High & Dry

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

Volume 76 Issue 2 February 2024



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FUTURE TRIPPING

February GSIG Events

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

1 — 12th Step Committee

- February 1 @ 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

- February 3 @ 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

3 — Archives Quarterly

- February 3 @ 10:00 am - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle

4 — Service Manual Study

- February 4 @ 11:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09
- Meeting ID 863 6483 7688
  Passcode 022841

7 — Accessibility Committee

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

10 — Love to Hate Valentines Day Dance Party

- February 10 @ 8:00 pm - 12:00 am
- South King Alano Club
  1317 Harvey Road, Auburn

11 — 2024 BLA Planning Committee

- February 11 @ 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

12 — Corrections Committee

- February 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=ZzJJRkhYU0F1UTF1S241YklzWlB4UT09
- Meeting ID: 872 2771 9137
  Passcode: 833575

17 — CPC/PI Committee

- February 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

20 — Web & Tech Committee

- February 20 @ 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

20 — GSIG Monthly Board Meeting

- February 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

24 — District 24 Gratitude Potluck Dinner

- February 24 @ 5:00 pm - 8:00 pm
- St. Pius X Gymnasium
  22301 58th Ave W, Mountlake Terrace
- *AA Speaker: Greg S. Al anon Speaker: TBD Raffle Baskets and a 50/50 Raffle*
- *Home Groups Bring a Raffle Item and Ham or Turkey Individuals: Bring a Side Dish or Dessert*
- *Doors Open at 5:00pm Dinner at 6:00pm Speakers at 7:00pm.*

24 — Open Mic

- February 24 @ 7:30 pm - 10:30 pm
- GSIG Office 5507 6th Ave S., Seattle

27 — Tradition Study with the Third Legacy

- February 27 @ 7:00 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle

REFLECTING ON OUR PAST

February In Our History

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

Feb 1908	Bill made boomerang.
Feb 1916	Hazing incident Norwich University, Bill & sophomore class suspended
Feb 1938	Rockefeller gives $5,000 to AA. Saves AA from professionalization.
Feb 1939	Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.
Feb 1939	Dr Howard of Montclair, NJ suggests swapping "you musts" for "we ought" in the Big Book.
Feb 1940	1st AA clubhouse opens at 334-1/2 West 24th Street, NYC.
Feb 1951	Fortune magazine article about AA. New York reprints in pamphlet form for many years.
Feb 1963	Harpers carries article critical of AA.
Feb 1981	1st issue of "Markings" AA Archives Newsletter is published.
Feb 1 or 2, 1942	Ruth Hock, AA's 1st paid secretary, resigns to get married.
Feb 8, 1940	Rockefeller dinner.
Feb 8, 1940	Houston Press ran first of 6 anonymous articles on AA by Larry J.
Feb 9, 2002	Sue Smith Windows, Dr Bob's daughter died.
Feb 11, 1937	First New Jersey meeting was held at the home of Hank P ("The Unbeliever" in the 1st edition). Some sources report this as happening Feb 13, 1937
Feb 11, 1938	Clarence S. ("Home Brewmeister" 1st-3rd edition) sobriety date.
Feb 14, 1971	AA groups worldwide hold memorial service for Bill W.
Feb 14, 2000	William Y., "California Bill" dies in Winston Salem, NC.
Feb 15, 1918	Sue Smith Windows, Dr. Bob's adopted daughter, was born.
Feb 15, 1941	Baltimore Sunday Sun reported that the city's first AA group, begun in June 1940, had grown from 3 to 40 members.
Feb 17,	Jim B contacted Charlie B, whom he had met once, some two years before, at a New York AA meeting.
Feb 18, 1943	During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.
Feb 19, 1967	Father "John Doe" (Ralph P), 1st Catholic Priest in AA dies.
Feb 20, 1941	The Toledo Blade published first of three articles on AA by Seymour Rothman.
Feb 23, 1959	AA granted "Recording for the Blind" permission to tape the Big Book.
Feb 28, 1940	First organization meeting of Philadelphia AA was held at McCready Huston's room at 2209 Delancy Street.

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

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THERE IS A SOLUTION

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

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

Sheila M		33 years
Amy F	Freedom from Within	10 years
Vito M	Empire Way	42 years
David J		10 years
Anonymous		41 years
Gloria S		44 years
Craig B 1	2/12/81	42 years
Gail T		26 years
Leslie I	MTWN	38 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.

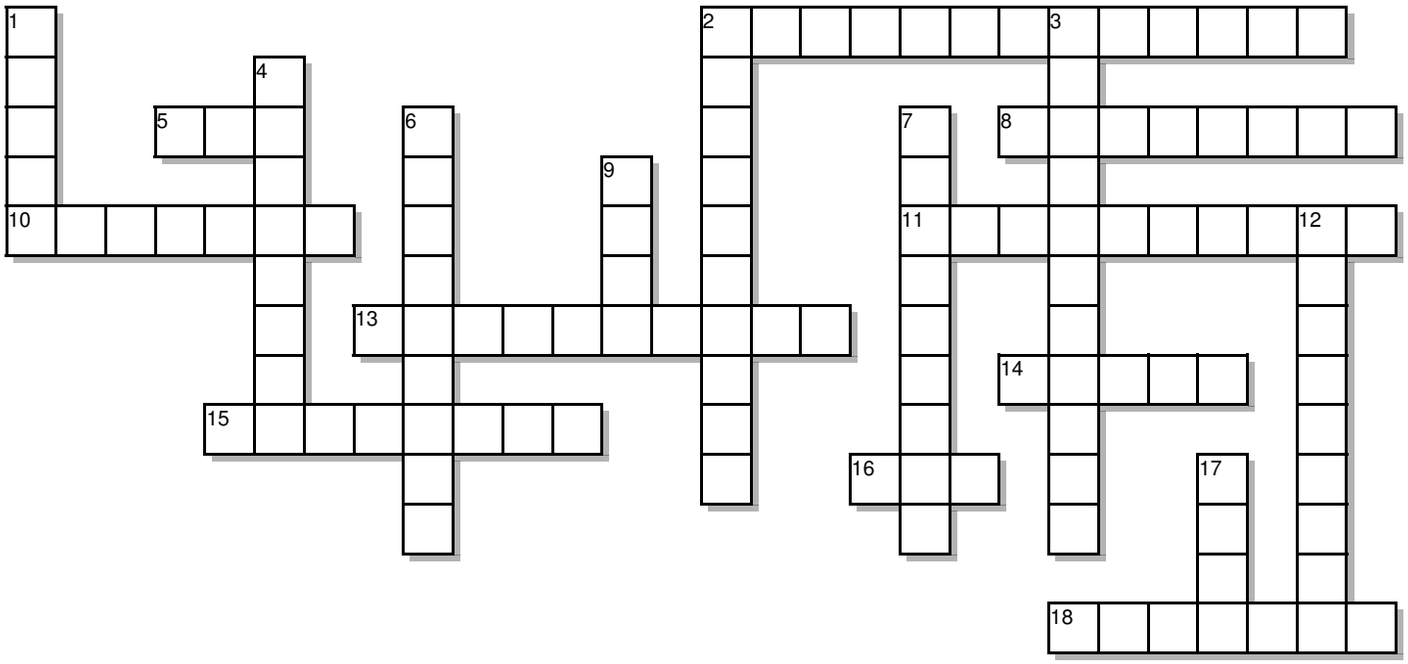
Link to Seattle Intergroup Online Contributions

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

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AA Fact File

answer derived from publication M-24 AA Fact File



ACROSS

2 How does AA view its relationship with professionals and other organizations dealing with alcoholism
5 How many years do delegates to the GSC serve?
8 How many members belong to the Loners Group?
10 Where is AA World Services, Inc. located?
11 alcoholism can be arrested through total_____.
13 How mny members consider themselves to be AA Internationalists?
14 How many countries have General Service Offices?
15 What kind of society can AA be defined as?
16 How many General Service Conferences are there each year?
18 What state did Bill W die in?

DOWN

1 How many non alcoholics are on the General Service Board?
2 What is the role of the GSB concerning the traditions of AA?
3 What percentage of AA's are women?
4 How many alcoholics are on the General Service Board?
6 What was the last name of the Dr. that worked at Towns Hospital?
7 What is one of the operating bodies at the General Service Office?
9 Who was Bill W's sponsor?
12 Where was AA's first International Convention?
17 How many years are the alcoholic trustees limited to serving on the GSB?

Step 2: *"Came to believe that a Power greater than ourselves could restore us to sanity."*

12 12

The Second Step

By Peeps

STEP TWO has become a focal point for my recovery in the past year because I was having trouble with Step Three.

I was unhappy that my (conscious and subconscious) expectations were unmet. My sponsor suggested a return to Step Two.

It did not take long to see I had been taking my Step Two compliance for granted. I wasn't completely convinced that I had been (and remain) insane. After all, when I restarted my spiritual quest recently I had been sober for four years (my anniversary date in Jan. 7, 2019).

But after talking with other members, and being as objective as I am able to be about my past and current behaviors, I realized I was engaging in wishful thinking. I did (and still do) things that are objectively insane, especially when I rely on my own thinking.

My sponsor Dave and new-ish friend Diane have been instrumental in helping me change my thinking and actions around using of our program's spiritual tools. I'm asking God's help more quickly.

I'd already decided that my spiritual practices, especially with Steps Two and Three, needed a boost when I noticed that I really wasn't turning my will and my life over to my Higher Power completely, as I was often upset with the flow of my daily life.

I said and thought I was turning it all over, but I still was trying to exert control. I wanted specific outcomes (pronounced "my will").

I met Diane for the first time on a Friday night at a restaurant near the Magnolia Speakers Meeting in early 2023. She entered Pizza IL Villaggio Magnolia with her husband and another couple. Diane was very friendly and exuded serene confidence.

I was the only person seated at a large table reserved for MSM members for pre-meeting meals. She asked if this was the AA table and if they could join me.

"Please have a seat. Welcome to the Magnolia meeting," I said.

"My name is John Peoples."

She then introduced the people she was with and herself.

When she said she had 46 years, I thought I should ask her about Step Two — less than five minutes after meeting her.

Immediately, I ruled out that idea, defaulting to my fear that she would think I'm stupid. But I surprised myself and asked: "How do you make Step Two part of your daily life?"

She said the keys to applying Step Two in all our affairs are willingness, open-mindedness and faith.

"You will begin to notice what I call Step Two experiences," she said. "Experiences that will convince you that a Higher Power is at work in your life."

I'm an alcoholic. I went to Catholic school. I'm skeptical. I was thinking, "Prove it, sister!"

"How will I know I'm having a Step Two Experience," I asked, anticipating blast of platitudes or some form of double-talk.

"It's usually through contact with people," she said, while studying the menu. "You'll know it. Unexpected things happen. Your Higher Power's influence will be clear.

"An answer will appear or you'll cross paths with THE exact person you needed to talk to."

That took my breath away. I can't remember exactly what happened next, but I think I had use a hand to close my mouth. I was thinking about how this total stranger was answering questions I was afraid to ask, but needed to help me solve my spiritual puzzle.

I was thinking, "How is this possible?" I know now that question is moot.

I've been in contact with Diane ever since. I tell her, and everyone I talk to about the power of AA's spiritual tools, that she is my spiritual mentor. A couple of my friends regularly contact her like I do.

I recognize I need help to be restored to sanity on a daily basis, help I get from my Higher Power and members like Diane.

I just have to ask and have faith. △

Tradition 2: *"For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

12 12

Tradition Two

By Peeps

I ATTENDED my first Area 72 Assembly this past October in Longview. I thought it would be a bigger, more boring and contentious version of my home group's business meetings.

I was wrong. It was a thrilling and inspiring experience. Everywhere I looked I saw the principles of our program being used in real time.

AA's structure, as detailed in Tradition Two, represented as an upside down triangle, came to life for me. "Our leaders are but trusted servants, they do not govern." I get that now. We are a democracy, imperfect at times, but AA's power comes from the members and groups.

All members are equals. There are no points for experience and longevity.

One of my favorite moments of the weekend was a panel discussion about how best to attract young people to the rooms of AA, a concern expressed several times during the assembly. The experience, strength, hope and strongly-held opinions of the diverse collection of AA members participating in and observing the panel, flowed like coffee during the morning rush at a Seattle area cafe.

Ironically, much of the discussion centered on how longtime members can best contribute to the effort to attract newcomers. We are a passionate lot. People care deeply about our common future,

I wish I had a nickel for every time the terms Elder Statesman and Bleeding Deacon were used. It was a respectful discussion, that showed me our belief in a "loving God" will guide our process and ultimately deliver a solution to keep our fellowship united and growing.

My initial thought is we should not let "old people" come up with a plan to increase the participation young folks. But that's me oversimplifying things, a character defect of mine. Work with my sponsor on the Steps has proven to me that my first thoughts on anything are usually WRONGO-BOY-O!

The panel showed me that there is a lot of "gray" in the world of the 12 Steps, contrary to my self-centered view of things that tends to paint everything as black or white.

My concept of who Elder Statesmen and Bleeding Deacons are, and how they operate, did not survive, thanks to a member much younger than me who pointed out that in her home group the elders are not monolithic, they can be Deacons on some issues, but act as Statemen on others.

Dang it! Another layer of complexity that requires me to pray for guidance and turn things over to a Power greater than me. △

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Keeping it Simple

By Kelli S-B

MORE AND MORE I come to realize the simplicity of the program. The Steps are here to remove what is blocking me from my Higher Power. My Higher Power is here to solve all my problems, including the compulsion to drink. Maybe other members of Alcoholics Anonymous figure this out right away, but it took me a while. My daily sober work is to recognize and stay out of self-centeredness, so God can work in my life.

At the end of Step Three the Big Book says, "Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Liquor was but a symptom. So we had to get down to the causes and conditions." Again, at the end of Step Four it reads, "We hope you are convinced now that God can remove whatever self-will has blocked you off from Him." This is easier said than done, and much easier to do during times of peace and ease. During times of stress or fear, I forget to tap into my Power and am definitely blocked by my defects.

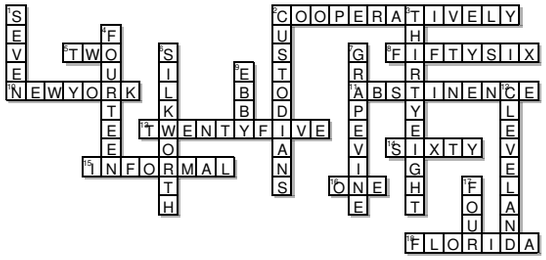
My teenage daughter recently had major surgery. I did lots of spiritual work leading up to surgery date, to stay out of fear and in the present moment, in order to be most helpful to her and sane around my family. Again, during surgery, I practiced all my tools and stayed in the present moment trying to avoid fear of the future and in contact with God. During her time post op, in the hospital, I was busy caring for her and communicating with the hospital staff and grateful all went well. Still feeling sane and connected to God.

Then we came home. Somehow all my tools went out of the window. Her recovery was very difficult. I spent two weeks tense, distracted, right about everything, telling everyone else what to do and what not to do, ignoring household responsibilities and allowing my stress to suck joy out of our house. I caused stress with the rest of my family and couldn't understand why they weren't "getting on board" or "understanding the situation." Around week 3 post op, my daughter's day-to-day life became more stable and routine and I could lift my head and assess of the damage and take inventory to discover why that was so difficult. In discussing all this with my sponsor, I asked, "Was focusing on my daughter during these two weeks the wrong thing to do?" and my sponsor answered, "Focusing on your daughter during the two weeks post op is absolutely the right thing to do and highly appropriate. Where you were off was to do it out of fear and control." Until that moment, I didn't realize that was my mode of operation, but clearly that's the truth. My fear and desire to control blocked me from my Higher Power and made a difficult situation worse.

I find that there is no situation my disease cannot make worse and no situation my recovery practices cannot make better. My job is to see where my defects are blocking me from God daily and in every situation. Recognizing them and knowing what they feel like, sound like, look like in my life is a constant learning process. Hopefully my daughter will not have major surgery again, but my future will likely contain scary, stressful situations with loved ones. My hope and prayer is that I see my defects quicker and bring God in sooner. One day at a time.. △

AA Fact File

answer derived from publication M-24 AA Fact File



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I Don't Like Change, But I Love the Results

By Jules

MY NAME IS Jules and I am an alcoholic who hates change. This has been my problem from the very beginning. I found myself in this constant insane cycle of addiction, pleading to get out but wanting to change nothing about my behaviors or patterns. I fought hard to keep everything the same because change frightens me. I put off quitting drinking for years because I was scared of being bored. I use to think that because I have no "blood family" around, that I would have no one to hang out with if I quit drinking. The lives of everyone I knew centered around one bar, that I called my watering hole.

At the time I equated happiness and stability of friends around this watering hole. What in the world would I do without it? I truly tried to think of things to do besides frequenting this establishment and came up with nothing.

When I finally hit rock bottom and ended up in treatment, I was "encouraged" to join AA. It was in AA that I learned I had to change everything about myself and find all new people to hang out with. I practically ran for the door at this notion. But something (AKA my Higher Power) stopped my feet from moving and started my brain to ask questions like: How would that even be possible? What would that look like? How would I survive? What would I do every day?

As I made my way through the 12 Steps, I fought change every inch of the way. I did it, but I hated it. My life slowly started to get better. I liked some of the change that was happening. I thought I could get used to not having a hangover every day. Then I found myself laughing again, feeling cared about and wanting to thrive. I didn't realize this was me changing until my sponsor pointed it out. This led me to seeking out change. Don't get me wrong, I am still scared to death with every change that occurs. But something happened along the way. I began to have faith that the change was for the better. That I would think and feel more clearly. That I would actually like the person I would become. That I would be happy, and people would want to hang out with me. The real me!

So, I say to you now that I still hate change, but I am thirsty for it because my life continues to change for the better.

Thank you, God!defects quicker and bring God in sooner. One day at a time. △

'24 Goal: Improve Conscious Contact with God

By West C.

MY NAME IS West C. and I am an alcoholic. I am sitting here grateful for 1216 days of continuous sobriety. I no longer have to ride the roller coaster or climb out of the Abyss.

I have a newfound freedom today, thanks to the program of Alcoholics Anonymous. However, there is always room for improvement.

Recently, I spent time at my cabin working on a new vision for 2024. I can relate to why many people don't set New Year's resolutions because its difficult to stick with them.

I realize even the slightest change can have a positive impact on my life and make the whole exercise worthwhile, so I keep trying.

The biggest goal that emerged for this year is to continue to live and grow in my program while improving my conscious contact with God. I will focus on listening, taking the focus off me while allowing God to take the lead.

I continue to strive for a healthy balance in all things so I can be a well-rounded individual, capable of helping others. I can't show up for others, in an effective and meaningful way, if my own house isn't in order.

I must trust in God and let go of controlling people, places and things. My control ends at my fingertips, so I actually control very little. I can learn to love and accept myself just the way I am so I can learn to accept and love others just the way they are.

Thank you, God, for laying down the tracks and showing me the way. I promise to keep shoveling the coal and following your lead one day at a time.

At Your Service with Gratitude,

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

Responsibility Statement:
I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible. △

The Twelve Concepts for World Service

This month we will feature two short articles about AA's Twelve Concepts for World Service.

For most members, the chief concerns of daily AA life are staying sober and sharing the message of recovery with the still suffering alcoholic. Our Steps and Traditions are the perfect tools to accomplish that.

The Concepts might seem a million miles away from the territory inhabited my most members and groups, on a One Day At A Time basis, but they essential to our program's existence.

Until the Concepts were created, all of AA's operations and procedures were determined by Bill W. and Dr. Bob. In the early 1950's, AA's rapid growth and the obvious mortality of the founders (Bill W. and Dr. Bob), it was time to commit to writing how our society should proceed.

In this issue we present the first two Concepts with text from AA literature to provide details. Next month, a look at Concept Three.

Concept One: ***Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.***

The foundation of Concept One is Tradition Two.

> *"For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

Ours is a spiritual program, that depends upon a reliance on a Higher Power to guide our decision making as a group. Concept One formally turned over the keys to AA to the members. It created the upside-down triangle of authority that's become AA's way.

From "The Twelve Concepts for World Service pamphlet:"

> *"The principles of Tradition Two are crystal-clear, Bill asserts: 'The AA groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.' The outside world cannot imagine an organization run this way, but Bill calls it 'a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and God to insure that our democracy of world service will work ..."*

Concept Two: ***When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience of our whole Society.***

From "The Twelve Concepts for World Service pamphlet:"

> *Bill and Dr. Bob, entrusted by the early groups to get the program going and to spread the message, found nonalcoholic friends to help them. They formed a trusteeship and delegated to it the responsibility for finances, the Big Book and other literature, public information, the service office and the A.A. Grapevine. However, as the trustees constantly looked to the co-founders for advice and guidance and the groups also continued to hold them accountable, it was evident that the leadership should be transferred to the A.A. groups as a whole. ... Thus, this General Service Conference of A.A. is "the actual voice and the effective conscience of our whole Society in its world affairs."* △

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

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting
January 16, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer

Elected Officer Reports

Chair (Karla L.)

January 2024 Board Chair Report – Submitted by Karla L.

I attended the Area Quarterly in Bellevue on January 6th. I gave a report on what we are up to here. I made another pitch for Seattle area groups to support our committees, especially our Accessibility Committee.

The Area's 2024 budget was approved without much discussion.

Discussion Topics:

1. Creation of literature regarding safety and working with minors: There were some pros and cons. Some passionately said yes to protect both the minor and the adult who may be helping them. Others felt that we already have safety literature and maybe we can just update what we already have.

2. Online Area – several pro and con opinions. Some say that online groups are unique and should have their own area to discuss their specific issues, others say that they should not be treated any differently. There is consensus that districts should be able to choose what Area they are in – online or geographic.

3. Assembly Excess Funds: Area Assemblies often have money left over after the event. Should this money be put in the general fund and distributed to the GSB at year's end, or should it be used here, and for what?

Special Reports:

1. Our Stories Disclose III history book: The books are here and being distributed. We have several copies here at intergroup. If you pre-ordered your book, you can pick it up here or you can purchase the two-volume set for $25.

2. 2.2023 National Corrections Conference: The theme of the conference was "Just One". These were the words of Clinton Duffy, former warden at San Quentin Prison, who invited Alcoholics Anonymous to have their first meeting at a correctional facility back in 1942. Duffy felt that if even just one person could be helped by A.A. it was worth the effort to have it there. Walla Walla Penitentiary was the second correctional facility to welcome Alcoholics Anonymous six months later.

3. 3. Ad Hoc committee (Area 72 business schedule as it relates to GSC): The General Service Conference has changed their deadline for submitting possible agenda items to September 15. That makes it difficult for Area 72, which historically has been active in sending requests to the Conference, because our Assembly is in October after the deadline. This pushes any requests we may make out a year. Some ideas are to make the July Quarterly the Assembly meeting or have the Assembly in September and move the Quarterlies accordingly. More to come…

At the Quarterly, I sat at a table with the Eastside Intergroup Office Manager, Doug H., and I learned something interesting. ESIG has a relationship with local paramedics. If an emergency call involves an individual with a suspected alcohol related problem and a social worker becomes involved, the paramedics will give the social worker the number for ESIG for a possible 12 Step call.

April 2024 Quarterly: April 5-6, Mountlake Terrace, WA

- St. Pius X Catholic Church
  22301 58th Ave W
  Mountlake Terrace, WA 98043

- To Register: April-2024-Registration-Form.docx (area72aa.org)

Mark your calendars! The GSIG inventory is scheduled for April 7th at 2pm after the Service Manual Study.

Recording Secretary (Janet A.)

Since this is a new year, I received many updates, additions, corrections, etc. I did my best to update the Roster accordingly.

As always, 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 Thursday, January 23rd. That still gives you plenty of time. I will send Final Minutes to Lara on the 25th so she can submit to the high and dry.***

I appreciate all the communication I receive as well as your questions. Thank you all for allowing me to be of service and for your continued service as well!

Treasurer (Dan G.)

Treasurer Remarks

We finished the month of December with a profit of $2431, primarily due to larger than expected personal contributions. Congratulations everyone on a great year.

Preliminary results of our inventory taken on December 30, 2023, show that we are currently over by $1606. This is almost entirely due to adding foreign language books and mostly obsolete media (CD/DVD/Cassette/VCR tapes). These assets are not new to GSIG but were not counted in prior years.

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

- ***Approval of Treasurer's Report*** – Moved by: Ali /Seconded: Samantha **Motion passed.**

TREASURER'S REPORT FOR DECEMBER 2023 (Data in Thousands K)

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
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
Nov-23	(3.8)	7.2	1.5	1.4	0.5	1.7	65.4
Dec-23	2.4	10.0	5.9	1.5	1.1	1.2	67.0

GSIG Office Reports

Office Committee (Jack) –

We formed an Ad Hoc committee. Pete K was nominated and elected chair of the Office Committee. I want to emphasize the GSIG group Inventory is for Intergroup does its work, not inventory of products. Members of the Office Committee have staggered rotation, mine is at the beginning. To contact me reach out to Jack@seattlea.org

Office Manager (Lara Office Manager)

Financial: We are putting together an ad hoc committee to review our financials for 2023.

The group contributions are available for viewing on the website under Intergroup Finance Information. Thank you to all those individuals and groups that have contributed this year.

Our poor laptop that is used to hold hybrid meetings in the Boardroom and serves the Service Committees as well as the recording for the Seattle Group Speakers needs replacement. The Web and Tech Committee are looking into what the best option for this might be.

GSIG Bookstore had $5300.00 of sales in 2023.

Inventory: A group of volunteers, headed up by our Treasurer, performed the thankless task of counting our physical inventory. There was an interesting outcome of having more in stock than our records indicated. Which pointed out some holes in past physical inventories perhaps. We are working with our accounting firm to figure out the best practices moving forward for tighter accuracy with inventory.

We continue to distribute OSD III. If you have ordered and pre-paid for this book and you reside within our service area, the books are in the office, ready for pick up.

Procedure: Call Log December 2023:, 12th Step: 6, Other calls: 128, Chatline: 251,

Total points of contact: 386

We are now open from 10am to 2pm on Mondays. The report from Anita is positive and we are looking forward to serving the fellowship with expanded office hours.

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.

Service Committee Reports

Accessibility: (Laurel)

We still need an Accessibility Chair. Trying to collect

Funds. I am still the Interpreter Coordinator. I am happy with the group donations in regards to

The Blue Cans. It all helps so much. Thankful for my sobriety. Next Access. on Feb 7th.

Archives: (Teresa)

Archives Report for January 2024. Continuing to scan High & Dry, from late 1980s to early 1990s.

We need to be sure to save electronic copies of all APPROVED minutes not just the drafts from the minutes.

Let's discuss how they should be saved.

I am working on preparing to host Area 72 Archives Quarterly at Seattle Intergroup on February 3rd.

Anyone who wants to help with food, or to observe, is welcome.

Saturday Feb 3 from 10- 2. The Area has not published a flyer yet.

Corrections: (Karen K.)

Corrections Committee Report:

The Correction Committee looks forward to building on the efforts we started in 2023. With more facilities opening and more men's meetings starting, we are grateful for all who want to volunteer.

Current activities include: web pages are being updated with links to updated forms; new online questionnaire for people who want to volunteer; Bridge program renamed to Prerelease Program in synch with GSO and Area 72; and new subcommittee to support districts without Corrections Chairs to educate about corrections activities and help find chairs. We are planning a volunteer outreach event this spring in north King County. If any of you are interested in participating, hosting or want more info, please let me know or email volunteercorrections@seattleaa.org

Very importantly, we are looking for someone to fill the Recording Secretary Position. Anyone interested or with questions, contact me at 206-265-3788 or corrections@seattleaa.org.

Hospitals & Treatment: (West)

Our Hospital and Treatment Committee last met Saturday, January 6th and I counted 30 people in attendance, including in person and on Zoom. We tripled committee participation last Year while using half our budget. We also started relationships with Harborview, Salvation Army, Hope Place, Key Recovery and the VA.

I am continuing to work with Becky E and Allison K on our D31 search committee to find a replacement for Cascade Behavioral Health. We continue our interaction and follow-up with various treatment facilities and are in the process of scheduling our next Zoom planning session.

Our Thursday night Speakers meeting at UGM's Riverton Place has increased to weekly, including a traditional meeting we have started every other week. We continue to work on getting several new guys involved and will now be looking for guys to Chair the meeting as well. I will be giving out some more Big Books to guys who attend the meeting.

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 April.

I attended the UGM graduation last month and made new contacts with the downtown location as well as Capitol Hill. I talked to Mark from Capitol Hill last week and we are trying to find a time for me to come tour their facility and I plan to gift them some Big Books.

We are now paneling with Key Recovery in Tukwila on second Saturdays at 2 pm every month. This month we have Sarah M and Sedrick T paneling.

We have our next Lakeside Milam Renton panel every final Friday of the month at 9 am. David A and Eric D are scheduled for January 26th. We are also now bringing in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. Ricky & I kicked things off last Tues, 1/9/24.

We have now switched to weekly for our panel with Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:15 pm. We are now up to 18 volunteers cleared to panel and 2 more in the process right now. We are getting very close to reaching my goal of 20 volunteers. I picked up some 12X12's to give to them this Sunday.

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, who are supporting that meeting as well as others from GSIG, like Jeff U and Mikey C.

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.

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 and we are having a huge open House on Sat, April 6th @ 10am right here so please join us!

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.

Nightwatch (Rob S)

If you would like to join Nightwatch, please fill out and submit this form:

https://docs.google.com/forms/d/e/1FAIpQLScI6QfnRVG36pBq5umzNMZCpYhFmTCHkvGGY0-fWAZVIvtzcQ/viewform

We are currently in need of filling the following shift:

- 2nd Wednesday of the month 6am-10am

Contact me, Rob S (Nightwatch Chair), if you have questions, nightwatch@seattleaa.org

PI/CPC: (Carina W)

Things are slow. We are meeting this Saturday at GSIG or on Zoom at 10:00 AM.

We are excited that more people are joining our committee. If any of you would like a literature

rack, please contact me. https://www.seattleaa.org/series/cpc-pi-committee/

Twelve Step (John DD)

The link is on the website. If there is a need for 12-step call after hours, that is when we receive a call. We can always use extra help. If you are not on the 12-step list, please contact me or call the office to get added.

https://www.seattleaa.org/series/12th-step-committee/

Web & Tech (Mike C)

It's a new year which means new adventures. I am reaching I am happy to report that a new laptop is being procured for all our hybrid meetings.

Are you enjoying the new look on our website? I Was also told that our donation site was changed for a savings of 2%-3% per transaction. In AA every penny counts.

Shout to our webmaster Lee for keeping things up to date on meeting schedule and any other glitches that occur.

Reminder that the web/tech committee meeting is 90 minutes: 3rd Tuesday before the board meeting.

Special Events (Steve R)

We need to find a place to have our picnic. We are really at crunch time. We need to get our application within the month. Do we want to go to Seward Park again, or Woodland Park.

I will investigate both locations after researching each place, and I will be in contact with office personnel and let you know what I find out.

GSIG District Reports

District 14 – (Stacia)

District 14 is excited to be returning to in person meetings every month of 2024. Meetings are held at the Fauntleroy Church at 7pm on the 2nd Tuesday of every month.

We are also available on Zoom.

In January we decided to submit a request for our September picnic location at the same site as last year in Lincoln Park, and to distribute approximately $1,500 in excess 2024 funds in a 70/10/20 split to GSIG/Area 72/GSO.

District 15 (Greg E)

We meet the second Tuesday of every month (1/9/24 this month) at 7-8:30 pm, in person at GSIG and online.

Alt DCM Todd L reported on Jan Quarterly, including Area inventory, reports from various Area servants, and discussion topics. This month our DCM Jim B stepped down from his position unexpectedly.

Alt DCM Todd L posed the question of whether we wanted to hold an election for a new DCM.

I (Greg E) moved that we confirm Todd as DCM for the rest of this rotation, to resolve this issue. Passed unanimously.

Our Secretary Diane is available as Alt-DCM but wants to leave the position open for at least another month to see if there are other candidates.

Treasurer's Report: total available funds for December are $528.07, which is about $120 under our prudent reserve. So D15 can still use more donations.

Corrections Chair: looking for male volunteers - if interested, email dist15corrections@area72aa.org.

This month we held our District Inventory, facilitated by Bob F (Empire Way, past Delegate)

Focus: how can District 15 better help GSRs do their jobs? Confirmed that time and format of meeting are working for GSRs.

Discussed best practices for gathering info from District, Area, and GSO, and relaying it back to groups (as well as relaying info in the other direction).

Good discussion.

Identified some gaps in how GSRs are getting info (particularly from the Area).

Discussed how to increase GSR attendance at D15 biz meetings - we have only a handful of GSRs that attend regularly, out of all the many groups that meet in D15.

Suggestions:

*Visiting groups that we know meet in this District but are not represented here. This will have to be supported by more than just the DCM - too big of a task for one person.

*Bringing back the tradition of sponsoring a workshop led by the Alt-DCM once per rotation.

District 16 (Kathleen B)

District 16 is holding a district inventory Wednesday Jan 17 facilitated by Bob M , a former DCM

We have all but four positions filled and still need a grapevine, accessibility, archives, and treatment chair. We are looking forward to the inventory to help us discover ways to encourage participation.

We attended the January quarterly and will be co-sponsoring in the central Seattle pre conference in March.

We meet at the university Lutheran church every third Wednesday of the month at 7pm. Hybrid meeting.

Please come and check out service. It will ramp up your sobriety and be a powerful way to give back.

District 17 – (David)

We have great attendance and GSR's are showing up.

District 18 – (Ali)

We voted on our budget, and I will have a report next month.

District 24 (Greg S)

Last month there were 31 people and 7 people on zoom. We had elections. New Treasurer, new zoom coord. All positions are filled. Budget was not voted on. We will vote next month after some comparisons. We will have a Gratitude Potluck. Saturday, February 24th. https://www.seattleaa.org/event/district-24-gratitude-potluck-dinner-2/

District 31 (Thomas)

Treasurer: New 2024 Budget

DCM: Attended Quarterly 1/5-1/6, Bellevue.

Items: Area Ad hoc committee working on changing the Area Assembly to be done prior to agenda items date 9/15/24 make sure Area 72's voice be heard.

- Option F. Changing the Annual Assembly to September is one proposed.

Old Business:

- Elected New Alt DCM and 12 step Liaison Chairperson

Service Workshop: "Emotional Sobriety"

- It may be held at Pass It On Hall
- Committee to discuss Layout/Agenda
- Choose Date to be held Feb or March

Burien Little Assembly

- Contribute $150 Check budget before asking for vote.
- D-31 is Co-Host for BLA - Need Volunteers
- We need to make a list of Volunteer Opportunities soon.

New Business:

- 2024 budget
- Four discussion topics to take back to our Home Group.

District 32 (Samantha M) –

We had our District meeting on 1/15/2024 at Brooklake Church from 7:00pm - 8:30pm.

We will be moving our District Meetings to the first Monday of the month starting in March. There will be no meeting for the month of February.

We had a total of 14 voting members.

DCM Heather:

- Attended the first Quarterly of the year. The minutes from the Quarterly can be found on the Area 72 website for anyone who is interested
- Our Pre-Conference will be on Saturday March 16th from 10:00am - 4:00pm in Des Moines at Grace Lutheran Church. Reminder, it is important for GSRs to attend the Pre-Conference
- Communicated attending and reaching out to Dark Meetings
- Open Positions Events Chair, Young People, Bridging the Gap,School Panels

Our District 32 meetings are held on the first Monday of the month starting in March. There will be no meeting for the month of February. We meet at Brooklake Church, 629 South 356th Street in Federal Way from 7:00pm - 8:30pm.

District 33 – (Abby) –

At our last business meeting we voted on changes and to approve the 2024 budget, thank you Jessica, our Treasurer, for your diligent work!

We voted to purchase a banner for Maple Valley and Covington days through a local vendor, thank you Heather for

leading this endeavor.

We voted to hold a district inventory likely with an Area 72 outside facilitator at a different time from our monthly district meeting.

Our alt DCM Cheri reported the cost for the 2024 Tacoma Assembly would be $257 for registration and meals, not including hotel. Some groups in the district are struggling with rent increases and 7th Tradition contributions.

Our Grapevine/Lit rep Jim H provided handouts and education on the history of the 12 traditions and raffled off a Grapevine reproduction.

We continue to have open positions for CPC/PI, Accessibility, Corrections, Young People, Newsletter.

District 41- (Laurel) –

District 41 made a proposed budget for 2024. We're taking this back to our groups to comment on it. In addition to paying for rent and expenses to send our DCM and Alt DCM to Area quarterlies.

We contribute to the Evergreen Fair in Monroe, Pridefest, and Gratitude dinner. I'm grateful that the District pays for interpreters for our monthly business meetings and sends $75 per month to the ASL fund at GSIG. (Aka "Blue Can".)

Serenity Hall – Joel - Contact info for Joel @ Serenity Hall: katzman21@gmail.com.

Business

Old Business

Group feedback on discussion topic "Is an AA meeting/group an AA group/meeting just because they say they are?"

- GSIG should not be the AA police.
- Perhaps a descriptor could be added to the schedule i.e., AA/NA or AA/Alanon

Please continue to talk about this with groups and members.

Upcoming Events

https://www.seattleaa.org/events/

- Seattle Group Saturdays at 6:00PM
- Trad Study 4th Tuesday of the month at 7:00pm — January 23rd - Hybrid
- Service Manual Study 1st Sunday of the month at 11:00am – February 4th - Hybrid
- BLA Planning Committee – 10:00am-11:30am — February 11th – Hybrid

*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

Ways you can support Seattle Intergroup

- **High and Dry Subscriptions**
  - $12/yr. for a physical copy, $10/yr. for a digital copy
  - Click here to sign up to receive our 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 click here
- **Join the Sustainer's Club**
  - If you would like to sign up for a recurring donation click here.

MOTION TO CLOSE: 8:45 PM

District 24 Annual
GRATITUDE POTLUCK DINNER
Saturday, February 24, 2024

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

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

Raffle Baskets and 50/50 Raffle

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

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

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP
An open meeting of Alcoholics Anonymous

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

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

SCHEDULED SPEAKERS

February 3rd Clayton S.

February 10th Claudia B.

February 17th Nancy N.

February 24th Derek S.

March 2nd Mark R.

March 9th Desi H.

March 16th Amy J.

March 23rd Jim W.

March 30th Ali S.

South King Alano Club - A Sober Community



Whether you LOVE Valentine's Day, or it makes you want to puke!
JOIN US for FELLOWSHIP and FUN

SATURDAY FEBRUARY 10TH
8PM TO 12AM
$10 SUGGESTED DONATION

1317 Harvey Rd , Auburn WA 98002
www.southkingalanoclub.org ♡ www.facebook.com/SKAlanoClub
info@southkingalanoclub.org

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





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=YW5yZ0l2WlNzUGhabnRlWnVFS0dMZz09 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.

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

DAWN PATROL



AA *Speakers Brunch*

April 20th

10 am - noon

Join us for brunch and fellowship, as two local AA members share their experience, strength, and hope.

TIBBETT'S UNITED METHODIST CHURCH

3940 41ST AVE SW, SEATTLE, WA 98116

OPEN MIC

February 24TH

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

Seattle Districts Pre-Conference

A meeting of GSRs and all other interested members of Area 72 with their Delegate and Alt Delegate, to communicate about the agenda items of the 2024 General Service Conference

March 16th, 2024

10:00 AM - 4:00 PM

Grace Lutheran Church

22975 24th Ave S, Des Moines, WA 98198

Share group conscience w/ Crystal 4/7/24 @ 6:30 PM on Zoom (ID: 944 512 3341; PC: service) OR via email by 4/7/24 (delegate@area72aa.org)

Food & Drink Provided

Pre-Conference Documents: http://tinyurl.com/a72p74pcd

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

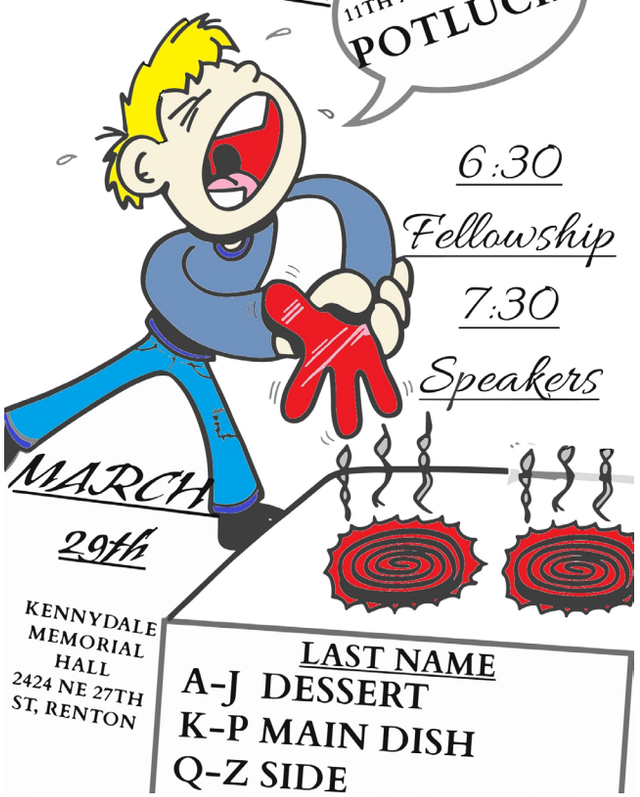
PASSCODE 660951



ALL ARE WELCOME

THE HOT STOVE

11TH ANNIVERSARY POTLUCK!!



6:30 Fellowship

7:30 Speakers

MARCH 29th

KENNYDALE MEMORIAL HALL
2424 NE 27TH ST, RENTON

LAST NAME
A-J DESSERT
K-P MAIN DISH
Q-Z SIDE

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.

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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:	

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