High & Dry

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

Volume 76 Issue 03 March 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

- March 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

26 — 52nd Annual Burien Little Assembly

- March 1 @ 10:00 am - 5:00 pm
- Grace Lutheran Church 22975 24th Ave S, Des Moine

2 — Service Manual Study

- March 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

- March 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 — 59th Anniversary Celebration of Totem Pole

- March 8 @ 1:00 pm - 6:00 pm
- GSIG Office 5507 6th Ave S., Seattle

8 — District 24 Gratitude Potluck Dinner

- March 8 @ 5:00 pm - 9:00 pm
- St Pius X 22301 58th Ave W, Mountlake Terrace

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

- March 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

15 — CPC/PI Committee

- March 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 — Benson Hill 58th Anniversary Potluck

- March 15 @ 6:00 pm - 9:00 pm
- King of Kings Lutheran Church 18207 108th Ave SE, Renton

15 — Greenwood AA Fellowship New Timers Day

- March 15 @ 6:00 pm - 9:30 pm
- Greenwood Fellowship 300 NW 85th St, Seattle

18 — Web & Tech Committee

- March 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

- March 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

26 — The Principles of the Twelve Steps

- March 26 @ 2:30 pm - 3:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID 830 7826 9547 Passcode 600554

22 — Hot Stove Anniversary Potluck

- February 22 @ 6:00 pm - 8:30 pm
- Kennydale Memorial Hall 2424 NE 27th St, Renton
- 6:30pm: Fellowship 7:30pm: Speakers Linda C. and William B. ALL ARE WELCOME

28 — Spring Fling 2025

- March 29 @ 2:30 pm - 8:00 pm
- Hope Hall 8305 Meadowbrook Way SE, Snoqualmie
- Potluck/BBQ @ 2:30pm, Speaker meeting @ 4pm, Dance starts @ 5:30pm Bring your favorite dish

REFLECTING ON OUR PAST

March In Our History

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

March 1936	AA had 10 members staying sober. At end of 1936 A.A. had 15 members.
March-May 1938	Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.
March 1940	Mort J. came to LA from Denver; started custom of reading Chapter 5 Big Book at Cecil group.
March 1941	Second printing of Big Book.
March 1941	1st Prison AA Group formed at San Quentin.
March 1946	The March of Time film is produced by NY AA office.
March 1949	Dr. Bob considers idea of AA conference premature.
March 1951	American Weekly publishes memorial article for Dr. Bob.
March 1, 1939	Readers Digest fails to write article on AA.
March 1, 1941	Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end.
March 3 1947	Nell Wing started work at Alcoholic Foundation 415 Lexington Avenue.
March 4, 1891	Lois W is born.
March 5, 1945	Time Magazine reports Detroit radio broadcasts of AA members.
March 7, 1940	Bill and Lois visited the Philadelphia AA group.
March 7, 1941	Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
March 9, 1941	Wichita Beacon reports AA member from NY who wants to form a group in Wichita.
March 10, 1944	New York Intergroup was established.
March 11, 1949	The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in AA, was formed in Minneapolis by five Catholic AA members.
March 14,	South Orange, NJ, AA group held an anniversary dinner with Bill W as guest speaker
March 15, 1941	1st AA group formed in New Haven, Connecticut. Not reported in paper until Oct 1, 1941.
March 16, 1940	Alcoholic Foundation & Works Publishing move from Newark to 30 Vesey St in lower Manhattan – first headquarters of our own.
March 21, 1881	Anne R, Dr Bob's wife, is born.
March 21 1966	Ebby dies.
March 22, 1951	Dr William Duncan Silkworth dies at Towns Hospital.
March 22, 1984	Clarence S, "Home Brewmeister", dies.
March 23, 1936	Bill & Lois visit Fitz M, "Our Southern Friend", in Maryland.
March 25, 1898	Jim B ("The Vicious Cycle") was born.
March 29, 1943	The Charleston Mail, WV, reported on Bill W's talk at St. John's Parish House.
March 31, 1947	1st AA group formed in London, England.

Source: AASJ - https://aasj.org/march-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*!

Dick P.	Dawn Patrol	53 years
Riff Raff	On Awakening	16 years
Gary H.	Pass It On	41 years
Susan D.	WSSS	35 years
Laurie K-R	Pilgrims on Broadway	40 years
Phil L.	Monday Night Winners	9 years
Gail T.	Real Alcoholics	27 years
Robert M.		47 years
Leslie I.	WMLT	39 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/

IN MEMORIUM
Contributions were made in memory of the following people:

Ruth P. Longtimer from the Bothell 12 x 12 passed

MARCH CHALLENGE

Preface and Forwards

1. Why the strong sentiment against changes to the Big Book? page xi - 2nd paragraph
2. What is the purpose of the changes that are made to the stories? Page xii – 3rd full paragraph
3. What is the main purpose of the book? page xiii – 1st paragraph
4. When did AA begin? Page xv – bottom
5. What principles was the broker convinced were needed? Page xvi – top paragraph
6. What did the broker realize he had to do to save himself? Page xvi – 1st full paragraph
7. What preceded the doctor pursuing the remedy with the required willingness? Page xvi – bottom
8. Did the third man recover? Page xvii – 1st full paragraph
9. Are New Yorkers able to recover? Page xvii – 2nd full paragraph
10. Where did the fledgling society get its name? Page xvii – 3rd full paragraph
11. Did people of influence, the press and clergy help AA? Page xvii – bottom to Page xviii – 1st full paragraph
12. What principles helped AA survive and function effectively? Page xix – 1st full paragraph
13. Why did public acceptance of AA grow? Page xix – bottom to Page xx – top
14. Is AA a religious organization? Page xx – 2nd full paragraph



"Where's all the money I used to squander on booze?"

ATTENTION SEATTLE AREA GSRs!

The following letter is from the Board of Greater Seattle Intergroup AA to all of the AA groups served by GSIG. The GSIG Board kindly requests you READ THIS LETTER OUT-LOUD to your home group, either at a business meeting, or at the appropriate announcement time at your meeting. Thank you!

Dear Seattle area AA groups,

Since 1947 Greater Seattle Intergroup has provided a central hub for the Seattle AA community, with meeting spaces, shared information, and a central office to serve the 500-plus AA groups in the greater Seattle area in order to support you in your primary purpose of serving the alcoholic who still suffers.

Among its many services, Seattle Intergroup publishes the AA meeting guide, maintains the Seattle area AA website, staffs and runs the 24-hour phone service, runs the retail outlet for AA literature and coins, coordinates and funds Seattle area AA committee work with your contributions, provides ASL services and insurance for meetings, and holds frequent special events like the popular annual Seattle Area AA picnic.

2024 was a challenging year for Seattle Intergroup. Many area AA groups came out of the Covid epidemic with reduced budgets or added expenses, and many groups which stopped meeting have not re-started, resulting in lower than projected 7th tradition contributions. Intergroup also added some costs last year, including reopening the office on Mondays.

Seattle Intergroup was created by and for the Seattle area AA groups and primarily depends upon groups for support. We ask that groups and individuals, who can afford to help, make a contribution to Seattle Intergroup. More importantly, we ask that you get involved. Intergroup needs groups to take monthly phone answering shifts and individuals to take monthly Nightwatch phone shifts. Intergroup committees like Corrections, Hospitals & Treatment, Public Information, and Accessibility are always in need of volunteers. Please call the Intergroup office or email chair@seattleaa for more information. We are all in this together.

Grateful in service,

Your Greater Seattle Intergroup Board

Note: To contribute to Seattle Intergroup, visit the website at seattleaa.org. Intergroup accepts credit cards, Apple Pay, Google Pay, Paypal or Venmo. Checks can be made out to Seattle Intergroup and mailed to 5507 6th Ave. S, Seattle, WA 98108.

Two Big Books

By Malcom G..

ALCOHOLICS ANONYMOUS now has two Big Books; the original, written in 1939, and *'Plain Language Big Book'*, just released.

It baffles me that GSO (General Service Office) in New York would rewrite the Big Book when in the Preface, among other places, it states 'Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it.'

It appears that the justification for the *Plain Language Big Book* is to call it 'A Tool for Reading Alcoholics Anonymous.' Nevertheless, the Big Book has been re-written.

We were told time after time by our GSRs that New York was not changing the Big Book, they were clarifying 'certain terminologies.'

When researching the reasoning for the Plain Language Big Book, I came across this 2021 Conference Resolution, (google 'Plain Language Big Book', scroll down to AA87.org). In part, it states, 'A study was done in the US to find out the literacy level of people. Literacy means the ability to identify or evaluate one or more pieces of information, which requires different levels of interpretation of a text. Experts have assessed the level required to read and understand the text of the Big Book. They have determined that it corresponds to level 3 on a scale of 5. According to studies conducted in the US, 48% of the population was at a level 3 or higher. This meant that 52% of the population would not be able to sufficiently understand what is written in the Big Book.' (You notice they felt the need to define 'Literacy' in that statement).

In addition, the inside jacket notes of the Plain Language Big Book state, 'The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book, Alcoholics Anonymous.' I'm sorry, no book but the original Big Book can 'present the original ideas and same spiritual message'.

The text Alcoholics Anonymous has been saving lives for over 85 years. Why did it need to be interpreted or clarified? Isn't that what a sponsor is for?

In the Plain Language Big Book, Bill's Story does not contain a single sentence that he wrote, yet it's written in the first person as if those are his words; also, Bill's name is at the end which implies he wrote it. How can GSO get away with this?

In Chapter 3 of the Plain Language, the verbiage 'pitiful and incomprehensible demoralization' doesn't exist, it has been revised to '...we feel like we have failed completely in our lives and may never be worthy again.' One is very different than the other and completely diminishes the original intent. The jaywalking story is now a woman. How is this helping the reader to understand the Big Book. Who cannot understand the original version when it was a man? Examples like this are abundant from page 1 to the end. This is an abomination. It's an insult. It's a complete misrepresentation of what's in the Big Book, and it dilutes the AA message. What's worse is that it is AA approved literature.

What is the newcomer thinking? "They can't even understand their own book, so they had to dumb it down?" Can the message from New York be any more confusing? AA will never be the same since this debacle.

I understand groups are now buying Plain Language Big Book for their book studies. The only book written for recovery from alcoholism is the one written by the original 100 alcoholics IN THEIR OWN WORDS, not an interpretation by who knows who. It appears egos were involved in the re-write. Is that playing God?

What do you think?

Malcolm G.
Fountain Valley. CA
gratefully sober since July 6, 1987 by the original Big Book. △

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Step 3: *"Decided to turn our will and our lives over to the care of God* as we understood Him."



Making the *Decision* to Let Go

By Lee R.

STEP THREE is all about making a decision—plain and simple. And let's be real, you make decisions all day, every day, right? What to eat, what to wear, whether to hit snooze one more time. But this decision? This one is different. Turning your will over to God—or a Higher Power of your understanding—is like putting on a fresh pair of glasses. Suddenly, everything becomes a little clearer.

Trust the Process and Let It Go

By the time we reach Step Three, we've already admitted that our lives have become unmanageable. We've accepted that we're alcoholics and that there's a power greater than us that can help restore us to sanity.

So, what if we just... stopped trying to control everything? What if we surrendered that exhausting need to manage every little thing in our lives?

That's what Step Three is about—deciding to turn our will over to something greater and allowing ourselves to be cared for. It's about realizing that we don't have to carry the weight of the world on our shoulders. We don't have to force things to happen or pretend we have all the answers.

Recovery is a spiritual journey, and Step Three is when the doors to hope, faith, and trust swing wide open. It's the moment we take a deep breath and start to feel the peace that sobriety offers. The essence of this step is simple: let go, step aside, and allow yourself to be restored—to reality, to honesty, to balance, and to peace of mind.

Seeking a New Way to Live

Step Three also asks us to take an honest look at how our self-will has shaped our lives. When we act solely on what we want—without thinking about others—we leave behind a trail of chaos. In the process, we lose our connection to our conscience, our values, and any sense of a Higher Power.

But here's the good news: through Step Three, we shift our focus from self-will to seeking a new way of living. It's not just about making the decision to turn things over—it's about taking action. A decision alone won't change anything if we don't follow through. You can decide to go to a meeting, but if you never leave your house, well... nothing happens, right?

AA provides us with simple yet powerful tools to help us stay connected to our recovery and our Higher Power. One of the most well-known is the Serenity Prayer:

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

This prayer helps remind us that while we can't control everything, we do have control over our own choices. We may not be able to change certain things in life, but we can decide to surrender, to trust, and to seek knowledge.

The "God" Thing—Don't Let It Scare You Off

When I made the decision to get sober over a decade ago, I was in for the interview to enter outpatient treatment. The first piece of advice I ever got was to think of God as a "power greater than yourself, and you and I talking right now is a power greater than yourself." Step Two leads to Step Three.

Here's the deal: AA doesn't ask you to adopt anyone else's idea of God. You get to define your own Higher Power in a way that makes sense to you.

Believe it or not, nearly half of AA's original members identified as atheists or agnostics before they started working the Twelve Steps. What they found was the freedom to create their own understanding of a Power greater than themselves. You can call it God, the Universe, Nature, Energy, Love—whatever resonates with you.

Some people even like using this simple acronym as a reminder that their support system in AA can be their Higher Power: **Group Of Drunks**.

The beauty of Step Three is that it's not about fitting into someone else's beliefs—it's about opening yourself up to the possibility of something bigger than you. Whether you see it as a guiding force, a spiritual presence, or just the collective strength of the people in recovery around you, there's room for your understanding.

At the end of the day, Step Three is just an invitation to let go of the exhausting need to control everything, to trust in something greater, and to find peace in knowing that you're not alone on this journey. △

Tradition 3: *"The only requirement for A.A. membership is a desire to stop drinking."*

12 12

Tradition Three

By Stephan M.

THIS TRADITION has often been the most welcoming words 'newcomers' in AA have read. Most of us are very familiar with how a suffering alcoholic enters a meeting room for the first time, generally with a look trying to mask the real terror, shame, guilt, defensiveness and prayer. The prayer that no one will recognize him that he is experiencing. What mostly happens next? He is warmly greeted by many people in the group and is assured and reassured his presence is welcomed in the group - and by extension, Alcoholics Anonymous. For many newcomers, being warmly greeted anywhere is a very distant memory.

This description of the 3rd tradition in action is why so many AA groups treat the service position of "Greeter" as one of the most important positions in their group. Only the newcomer can exclude himself from AA. His race, gender, sexual orientation, religious leanings, political views etc, have no bearings on his opportunity to recover as a member of Alcoholics Anonymous. Is he interested in checking out what life might look like if alcohol wasn't involved? If his answer is "yes" (even tentatively) he met the third tradition requirement and is AA's newest member!

Over the years I have heard and been part of discussions regarding the "rights" of a newcomer. What if he is disruptive? Drunk? Aggressive? Foul mouthed? Probably every AA group has had to deal with this situation before. Well, fortunately AA has other traditions to address these issues (See tradition one, "Our common welfare comes first") The spirit of the 3rd tradition is not to monitor or police behaviour, it is to imprint on the alcoholics mind that he/she/they can be members of Alcoholics Anonymous regardless of any thing else.

Perhaps an opportunity to recover from alcoholism, denied to no one, was more important to our founders in writing the traditions than to have a tradition that says you can not drink! △



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Concept III

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WITHIN THE FRAMEWORK of their general responsibilities, whether these be defined by charter, by resolution, or by custom, it should be the traditional right of all world-service boards, committees, and executives to decide which problems they will dispose of themselves and upon which matters they will report, consult, or ask specific directions. We ought to trust our world servants with these discretions, because otherwise no effective leadership can be possible. Let us consider in detail, therefore, why the need for a "right of decision" in our leadership is imperative, and let us examine how this principle can be applied practically in all levels of our structure of world service.

We have seen how the AA groups, under the concept of the "group conscience," are today holding the ultimate authority and the final responsibility for world services. We have also noted how, by reason of the Conference Charter and the "trusted servant" provision of Tradition Two, the groups have delegated to their General Service Conference full authority to manage and conduct AA's world affairs.

The Conference and General Service Board Charters in broad terms define the responsibility of the Conference to act on behalf of AA as a whole. In these two documents, a necessarily large area of delegated service authority and responsibility has been staked out. These instruments, in a general way, describe the relation between the groups, the Conference, the Trustees, and the active service units. These broad definitions and descriptions are an indispensable frame of reference, and we could not function without them.

Nevertheless, it has long been evident that these highly important Charter provisions cannot by themselves ensure smooth functioning and proper leadership at the several different levels of service which are involved. This has become crystal clear, and we need not seek very far for the reasons.

For example, knowing that theirs is the final authority, the groups are sometimes tempted to instruct their Delegates exactly how to vote upon certain matters in the Conference. Because they hold the ultimate authority, there is no doubt that the AA groups have the right to do this. If they insist, they can give directives to their Delegates on any and all AA matters.

But good management seldom means the full exercise of a stated set of ultimate rights. For example, were the groups to carry their instruction of Delegates to extremes, then we would be proceeding on the false theory that group opinionin most world-service matters would somehow be much superior to Conference opinion. Practically speaking, this could almost never be the case. There would be very few questions indeed that "instructed" Delegates could better settle than a Conference acting on the spot with full facts and debate to guide it. Of course, it is understood that complete reporting of Conference actions is always desirable. So is full consultation with Committee Members and Group Representatives. Nevertheless, the "instructed" Delegate who cannot act on his own conscience in a final Conference vote is not a "trusted servant" at all; he is just a messenger.

Now, the Conference Charter does not actually solve typical problems like this. It is a broad document which can be variously construed. Under one interpretation, the groups can instruct the Delegates all they like. Under another, the Delegates and Trustees actually can ignore such instructions, whenever they believe that to be desirable. How, then, shall we practically understand and reconcile such a condition?

Let us look at two more illustrations. The Conference, as will be later demonstrated, is in a state of nearly complete practical authority over the Trustees, despite the legal rights of the Board. Suppose the Conference Delegates began to use this ultimate power of theirs unwisely. Suppose they began to issue hasty and flat directives to the Trustees on matters respecting which the Trustees would be far more knowledgeable than the Delegates. What then?

See ***Concept III*** continued on Page 10 »

Concept III:

"As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board, and its several service corporations, staffs, committees, and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional 'Right of Decision.' "

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« ***Concept III*** continued from Page 9

This same kind of confusing problem used to beset the relations between the Trustees and their wholly owned active service corporations, entities which are nowadays partly directed by non-Trustee volunteers and paid service workers. But the Board of Trustees certainly does own these outfits. Therefore, the Trustees can hire and fire; their authority is final. Yet if the Trustees were constantly to exert their really full and absolute authority, if they were to attempt to manage these operating entities in detail, then the volunteers and Staff members working in them would quickly become demoralized; they would be turned into buck-passers and rubber stamps; their choice would be to rebel and resign, or to submit and rot.

Therefore, some traditional and practical principle has to be devised which at all levels will continuously balance the right relation between ultimate authority and delegated responsibility. How, then, are we going to accomplish this?

There are three possible attitudes that we might take toward such a state of affairs. We could, for instance, throw away all corporate charters, bylaws, job definitions, and the like. This would leave it entirely to each group of trusted servants to figure out what its authority and responsibility really is. But such an absence of any chartered structure would be absurd; nothing but anarchy could result.

Then, of course, we could take the opposite tack. Refusing to give our leadership any worthwhile discretion at all, we could add to our present Charters great numbers of rules, regulations, and bylaws that would attempt to cover every conceivable action or contingency. That would be altogether too much red tape--more than we AAs could stand.

The right AA solution for this problem is to be found, however, in the latter part of Tradition Two, which provides for "trusted servants." This really means that we ought to trust our responsible leaders to decide, within the understood framework of their duties, how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. This sort of leadership discretion should be the essence of "the Right of Decision," and I am certain that we need not have the slightest fear of granting this indispensable privilege at nearly ever level of world service.

There will always be plenty of ultimate authority to correct inefficiency, ineffectiveness, or abuse. If the Conference does not function well, the groups can send in better Delegates. If the Trustees get badly out of line, the Conference can censure them, or even reorganize them. If the Headquarters'[1] services go sour, the Trustees can elect better directors and hire better help. These remedies are ample and direct. But for so long as our world services function reasonably well--and there should always be charity for occasional mistakes--then "trust" must be our watchword; otherwise, we shall wind up leaderless.

These are the reasons for my belief that we should forthwith invest in all of our service bodies and people a traditional "Right of Decision." In our structure of world service, this "Right of Decision" could be practically applied as follows:

A. Excepting its Charter provisions to the contrary, the Conference always should be able to decide which matters it will fully dispose of on its own responsibility, and which questions it will refer to the AA groups (or, more usually, to their Committee Members or GSRs) for opinion or for definite guidance. Therefore, it ought to be clearly understood and agreed that our Conference Delegates are primarily the world servants of AA as a whole, that only in a secondary sense do they represent their respective areas. Consequently, they should, on final decisions, be entitled to cast their votes in the General Service Conference according to the best dictates of their own judgment and conscience at that time.

B. Similarly, the Trustees of the General Service Board (operating, of course, within the provisions of their own Charter and Bylaws) should be able at all times to decide when they will act fully on their own responsibility and when they will ask the Conference for its guidance, its approval of a recommendation, or its actual decision and direction.

C. Within the scope of their definitely defined or normally implied responsibilities, all Headquarters service corporations, committees, staff, or executives should also be possessed of the right to decide when they will act wholly on their own and when they will refer their problems to the next higher authority.

This "Right of Decision" should never be made an excuse for failure to render proper reports of all significant actions taken; it ought never be used as a reason for constantly exceeding a clearly defined authority, nor as an excuse for persistently failing to consult those who are entitled to be consulted before an important decision or action is taken.

Our entire AA program rests squarely upon the principle of mutual trust. We trust God, we trust AA, and we trust each other. Therefore, we cannot do less than trust our leaders in service. The "Right of Decision" that we offer them is, not only the practical means by which they may act and lead effectively, but also the symbol of our implicit confidence. △

*1*Now the AA General Service Office*

CORRECTIONS CORNER

By Karen K, chair

Volunteer Sign Up Event in April!

The GSIG Corrections Committee is looking forward to hosting another fun sign up event. Have you thought about Carrying the Message to AA members inside correcgtional facilities but didn't know where to start? This event is for you! Saturday, April at the Phoenix Club in Shoreline. 2:00-4:00pm. 14701 Aurora Ave N Shoreline Get Directions

There will be volunteers sharing their experience in a variety of volunteer opportunities. Some take meetings into Correctional Facilities while others write to persons in custody or arrange to be the first contact when someone is released to help them get to their first outside AA meeting. We will have fellowship and refreshments as well! If you have any questions or can't make the event but still want to sign up, please contact volunteercorrections@seattleaa.org.

Pink Can Fund Update

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 correctional facilities. Admiral SW Siders, Gunnysack Hill, Daily Retreat, Happy Hour, Big Book West and A New Beginning donated $683 in January. We used $742 to purchase BBs, Grapevines, 12&12s, and pamphlets in Spanish and English.

Committee Service Needs

If you'd like to learn more about service on the committee, we need someone to be the treasurer (this position doesn't handle money, just records it) and the vice chair. For more info email corrections@seattleaa.org.

We meet the second Monday each month at 6:30pm, hybrid. Contact corrections@seattleaa.org for more info or visit https://www.seattleaa.org/corrections.

THE BLUE CAN—ACCESS FOR DEAF ALCOHOLICS

The Blue Can originated 12 years ago within the Greater Seattle Intergroup (GSIG) Accessibility Committee. Contributions to the Blue Can provide ASL (American Sign Language) interpreter access to alcoholics who are Deaf or hard of hearing. This provides opportunities to attend AA meetings and AA related events.

Contributions can be made:

- ONLINE by going to the Greater Seattle Intergroup website. Under "contributions", find the drop down menu, which includes the Blue Can (ASL).
- CHECK to the Accessibility Committee of GSIG, noting that it's for the ASL Blue Can. Address: 5507 6th Ave. , Seattle, WA 98108
- QR CODE on the Blue Can for electronic contributions.
- CASH directly into a Blue Can in person at GSIG.
- PICK UP A BLUE CAN at the GSIG office to take to your group for donations.

Examples of Purpose

These include ASL interpretive services for members to access meetings that groups cannot afford. Also, for the cost or at specific events, such as home group business meetings, District meetings or attendance to Speaker meetings. A Deaf member can say, "Yes" when asked to speak at a meeting and the Blue Can will provide the cost of the interpreter. If a newcomer reaches out to go to a local meeting near their home, the Blue Can can cover the cost of the ASL interpreter.

If you have questions about the Blue Can, please feel free to reach out to Laurel (Interpreter Coordinator) at aadeafaccess@gmail.com or to the Accessibility email: accessibility@seattleaa.org

Thank you!

Deaf alcoholics are very grateful for your contributions and hope you will consider contributing to the Blue Can and/or pick up a Blue Can at the GSIG office to take to your group for donations.

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** February 18, 2025

Opening		
☐ Call to Order & Serenity Prayer:	Jeff U	
☐ Reading of Tradition One	Steve R, D18 Archives	
☐ Reading of Concept One	Neil B, Empire Way	
☐ AA Birthdays for the month of January	▪ Anita S	25 years
	▪ Stacia J	11 years

Class B Trustee General Service Board & AAWS Chair **Carolyn W**

Carolyn, our special guest speaker, drove all the way from Vancouver, BC, to join us at our February board meeting. Upon expressing how delighted she was with our Greater Seattle Intergroup, Carolyn shared some insights into the upcoming AA International Convention, including a sneak preview of the intro video. You can see this now too at www.aa.org/international-convention along with all the info you'll need to get ready for this event.

Language of the Heart
Lenguaje del corazón
Le langage du cœur

Key Links:

- General Info: www.aa.org/international-convention
- Registration: https://2025ic.mylibralounge.com/sites/2025ic

Register by April 15th for the early bird special to save $25

- Volunteer Sign-up: https://icvwc2025.org

Very high-level Overview

- The event is typically held every five years, but due to COVID canceling the 2020 event, it has been a full 10 years since the last one.
- This year, we will celebrate Alcoholics Anonymous's 90th Anniversary with the theme "Language of the Heart" together, we expect to welcome members from over 70 countries.
- The convention will take place from July 3-6, 2025, in Vancouver, BC, Canada.

Historical Insights

Carolyn began her presentation with a video of the 75th International Convention's opening ceremony held in San Antonio, TX, in 2010, then shared just a few of her own experiences from a past international conventions.

- In 2005, just four years into her sobriety, Carolyn attended her first International Convention, celebrating AA's 70th Anniversary in Toronto, ON, Canada.
- At this convention, the hospitality suites included the HAM Radio Group and AA's Online Intergroup. It tugged at all attendees' heart strings, since it was also the first time many of these groups' members had ever met face-to-face.

PREPARING FOR THE EVENT

- Reminder to register at https://2025ic.mylibralounge.com/sites/2025ic by April 15th to receive the early bird special of $25 off the general admission price.
- The Canadian dollar is currently about $1.42 per US dollar. Registration is in USD, but just remember that the other prices you'll see are effectively 40% off due to the currency conversion.

Lodging & Accommodations

- Hotel rooms are still available, though probably there aren't many left right at the front door of the convention center.
- All hotels along the Sky Train route stop right at both the BC Place stadium and the convention centers.
- Room blocks have been contracted in hotels around the city. There are also hotel rooms available outside of the room blocks and through services like VRBO and AirBnB. Additionally, there is excellent accommodation available at the universities. Information is available at the links provided above.

Volunteering

- Over 5,000 volunteers will be needed to support the four-day event, which will host over 50,000 AAs. The host committee is counting on all of us folks here in the PNW.
- Sign-up to volunteer at https://icvwc2025.org.

Got convictions on your record? You can probably still attend!

- For those with one or two convictions from 5-10 years ago, multiple paths to entry into Canada exist.
- Generous options are available for those with recent convictions, with the clock starting after fulfilling necessary requirements (such as fines).
- Information is available here: https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/inadmissibility/overcome-criminal-convictions.html
- Jeff U, Eddie, and Lupita can help connect attendees with Carolyn for more tips on how to attend the convention.

DURING THE EVENT

First, some high-level highlights:

- Thursday night the fun begins with a party and live music in the park

Leading up to the party, look for booths at the Pavilions featuring a variety of AAWS services that carry our message of sobriety, such as Archives, Grapevine & La Viña.

- Stadium speakers will start on Friday. The stadium itself has a retractable roof, so depending on the weather, we'll get to enjoy sun, shade, and stars!
- You won't want to miss the Old Timers' panel on Saturday.
- Look forward to another panel before Sunday morning before we close out the event together

Hospitality Suites Highlights:

- Numerous groups will hold meetings throughout the convention, covering various topics and ranging in size from a few dozen to over 2,000 members.
- Carolyn highlighted impactful meetings, including those with corrections professionals and the various special interest groups in AA.
- The Intergroups Group will also be represented this year!

AFTER THE EVENT

Virtual Track Options will become available for everyone who wasn't able to attend in person. In addition to the full package, there will be the option to purchase a full virtual track of just speakers and another of just meetings.

****

After finishing her presentation, Carolyn responded to questions from attendees of the GSIG board meeting. Most of these questions are already addressed in the information above. The remaining two were as follows:

- In which panel were you a delegate?
  Carolyn W was a Panel 63 Delegate in 2013 – 2014, serving alongside our Panel 63 Delegate, Astri.
- Are there options for those who can't afford the registrations, such as scholarships or just the ability to attend some of the AA meetings?
  No, registration is required for attendance. AAWS has rented a stadium and two convention centers in downtown Vancouver. As you can imagine, we are responsible for their use and related expenses. There are always wonderful stories about homegroups and members helping one another with attendance.



Carolyn emphasized several times that she is available to provide support and tips for your planning. This includes if you're arriving early or staying late, and are looking for fun activities, great hiking spots, etc., in the greater Vancouver area. Reach out to Eddie M-M, Jeff U, or Lupita, who can all connect you with Carolyn

Elected Officer Reports

Chair **Jeff U**

Jeff attended the Corrections and Hospitals & Treatment committee meetings during his tour of the various working committees. He met some great people he hadn't encountered before and challenged them to develop ideas for how this board, and GSIG as a whole, can assist them in fulfilling the missions of their individual committees. He is hopeful the board can be shaped to serve these committees more effectively

Last year, Jeff appointed a committee for the end-of-year financial report, chaired by our outgoing treasurer, Dan. Two committee meetings and sub-committees will review and propose updates to financial policies and procedures. These proposals will be taken to the office committee and should be ready for presentation next month.

GSR letter

Jeff drove this experiment in the second quarter for GSRs and District Reps to their meetings. It had a positive impact on incoming contributions, so he's brought it back to try again this year.

Jeff brought printouts of the update letters to the February board meeting and read the letter to us. He asked the District Reps to read the letter at their District business meetings and distribute copies to all the GSRs with the request that they do the same during group meeting announcements.

There are many ways for groups and individuals to contribute to Greater Seattle Intergroup. For more information, see https://area72aa.org/contribute/, email info@seattleaa.org, or call (206) 587-2838.

Vice Chair **Eddy M-M**

Eddie continues to put the final touches together on a roadshow package, which will include an overview on all of the services GSIG provides. He plans to start reaching out to Districts to get onto their business meeting agendas after this year's Pacific Region AA Service Assembly (PRAASA) coming up fast on March 7 – 9, 2025 in Anchorage, Alaska.

What is PRAASA, you might ask?

This annual AA Service Event connects AA members from all over the Pacific region and provides amazing fellowship opportunities and General Service-related workshops across 15 Areas.

Our Western Washington Area 72 rotation is coming up in two years, and guess what? Our own GSIG Vice Chair, Eddy, is the Alt Chair of 2027 PRAASA! Held at the Westin in downtown Seattle, this event will provide all of us here in the Greater Seattle Area and beyond with lots of volunteer opportunities.

And yes, if you've been keeping track, this all means that next year's 2026 PRAASA will be in Hawaii.

To learn more about PRAASA see https://praasa.org/, or better yet, just ask Eddy!

Chair Emeritus: **Karla K**

Karla was present and engaged at our February board meeting, but hadn't any updates for us this time.

Office Manager **Lara R**

Inventory: Plain Language Big Books have finally arrived and are for sale for 11.00 plus tax. New schedule books are in! Thank you, Lee, for making the magic happen yet again.

Ad hoc Finance Committee: I am working with the Ad-hoc Finance Committee to wrap up the 2024 Financials. We will come forth to the Office Committee with our recommendations and findings.

Protocol: We are working with the new Secretary to streamline how the roster member list gets updated, Carina is amazing, and we have finalized a protocol moving forward.

Call Log:

12th Step Calls: 2

Total Call Volume: 121

Still gathering volunteers to man the chat line. If interested, please contact anita@seattleaa.org.

Treasurer **Pete K**

Pete thanked the groups for being amazing, hitting the numbers, and seriously just being great. He then presented the balance sheet and provided these highlights.

- Individual contributions have decreased slightly, but there are no issues.
- The schedule books have arrived. They're beautiful but need to be paid for.
- According to policies and procedures, we take the approved budget and divide it by 12 to determine the prudent reserve.
- We are currently $10,197.58 short in our prudent reserve.

Please remember: Monthly contributions are better than quarterly, quarterly are better than annually, but any and all contributions, no matter how small, are greatly appreciated to keep our services going.

In addition to the following, please refer to "Appendix 1: Financial Report" for the full Balance Sheets and Profit & Loss Reports.

[Financial Statement printed after these minutes]

There are many ways for groups and individuals to contribute to Greater Seattle Intergroup. For more information, see https://area72aa.org/contribute/, email info@seattleaa.org, or call (206) 587-2838.

Assistant Office Manager **Anita S**

Anita gave a touching briefing to those of us who didn't make it to Burke D's Celebration of Life on January 26th at GSIG. To quote the GSIG website, "Burke served as DCM District 14, Area Archivist, Area Chair & Delegate. He was passionate about PI work and served not only at GSIG, but as an appointed committee member of the GSB. His true love was AA history, and he worked tirelessly on Our Stories Disclose II, the green one, from start to finish. (*https://www.seattleaa.org/event/burke-d-memorial/*)

The 1990 International Convention for AA's 55th Anniversary was held in Seattle and Burke managed the housing. He did such a fantastic job making sure that everyone who wanted to attend had a place to stay and even arranged multiple "Tent Cities". This was considered a remarkably innovative solution to provide affordable accommodations so that as many AA members as possible could attend the convention.

Anita also shared with us some of Burke's inspirational and sometimes thought-provoking quotes. For example, "Keep communication open and to the lowest common denominator" and "You can't help anybody if you don't show up".

At a PRAASA, Burke did a presentation on our AA Traditions. When he said, "The short form of the Traditions are not the Traditions," a hush came over the room. He then continued with, "The long form is not the Traditions." Another hush came over the room. Burke then finished his point by stating, "The Traditions are found in the essays written in the book Twelve Steps and Twelve Traditions, which is filled with stories of all the mistakes that were made."

Anita is going through the box of Burke's things and is constantly amazed at the treasures she's finding.

Dennis F is now our most senior past delegate. We need to remember to show our appreciation for all the Trusted Servants that came before us, that gave us the opportunity for us to do this work today

Chat Line

Anita thought there would be so many calls coming through our chat app, but so very sadly, this hasn't come to fruition due to lack of volunteers. So many people communicate on a chat-based level these days. Taking on a chat shift is so easy, since you can do so from anywhere you have cell phone reception, just like if you were messaging over any other of the many chat apps most of us use daily.

Don't be a Square—Make One!

Anita presented a gorgeous quilt attached to the back wall of our board room. She's envisioning that each AA Group in the Greater Seattle Area could create a 10"x10" square, so that we could create a Greater Seattle Group quilt! Not only would this be a beautiful testament to our Fellowship, but maybe it could be raffled at the intergroup picnic. Or if that's too soon, maybe at the fall assembly.

"Maybe it's not a good idea at all", Anita then chuckled.

Personally, this GSIG Secretary believes in Anita's vision. If you've read this far, please help spread the word and let's get it done! (BTW, why did the quilt go to therapy? It had too many issues to cover up!)

Anita wrapped up her report by saying how delighted she was to see all the new faces at our board meeting, and how much she looks forward to serving with everyone.

Recording Secretary **Carina W**

Greetings to all ye readers of these minutes!

I must offer my sincere apologies to everyone for my week delay in getting these minutes out, which caused the same for our newsletter, the "High & Dry". I really do have a great excuse, but at the end of the day, it's still just a ducking excuse.

I am truly always eager to hear from you, always, about any corrections you might find or any input you might have that could improve communication around the board meeting, as well as the minutes.

Until then, thank you for reading this far into the minutes; the best is yet to come. As you can see, all our Trusted Servants are working hard to carry the AA message of recovery to the still-suffering alcoholic. This includes spending time writing and submitting their reports to keep everyone updated. Maybe even consider giving yours a big hug, or at just a knowing nod, the next time you see them.

Yours in grateful service,
Carina Winters, GSIG Secretary
secretary@seattleaa.org | 206-683-1106

Service Committee Reports

Accessibility **Kathy A**

Kathy will be out of county and is getting the word out about the ASL services, since it's one of the biggest GSIG expenses.

Archives **Theresa S**

I was unable to attend the meeting due to recent knee replacement surgery, but Steve R did a terrific job representing Intergroup Archives at the February Quarterly and presenting some exciting new ideas for our committee. Thank you, Steve.

Teresa S, Archives Chair | archives@seattleaa.org

Steve R, GSIG Archives Committee member as D18 Archivist, also chimed in at the meeting to let us know that Seattle Intergroup has purchased a nice computer to get everything digitalized. It's available for Districts and groups to use, too, including a bunch of thumb drives to help folks out.

When thinking about what to archive, just remember that we're not collectors. The mission of Archives is to preserve our history for those who haven't made it here yet (and so that we don't repeat the mistakes of our past.)

Corrections **Karen K**

Thank you, Jeff, for attending the February corrections meeting! We appreciated being asked how Intergroup and the Board can best support our work over the next two years. Aimee, the new Area 72 Corrections Chair, attended the meeting also. It's a great way to start the year. We meet on the second Monday of each month at 6:30pm, on Zoom and in person. If you have any questions, please email me at corrections@seattleaa.org.

(Karen's Correction Report continued)

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 correctional facilities. Admiral SW Siders, Gunnysack Hill, Daily Retreat, Happy Hour, Big Book West, and A New Beginning donated $683 in January. We used $742 to purchase BBs, Grapevines, 12&12s, and pamphlets in Spanish and English.

We are slowly moving forward with establishing men's and women's meetings at the Maleng Regional Justice Center in Kent. Craig M from the Old Kent Group is the Facility Coordinator and doing a great job. More details at future meetings. We are working with them to get literature into the facility as soon as possible.

The key to this committee is the District Corrections Chairs. The District Corrections Chairs perform the vital role of spreading the word about the corrections service of AA to their districts and home groups. Here are some of the basic activities:

- Spread information about corrections service opportunities (jail meetings, pink can literature fund, pre-release contact program, corrections correspondence program).
- Regularly attend GSIG Corrections Committee monthly hybrid meeting on 2nd Monday.
- Regularly attend Western Washington Area 72 Corrections Quarterly hybrid meeting.
- Participate in GSIG Corrections Volunteer Sign-Up Events.

- Provide corrections report at your district monthly meeting

They are the people to keep their district and home groups aware of what the committee is doing and our needs for service. We are so grateful for the new DCCs who showed up at the February meeting:

- Katie Jo, D14
- Gavi, D17
- Jason, D24
- Rick, D40
- Nick, D41

For those districts without DCCS, we would appreciate the opportunity to attend district meetings to help you find someone interested in carrying out this important work.

Service Opportunities for men and women

- Juvenile Detention Center (Seattle Central District)
- SCORE (Des Moines)
- Federal Detention Center (SeaTac)
- Kent City Jail (Kent)
- Prerelease Program
- Pink Can
- Corrections Correspondence Program

Upcoming Events

- Area 72 Corrections Quarterly: Saturday, March 15th (see https://area72aa.org/event/march-2025-corrections-quarterly/ for more info).
- Spring Corrections Sign-Up Event at the Phoenix Club on Saturday, April 26th. Great place for anyone interested in Corrections to attend and learn more

Thank you for this opportunity to be of service. Please contact corrections@seattleaa.org if you have any questions.

Hospitals & Treatment **Mikey C**

We had 28 awesome trusted servants in attendance, showing gratitude that for me things are getting better on understanding how complex this committee works. I still want to thank West for putting together a great group of people that are focused on carrying the messages to the places we serve. I do want to emphasize that if you are on this committee, please make sure that you are available to the coordinators. You can get a hold of me at the e-mail listed below.

Here is a short list of some of the things shared as we did introductions:

- District 39 Chair, Carol F, is seeking out H&T service commitments
- West, DCM 31, is bringing in treatment program alumni to carry the message of hope to Riverton.
- Paul S let us know that the King County Residential Treatment Program (Skyway) panel @ 7:00 PM needs support and possibly a Coordinator.
- Suzi L. shared that during her term as our Area Treatment Chair she will focus on coverage, letting all be of service and the sharing of responsibilities.

We had 2 Special Guest Speakers:

- Suzi L. Area 72 Treatment Chair: "Some History of Treatment". Very informative and great history on how alcoholism was treated and the people who advocated for this disease.
- Chuck C. Area 72 BTG Coordinator: "Bridging the Gap Program" During his presentations, we learned of a Bridging the Gap presentation on BTG from Chuck and Suzi on January 26, 2025.

Area 72 treatment chair is having a Treatment Workbook Workshop presented by Suzi.

- Part 1: February 22, 2025 @ 12:00 PM – 1:00 PM
- Part 2: March 22,25 @ 12:00 PM – 1:00 PM
- Zoom info
  - Meeting ID: 812 5591 9512 (no pass code)
  - Direct Link: https://area72aa-org.zoom.us/j/81255919512

See https://area72aa.org/event/area-treatment-workbook-study/ for full info and flyer.

Finally, your Hospital and Treatment monthly meeting is held every first Saturday 10:00- 11:30 AM. See https://www.seattleaa.org/event/hospital-and-treatment-committee-3/2025-03-01/ for full info.

At Your Service with Gratitude,
Mikey C, hospitalandtreatment@seattleaa.org

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 answering phones when the GSIG Office is closed (10p-10a daily).

If you are interested in this incredibly valuable service position, please contact Rob Smith at 206-601-0061 and/or nightwatch@seattleaa.org.
(Rob's Correction Report continued)
Volunteers do a 4-hour shift, once per month, and answer the AA Hotline when the GSIG office is closed.

Please Note: We are having a Phone Volunteer Training and Potluck on Saturday, March 29th from Noon to 1:30 PM. This will also be offered on Zoom. This is a chance for us to meet at the GSIG Office, have some fellowship, ask questions and learn best practices for this service position.

PI/CPC Chair **David B**

Greater Seattle Intergroup Cooperation with the Professional Community / Public Information (CPC/PI) Committee Report, February 18, 2025

Many of our CPC/PI chairs are new and are still getting started. We have a lot of enthusiasm for doing outreach and events, and working with professionals, particularly those in health care and schools. I attended both the Area 72 PI and CPC quarterlies, where I always learn something.

- **King County Library System Resources Fairs.** This month we added the Kent Library to the King County Library resource fairs where we are participating. Those interested in participating should contact cpc@seattleaa.org.
- **Burien Little Assembly**. The CPC/PI committee will have a booth at BLA on March 1, where we will have CPC and PI literature, and will be available to answer questions about CPC and PI service.
- **Literature and racks**. Add one small plastic and one large metal literature rack for use in events, along with 200 pieces of literature.
- **Schools.** We have a lot of members interested in outreach to schools, so we are looking at forming a working group to put together a set of best practices and guidance for reaching out to the school districts in the area.

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**

It's Karrie with the 12th Step Committee. During January we received two referrals and were able to find matches for them. We had a table at Burien Little Assembly and are looking forward to getting some more volunteer numbers while there! We are also planning to do a phone volunteer appreciation event on March 29th from noon to 1pm. It will be a hybrid event. More details to come!

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 P**

West Seattle, White Center, Vashon Island

- Our business meeting is the second Tuesday of every month
- Our district is active, robust, and well represented with enthusiastic participation!
- Last week, we changed our mileage reimbursement from 14 cents a mile to 42 cents a mile (Stacia is our treasurer, in case there are questions about that!)
- We're working on our FAMOUS annual picnic and pie auction, hoping to be on the water in Lincoln Park again this year — mark your calendars for Sunday, September 14
- D14 spearheaded and paid for the "experiment" of a clickable ad in The Stranger's eNewsletter for 3 months in 2024. If there is interest/movement on the part of GSRs and/or PI/CPC to want to continue that, or get involved in the bus advertising business, Ruth P would like very much to be involved with that.

District 15 **Blake P**

Downtown Seattle, West Capitol Hill

Blake let us know that the D15 business meeting is held at GSIG every second Tuesday at 7:00 PM. They had a good February meeting attended by 16 people, seven of whom were GSRs. Blake also reported that D15:

- Has 15 active groups
- Has five open service positions
- Helped host a GSR School on Feb 22nd
- Will host an event on March 23rd at St John United Lutheran Church. John P, DCM 15, will attend along with AltDCM 15

District 16 **Ricky T**

Northeast Seattle and University District

The way the February calendar worked out, the D16 business meeting was held after the GSIG board meeting, so Ricky didn't have much new to report. He did let us know that they changed their Seventh Tradition distributions to a monthly basis and said, "Come and join us for our many fine meetings!"

District 18 **William B**

Renton, Kent, Tukwila

We meet every third Thursday at 7:00 PM and have a new location: The United Methodist Church located at 2201 NE 4th Street, Renton, WA 98056!

- We still have three of our positions that need to be filled: Corrections, Accessibility, and Web
- Hot Stove has an anniversary potluck on March 28th with food starting at 6:30 PM
  Word on the street is that William is one of the speakers as this event!

District 24 **Bobby T**

Southwest Snohomish County:Everett, Lynnwood, and Montlake Terrace

We meet at 7:00 PM on the first Wednesday of the month at St Hilda's Church, 15224 52nd Ave W. in Edmonds. We are a Hybrid meeting —Zoom ID: 872 3971 4442 and Passcode: 441 729.

Come join us early at 6:00 PM with our Third Legacy Chair, Terry R. He had our Area Alt Delegate, Lupita, here in February to speak with the new GSRs. In March, he'll be talking about Google Docs and other internet topics to help us navigate online service activities and tasks.

In February, 11 people attended our business meeting online and 22 attended in-person. All service positions have been filled, except for the Scheduling Committee Chair.

We discussed upgrading our hybrid meeting system to Meeting Owl, and had a visitor talk about the pros and cons of that.

We're continuing to gear up for our Gratitude Banquet potluck at 7:00 PM on March 18th at St Pious Church, 22209 58th Ave W, Mountlake Terrace, WA 98043.

District 31 **Thomas H**

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

The D31 business meeting is at 6:30 PM on the second Wednesday of the month online except March, June, Sept & December, when they meet in person. Following are some February highlights:

- Area Delegate, Courtney, will come to speak with us in September
- Dawn P stepped up as Alt DCM
- Our Treatment Chair position is filled now too!
- We send our reports to Leslie at dist31secretary@area72aa.org before our business meeting
- We'll have a GSR school on Sept 22nd
- D31 made a motion to do quarterly together with D14 next year
- We co-hosted the Burien Little Assembly
- Our DCM plans to bring a special guest speaker each month

District 32 **Samantha M**

Algona, Auburn, Federal Way, and Pacific

We had our District 32 Meeting on Monday, February 3rd, 2025, from 7:00pm – 8:30pm at Brooklake Church located at 629 S 356th Street, Federal Way, WA 98003.

We had a total of 12 voting members.

- **Secretary — Mo**: Minutes sent and report approved.
- **Treasurer — Skye**: Treasurer report sent, printed, and approved.
- **Treatment – Robert**: Attended the Area 72 treatment meeting. Our District is still looking for people who are willing to be of service on Treatment Panels for Intercept. Volunteers are needed on the 1st Tuesday of every month from 12:05pm – 1:20pm, and on the 4th Friday of every month from 11:05 PM – 1:20pm. If you are willing to be of service or have more questions, please contact Robert at 253-329-0418 or email at Powerhouserob61@gmail.com.
- **CPC — Kevin**: Still learning position. Received information from past CPC. Found 14 people who are willing to be of service with 12th step calls. 1 referral from Auburn.

- **Events — Dave**: Planning for our District 32 Picnic. Steel Lake in Federal Way is not open for rental reservations until March 1st. Possible park in Pacific is available for a $35 rental. Not sure if Pacific Park has enough space or parking for our District 32 picnic. If we want to rent a park in Auburn, we need a member who has an address/residency in Auburn for rental reservations.
- **Webmaster — Nate**: Got together with our past webmaster, Susan, connected and went over the switch of position. Our meeting schedule still has corrections that need to be made. The meeting guide is still searchable through Seattle Intergroup. The meeting guide app still has corrections that need to be made. Contacted Area 72 and Seattle Intergroup for direction. Email forwarding will start happening and will start working on automatic replies for open positions in our District. Paper schedules have been printed and will be handed out soon.
- **Alt DCM — Rob**: Shadowing Nicole and attending Area 72 meetings.
- **DCM — Nicole**: Receiving requests to attend quarterlies of the positions that are not filled in our District. Our District has too many unfilled positions and we will start using the automatic replies through email. Attending Burien Little Assembly planning meetings. District 32 is the Co-Host for the BLA this year. Volunteers are still needed for the BLA. If interested, please go to www.burienlittleassembly.org under the Volunteer page. Burien Little Assembly is on March 1st, at Grace Lutheran Church in Des Moines. Continuing to attend monthly Service Manual Study meetings and registered for the April 2025 WWA72 Business Quarterly held on April 4th – 5th in Vancouver WA.

"District 32 has several open positions that we'd like to get filled so that we can fulfill our Primary Purpose to help the still suffering alcoholic." — Nicole District, DCM 32

<u>Open Positions</u>
Accessibility, Bridge the Gap, Corrections, Grapevine/Literature, Public Information/School Panels (PI), Third Legacy

District 33 **Aaron C**
Maple Valley, Covington, Black Diamond, Hobart, Summit, and East Kent
Aaron was present at our February board meeting, but didn't have any updates for the month.

District 40 **Daysha**
East-Central Seattle: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. Our last meeting was on 2/11/25.

<u>Planned events</u>
- 52nd Annual Burien Little Assembly
  - March 1st 10:00am-5:00pm
  - Grace Lutheran Church
  - 22975 24th Ave S, Des Moines, WA 98198
  - https://www.BurienLittleAssembly.org
- GSR University
  - 2/22 10am-2pm
  - Seattle Intergroup in person
  - Zoom Meeting ID: 846 3082 8116 PW: 360612
- Pre-Conference

- 3/23 1pm-5pm
- St John Lutheran
- 5515 Phinney Ave N, Seattle, WA 98103
- In the community room accessible through the parking lot behind the church

District 41 **Laura C**

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

Laura let us know that the attendees at their last D41 business meeting talked about pride week and the annual picnic and especially spent a lot of time discussing the budget. They hope to get a reservation in for the picnic and Lara should have more info about that next month

District 42 **Sarah F**

Northwest Seattle: Lake Forest Park and Shoreline

District 42 meets online on the second Thursday of every month at 7:00 PM.

Financial Updates

- Questions and concerns about financial procedures were raised last rotation, and the new rotation is working to ensure clarity and transparency moving forward.
- Past rotation reimbursements were paid in full as of January 30, 2024.
- Groups that had discontinued contributions have started sending money again.
- The bank account has been switched over.
- We have plenty of money.

(Sarah's D42 Report continued)

Positions Update

- Three more positions were filled at the last meeting.
- Five positions remain open: Archives, CPC, GV/L, 3LC, PI.

Archives

- Previously held by the last DCM.
- Archives have now been returned.

Homegroup.online Presentation

- D42 has been using the Area's EIN since 2012.
- This was never mentioned until a recent bank visit.

AA Clubs and Halls

Serenity Hall **Joel K**

Joel reminded everyone that Serenity Hall has a Speaker Meeting & Potluck Dinner every third Sunday. Dinner starts at 7:00 PM and the Speaker Meeting begins at 8:00 PM. This long-running monthly event has been happening for about 15 years now, and usually features two speakers. Join us for the next one on March 16th.

Fremont Northgate Fellowship Hall **Adam**

Adam let us know that, as the nifty name change suggests, our good ol' Fremont Hall has a new location in Northgate: 11301 5th Ave NE, Seattle 98125. Join our daily meetings starting at noon and 6:00 PM.

Here's some more updates for the month:

- Everyone had fun at our Valentine's Day party, in spite of some problems with the karaoke
- There'll be another event on St Paddy's Day
- The Fellowship is working hard to open up an accessibility entrance. One entry is a bit wonky with a double door situation. One option might be to take down a wall to widen the entrance.

Old Business

Open Committee positions
Newsletter Editor, Special Events Chair, Third Legacy, Web & Tech Chair, and Webmaster

New Business

None

Wrap-up

Upcoming Events
See https://www.seattleaa.org/events/ for more info and additional events.

Seattle Group AA Meeting	In-Person	Saturdays @ 6:00 PM
Service Manual Study	Hybrid	1st Sunday @ 11:00 AM
BLA Planning Meeting	Online	3rd Sunday @ 10:30 PM
The Principles of the Twelve Steps	Hybrid	4th Wednesday @ 2:30 PM

Reminders

Send GSIG Reports to secretary@seattleaa.org	Deadline:	March 18th
Send Newsletter articles to high_and_dry@seattleaa.org	Deadline:	February 25th

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

1. Open GSIG Service positions:
   Newsletter Editor, Special Events Chair, Third Legacy, Web & Tech Chair, and Webmaster
2. GSR Service Letter
3. Chat volunteers needed
4. International Convention
5. Burien Little Assembly (now past)

We adjourned our February board meeting with the Responsibility Statement

Greater Seattle Intergroup

Profit and Loss

January 2025

	TOTAL
Income	
4201 Special Events Income	143.63
Contributions	
4001 Group Contributions	20,132.44
4002 Individual & Other Contributions	776.29
4003 Meeting Room 7th Collections	659.00
4004 Birthday Contributions	232.29
4005 The Sustainers Program	1,635.27
4006 Group Insurance Contributions	47.00
Total Contributions	**23,482.29**
Retail Sales	
4101 Literature Sales	8,005.70
4111 Meeting Directory Sales	484.50
4121 Coin Sales	2,010.80
4141 High & Dry Sales	71.95
4151 Shipping Income	34.00
Total Retail Sales	**10,606.95**
Sales of Product Income	18.00
Total Income	**$34,250.87**
Cost of Goods Sold	
COGS	
5101 Literature COGS	6,710.79
5111 Meeting Directory COGS	276.58
5121 Coin COGS	1,171.26
5141 High & Dry COGS	76.80
5151 Other Cost of Goods Sold	91.36
5161 Inventory Adjustments	75.72
5162 Lit COGS Qty Disc(-) Penalty(+)	-878.31
Total COGS	**7,524.20**
Total Cost of Goods Sold	**$7,524.20**
GROSS PROFIT	**$26,726.67**
Expenses	
6801 Standing Committees	
6811 Archives Committee	90.00
6813 GSIG Board	45.84
6814 Hospital & Treatment Committee	50.40
6815 PI/CPC Committee	91.30
6816 Special Events Committee	739.89
6819 Accessibility Committee	1,510.06
Total 6801 Standing Committees	**2,527.49**

Greater Seattle Intergroup

Profit and Loss

January 2025

	TOTAL
Other Expenses	
6300 Credit Card Processing & Bank Fees	435.91
6701 Software Subscriptions	280.26
6921 Burien Little Assembly	100.00
6931 Cash Over/Short	0.01
6935 WA STATE B&O TAX	4.42
Total Other Expenses	**820.60**
Paid Staff	
6101 Payroll Expenses	
6111 Wages	8,552.49
6112 Taxes	664.69
Total 6101 Payroll Expenses	**9,217.18**
6121 Medical Insurance	145.90
Total Paid Staff	**9,363.08**
Purchases	
Rent and Office	
6001 Rent	4,384.00
6002 Triple Net	1,729.08
6003 Maintenance & Repairs	888.86
6005 Office Supplies	306.24
6201 Waste & Disposal	456.69
6211 Electricity	384.66
6401 Phones & Call Forwarding	1,108.56
6601 Shipping Expense	73.75
Total Rent and Office	**9,331.84**
Total Expenses	**$22,043.01**
NET OPERATING INCOME	**$4,683.66**
Other Income	
7001 Interest Income	40.94
Total Other Income	**$40.94**
NET OTHER INCOME	**$40.94**
NET INCOME	**$4,724.60**

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

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

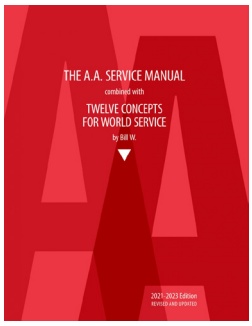


SERVICE MANUAL STUDY

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

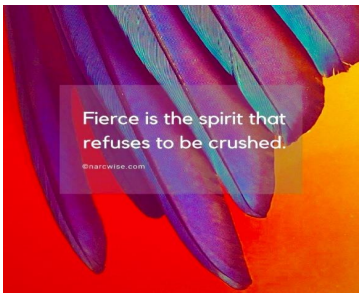


HEY SOBER SISTERS DON'T SUFFER IN SILENCE

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

UNITY SERVICE AA RECOVERY

CORRECTIONS WORKSHOP

4/26/2025, 2-4PM

Presented by: Seattle Intergroup Corrections Committee

Speakers

⇕

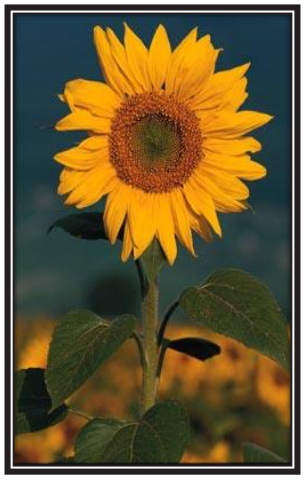
Volunteer Opportunities

⇕

Snacks

⇓

Info



Phoenix Club

14701 Aurora Ave N., Seattle, WA 98133

High & Dry

Call for Entries

The High & Dry, Seattle Intergroup's Monthly Newsletter,
is looking for original content from local drunks.
This is a great opportunity to serve our fellowship!

- **Stories About Recovery**
- **Poetry & Creative Writing**
- **Art & Photography**
- **Comics & Jokes**
- **Information about Sober Activities & Service Opportunities**

Submit your work and find out more by visiting SeattleAA.org

https://www.seattleaa.org/intergroup/newsletter/submission/

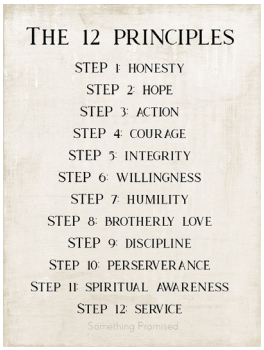
high_and_dry@seattleaa.org

The Twelve Principles

of the

Twelve Steps

A monthly workshop for 2025



Join us as we explore what it means to practice these principles in all of our affairs.

How can these principles help us to live a more sane and sober life?

When: Fourth Wednesday of each month beginning in January @ 2:30pm

Where: Seattle Intergroup and Online

5507 6th Ave S. Seattle 98108

Meeting ID 830 7826 9547 Passcode 600554

For more information contact

info@seattleaa.org

BENSON HILL 58th Anniversary Potluck

March 15th, 2025

6:00 PM

King of Kings Lutheran Church
18207 108th Ave SE, Renton, WA, 98055

Protein provided:Turkey, Pork, Ham
Water, Soda, Coffee, Tea

Bring your favorite side dish
(Please assist by bringing it in a disposable container)

Guest Speakers
AA: Carolyn D (Saturday Promises)
AlAnon: Kenny S (Kent All Men's)

Sobriety Countdown

Big Book Presentation

Two 50/50 Raffles
Must be present to win!!

Potluck Support Needed
Call Debbie T (253-653-6877) to sign up

REUNION and OPEN HOUSE

Zoom
316-583-0212
Passcode: freedom



CAPITOL HILL ALANO CLUB

Sunday April 27 th 2PM-6PM
SEATTLE INTERGROUP OFFICE
5507 6th Ave South, Seattle WA 98108
Potluck
Original Archives will be on site for viewing
Please bring photos or memorabilia to share and possibly add to the archive collection which currently contains over 700 photos, articles, newsletters, etc.
ALL ARE WELCOME INCLUDING ANYONE INTERESTED IN THE HISTORY OF GAY AA IN SEATTLE
FOR INFO chac.reunion2025@gmail.com

8th Annual

NWGirlstock

Women's Big Book 12 Step Conference

APRIL 25, 26, & 27, 2025

At Four Points by Sheraton Hotel & Conference Center in Beautiful Bellingham, WA.

Treat yourself and invite your friends to an infusion of happy recovery!

Listen to Experience, Strength and Hope, delivered by some of the best communicators among us:

AMY H., Orem, UT
CANDICE M., Los Angeles, CA.
DONNA T., Sechelt BC.
HOLLY D., Jacksonville, FL.
JENNIFER H-K., Plano, TX.
LARA B., Vancouver, BC.
SHANNON K., West Hartford, CT.
VERONICA H., Al-Anon, Bellingham, WA.

Please REGISTER EARLY at **NWGIRLSTOCK.ORG**

MEETINGS ONLY: $ 70.00

MEETINGS & 2 MEALS: $170.00 Sat. dinner buffet & Sun. b'fast buffet

A link on our website will help you reserve a room at the Four Points at a very special $139.00 per nite rate. Choose two queen beds, or one king bed.

District 24 Annual

Gratitude Potluck Dinner

Saturday March 8th, 2025

Al- Anon: David
AA Speaker: Kelvin A

- Doors open at 5pm
- Dinner at 6pm
- Speakers at 7pm

Raffle Baskets
50/50 Raffle

$5 Suggested Contribution
(gets you 1 raffle/basket ticket)

HOMEGROUPS:
Please Bring Raffle Item and Ham or Turkey
INDIVIDUALS:
Bring Side Dish or Dessert
VOLUNTEERS:
Contact Rachel OS at dist.24events@yahoo.com

St Pius X (church)
Gymnasium
22301 58th Ave W
Mountlake Terrace, WA
98043

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/