



# High & Dry

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

Volume 75 Issue 05

May 2023



## In This Issue

- |  |   |
|--|---|
| ▪ Reflecting on Our Past .....2<br><i>May in Our History</i> | ▪ Steps, Stories & Traditions .....6<br><i>Step 5</i> .....6<br><i>Tradition 5</i> .....7 |
| ▪ Future Tripping.....3<br><i>GSIG Calendar</i>              | ▪ May Challenge .....10   |
| ▪ There is a Solution.....4<br><i>GSIG News and Notes</i>    | ▪ Board Meeting Minutes .....11   |
| ▪ How Dry I Am Birthday Club .....5                          | ▪ Announcements.....22  |
|  | ▪ Get Involved!.....24  |

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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

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## May in our History

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

### May 2

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

### May 3

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

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

### May 4

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

### May 6

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

### May 7

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

### May 8

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

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

### May 10

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

### May 11

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

1939 — First meeting of the Cleveland Group.

### May 12

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

### May 17

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

### May 18

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

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

### May 19

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

### May 29

1980 — *"Dr. Bob and the Good Oldtimers"* was published.

### May 31

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



# FUTURE TRIPPING

## May GSIG Events

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

### 3 — Accessibility Committee

- May 3 @ 6:00 pm – 7:30 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWIZdz09>

Meeting ID: 885 9521 8136

Passcode: 611317

### 4 — 47th Annual Rogue River Roundup

- May 4 @ 8:00 am – May 7 @ 5:00 pm
- Grants Pass, OR
- <https://rogueroundup.com>

### 4 — 12th Step Committee

- May 4 @ 6:30 pm - 7:30 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09>
- Meeting ID: 835 0869 0642
- Passcode: 749607

### 6 — Hospital and Treatment Committee

- May 6 @ 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

### 7 — Service Manual Study

- May 7 @ 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

### 8 — Corrections Committee

- May 8 @ 6:30 pm - 8:00 pm— Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWIB4UT09>
- Meeting ID: 872 2771 9137
- Passcode: 833575

### 13 — GSR University 401

- Final session of a 5-part series
- May 13 @ 1:00 pm – 3:00 pm — Hybrid meeting
- Meeting ID: 869 0922 4901
- Passcode: 044124

### 16 — GSIG Monthly Board Meeting

- May 16 @ 7:00 pm – 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlclNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
- Passcode: 035194

### 19 — Olympic Round-Up

- May 19 @ 8:00 am – May 21 @ 5:00 pm
- Vern Burton Convention Center  
308 East 4th Street, Port Angeles

### 20 — CPC/PI Committee

- May 20 @ 10:00 am – 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09>
- Meeting ID: 810 2073 8836
- Passcode: 166656

### 20 — Pocket of Enthusiasm Anniversary Speaker Meeting

- May 20 @ 6:00 pm – 9:00 pm, \$15
- 6:00 pm – Dinner and Coffee  
7:00 pm – Speakers begin
- Eastside Church  
14520 100th Ave NE, Bothell

### 20 — Open Mic

- May 20 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

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

- May 23 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1ISZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
- Passcode: 051501

### 25 — Third Legacy Committee

- May 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=dUtSM0RqcnhqS01hOW04eTlSMmN5dz09>
- Meeting ID: 837 5540 2948
- Passcode: 830816



# THERE IS A SOLUTION

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## 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 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

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**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)

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# BIRTHDAY CLUB

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

Beth N	Brown Bag Bunch	36 years
Susan S	Waters Edge	34 years
Mike B	Principals Before Personalities	23 years
Jennifer R.	Monday Night Winners	16 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](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.

### Link to GSIG Online Contributions

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



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## Step 5: “Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”



### The Fifth Step

*By Demitri I.*

#### SITTING DOWN WITH MY SPONSOR

to conduct my Step Five was among the most intimate experiences of my life. The freedom that I experience knowing another human being (and of course God) knows all the exact natures of my wrongs is profound. It is among the core pillars serving as foundation for peace and serenity. What a relief.

That was not, however, the case right away.

I have heard some people talk about the immediate wave of relief they feel after conducting their Fifth Step. This was not my experience.

Sure, it was powerful to share the exact nature of my wrongs, and sure, there was some sense of relief knowing I was no longer a walking medley of lonely secrets (shameful and otherwise), but, the main feeling I experienced was icky, gross, unsettled.

My sponsor warned me in advance this may be the case, and assured me it was natural.

Maybe my expectations for Step Five were too high, but for a long time after completing the Step, it never felt complete, and I had the vague sense there was unfinished business.

Now, it is true that it took two or three go-arounds to disclose everything to my sponsor (some things I forgot, and some things I ‘didn’t think’ needed to be shared), but even beyond and after this, there was a separate sense of incompleteness.

In my experience, the gratitude and relief from Step Five has and continues to grow with time. I share this in case there are others who have had a similar experience. As I look back now on Step Five now, it was one of the most powerful Steps in my recovery – certainly one of the most intimate.

It was an opportunity to not only admit the exact natures of my wrong to another human being and to God, but to invite another human being into my relationship with God through action. This expression of faith, intimacy, and vulnerability, through action, is among the most cherished gifts. I hope that feeling continues to grow.

I look forward to one day passing on the experience while working with a sponsee.

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### Another Take on Step 5

*By Peeps*

**COMPLETING STEP 5** was the moment I felt like a full-fledged member of Alcoholics

Anonymous, instead of an AA enthusiast.

I had been in and out of the rooms of AA since the early 1990’s. I knew I belonged in AA,

but I was unwilling (pronounced fearful). I refused to come all the way in and sit all the way down.

See **Another Take on Step 5**  
continued on page 8 »

## Tradition 5: “Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.”



### Tradition Five

*By Peeps*

**WE ALL AGREE** that carrying the AA message is our primary purpose. It is our foundational commitment to share the principles of the program with others.

It can get a bit testy, and emotional, when people talk about the best ways of delivering the message, but the great news is there are so many ways we can carry the message to our fellows.

We can carry the message one-on-one, as an individual sharing our experience, strength and hope with another member. One of the ways I boost my recovery is by reading the Big Book with my sponsor or another member. There is very little static in that channel.

But most often, we share the message as part of an AA group.

We can attend meetings, where we can be service in a number of ways. We can help administer

the meeting, setting the room up, making coffee, serving as secretary or treasurer, greeting people, sharing when asked, cleaning up at the end. Just being in a meeting and listening to others is a form of service.

One of my closest AA friends says we can carry the message without saying a word: “People would rather see a sermon than hear one.”

It doesn’t matter if we attend in-person meetings or online sessions, the message is the message — we can recover our lives by following the 12 Steps.

If you live in a highly-populated area, one can get service positions that allow us to reach large numbers of people with one commitment. The point is to share our experience, strength and hope as best we can.

I love the place in the Big Book where we’re told nothing can relieve the anxiety of staying sober as much as working with a newcomer. I was told helping them, helps us.

I was recently in a bad mood while driving to meet friends

for dinner through rush-hour traffic on a Friday. Part of my angst was blaming my friends for picking a crowded restaurant in a congested part of town.

I was worried about being late. And I needed to blame someone else for the stress I was feeling.

Never mind that these were friends from my childhood and that I would be seeing some of them for the first time in several years. I was squeezing the steering wheel so tightly my fingers were aching. I wanted to honk my horn, roll down my window and give other drivers the finger!

Then I started thinking that my friends, whom I love, did not deserve to see me at my self-centered worst. How could I reset? I knew I needed more than another Serenity Prayer recital.

Somehow or other, the thought slipped into my fevered mind, that talking to a newcomer might be useful. I’d heard this tactic mentioned at meetings literally for years, but I had never tried it.

See *Tradition Five*  
continued on page 8 »



« **Another Take on Step 5**

continued from page 6

When my sponsor told me we were through with our three-hour session, I exhaled loudly and felt like a hundred-pound weight had been lifted from my shoulders.

“You can put all ‘that’ behind you and begin rebuilding your life,” my sponsor said. “Well done.”

I felt free from the guilt and shame that had clung to me like a shadow

for decades. I was euphoric.

All “that” was everything I wrote in Step Four and had to examine/explain to my sponsor. All “that” included those things I believed I’d never say out loud, let alone to another person. I wrote down things I had wanted to take to my grave. But that was before I committed to following the suggestions listed in the Steps — to the best of my ability.

Once completed, I could not

believe how cowed I’d been by my fears. I am grateful for the daily reprieve I get from continuing to work the Steps.

Completing Steps Four and Five is the biggest gift granted me by my HP. I gained the ability to trust other people, especially my sponsor, and the faith that the Steps would give me a life worth celebrating.

Steps Four AND Five gave me hope.

« **Tradition Five**

continued from page 7

Imagine my shock when it actually worked!

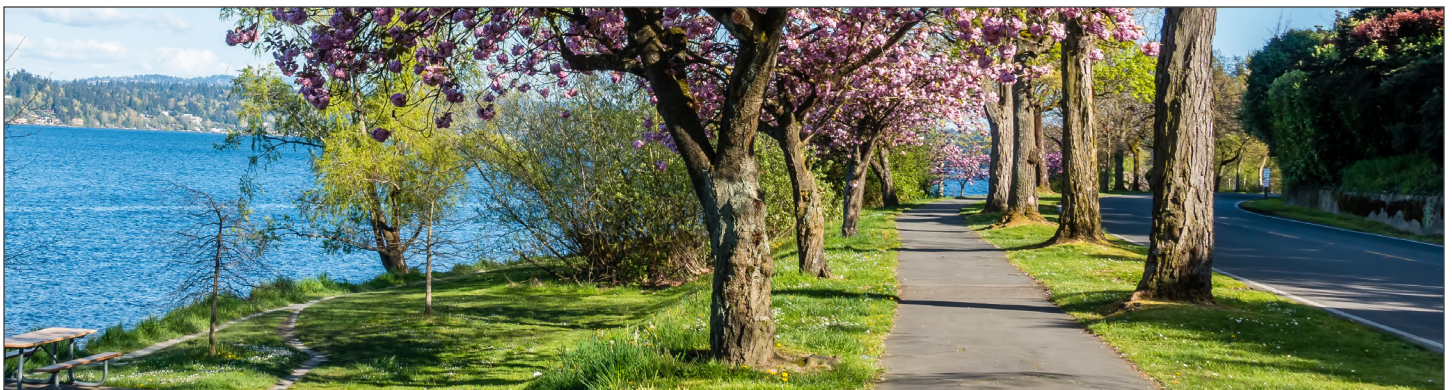
I remembered getting the phone number of a new guy I met at the Magnolia Speakers meeting a couple weeks earlier, let’s call him

Nathan. We’d talked afterwards a couple of times. I knew a little of his story. He was working getting 30 days.

Siri connected me to Nathan’s phone hands-free. I was happy that he answered. Seconds after he figured out who I was, he started talking about his life and

current situation. Instantly, I felt better, like all the air had been let out of my ballooning anger.

He thanked me for checking in and sharing AA’s message, but he probably didn’t know how much he had helped me and, indirectly, my friends.



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# I have Hope Today

By Jenza H.

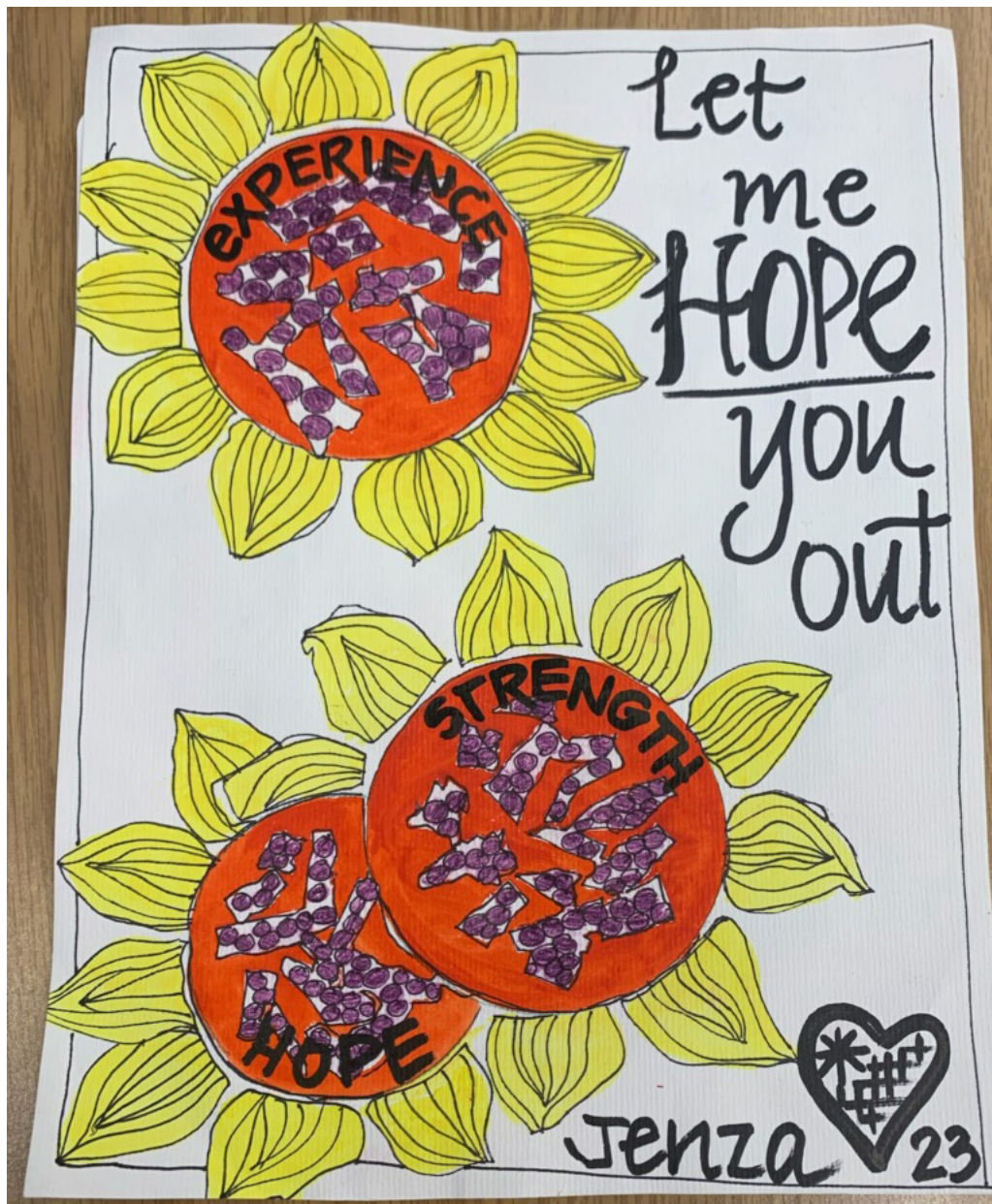
I have hope Today!

Everyday I wake up.

I drink my coffee, water my plants and  
look out a window.

I am alive.

Thanks to AA I am free.



# MAY CHALLENGE

## Big Book Quiz

### 1. Name the four horsemen

- a) Gene Autry, Roy Rogers, Tex Ritter, and John Wayne
- b) Bill W., Dr. Bob, Dr. William Silkworth, and Dr. E.M. Jellinek
- c) terror, bewilderment, frustration, despair

### 2. What is the baffling feature of alcoholism?

- a) it affects people of all ages and nationalities
- b) this utter inability to leave it alone, no matter how great the necessity or the wish
- c) we don't have a cure for it

### 3. What is the 'number one' offender?

- a) Resentment
- b) Dishonesty
- c) Self-centeredness

### 4. Practical experience shows that nothing will so much insure immunity from drinking as what?

- a) intensive work with other alcoholics
- b) attending A.A. meetings
- c) socializing with members of the A.A. fellowship

### 5. If we are planning to stop drinking, there must be what?

- a) no alcohol in our apartment or homes.
- b) no attendance at social events where alcohol is served.
- c) no reservation of any kind, nor any lurking notion, that someday we will be immune to alcohol.

### 6. What is the distinction between the alcoholic and the non-alcoholic?

- a) Social drinkers never experience negative consequences from drinking.
- b) If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic.
- c) non-alcoholics never become alcoholics

### 7. What are the essentials of recovery?

- a) recovery, unity, and service
- b) willingness, honesty, and open mindedness
- c) abstinence, service, and fellowship

### 8. What do we think is the root of our troubles?

- a) Alcoholism, of course!
- b) Shame above all else!
- c) Selfishness--self-centeredness!

### 9. The actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of what?

- a) moral or religious conviction
- b) (s)elf-knowledge
- c) self-will

### 10. Step 10 advises that we continue to watch for what?

- a) selfishness, dishonesty, resentment, fear
- b) our relapse triggers
- c) a better sponsor or A.A. meeting

### 11. The alcoholic has a daily reprieve from drinking contingent upon what?

- a) going to meetings
- b) working with others
- c) the maintenance of our spiritual condition

### 12. What is the central fact of our lives today?

- a) we are not drinking
- b) the absolute certainty that Our Creator has entered into our hearts and lives in a way which is indeed miraculous
- c) we are members of Alcoholics Anonymous

### 13. Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing what?

- a) reading from the Big Book
- b) their working of the 12 Steps
- c) experience, strength and hope

Big Book Quiz  
ANSWERS WITH REFERENCE

1. c) page 151, paragraph 2, line 9  
2. b) page 34, paragraph 2, line 11  
3. a) page 64, paragraph 3  
4. a) page 89, paragraph 1  
5. c) page 33, paragraph 1, line 91  
6. b) page 44, paragraph 1, line 4  
7. b) page 568, paragraph 3, line 2  
8. c) page 62, paragraph 1  
9. b) page 39, paragraph 1, line 5  
10. a) page 84, paragraph 2, line 9  
11. c) page 85, paragraph 1, line 4  
12. b) page 25, paragraph 2, line 5  
13. c) page xxii, paragraph 4, line 3

# BOARD MEETING MINUTES

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## Greater Seattle Intergroup Board Meeting

April 18, 2023 — Submitted by Janet A. (Recording Secretary)

### Meeting Opening

### Elected Officer Reports

#### Recording Secretary (Janet A.)

Thank you for allowing me to be of service. I had an amazing weekend at the North Coast Roundup in Seaside. If you haven't had a chance to attend, you don't know what you are missing! I do apologize for the glitch regarding the date of the meeting. If you have already sent your reports, thank you! 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](mailto: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.***

#### Treasurer (Dan G.)

We finished the month of March with a gain of \$7,126.

- Individual contributions were 11,567 vs. a plan of 1,250. We received a large distribution from Sno-King Intergroup, and a large donation from a member.
- Sustainers increased.

#### Chair (Karla)

Greetings Greater Seattle Intergroup!

I attended the April Area Quarterly on Saturday the 8th in Lakewood WA.

#### AREA QUARTERLY

- The Interim Newsletter Chair, Pauline S., was accepted by the committee as the Newsletter Editor for Area 72 Panel 73.
- Treasurer's Report for First Quarter 2023 submitted and approved.

*Chair (Karla)* continued next page »



## BOARD MEETING MINUTES

« *Chair (Karla)* continued

### SPECIAL REPORTS:

1. Our Stories Disclose III (OSD III) Committee Report by OSD Chair Carol H.  
*Is slated to come in on time at the October Assembly but it's not a guaranteed.*
2. 50th Hispanic Convention of Alcoholics Anonymous US and Canada is in Seattle from September 1-3 at the Westin Hotel.  
*Everyone is welcome and encouraged to come! I gave a poster to Lara.*

### DISCUSSION TOPICS:

- What are barriers to participation in General Service? How can we encourage more participation (religious/cultural).
  - Why do we only consider Christian Holidays?
  - Why is this Quarterly on Easter weekend?
- Request A.A.W.S. prioritize translation of specific A. A. literature into ASL.
  - We should support them if they ask.
  - Which specific literature?
  - We need the deaf community here to tell us what they need.
- Web standing committee charter and responsibilities.
  - Many districts do not have web sites but do have other tech issues – Zoom, emails, etc. That is what this is for, to help with tech more than web.

### WEBSERVANT

- Area 72 Webservant, Jacob, is having health issues and has asked for help to fulfill his Webservant duties.
  - Emma S (D22 Web) will be taking over the task of getting people access to their email accounts and also updating the Area event calendar. Please now direct anyone needing email account access help (including password resets) for their @area72aa.org account to reach out to: emailaccess@area72aa.org
  - All requests for additions and updates to the Area website event calendar should now be sent to: eventcalendar@area72aa.org
  - John B (Eastside Intergroup) will be handling all the meeting update requests. And all meeting update requests\* should now be sent to: meetingupdates@area72aa.org
  - Pro Tip: The Area website currently imports the meeting data for all Districts besides Districts 1, 2, 8, 25, 46, 56, 57, and 58 so it's always much faster for meetings from the other 38 Districts to directly reach out to the local intergroup/central office or district that manages their meeting info to get their updates made.

*Chair (Karla)* continued next page »

## BOARD MEETING MINUTES

« *Chair (Karla)* continued

### DELEGATE

- You can share with your group's conscience on any of the Conference agenda items by either emailing Crystal at [delegate@area72aa.org](mailto:delegate@area72aa.org) by April 16th or come to the Share with your Delegate Zoom meeting on Sunday, April 16th @ 6:30 p.m. Meeting ID: 944 512 3341 Passcode: 73.

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## GSIG Office Reports

### Office Committee (Bill)

We had a very short meeting. We discussed the safety of people in the office regarding the carpet. There is a large tear and is coming apart.

### Office Manager (Lara)

**Financial:** We have received the first of two checks from Sno-King Intergroup dissolution. This money comes at a crucial time for us and we are extremely grateful to Sno-King Intergroup for their thoughtfulness when considering where to allocate their resources.

We also received a generous donation from an anonymous donor which helped our bottom line for this month immensely.

The Sustainer's Program also saw a bit of an increase.

Thank you to everyone who considers Seattle Intergroup in their giving.

We bought 4 new office chairs for the price of one. Three were donated (essentially). Thank you to the donors.

We have a new POS system in the office. This system ought to save us approximately \$100/mos. This is a Clover system. This type of system is common in restaurants. There is a "tipping" option on this POS. All "tips" are categorized as donations. We have been able to glean some extra donations because of this feature.

**Inventory:** We now have birthday cards for specific sobriety birthdays. For \$2.00/each.

Our prices have been adjusted to reflect the changes that GSO made at the beginning of the month. This shift affected books primarily, not so much with the pricing of the pamphlets.

### Call Log information for March:

- Call total: 204
- 12th Step Calls: 8
- Meeting info: 73
- Wanted to Talk: 32

*Office Manager (Lara)* continued next page »

## BOARD MEETING MINUTES

« *Office Manager (Lara)* continued

- Outside referral: 15
- Intergroup Info: 33
- Miscellaneous: 43

There are still group shifts available for answering phones here at Intergroup.

- **1st Sunday** 10am to 2pm, 2pm to 6pm and 6pm to 10pm
- **2nd Sunday** 6pm to 10pm
- **3rd Sunday** 2pm to 6pm and 6pm to 10pm
- **4th Sunday** 6pm to 10pm
- **4th Monday** 6pm to 10pm
- **1st Wednesday** 6pm to 10pm
- **3rd Wednesday** 6pm to 10pm
- **1st Thursday** 6pm to 10pm
- **4th Thursday** 6pm to 10pm
- **4th Friday** 6pm to 10pm
- **5th Saturday** 6pm to 10pm

Currently these shifts are being filled by awesome AA volunteers, however, Group involvement at Seattle Intergroup takes precedence over individuals. Please ask your group to consider answering the phones. It is a great opportunity for fellowship and to be of service.

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## Service Committee Reports

### Archives (Theresa S)

Continuing removing and threading our collection of Father John Doe's "Golden Books." Changed some of the archives displays at the Intergroup Office. Planning on attending the in-person Area 72 Archives Quarterly in May in Tacoma. First time in person since Covid. This session will be led by the recently appointed Area 72 Archives Chair.

### Corrections (Amy F)

I'm Amy, an alcoholic and GSIG Corrections Chair.

*Corrections (Amy F)* continued next page »



## BOARD MEETING MINUTES

« *Corrections (Amy F)* continued

We had a really good turnout for our April 1st Signup event. We had a good speaker and there were a lot of people that signed up for different things on our sign-up sheet. I think what we need right now in Corrections is for more people to get involved in the committee itself. The committee is vital in keeping things flowing and moving along. A lot of us have multiple responsibilities.

We need a Volunteer Coordinator. And in December we will need a new Chair and Secretary. It would just be helpful to stress at this point that we would like to get more people involved; for these and other duties.

We still need to increase our Pink Can income for literature. We appreciate all the help we can get with that.

We're hoping that facilities such as the Regional Justice Center in Kent; the King County Jail; and the Helen B Ratcliff Women's work release facility will be reopening. When they do, we will want to be ready.

The Area 72 Corrections Quarterly will be held at Seattle Intergroup again in June.

Further inquiries about getting involved can be sent to: [volunteercorrections@seattleaa.org](mailto:volunteercorrections@seattleaa.org)

Thank you for all your continuing support!

### **Hospitals & Treatment (West C)**

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

We started working with Union Gospel Mission's Riverton Place in D31, a men's treatment facility at the beginning of 2022 and have been bringing a men's speakers meeting to their facility every month since then. They recently expressed an interest in starting a monthly step study meeting there as well.

We have expanded our relationship with Union Gospel Mission's Hope Place women's recovery facility in D15... Our first monthly panel was in March, and I donated a case of big books to them.

D31 also continues to team up 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. I met with the director last week and he says everything is fine on their end. He said he could use some more Big Books so I plan to donate a case from my H & T budget at our next meeting.... Dave B from D25 will donate a case as well.

Our next Lakeside Milam Renton panel will be on the Final Friday of April 4//28 @ 9 am. We are alternating with Eastside Intergroup every month on this joint venture to support their patients.

Harborview's Psychiatric Unit reached out to me two months ago and I toured the facility while donating 10 Big Books. My sponsor Danny & I have both completed our volunteer paperwork and submitted our vaccination records. We will start carrying the message to their patients on Sun, May 7th. We have a Second Team of panelists embarking in the process of speaking there as well, including our very own Janet!

*Hospitals & Treatment (West C)* continued next page »

## BOARD MEETING MINUTES

« *Hospitals & Treatment (West C)* continued

Last week, I toured the Salvation Army's William Booth Center and donated our last case of books from our Big Book Drive. We will be starting a meeting there on Sunday nights at 7pm starting in May.

I just received word today that Eldorado West, an assisted living facility in Burien (D-31) is looking to get a weekly meeting started there.

In addition, I plan to host our next Area Treatment Quarterly in July right here at GSIG.

The best way to get involved in any of these projects is to attend our monthly hybrid H & T Committee meeting on the first Saturday of every month. We meet at 10 am at the Seattle Intergroup office and also on zoom.

At Your Service with Gratitude,  
West C

Chair, Greater Seattle Intergroup Hospital & Treatment Committee  
425-736-4130

### **Nightwatch (Rob S)**

GSIG Nightwatch continues to answer phones from 10p-10a every day, thanks to all the amazing Nightwatch volunteers.

We are always looking for new volunteers who answer calls that are forwarded to their phone to cover shifts (10p-2a, 2a-6a, 6a-10a). It's just 4 hours per month, but it's an incredibly important service position.

Shifts that currently need filled are: 1st Wednesday of the month 10p-2a, 2nd Saturday 2a-6a, 3rd Friday 6a-10a, 4th Wednesday 10p-2a.

Please contact Rob (Nightwatch Chair) at [nightwatch@seattleaa.org](mailto:nightwatch@seattleaa.org) if you are interested volunteering and/or learning more. In Service,

Rob S  
Nightwatch Chair  
206-601-0061

### **PI/CPC (Carina W)**

Greetings Seattle Area Fellowship,

Here's the scoop for PI/CPC:

#### **What happened**

- Thank you, Josh B — D17 CPC Chair, for making yourself available to be our GSIG PI/CPC Alt Chair!!!
- We provided input on GSC CPC agenda to our Area Delegate

*PI/CPC (Carina W)* continued next page »

## BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

### On the horizon

- Looking forward to the upcoming April 2023 Young People's Quarterly on Saturday, April 22 from 12:00 PM – 3:00 PM, especially since 3 GSIG Committee Chairs (12-Step, Hospitals & Treatment, and PI/CPC) will all be on a panel together.
- To ensure AA has representation, we will have a table at the 2023 King County Conference on Substance Use Disorders on Thursday, May 11 from 11:00 AM – 4:00 PM at Bellevue College.
- § CPC Literature Study (online)..... First Mondays @ 6:00pm
- § May CPC Quarterly (hybrid).....05/06 @ 11:30am
- § May PI Quarterly (TBD) .....05/13 @ TBD

### Call to action

Looking for a service position? The PI/CPC Committee has all sorts of opportunities, big and small! For example, maybe you have just a couple hours to inventory literature or assemble packets? Need a longer commitment, become a Project Coordinator for one of the following:

- Clinics and Hospitals
- Community Centers
- Legal and Courts
- Libraries
- Media Liaison
- Police and Fire
- Schools
- Shelters
- Spiritual Communities

We would also love to hear about PI/CPC activities already going on and always, please don't hesitate to reach out with your ideas or questions. I might not have the answer but want to help find it.

### Third Legacy (Dan R)

The Third Legacy monthly committee was held on Mar 23rd.

A reminder that GSIG will be hosting the summer quarter Sponsorship Workshop on Saturday, June 24th from 10 am to 12pm. The meeting will be at GSIG and available via zoom.

We are happy to report that we are waiting on a final confirmation from the group who will be facilitating the summer workshop.

*Third Legacy (Dan R)* continued next page »



## BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

If we are not speaking with your group – there is still time for your group to sign up for the fall and winter workshops. 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 your requests to [thirdlegacy@seattleaa.org](mailto: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](mailto:thridlegacy@seattleaa.org) to see what months are available.

All questions, input, and suggestions are welcome.

In Service,  
Dan R

## Twelve Step (John DD)

Our committee meets every first Thursday via zoom. 6 30 p.m. The credentials are the link is on the intergroup website. We basically operate when the office is closed and if a person is interested in some in-depth follow-up or a 12 step call, that's where we operate 24 or 7.

So most especially we would love feedback from our night watch operators. How can we help? We'd love to hear from you.

## Web & Tech (Lee R)

There will be a web and tech meeting Saturday at 10am in the Intergroup office.

So support Thursday or 4th Saturday. Come and join us. We talk about the web and tech issues.

I will make sure I stop and pick up donuts at Krispy Kreme.

## Special Events (Steve R)

Hi, everybody. It's a pleasure to be of service for Alcoholics Anonymous. Tomorrow, I believe after my editor comes back home tonight, I am going to launch a Signup Genius.

And what this is, is this is an effort to bring the idea is to bring our intergroups together. And I want to try to get each district, to be involved. You know, the old saying that 5% of us do 90% of the work or 95% of the work.

We're going to be going to be going to be a picnic this year, and there's going to be some tasks that will come out on a signup genius. It will be going out to all of you. And one of the additional things amongst many is that we are going to do a, we're going to try to do like what's, it's considered like a poker run.

What we're going to try to do is take all these committee tables. Our third legacy, accessibility, all these tables and we're going to give them a stamp and a card. What happens is you need to go to that table and hear what they're, what, what they're all about.

- After you hear their speech, they're going to give you a stamp and a card. There will be a price to buy the card. When you get through it at the end of it, we're going to pull the money and it's going to be kind of like a 50/50. At the end of it, the person it has. as the best hand will split pot 50-50. This is a good way for our committee members, these committees, to be able to talk to the people and to talk about what they're about and the needs that you have.
- I am throwing out some ideas trying to bring unity to this picnic.
- I also reached out to the All-Saints Car Club about a Car Show/Sock Hop We may have an ice cream social in that too. More will be revealed.

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## GSIG District Reports

### District 24 (Greg S)

Serving Lynnwood, Edmonds, and Mountlake Terrace.

District 24 meets every 1st Wednesday of the month at 7:00pm in person at Edmonds Masonic Lodge 515 Dayton St. Edmonds, WA and on Zoom Meeting ID: 827 3971 4442 / Password: 441729 In attendance – 34 people live and 8 on Zoom for a total of 42 people. We had two open chair positions left that were filled at our District Mtg. Grapevine/Literature Chair (Debbie) and Corrections Chair (Dewane). All Chair positions at District 24 are now filled. Events- District 24 Picnic – July 29th at Edmonds City Park – Time TBD New schedules are coming in May. These are the schedules we do for our district. Excellent feedback on asking their Home Groups to add an additional \$10.00 to GSIG when they do their distributions. Also, explained the Sustainer Program for anyone interested. They have an Ad hoc budget committee that met on March 29th. Most of the discussion has been on a scholarship program for GSR's to attend things like the Assembly. District 24 would pay for GSR's to attend for groups who cannot afford to send their GSR. I did a little fashion show with the new T-shirts and logo from GSIG. Favorable response from everyone. I collected money for a T-shirt and a beanie.

## BOARD MEETING MINUTES

### District 31 (Thomas)

I attended our district meeting on the second Tuesday of the month. We're still trying to fill our open positions.

We're also trying to partner with another district for the pre-conference. We're trying to see if other groups can possibly do the wrap-up.

We also discussed the topics for the pre-conferences, making sure The GSRs get their reports into the delegate.

We work with a couple of halls in Seattle. We can align meeting schedules. And three times a year, we decided that we're going to meet in person/online meeting was in person at Grace Lutheran Church so that was fun.

### District 32 (Samantha M)

We are part of Auburn, Algona, and Pacific. We meet the 3rd Monday of every month from 7-8:30 pm, as well as Hybrid.

Regarding our finances, we were below by \$580 and we also use a little extra support when it comes to cash flow. I've also actually been brought up to the district that Intergroup needed some help to and you know we just kind of chuckled.

- Our Webmaster is doing amazing things. She's getting together with the other people that webmaster before her and she's learning and she's really figuring out a whole bunch to do because we have two Zoom accounts.
- We're trying to condense into one. So many things that have been changing with meetings that used to be high-risk are now only in person and so that's kind of making some situations with what do we do with our pamphlets that we made along with everything else.
- Treatment Chair that has gotten in contact with West, which is awesome, starting to attend some of the Quarterly's a really great scene stepping up into service and He's also attending other districts and innovating so and doing a lot of panels and really proud of what he's doing. we've been collecting with pink can, and corrections with Dan. He's been in contact with Amy and he's just doing a lot of great things there too. We've been having a lot of things happen for our CDC.
- We've had seven calls come in three people from St. Francis They're getting in contact with our PI person who wasn't at the meeting last week and there's a lot of hospitals in our area that are looking for both. We try to hand out flyers, and we're looking for volunteers in our districts there as well. Our DCM also attended the quarterly. She's planned a District Inventory which will take place in June.
- We're also planning our district picnic which will be August 19th. We do not have an Activity Chair in our district so we're coming together and trying to put it together, you know, as a whole.

There were only 7 people left at the meeting and it was beautiful and wonderful. Thank you for letting me be of service.



## BOARD MEETING MINUTES

### **District 42 (Mikey C)**

Greetings from D42 Shoreline, Lake Forest Park, Richmond Beach

As I announced my resignation at the IG board meeting. I want to thank everyone that understands that this is the right decision. Intergroup has opened my spirituality and has opened many avenues on which I can travel on. Situations that happened at the previous district meeting were not representative of how to treat our trusted servants. Personal opinions were not indicative of our group conscience and voiced by our Alt DCM is not what I call a group conscience, it was an opinion. Trickery and grandstanding is not part of my AA program so thank you for letting me be of service and as one door closes many other opportunities do arise.

### **A New Beginning (Anamaria B)**

We had a fabulous hall clean up. Food and fun was had by all.

No talk of online meetings. 25 in person open meetings only are available. Website listings for times are current.

Summer events will be announced in May for the June-Sept months.

As always, thank you for your service.

### **South End Fellowship**

South End Fellowship continues to be open for meetings. We have movie nights that continue to build fellowship as well as regular meetings.

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### **Upcoming Events**

- Seattle Group Saturdays at 6:00PM
- Young People's Quarterly Saturday, April 22 from 12-3pm online and in person at GSIG.
- Meeting ID 865 8484 3076 Passcode 040134
- Trad Study 4th Tuesday of the month at 7:00pm – April 25, 2023
- Service Manual Study 1st Sunday of the month at 11:00am – May 7, 2023



## 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

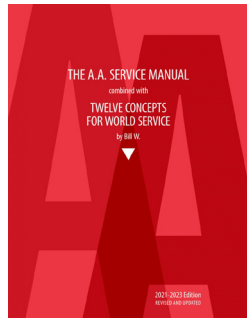
5507 6TH AVE S.,

SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483  
7688

PASSCODE 022841



**Greater Seattle Intergroup**  
of Alcoholics Anonymous

### 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

**May 6<sup>th</sup> Robin B.**

**May 13<sup>th</sup> Jake M.**

**May 20<sup>th</sup> Alan D.**

**May 27<sup>th</sup> Curt J.**

**June 3<sup>rd</sup> Al B.**

**June 10<sup>th</sup> Carol L.**

**June 17<sup>th</sup> David D.**

**June 24<sup>th</sup> Mike L.**



## Seattle Intergroup Corrections Committee invites you to Spring Sign UP

**SATURDAY APRIL 1ST 1-3PM  
5507 6TH AVE SOUTH  
QUESTIONS?**

[VOLUNTEERCORRECTIONS@SEATTLEAA.ORG](mailto:VOLUNTEERCORRECTIONS@SEATTLEAA.ORG)

**Refreshments**

**Speakers**

**Volunteer opportunities**

**Carrying the message to the incarcerated Alcoholic**

## 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)




# High & Dry Call for Entries

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

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

Submit your work and find out more by visiting [SeattleAA.org](https://www.seattleaa.org)

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

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



## 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



# OPEN MIC

## May 20<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



## 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

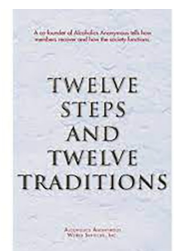
INTERGROUP

5507 6TH AVE S., SEATTLE 98108

ON ZOOM

MEETING ID 858 5142 0330

PASSCODE 051501





# 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/)



