



# High & Dry

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

Volume 75 Issue 02

February 2023



## In This Issue

- |   |  |
|---|--|
| ▪ There is a Solution.....2<br><i>GSIG News and Notes</i>         | ▪ Step 2.....6   |
| ▪ Future Tripping.....3<br><i>GSIG Calendar</i>                   | ▪ Tradition 2 .....7   |
| ▪ Reflecting on Our Past .....4<br><i>February in Our History</i> | ▪ February Challenge .....8<br><i>Do You Know Your Advanced AA History</i> |
| ▪ How Dry I Am Birthday Club .....5                               | ▪ Board Meeting Minutes .....9   |
|   | ▪ Announcements.....19   |
|   | ▪ Get Involved!.....22   |

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day Email: [info@SeattleAA.org](mailto:info@SeattleAA.org) Website: [www.SeattleAA.org](http://www.SeattleAA.org)

# 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](mailto: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/](http://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 Intergroup office is open Tuesday through Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 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](mailto:high_and_dry@SeattleAA.org). We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

**We are also seeking** a group 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](mailto:newsletter@seattleaa.org)

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)

# FUTURE TRIPPING

## February GSIG Events

For details about the events listed below, visit the Events page on our website, [seattleaa.org/events](http://seattleaa.org/events)

### 1 — Seattle Intergroup Accessibility Committee

- February 1 @ 6:00 pm – 7:00 pm — Zoom Meeting
- Zoom link: <https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWIZdz09>
- Meeting ID: 885 9521 8136  
Passcode: 611317

### 4 — District 31 presents a Service Roundtable

- February 4 @ 9:00 am – 11:00 am
- GSIG Office 5507 6th Ave S., Seattle

### 4 — Hospital and Treatment Committee

- February 4 @ 10:00 am – 11:30 am — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlsitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832  
Passcode: 088776

### 5 — Service Manual Study

- February 5 @ 10:00 am – 11:30 am — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPpU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688  
Passcode: 022841

### 11 — District 54 Celebrates 30 Years

- February 4 — Save the date
- Swiss Park in Bonney Lake 9205 198th Ave E, Bonney Lake, WA

### 11 — GSR University 101

- February 11 @ 9:00 am – 11:00 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: TBA

### 11 — Open Mic

- February 11 @ 7:30 pm – 10:00 pm
- GSIG Office 5507 6th Ave S., Seattle

### 13 — Love to Hate Valentine's Day Dance

- February 11 @ 8:00 pm – 12:00 midnight
- South King Alano Club 1317 Harvey Road, Auburn, WA

### 13 — Burien Little Assembly Planning Meeting

- February 13 @ 7:30 pm – 8:30 pm — Zoom Meeting
- Zoom link: <https://us02web.zoom.us/j/89635482091?pwd=RGRBRkU0V0hrNmpBM1drY1JVZ2s1UT09>
- Meeting ID: 896 3548 2091  
Passcode: 330494

### 17 — What's the Point? The Big Book Lives On

- February 17 @ 6:00 pm – February 19 @ 4:00 pm
- Friday Night: Lynnwood Alano Club 4001 198th St. SW, Lynnwood, WA 98036
- Sat and Sun: Mountlake Terrace Community Senior Center 23000 Lakeview Dr, Mountlake Terrace, WA

### 21 — GSIG Monthly Board Meeting

- February 21 @ 7:00 pm – 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcljNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402  
Passcode: 035194

### 23 — Tradition Study by the GSIG Third Legacy Committee

- February 23 @ 8:00 am – 5:00 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

### 25 — Sponsoring Alcoholics with Mental Health Issues

- February 25 @ 10:00 am – 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Sponsored by Seattle Intergroup, Eastside Intergroup and Puget Sound Central Office

### 28 — Tradition Study by the GSIG Third Legacy Committee

- February 28 @ 7:00 pm – 9:00 pm — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330  
Passcode: 051501

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day Email: [info@SeattleAA.org](mailto:info@SeattleAA.org) Website: [www.SeattleAA.org](http://www.SeattleAA.org)



# REFLECTING ON OUR PAST

## February in our History

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

### February 2

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

### February 8

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

### February 9

2002 — Sue Smith Windows, Dr. Bob's daughter died.

### February 10

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

### February 11

1951 — Clarence S. ("Home Brewmeister") had his last drink.

### February 12

1945 — World War II paper shortage forced reduction in size of the *Big Book*.

### February 13

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

### February 14

1971 — AA groups worldwide held a memorial service for Bill Wilson.

### February 16

1941 — Baltimore Sunday *Sun* reported city's first AA group begun in 1940 had grown from three to 40 members, with five being women.

### February 18

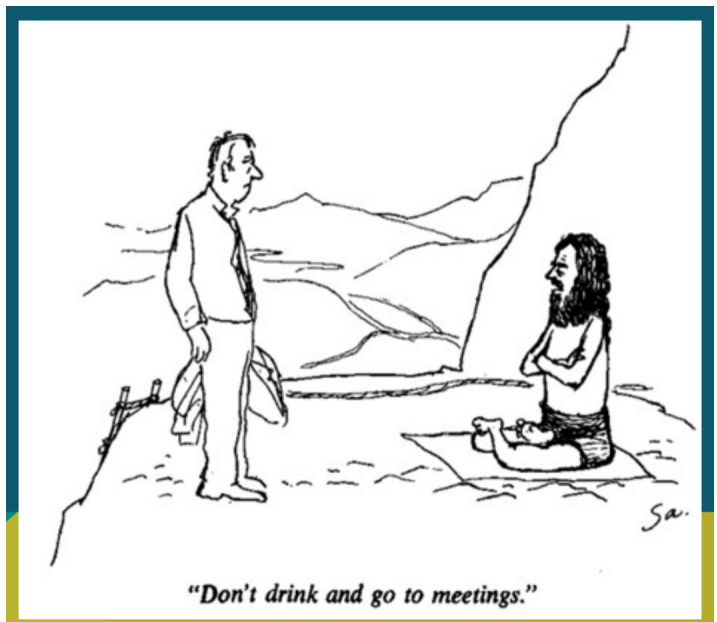
1943 — AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.

### February 21

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

### February 26

1999 — Felicia G., author of "*Stars Don't Fall*," died.



Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)

# BIRTHDAY CLUB

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

Anonymous		4 years
Anonymous		34 years
Pat M.	Any Lengths	40 years
Judie K.	Empire Way	52 years
Gail T.		25 years
Rayon S.		17 years
Jeff H.	Pass It On	36 years
Margaret Y.	Holly Court	40 years
Amy F.		9 years
Vito M.	Empire Way	41 years
Don R.	Serenity Hall	37 years
Alex K		39 years
Pete R		39 years

### Link to GSIG Online Contributions

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



## 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://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](mailto: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.

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)



# STEP 2

*By Peeps*

**THERE IS A REASON** why the Steps are presented in a specified order. Each one builds on the one preceding it. It makes sense to me now that when I struggle with a Step, I probably need to work again on the one that came before it.

Early on, I had difficulty distinguishing the difference between Steps Two and Three. I knew that both required me to make use of AA's spiritual practices, but the difference was not clear to me.

To write this article, I did a little research on the differences.

As I interpret how others see it, Step Two requires me to acknowledge that success getting, and remaining, sober depends on acceptance that I need help from a source beyond me. If I can do that, I will be restored to sanity (provided I can admit I'm insane).

Step Three, on the other hand, requires me to surrender my will and my life to an unseeable Higher Power. And I have to admit to myself and others that I cannot control things, places and people, like my 91-year-old mother.

After four years of being clean and sober, I still have moments when acknowledging the need for being restored to sanity and/or letting go and letting God seem unfair and impossible.

That's why I have to rely on our program's primary tools — prayer, meditation, service work and meetings — on a daily basis.

Steps Two and Three are different but closely related. I can't have one without the other.

Whenever I read Step Two, I am reminded of my very first sponsee. Poor guy. He was in a residential program which required him to have an AA sponsor and complete Step Five by a specified date to stay in the program.

*Came to believe  
a Power greater  
than ourselves  
could restore us  
to sanity*

He was "assigned" to me by a veteran AA member. I had three months sobriety when I met him.

We introduced ourselves while he smoked, and he told me a little about himself. He was about 40 and was keen to get sober in order to get his wife back.

I asked him to look at the first three Steps, so we could read them together and discuss them when we got together the following week. He did, but was not as favorably impressed as I was with the importance of the first three Steps.

We sat together on a bench outside the meeting venue. When I asked him what he thought about the readings I'd assigned him, he lit a smoke, then looked me in the eye and said, flatly, "Well, my life is not unmanageable and I'm not insane ..."

I sat there, silent as a stone, unable to respond. He waited a few moments then walked away. He skipped the meeting and I have not seen him since, though I think of him often, especially when struggling with elements of the first three Steps.

His memory reminds me that I need help to stay sober from a source beyond myself.

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)



# TRADITION 2

*By Matt T.*

**IT IS IMPOSSIBLE** for me to decide which is the most important AA

Robert's Rules of Order is a democratic parliamentary voting procedure we use in our General Service Structure. This process allows members to express their opinions on motions, including the opportunity to voice minority opinion after a vote.

Unfortunately, this method often doesn't work as well for decision making in our home groups as it does in General Service. Starting the group decision-making process with a motion may result in choices that are not particularly "informed" and in which certain strong "personalities" can dominate the process in an authoritative manner.

An alternate common method of group decision-making starts with the identification of a challenge or opportunity and a corresponding goal to be met. Next, you canvas possible alternatives to meet this goal, which often involves brainstorming, doing some research, etc. Then after a number of alternatives have been identified, you consider the likelihood each might satisfy the goal. After deciding which alternative seems best, figure out how to assess if the choice actually works once its implemented.

Then it's time make a motion for a group conscience vote by Robert's Rules.

Not only has this approach proven to facilitate effective group decisions in many different contexts, it can also help to stall the gracious directors amongst us that "are sure if only people do as (we) wish ... Everybody, including (ourselves) would be pleased." (Big Book, p. 61).

Of course, we may need to move beyond the normal time set aside for group business, which is where ad-hoc committees of group members willing to actively engage the decision-making process are useful. The committees can provide a quick summary of how they reached the final choice, so our group conscience may be informed.

Nonetheless, we don't want to switch one rigid approach for another. We should be flexible and include a consideration of decision-making options in our group conscience, which might include letting trusted servants

do their service commitments without undue interference.

One final note, we may be more likely to have our group conscience informed by "a loving God" if we begin our business meetings by not forgetting the final line of the Serenity Prayer; "Thy will, not mine, be done" (12 & 12 p. 41).

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

# February Challenge

---

**Do you know your Advanced level AA history? Find out.**

**1. How many non-alcoholic members are serving on the General Service Board of A.A.?**

- a) 10
- b) 8
- c) 7
- d) 12

**2. How many recovered alcoholics are serving on the General Service Board of A.A.?**

- a) 10
- b) 12
- c) 9
- d) 14

**3. What year did Bill and Lois visit Birmingham during their motorcycle tour as a young Couple?**

- a) 1926
- b) 1927
- c) 1929
- d) 1932

**4. How many times is the word powerless used in the first 164 pages?**

- a) Once
- b) Twice
- c) Fifty-nine
- d) Twenty-two

**5. When was the second edition of the Big Book introduced?**

- a) 1950
- b) 1955
- c) 1957
- d) 1959

**6. Who is Leonard Blumenthal?**

- a) A Doctor
- b) A clergyman
- c) Chairman of the GSO Board
- d) Non alcoholic trustee

**7. What is the present name of the organization that was once known as The Oxford Group?**

- a) The Way Out
- b) Redemption Society
- c) Initiative for Change
- d) It doesn't exist anymore

**8. What was the former title of 'As Bill Sees It'?**

- a) The AA Way of Life
- b) Carry the Message
- c) A Vision for You
- d) Acceptance is the Answer

**9. What was Bill W's first drink?**

- a) Manhattan
- b) Bronx Cocktail
- c) Bourbon
- d) Champagne

**10. Is the General Service Conference Incorporated under the laws of any state?**

- a) New York
- b) Ohio
- c) No, it's not incorporated at all
- d) It is incorporated under federal law



# BOARD MEETING MINUTES

January 17, 2023

Board Meeting

Submitted by Janet A. (Recording Secretary)

## Orientation

---

### Chair Emeritus (Astri T.)

I will start by telling you the history of Intergroup, how it was formed, what meetings we had. After a lot of confusion, it was decided that we needed a central meeting place. It started out as The Central Committee in 1948. It was then changed to Greater Seattle Intergroup in 1952.

We served Seattle and Greater Seattle which includes Snohomish County, Renton, not just Seattle. Committees started forming in the 1940's. The General Service Structure is more of a communication structure. Greater Seattle Intergroup is hands-on 12 step work. We serve however and wherever we can.

We are self-supporting from literature sales, activities and a 24-hour, 365 days a year Hotline. We maintain, stock and sell literature, books, meeting schedules. This also includes our Southend Book store in Auburn at the South King County Alano Club.

Greater Seattle Intergroup has service meetings; Corrections, Hospital & Treatment, Accessibility,

just to mention a few. The other committees help to support and communicate other Seattle neighborhoods. We also have an extensive Archives here. For those of you who are new, this is a great place to learn more about the history of AA and Greater Seattle Intergroup.

We now have at least 37 home groups per month who do service work and meet to answer phones. There are 93 volunteers meeting each month for the Night watch Program. You can support Seattle Intergroup by donating by sending a check, online, and we do have The Birthday Club, The How Dry I Am Club. There are envelopes here that you can take back to your groups and districts.

If you would like one of us to come to your districts, you can email me at: [chairemertus@seattleaa.org](mailto:chairemertus@seattleaa.org), Karla; Chair: [chair@seattleaa.org](mailto:chair@seattleaa.org), or Jeff; Vice Chair: [vicechair@seattleaa.org](mailto:vicechair@seattleaa.org). We are happy to talk to you about Intergroup and answer any questions you have.

That's all I have. Thank you, Astri

**Karla:** Please be mindful of your time with your verbal report. I have been a part of the Area for a while and we time the reports at 2 minutes. While we don't have a timer, please be aware of your time so we can get out of her at a decent hour. If you would like to send a longer report, you can always send that to Janet, our secretary.

## Elected Officer Reports

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](mailto:secretary@seattleaa.org).

### Recording Secretary (Janet A.)

Approval of prior month's minutes  
 –Moved by Mikey C /Seconded Greg

### Treasurer (Dan G.)

GSIG TREASURER REPORT January 2023

December 2022 Financial Overview Data

Month	Net In- come (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Jan-22	3.3 K	15 K	0.7 K	1.5 K	492	1.8 K	95 K
Feb-22	(3) K	9 K	0.7 K	1.4 K	533	2.5 K	95 K
Mar-22	(2.6) K	10 K	1 K	1.3 K	261	1.5 K	95 K
Apr-22	(.6) K	11 K	0.9 K	1.3 K	633	1.3 K	95 K
May-22	(2.7) K	9.6 K	0.8 K	1.3 K	834	1.6 K	93 K
Jun-22	(4.7) K	11.2 K	0.5 K	1.3 K	1.4 K	1.7 K	88 K
Jul-22	2.2 K	10 K	2.5 K	1.4 K	1.8 K	0.8 K	90 K
Aug-22	(5.9) K	9 K	2.8 K	1.4 K	3.4 K	2.1 K	84 K
Sep-22	(4.6) K	5.5 K	0.6 K	1.4 K	0.6 K	3 K	78 K
Oct-22	(-0.3) K	11 K	0.5 K	1.4 K	0.5 K	3 K	76 K
Nov-22	(-2.5) K	9 K	0.4 K	1.4 K	0.5 K	1.5 K	74 K
Dec-22	(-2) K	8.4 K	3.3 K	1.4 K	1.1 K	(-0.6) K	75 K

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day Email: [info@SeattleAA.org](mailto:info@SeattleAA.org) Website: [www.SeattleAA.org](http://www.SeattleAA.org)

## Treasurer Report Comments:

Individual contributions are higher than recent history, and above budget by \$790. YTD is significantly below budget (15.4) K.

- Group contributions for December are \$718 below budget while YTD is 9.5 K above.
- Sustainers YTD is (1.6) K below budget.
- An inventory on 1/2/23 resulted in a write off of \$(297.80).

Thank you for allowing me to be of service. Contact me by email at [treasurer@seattleaa.org](mailto:treasurer@seattleaa.org).

## Chair (Karla)

I want to thank everyone for the opportunity to be of service. I am new serving Seattle Intergroup but feel very supported by our **Vice Chair Jeff** and our **Chair Emeritus Astri**. My first duty as the Board Chair was to attend the **WWA72 Quarterly** in Seattle.

**Area 72 Quarterly – January 6-7, 2023** — I met the incoming Chair of the PSCSO – Brody. At the Quarterly the new incoming appointed servants were approved as was the budget for 2023. The Delegate reported that **Alcoholics Anonymous World Services** will continue their Mixed Title Quantity Discount. The Mixed-Title Quantity Discount is a shipping discount based on the sum total of all books, booklets and boxed sets placed in one order, rather than on a certain quantity of one specific book, booklet or boxed set, as was previously the case. A full list of items that receive this discount is available on request; please email [publishingnews@aa.org](mailto:publishingnews@aa.org).

Special reports included - From the Our Stories Disclose III committee a promise that the book will be available by the 2023 Assembly and from the outgoing Corrections Chair a report on the National Corrections Conference. There was one discussion topic: What are barriers to participation in General Service? How can we encourage more participation? (Financial)

Some points made were:

- Instead of sending excess funds to GSO the Area should set up a scholarship fund.
- Attraction is a bigger barrier than finances.
- Go in groups and share rooms – that is part of the fun and fellowship.
- Be proactive and talk to your DCM.
- Submit a bid in your district – Area is limited by bids.

The next Quarterly will be **April 7-8 in Lakewood**.

I am always available to contact if you have questions or concerns. If you would like to have an item added to the agenda, please contact me via email or phone prior to the board meeting so we can discuss it and I can add it to the agenda. My email is [chair@seattleaa.org](mailto:chair@seattleaa.org).

Yours respectfully, Karla L.

# GSIG Office Reports

---

## Office Committee (Bill):

GSIG Office Committee 1/10/23 7 pm

1. Trusted servants present: Pete K, Lara R, Anita S, Jeff U, Dan G, Karla L, Leslie L, Bob J. Sorry, am I forgetting anyone here? Thanks, and congrats to our incomparable Jeff U the outgoing Office Com chair, and our newly elected GSIG Vice Chair!
2. Bob agreed to be Office Notetaker/Recording Secretary for the Office Committee this year.
3. Our new Treasurer Dan G gave us a Treasurer report, and we discussed the projected \$25K deficit for 2023. What can we do to raise more funds to meet expenses? Many of us are concerned and will be working on this - ideas mentioned included Fundraisers – e.g., car show, other special events, improving participation in High and Dry paid subscribers, How Dry I am Club, Sustainers Program, etc. Special Events Committee may have ideas. Jeff U has said he wants to help tackle this. We could encourage contributions based on dates: AA birthday e.g., \$6.10, Lara's Birthday \$8.19, etc. Let's keep the fun in fundraising, attraction not promotion.
4. The committee decided to recommend that we have/move the 2023 GSIG picnic to Aug 27 and at Seward Park again.
5. Question was raised whether, with Sno-King closing, whether GSIG would want to consider a northend location/branch?
6. New Business and discussion whether to extend insurance coverage to District meetings? Other events might want to purchase single event, etc. insurance. Lara will check with our insurance carrier regarding this. Insurance will be site specific.

**Respectfully Submitted, edits and suggestions welcome.**

**Bob J**

## Office Manager (Lara R.):

GSIG Office Committee 1/10/23 7 pm

### Inventory:

- We now have the jacketless format of the *Twelve Steps and Twelve Traditions* book for sale. The book covers were printed and are being made available for \$1.25 each.
- We have been given an unexpected supply of OSD II (Our Stories Disclose II). If you do not have one of these books, come on in and get caught up on the history of our local groups and clubs. It's fascinating.
- We are down to approximately 550 schedules remaining for sale, we will need to reprint when this number gets closer to 250. Thank you to our trusted servants for conducting our annual physical inventory.

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)



**December Call stats:** Total 135 calls

- 12 Step: 3
- Meeting info: 62
- Outside referral (Al-anon, NA, etc.): 7
- Wanted to Talk: 26
- Intergroup Info: 18
- Miscellaneous: 19

Thank you to our daily volunteers who selflessly answer these calls. You are appreciated and invaluable.

**We now have four AA meetings a week that are held at Seattle Intergroup:**

- Sober over Sixty Tuesdays @ 9:30am
- Rocketed Into Recovery Wednesdays @ 6:30pm
- Skylight of the Spirit Fridays @ Noon
- Seattle Group Saturdays @ 6:00pm
- Two book studies facilitated by autonomous groups of individuals.

**26 meetings are answering phones for Intergroup.** There is room for more groups if you might be interested in coming into the office to answer phones.

We are in the planning stages of a **12th Step Workshop** coming in March.

Our **Service Manual Study** on the first Sunday at 11am was packed on New Year's Day!!!

The **Third Legacy Committee** will continue with the monthly Tradition Studies and the quarterly Sponsorship Workshops.



Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — Helpline is staffed 24 hours a day Email: [info@SeattleAA.org](mailto:info@SeattleAA.org) Website: [www.SeattleAA.org](http://www.SeattleAA.org)

# Service Committee Reports

---

## Archives (Theresa):

Talked with Terry from SnoKing and will be working with him to go over some of their files to see if I can help scan some of them for the IRS retention and other requirements or items pertinent to GSIG. Plan on attending next Area 72 Archives quarterly in February, if/when I receive word on where it is and on what platform (i.e., live or zoom). Have been scanning printed materials and posting online in GSIG's google docs.

Respectfully submitted.

## Corrections (Amy F.):

Attendance at our monthly meeting has improved. We continue to encourage groups and districts to attend and get involved.

The Kent Regional Justice Center is looking towards bringing meetings back in. We need men, and especially women that are interested to fill out applications. Please direct all inquiries to: [corrections@seattleaa.org](mailto:corrections@seattleaa.org).

Also, the Federal Detention Center needs volunteers, especially women.

We will be hosting a Corrections Information table at the Burien Little Assembly on Saturday March 11th at the Brooklake Church in Federal Way.

Jennifer S from District 14 has volunteered to become our new Corrections Literature Coordinator and Cynthia S will be stepping down. Our thanks to both!

We hosted a great Area 72 Quarterly Corrections meeting at Seattle Intergroup in December. Our guest speaker was Eileen A., the Corrections Coordinator from GSO.

I am including with this report an informational flier for volunteers for the Kent Regional Justice Center and the Federal Detention Center.

We are in need of a Secretary and a Treasurer.

## Nightwatch (Rob S.):

Nightwatch volunteers continue to answer phones from 10:00 pm to 10:00 am every day. Thank you to all for stepping up to help. We are always looking for new volunteers and welcome anyone with 6+ months of sobriety.

Please contact Nightwatch Chair, Rob Smith, at 206-601-0061 or [Nightwatch@seattleaa.org](mailto:Nightwatch@seattleaa.org) if you would like to volunteer or if you have any questions/comments.

## Hospitals & Treatment: (West)

I attended the Area Treatment Quarterly last Saturday, the 14th. I will be talking with John DD after the meeting to see about the best way of showing up at The Burien Little Assembly in March. Maybe have a table or a panel like last year. My biggest goal for this year/rotation is to increase participation.

The H & T Committee kicked off 2023 with a hybrid meeting Sat, January 7th @ 10 am. Greg E, the outgoing Chair, was gracious enough to show up and assist West in setting up the Zoom equipment for his first hybrid meeting.

A total of ten people participated in the meeting including Amielle, our new Secretary, and a couple new people online. We all delivered oral reports including service goals for 2023 and our monthly discussion topic is how can we increase participation in the H & T Committee? West stated his goal for 2023 was to triple participation in the monthly meetings. John DD spoke about our need to fill the 12-step hospital dispatch position.

### Here's what else is happening with the committee:

- West announced anyone interested in Big Books from our Big Book Drive to distribute in their district should e-mail him the request or include it in their report.
- Seattle Medical Post Acute Care (SMPAC) is looking for a new group to bring a meeting into their facility.
- West put his SMPAC contact Dillon in touch with Chris L from "Knuckleheads" and they are discussing the possibility of supporting this request. West & Greg are interested in bringing an information panel and literature into Virginia Mason. West will be reaching out to VM this month.
- Pete, our new GSIG Committee Member, approached West about bringing a panel into Renton Lakeside Milam and has been helping coordinate this effort between us and Eastside Intergroup alternating each month.
- West had a great conversation with Fredy from Harborview about bringing a panel into their psychiatric unit. Fredy is looking into what Harborview's protocol will be as far as registering panelists. West is currently working on creating an H & T Committee information panel for the Burien Little Assembly on March 11th.
- Amielle is helping West create a roster of all H & T Committee Members, including phone numbers to enhance communication. West attended Treatment Quarterly last Saturday, Jan 14th. It is a pleasure to serve with you.

**At Your Service with Gratitude, West C.**

#### Do You Know Your AA History? (Advanced) Answers

1. 7
2. 14
3. 1926
4. Once
5. 1955
6. Chairman of the GSO Board
7. Initiative for Change
8. The AA Way of Life
9. Bronx Cocktail
10. No, it's not incorporated at all

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — *Helpline is staffed 24 hours a day* **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)

## Third Legacy (Dan R.):

Since our last board meeting the committee facilitated the **12th Tradition Study** and **GSIG Sponsorship Workshop** on December 10th. The tradition study and workshop were hosted via hybrid and was well attended both in person and online. December also reflects the completion of an entire calendar year of the Third Legacy Committee meeting functioning. In 2022, the committee successfully maintained a steady beat of our message. Our meetings included monthly committee, tradition meetings and a quarterly Sponsorship workshop. The committee feels like we are working towards our mission by making sure that these ongoing meetings can ensure that GSIG hosts the conversation for our fellowship to deepen its understanding of our Traditions and Sponsorship.

We are looking towards 2023 as year of development for our committee and our mission. We are thrilled to announce that the long-standing monthly Service Manual study will be aligning with our committee. We were humbled when the trusted servants of that meeting suggested that they be added into our committee's work.

The committee made several Third Legacy Presentations in 2022, but is committed to making even more as our Fellowship is transitioning post-pandemic and our vital service work continues in this new iteration. In effort to be more accessible and in alignment with other GSIG activities we have decided to shift our monthly meetings to the following schedule:

- **Traditions Panel** will meet hybrid on the **4th Tuesday of every month at 7pm**
- **Third Legacy Committee** will meet virtually on the **4th Thursday of every month at 7pm** If you or your group would like to present on an upcoming Tradition, please reach out to [thridlegacy@seattleaa.org](mailto:thridlegacy@seattleaa.org) to see what months are available.

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 [thridlegacy@seattleaa.org](mailto:thridlegacy@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 connect any willing members with opportunities to serve. Please send all of your requests to [thridlegacy@seattleaa.org](mailto:thridlegacy@seattleaa.org).

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

- 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. All questions, input, and suggestions are welcome.

**In Service, Dan R.**

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — *Helpline is staffed 24 hours a day* **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)



## Twelve Step (John DD):

We meet on the first Thursday of the month at 6:30 pm on Zoom. The 12-Step committee facilitates 12-Step calls when the office is closed. Our next event is coming up on March 18th here at Intergroup. This will be a 12-Step Workshop, How-To, Why-To, etc.

- I'd like to make the Burien Little Assembly announcement, and call for event volunteers, tonight, and next month as well. Only 2 GSIG board meetings prior to the 50th annual event, (in person March 11), and there is much to do! Hoping for as much GSIG help as possible (it's a GSIG/Districts event ) Please go to [burienlittleassembly.org](http://burienlittleassembly.org) to sign up and volunteer.
- Jack: There is a Sign-Up Genius available. You can also get to our website through Seattle Intergroup website as well.
- We need volunteers from Set-Up, Clean-Up, Hospitality. You can come to the next planning meeting which we are having every Monday at 7:30 PM, as we are approaching March 11th. This will be held at Brooklake Church in Federal Way. We are excited to be In-Person as it has been 2 years since we have been able to do that.

## Web & Tech (Lee R.)

We haven't had a meeting yet. Our first meeting of the year is next Saturday, the 28th of January.

## Special Events (Steve R.):

I am honored to be of service. I will meet with the office committee at their next business meeting. When you are new, to have a place to, to get out of your head, it's very important. Special Events have always been a part of my recovery, I love it. What makes it work is, I need input from everybody. You can email me at [specialevents@aa.org](mailto:specialevents@aa.org).

It will be great to get some ideas and bring them to the next meeting. Honored to be here.

## GSIG District Reports

---

**District 14:** Not present

**District 15:** Not present

**District 16:** Not present

**District 17:** Not present

**District 18:** Not present

**Fremont Hall:** Not present

**A New Beginning:** Not present

**Inactive:** District 33

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — *Helpline is staffed 24 hours a day* **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)

## District 24 (Greg):

At the last district meeting, there was quite a bit of controversy about Snohomish shutting down. If we can get somebody to give a presentation at our district, that would be great.

- **Dan:** I will coordinate the outreach to make sure there isn't anybody else there at the same time.

## District 31 (Thomas):

Our new DCM went to the Quarterly and brought back a lot of information which was very interesting and informative. District 31 is holding a Roundtable on service at Seattle Intergroup. We are working on our new budget and we also have a representative from BLA come to tell us about it, which was very informative.

## District 32 (Samantha M.):

It went well, with lots of new people. We also had somebody come in from BLA. We do hold our district meetings at Brooklake and we are looking for people in our district to support, contribute as much as we can. We filled a lot of positions, but there are still about 5 open positions at this time.

**District 40:** Not present

**District 41:** Not present

## District 42 (Mikey C.):

Greetings from Shoreline District 42: We hold our district meeting every 2nd Thursday of the month at 7pm. ID# 9301 7832 319 ~ P/C 202171.

Our meeting started with Aaron our new DCM explaining how important it is to keep our groups informed at the service level. also, introductions of all incoming trusted servants. Thom our Alt DCM presented concept 1; gave an explanation on how important the service structure is and how the final responsibility and ultimate authority reside in the whole fellowship of AA.

As the D42 IG rep, I went to the quarterly and watched our new trusted servants get elected. As I have said before it is great to be in a room full trusted servants in action. It was great way to preview what is happening in AA for the next rotation.

Seattle Intergroup is off and running with a fresh new bunch of trusted servants that are eager to be of service! If you have a new position and have any questions you may want to visit the Greater Seattle intergroup website at [seattleaa.org](http://seattleaa.org). for the appropriate service position held every month. If you are interested in answering our 24 hour hotline contact our Office Manager she is asking for groups or individuals to answer the phone at the office or your home. Contact Lara at 206-587-2838.

Burien Little Assembly is looking for volunteers on just about everything. Check out the Seattle intergroup website for more information.

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

**Office Hours** — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

**(206) 587-2838** — *Helpline is staffed 24 hours a day* **Email:** [info@SeattleAA.org](mailto:info@SeattleAA.org) **Website:** [www.SeattleAA.org](http://www.SeattleAA.org)

# New Business

---

## Upcoming Events:

- Seattle Group- Saturdays at 6:00PM
  - Traditions Study 4th Tuesday of the month, Tuesday Jan 24th, 7:00PM Hybrid
  - Service Roundtable presented by District 31, Saturday Feb 4th 9:00AM-11:00AM
  - Service Manual Study 1st Sunday of the month, Sunday Feb 5th, 11:00AM Hybrid
  - **The 50th Annual Burien Little Assembly is March 11, 2023 in person and online at Brooklake Church in Federal Way.**
    - They need volunteers! Help plan and organize the day, volunteer for the day of the Assembly, and help support with 7th Tradition Contributions.
    - Planning Meetings weekly, Monday at 7:30 pm on Zoom: Meeting ID: 896 3548 2091 Passcode: 330494.
    - For more information about BLA and opportunities to be of service, email [bla@seattleaa.org](mailto:bla@seattleaa.org)
  - Seattle Group — Saturdays at 6:00PM (no meeting on Dec 24th)
  - Service Manual Study 1st Sunday of the month, Sunday Jan 1st, 11:00AM will start new Service Manual, This is a Hybrid event.
  - Western Washington Area 72 Business Quarterly Jan 6 & 7.
  - GSIG Board Meeting, Jan 17th, 7:00PM Hybrid
- 



## 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](mailto:volunteercorrections@gmail.org) or [corrections@seattleaa.org](mailto:corrections@seattleaa.org)

# 50TH ANNUAL BURIEN LITTLE ASSEMBLY

**MARCH 11, 2023**  
**IN PERSON AND ONLINE**  
**BROOKLAKE CHURCH, FEDERAL WAY**

BLA is a free one-day event, focused on Service.



Panels and speakers from AA and AlAnon, sharing experience, strength, and hope in service. Fellowship, food, and fun!

This year's theme is  
*A.A.'s Three Legacies—Our Common Solution*

*Includes panels with translation between Spanish and English*

## WE NEED YOU!

Help us plan and organize the day, volunteer for the day of the Assembly, and help support with 7th Tradition Contributions.

Planning Meetings Jan 9, Feb 6, and Mar 6 at 7:30 pm on Zoom:

Meeting ID: 896 3548 2091  
Passcode: 330494

For more information about BLA and opportunities to be of service,, email [bla@seattleaa.org](mailto:bla@seattleaa.org), or check out

[www.burienlittleassembly.org](http://www.burienlittleassembly.org)



**THE SEATTLE GROUP**  
An open meeting of Alcoholics Anonymous.

**Saturdays at 6:00PM**  
**5507 6<sup>th</sup> Ave S.**  
**Seattle, Wa. 98108**

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

## SCHEDULED SPEAKERS:

**February 4<sup>th</sup> Brenda F.**

**February 11<sup>th</sup> David L.**

**February 18<sup>th</sup> Cherrise B.**

**February 25<sup>th</sup> Sean O.**

**March 4<sup>th</sup> Dave S.**

**March 11<sup>th</sup> Christy D.**

**March 18<sup>th</sup> Ron R.**

**March 25<sup>th</sup> Chelle L.**



## TRADITION STUDY

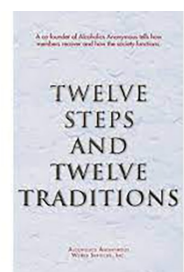
WITH THE  
GSIG THIRD LEGACY COMMITTEE

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**



**OPEN MIC**  
**February 11<sup>th</sup>**  
**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 6<sup>th</sup> Ave S. Seattle, WA 98108**

**BRING FOOD & SNACKS**

FOR MORE INFO:  
Text Yoshi (253)209-6802 / Reith (206)434-2589



# 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

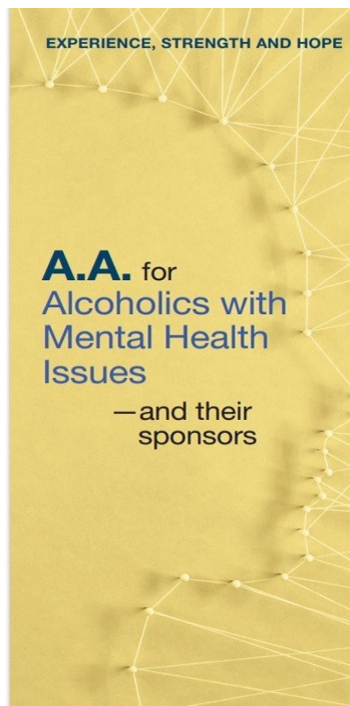
Passcode 280420



We are currently studying the  
2018-2020 edition. We will begin  
the new service manual in  
January.

## SPONSORSHIP WORKSHOP

HOSTED BY SEATTLE INTERGROUP, PUGET  
SOUND CENTRAL OFFICE and EASTSIDE  
INTERGROUP



AA Sponsorship of  
Alcoholics with  
Mental Health Issues  
Or: How to be a medical  
advocate for your  
sponsee or loved one in  
psychiatric care  
Presented by Hiro S.

**When: February 25, 2023**

**10a-12p**

This will be a hybrid event

In person at  
**Seattle Intergroup**

5507 6th Ave S.

And at **PSCSO**

3640 S. Cedar St. Ste S

Tacoma, WA 98409

Or on Zoom:

ID: 836 0100 7309

Passcode: 229902



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](http://SeattleAA.org)

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

✉ [high\\_and\\_dry@seattleaa.org](mailto:high_and_dry@seattleaa.org)

## District 24 Annual GRATITUDE POTLUCK DINNER Saturday, March 11, 2023

**AA Speaker: Astri T.**  
**Young Person Speaker: Desi H.**

**Raffle Baskets and 50/50 Raffle**

**\$5 Suggested Donation at the Door**  
(gets you a raffle/basket ticket)



**St. Pius X Gymnasium**  
**22301 58th Ave. W.**  
**Mountlake Terrace, WA**  
**98043**

**Directions:** From I-5, either di-  
rection—take the 220th St SW  
exit, turn east onto 220th St.,  
take the first right onto 58th  
Ave. Your destination is just  
past 222nd Place on the left-  
hand side of the road.

- ♦ **Doors Open at 5:00 p.m.**
- ♦ **Dinner at 6:00 p.m.**
- ♦ **Speakers at 7:00 p.m.**

### HOME GROUPS:

PLEASE BRING **RAFFLE ITEM** AND

**HAM OR TURKEY**

### INDIVIDUALS:

PLEASE BRING A **SIDE DISH** OR

**DESSERT**

# 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](http://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/](http://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](mailto: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/)



