



High & Dry

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

Volume 75 Issue 04

April 2023



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REFLECTING ON OUR PAST

April in our History

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

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

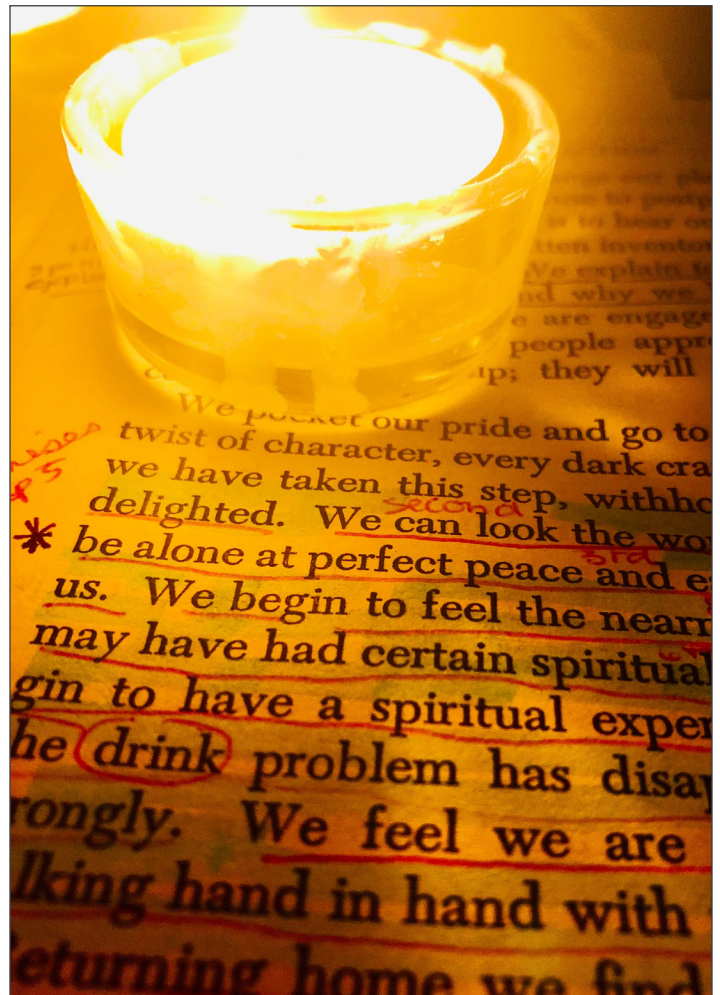
1989 — Dr. Leonard Strong died. He was Bill's brother-in-law and a non-alcoholic AA Trustee.

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.



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FUTURE TRIPPING

April GSIG Events

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

1 — Hospital and Treatment Committee

- April 1 @ 10:00 am – 11:30 am — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlsSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

1 — Pre-Conference Assembly (South Districts)

- April 1 @ 11:00 am – 3:00 pm
- Trinity Lutheran Church 12115 Park Ave S, Tacoma, WA
- This event will be Spanish interpreted

1 — Corrections Committee Spring Sign Up

- April 1 @ 7:30 pm – 11:30 pm
- GSIG Office 5507 6th Ave S., Seattle

1 — Open Jam Night

- March 11 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

2 — Service Manual Study

- April 2 @ 11:00 am - 1:00 pm — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPpU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688
Passcode: 022841

14 — North Coast Roundup

- April 14 @ 8:00 am -
April 16 @ 5:00 pm
- Potluck April 13th @ 6pm
- Seaside Convention Center
415 1st Ave, Seaside, WA
- Online registration open now
<https://soberinseaside.org/north-coast-roundup-registration/>

15 — Open Mic

- April 15 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

16 — GSR University 301 (Hybrid)

- Part 4 in a 5 part series
- April 16 @ 1:00 pm – 3:00 pm — Hybrid meeting
- Meeting ID: 869 0922 4901
Passcode: 044124

18 — GSIG Monthly Board Meeting

- April 18 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcjNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
Passcode: 035194

21 — Northwest Girlstock

- April 21 @ 8:00 am -
April 23 @ 5:00 pm
- 6th Annual Women's Big Book 12-Step Conference
- Silver Reef Casino
Ferndale, Washington

22 — Dawn Patrol Speakers Brunch

- April 22 @ 10:00 am - 12:00 pm
- Tibbets United Methodist Church
3940 41st Ave SW, Seattle, WA

22 — Young People's Quarterly

- April 22 @ 12:00 pm - 3:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID: 865 8484 3076
Passcode: 040134

25 — Tradition Study by the GSIG Third Legacy Committee

- April 25 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
Passcode: 051501

27 — Third Legacy Committee

- April 25 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTIMSmN5dz09>
- Meeting ID: 837 5540 2948
Passcode: 830816

THERE IS A SOLUTION

Meeting Changes

If your meeting information is changing, please let us know so that your changes can be reflected accurately in the schedule and website.

Please email webmaster@seattleaa.org about changes to your meeting.

Subscribe to the High & Dry

Please consider subscribing to the High & Dry newsletter. Your contribution helps fund the services we provide

Suggested annual donation for hard copy is \$12/year and digital copy \$10/year.

To subscribe visit:
SeattleAA.org/intergroup/newsletter/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Morgan S. and Mikey C.
WEDNESDAY	Stephan M., Cindy H., Pam H. and Amy F.
THURSDAY	Joe M. and Joe B.
FRIDAY	Thomas H. and Riff Raff
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Troy O., Carolyn B., Bill S., Rick L., Casey A., Chris H., Brian L., Richard C., Vickie S. and Darren F.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 11 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open Tuesday – Friday, 10 a.m. to 6 p.m. and Saturday, 10 a.m. – 2 p.m.

We're located at 5507 6th Ave. S in Seattle.

HIGH & DRY NEWS AND NOTES

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

We are also seeking a group conscious — and volunteers — for ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to newsletter@seattleaa.org

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BIRTHDAY CLUB

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

Zan		36 years
Mercedes	Empire Way	19 years
Laurel W		36 years
Jennifer S.	White Center	8 years

How to Join the *How Dry I Am* Birthday Club

The suggested donation for having your annual birthday recognized in the H&D is one dollar (\$1) per year of sobriety.

There are two ways to make your donation:

- 1) print the form on the back of this newsletter and mail it along with a check;
- 2) donate with a debit/credit card online at [SeattleAA.org/online-contributions](https://www.seattleaa.org/online-contributions) (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email newsletter@seattleaa.org with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

Link to GSIG Online Contributions

[https://www.seattleaa.org/
online-contributions/](https://www.seattleaa.org/online-contributions/)



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STORIES, STEPS & TRADITIONS

The Newcomer Saved Me

By Kelli S-B., Seattle

THERE HAVE BEEN FEW TIMES IN MY SOBRIETY

where I thought I was on the path of recovery, but later found out I was sliding back towards a drink. My most recent moment happened at 24 years sober. We had recently moved to a new city and I was busy with little kids at home. I found a women's Big Book meeting that I liked. It became my homegroup and also a source of friends and fellowship in this new city. I attended other meetings for the first few years, but after a while, they all became inconvenient and I was only going to my Monday night homegroup. During those first few years, I was also busy with sponsees, but one by one they moved on and I soon had none. Around this time, I began to get resentments against my homegroup members. The old-timers didn't want me to bring my kids and that meant expensive babysitters or nights when I just couldn't attend. I felt resentful and sorry for myself and no one was asking me to sponsor them. Don't they know how wonderful I am? The meeting was also

getting smaller and smaller without a lot of new members.

Pretty soon I began dreading Monday nights and didn't want to go to this meeting or any other.

One night a newcomer repeated something she had heard from an AA speaker. I don't remember what she said but I remember speaking to her afterwards and asking who the speaker was. It was Earl H. She brought me his CD (we used CD's back then) the following week. Listening to him made me wake up. Here was the program of recovery. Here was the message of hope. My current

program did not resemble this at all. I felt scared.

I called a friend of mine who had originally told me about this "Monday Night Big Book Meeting," but had recently left to attend another. I said, "I think my sobriety is in trouble" and told her what was going on. She lovingly suggested I attend her new homegroup which met on Mondays and Wednesdays. Of course, I had a lot of excuses as to why that was not convenient, but

See *Practicing these Principles*
continued next page »



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STORIES, STEPS & TRADITIONS

« *Practice these Principles* continued

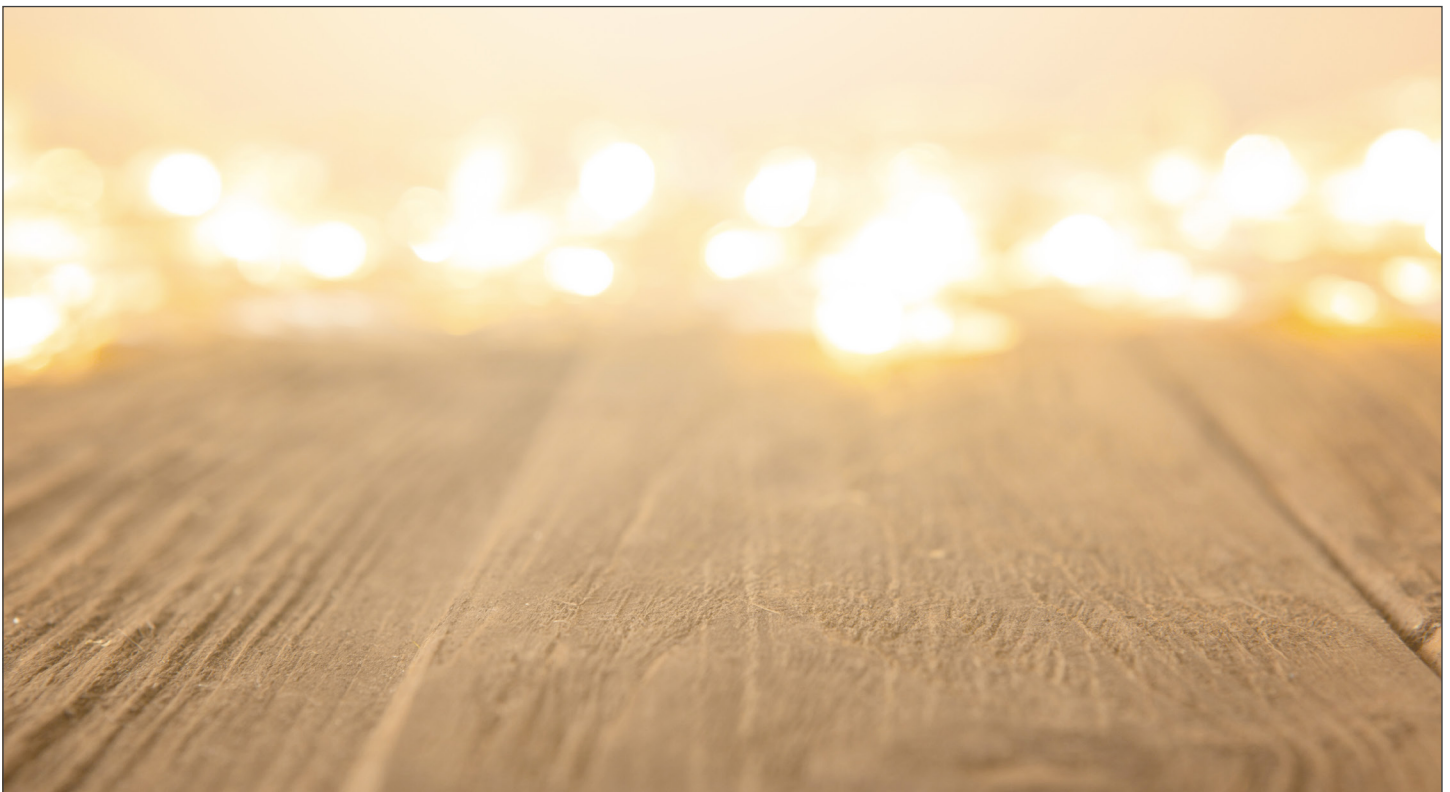
I went that following Wednesday. She walked me around and introduced me to the old-timers and some newcomers. I was home. Everyone who shared, shared the program of recovery. Their experience, strength and hope was like a healing balm. I felt safe and protected and so very relieved. I made that group my homegroup that first night and have been an active member ever since.

Even though I had strong sponsorship, thorough step work, and decades in the rooms of AA without a drink, I was and will always be an alcoholic.

What I have is a “daily reprieve contingent on the maintenance of my spiritual condition.” (Big Book page 85). My recovery from past years helped me realize my recovery at that point was in trouble, but it didn’t protect me from slipping away. I needed to hear the message and actively work my program on a daily basis.

It’s been nine years since I joined this new homegroup. Today I have many sponsees and feel like a useful group member through service and consistent participation. I see homegroup members at meetings throughout

the city and pay close attention when I don’t want to go because that means something is wrong with my spiritual condition. I’ve learned it’s much easier to stay on the beam of recovery than to get back on once I fall off. I will be forever grateful to that newcomer who saved me by sharing her experience, strength, and hope. I will be forever grateful for the old-timers who are on the AA speaker’s circuit and my friend who lovingly reached out her hand when I needed the hand of AA to be there.



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Step 4: “Made a searching and fearless moral inventory of ourselves”



The Fourth Step

By Demitri I.

IT SEEMS LIKE THERE IS A LOT OF FEAR, uncertainty, and sometimes confusion around Step Four. I’ve heard different people share different ways of ‘doing’ it with their sponsor, and have heard vastly different experiences of it.

When I say, “doing Step Four,” I’m referring to the specifics of how a sponsor suggests their sponsee structure and write out their resentments, what is included, etc. For the purposes of this exploration, I’m not going to discuss or comment on the ‘different ways’ of “doing things.”

Instead, I’m going to share a suggestion I was given, which has stuck with me.

Before I sat down to go over my Fourth Step with my sponsor, somebody else in the program – who I look up to – said something that has forever stuck with me.

His suggestion was this: “There are going to be two or three things you really don’t want to share with your sponsor, and those are the only things that matter.”

Now, I’m not sure this suggestion is an absolute, and it might not pertain to everyone, but it sure did resonate with me, and seems to resonate with others in the program who have heard it.

And you know what, that guy was right.

Taking a fearless moral inventory of, and sharing things with another person I thought I’d take to my grave, felt great.

But it didn’t happen right away.

There were things I left off my first Step Four – some on accident because I forgot, and some because I didn’t think they were relevant. In reality, I was probably just fearful.

Then, just before my three-month birthday, I relapsed.

Now, was the relapse directly related to my lack of sharing some things on my Step Four? A

result of feeling guilt and shame?

I’m not sure. Maybe, maybe not. But my guess is that it certainly didn’t help.

So, I went back and conducted a more thorough and complete Step Four with my sponsor.

I don’t think I felt the immediate and powerful ‘white light’ relief wash over me, that some people talk about.

But there was, and still is, tremendous relief and connection stemming from Step Four. Specifically, it’s powerful to have fearlessly shared the details of my life with another person.

Now, I’m very grateful to have just collected my 18-month coin, and still share resentments with my sponsor, or somebody else, as life comes up.

When and if I don’t, I’m probably exercising a lot of self will, and can feel it affect the health of my recovery.

And I don’t know about you, but I really want to trudge the Happy Road of Destiny.

Tradition 4: “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”



Tradition Four

By Peeps

FOR ME, the way AA groups operate is a Bad News/Good News situation. The bad news is every group is autonomous, while the good news is every group is autonomous.

After the founding of AA, many groups freely experimented with how meetings were conducted. Through trial and failure, groups found out which things worked or didn't. They recognized mistakes and changed practices as appropriate, mostly without rancor.

Tradition Four in the “Twelve Steps And Twelve Traditions” is the result of real-world experiences, some of them painful.

One doesn't have to attend many meetings to hear tales of this group or that which divided and spawned another group due to heated disputes about what should or should not happen at

meetings. The only requirements for a new meeting are a couple of drunks, a coffee pot and a resentment or two.

In AA's maturity, it may seem like your group is very set in its ways (OK, rigid as a concrete slab). I experienced frustration when, as a newcomer, I'd hear, “We don't do things that way here at the Main Street group” before/ during/after business meetings when changes are suggested.

I was once told by one of our trusted servants, with decades of sobriety, when I persisted in telling them how I'd improve our homegroup's meetings, “There's a reason why there are more than 13-hundred meetings each week in the Seattle area.”

The great news is there is an array of meetings and all of them are part of AA. Which reminds me of one of my favorite AA cliches: “There's a wrench for every nut in AA.”

For instance, groups are free to choose which prayers are used to open or close a meeting (or no prayer at all). A meetings details are determined by each group

locally, not the General Service Office in New York.

I always have the option of looking for a meeting that fits me better. (For the record, I did not leave my previously-mentioned homegroup. I chose to practice acceptance, albeit imperfectly at times, and go with the group conscience.)

The chapter on Tradition Four in the “Twelve and Twelve” is one of my favorites. It's one of the shortest and it's lessons are among the easiest to understand and practice.

My biggest takeaway is that I am, as an alcoholic, prone to overthinking and complicating everything, to my detriment. I'm extremely self-centered and tend to dig in to protect my opinions and fears. The same principle applies to the collective thinking and actions of AA groups.

In my early days in my homegroup, I was given a coin I still carry elder stateswoman: “Don't take yourself too damn seriously.”

Corrections Committee Pink Can Thank-You

By Kelli S-B., Seattle

Bringing AA approved literature like big books, Grapevines and pamphlets into correctional facilities is one way that AA carries the message to alcoholics behind bars. The GSIG Corrections Committee is grateful to the home groups that support this effort through the Pink Can Fund. We can use this fund only to purchase AA approved literature for people behind bars. Any group can participate!

If you want to set up a program with your home group, email volunteer corrections@seattleaa.org.

We thank the following groups for \$507.79 contributed to the Pink Can Fund between January 1 and March 22, 2023:

- Counterpoint

- Daily Reprieve
- Dawn Patrol Digital
- District 32
- White Center Group
- Federal Way Women
- The Pink Can at Intergroup
- Anonymous individuals

During this time, Corrections used \$1,791.66 to purchase Big Books (in English, Spanish, and Portuguese), Grapevine subscriptions in English and Spanish, Young and Sober books, and lots of pamphlets. As of March 29, the remaining balance in this special fund is \$1,818.74. Thanks to all the groups and individuals who support carrying the message to individuals behind bars.



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She drank in Quiet spaces,
 To drown out strangers faces.
 Protecting her little spirit,
 And nobody wanted to hear it.
 Alone and abandoned, she thought for
 all time,
 Emptiness growing, a sad heart and
 mind
 Tired, and sleeping in fear for her life,
 under benches,
 in Shelters night after night.

Sad Girl

By Jenza H.



- Sad Girl -
 She drank in quiet spaces
 To drown out strangers faces.
 Protecting her little spirit,
 And nobody wanted to hear it.
 Alone and abandoned, she thought for all time.
 Emptiness growing, a sad heart and mind
 Tired, and sleeping in fear for her life, under benches,
 in shelters night after night.
 Her soul groaning to have her needs met
 Longing for comfort, she could not get
 Hope was but for the bittersweet passing
 For the girl self-destructing, finally crashing!
 Finally grace in this new found place
 A people just like her with God in the lead
 Where words of compassion planted a seed.
 Thank God I have grown now and no longer
 need me to hurt myself daily to painfully
 reach Thee.
 Something profound I had not known,
 Came and found me
 And welcomed me home.
 Jenza H.
 one year today!

Her soul groaning to have her needs met
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APRIL CHALLENGE

Top 10 Questions About The Grapevine

1. Who first started calling the Grapevine “our meeting in print?”

- a) Angry John from the Sunday Morning group
- b) Oscar the Grouch from Sesame Street
- c) A.A. soldiers in WWII who were sent the Grapevine when it was first published in 1944

2. How often is the A.A. Grapevine published?

- a) the second Tuesday of every week
- b) when the moon is in the Seventh House and Jupiter aligns with Mars
- c) when the rent is due on the AA offices in NYC
- d) once a month without fail since June 1944, more than 900 issues for over 75+ years

3. Who founded the Grapevine and why?

- a) two guys in Akron OH because their Sports Illustrated subscription expired
- b) Bill W because he did not have enough to do with running A.A.
- c) four A.A. women and two A.A. men as a newsletter to the 300 A.A. groups in existence

4. Is the Grapevine an official A.A. publication?

- a) no, it is published by Reader's Digest from stories they rejected
- b) no, it is published by Popular Mechanics for handymen who drink too much
- c) yes, It is part of A.A. along with A.A. World Services and the General Service Board

5. What is the difference between a LifeSaver and the Grapevine?

- a) one can save your life, the other is a little round mint with a hole in the middle
- b) one will help your body, spirit and mind to recover, the other will rot your teeth
- c) both of the above

6. Where were the A.A. preamble and the 12 Traditions first published?

- a) a billboard on Interstate 95 in Brooklyn
- b) on a paper placemat at the Cleveland IHOP
- c) in the Grapevine

7. How is the Grapevine supported?

- a) from the change that slipped behind the couch cushions
- b) from the sale of beer in Fenway Park
- c) it is self-supporting through subscriptions and sale of books
- d) it receives no money from the contributions sent to A.A. General Services in NYC.
- e) both c) and d)

8. What do Grapevine magazines and books do?

- a) make great raffle prizes to carry the A.A. message to newcomers and old timers alike
- b) carries the A.A. message to the isolated, the homebound, sailors and soldiers abroad, people in nursing homes, hospitals, institutions and correctional facilities
- c) provides a monthly dose of hope and recovery to all alcoholics
- d) provides a fascinating record of the history of A.A.
- e) all of the above

9. Why should we support the Grapevine?

- a) having had a spiritual awakening we try to carry our message
- b) our primary purpose is to help still suffering alcoholics
- c) when anyone, anywhere, reaches out for help, we want the hand of A.A. to be there
- d) we are a society of alcoholics in action - we carry the message or others may die
- e) it is both “Our Meeting Print” and the “Voice of A.A.”
- f) all of the above

10) How can I support the Grapevine?

- a) when contributing money to Intergroup, District, Area and General Service in NYC include at least one subscription to the Grapevine or La Viña and/or a Grapevine book.
- b) sponsor Grapevine/La Viña subscriptions to detoxes, rehabs and jails in your area
- c) elect a Grapevine Representative (GVR) for your group
- d) invite your Area Grapevine Committee to your groups special events
- e) all of the above

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting

March 21, 2023 — Submitted by Janet A. (Recording Secretary)

Elected Officer Reports

Recording Secretary (Janet A.)

I continue to be honored and humbled to be of service here at Intergroup. Not much to report. Business as usual. If you would like your contact information added to the roster, please send it my way. If you haven't already, you can still send in your reports. The deadline to have your reports to me is **by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org. This is per our Chair, Karla. I will accept Final Reports no later than Friday, the 24th at midnight. I send Final Minutes to Lara on the 25th so she can submit to the high and dry. Newsletter articles deadline: 25th of each month email to highanddry@seattleaa.org.**

Treasurer (Dan G.)

GSIG TREASURER REPORT February 2023

February 2023 Financial Overview Data (Numbers in thousands of dollars, K)

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Jan-22	3.3	15	0.7	1.5	0.5	1.8	95
Feb-22	(3)	9	0.7	1.4	0.5	2.5	95
Mar-22	(2.6)	10	1	1.3	0.3	1.5	95
Apr-22	(.6)	11	0.9	1.3	0.6	1.3	95
May-22	(2.7)	9.6	0.8	1.3	0.8	1.6	93
Jun-22	(4.7)	11.2	0.5	1.3	1.4	1.7	88
Jul-22	2.2	10	2.5	1.4	1.8	0.8	90
Aug-22	(5.9)	9	2.8	1.4	3.4	2.1	84
Sep-22	(4.6)	5.5	0.6	1.4	0.6	3	78
Oct-22	(-0.3)	11	0.5	1.4	0.5	3	76
Nov-22	(-2.5)	9	0.4	1.4	0.5	1.5	74
Dec-22	(-2)	8.4	3.3	1.4	1.1	(-0.6)	75
Jan-23	(-0.045)	14.9	1.4	1.4	0.7	3.3	77.5
Feb-23	(-2)	9.3	0.3	1.4	0.5	2.9	75.4

Treasurer (Dan G) continued next page »

BOARD MEETING MINUTES

Treasurer Report Comments:

We finished the month of February with a net loss of \$2,113.

- Group and individual contributions were below plan.
- Retail sales were above plan by 33.8%.

Thank you for allowing me to be of wervice. Contact me by email at treasurer@seattleaa.org

GSIG Office Reports

Office Committee (Bill)

Office Manager (Lara)

Office Manager Report March 2023 submitted by Lara Randolph

Inventory: We have the jacketless Big Books and Twelve Steps and Twelve Traditions in stock.

GSO is raising their prices as of April 3rd. (There was a misprint in my report last month of March 3rd) Seattle Intergroup will have to raise their prices, but it is our decision to sell our books at the same price as GSO will be selling their books at, without our usual 25% markup moving forward.

Our new schedule books are in. There is a misprint of the color on the cover. Rotary Press issued a \$500 credit to us to accommodate this mistake. As a side note we kind of like the mistake, we feel edgy and alive!! We have beanies for sale at 12.00/ea. and t shirts have been ordered.

Financial: Thank you, as always for your individual and group contributions.

February Call Stats:

- Total Calls: 166
- 12th Step: 10
- Meeting Info: 60
- Intergroup info: 37
- Miscellaneous: 21
- Outside referral: 14
- Wanted to talk: 24.

Two new groups have signed up to answer phones at Intergroup: The Unity Group (TUG) and Worker Among Workers!! Thank you for your willingness to carry the message to the alcoholic who still suffers! If you would like to find out which shifts are still available email me or Anita. Lara@seattleaa.org or Anita@seattleaa.org

The picnic date has been confirmed! August 27th, 2023 11am to 4pm We will be at Seward Park Shelter #3 again. Please think about how your group can support this effort. The picnic is our annual fundraiser. We will be selling picnic buttons, per our usual custom,

We will be raffling off baskets and having a 50/50 raffle too. There will be the usual fun with games and Bingo, and of course hot dogs, soda, coffee and ice cream! Mark your calendars!

South End Book Store (Jim) Not present.

Service Committee Reports

Accessibility (Laurel W)

Happy Equinox!

The Accessibility Committee needs new members. We need a chairperson too.

I, Laurel, serve as Interpreter Coordinator for this committee. I am also part of the Area 72 Accessibility Committee.

Here's an opportunity to collaborate with PICPC and Area 72 on those who are in remote areas, homeless, or in a senior living community. Here's an opportunity to develop a pamphlet about this committee, and a pamphlet on how to assist Deaf people with accessing meetings.

You can email accessibility@seattleaa.org or show up at our monthly Zoom meeting. Check it out! We meet the first Wednesday of each month:

Zoom ID: 885 9521 8136

Passcode 611317

Yours in Service,

Laurel W

Archives (Theresa)

Have been working from home. Have started removing staples and threading the bindings of the Father John Doe books in the GSIG collection. Will change displays in pie cases once we have re-found or replaced the keys. Continue to label and catalog books in the collection.

Corrections (Amy F)

GSIG Corrections Report, 3-21-2023

By GSIG Corrections Chair

Corrections needs people to get involved in the infrastructure, the administration of our committee. Corrections does not run itself.

Really, we still need volunteers in all capacities as new facilities open up. The Bishop Lewis Men's Work Release will be opening up.

Having a presence in the Districts and Groups will help. We are seeking renewed donations to the Pink Can fund for literature for those in custody. Contributions can be accepted online as well as directly from individuals, groups and Districts. We also accept used Grapevines and La Vinas at Intergroup.

There will be an informational and sign up event Saturday, April 1st from 1-3pm at Intergroup. Please attend if you can, there will be food; and it will be fun.

Thank you for your continued support. Pink Can fund online, at Seattle Intergroup's website. You can contact us about volunteering by sending us an email to volunteercorrections@seattleaa.org.

BOARD MEETING MINUTES

Corrections Chair Emeritus (Pam H) – Not present.

Hospitals & Treatment (West C)

The H & T Committee met on Saturday, March 4th @ 10 am and we have a bunch of exciting projects coming up:

- I started working with Union Gospel Mission's Riverton Place, a men's treatment facility in D31 at the beginning of 2022 and have been bringing a men's speakers meeting to their facility every month since then. They started bringing a van full of men to our Monday night OPP meeting in Burien. I recently met with one of their Chaplains and they expressed interest in us starting a monthly step study there as well. I donated 10 more books to them from our big book drive we held 4th quarter of 2022.
- I decided to expand our relationship with Union Gospel Mission so I visited Hope Place women's recovery facility in D15 last month. I met with the director and assistant director, donated a case of Big Books to them and they showed me around the entire facility. We had our first panel there on March 7th. It was myself and Jill P who kicked things off. They were allowing men to come speak there as well but have since changed their policy so I was the first and last. Jill has since arranged transportation for some of the women to come to her home group, Sober Sisters in Burien.
- D31 is teaming with our online D25 to carry 5 Zoom meetings weekly into Cascade Behavioral Health. They are closed to in-person visitation for the foreseeable future.
- West and Dave B (our online D25 Treatment Chair) shared our experience, strength & hope with Lakeside Milam Renton on the Final Friday of February. We are alternating with Eastside Intergroup every month on this joint venture to support their patients.
- I visited Fredy Cortez, SUD Director at Harborview's Psychiatric Unit last month and toured the facility while donating 10 Big Books. Fredy has given Danny & I the green light to begin the registration process and we both submitted our vaccination records. We hope to start carrying the message to their patients in April. I just heard from Debra Loft, their Volunteer Coordinator, and we are ready to fill out the volunteer paperwork.
- Seattle Medical Post Acute Care (SMPAC) is looking for a new group to bring a meeting into their facility. I reached to "Knuckleheads," a very active men's group on Capital Hill about the possibility of supporting this request. However, SMPAC has been on COVID lockdown so I am currently trying to reach them to check on their status.
- Virginia Mason has also expressed interest in us bringing an information panel for their staff as well as support for their patients in Recovery. We hope to bring a panel there in May.
- Jon Bridgman has expressed interest in our team supporting his Recovery Place women's Zoom panels on first & fourth Monday nights.
- I reached out to Key Recovery in Tukwila about bringing a panel in there but haven't heard back yet.
- I just received an e-mail from Salvation Army close to T-Mobile Park about bringing in a meeting there as well.

Hospitals & Treatment (West C) continued next page »

BOARD MEETING MINUTES

« *Hospitals & Treatment (West C)* continued

- We had a table at BLA and hosted a H & T panel featuring Greg E, Danny K and West C. The energy in the room was electric and 20 people signed up to join the committee!!!

It is a pleasure to serve with you!

At Your Service with Gratitude,
West C

Chair, Greater Seattle Intergroup Hospital & Treatment Committee
425-736-4130
hospitalandtreatment@seattleaa.org

Responsibility Statement:

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

Nightwatch (Rob S)

Thank you to all the Nightwatch volunteers for all your service! We are successfully answering phones daily (nightly) from 10p-10a when the Intergroup Office is closed.

We are always looking for new volunteers who want to answer calls (phones get forwarded to your cell or your home phone) from 10p-2a, 2a-6a, or 6-10a.

It's just 4 hours per month, but it's an incredibly important service position!

Please contact Rob (Nightwatch Chair) at Nightwatch@seattleaa.org if you are interested in volunteering and/or learning more.

Thanks!

PI/CPC (Carina W)

Greetings Greater Seattle Area Fellowship!

First of all, my head is spinning from all the fantastic support, ESH, and ideas you've shared with me so far. What a tremendous improvement to how my head used to spin when I was still drinking.

Following is a stab at my first report as your new GSIG PI/CPC Chair.

Transition & Ramp-up

- Thank you to David, outgoing Chair, and Tara B, outgoing Secretary, for all the help getting me started. Past Chairs, John DD and Jennifer S, have also been invaluable.

PI/CPC (Carina W) continued next page »

BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

Google Accounts

- Lara, GSIG Office Manager, and Dan helped set me up with outreach@seattleaa.org. I've started reviewing mail and drive, and just wow... so much history to be found over multiple panels! At minimum, any of you with a 'seattleaa.org' account should now be able to access our CPC/PI Committee Meeting documents, like agendas and minutes... I think.
- I still need to figure out what's happening with the cpc@seattleaa.org account. I suspect some unread email might be sitting there since it's listed at seattleaa.org/service/cpc/.

Meetings & Events

- February PI/CPC Committee Meeting held remotely on 02/18/23. Thank you to all who attended. It was fun! Let me know if you'd like the minutes.

Burien Little Assembly

- A great big shout-out to Josh B, D17 PI/CPC Chair, for his fantastic service at this event. He showed up early to set up our table, organized multiple bins of literature, put together a whole bunch of literature packets for the Health Care Professional, and then tore down everything and hauled it back to my car. And he did all of this in-between connecting with all the folks who visited our PI/CPC table! As always, I had a marvelous time, ate and talked too much, but also did at least enough listening that I made some excellent new (and old) connections and learned a lot more about this new service position I feel so honored to serve in.

GSIG Service Manual Study

- I don't think I'll ever be able to learn all I want to about AA, but I'm determined eventually get this part down. Therefore, my goal is not just to have dipped my toe into the March meeting, but to regularly attend again. And seriously, how cool it is to learn from and together with so many of you!

Pre-Conferences

- I look forward to attending with the Seattle Districts on Sunday, March 19th. I will openly admit that I haven't read the entire 244 pages of background info related to PI and CPC agenda items yet.

Future Tripping

- PI/CPC Committee meeting — Join us on Saturday, March 18th at 10:00 AM at GSIG or remotely via Zoom. Hit me up if you'd like to be on our contacts list, so you'll get the regular announcements, including meeting agendas and minutes.
 - <https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09>
 - MEETING ID: 810 2073 8836
 - PASSCODE: 166656

PI/CPC (Carina W) continued next page »

BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

Projects

- Right now, these are just some of the requests and ideas folks have shared with me. I'm not sure where we're going with these yet, but I am excited to find out!
 - Literature Racks
 - Take a Professional to Lunch
 - High Schools (including Spanish interpretation)
 - CPC/PI for Health Care Professionals

House Keeping

- A few things we'll check in on at our upcoming committee meeting, like:
 - Check-in on the meeting format
 - Work parties to review our existing literature bins+needs and assemble focused CPC packets

So many opportunities... this is gonna be awesome!

Yours in grateful service,

Carina Winters
PI/CPC Chair | Greater Seattle Intergroup
206.683.1106 | outreach@seattleaa.org
seattleaa.org/cpc

Third Legacy (Dan R)

GSIG Third Legacy Committee Monthly Meeting Capture

The Third Legacy monthly committee was held on Jan 24th. Since our last board meeting the committee facilitated the Tradition Study and presented to District 24.

We would like to thank District 24 for their hospitality and invitation to present about what Great Seattle Intergroup is, how it functions and how it may be able to help support all of the great work that District 24 is doing. We are hopeful that GSIG can be a part of the solution in filling in any gaps with the closing of the SnoKing Intergroup office.

A reminder that GSIG will be hosting the spring quarter Sponsorship Workshop on Saturday, March 25th from 10 am to 12pm. The meeting will be at GSIG and available via zoom. For more information or to participate on a panel, please reach out to thirdlegacy@seattleaa.org.

We would also like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to

Third Legacy (Dan R) continued next page »

BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

connect any willing members with opportunities to serve. Please send all your requests to thirdlegacy@seattleaa.org.

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

- Your participation at the Service Manual Study – 1st Sunday of every month at 11am.
- Facilitating a Traditions panel – panels facilitated hybrid on the 4th Tuesday of every month at 7pm
- Your participation on our committee – we meet virtually on the 4th Thursday of every month at 7pm
- Your participation at the Sponsorship Workshop – March 25th from 10am to 12pm
- Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

If you or your group would like to present on an upcoming Tradition or participate in the Sponsorship Workshop, please reach out to thridlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

In Service,

Dan R.

Twelve Step (John DD)

- Intergroups vision is for the 12-Step Committee to be there for people when the office is closed. When the office is open, they dispatch 12-Step calls and use the same 12-Step list we use, 24/7. When Nightwatch gets a call late at night, on weekends, or early in the morning, instead of waiting like we used to do, we follow-up where indicated. It's fun. There are not a lot of referrals, none this month. *
- We are doing the hospital 12-Step Calls for Seattle, which is picking up a bit.
- Participating with the BLA Committee.
- There will be a 12-Step Call workshop which will be "why to/how to" and focus on the craft of doing it when it's indicated. Hoping for a lot of Nightwatch participation. March 18th 11am – 1pm at Seattle Intergroup.

Web & Tech (Lee & Dan G)

Lee: Meeting this Saturday online at 9:00 am. We'll discuss and make a motion to move it to 10:00 am on Saturdays in-person moving forward and we are hoping that will spear on more participation.

Dan: Seattle Intergroup provides email boxes to groups that need them. They use it for things like Zoom. We have our own copy of Gmail. You get an email box from us and if you get into trouble, we can reset your account and reset your password, which includes all of the recovery information. It is a Gmail mailbox, no additional cost. If you are interested you can contact me or Lara and we will set it up. treasurer@seattleaa.org.

BOARD MEETING MINUTES

Special Events (Steve R)

I attended the Office Committee meeting. I am trying to put a plan together. I will be focusing on four events for the year and do them well. If you have any ideas for fundraisers or events, please email me at specialevents@seattleaa.org.

GSIG District Reports

District 14 (Stacia)

This is my first meeting as the new district rep for District 14. I am very happy to be here. Kim spoke very highly of her years here and I am very excited to do it and looking forward to this. We are trying to bring in more representation. Everyone is just getting to know their jobs. We are helping out with BLA

District 16 (Kathleen B)

Northgate, University District. We still have quite a few positions open. We need help with that. The Area Treasurer made a visit and spoke about group distributions. We are Co-Chairing with BLA and will be doing a panel.

District 18 (Ali)

First time doing this. We had our very 1st In-person district meeting, which was Hybrid. It was cool and exciting to connect with people.

District 24 (Greg S)

There were several people that wanted help with the Helpline with the phones and wanted to come down to Intergroup as a group. Dan came to District and explained what Seattle Intergroup does for District 24. Chrystal, Area Delegate came out and gave a presentation about GSR responsibilities.

District 31 (Thomas)

We worked on our budget, and got a few things resolved. We held a Service Workshop on the 4th of February with Delegates. It turned out good. We donated to BLA. Open positions need to be filled.

District 32 (Samantha M)

Thank you for the information from Dan regarding Web information, and thank you for all the service work that's happening. We currently have 4 open positions. District 32 covers Federal Way, Auburn, Pacific & Algonia. BLA takes place at Brooklake Church which is where our District meets on the 3rd Monday of the month. We have been spreading the word about BLA and are excited for March 11th to come around.

BOARD MEETING MINUTES

District 40 (Ellen)

First time at this meeting. I am grateful to be here and just taking it all in tonight.

District 41 (Laurel)

We will be holding a Pre-Conference on March 19th. There is a New Business Motion/Discussion for the 2024 conference in New York. Deaf communities are asking for translation of the Service Manual. Next month I will present to Intergruop that we would like GSO to consider making plans for the Service Manual. We now have a lot of GSR's that don't benefit from reading English or understanding the interpreted version. It will be brought up at the Area Assembly as well.

District 42 (Mikey C)

Greetings from D42: Shoreline, Richmond Beach, Lake Forest Park

D42 meets every 2nd Thursday at 7: p.m. on zoom Meeting ID 930 1782 3319 p/c 202171,

Everyone is welcome.

- D42 is growing; we had 3 solid groups come back to the district. We welcome back; the Men's room, Lake city big book and DRU north.
- GSR's just a reminder to make sure groups update their meeting information is current with greater Seattle intergroup.

If your group or individuals want to answer phones there are plenty of opportunities to have phone forwarded. What a great way to practice what was freely passed on to us. Call intergroup!

Intergruop has a lot of events going on, Burien little assembly is looking for volunteers for March 11. BLA does have a website at: burienlittleassembly.org

- Also, some jails are opening up and looking for groups to take in a meeting, go to the seattleaa.org and join the 12 step committee.
- Rob at Nightwatch is looking for volunteers for just 1 shift 4 hours a month..
- Finally, Laurel our awesome accessibility chair is asking for donations to the "Blue" can which helps bring ASL to meetings. Funds are needed badly, please help offset costs because it keeps this much needed service running for all.
- Amy is requesting volunteers for Bridging the Gap,
- H & T West, is also asking for funds for the "Pink" can which provides books to hospitals and treatment centers.
- John DD is putting a workshop on the "how and why" of the importance of the 12th step. March 18, starting at 11a.m.

In Service:

Mikey C — D42 Group Rep

Upcoming Events

Seattle Group Saturdays at 6:00PM

- GSIG Service Manual Study 1st Sunday of the month at 11:00am
- Trad Study 4th Tuesday of the month at 7:00pm
- The 50th Annual Burien Little Assembly is March 11, 2023 in person and online at Brooklake Church in Federal Way.
- District 24 Gratitude Potluck Dinner — St. Pius X Gymnasium 22301 58th Ave W, Mountlake Terrace, WA Raffle Baskets and 50/50 Raffle \$5 suggested donation at the door. Doors open at 5:00pm Dinner at 6:00pm Speakers at 7:00pm 2023

MOTION TO CLOSE

Moved by: West /Seconded: Dan

Top Ten Questions about the Grapevine

Answers:

1. C
2. D
3. C
4. C
5. C
6. C
7. E
8. E
9. F
10. E

Area 72 YP Quarterly



THE SEATTLE GROUP An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM
5507 6th Ave S.
Seattle, WA 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS

April 1st Krista F.

April 8th Bob H.

April 15th Courtney S.

April 22nd Lisa H.

April 29th Rob S.

May 6th Robin B.

*Come and join us to learn about how we can be of service
to our young members.*

*Hosted by Dist 40 @ Seattle Intergroup
sat April 22nd 12pm
5507 6th Ave south
Meeting will be hybrid
Everyone welcome to attend*

*Meeting ID: 865 8484 3076
Passcode: 040134*

Email YPchair@area72aa.org for questions



NEED VOLUNTEERS **CARRY AA MESSAGE TO CORRECTIONS**

Correctional facilities are starting to reopen for AA meetings and we are short on volunteers. Help the incarcerated suffering alcoholic by committing to one meeting a month. This will help a lot!

Federal Detention Center (SeaTac) – Thursdays 5:30-7pm

-minimum 18 mos sobriety; 5 yrs out of custody; not on probation

Regional Justice Center (Kent) – Thursdays 7-8pm

-3yrs off alcoholic & marijuana; 7yrs off hard drugs; 3 yrs off probation

**Basic clearance requirements shown above. Email Corrections for
additional information and jail application or other ways you can help.**

volunteercorrections@gmail.org or corrections@seattleaa.org



SERVICE MANUAL STUDY

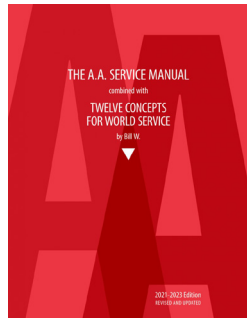
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDY-
ING THE NEW SERVICE MANUAL.

THIS DISCUSSION AND STUDY WILL BE
FACILITATED BY AREA 72 TRUSTED
SERVANTS.

JOIN US IN PERSON AT GSIG OFFICE OR ON
ZOOM on the *1st Sunday of each month at 11am*

SEATTLE INTERGROUP
5507 6TH AVE S.,
SEATTLE 98108
ZOOM INFO:
MEETING ID 863 6483
7688
PASSCODE 022841



Seattle Intergroup Corrections Committee invites you to Spring Sign UP

SATURDAY APRIL 1ST 1-3PM
5507 6TH AVE SOUTH
QUESTIONS?
VOLUNTEERCORRECTIONS@SEATTLEAA.ORG

Refreshments

Speakers

Volunteer opportunities

Carrying the message to the incarcerated Alcoholic

OPEN MIC

April 15TH

SATURDAY - 7:30PM

YOU CAN DO:

Singing Acoustic Guitar

(No Karaoke We will Accompany you)

Acoustic Instruments Comedy

Keyboard Poetry

Whistling & More

Seattle Intergroup

5507 6TH Ave S. Seattle, WA 98108

BRING FOOD & SNACKS

FOR MORE INFO:

Text Yoshi (253)209-6802 / Reith (206)434-2589



TRADITION STUDY

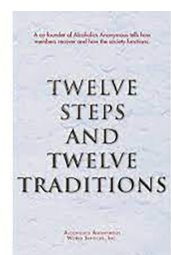
WITH THE
GSIG THIRD LEGACY COMMITTEE

STUDY THE TRADITION OF THE
MONTH WITH THE THIRD LEGACY
COMMITTEE.

WHEN: **FOURTH TUESDAY AT 7PM**
Starting January 24, 2023

THIS MEETING IS HYBRID. COME
DOWN TO THE OFFICE OR JOIN IN
ON ZOOM.

IN PERSON AT SEATTLE
INTERGROUP
5507 6TH AVE S., SEATTLE 98108
ON ZOOM
MEETING ID 858 5142 0330
PASSCODE 051501





**DAWN PATROL
SPEAKERS BRUNCH**
APRIL 22, 10AM-NOON

Join us for brunch and fellowship, as two local AA members share their experience, strength and hope.

TIBBETT'S UNITED METHODIST CHURCH
10 AM - NOON
3940 41ST AVE SW, SEATTLE, WA 98116



SPONSORSHIP WORKSHOP WITH SEATTLE INTERGROUP- THIRD LEGACY COMMITTEE

WHAT DOES THE AA LITERATURE SAY
ABOUT SPONSORSHIP?
WHAT DO I LOOK FOR IN A SPONSOR?
HOW CAN I BE A MORE EFFECTIVE
SPONSOR?
WHAT IS THE EXPERIENCE OF SOME OF
OUR LOCAL AA MEETINGS AND MEMBERS
WITH SPONSORSHIP?
FIND OUT THE ANSWERS TO THESE
QUESTIONS AND MORE

MARCH 25TH
JUNE 24TH
SEPTEMBER 23RD
HYBRID EVENT
IN PERSON AT SEATTLE INTERGROUP
5507 6TH AVE S SEATTLE 98108
ON ZOOM
MEETING ID 883 3095 4767

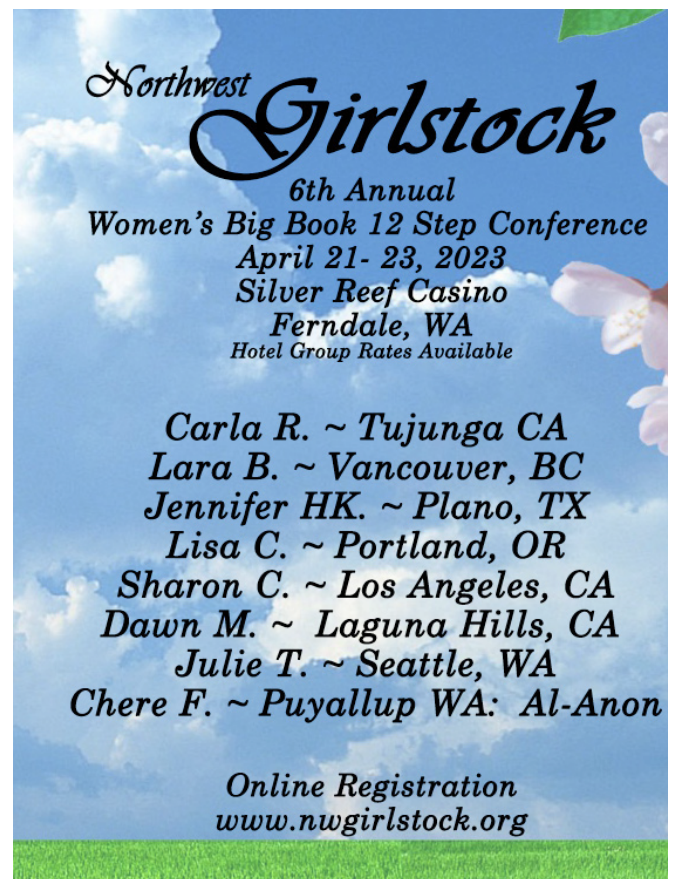



High & Dry
Call for Entries

The High & Dry, Seattle Intergroup's Monthly Newsletter, is looking for original content from local drunks. This is a great opportunity to serve our fellowship!

- **Stories About Recovery**
- **Poetry & Creative Writing**
- **Art & Photography**
- **Comics & Jokes**
- **Information about Sober Activities & Service Opportunities**

Submit your work and find out more by visiting SeattleAA.org
<https://www.seattleaa.org/intergroup/newsletter/submission/>
 ✉ high_and_dry@seattleaa.org



Northwest
Girlstock
6th Annual
Women's Big Book 12 Step Conference
April 21- 23, 2023
Silver Reef Casino
Ferndale, WA
Hotel Group Rates Available

Carla R. ~ Tujunga CA
Lara B. ~ Vancouver, BC
Jennifer HK. ~ Plano, TX
Lisa C. ~ Portland, OR
Sharon C. ~ Los Angeles, CA
Dawn M. ~ Laguna Hills, CA
Julie T. ~ Seattle, WA
Chere F. ~ Puyallup WA: Al-Anon

Online Registration
www.nwgirlstock.org

High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) www.seattleaa.org

Do you have something you would like to submit to The High & Dry newsletter?

We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

H&D deadline is the 25th of each month.

Subscriptions — Please consider subscribing to the High & Dry newsletter!

Your contribution helps fund the services we provide. Suggested annual donation for hard copy is \$12/year and digital copy \$10/year. To subscribe visit: SeattleAA.org/intergroup/newsletter/



Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at info@seattleaa.org, or give Lara or Anita a call at (206) 587-2838.

Name:	
Address:	
City/Zip:	
AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
Home Group:	

If mailing, send this form to:
Greater Seattle Intergroup, 5507 6th Ave S. Seattle, WA 98108

Link to GSIG Online Contributions

[https://www.seattleaa.org/
online-contributions/](https://www.seattleaa.org/online-contributions/)



