High & Dry

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

Volume 76 Issue 01 January 2025



In This Issue

- Future Tripping 2
  GSIG Calendar
- Reflecting on Our Past 3
  January in Our History
- There is a Solution 4
  GSIG News and Notes
- *How Dry I Am* Birthday Club 5
  Contributions to Intergroup
- Steps, Stories & Traditions 6
  Step 1 . . . . . *6*
  Concept I *6*
  Tradition 1 . . . . . *7*
- Board Meeting Minutes 9
- Announcements 18
- Get Involved 20

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

FUTURE TRIPPING

January GSIG Events

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

1 — Accessibility Committee

- January 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

- January 2 @ 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

4 — Hospital and Treatment Committee

- January 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

5 — Service Manual Study

- January 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

- January 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

17 — Spiritual Surrender

- January 17 @ 8:00 am - January 19 @ 5:00 pm
- Falls Creek Retreat
  32 Falls Creek Rd, Raymond
- Registration closes 12/31/24

18 — CPC/PI Committee

- January 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 — Burien Little Assembly Planning Group

- January 19 @ 10:30 am - 11:30 am — Online meeting
- Zoom Meeting ID: 810 1629 8713
  Passcode: 817009

21 — Web & Tech Committee

- January 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

21 — GSIG Monthly Board Meeting

- January 21 @ 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

25 — Area 72 Young people's Quarterly

- January 25 @ 11:30 am - 3:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID: 842 9115 3537
  Passcode: 497168

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

REFLECTING ON OUR PAST
January In Our History

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

Jan 1929	Bill W. wrote third promise in Bible to quit drinking
Jan 1940	Akron group moves to new home at King School.
Jan 1944	Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".
Jan 1944	onset of Bill's 11 years of depression.
Jan 1946	Readers Digest does a story on AA.
Jan 1948	1st A.A. meeting in Japan
Jan 1951	AA Grapevine publishes memorial issue for Dr Bob.
Jan 1958	Bill writes article for Grapevine on "Emotional Sobriety".
Jan 1, 1943	Columbus Dispatch reports 1st Anniversary of Columbus, Ohio Central Group.
Jan 2, 1889	Sister Ignatia born, Ballyhane Ireland.
Jan 3, 1939	First sale of Works Publishing Co stock is recorded.
Jan 4, 1940	1st AA group formed in Detroit, Michigan.
Jan 5, 1939	Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere".
Jan 5, 2001	Chuck C. from Houston died sober in Texas at 38 years sober.
Jan 6, 2000	Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died.
Jan 8, 1938	New York AA splits from the Oxford Group.
Jan 10, 1940	1st AA meeting not in a home meets at King School, Akron, Ohio.
Jan 13, 1988	Dr Jack Norris Chairman/Trustee of AA for 27 years dies.
Jan 13, 2003	Dr Earle M sober for 49 years, author of "Physician Heal Thyself" died.
Jan 15, 1937	Fitz M brings AA meetings to Washington DC.
Jan 15, 1945	First AA meeting held in Springfield, Missouri.
Jan 19, 1943	1st discussion for starting AA group in Toronto.
Jan 19, 1944	Wilson's returned from 1st major A.A. tour started in Oct 24 1943.
Jan 19, 1999	Frank M., AA Archivist since 1983, died peacefully in his sleep.
Jan 21, 1954	Hank P who helped Bill start NY office dies in Pennington, New Jersey.
Jan 23, 1985	Bob B. died sober November 11, 2001.
Jan 24, 1918	Bill marries Lois Burnham in the Swedenborgen Church in Brookyn Heights.
Jan 24, 1945	1st black group St. Louis
Jan. 24, 1971	Bill W dies at Miami Beach, FL.
Jan 25, 1915	Dr. Bob marries Anne Ripley.
Jan 26, 1971	New York Times publishes Bill's obituary on page 1.
Jan 30, 1961	Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".
End of Jan 1939	400 copies of manuscript of Big Book circulated for comment, evaluation and sale.

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

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

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 Jeff D.
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Jake and Joe B.
FRIDAY	Thomas H. and Mana K.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Jesse J., Ryan L., Patrick P., Anna B. 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 the Georgetown neighborhood of 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*

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

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

Laurel W.	Abigail's Ghost/Duck Island	12/25/1986	38 years
Anonymous			3 years
Judy S.	T.U.G.	5/13/1997	27 years
Karen K.	Empire Way	12/20/2014	10 years
Peeps	Empire Way	1/7/2019	6 years
Anonymous			38 years
Steve R.	New Purpose Group	1/19/1991	34 years
Dawn P.	Sober Sisters	12/4/2011	13 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 us at: *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/

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

Step 1: *"We admitted we were powerless over alcohol — that our lives had become unmanageable."*

12 12

Step One

By Peeps

TAKING STEP ONE looked like Mission Impossible to me. I would have preferred attempting to summit Mount Rainier in a raging blizzard over returning to the rooms of Alcoholics Anonymous — again.

I was in and out (mostly out) of AA since my first meetings in the 1990s. I was hardheaded and arrogant (pronounced contempt prior to investigation). It took a long time before I could surrender unconditionally.

Jan. 7 will mark my sixth anniversary of sobriety. There are still times when I cannot believe I got that first day.

For more than a year, I vowed every night that I would quit drinking tomorrow. In hindsight, I can see I was gifted my first sober day by the grace of a Higher Power I did not believe existed.

There was very little difference between Jan. 6, 2019 and Jan. 7, 2019, but there was difference. On the morning of the seventh, about 5:30 a.m., when I was at my lowest physically, mentally, emotionally and spiritually, I felt completely helpless and hopeless.

I knew I was on the verge giving up — again — and going to buy more alcohol, but I dropped to a knee and said out loud "Please help me."

I could not say, "God help me." But somehow I opened my computer, checked the meetings schedule on seattleaa.org and found the address of a meeting near my South Beacon Hill home in Renton, Tukwila Earlybirds.

Just that quickly, I found help to begin my personal Mission Impossible. △

Concept I: *Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.*

By Peeps

THE FOUNDATION of Concept One is Tradition Two.

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

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

Concept I:

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

— Twelve Concepts of World Service pamphlet

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

Tradition 1: *"Our common welfare should come first; personal recovery depends on A.A. unity."*



Tradition One

By Peeps

I LOVE ALL THE TRADITIONS, but, for me, none are more important than No. 1. Most longtime AA's seek to be a member among members, setting aside their personal goals and feelings (although not happy about it).

Whenever there is a contentious situation at a meeting or in a group, putting the needs of our fellow members first is always part of the Solution.

"Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not." — TWELVE STEPS AND 12 TRADITIONS, page 130.

I saw the spirit of Tradition One in action a bit over six months in my recovery at a District GSR training session at a community center. I was there as an Alt. GSR.

A discussion about paying for the cost of the day's catered meal and coffee — by the district or as individuals — was loud and enthusiastic.

I expressed concern to my group's the GSR about the obvious tensions.

"Don't worry, this looks worse than it is," he said. "This is AA and it will be settled amicably. People get to express how they feel, though."

Lunch was on the district. △

CORRECTIONS CORNER

If you are thinking about Corrections Service, consider attending the hybrid Corrections Committee monthly meeting on the second Monday of each month at 6:30pm (January 13). Details at https://www.seattleaa.org/corrections. Or send an email to corrections@seattleaa.org.

We take meetings to the following facilities:

- Federal Detention Center: mens and womens meetings. Thursdays
- SCORE: mens and womens meetings. Saturdays
- Juvenile Detention Center: boys and girls meetings. Thursdays
- Kent City Jail: mens meetings on Tuesdays, womens on Saturdays

All facilities welcome more volunteers. Each has different requirements.

Another service opportunity is to help your home group start the Pink Can Fund which provides funds for the committee to purchase AA approved literature for use at meetings and for reading inside correctional facilities.

We thank the following groups for donating $452.22 to the Pink Can Fund in November: Auburn Alkees, Waterfront Group, District 18 Corrections, Men's Open Book and anonymous individuals. We used $643 to purchase Big Books, Plain Language "Big Books" and back issues of the Grapevine for use at SCORE, Federal Detention Center, Juvenile Detention Center and Kent City Jail.

If you're interested in starting a Pink Can program with your Home Group, please email, corrections@seattleaa.org.

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

JANUARY CHALLENGE

Big Book Quiz

1. Name the four horsemen.
   a) Gene Autry, Roy Rogers, Tex Ritter, and John Wayne
   b) Bill W., Dr. Bob, Dr. William Silkworth, and Dr. E.M. Jellinek
   c) terror, bewilderment, frustration, despair

2. What is the baffling feature of alcoholism?
   a) it affects people of all ages and nationalities
   b) this utter inability to leave it alone, no matter how great the necessity or the wish
   c) we don't have a cure for it

3. What is the 'number one' offender?
   a) Resentment
   b) Dishonesty
   c) Self-centeredness

4. Practical experience shows that nothing will so much insure immunity from drinking as what?
   a) intensive work with other alcoholics
   b) attending A.A. meetings
   c) socializing with members of the A.A. fellowship

5. If we are planning to stop drinking, there must be what?
   a) no alcohol in our apartment or homes.
   b) no attendance at social events where alcohol is served.
   c) no reservation of any kind, nor any lurking notion, that someday we will be immune to alcohol.

6. What is the distinction between the alcoholic and the non-alcoholic?
   a) Social drinkers never experience negative consequences from drinking.
   b) If, when you honesty want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic.
   c) non-alcoholics never become alcoholics

7. What are the essentials of recovery?
   a) recovery, unity, and service
   b) willingness, honesty, and open mindedness
   c) abstinence, service, and fellowship

8. What do we think is the root of our troubles?
   a) Alcoholism, of course!
   b) Shame above all else!
   c) Selfishness--self-centeredness!

9. The actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of what?
   a) moral or religious conviction
   b) (s)elf-knowledge
   c) self-will

10. Step 10 advises that we continue to watch for what?
   a) selfishness, dishonesty, resentment, fear
   b) our relapse triggers
   c) a better sponsor or A.A. meeting

11. The alcoholic has a daily reprieve from drinking contingent upon what?
   a) going to meetings
   b) working with others
   c) the maintenance of our spiritual condition

12. What is the central fact of our lives today?
   a) we are not drinking
   b) the absolute certainly that Our Creator has entered into our hearts and lives in a way which is indeed miraculous
   c) we are members of Alcoholics Anonymous

13. Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing what?
   a) reading from the Big Book
   b) their working of the 12 Steps
   c) experience, strength and hope

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

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Fall Assembly
December 17, 2024
Submitted by Janet A. (Recording Secretary)

Elections

Facilitated by Astri T. using the 3rd Legacy procedure.

- Board Chair – Jeff U.
- Vice Chair – Eddy M-M
- Secretary – Carina W.
- Treasurer – Pete K.

Elected Officer Reports

Chair (Karla)

GSIG BOARD CHAIR REPORT
DECEMBER 17, 2024

Well, it's the end of the rotation and I want to thank all of you. Seattle Intergroup has stayed open and busy for 2 more years. It was with your support and the support from the groups that we continued to thrive. Your groups and districts keep us going.

Over the past two years we have seen a few changes, but much is the same.

We have never reached our pre-covid contribution amounts. Many groups shut down or went totally online and we are feeling the effects. Despite that, we re-opened from 10am-2pm on Mondays and have found that to be beneficial. After members attend business meetings and functions on the weekend, they are eager to come in and purchase pamphlets and literature.

We discussed and approved guidelines for starting meetings and being on the Intergroup meeting schedule. The discussion was sometimes heated as members thought we were trying to tell them how to run their groups. This was not the case at all. We were simply pointing new groups to the Traditions.

We have created new rep packets for incoming group and district representatives. During our inventory it was noted that often group and district reps do not know what they are getting into and often miss important opportunities. We decided to have more orientation at the beginning of the rotation and the packets are part of that.

We had two break-ins and recovered from both. We now have a security system and groovy chalkboard front door. Financially, the greatest losses were in the repairs even though we had wonderful volunteer help to do most of the work.

I would like to say some special thank you's.

Thank you to the Office Committee for their stewardship and wisdom when it came to what was actually board business and what was office business.

Thank you to Laurel for continuing to make sure that our deaf members have access to meetings in ASL and for staying on as the Accessibility Chair for way longer than your rotation when no one else stood for the position.

Thank you to Kathy for being brave and stepping in as the new Accessibility Chair even though you had no idea what the position required.

Thank you to Teresa for continuing to safeguard our history in the archives. We're going to get you a new computer next year.

Thank you to Karen for working diligently to make sure the message is carried behind the walls. It was during this rotation that I first started attending jail meetings and it was a blessing beyond what I imagined.

Thank you to West, Chair of the Hospital and Treatment Committee, who has done a phenomenal job getting panels

Chair (Karla) continued next page »

« ***Chair (Karla)*** continued

into hospitals and treatment facilities. Your charm and hard work have grown that committee exponentially! Good job!

Thank you to John (aka Peeps) our Newsletter Editor for writing so many stories and recruiting others to write for our Newsletter. Your contributions have kept the High and Dry going.

And a big thank you to Rob for coordinating our Nightwatch phones. That is our signature service. We have 24-hour phone lines answered by sober alcoholics. We may be the only intergroup that does. Thank you, Rob!

Thank you to Carina for going above and beyond your budget as CPC/PI Chair to make sure that local professionals and the general public know what Alcoholics Anonymous is. You have done one of our most important services.

Thank you to the 3rd Legacy Chair, Mark, for reaching out to let groups know what Seattle Intergroup is and does.

A big thank you to John D.D. of the 12 Step Committee for taking those callers' names who want to go to a meeting and hooking them up with a sober member.

Thank you to Mike for stepping into Web and Tech and making sure that we always have hybrid business meetings. Thank you for the many things you do here at Seattle Intergroup and in AA.

And thank you to our web servant Lee for making sure our website is up to date and running smoothly as well as formatting High and Dry. We can always count on you to get it done!

And what about our Special Events coordinator, Steve! Thank you for the Steps in Time! Thank you for the picnic and all our fundraising events. And not only that, thank you for all the work you do around here. Thank you for installing the security cameras. Thank you to all the angels who work around here and ask for nothing in return. They helped lay some new carpet, repaired things after our break-ins, fixed plumbing, and all sorts.

Thank you to our office managers Lara and Anita who do such a splendid job keeping the doors open for all alcoholics and making sure we are a friendly place to be.

Four more thank you's.

Thank you to our Secretary, Janet, for persevering when I started nitpicking with the minutes. Your positive energy has been such a gift to all of us. And thank you for stepping up to lead the Nominating Committee. I knew I could count on you to get it done.

Thank you, Vice Chair Jeff, for pointing out when we stray from Robert's Rules of order. And thank you for your inspired letter to the groups explaining what Intergroup does and how we need support.

Thank you, Dan! I can't think of a harder job than treasurer (maybe that's just me) and you have served us well, seldom panicking at our lack of funds and with a sense of humor.

And lastly, thank you to our Chair Emeritus Astri for encouraging me to stand for this position and then not abandoning me. Sometimes I will pass a note to Astri during the meeting when I am not sure how to proceed and she will pass me a note back with an answer. You have always come through for me over the years and for that I am truly grateful.

Chair Emeritus (Astri)

I have enjoyed coming down to Seattle Intergroup and being a part of everything all of these years. We need to explain the Greater Seattle Intergroup and what we do here. We need to inform the groups what the money is needed for. When committees and people need money, we have various cans that we pass around for donations. There are so many ways that we can contribute and that needs to be explained. Thank you for all your service and commitment during this rotation and always.

Secretary (Janet)

Hello to my Seattle Intergroup Family,

I want to say how thankful and grateful I am that I was able to serve as your Recording Secretary for this 2-year rotation. Grateful for every single minute!

I want to thank the entire Seattle Intergroup Board for supporting and helping along the way.

I could not have done this without our Chair Karla who was a tremendous help this entire time. Office Manager, Lara, Assistant Manager, Anita, Web-Tech, Mikey, and Web Servant, Lee. There were times I was pulling my hair out, and we were always able to come up with a solution. To say that this was a learning experience, is an understatement.

It has been a blessing to work with all Chairpeople, especially West, as I have been an active part of the Hospital & Treatment Committee. All of you are such an integral part of my recovery and life, and all deserve a round of applause for your contribution and hard work. Everything that I have been involved in during this rotation, from Intergroup picnics, 4th of July at the Seattle Center, Burien Little Assemblies, To Events like Steps in Time has been an incredible experience and great memories for years to come.

Secretary (Janet) continued next page »

« ***Secretary (Janet)*** continued

This has been life changing for me. Finally, I would like to thank my sponsor who encouraged me to attend the Fall Assembly 2 years ago. I was hesitant to try this, however, she helped me with my resume, etc., and so much more.

Thank you all for your patience with me going through technical difficulties and glitches. It only took 2 years to get it right. I am not saying goodbye, just see you later. I cherish all of you for your service and friendship. I will forever have fond memories of this experience.

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 are on zoom. 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.***

If you want your report included in the minutes, please submit it in writing. You may use the online report form:

https://www.seattleaa.org/intergroup/intergroup-board/intergroup-board-report-form/

Or you can write your report in the body of your email or attach it as a separate document.

Our new Recording Secretary will accept Final Reports this month no later than SATURDAY, JANUARY 24, 2025, as they will send Final Minutes to Lara on January 25th so she can submit to the high and dry.

Or you can write your report in the body of your email or attach it as a separate document.

Treasurer (Dan G.)

TREASURER REMARKS

We had a loss of $6,279.88 for the month of November. We made some changes this month to simplify the way we account for coins, and it looks like that may not be complete on our balance sheet.

As of November 30th, we are -$14,048.82 for the year. 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/online-contributions/.

▪ In addition to credit cards, you can also donate to us using PayPal, Venmo, Apple or Google Pay.

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

2025 PROPOSED BUDGET

- Motion to accept the budget as amended. Moved by Eduardo and seconded by Greg S.
- Motion Passed

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

Month	Net income /loss	Group Contribution	Individual Contribution	Sustainers	Room rent, etc.	Sales income /loss	Cash and savings
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
5/24	(0.9)	12.3	1.8	1.4	0.8	1.9	63.7
6/24	(4.9)	7.0	0.7	1.4	0.4	1.9	58.5
7/24	10.6	14.4	8.5	1.6	1.1	1.6	70.8
8/24	(3.7)	7.4	1.2	1.6	0.1	1.5	60.7
9/24	0.1	10.3	3.8	1.7	0.6	1.5	63.9
10/24	3.9	16.2	3.3	1.6	1.0	0.9	67.1
11/24	(5.9)	8.0	2.2	1.6	1.1	(0.2)	67.1

GSIG Office Reports

Office Committee (Pete)

I want to thank the entire Office Committee for all of the support you have given me through this 2-year rotation as Office Committee Chair.

Office Committee (Jack)

In attendance; Karla, GSIG board chair; Lara, office manager; Dan, treasurer, Matt, office committee member; Jack, acting secretary and office committee member, Bob F, Stephen M, Stacia J, visiting members, Lee R, Web & Tech

Election new committee: two new members, Jack stepping down due to another commitment.

Bob F qualified but is an appointed member, Stephen M and Stacia J qualified, Matt and Dan, motion, all in favor of approving new office committee members

Office Manager (Lara)

Financial: I'm not sure that we must be able to break even financially. The past two months were good, but this month we are back in the red. Is this just the trend for Seattle Intergroup? There are many Intergroups across the country that are struggling financially. This is not an uncommon theme. If anyone has ideas about how to make Intergroup more solvent, we would love to hear about it. In the meantime, please keep letting your groups and districts know the importance of our service to the groups and to the alcoholic that still suffers.

Protocol: We have received a new VOIP Phone system. It will be a bit of a learning curve; I don't think Seattle Intergroup was quite ready for this upgrade. We don't like to change all that much. It will take some time to get used to, but with the new VOIP system we might be able to get rid of our phone forwarding company and set the schedule ourselves, which could add up to approximately $1200.00/yr savings for us. We will have to do some research, stay tuned.

We have had very little response so far for the chat line volunteers.

Inventory: We sold out of the Plain Language Big Book in 4 days and have over 150 orders on the waitlist.

The new service manuals are in.

We have simplified our coin categories for an easier check out process. All like coins are in one category, this will make life much better for us and our volunteers.

Call Log:
- 12 Step: 4
- Total Calls: 146

Assistant Office Manager (Anita)

Many of us who have been involved at Intergroup for years and years feel that Lara has brought a new health and happiness to our office. And for that, we thank her immensely.

CHAT line continues to need volunteers. Please make this announcement to the meetings that you attend. If someone is interested, get their name/number and forward it to Lara or me.

A Celebration of Life is planned for Sunday, January 26th at 1pm at the Intergroup Office. Even if you have never served with Burke or even met him, I feel that you have benefitted from his legacy of service at the Area level and at the Intergroup Office.

I have enjoyed serving with you all for the past two years. I continue to learn from you all and am inspired by your service to Seattle Intergroup.

Service Committee Reports

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

Greetings Greater Seattle Area Fellowship!

So here I am writing my final report of the 2023/2024 rotation. I'm humbled to have had this opportunity to serve as your PI/CPC Chair, which has probably been my favorite so far of all the service positions I've had the honor to serve in throughout my journey.

The rock stars who did all the important work this rotation, and to whom I am deeply grateful for making the chair position so very easy:

- Each member of the PI/CPC committee who made it all happen
- All who brought AA's message into our communities by adopting literature racks
- Every single person who volunteered to take on all the many big and little tasks
- The other GSIG committee chairs, who provided awesome collaboration and ideas
- And everyone at Intergroup, who provided relentless support, especially our staffers, board members, and web & tech folks

Service-wise, things have been pretty quiet in December, but we still have some really important things to report:

ELECTIONS

Our December committee meeting was well attended, providing us with a solid quorum to select our incoming trusted servants, both of whom come with a wealth of experience and the passion that will bring our PI/CPC committee to the next level.

- Incoming Chair: David B
- Incoming Vice Chair: David DLF

We still need to fill the following positions, so come to our next committee meeting and join us!

- Secretary
- Literature Coordinator

2024-2025 PI/CPC SERVICES SUMMARY

So much great work was done; so challenging to keep track of everything, even when it was reported. Here are some highlights.

Adopt a Literature Rack Program

Literature racks purchased:
33 at an average of $13.08 per unit ($429.36 total)

Property of GSIG sticker labels:
96 ($24.99 total)

Sets of literature distributed and maintained:
40 (7 without racks, since facility has another display)

Alcoholics Anonymous & GSIG Business Cards

Purchased:
6,500 at an average of $0.03 per unit ($152.98 + tax)

Distributed:
6,000 (gross approximation)

Events (23++ total)
We were invited to attend each of these at no cost. To support these important activities staffed by trusted servants throughout the Greater Seattle Area, we purchased a GSIG-branded tablecloth and a couple of additional wire literature display racks.

Cooperation with Professional Events (7 total)

- 2 King County Conference on Substance Use Disorders
- 2 Washington State Drug/Therapeutic Court Conferences
- 2 University of Washington School of Medicine -- Addiction Courses
- 1 AA and the Health Care Community Workshop (Invite a Professional to Lunch)

Public Information Events (12++ total)

I only know of a few that our PI/CPC committee was involved in, but there were many many others organized by our trusted servants throughout the Greater Seattle Area

- 1 AA and the Health Care Community Workshop (Invite a Professional to Lunch)
- 4 King County Library System Resource/Community Court Fairs (in place and ongoing)
- 2 Mt Zion/FAME Health & Wellness Fairs
- 2 Recovery Days at the Seattle Mariners
- 3+Community AA panels – so many more really happened. Requests from homeless shelters transitioned to our Hospitals & Treatment Committee during this rotation.

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

AA Internal Events (4 total)

- 2 Burien Little Assemblies
- 2 Panel Trainings "How to speak at non-AA events"

Thank you all for your service and support over these past two years. I just know you will offer the same to our incoming PI/CPC Committee. You can do so by attending the monthly meetings at 10:00 AM on the 3rd Saturday of each month. The next one will be January 18th.

Accessibility (Kathy) — Nothing to report

Accessibility (Laurel) — Additional Report

I'm Laurel W. I'm past chair of the Accessibility Committee but still serve as Interpreter Coordinator for A.A. meetings and A.A. events. I also try to increase awareness of the earmarked funds (ASL) (Blue can) as we rely on contributions to the Blue can.

The purpose is to provide a way for members, groups and districts to contribute funds to pay for American Sign Language interpreters for Deaf alcoholics, which is to access to A.A. meetings and A.A. related events. Contributions can be made by sending a check to GSIG office with "Blue can" or ASL in memo line.

To pay online, go to GSIG website seattleaa.org and under "contributions" there is a drop-down menu, and click on blue can. Payments can be made through Venmo, or PayPal or Cash app, or credit card. You can also pick up a blue can from the GSIG office. We could use your contributions.

I recently have been honored to serve on the planning committee for a Special forum for Deaf A.A. members. The purpose of the Forum is for Deaf members and service leaders from A.A. World Services and the General Service Office to engage in an interactive forum. This will be a language and Cultural forum for Deaf members who use American Sign Language (ASL), langue des Signes Quebecoise (LSQ) and Lengua de Senas Mexicans (LSM).

This forum will allow Deaf A.A. members to share their personal challenges, experiences, and innovative ideas regarding their journey in recovery. In turn, A.A. Service leaders will provide a comprehensive overview of the General Service Structure, clarifying how it functions and its relevance to supporting the Deaf Community within A.A.

The forum will be held on January 16, 2026

Thank you to those who have contributed these past 12 years.

I can be reached at aadeafaccess@gmail.com for questions.

Corrections (Karen K.)

December 2024 meeting

Corrections Committee meets the second Monday of each month at 6:30 in person and on zoom. Contact corrections@seattleaa.org if you'd like to learn more!

- The Committee met in November and elected all open trusted servant positions except two – treasurer and vice chair. If anyone is interested or has questions, please let me know at corrections@seattleaa.org.
- The Area 72 Corrections December Quarterly is in Monroe at the Congregational Church Saturday, 12/21, 9:30-2:00. Several of us from Corrections will attend.
- Meetings at facilities that are open are going well. There are plenty of opportunities for men and women for service in corrections in addition to taking meetings into facilities. For ideas, read the December Corrections Corner High & Dry article or visit our webpage: https://seattleaa.org/service/corrections .

Each month the Pink Can Fund allows the committee to purchase AA approved literature for use at meetings and for reading inside correctional facilities. We thank the following groups for donating $452.22 to the Pink Can Fund in November: Auburn Alkees, Waterfront Group, District 18 Corrections, Men's Open Book and anonymous individuals. We used $643 to purchase Big Books, Plain Language "Big Books" and back issues of the Grapevine for use at SCORE, Federal Detention Center, Juvenile Detention Center and Kent City Jail. If you're interested in starting a Pink Can program with your Home Group, please contact, corrections@seattleaa.org.

Hospitals & Treatment (West)

King County Residential Treatment Program (Skyway): We successfully launched this project in October and were able to furnish them with lots of AA literature. Our weekly panels are being held every Tuesday at 7 pm and every Saturday at 4 pm. Paul S & Larry D will be helping us with this project.

Bread of Life Mission (Pioneer Square): The new Bread of Life Mission meeting launched this Summer and is happening every Saturday morning at 11:45 am in the dining room of their Pioneer Square facility! We have a solid rotation going and Kim M is heading up this project.

Union Gospel Mission (2nd Ave Ext): We started a weekly Saturday morning meeting at Downtown GM earlier this year and our fearless leader Mikey C is the new coordinator there. Super exciting news, we are now welcoming women into the

meeting as well! So, we are now holding weekly meetings at both UGM's Riverton Place in Tukwila (Thurs nights at 6 pm) and Downtown UGM (Sat mornings at 10 am). West will continue leading Thursday nights at Riverton Place.

Union Gospel Mission's Hope Place (Othello off Rainier), a women's recovery facility in D15 and Jill P is taking over this project. They have indicated they want a panel every other month now to allow their staff to share testimonies as well. You must be pre-registered to enter any UGM facility and have an active account so please talk to the facility coordinator if you are interested in getting involved.

Key Recovery (Blvd Park): We continue to carry evening panels to Key Recovery every Tuesday Sat & Sun night at 7 pm. Also, Second Saturday's downstairs at 3:30 pm. Marty L is helping West with Tuesday nights and handling first weekends. Jim H is coordinating 2nd weekends, Tanner C is handling 3rd weekends and Ricky is scheduling for 4th weekends. It takes a village!

Lakeside Milam (DT Renton): We have our Lakeside Milam Renton panel every final Wednesday evening at 6 pm but that will likely change to less often. Also, we are bringing in a panel final Friday morning at 9 am. Tom W is the new coordinator for both of those. We continue to bring in a panel to Lakeside Milam Auburn every second Tues @ 7 pm. Ricky is leading the charge in Auburn.

Harborview (First Hill): We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:30 pm. We now have 19 volunteers cleared to panel there. I sent out a new script to everyone and we keep one behind the desk in 5 West. Fredy Cortex, the SUD director for that clinic, is scheduling going forward and Janet A is our H & T liaison for HMC.

Salvation Army (SODO): All are welcome at our weekly Salvation Army Sunday night meeting at the William Booth Center, so please come support this meeting and bring a friend. Our very own Jeff U is the new coordinator for this meeting, and I hear the meeting is doing well.

CBHL (Northgate): West went to meet with Chaplain Melissa yesterday, Mon, 11/18 and brought Big Books and other literature to the new Center for Behavioral Health & Learning Center at The NW Campus of UW Medical Center. She was sick so we will have to meet again soon to see how the H & T Committee can support their new building & patients there.

Olympic Heritage Behavioral Health (Tukwila): We should be hearing back this month about carrying our message of hope into Olympic Heritage Behavioral Health (the old Cascade). I will be finding out more information to pass along to you ASAP!

West C
Chair, Greater Seattle Intergroup Hospital & Treatment Committee

425-736-4130
hospitalandtreatment@seattleaa.org

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

Nightwatch (Rob S)

Thanks to all the Nightwatch volunteers for answering the AA Hotline between the hours of 10p-10a. This is an extremely important and rewarding service.

As of January 2025, I will be stepping down as Nightwatch Chair. Pete K, a very active Nightwatch volunteer (Daily Coordinator, On-Call Coordinator), will be taking over.

We are currently in need of filling in the following shifts:

- 3rd Wednesday 6-10a

We are also in need of filling some Daily Coordinator and On-Call Coordinator positions.

Please reach out to Nightwatch@SeattleAA.org if you are interested.

Twelve Step (John DD)

Thank you for allowing me to be of service. The 12th committee meets online every first Thursday, 6pm via zoom, and at the fabulous December 7 event here in a group, someone who has made themselves available will formalize that.

Hopefully, what will be a newly elected chair and looking forward to that. very well qualified and and has your service background.

We had about 36 12 step calls. Those are referrals outside of the office hour.

first being open. the phone volunteers during when the offices open, they do most of the phone answering. They do plenty of 12-step dispatching and talk about AA and answer all kinds of questions and refer to outside agencies and all kinds of wonderful stuff.

After the offices closed on weekends, that kind of thing, that's when night watch kicks in and those wonderful folks.

Web & Tech (Mike C)

Thank you for allowing me to be of service. The disease is very much alive and out there and I am grateful to be a part of giving back to the still suffering alcoholic. I want to give a shout out to Lee and Dan who have helped and supported me through this rotation. It's been an amazing opportunity to participate in events, etc.

Special Events (Steve R)

Thank you for allowing me to be of service. The Steps in Time opened a new door for me. I found out about doing the research and collecting data and going through archives. I will be putting my time into the Archives Committee. I hope that somebody will step up for the committee and participate like I got to do.

GSIG District Reports

District 14 (Stacia)

Meeting Location: Alki Congregational

District 14 celebrated fellowship, service, and the holidays this month with their annual potluck and speaker meeting. Outgoing DCM Jennifer R was the speaker. Newly elected DCM David J., Alt. DCM, Kat G., Treasurer Stacia J., Secretary Karen M., and many of the incoming Committee Chairs, and many members attended.

District 15 (Greg E)

Just wanted to let you know that I've stepped down from my position as Intergroup Liaison for District 15. I'm not sure if anyone from D15 will be there tonight but have a great meeting!

You can leave this email address (intergroupliaisond15@seattleaa.org) in the roster, and I'll hand it off to whomever fills this position next.

District 18 (William)

District 18 serves Renton, Kent and Tukwila. We meet every third Thursday at 7pm at 220 So 3rd PL in Renton.

Old Kent gratitude potluck was on 11/21 and that went well! They had 2 speakers!

District 18 had a group inventory on 11/21 which went well. An area that district 18 can grow is involvement. We are having our service elections this Thursday 12/19 at 7pm. If you want to get involved with our district, please come and get a service position.

District 24 (Greg S)

We had 31 people at our last meeting. 8 were on zoom. We have 12 positions open in our district.

It's been an honor and pleasure serving on this committee for the last 2 years. Thank you for allowing me to be of service. Bobby T. is stepping in for the next rotation and he will do a great job.

District 31 (Thomas)

- No business this month.
- Held Christmas Party this month.
- We will resume business next month.

District 33 (Abby)

Happy end of the year, and rotation, from district 33!

At our last meeting, we continued discussion of the annual gratitude banquet- should funds become a line item on our district budget or should it be totally separate, or somewhere in between? There was an excess of over $2600 monies collected from groups and individuals for/at this event. We will present this to our groups for more feedback.

Our DCM Mark reports he will continue working on a District 33 handbook, as we do not have one.

Our Grapevine/Lit rep Jim H spoke more about end of year grapevine sales and raffled off a grapevine published book.

We still have many open positions for panel 75: Registrar, Secretary, Accessibility chair, Newsletter, Web & Tech, Young Peoples.

Thank you everyone at district 33 for all of your love and service for AA this rotation.

District 41 (Laurel)

District 41 had elections this month. We don't have a treasurer. We hope to spread the word in order to find a person willing to do this service for 2 years.

During our last business meeting, our DCM explained how to register their service positions, and quarterly dates for committees. Incoming GSRs and incoming Committee chairs were asking many questions.

It was nice to see such enthusiasm.

My rotation is finished as Intergroup Rep.

Serenity Hall (Eduardo)

Thank you for having and allowing me to be of service. I live very close to Serenity Hall, so it's a pleasure and honor to be able to give back. We are having an Alcathon for Christmas and New Year's. We get people from all over and it makes it very nice. We are doing our best to keep it pretty.

We are talking about a new meeting for newcomers. It is a very special group. We are also firing up a new midnight meeting and we want to get published on the app.

Fremont Hall (Adam)

We have a new address is 10301 5th NE, and there is a flyer out here describing the address and the meetings we have.

And I'll just tell you also while I'm here we have meetings every day at 8 p.m. and then on Saturday we still have the noon meeting which is our most popular meeting.

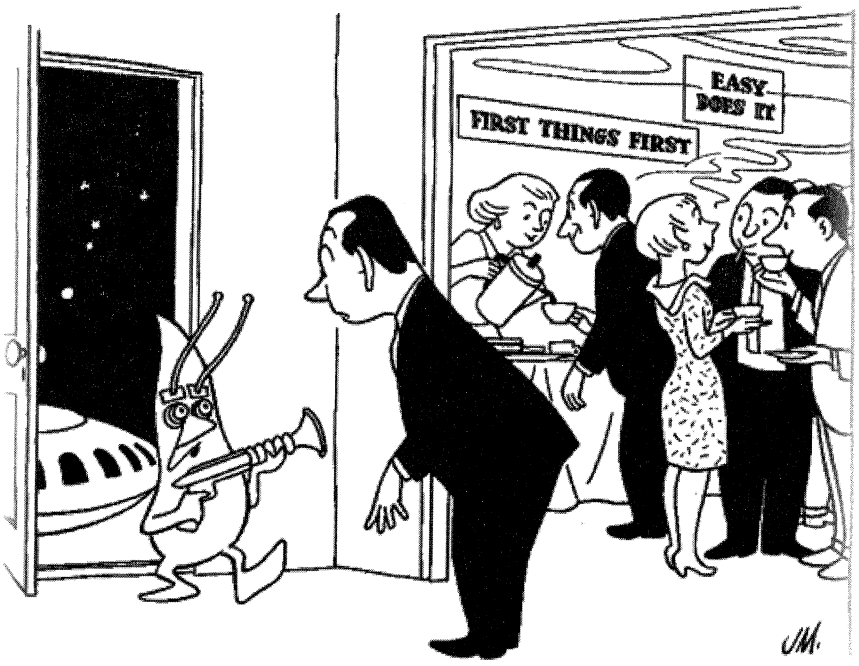
Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Burien Little Assembly planning meeting – Third Sundays – January 19th – 10:30am - Online
- Service Manual Study 1st Sunday of the month at 11:00am – January 5th– Hybrid - https://www.seattleaa.org/events/

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

Next board meeting is January 21st at 7:00pm.



"Take me to your humble, trusted servant."

BIG BOOK QUIZ
ANSWERS WITH REFERENCE

1. c) page 151, paragraph 2, line 9
2. b) page 34, paragraph 2, line 11
3. a) page 64, paragraph 3
4. a) page 89, paragraph 1
5. c) page 33, paragraph 1, line 91
6. b) page 44, paragraph 1, line 4
7. b) page 568, paragraph 3, line 2
8. c) page 62, paragraph 1
9. b) page 39, paragraph 1, line 5
10. a) page 84, paragraph 2, line 9
11. c) page 85, paragraph 1, line 4
12. b) page 25, paragraph 2, line 5
13. c) page xxii, paragraph 4, line 3

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

January 4th Carter C.
January 11th Bob Z.
January 18th Courtney S.
January 25th Frank C.
February 1st Janell P.
February 8th Jeff O.
February 15th Alan D.
February 22nd Jill P.

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



SERVICE MANUAL STUDY

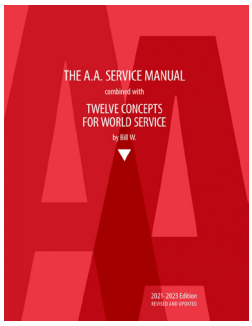
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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





Join us for a weekend of connection, spirituality, and fun!

We'll kick things off Friday night with dinner at 7 pm, followed by a candlelit meeting in the conference center.

Saturday morning features small discussion groups focused on topics like Sobriety and Spirituality. Saturday afternoon offers free time to unwind, meditate, hike, nap, and make new friends. Don't miss our 2nd Annual Dance Party on Saturday night! Our main speakers will share Saturday night and Sunday morning.

What to Expect:

- Retreat is located at: Falls Creek Retreat Center, 32 Falls Creek Rd, Raymond, WA 98577
- This is a closed AA Women's Retreat.
- Enjoy beautiful rooms, delicious meals, and an inspiring experience.
- This year, raffle items are provided by the Retreat Committee - Please do not bring raffle items.

Don't forget to bring:

- Snacks!
- Warm/Dry clothing.
- Flashlight/Headlamp.
- Cash for raffle + gratuity for staff.



Registration Information:

Register with the QR code or visit **spiritualwomensretreat.com**

- **Username: guest**
- **Password: 2025Retreat**

$175.00 - This includes rooms+ all meals.

Registration **closes 12/31/2024!**

SCAN HERE TO REGISTER

For questions please contact:

spiritualwomensretreat@gmail.com, or, 206-607-9201

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

AA | AL-ANON

ESTD

BURIEN LITTLE ASSEMBLY

1973

SERVICE

52nd Annual

Saturday, March 1, 2025

"Working Together / Increasing Trust"

Burien Little Assembly is sponsored by Area 72 AA Districts 14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup and in 2025 with participation from Al-Anon Family Groups.

Panel Topics:

1. Delegating: It is OK to ask for help.
2. Closing the Gap: How do we make the voice of every group count?
3. Our Financial Responsibility in Carrying the Message.

Schedule:

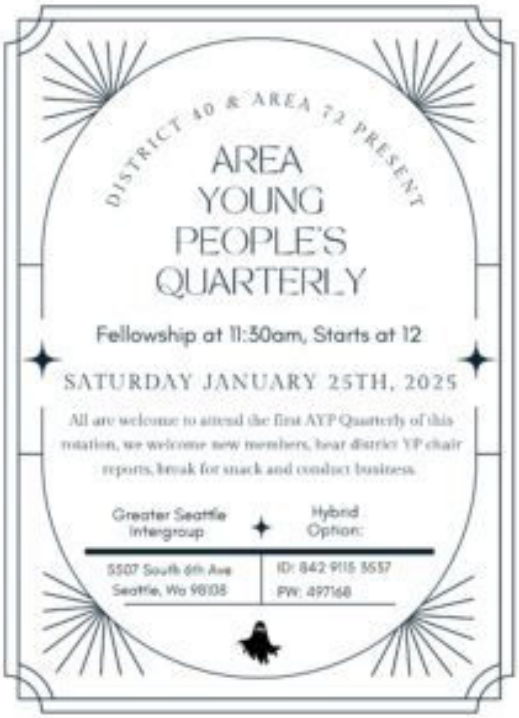
10:00 AM – 11:20 AM	Gathering and potluck
Anniversary Month	**Jan – Apr:** Main Dish **May – Aug:** Side Dish **Sept – Dec:** Dessert
11:30 AM – 12:20 PM	Panels Session 1
12:30 PM – 1:20 PM	Panels Session 2
1:30 PM – 2:20 PM	Panels Session 3
2:30 PM – 3:20 PM	Panels Session 4
3:30 PM – 3:50 PM	Anniversary Countdown
4:00 PM – 5:00 PM	Speakers

Grace Lutheran Church

22975 24th AVE S • Des Moines, WA 98198

For more information, volunteer or contribute go to:

BurienLittleAssembly.org



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/