High & Dry

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

Volume 76 Issue 3 March 2024



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FUTURE TRIPPING

March GSIG Events

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

2 — Hospital and Treatment Committee

- March 2 @ 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 — Service Manual Study

- March 3 @ 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

6 — Accessibility Committee

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

7 — 12th Step Committee

- March 7 @ 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

9 — 51st Burien Little Assembly

- March 9 @ 10:00 am - 5:00 pm
- Grace Lutheran Church 22975 24th Ave S, Des Moines
- Join us for a day of fellowship and learning about service.
- http://www.burienlittleassembly.org

11 — Corrections Committee

- March 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

17 — CPC/PI Committee

- March 16 @ 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

16 — Seattle Districts Pre-Conference

- March 16 @ 10:00 am - 4:00 pm
- Grace Lutheran Church 22975 24th Ave S, Des Moines

16 — St Patrick's Day Dance

- March 16 @ 8:00 pm - 12:00 am
- South King Alano Club 1317 Harvey Road, Auburn

19 — Web & Tech Committee

- March 19 @ 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
- Here to help Groups and Districts with all things tech and web

19 — GSIG Monthly Board Meeting

- March 19 @ 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

22 — Okanogan Valley Round-Up

- March 22 @ 8:00 am – March 24 @ 5:00 pm
- The Winthrop Barn 51 N Hwy 20, Winthrop
- *AA & Al-anon Speakers Yoga, Meditation Silent Auction, 50/50 Raffle*

23 — Open Mic

- March 23 @ 7:30 pm - 10:30 pm
- GSIG Office 5507 6th Ave S., Seattle

26 — Tradition Study with the Third Legacy

- March 26 @ 7:00 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle

29 — Hot Stove 11th Anniversary Potluck

- March 29 @ 6:30 pm - 9:00 pm
- Kennydale Memorial Hall, Renton
- *6:30 Fellowship, 7:30 Speakers, A-J Dessert, K-P Main Dish, Q-Z Side*

30 — Sponsorship Workshop

- March 30 @ 10:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- *Come and share your experience, strength and hope about what it means to be an effective sponsor or come and ask questions about how to be an effective sponsor.*

REFLECTING ON OUR PAST

March In Our History

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

March 1936	AA had 10 members staying sober. At end of 1936 A.A. had 15 members.
March-May 1938	Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.
March 1940	Mort J. came to LA from Denver; started custom of reading Chapter 5 Big Book at Cecil group.
March 1941	Second printing of Big Book.
March 1941	1st Prison AA Group formed at San Quentin.
March 1946	The March of Time film is produced by NY AA office.
March 1949	Dr. Bob considers idea of AA conference premature.
March 1951	American Weekly publishes memorial article for Dr. Bob.
March 1, 1939	Readers Digest fails to write article on AA.
March 1, 1941	Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end.
March 3 1947	Nell Wing started work at Alcoholic Foundation 415 Lexington Avenue.
March 4, 1891	Lois W is born.
March 5, 1945	Time Magazine reports Detroit radio broadcasts of AA members.
March 7, 1940	Bill and Lois visited the Philadelphia AA group.
March 7, 1941	Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
March 9, 1941	Wichita Beacon reports AA member from NY who wants to form a group in Wichita.
March 10, 1944	New York Intergroup was established.
March 11, 1949	The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in AA, was formed in Minneapolis by five Catholic AA members.
March 14,	South Orange, NJ, AA group held an anniversary dinner with Bill W as guest speaker
March 15, 1941	1st AA group formed in New Haven, Connecticut. Not reported in paper until Oct 1, 1941.
March 16, 1940	Alcoholic Foundation & Works Publishing move from Newark to 30 Vesey St in lower Manhattan – first headquarters of our own.
March 21, 1881	Anne R, Dr Bob's wife, is born.
March 21 1966	Ebby dies.
March 22, 1951	Dr William Duncan Silkworth dies at Towns Hospital.
March 22, 1984	Clarence S, "Home Brewmeister", dies.
March 23, 1936	Bill & Lois visit Fitz M, "Our Southern Friend", in Maryland.
March 25, 1898	Jim B ("The Vicious Cycle") was born.
March 29, 1943	The Charleston Mail, WV, reported on Bill W's talk at St. John's Parish House.
March 31, 1947	1st AA group formed in London, England.

Source: AASJ - https://aasj.org/march-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 March Celebrants in the *How Dry I Am Club*!

John S	Broadway Group	27 years
Kathryn D	Lake City 11th Hour	25 years
Maureen D		37 years
Sue D	Sat. Ladies Study	22 years
Gary H	Pass It On	40 years
Anonymous	Sisters In Recovery	9 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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Step Three

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

decision
understood
practicing
willingness
reflection
acceptance
affirmative
earnestly
effectiveness
testify
mysterious
practical
beginning
protection
guidance
instinct
doughnut
independent
delighted
juggernaut
rebellious
persistent
emotional

Best Day Sober ... Ever!

By Peeps

EVERY DAY I'M SOBER is a precious gift, but some days are way better than others. Feb. 17, a Saturday, was like getting a free ticket and winning the lottery on my bellybutton birthday anniversary.

I'll never forget it.

I owe it all to my current quest to improve my understanding of and devotion to following AA's 12 Steps, with an extra emphasis on Step Two. We can be restored to sanity by a power greater than ourselves. I have been told the keys to maximizing Step Two are willingness and open mindedness.

I read somewhere that every time I take a step toward God, God takes a 1,000 steps toward me. The events and experiences of that day convinced me that the influence of my Higher Power is real. Unexplainable by me, but also undeniable.

It all started with prayer and 10 minutes of meditation (Day 17 of a 28-day meditation challenge). I got up earlier than usual, at 5 a.m., because I had committed to driving to Camano Island for an 8 a.m. AA Meeting.

Why would I drive more than an hour north from my Beacon Hill home, starting in the pitch dark? "Yeah, why?" I asked myself. I was up drinking coffee ahead of the neighbor's rooster declaring sunrise.

I was going to a meeting I'd never attended to present a three-year coin to a sponsee I'd never met in person. We'd only communicated via Zoom and iPhone. They asked me to mark their milestone at their home group meeting and I said yes.

I had no idea what was in store for me, but, as I poured my second 'cuppa, I told myself I'm being of service to someone I love. Just do the next right thing, which was getting northbound I-5.

As I was leaving Everett, I could see fissures of daylight cracking the dark horizon. The silhouettes of the mountains to the east became clear and the colors of dawn illuminated the fluffy clouds.

My heartbeat quickened as the light increased, expanding the view. I felt as insignificant as a speck of dust. Clearly I am a tiny bit of a much greater whole. It was a spectacular God shot.

Then I arrived at the meeting, and it became crystal clear that great things were afoot. I was welcomed warmly. I was meant to be there.

I don't have the words to say how wonderful it was to finally meet my sponsee in 3D reality, but our smiles would be answer enough. I did a double-take when I saw someone I went to high school with seated near me, then I learned that another classmate was the group's coffeemaker. And there were others present I'd seen at various meetings.

The only way I could have felt more at home at the 12 Promises meeting would have required me to wear my slippers and sit in my easy-chair watching NFL Red Zone.

My sense of belonging only increased when about 20 of us reconvened at the homey Stanwood Cafe after the 90-minute meeting ended.

It would have been a remarkable experience if that was all that happened. But that was only the beginning.

After taking a nap upon retuning home, I went to Intergroup in Georgetown, site of one of my favorite Saturday meetings, the Seattle Group (6 p.m.). I had not intended to stay for the meeting, my ultimate goal was attending the Carrying The Message meeting at the West Seattle VFW, which starts at 7 p.m., but a friend shamed me into staying.

"You'll want to listen to tonight's speaker," she cautioned. And she was right about the speaker, who was soft-spoken with powerful message. When I talked with the speaker after she spoke, I was heartened that she was also a Step Two devotee. (Coincidence? I think not.)

Then ... a most remarkable thing happened. A man I'd never met came up and greeted my like a long lost home group member. He called me by my whole name while pumping my right arm with a two-handed grip.

"Don't you remember me, John, from the old hall?" he asked. "The one with all the stairs?"

He could tell I was not recognizing him and told me we met long ago at Fremont Hall, the original hall in Fremont, more than 40 years ago!

See ***Best Day Sober ... Ever!*** continued on Page 9 »

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Step 3: *"Decided to turn our will and our lives over to the care of God* as we understood Him."



The Third Step

By Peeps

STEP THREE is a foundational piece of my recovery. Without it, I had no chance of successfully completing the remaining Steps. It undergirds my sense of being joyous, happy and free by accepting I must relay on a Power greater than myself.

My best thinking brought me to my knees and 12 Step meetings.

I was a complete skeptic in all spiritual matters when I arrived back in the rooms on January 7, 2019. I was aggressively biased against bending the knee to a Power greater than me — until I wasn't.

The result of my extensive "research" on drinking and self-will took me to a bottom that was completely soul crushing. I was physically and emotionally broken. I'd never been more isolated and alone and scared.

I was finally willing to surrender. I asked a God I would not name to "please help me." My life changed in that moment of admitting complete defeat to myself.

The riddle was solved, but my problem, the complete lack of power over alcohol remains. I have to commit everyday to turning my will and life over to God. Of course, I am better at it somedays, not so much on others. Somedays I forget that my HP doesn't need my help. Sometimes I lack patience and want an answer immediately to situations where there might not be an answer I'm capable of understanding.

I need daily practice to accept there is a Higher Power and I am not It. △

Tradition 3: *"The only requirement for A.A. membership is a desire to stop drinking."*

Tradition Three

By Peeps

TRADITION THREE is a perfect illustration of the commitment the founders of AA made to keeping things simple for complicated people.

We cannot buy our memberships, and there are an infinite number of ways to earn a seat in a meeting room.

The founders' intent was to attract and make room for all who suffer the wrath of John Barleycorn. One can't be kept out even if you aren't sober. An earlier version of Tradition Three said potential members had to have a "sincere" desire to be sober, but judging another person's sincerity is a job we AA members cannot master.

Allowing all comers to attend can lead to distractions for and aggravation of some members, but AA history is full stories about people recovering from seemingly hopeless conditions.

I've been around long to see people transformed almost beyond recognition from when they entered AA. I must always remember that I am as bad at predicting outcomes as I was at drinking.

I need always to strive to be open minded, share love unconditionally and practice tolerance. △

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Concept III: *"As a traditional means creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional 'Right of Decision.'"*

Concept III

By Peeps

CONCEPT III lays out a path outlined in Tradition Two to resolve conflicts among A.A. World Services' most powerful elements. The groups have the ultimate power, but the operations of the Conference, General Service Board and the service corporations all benefit from the Concept III's practice granting the "Right of Decision" to each entity.

It is suggested in the A.A. Service Manual that we have faith in our trusted servants to do what is right for our Fellowship.

Each entity could, in theory, block the operations of the others, which would make A.A. ineffective, inefficient and chaotic. The Right of Decision is derived from Tradition Two's belief that A.A. trusted servants will turn to our Higher Power and our group conscience to resolve thorny issues. If you like, a sober, spiritual version of democratic checks and balances. △

» *"... If the Conference does not function well, the groups can send in better Delegates. If the Trustees get badly out of line, the Conference can censure them, or even reorganize them. If the Headquarters' services go sour, the Trustees can elect better directors and hire better help. These remedies are ample and direct. But for so long as our world services function reasonably well — and there should always be charity for occasional mistakes — then "trust" must be the watchword, otherwise we shall wind up leaderless." — Page C10 The A.A. Service Manual.*

« ***Best Day Sober ... Ever!*** continued from Page 7

When he said that, I knew he had mistaken me for my father, the original Peeps (a k a John P. back in the "daze").

It gave me goosebumps, and a scare: If I had followed my thoughts, I would have missed hearing a great speaker and would not have met a friend of my dad.

I am always in a hurry, a massive character defect I need help with. It's called Slowbriety for a reason. It takes time and patience to appreciate our new way of living. My first thoughts still lead me astray.

My biggest takeaways from Feb. 17 are to work the Steps to the best of my ability today, open my mind, listen to heart (instead of my fears) and pray for help from my HP. I'll be rewarded.

My most special day began with a simple desire to be of service to someone I love. △

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Being a Meeting Secretary

By West C.

MY NAME IS I West C., and I am an alcoholic.
They first threw me on the mic as a WSU student back in the day to announce Cougar Basketball at Friel Court in Pullman.

That experience really stretched my comfort zone, so I felt pretty comfortable picking up a script when I first went to an NA meeting, "Don't Lose Your Marbles" on Monday nights.

I went back out again shortly thereafter because I wasn't ready to be willing and had to find my new and lower bottom. I came back to the rooms of AA this time and quickly returned to leading meetings.

I actually got a year straight of Secretarying meetings because I switched home groups half way through. Running the business meetings during that time was an interesting and beneficial experience, as well.

The main thing that was taught to me, that I continue to embrace, is to track who I call on so that EVERYONE is called on within the span of two meetings. I really like it when the newcomers get a chance to share.

The newcomer is the most important person in the meeting, in my opinion, and reminds me where I came from. I feel like the most important time to share is in early recovery to get it off your chest and shine a light in those dark corners.

I now have 1,250 days of continuous sobriety and am entrenched in service. In fact, I would say service work from day one has been the most instrumental and vital component of my recovery.

I now write scripts for traditional-style meetings we take into hospitals and treatment centers all over the city. I prefer the traditional format over panels for smaller and more intimate settings. This allows all participants the opportunity to share and promotes total inclusivity.

Thank you, God, for the program of Alcoholics Anonymous, my sobriety and the opportunity to reach out and help others. I will continue to work my program one day at a time, learn from others and pay it forward to those in need.

At Your Service, with Gratitude.. △



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District Corrections Chairs: The Key to Corrections Service

The GISG Corrections Committee is very excited that more and more facilities are opening their doors to in person AA meetings. This means lots of opportunities for service to alcoholics inside their doors. The District Corrections Chairs (DCC) play a key role spreading the word about these opportunities and also gain valuable experience serving as part of a team of AA members making this service possible.

The DCC is a service position at the District level. Here's some info about the position and stories from several DCCs who have helped lay the groundwork so we can all participate in these new opportunities. Basic activities:

- Spread information about corrections service opportunities (jail meetings, pink can literature fund, pre-release contact program, corrections correspondence program).
- Regularly attend GSIG Corrections Committee monthly hybrid meeting on 2nd Monday.
- Regularly attend Western Washington Area 72 Corrections Quarterly hybrid meeting.
- Participate in GSIG Corrections Volunteer Sign-Up Events.
- Provide corrections report at your district monthly meeting.
- 2 year service position and rotates on odd years.

Interested? Currently, districts 18, 33, 40, 41 have open DCC positions. Attend your district business meeting to learn more about becoming a DCC. Or contact this committee at volunteercorrections@seattleaa.org.

Reflections from current DCCs:

From Alina T, D31 Corrections Chair

A night in King County Jail made me realize that I had no control over my alcoholism and my life was completely unmanageable. That initial admission of complete defeat brought me into the rooms of AA.

After working Steps 1-11, my sponsor suggested that I start working with others. I really struggled finding sponsees. As I continued to "raise my hand" to sponsor others, I started to get involved in Service to work Step 12. When I was 14 months sober, the SCORE Jail coordinator made an announcement at my home group meeting about taking meetings into the Jail. I filled out the application, and by the grace of a Higher Power, I got cleared. Meetings behind the walls are very special to me. Every meeting, I'm reminded of my jumping off point. Most importantly, I get to hear from the ladies in the room what it has been like for them and what they hope to achieve through working the program of Alcoholics Anonymous. At 15 months sober, I started taking meetings into King County Juvenile Detention Center. In this service position I have been blessed to bring meetings and/or small group conversations to many young women that have never been to an AA meeting before. It's really encouraging to know that when they need a place to turn, they will know about AA.

At 18 months sober, I was asked to join District 31 Trusted Servants as a District Corrections Chair. This position has allowed me to share the good news about Corrections at the District Level. It also provides me the opportunity to collaborate on Corrections projects across Area 72 which has widened my ability to be of service and to fellowship with other members of AA outside my home group. Corrections makse a real difference to those AA members that are behind the walls of a correctional facility. Members who bring AA meetings and literature inside, also bring in hope. I am forever grateful to be able to show up in this amazing service opportunity. I hope that YOU come join us too.

From Jennifer S, D14 Corrections Chair

I made myself available for the Corrections Chair Position in District 14 because I was working with another alcoholic who was doing a lot of Corrections Service and I found her enthusiasm to be very inspiring. I attended a Corrections Quarterly and a Corrections Workshop put on by another district before making myself available. I have found it very helpful to make myself available for something that I don't know much about because it puts me in a position to need help and be prompted to learn more so I can answer others' questions. I attend my monthly District meetings with information to share with the GSRs so they can bring it back to their groups. By participating in the GSIG Corrections Committee meetings, I have gotten involved in a variety of Corrections events. For example, our district and two adjacent districts, hosted a Corrections Workshop and I participated in the Burien Little Assembly last year. I attend the online Area 72 Corrections "Into Action" Workbook Study on Zoom Saturday mornings to read Corrections Literature and discuss topics related to carrying the message to "Inside" AA members. When available, I attend an International Corrections Zoom meeting on Sundays. I have gone into the SCORE facility in Des Moines and find it to be a very spiritual experience.

See ***Corrections Corner*** continued next page »

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

« ***Corrections Corner*** continued from last page

Already into the second half of my rotation, I am just at the beginning of this journey in Corrections Service. It continues to be one of the more invigorating experiences in my almost 9 years of participating in AA. I heard a Past Delegate share that it was impossible to separate their experience in service from their experience in recovery. This has been my story as well.

From Dan P, D32 Corrections Chair

They say that we need to stay in the middle of the herd, and for a drunk like me this holds true. What better place to find such Unity and Service than being the District 32 Corrections Chair. I not only come together with my district at our monthly meeting, I show up at the Summer picnic. Here I spread the word about Corrections and hopefully get a new volunteer now and then.

District 32 is also affiliated with the Greater Seattle Intergroup. Here I come together with other DCCs to brainstorm ideas looking for ways to continue to reach out to future AAs within the jails, either by bringing meetings inside or by meeting new releases on the outside. Working with the committee and volunteers to help others is such a great way to ensure my sobriety by giving back but also to stay in the middle of the herd. I didn't get sober on my own so it's better if we stay sober together.

From Morgan G, D15 Corrections Chair

I*'ve been the District 15 Corrections Chair for about a year now and feel very blessed to be an extension of the hand that reaches for AA. By participating in sign up events and spreading the word to other meetings in my district I'm also helping other volunteers do 12 step work and thus ensure their own sobriety. These volunteers get to carry the hope and spirit of AA to incarcerated persons, who do not have the option to attend AA meetings whenever they please. This kind of 12 step work keeps me active in my own program. It allows me to remember where I came from, and also what waits for me should I lose focus of our primary purpose.*

All of us on the GSIG Corrections Committee would like to thank the DCCs who help us spread the word about corrections and expand the work the committee can accomplish. If you are interested in learning more about any corrections opportunities, please contact us at volunteercorrections@seattleaa.org.

Karen K
GSIG Corrections Committee Chair

In an article written for the Grapevine commemorating AA's 25th anniversary (1960), Warden T. Duffy, a member of the California Parole Board, said the following of AA in prisons:

» *'The A.A. program is presented in a humble and human manner, without high pressure frills. This is the approach necessary to reach the man who has developed a highly suspicious nature. It helps him to face the truth and reality, without self-pity or dodging of responsibility. It rids him of fears, hates, jealousies, and suspicions that have been his for so long. He learns to eliminate his drinking— to fight the urge, the desire—to get help and fellowship from his A.A. friends.'*



BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting
February 20, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 2 – Ricky
- Concept 2 – Larry
- AA Birthdays for February
  - Stacia: 10 yrs.
  - Jeffrey: 36 yrs.
  - Larry: 24 yrs.
  - Craig: 35 yrs.

Elected Officer Reports

Chair (Karla)

I do not have much to report this month.

I have been participating in taking a meeting to the South County Correctional Facility on the 4th Saturday of every month. I encourage anyone interested to talk to Karen, our Corrections Chair.

I have been volunteering for the GSIG chat line on Mondays from 6-10pm and that has been super fun and easy. I get a little savvier every time I do it.

I plan on attending the Burien Little Assembly on March 9th.

I am available to help groups with inventories. My calendar does get filled up so the sooner I get asked the better. I am sad I was not able to help out D33 next month.

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

Vice Chair (Jeff)

I will be facilitating the Dist. 33 Inventory and I continue to volunteer at the William Booth Center; Salvation Army meeting.

Chair Emeritus (Astri)

To GSIG Board:

A couple of invitations came my way this past month and I was happy to represent GSIG service.

February 3rd, I shared the podium with Dan R. at the AA Speakers Meeting East in Bellevue. I rarely get to meetings on the east side anymore, so it was fun to run into old friends while sharing my experience, strength, and hope.

February 10th, I got to facilitate Abigails Ghost's annual group inventory. They are a hybrid meeting and I decided to join in person at Denny Park Lutheran Church. It was potluck (lots of yummy food). Abigails Ghost has a long history in Seattle AA. Their primary purpose includes participating financially in carrying our message to the deaf alcoholic via their ASL interpreted meetings.

I will be attending PRAASA in San Francisco March 1-3 and plan to attend the Intergroup and Central Office Roundtable while there.

As always, thank you for your service and the opportunities to serve you and Alcoholics Anonymous.

Astri T.
Chair Emeritus

Secretary (Janet)

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 Friday, 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 each one of you! Thank you for your continued service!

Treasurer (Dan G.)

TREASURER'S REPORT FOR JANUARY 2024 (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
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
Jan-24	3.8	15.9	3.2	0.0	0.6	2.1	82.0

Treasurer Remarks

This is a draft report. We had a good month of January, and preliminary results today show a gain of $3,829, primarily due to larger than planned group contributions.

We converted to a new credit card payment processor on our website and as a result not all the transactions have been reported. In particular, our sustainers revenue will be entered at a later date. Thank you to Mike M. and our office manager Lara, they have done extra work to get our budget entered and our draft financials produced.

In addition, we had a break-in on February 14th that was not in our budget, so some higher costs will be seen in the future.

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

GSIG Office Reports

Office Committee (Jack) – Matt:

We are doing an Ad Hoc Committee extended to the end of March. We are getting more bids on carpet installation. We have a new Acting Secretary, Jack.

Office Manager (Lara)

February 2024
Office Manager Report submitted by Lara Randolph

Financial: Well, the most pertinent information is that we were broken into on the night of February 14th to February 15th. The front glass door was shattered, and the thieves made away with three laptops and a bag of candy.

The next day we received such great help from our fellowship. The two volunteer laptops were replaced by a donation from Lee R. The door was secured by Anthony and Bill S. until the glass company could get out to replace the glass, which they did on Friday the 16th. Thank you, Wakefield Glass. Anita was a trooper and arranged for the repair and handled everyone's queries that day. Steve R. then installed the new security system. We had another laptop donated by a local computer company owned by a member and we were back up and running in a short period of time. We have spent $650 so far

Office Manager (Lara) continued next page »

« ***Office Manager (Lara)*** continued

and anticipate another $500 for the window replacement when they invoice us.

Our accounting firm is temporarily experiencing a backlog of output due to some internal issues on their side-being short-staffed, etc. We are looking at what items we can take care of in house to lighten the load on them moving forward.

We also take responsibility for having switched credit card payment gateways at not the most ideal time for them and they have had to catch up, so to speak, with how to maneuver the new platform.

We have a carpet installer giving us a quote for the office. More to come.

Inventory: We will be selling literature at the Burien Little Assembly. Inventory is stable, however there have been shipping delays as of late from GSO.

Procedure:

Call Log data: 12th Step Calls: 2, Other Calls: 106, Chat line contacts: 171 Total: 279

We will be facilitating a Nightwatch Phone Volunteer gathering on March 23rd from 2-3pm via Zoom. This will be for the purpose of answering any questions or addressing any concerns the volunteers might have and to talk more about when and how to utilize the 12 Step Coordinator.

We are getting ready for Burien Little Assembly with most of the Standing Committees having tables and being available to answer questions and recruit volunteers. There is a sign-up Genius for volunteering available on the website under events.

Service Committee Reports

Accessibility: (Laurel)

N/A We need an Accessibility Chair. Please contact Lara lara@seattleaa.org or Karla chair@seattleaa.org.

Archives: (Teresa)

Seattle Intergroup hosted the Area 72 Archives Quarterly on February 3rd. Mikey was crucial in providing hybrid setup for this meeting thus allowing several participants to join the meeting online. We had about ten attendees in person. The Area Archivist gave a presentation on digitizing, organizing, and filing archival materials. I am continuing to scan High & Dry's from the late 1980s, early 90s and sending them to GSIG Google docs.

Teresa S
Archives Committee

Corrections: (Karen K.)

I'm happy to be here this month and glad to report there's a lot happening with Intergroup Corrections! We are super excited that more facilities are opening, more meetings inside, we're starting to get Prerelease requests, and now need more coordinators to build relationships with staff at facilities. All this means plenty of great service opportunities!

- Last week some committee members attended the District 1 Spanish speaking monthly meeting. The meeting was in Spanish with Barbara G, our amazing Spanish speaker who also interpreted as needed. Area 72 Corrections also attended. This was the first time Corrections had met directly with this group and spoke in Spanish. We're working with them to take Spanish speaking meetings into SCORE, RJC and where needed. The people who attended felt the language of the heart filled the room to create all sorts of new connections.
- We are looking for a new coordinator for the weekly women's meetings at SCORE. There is a strong group of AA women to take the meetings in and the coordinator, Kim H has built a strong relationship with the facility. She will provide excellent guidance and training for a smooth transition. Meetings on Saturdays 9:00-10:30ish. Email volunteercorrections@seattleaa.org if interested.
- Pioneer Federal Coed Halfway House is opening to monthly panels starting in April. Because of the strong connection and history with AA, the facility is willing to trust us to decide who can participate in the panels. This is a great opportunity for newer AAs to "try out corrections panels" and see whether it works for them. Everyone must apply but there's no background check. Initially, committee members will attend to see how everything works/get the lay of the land and then individual members will lead the panels as we see how this will work. Email volunteercorrections@seattleaa.org

Corrections (Karen K) continued next page »

« ***Corrections (Karen K)*** continued

- Regional Justice Center: Opening for meetings! We are looking for a facility coordinator to help set this up. RJC wants 8 committed female AA volunteers, who are required to be cleared for jail access at MRJC and who must show up when scheduled and participate in providing women's weekly AA Program at MRJC. 2-volunteers together every 1st, 2nd, 3rd, 4th weeks each month. Email volunteercorrections@seattleaa.org if interested.
- Federal Detention Center (FDC): Men's meetings have started! We're looking for more people to participate. Thursdays 5:30-&:00ish. There is training for new volunteers on February 27th. You must get your application in before that date. Email volunteercorrections@seattleaa.org if interested or call Amy F at 206-356-7607.
- Helen B Ratcliff Work Release Women's House wants to start meetings. They have good staff support and we need a coordinator to help organize the arrangements. Email volunteercorrections@seattleaa.org if interested.
- We are working with Districts 18 and 41 to find a District Corrections Chair (DCC). If your district doesn't have a DCC, we would be glad to attend a monthly meeting to make a presentation, answer questions, etc. or talk with anyone who might be interested in that service position. Email corrections@seattleaa.org if want more info about DCC.
- Prerelease Program is looking volunteers to help a woman being released in Renton on March 24, and a man being released in Tukwila. If you know anyone who might be interested, please have them call Dan P. 253-561-5495.

Please ask your groups to email volunteercorrections@seattleaa.org if they want more information about any of this! We welcome new volunteers

Hospitals & Treatment: (West)

Our Hospital and Treatment Committee last met Saturday, February 3rd and I counted 27 people in attendance, including in person and on Zoom.

Breaking News: I met with Luke Palmer & toured the Downtown Union Gospel Mission facility last week and we started a weekly meeting there last Saturday morning. So now we are holding weekly meetings at both UGM's Riverton Place (Thurs nights at 6 pm) and Downtown UGM (Sat mornings at 10 am).

We are working on getting several new guys involved and am now looking for guys to Chair both meetings as well. I have been giving out Big Books to guys who attend both meetings. You must be registered with the UGM system to attend!

I met with Becky E and Allison K three weeks ago for our D31 search committee for our ongoing pursuit to find a replacement for Cascade Behavioral Health. We continue our interaction and follow-up with various treatment facilities in hopes of implementing a new in-person relationship.

We are now paneling with Key Recovery in Tukwila every Saturday & Sunday at 7 pm for an hour upstairs in an intimate setting with couches to teach life skills to residents with more than 4 months of sobriety. There is also a meditation there every Saturday at 1:00 PM.

We continue to panel once a month downstairs at Key Recovery on second Saturdays at 3:30 pm and on 2/10, we had Ricky and Shawn G.

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 May.

We have our Lakeside Milam Renton panel every final Friday of the month at 9 am. We have Shari M and Ricky scheduled for this Fri, February 23rd.

We are also now bringing in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. We had Chris C and Rob B panel there last week.

We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:15 pm. We are currently 17 volunteers cleared to panel with 2 more in the process right now.

Please come support our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center and bring a friend. We are rotating Secretaries weekly and 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. I hope to bring even more new guys there from Downtown UGM, which is very close in proximity.

We are still 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.

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.

Public Information/Cooperation with the Professional Community (PI/CPC): (Carina W)

A warm hello to the Greater Seattle fellowship,

The year's just getting started and the energy at both the CPC Quarterly in Poulsbo on Feb 3rd and our PI/CPC Committee meeting on Feb 17th was so bright, innovative, and eager to serve. How blessed I am to have this opportunity to work with so many passionate AAers actively reaching out to help the still suffering alcoholic. While I couldn't attend the PI Quarterly on Feb 10th, my hope is to participate in the remaining three of this rotation.

And now a summary of what's going on in our committee:

CURRENT EVENTS & ACTIVITIES

Burien Little Assembly 03/09/24

Instead of double representation, GSIG PI/CPC will share a table together with Area CPC this year. And what's cooler still, is that District 1 CPC Chair will join us too! We will bring a variety of CPC and Newcomer literature packets and some pamphlet filled literature racks ready for your group or District to bring to your local library, community center, public health facility, etc.

We also have a great panel workshop lined up at 11:30 AM on the topic of "Overcoming Barriers to Participation". It will be interpreted into Spanish and our speakers the panelists will be our Area 72 CPC Chair, the first ever Area 72 Accessibility Chair, an Area 72 Past Delegate, and our own District 43 CPC Chair.

Senior Community Outreach

The number of seniors is rising and so is the rate of alcoholism among seniors. We now have three districts that have reached out to all the Senior Living and Assisted Living facilities in their communities. And the collaboration with District Accessibility Chairs is taking off like wildfire! Please reach out if you'd like more info on how to get this work going in your district.

Invite a Health Care Professional to Lunch

Did you notice that we switched our focus? Lisa O (D31 PI/CPC) joined this effort together with Ruth P (D14 PI), Allison F (D34 CPC) to organize this PI/CPC event at our location in beautiful downtown Georgetown. Stay tuned, because this is gonna be awesome!

Bellwether Housing

We're overjoyed that David B has joined us as the D16 PI/CPC Chair, and wow, has he just jumped right in. Among many other things on his radar, he's going to follow-up on this opportunity to see if there's still a need.

Friendship Heights Tiny Village

I'm overjoyed that Districts 24 and 42 both now have PI/CPC Chairs! Debbie, D24 CPC, has already reached out to the FHTV contact via email, and all three of us are working together to see how we can ensure the hand of AA is available to those who've reached out to us.

SERVICE OPPORTUNITIES

Adopt A Literature Rack

Not to be confused with the racks your group uses for AA Meetings, these 4-tier acrylic racks are 6.5" x 4.5" x 10" and stocked with initial set of schedules and pamphlets intended to carry the message of Alcoholics Anonymous to still suffering and potential alcoholics in your local library, community center, public health facility, etc.

Just email CPC@seattleaa.org or call/text (206) 683-1106 for more info or stop by GSIG PI/CPC Committee to pick one up!

Greater Seattle Intergroup
5507 6th Ave S, Seattle, WA 98108

AA Calling Cards

Make sure to pick up some of these the next time you're at Seattle Intergroup, like, when your getting your local library's literature rack. These have the QR code of our seattleaa.org website. Our phones can't always do everything, so sharing a calling card contact with easily accessible information about AA in our community has the potential to save lives. You can even choose from two different designs.

Public Service Announcements (PSA)

KIRO 710 Sports Radio isn't going to go anywhere, but now this opportunity is on our radar. Do you want to work on this? If so, please shoot me an email at cpc@seattleaa.org and we can get started

The Redmond Library continues to be an opportunity to provide service. Click HERE to sign up for one or more shifts.

PI/CPC Committee Volunteer

We have service opportunities of all sizes! To find out more, or just see what's going on, join us on the 3rd Saturday of each month @ 10:00 AM at the Greater Seattle Intergroup on 6th & Lucille n beautiful downtown Georgetown or via Zoom:

LINK: https://us06web.zoom.us/j/81714035053?pwd=eHBiT0RBdUhSRXpTVEl4NWtYbzQxUT09

MEETING ID: 817 1403 5053
PASSCODE: Trudge

Twelve Step (John DD)

We meet every 1st Thursday, on zoom. There is another Nightwatch Operator meeting via zoom. We are going to talk more about 12-Step committee on March 23rd. I will be at the BLA as well.

Web & Tech (Mike C)

Hello from the GSIG W/T Chair:

As many of you heard that 3 laptops were stolen on the valentine's night break-in. Through the power of the fellowship, we were able to procure 3 newer laptops. Our webmaster and all

stepped up and Intergroup was back on helping our fellow members. It was a great month of helping committees hosting.

Thank you for allowing me to be of service.

Please be reminded that we meet 90 minutes before the board meeting every 3rd Tuesday of the month for meeting changes or any questions regarding the website. All Meeting and committee Information can be found on seattleaa.org under events.

Mikey C

Special Events (Steve R)

2024 picnic: August 18, 2024

This year will add a new look, and chapter, in AA history once again. For the last 2 years we were at Seward Park and in 2023 we ended up sharing the park with another group because common ground adjacent to camp #3 is community grounds, therefore a repeat performance of 2023 could not be guaranteed against. I investigated going back to lower Woodland Park, although with the resent changes, the layout seemed personal, so looking at other venues seemed prudent.

Lucky us, we get another chance to experience change, and with some research, right around the corner is Woodland Park #6. The site, like Seward Park, seems to offer a picnic setting that could be amenable to our needs. Therefore, an application has been submitted for August 18th and flyers are to follow.

GSIG Jamboree/Vaudeville show

With this year's release of, (Our Stories Disclosed) it talked about the early Jamboree that was held at the (Century Ball Room) with Vaudeville show. This sparked and idea of trying to re-live the days of old, by having another Jamboree minus slot machines, if you read the stories, and to put a call out, for the very talented AA's with-in our program, for a show with performers such as comedians, magicians, singers, circus acts Etc.…This proposal would be, on October 24th for 4 hours between 2pm and 6pm. Dress the part, Men like Bill W. and women like Lois. There will be big band music in the background. This cannot be catered, however, snacks can be brought in. There will be prizes for young and old, best 20's, 30s or 40's dressed. All these details are still being worked out. Tickets will be $15 to cover expenses.

GSIG District Reports

District 14 – (Stacia)

We are doing great.

District 15 (Greg E)

Concept 2: read and discussed by Steve M from Seattle Group.

Mark S from Holly Court volunteered to do Concept 3 next month.

Discussion: we have many open service committee positions at D15, and many group meetings in our District that are not sending GSRs to this biz mtg. What can we do to increase participation (remembering the importance of attraction rather than promotion)?

- Several current servants are willing to visit meetings in D15 that are not currently represented.
- Invite groups to cover a Concept at a future meeting.
- Alt-DCM to sponsor a workshop on behalf of D15 in the future.

Status update: new DCM has switched PO Box, bank account, and other District items into his name as DCM.

District 15 (Greg E) continued next page »

« ***District 15 (Greg E)*** continued

DCM also checking in how GSRs would like to receive info from DCM - OK to just forward emails on with Area info? Consensus: yes, please forward them on. Let it flow!

Elected a new Alt-DCM: Peeps!

Treasurer's report:

Reporting in Dec - will need to do January's report next month, get caught up.

Total available funds: $528.07 - this puts us $121.93 below our reserves (prudent reserve + trusted servants fund).

District 17 – (David)

All of our positions are full.

I came in and met with the DCM for District 15 early on Tuesday. Last month we went out and got Fremont Fellowship to elect a GSR which is in our district and we've also got Recovery Kingdom which is a new hall. They were able to elect their new GSR. This next month I will try and to Fremont group as well.

District 18 – (Ali)

District meeting held in-person at new location in Renton.

DCM Highlights: Pre-conference coming up 3/16 at 10 AM, at Grace Lutheran Church. All GSRs are encouraged to attend.

Alt DCM Highlights: Burien Little Assembly coming up 3/9 at Grace Lutheran Church. Recommended donations: 150.00 for districts; 50.00 for individual groups.

Overall health of the district is good. With in-person meetings comes fellowship. Many groups are working to rebuild their fellowship opportunities after their meetings.

Next District meeting will be Zoom only due to the loss of space in March (Ramadan).

District 24 (Greg S)

Serving Lynnwood, Edmonds, and Mountlake Terrace.

District 24 is Hybrid and meets every 1st Wednesday of the month at 7:00pm in person at St Hilda's and St Patrick's church located at 15224 - 52nd Ave W, Edmonds, WA 98026 and on Zoom Meeting ID: 827 3971 4442 / Password: 441729

In attendance – 28 people live and 11 on Zoom for a total of 39 people.

Old Business: We finally approved our budget for 2024. We also settled an issue with the Pink Can funds that we have and will be forwarding those funds on to Seattle Intergroup About $1600.00

Open Chair Positions/Elections: Alt. Archives – Alt. CPC – Young Peoples – Alt. Zoom. We elected Bobby T as the new Alt Detox chair. He will officially take over as the Chair in October.

Events Upcoming: District 24's yearly Gratitude Banquet will be held February 24th at St Pius Catholic Church in Mountlake Terrace. Doors open at 5pm. Dinner at 6pm and Speakers at 7pm There will be an Al-Anon speaker and an AA speaker. District 24 also announced that our picnic this year will be on Aug 3rd at Edmonds City Park. TBD

District 31 (Thomas)

Positions: Positions filled Welcome RO!!

Treasurer: Reviewed past District expenses to determine yearly budget. (X).

Formatted Accounting reports to be easier to understand and hopefully easier for incoming treasurers to keep banking records and reconciliate with bank statements.

Service Workshop on Emotional Sobriety — 4/13 1:45-4:45 pm at Pass it On - Workshop starts at 2 pm – Flyer TBD

Burien Little Assembly: Our contribution of $100 Being Co-Host, we created Volunteer sign up genius.

Unknown Meetings: 15 mtgs. we don't have status on. Alt DCM is leading a committee to Investigate each meeting listed.

Conference: Each group to discuss topics

District 32 (Samantha M)

We are now meeting 1st Monday of the month at Brooklake Church at 7:00 PM

District 33 (Abby)

Warm greetings from district 33! At our last business meeting we voted to distribute splits, 30% to GSO, 30% to WWA72, and 40% to GSIG. We will reassess funds in June and possibly distribute another round of contributions. We noted that many members are receiving multiple Area 72 newsletters as they hold more than one service position, and our district registrar Teresa will likely contact the area

District 33 (Abby) continued next page »

« ***District 33 (Abby)*** continued

registrar to attempt to consolidate.

Our Alt DCM Cheri distributed neat Area72 pins as gifts and our Archives Chair Paul took some to store in our archives. Last month we voted to hold a district inventory and this month DCM Mark established our inventory will be held Saturday March 23, 2024, at the king county precinct #3 in maple valley from 9am-1pm. Vice Chair of Intergroup, Jeff has volunteered to facilitate.

We voted on the design for our new district banner which will be on display for Maple Valley and Covington Days.

We currently have no CPC/PI chair and are looking for volunteers to assist with these events.

"Sobriety in the Sticks" meeting is celebrating their 30-year anniversary at the cedar grange Sunday Feb 25 at 4pm.

Mark requested we all read Concept 2 and Cheri's contribution in this month's area 72 newsletter.

Archives reported there's a need to sell more new copies of "Our Stories Disclosed" and an organization of oral histories using "jukebox" is in the works. Our open district positions continue to be Accessibility, CPC/PI, Corrections, Young People, Newsletter.

Serenity Hall (Joel)

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.

Recovery Kingdom (Ricky)

We are located on 42nd and Aurora. We are open, but no meetings, currently looking for slots. We have food & dances, etc. on the weekends. For more information, go to: www.recoverynw.org

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Business

Old Business

Discussion Topic: *Is an AA group/meeting an aa meeting just because they say they are?*

- Serenity Hall believes there should be no requirements to be listed in the meeting schedule.
- Guidelines have been created but not implemented and will be brought to the next board meeting for review and discussion.
- Please continue to ask your groups and members in general how they feel about meetings that are to be listed in the AA directory. Should they be AA meetings and what does that mean?
- We hope to make some decisions at the Spring Assembly.

MOTION TO CLOSE: 8:47 PM

Upcoming Events

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

- Seattle Group Saturdays at 6:00PM – Derek S
- Open Mic – Saturday Feb 24th – 7:30pm
- District 24 Gratitude Banquet – February 24th 5:00pm at St Pius X Church, Mountlake Terrace
- Trad Study 4th Tuesday of the month at 7:00pm – February 27th - Hybrid
- Service Manual Study 1st Sunday of the month at 11:00am – March 3rd – Hybrid.
- Burien Little Assembly March 9th from 10am to 5pm at Grace Lutheran Church in 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

WAYS YOU CAN SUPPORT SEATTLE INTERGROUP

High and Dry Subscriptions

$12/yr. for a physical copy, $10/yr. for a digital copy
» SeattleAA.org/intergroup/newsletter/#signup

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.
» SeattleAA.org/online-contributions

Join the Sustainer's Club

Sign up to make a recurring donation
» SeattleAA.org/sustainers

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

March 2nd Mark R.
March 9th Desi H.
March 16th Peter J.
March 23rd Jim W.
March 30th Ali S.
April 6th Lisa R.
April 13th Ryan M.
April 20th Chris C.
April 27th Ian M.

Aloha

Open House and Potluck

April 6, 2024 10am-2pm

***At Seattle Intergroup** 5507 6th Ave S., Seattle 98108*
10am H and T Committee meeting
With the BBQ/Potluck to follow
Wear your beach attire and bring your FAVORITE dish to share!

GSIG Hospital and Treatment Committee will provide hamburgers and hot dogs
Gratitude Raffle, word scramble, get to know you bingo card, sobriety countdown and gift baskets



SERVICE MANUAL STUDY

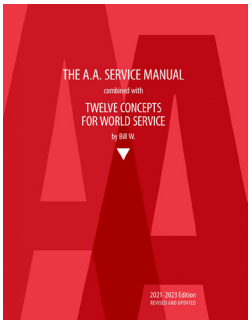
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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

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

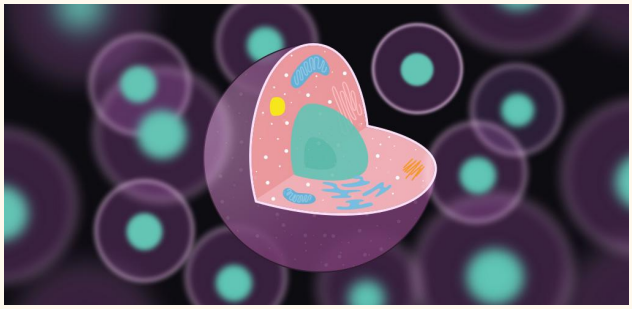
What: Potluck Brunch, service tables, Workshops, speakers and fellowship

FREE REGISTRATION CONTRIBUTIONS ACCEPTED

District 31 Emotional Sobriety Workshop

Saturday April 13th 1:45-4:45

PASS IT ON HALL - 17801 1ST AVE. S, NORMADY PARK



It will be an interactive discussion workshop where everyone will be able to participate.

There will be 4 panelist sharing their experience, strength and hope -

Jeannene, Liz C, Christine S, & Jeremy P

They will provide questions for everyone to discuss in small work groups.

Snacks and beverages provided!

ALL ARE WELCOME ~ COME GROW YOUR RECOVERY

Questions please reach out to Theresa P @ DCM31@area72aa.org

High & Dry

Call for Entries

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

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

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

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

high_and_dry@seattleaa.org

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

Union Gospel Mission needs you!

Please come join us every Sat at 10 am for our new in-house Men's AA meeting

Where: Downtown UGM
318 2nd Ave Ext S, Seattle.

You must be a UGM resident or pre-registered volunteer to attend.

For more information contact hospitalandtreatment@seattleaa.org



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.

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/