



High & Dry

April 2022

Volume 74, Number 4



Forgive Quickly, Laugh Easily

By Caroline M. (From April '22 issue of The Grapevine)

I was hungover again, head pounding, in a terrible mood. It was also a school morning so I was rushing to make breakfast and lunches for my two kids while I got myself ready for work. When I went to get milk from the fridge, our cat was weaving back and forth under-foot, making a fuss to be fed. I stuck my foot under its belly and hefted it out of my way. Roughly. The cat yowled. My kids yelled, "Mom, what are you doing?"

When I was hungover like that, I just wanted everyone and everything to get out of my way. Today I cringe at the memory of what my kids had to put up with when I was drinking, never mind booting the innocent kitty out of my way.

When I hear it said in AA that we have no regrets about the past, I can't agree. I have many regrets about the hurt and embarrassment I caused others. I feel terrible about the ways I endangered my children's lives driving drunk with them in the back seat after a play date where the other

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mom and I had a date with a bottle of wine as the kids played in the other room. I should have been arrested for DUI many times and it was only God's grace that saved us from tragedy.

It was the look on my son's face and the simple words, "Oh, Mom, you didn't," when he saw the half empty bottle of sherry on the kitchen counter and me trying to steady myself against the sink. My son's words finally got my attention on Christmas in 1984.

I'd gotten drunk on some cheap sherry I was going to use for cooking, not drinking, or so I thought, because I was on the wagon again. I'd been on and off the wagon for years, each time promising myself I'd never get drunk again following painful hangovers and each time I was unable to stop myself after the first sip.

They say in AA that it's the first drink that gets you drunk, and I know that to be true. As for sipping? What a joke. I'm a guzzler and even when I'm drinking tea or water, I guzzle. And so I guzzled that cheap sherry on an empty stomach and within a few minutes the kitchen started spinning. I knew I wouldn't be able to finish the pies I was preparing for my office party and I called my son to the kitchen, telling him I wasn't feeling well. That's when he looked at me, saw the bottle and said those words that pierced my heart and shot through all my denial. Something in me just broke. The truth finally hit me: I was an alcoholic.

I staggered off to bed and the next day, having not slept at all, I walked into a noon AA meeting at our local clubhouse. Through God's grace I haven't found it necessary to take a drink for any reason in over 36 years.

Old habits die hard, but the new habit of sobriety was so much easier than the shame and guilt that came with hangovers and cringing at ugly memories of bad behavior. The new habit of going to meetings was a revelation.

APRIL IN OUR HISTORY

April 1

1939 "Alcoholics Anonymous," AA's Big Book was published.

1966 – Sister Ignatia died at the age of 77.

April 7

1941 – Ruth Hock, Bill W.'s secretary, 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 shared with Hank P. in Newark, New Jersey.

April 11

1938 – Alcoholic Foundation held its first meeting.

April 16

1973 – Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 22

1940 – Bill W. transferred his Works Publishing Stock to the Alcoholic Foundation.

April 23

1940 – Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.

April 24

1989 – Dr. Leonard Strong died. He was Bill's brother-in-law and a non-alcoholic AA Trustee.

April 25

1951 – AA's first General Service Conference was held.

April 30

1989 – The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast on ABC TV.

After a year or so, I learned how to go on a date sober, go to clubs, parties, dances, to go out for coffee, ice cream and movies, join a church, take walks on the beach, all without alcohol, something I could never have imagined possible.

Over the years, I've learned to mourn sober, to cry and write and talk out the pain of loss and disappointment through the Fourth and Fifth Steps. I've learned how to look at myself honestly, accept my human frailty and be satisfied with "progress not perfection." I do my best to amend behaviors that are harmful to myself and others.

I've also learned how to be a better friend, parent, listener, team member. I don't take offense nearly as easily as I used to. Through the Steps, I became aware of how my actions affect others, and even though I know I'm not responsible for how others react, I can be more sensitive to the fact that others have feelings that I need to take into consideration. I think things through a little better instead of instantly giving others a piece of my mind because that would make me feel better in the moment. The instant gratification monkey stays safely in its cage.

We learn in AA about the benefits of pausing when agitated, and I've found that my daily practice of the Eleventh Step slows me down so that I actually do get to pause before speaking or acting. I had a really awful habit of interrupting. I just couldn't wait to share my thoughts and opinions, but I'm learning to wait my turn, hold my tongue. I'm still me, but an improved version.

I've discovered the promised new way of life, a life where I can be at peace in most situations. I can be quiet and still and tolerate discomfort. I can allow someone to rant and get something off their chest without feeling the need to fix them. It takes practice, but the spiritual principles of love and tolerance, the code of AA, pay off handsomely.

During the pandemic, when so many meetings moved online, I discovered the joys of meeting other alcoholics around the world, and learned that despite minor differences, the program is the same everywhere. We speak the language of recovery no matter which country the meetings are held in.

How blessed I was, and am, to have stumbled into that first meeting decades ago, hungover, filled with shame and with no idea of the future life of peace I would receive. I've found what I always wanted: a tribe of like-minded people, helping each other over the inevitable bumps in the road. People who forgive quickly, laugh easily, allow themselves to be vulnerable and weep openly with no shame. A place where my heart feels at home, a sense of purpose and belonging, where I fit when I used to feel like such a misfit.

FUTURE TRIPPING

April GSIG Events

1-2 — WWA 72 Business

Quarterly 5 pm Friday to 5 pm Saturday *First Baptist Church* 1616 Pacific Ave, Everett, WA 98201

2 — GSIG Hospital and

Treatment Committee 10 am to 1130 am (Hybrid meeting) *Seattle Intergroup office* 5507 Sixth Ave. S Seattle. Zoom info: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUILSitzMTB1RXM4eFdSUT09> Meeting ID: 820 0608 7832 Passcode: 088776

3 — Open Mic Jam Night 730 pm to 11 pm. *Seattle Intergroup office* 5507 Sixth Ave. S Seattle.

3 — GSIG Service Manual

Study 11 am to 1 pm (Hybrid meeting) *GSIG Office* 5507 6th Ave S; Seattle, 98108 **Zoom info:** <https://us02web.zoom.us/j/89985027998?pwd=Q2NxR0ozSjlHenFyWTdaZVpqqdityZz09> Meeting ID: 899 8502 7998 Passcode: 280420

6 -10 — 38th Annual North

Coast Roundup Seaside *Convention Center* 415 1st ave, Seaside, WA

6 — Seattle Intergroup

Accessibility Committee 6 pm

to 7 pm (Zoom meeting) Info

<https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWIZdz09> Meeting ID: 885 9521 8136 Passcode: 611317

8 — Spring Fling 7 pm to 9 pm

Seattle Intergroup Office 5507 Sixth Ave S Seattle.

9 — GSIG Third Legacy

Committee 9 am to 10 am (Zoom meeting) <https://us02web.zoom.us/j/85851420330?pwd=R1ISZFpaVURaMFBCZGF0OVk1c0dLQT09> Meeting ID: 858 5142 0330 Passcode: 051501

9 — GSIG Third Legacy

Tradition Study 10 am to 1130 am (Zoom meeting) Info: <https://us02web.zoom.us/j/85851420330?pwd=R1ISZFpaVURaMFBCZGF0OVk1c0dLQT09> Meeting ID: 858 5142 0330 Passcode: 051501

11 — GSIG Corrections

Committee 630 pm to 8 pm (Zoom meeting) Info: <https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YkIzWIB4UT09> Meeting ID: 872 2771 9137 Passcode: 833575

16 — GSIG PI/CPC Committee

10 am to 1130 am (Zoom meeting) Info: <https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09> Meeting ID: 810 2073 8836 Passcode: 166656

16 — Online District 25

Meeting 4 pm (Zoom meeting) **Zoom ID :** 856 6331 8420 **Passcode :** 353586

19 — GSIG Monthly Board

Meeting 7 pm to 830 pm (Hybrid meeting) *GSIG Office* 5507 Sixth Ave S Seattle. **Zoom info:** <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcljNNQUxweStiK3BZUFZTZz09> Meeting ID: 918 5437 5402 Passcode: 035194

22-24 — 5th Annual NW

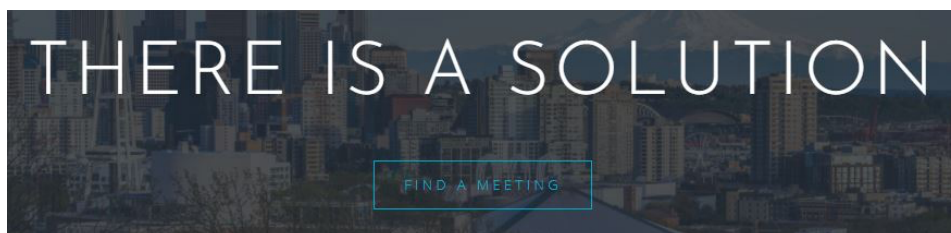
Girlstock Four Points by Sheraton 714 Lakeway Drive, Bellingham, WA

23 — GSIG Web and Tech

Committee 9 am to 11 am (Zoom Meeting) <https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJJPQWIMUUDxYy95V3lPd09> Meeting ID: 857 9514 2843 Passcode: 467107

28-30 — 46th Rogue Roundup

(Zoom Meeting) Info and registration <https://rogueroundup.com>



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Jonathan W., Mikey C., and Fred M.
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., and Patrick P.

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 — April 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 APRIL CELEBRANTS IN THE
HOW DRY I AM CLUB!

Heidi K.

34 years

Dave V.

There is a Solution

34 years

Mercedes

Empire Way

18 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 Four: “Made a searching and fearless more inventory of ourselves.”

by Peeps

My sober date is Jan. 7, 2019, so the ways of Alcoholics Anonymous still feel new to me, especially when it comes to helping another person navigate Step Four.

I vividly remember the trepidation and anxiety I felt when I began this vital Step. For the record, it took more than 30 years from my first exposure to AA and the Steps to ignore my ego and put down on paper an honest inventory the excesses of my alcoholic self. And it didn't happen until I completely surrendered to Step Three.

I've had more than a dozen of sponsees, but only two have completed Steps Four and Five. I am humbled and grateful to have been useful to them on any level.

The attempted recoveries of the overwhelming majority of my sponsees shattered upon contact with Step Four. I have deep sympathy for them. I recoiled from this Step too many times to count. My fears and false pride kept me from taking an unvarnished view of how my character defects and instincts affected people in my life. I could not look in the mirror without lying to myself about my true nature.

In a perverse, extremely self-centered way, Step Four was appealing to me (when I finally was willing to take it on). To paraphrase a well known AA cliché, I'm not such-a-much, but I am all I think about, so, reassured by my sponsor of this Step's importance and my own desire to be free from alcohol's grip, I dove head-first into the opportunity to write about my three favorite people: me, myself and I!

I understand my sponsees' avoidance of uncovering and facing the worst of themselves. Like me, they think their past actions are shameful and might be unforgivable. Above all else, we fear the reaction that will follow sharing the truth of how we lived — with ourselves and with another human being.

I've learned through many heartbreaking failures to stay sober, that everything I want is on the other side of my fears. My fears tell me not to look. Pride tells me I don't have to. For me, it was a formula for continued misery.

My sponsor convinced me that the best way to work on Step Four is to act as if Step Five does not exist. I totally believed him, which freed me to write honestly. I wanted to see myself mask-free



We scheduled three, hour-plus meetings, where I brought my in-progress inventory to his office where we discussed the details and causes in depth. He banished my fears by sharing how similar our stories were. I learned I was not uniquely weak or evil. That, like him and other AAs, I could learn and grow.

I was another alcoholic in need of help and worthy of the effort it takes to change. He convinced me that sharing all of my story would save me from myself.

At the point where I thought we'd reached the end of the third session, I was exhausted mentally and physically, I felt relief. I was pleased with what we had done. I could see progress from where I had begun.

We had scheduled a meeting for me to take my Fifth Step for the following week, but when I started to gather my stuff to leave, he surprised me by asking, "Why don't we start Step Five now? I've got as much time as needed. We can order dinner and keep going. You're doing great!"

While the executive committee in my head was shouting, "Flee now!," I didn't. I'd learned enough in the preceding weeks of work on Step Four that the promised changes in myself that had brought me back to AA were within my reach, if I was willing to look past my fears.

As a result of working Step Four to best of my ability with a trusted sponsor/friend, I learned I could survive and thrive doing things that used to stop me in my tracks.

Tradition 4:

Each group should be autonomous except in matters affecting other groups or AA as a whole.

By Peeps

I love AA's cliches. One of my favorites is: "There is a wrench for every nut in AA."

If you attend as many meeting as I do, you've experienced this phenomenon with your own eyes and ears. It used to bother me greatly that no two meetings were exactly alike.

When I went to a new meeting whose proceedings were different than my home group's, I'd be thinking: "What the heck is wrong with these people? Don't they know how my meeting is supposed to run? They are doing this all wrong!"

That was my newcomer self-centeredness manifesting itself at a meeting. Obviously, my bad.

I have learned to never doubt the brilliance of our tribe's founders. They knew exactly what they were doing when they gifted us the 12 Traditions, especially Tradition Four.

They knew from experience that it is easy to tell who the drunks are, but it is risks to one's sanity and sobriety to tell said drunks exactly what to do.

I love how the "Twelve Steps and Twelve Traditions" illustrates the importance of Tradition Four by recapping the origins of AA's Rule No. 62 — "Don't take yourself so damn seriously."

Tradition Four gives groups the freedom to deliver the AA message in the ways that make sense to them, based on the group's conscience, as long as they are delivering AA's bedrock message of salvation, hope and love.

Some meetings in Greater Seattle begin with a quiet period of meditation. Some read from the Big Book for 15 minutes or more before opening for sharing. Some are speakers meetings, where members listen but don't share. Some begin with a reading from "The Daily Reflection" or "As Bill Sees It," then jump into sharing.



At some meeting members can't speak until called on, while others let members jump in whenever they can get a word or 12 in edgewise. There are meetings where commenting directly on another member's share or offering unsolicited advice is expressly verboten and others that encourage "loving crosstalk."

I'm not even going to mention the variations in format I have endured during Zoom meetings or the in-person meetings I've attended in Atlanta, Oregon and southern California.

In the Los Angeles area, everyone with an annual birthday gets their own cake! Think that is excessive? I'm not going to name the north Seattle meeting I attended, at the height of Covid restrictions, which featured a plastic cake on its birthday night. Sorry, but that is taking things way too far for me.

But all the meetings I've attended had some glaring similarities (once I lifted my blinders): I was welcomed with love and kindness by total strangers and AA's powerful message of recovery was undiluted, if my heart and mind were open.

Understanding My Character Defects

By Kelli S-B

Fear, resentment, self-centeredness and dishonesty. It seems like most of my problems can be drilled down to one of these defects. The Big Book mentions them a few times, too. The Fourth Step asks, "Where had we been selfish, dishonest, self-seeking and frightened?" (pg 67) The Tenth Step suggests we "continue to watch for selfishness, dishonesty, resentment and fear." (pg 84) Again, the 11th Steps suggests "we constructively review our day. Were we resentful, selfish, dishonest or afraid?" (pg 86).

I've learned each defect has a treatment; some action I can take to heal from the spiritual malady and move towards emotional sobriety.

The Fourth Step gives us clear instructions for how to write out a resentment. Although I needed my sponsor to explain it to me because the instructions made no sense! I saw the first three columns as listed on page 65, but completely missed





instructions for the fourth column on page 67!

"Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely."

This part was the key to peace and freedom for me. This is the column where the resentment is lifted from

us. When I see that my selfish and self-seeking behavior, driven by fear, caused me to lie and manipulate people and situations to get what I wanted, my resentment lifted. I stepped on the toes of my fellows and they retaliated. It also helped to realize forgiveness does not mean I condone their behavior. Somehow I believed that holding onto my resentment gave me power to avoid being hurt again. It was actually the exact the opposite. Seeing the truth, by using the tool of writing out the four columns, truly helps the resentment lift and gives me peace.

The Big Book says the word fear "somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it." (pg 67). This is followed by instructions for including fears on my Fourth Step. I've discovered that fear is always in the future. Rarely am I afraid right now; I'm almost always afraid of losing something or not getting something in the future. Grabbing onto fear gives me the false sense of control. Maybe, if I'm afraid enough, worry enough, plan and predict enough, I'll be OK. That's not true and it's a waste of energy. Staying in this present moment is my greatest tool against fear. The Big Book includes a prayer on page 68, "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear." Coming back to this present moment, bringing my Higher Power into it and directing my thoughts to helping others lifts my fear.

This brings me to the solution for battling self-centeredness. Bill W. sums up recovery on page 14 of his story when he said, "Simple but not easy; a price had to be paid. It meant destruction of self-centeredness." Not great news, however, because later he tells us (pg 62) "Selfishness – Self-centeredness! That, we think, is the root of our troubles." Seems like a lose-lose situation to me! However, the answer is simple; turn my thoughts towards others. The chapter "There is a Solution" reads, "Our very lives, as ex-problem drinkers, depend on our constant thought of others and how we may help meet their needs." (pg 20) The solution to self-centeredness is doing something to help others: make the phone call to the newcomer or old-timer, walk around the block

and pick-up trash, let the person go in front of me at the check-out counter, donate to a charity, the list is endless.

The final defect, dishonesty, was the hardest one, for me, to change. I lie so I can control those around me. If I stop lying, I won't get what I want or need. I'll be rejected or abandoned. I'll look bad. I'll have to face my mistakes and shortcomings. No, thank you. I'd rather lie. Honesty is mentioned three times in the first paragraph of "How it Works." Even those who have "grave emotional and mental disorders" can recover if we "have the capacity to be honest." (pg 58) My sponsor made this very simple for me. She suggested that when I was dishonest, I needed to immediately correct my lie by saying, "No, that's not true. The truth is ..."

At first, it was impossible. I'd be telling a story and it would sound like this: "I woke up this morning at 7... no, that's not true, it was actually 9:30. Then I had eggs and a green smoothie for breakfast ... no, that's not true, it was actually one egg and two donuts for breakfast. I was excited to get to work ... no, that's not true, I was actually dreading going to work, but everyone is tired of me complaining about my job, so I wanted to sound excited."

On and on it went.

I had no idea I lied so much! Seeing, and hearing, the truth about my inability to tell the truth was the first step in becoming an honest person. And if I'm being truthful, repeatedly saying "no, that's not true" got so tiring I found it was actually easier to tell the truth. I relied on these big four defects to give myself a false sense of power. Practicing these spiritual actions did three things for my recovery; 1) I stopped engaging in the defect, 2) by practicing the opposite or taking these spiritual actions, I stopped stepping on the toes of my fellows and they stopped retaliating, 3) I realized that my Higher Power was actually showing up for me in a more Powerful way than these defects ever could.

I'm so grateful for the spiritual tools that helped me move away from the symptoms of my alcoholism and towards peace and serenity. One day at a time ...

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.

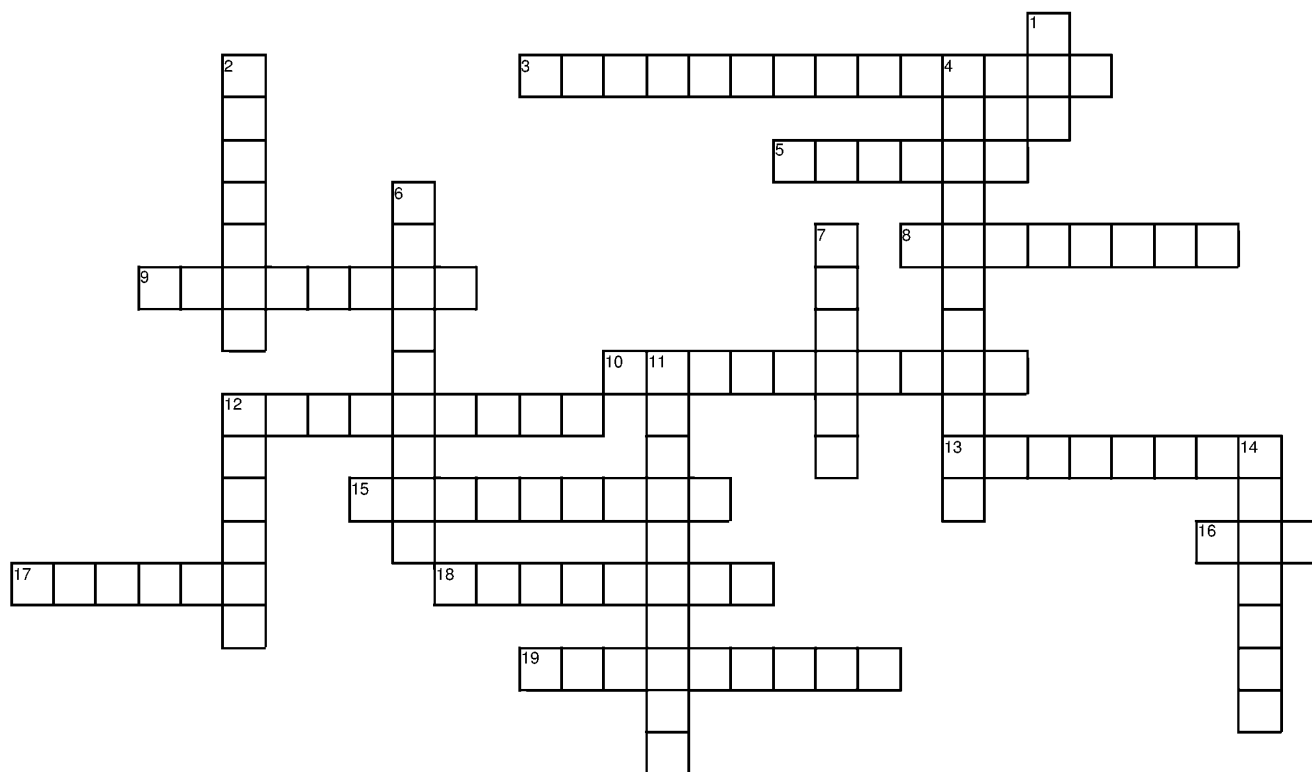
Corrections Correspondence is always looking for people to write to inmates, especially men. It's a great way to do service for people that are starved for contact on the outside.

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.

How It Works

Rarely have we seen a person fail



ACROSS

- 3 Most people try to live by this
- 5 How we ask God to remove our shortcomings
- 8 The kind of honesty this manner of living demands
- 9 We avoid retaliation or _____
- 10 The kind of arch we are passing through
- 12 The kind of awakening that is promised us in the Twelfth Step
- 13 Sometimes we think fear ought to be classed with this
- 15 Who we take an inventory of
- 16 What length do we have to go to?
- 17 What kind of amends are we suggested

to make

- 18 When do we admit we were wrong
- 19 What kind of effort to we have to exert to face the things that are blocking us

DOWN

- 1 The one who has all power
- 2 All men of faith have this
- 4 The root of our trouble
- 6 What kind of contact are we trying to improve?
- 7 What it would be like if the rest of the world behaved
- 11 The number one offender
- 12 What we hope to be restored to
- 14 The way in which our stories disclose

GSIG Condensed Board Meeting Minutes

March 15, 2022

Submitted by Leslie I. (Recording Secretary)

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

month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
January 2022	3.3 K	15 K	0.7 K	1.5 K	492.00	1.8 K	95 K
February 2022	(3) K	9 K	0.7 K	1.4 K	533.00	2.5 K	95 K

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

Corrections: \$3.4K Accessibility: \$185

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2022.

Corrections \$360 Hosp & Treat. \$1,594 Accessibility \$7,395 Pi/CPC \$1795

Group contributions are on budget for month and higher ytd. Personal contributions continue \$1800 below budget while Sustainers are close to budget. Cash and Savings are stable from Dec.

We have opted to not print the entirety of the Treasurer's Report in the High and Dry. If a full report is needed please contact your Intergroup Rep or District liaison. If a District or Group rep does not exist for you, please contact Lara or Anita to get a copy of the Board minutes or please come to our monthly meeting, we would be happy to have you. Everyone Welcome.

Chair (Astri):

Greetings everyone. I hope you have all recovered from our switch to Daylight Savings.

The past month has kept me a little bit busy. Among other events, on February 19th I got to share at the Grapevine & Literature Quarterly, March 11th I shared about GSIG at Friday Morning Speaker Discussion and March 12th I participated in a panel at Burien Little Assembly.

March 4-6 I attended the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) and would like to share some of what I learned there. All GSO staff will (have) returned to the office on March 14th. They still have 2 open staff positions and are hoping to hire bilingual members. There are still supply chain problems, so filling orders continues to be problematic. New Grapevine book "Fun in Sobriety" will be available in April, Spanish language "Emotional Sobriety" will come out in the fall. There is a call for personal stories for the 5th edition Big Book and the 4th edition Spanish Big Book. Big Book is now translated into 73 languages, 20 plus additional language translations are pending review. The Meeting App continues to be updated. 2021 saw the highest annual contributions ever, literature sales are 3 million below Covid, Reserve Fund is up to 7.5 months of expenses, GV and LV subscriptions continue to decline. Because there is an expectation that travel will open back up as Covid restrictions are relaxed, there is an expectation that expenses will increase by 1.3million. 2023 PRAASA will be hosted by Area 5 and will be held in person in Los Angeles, the first weekend in March. The Pacific Regional Forum will be hosted by Utah September 16-18 2022 and may be held in a Hybrid format. Our next International Convention will be held in Vancouver BC in 2025.

Looking forward, remember our GSIG Group Inventory is scheduled for March 20th starting at 10:00AM and running till about 1:00PM. Past Utah Delegate, Keith M has agreed to facilitate. This will also be a Hybrid format, please pass the word to your Districts and groups. Area 72 Pre-Conferences are scheduled for March 19, 20, 26 and 30 on zoom. I will also be attending the Area 72 Business Quarterly, which will be held in person, in Everett on April 1st and 2nd.

Grateful for the opportunity to serve you all.

Office Committee (Jeff U.):

Discussion of Covid office protocols in light of changing requirements, will continue to follow King County guidelines so masks will no longer be required at GSIG as of March 12th.

Discussion of potential for providing insurance coverage to AA groups. Tabled pending more information about costs and potential risks.

Discussion of potential GSIG E-commerce site. Lara R will show the first draft to the Office Committee in April.

Discussion of proposal by Finance Committee to email past donors with information about GSIG Sustainer's Program. Consensus was reached to write a draft & present it to the Office Committee in April.

Reviewed recommendations from ad-hoc 12-Step Committee, including recommendation to create a permanent GSIG 12-Step Committee. Agreed the recommendations will be presented to the GSIG Board for consideration of changing the Bylaws.

Anita (Asst. Office Manager):

This is a working draft of the proposal to create a 12th Step Committee and what the responsibilities of said committee would be. Please get feedback from your groups, this issue will be voted on at the June Assembly.

The current 12th Step Protocol while the office is closed reads as the follows:

“The telephone volunteers shall not be responsible for arranging Twelfth Step calls during the nighttime hours. If the need arises for a Twelfth Step, the volunteer should get the name and telephone number of the caller and turn it into the Intergroup office the next morning for a follow up by a volunteer from the Twelfth Step list.”

We are looking to change this protocol to the following:

12th Step Call Protocol While the Office is Closed

“Nightwatch is only a phone answering service between the hours of 10pm and 10am. Which means the Nightwatch phone volunteers are not responsible for answering 12th step requests themselves.

There is much that can be done over the phone. The volunteers may, “talk them (the caller) off the ledge” if that is what the call dictates. The volunteers are provided with special resource numbers for cases outside the realm of AA., ie. the Crisis Clinic and the 24-hour Alcohol and Drug helpline should the caller require additional services.

When a call dictates a follow up 12th step call the Nightwatch volunteer takes the caller’s name and contact information, then that information is forwarded to the 12th Step Committee.

If the Nightwatch volunteer does not have a computer, they are to call the 12th Step Coordinator.

The 12th step coordinators are then responsible for the follow-up of the 12th step request. The 12th step coordinator and the 12th step committee are autonomous in their actions.

Seattle Intergroup and the 12th Step Committee is responsible for answering 12th Step requests in a timely and prudent manner.”

12th Step Committee

The 12th Step Committee was created to handle 12th Step Call requests during the hours that the Seattle Intergroup Office is closed.

The 12th Step Committee will consist of the Office Manager, the Assistant Office Manager and at least two other appointed volunteers. This position is a 1 year commitment. The initial appointed (two) volunteers will be assigned to a 1 year term and a two year term respectively.

This Committee is not limited to only 4 members. More members may serve on this Committee.

The Committee will appoint a 12th Step Coordinator or Chairperson.

This position will:

- facilitate monthly committee meetings
- gather contact information from AA members/groups for in person 12th step calls
- delegate other members to answer emails and 12th Step requests
- facilitate quarterly 12th Step Best Practices training sessions for members that have made themselves available for in person 12th Step calls.

The order of dispatching 12th Step Calls

- An alcoholic requests help
- The nightwatch volunteer takes the caller's information
- The volunteer will then contact the 12th Step Coordinator by phone first or by email if not available by phone.
- The 12th Step Coordinator will receive the information and dispatch a 12th Step Call from the 12th Step list.

It is crucial that all volunteers that have made themselves available for Twelfth Step Calls complete the Twelfth Step Call Best Practices training session. These sessions are provided by Seattle Intergroup's Twelfth Step Committee on a quarterly basis, at a minimum, and more often if deemed necessary by the Committee.

Office Manager (Lara R.)

Inventory: GSO continues to be out of stock of a number of items. They send any back ordered items as soon as they become available. We are grateful for your support and patience through this issue.

Procedure: We had 171 calls come into the office last month with completing 21 12th Step Calls.

The date has been confirmed for our annual picnic August 21, 2022 at Seward Park Shelter #3.

Save the Date. We will launch a 2022 Picnic page and make it easy for groups to sign up for our revitalized volleyball tournament, or sign up to bring something for our White Elephant Raffle or to volunteer on the day of the picnic.

The lease has been signed and our building is secured for the next 5 years. Thank you Ed H. and the 20/20 Committee for all of your hard work on this matter.

Many groups have reached out to us to see if Seattle Intergroup offers insurance. Up until now it has been our policy to recommend that groups ask to be added to their particular venues insurance as a rider. Due to COVID, certain venues, particularly churches, are requiring groups to have insurance. Many groups cannot afford the 250\$ annual fee.

Our current insurance broker is not willing to take on what they anticipate to be an onerous and non profitable task. I am recommending that we change insurance brokers. The Office Committee has requested more information before recommending this action to the Board.

We are making progress towards the reality of an e-commerce site, just a few things to iron out, we anticipate demonstrating the site at next month's Board meeting. Fingers crossed.

The Big Book Fund continues to meet the need of bringing literature into places that might not otherwise be able to afford to purchase literature. We filled an order for the Salvation Army homeless shelter this month. These shelters are not really covered by our current Committee budgets, however, as we become more involved with the remote communities, this big book fund will help meet the needs of those shelters and Day Centers. Thank you to all of the individuals and groups that are making donations to this vital fund.

Web & Technology Committee (Dan G.):

Our group webmaster rotates out in alternate years, and we recently elected a new webmaster, Athena N. Please join me in welcoming her to the group, and also thanks to Lee, our outgoing webmaster for all his hard work and guidance.

The Web and Tech group is now up to five members. We have a lot of areas of responsibility and we can always use more help from our membership. We are currently working on a site redesign. In

addition we support the office computers and network, phone systems, technology delivered meetings, 24-hour nightwatch team, and we interact with the larger Technology in AA community.

If you would like to join us we regularly meet on the 4th Saturday of each month at 9 am on zoom, or at the Intergroup Office.

Corrections Committee (Amy):

There is a new email for people interested in volunteering for corrections work. Tell a little bit about yourself and leave your contact info. It is: volunteercorrections@gmail.com

Facilities: The Juvenile Detention Center is ready for meetings to be brought back in. We are waiting for their staff to be available to facilitate us coming in. We have purchased a variety of literature, some of which is particularly directed towards youth.

SCORE in Des Moines is now able to have meetings. We have women volunteers available and are working on getting a men's group started. For that, we'd like someone who has had experience doing this work. The women's group meets there at 3:30-5pm Saturdays. Also, there is a Zoom meeting on Wednesdays at 2pm.

People or groups that are interested should plan on a commitment of once a month.

Seattle Intergroup will be hosting the quarterly Area Corrections meeting in June. More info to come on that.

We encourage people to get involved and join us at our Corrections Committee Zoom meetings at 6:30pm on the second Monday of every month. C'mon, you Districts, Groups and individuals of AA out there! Let's get involved and make this Committee a powerful force for recovery!

Hospital and Treatment (Greg E.)

Virginia Mason outreach: I reached out via email to some of the nurses & social workers who've sent us peer support requests recently, and received responses from a supervisor in Care Management Services, and the Director of Telemetry and Progressive Care. I met with them via Zoom on 3/15/22, and had a great discussion about this program. They've invited us to come visit in person soon, to meet the team and talk about what we do. I will bring this back to the H&T Committee at our next meeting, and will also loop in PI/CPC. Exciting stuff! Really looking forward to this opportunity to refresh and strengthen this relationship.

BLA: I was grateful for the opportunity to appear on a panel at the Burien Little Assembly, to talk about the Committee and what we do. Former Committee member Karen K graciously agreed to join, to talk about the great work she did helping to set up women's meetings at Recovery Place Beacon Hill. If you're curious (or bored), the presentation deck I shared can be found on the GSIG website: <https://www.seattleaa.org/service/treatment-committee/>

Bridge the Gap: continuing to help fill Bridge the Gap requests that get sent my way. Keep 'em coming!

PI/CPC Committee (David D.):

David D received outreach from Thaya Bowman House in Kent area 23920 32nd Ave S.

The ask is regarding what our committee can offer in the way of literature, meeting to connect the residents of this Housing stability complex with respect to the AA program and sobriety. David to rally troops in Kent. The idea of an initial panel/meeting combo and education for staff on what we can do. Judy agreeable to partner with David to determine if this is a possibility and will report back next committee. David will loop in Accessibility committee chair for any overlap in efforts at Thaya Bowman House. The population, residents at this housing complex have various issues and needs – of which the AA program is a need identified by the staff. David indicated he will reach out with district 18 and 32 for potential coordination to assess what kind of service capability exists.

Tara B reported with Judy on the first month or so of Friday noon meetings at Elizabeth Gregory in the U district. We have made progress toward a regular meeting which the Elizabeth Gregory staff communicates to area day centers and shelters. Attendance has been small but someone always shows up and participates. Additional volunteer AA member has taken up one of the weekly rotations and so we are nearly at goal for having distinct volunteers for each week of the month. A good discussion took place to clarify that, while this is an open meeting, it is alcoholics who identify as alcoholics that we may extend a hand in terms of sponsorship if opportunities present themselves. Judy shared this with a woman attending meetings. Tara shared that a woman who attended the panel in 2021 was attracted to return with regularity at the meetings since launch this year. Please contact Tara B 206-697-6146 to get on the email list and interest/capability at Elizabeth Gregory on Friday's at noon. Located at University Lutheran Church basement level 1604 NE 50th Street level B6. Masking and distancing required in the meeting room. No eating or drinking allowed in meetings.

David D: Reach out in meetings and home groups to increase participation in our committee and/or its work. We have a budget and should use it to bring PI/CPC to the alcoholic who still suffers, the public and professionals in the community.

Third Legacy (Dan R):

A reminder that GSIG will be hosting the Sponsorship Workshop later this month on Saturday, March 26 from 9am to 1pm. The meeting will be at GSIG and available via zoom. For more information or to participate on a panel, please reach out to thridlegacy@seattleaa.org

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.

District 14 (Kim S)

We voted to reserve a picnic site at Lincoln Park for our picnic on September 11th. Our DCM and others in the district are available to facilitate group inventories.

District 40 (Morgan)

Trans and non Binary Panel 3/26/22 3-5pm ID: 839 9866 6797 Password: 761155

Update on Marty Mann event coming. Date TBD

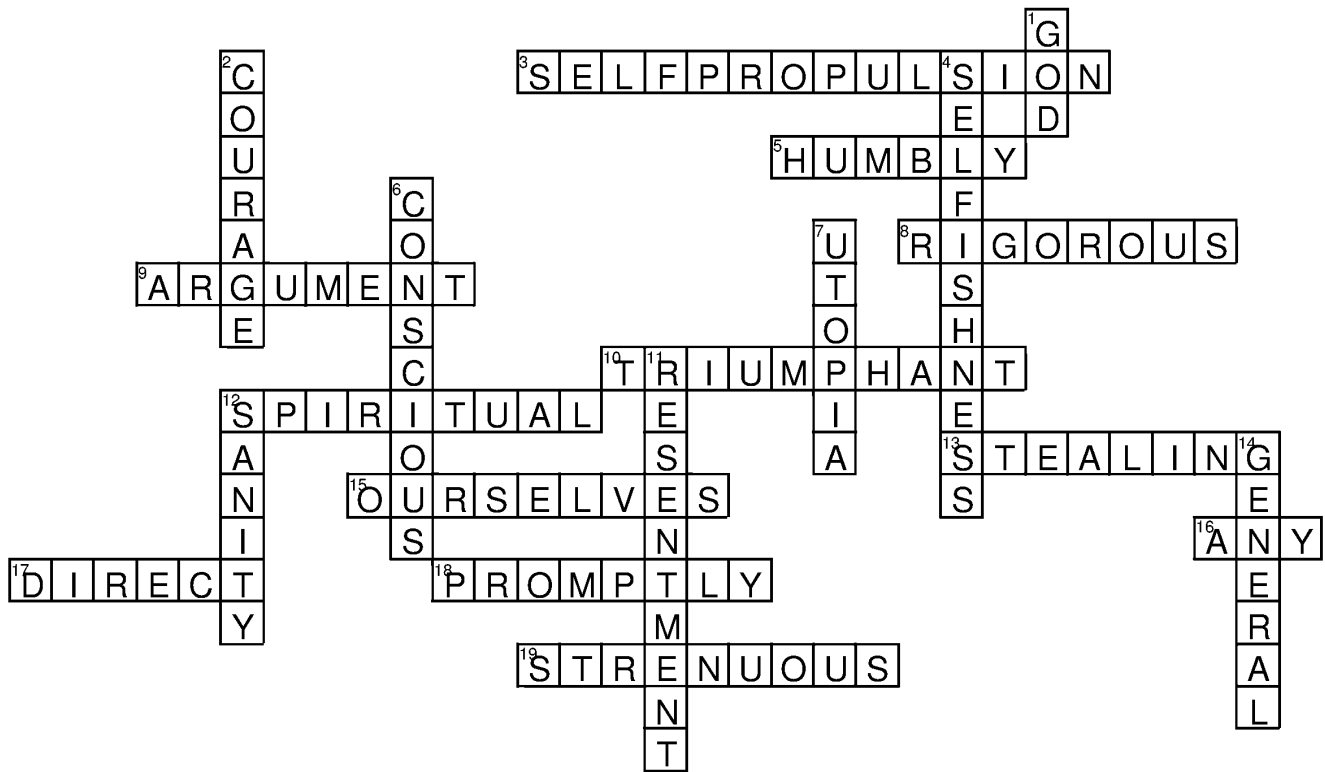
April 8th 7-9pm in-Person Event Spring Fling at Intergroup Denis F is the Speaker. In person only.

Upcoming events

- Seattle Group- Saturdays at 6:00PM
- March 20th GSIG Group Inventory
- April 1 and 2 Area 72 Business Quarterly
- Service Manual Study Sunday April 3rd, 11:00Am Hybrid
- Tradition Study Saturday April 9th 10:00AM on Zoom
- Next Board Meeting April 19th, 7PM

How It Works

Rarely have we seen a person fail





**Seattle Intergroup Third Legacy
Committee presents:**

SPONSORSHIP WORKSHOP

When: April 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

Alcoholics Anonymous Open Mic

APRIL 23RD

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 & more!

Bring food/ snacks
& drinks!

Saturday - 7:30pm

SEATTLE INTERGROUP

5507 6TH AVE S.

SEATTLE, WA 98108



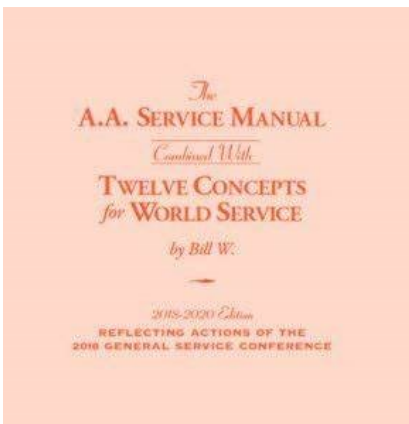
Seattle Intergroup Service Manual Study

When: First Sunday of each month @ 11am

Where: Hybrid event

In-person at Seattle Intergroup 5507 6th Ave S., Seattle

On Zoom: Meeting ID 899 8502 7998 Passcode 280420



We are currently studying the 2018-2020 edition of the service manual. This is an on going study. When we get to the end we will start from the beginning. Everyone Welcome.



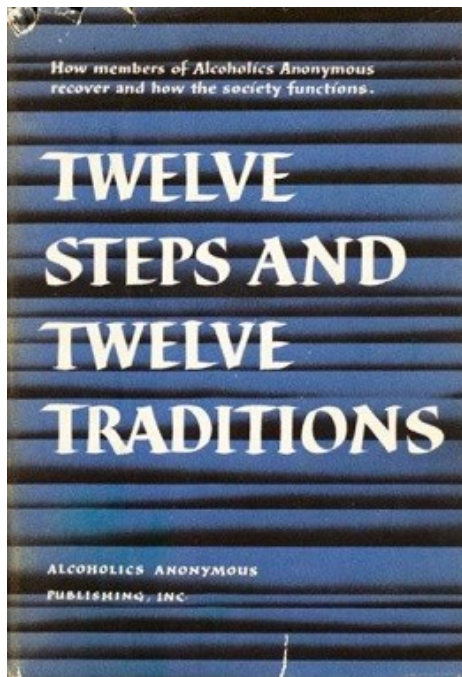
**Seattle Intergroup Third Legacy
Committee presents:**

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



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:

March 26th Bob L.

April 2nd Susan S.

April 9th Dave M.

April 16th Steve C.

April 23rd Thomas H.

April 30th Leslie I.

May 7th Mark S.

May 14th Lara R.

May 21st Mike W.

May 28th Aimee T.

June 4th Sally P.

MAGNOLIA SPEAKERS MEETING

APRIL 2022

Every Friday @ 8pm (pacific)

4/1

Don L.

Sober since 9/16/9991
Bellingham, WA

Eileen L.

Sober since 7/15/1992
Bellingham, WA

4/8

Jonathan J.

Sober since 3/17/2020
Seattle, WA

Lorraine K.

Sober since 10/17/1990
Edmonds, WA

4/15

Beverly N.

Sober since 11/9/1997
Des Moines, WA

Larry M.

Sober since 10/28/1978
White Center, WA

4/22

Grant M.

Sober since 4/22/2021
Seattle, WA

Brad C.

Sober since 9/29/2012
Seattle

4/29

Barb Y.

Sober since 12/3/1989
Seattle, WA

Bob L.

Sober since 2/14/1983
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.

