



High & Dry

February 2022

Volume 74, Number 2

FEBRUARY IN OUR HISTORY

February 2 1942 – Bill W. paid tribute to Ruth Hock, AA's first paid secretary, who wrote approximately 15,000 letters to people asking for help

February 8 1940 – Bill W., Dr. Bob, and six other A.A.s asked 60 friends of John D. Rockefeller, Jr. for money. They got \$2,000.

February 9 2002 – Sue Smith Windows, Dr. Bob's daughter died.

February 10 1922 – Harold E. Hughes was born near Ida Grove, Iowa. After his recovery from alcoholism, he became Governor of Iowa and a U.S. Senator.

February 11 1938 – Clarence S. ("Home Brewmeister") had his last drink.

February 12 1945 – World War II paper shortage forced reduction in size of Big Book.

February 13 1937 – Oxford Groups "Alcoholic Squadron" met at the home of Hank P. ("The Unbeliever" in the 1st edition of the Big Book) in New Jersey.



1940 – With about two years of sobriety, Jim B. ("The Vicious Cycle") moved to the Philadelphia area and started the first Philadelphia A.A. group.

Feb 14 1971 – AA groups worldwide held a memorial service for Bill Wilson.

2000 – William Y., "California Bill" died in Winston Salem, NC.

February 16 1941 – Baltimore Sunday Sun reported city's first AA group begun in 1940 had grown from 3 to 40 members, with five being women.

February 18 1943 – AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.

February 21 1939 – 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment.

February 26 1999 – Felicia G., author of "Stars Don't Fall," died.

**Greater Seattle
Intergroup (GSIG)
Office
5507 6th Ave S
Seattle, WA 98108
206-587-2838**

*Love and tolerance of
others is our code.*

FUTURE TRIPPING

February GSIG Events

2 — Seattle Intergroup Accessibility Committee 6pm - 7pm Zoom Link
<https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09> Zoom
Meeting ID: 885 9521 8136
Passcode: 611317

5 — GSIG Hospital and Treatment Committee 10am - 1130am Hybrid meeting. Greater Seattle Intergroup Office, 5507 6th Ave S Seattle
Zoom Link
<https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUIlSitzMTB1RXM4eFdSUT09> Zoom Meeting ID: 820 0608 7832 Passcode: 088776

6 — GSIG Manual Study 11am - 1pm Hybrid meeting Greater Seattle Intergroup Office, 5507 6th Ave S Seattle Zoom link
<https://us02web.zoom.us/j/89985027998?pwd=Q2NxR0ozSjlHenFyWTdaZVpqdityZz09> Zoom Meeting ID: 899 8502 7998 Passcode: 280429

12 — GSIG Third Legacy Committee 9am - 10am Zoom Link
<https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09> Zoom Meeting ID: 858 5142 0330
Passcode: 051501

12 — GSIG Third Legacy Tradition Study 10am - 1130am Zoom Meeting Link
<https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09> Zoom Meeting ID: 858 5142 0330
Passcode: 051501

13 — Burien Little Assembly Planning Committee 10am - Noon Zoom Meeting Details TBD.

14 — GSIG Corrections Committee 630pm - 8pm Zoom Meeting Link
<https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YkIzWlB4UT09> Zoom Meeting ID: 872 2771 9137
Passcode: 833575

15 — GSIG Monthly Board Meeting 7pm - 830pm Hybrid meeting. Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA
Zoom Meeting Link
<https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcljNNQUxweStiK3BZUFZTZz09> Zoom Meeting ID: 918 5437 5402 Passcode: 035194

19 — GSRs-Keep Calm ... Pre-Conferences 9am - 1030am Zoom Meeting ID : 813 6933 6398
Password : GSR2022

19 — GSIG PI/CPC Committee 10am - 1130am Zoom Link
<https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09> Zoom Meeting ID: 810 2073 8836
Passcode: 166656

19 — WWA 72 Grapevine/Literature Quarterly 10am - 2pm Hybrid meeting Hybrid meeting. Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA
Zoom Meeting info TBD

19 — DCMs-Keep Calm ... Pre-Conference 11am - 1230pm Zoom Meeting ID : 896 2882 5975
Password : DCM2022

19 — Online District 25 Meeting 4pm - 530pm Zoom Meeting ID : 856 6331 8420 Passcode : 353586

19 — Open Mic 730pm - 11pm Greater Seattle Intergroup Office , 5507 6th Ave S, Seattle.

SERVICE OPPORTUNITIES

Nightwatch

Night watch is the 24 hour hotline that gives callers a real person to talk to. These positions are forwarded to your phone and only one, four hour shift once a month
We need volunteers for 4 hour shifts 10pm, 2am, 6am.

Also, we are still searching for NEW Nightwatch scheduling coordinator.

Corrections/Treatment

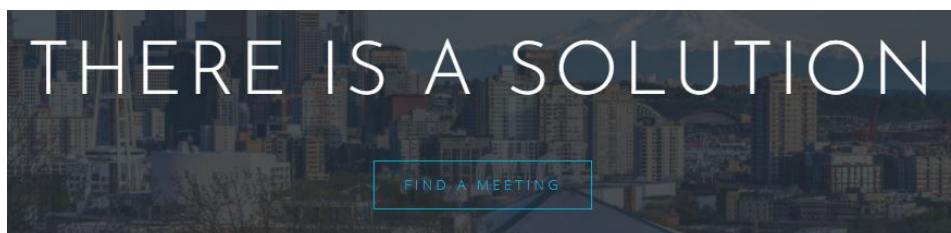
We need a few new Bridge program volunteers for people that are being released from facilities and want to connect with AA meetings right away. Corrections Correspondence is always looking for people to write to inmates, especially men. It's a great way to do service for people that are starved for contact on the outside.

Group GSIG Answer Phones

How about your group help out at the office? Sign up for a monthly commitment to answer phones at Intergroup. It is one way to have a meeting with members of your group and have a chance to help the next suffering alcoholic.

26 — GSR-Basics-Crash Course 9am - 1030am Zoom Meeting ID : 811 6817 2734 Password: crash

26 — GSIG Web and Tech Committee 9am - 11am Zoom Meeting Link
<https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJlPQWlMUUdxYy95V3lPd09> Zoom Meeting ID: 857 9514 2843
Passcode: 4671



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Jonathan W., and Freda T.
WEDNESDAY	Stephan M., Brian, Amy F., Cindy H. and Pam H.
THURSDAY	Joe M., Joe B. and Max
FRIDAY	Thomas H. and Max
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Troy O., Carolyn B., Jim D., Bill R. and Lori

Southend Bookstore hours are Monday through Friday 10am to 6pm; Saturdays 10am to 2pm.

MEETING CHANGES

Many meetings are no longer being held at physical locations and have moved to online formats. However, many meetings are choosing to meet in person. Checking our site is the best way to stay current with meeting times and locations. Please let **webmaster @seattleaa.org** know if there are changes to your online or in-person meeting.

The **Corrections Committee** is now meeting on Zoom only on the second Monday of each month.

Main Intergroup Office Hours

Office will be open for administrative activities. We are still processing literature orders during normal business hours: Tuesday through Friday 10am to 6pm and Saturday 10am to 2pm.

High & Dry: News and Notes — February 2022

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, join us on Zoom February 16th, 2022 at 6pm

The Zoom coordinates are:
Meeting ID: 838 9225 4204
Passcode: 153905

BIRTHDAY CLUB

HAPPY BIRTHDAY TO FEBRUARY CELEBRANTS IN THE
HOW DRY I AM CLUB!

Gary H.		38 years
Linda M.	Sober Sisters of Seattle	35 years
Mike M.	Men's Open Book	23 years
Vito M.	Empire Way	40 years
Margaret Y.	Holly Court	39 years
Lupita M.	Lake City Young People's	15 years
John P.	Broadway Group	22 years
Bill H.	Geeks Who Don't Drink	31 years
Steve R.	New Purpose Group	31 years
Amanda S.	New Beginnings	8 years
Pat F.B.	The Scum Also Rises	4 years
John P.		3 years

Name	
Address	
City, Zip	
AA Anniversary/# of years	
Contribution enclosed	
Home Group	
Return this form to:	Greater Seattle Intergroup 5507 6 th Ave S. Seattle, WA 98108

Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.

By Peeps

In the AA meetings I attend, Step Two gets the star treatment in February, and rightly so.

About this time more than two years ago, I attended an hour-long men’s meeting where the chairperson spoke for about 10 minutes on the importance of Step Two for AA veterans and newcomers alike.

My sober birthday is Jan. 7, 2019. Every day it becomes clearer to me that I need help with my thinking. I need AA’s literature. I need lots of meetings. I need to work the Steps to the best of my ability every day. I need the example and support of my sponsor. And above all else, I need the help of a Power greater than myself to live and act sanely.

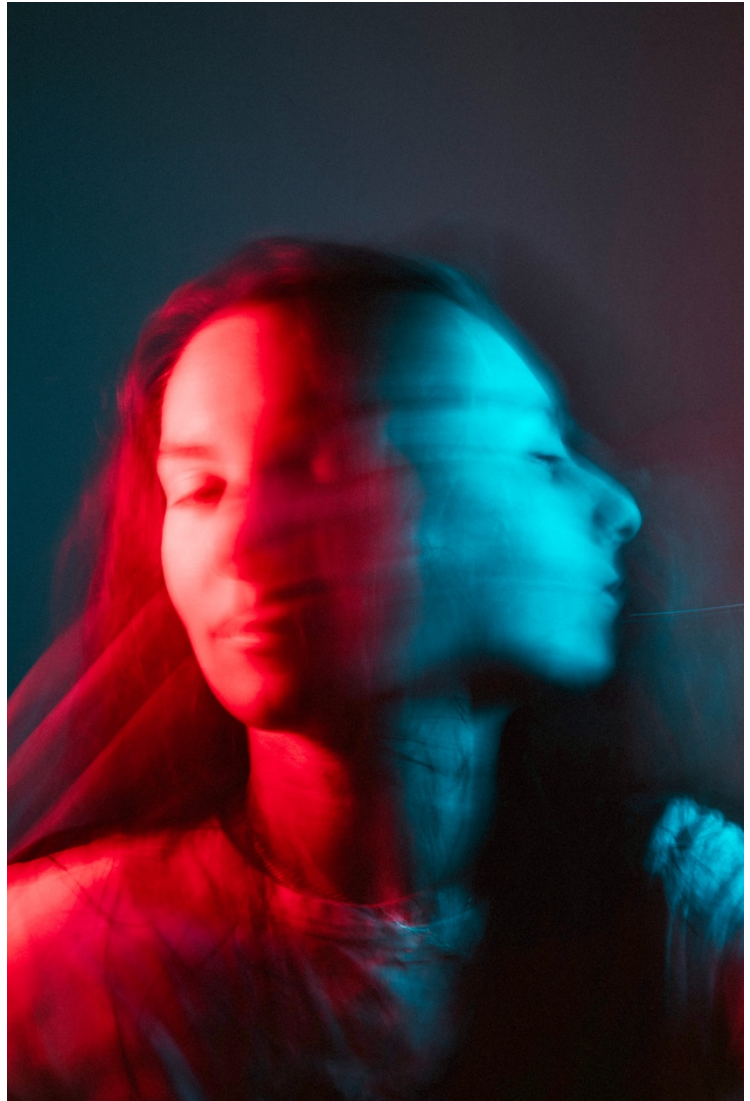
(And did I mention the need to attend lots of meetings, so I can hear and see what happens to people who do not attend meetings.)

For me, the key to Step Two is the belief that a Higher Power can prevent me from acting out my self-centered, completely unhinged and overly emotional impulses.

I understand why I hear people at meetings frequently say, “My best thinking got me here (to the rooms and Zooms of AA).”

The meeting chair said Step Two promises that people who rely on the God of their understanding can change their lives for the better.

When he opened the meeting for sharing, the focus shifted to colorful examples of how insanely people acted in active alcoholism. It was an intoxicating cavalcade of wrong-headed, clearly insane thinking by people under John Barleycorn’s influence.



Among the examples shared: getting into fights at bars; getting into fights with police, while handcuffed; riding a motorcycle the wrong way on a freeway; leaving treatment to attend a party; a prodigious week-long binge that crisscrossed all U.S. time zones; associating with dangerous people — on purpose.

Laughter echoed about the room as one storyteller after another tried to top the earlier shares. Naturally, the meeting morphed into a brag-a-thon of insane behavior.

One guy talked about breaking an ankle jumping a fence at a zoo to mess with the big cats, which, luckily for him, were bedded down in a locked building. “It seemed like a good idea at the time,” he said.

But the next guy’s share shut the room up and popped the ain’t-that-hilarious bubble!

“The most insane thing I did was think I could drink like a normie after being sober for almost five years,” he said, his face serious. “I just wanted a cold beer on a hot day.”

When he paused to compose himself, you could hear the battery-powered clock’s tick-tock.



“Lost my wife ... my kids ... walked away from my home and my job, of course,” emotion contorted his face and choked his voice. “Lost my self-respect and spent six months in jail (due to a DUI auto collision that injured the driver of the other car)

“All because I thought I knew what I was doing ... That I could trust my thinking. I was lost the moment I decided to have one ... one drink led right back to where I left off.”

He added that it took him more than five years to return to AA. That day I heard him, he said he had 15 months clean and sober.

His cautionary tale hit home with me. I can fully admit, today, that I am an alcoholic whose thinking can be completely insane whether I am drinking or sober. I need help remembering I cannot rely on my thinking. For me, the enemy lies within.

I need to turn to my HP and our fellowship for help when considering all my actions, big or small.

Tradition 2:

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

By Peeps

I've seen and felt the full force of Power of Alcoholics Anonymous' Tradition Two, which is a brilliant example of the wisdom and practicality of AA's all encompassing keep-it-simple philosophy.

Time and again, I am amazed how leaderless groups of self-identified drunks can remain united and effective at their primary purpose (carrying the message to suffering alcoholics) in the face of divisive pressure to reach consensus during a public health crisis

I have been massively impressed by how two AA groups I am deeply involved with have dealt with the restrictions, aggravation and controversy of conducting meetings while a global pandemic rages.

The groups — the Magnolia Speakers Meeting and Empire Way — are mainstays of the Greater Seattle Intergroup of Alcoholics Anonymous (GSIG), yet each, like all of GSIG's meetings and groups, have taken different approaches to holding their meetings in this time of Covid-19 and its variants.

Some groups are Zoom only. Some only meet in person. A few have two meetings — meeting separately in-person AND online. And some simultaneously meet via Zoom and in-person.

GSIG cannot tell groups how to run their meetings. It issues no guidelines or masterplans or rules that all groups must follow. Many groups are still evaluating how to proceed in the face of an ever evolving situation. The

MSM and EW meetings are both member groups in good standing with, but their constituencies are different, which is reflected in their current operations.

The Magnolia Speakers Meeting conducts only in-person meetings at Magnolia Lutheran Church, it's home since 1980 (Fridays at 8 p.m.). The Empire Way group, which was founded 74 years ago, uses a hybrid format: members can attend meetings in person at Our Lady of Mount Virgin Church or participate via Zoom at 8 p.m. on Mondays and Tuesdays.

MSM serves coffee and cookies. Empire Way does not. Much of that is determined by rules handed



down by the landlords where the meetings are held.

That the groups chose their meeting formats illustrates how broadly decision-making power is dispersed among AA groups locally and how the organization relies on its democratic traditions to ensure the group conscience is achieved and accepted.

I served as Empire Way's business meeting chairperson through December 2021. Whenever potential changes to the meeting's format were discussed, emotions ran high, as members who favored a return to in-person only meetings and those who wanted to keep the hybrid format fully, vigorously expressed their views. (Yes, I was grateful EW members no longer drink.)

At the January EW business meeting, it was decided to put off a decision on changing the format for five months to see how the Omicron outbreak proceeds.

I marveled that Empire Ways unity survived the tumultuous discussions, but that's because I am a relative AA newcomer (I recently celebrated my third birthday). Long-time members were not.

They had faith that my beloved leaderless drunks would make wise decisions as envisioned in Tradition Two mainly because of Tradition One, which states: "Our common welfare should come first; personal recovery depends upon AA unity."

We Did It!

When COVID hit, everything went haywire — kids, stress, technology — you name it. AA to the rescue

By K.S.B. of Seattle (From February issue of the Grapevine)

The moment I knew the COVID pandemic was going to be a major disaster was when my kids were sent home from school. The governor said we had to shelter in place, and all of a sudden my AA meetings couldn't meet in person.

I immediately went into disaster mode and started controlling everything in my life—the kids' schedules and happiness, the cleanliness of my kitchen, my mother's and my sponsees' well-being. Have no fear, Kelli is here!



That was my motto, which lasted about 14 days, until I had this moment of clarity and realized that we might be shut down for a while and my behavior wasn't sustainable or helpful. As with every other disaster that has struck during my sobriety, I turned to AA for answers.

Our First Tradition has been the greatest help for me during this time: Our common welfare should come first; personal recovery depends upon A.A. unity. When applied to my life, it reminds me to put the well-being of others first. The common welfare of my family comes first. The common welfare of my community comes first. It's my job to ensure that I don't pass along the COVID-19 virus to someone else. It's my privilege to think of how I can help meet the needs of my family and community.

Right away, my home group began meeting online. We struggled to mute and unmute, to teach the oldtimers how to use the technology and to connect in fellowship so we wouldn't separate. But I found myself finding fault with our meeting, with how people had set up their cameras, talking with the volume up or down, you name it. I was finding fault with everything. Again I thought, This isn't sustainable or helpful.

So I picked up my spiritual AA toolbox and tried to be of service. The regular service positions in my meeting had changed, so I reached out to members to see how they were doing or to tell them I missed seeing them. I reached out to people after they shared to tell them how much I appreciated what they said. I ended up developing amazing new relationships. I began to feel so fulfilled and supported just by supporting others.

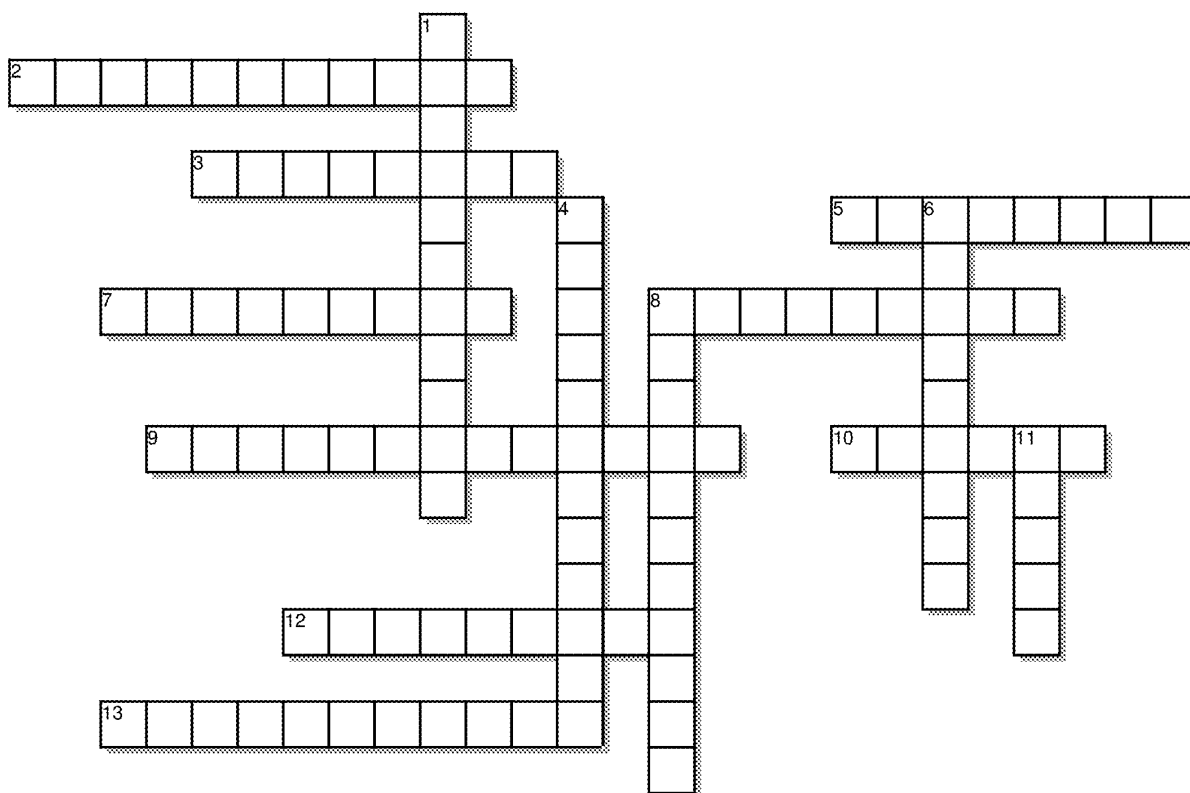
One of my home group members is a photographer and he has begun texting me a photo every morning. It has turned into part of my Eleventh Step morning meditation time and is something I look forward to every day—another unexpected gift as a result of reaching out to others.

There have been many times when I feel like this pandemic will never end. Sometimes I think it's all too much and I can't do this anymore. I'm tired and lonely and overwhelmed with the stress of it all. But then the principles of our program have helped me. I can't live in this shut-down pandemic world forever—but I can live in it today. Just for today I can follow the rules, limit my activities and do the things to keep myself and others safe. Just for today I can live life on life's terms. Freedom from the bondage of self has come from being of service to my home group and sponsees.

One of my sponsees started a new meeting for our sponsor family and we have women from all over the country who come together to meet online once a week. It has become a favorite meeting for us all.

There will likely be more disasters and emergencies as I move forward in sobriety. Living one day at a time, putting first things first and approaching life on life's terms will see me through again and again, just as it has these past two years.

More About Alcoholism



ACROSS

- 2 Where must an alcoholic's defense come from?
- 3 What kind of condition did Fred find himself in?
- 5 A lack of proportion and ability to think straight.
- 7 What kind of principles can solve all of our problems?
- 8 What type of alcoholic do we see among young people everywhere?
- 9 On what basis is the alcoholic absolutely unable to stop drinking?
- 10 What kind of program is AA?
- 12 How many attempts have we made to try and drink like other people?
- 13 Who was doing a great deal of spree drinking?

DOWN

- 1 What there must not be any of if we are planning to stop drinking?
- 4 How have we gone out to get drunk in some circumstances?
- 6 What kind of answer is outlined for us?
- 8 What type of illness are we in the grip of?
- 11 How much whiskey can we safely add to a glass of milk, according to Jim.

GSIG Condensed Board Meeting Minutes

January 18, 2022

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00pm

Reports :

Recording Secretary (Leslie I.):

Approve December Minutes – 1st by Jeff D31 and 2nd Mikey D42 unanimously approved

Treasurer (Carl G.):

GSIG TREASURER REPORT December 2021 for January 2022 Board

My goal is to make this information easy to understand and report to the fellowship. The full year is presented for your overview. If you have suggestions or questions, please let me know at Treasurer@seattleaa.org.

(continued on following pages)

Income overview with revised sustainer and personal contributions

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special event	Net sales income	Cash & Savings
January 2021	8 K	13 k	3.8 K	1.6 K	124.00	430.00	105 K
February '21	(-3 K)	7 K	2.2 K	1.6K	207.00	700.00	105 K
March 2021	(-3.8 K)	7 K	1.5 K	1.6 K	287.00	1.1 K	104 K
April 2021	3 K	10.5 K	3.2 K	1.5 K	1 K	600.00	103.5 K
May 2021	(-140.00)	10 K	2 K	1.5 K	205.00	383.00	102.5 K
June 2021	(-7,751.00)	4.5 K	2.4 K	1.6 K	423	1.1 K	94 k
July 2021	(-783.00)	9 K	3.2 K	1.5 K	525.00	(-5 K)	102 K
Aug 2021	1.6 K	10 K	1.3 K	1.5 K	2.8 K	1.3 K	94 K
Sept 2021	(-8.5 K)	4 K	.7 K	1.5 K	1 K	1.3 K	91 K
Oct 2021	1.8 K	14 K	466.00	1.6 K	826.00	574.00	93.7 K
Nov 2021	0.8 K	8 K	6 K	1.5 K	667.00	518.00	95.5 K
Dec 2021	(-9,242)	7.7 K	2.1 K	1.4 k	1 K	(-5 K)	94 K

			Group Contributions			7,780		10,141		105,898	121,692		113,463
			Personal and Other Contributions			2,160		836		28,439	10,036		80,354
			Meeting Room Rent; Birthday Club			777		686		6,222	8,231		6,768
			Sustainers Program			1,401		2,612		18,672	31,344		
			Special Events Income			165		464		6,539	5,562		4,312
			Total Items to Cover Fixed Expenses			7,183		15,950		163,396	191,405		211,509
	Expenses												
			Expenses--Other			1,272		1,676		19,071	20,114		17,319
			Paid Staff				6,397	5,955		71,074	71,456		62,363
			Rent and Office			8,070		7,056		83,011	84,672		79,854
			Standing Committees			783		1,435		9,173	17,220		5,614
			Total Fixed Expenses			16,521		16,122		182,329	193,462		165,150
	Net Ordinary Income (Loss)					(9,338)		(171)		(18,933)	(2,057)		46,359

	Net Other Income, Chiefly Interest Income	1	33		209	400		18,970
Net Income (Loss)		(9,338)	(138)		(18,724)	(1,657)		65,329

CONDENSED BALANCE SHEET

ASSETS				December 31, 2021	November 30, 2021		DEC 31, 2020
Current Assets							
	Checking			46,891	48,685		54,338
	Savings *			47,290	46,841		46,819
	Accounts Receivable			74			884
	Inventory and Other			25,105	30,838		36,084
Total Current Assets				119,361	126,363		138,125
Total Fixed Assets				2,484	2,484		2,484
TOTAL ASSETS				121,845	128,847		140,609
	*	Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx. \$46,000					
LIABILITIES & EQUITY							
Current Liabilities							
	Accounts Payable			7,388	4,436		4,318
	Payroll & Sales Tax Liabilities			368	294		198
	Committee Earmarked Funds Total			3,275	3,966		6,498
Total Liabilities				11,031	8,696		11,014
Equity							
	3001 · Opening Bal Equity			694	694		694
	3101 · Retained Earnings			128,843	128,843		63,572
	Net Income			(18,724)	(9,385)		65,329
Total Equity				110,814	120,152		129,595
TOTAL LIABILITIES & EQUITY				121,845	128,847		140,609

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD December 31, 2021					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Earmarked Funds
Beginning Balance 1/1/20	\$4,951	\$0	\$1,547	\$0	\$6,498
YTD Contributions	\$1,354	\$0	\$2,999	\$0	\$4,354
YTD Use of Funds	(\$3,031)	\$0	(\$4,546)	\$0	(\$7,577)
Ending Balance	\$3,275	\$0	\$0	\$0	\$3,275
Greater Seattle Intergroup					
Standing Committee Expenditures Against Budgets					
YTD December 31, 2021					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$0	\$1,977	\$3,181	\$770	\$5,928
Budget to Date	\$360	\$1,800	\$7,680	\$1,800	\$11,640
Budget -- Full Year	\$360	\$1,800	\$7,680	\$1,800	\$11,640

Approve November Treasurer Report – Motion made by John D16 2nd Diane D15 Unanimously approved.

Chair (Astri):

It was so great to see so many of our groups and districts represented last month at our Fall Assembly.

I hope you all enjoyed the winter holidays and that you made the most of our first blast of winter weather.

January 7th and 8th, I attended the Area 72 Business Quarterly in Sequim. It was a Hybrid event, I attended in person. Friday evening I facilitated the Area 72 Group Inventory, a two hour process. The inventory will be written up and action items will be identified.

Saturday morning, business began at 8:30AM. Area Treasurer report and 2022 proposed budget were approved. Special Reports were given, and I presented the GSIG Report. Creating a new Spanish Linguistic District was discussed, a motion was made to move the issue to the 2022 Assembly as a motion. Giving the Area Archivist position full Right of Participation in Area 72 Quarterlies and Assemblies was also discussed and was moved to the Assembly Agenda as a motion as well. There were two Discussion Topics on the Agenda; 1) What is an Area Event? What resources are allocated to Area events? 2) Do we want to invest in equipment to hold hybrid Area events in the future. DCMs were asked to take these topics back to their Districts and Groups for input, there will be further discussion at the April Quarterly.

In addition to the above, I continue to co-facilitate the monthly, Hybrid, Service Manual Study at GSIG and participate in additional service activities as requested. Going forward, I've been asked to present at a CPC Quarterly and to facilitate a Group Inventory for an on line only group.

GSIG has done a Group Inventory every rotation and it is time to start planning for that. The event is usually not held during a Board meeting. I am suggesting a weekend day in March and will be asking you to weigh in as to what day and what time you would prefer the event to be held.

I thank you again for your service and for providing me with this opportunity to serve you and Greater Seattle AA.

Finance Committee (Tony H.):

We will be moving to quarterly meetings over the phone and email for the remainder of this year unless the board needs our help on something sooner or something happens that requires our committee's input sooner.

March 5 ,July 9, Sept 10 and Dec 10 we will have our meetings over the phone and correspond via Email as needed.

Office Committee (Jeff U.):

Minutes of January 2022 GSIG Office Committee Meeting

Tuesday January 11th, 6:00PM via Zoom

Attending: Committee Chair Jeff U, GSIG Chair Astri, Office Manager Lara R, Assistant Office Manager Anita S, Bob, and GSIG Treasurer Carl G.

Review of December and end-of-year financials by Carl G. Discussion of annual loss of an average of apx. \$900 per month, not counting literature write-offs, and need to explore more ideas for growing 7th tradition participation by individuals and groups in 2022

Proposal made by Lara to not print schedule books in January, due to lack of demand and continuing changes in meetings. Approved unanimously. Followed by proposal by Carl G to adjust the 2022 budget proposal to reflect no January schedule printing. Unanimously agreed to recommend this change at the December Assembly.

Office Manager's report by Lara

Committee agreed to support the addition of alternative payment tools for donations, such as Venmo and CashApp.

Discussed of plan for reviewing office procedures in the GSIG Policies & Procedures manual, as requested by the 2020 Committee. Committee agreed that Anita and Lara would do an initial review for two weeks and then post their changes/recommendations in a shared Google doc. The rest of the Committee will then have two weeks to make notes and edits, and final version will be done at February Committee meeting.

Discussed open seat on the Committee and agreed Committee members would all help search for candidates.

Discussed plans for a GSIG group inventory. Agreed that the inventory should be on a separate day than a Board meeting, and that Astri would poll the people present at the next Board meeting about date and time preferences.

Office Manager (Lara R.):

Financial: Our physical inventory was completed at the end of December. Thank you to the volunteers who dedicated their time towards this endeavor. Much like our personal inventories it is nice to set the record straight and start fresh with our liabilities behind us.

There are still many shifts available for answering phones during closed office hours. If your group is looking for a place to fellowship and do service at the same time, this is a great way to do it. Your group can answer phones in the office, or the phones can be forwarded to a personal phone

number. Some groups have established a Google Phone number for this purpose. This is a free service that Google offers. If your group would like to sign up for this service opportunity please reach out to Anita or Lara and we can let you know which shifts are open.

We answered 30 12th Step calls last month.

We have a tentative date for the Big Summer Picnic of August 21st. We will let you know as soon as we hear anything definitive from Seattle Parks.

There will be a Jam Night this Saturday starting at 7:30pm

Web & Technology Committee (Dan G.):

The web and tech committee has an urgent need for a webmaster, since the new rotation started this January. In addition we have plenty of work that needs to be done to help support the operations of Greater Seattle Intergroup. Some things we do that volunteers could immediately help with include:

Helping to support the operation of our website and how it works to support the greater AA community.

Design web pages and content that helps our community and the still suffering alcoholic.

Supporting Nightwatch and the office needs to schedule volunteers to answer the phones. This includes the support of our Comcast account, our phone system, and Security Services.

Supporting the office and volunteer computers.

Supporting our wifi network.

Working with members to assist them with their technology needs.

Corrections Committee (Amy):

The March Area 72 Quarterly will be on Zoom.

The June Area 72 Quarterly will be a hybrid hosted by Seattle Intergroup.

Please continue to keep a list of names and numbers of people that are interested in doing corrections work.

We could use a few new Bridge program volunteers for people that are being released from facilities and want to connect with AA meetings right away.

Also, Corrections Correspondence is always looking for people to write to inmates, especially men. It's a great way to do service for people that are starved for contact on the outside.

Our meetings are always open to new people and take place the second Monday of the month at 6:30. We're still doing zoom meetings. Lara posts the information in her One Week At A Time announcements email. The information stays the same.

District 17 is interested in having a corrections presentation this summer.

We welcome the new Empire Way Corrections Chair, Karen K.

The Federal Detention Center is temporarily closed for in person meetings.

Kim H is working with Score on starting Zoom meetings there.

Hospitals & Treatment Committee (Greg E.):

1. New women's meeting at Elizabeth Gregory Home, 1604 NE 50th St b6, Fridays at noon. This is a women's transitional shelter that contacted Intergroup for support a few months back; we participated in a panel and have been supporting as we can. Happy to report this meeting is now up and running and can use support!
2. Our committee has contacts at a treatment center in District 40, Seamar Turning Point (113 23rd Ave S). Looking to loop in some treatment reps in District 40 if there is any interest.
3. Happy to report that coordination of the women's meetings at Recovery Place has been transitioned to the District 15 Treatment Rep, Jon B! Our Committee will be supporting as necessary.
4. Not much recent activity from the Virginia Mason peer support program. Will be reaching out to see if we can do anything to keep this relationship healthy.
5. Standing by to support meetings that are on hold due to COVID: Salvation Army SODO and Union Gospel Mission in Pioneer Square.

Please join us at our next meeting: 2/5/22, 10 am, in person at the Intergroup office and on Zoom!

Night Watch Coordinator (Sheree)

Need volunteers for 4 hour shifts 10pm, 2am, 6am.

Still searching for NEW Nightwatch scheduling coordinator

PI/CPC Committee (David D.):

The January PI/CPC meeting was held yet on Saturday, January 15th.

We had a couple of new participants and welcome them and shared about PICPC committee work.

We have started a meeting at Elizabeth Gregory House in the U District. It is a day shelter for homeless women. The meetings are women's only and take place Fridays at Noon. Contact Tara B PICPC Secretary, if a barnestara39@gmail.com, if you have questions.

We are collaborating with Hospital and Treatment and Elizabeth Gregory and other projects

We are encouraging PICPC Committee members, and others in AA, to identify potential schools, hospitals, senior living spaces, libraries, and other places that that might benefit from the AA message.

We also encourage attendance by anyone interested at the PICPC committee meeting, held the third Saturday of the month at 10:00 AM, especially from district PI or CPC representatives.

District 14 (Kim S.):

Our DCM reports that he has attended the business quarterly and discussed the upcoming preconference and General Service Conference. PRASA is online this year and will the 1st weekend of March and they are looking for volunteers.

Our Alt DCM also went to the quarterly and is currently working on getting us our GSR kits.

Our treasurer said group contributions came in and she thanks you for your group contributions to district. We approved the distribution of 50% to intergroup, 30 % to Area 72 and 20% to GSO.

Many of our GSR's discussed different methods their groups are using to continue carrying the message of Alcoholics Anonymous during the pandemic. Here are a few examples of what they are doing:

White Center- They have been reading their expectations around COVID-19 protocols and brief statements re bullying, harassment and safe spaces to the start of their meeting with good results

Group 164- They have a Saturday Big Book study. They have been online and will stay online for at least 3 more months.

Mid-day Mindfulness- they have online and in person meetings and twice per month they have a hybrid meeting

Westside Women- they are meeting online

Language of the Heart reports that their meeting is growing.

We have a new GSR here for the first time to learn.

There are tons of service education, preconference and GSR classes coming up. To find out more go to area72aa.org

We discussed having a D14 group inventory in the future.

Our open committee chair positions are: corrections, grapevine/literature, web chair and young people's chair.

Accessibilities chair says that he has accessibility checklists for groups available online at area72aa.org. Please contact him for any accessibility needs.

Archives- if you have any literature or other items of historical interest from your meetings, he would love to have them to add to our archives. He also is looking for anyone who would like to share oral histories of experience, strength and hope.

CPC- They had quarterly in November. They voted for making some changes to PICPC and there is more to come about this.

PI- They are discussing carrying the message to school. They stocked up some areas of White Center. This brought about a discussion from members in this meeting about how they can work collaboratively to better serve White Center and provide Spanish language literature and pamphlets for White Center.

Treatment- has gotten several bridging the gaps and helped people connect with others after they leave treatment.

District 15 (Diane D.):

Groups reported about the state of their meetings in the time of COVID. One of the tasks from our district inventory last month is to cull through the district handbook for changes and updates. At our February meeting, the Area 72 delegate will be in attendance.

District 16 (John B.):

BLA is online only- registration, etc is getting worked out. New flyer is out.

Language Chair paying a visit.

New woman's meeting needs support- Elizabeth Gregory House- noon Friday.

Disseminate data from January Quarterly, encourage discussion in the groups re: motions and discussion topics.

District 42 (Mikey C.):

Our district 42 meetings are held every 2nd Thursday on zoom 7 p.m.

We had a great report from our DCM Sarah who attended the 2022 quarterly.

She provided us with a great guideline of what to expect in the upcoming year.

Discussion of motions that were presented at the quarterly so our groups can be fully informed.

Kudo's to Sarah for her dedication and service... great job!!! Side note: If any committee member needs help in getting literature or questions about placement in public places drop David R an e-mail he is eager to assist

A motion was passed to send a donation to the Burien Little Assembly.

Discussion of D42 budget for the following year(s) was held. (Committee formed)

We are updating our service manual to reflect our current state of affairs.

GSIG is asking any AA member to answer phones in two different ways. These positions are forwarded to your phone and only one, four hour shift once a month

*Night watch is the 24 hour hotline that gives callers a real person to talk to. Or, *How about your group help out at the office. It is one way to have a meeting with members of your group and have a chance to help the next suffering alcoholic.

I just can't emphasize that seattleaa.org is your resource for events and committee calendars, also, please make sure your meeting is updated so our meeting schedules are up to date.

Schedule changes are done on a daily basis so please if you need to call twice or three times a day go ahead inform GSIG: you may of just helped a person get to an meeting and not get a locked door or room.

District 24's annual banquet is being held March 12 but limited to 200 people. (St.Pius MLT)

Finally, Seattle Intergroup thanks all the groups for their 7th tradition support. Keep up the great work and if your group doesn't please consider this a request.

Upcoming events

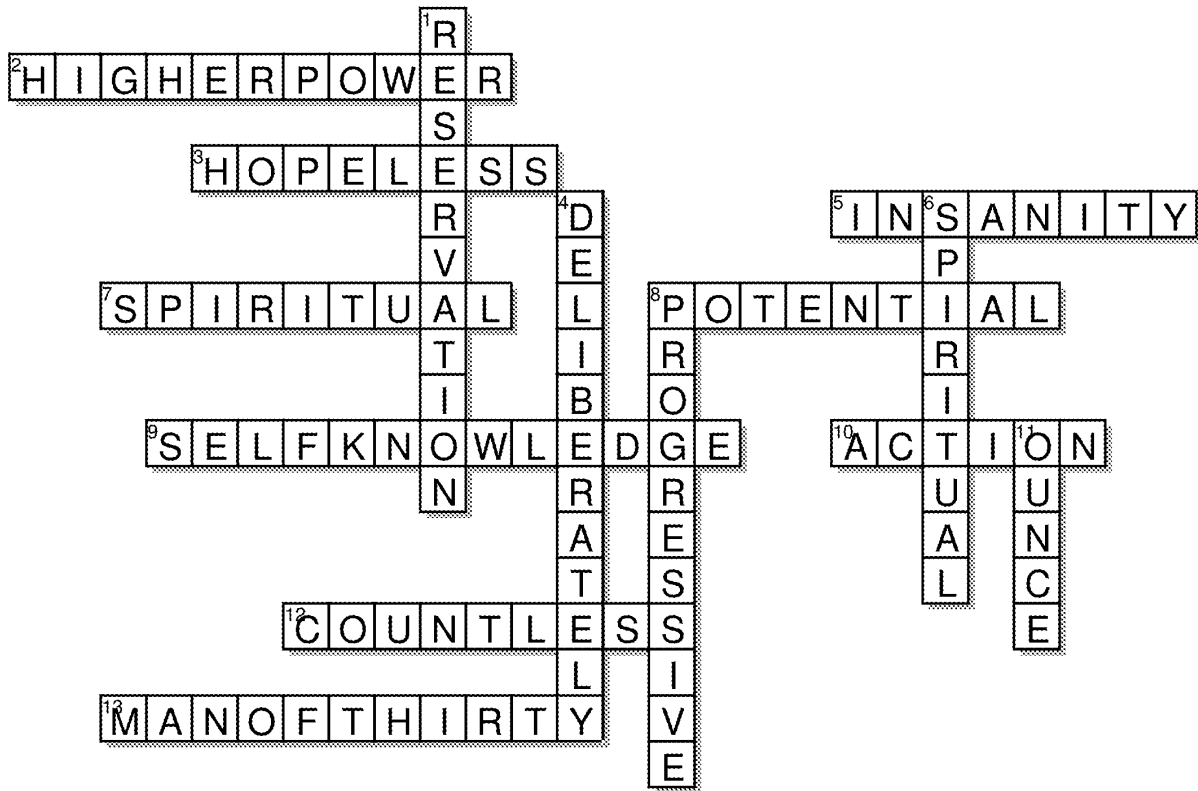
Service Manual Study February 6th, 11 am

Tradition Study February 12th, 10am

Saturdays 6:00pm Seattle Group in person meeting at GSIG

We closed with the responsibility declaration

More About Alcoholism



49th Annual Burien Little Assembly



A.A. Comes of Age 2.0:
"Unified in Love and Service"
March 12, 2022

Come learn about the joys of service in fellowship!!

BLA is a one-day event with panels and speakers from AA and AlAnon, where AAs come together and learn about service opportunities in our area. It's **ONLINE** (thanks, Omicron)! And it's **FREE!**

For more information, to contribute, or volunteer, visit www.burienlittleassembly.org or contact bla@seattleaa.org.

PRE-REGISTRATION REQUIRED (up to 10 am Mar 12, 2022)

THE EVENT IS FREE! To receive the zoom login information via email, pre-register at

www.burienlittleassembly.org

March 12, 12 pm to 6:00 pm (Main room open at 11:30 am)

We will provide Spanish/English Translation for speakers and a full track of panels.
Archives and Grapevine & Literature will provide videos and information.

Offering

- > Intergroup and Area 72 service committee information
- > Panels comprised of AA and Alanon presenters discussing SERVICE
- > Sobriety Countdown
- > AA and Al-Anon Speakers

"Modem-to-modem or face-to-face, A.A.s speak the language of the heart in all its power and simplicity."

--From the Preface to the 4th Edition of *The Big Book of Alcoholics Anonymous*

Traditional Sponsors: Districts 14, 15, 16, 17, 18, 31, 32, 33, 54 & Greater Seattle Intergroup

Burien Little Assembly is fully self-supporting through contributions from sponsors and participants. The 7th tradition will be observed.

Contributions can be made via <http://www.burienlittleassembly.org/contributions.html>,

via **PayPal @BurienLA**

Or by sending a check to Greater Seattle Intergroup, Att: BLA, 5507 6th Ave South, Seattle WA. 98108.

www.burienlittleassembly.org

Alcoholics Anonymous **Open Mic** **FEBRUARY 19TH**

You can do:

Acoustic guitar

Acoustic instruments

+ keyboard

Singing

Comedy

Poetry

& Magic

BRING FOOD/ SNACKS
& DRINKS!

FOR MORE INFO
TEXT YOSHI:

(253) 209-6802

OR
REITH:

(206) 434-2589

Saturday - 7:30pm

SEATTLE INTERGROUP

5507 6TH AVE S.

SEATTLE, WA 98108

MAGNOLIA SPEAKERS MEETING

FEBRUARY 2022

Every Friday @ 8pm (pacific)

2/4

Roger M.

Sober since 7/24/1984
Kent, WA

Kristin L.

Sober since 10/21/2018
Seattle, WA

2/11

Al L.

Sober since 2/12/1996
Orting, WA

Pete C.

Sober since 9/9/2019
Seattle, WA

2/18

Jason L.

Sober since 5/19/2016
Seattle, WA

Devin C.

Sober since 6/15/2016
Maple Falls, WA

2/25

Kim R.

Sober since 6/4/2009
Bellevue, WA

Jennie C.

Sober since 1/28/2018
Seattle, WA

www.magnoliaspeakersmeeting.com

Magnolia Lutheran
2414 31st Avenue W.



GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP

Saturdays @ 6pm

Seattle Intergroup

5507 6th Ave S.

Seattle, WA 98108

Fellowship from 5:30-6:00pm

Join us for the following speakers:

January 29th Gwen S.

February 5th Scott D.

February 12th Amy T.

February 19th Mike M.

February 26th Romina M.

March 5th Jim B.

March 12th Heidi P.

March 19th Heidi K.

March 26th Bob L.

April 2nd Susan S.

April 9th Dave M.



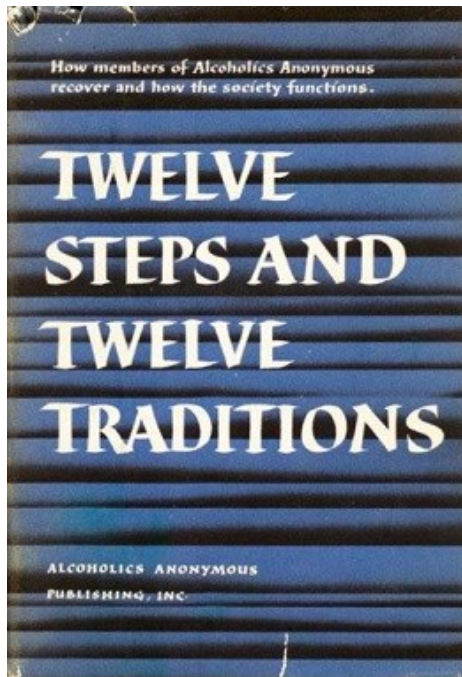
**Seattle Intergroup Third Legacy
Committee presents:**

Let's Study the Traditions

When: 2nd Saturday of each month

10am to 11am

A different group will
facilitate a discussion for
the tradition of the month.



Everyone Welcome.

Zoom ID: 858 5142 0330

Passcode: 051501

For questions or how to
get involved contact:

thirdlegacy@seattleaa.org




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)

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

 high_and_dry@seattleaa.org



The 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.

