High & Dry

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

Volume 76 Issue 4 April 2024



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

FUTURE TRIPPING

April GSIG Events

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

3 — Accessibility Committee

- April 3 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09
- Meeting ID: 885 9521 8136
  Passcode: 611317

4 — 12th Step Committee

- April 4 @ 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

6 — Hospital and Treatment Committee

- April 6 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSU T09
- Meeting ID: 820 0608 7832
  Passcode: 088776

6 — Aloha Open House and Potluck

- April 6 @ 10:00 am - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Hosted by GSIG Hospital and Treatment Committee
- More Info: *SeattleAA.org/event/aloha-open-house-and-potluck/*

7 — Service Manual Study

- April 7 @ 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 — Group Conscience Sharing Session

- April 7 @ 6:30 pm - 8:30 pm
- Zoom link: https://area72aa-org.zoom.us/j/9445123341?pwd=ODJZeDBxNVZaWVdLbnJJeXpib2k0QT09
- Meeting ID: 944 512 3341
  Passcode: service
- After you attend a Pre-Conference, please have a discussion with your group about the topics covered or any other topic of interest in the agenda items, and then communicate that conscience to Crystal no later than April 7, 2024. You can do this either by email (delegate@area72aa.org) or by attending this sharing session.

8 — Corrections Committee

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

13 — D31 Emotional Sobriety Workshop

- April 13 @ 1:45 pm - 4:45 pm
- Pass It On
  17801 1st Ave S, Normandy Park
- There will be 4 panelists sharing their experience, strength and hope: Jeannene, Liz C, Christine S and Jeremy P. They will provide questions for everyone to discuss in small working groups.
- Snacks and beverages provided.

16 — Web & Tech Committee

- April 16 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetings
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09
- Here to help Groups and Districts with all things tech and web

16 — GSIG Monthly Board Meeting

- April 16 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09
- Meeting ID: 918 5437 5402
  Passcode: 035194

19 — NW Girlstock 2024

- April 19 @ 8:00 am - April 21 @ 5:00 pm
- Silver Legacy Resort and Casino
  4876 Haxton Way, Ferndale

20 — CPC/PI Committee

- April 20 @ 10:00 am - 11:30 amww — 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 — Dawn Patrol Speakers Brunch

- April 20 @ 10:00 am - 12:00 pm
- Tibbetts Church 3940 41st Ave SW, Seattle

23 — Tradition Study with the Third Legacy

- April 23 @ 7:00 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle

27 — Open Jam

- April 27 @ 7:30 pm - 10:30 pm
- GSIG Office 5507 6th Ave S., Seattle

28 — Jamboree/Vaudeville Auditions

- April 28 @ 1:00 pm - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- More Info: *SeattleAA.org/event/jamboree-vaudeville-auditions/*

April In Our History

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

April 1935	Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.
April 1950	Saturday Evening Post article "The Drunkard's Best Friend" by Jack Alexander.
April 1958	The word "honest" dropped from AA Preamble, "an honest desire to stop drinking".
April 1966	Change in ratio of trustees of the General Service Board; now two thirds (majority) are alcoholic.
April 1970	GSO moved to 468 Park Ave. South, NYC.
April 1, 1939	Publication date of Alcoholics Anonymous, AA's Big Book.
April 1, 1940	Larry J. of Houston, wrote "The Texas Prayer", used to open AA meetings in Texas.
April 1, 1966	Sister Ignatia died.
April 2, 1966	Harry Tiebout, M.D. died.
April 3, 1941	First AA meeting held in Florida.
April 3, 1960	Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."
April 7, 1941	Ruth Hock reported there were 1,500 letters asking for help as a result of the Saturday Evening Post Article by Jack Alexander.
April 10, 1939	The first ten copies of the Big Book arrived at the office Bill and Hank P shared.
April 11, 1938	The Alcoholic Foundation formed as a trusteeship for A.A. (sometimes reported as May 1938)
April 11, 1941	Bill and Lois finally found a home, Stepping Stones in New Bedford.
April 16, 1940	A sober Rollie H. catches the only opening day no-hitter in baseball history since 1909.
April 16, 1973	Dr. Jack Norris presented President Nixon with the one millionth copy of the Big Book.
April 19, 1940	The first AA group in Little Rock, Arkansas, was formed. First 'mail order' group.
April 19, 1941	The first AA group in the State of Washington was formed in Seattle.
April 22, 1940	Bill and Hank transfer their Works Publishing stock to the Alcoholic Foundation.
April 23, 1940	Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W insisted that Dr. Bob and Anne receive them.
April 24, 1940	The first AA pamphlet, "AA", was published.
April 24, 1989	Dr. Leonard Strong died.
April 25, 1939	Morgan R interviewed on Gabriel Heatter radio show.
April 25, 1951	AA's first General Service Conference was held.
April 26 or May 1, 1939	Bank forecloses on 182 Clinton Street.
April 30, 1989	Film "My Name is Bill W." a Hallmark presentation was broadcast on ABC TV.

Source: AASJ - https://aasj.org/april-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., Gary H. and Susan D.
TUESDAY	Mikey C., Morgan S. and Yoshi
WEDNESDAY	Stephan M., Cindy H., Pam H. and Amy F.
THURSDAY	Joe B., Sunny and Tom A.
FRIDAY	Thomas 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 April Celebrants in the *How Dry I Am Club*!

Dick P.	Dawn Patrol	52 years
Robert M.		46 years
Tersh W.	Greenlake	38 years
Dan G.	On the Waterfront	10 years
Riff Raff	Rebellion Dogs	15 years
Soda		1 year
Helen	Real Alcoholics	34 years

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

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

There are two ways to make your donation:

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

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

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

Link to Seattle Intergroup Online Contributions

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



Step Four

fearless and thorough

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

fearless
thorough
creation
emotional
security
instincts
liabilities
painstaking
obsession
inventory
disillusionment
helplessness
battleground
jealousy
revenge
revolution
depressive
misshapen
disposition
erratic
pride
indescribable
character
ambition
willingness

Joe M., a true friend of Alcoholics Anonymous (and me)

By Peeps

THERE HAS BEEN A HOLE in my AA morning gratitude routine since March 17, when I learned one of my favorite AA members, Joe M., had died.

That morning, about 7 a.m., I noticed I had not received a gratitude text from Joe. He usually dropped one in my messages before 6 a.m. I was surprised and disappointed I didn't see one from him, but soon I was distracted as my day unfolded.

I was waiting for the start of the Recovery Begins meeting when I saw a notification on my phone of a message from Joe. Before I opened it, I had a flash of relief, but it was quickly followed by a sense of dread. He'd usually only texted me early in the day.

The text was from Joe's phone, but the message was written by Joe's son, Mateo, telling me his father passed earlier that evening, "surrounded by his family." Joe's daughter Melissa, another son, Joe. Jr., and other family members were also present.

At home after the meeting, I looked up my text thread with Joe, it started on Dec. 12, 2022. I could count on one hand the number of days we did not text. Our text string started after I told him I usually start my day by sending out a Gratitude list, to several dozen people.

I was thrilled when he asked me to include him.

I can't quickly tell you how happy it made me to know Joe, a towering figure in my recovery (and the recoveries of hundreds of other people), was reaching out to me daily. It was usually a short string of emojis (folded hands, hearts, thumbs up), but it meant the world to me to be on his radar, and that he was still part of our fellowship.

It was not an unexpected death, he was "in hospice" for more than a year. But Joe, who died with more than 64 years of sobriety, seemed like he'd continue being an example of the how the 12 Steps and the Higher Power can change lives. And in my mind he will.

He continued to answer phones for Intergroup (often from home) after entering hospice care, attended the Sober Over Sixty group's meetings when he could, and was always willing to share his experience, strength and hope with everyone who crossed his path.

He truly lived his life in AA's Solution. He was the epitome of a member among members. Joe, a retired professor at Seattle University, got sober in his native Wenatchee before moving to Seattle in the 1960s. His laughter and positive outlook on life and recovery were contagious.

He was a longtime member of the Northgate Group.

In an audio interview recorded at the Greater Seattle Intergroup Office Oct. 19, 2023, Joe recalled how his introduction to AA in Wenatchee changed him.

"A guy came and told me that I was definitely an alcoholic, but I had a disease and that I was not a dipsomaniac or drunken pervert or anything like that," Joe said. "I just suffered from a disease and that I couldn't help myself once I had a drink.

"And that struck home with me. I believed him. And from that point on, I identified myself as an alcoholic. And what he did was spoil my drinking."

His family invites all who knew Dr. Joseph B. Monda to attend a memorial service at St. Jospeh's Catholic Church on April 19 at 11 a.m., 732 18th Ave. E. 98112.

I am looking forward to gathering with others to celebrate a life well lived. I'm expecting to hear lots of stories.

When I think of Joe, I smile, recognizing the extraordinary gift he was to AA and me. I cherish his memory. I believe being with others who knew and loved him will be the start of filling the hole in my morning routine. △

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Step 4: *"Made a searching and fearless moral inventory of ourselves."*

12 12

How Step Four Helps Me Every Day

By Kelli S-B

HAVE YOU EVER TRIED to hammer a nail with your shoe? Or unscrew something with pliers? It doesn't work. Nothing changes. I can keep trying but I just end up angry and frustrated. Using the proper tools makes it all so much easier! My time is spent is more effectively and brings about the change I want quickly! The same is true for spiritual tools and recovery from alcoholism.

Like hammering a nail with my shoe, I used to pick up the tools of blame and control. I would blame others for my problems, try to change their behaviors, then feel sorry for myself, and full of resentment, when they didn't do what I wanted. Using pliers instead of a screwdriver was like wallowing in self-pity. I would feel victimized that my life was so hard, no one understood me and everyone should cut me a break. Nothing changed and my life was unmanageable.

What a difference using the proper tools make! Step Four showed me the truth about my behavior. Because the process is thorough, I saw patterns in my behavior that were unmistakable. I was miserable and unhappy because I stepped on the toes of my fellows and they retaliated.

People lied, cheated and stole from me because I lied, cheated and stole from them. I had problems with the police, not because I was an innocent victim and they were out to get me, but because I broke the law ... a lot! I thought the rules didn't apply to me, but AA taught me to be a worker among workers.

The rules, in fact, do apply to me. The good news is that changing my behavior is within my control. Trying to change everyone else's behavior is like using my shoe on the nail.

Today, I have many years of sobriety and taking my own inventory has become an often used instrument in my tool box.

Recovery has given me an amazing family with two currently teenage children. Both of my kids have challenges and successes in their lives. I find myself trying to change their behavior to get them through their challenges. After all these years, I still pick up the shoe before the hammer.

Once that familiar feeling of "this isn't working!" pops up, I turn the focus onto myself. How am I contributing to this problem? How am I acting on my defects of fear and control? How am I not trusting and listening to our Higher Power?

When I pick up this proper tool, the solution presents itself. My kids move through their challenges quicker and more successfully than when I'm trying to manage and manipulate it all. I'm so grateful for the Forth Step and the practice of taking inventory. It is truly a powerful tool in my spiritual toolbox. . △



Tradition 4: *"Each group should be autonomous except in matters affecting other groups or A.A. as a whole.."*



Tradition 4

By Dimitri

IN MY EARLY DAYS of In my early days of sobriety, when I was first getting sober, one of the things I appreciated about AA, and frankly one of the things that attracted me and did not turn me off, was the noticeable balance between larger community, and individual group autonomy.

This balance was, and is, a bit slippery, hard to pin down, elusive – but it can be felt.

There was consistency between meetings, and a common thread uniting them, but each felt unique and free. This was important in my early sobriety.

This balance was important because it created reach. There was comfort, familiarity, consistency and trust in the fellowship. This was crucial in early sobriety, as it provided a foundation anywhere I went that there would be powerful meetings.

Crucially, however, each meeting felt autonomous, unique, and personal. This, I reflect, was probably very important to my enduring and healthy sobriety.

If meetings had felt too 'big,' for a lack of better terms, too institutional, or too monotonous and colorless, I wonder if I would have trusted the process.

As an early recovering alcoholic, I was skeptical, short-sighted, and thought I knew what was best. Any group, institution or program that felt stuffy, overblown or overdone likely would have been a turn off (right or wrong as judged by newcomer).

Many folks encountering meetings for the first time, I experienced this to some extent, but the individual autonomy of each meeting was salient and palpable. Each meeting was personal and told its own story. It felt intimate.

This was beyond crucial to my early sobriety, and I would imagine this characteristic can be attributed, at least in part, to its being a core tradition – Tradition Four.

For that, I am thankful. △

Concept IV

By Peeps

OUTSIDERS, and many AA members, are confused by our society's upside-down triangle. If AA were an airplane sitting on a tarmac, people would wonder how or if our life-saving, 12-Step contraption could get off the ground or land safely.

It works because our seemingly flimsily built organization is governed by spiritual "laws" and practices, not legal and physical principles. AA is able to operate relatively smoothly because of the Right to Participation.

> *"The principle of 'Participation' has been carefully built into our Conference structure. The Conference Charter specifically provides that the Trustees, the Directors of our service corporations, (AA World Services, Inc. and the Grapevine, Inc.) together with their respective executive staffs, shall always be voting members of the General Service Conference itself." — Page C12, The A.A. Service Manual.*

AA has many moving parts and operational divisions, which could, in practice and theory, come into conflict, but the implementation of Concepts is governed by the spirit of Tradition Two*, ensuring that no one group at AA's headquarters can impose its will on the others. △

** Tradition Two: Each group should be autonomous except in matters affecting other groups or AA as a whole.*

Concept IV:
"Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge"

We Are Like Trees *By Jenza*

Trees need a place to grow
Room to spread those limbs
Fertile soil to enrich the roots
Solid ground beneath

I had no place to go
To spread out my limbs or leaves
My roots, bound
The soil beneath me like clay

Trees want rain
To quench their thirst
And sunlight to survive
If they are to thrive

Then, with a new home
We begin to grow
With a place to be
A place just for me

And we painted or wrote
Until the pain poured out
And loosened the clay
Packed so hard around the roots

Dark, rich soil replaced the clay
Words of wisdom seeped
Through the leaves of kindness
Always seeking my truth

My limbs knarled,
darkened bark
Weathered by storms
Cracked open and dry

Soon the rain came
As tears flowed
Roots grabbed a hold
Clearing the way

Then there was green,
Tender new leaves again
A place to spread out
To begin to grow

To stand tall
Reach to the sky
Sunlight beaming down
Upon this, my face

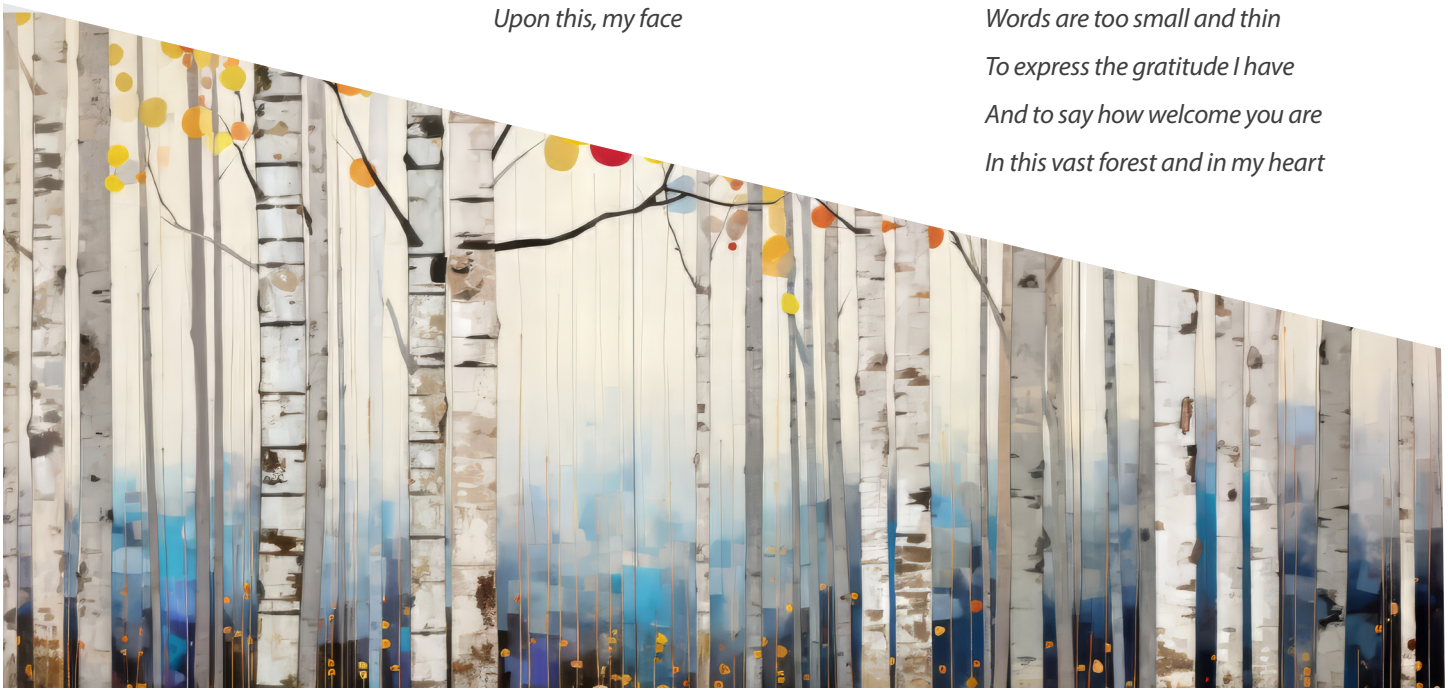
I would not shrink back
Again come winds
Limbs will break
I stood still

If only I could tell you
The strength that is amidst us
How healing it is
How gentle and firm

Go away if you must and search
Check the thick dense forests
For broken trees exist
Though we are no longer lost

Look for crusty trees
Barely alive
Hold them up
Til they can stand tall again

Words are too small and thin
To express the gratitude I have
And to say how welcome you are
In this vast forest and in my heart



Corrections Corner: Prerelease Program; What it is and How it Works

Have you heard about the AA Prerelease program? If not, it may be because you may know it as the Bridge program which has been around for years. It now has a new name: Prerelease Contact Program. There are two new pamphlets, Prerelease Inside and Prerelease Outside. Some language has been changed, for example, "incarcerated people and inmates" are now "persons in custody." The primary change is the name. For me, I like this. There was always confusion between "Bridge" (corrections) and "Bridging the Gap" (treatment). The new "Prerelease" name should alleviate the confusion.

The AA Corrections Prerelease Program connects an AA member being released from jails or prison with Alcoholics Anonymous in their community. When the soon to be released person completes the Prerelease form and mails it to AA, (within 6 months prior to release), it gets passed to the Area 72 Corrections or GSIG Prerelease Chair (myself) and I will contact an outside willing volunteer who lives near the inside person's new community.

What is expected of volunteers?

The outside AA is expected to write a letter to our prospect, providing a phone number so the prerelease person can call to set up a meeting time at the person's release. This is also a wonderful time to start to get to know them, talk about alcoholism and explain what will be happening next. Most of the prereleases have been attending meetings inside so there is some knowledge of how AA works.

The goal here is to get this newly released person to a few AA meetings as soon as possible and to get them acquainted with AA and the locals in the general location that they will be living in. Some volunteers recruit their friends to help, others do it alone. I am just starting the process on my first prospect. He is excited to get out and I am excited to help.

How to sign up

Volunteers are extremely important for the prerelease program to work. No one person could do this alone. I have been the prerelease chair at GSIG for about the last year and half. We were just coming out of the pandemic when I started. The prior couple of years the jails and prisons were on lock down like many of the rest of us. There was no list of volunteers for prerelease. But with the help of the corrections committee, we have gotten a great start on a volunteers list.

There are 3 easy ways to sign up or learn more by going to https://www.seattleaa.org/service/corrections/ and scrolling down to the Pre-Release Program section.

1. Read the info and send an email to volunteercorrections@seattleaa.org
2. Complete the online volunteer form on the screen https://www.seattleaa.org/service/corrections/corrections-volunteer-form/
3. Print the Prerelease Contact Outside form on the website, complete and return.

We will keep in touch with you and who knows, I may be calling you soon....

Want to know more? Contact us at volunteercorrections@seattleaa.org.

By Dan P, GSIG Corrections Prerelease Chair

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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting
March 19, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer

Elected Officer Reports

Chair (Karla)

I attended the Burien Little Assembly on March 9th. I thought it was great! I was able to attend panels from our CPC Chair, Carina, Treatment Chair, West, and District 31 Rep, Thomas. They all represented us well!

I will be attending the Area Quarterly in Mountlake Terrace on April 5th and 6th. On April 7th, I will meet you all down here or online for our inventory. I spoke to Brody, the Tacoma CSO Chair and he will be here to facilitate. This is your chance to speak your mind and rate my performance.

The Area 72 Delegate is getting ready to go to the Conference in NY in April. Her Pre-Conference meetings are done but you can still share your thoughts with her at the Group Conscience Sharing session on April 7th at 6:30pm. It is a Zoom meeting:

- Zoom Link: https://area72aaorg.zoom.us/j/9445123341?pwd=ODJZeDBxNVZaWVdLbnJJeXpib2k0QT09
- Meeting ID: 944 512 3341
  Passcode: service

I have a flyer here for the 76th Annual Pacific Northwest Conference in Wenatchee, WA from June 21-23. PNC is the oldest continuing conference in AA and includes speakers, panels, and workshops on subjects concerning AA It is generally a smaller conference of about 250 people and a great opportunity to meet other alcoholics in service. You can find more information at pnc1948.org.

Chair Emeritus (Astri)

To GSIG Board:To GSIG Board:

I am happy to see you all continuing to serve the Greater Seattle Intergroup. I do look forward to seeing you every month.

I have been a little busy since our last Board Meeting and will briefly report on my activities.

It all began by attending the District 24 Gratitude Banquet on February 24th. It was well attended, people seemed to have enjoyed the food, fellowship and of course the speaker, Greg S.

March 1-3, I attended the Pacific Region Alcoholics Anonymous Service Assembly in San Francisco. Due to my flight being delayed for 3 hours, I missed our Area 72 presenters (they were first on the Friday Agenda) but listened to the recordings and they all did a great job. On Saturday I attended the Roundtable on Intergroups and Central Offices. I was pleasantly surprised at how many participants there were and the commitment to the health of Intergroups/Central Offices. We covered many topics during our 1 ½ hour discussion. Topics included Online Intergroups, the Alcoholicsanonymous.com Website, Rotation, Selling Non-Conference Approved Literature, Imbalance between authority of Intergroup board vs authority of groups, How to deal with unruly guests at online meetings, fundraising/ raffles and AA workshops that charge a fee to attend. I brought up the issue of whether to list or not list a meeting in the Intergroup/Central Office Directory. Significant discussion followed, members had strong feelings for/ against having specific requirements to list, like the opinions I have been hearing here at home. It was good to meet other members

who are serving at the Intergroup/Central Offices in the Pacific Region.

March 6th, I attended the GSIG Special Events Planning Committee via zoom and am excited for the events our Committee Chair is working on.

March 9th, I attended the Area 72 Pre-Conference held in Mount Vernon. There was a great turnout and good discussion regarding the 17 topics our Delegate is asking for feedback on. I hope your GSR has brought the information back to your groups for their thoughts. You can find the topics on area72aa.org.

Coming Events; Before our next Board meeting it is my intention to attend the Mar 23rd phone service zoom meeting, Mar 26th to co-share at the monthly GSIG Traditions Meeting and I've been asked to share on Tradition 4 at the Wake-Up Group on April 1st. I will be attending the Area 72 Business Quarterly on Apr 5+6, then back to GSIG on Apr 7th for the monthly Service Manual Study. I'm looking forward to seeing many of you at these events and as always, I thank you for your continued service to AA and GSIG.

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 Saturday, March 23rd 2024. I will send Final Minutes to Lara on the 25th so she can submit to High & Dry.***

Treasurer (Dan G.)

Treasurer Remarks

This is a draft report. We ended up coming up short by $2074 for February. As you can see from our history, this is a frequent occurrence. When we add January and February together, we are still about $1700 to the positive for 2024. Lara continues to work with our accounting firm, who have not given us our official report for this month. Thank you for allowing me to be of service. Contact me by email at treasurer@seattleaa.org.

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
Feb-24	(2.1)	8.8	3.6	1.4	0.8	1.6	75.8

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

GSIG Office Reports

Office Committee (Pete)

GSIG Office Committee Notes 3/13/2024 In attendance: Karla, GSIG board chair; Lara, office manager; Anita, assistant office manager; Dan G, treasurer; Pete K, office committee chair; Matt T; Leslie; Jack J. Office committee members: Jack J, acting secretary; Dan G, treasurer

- Pulled info in-house for Office Committee review; accountant will deliver month report on the fifteenth of the month going forward. Lara notes the October meeting, calendar-wise, is the only GSIG Board meeting that will be impacted.
- $2100 "short," with group contributions half that of month before; note that regular contributions, as with Sustainer's Fund, would be healthy
- Individual Contributions [5K] high, as it includes Individual and the Sustainer's Fund [suggest approx 1.5K subtracted from $5 = $3500 Individual]
- Question about Zero Budget, if aim is no profit, then with January overage of $3800 and February under amount of $2100, are we at $1700 "above budget?" discussion of the previous Treasurer's budget, versus this rotation's budget.
- Karla, Board Chair:
    - Spoke with someone at Burien Little Assembly who might be interested in chairing the Accessibility Committee
- Lara, GSIG Office manager:
    - Report of final costs for repairs to facility after break-in; alarm system code to be closely held among a few members, remote arm/disarm possible
    - Building owner agrees to pay for outdoor monitoring, though increase of five-tenant CAM [common area maintenance] may be impacted
    - Bookkeeper update, re: transactions reviewed and weekly access; reconciliation of finals for Jan & Feb
    - Beginning the process of filing of taxes [recall that as non-profit, the Apr 15 deadline is not applicable]
    - Plan to notify groups to submit schedule changes by March 31 for new schedule book, currently down to 200 schedules
    - Confirmation of Seward Park as site for this year's picnic, Woodland Park had been taken. August 10 (?), 11 am - 4 pm
    - Carpet update: estimate from referred vender deemed too high; intent to purchase carpet squares from neighborhood business, using volunteer help. One suggestion of a member willing to bid on installation.
- Discussion of proposed guidelines for group/meeting listing: GSO in Service Manual has a form, pg. 112 [2021-2023 Ed.], with guidelines re: Traditions, and a form on the aa.org website that differs slightly, not listing tradition guidelines. Will offer resources to GSIG members, suggest take to groups and bring to Spring Assembly; also position the discussion as part of Inventory [Apr 7]. Bring Third Legacy Committee. "Did we decide as a committee we needed to discourage starting new groups?"
- Pete K., office committee Chair: no report.
- Accept motion to adjourn.

Office Manager (Lara)

We have received the bill for the door, approximately $550.00.

Making our total bills for the break in 1200.00.

The alarm system and the security code will remain with Anita, myself, and a few trusted servants. This code will be changed quarterly. Currently I can arm and disarm the system remotely, which is very convenient.

The owner of the building will be paying the bill for an external video monitoring system. We will have a monthly charge added to our CAM for security monitoring after the installation.

I had a meeting with the bookkeepers today, they have had some restructuring of their workforce. They will commit to getting our financials to us by the 15th of each month, which is a very typical bookkeeping deadline. If our office committee meets before that date, we will be able to provide the OC with a rough draft of financials.

I have given our bookkeepers access to view our transactions through online banking so they can have weekly access, rather than just a big dump at the end of the month, this should help the overall efficiency of their timeline.

We have started the ball rolling with filing our 2023 Taxes with our accounting firm.

Office Manager (Lara) continued next page »

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

We are down to just a few hundred schedules and will be working on the printed schedule.

We have received confirmation for our picnic site of Seward Park Shelter #3. Lower Woodland was not available. So, mark your calendars August 18th 11am to 4pm @ Seward Park.

We received a quote for installation of carpet for the whole building at $14,000, which is too much, obviously, so we have opted to replace the carpet in sections beginning with the front office space. The quote for carpet tiles to cover this space is $1150.00, this includes the tiles and the adhesive. We will utilize volunteer labor to change this carpet out.

There will be another quote coming in on Friday of this week. More will be revealed.

Call Log for February:

- Calls: 118
- Chat: 143
- Total contacts: 261
- 12th Step: 4

I had the dates wrong at the end of the newsletter, so I fixed that also I omitted some VERY IMPORTANT NEWS!

THE DEADLINE TO GET ANY CORRECTIONS TO YOUR MEETING LISTINGS IS MARCH 31ST. We will be getting new schedules delivered at the end of April. You can email webmaster@seattleaa.org or lara@seattleaa.org or use the handy-dandy button on the meeting listing itself to submit changes to your meetings.

Assistant Office Manager (Anita)

- I attended the H & T Meeting as well as the Special Events Meeting.
- Fremont has found a new temporary location. It's at the Salvation Army at 95th and Greenwood. The inaugural meeting will be March 28th, Thursday at 815.
- Although Lara and I have not had this conversation, in light of her report, at the office committee, I want to talk about, I totally feel like Lara can handle the bookkeeping duties at the office.

Service Committee Reports

Accessibility

To: Lara, Office Manager; Anita, Assistant Manager, and the Board for the Greater Seattle Intergroup:

The Accessibility Committee, a vital part of our organization, needs new members. We are seeking a Chair, a Treasurer, a Secretary, a Zoom Host, and a liaison with the other Intergroup committees that overlap services to those needing accessibility. Our current Zoom host, former Chair Ceair, has been serving this committee since its inception in December 2014. Also, Lonny (Secretary) and Laurel (past Chair and Interpreter Coordinator) have served on this committee for the past ten years, demonstrating the importance and longevity of our work.

We love this service and this committee, but we are stepping down to fulfill the spirit of rotation and make space for new ideas. We will discontinue our monthly meetings until new members join and want to jump-start this committee. Some of our duties include checking the emails we receive and having a table at events such as the Burien Little Assembly and the annual Intergroup picnic. The Accessibility workbook lists other activities, such as reaching out to the communities facing barriers in AA.

A significant part of this committee's work is maintaining an ASL can (aka Blue Can) and accepting donations from members and districts to help groups pay for interpreters. This crucial role ensures that all members can fully participate in our meetings. Coordinating the interpreters for meetings (Interpreter Coordinator) involves liaising with the Deaf alcoholics and ASL Interpreter communities to ensure quality access to meetings and events.

Laurel will continue coordinating interpreters for AA meetings in the greater Seattle Area. Currently, we schedule 25 meetings a month. In addition, interpreters are scheduled for special events such Intergroup Board meetings, Accessibility Committee meetings, a Gratitude Dinner or AA workshop. There are additional requests every so often to attend a Speaker meeting (such as Magnolia to get a birthday coin).

Yours in Service,

Laurel W., Ceair, Lonny

Archives: (Teresa)

Nothing new to report this month.
Teresa S.

Corrections: (Karen K.)

The GSIG Corrections Committee has had a full month. Email the committee at volunteercorrections@seattleaa.org for more info.

- King County Jail has reopened for womens meetings! We've been working with the Program Manager for over a year for this to happen. The Manager told us that AA is the first in person meeting that the jail has allowed since Covid! They selected AA to start because the women were so reliable! Right now they are only allowing women who have previously taken meetings into the jail. No update on mens meetings. They also placed a huge literature order to restock their shelves.
- Burien Little Assembly – 12 people completed on online service form and several completed paper forms. We connected with the D1 CPC chair who offered to help us translate the Corrections webpages into Spanish.
- The Federal Detention Center had a training for new volunteers to bring in meetings. (meetings Thursday evening). Still need more volunteers.
- Area 72 Corrections Quarterly was Saturday, 3/16. It was great to connect with corrections people around western Washington.
- We need several coordinators willing to work with a specific facility to be the contact person for meetings. SCORE women's meetings (meetings Saturday morning at 9:00), Regional Justice Center women's meetings (need to work with facility to actually set up the meeting/date/time, and logistics), and Helen B Ratcliff Women's Work Release Home (need to work with facility to set up meetings and logistics).
- Thank you to all the groups participating in the Pink Can program. As the facilities are reopening, these funds are used to purchase more and more literature. It is so helpful.
- Questions? Want to volunteer? Email the committee at volunteercorrections@seattleaa.org

Thank you for this opportunity to be of service,

Karen K

Hospitals & Treatment: (West)

Our Hospital and Treatment Committee last met on March 2nd, with 34 people in attendance, including in person and on Zoom...this was our biggest turnout yet! ;0)

We continue to get a lot of D31 trusted servants involved so please come join us for our Aloha Potluck / H & T Open House happening 10 am April 6th at GSIG!

Be sure to wear your best beach attire and bring your FLAVORITE dish to share. West will provide hotdogs and hamburgers and we will have BIG fun with games and gift baskets.

D31 teamed up with D18 to put on the 51st annual BLA at Grace Lutheran Church on March 9th and it was a huge success. We had an all-star team providing lotsa food, service tables, panels, speakers and fellowship.

Our Hospital & Treatment Committee hosted a panel at the 51st BLA, had a service table in the Narthex all day long and happily signed up many new participants!

Our D31 search committee continues our ongoing pursuit and follow-up with various treatment facilities in hopes of implementing a new in-person relationship for several D31 homegroups.

We carry day and evening panels to Key Recovery and the weekend evening panels happen upstairs in an intimate setting with couches. This is the perfect opportunity to share our experience, strength & hope with residents having more than 4 months sobriety who are looking for work.

We recently started a weekly Saturday morning meeting at Downtown UGM. So we are now 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 to Secretary and 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 recently spoke at the "Hot Stove" Fri night men's group in D18 and these guys are awesome! They are very service oriented and super excited to get involved!

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 July. *It is VERY important we refrain from swearing there, or in any UGM facilities, as it is a Christian-based organization!*

We have our Lakeside Milam Renton panel every final Friday of the month at 9 am. We have Mike C & Mark M scheduled for our next one on Fri, March 29th.

Hospitals & Treatment (West C) continued next page »

« ***Hospitals and Treatment (West C)*** continued

We are also now bringing in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. We had Janet A and Shari M speaking there last night, Tues, March 12th.

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 at 15 volunteers cleared to panel with 1 more in the process right now. Fredy Cortez, the SUDP there came and spoke at our last H & T meeting.

All are welcome at our new weekly Salvation Army Sunday night 7 pm meeting at the William Booth Center, so please come support this meeting and bring a friend. We are rotating Secretaries weekly and always looking for folks to chair that meeting as well. A big thank you to Jeff U & Mike C from GSIG for their help and also Riverton Place for bringing a van full of guys every Sunday!

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.

Nightwatch (Rob S)

Thank you to all the volunteers that take phone calls when the GSIG Office is closed from 10pm to 10am.

The Nightwatch program currently has every shift filled, but this changes frequently. We do have a need for a Tuesday, Daily Coordinator. There will be a zoom meeting this Saturday, March 23rd at 2:00 PM.

If you are interested in learning more about Nightwatch:

https://www.seattleaa.org/nightwatch/

If you would like to sign up for a shift:

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

If you have any questions, please contact Rob at nightwatch@seattleaa.org.

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

Spring is here and with it, the energy our committee members bring to the table is as refreshing as the cherry blossoms all around me. And now a summary of what's going on in our committee:

CURRENT EVENTS & ACTIVITIES

Burien Little Assembly 03/09/24
GSIG PI/CPC shared a table with Area CPC this year, and even better yet, we were also joined by our District 1 CPC Chair! Our Literature Coordinator, Jan, and D31's CPC Chair, Dawn P along with several other D31 volunteers worked tirelessly to prepare a variety of CPC and Newcomer literature packets and literature racks that we could distribute. will bring a variety of CPC and Newcomer literature packets, and pamphlet filled literature racks ready for group or Districts to take to their local libraries, community centers, public health facilities, etc. on the spot.

We also hosted a great panel workshop on the topic "Overcoming Barriers to Participation". It was interpreted into Spanish and the panelists consisted of 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 collaboration among our District Accessibility Chairs just keeps growing! 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
Ruth P (D14 PI), Dawn P (D31 CPC), Allison F (D34 CPC) Lisa O (D31 PI/CPC) are all on fire for this project. On the very near horizon is a sub-committee meeting to figure out details, like who's doing what, identify a date, etc.

Bellwether Housing
David B, D16 PI/CPC Chair, has done some amazing sleuthing on this project. So far, it's appearing as if there might no longer be a need, but we'll let you know if that changes.

Friendship Heights Tiny Village
As mentioned in last month's report, Debbie, D24 CPC, stopped by, sent email, and called to establish if a need still exists. Like the above, she doesn't seem to be hearing back, so it might be time to move on from this project.

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,

Public Information/Cooperation with the Professional Community (PI/CPC): (Carina W) continued next page »

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

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

Business Cards

Our original printing of 1,500 cards was running low, which is great news! We made a fresh new batch of 4,000 so make sure to pick up some of these the next time you're at Seattle Intergroup. These have the QR code of our seattleaa.org website and you can even choose from two different designs and come in GSIG branded and generic, always with sufficient room available for you to write your own personal contact info.

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) –

When the office is closed, Nightwatch answers the phones, and there are requests for follow-ups. We can respond to that if we volunteer. We refer the calls dynamically around the clock.

Web & Tech (Mike C)

Greetings from the Web/tech Chair:

Our webmaster attended our area 72 quarterly on 1/27/2024 hosted by Jacob E Area 72 Webservant. There was also an inventory conducted.

This is a sample of what our webmaster gets in the form of questions.

"I am new at Group Records in Northern... I am trying to learn how [aaMN.org]. If an Intergroup enters a group, and then the group wants to registered at Fellowship Connection, when I enter that group into [aaMN.org]for the Meeting App, my entry gets skipped over by the computer system because it has built-in programming to avoid duplicate groups.

My question is: Can I add that group by requesting its URL for the meeting from the Intergroup and installing it on my Chromebook [aaMN.org] so we both end up sharing the meeting? Or, does the Intergroup have to give up their listing of the meeting in order for my [aaMN.org] system to show the meeting?" How does it work between entities?

Another question: I'm somewhat confounded. There is a spot for district and group number in the plugin. This is passed to the meeting guide. In our area it seems we have a couple of group numbers. 1-from GSO and 2-St. Louis central service or area number. I've been told the latter is peculiar to our area and not necessarily the number I want to plug in to this field. I'd like to standardize what others are doing nationally. I have other ways to utilize the 'local' number but wanted some clarity.

This includes lots of issues regarding groups and districts and cooperation in the computer world.

The Web and Tech committee now meets monthly on the 3rd Tuesday, an hour and a half before the GSIG business meeting. You can join us at the Intergroup office at 5507 6th Avenue South. If you want to dial in with Zoom, here is the link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09

Lee R — lee@seattleaa.org GSIG web support
Mikey C — wtchair@seattleaa.org

Special Events (Steve R)

SPECIAL EVENTS for SEATTLE INTERGROUP

2024 Picnic

Seward Park will be the 2024 choice made by a higher power and the Seattle Parks dept. Woodland #6 turned out not to be an option. I inquired as to event that crowded us last year and there are no guarantees, so I feel this year we may need to show up extra early to secure enough space to accommodate our needs and or wants. I will probably ask for group and district help again this year.

GSIG Jamboree/Vaudeville show

The Steps in Time event, October 26th between 1 and 5pm is moving forward, with a recent well attended meeting that discussed the additional date for auditions of April 28th and a second one, June 9th. There will be additional auditions for an MC. Ticket are going to be $20 and are getting printed as 3/14/24.

There are a lot of moving parts to this, so any help will be appreciated. Flyers are now available.

GSIG District Reports

District 14 – (Stacia)

District 14 is going strong, with all Committee Chair positions filled and about half of the district's groups with GSRs regularly attend each month. In March, we enjoyed supporting the Burien Little Assembly with many volunteers, had a lively discussion of the GSIG discussion topic about meeting listings, and approved a contribution for the AA booth at the Evergreen State Fair.

District 15 (Greg E)

Concept 3: presented by Mark S from Holly Court

DCM report:

Continuing our follow-up with unrepresented groups (DCM shared a list of groups via email, and volunteers are attending those meetings).

3/16: Pre-Conference is happening in Des Moines (and hybrid)

Groups/Districts are asked to contribute, and D15 should review whether we can do so

Discussion about whether we have the funds to do this; motion passed to contribute $50. Delegate would like feedback by 4/7, so GSRs are asked to attend Pre-Conference and take this back to their groups for discussion.

Everett State Fair is looking for volunteers for a PI booth (see area72aa.org/events)

Treasurer's report: not present

Corrections report:

Looking for female volunteer coordinator for SCORE

RJC will be opening up, and will need a volunteer coordinator and volunteers

Jason volunteered as Grapevine / Literature Committee Chair

Nils volunteered as Treatment Chair

District 16

In February we had our Group Inventory. Our budget is doing good. Went to the Pre-Conference. Looking for more GSR participation.

District 17 (David)

Great attendance this month. Food helps! Discussed a lot of the Pre-Conference stuff.

District 18 (Ali)

Nothing to report. Due to calendar adjustments, we did not have a district meeting last month; our next meeting will be on 3/21 and online only due to the availability of our normal physical location. More to report next month.

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 – 33 people live and 8 on Zoom for a total of 41 people.

District 24 did an inventory and we had 26 people show up for that.

We had a guest speaker named Marlene who discussed some of the issues with funding for the deaf community regarding sign language interpreters.

Events Upcoming District 24's yearly Gratitude Banquet was on held February 24th at St Pius Catholic Church in Mountlake Terrace. We had quite the turnout for the banquet. 240 paid and about 15 did not pay. Possibly a record for attendance. We discussed two questions that we need feedback from the groups.

1) Does the group have an opinion on whether the banquet should be held in February or March. 2) Does the group have an opinion on whether we should continue to include an Alanon speaker along with the AA speaker.

We are having another schedule stapling party on April 21st.

Open Chair Positions/Elections: Alt. Archives – Alt. CPC – Young Peoples – Alt Treasurer

District 33 (Abby) continued next page »

« ***District 33 (Abby)*** continued

District 31 (Thomas)

Old Business:

1. Open positions: Grapevine/Literature

2. Service Workshop: Emotional Sobriety

A. Will be at Pass It On: 4/13 1:45 pm - 4:45 pm Flyers out GSIG Website

B. Motion $25 for treats from treasurer account. Passed minority opinion.

changed vote. Motion made; we pass virtual hat right now for $25 Voted/Passed

C. Volunteers are needed for set up, door watch, and clean up. GSR to distribute.

D. Final committee meeting Sunday, 3-24 7pm via zoom

3. BLA:

A. Was successful.

B. Reminder D-31 hosting next year.

C. April 7th wrap up meeting 10 am

4. Unknown meetings:

A. Alt DCM to set up a committee and will be meeting with volunteers.

New Business:

1. Go over items that came out of questions at D-31 Inventory

High & Dry: Sent copy to Secretary.

District 32 (Samantha M)

Last meeting we had 18 voting members. We had a presentation from the area Young Person's chair step come in.

Corrections: We had three people contact us for the free release. For

Webmaster: We updated some new information to our website.

For CPC: We had five referrals for the month of February. For PI, she's doing a lot of great work. She also went to some libraries and brought big books and 12 by 12 to share with the public and hopes to bring those literature racks as well.

Accessibility: Chair stepped down so that position is open in our district.

Our DCM is awesome. She attended the quarterly. She also went to cross that. she also, like, times out these things for everybody to know; when/where

We can attend the pre-conferences, staying with area 72.

Treatment: Many things are going on, I have flyers of those events, etc.

If you want it to be a service for District 32, there's some opportunities there. And overall, our open positions, our school panels, bridging the gap, accessibility, young people, and the events chair.

Corrections: Had 3 people contact us. PI: Working on a Spreadsheet for our area and she visited libraries as well. Our Corrections Chair has stepped down, looking for a new rep. Treatment has opportunities, I am passing out Flyers.

District 33 (Abby)

District 33. We meet on the second Tuesday of month, 6 to 7 p.m.

meeting Wednesday, 6.30 p.m. at the Cedar Range in Greenville Valley, called Foolish Chaps. Our district inventory is scheduled for Saturday, March 23rd, 9 a.m.

to 1 p.m. through carrying the message to the still suffering alcoholic, and how can we improve committee and group participation?

We purchased and have received two public information banners from a local sign shop at say District 33 AA to display at events such as Huffington and Maple Valley days.

They look great. Most of them were able to attend often to participate in the online pre-conference. March 13th to learn what the delegates will be discussing in New York at the April conference. Several meetings in our district could use more support. Several of them have nearly two or three attendees.

Our DCM, Sherry, attended PRAASA and is writing an article detailed in your experience. To inform us that the upcoming locations will be; Alaska, Hawaii, and Seattle, November 27th.

Our archive chair, Paul, will attend the quarterly in May and has purchased a copy of Our Stories Disclosed for our archives.

We voted to invite the Intergroup CPC/CPI Committee to come give a presentation at our April 9th district meeting.

Carina confirmed, looking forward to that. And we will also likely ask the Corrections Committee to come speak in May.

Open positions, our CP/CPI, Accessibility, Corrections, Newsletter, Young People, Third Legacy our Hospital and Treatment.

District 41 (Laurel)

No report

A New Beginning: (John H)

Semi-Annual Workshop on the 24th of February

Serenity Hall (Joel)

- Our midnight meeting that was held every Saturday night at 12pm will now only be held on the first and third Saturday of the month. This is to make room for an exciting new event schedule.
- Speaking of events, our new events chair has been planning new and exciting events to be held on the 2nd, 4th and 5th Saturdays of the month (if there is a 5th Saturday). The first of these events will be held this weekend on Saturday, March 23rd at 9:30pm. It's a lip sync battle! Props, costumes, and all are welcome! $5 suggested donation.
- Serenity Hall is currently exploring contingency plans to move to a new location. There is no urgent need for a new space as of now, but the current land that our building is on was almost sold last year. The sale didn't go through, but we at Serenity Hall want to be ready in case another sale happens. We are only in an exploratory phase right now and the timeline is way up in the air (most likely on the scale of years) but it is an unsure future for us in our current location, so we want to be ready for a move if needed. Any suggestions or leads from the greater Seattle AA community are greatly appreciated.
- I wanted to clarify that the opinion expressed by Serenity Hall at the last board meeting about the old business item was not accurate. The meaning of the meeting listing requirements was lost in translation at Serenity Hall's February business meeting, so the opinion expressed at February's GSIG board meeting can be disregarded.

Recovery Kingdom (Ricky)

We are located on 42nd and Aurora. For more information, go to: www.recoverynw.org.

Business

Old Business

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

- 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.
- The opinion expressed by Serenity Hall at the last board meeting about the old business item was not accurate. The meaning of the meeting listing requirements was lost in translation at Serenity Hall's February business meeting, so the opinion expressed at February's GSIG board meeting can be disregarded.
- Members discussed developing formal policies for warning or delisting meetings that cause issues, and defining who makes such impactful decisions. Most agreed more discussion is needed on balancing oversight with Tradition Four.

MOTION TO CLOSE: 8:47 PM

Upcoming Events

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

- Seattle Group Saturdays at 6:00PM
- Open Mic – Saturday March 23rd – 7:30pm
- Tradition Study 4th Tuesday of the month at 7:00pm – March 26th – Hybrid
- Sponsorship Workshop – March 30th from 10:00am – 12:00pm – Hybrid
- Aloha Open House – Saturday, April 6th from 10:00am to 2:00pm
- Service Manual Study 1st Sunday of the month at 11:00am – April 7th – Hybrid
- GSIG Group Conscience Inventory – April 7th at 2:00pm
- Auburn Group Annual Diamond Dinner – Saturday, April 20th – 6:00 pm – Bill E./Benson Hill Speaker. Great Commission Presbyterian Church

*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

April 6th Lisa R.
April 13th Ryan M.
April 20th Chris C.
April 27th Ian M.
May 4th Frank S.
May 11th Sarah M.
May 18th Jina F.
May 25th Tracy B.

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

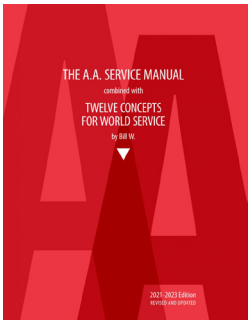


SERVICE MANUAL STUDY

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



THE STEPS IN TIME

JAMBOREE / VAUDEVILLE FROLIC
OCTOBER 26TH 2024

Join us at the Century Ball Room, known as, (The Big Hall) in 40's and was Central Committee, and turned into the Seattle Intergroup with an Alano Club,

Big Band style music

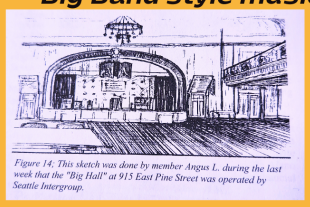


Figure 14; This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



This is not a talent show, but rather a show of talents

Dress, as our co-founders did in the day,
Men as Bill W and Women as Lois
A prize will be awarded for best dressed.

ENTERTAINMENT, SNACKS FELLOWSHIP AND MOSTLY, FUN!

Lets show case the talents of our own AA members doing acts of all kinds, from circus performers, to comics to dancers or singers, groups that want to do a skit, these to name just a few

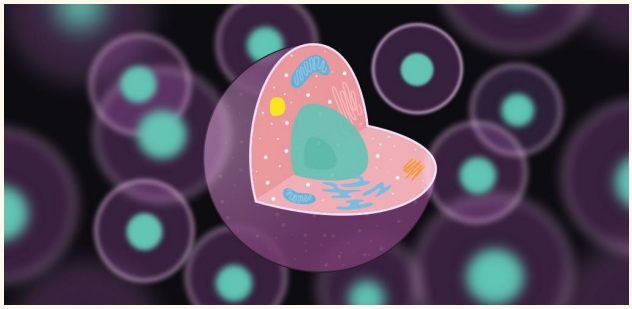
We are looking for 10 to 20 acts, and encourage them to contact us at, specialevents@seattleaa.org for auditions, that will be held, April 28th at Seattle intergroup between 1pm and 4pm

ITS A FIRST FOR US BUT THEY HAVE BEEN DOING SINCE THE 30'S, SO LETS HAVE SOME FUN WITH IT TO.

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





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





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/