



News from GSIG

Kenny D will close Founders Day celebration

Seattle's Kenny D, a member of the Magnolia Speakers Meeting group, will deliver the closing address at the 2022 AA Founders Day celebration in Akron, Ohio on June 12. This is 87th Founders Day celebration, which marks Dr. Bob sobriety date.



"It is such a great honor and privilege to be part of this event," Kenny said.

Nightwatch Needs New Chair, Volunteers

After 17 years of service, Sheree will be stepping down as chair of Nightwatch at the end of May. Nightwatch answers phone calls about AA and recovery from the public, including in the middle of the night.

A new chair has not been selected. She reported at the April GSIG Board meeting that Nightwatch also needs volunteers to answer phones. Lately, many shift go unmanned, even though people have signed up to be on call for four-hour shifts. Calls are directed to volunteers' home and cell phones.

The shifts are 10 p.m. to 2 a.m., 2 a.m. to 6 a.m. and 6 a.m. to 10 a.m. The shifts beginning at 2 a.m. have been the most difficult to fill. If you would like more info on how to help Nightwatch carry the message, contact Mike Burns (altnightwatch@aa.org).

Memorial for Mary Ann Cook

Mary Ann Cook, a member of the Counterpoint group, passed away March 7, 2022. at age 91. She was sober since 1975, 46 years. A memorial will be held May 21 (1 p.m.) at Shoreline Unitarian Church (14724 1st Ave NE, Shoreline).

**Greater Seattle
Intergroup (GSIG)
Office**

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Seattle, WA 9810

(206) 587-2838

www.seattleaa.org
info@seattleaa.org

MAY IN OUR HISTORY

May 2

1941 – Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.

May 3

1941 – First AA group formed in New Orleans, Louisiana.

1941 – Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.

May 4

1940 – Sunday Star reported founding of first AA group in Washington, DC.

May 6

1939 – Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.

May 7

1956 – The first English AA Convention was held in Cheltenham, England.

May 8

1943 – Akron AA Group celebrates 8th anniversary with 500 present and sober.

1971 – Bill W. was buried in private ceremony, in East Dorset, Vermont.

May 10

1939 – Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.

May 11

1935 – Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

1939 – First meeting of the Cleveland Group.

May 12

1935 – Mother’s Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 17

1942 – Dayton Journal Herald published pictures of AA members wearing masks to protect their anonymity.

May 18

1939 – The first group to call itself A. A. is meets in Cleveland, OH.

1950 – Dr. Bob told Bill W. “I reckon we ought to be buried like other folks.” He wanted no memorial.

May 19

2000 – Dr. Paul O. died at the age of 83. He was author of “Acceptance Was the Answer” in the 4th edition of the Big Book. This story was titled “Doctor, Alcoholic, Addict” in the 3rd edition.

May 29

1980 – “Dr. Bob and the Good Oldtimers” was published.

May 31

1938 – Bill W. and other A.A.s began writing the Big Book.



FUTURE TRIPPING

May GSIG Events

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

4 — Seattle Intergroup Accessibility Committee (ZOOM) 6pm - 7pm [Zoom link](#) Meeting ID: 885 9521 8136 Passcode: 611317

7 — GSIG Hospital and Treatment Committee (ZOOM) 10am - 1130am [Zoom Link](#) Meeting ID: 820 0608 7832
Passcode: 088776

9 — GSIG Corrections Committee (HYBRID) 630pm - 8pm 5507 6th Ave S., Seattle, WA 98108.
[Zoom link](#) Meeting ID: 872 2771 9137 Passcode: 833575

14 — GSIG Third Legacy Committee (ZOOM) 9am - 10am [Zoom link](#) Meeting ID: 858 5142 0330
Passcode: 051501

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

17 — GSIG Monthly Board Meeting (HYBRID) 7pm - 830pm 5507 6th Ave S Seattle, 98108 [Zoom link](#)
Meeting ID: 918 5437 5402
Passcode: 035194

21 — GSIG PI/CPC Committee (ZOOM) 10am - 1130am [Zoom Link](#)
Meeting ID: 810 2073 8836
Passcode: 166656

21 — Online District 25 Meeting (ZOOM) 4pm - 530pm Zoom link: online_district_25_biz_mtg-ENG Zoom ID: 856 6331 8420 Passcode: 353586

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

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.

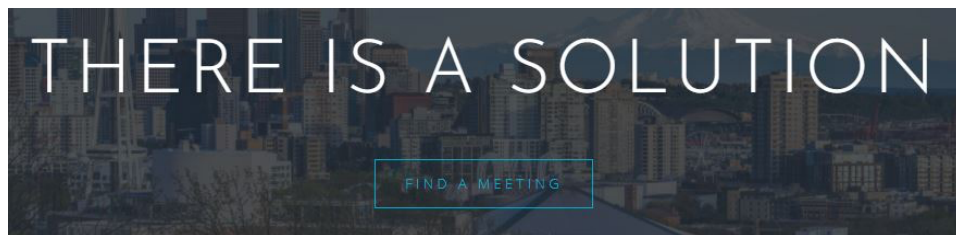
Bridge the Gap

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., 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.

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.

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.

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 — May 2022

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to us at high_and_dry@SeattleAA.org. We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

We are also seeking a group 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 MAY CELEBRANTS IN THE
HOW DRY I AM CLUB!

Robert M.		44 years
Pam H.	Last Chance	35 years
Dan H.	Dutch Cup	15 years
Eric (Riff Raff)	Outlaw Group	13 years
Todd W.	Airport Earlybirds	12 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 Five: “Admitted to God, to ourselves, and to another human being the exact natures of our wrongs.”

In this issue, we present two takes on completing this important Step.

Taking Down Barriers

By Mary E.

The chapter on Step Five in our “12x12” talks about my sense of isolation. My feelings of anxious apartness and loneliness. From early childhood on, I remember feeling that I didn't fit in. I became a noisy, good-fellow, show-off, craving companionship and connection, but never getting it.

I didn't know being separated from other people is a symptom of alcoholism.

When I surrendered to my disease of alcoholism and entered recovery, I was left with a huge fear of people. Drinking wasn't there for me anymore, acting as a buffer to mask how uncomfortable I was around people.

My initial AA meetings were terrifying.

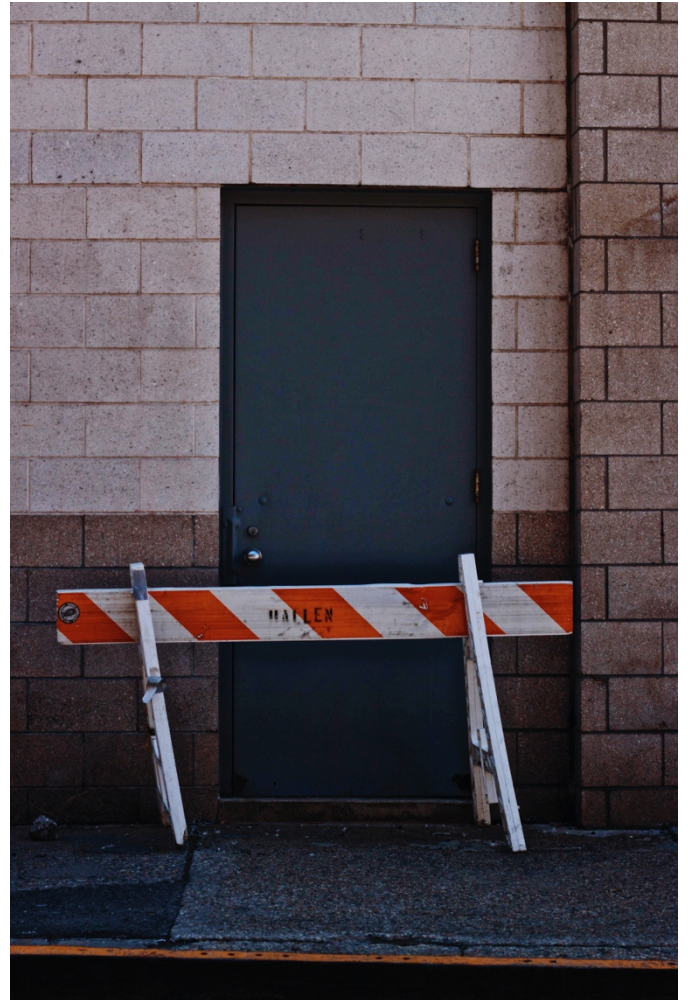
When I worked my way through the 12 Steps with my sponsor, I had no clue about the massive transformation that would occur within me.

Sitting with my sponsor for hours, talking through my Step Four sex inventory and fears list was the beginning, clearing away the obstacles blocking me from connecting to the world of people. I was so used to feeling isolated and alone I hadn't known how abnormal and destructive it was.

Step Five was the start of my new life and the start of understanding myself. It was the beginning of personal humility, forgiveness and compassion. It was a revelation that I don't need to always impress or amaze people.

I can just be and be OK.

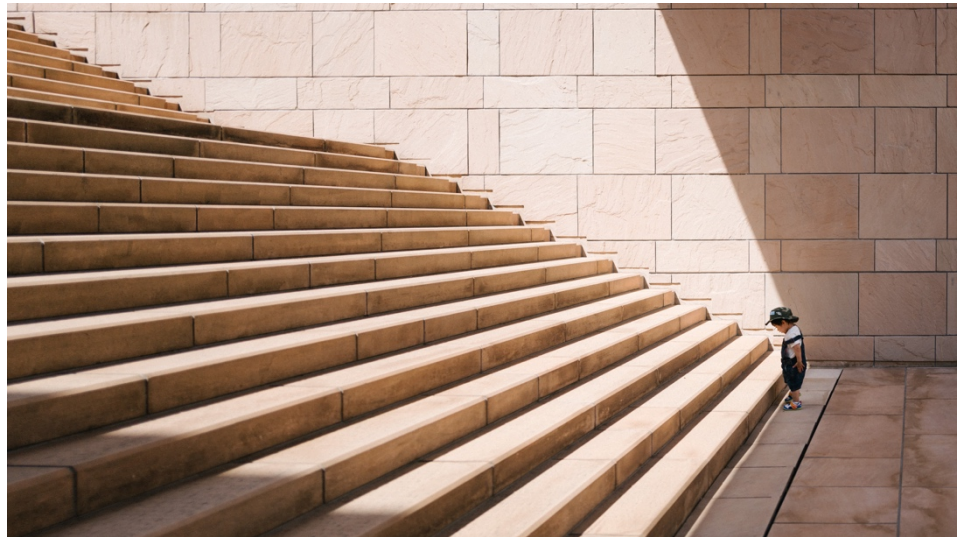
One of my recovery friends was told that our AA program is “Spiritual Drano.” I'm grateful I was willing to work through the process and that most of my gross and messy clogs are flushed out. I can move forward with healing, living and growing. Life today is full and busy. Every day I feel connected to other people and my Higher Power. Thank you, AA!



No matter how far down the scale we have gone ...

By Kelli S-B

The Fifth Step was life changing in many ways. The two most powerful were that someone knew my deepest, darkest secrets and didn't reject or abandon me. The other was that identifying my defects allowed me to change them.



One common theme throughout my Fifth Step was my fear of abandonment. If you really knew how horrible I was, you would leave me so let me keep up the facade and be the fake and superficial people-pleasing person you want me to be. Funny thing is that when I am fake, superficial and people-pleasing, no one wants to be around me! My fear created this horrible cycle which resulted in painful loneliness. My sponsor was the first person with whom I was completely honest. The first person who knew all the ugliness and loved me anyway. What I realize (after hearing many Fifth Steps) is that along with the defects and alcohol-fueled selfish behavior is the rest of me.

The rest of me is worthy of love. Who knew?! The unattractive, undesirable manifestation of my disease obscures the real me. My sponsor saw it all and her love helped me see it too.

When I started my Fourth Step, I was a victim and when I finished my Fifth Step, I was the victimizer. Somehow, I thought that process would be horribly painful, but actually it was completely freeing. If my life is painful because of all your defects; I will never be able to change it. If my life is painful because of all my defects; I can change each one (with the help of the rest of the Steps). By seeing that no one wanted to be around me due to my fake, superficial, people-pleasing, selfish behavior I now knew what to pray for ... the opposite! I could practice being authentic, honest, interested, unselfish, and a good friend. I could practice connecting to my Higher Power as my source of well-being, not other people and their opinions of me.

My Fifth Step showed me I wasn't broken, I was an alcoholic who exhibited selfish, alcoholic behavior that no one wanted to be around. By seeing this truth, and realizing there was goodness in there, too, I was able to continue the Steps, get closer to my Higher Power, change my behavior and change my life.

Tradition Five: “Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.”

By Peeps

Fear was the main reason I became an alcoholic. I lived in self-inflicted turmoil and misery because I was trying to control people, places and things via the use of ego, alcohol and drugs.

And despite working the Steps to the best of my abilities, the generous help of my sponsor, the example and support of other members of Alcoholics Anonymous and a practice of daily prayer, my fears and character defects are blazing brightly today as I contemplate Tradition Five.

I know the solution will be found in our program’s suggestions. I have to surrender.

To Zoom or not to Zoom at meetings remains a question for many groups and members of AA. It’s obvious to me that the membership has a wide array of passionate opinions about the best way of fulfilling our “primary purpose.”

It’s a sign on my unwillingness to completely turn my will and life over to a Higher Power that I worry about this.

It’s like I’ve forgotten how my life has changed since I’ve begun to practice our program’s principles in all my affairs, especially it that relates to the daily operation of our society. It’s obvious that my first thoughts on this topic, and other issues, like the anticipated delivery of a fifth edition of the Big Book, are likely incorrect and unhealthily self-centered (pronounced fear).

I’m choosing to overlook how relying on all 12 Steps and all of the 12 Traditions has saved my life and the lives of millions of others because I think I know the BEST way (pronounced Only) to deliver our message of recovery.

I am the guy whose best thinking took me to a place where I needed the intervention of a Higher Power to cope with life on life’s terms. Clearly, I am overvaluing my own opinions and experiences. I’m an alcoholic, so it does not immediately come to my mind that I could be wrong — again.

I’m forcing myself to study this situation, and my reaction to it, as objectively as I can. I need to look at things honestly and with an open mind. I need to be aware of my expectations. I need the input of others.

Lately I am getting comfort today from a saying of a deceased member of our club used to say in moments of fear-fueled doubt: “If you’re worried pray; if you pray, don’t worry.”

For me, that’s easier to write than practice, but I must practice it to be happy, joyous and useful to others members of our program, which is about We, not Me.

After my home group’s group inventory, I was worried that the debate over how we go forward with fulfilling our primary purpose (with or without Zoom) would tear of us apart, but I have to deliberately

ignore AA's and our group's histories and philosophies to indulge those thoughts.

Like the surviving passengers of the Big Book's ocean liner, we share a powerful bond that is enhanced by our reliance on a Higher Power and our gratitude to be sober.

Things may get loud and bumpy as this issue is resolved, but I have faith our Higher Power and AA unity will see us through.

12th Step Committee Proposal

Below is a proposal from the 12th Step Committee that will be voted on at the 2022 Spring Assembly (June 21).

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.

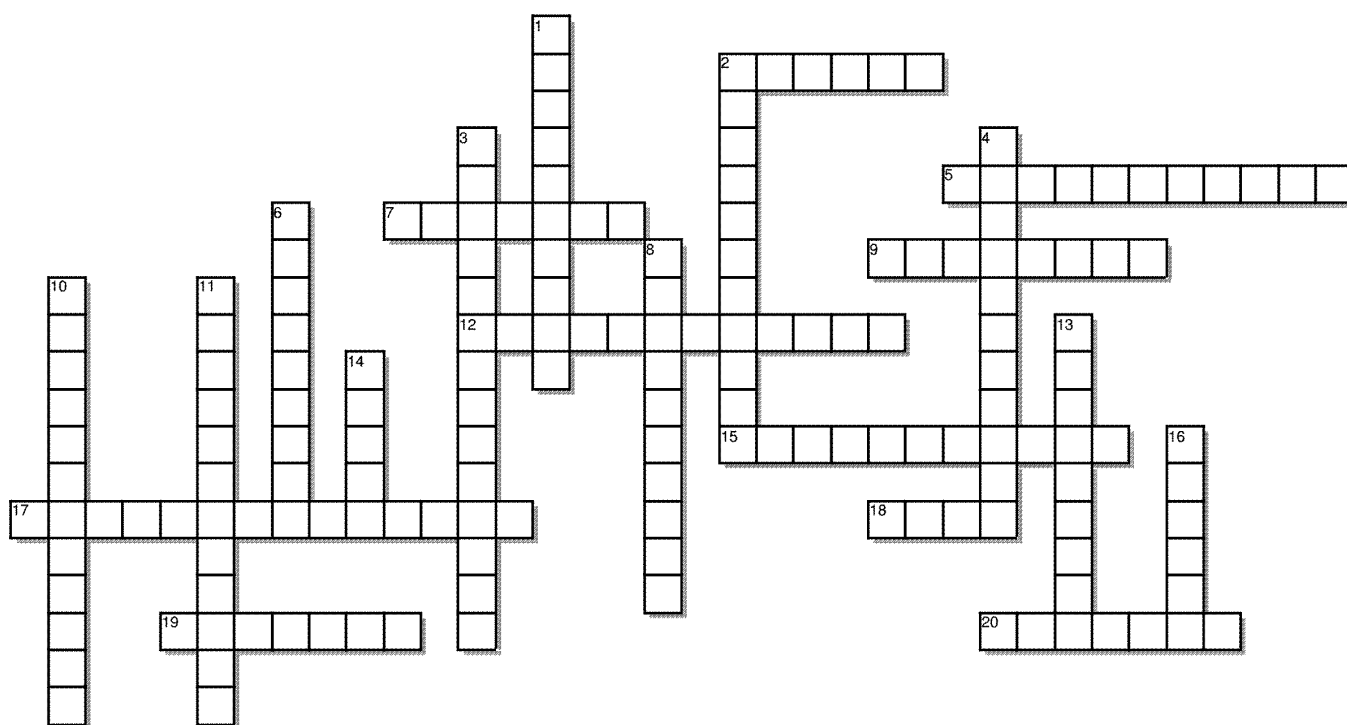
The 12th Step Coordinator will receive the information and dispatch a 12th Step Call from the 12th Step list.

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.

See answers
on Page 23!

Into Action

Where the rubber meets the road



ACROSS

- 2 We must not _____ at anything.
- 5 What is emphasized as being indispensable?
- 7 We would go to any lengths for _____ over alcohol.
- 9 This will convince them more than our words.
- 12 This will slip away.
- 15 We must be hard on ourselves, but always _____ of others.
- 17 The sort of errand that we are engaged in.
- 18 Faith without works is _____.
- 19 What the alcoholic is like.
- 20 It is harder to go to these people than a friend.

DOWN

- 1 How we commenced this way of living as we cleaned up the past
- 2 What kind of men are we unwilling to be honest with?
- 3 A long period of this lies ahead.
- 4 The feeling that the drink problem has _____ will often come strongly.
- 6 How we feel after taking this step, withholding nothing.
- 8 We may still have some of these.
- 10 What do we find a solitary self appraisal usually to be?
- 11 The kind of progress that we rarely fail to make.
- 13 Under no condition are we to do this.
- 14 The kind of highway we are walking on.
- 16 What kind of life does the alcoholic lead?

GSIG Condensed Board Meeting Minutes

April 19, 2022

Submitted by Leslie I. (Recording Secretary)

(Thank You Mike M. for taking the minutes at the meeting)

These minutes are a condensed version of the original minutes.

Reports

Recording Secretary (Leslie I.):

Approve March Minutes – Approved

Please make sure to submit your reports by email. If you have any corrections or changes to the roster or if you are new to GSIG and would like to be added to the roster, please submit the information to secretary@seattleaa.org

Treasurer (Carl G.):

GSIG Treasurer report of March 2022 for April 2022 Board

If you have suggestions or questions, please let me know at Treasurer@seattleaa.org.

Income overview

month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	Cash savings
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
March 2022	(2.6) K	10 K	1 K	1.3 K	261.00	1.5 K	95 K

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

Corrections: **\$3.6K** **Accessibility:** **\$619**

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

Corrections \$360 Hosp & Treat. \$1,594 Accessibility \$7,275 Pi/CPC \$1,795

Group contributions are at 1.2 K above budget for month and 7.2 K higher YTD. Personal contributions continue 5K below budget while Sustainers are low but close to budget. Cash and Savings are stable.

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.

Report approved

Chair (Astri):

Greetings everyone!

First I want to thank everyone who participated in our 3/20/22 Group Inventory, including Keith M, Utah Past Delegate, who facilitated the process. Our Secretary, Leslie I, recorded and has provided a written account of the inventory. I have passed those notes on to the 20/20 Committee who have agreed to review the notes and pull out action items for further discussion.

On 3/26/22 I attended an Area 72 Pre-Conference and on 4/1 and 4/2 I attended the Area 72 Quarterly and gave the GSIG Report. The July Quarterly is scheduled to take place in Lacy and will be a hybrid event. Pacific Northwest Conference will be a hybrid event Jun 24-26 which I recommend you attend. Go to www.pnc1948.org for history and registration information .

Thank you all for your continued service to AA in the greater Seattle area and GSIG.

Yours in service,

Vice Chair (Aaron):

attended D42 and now has gone to most Districts, attended Inventory

Finance Committee (Tony H.):

I'm sorry I'm not able to attend I am on vacation but wanted to let everyone know we did have our quarterly meeting last month and discussed ideas on how to get more folks updated on how they can contribute to gsig and participate in sustainers program as well as educate others on all the services gsig provides so they can see how their contributions are put to work. I also reviewed the treasures budget and had nothing to add.

Thanks for allowing me to be of service.

Office Committee (Jeff U.):

Attending: Committee Chair Jeff U, GSIG Chair Astri, Office Manager Lara R, Bob Z, Bill S, Jennifer L, and GSIG Treasurer Carl G.

Discussion of potential for providing insurance coverage to AA groups. Current broker will not provide this service. Committee unanimously decided to take the proposal to the Board and ask for feedback from Districts and groups. If fellowship supports then to potentially seek new broker.

Presentation of new AA rack info card and How to Help Intergroup info card by Lara. Committee unanimously decided to have Finance Committee draft email for Sustainer's using language from new cards, for review at future Office Committee meeting.

Preview of new E-commerce site by Lara, with decision to present to Board at April meeting with goal of final version by May 1.

Committee unanimously agreed to purchase of new computer for South End Bookstore, with approximate budget of \$400.

Committee unanimously agreed to pass the notes from the GSIG group inventory to the 2020 Committee to review and develop action items to be brought back to Office Committee at future meeting.

Assistant office manager (Anita):

Remind Reps of recommendation to form a 12 Step Committee and to take information back to your District and groups for feedback, questions and vote at Spring Assembly in June.

Remember Nightwatch needs volunteers and has open positions we need support to continue to answer phones 24/7. Nightwatch shifts are 6 pm to 10 am the next day with 4 hour shift

Office Manager (Lara R.):

Update on potential insurance for groups (take info back to groups for discussion at May Board meeting).

She had conversation with a new broker (also a member) and she will gather more information on if this is possible and the cost, more to be revealed

GSIG Big book funds bought and distributed about \$200 worth of Big Books

New E Commerce site is up and running see <https://www.gsigbookstore.com/>

Launch is May 1, 2022 and site can accept credit card, Google app

You can now buy online and books coins etc will be mailed to you via USPS

Can order on website for pick up

There is a price list of all items GSIG sells on the main GSIG website

Picnic update is at Seward Park Aug 21 11 to 4 pm

Rack Card – one page simple card about GSIG that groups can place in their literature racks at meetings. Aurora has been assisting to design the card and make it “super awesome”

Reminder the biggest way to help GSIG is to answer phones

New Schedules books Group information will be pulled and finalized on June 15th

GSIG is interested in talking about how to reach the homeless population in Seattle area. If you are interested in talking more please email lara@seattleaa.org

The Seattle Group Speaker May 14th 6 pm will be Lara R come hear her super awesome share of experience, strength and hope

South End Book Store-Jim –

Needs new computer - Office committee voted to buy new computer

Accessibility (Laurel W.):

We hold our Committee meeting every first Wednesday of the month. Our next meeting is May 4.

Zoom ID 885 9521 8136

Passcode 611317

GSIG Office manager attended our meeting and it was greatly appreciated. Lara discussed the need for reaching out to remote communities and Dennis, (District 16 Accessibility Chair) volunteered to join this endeavor. Thank you Dennis!

We discussed the current status of interpreted meetings. Currently we are providing ASL interpreters for Pass it On for the last Saturday of the month. It is challenging to find available interpreters for a Saturday evening in Normandy Park area, but Higher Power has helped us meet that need. Two meetings that were partially supported by the Access coordination and payment of interpreters are currently not being interpreted (Duck Island and Broadview Big Book Study). When the Blue can funds accumulates more donations, we hope to start again with Duck Island when the meeting returns to in person only (Hopefully July)

We thank you for your support. We can use more donations to help pay for ASL interpretation at meetings. Any AA individual, group, or District can donate. To do so online, go to Intergroup's website, click on donations, and choose the Blue Can (ASL).

Archives Committee (Teresa):

We do not have regular committee meetings. We do not have a desk to work at, at Intergroup, so I

work from home. This past month I have been catching up on filing recent Grapevines and High & Dries for the Intergroup shelves. Also scanning archival documents to save on SIG's google docs. Attended regular monthly zoom meeting of regional archivists to share stories about what everyone is doing across the region and even beyond, from Canada and Alaska to California. We at SIG still need to discuss locking the pie cases at SIG and cataloging digital SIG historic and current records. Planning on attending Area 72 Archives quarterly on zoom on the first Saturday in May. Thank you for the opportunity to be of service.

Corrections Committee (Amy):

We will be hosting the quarterly Area 72 Corrections meeting on Saturday, June 18th at the Seattle Intergroup office. Fellowship will be at 9:30 and the meeting will start at 10 am. The speaker will be Monica from Chicago speaking about the Corrections agenda at this year's General Service Council.

We are up and running with meetings at SCORE. We would love to have some male volunteers, especially those with prior experience bringing AA into corrections facilities. Potential volunteers can email us at: volunteercorrections@gmail.com

We would love to have more participation in Corrections. Once you start doing this kind of service, you will find a real niche for yourself. You'll grow to love this work. Strange to say, that you will really come to enjoy and appreciate this rich and rewarding experience. Many of our volunteers have been doing it for many years.

It's important that young people get involved in this work now, so that they can benefit from the example and experience of us "old hands". You won't regret it!

Hospitals & Treatment Committee (Greg E.):

1. Outreach to Harborview: we were contacted by a physician from Harborview / UW Post-Acute Care, and we are putting together a panel for a nursing facility in District 41, hopefully followed by regular meetings there. Will be coordinating with PI/CPC & D41.
2. Visit to Virginia Mason: we are putting together a group to visit Virginia Mason, at their invitation. Should happen within the next month and hopefully become a more regular thing (every 6 mos?).
3. Collaborating with GSIG Office Manager & PI/CPC Chair to put together a one-page sheet for professionals, with digital AA resources. Our hospital contacts are very interested in having this available for patients!
4. Seamar Turning Point in District 40: our Committee members are reaching out to contacts in their networks to find groups in D40, 41, and possibly elsewhere to lead outreach to this facility, which is interested in renewing its relationship with AA.

Reminders:

- We have a budget available for literature for hospitals & tx facilities. Keep us in mind!
- We are happy to help route Bridge the Gap requests for anyone. Keep 'em coming!
- We meet the first Saturday of every month at 10 am, at the GSIG office and on Zoom. All are welcome.

Newsletter (John P.):

Being printed, more content and folks love the cross-word puzzle

Night Watch Coordinator (Sheree):

First I wanted to announce that I will be stepping down as Nightwatch Chair at the end of May. My elderly dad needs care giving and I will be moving to Virginia to help care for him.

I have been a part of nightwatch for the last 17 years and found out that you more you go out of your way to help another the reward is continued sobriety.

I and Mike Burns can help train the new Chair.

Our major obstacles this last year are volunteers not showing up for their shift or advising us at the last minute they are unable to fulfill their commitment. We are still in need of many volunteers for shifts from 10pm to 2am, 2am to 6am and 6am to 10am. It seems like the 2am shifts are the challenging ones.

Please put the word out and contact myself or Mike Burns (altnightwatch@aa.org) for information regarding this important service work.

PI/CPC Committee (David D.):

The April PI/CPC meeting was held on Saturday month. It is on this coming Saturday, April 16th.

PICPC Committee continues to support a meeting Fridays at Noon at Elizabeth Gregory House, a day shelter for homeless women.

We were asked to support a meeting at Salvation Army at 16th and Roxbury (District 14). We have done so the last two Sundays at 1:00. We are looking for people to support this effort or for homegroups to take turns supporting the meeting.

We continue to partner with the Hospital and Treatment Committee and other Intergroup Committees.

Washington Area Cooperation with Professional Communities (CPC) continues to work with Senior living spaces to carry the AA message.

District 14 is collecting information about who they reach out to, and what the results of that were. PICPC Committee encourages everyone involved in some kind of outreach work to do the same, so that we don't duplicate services and so we make sure we don't miss opportunities to carry the 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.

Special Events Committee (open):

District 14 (Kim S.):

Stephen came to our meeting to tell us that there is still room to volunteer at the Evergreen State Fair AA booth. They are looking for 4 hour shifts and the dates are August 25- September 5.

Admission to the fair is free for volunteers, there is no free parking. Please contact Jeff Hanson (volunteer coordinator) for more information 206.369.5660.

District 14 picnic will be on September 11 at Lincoln Park.

Thanks from our treasurer for sending in disbursements.

District 14 inventory is coming up soon.

We discussed hosting the preassembly and voted to host it.

Lara PI chair asks if anyone is interesting in public information work please contact her at dist14pi@area72aa.org or call 206.419.1173

Kaya archives requests that groups send any updated scripts for archiving purposes.

District 16 (John B.):

Had Gennie out for preconference

Some Groups coming back seeing increased rent and insurance

District 18 (Steve R.):

Fairwood Group

The meeting is back to in-person. However, COVID/church mandates will be in place for now (masks, social distancing). Attendance has been a little light.

GSR Doctors Choice

- Meetings are Thursdays 7-8pm @ United Methodist Church in the Renton

Highlands.

- Per the church, masks are required and there is no coffee for now. There has been about 12-15 in attendance.

- They take a meeting into Renton Milam the 2nd Friday of each month.

Treatment Chair

- Meeting at Milam in Renton are going well. They are twice a month.

- Bridging the Gap would like help. If interested, you can email Sean @

sean_j_flaterty@yahoo.com

Worker Among Workers

Meets @ 6:00 at the Iron Workers Union Hall in Tukwila. No masks.

GSR Old Kent

There are no masks required.

Benson Hill will be having their 55th Anniversary Potluck on June 18th. This is after 2 years of not having one due to Covid. We are in the planning stages now. We anticipate great attendance. We will provide beverages, turkey & ham & celebration cake. There will also be a raffle and an AA & AI Anon speaker.

District 40 (Morgan):

We have the positions of corrections, treatment and Intergroup rep open. If anyone lives or attends meetings within District 40, you are encouraged to apply at our next district meeting the second Tuesday of the month at 7 PM. This would be a good way to get involved in service at the district level because it is only about a six month commitment until our rotations. At that point you could volunteer yourself for the fall two-year commitment or choose another position within district.

District 40 online event

Mrs. Marty Mann

Saturday June 18, 2022

9am to 11am (PST)

District 41 (Laurel):

Greetings everyone, a(4/13/22)

There was a lot of great information given by our DCM Seth re Area events. In addition, we had the pleasure of a visit from Dave V from Area 72 Grapevine/Literature. The latest updates to [aa.org](https://www.aa.org) and several links:

- AAWS & Grapevine Online presentation for groups, Online groups, and individuals
AA link to 12 questions, are you an alcoholic.
<https://www.aa.org/self-assessment>
- Read or listen to the Big book or Twelve steps and Traditions:
https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions
- AAWS Audiobooks (Audible, Kobo & Google etc)
<https://onlineliterature.aa.org/ebooks>
- AA.org Literature page with online printing
https://www.aa.org/pages/en_US/aa-literature
- AA.org online video's (Video's on all sorts of topics)
<https://www.aa.org/resources/media>
- AAWS YouTube channel (What is AA)
<https://www.youtube.com/c/AlcoholicsAnonymousWorldServicesInc>
- Grapevines carry the message project page. Can be used to send someone a subscription to the Grapevine, inmates, treatment, new person, group etc.
<https://www.aagrapevine.org/carry-the-message>
- Grapevine
<https://www.aagrapevine.org/>

It was so helpful to learn that we can print pamphlets and/ or listen to podcasts. I myself (being Deaf) can view ASL version of the 12 by 12.

District 42 (Mikey C.):

D42 meeting is held every 2nd Thursday on Zoom

We had Beth our area 72 newsletter editor present the 3rd concept,

Beth also described her position as the newsletter editor and the various tasks she is presented with each month.

For April we had Aaron the GSIG Alt Chair give a report on what intergroup is up to. He also presented concept 4. Thank you Aaron!

In March we watched a video which was presented from district 8 regarding archives and the importance of documenting the history of AA in groups, districts and our area in WA state. Thank you Melissa great video

Ad-Hoc committee has met and finalizing our district manual.

D 42 is constructing a meeting list in our area for a 3rd legacy hand out

We have 2 positions open: Public information and Corrections

All the meetings are maintaining a strong presence and still waiting the lifting of protocols for going back to in person or still be virtual.

A discussion was held about the topics for the preconference.

Fremont Hall (Oscar):

75th anniversary of Fremont Fellowship and cook out with over 200 people attending

1 year anniversary of new location

12 step Fun Fest - Made t shirts and free movie (Top Gun II) with popcorn all free if you volunteer June 11th at 12pm (Dr Bob's bday) about 300 shirts to give out you need shirt to attend. To get a t shirt you need to volunteer. See more information about the event at <http://12stepfunfest.com/>

Highlights

Spring Assembly will be at the June 21st Tuesday Board meeting 7 pm all groups can vote and will discuss and vote on

The concept or idea of GSIG facilitating and providing insurance for Groups

Discussion of 12 Step committee recommendations

New GSIG E-commerce website will launch May 1 2022 let you groups know

Contact Lara@seattleaa.org if you are interested in discussing

New GSIG meeting Schedules will be printed about June 2020

New Rack Card about GSIG services etc. will be coming

Upcoming events

Seattle Group- Saturdays at 6:00PM

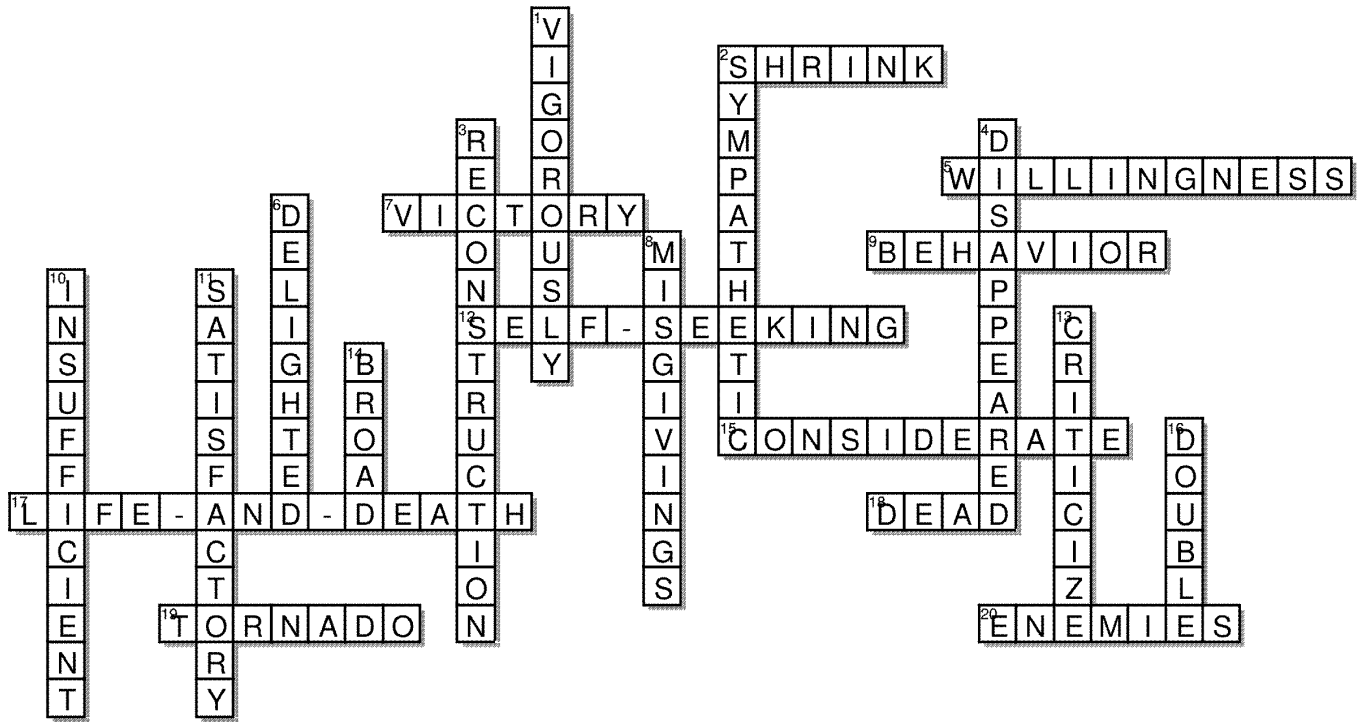
Service Manual Study Sunday May 1st, 11:00AM Hybrid

Trad Study Saturday May 14thth, 10:00AM on Zoom

Next Board Meeting May 17th, 7PM

Into Action

Where the rubber meets the road





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:

April 30th Leslie I.

May 7th Mark S.

May 14th Lara R.

May 21st Mike W.

May 28th Aimee T.

June 4th Sally P.

June 11th Carlos E.

June 18th Maryland N.

June 25th Andrew M.

July 2nd Linda M.

July 9th Ralph B.



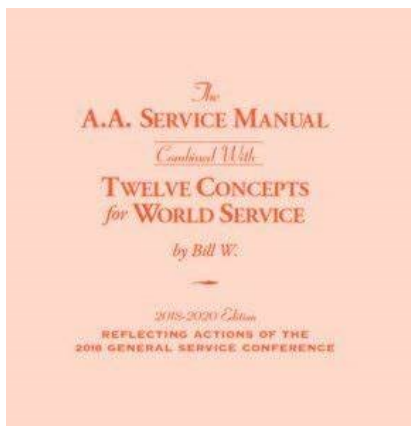
Seattle Intergroup Service Manual Study

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.



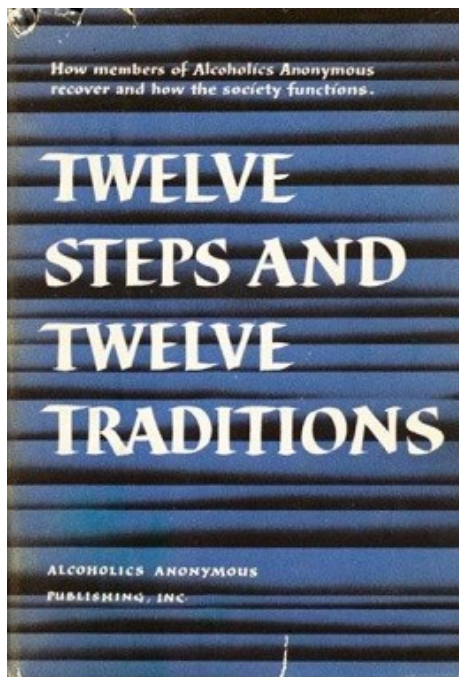
**Seattle Intergroup Third Legacy
Committee presents:**

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

Alcoholics Anonymous

Open Mic

MAY 21ST

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

MAGNOLIA SPEAKERS MEETING

MAY 2022

Every Friday @ 8pm (pacific)

5/6

Amanda P.

Sober since 4/6/20
Seattle, WA

Don S.

Sober since 9/3/13
Puyallup, WA

5/13

Tammy M.

Sober since 4/25/92
Seattle, WA

Carlos E.

Sober since 12/1/83
Burien, WA

5/20

Betsey M.

Sober since 4/11/09
Bothell, WA

Jake M.

Sober since 7/8/19
Kirkland, WA

5/27

Juan H.

Sober since 10/16/97
Seattle, WA

Luz C.

Sober since 11/23/18
Burien, WA

Special Spanish Speakers Event

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.

