online	https://us02web.zoom.us/j/81016298713?pwd=YW5yZ0I2WlNzUGhabnRlWnVFS0dMZz09 Meeting ID: 810 1629 8713 Passcode: 817009

www.burienlittleassembly.org

Burien Little Assembly is sponsored by Area 72 AA Districts 14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup, and in 2024, with participation of Al-Anon Family Groups District 17.

OPEN MIC

January 13TH

SATURDAY - 7:30PM

FUN FUN FUN

YOU CAN DO:

Singing (Accepting Karaoke)

Music 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

CALIFORNIA NORTHERN COASTAL AREA 06

INFORMATIONAL SESSION

PLAIN LANGUAGE BIG BOOK

SUNDAY JANUARY 14, 2024

1:00 PM PST



VIRTUAL SESSION: CLICK HERE

Meeting ID: 842 6106 1894

Passcode: 1935

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 30, 2024

June 29, 2024

September 28, 2024

December 14, 2024

HYBRID EVENT @ 10am

IN PERSON AT SEATTLE INTERGROUP

5507 6TH AVE S SEATTLE 98108

ON ZOOM

MEETING ID 860 1243 6844

PASSCODE 660951



District 24 Annual GRATITUDE POTLUCK DINNER

Saturday, February 24, 2024

AA Speaker: Greg S.
Al-Anon Speaker: TBD

Raffle Baskets and 50/50 Raffle

$5 Suggested Donation at the Door
(gets you a raffle/basket ticket)

St. Pius X Gymnasium
22301 58th Ave. W.
Mountlake Terrace, WA 98043

Directions: From I-5, either direction—take the 220th St SW exit, turn east onto 220th St., take the first right onto 58th Ave. Your destination is just past 222nd Place on the left-hand side of the road.



- **Doors Open at 5:00 p.m.**
- **Dinner at 6:00 p.m.**
- **Speakers at 7:00 p.m.**

HOME GROUPS: PLEASE BRING **RAFFLE ITEM** AND **HAM** OR **TURKEY**

INDIVIDUALS: PLEASE BRING A **SIDE DISH** OR **DESSERT**

VOLUNTEERS: Contact Claire W. at dist.24events@yahoo.com



37th Annual Women's Spiritual Retreat

January 19th, 20th & 21st

Solutions Through Our Spiritual Experience

Join us for a weekend of sharing, spirituality, and fun.
Friday night dinner is at 7 p.m., followed by a welcome meeting at Meadow Lodge.
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.
The 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 please contact: Geri F. 206-919-9594
For more info about the retreat facilities, view the website:
www.fallscreekretreat.com / Phone 1-888-934-9555

Your donated raffle items are appreciated!
The raffle raises seed money and scholarships for next year. **(Maximum 1 item per person)**

Registration can be completed in one of two ways and must be received before Jan. 1st, 2024.
Retreat registration - $160.00 – This includes rooms and all meals.

Option 1 - Electronic:	**Option 2 - Mail in:**
Take a picture of filled out registration/Liability and email: aa.retreat87@gmail.com **- AND -** Venmo you payment to: Geri Flynn @Geri-Flynn-2	Mail Registration below with payment to: Women's Spiritual Retreat/Geri Flynn 10420-65th Ave So. Seattle, WA 98178

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. $ _____

Emergency Contact Information: Name _____ Phone Number _____

Rules and Release of Liability

I understand there will be NO Smoking inside any building, alcohol anywhere on the grounds, illegal drugs, pets, firearms, fireworks or hair dyes allowed.

User agrees to hold harmless, indemnify and defend Falls Creek from and any all liability for injury or damage including, but not limited to, bodily injury, personal injury, emotional injury, or property damage which may result from any person using the premises.

Signature _____ Date _____

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/