High & Dry

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

Volume 76 Issue 04 April 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

April GSIG Events

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

2 — Accessibility Committee

- April 2 @ 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

3 — 12th Step Committee

- April 3 @ 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

5 — Hospital and Treatment Committee

- April 5 @ 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

6 — Service Manual Study

- April 6 @ 11:00 am - 1:00 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

14 — Corrections Committee

- April 14 @ 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 — Web & Tech Committee

- April 15 @ 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

15 — GSIG Monthly Board Meeting

- April 15 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09
- Meeting ID: 918 5437 5402
  Passcode: 035194

19 — CPC/PI Committee

- April 19 @ 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

23 — The Principles of the Twelve Steps

- April 23 @ 2:30 pm - 3:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID 830 7826 9547
  Passcode 600554

22 — NW Girlstock 2025

- April 25 @ 3:00 pm - April 27 @ 5:00 pm
- Four Points by Sheraton
  714 Lakeway Drive, Bellingham,

26 — Dawn Patrol AA Speakers Brunch

- April 26 @ 10:00 am - 12:00 pm
- Hope Hall
  8305 Meadowbrook Way SE, Snoqualmie
- Join us for brunch and fellowship as two local AA members share their experience, strength and hope.

26 — Corrections Workshop

- April 26 @ 2:00 pm - 4:00 pm
- Phoenix Club
  14701 Aurora Ave N, Shoreline

27 — Capitol Hill Alano Club Reunion and Open House

- April 27 @ 2:00 pm - 6:00 pm
- Phoenix Club
  14701 Aurora Ave N, Shoreline
- GSIG Office 5507 6th Ave S., Seattle

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April In Our History

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

April 1935	Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.
April 1950	Saturday Evening Post article "The Drunkard's Best Friend" by Jack Alexander.
April 1958	The word "honest" dropped from AA Preamble, "an honest desire to stop drinking".
April 1966	Change in ratio of trustees of the General Service Board; now two thirds (majority) are alcoholic.
April 1970	GSO moved to 468 Park Ave. South, NYC.
April 1, 1939	Publication date of Alcoholics Anonymous, AA's Big Book.
April 1, 1940	Larry J. of Houston, wrote "The Texas Prayer", used to open AA meetings in Texas.
April 1, 1966	Sister Ignatia died.
April 2, 1966	Harry Tiebout, M.D. died.
April 3, 1941	First AA meeting held in Florida.
April 3, 1960	Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."
April 7, 1941	Ruth Hock reported there were 1,500 letters asking for help as a result of the Saturday Evening Post Article by Jack Alexander.
April 10, 1939	The first ten copies of the Big Book arrived at the office Bill and Hank P shared.
April 11, 1938	The Alcoholic Foundation formed as a trusteeship for A.A. (sometimes reported as May 1938)
April 11, 1941	Bill and Lois finally found a home, Stepping Stones in New Bedford.
April 16, 1940	A sober Rollie H. catches the only opening day no-hitter in baseball history since 1909.
April 16, 1973	Dr. Jack Norris presented President Nixon with the one millionth copy of the Big Book.
April 19, 1940	The first AA group in Little Rock, Arkansas, was formed. First 'mail order' group.
April 19, 1941	The first AA group in the State of Washington was formed in Seattle.
April 22, 1940	Bill and Hank transfer their Works Publishing stock to the Alcoholic Foundation.
April 23, 1940	Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W insisted that Dr. Bob and Anne receive them.
April 24, 1940	The first AA pamphlet, "AA", was published.
April 24, 1989	Dr. Leonard Strong died.
April 25, 1939	Morgan R interviewed on Gabriel Heatter radio show.
April 25, 1951	AA's first General Service Conference was held.
April 26 or May 1, 1939	Bank forecloses on 182 Clinton Street.
April 30, 1989	Film "My Name is Bill W." a Hallmark presentation was broadcast on ABC TV.

Source: AASJ - https://aasj.org/april-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 Marissa F.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Jesse J., Anna B. and Bill S., Matt W.

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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APRIL CHALLENGE

Big Book & A.A. History Quiz

1. What is the name of the chapter that contains a list of the 12 steps?
2. What is the name of the guy that came into Bills kitchen and talked with him about a solution he had found?
3. Who's opinion is given in the beginning of the Big Book?
4. What is the only chapter not written by Bill W?
5. Dr. Bob was a real doctor. What was his area of practice?
6. On the first page of Bills Story, a Hampshire Grenadier is mentioned. How did he catch his death?
7. Did Bill Wilson's wife write the chapter "To the Wives"?
8. What was the name of Bill Wilson's wife?
9. How many pages are in the Big Book, not counting the stories or appendices?
10. In what town did Bill W. visit on business and meet Dr. Bob?
11. What is the name of the doctor who wrote the "Doctor's Opinion"?
12. How many chapters are in the Big Book?
13. What was the name of the group that Bill W. was a member of before he formed A.A. with Dr. Bob?
14. The Oxford Group changed its name to what in 1938?
15. What is the name of the "certain American businessman" who also helped Ebby 12 step Bill W.?
16. Who was Ebby Thatcher's sponsor?
17. Did Ebby Thatcher die sober?
18. What was the name of the hospital where Dr. Silkworth worked?
19. What was the name of the person who wrote the chapter "To Employers"?
20. How many steps were there before Bill W. wrote the Twelve Steps?
21. One of the Twelve Traditions was born from the reason why Bill W. and Dr. Bob broke off from the Oxford Group and formed A.A. Which one was it?
22. How many members did A.A. have when the Big Book was written?
23. In the chapter "More about Alcoholism", there is a story about a car salesman named Jim who went out looking for a prospect to sell a car. What did he pour his whisky into?
24. On page one of "Bill's Story", he writes of a church, outside of which was the doggerel about the Hampshire Grenadier. What was the name of the church?
25. Write down the entire 12th Step -- word for word.
26. What ws the name of "Alcoholic Anonymous Number Three"? Hint: his first name should be very familiar.
27. Dr. Paul O. wrote a story that has been included in the story section of the Big Book. He talks of a concept that was the answer to all his problems. What is the concept?
28. How long did Bill W. spend in actual combat in the war right before he became a veteran of foreign wars at 22?
29. Dr. Bob said there was two things needed to start a new group in A.A. What are the two things?
30. There are three sides to the A.A. triangle. What are the words beside each side?

NOW FOR SOME HARDER QUESTIONS...

31. Did Ebby Thatcher get royalties from Big Book sales?
32. What were the Four Absolutes of the Oxford Group?
33. Where was Bill W.'s birthplace ?
34. Name Bill W's first love who died.
35. What was Bill W's first drink?
36. What year did Bill and Lois visit Birmingham during their motorcycle tour as a young married couple?
37. On page 160 in "A Vision For You", a man and a woman are mentioned as making their house available for meetings in the early days of A.A. Who were they?
38. On the second page of "A Vision For You", p. 52, what is mentioned is as a sufficient substitute for liquor?
39. How many times is the word powerless used in the first 164 pages?
40. When was the Second edition of the Big Book introduced?
41. 41 What is the number of the AA post office box at Grand Central Station post office?
42. What was the former title of As Bill Sees It?
43. A.A. publishes a daily mediation book. What is it called?
44. AAWS publishes a newsletter designed to inform professionals about alcoholism. What is the name of this publication?
45. Three "rights" are protected by the Twelve Concepts for World Service. Name one of them.
46. Who is Leonard Blumenthal?
47. What does G.S.R. stand for?
48. Is the General Service Conference incorporated under the laws of any state?
49. What are the Three Legacies?
50. What is the present name of the organization that was once known as The Oxford Group?

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

Sprout	Rocketed Into Recovery	34 years
Jennifer S.	Real Alcoholics	10 years
Jeff H.	Pass It On	38 years
Judith Y.	Saturday Promises	13 years
Bob R.	Kent East	36 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/

Big Book & A.A. History Quiz — Answers

1. How It Works
2. Ebby Thatcher
3. The Doctor
4. "To Employers"
5. Proctology
6. "drinking cold small beer"
7. No
8. Lois
9. 164
10. Akron, Ohio
11. William Silkworth
12. Eleven
13. Oxford Group
14. The Moral Rearmament
15. Roland Hazzard
16. Roland Hazzard
17. Yes
18. Townes Hospital
19. Henry "Hank" Parkhurst
20. Six
21. Tradition Three
22. More than 100
23. Milk
24. Winchester Cathedral
25. *See following page*
26. Bill D (Dodson)
27. Acceptance
28. None
29. A resentment and a coffee pot
30. Recovery, Unity, & Service
31. Yes - till his death
32. Honesty, purity, unselfishness, & love
33. East Dorset, Vermont
34. Bertha Bamford
35. Bronx Cocktail
36. April 1926 -- camped in Fultondale
37. T. Henry and Clarace Williams
38. Fellowship in A.A.
39. Only one time
40. 1958
41. Box 459
42. *The AA Way of Life*
43. *Daily Reflections*
44. About AA
45. Rights of Appeal, of Decision, and of Participation
46. Chairman of the Board at G.S.O.
47. General Service Representative
48. No - it's not incorporated at all.
49. Recovery, Unity, & Service
50. Initiative for Change

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Step 4: *"Made a searching and fearless moral inventory of ourselves."*



Step Four: A Turning Point in the Journey

By Lee R.

I'VE BEEN SORBER for just over ten years now, and if there's one step that changed everything for me—it's Step Four.

When I first came into the rooms, I heard, "Made a searching and fearless moral inventory of ourselves," and immediately thought, "No thanks." I didn't want to look back. I'd already done enough damage. The idea of digging through my past, holding it up to the light, and calling it what it was... well, it felt like way too much.

But here's the thing I've learned: healing doesn't come from avoiding the wreckage. It comes from walking through it—slowly, honestly, and with a lot of support. That's what Step Four was for me. A turning point.

When I finally sat down and started writing that inventory, I realized something I hadn't seen clearly before: I'd been driven by fear and ego for most of my life. My drinking wasn't just about alcohol—it was about avoiding pain, covering up shame, and trying to control things I didn't know how to handle. I thought I was just trying to have a good time or numb out for a bit. But deep down, I was trying to survive emotions I didn't have the tools to deal with.

Step Four gave me those tools.

Now, before I go further, let me say this: this inventory isn't about beating yourself up. It's not about feeling ashamed. It's about truth. And it's about freedom. It's about seeing the patterns—where we were selfish, where we acted out of fear, where we hurt people, and how those instincts that are natural and even God-given can get completely out of whack when we're not grounded in recovery.

For me, my inventory brought a lot into focus. I saw how my need for security had turned into control. How my need for love had become manipulation. I saw how I'd leaned too hard on some people and pushed others away when they got too close. And yeah, it was painful. But it was also powerful.

Because once I could see it, I could start to change it.

If you're early in sobriety and Step Four feels overwhelming, I get it. I've been there. You might be thinking, "I'm just trying to stay sober one day at a time—why do I have to dig into all this stuff right now?" But I promise you, this isn't just about staying sober. It's about building a life that feels worth staying sober for.

And let me be honest—it took more than one draft. My first attempt at Step Four was surface-level. I was still half-defending my actions, blaming other people, minimizing things. But my sponsor was patient. He shared his own inventory with me and reminded me that this is a process, not a performance. The goal isn't to be perfect. It's to be willing.

That's what changed it for me—being willing to be real.

I had to look at how I treated people in relationships, how I showed up (or didn't) in my family, how fear of failure made me lie, isolate, or act like I had everything together when I was falling apart inside. I had to admit that my drinking was just a symptom. The real work was about facing those deeper issues—the ones I'd spent years trying to drown in a bottle.

But here's the gift: doing that work gave me my life back.

I'm not the same person I was when I first walked into a meeting. And that's not just because I stopped drinking. It's because I got honest. Because I stopped running. Because Step Four helped me stop seeing myself as a victim and start taking responsibility for my part.

So if you're standing at the edge of this step, scared to take the leap—let me tell you something I wish someone had told me back then: You're stronger than you think. You don't have to do it perfectly. You just have to do it honestly. And you don't have to do it alone.

Talk to your sponsor. Talk to someone you trust in the program. Write it down, even if it's messy. Just start. This step isn't about staying in the past—it's about clearing a path to the future. A future that's sober, yes—but also peaceful, meaningful, and real.

Ten years later, I'm still uncovering parts of myself. Still learning. Still growing. But that fearless inventory? That's where it started.

And I'd do it again in a heartbeat. △

Tradition 4: *"Each group should be autonomous except in matters affecting other groups or AA as a whole."*



Learning to Make Decisions That Include Others

By Peter F-D.

WHEN I WAS DRINKING, I thought I was the center of the universe. I truly believed my choices were mine alone, and that what I did only affected me. Looking back, that way of thinking wasn't just self-centered—it was dangerous. In the rooms, we call it what it really is: self-will run riot.

I didn't realize it at the time, but I was living like I was God in my own life. I made decisions unilaterally, acted impulsively, and rarely stopped to consider how my words or actions might ripple out to others. If I wanted something, I went for it. If I was hurt or angry, I lashed out. I lived like my world was an island, and everyone else was either a threat or an accessory.

Then I got sober. And over time—especially through the steps and traditions—I started to understand just how interconnected we all really are.

Tradition Four teaches that each group is autonomous except in matters affecting other groups or A.A. as a whole. It's easy to miss the depth of that message, but if you sit with it for a while, it holds a powerful truth: we are free to make our own choices, yes—but that freedom comes with responsibility. Because what we do affects other people. Always.

That's something I didn't want to believe when I was in active addiction. I wanted the perks of freedom without the responsibility of connection. But the truth is, nothing I did—especially in my drinking—was isolated. Every lie I told, every promise I broke, every outburst or selfish decision—it affected people. My family, my friends, my coworkers, even strangers. And I paid the price, too. Maybe not right away, but the consequences always came.

These days, I try to live differently. This tradition helps guide me in that. It reminds me that decisions aren't something I need to—or should—make in a vacuum. If my choices impact other people, it's not only wise but spiritually sound to involve them. That's not weakness. That's humility.

I used to think seeking advice made me look unsure or incapable. Now I see it as a strength. It means I value the people around me. It means I'm willing to pause, to listen, and to weigh how my actions will land in the real world, not just in my head.

There's a powerful parallel here between Step Four and Tradition Four. In Step Four, we take personal inventory—we go inward, we reflect, we write, and we get honest with ourselves and with God. That work is private. It's ours to do. Nobody can do it for us. But the traditions take that inward work and bring it outward. They teach us how to live in relationship—with others, with our groups, and with the world.

I've noticed that before recovery, I was like two different people. I acted like a dictator in my own life—ruling with impulse and pride. But when it came to other people, I constantly sought their approval. I was either pushing people around or bending over backwards to get them to like me. The Fourth Tradition helped me find a middle ground. Now, I aim for unity. I try to walk with both God and others in mind, not ahead of them, not behind them—with them.

Unanimity is my goal now—not in the sense that everyone always agrees with me, but in the sense that I want to walk in harmony with others. I want to make decisions that honor our shared space. I want to be someone who can be trusted to do the next right thing, not just for myself, but for the people around me.

Of course, there are still decisions I need to make privately—writing inventory, praying, checking in with my Higher Power. But when it comes to anything that impacts the lives or feelings of others, I've learned to pause, ask questions, and seek counsel. And honestly? Life goes better that way.

I used to think power was being able to do whatever I wanted, whenever I wanted. Today, I know that real strength is found in relationships, in responsibility, and in reaching out before I act.

I'm not God. Thank God.! △

Concept IV

By Mike O., Happy Destiny Group, Sal Lake City

LONG BEFORE I had any knowledge of The Twelve Concepts for World Service, I was a beneficiary of their influence.

All of us deeply desire to belong. At the first AA meeting I attended, I was asked to introduce myself. As soon as I did, I became a member of that meeting. I suddenly had the same right to participate in that meeting as the member sitting next to me with 15 years of sobriety. Where did that "Right of Participation" come from?

The concepts cover a number of principles which were already traditionally practiced in our groups and our AA services but had never been clearly articulated or written down.

Concept 1 states that the final responsibility and the ultimate authority for AA World Services should always reside in the collective conscience of our whole fellowship.

Concept 2 states that in 1955, the AA groups delegated to the Conference complete authority for the active maintenance of our world services. This made the Conference the actual voice and effective conscience of our whole society.

Concept 3 references the working relationship between our AA groups, the Conference, the AA General Service Board and the "Right of Decision" endowed to all. This includes the many service opportunities at the Group level, the District level and the Area level.

This brings us to Concept 4 that reads: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation", taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

The fellowship of Alcoholics Anonymous has recognized that we cannot ask people to serve us and then not allow those trusted servants to fully participate in the decision making process.

At the group level the trusted servants are not the ultimate authority, the entire group's conscience is. But they do have a voice and a vote equal to every other group member. It is unlikely that any of us would be willing to do the work of a group that denied us that level of participation.

Concept IV:

"Throughout our Conference structure, we ought to maintain at all responsible levels a traditional 'Right of Participation,' taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.."

At the District level, the officers of the District and the standing chairs of the District have a voice and a vote.

At the Area level, the officers of the Area and the standing chairs of the Area have a voice and a vote.

At all levels of the Conference structure, every AA member has a voice.

At any level of service are our trusted servants any less conscientious, experienced and trustworthy than any other AA members? Certainly not. Each is granted a voting representation in reasonable proportion to the responsibility each must discharge.

Bill W. says there is another good reason for "participation" and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an AA relation of brotherly partnership. It is our shining ideal that the "spiritual corporation" of AA should never include any members who are regarded as "second class".

Though I did not know why, this spiritual axiom was what I experienced at that first AA meeting when I was gifted with the "Right of Participation".

In Concept 12 are the General Warranties of the Conference. I prefer to look at these Warranties as an ideal outline of the way we should treat each other as we try to discharge our service responsibilities. Warranty Three: "None of the Conference members shall ever be placed in a position of unqualified authority over any of the others." This principle is discussed in Concept IV, but it is so important we have made it the subject of this Warranty – a strong stand against the creation of unqualified authority at any point in our Conference structure. △

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The Big Book Gets Bigger: AA's Plain Language Edition Opens New Doors

By Lee R.

THEY SAID it couldn't shouldn't be done.

They said it shouldn't be done.

They said Alcoholics Anonymous was tampering with sacred text, messing with perfection, diluting a message that has saved countless lives.

They were wrong.

The *Plain Language Big Book* — eight years in the making and released this past November — isn't a replacement. It isn't a modernized version trying to be hip. It isn't a watered-down attempt to make sobriety seem easier than it is.

It's a door. A door that's been opened wider. A door through which more people can now walk.

Because here's the sobering reality: the original Big Book, that cornerstone of recovery published in 1939, requires a reading level that nearly half of Americans simply don't possess. Imagine trying to save your life with a manual you can't fully understand.

That's not inclusive. That's not compassionate. And that's certainly not what Bill W. and Dr. Bob had in mind when they founded an organization built on one alcoholic helping another.

I've heard from AA members who initially viewed this project with skepticism bordering on hostility. "Leave it alone!" they said. "It's worked for 85 years!"

The article published in the February High & Dry is one such opinion. One, admittedly, I shared originally.

But something remarkable happened when we actually read the plain language version. I, along with many others, became converts, recognizing that the spiritual principles remain intact while the barriers to understanding have been removed.

The first printing of 70,000 copies sold out quickly. That wasn't just curiosity. That was need.

This wasn't some rogue operation, either. The development followed AA's meticulous conference-approved process, beginning in 2016 and culminating with substantial unanimity at the 74th General Service Conference in April 2024. Multiple committees, extensive reviews, and countless hours of feedback shaped a text that maintains the integrity of the original while making it accessible to more alcoholics seeking recovery.

Is the jaywalker now a woman? Yes. Are the examples more gender-balanced? Yes. But have the Twelve Steps been altered? No. Has the spiritual foundation been compromised? Absolutely not.

What we're witnessing isn't the dilution of AA's message — it's the amplification of it.

Consider the individual for whom English is a second language, the newcomer without access to a sponsor who can translate the original text's outdated phrases and dense passages. These are the people who will benefit most, who might now find in these pages the hope and path to recovery that others have found for decades.

In a world that increasingly values inclusivity, AA has taken a bold step that remains firmly rooted in its traditions. The Plain Language Big Book doesn't replace tradition — it extends it to those who have been unintentionally excluded.

The original Big Book remains, now in its fourth — and soon to be fifth — edition. Its wisdom endures. Its place in recovery is secure.

But now, standing beside it is a complementary volume that says: "You belong here too. No matter your education, your background, your reading ability — you deserve to understand this message of hope."

That's not an abomination.

That's progress.

That's compassion.

That's AA at its best. △

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

CORRECTIONS CORNER

By Karen K, chair

You can help in the Corrections Committee even if you have a record or less than two years sobriety!

We meet at 6:30 PM on the second Monday of every month, in person and via Zoom. This is a hybrid meeting at Seattle Intergroup, 5507 6th Ave S. and Zoom ID: 872 2771 9137 Passcode: 833575. Please join us to find your place in corrections!

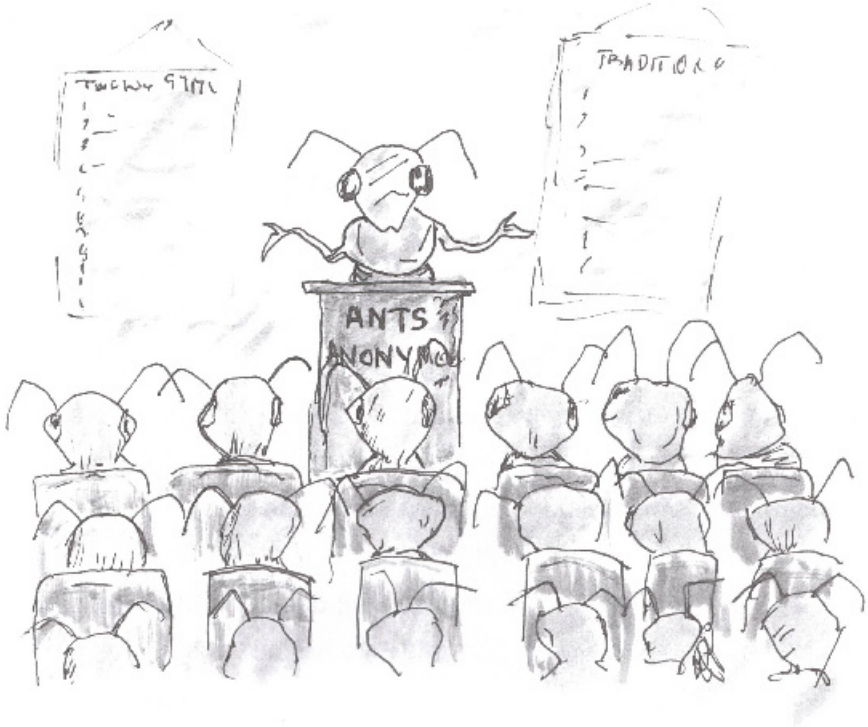
Service opportunities with less than 2 years sobriety that don't have clearance requirements include:

- Prerelease Program (aka Bridge): Contact and help recently released incarcerated individuals attend AA meetings and meet people. https://www.seattleaa.org/wp-content/uploads/2024/02/Pre-Release-Program-Outside-.pdf
- Corrections Correspondence: Write sobriety related letters to an incarcerated individual. https://www.aa.org/corrections-correspondence-special-kind-aa-service
- Corrections 12-Step: Answer calls from recently released individuals. https://www.seattleaa.org/12-step-signup/
- Corrections Literature: Help your home group set up a Pink Can program to purchase AA literature, and/or collect used Grapevines for facilities.
- Corrections Volunteer Recruitment: Tell others in your home group about volunteer opportunities.
- Home Group Corrections Rep: If your home group doesn't have one, ask if you can create this service position to attend corrections meetings and connect the group with all these service opportunities!!

You can read more about any of these opportunities at https://seattleaa.org/corrections or just email: volunteercorrections@seattleaa.org

Pink Can Thank Yous

A huge thank you to Counterpoint, Mt Rainier Big Book Study, Empire Way, Mountlake Terrace Wednesday Night Group, Sunday Night Speakers and Sober Sisters of Seattle for contributing $463.76 to the Pink Can Fund during February. We used $770 to purchase AA approved literature from Intergroup to take into the facilities.



"I never wanted to be a worker among workers."

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

Board Meeting Minutes **Greater Seattle Intergroup** March 18, 2025

Opening

- Call to Order & Serenity Prayer: Jeff U
- Reading of Tradition Three: Neal
- Reading of Concept Three: Anita S
- AA Birthdays for the month of March: Jenn — 2 years

Initial Business

- Roll Call of voting members

GSIG Officers

- Jeff U — Chair
- Eddy M-M — Vice Chair
- Karla L — Chair Emeritus
- Carina W — Secretary

District Representatives (10 of 11)

At least six are needed for a quorum

- Blake P — D15
- Ricky T — D16
- David S — D17
- Bobby T — D24
- Thomas H — D31
- Samantha M — D32
- Aaron C — D33
- Daysha G — D40
- Laura C — D41
- Sarah F — D42

- Review and Approve Minutes https://www.seattleaa.org/intergroup/intergroup-board/
  - Motion to approve: Ricky T, D16
  - Motion seconded: David S, D17

Unanimously approved

Elected Officer Reports

Chair ..... **Jeff U**

Following is a summary of the verbal report Jeff provided at the March GSIG board meeting.

Followed up with Districts and Groups on the GSR letter and made the commitment to meet with more in April.

- Provided overview of the ad-hoc finance committee, including:
- Presented the final set of financials for 2024 during the meeting,
- Total contributions were up $17,000 from 2023
- Total retail sales grew from $72,000 to $82,000
- Total income grew $32,000 to $295,000
- Overall gross profit was $9,000

We didn't make as much profit as it might originally appear, because the Cost of Goods (COGS) went up from $49,000 to $69,000

(Jeff's Chair Report continued)

- Continue to lose money printing the High & Dry
- Most costs are not covered by subscriptions
- Meeting guides almost doubled in cost to print
- Coins expenses were more than sold
- As costs have increased, we've not raised the price of the literature
- Cost of staff grew from $85,000k to $94,000 primarily due to Groups' decision to keep the office open on Monday
- Total expenses grew about $14,000 from $217,000 to $231,000
- Offset with incoming funds, we were about $2,000 in the black, the bulk of which comes from increased sales of literature and coins, as well as contributions from groups and individuals, totaling approximately $7,000. We need to keep that trend going!
- You might notice that our office supplies went up by about $3,000, partially because we've started categorizing coffee
- Gross profit went down by 42% compared to COGS
- We continue to need group contributions, thus our continued efforts to educate groups about the services GSIG provides, all approved by the groups themselves
- Dan, outgoing treasurer, wanted to highlight the following factors that impacted financials
  - Reopened the office on Monday
  - Eliminated the need for accounting firms
  - Reduced credit card processing fees by half
  - Comcast fees were renegotiated

Recommendations to modify policies and procedures related to financial matters were approved.

1) Monthly review of financial statements and bank accounts credit cards moved to treasurer
2) Changed authorized signers for the organization, including signing at the bank office manager, asst office manager, and one board member (maybe treasurer, chair, TBD)
3) Added language to define the duties of the ad-hoc committee
4) Removed references to 3rd party accounting firm
5) Removed references to USPS and shipping

Karla L, Chair Emeritus, raised a "point of order"

- Anything that's part of policies needs to be approved by the board
- Discussion on whether these are policy or procedural changes
- The by-Laws
- Monthly review of financials and signers are policy section 1 of duties and responsibilities D & F are policies
- All matters of policy need to be approved by the body

Decision

- David S, D16, motioned to approve the policy changes
- Karla L seconded

Unanimously approved

(Jeff's Chair Report continued)

Questions

- How did the two break-ins cost figure in?
  Equipment for security system and other office upgrades increased cost, whereas doors were entirely repaired by members, and two laptops were donated
- Intergroup buys books in bulk from GSO, so why doesn't this result in more income?
  GSIG sells the books at the same price as GSO, which is approximately an 8% profit. We used to apply an additional mark-up that raised the profit to 25%–30%.
- Because the prices have gone up? If the margin didn't change from AAWS how does that work?
  We lowered our prices to match those of GSO.
- What caused the significant drop in software expenses in P&L
  Due to eliminating accounting firm

Vice Chair ..... **Eddy M-M**

"Good job to everyone who worked on what Jeff just presented!" (See above Chair Report.)

Chair Emeritus:..... **Karla K**

Karla was present at our March board meeting, but had nothing to report.

Treasurer..... **Pete K**

Pete was out of town, so our Vice Chair, Eddy, presented a summary of the February Treasurer report.

Total Income	$28,802.37
Total COGS	$6,125.19
Total expenses	$19,651.61
Net income	$3,063.61

In addition to the following, please refer to "Appendix 1: Financial Report" for the full Balance Sheets and Profit & Loss (P&L) reports as of February 28, 2025.

GSIG Prudent Reserve Balance Sheet

Prudent Reserve	$58,239.00
Savings Account	$1,146.15
Money Market	$46,708.36
Shortage	$-10,384.49

Our Prudent Reserve is calculated based on three months of Current Approved Budget Operating Expenses.

2025 Approved Budget	$232,955
Divided by 12	$19,412
Projected Monthly Expenditures	$19,412
Multiplied by 3	$58,239

(Eddy's presentation of the Treasurer Report continued)
Question

- Why isn't the printed documentation the same as what the secretary sent in email?
  The printouts were a subset of the documentation sent in email.

David, D17, motioned to approve the Treasurer Report
Unanimously approved without an official second
Note that Adam, representing Fremont Northgate Fellowship Hall, attempted to second the motion. "Article V – Board of Trustees" of the GSIG Bylaws updated 12-15-20 defines voting members of the "Intergroup Board" as the District Representatives and five Elected Officers at regular Intergroup Board meetings. All Group Representatives are eligible to vote at annual assemblies.

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

Recording Secretary.....**Carina W**
Working to get these minutes out on time, since serving AA is one of 3 things I must do to stay sober.

Intergroup Staff Reports

Office Manager.....**Lara R**

Financial: We had another good month last month. Thank you to all of the groups and individuals who continue to support our efforts.

We have purchased a new microphone/camera and speaker device. Hopefully, this will lend itself to a much simpler hybrid setup for everyone.
Our 2024 Taxes have been filed.

Inventory: We are selling a lot of Plain Language Big Books still and the uptick in sales is noticeable.

Hot off the press! Save the Date: August 17th, 2025, 11:00 AM to 4:00 PM at Seward Park, Shelter #3 GSIG Big Summer Picnic.

Protocol: I am working on the 2024 Annual Report. My goal is to have it completed by the end of March.

Chatline has been reactivated. We received a chat request 30 minutes after turning it back on. Thank you to the 12-step Committee for taking on this awesome responsibility.

Call Log
12-Step Calls: 2
Total Calls: 87

Questions

- What kind of chats are happening online?
  All sorts of things, such as when a call comes in, including many requests for meetings, which is unusual since all of that is on the same website.

(Q/A to Lara's Report continued)

We use the tawk.to app for our chat, so it's not the same as sms/text. Its logo is a parrot, which is displayed in the chat. Some groups pay extra money to have this icon removed. If groups wish to pay this fee, we can accommodate that as well.

- How long was the chatline down?
  About 3 months due to lack of volunteers
- How many people use it?
  It doubles our points of contact, so it's very popular. Eddy demoed for the board, and immediately, a volunteer responded!
- How much does it cost to remove the icon?
  *Lara didn't know right then, but would find out. (See more info under **New Business** on page 17)*

Assistant Office Manager.....Anita S

Anita said it was so good to see everyone at the Burian Little Assembly! When she attends these events, she likes to bring back little tidbits for the folks who couldn't be there. She got this idea from Dave T, a past delegate, who used to do the same. The Hospitality room was really well-stocked this year. And did you know that our own GSIG Office Manager, Lara R, was this BLA's treasurer

She thanked the 12-Step committee for stepping up to manage the Chat Line, and then thanked Eddy for demoing how the chat works during our board meeting. "That was so cool!", she said. Here are some other things Anita wants us all to know:

- Solid Sobriety has some Zoom equipment they're willing to donate, so if you know of any groups who wish to go hybrid
- Fonte, the coffee shop next door to Seattle Intergroup, is offering coffee cups for meetings.

And now about Quilts

- The size of the blocks should be 12"x12". This is important to note, as some folks have been dropping off blocks in other sizes.
- Iron-on Transfers have improved a lot over the past couple of decades. You can take a piece of art, the name of your homegroup, or even just your name and sobriety date, and iron it onto a12"x12" piece.

<u>Question</u>

- Can we make more than one?
  Yes, that is welcome!

Like last month, Anita shared some more facts about Burke, who was an Area 72 past delegate from 1993 to 1994, so over 35 years ago now. She read a letter he'd received in December 1987 from GSO, thanking him for his submissions to the Grapevine. Anita had known Burke her whole sobriety and had no idea that he'd done this. What a great example of anonymity! Three years later, GSO wrote to Burke again, thanking him for his contributions to "Daily Reflections". Anita will do her best to find out which dates are Burke's writings.

Burke continues to amaze Anita. She wants everyone to know that the "Daily Reflections" was just a crazy idea that folks kept talking about, and then it happened. If you have an idea, bring it to us, and someday it might grow into something great!

Service Committee Reports

Accessibility.....**Kathy A**

Not represented at the March board meeting; no report submitted.

Archives.....**Theresa S**

I am still recovering from knee joint replacement surgery and hope to visit Seattle Intergroup offices next week to update "High and Dry" and "Grapevine" new file binders for 2025.

Corrections.....**Karen K**

Big thank you to Counterpoint, Mt Rainier Big Book Study, Empire Way, Mountlake Terrace Wednesday Night Group, Sunday Night Speakers, and Sober Sisters of Seattle for contributing $463.76 to the Pink Can Fund. We used $770 to purchase literature.

I feel much gratitude for the interest in the District Correction Chair positions. We are fully staffed (except for D32).
The committee has been busy:

- Attended the Burien Little Assembly and made great connections
- Attended the Area 72 Corrections Quarterly
- Submitted at least 20 applications for background checks for the RJC
- Continuing to take meetings into Juvenile Detention Center 2x/week, SCORE 2x/week, FDC each week, Kent City Jail, 2x/week,
- Dan and I have attended two district meetings to talk about DCCs
- Gathering Prerelease volunteers
- Gathering testimonials from people inside facilities for whom the Plain Language BB has been very helpful for them. These will go to the woman from AAWS who attended last month's meeting.

Upcoming: If you know people who're interested in corrections service and not sure what to do, you can suggest in Shoreline. For more details, email volunteercorrections@seattleaa.org they go to the Corrections volunteer sign-up event on Saturday, 4/26, 2:00–4:00 PM at the Phoenix Club on seattleaa.org.

At the March meeting, we discussed Jeff's question asking how Intergroup and the board could support our work. Like every committee and group, we could use more volunteers. There's lots of interest to bring meetings into facilities and many people don't have enough sobriety to make it through the background check. We decided to start highlighting service opportunities available to people with less than 2 years of sobriety and ask that the board help us with outreach. We are developing a new flyer in "plain language" that DCCs and home group reps can take to their people, we'll add it to the webpage and info to include in all the outreach materials like OWAAT and the H&D. In that spirit, we will also redesign the cover for the Pink Can so it's easier to read!

If you're interested in learning more about corrections, please come to our monthly meeting on 2nd Monday at 6:30 PM on Zoom and in-person at Intergroup. For more info, please email corrections@seattleaa.org.

Thank you for this opportunity to be of service.

Hospitals & Treatment ..... **Mikey C**

On Saturday, 03/01/25, we had a productive meeting which focused on updates and the committee's needs. What became clear was that there is a need for coverage at the meetings, panels, and committee volunteers looking for service work. We will be connecting volunteers with the coordinators and working on an effective way to address this continuous need.

Secretary Report: Kristi requested all in attendance consider signing up for panels/meetings if they have not already done so and consider signing up on the General Sign-up Sheet too.

Reports from those in attendance

- Adam A reported that he wants to get on a panel. (Adam put their info on the General sign-up sheet, which hopefully will get them connected to service work. Others in attendance did the same.
- Jim — Key Recovery
- Tyle D — Union Gospel Mission. After you have registered with UGM, call Tyler at (425) 548-0991 to inquire what Saturday needs support. Men only.
- Paul S — King County Recovery Program (Skyway) panels every Tuesday at 7:00 PM and Saturday at 4:00 PM. Tuesday's Coordinator is Shelley Magnolia. These panels need support.
- Shelley M — King County Recovery Program (Skyway) Tues at 7:00 PM Coordinator looking for panelists.
- Diane — reported she has paneled at Harbor View and is looking for service work and would like to find something north of the greater Seattle area.
- Carol — Reports she was sent by Paul S. She is in District 39 (Woodinville) and wants to be considered for "fill in work". She has signed up on the General Sign-up Sheet.
- Jill P — Union Gospel Missions Hope Place Women's recovery facility is doing well. To volunteer, contact Jill P.
- Madalia reports working with Paul actively recruiting panelists and volunteering as a facilitator.
- Lara B — liaison for Harbor View, contact her at larabenedict@gmail.com.
- Robert District 32 Treatment Chair (253) 329-0418 reports "Intercept" is a 3-person panel, an online panel that needs support.
- Kelley L. District 24 Treatment Chair is looking for panel work, sharing that there is none local to his area.
- Zuya Khan, zoya084@gmail.com, reports she is a medical worker, in district 16 and is looking for service work.
- Elsa checking in from District 40
- Titus District 18 Treatment Chair is looking to bring panelists into Lakeside Milam on the last Friday of the month, contact Titus for more details.
- Lily O — Bread of Life Mission Coordinator reports needing panelists for Saturday 11:45 AM to 1:00 PM.
- Cynthia W. reports her home group is looking to start a panel or service commitment locally and asked how they might move forward. She received many ideas and will f/u with the committee.

Please note that i do not post phone numbers unless requested

If you need to cover a "bridging the gap" please forward to Mikey C at bridge@seattleaa.org. We have had 3 "gaps" received and have been

For other needs, come to our meeting next month, April 5, 2025 at 10:00am

Just want to remind everyone…

- Treatment Workbook Study Part 2 on March 22, 2025 at 12pm–1pm
  Zoom Meeting: https://area72aa-org.zoom.us/j/81255919512 (no passcode)
- Seattle Intergroup is hosting the Area 72 Treatment Quarterly on April 12, 2025 at 9am.

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**

We will be doing a training event and get-together on the 29th!

Phone Volunteer Information Session — Saturday, March 29th
Let's get together and talk about answering phones. This will be in-person and online (for those who can't make it to the GSIG Office).
This will be a Potluck Lunch. Please bring a dish to share.

When: March 29th, 2025 @ 12:00–1:30 PM
Where: Seattle Intergroup 5507 6th Ave S., Seattle 98108
Online Meeting: **ID**: 878 7263 3028 **PW**: 389590

Bring your questions, concerns, and experience.

- What to do when someone is drunk?
- When to refer to the 12th Step Committee?
- How long is too long to talk to a caller?

We currently have 2 open Nightwatch shifts:
2nd Friday 10p-2a shift
4th Monday 10p-2a shift

Please contact Rob via text message at 206-601-0061 with questions or to volunteer

Office Committee..... **Matt T**

We have already discussed the Ad-Hoc report in detail, but another topic that arose was the lack of a bereavement policy. We've tabled this for our next meeting for discussions

Public Information/Cooperation with the Professional Community Chair..... **David B**

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

Resources at the Intergroup Office. We have two shelves in the back room of the Seattle Intergroup office where we store CPC/PI materials. February inventory:

- **Tablecloth and large rack.** Chairs can borrow and return these items for use in events.
- **Literature racks.** We now have six literature racks available for use in libraries, community centers, etc. Yuri (Empire Way) has placed a new rack at Belltown DHS.
- **Literature.** We have 590 individual pieces of literature, along with 145 professional community packets with an additional 825 pieces, for a total of 1,415 pieces of literature.

(David's PI/CPC report continued)

Fairs. We now have a calendar of upcoming fairs and festivals where A.A. participation might be appropriate. We are exploring these opportunities and have already been invited to participate in:

- March 22 Westwood Village Community Resource Fair, West Seattle
- April 1 King County Library Resource Fair, Kent
- May 15 Senior Health and Resource Fair, Federal Way

We are working with the district CPC/PI chairs and DCMs on developing these opportunities.

Washington Mental Health Counselors Association: Nate (D31) is working on an online presentation to the Washington Mental Health Counselors Association.

Burien Little Assembly. The CPC/PI committee had a booth at BLA on March 1, where we distributed CPC and PI literature, and connected with members about CPC and PI service.

QR Code Stickers for literature. The committee is reviewing draft designs for 2-inch square stickers to affix to the literature we distribute. The stickers would have GSIG contact information along with a QR code leading to the Meeting Guide app. Cost at FedEx would be about 20 cents per sticker.

Area 72 Metro Bus Sign Proposal. The committee is engaged with Area 72 PI Chair in this proposal for April. Margaret (D14) is assisting with designs.

Schools: Nate in D. 31 is working on a presentation for schools.

David B., GSIG CPC/PI Chair, cpc@seattleaa.org

Questions

- How do you get funding for the literature for all these events?
  We ask the district to pay for their literature, sometimes it's a joint thing where we split the two

Special Events ..... **OPEN**

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

We have a date for the picnic, so please encourage those you know

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**

The 12th Step Committee is on fire!!! We had 3 referrals so far in March. We have about 7 members actively working to improve committee efficiency. The Committee is also taking over the GSIG chat volunteer organization, so stay tuned for more information on that. Lastly, in conjunction with Rob and the Nightwatch Committee, we are hosting a Phone Volunteer Information Session. It's on March 29th from 12:00 PM–130 PM at Intergroup and will be a hybrid session with an in-person potluck option.

(Karrie's Twelfth Step report continued)
Please come if you are or would like to be a phone volunteer, available for 12th Step calls, or if you'd like to volunteer to answer chats for Intergroup!

In-person 5507 6th Ave South, Seattle 98108
Online Meeting ID: 878 7263 3028 PW:389590

Thank you,
Karrie

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

You can find business meeting details for all Districts within the Greater Seattle Area at https://www.seattleaa.org/district-map/.

District 14 ..... **Ruth P**
West Seattle, White Center, Vashon Island

- We meet on the second Tuesday of every month
- At our meeting last week, the GSIG board letter was discussed, and hard copies were distributed to the GSRs present. Our secretary will be attaching the letter to the minutes, so that those attending online will have a copy to share with their home groups.
- Three of our groups meet at Admiral Congregational Church, which will be torn down this fall. They will be building a new church, a process that should take 18 months. The church will be renting space, and has invited the groups that meet at the church to join them in their rented location during construction.
- We talked about how the groups in our district celebrate birthdays, and there is a lot of celebrating going on in D14. Most of them include cake, but some are a potluck. Once a month, the White Center group lines up all of the birthday people, newest to most seasoned, they each tell their story, and that's their meeting that month.
- Breaking news on our FAMOUS annual picnic and pie auction, it is confirmed that we will be on the water, Shelter 3 in Lincoln Park this year — mark your calendars for Sunday, September 14.
- Our rocking archives chair, Kaya H, has been working on a virtual literature rack, essentially a brochure chocked full of references and QR codes to help people easily access key AA resources, including literature, YouTube channels, and Grapevine offerings. He is putting the finishing touches on it and it should be ready for all to use very soon.
- Speaking of Grapevine, our literature chair Jennifer S told us about how anyone can gift a Grapevine subscription to a treatment facility, corrections facility, or really anyplace that could use a Grapevine. This can be done at https://www.aagrapevine.org/store/us-grapevine-print-gift-certificate.

(Ruth's D14 report continued)

- Our amazing corrections chair, Katie Jo, talked about a serious need to recruit Spanish speakers to do service work in Corrections.
- In the near future, we will be working on editing and updating our District Handbook.
- D14 is also working on organizing people to ride up to Vancouver together to volunteer at the International Conference.
- One last item, perhaps new business for next month, would be how can we organize a training for people to learn how to do group inventories? There seems to be a need.

Thank you!
Ruth P

District 15 ..... **Blake P**
Downtown Seattle, West Capitol Hill

Blake provided the following verbal report at our board meeting.

The D15 business meeting is on the second Tuesday at GSIG.

Blake took the GSR letter to the last business meeting, handed some out, sent out the digital copy, and read it to his home group. At another meeting he went to, Blake saw the GSR also reading the letter. Karen came to discuss Corrections and learned that Grapevine sends pamphlets. Blake also went to Empire Way last week and saw they're collecting for Corrections, too.

Some other things Blake reported:

- D15 is involved in the March 23rd Pre-Conference which will have Spanish interpretation. Blake will check it out and ensure contributions since renting those can't be cheap.
- Peeps mentioned Our Stories Disclose needs to sell more copies.
- Our District still has some open positions, so we're looking to fill those.
- We're also seeking more groups to send GSRs to.

District 16 ..... **Ricky T**
Northeast Seattle and University District

Ricky gave a verbal report about D16 at the GSIG board meeting.

D16 meets at Journey Christian Church on the third Tuesday of each at 7:00 PM.

Everyone's still new in their rotations, so focusing on:

- Young People outreach, especially because of our Lakeridge Young People's group.
- Groups that aren't represented with a GSR. There are 20 meetings in D16, and currently, only five GSRs attend the business meeting, suggesting ~15 aren't represented. We'd like to create conversation guidelines via an ad-hoc committee to help us reach out to these groups
- The D16 GV & Lit, H&T, and Web positions need to be filled. Especially GV& Lit would be important, since our delegate Courtney is on the GSB committee.

District 17 ..... **David S**
Ballard and Northwest Seattle

Quiet and smooth sailing, with plenty of cash and discussing what we want to do. I am interested in learning more about coin sales. We're looking for a place for our gratitude banquet. We would like to focus on meeting with groups within our district, determining whether they're groups or meetings, and letting them know that the district is here to support them.

District 18 ..... **William B**
Renton, Kent, Tukwila

We meet every third Thursday at 7:00 PM at our new location, the United Methodist Church in Renton. The address is 2201 NE 4th St, Renton, WA 98056, United States.

- We still have 3 of our positions that need to be filled Corrections, accessibility, web
- Hot Stove will have an anniversary potluck on March 28th; food will be served starting at 6:30 PM.
- Old Kent goes bowling on the 3rd Saturday of the month at Kent Bowl.

District 24 ..... **Bobby T**
Southwest Snohomish County: Everett, Lynnwood, and Montlake Terrace

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

- Last month we had 34 people attend our business meeting in-person and four online.
- All positions filled except Alt Zoom Coordinator
- 260 people attended our Gratitude Banquet on March 8th.
- We have an upcoming stapling party on April 13th at the Snohomish Alano Club, 625 Ford Street.

District 31 ..... **Thomas H**
Burien, Des Moines, Normandy Park, SeaTac, and Tukwila

1. In-person meeting this month 6:30-8pm
2. Alt Delegate Attended
3. New GSR's Doing well
4. Open positions: Archives and Correction (may have a person for Corrections0
5. BLA: Successful. Thanks for all the help!
6. PRE Conference: March 23rd, 5pm at St John Lutheran Church
    a. Log in to https://area72aa.org/, set up an account, then find resources to get Delegate Packet
    b. Please get your group conscience back to Delegate by April by Google, text, or email.
    c. Delegate Rap up After Conference
    d. Right of Decision went over
    e. Assembly in 2028 Bid to host
    f. DCM sent out a Delegate Packet. Thanks!

In Service Always, Thomas H, D31 Liaison

District 32.....**Samantha M**
Algona, Auburn, Federal Way, and Pacific

We had our District 32 Meeting on Monday, March 3rd, 2025, from 7:00pm–8:00pm 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 14 voting members.

- Secretary — Mo: Printed and emailed report. Attended the Area 72 secretary workshop.
- Treasurer — Skye: Sent out report in email. Collected money for the Blue Can / Accessibility fund. Money will be brought to the Intergroup meeting.
- Archivist — Dylan: Attended Burien Little Assembly with traveling display. Our Stories Disclosed Volume 3 is selling for $25.00 a set. Our Stories Disclosed is the history of AA in our Washington State area.
- Events — Dan: Sent an email report. Discussion about District 32 Picnic. The Pacific location is not a good fit. Looking for pricing and reservations at Steel Lake Park in Federal Way, hopefully in the covered area by the playground.
- Treatment — Robert: 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 11:05am–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
- Webmaster — Nate: Communicating with Lee from Seattle Intergroup to update the meeting guide app for meetings in the District 32 area. New District 32 Meeting guides have been printed. Have to start from scratch to rebuild a new District 32 website as our website is broken. All inactive service positions now have an automatic reply to emails. Emails have been updated.
- Alt DCM — Rob: Attended PRAASA in Alaska.
- DCM — Nicole: Many requests for DCM to attend trusted servant quarterlies for positions not filled at our District. With so many open positions unoccupied, she is unable to attend all of these quarterlies. Attended BLA and was of service on many different levels. Continuing to attend monthly Service Manual Studies, the 1st Monday of the month at Greater Seattle Intergroup (GSIG) via Zoom / in-person. Registered for the April 4–5 2025 WWA72 Business Quarterly in Vancouver, Washington.

OLD BUSINESS: District Inventory — TBD

NEW BUSINESS: A new meeting started at Brookdale Federal Way, Senior Living Solutions. This new meeting can be found on the meeting guide app.

CORRECTIONS PRESENTATION: Karen (GSIG Corrections Chair) and Dan (Past Corrections Chair for District 32): We are looking for anyone interested in stepping into service as the District 32 Corrections chair position. There is a Corrections Workshop on Saturday, April 26th from 2:00 pm–4:00 pm at the Phoenix Club located at 14701 Aurora Ave N. Seattle, WA 98133. Karen and Dan presented what this position entails and points of contact for anyone interested in learning more about this position, please email corrections@seattleaa.org or volunteercorrections@seattleaa.org.

Thank you, Karen and Dan, for your service.

(Samantha's D32 report continued)
OPEN POSITIONS: Accessibility, Bridge the Gap, Corrections, Grapevine/Literature, Public Information/School Panels (PI), Third Legacy

With Love and Gratitude,
Samantha M, District 32 Representative

District 33.....**Aaron C**
Maple Valley, Covington, Black Diamond, Hobart, Summit, and East Kent

Chairperson: Sherry Dee
Secretary: Kathy Im
Location: King County Sheriff Precinct, 22300 SE 231st Street, Maple Valley, WA
Meeting Time: Second Tuesday of each month at 6:30 p.m.

Treasurer's Report (Jim)
- February contributions: $176.18
- The district remains below its prudent reserve, so no splits will be made for February.

Open District Positions
- Accessibility Chair, Newsletter Chair, Workshop Chair, Young People's Chair
- While the district is functioning well, filling these positions remains a priority.

PRAASA Recap (Christina)
- Christina attended the Pacific Region Alcoholics Anonymous Service Assembly (PRASA) in Anchorage.
- Emphasized the importance of the General Service Office (GSO) and the need to better communicate its role to groups.
- Key takeaway:
- It costs GSO $5.69 to process a check but only $0.53 for an online donation.
- If sending a check, it must include the group name or district number, or it will be returned.
- Attendance at PRASA: 700–800 people.

Literature & Public Information
- Abby (Grapevine & Literature Chair): Encouraged purchasing AA literature and coins directly from AA to support the organization.
- Jim P. (Public Information Chair): Working on setting up a group to speak at schools about AA.

Corrections & Treatment Updates
- Curtis (Corrections Chair)
  - Recently met with a group and is excited to work with correctional facilities.
  - Corrections Workshop: April 26th at the Phoenix Club.
- Aki (Treatment Chair)
  - Recently organized a group visit to Milam Treatment Center.
  - Working on scheduling more visits to additional treatment centers.

(Aaron's D33 report continued)

Group Attendance & Contributions

General consensus among attendees:

- Group sizes are decreasing.
- Contributions are also down.
- No clear reason identified, but this trend was noted for further discussion.

Question

- Who is the D33 literature rep?
  Abby

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 3/11/25. Our May district meeting will be hybrid, at the Intergroup office and online. ZOOM ID: 636 349 2454 / no password. Room opens at 6:45pm.
- About 60 people attended our hybrid GSR school.
- We are hosting Archives on August 2 at intergroup.

District 41..... **Laura C**

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

District 41 meets on the 2nd Wednesday of the month, 7:00 PM on Zoom.

- 18 attending including guests.
- Jennifer R. (Area 72 Archives Chair) joined our meeting as a guest speaker. Jennifer shared information and insight with the group about the Archives Committee, archive documents, collection, and maintenance.
- DCM (Nate) and Alt DCM (Ganelle) shared updates with the group and informed that they are planning to visit each group in the District to meet members and increase awareness of the role of the District.
- GSRs reported updates from their meetings
- The budget was reviewed, discussed, and passed.
- There were 4 open district positions at the start of the meeting, 3 at close.
- Jacob was nominated to the position of Grapevine Committee Chair, he accepted and was voted as the new Grapevine Chair.
- Current open positions are District Secretary, CPC, and PI.
- Upcoming: A preconference is scheduled for Sunday, March 23, from 1:00–5:00 PM at St. John United Lutheran Church, 5515 Phinney Ave. N., Seattle.

District 42..... **Sarah F**

Northwest Seattle: Lake Forest Park and Shoreline

Homegroup online discussion

Area 72 requested the removal of their EIN from our Chase bank account. We are exploring becoming a BECU club account to avoid using an EIN or individual SSNs. We will seek guidance from Area 72 regarding best practices from other districts to avoid these requirements.

(Sharah's D42 report continued)

District 24's summer picnic

We discussed partnering with them for their annual picnic in late July, but need to further assess our financial stability and understand their needs (financial commitment, volunteers, or basket donations). District 42 traditionally holds a picnic in early September at Richmond Beach Saltwater Park, and we may continue this tradition.

AA Clubs and Halls

Serenity Hall.....**Joel K**

Serenity Hall has been in limbo regarding our current building situation as a change of ownership has taken place. We are now in contact with the new landlords and have paid up the last few months' rent. We have kept up a good cash reserve in anticipation of the changes and are in a good place financially to deal with any other unexpected financial hardships. The best news is that our new building owners did not increase our lease amount. The future of Serenity Hall at our current location is uncertain, but we've been given assurances that our place in our current building is secure for at least the next 2-3 years.

We have a new Events chair and are planning upcoming events like a bingo night! Stay tuned :)

Fremont Northgate Fellowship Hall .....**Adam**

Put together a committee to make the entrance ADA accessible and maybe add another entrance. We have an Easter Party available.

Question

- Are the meetings still just noon and 8pm?
  Noon, 6:30 PM, and 8:00 PM

Greenwood Fellowship..... **Lois**

Not represented at the February board meeting; no report submitted.

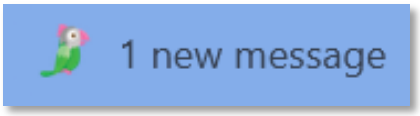
Old Business

Open Committee positions

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

New Business

Should we pay to remove the tawk.to icon?



Lee researched during the board meeting to identify removing the parrot icon from the GSIG Chat Line is $29 per month.

CALL TO ACTION: Please discuss this with your groups so you can come to the April GSIG board meeting prepared to decide if GSIG should incur this expense.

Should GSIG raise the price of books by $1 each?

Literature pricing is generally reviewed twice a year, and any recommended adjustments are then presented at the next assembly. If a group or district would like to bring a recommendation forward, please submit it prior to the Spring or Fall assembly. The next GSIG assembly will be in July.

CALL TO ACTION: Clarify which literature, for example just big books and 12 stepsand 12 editions

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
▪ The Principles of the Twelve Steps	Hybrid	4th Wednesday @ 2:30 PM
▪ Hot Stove (see agenda)		
▪ Spring Fling		

Reminders

▪ Send GSIG Reports to secretary@seattleaa.org	Deadline:	April 15th
▪ Send Newsletter articles to high_and_dry@seattleaa.org	Deadline:	March 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

Closing

- Motion to close the Board Meeting: Samantha, D32
- Motion seconded: Eddy, Vice Chair

Unanimously approved

We adjourned our February board meeting with the Responsibility Statement

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

April 5th David A.
April 12th Lynda T.
April 19th Nathan M.
April 26th Lupita Y-D.
May 3rd Nick S.
May 10th Kent W.
May 17th Darryl L.
May 24th David S.
May 31st Tyson D.

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

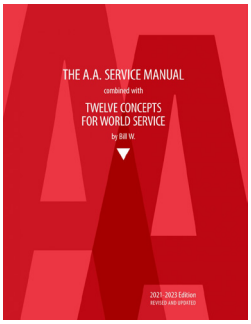


SERVICE MANUAL STUDY

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



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

CORRECTIONS WORKSHOP

4/26/2025, 2-4PM

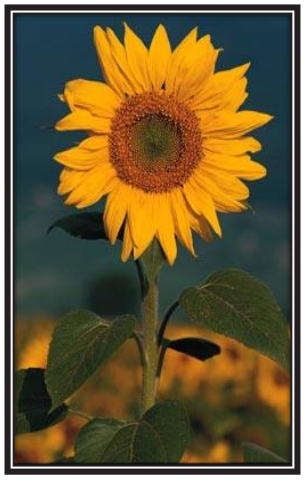
Presented by: **Seattle Intergroup Corrections Committee**

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/

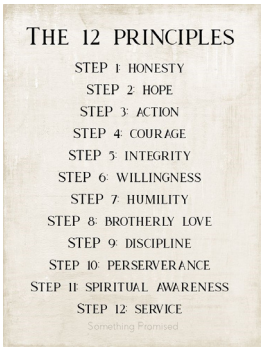
high_and_dry@seattleaa.org

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

SATURDAY JUNE 7

SOBER BEATS

FELLOWSHIP

DANCE PARTY

$6

Tickets and info here:

https://SOBERBEATS.eventbrite.com

9–11PM

VFW HALL
3601 SW Alaska Street
WEST SEATTLE

THIS EVENT IMMEDIATELY FOLLOWING
THE 7pm WEST SEATTLE SPEAKERS MEETING
CARRYING THE MESSAGE

A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 60 years, contributing a single dollar has been almost a tradition



12PK OF BEER

1960 ... $1.70
1970 ... $1.98
1980 ... $3.40
1990 ... $4.96
2000 ... $6.30
2010 ... $8.07
2024 ... $12.25



CIGARETTES

1960 ... $.20
1970 ... $.65
1980 ... $1.65
1990 ... $2.00
2000 ... $3.00
2010 ... $5.50
2024 ... $7.93



GAS

1960...$.22
1970...$.35
1980...$.35
1990...$1.10
2000...$1.25
2010...$2.70
2024...$3.19

$1.00 in 1935 would be worth **$23.03 in 2025! Today's dollar has only 9 cents of the purchasing power of a 1960's dollar.**



Acknowledging these economic facts, why not responsibly compensate by dropping in 3 bucks for 2025?



For those that can't afford it, the important thing is to keep coming back!

This poster is unofficial. It was not printed by AAWS. Printed by Lancaster Area Intergroup.

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.

Sunlight of the Spirit Womens Retreat 2025

AA

Come unwind with us over a weekend of fellowship, amazing speakers and fun activites

We will gather at the Falls Creek Retreat center on Friday May 30th. Note - this is NOT Memorial Day Weekend.
32 Falls Creek Rd, Raymond, WA 98577

Check in starts at 2 pm, dinner at 6 pm. followed by a speaker and sound bath. You will select your shared room upon arrival, first come - first served!

Saturday will be a day filled with a variety of acitivties and a formal dinner followed by a speaker and BINGO!

Sunday we will share a spiritual brunch and a special farewell to new and old friends. We cant wait to see you!

Join our facebook group for updates and dont forget to pre-order your merch! @ Sunlight of the spirit (SOS) Retreat 2025

Scan the QR code with your phone to register now! Space is limited

$185 for lodging and meals due at the time of registration

For registration info please contact Laura H (425)466-1204

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/