High & Dry

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

Volume 76 Issue 6 June 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

June GSIG Events

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

1 — Hospital and Treatment Committee

- June 1 @ 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

1 — Delegate Report Back

- June 1 @ 1:00 pm - 4:00 pm
- Ryther Child Center 2400 NE 95th St, Seattle

2 — Service Manual Study

- June 2 @ 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

5 — Accessibility Committee

- June 5 @ 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

6 — 12th Step Committee

- June 6 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09
- Meeting ID: 835 0869 0642 Passcode: 749607

7 — Magnolia Honors Kenny D

- June 7 @ 8:00 pm - 9:30 pm
- Magnolia Lutheran Church 2414 31st Ave W, Seattle

9 — Jamboree/Vaudeville Auditions Part 2

- June 9 @ 1:00 pm - 4:00 pm
- GSIG Office 5507 6th Ave S., Seattle

10 — Corrections Committee

- June 10 @ 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 — Capitol Jamboree

- June 14 @ 5:00 pm - June 15 @ 5:00 pm
- South Puget Sound Community College 4220 6th Ave, Lacey

15 — CPC/PI Committee

- June 15 @ 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

15 — BBQ at Intergroup

- June 15 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle

18 — Living in Sobriety 2024 Summer Picnic

- June 18 @ 5:00 pm - 8:00 pm
- Golden Gardens Park 8498 Seaview Place NW, Seattle

18 — Web & Tech Committee

- June 18 @ 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

18 — GSIG Monthly Board Meeting Seattle Intergroup Spring Assembly

- June 18 @ 7:00 pm - 9:00 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

21 — Pacific Northwest Conference

- June 21 @ 8:00 am – June 23 @ 5:00 pm
- Red Lion Hotel 1225 N. Wenatchee Ave, Wenatchee

21 — Mid-Day Mindfulness 13th Anniversary

- June 21 @ 11:30 am - 1:00 pm
- Fauntleroy Church 9140 California Ave SW, Seattle

22 — Sponsorship Workshop

- June 22 @ 10:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle

25 — Tradition Study with the Third Legacy

- June 25 @ 7:00 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle

29 — GSR Overview

- June 25 @ 7:00 pm - 8:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://area72aa-org.zoom.us/j/86909224901?pwd=UnF0dE5NVVkzYzhFTzVaN3B3SVQ1QT09
- Meeting ID: 869 0922 4901 Passcode: GSR2024

29 — WSCYPAA 7 and Young Guns Present Blacklight Dodgeball

- June 29 @ 7:00 pm - 10:00 pm
- New Community Church of Tacoma 3102 S 23rd St., Tacoma

REFLECTING ON OUR PAST

June In Our History

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

June 1, 1949	Anne Smith, Dr. Bob's wife, died.
June 4, 2002	Caroline Knapp, author of *"Drinking: A Love Story"* died sober of lung cancer.
June 5, 1940	Ebby Thatcher took a job at the NY Worlds Fair.
June 6, 1940	The first AA Group in Richmond, VA, was formed.
June 1979	AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois Wilson, Bill's wife, in New York.
June 7, 1939	Bill and Lois Wilson had an argument, the first of two times Bill almost slipped.
June 1941	The first AA Group in St. Paul, Minnesota, was formed.
June 8, 1941	Three AA's started a group in Kalamazoo, Michigan.
June 10, 1935	The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.
June 11, 1945	Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.
June 1969	Dr. Bob's granddaughter, Bonna, daughter of Sue Smith and Ernie Galbraith (*The Seven Month Slip* in the First Edition) killed herself after first killing her six-year-old child.
June 1971	Ernie Galbraith died.
June 13, 1945	Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn't drink.
June 15, 1940	First AA Group in Baltimore, MD, was formed.
June 16, 1938	Jim Burwell, "The Vicious Cycle" in Big Book, had his last drink.
June 17, 1942	New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
June 18, 1940	One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
June 19, 1942	Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.
June 21, 1944	The first Issue of the *AA Grapevine* was published.
June 24, 1938	Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"
June 25, 1939	The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."
June 26, 1935	Bill Dotson. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.
June 28, 1935	Dr. Bob and Bill Wilson visited Bill Dotson at Akron's City Hospital.
June 30, 1941	Ruth Hock showed Bill Wilson the Serenity Prayer and it was adopted readily by AA.
June 2000	More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

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.
Rick L., Richard C., John G., Jesse J., Ryan L. and Bill S.

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 June Celebrants in the *How Dry I Am Club*!

Diane D.	The Denver Group	5-16-1977	47 years
Karen R.	MLT Wednesday	6-10-1971	53 years
Morgan S.	SYP	6-1-2017	7 years
Ann W.			5 years
Karla L.	MLT Wednesday		22 years
John D.	Empire Way	6-18-1984	40 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 Six

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

clergyman
willingness
honesty
reservations
willpower
obsession
vanished
obstinate
defect
instinctive
abhor
security
satisfactions
pleasures
derelictions
patient
entirely
braggart
exult
masquerade
gluttony
rebellion

Kenny D. Excelled at Nurturing, Listening, Leading

By Peeps

AA'S TRADITION 12 is direct and easy to understand: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principle before personalties."

The purpose of Tradition 12 is to keep us from putting human beings on pedestals, granting them undeserved deference that could eventually harm AA.

And yet, there are times when exceptions must be made. The passing of Kenny D., at age 61 on May 5, 2024, is such a case for me.

I believe many AA members invoke this exception regularly without a second thought. Example: The celebration of the contributions of founders like Bill W., his wife Lois and Dr. Bob haven't stopped. In my home group, folks still talk glowingly about long-departed members as if they had heard them speak mere weeks ago.

That's why I believe Kenny D. will be remembered for his nurturing and generous service to AA and alcoholics.

A sober member of AA for 34 years, he showed what living in the Solution looked like whether is was sharing at a meeting or from a podium or acting in the role of sponsor.

I met him five years ago at the Magnolia Speakers Meeting, where he and his wife of 28 years, Shannon Down, were among the most trusted of the meeting's trusted servants.

Many had closer connections to him than me, but when we talked, whether at meetings or a Mariners game, he made me feel valued and heard. I was thrilled when he asked my opinion.

I was not alone. Making others feel loved and important was one of his gifts.

In addition to being a pillar of AA locally, Kenny was a "circuit speaker" with a glowing national reputation, highlighted when he was the featured speaker at the 2022 AA Founders Day celebration in Akron.

Kenny authored four books that extolled using positivity to bring people together.

The Ballard resident was successful in a maritime career that began when he was 23. He spent years working in the commercial fishing industry. At the time of his death, he had been a member of the Pacific Fisheries Council for nine years. He often spoke in defense of smaller commercial operators, including indigenous tribes.

I listened to dozens of people talking about Kenny's impact. I decided to focus on one, Brendan D., who was Kenny's sponsee for 26 1/2 years.

Brendan was six years sober when he began working with Kenny. He said a calculator would be needed to count all of Kenny's sponsees. Once, at a picnic for all folks sponsored and their sponsees, "... we figured there were eight generations present, and that was in 2011."

So limited was his availability, Kenny declined to take Brendan on when at first, telling him to ask again when he returned from a trip.

He sensed Kenny had forgotten the request when they met again and was told the only weekly time available was six in the morning, on Tuesdays.

"I jumped on it!" he said.

Once you completed going through the Steps with Kenny, Brendan said it was expected that you would move on and start working with others, but Brendan said he ignored that prompt.

"I kept showing up to meet him at six on Tuesdays," he said.

Brendan said his interactions with Kenny changed very little, even as the end of his life neared.

For years, Kenny and his sponsees met on the third Monday of each month at Razzi's Pizza on Greenwood Ave. The meeting room had a floor-to-ceiling window that faced the sidewalk. Often, when the group members opened their eyes from the meditation session at the meeting's start, people on the sidewalk would be staring at them.

Brendan said when he asked Kenny what should become of the monthly Monday meetings and a retreat Kenny organized last year, he received a very Kenny-like answer.

See ***Kenny D.*** continued next page »

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Step 6: *"Were entirely ready to have God remove all these defects of character."*

12 12

Step Six

By Peeps

EXPECTATIONS are premeditated resentments! (And often trigger my character defects.)

After completing Step Five with my sponsor, I followed the Step Six (and Seven) "suggestions" in the Big Book. I thought great, I can check off two Steps in one paragraph, but in reality I headfirst into a severe bout of disappointment.

I was shocked and dismayed the next day when it became clear that my character defects were still very much a part of me. They had not been removed. In fact, they were more obvious than ever because all were now connected to buzzers, alarms and flashing lights, like my defect of blaming others for things about me I do not like.

"You told me I was done with Step Six," I said to my sponsor via the phone the day after. "I still have them! All of them!"

He gently pointed out that I may have misunderstood the suggestions in the literature and what he had said to me.

"You're at the start of this," he reminded. "We seek progress ... it's going to take time and effort."

I realized later that I was expecting magic, not flesh and blood recovery. I know better after re-reading part of page 65 in TWELVE STEPS AND TWELVE TRADITIONS:

"... This does not mean that we expect all our defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words 'entirely ready' underline the fact that we want to aim at the very best we know or can learn."

Just yesterday, when I was unable to control an intense flash of anger when I could not find a tape measure for a home improvement project, it became apparent that the defects of self sufficiency and blame-shifting are still active in my soul. I was flustered I could not figure out where the tape measure was (in my messy house) and began creating a list of people I could blame for this injustice.

Fortunately, I was alone at the time (no witnesses or potential victims), so the damage was limited to my sense of me. I eventually paused, prayed and called a friend to tell on myself.

A clear sign of progress is I can no longer take comfort in justifiable righteousness.

Of course, two minutes after I hung up the phone and resumed the search, I found my tape measure and my serenity. △

« ***Kenny D.*** continued from last page

"He slowly paused to consider the options," Brendan said, "Then he asked, '... what do you want to do about it?' "

The way Kenny moved among us — gently, smiling and always welcoming, a demonstration of positivity — is what I'll remember.

As he went about his manner of carrying AA's message, he embodied Tradition 11, relying on "attraction rather than promotion."

He walked his talk, never needing to raise his voice or wave his arms to get people's attention or respect.

People wanted what Kenny had.

As I heard another old-timer say, "... people would rather see a sermon than hear one." △

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Tradition 6: *"An AA Group ought never endorse, finance, or lend the AA name to any related facility, or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."*

12 12

Tradition 6

By Demitri I.

TRADITION SIX is simple, yet foundational. It is straightforward to understand, and provides clear guidance. However, this simplicity sometimes distracts from its deep importance.

When I first got sober and started going to meetings, Tradition Six was comforting, reassuring, and built trust. A newly sober alcoholic, I was skeptical of pretty much everything, including AA. So, the tradition reassured me of two things: one, AA's focus was indeed on its primary purpose (to stay sober), and two, it did this in large part by refraining from association with outside organizations.

This, to me, was putting your money where your mouth is (no pun intended).

While seemingly obvious, refraining from endorsement, financing, and partnership is no easy task – especially in today's world.

Moreover, if I had walked into the halls of AA and found the opposite to be true – and found that AA financed, endorsed, and casted opinion on all sorts of outside manners – not only would I have been more skeptical of AA the institution, but I likely would have been skeptical of the type of person and character it was building within the rooms as well.

All of that is to say, this simple Tradition reassured me that AA's intentions were indeed on getting sober, and that it was neither beholden to outside influence nor harbored additional agendas (political, financial, or social).

This built trust – something needed in those early days – and provided the foundation to focus on sobriety and cleaning up my character. For that, I am extremely grateful.

I sometimes reflect on the simplicity of the program, and I often reflect on my gratitude for getting sober. There is little doubt in my mind that Tradition Six was, and still is, crucial in that process – especially early on.

While I can't say with certainty how things would be if Tradition Six were different, I can say this: I am grateful for Tradition Six's simplicity and its part in setting the foundation for recovery. △



"Hey fella, you ready to hear another Fifth Step?"

Concept VI

By Peeps

LIKE ALL HUMAN ENDEAVORS, Alcoholics Anonymous, as an Concept VI highlights the need for the AA trustees to have complete authority and freedom to manage the businesses they lead, A.A. World Services (A.A. Publishing and the A.A. Grapevine).

Those operations are best run as businesses following corporate best practices, rather than acting like government departments. Like all of AA, those businesses are guided by spiritual principles identified in Tradition Two.

From page C20 of the AA Service Manual: "... the conduct of our world services is primarily a matter of policy and business. Of course our objective is always a spiritual one, but this service aim can only be achieved by means of an effective business operation." △

Concept IV:

"On behalf of A.A. as a whole our General Service Conference has the principal responsibility responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."

Corrections Corner: May 2014 Meeting

District 1 (Spanish-speaking district for Area 72 Western Washington) invited the Greater Seattle Intergroup Corrections Committee to attend their February 2024 Business Meeting.

Barbara G, Empire Way Corrections Chair (and long-time volunteer taking AA meetings into King County Jail) led a presentation in Spanish regarding carrying the message into correctional facilities and the need for Spanish-speaking AA volunteers especially at the Federal Detention Center (FDC) which has a large Spanish-speaking population.

The presentation was met with great enthusiasm! There was a lot of interest and questions about the process, how the meetings are run, etc.

The presentation lasted almost two hours, with many questions posed by GSRs from the various Spanish-speaking groups.

Barbara G interpreted answers from Cynthia S (GSIG Corrections Vice-Chair) and Amy F (AA volunteer coordinator for FDC facility) about meetings at SCORE Jail, King County Jail and FDC. Andrew M (Area 72 Corrections Chair) presented the bigger-picture perspective of support from Area 72 Corrections.

Overall, it was a wonderful, productive, heartfelt exchange and many commented on how great it was to make the connections between District 1 and GSIG Corrections & Area 72 Corrections!

The results are on-going. District 1 GSRs went back to their groups and recruited corrections volunteers, and several have completed the application process for the FDC.

We now have three Spanish-speaking men and two Spanish-speaking women volunteers cleared to take meetings into FDC with more applications in process.

Barbara G has graciously agreed to serve as GSIG Corrections Committee Liaison to District 1 so we may continue this amazing collaboration!

The link has been made and the message is being carried!

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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting
May 21, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- 7 p.m. — Call to Order & Serenity Prayer

Elected Officer Reports

Chair (Karla)

GSIG Chair Report – May 21, 2024

I continue to attend the SCORE jail meeting on the 4th Saturday of the month. And answer the Chat line on Monday evenings. These both have been fairly easy commitments and both very rewarding.

I facilitated a group inventory for Saturday Ladies Study on May 4th.

I have been opening the Accessibility Committee meeting on the first Wednesday in case anyone shows up. So far one person has come. She is the rep for District 14. I told her that we are looking for a Chair and to please spread the word. She shared a flyer that she brought back from PRAASA.

I am working on welcome packets for the new District and Group Reps. This is something that came out of the inventory - how can we help onboard new Reps. So far, I am including a calendar and sample report forms. I welcome any suggestions of what would have been helpful to you.

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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)

If you would like your contact information added to the roster or if there are any corrections, you can put that information in the chat. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. The initial deadline to have your reports to me is by the ***3rd Tuesday of the month. Please email to secretary@seattleaa.org. I will accept Final Reports this month no later than Friday, May 24th 2024. I will send Final Minutes to Lara on the 25th so she can submit to the High & Dry.***

Treasurer (Dan G.)

Treasurer Remarks

We had a shortfall of $4597 for April. Group contributions were substantially higher. Individual contributions have been unusually low.

Expenses were higher in April for several reasons including maintenance and repairs, office supplies, and office upgrades (carpet).

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 APRIL 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	67.4
4/24	(4.6)	13.0	0.3	1.5	0.7	1.3	62.6

GSIG Office Reports

Office Committee (Jack)

GSIG Office Committee Notes 5/14/2024.

Mike M, Ad Hoc committee:

- Transition to in-house accounting, gradual (three-month) phase-out of external accountants, by group conscience. Working with current accountants, addressing two easiest formats, Gusto for payroll and Pluto for occasional vendors. Lara lacks admin access to some formats. Oversight on payroll by Treasurer, and on payments over $250.

Dan, treasurer:

- Pulled report for Office committee, accountants intend to provide full report on 15th, in time for GSIG Board report. In the red, under budget, for the third month. Concerned about dipping into prudent reserves.

Lara, GSIG Office manager:

- Another break-in; discussion of options for reinforcing doors. The current plan is to leave a plywood panel, painted with chalkboard paint, decorated by members. Looking into indoor grating over doors, creating a double-lock option.
- Investigated property insurance, $315 a year for a $75,000 coverage, group conscience deemed as sufficient coverage.
- Noted lack of support from membership in physical move for carpet installation, furniture
- Miscellaneous: 2023 taxes filed, considering having a literature table at WACYPAA (?); recap of points of contact, 12th Step calls and discussion of chat coverage; two more groups using GSIG space for meetings; new flier comparing costs: re, contributions

Karla, Board Chair:

- Developed calendar for group representatives, looking into packets, what committees do, connect with website and Google docs.
- Follow up on Inventory issues related to fairness to staff: not providing insurance–currently dental and vision only. Per Policies and Procedure, medical is paid for full-time staff, neither of the current staff hold full-time positions.

Office Committee (Jack) continued next page »

« ***Office Committee (Jack)*** continued

- Looking ahead to sharing at Spring Assembly.

Anita, GSIG assistant office manager:

- Need for better support and training for fellowship on answering chats.
- Cost increase flier welcome info
- Suggests review of Policy and Procedures on reimbursement guidelines for Committees, discussion on changes to P&P to be approved by Office Committee, changes to Bylaws require approval by Board.
- Will develop report on Monday traffic, sales, and calls, in time for Spring Assembly

New business: door replacement options after break-in

Pete, office committee Chair: no report. Accept motion to adjourn.

Office Manager (Lara)

Office Manager report May 2024
Submitted by Lara Randolph

- **Financial:** We have begun the process of integrating the bookkeeping internally. I have been working closely with Mike M., past Treasurer, and our bookkeeping company to aid in this transition. We are moving slowly and intentionally and should have the process completed in a few months, or less.
- Literature increases on pamphlets effective 5 1 24. We have increased our prices to reflect GSO's pricing. The annual limit on individual contributions has been raised from $3000.00 to $4500.00.
- The new 2024 schedule books have arrived.
- 2023 Federal taxes have been filed.
- Property Insurance Policy: Annual Increase of 315.00 for 75,000 worth of property coverage. The Office Committee recommended purchasing this additional coverage in case of a fire or future intrusion to the property.
- I have recreated the flier for contributions, what the price of a soda, gallon of gas and a cup of coffee were in 1960 versus 2024. Please get some in the office and circulate them to your groups.
- Call Log info:
  - 12th Step Calls 6
  - Phone calls: 141
  - Chats (minus missed chats): 69
  - Points of contact: 210
- We would like to address the number of incidents of missed chats. We are looking for someone who is willing to coordinate the volunteers for this chat feature. If you are interested, please see me, or contact lara@seattleaa.org. This will be like Nightwatch Coordination but on a much simpler level.
- Carpet has been fixed and the total was 3300.00 This price is a few hundred dollars more than expected due to unforeseen circumstances.
- We have come up with a Space Use Guidelines document for those that are utilizing space at Seattle Intergroup. It has been placed on our website for those that are looking to use our space and will be made available to them as well.
- After the second break into our facility, we opted to leave the plywood on the door for a little while. Bill S painted it with chalkboard paint, and it really made a difference to add that personal touch. In the meantime, the glass door leading into 5505 will be secured with metal on the inside to provide an extra layer of deterrent. The turnable latches on the inside of both doors will be replaced with keyed locks to prevent anyone being able to reach through the metal grating and unlock the door.
- We replaced the deadbolt and locked the back door as there was evidence of tampering with that door as well. Both our cameras inside the office and the outside cameras neglected to record during the time of the break-in. The alarm did deter them; however, they took a couple of cans from the counter that were found near the dumpster in the back. So, the loss this time was approximately $20 plus the price of the door when we opt to replace it, and the new deadbolt/lock for the back door. Thank you, Steve R, for your help with the installation of these items.
- There are two new meetings here at Intergroup Native American Group on Friday and Totem Pole Group on Saturday, both meetings held at 7pm.
- Bread of Life Mission has reached out to us and would like to bring an AA meeting into the facility. Please let me know if you would like to find out more.

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
Office Hours — Mon: 10:00 a.m. – 2:00 p.m., Tues-Fri: 10:00 a.m. – 6:00 p.m., Sat: 10:00 a.m. – 2:00 p.m.
(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

Service Committee Reports

Archives (Theresa)

ARCHIVES COMMITTEE REPORT: nothing new to report. Was out of town and then got covid (3rd time). Still recuperating.

Corrections: (Karen K.)

GSIG Corrections Committee continues to be active with lots going on. If you have home groups or individuals who are interested in corrections work, please send them to seattleaa.org/corrections or have them email volunteercorrections@seattleaa.org. We met on Monday, May 13, 2024.

- RJC is opening in east Kent for women's and men's meetings. Tracy B is the Corrections Committee's new RJC coordinator liaison. New timeline yet for when meetings will start. More to come.
- FDC has a new facility coordinator liaison – Barbara G. Many of you know Amy F who has been the coordinator for many years including during the COVID shutdown. We are so grateful for her service and glad she will continue taking meetings in.
- Dan P and I attended the D33 May biz meeting to talk about corrections and service opportunities for the District and home groups. Thank you to Abby who helped facilitate that connection. It went very well, and several people have signed up for corrections service.
- Alina from the committee attended the nightwatch/12th Step meeting to talk about collaborating with the two committees for 12th step corrections calls since there's a lot of interest in this service. To follow up on this John DD will attend our June meeting for more discussion.
- Work is starting to update the GSIG Corrections Handbook. We plan to have it completed before the end of the year.
- We continue to communicate with Helen B Ratcliff Work Release about monthly women's meetings. Reynold's Work Release facility has reopened with men's meetings. Derrick D is the coordinator. He needs more men volunteers. Clearance process is quick. Call or text him and he will email the application package.
- We are developing a Corrections Rep Service Position Description for home groups who have individual reps to the committee.
- We thank all the home groups who donate to the Pink Can. As facilities open up, we get more requests for literature. It is the Pink Can funds that are used to purchase all literature.
- As a reminder, if you have service questions, please use the volunteercorrections@seattleaa.org to ask them! You are also welcome to call/text me at 206-265-3788.

Hospitals & Treatment: (West)

There were 27 of us who showed up at our last meeting on May the 4th be with you and everyone chose a Star Wars character to represent. We continue to welcome in a steady stream of new folks who have recently joined our committee and I am very excited about the momentum we are building!

We continue to carry evening panels to Key Recovery on the weekends as well as Tuesday nights. 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. Our Tuesday night panels happen downstairs with all the newcomers with less than 6 months sobriety.

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 continue getting several new guys involved to Secretary and Chair both meetings as well. You must be registered in the UGM system in advance to attend.

We are still carrying the message monthly to Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through August.

We have our Lakeside Milam Renton panel every final Friday of the month at 9 am. We have Bob H, Luke J & Kyle G scheduled for our next one on Fri, May 31st. We are also now bringing in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. My sponsor Danny K, Tanner C & I spoke there last Tues, May 14th.

We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:15 pm. We currently have 15 volunteers cleared to panel with 5 more in the process right now. The new volunteer coordinator is now working with me to onboard our newest team members.

All are welcome at our new weekly Salvation Army Sunday night 7 pm meeting at the William Booth Center, so please

Hospital & Treatment Committee (West) continued next page »

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

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 goes 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.

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

CURRENT EVENTS & ACTIVITIES

Cascade Women's Program
Our committee is excited to bring AA literature and a speaker panel on June 5th to this facility providing vital services to our community.

2024 King County Substance Use Conference: A Vision for Hope
Our District 31 CPC Chair is leading the effort to bring the message of June 6, 2024, from 9:00 AM—3:00 PM at Highline College in Des Moines.

Invite a Health Care Professional to Lunch

- This will be a hybrid event on September
- Our next subcommittee meeting is scheduled for Sunday, June 2nd.
- Our biggest challenge will be getting the word our to all the doctors, nurses, techs, etc. within the health care community, and we are hoping that each and every one of you will help.

SERVICE OPPORTUNITIES

Adopt A Public Information) 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.

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

Business Cards
Sprinkling these around the community is a great way to help the still suffering alcoholic find their way to us. Stop by Seattle Intergroup to pick some up.

Key Recovery
Click HERE to sign up for one or more shifts.

The Redmond Library
Click HERE to sign up for one or more shifts.

Nightwatch (Rob S)

We are currently in need of new volunteers for Nightwatch. We answer the phones when the GSIG Office is closed (calls are forwarded to our cell phone).

Here are the current open shifts that need to be filled:

- 1st Tuesday 2-6a
- 1st Saturday 2-6a
- 2nd Tuesday 2-6a

Please contact Nightwatch@seattleaa.org if you are interested in joining this amazing service opportunity.

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.

Third Legacy (Mark M)

GSIG Third Legacy Committee

In March we had a sponsorship workshop on the 30th. Thanks to all who participated. We are looking forward to and looking for help with our upcoming Sponsorship Workshop on Saturday, June, 22nd at 10am. For more information or to participate on a panel, please reach out to thridlegacy@seattleaa.org. Thanks to Stephan M and Nancy S for leading the Traditions study on the 4th Thursday of the Month at 7pm at GSIG and Zoom.

We would also like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to connect any willing members with opportunities to serve. Please send all your requests to thirdlegacy@seattleaa.org.

Our specific ask of the board and its attendees - we need your help in:

* Your participation – on a panel for a quarterly sponsorship workshop June 22nd at 10AM at Intergroup or Zoom.

* Your participation – monthly traditions study 4th Tuesday of each month at 7pm.

* Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

If you or your group would like to present on an upcoming Tradition or participate in the Sponsorship Workshop, please reach out to thridlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

Twelve Step (John DD)

12 calls this month. It's great to be on the 12th Step List especially if you are available to take the calls. If you have friends, home group peeps, etc. that are available, please tell them about the 12 Step Committee. Thank you to everybody that responds to us, to Lara, etc. Sometimes magic happens. Fills the gap when the office is closed.

Web & Tech (Mike C)

Greetings from the W/T dude:

With the new schedule out and our in-house technology surviving. We are a team that consists of a webmaster, chair, and a past IT person. We enjoy this position and it is great to be here!

The upgrading of the telephone system is on hold waiting for more information.

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.

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

Special Events (Steve R)

We're waiting for the June 9th auditions. I'm excited about that.

We're hearing some, we're hearing some rumblings of some good turnout.

I am working on a Google Forms, which will be the replacement of signup genius.

Thank you for allowing me to be of service.

GSIG District Reports

District 14 – (Stacia)

Just conducted a Group Inventory. Great success. All Committee positions are filled. We are thankful to John DD who came out to share about the 12th Step Committee. I want to thank

the people at the office and website via chat. We had a Spanish Speaking person that was able to get information to 38 different meetings. Shout out to Lee!

District 16 (Kathleen B)

Last month we had a church in our district that was holding a couple of meetings and our district meeting, decided not to have meetings anymore in the evening or weekends due to security reasons. We have been having our meeting on zoom.

We have secured a meeting site, and we will have our next meeting in June, which is the third Wednesday of the month at 7:00 PM at The Christian Church on 125th and 15th Avenue Northeast. If you want to come, it's a hybrid.

We contributed $50 to the quarterly that would happen in April.

District 18 (Ali)

District 18 meeting 5/16/2024 at 7 PM

10 attended.

Nothing big to report from the groups DCM or Alt DCM. Generally speaking, meeting attendance in the district has increased. Meetings are adding more fellowship opportunities including summer picnics.

Corrections Chair plans to distribute pink cans for literature fund for jails - coming soon.

Meeting closed at 7:35 PM.

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

In attendance –

One Scholarship request so far for the upcoming Assembly

Corrections is working on putting together a recruitment event with 5 other districts…stay tuned for more information.

Detox needs volunteers.

No Gratitude banquet at St. Pius next so we need to find another venue.

District 31 (Thomas)

1. Fill open positions GV/Lit PI

2. Emotional Sobriety Workshop:
   A. Approx. 30 Attendees 6 Deaf; had ASL interpreter.
   B. 7th tradition covered cost:

1. Committee Voted to contribute $40 PIO.

2. $59 back to district for future Workshops

3. Changing monthly District 31 Business Meeting to in-person meeting
   A. After discussion including a hybrid option, pros & cons, additional expenses for adequate equipment and having a technical person to set up run etc. A new motion passed to remain on-line. Meet quarterly in person and future investigate hybrid option.

4. A. Next Workshop- What's our topic, and when

5. A. Discussion around what GSR's Need to Rally their groups to want to be GSR for next rotation and how to gain interest in District positions next time.

District 32 (Samantha M)

We had our District 32 meeting on Monday May 6th from 7:00 pm – 8:30 pm at Brooklake Church located at 629 S 356th Street, Federal Way, WA 98003.

We had a total of 12 voting members and 1 guest.

Secretary Ruth: Sent Minutes. Minutes were approved.

Treasurer Tony: We had generous contributions and are now above our prudent reserve. We will be transferring money from Wells Fargo to BECU. Tresure report was approved.

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.

Webmaster Susan: Our website broke down and should now be back up and running. We need to update our events section. We still have physical paper schedules to hand out.

PI Nicole: Attended the Area 72 monthly meeting. Is in communication with Karina and looking for people willing to be of service in helping the community and homelessness with resources. Has cards with PI information for people and has soft cover Big Books for Western State.

DCM Heather: Attended quarterly with Alt DCM Dessie and sent minutes from the quarterly. Communicated that our delegate, Crystal, went to the conference in New York and is now preparing for report backs starting June 1st. To find out any information regarding report backs, pre-assemblies, and minutes from the quarterly visit www.area72aa.org.

Our District 32 Annual Picnic will be July 20th from 11:00 am – 2:30 pm at Steel Lake Park located at 2410 S 312th St, Federal Way, Washington, Site #4. Flyers will be available soon!

Open Positions
- School Panels
- Accessibility
- Bridging the Gap
- Young People
- Events

District 33 (Abby)

Warm greetings from District 33!

For our May meeting, the GSIG Corrections chair Karen and committee member Dan P shared a great presentation on what the Corrections committee is doing, and ways to get involved- thank you both so much for your service!

We voted to dip into our prudent reserve last month to maintain a printing account; we remain in the red around $1000 with some upcoming expenses and would benefit from increased group/individual contributions.

We are looking for feedback on hosting a gratitude banquet this year: is there enough interest to form a committee and organize this event ASAP?

We discussed excess Area Assembly funds and where groups would prefer that money go: GSO or stay in Area 72 for future assemblies? The few who responded preferred to keep it here. One response was to split the excess evenly: half to GSO and half to the next year's Area Assembly, thank you Nick C and others for your input.

Regarding moving the October Assembly date prior to September 15th in the future, most were in favor so our input would be timelier.

The Maple Valley Days fair is June 7-9th and district 33 is looking for more volunteers to cover our information booth- thank you Jake and Heather for organizing.

Our literature/grapevine chair Jim H raffled off a copy of the new "our 12 steps" conference approved book.

**Our open service chair positions are: Accessibility, Corrections, CPC/PI, Young People*

Greenwood Fellowship Hall (Mikey)

Greetings from the new branded hall at 85th NW and 3rd NW, called Greenwood Fellowship Hall. (entrance is in the alley in back). Updates are always happening so come and check out what's new and improved. Our last business meeting in May was our 1st official meeting with passing our by-laws, with reports from our trusted servants including our treasurer who did an outstanding job. Just to be clear a separate basket is always passed for special events and our food offerings; 7th tradition is kept separate and thank you for all your donations.

As reported, we have 14 AA meetings every week at Noon and 8 p.m. with more to follow. We do have an AA buffet on Wednesday at noon, the Wednesday 8 p.m. 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 with a special speaker from Canada. Plans for the 4th annual recovery fest are now in the works. This event is now an AA event open to all groups and their families at Seward Park the third Saturday in August.

Business

Old Business None

New Business

4 most important "Takeaways"

1. 2nd Audition for Steps in Time is on Sunday, June 9th 1-4 pm at Intergroup

2. CONTRIBUTIONS!! Why do we need them?
- We have additional expenses.
  - There have been 2 break-ins.
  - We are now open on Monday.
  - We provide insurance for groups.

3. Step Chat/Calls – We need volunteers and will be discussing how at the Spring Assembly.

4. Spring Assembly: Discussion Topics –
- Budget Deficit
- Is an AA Group and AA Group just because they say they are?
- Chat line coordination
- Monday report

(Let your Home Groups know they need at least one person that represents their group to attend and vote)

Upcoming Events SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Tradition Study 4th Tuesday of the month at 7:00pm – May 28th – Hybrid
- Auditions for Steps in Time – June 9th – 1:00- 4:00pm.
- Service Manual Study 1st Sunday of the month at 11:00am – June 2nd – Hybrid

CLOSE WITH RESPONSIBILITY DECLARATION

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

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

Spring Assembly – June 18th at 7:00pm

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

June 1st Bill B.
June 8th Sasha P.
June 15th Stephanie S.
June 22nd Jeff U.
June 29th Jeff H.



SERVICE MANUAL STUDY

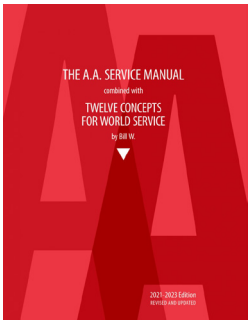
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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

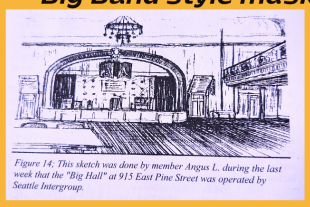


Figure 14; This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



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
Best AA Theme
Funniest
Most Elegant
Most Outrageous

Women's Shelter Donations
Please bring any unused toiletries or women's products for donation to Women's Shelter

Raffle
Please bring a new or nearly new donation for the Raffle Table





HELP WANTED: Accessibility Chair

Do you think that everyone should have access to an AA meeting? So do we! That's why the Seattle Intergroup Accessibility Committee needs YOU.

Our mission is to provide aid and resources for the fellowship to overcome obstacles limiting access to Alcoholics Anonymous in the greater Seattle area. Accessibility means ensuring equal access to everyone.

We provide assistance with the following needs:

- Transportation to and from A.A. meetings
- Childcare at A.A. meetings
- Bringing A.A. meetings into private homes
- Facilitating online meeting information
- Helping those with mental health issues understand the culture of A.A.
- Bringing A.A. meetings into nursing homes
- Helping identify tools for those who don't speak English.
- American Sign Language (ASL) interpretation for Deaf/Hard-of-Hearing alcoholics

If helping to facilitate this type of service sounds like something you might be willing to do, please contact chair@seattleaa.org

Also please visit the accessibility committee page on our website.
https://www.seattleaa.org/service/accessibility-committee/

LIVING IN SOBRIETY

2024 SUMMER PICNICS

Tuesday June 18th
Tuesday July 16th
August 20th
September 17th
5pm until it's done

GOLDEN GARDENS PARK SHELTER #1
8498 Seaview Pl NW, Seattle, WA 98117

Protein provided!
Bring a dish or dessert to share.





Summer BBQ's at Seattle Intergroup

June 15th

July 13th

August 10th

With an ICE CREAM SOCIAL on September 14th

From 12pm to 2pm

Bring a dish to share

Contribute to Intergroup

Enjoy a hot dog and some fellowship

5507 6th Ave S., Seattle, WA 98108

(206)587-2838

SEATTLE INTERGROUP

SUMMER PICNIC

18 AUGUST

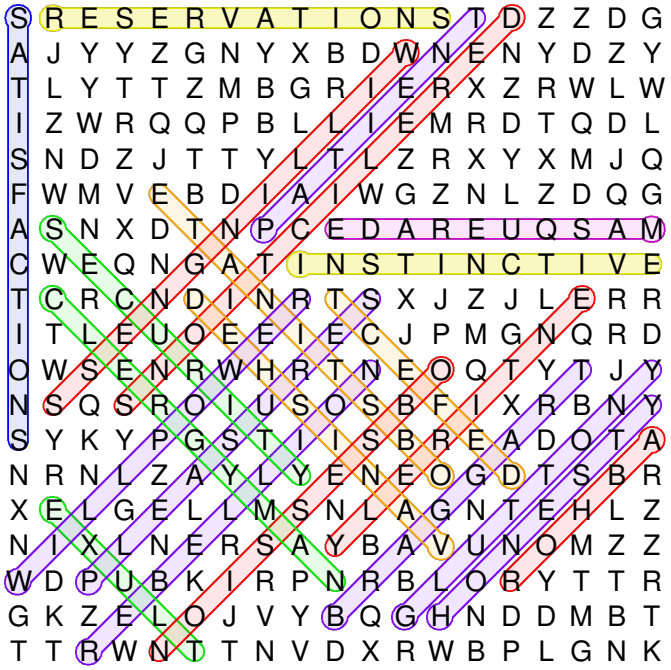
START AT 11:00

HOT DOG, CHIPS AND DRINK INCLUDED IN THE PRICE OF BUTTON $10

RAFFLES, BINGO, GAMES, SERVICE TABLES, FUN

SEWARD PARK SHELTER #3
5900 LK WASHINGTON BLVD.
SEATTLE, WA 98118

Step Six



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/