High & Dry

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

Volume 76 Issue 5 May 2024



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Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

FUTURE TRIPPING

May GSIG Events

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

1 — Accessibility Committee

- May 1 @ 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

2 — 12th Step Committee

- May 2 @ 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

4 — Hospital and Treatment Committee

- May 4 @ 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

4 — May the 4th Be with You Coloring Event

- May 4 @ 12:00 pm - 3:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Presented by Geeks Who Don't Drink One hour meeting followed by coloring and fellowship with a Star Wars movie playing in the background.

4 — Women of Principles Anniversary Potluck

- May 4 @ 12:30 pm - 2:00 pm
- Serenity Hall 12536 Renton Ave S., Seattle
- Women of Principles Flyer Meeting Topic: Gratitude Bring a dish to share

5 — Service Manual Study

- May 5 @ 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

13 — Corrections Committee

- May 13 @ 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

13 — The Olympic Roundup

- May 17 @ 8:00 am - May 19 @ 5:00 pm
- Vern Burton Convention Center 308 East 4th Street, Port Angeles
- "Living the Traditions in Relationships" More Info: *SeattleAA.org/event/the-olympic-roundup/*

18 — CPC/PI Committee

- May 18 @ 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

19 — 45th Annual Ladies Luncheon

- May 19 @ 12:00 pm - 3:00 pm
- Queen City Yacht Club 2608 Boyer Ave E, Seattle
- More Info: *SeattleAA.org/event/45th-annual-ladies-luncheon/*

21 — Web & Tech Committee

- May 21 @ 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

21 — GSIG Monthly Board Meeting

- May 21 @ 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

23 — Tradition Study with the Third Legacy

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

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May In Our History

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

March-May 1938	Bill begins writing the book Alcoholics Anonymous.
May 1939	Lois W Home Replacement Fund started at Alcoholic Foundation.
May 1949	The first AA meetings in Scotland were held in Glasgow and Edinburgh.
May 1950	Nell Wing became Bill W's secretary.
May 1951	Al-Anon is founded by Lois W. and Anne B.
May 1, 1939	Bank forecloses on 182 Clinton Street. (sometimes reported as April 26, 1939)
May 1, 1940	Rollie H, Cleveland Indians, first anonymity break on national level.
May 1, 1941	The first Wisconsin AA meeting was held at a hotel in Milwaukee.
May 2, 1941	Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
May 3, 1941	The first AA group in New Orleans, Louisiana, was formed. (sometimes dated as May 2, 1943)
May 3, 1941	Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.
May 4, 1940	Sunday Star reported founding of first AA group in Washington, DC.
May 6, 1939	Clarence S of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.
May 6, 1946	The long form of the "Twelve Traditions" was published in the AA Grapevine.
May 8, 1943	Akron AA Group celebrates 8th anniversary with 500 present and sober.
May 8, 1971	Bill W buried in private ceremony, East Dorset, Vermont.
May 10, 1939	Clarence S announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
May 11, 1935	Bill W made calls from the Mayflower Hotel and was referred to Dr. Bob.
May 11, 1939	first group to officially call itself Alcoholics Anonymous met at Abby G's house in Cleveland. (some sources say the 18th)
May 12, 1935 @ 5 pm	Bill W met Doctor Bob at the home of Henrietta Seiberling.
May 15, 1961	Bill W's mother, Dr Emily Strobell, died.
May 16, 1941 a "wet brain".	Ruth Hock finds that Joe W. (or V.), credited with coming up with the name Alcoholics Anonymous, has
May 17, 1942 ity.	The Dayton Journal Herald published pictures of AA members wearing masks to protect their anonym-
May 17, 1942	New Haven, Conn paper has article on AA. Picture shows faces of members sitting in a circle.
May 18, 1950 huge memorial.	Dr. Bob tells Bill "I reckon we ought to be buried like other folks" after hearing that local AA's want a
May 19, 2000	Dr. Paul O., Big Book story "*Doctor, Alcoholic, Addict*" (renamed "*Acceptance Was the Answer*" in the 4th edition) died at the age of 83.
May 28, 1974	The first World Service Meeting of AA outside North America was held in London.
May 29, 1980	"Dr. Bob and the Good Oldtimers" was published.

Source: AASJ - https://aasj.org/may-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	Glitter, 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 May Celebrants in the *How Dry I Am Club*!

Anonymous		34 years
George F	Skyway Group	49 years
Geri F	Skyway Group	46 years
Sprout	Rocketed Into Recovery	33 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/



Tradition Five

Singleness of Purpose

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

shoemaker
unity
miraculous
ambitions
obligation
identify
eloquence
singleness
purpose
unremitting
obstinate
dilemma
dubious
spiritual
humility
sobriety

Step 5: *"Admitted to God, to ourselves and another human being the exact nature of our wrongs."*

12 12

Step Five

By Peeps

I HAD AN EXTREMELY DIFFICULT time committing to completing Step Five compared to finishing Step Four. My sponsor actually tricked me to sit with him and go through my Fourth Step.

I'm self-centered to the extreme, so I was fairly at ease writing Step Four, after all it's all about me. I know I ain't much, but, especially early in recovery, I was all I wanted to think about.

The challenge as I saw it was sitting down with my sponsor to read it aloud — together. I would have preferred dropping it off at his office and getting his feedback/comments/suggestions at a later date. Preferably in writing.

The live interaction scared me. Like my penchant to use alcohol to avoid the present, I did not want to be there when a verdict on my "wrongs" was delivered. But I know now that being present in the moment is the entire point of exercise. (Admitted to God, to ourselves and another human being the exact nature of our wrongs, all of them.)

My sponsor and I had had three two-hour weekly sessions reviewing my Step Four entries. (He is very particular about formatting.) Before starting the third and final session before Step Five, he urged me write as though no one would read it and to leave nothing out.

"Next week, we'll use as much time as needed to go through it to finish Step Five," he said. Taking him at his word, I added more items. Our time was coming to the usual end point, 2 p.m., when I placed my pages on my sponsor's desk and started putting my coat on to leave.

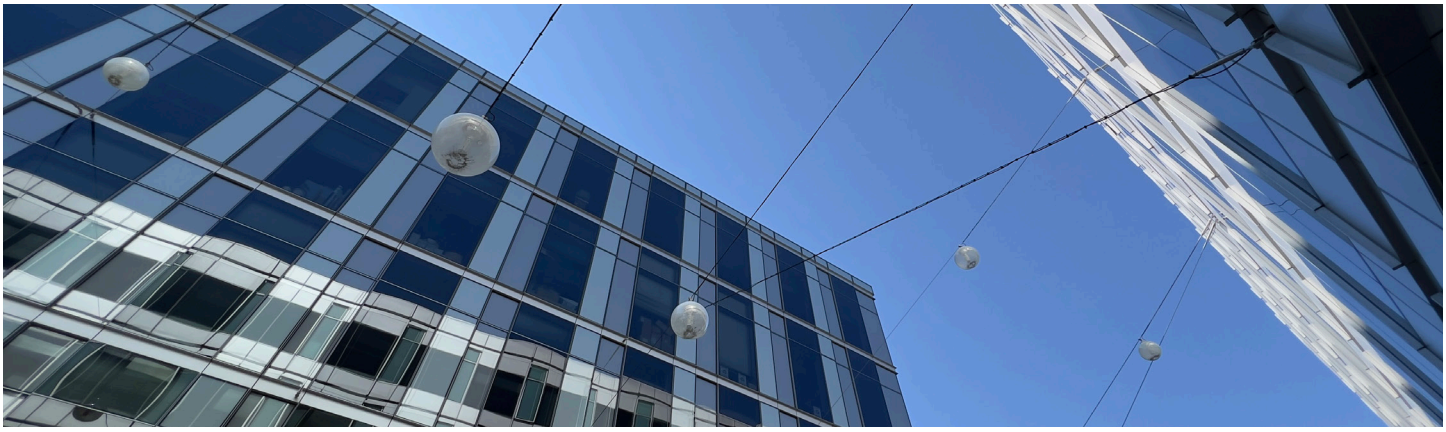
In my mind, I was already heading to Westlake LINK Station. I'd even began dreading the next week's session. That's when my sponsor surprised me with a suggestion that landed like verbal punch to the gut.

"Today I don't have any appointments for the rest of the day," he said, looking straight into my eyes. "Why don't we just stay here and go over this now? It looks thorough, why not do it now? I'll order a pizza."

I was trapped. He knew my schedule was as empty as his. I took my coat off sat down in a chair next to his and swallowed hard before saying, weakly, "OK."

I was forever changed by the experience that followed. It showed me I could trust the Steps to change my life.

I was lighter than air when I finally set off for the train station and I felt like a full fledged member of AA. I had survived a trial by truth about me. It was the beginning of new relationships with A.A., my sponsor and myself. △



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Tradition 5: *"Each group has but one primary purpose — to carry the message to the alcoholic who still suffers."*



Tradition 5

By Peeps

TRADITION FIVE DEFINES of Alcoholic Anonymous' reason for existing.

We're not a social, religious, educational, charitable or political organization. AA's "primary purpose" is sharing the message of recovery with those suffering from alcoholism.

Step 12 dovetails with Tradition Five, directing members to help other sufferers as part of our spiritual commitment to our own recoveries. That was how Bill W. found his way to a happy, joyous and free life, by seeking out other drunks to help — insuring his own sobriety.

"It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away." — From page 151 of Twelve Steps and Twelve Traditions.

I've heard others say we have to give away what was freely given to us in order to "get it." Which has proved to be true for me.

Every AA group, via its group conscious, is free to come up with it's own plan for carrying and delivering AA's message of recovery. There are meetings that build their meetings around specific AA books like the "Big Book" or "As Bill Sees It" or "Daily Reflections" or "Twelve Steps and Twelve Traditions."

Some meetings feature one or two speakers sharing their experience, strength and hope to show others how they were freed from the grip of alcohol abuse.

There are Step and Tradition studies, meetings aimed at newcomers and meetings reserved for women or men. Perhaps that is why some members say there's a wrench (meeting) for every nut in AA. △

Concept V

By Peeps

LIKE ALL HUMAN ENDEAVORS, Alcoholics Anonymous, as an organization, can make errors when forging the group conscious. But our aspiration and commitment to closely adhere to Tradition Two "... is our chief protection against an uninformed, misinformed, hasty or angry majority."

Tradition Two: "For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but thrusted servants."

This practice of encouraging the minority's opions to be expressed is not limited to AA's world services New York City's offices. I've been around long enough to attend dozens of business meeting here in the Seattle area and witnessed group consciences reversed after the expression of a minority report. Often to my chagrin.

One time, about four years ago, when I was rather new to AA, my home group voted something like 29-1 on a motion I was extremely passionate about. Of course, I was the lone vote in opposition.

My sense of being hard done by increased by a factor of 10 when all eyes turned to me when the meeting secretary asked if I wanted to express a minority report.

I was angry! I'm thinking: "Whiskey-Tango-Foxtrot!" My next thought was to run out of the room and find another home group.

Recognizing the futility of the situation, I somehow kept most of my anger (and hurt feelings) out of my mumbled response: "No, thank you."

Concept V:
"Throughout our world service structure, a traditional 'Right of Appeal' ought to prevail, thus assuring us that minority opinion will be heard and that petitions for redress of personal grievances will be carefully considered."

I had been given a lesson in how AA works. I appreciate, now, that all members will be given a chance to share and that minority opinions can sometimes carry the day. But not every time. △

BOARD MEETING MINUTES

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

Meeting Opening

- Call to Order & Serenity Prayer .
- AA Birthdays for March – Tanner; 1 yr., Joel; 2 yrs., John 34 yrs., Gina; 2 yrs., Samantha; 7 yrs., Greg; 43 yrs., Janet A; 13 yrs.

Elected Officer Reports

Chair (Karla)

I attended the April 6th Area Quarterly. Our delegate gave a super helpful report on GSO finances and why they are the way they are. You can access that report here: https://drive.google.com/drive/folders/1znrHLwROSZySYdTetZDYrFn2UT4-NUeQ

There was one motion, "That Area 72 submit the following Proposed Agenda Item for consideration at the General Service Conference: That the General Service Board create an online Area serving online districts." This motion failed.

There was an ad hoc committee report on whether to move the Area 72 Assembly date to better sync with the Conference agenda submission date of September 15.

Committee's Recommendation:

Shift Dates of Area Committee Meetings and Assembly.

- January Quarterly: No change.
- April Quarterly: Shifted to March (consideration to avoid conflict with PRAASA)
- July Quarterly: Shifted to June (consideration to avoid conflict with PNC)
- October Area Assembly: Shifted to September (consideration to avoid Labor Day Weekend)

I gave our report, and several people came up to me to thank me for my share on how GSIG was robbed but the Fellowship rallied, and it turned into a positive story.

I also reported on our upcoming Steps in Time auditions and show and our need for an Accessibility Chair.

We held our GSIG group inventory on April 7th. It was a good meeting. I was a little disappointed in the turnout and am interested to know why more district and group reps did not come. I am implementing a couple items that came out of the inventory tonight. For the rest, I am going to rely on the office committee to look over the notes and determine what needs to be addressed, when, and how. So, stay tuned.

The Pacific Northwest Conference is in Wenatchee, WA this year from June 21-23. I have registered, have you? PNC is the oldest continuing conference in AA and includes speakers, panels, and workshops on subjects concerning AA as a whole. 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.

I facilitated a group inventory for A New Purpose Group on March 24th.

I gave a 4th Tradition talk to RIP in the CD on April 12th.

Chair Emeritus (Astri)

I did attend the Nightwatch Phone Zoom Meeting on March 23rd, and as expected, I learned some things. Thanks, John, for your insights.

March 26th, I joined Cindy and Stephen at GSIG to share briefly on Tradition 3, at the monthly Traditions Meeting.

April 1st I got up very early to share on Tradition 4 at the 6AM Wake Up Group.

April 3rd was the Special Events meeting, really looking forward to our April 28th Auditions for Our Vaudeville/ Jamboree.

April 5th and 6th I attended the Area 72 Business Quarterly. As usual, Karla did a great job reporting on the activities here at GSIG.

Chair Emeritus (Astri) continued next page »

« ***Chair Emeritus (Astri)*** continued

Sunday, April 7th I cofacilitated the monthly GSIG Hybrid Service Manual Study and invite you to attend our next meeting, scheduled for May 5th.

As always, I am grateful for the opportunity to serve and for your continued service to GSIG and Alcoholics Anonymous.

Secretary (Janet)

It's been another busy month! I am continuing my service with H & T, panels, etc. I was also grateful to visit and Chair the Worker among Workers meeting. Thank you, Ali, for the opportunity to serve. The Aloha Potluck was a huge success and so fun. I attended the Events Committee meetings for the Vaudeville Event and will be a judge for the upcoming auditions on April 28th. I attended The Intergroup Inventory which was very informative. It was my first time attending and I am glad I did. I had an amazing time in Seaside this last weekend. My cup is so full!

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

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

Treasurer (Dan G.)

Treasurer Remarks

We had a shortfall of $8064 for March that we did not expect. Both group and individual contributions were below plan, and we are now behind by $4693 for 2024.

Donations to help sustain and grow our operation are needed and appreciated.

As a reminder, we are completely supported by contributions from our members, either directly or through their groups. Here are some things that you can do to help:

- We appreciate regular monthly donations which can be made through our website at https://www.seattleaa.org/sustainers/. Knowing that regular money is coming in helps a lot.
- Groups that make regular donations are much appreciated. Small monthly donations are better for us than one large donation sent infrequently. Thank you for allowing me to be of service. Contact me by email at treasurer@seattleaa.org.

TREASURER'S REPORT FOR MARCH 2024 (Data in Thousands K)

Month	Net income /loss	Group Contribution	Individual Contribution	Sustainers	Room rent, etc.	Sales income /loss	Cash and savings
1/23	(.045)	14.9	1.4	1.4	0.7	3.3	77.5
2/23	(2)	9.3	0.3	1.4	0.5	2.9	75.4
3/23	7.1	10.7	11.6	1.6	0.5	1.4	82.5
4/23	5.7	17.2	0.7	1.7	0.4	1.4	84.0
5/23	0.8	7.9	1.8	1.7	0.6	4.5	85.5
6/23	(3.8)	8.4	3.3	1.7	0.6	2.0	81.2
7/23	2.8	11.3	0.4	1.6	0.5	2.1	87.3
8/23	(10.4)	9.9	0.2	1.7	0.6	1.5	76.1
9/23	(0.6)	8.9	1.2	1.4	0.4	1.2	79.4
10/23	(3.1)	9.0	0.9	1.4	1.0	1.8	80.6
11/23	(3.8)	7.2	1.5	1.4	0.5	1.7	65.4
12/23	2.4	10.0	5.9	1.5	1.1	1.2	67.0
1/24	3.8	15.9	1.7	1.5	0.6	2.1	77.7
2/24	(2.1)	8.8	3.6	1.4	0.8	1.6	75.8
3/24	(8.1)	7.5	0.1	1.5	0.4	1.6	69.4

GSIG Office Reports

Office Committee (Pete)

Pete, office committee Chair: call to order with Serenity Prayer

- March minutes, confirmed the only change was correction of the date of August picnic to 18th, not 10 as initially posted.
- Lara, GSIG Office manager:
  - Bookkeeper update: current firm seems to be catching up. Have provided full books for Jan and Feb, entries for Mar with promise of a full book by 15th. Due to earlier concerns about promptness, considered actions were a.) to take monthly bookkeeping in-house, and b.) to interview other vetted firms (via references within QuickBooks). Consensus to leave status quo, review in another month.
  - a.) train current staff on QuickBooks, assistance from former treasurer. "Not too much work…," suggestion of 3-6 months on-boarding, leaving the current bookkeeping company in place. Feedback shared of preference to have an outside set of eyes on books, and to long-term viability with inevitable change of staff. Question about checks: few written by staff, most bills on autopay or via Pluto resource.
  - b.) interviewed two firms, one a few hundred higher per month, the other a few hundred lower; both can meet the customary business practice of the 15th of the month, possibility of the "2nd week," the latter of which might be sooner than the 15th.
- Dan, treasurer:
  - Provisional budget based on initial data from bookkeeper, drop of $8063 for month, Which means a short fall of $6400 (+/-) for the year.
    ▪ Individual contributions down substantially, only $112
    ▪ Note that "triple-net" was $1000 more, an anticipated increase that won't appear next month: that there was an extra purchase, a "double delivery" from A.A.W.S. to replenish. Corrections Committee more active than of late. Together these account for a few thousand, not the entire shortfall.
    ▪ Commitment in this year's budget for increases: Monday opening, and for carpet.
- Karla, Board Chair:
  - What stands out from inventory are issues related to fairness to staff: not providing insurance–currently dental and vision only. Bring to par with other Intergroups in the region (noting that Seattle is higher cost), but also access G.S.O. compensation for comparison. The discussion on naming of positions, from Office Manager to Director.
  - Getting the word out to what GSIG office offers, citing unawareness to fact we sell coins.
  - Made a financial report and update to the Area 72 Western WA Quarterly. Pete, office committee Chair: no report. Accept motion to adjourn.

Office Manager (Lara)

Inventory: We have a new grapevine Book called, 'Our Twelve Steps' on sale now for $13.50+tax.

Our schedule books have gone to the printer, and the anticipated delivery is April 30th. With the removal of the closed and online meetings we were able to decrease our bill by approximately 1200.00. This makes our cost approximately .85/each. Thank you, Lee R., for your time and energy on this project.

Financial: Part of the reason behind the large shortage for March are the following: We paid for the picnic site (610.00), we had two orders from AAWS, which is unusual (2200.00), Our Triple Net charges were high due to having to pay for our shortfall in 2023 (1100.00)

Protocol: Office phones were down for approximately 3 days recently. The phone forwarding feature was still working, so we were able to forward the phones to our handy dandy cell phone. Dan and I investigated new phones through Comcast, we did receive a quote from them, however, after some investigation Dan was able to fix the problem without having to fix or buy any new equipment. Yay Dan!! We will have to replace our PBX phone system someday, as it is getting old, but not this month.

We received a quote for a new carpet in the front office for 2900.00.The Office Committee has recommended accepting this offer. The new carpet will be installed next Monday 4/22 during the day. We will need volunteers to move furniture at 6pm on Sunday 4/21 and again at 8am Tuesday, 4/23 to move the furniture back. Contact me if you are willing to help.

The bookkeeping company appears to be back on track after some staffing issues. We are still contemplating internalizing the books but it appears that we will most likely make that move slowly over the next few months.

Office Manager (Lara) continued next page »

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

Anita and I have some tasks that we have been given based on the information gleaned from the recent Inventory. I am happy to be able to focus on the things that make this Intergroup run more smoothly and to help our trusted servants do the best job they can in their service to Intergroup and the still suffering alcoholic.

Call Log:

- 12th Step Call: 1
- Other Calls: 156
- Chat line contacts: 123
- Total Calls: 280

Service Committee Reports

Archives (Theresa)

ARCHIVES COMMITTEE report: Continuing scanning, sorting, and filing of GSIG archival materials, including digital, actual objects and hard copy papers.

Corrections: (Karen K.)

Greetings from the Corrections Committee!

I'm very happy to report that at our monthly meeting on Monday, April 8, we elected a new Recording Secretary, Rebecca G. This is another important step as we build the committee and keep working with more facilities to carry the message. Plans to start bringing a monthly panel to Pioneer Co-ed Halfway House are on hold because of staff turnover at the facility. We are still looking for a women's coordinator to work with the Regional Justice Center to work with the facility to start regular meetings. King County Jail is still allowing only specific women to bring meetings to women. No movement to start men's meetings. There are plenty of service opportunities for men and women at the Juvenile Detention Center, SCORE, Kent City Jail and the Federal Detention Center.

We continue outreach to Districts that do not have Corrections Chairs and would be glad to attend a business meeting to talk about the role of District Corrections Chairs to spark interest and knowledge about serving corrections facilities and other opportunities.

Thank you to all the groups who have generously contributed to the Pink Can Fund. We have filled several larger orders for King County and Pioneer Federal Halfway House. It's an easy program for a home group to take on.

If anyone has questions about any of these programs, please feel free to contact me at corrections@seattleaa.org

Hospitals & Treatment: (West)

THANK YOU EVERYONE...ESPECIALLY JANET A, SHAUN G & CHARLIE H FOR MAKING ALOHA POTLUCK A TREMENDOUS SUCCESS LAST SATURDAY WITH A RECORD 42 PEEPS, FOOD, GAMES & PRIZES!!!

We also welcomed in a few new folks who attended last month's 51st BLA and had signed up for the committee there!

A month ago, I spoke at the "Hot Stove" Fri night men's group in D18, and we had a couple new guys show up from that group as well.

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 with more than 6 months sobriety who are looking for work.

We are also holding panels downstairs with 65 newcomers with less than 6 months sobriety. These newcomers are always asking for snacks when we come so we started a snack drive today and collected $92 to purchase snacks for them.

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. You must be registered in the UGM system to attend.

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.

Hospital & Treatment Committee (West) continued next page »

« ***Hospital & Treatment Committee (West)*** continued

We have our Lakeside Milam Renton panel every final Friday of the month at 9 am. We have Kim M & Clay S scheduled for our next one on Fri, April 26th. We are also now bringing in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. We have Ricky and Alan speaking there Tuesday, April 9th.

We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:15 pm. We were honored to have Fredy Cortez, the SUDP from that clinic as a guest speaker at our March H & T meeting. We are currently at 14 volunteers cleared to panel with 1 more in the process right now. We are still in a holding pattern to implement new volunteers until they hire a new volunteer coordinator.

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 UGM's 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.

Nightwatch (Rob S)

Please spread the word at your meetings that the following Nightwatch shifts are open:

- 2nd Tuesday 2-6a
- 2nd Saturday 10p-2a
- 3rd Thursday 2-6a
- 3rd Sunday 10p-2a
- 5th Tuesday 10p-2a

Volunteers can sign up online or they can email me directly at: Nightwatch@seattleaa.org

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

Hello Greater Seattle Area Fellowship

What a wonderful and passionate group of Trusted Servants I was surrounded by again this month.

One of my personal highlights was having the pleasure to attend the April District 33 business meeting for a short PI/CPC Show & Tell. Thank you, Abby and Mark for the invitation and to all of D33 for the warm welcome and adopting a literature rack on the spot!

I also had the pleasure to participate in our GSIG Group Inventory, and am looking forward to attending the Area CPC Quarterly on May the Fourth in Everett. If all goes well, I might also make it to the Area PI Quarterly in Anacortes the following weekend.

Here's what else is going on!

CURRENT EVENTS & ACTIVITIES

Cascade Women's Program *NEW*
This facility has requested our services, including a women's speaker panel. If you are a sober woman who has experienced homelessness and are interested in participating on the panel, please reach out to me at cpc@seattleaa.org or call 206.683.1106.

2024 King County Substance Use Conference: A Vision for Hope *NEW*
We are working with the facilitators to register a table for us again at this year's event, which will be on June 6, 2024, from 9:00 AM—3:00 PM at Highline College in Des Moines.

Invite a Health Care Professional to Lunch
It's finally happening! Our kickoff meeting is scheduled for Sunday, April 29th.

Lisa O gave us a sneak preview of a highly informative presentation intended to provide experience, strength, and hope to alcoholics within the heath care community. While it will surely be an important part of this event, Lisa's efforts are sure to have a broader ranging impact and my hope is that everyone has an opportunity to learn more about this important demographic.

SERVICE OPPORTUNITIES

Adopt A Literature Rack
Only together with your group or district can we ensure information about Alcoholics Anonymous is readily available to alcoholics and potential alcoholics in every library, community center, public health facility, etc. within the Greater Seattle Area.

You can pick up a 4-tier acrylic rack 6.5" x 4.5" x 10" stocked with an initial set of schedules and pamphlets at Seattle Intergroup.

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

For more info just email CPC@seattleaa.org or call/text (206) 683-1106 and I'll do my best to answer.

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

Senior Community Outreach
Please reach out for info on how to get started in your district.

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
Click HERE to sign up for one or more shifts.

PI/CPC COMMITTEE MEETING

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

Third Legacy (Mark M) –

New Chair for the Third Legacy Committee. Thank you to Stephan M and Nancy S for the facilitation of the Tradition Study each 4th Tuesday of the month at 7pm.

Our next Sponsorship Workshop will be held on June 22nd @ 10am to 12pm.

Twelve Step (John DD) –

The 12-step committee meets on the first Thursday on zoom at 6:00 PM. As always for 12 step calls, we need more genders, more people that can speak, more people that have language, diversity, younger age in particular, and more availability.

There have been some referrals this month besides just the 12-step call. John also mentioned working with District 14's Third Legacy meeting at intergroup on April 27th at 12:00 PM.

Web & Tech (Mike C)

It came to order at 5:30 with 5 people. It's growing!!

A concern was raised about our telephone system. Should we test another system?

Concluded that the fix was simple, due to the lack of troubleshooting knowledge, if new equipment is needed. I do want to remind members that our webmaster Lee is very helpful in issues concerning website integration.

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.

Lee R — webmaster@seattleaa.org (GSIG web support)
Mikey C — wtchair@seattleaa.org

Special Events (Steve R)

SPECIAL EVENTS for SEATTLE INTERGROUP

2024 Picnic

This year, once again, as to the event that crowded us last year, and there being no guarantees, it seems this year, whoever oversees activities 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, which is coming right up, we are working on clearing up sign up genius for better explanation.

An explanation and flier will be coming out by the next board meeting as to how things may go.

GSIG Jamboree/Vaudeville show

The Steps in Time, October 26th

Because of the cost associated with the Century Ball room at $300 per hour, that includes set-up and clean -up, so with that doors will open at 12pm, and start promptly 1pm, giving us 3 hours with a short intermission and cleaned up and out by 5pm. Coming up are auditions on April 28th and a second one, June 9th. Tickets will be $20 and sold starting at the August 18th picnic and remaining to be distributed through groups and districts. Tickets are numbered and a log will be kept.

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) Not Present

District 15 (Greg E)

New Secretary starting this month (been some musical chairs as the former GSR for Empire Way is now our Alt-DCM, and our former Secretary is now the GSR for Empire Way).

DCM report:

- Reminded GSRs of last opportunity to get group feedback to Area Delegate before 4/12 via email.
- Reported back from April Quarterly, hosted by D57 (first time a Spanish-speaking District has hosted a Quarterly, and they CRUSHED it with great food and a mariachi band).
- Asking GSRs to start prepping for the Area Assembly. Full event package is $242 per person. We'll need funds from our D15 budget to send DCM & Alt-DCM, and groups would need to do the same. Encouraging early registration.

Discussion Topics:

- (1) General Service Conference Submissions Solution (GSCSS) Ad Hoc Committee, recommending shifting Quarterly dates up and moving the Assembly to September so that Area 72 Assembly items can be prepared in time for submission to GSO for consideration at the next GSC.
- (2) Issue of an online Area - should Area 72 present a motion to GSO to create an online Area?
- Healthy discussion on both topics - no group conscience called for, but a number of opinions expressed.

Treasurer: having trouble accessing accounts since our DCM stepped down. Will work with our new DCM and plans to catch us up next month.

Corrections Chair report:

- New openings at several facilities in D15 - seeking volunteers for juvenile facility, SCORE, and RJC.

District 16 (Kathleen B)

I'm Kathleen from District 16 We have our monthly meeting tomorrow, we haven't discussed any of things we talked about the quarterly However, we have a little bit of a crisis are at the University Lutheran Church Effectively yesterday is not allowing any more evening events due to security breaches so we are going to meet on zoom for this month's meeting while we look for a place to actually have the meeting that does affect two other meetings in District 16.

There was a meeting there on Saturday night and a meeting called Spiritual Lines on Sunday that are creating committees to look for a meeting place as they are both live meetings.

We are doing okay regarding our budget. We have contributions being sent into the groups regularly and we have positions open for Treatment, Grapevine, and Archives.

We're always looking for anybody who wants to come support us. If it will be on Zoom, I don't have the address because the DCM hasn't sent it to me yet, but we will also update Greater Seattle Intergroup with our new meeting place as soon as we find it.

As well as the two meetings in district 16 we're up to change and we're on the GSR bridge line. I will let you know our new location as soon as we find one.

District 17 (David)

We are talking about issues that are going to come up with the assembly, however next month at our meeting Crystal will be coming in to give us a report back so we'll be the first district to know. Everybody is welcome to come.

We discussed our gratitude banquet.

Crystal will be coming back. It will be the 2nd Thursday of the month at Rockland Ages Church in Wallingford, Greenwood. Crystal will be attempting to give us a report. In District 17, when Recovery Kingdom gets up here, they have a good space that's clean with plenty of parking that will be good for a district meeting.

District 18 (Ali)

District 18 met on 3/21 via Zoom due to lack of availability of our normal meeting space. 12 attended.

Treasurer's Report: No major expenses this month; budget for 2024 was passed.

DCM Report: 2024 Assembly prices have lowered.

Alt DCM Report: Burien Little Assembly went great! 250 registered attendees.

Call made to groups to consider donating funds or literature to local libraries.

District 24 (Greg S)

Last month we had 30 people live in 14 on zoom for no 44 people. The presentation was given by Steven, and he asked for volunteers.

We've got coming another stapling party. We changed banks, which we've been in the process of doing for the past three months, and there's quite a bit to do, it's been taking care of just a couple of minor tweaks, and we're good to go.

We also had an inventory, District 24. 26 people showed up.

District 31 (Thomas)

We had our emotional workshop on 4/13. I don't have much to report on because I was in seaside, I'll have a report on that next month.

We made a motion on going back in-person which was tabled for next month. We decided to have an in-person meeting for our November elections.

We talked about the cost of the assembly, which is around $620, and we want all groups to get around that in case groups can't afford it.

We need support for the upcoming rally/elections at the end of the year to get people more involved.

District 32 (Samantha M)

We had our District Meeting on Monday April 1st, 2024, from 7:00pm – 8:30pm at Brooklake Church located at 629 S 356th Street, Federal Way, WA 98003.

We had a total of 14 voting members and 1 guest.

Our DCM Heather was unable to attend, and Dessi, our Alt DCM, stepped up to chair our meeting.

Treasurer - Tony: We are looking to switch banks and an appointment has been made with BECU.

Treatment - Robert: We're looking for people who are willing to be of service on Treatment Panels. The 1st Tuesday of every month from 12:05pm – 1:20pm and the 4th Friday of every month from 11:05am – 1:20pm. If you are looking to be of service or have more questions, please contact Robert at 253-329-0418 or at Powerhouserob61@gmail.com.

Corrections -Dan: Attended and was of service at the BLA Corrections table. It is nice to hear that Corrections has received some volunteers willing to be of service. Dan has written an article for the High and Dry for those looking to be of service and learn more about the Pre-Release program.

CPC – Gary & Lydia: Received one phone call with no reply. Put more literature in some local hospitals.

P.I. - Nicole: Will be attending a workshop on May 11th, 2024.

Events: We as a group voted to come together as a whole for our events planning. We are figuring out costs, location, and a date for our District 32 BBQ. As of right now, we are leaning towards Saturday July 20th, 2024. Depending on availability, we will be trying a new location at either 5 Mile Lake or Steel Lake in Federal Way. More info to come!

DCM - Heather: Attended Quarterly with our Alt DCM Dessie from April 5th – 6th in Mountlake Terrace, hosted by District 57. Attended PRASSA and had an amazing time! Continuing to spread the word of the pre-conference and any information that can be found through Area 72 regarding time(s), date(s), link(s), questions, or concerns.

OPEN POSITIONS

- School Panels
- Bridging the Gap
- Young People
- Events

District 33 (Abby) No report

District 41 (Laurel)

District 41 (southern Lake Union and Queen Anne area)

At our latest business meeting, Stephen L, spoke about the PI Booth for Evergreen State Fair which is held August 22-September

They need volunteers (approximately 66 volunteers) to sit at the booth with AA materials, and they are asking for donations of $120.00 from Districts to help pay for the services. (literature, etc.)

You can contact Cindy S at 509-552-7227 for volunteering. You can mail checks to AAPI Booth, 10530 46th Place SE, Lake Stephens, WA 98258

District 41 Picnic is July 20 at 2 p.m. at Magnolia Park

DCM Megan will discuss with other districts finding a venue for the 2024 Gratitude Dinner which is usually held the second Saturday of November.

At our next meeting (May 8) we will do a District Inventory.

Greenwood Fellowship Hall – (Mikey C)

Hello from the new branded hall at 85th NW and 3rd NW, Freedom Hall, Miracle on 85th St. or the Happy Hall also Known as Greenwood Fellowship Hall. Entrance is in the alley in back.

As reported, we have 14 AA meetings every day at Noon and 8 p.m. with more to follow. We

have an AA buffet on Wednesday at noon, the Wednesday 8 p.m. This is a hybrid meeting and before the 8 p.m. Saturday meeting we have a spaghetti feed at 7 p.m. Plans are starting for the Founder's Day at the hall 3rd Saturday in June.

A New Beginning: (John H) Not Present

Serenity Hall (Joel)

The Saturday night midnight meeting is back on for every Saturday now. We were going to move it to just the 1st & 3rd Saturday, but we decided to go back to every Saturday night. if you know anyone that needs a late meeting on Saturday night in the Skyway area, send him to the Serenity Hall Midnight meeting.

We have our speakers meeting coming up this Sunday, the 21st at 8 p.m., which is every third Sunday of the month. Potluck at 7:00 speakers at 8:00. We have Bob R, 35 years. It's his birthday and he's speaking this month.

Recovery Kingdom (Ricky)

We are located at 4221 Winslow Place, North, Settle, WA, 98103. We have new flyers, which are on top of the bookcase.

I think I heard it was District 16 that was looking for a new meeting place.

If anybody wants to confirm this meeting place, they have plenty of meeting slots and openings.

Our website for those of you that are on Zoom is: www.lialivisionnw.org. We have events every weekend. We host events. We have business suites, etc.

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.

New Business

Per tonight's discussion, these are the 5 most important points that were brought to attention:

- Auditions for The Vaudeville Talent Show will be on Sunday, April 28th 1-4 pm at Intergroup.
- Treasurer's Report: Groups need to kick in more $$ Push the "Sustainers Club"
- Recorded Calls/Chats from Lara's Office Manager Report
- We need an Accessibility Chair. Please contact Karla at: chair@seattleaa.org
- Spring Assembly is June 18th.

Upcoming Events SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Open Mic – Saturday April 20th – 7:30pm
- Trad Study 4th Tuesday of the month at 7:00pm – April 23rd – Hybrid
- Open Jam – April 27th – 7:30pm
- Auditions for Steps in Time – April 28th – 1:00- 4:00pm.
- May the 4th Be with You Coloring Event Movie Night – May 4th – 12:00-3:00pm - $10 suggested donation benefits WSCYPAA

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

May 4th Frank S.
May 11th Sarah M.
May 18th Jina F.
May 25th Tracy B.
June 1st Bill B.
June 8th Sasha P.
June 15th Stephanie S.
June 22nd Jeff U.
June 29th Jeff H.

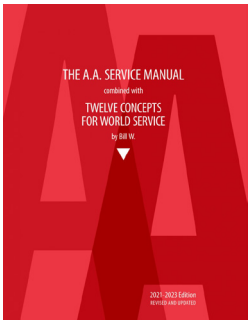


SERVICE MANUAL STUDY

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

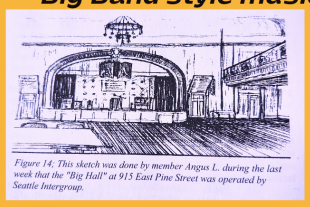


Figure 14; This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



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.

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
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

THE CAPITOL JAMBOREE COMMITTEE PRESENTS

2024 Capitol Jamboree

Recovering Together Under One Big Tent
AA and Al-Anon Speakers, workshops, and fellowship

HYBRID EVENT
SPSCC LACEY CAMPUS
JUNE 14-15, 2024
FRIDAY EVENING & ALL-DAY SATURDAY

Event open to AA and Al-Anon members only
Learn more at www.capitoljamboree.org



Scan me

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



45th Annual A.A. Ladies Luncheon

Join us for an afternoon of Entertainment, Raffle, Great Food, Fellowship, Ask-It-Basket... and The Hat Contest!

Sunday, May 19, 2024
Noon to 3 pm
Queen City Yacht Club (New Location)
2608 Boyer Ave E
Seattle, WA 98102

Tickets $35

To purchase tickets, please go to
Register-to-45th-Annual-Ladies-Luncheon

Verify e-mail address prior to selecting "submit" as it is required for PayPal invoice to be e-mailed to you. Once you select "submit" you are done. An invoice e-mail will be sent to you with a PayPal link.

Questions, information or to pay by check contact:

Autumn P.	Janay F.	Theresa W
(206)-280-8960	(206)-406-6236	(425)-923-7774



Hat Contest	Women's Shelter Donations	Raffle
Best AA Theme Funniest Most Elegant Most Outrageous	Please bring any unused toiletries or women's products for donation to Women's Shelter	Please bring a new or nearly new donation for the Raffle Table

WOMEN OF PRINCIPLES AA GROUP



3rd ANNIVERARY POTLUCK MEETING

SATURDAY, MAY 4th

12:30-2:00pm

Meeting Topic: Gratitude
Serenity Hall, 12536 Renton Ave S, Seattle, WA 98178

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/