High & Dry

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

Volume 76 Issue 02 February 2025



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

FUTURE TRIPPING

February 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

- February 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

2 — Service Manual Study

- February 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

- February 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

- February 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

8 — Public Information Quarterly

- February 8 @ 10:00 am - 2:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom Meeting ID: 896 5804 3250 Passcode: Publicinfo

10 — Corrections Committee

- February 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

14 — Valentine's Day Party

- February 14 @ 6:00 pm - 11:30 pm
- Fremont Northgate Fellowship Hall 11301 5th Ave NE, Seattle
- Sobriety Date Potluck: Jan-April Dessert, May-August Appetizer, Sep-Dec Entree
- Dress Formal. Raffle, Games, Karaoke Gift Baskets, Gift Cards and more prizes. Win a Spot at the Ed-Lynn Campout

15 — CPC/PI Committee

- February 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 — Kent East Group 50th Anniversary Potluck

- February 15 @ 6:00 pm - 9:00 pm
- St James Episcopal Church 24447 94th Ave S, Kent
- Please join us for a special night of celebration, fellowship, speakers, food and fun! We will be serving ribeye roast. Please bring a dish to share.
- 6:00pm doors open, 6:30pm Dinner, 7:30pm Speakers AA: Dylan S and Al-anon: Debbie B

15 — Valentines Day Dance

- February 15 @ 6:00 pm - 11:00 pm
- Hope Hall 8305 Meadowbrook Way SE, Snoqualmie
- Family Friendly Guest speaker @ 6pm, Dance @ 7pm - 11pm, 50/50 Raffle Bring your favorite snack or treat to share

16 — BLA Planning Group

- February 16 @ 10:30 am - 11:30 am — Online meeting
- Zoom Meeting ID: 810 1629 8713 Passcode: 817009

18 — Web & Tech Committee

- February 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

- February 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

22 — GSR School

- February 22 @ 10:00 am - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- GSR School will be facilitated by our Alt. Delegate, Lupita Y

22 — Benson Hill Women's 31st Anniversary

- February 22 @ 6:00 pm - 8:30 pm
- King of Kings Lutheran Church 18207 108th Ave SE, Renton
- Potluck: A-G Cold Side, H-N Hot Side, O-Z App, Dessert 50/50 Raffle, Sobriety Countdown. Childcare available

26 — The Principles of the Twelve Steps

- February 26 @ 2:30 pm - 3:30 pm
- GSIG Office 5507 6th Ave S., Seattle

28 — 38th Annual Sharing in Sobriety

- February 28 @ 8:00 am - March 2 @ 5:00 pm
- Pilgrim Firs Conference Center 3318 SW Lake Flora Rd, Port Orchard

February In Our History

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

Feb 1908	Bill made boomerang.
Feb 1916	Hazing incident Norwich University, Bill & sophomore class suspended
Feb 1938	Rockefeller gives $5,000 to AA. Saves AA from professionalization.
Feb 1939	Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.
Feb 1939	Dr Howard of Montclair, NJ suggests swapping "you musts" for "we ought" in the Big Book.
Feb 1940	1st AA clubhouse opens at 334-1/2 West 24th Street, NYC.
Feb 1951	Fortune magazine article about AA. New York reprints in pamphlet form for many years.
Feb 1963	Harpers carries article critical of AA.
Feb 1981	1st issue of "Markings" AA Archives Newsletter is published.
Feb 1 or 2, 1942	Ruth Hock, AA's 1st paid secretary, resigns to get married.
Feb 8, 1940	Rockefeller dinner.
Feb 8, 1940	Houston Press ran first of 6 anonymous articles on AA by Larry J.
Feb 9, 2002	Sue Smith Windows, Dr Bob's daughter died.
Feb 11, 1937	First New Jersey meeting was held at the home of Hank P ("The Unbeliever" in the 1st edition). Some sources report this as happening Feb 13, 1937
Feb 11, 1938	Clarence S. ("Home Brewmeister" 1st-3rd edition) sobriety date.
Feb 14, 1971	AA groups worldwide hold memorial service for Bill W.
Feb 14, 2000	William Y., "California Bill" dies in Winston Salem, NC.
Feb 15, 1918	Sue Smith Windows, Dr. Bob's adopted daughter, was born.
Feb 15, 1941	Baltimore Sunday Sun reported that the city's first AA group, begun in June 1940, had grown from 3 to 40 members.
Feb 17,	Jim B contacted Charlie B, whom he had met once, some two years before, at a New York AA meeting.
Feb 18, 1943	During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.
Feb 19, 1967	Father "John Doe" (Ralph P), 1st Catholic Priest in AA dies.
Feb 20, 1941	The Toledo Blade published first of three articles on AA by Seymour Rothman.
Feb 23, 1959	AA granted "Recording for the Blind" permission to tape the Big Book.
Feb 28, 1940	First organization meeting of Philadelphia AA was held at McCready Huston's room at 2209 Delancy Street.

Source: AASJ - https://aasj.org/february-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. and Morgan S.
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*

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

Margaret Y.	2-1983	Holly Court	42 years
Gary H.	2-1984	Pass It On	41 years
Mark D.	1-2005	Pass It On	5 years
Amy F.		White Center	11 years
Richard C.	1-1992	Fairwood/SEF	33 years
Larry J.	2-1985		40 years
Vito M.		Empire Way	43 years
David D.		Empire Way	36 years
Ann W.	1-10-2019	Sober Diversity	6 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/

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The Gift of Desperation

By Toby E.

I HEARD SOMEONE ONCE TELL ME, "It's suggested when jumping out of an airplane 10,000 feet in the air that you pull the parachute cord in order to land safely.

In AA, I had to learn the hard way that the suggestions I was getting were a matter of life-and-death type of suggestions.

First problem I faced was I did not trust a soul. I was a victim in life. In my eyes, everyone around me, as far as I was concerned, could not be trusted.

Second problem, I was not an honest person. I learned to lie to get what I want. I used lying in every aspect of my life.

Third problem, I was not as willing as I thought. When life got difficult, I would always take my will back, becoming a victim, lying and manipulating my way through life.

And the fourth and last problem, I was selfish and self-seeking. What Toby wanted, Toby got, no matter the cost. I would hurt everyone in my life to make myself feel good. I would justify my actions by trying to get others to understand me. The sad reality is that I just continued to look like a fool over and over again.

Seeing my problems, admitting I was powerless over my thinking and behavior, I must confess my life is unmanageable. I have two years sober and I am sitting in jail about to go to prison, my kids without a father, and all my relationships are in shambles. I thank my Higher Power for the past two years, but I am still a fool. The good news is the more I work my Program, the more I continue to submit and turn my will and life over to the hand of AA, the more willing to continue to submit my whole life over to the 12 Steps and this Program.

Acceptance is to surrender, it's letting me get myself out go the way so God can work His perfect plan in my life. I am a complete dumbass. I sit in jail in awe of how stupid I am. Today I am grateful that the love of AA has not given up on me, it has given me a spiritual experience that helps me humbly submit to the program with complete Faith.

... progress not perfection. △

Your Alcoholism

Drip, more like chug your alcoholism.
Wish-wash the pain with skepticism in your alcoholism.

Powerless, but don't undress your helplessness.
It's a mess for fetishism in your alcoholism.

Brown water and brown liquor don't mesh,
no room for racism in your alcoholism.

Coffee is the Jack of all trades,
can't fathom the sexism in your alcoholism.

Stigmatize your puke while you realize the truth,
underpasses don't have opportunism in your alcoholism.

Mom, I'm sorry, and I will be better,
true peace of mind, your activism, in my alcoholism.



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Step 2: *"Came to believe that a Power greater than ourselves could restore us to sanity."*

12 12

Step Two

By Peeps

I AM AN ALCOHOLIC so part of my daily reprieve from the effects of my addiction requires me to be compliant with Step Two.

I celebrated six years sober recently, but I'm uncomfortable on days when I forget how much help I received from my Higher Power to be sane. Thinking I don't need the HP's guidance, every day, can lead to serious problems for me. Quickly.

My life has gotten better, but I know that did not happen due to my efforts alone, I had help — from the Steps, meetings/ fellowship, a sponsor and daily prayer-mediation (conscious contact with my HP).

I'm self-centered, prideful and forgetful, which makes me especially vulnerable when things are going well, when the wolf is not outside my door.

I want to claim a share of the credit for positive changes in my life. Whether I am drinking or dry, this kind of thinking puts me in danger.

"Few indeed are the practicing alcoholics who have any idea how irrational they are, or seeing their irrationality, can bear to face it." — TWELVE STEPS AND TWELVE TRADITIONS, page 33.

All of the Steps are linked. If I'm not in synch with Step Two, I cannot successfully practice Step Three.

I have found Step Two is easily accessible when I approach it with an open mind and will heart. That's how I came to believe... △



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Tradition 2: *"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."*



Tradition Two

By Peeps

IN MY LIMITED EXPERIENCE as a sober member of Alcoholics Anonymous, I marvel at how important Tradition Two is to AA's success and longevity.

For me, it defines the spirit that guides our all-important group conscience. It bolsters our commitment to delivering on our "primary purpose," which is to carry the message to the still suffering alcoholic. Period.

AA is a human enterprise, therefore it is susceptible to imperfection and mistakes, but the practice of tying our actions to the group's notion of how our Higher Power would have us behave makes AA a unique and thriving democracy.

All members are equals, the newcomer's vote at a business meeting is equal to a long-timer's. We are urged to place AA principles before personalities, which is why the AA power structure is based on an inverted triangle. The groups are at the very top, above the New York-based General Service Office.

No one is in charge of AA. We all are. △

Concept II

By Peeps

BILL AND DR. BOB, entrusted by the early groups to get the program going and to spread the message, found nonalcoholic friends to help them. They formed a trusteeship and delegated to it the responsibility for finances, the Big Book and other literature, public information, the service office and the A.A. Grapevine.

However, as the trustees constantly looked to the co-founders for advice and guidance and the groups also continued to hold them accountable, it was evident that the leadership should be transferred to the A.A. groups as a whole. ... Thus, this General Service Conference of A.A. is "the actual voice and the effective conscience of our whole Society in its world affairs."

Concept II:

"When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience of our whole Society."

— Twelve Concepts of World Service pamphlet

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CORRECTIONS CORNER

By Karen K, chair

Thank you to all the Home Groups that have donated funds to the Pink Can so the Corrections Committee can purchase AA approved literature for people inside jails, prisons and work release centers. Lake City, Mountlake Terrace Wednesday, Titanic, and Daily Reprieve Groups donated $251.95 during December. We used $90.15 to purchase literature, mostly Plain Language Big Books for the Federal Detention Center.

During 2024, about 32 groups and uncounted individuals, donated $7,547.30 to the Pink Can Fund. We used $5,814.92 to purchase primarily Big Books, !2&12s, Daily Reflections, Young and Sober, and Grapevines, in English and Spanish. Literature was given to SCORE, Federal Detention Center, Juvenile Detention Center, Kent City Jail, King County Jail, Reynolds Work Release, and Monroe State Penitentiary. We ended the year with a balance of $4,757.04.

In 2024, the committee coordinated meetings at six facilities. Each facility has a coordinator who works with the facility staff to make sure there's good communication, volunteers who apply are notified in as timely a manner about background checks and permissions, ensures everyone goes thru training and then lets people know if a meeting is suddenly cancelled (which can happen!). These are weekly separate meetings for men and women. All facilities welcome more volunteers.

In 2025, the Maleng Regional Justice Center in Kent will open its doors to mens and womens AA meetings. We are working with them now to make arrangements. Anyone interested in volunteering should email volunteercorrections@seattleaa.org. You will need to complete and application, background check, and successfully meet the facility requirements.

The Prerelease Program connects with AA members who have been inside correctional facilities with the AA community and meetings near where they will be living to help make the transition easier. During 2024, we received 14 requests and we were able to get 9 people connected. Five people are being released in 2025. This is an important service and doesn't require background checks or long time sobriety.

The District Corrections Chairs are the backbone of this committee and bring the committee's service opportunities to the groups in their district. If your district doesn't have a Corrections Chair, consider becoming that one. Or consider becoming a home group representative to the Corrections Committee to share service opportunities with your home group. Email corrections@seattleaa.org for more info!

The committee meets the second Monday of each month (February 10) at 6:30pm in person and on zoom. For details, please go to https://seattleaa.org/corrections or email corrections@seattleaa.org.

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Board Meeting Minutes **Greater Seattle Intergroup** January 21, 2025

Opening

- Call to Order & Serenity Prayer: Jeff U
- Reading of Tradition One: Bobby T
- Reading of Concept One: Bob F
- AA Birthdays for the month of January
  secretary note: I apologize to those attending with January birthdays, whom I failed to record.
  - David 19 years
  - Steve R 34 years

Initial Business

Roll Call of voting members

GSIG Officers
- Jeff U, Chair
- Eddy M-M, Vice Chair
- Karla L, Chair Emeritus
- Lara R, Office Manager
- Pete K, Treasurer
- Carina W, Recording Secretary

District Representatives (9 of 11)
At least six needed for a quorum
- Ruth, D14
- Blake, D15
- Ricky T, 16
- William, D18
- Bobby T, D24
- Thomas H, D31
- Samantha M, D32
- Aaron T, D33
- Laura C, D41

Review January Minutes
- Motion to approve the minutes: Karla L
- Motion seconded: Eddie M-M

Unanimously approved

Elected Officer Reports

Chair **Jeff U**

Jeff plans to attend each of the standing committee meetings; today was Web & Tech. We are in need of volunteers, particularly web-savvy folks, to help with our website and all the technical stuff that goes on behind the scenes.

Question to all, but especially new incoming Committee Chairs: What can GSIG and the board do to help you?

Jeff appointed our outgoing Treasurer, Dan G, along with incoming treasurer, Pete K, our Office Manager, Lara R, and former Chair, Mike M, to the Ad-Hoc Finance Committee. Their recommendations for any changes will be presented at the March board meeting.

The letters to Groups from last year were to be shared with all Districts, and GSRs were to take them back to their groups to discuss GSIG services. Jeff will update the letter and bring it back to everyone

at next month's board meeting. GSRs will hopefully read it to their groups rather than just putting it on the clipboard. The goal is to build unity and increase communication with groups.

Vice Chair **Eddy M-M**

Eddy reported that he plans to reach out to the greater Seattle Area AA community by attending all district meetings, to support our GSIG Chair, Jeff's aforementioned efforts to increase communication with and between groups. He'll begin scheduling soon.

Chair Emeritus: **Karla K**

Karla did a great job presenting New Trusted Servant Orientation during our January Board Meeting to all the attendees who joined us in kicking off this new 2025-2026 rotation. This included the frequency and details of our monthly GSIG Board meetings, and Summer and Fall Assemblies, plus a bunch of other great information folks can use to get started in their new service positions.

Office Manager **Lara R**

Lara welcomed all new trusted servants to the greatest service of all time! She described a brief history of how the General Service structure and Intergroups/CSOs work together and the differences between the two. In a nutshell, GSIG provides services locally, whereas General Service is for carrying our voices down through the service structure via the group conscience process.

She also let us know the following:

- December was a great month, as we can see from the Treasurer's Report. Overall, there was a loss of about $1,100 over the last two years, the majority of which was related to discrepancies identified in a physical and written inventory comparison conducted by outgoing GSIG Treasurer, Dan G.
- Lara placed a bulk order of the Plain Language Big Book but hadn't yet heard status.
- The Grapevine books will increase by $1 per book.
- Lara is on the Communications Committee within the National Intergroup/CSO Office Managers. *There's some great work going on there that this secretary failed to capture while Lara was providing her report.*
- The GSIG Office pulled date from https://www.seattleaa.org/meetings/ on January 17th that will be used to print a new GSIG Meeting Schedule booklet. The last booklet from the previous printing was sold the week of 01/19/25. Folks seem to be buying a lot more schedule books lately, which is a good sign some of the lingering effects of the covid pandemic are subsiding.

<u>Greater Seattle Intergroups 24-Hour Help Line</u>

- The Chat program needs a coordinator and volunteers
- If you're interested in answering phones at Seattle Intergroup, three 4-hour shifts were still available the week of 01/19/25:
  - Tuesday from 2:00pm – 6:00pm
  - Thursday from 10:00am – 2:00pm
  - Friday from 10:00am – 2:00pm
- Some monthly group shifts are also currently available. If your group isn't already doing this, this is a great opportunity to provide service, as well as have fun, play games, enjoy a group potluck
- Here are some highlights of some of the many calls the 24-hour Helpline received in January:
  - Just a grateful who didn't drink today
  - Bob talked another person off the ledge
  - Someone called in who just wanted someone to pray with
  - Contribution addresses, meeting times and locations, etc.

Treasurer **Dan G (outgoing) and Pete K (incoming)**

Dan presented his final Treasurer Report for December 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	(6.3)	8.0	2.2	1.6	1.1	(0.2)	67.1
12/24	7.5	17.4	2.7	1.5	0.7	0.7	74.3

We had a profit of $8,528.59 for the month of December. As of December 31st, we were -$2,829.87 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.

Treasurer **Pete K (incoming)**

Pete thanked Dan for his final report as outgoing Treasurer. He also asked everyone to consider monthly contributions to Seattle Intergroup rather than longer distributions. That's because most of the bills also arrive monthly (instead of quarterly, semiannually, or annually).

Motioned to approve the Treasurer Report: Samantha, D32,
Motion seconded Bobby T, D24

Treasurer Report unanimously approved

Recording Secretary **Carina W**

I'm already really enjoying this new service position. It feels like I'm just stumbling along while I slowly figure things out, but I've understood this is an inherent part of AA's Principle of Rotation.

So far, I've learned about sending all those emails about the GSIG board meeting, and, as you might imagine, right now, I'm busy finalizing these minutes from our meeting on Tuesday, January 21st.
I look forward to any and all feedback I receive, especially what you think could be improved, and super, especially if you find any mistakes.

Service Committee Reports

Accessibility **Kathy A**

Kathy's been having some challenges finding members to join the committee or even just volunteers to help out with the many things that need to be done. This is a great opportunity for anyone looking for a service position.

Archives **Theresa S**

Theresa, the Archives Committee Chair, was unable to attend, so Steve R, Archives Committee member, provided a report. Steve is also the new District 18 Archives Chair and is genuinely excited about this, for him, new service area. He assured us that he won't be fiddling with the files without Theresa's close guidance and direction since she's been managing the GSIG Archives for many years.

Steve suggested checking out the Area 72 Archives Steering Committee's project, which collects group and district histories about what happened before, during, and after the COVID-19 global pandemic. This event had a tremendous impact throughout AA, and Steve hopes to reach out to groups and districts within the Greater Seattle Area history to generate awareness of this project and see how, together, we can document our history. For more info or to submit your district or group's history, see https://area72aa.org/pandemic-2020-challenge-and-response-an-archives-project-proposal/.

Steve also hopes to build a Google Drive for our membership, where folks can upload photos and memories of our past and present members.

Corrections **Karen K**

Welcome to everyone serving Intergroup! I look forward to sharing the work of the Corrections Committee with you over the next two years. This is an exciting month for us as we work with the Regional Justice Center in Kent (RJC) to restart men's and women's AA meetings at the facility. Craig M from the Old Kent Group will be the facility liaison to schedule meetings, coordinate volunteers, and all arrangements with the RJC.

Other service opportunities for members wanting to bring in AA's meetings to corrections facilities are listed. All people must pass a background check and have varying years of sobriety and time outside of the criminal justice system (each facility is different). To learn more, visit https://www.seattleaa.org/corrections.

- Federal Detention Center: Men's and Women's meetings
- SCORE facility: Men's and Women's meetings
- Juvenile Detention Center: Boys and Girls meetings
- Reynolds Men's Work Release: Men's meetings
- Kent City Jail men's and women's meetings
- King County Jail: women's meetings, no new volunteers allowed now
- Other ways groups can participate in Corrections work:
- Sponsor a Pink Can and collect donations to be used to purchase AA literature for people inside correctional facilities.
- Help people just released to attend a few meetings and get connected with people (Prerelease Program)
- Become a sober pen pal and share your experience, strength, and hope with an alcoholic. The General Service Office in NYC sponsors this program.
- District Corrections Chairs (DCC) help pass on info to home groups in their district so people know what opportunities are available. If your district doesn't have a DCC, we would be glad to come to

a monthly district meeting to talk about what corrections does and the opportunities available. Contact corrections@seattleaa.org with questions.

The GSIG Corrections Committee meets on the 2nd Monday of each month at 6:30pm. Meetings are hybrid, in person at Intergroup and on Zoom. Anyone is welcome to attend. Any general questions, please contact corrections@seattleaa.org.

Hospitals & Treatment **Mikey C**

Our Hospital & Treatment Committee met on Saturday, January 4, 2025, at 10 a.m. This was a hybrid meeting at the Intergroup office. We had 12 in person and 6 attending remotely.

Recap:
Mikey C provided an "Intro," sharing his gratitude for the opportunity to serve as our Coordinator. He continued to share that his first goal is to learn who is who, who is doing what, and how the H&T Committee can best be of service. The committee is focused on sharing information with coordinators, panelists, meeting attendees, and other volunteers. The H&T Committee is a place to bring concerns and problems and work on solutions.

Key takeaways:
- Tyler D. is now the Union Gospel Missions Men Shelter Coordinator.
- Lily O is now the H&T Coordinator for Empire Way.
- Panel and meeting sign-up sheets circulated, reviewed by those in attendance, providing revision suggestions, and signing up.
- Jacob L has offered and is committed to operating Zoom or video conferencing for our H&T Meetings.
- H&T's annual budget this year is reportedly set at $1,800. Intergroup provides oversight.

What to expect from Mikey C, your Chairperson, and supporting volunteers:
- Keeping Committee Members Informed
- Responsible with Expenses
- Working with other Treatment Committees within the Greater Seattle Area
- Representing our H&T Committee

Committee Team Members, Mikey C, Bob F, and Kristi G, attended the Area Treatment and Bridging the Gap Quarterly Meeting in Lakewood this weekend and really had a great time.

Suzie, the new Area Treatment Chair, started the meeting and shared a little about her journey in AA. Chuck C was announced as the new Bridging the Gap Area Coordinator.

Western Washington Area 72 Chair, Derek, was introduced as our main speaker. He shared his story of recovery. and he used the "Singleness of Purpose is Central to Recovery Article" printed in "About AA Newsletter" from Spring 1988. The message was centered around the 12 Traditions, a Group's Purpose, and Unity.
We then heard the Districts' reports and Seattle's own Intergroup report provided by Mikey C. Mikey volunteered the Seattle Intergroup to host the next Area 72 H&T/BTG Qtly on Saturday, April 12, 2025, from 10am-2pm, more to come!!!

We enjoyed a long break with good food and fellowship. The soup was awesome, along with trays of fruits and veggies, potato salad, pie, and more. Yes, you missed out!

Newsletter Editor **OPEN**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Nightwatch Chair **Rob S**

Thank you to all the Nightwatch volunteers for their service!

We are currently in need of filling the following shifts:

- 2nd Friday of the month from 2:00am-6:00pm
- Sunday Daily Coordinator and Sunday On-Call

If you have any questions or are interested in joining Nightwatch, please contact Rob Smith at 206-601-0061

Office Committee **Matt**

Stacia is the new Secretary. These folks are currently working on the new Schedule Booklet project, among other important work.

PI/CPC Chair **David B**

I'm excited to be the new CPC/PI committee chair for 2025/2026. I will be starting my fourth year doing CPC/PI work in A.A. Previously, I was the CPC/PI Chair for Eastside Intergroup for 2021-2023, and District 16 (NE Seattle) for 2024. I've done quite a few events, literature drops, and classroom visits during my previous assignments. I'm drawn to CPC/PI work because I have a 25-year professional background in public relations and marketing. My sober date is January 19, 2006.

We are rotating new district CPC/PI committee chairs this month, so many of our district representatives are just getting started. We have a lot of enthusiasm for doing outreach and events, and working with professionals, particularly those in health care.

King County Library System Resources Fairs. We continue to get great participation from our members in Burien, Federal Way, and Shoreline staffing these fairs where we can carry the message to the suffering alcoholic and provide factual information about the fellowship. We need more volunteers to help staff these events, which requires a 2-to-4-hour commitment. Those interested should contact cpc@seattleaa.org.

Special Events **OPEN**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Third Legacy Chair **OPEN**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Twelve Step Chair **Karrie C**

John DD continued to run this program in December and filled twelve needs that month. John and Karlie will be meeting on Saturday, and the 12-step committee meeting is normal. Karlie received a call during her first shift.

Web & Tech Chair **OPEN**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

Webmaster **OPEN**

Email info@seattleaa.org or call (206) 587-2838 to learn more about this service position.

District Reports

District 14 **Ruth**

Vashon Island, White Center, and West Seattle

This is a very engaged district, and all service positions are filled. Ruth, who has a communications background, is excited to start her new role.

District 15 **Blake**

Downtown Seattle, South Seattle, and West Capitol Hill

Blake let us know that they've been able to fill a few positions. In particular, Pete stepped into the DCM role with Jason, now the new AltDCM. There are still about four positions open.

District 16 **Ricky T**

Northeast Seattle and University District

Everybody's new. We're focused on finding all the groups in our District and attending all the meetings. There seems to be a disconnect between meetings and carrying the message. Folks are not always aware of the other side. For example, suggestions were even received to separate into two monthly business meetings so service-related topics could be discussed separately. Our goal is to increase awareness of how essential it is to close the gap and generate unity.

District 17 **David S**

Ballard and Northwest Seattle

No Report

District 18 **William**

Kent, Renton, Tukwila

- We meet every third Thursday at 7pm at 220 South 3rd Place in Renton.
- Next month, we will potentially talk about moving locations
- We had a great turnout of 25 people and have filled all but 3 of our positions: Corrections, Accessibility, and Web
- John Vulcan Academy requested to have a meeting every second Tuesday at 7:00 – 8:15
- Lakeside Milam has openings for meetings
- Old Kent is going bowling on 1/25 at 5pm at Kent Bowl.
- Hot Stove has an anniversary potluck on March 28th with food at 6:30pm

District 24 **Bobby T**

Everett, Lynnwood, and Mountlake Terrace

- Our business meeting is held at 7:00pm on the first Wednesday of each month at St. Hilda's in Edmonds: 15224 52nd Ave W. 22 people attended our last meeting in person and 6 online. We held elections in December and were able to fill most of our positions.
- Join us early at 6:00pm for a potluck and Third Legacy Workshop on Concepts/Service Manual presented by Terry R.
- We just hosted the Area 72 Winter business quarterly on the first weekend of January, which went pretty smoothly. I was happy to see so many of the folks who also attended the GSIG board meeting.

- We'll have a Gratitude dinner on March 18th at St Pious church.

District 31 **Thomas H**

Burien, Des Moines, Normandy Park, SeaTac, and Tukwila

- Pre-Conference will be held on Sun, March 23rd and we are currently looking for a venue. It will most likely be the Rainier Arts Center for its central location.
- GSR school is coming up on Sat, Feb 22 from (10a-2p) at GSIG led by Lupita. This is highly recommended for GSRs, and I went through it twice! It is a potluck so please bring something to share.

West, DCM31, let us know that the Burien Little Assembly will provide a schedule, breakfast, and AA/Alanon speakers. We need more group contributions to support the event. See http://www.burienlittleassembly.org to contribute and sign up as a volunteer. All committee chairs are encouraged to have a table.

District 32 **Samantha M**

Algona, Auburn, Federal Way, and Pacific

We had our first District 32 Meeting of the year on Monday, January 6th, 2025, from 7:00pm–8:30pm at Brooklake Church located at 629 S 356th Street, Federal Way, WA 98003. District 32 represents Algona, Auburn, Federal Way, and Pacific. -

We had a total of 12 voting members and 2 guests.

- Events — David: wants to start putting together a committee for our District 32 Picnic and will be looking for a location.
- Treatment — Robert: Robert was voted in for a second term during the meeting. We are looking for people willing to serve on Treatment Panels for Intercept. Volunteers are needed on the 1st Tuesday of every month from 12:05pm to 1:20pm and on the 4th Friday of every month from 11:05 a.m. to 1:20 p.m. If you are willing to serve or have more questions, please contact Robert at 253-329-0418 or email him at Powerhouserob61@gmail.com.
- Young People — Laura: Is hoping to attend the Young People quarterly meeting at Intergroup on January 25th, 2025.

Old Business: We are co-hosting the 2025 Burien Little Assembly and have District 32 members who have been attending the BLA planning meetings. We are looking for groups in District 32 to be of service on some panels. Rainbow Recovery agreed to take on a panel for BLA during the meeting, and 2 other members will be communicating with their groups about being on a panel. If interested or would like to learn more, the BLA planning meetings are on the 3rd Sunday of every month via Zoom at 10:30am. Please visit www.burienlittleassembly.org for more information. The BLA will be on Saturday, March 1st, 2025.

Open Positions

Accessibility, Bridging the Gap, Corrections, Grapevine/Literature, Public Information/School Panels (PI), Third Legacy

District 33 **Aaron C**

Maple Valley, Covington, Black Diamond, Hobart, and East Kent

This report provides a brief summary of the first District 33 meeting of 2025, held on January 14th @ 6:30pm at the Maple Valley KCS Office.

District 40 **OPEN**

Seattle's East Capitol Hill, Central District, Madrona, Madison Park, and Leschi

We are currently meeting on Zoom on the second Tuesday of every month at 7:00pm. We updated our Zoom ID 636 349 2454.

In December, we held elections for committee chairs and filled all of the positions. Our new DCM, Chris, can be reached at DCM40@area72aa.org, and our new Alt DCM, Morgan, can be reached at AltDCM40@area72aa.org.

District 41 **Laura C**

North-Central Seattle: Queen Anne, Magnolia, and part of South Lake Union

- District 41 kicked off the new year and rotation cycle, welcoming new service representatives as well as those returning.
- Meetings are currently held on Zoom the second Wednesday of the month at 7:00pm.
- DCM (Nate) and Alt DCM (Ganelle) shared information from the Area Quarterly they recently attended. The proposed District budget was reviewed and discussed and will be updated for further review by members.
- The previously open District Treasurer position was voted on and filled.
- Upcoming dates for quarterly meetings will be emailed to the new Committee Chairs for calendar updates.
- District 41 committee positions are open and available for CPC, PI, and Grapevine/Literature.

District 42 **OPEN**

Northwest Seattle: Lake Forest Park and Shoreline

No report.

AA Clubs and Halls

Serenity Hall **Joel K**

No report.

Greenwood Fellowship **Lois**

So much is going on! We have women's and men's meetings, and since we have an entire pool room, folks can also have private conversations, 1:1 discussions, and more opportunities.

We started meeting on Wednesday night. One member comes to every meeting at 8 pm and brings something good every time. We're supporting this.

New Business

Open Committee positions

Newsletter Editor, Special Events Chair, Third Legacy, Web & Tech Chair, Webmaster

Questions

- What does the Special Events Coordinator do?
  Plans Intergroup picnics and other events, such as Steps in Time and Car Shows. Some, but not all, are fundraisers. This is a great position for people who like to plan parties. It doesn't just need a

chair, but room for as many creative people as there are. There is no current specific meeting schedule; it will be up to the new chair.

Wrap-up

Events

See https://www.seattleaa.org/events/ for the current information.

Five Main Take-Aways

Email info@seattleaa.org or call (206) 587-2838 for more info or to volunteer.

1. Seattle Intergroup has 5 open Service Positions
2. Consider monthly contributions to Seattle Intergroup
3. Some group and individual phone shifts are open for 10am–2pm and 6pm–10pm
4. Seattle Intergroup needs Chat Coordinators and Volunteers
5. Burien Little Assembly needs volunteers (see www.bla.org)

WAYS YOU CAN SUPPORT SEATTLE INTERGROUP

High and Dry Subscriptions

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

Join the *'How Dry I Am Club'* or also known as the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.
» SeattleAA.org/online-contributions

Join the Sustainer's Club

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

Greater Seattle Intergroup
of Alcoholics Anonymous

THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM

at Greater Seattle Intergroup Office
6th Ave S. – Seattle, WA 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS

February 1st Janell P.
February 8th Jeff O.
February 15th Alan D.
February 22nd Jill P.
March 1st Randy H.
March 8th Beth W.
March 15th Fred M.
March 22nd Amy J.
March 29th Tari B.

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

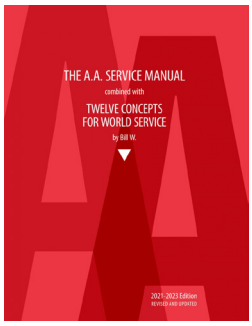


SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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

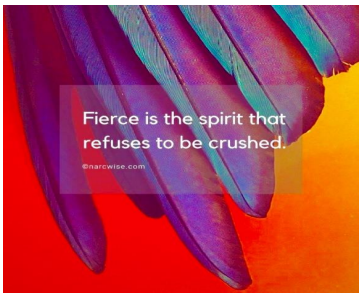


HEY SOBER SISTERS DON'T SUFFER IN SILENCE

YOU ARE NOT ALONE COME JOIN US!!!

FIERCE WOMEN IN RECOVERY (FWIR)

AA WOMEN'S CLOSED MEETING



FRIDAYS 12:15 pm-1:15 pm

LAKESIDE-MILAM RECOVERY CENTER

1000 SW 7TH ST B

RENTON, WA 98057

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





GSR SCHOOL

WHEN: FEBRUARY 22, 2025 10am to 2pm
WHERE: SEATTLE INTERGROUP
5507 6TH AVE S., SEATTLE WA 98108
WHAT: COME LEARN ABOUT HOW TO BE AN EFFECTIVE AND AWESOME GSR
FACILITATED BY LUPITA Y.
AREA 72 ALTERNATE DELEGATE
HYBRID EVENT Meeting ID 846 3082 8116 PW 360612

POTLUCK LUNCH
BRING A DISH TO SHARE

HOSTED BY DISTRICTS 14, 15, 18, 31 AND 41



http://www.seattle-msm.org

Magnolia Lutheran
2414 31st Avenue W.



PRAASA LOGO CONTEST

Western Washington Area 72 is hosting the PRAASA in March of 2027, and we need a logo for the event.

WIN:

- Free 2027 Registration
- Free 2027 Saturday night banquet ticket

Submit your original design:
To: praasa2027logo@area72aa.org
By: 11:59 pm, Friday, February 28th, 2025

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/