



High & Dry

March 2022

Volume 74, Number 3



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

MARCH IN OUR HISTORY

March 1, 1939 — Readers Digest declined to write article on AA.

1941 — Jack Alexander’s Saturday Evening Post article was published and membership jumped from 2,000 to 8,000 by year’s end.

March 4, 1891 — Lois W. was born

March 7, 1940 — Bill and Lois W. visited Philadelphia AA group.

March 10, 1944 — New York Intergroup was established.

March 14 South Orange, NJ group held anniversary dinner with Bill W. as speaker.

March 15, 1941 — First AA group in New Haven, CN, was formed.

March 16, 1940 — Alcoholic Foundation, Works Publishing moved from Newark to lower Manhattan

1947 — 1st AA group formed in London, England.

Greater Seattle Intergroup (GSIG) Office

5507 6th Ave S
Seattle, WA 9810

(206) 587-2838

www.seattleaa.org
info@seattleaa.org

FUTURE TRIPPING

March GSIG Events

2 — Greater Seattle Intergroup Accessibility Committee 6pm - 7pm [Zoom Link](#): Meeting ID: 885 9521 8136
Passcode: 611317

4 — PRAASA 2022 Online event. To register, visit <https://praasa.org/registration>

5 — GSIG Hospital and Treatment Committee 10am - 11am Join [Zoom Link](#) Meeting ID: 820 0608 7832 Passcode: 088776

6 — GSIG Service Manual Study Hybrid meeting 11am - 1pm GSIG Office 5507 6th Ave S, Seattle [Zoom link](#) Meeting ID: 899 8502 7998 Passcode: 280420

6 — District 17 Service Manual Study 7pm - 8pm Zoom Meeting Zoom ID 896 9739 414
Passcode 820436

12 — GSIG Third Legacy Committee 9am - 10am [Join Zoom Link](#) Meeting ID: 858 5142 0330 Passcode: 051501

12 — GSIG Third Legacy Tradition Study 10am - 1130am [Join Zoom Link](#) Meeting ID: 858 5142 0330 Passcode: 051501

14 — GSIG Corrections Committee 630pm -8pm [Join Zoom Link](#) Meeting ID: 872 2771 9137 Passcode: 833575

15 — GSIG Monthly Board Meeting 7pm - 830pm Hybrid meeting GSIG Office 5507 6th Ave S, Seattle [Zoom link](#) Meeting ID: 918 5437 5402
Passcode: 035194

19 — Pre-Conference - North Districts (2, 3, 4, 11, 12, 19, 24, 36, 39, 46) 9am - 1pm [Zoom link](#) Meeting ID: 836 0973 6765
Passcode: 103338

19 — GSIG PC/PIC Committee 10am - 1130am [Join Zoom Link](#) Meeting ID: 810 2073 8836
Passcode: 166656

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

20 — Pre-Conference Central Districts - 1, 14, 15, 16, 17, 18, 25, 31, 34, 35, 38, 40, 41, 42, 57 2pm - 5pm [Zoom Link](#) Meeting ID: 860 8804 1539 Passcode: 241303

20 — District 17 Service Manual Study 7pm -8pm Zoom info TBD

25 — The Hot Stove 9th Anniversary Dinner 630pm - 9pm Salvation Army 720 Tobin St Renton, WA 98057

26 — GSIG Web and Tech Committee 9am - 11am [Join Zoom Link](#) Meeting ID: 857 9514 2843 Passcode: 467107

26 — GSIG Third Legacy Sponsorship Workshop 9am - 1pm Greater Seattle Intergroup office

26 — Pre-Conference - Peninsula Districts 10, 22, 43, 44, 55 and 56 9am - 1pm [Zoom Link](#) Meeting ID: 881 3609 0445 Passcode: 657097

30 — Pre-Conference Southern Districts - 7, 8, 9, 21, 27, 28, 29, 32, 33, 37, 44, 45, 54 6pm -9pm [Zoom Link](#) Meeting ID: 850 0078 7018 Passcode: 698651

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.

12th Step Calls – Put your name on the 12th step call list or join the new 12th Step Committee. Reach out to anita@seattleaa.org

Corrections/Treatment

Juvenile Detention Meetings

Meetings are starting up at the new Juvenile Detention Center. Contact corrections@seattleaa.org to learn more.

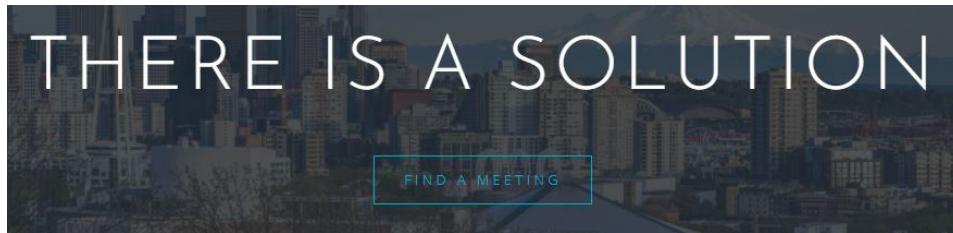
Bridge the Gap

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.



Thanks to Our Awesome Daytime Office Volunteers

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

Southend Bookstore Volunteers

Troy O., Carolyn B., Jim D., Bill S., Ken E., Patrick P. and Lori H.

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 — March 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](mailto: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 conscience, 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 .

BIRTHDAY CLUB

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

Gary H.		38 years
Valerie W.	Empire Way	36 years
Joanna J.		11 years
Amanda R.	Empire Way	1 year
Christopher	Empire Way	1 year
Shannon H.	Empire Way	1 year

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 Three: “Made a decision to turn our will and our lives over to the care of God as we understood God. ”

By Mary E.

My parents had me start playing the violin when I was eight years old. They paid for private lessons and enrolled me in music summer school. I was supposed to practice for 30 minutes each day and I hated that! Practicing was boring, I had to do it alone. Sitting down and actually doing it felt like a huge chore every time. If I could get away with it, I skipped it or lied about the minutes.

In the section on Step Three in “Twelve Steps and Twelve Traditions,” I'm reminded about daily practice. It says there are certain actions only the individual can take. All by myself I decide to practice developing daily willingness.

Willingness to live a sober, recovering, healing life, free from active alcoholism.

I try my best to follow my sponsor's directions, praying and meditating daily, calling her, going to and helping out at my regular meetings. The feeling I get when I practice my daily “AA chores” allows me to enjoy some peace and evenness.

Gradually, the practicing has become habitual. When I first started five years ago, I had a list I would check off every day and, reluctantly, I performed my tasks. Today my routine is more automatic and I look forward to feeling at ease. Continuous, sustained, sometimes forced practice over the years and I can usually remember to be open and willing every day.

Willing to not assume my thoughts are correct.
Willing to ask for help.
Willing to practice. Willing to accept my mistakes.
Willing to be free.



Tradition 3:

The only requirement for A.A. membership is a desire to stop drinking.

By Peeps

Per Tradition Three, we aren't allowed to judge or block anyone's bid for a clean and sober life, especially those who are still suffering.

The only person I can bar from A.A. membership is me, and I did that to myself over and over and over during my decades-long battle to be sober. But I lack permission or credentials to judge anyone else.

My inner conversations during my weakly-fought battle for sobriety were usually short and extremely negative.

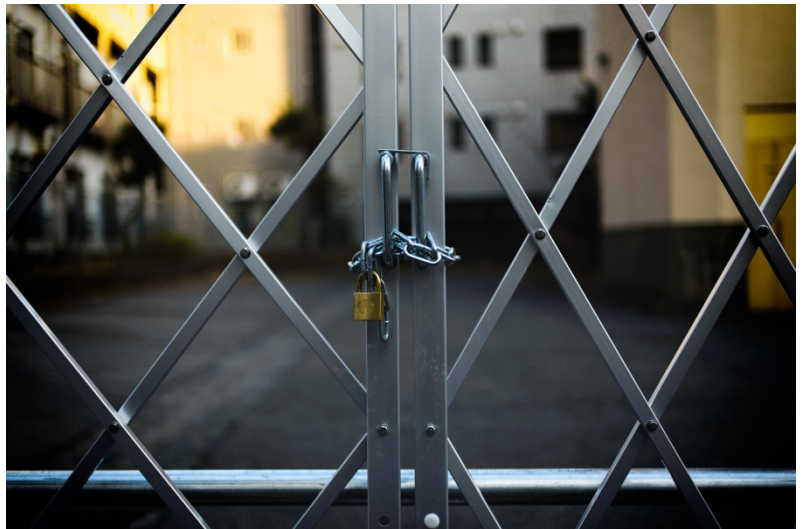
I'm a lifelong screwup and always will be.

I'm not worth the effort. I'm kidding myself to think I am.

I'm hopeless. I'm worthless. I'm a loser.

I'm never going to get and stay sober. Ever.

For me, the Ninth Step promises were extravagant and as elusive as talking unicorns.



However, the spirit of Tradition Three is the reason I've been sober 1,141 days. No matter how defeated or hopeless I felt, my seat in A.A. meetings was reserved. No matter how many times I tried and failed, I am grateful I was always welcomed back. Unconditionally.

I walked into AA feeling and acting like Christopher Columbus, believing I had to discover the truths of AA. for myself, even though the power of AA had already been discovered and fully disclosed.

It didn't matter what was written in our literature or what I heard in meetings, it wasn't true unless I experienced it myself.

Early in my recovery, I read in Chuck C's "A New Pair of Glasses" about a group that wanted to expel a young man because he was loud and disruptive at meetings. He sprayed and scared people when he babbled incoherently. He wore raggedy clothes, he reeked of booze and bodily fluids.

A motion to call the vote on his ouster had been seconded at a raucous business meeting when a member managed to make himself heard above the din, he said, "... according to this, we can't kick him out."

The **This** he referred to was Tradition Three.



Chuck C. went on to share how the young man fooled the doubters and got sober, enrolled in a nearby university and eventually became the editor of a small town newspaper in the midwest. So much for the value and accuracy of the group conscience of the man's prospects of recovery.

Another time, when I was about six months sober, I heard a woman with 20 years share at the Magnolia Speakers Meeting about her gratitude to the 12 Steps, the loving, patient embrace our fellowship, but especially Tradition Three.

She said she drank before (and after) every meeting at a north Seattle church during a two-year run as the meeting's coffeemaker before surrendering her will. "They knew I was drinking, but they let me stay until I was ready to commit wholeheartedly to working the Steps," she said

My prejudices, fears, hypocrisy, arrogance and naiveté about who belongs in an AA were shoved in my face when a member staggered into an afternoon meeting in south Seattle.

Let's call him Frank, and he taught me why I am not the chairperson of the AA Membership Vetting Authority. My job is to extend the hand of AA to everyone. No matter what.

I had about eight months sober when Frank barged into the meeting on a warm summer day, the smell of alcohol oozing from his pores.

It was his first time at the meeting in weeks. He had been a fixture at the meeting for several months, and I'd missed him. I enjoyed his colorful shares and passion for recovery, but I barely recognized him when he returned.

His left eye was nearly swollen shut and the surrounding skin discolored in shades of yellow, purple and black.

There was a deep gash on his forehead. His shirt and the knees of his jeans were ripped. His backpack looked like it had been dragged through mud and gravel behind a bus.

As bad as he looked, what he was saying was worse. He was ranting loudly, profanely and nonsensically about recent battles with other drunks and cops. He sacred the 'ish' out of me. I wanted to call the police.

But a member of our group, the late Mike U., spoke soothingly to him and managed to get him to leave peacefully after making calls to get him help.

The next day Mike and I talked about what had happened and my extremely negative, fear-filled reaction to Frank. Mike helped me see how AA principles and Tradition Three compel me to react with love and tolerance for the suffering alcoholic

It's a lesson I dare not forget.

It's telling that Tradition Three has been re-written since AA's early days. It used to say: The only requirement for A.A. membership is an **honest** desire to stop drinking. But we aren't allowed to judge anyone's intent.

You're an AA member when you say you are.

It works. It really does.

By Kelli

I need proof. I'm not one of those people who can just have faith and believe in a Power greater than myself. I need concrete evidence that there is something out there listening to me; some Power that is on my side. I had been praying for a long time. "God please get me out of this one!"

"Please help me not get fired." "I really need a parking place right now!" It felt like I was calling and calling but no one was picking up on the other end. No proof.

When I met my sponsor, one of the first things she suggested was for me to change my prayers. Specifically, that they begin with gratitude. Instead of focusing on what I don't have, focus on what I do have. Instead of focusing on what's wrong with my life, let's focus on what's going right in my life.

I started the practice of a short, written, gratitude list focusing on only the previous 24 hours. Let's face it, if it takes more than three minutes, I just



won't do it. Keeping it short, and within the last 24 hours, made it easier to do. Plus, it was in keeping with our principle of One Day At A Time. I can't do it all or forever, but I can focus on today.

Underneath that short list, I wrote what I needed for the next 24 hours. In the Big Book, the 11th Step suggests "We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful to never pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why." (pg 87)

Instead of praying for a raise, or a parking place, I started looking at my schedule and commitments for the day and praying for freedom from the bondage of self. If I had a lot to do, I'd pray for patience and focus in order to be on time. If I had a meeting with a challenging person, I'd pray to be helpful and not argumentative. If I didn't sleep well the night before and knew I had a late night with my home group, I'd pray for energy to be pleasant and helpful at the meeting.

That's when the proof started happening. My gratitude list became a repeat of my "needs" list! My gratitude would read, "I'm grateful for the patience and energy to get done all I needed to get done. I'm grateful the traffic was light and I made it to all my appointments on time. I'm grateful that my meeting with that challenging person went well. I actually never realized how funny she is! I'm grateful for the good night sleep last night and that attending my home group meeting was so easy and effortless, even though I was tired!" Was it a coincidence? I might have called it a coincidence except it happened over and over and over again. My proof was on the paper right in front of me every day, one day at a time. All I had to do was start with gratitude and change my prayers.

It works. It really does.

Simplicity:

An AA member says when it comes to thinking and acting, finding the right balance is key

By Shanon H. (From March issue of Grapevine magazine)

When I first started my path in recovery, my sponsor told me that being intelligent wasn't necessarily the best thing when it came to working the Steps. She knew I was pursuing a doctoral degree. Her point was that in order to get better, I had to realize how to keep things simple rather than complicated.

After all, my job as a scholar is to find the complications in things, to explore and expose these complications. To question. To reconsider. I also teach my students to think critically about complex questions.

What AA has taught me is that I don't have to change who I am or what I do to recover. My job requires a certain amount of "wallowing in complexity." But you all taught me that when it came to

my own life, it's best if I concentrate on doing the next right thing rather than become paralyzed by overthinking.

Overthinking about myself never led me to any great insights other than ones that caused self-pity and obsession. It made me feel like a hamster caught in a wheel, never resting or relaxing from the worries and the constant "what ifs" that ran through my head.

My new plan for living had to embrace simplicity. I had to learn to "let go and let God." To clean house, put first things first and do the next right thing. Although sometimes the sayings we see on the walls of our meeting rooms can get annoying, I loved what one writer (and scholar) I read said about AA: Those sayings are pathways that connect us on a deeper level.

I have also noticed profound change in myself due to these seemingly superficial and simple recommendations. In some cases, I do embrace complexity by having empathy for others and seeing from different perspectives. I have learned when to let others live and learn for themselves rather than to try to solve their problems for them. Recognizing my part and keeping my side of the road clean has often saved my mind and my energy for the more pressing research of my job. And that's a gift I never anticipated.

Today I am so grateful to have a solution. And the fact that it's simple is a blessing for someone like me. I have had some of the happiest days of my life in AA because I was free to be happy, not trapped by my thoughts and obsessions. If you're new and you're wondering if the program is too simple, just keep coming around.



Corrections Committee Update

Have you been wondering what Corrections Committee has been doing over the past two years? Well, we've been busy doing what we can to carry the message to suffering alcoholics in facilities.

In 2021, we spent \$2,931.50 from Pink Can funds to purchase AA approved books and pamphlets. Thank you to the following groups for sending funds in 2021 for this purpose: Stepping Into Recovery, Daily Reprieve, Happy Hour, Brown Bag Bunch, Counterpoint, White Center Group, Sober on the Bluff, Stepping Into Recovery, Acceptance is the Answer, MOB (Men's Open Book), May Valley, and Women's Saturday Steps.

- Supplied Big Books, 12&12s and other approved literature to greater Seattle area correction facilities and provided literature support to Area 72. In this era of very limited contact for the incarcerated, we feel that providing literature fulfills a vital function.
- We increased Grapevine and La Viña subscriptions which have new stories about attending Zoom AA Meetings as the "new normal". Now we distribute 10 Grapevine and 5 La Viña subscriptions to area facilities each month.
- Took in-person meetings in Nov & Dec 2021 to the Federal Detention Center before it shut back down.
- In addition, we participated in all Area Quarterly Corrections Committee and monthly Intergroup board meetings.

What's new for 2022? The big news for early 2022 is that the Juvenile Detention Center (JDC) in Seattle is opening for in-person meetings in February. Meetings are held on Thursdays at 7:00pm. The Corrections Committee is looking for volunteers who want to bring meetings into the JDC. Trainings will be held monthly on the third Thursday.

In person Meetings at the Juvenile Detention Center. There are strict background checks with a minimum of 2 years sobriety, 7 years off hard drugs, no assaults, and vaccinated. If you're interested, contact Mike S at 425-830-3674



for boys meetings and Cynthia S at 206-851-9838 for girls meetings. They will send you the application and work with you to make sure it is completed correctly.

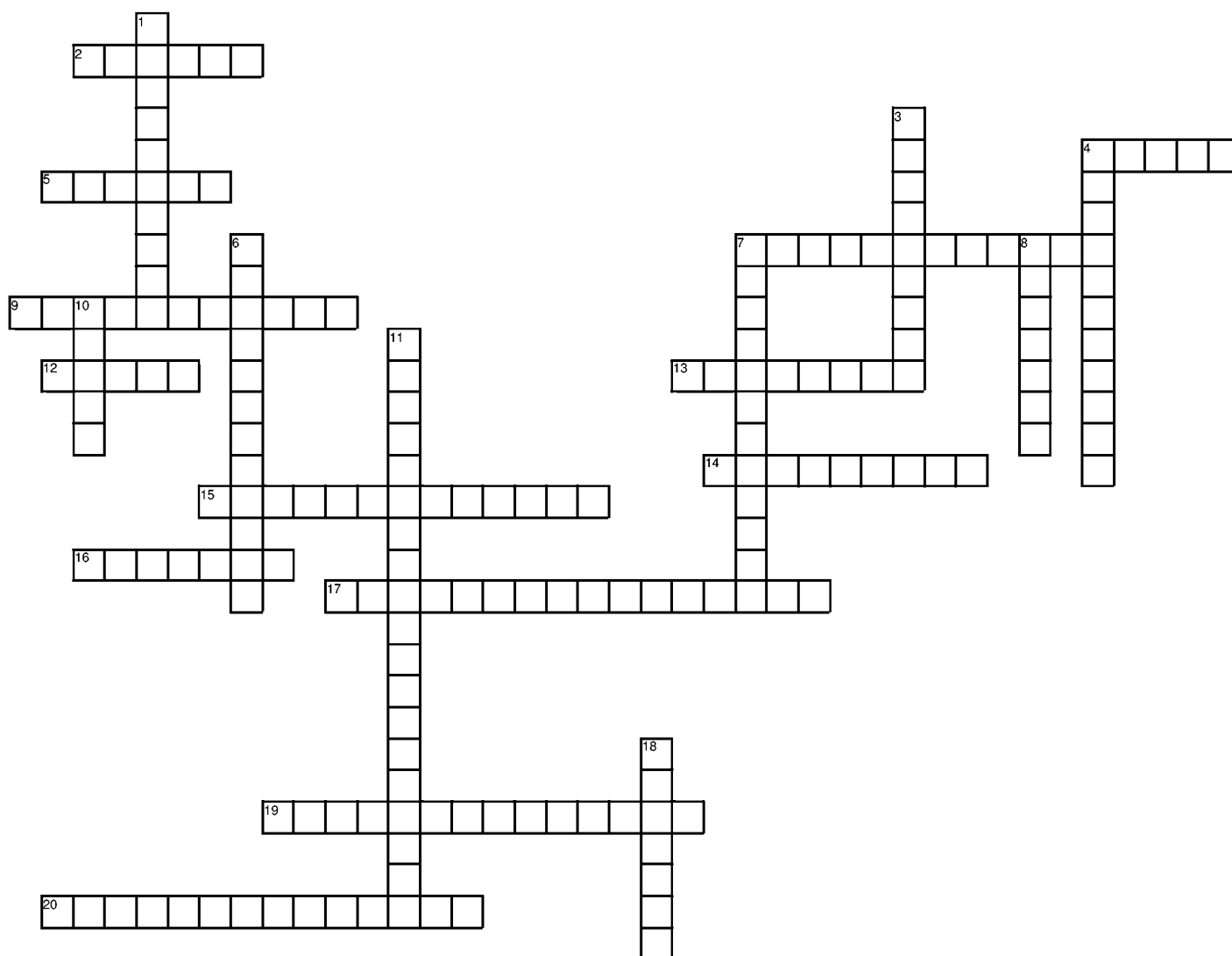
The Corrections Committee is looking forward to more opportunities for service this year, please make sure to check the High & Dry, OWAAT newsletter, and the SeattleAA.org website. If you're interested in learning more about corrections service, here are some ideas:

- Corrections Correspondence Program: There are at least 600 incarcerated males across the country with little to no access to sober people. You can share your experience, strength and hope by letter with someone who wants to be connected. This program is coordinated by the General Service Office in New York City. Note that you will be connected with someone in another part of the country and your mailing address is not disclosed. The application and more info can be found at: [Correspondence Application Form](#)
- Bridge Program: This program connects sober AA members with newly released people from around the country who are settling in your area who want to get connected with AA meetings, sober people and start to become a part of a group. The application and more info can be found at: [Bridge Form](#)
- Pink Can: Some groups set up a Pink Can for members to anonymously contribute \$\$\$ to support the Corrections Committee's work, solely for purchasing AA books and literature not covered by the Intergroup budget. For info on how to set up a Pink Can program with your group, email corrections@seattleaa.org.
- Taking meetings into correctional facilities as they open up. Contact us at corrections@seattleaa.org to add your name to the wait list and we will notify you with details as facilities start to open up for meetings.

The Corrections Committee meets monthly, 2nd Mondays at 6:30pm on zoom. Questions? Ask us at corrections@seattleaa.org . We thank the following groups for donating funds in January 2022: Counterpoint, Mid-Day Mindfulness, Happy Hour, Sunday Night Speakers.

We Agnostics

See answers
on Page 26!



ACROSS

- 2 What kind of conception of God do we need?
- 4 What type of resources were insufficient
- 5 What kind of proof is the weakest proof?
- 7 What kind of crisis were we crushed by?
- 9 What can our wonderful structure be built on.
- 12 This is great stuff.
- 13 What kind of relationships did we have trouble with?
- 14 Some of us have been _____ anti religious
- 15 What kind of change do we experience in our thinking and lives?
- 16 How we looked at individuals who claimed to be godly.
- 17 Agnostics stuck to the idea that this would solve all of their problems
- 19 How must we meet a few simple requirements?

- 20 Alcohol finally beat us into a state of this.

DOWN

- 1 What do we beg agnostics to lay aside?
- 3 What side of life did we never give a fair hearing?
- 4 We found ourselves _____ by obstinacy.
- 6 What do agnostics believe is the last word?
- 7 What are men's minds fettered by?
- 8 What level can we commence at.
- 10 The realm of the spirit is _____
- 11 If we are alcoholics then we are suffering from an illness that only this will conquer
- 18 Lack of power, that was our _____.

GSIG Condensed Board Meeting Minutes

February 15, 2022

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00pm

New to GSIG :

Oscar – Fremont Fellowship Hall

Troy – Practice these Principles

Jessica – A Worker Among Workers

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)

Month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special event	net sales income	cash & Savings
January 2021	3.3 K	15 k	0.7 K	1.5 K	492.00	1.8K	95 K

Earmarked Funds remaining amounts: Pink and Blue Cans (contributions specified for these committees)

Corrections: \$3.3K Accessibility: \$90

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2021.

Corrections \$360 Hosp & Treat. \$1,594 Accessibility \$7,605 Pi/CPC \$1,795

Group contributions are 6K above monthly budget. An excellent start to the year. Personal contributions are \$1800 below budget while sustainers are close to budget. There was no decline in cash or savings from Dec.

Our prudent reserve which is set as 3x monthly expenses has increased to \$47,750

CONDENSED PROFIT & LOSS									
	Ordinary Income/Expense			January 31, 2022	January - Budget		YTD January 2022	YTD Budget	Jan-Dec 2021
			Income						
			Total Retail Sales	5,069	5,563		5,069	5,563	43,751
			Total COGS	3,239	3,630		3,239	3,630	46,125
			Gross Profit from Retail Sales	1,830	1,933		1,830	1,933	(2,374)
			Gross Profit %	36.1%	34.7%		36.1%	34.7%	-5.4%
			Group Contributions	15,318	9,081		15,318	9,081	105,898
			Personal and Other Contributions	712	2,500		712	2,500	28,439
			Meeting Room Rent; Birthday Club	369	379		369	379	6,222
			Sustainers Program	1,488	1,500		1,488	1,500	18,672
			Special Events Income	123	500		123	500	6,539
			Total Items to Cover Fixed Expenses	19,839	15,893		19,839	15,893	163,396
			Expenses						
			Expenses--Other	1,296	1,721		1,296	1,721	19,071
			Paid Staff	7,366	6,092		7,366	6,092	71,074
			Rent and Office	6,903	6,769		6,903	6,769	83,011
			Standing Committees	952	1,322		952	1,322	9,173

			Total Fixed Expenses	16,516	15,904		16,516	15,904		182,329
			Net Ordinary Income (Loss)	3,323	(11)		3,323	(11)		(18,933)
			Net Other Income, Chiefly Interest Income	1	23		0	23		209
			Net Income (Loss)	3,324	12		3,323	12		(18,724)

CONDENSED BALANCE SHEET									
ASSETS						January 31, 2022	December 31, 2021		DEC 31, 2021
	Current Assets								
		Checking			48,198	46,772		46,772	
		Savings *			46,809	47,290		47,290	
		Accounts Receivable				74		74	
		Inventory and Other			24,255	25,105		25,105	
	Total Current Assets				119,262	119,241		119,361	
	Total Fixed Assets				2,484	2,484		2,484	
TOTAL ASSETS					121,746	121,725		121,725	
		*	Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx. \$47,750.						
LIABILITIES & EQUITY									
		Current Liabilities							
			Accounts Payable		3,734	7,268		7,268	
			Payroll & Sales Tax Liabilities		457	368		368	

			Committee Earmarked Funds Total		3,419	3,275		3,275	
	Total Liabilities				7,609	10,912		10,912	
	Equity								
		3001 · Opening Bal Equity			694	694		694	
		3101 · Retained Earnings			110,119	110,119		128,843	
		Net Income			3,323			(18,724)	
	Total Equity				114,137	110,814		110,814	
TOTAL LIABILITIES & EQUITY					121,746	121,725		121,725	

	Greater Seattle Intergroup				
	Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)				
	YTD January 31, 2022				
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Earmarked Funds
Beginning Balance 1/1/22	\$3,275	\$0	\$0	\$0	\$3,275
YTD Contributions	\$54	\$0	\$90	\$0	\$144
YTD Use of Funds	\$0	\$0	\$0	\$0	\$0
Ending Balance	\$3,329	\$0	\$90	\$0	\$3,419
	Greater Seattle Intergroup				
	Standing Committee Expenditures Against Budgets				
	YTD January 31, 2022				
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$0	\$206	\$75	\$5	\$286
Budget to Date	\$30	\$135	\$417	\$150	\$732
Budget -- Full Year	\$360	\$1,800	\$7,680	\$1,800	\$11,640

Approve November Treasurer Report – Motion made by Morgan D40 2nd Steve D18 Unanimously approved.

Chair (Astri):

Happy to have so many of you continuing in service to GSIG as we are moving in our second year of this rotation.

February 5th, I was happy to present at the CPC Quarterly regarding carrying our message to Court and Probation professionals. The participants had questions and reported on efforts they are making in their own districts.

February 12th I was welcomed and facilitated the Group Inventory for Digital Dawn Patrol, although we started later than scheduled (my mistake) we covered a lot of ground and hopefully some action will be taken as the group prioritizes their issues of concern.

Thank you CPC and DDP for allowing me to be of service to your groups.

Going forward, I am scheduled to participate in the Grapevine & Literature Quarterly and the Friday Morning Speaker meeting has invited me to come talk about GSIG. I look forward to spending time with both of those groups. I also plan to attend both the Pacific Regional Alcoholics Anonymous Service Assembly and the Burien Little assembly, hope to see some of you at those events.

Office Committee (Jeff U.):

- Review of January financials by Carl G. Group income higher than expected led to \$3.5k above budget month.
- Lara reviewed new office lease and committee unanimously voted to proceed with signing.
- Astri discussed GSIG group inventory set for Sunday March 20 and committee voted for three-hour session from 10:00 AM – 1:00 PM with snacks.
- Lara presented report of 12-step ad-hoc committee chaired by Anita S. Committee agreed to postpone any recommendations until a review by GSIG Board and feedback from districts and groups. Agreed to present report at Feb. Board meeting.
- Jeff U lead discussion of proposed changes to GSIG procedures in Policies & Procedures manual. Came to consensus on most items. Committee agreed to table finalizing the recommendations until receiving further clarifications from the GSIG 2020 Committee on question of policies vs procedures.
- Committee unanimously voted to add Bill S to the Office Committee. To be presented for approval by the Board at the Feb. meeting.

Office Manager (Lara R.):

Financial: We are losing sustainer subscribers due to meetings going back to in person. Please consider joining the Sustainer's Club as an additional way to support Seattle Intergroup and

Alcoholics Anonymous. This is a wonderful way for us to have a steady and consistent stream of income. For those of you that don't know, we also have the How Dry I Am Club or the Birthday Club. It is suggested that \$1 for every year of sobriety be donated to your local Intergroup or CSO and also to GSO in New York. We have self addressed envelopes for both Seattle Intergroup and GSO in the office. Pick up a handful and take them to your group. It's a great way to support AA and show your gratitude.

Inventory: It has been tricky keeping up with the demand at times. It is an unpredictable flow with Covid still affecting meetings and the delays in shipping from AAWS and Grapevine. We are doing our best. The Bookstore in Burien is closing in the middle of February so we will be one of the only places, other than Amazon obviously, that sells AA literature and coins.

Procedure: We completed 35 12th Step Calls last month. That means we called someone from the list of volunteers that are willing to make 12th Step calls that resides in the office and made a connection between someone needing help to stop drinking and sober members of AA. If your name is not on the 12th Step list and you would like it to be then please sign up using the form on our website and your name will be added to the list.

We are in the process of forming a 12th Step Committee. For more information please contact anita@seattleaa.org to see how you can get involved.

There are many groups inquiring about insurance policies. Many venues are requiring that the meetings hold insurance in order to use their space. We are looking into what it would take to offer insurance to groups for an annual fee and what that might look like. More information to come.

I have spoken with John P., the current Newsletter editor about the possibility of starting a Sober in Seattle podcast to accompany the next printing of a Sober in Seattle book. The projects will run parallel to each other. More information on that to come.

The Big Book Fund has been used to donate literature to the Downtown Emergency Service Center and to the Salvation Army, as well as two potential members that wandered into the office and were responsive to receiving a big book. Thank you to the individuals and groups that have donated to this fund.

Archives Committee (Teresa):

- Attended Area 72 Area Archives Quarterly on Zoom this month.
- Attended monthly Regional Archivists Group on Zoom this month.
- Signed up for PRAASA next month(March) primarily to attend, virtually, Archivists 'roundtables and any other Archives discussions/displays.
- Continue to scan pre-1990 High & Drys and save as archival pdfs and load into GSIG Google docs

Corrections Committee (Amy):

The GSIG Corrections Committee continues to accept Pink Can funds from groups and provide literature to facilities in need, throughout Area 72. In this era of very limited contact for the incarcerated, we feel that providing literature fulfills a vital function.

So far this year we have received funds from these groups: Counterpoint; Mid-Day Mindfulness; Happy Hour; and Sunday Night Speakers. Our sincere thanks!

In the same respect, there is a pressing need for male volunteers to correspond with incarcerated men. There are over 600 men nationwide presently seeking someone willing to share their experience, strength and hope. Corrections Correspondence pamphlets with applications and more information are available at most in-person meetings.

The Juvenile Detention Center will be opening back up for meetings. There will be a training on February 24th and over the coming months. Requirements: no previous record of assault or domestic violence; 2 years of sobriety; and 7 years off hard drugs. Stay tuned for contact info.

We ask that groups keep a list of people that are interested in volunteering for Corrections with their contact info so we will be ready when the facilities open back up. You can forward us the information to: Corrections@seattleaa.org

Karen from Empire Way will be writing a report for the next Hi and Dry about the Corrections Committee's activities over the last 2 years.

Hospitals & Treatment Committee (Greg E.):

1. We are continuing to route Bridge the Gap requests from various sources, quite a few in the last month. If you would like any assistance with these, please send them our way!
2. Virginia Mason sent two peer support referrals to us in the last month, which was great because they had gone pretty quiet. I'll be checking in on this relationship in the near future to see if we can do anything to help support.
3. Our two standing meeting commitments (Union Gospel Mission & Salvation Army) are still on hold due to COVID. No timetable for return. We did learn that Salvation Army is starting up their own internal meeting, which is great news! We're ready to support that any way we can.
4. Attended the Area 72 Treatment Quarterly in January. Some highlights:
 - The Area is continuing with its awesome No Seniors Left Behind program. Great way to carry the message to our seniors at residential facilities and senior centers. Spearheaded by the Area CPC committee, cpc@area72aa.org
 - Reminder that the Area has great resources for Treatment reps at its website, www.area72aa.org.

Night Watch Coordinator (Sheree)

Volunteer shifts are available

PI/CPC Committee (David D.):

- The January PI/CPC meeting has not been held yet this month. It is on this coming Saturday, February 19th.
- David, PICPC Chair, received an email from Lara, GSIG Office Manager, about a potential opportunity to take a meeting to an apartment complex that serves a high percentage of alcoholics who are experiencing a high level of housing instability and other challenges.
- David has already followed up with the manager of the apartments and will begin working with Greg from Hospital and Treatment and other service committees and groups to provide support for a meeting and literature.
- 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.

Third Legacy (Dan R):

The meeting was held on Feb 12 at 9am and was attended by 9 people. Those in attendance were: Jennifer L, Joel M, Lara R, Nick L, Matthew W, Jason M, Mark M, Dan G and Dan R.

A discussion was had on Third Legacy in general and what we saw as the committee's primary purpose. We elected Preston P as secretary and discussion led to a decision for Dan R to serve as outreach coordinator in the interim as the committee gets up to speed.

It was decided that we conduct outreach to the greater Seattle area informing the fellowship on General Service as well as service opportunities available with GSIG.

It was decided to continue to host a monthly Traditions Study and a Quarterly Sponsorship Workshop. It was also decided that both of these meetings at a minimum will be held on Zoom and hybrid as circumstances allow.

Our specific ask of the board and its attendees - we need your help in:

- Your participation on our committee - we meet the 2nd Saturday of the month at 9am
- Facilitating a Traditions panel - we meet the 2nd Saturday of the month at 10am
- Your participation at the Sponsorship Workshop - March 26th from 9am to 1pm

- Your invitation - to your business meeting for a 3-5 minute presentation on Third Legacy.

All questions, input, and suggestions are welcome.

District 14 (Kim S.):

Our DCM Dimitri attended a national tech AA convention. Is getting ready for PRASA and preconference in March. We also discussed and planned on our D14 group inventory and are working on coordinating a facilitator.

Treasurer Jennifer S. reimbursed DCM and Alt DCM to go to business quarterly and disbursements made to intergroup, area 73, GSO and wrote check for Burien Little Assembly.

Our P.I. Chair Laura went to quarterly and told us how great it was. She says one of the focuses was on the importance of carrying the message to the public. And that AA.org is now much more accessible; there is an AA podcast. She would appreciate it if GSRs could help her out by letting her know if the buildings/organizations that hosts your meetings have AA literature and if they want to have AA literature. She can be reached at dist14pi@area72aa.org

Our accessibilities chair David T let us know that accessibilities have started support for seniors. He wants to help with any accessibility needs so if you have any questions, please reach out to him.

Seonaid was our first guest speaker. She came to tell us all about upcoming Burien Little Assembly and that it will be online on 3/12/2022 from 12-6pm. The theme will be 'AA comes of age 2.0. United in love and service'. Free and need to have people preregister at www.Burienlittleassembly.org

Our next speaker was the area language chair, Lisa S. She explains that she focuses on language needs at the area level and they focus on ASL and Spanish because that is what has been voted on. She also lets us know that the Burien Spanish speaking AA website is www.aaintergrupalarea72.org

If you have a language request, please tell your DCM and they will get it to the language committee.

District 24 (John K.):

- District 24's annual banquet is being held March 12 but limited to 100 people.
(St.Pius MLT)

District 41 (Laurel):

Steve L. From District 3 talked about the Evergreen State fair. Every year they have a booth, literature and pamphlets. D 41 has annually given \$300 donation for several years. Due to more contributions from other Districts, Steve suggested a donation of \$101.00. We voted to send that amount to support the booth. They do have a need for volunteers to stand at the booth and meet with the public. In the past, these volunteer shifts run for four hours. If you are interested in

volunteering, please contact Jeff H. (their volunteer coordinator) at 206-369-5660. And feel free to spread the word!

D 41 is compiling a list of volunteers for the Bridge the Gap project. When Intergroup notifies us about a person leaving treatment, and lives in the region of District 41, we will match up a volunteer (who lives close by) to connect with the person getting out of treatment.

D 41 now has four vacant committee chairs: Accessibility, Corrections, Grapevine/Lit and Young Peoples.

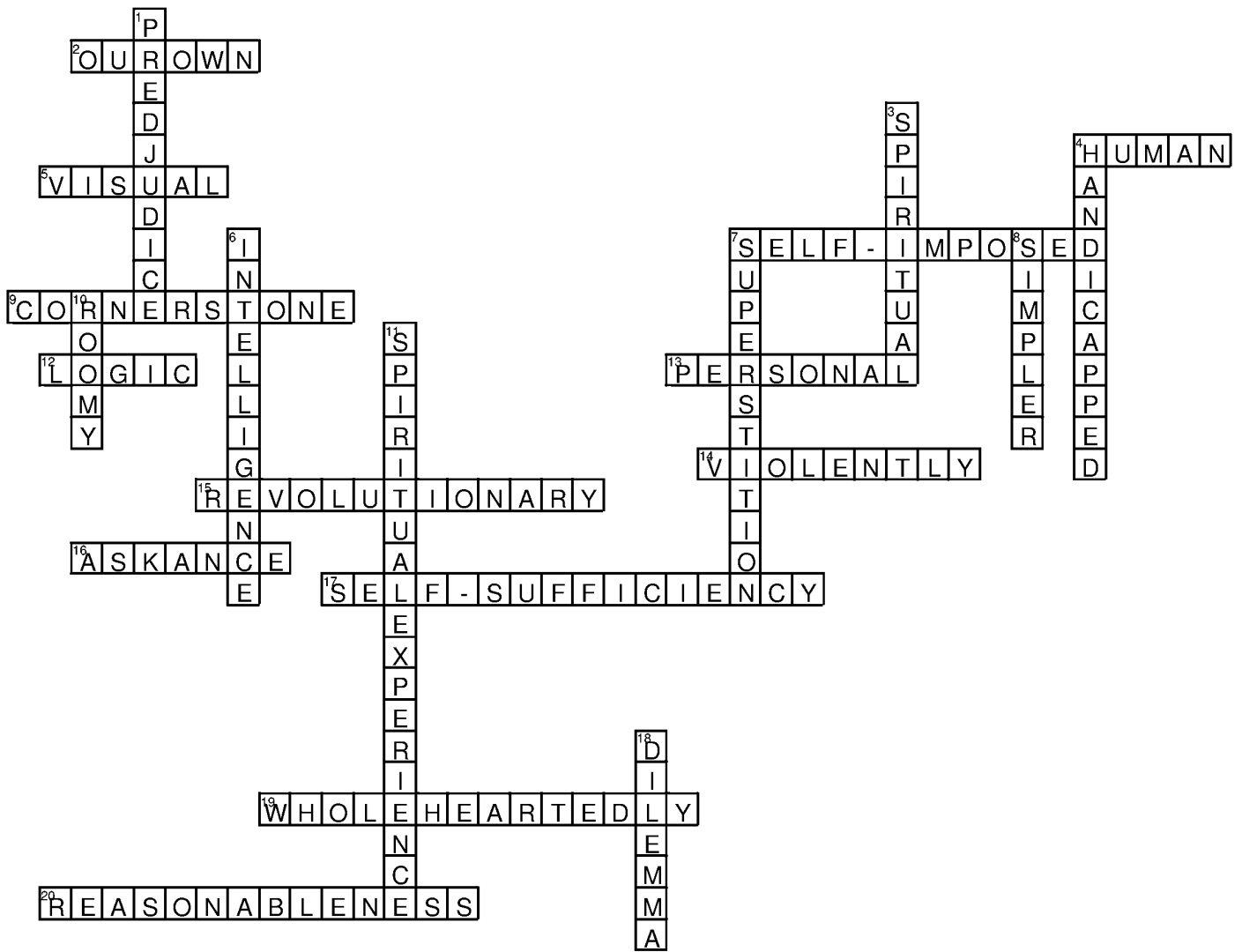
District 42 (Mikey C.):

- We have our District 42 meeting every 2nd Thursday of the month every month.
- Eddy our area 72 alt treasurer gave a detailed presentation on his service position very informative. He also stepped up to give his interpretation of both concepts 1 and 2.
- *Thanks for your service Eddy!*
- Sno-king intergroup reported in and was requesting volunteers to help with their phones.
- GSR's reported that their meetings are running smoothly with exceptions of that thing called COVID.
- All of our trusted servants reported on their prospective quarterlies. Great Job!!!
- The budget forecast was discussed and passed.
- Preparations are in the works for updating the D42 handbook.
- GSR schools, pre-conferences and the questions that were poised for our area delegate are all in full swing.
- Also, want to add that AA events, meetings can be found at seattleaa.org.

Upcoming events

- Seattle Group- Saturdays at 6:00PM
- PRAASA March 4-6 on Zoom
- SMS Sunday March 6th, 11:00AM Hybrid
- Trad Study Saturday March 12th, 10:00AM on Zoom
- BLA March 12th, 10:30AM – 8:30PM on Zoom.
- Next Board Meeting March 15th, 7PM

We Agnostics





GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

**Seattle Intergroup Third Legacy
Committee presents:**

SPONSORSHIP WORKSHOP

When: March 26, 2022

9:00 am to 1:00 PM

Potluck Lunch w/main entrée provided

A-L appetizers

M-Z – desserts

Panel Presentations & General Discussion

Where: GSIG Boardroom

5507 6th Ave S. Seattle, WA 98108



Everyone Welcome.

**For questions or how to get involved
contact:**

thirdlegacy@seattleaa.org

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

MARCH 19TH

You can do:

For more info

Text Yoshi:

(253) 209-6802

Or

Reith:

(206) 434-2589

Acoustic guitar

Acoustic instruments

+ keyboard

Singing

Comedy

Poetry

& Magic

*Bring food/ snacks
& drinks!*

Saturday - 7:30pm

SEATTLE INTERGROUP

5507 6TH AVE S.

SEATTLE, WA 98108



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:

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.

April 16th Steve C.

April 23rd Thomas H.

April 30th Leslie I.



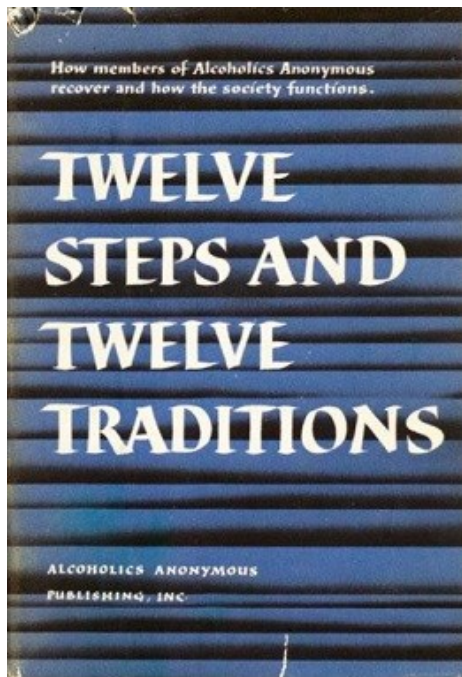
**Seattle Intergroup Third Legacy
Committee presents:**

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

MAGNOLIA SPEAKERS MEETING

MARCH 2022

Every Friday @ 8pm (pacific)

3/4

Lorraine K.

Sober since 10/17/1990
Edmonds, WA

Murphy J.

Sober since 8/20/2018
Seattle, WA

3/11

Bob D. One Speaker Event

Sober since 10/31/1978
Las Vegas, NV

3/18

Bradley S.

Sober since 5/5/1991
Seattle, WA

Taylor B.

Sober since 3/2/2019
Seattle, WA

3/25

Keaton T.

Sober since 8/9/2017
Seattle, WA

Shrounda S.

Sober since 5/8/2008
Seattle, WA

www.magnoliaspeakersmeeting.com

Magnolia Lutheran
2414 31st Avenue W.



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.

