



# High & Dry

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

Volume 75 Issue 08

August 2023



## In This Issue

- |   |   |
|---|---|
| ▪ Future Tripping.....2<br><i>GSIG Calendar</i>                 | ▪ August Challenge .....7   |
| ▪ Reflecting on Our Past .....4<br><i>August in Our History</i> | ▪ Steps, Stories & Traditions .....8<br><i>Step 8 .....8</i><br><i>Tradition 8 .....9</i> |
| ▪ There is a Solution.....5<br><i>GSIG News and Notes</i>       | ▪ Board Meeting Minutes .....12   |
| ▪ How Dry I Am Birthday Club .....6                             | ▪ Announcements.....24  |
|   | ▪ Get Involved!.....27  |

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

## August GSIG Events

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

### 2 — Accessibility Committee

- August 2 @ 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

### 3 — 12th Step Committee

- August 3 @ 6:30 pm - 7:30 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmhZTdscmpVUT09>
- Meeting ID: 835 0869 0642  
Passcode: 749607

### 4 — Women in Sobriety Retreat

- August 4 @ 8:00 am – August 6 @ 5:00 pm
- Rainbow Lodge  
46820 SE Mt Si Rd, North Bend
- How free do you want to be?  
Practicing these principles in all my affairs.

### 5 — Hospital and Treatment Committee

- August 5 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZU1LSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832  
Passcode: 088776

### 5 — BBQ at Intergroup

- August 5 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship.

### 5 — Area 72 CPC Quarterly

- August 5 @ 12:00 pm - 5:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID 924 1449 7274  
Passcode 061035
- Hosted by District 14

### 6 — Service Manual Study

- August 6 @ 11:00 am - 1:00 pm — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688  
Passcode: 022841

### 13 — 2024 BLA Planning Committee

- August 13 @ 10:00 am - 11:30 am — Hybrid meeting
- Zoom link: <https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHIHODR6QzV4UT09>
- Meeting ID: 812 0274 5971  
Passcode: 857017

### 14 — Corrections Committee

- August 14 @ 6:30 pm - 8:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YkIzWIB4UT09>
- Meeting ID: 872 2771 9137  
Passcode: 833575

### 15 — Living in Sobriety Picnic

- August 15 @ 5:00 pm - 8:00 pm
- Golden Gardens Park  
8498 Seaview Place NW, Seattle
- Open to AA members and their families. Protein provided. Bring a side dish to share.

### 15 — Web & Tech Committee

- August 15 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetingw
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85795142843?pwd=RUDtQTcrVFJPQWIMUdxYy95V3lPd09>

### 15 — GSIG Monthly Board Meeting

- August 15 @ 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

### 19 — CPC/PI Committee

- August 19 @ 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

### 19 — BBQ at Intergroup

- August 19 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship.

### 19 — AA Marathon Meeting at Seward Park

- August 19 @ 12:00 pm - 7:30 pm
- Seward Park 5900 Lake Washington Blvd S, Seattle

*Future Tripping* continued next page »



### 19 — Area 72 Pre-Assembly

- August 19 @ 2:00 pm - 6:00 pm
- Fauntleroy Church  
9140 California Ave SW, Seattle
- Door open for refreshments and fellowship at 1:30pm We will happily accept any treats you bring to share

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

- August 22 @ 7:00 pm - 9:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330  
Passcode: 051501

### 24 — Northwest Fellowship of the Spirit

- August 24 @ 8:00 am –  
August 27 @ 5:00 pm
- Warm Beach Camp  
20800 Marine Dr, Stanwood
- Register: [www.nwfots.org](http://www.nwfots.org)

### 24 — Third Legacy Committee

- August 24 @ 7:00 pm - 8:00 pm —  
Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS0lhOW04eTlSMnN5dz09>
- Meeting ID: 837 5540 2948  
Passcode: 830816

### 26 — Eastside Intergroup Annual Picnic/Poker Run

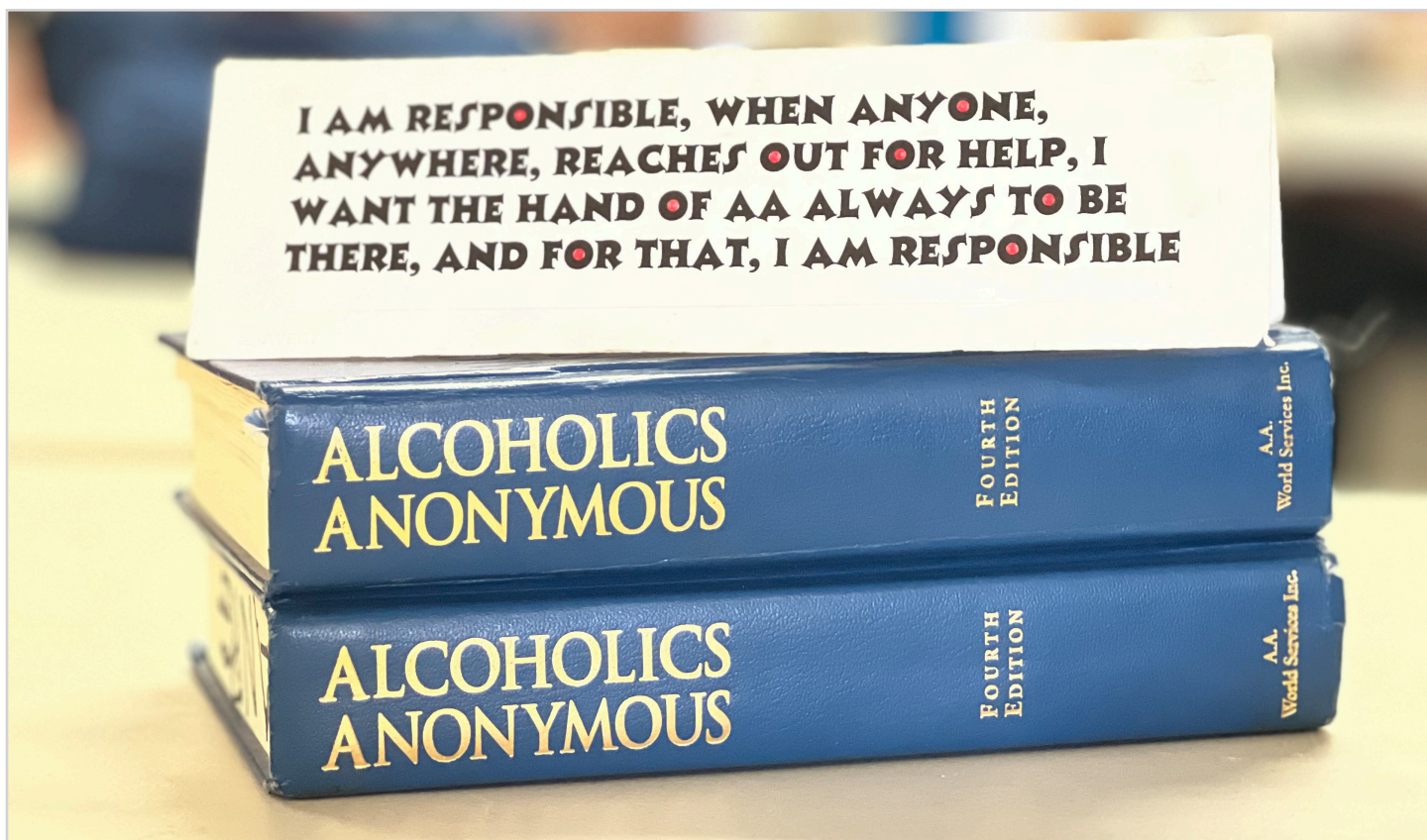
- August 26 @ 11:00 am - 5:00 pm
- Beaver Lake Park 2526 244th Ave SE, Sammamish
- Poker Run: Kickstands up 8 a.m. at the ESIG office, picnic at 11 a.m. at Beaver Lake Park

### 27 — Annual GSIG Picnic

- August 27 @ 11:00 am - 4:00 pm
- Seward Park 5900 Lake Washington Blvd S, Seattle
- Save the Date! Join in the fun for our annual picnic! 50/50 Raffle, Bingo, White Elephant Raffle, games, food, service tables and FUN, FUN, FUN!!  
Summer Picnic 2023

### 28 — Women's Daily Reflections 2-year Anniversary

- August 28 @ 6:00 pm - 8:15 pm —  
Hybrid meeting
- Bethlehem Lutheran Church 1024 Monroe Ave NE, Renton
- Women's Daily Reflections turns 2! Come and join in the potluck before the meeting and celebrate with us



# REFLECTING ON OUR PAST — August In Our History

---

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

|              |   |
|--------------|---|
| Aug 1934     | Rowland H and Cebra persuade court to parole Ebby T. to them.                                 |
| Aug 1939     | Dr. Bob wrote & may have signed article for Faith magazine.                                   |
| Aug 1941     | 1st meeting in Orange County, California held in Anaheim                                      |
| Aug, 1981    | Sales of the Big Book passes 3,000,000  |
| Aug 1981     | Distribution of Alcoholics Anonymous passes 3 million.  |
| Aug 1, 1943  | Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address. |
| Aug 3, 1954  | Brinkley S. gets sober at Towns Hosp after 50th detox.  |
| Aug 8, 1879  | Dr. Bob born in St. Johnsbury, VT.  |
| Aug 9, 1943  | LA groups announce 1000 members in 11 groups.   |
| Aug 11, 1938 | Akron & NY members begin writing stories for Big Book.  |
| Aug 15, 1890 | E M Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve". |
| Aug 16, 1939 | Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.             |
| Aug 18, 1988 | 1st Canadian National AA Convention in Halifax, Nova Scotia.                                  |
| Aug 19, 1941 | 1st AA Meeting in Colorado is held in Denver.   |
| Aug 25, 1943 | AA group donates Big Book to public library in Quincy, MA.                                    |
| Aug 26, 1941 | Bill writes Dr Bob to tell him Works Publishing has been incorporated                         |
| Aug 28, 1954 | "24 Hours a Day" is published by Richmond W.  |

Source: AASJ - <https://aasj.org/august-history/>





# THERE IS A SOLUTION

---

## Meeting Changes

Checking our site is the best way to stay current with meeting times and locations. Please let [webmaster@seattleaa.org](mailto:webmaster@seattleaa.org) know if there are changes to your online or in-person meeting.

**The Corrections Committee** is now hybrid at 6:30 p.m. the second Monday of each month. See our website for Zoom coordinates or join us at the GSIG office.

**The Web & Tech Committee** is now meeting in person at the Intergroup office beginning at 5:30pm, third Tuesday of the month before the GSIG Board meetings. If you have web or tech issues or wish to get involved, come to the board meeting a little early and join us.

## Thanks to Our Awesome Daytime Office Volunteers

**MONDAY**  
**TUESDAY**  
**WEDNESDAY**  
**THURSDAY**  
**FRIDAY**  
**SATURDAY**

Susan D. and Bill S.  
Mikey C., Morgan S. and Yoshi.  
Stephan M., Amy F., Cindy H. and Pam H.  
Joe M. and Joe B.  
Thomas H. Riff Raff, and Soda  
Clay S. and Dan G.

## Southend Bookstore Volunteers

Manager: Jim H.

Troy O., Bill S., Rick L., Chris H., Richard C., Vickie S., Patrick P., Darren F., Dan H., and Rebecca S.

**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 — August 2023

---

**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, 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)

## BIRTHDAY CLUB

---

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

|                  |                                   |          |
|------------------|-----------------------------------|----------|
| Lara R           | A New Purpose Group               | 37 years |
| Astri T          | Mountlake Terrace Wednesday Night | 44 years |
| April D          | Serenity Hall/WDR                 | 2 years  |
| Carina W         | A New Purpose Group               | 14 years |
| David R          | As Bill Sees It-Lynnwood          | 37 years |
| Jack J           | Rocketed Into Recovery            | 15 years |
| Ron E            | Pass It On                        | 39 years |
| Harriet Thompson |                                   | 44 years |
| Brooks Russell   |                                   | 44 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/)



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)



# AUGUST CHALLENGE

---

## Step Eight

R E F L E C T I O N W J W M R  
S S E N H G U O R O H T M O D  
F D S N O I T A L E R Q I M Y  
O R O Y S Q Q F B G R V D N L  
R E D O T N A W N Y A G P Q P  
G S E X H U O I R H G A B I L  
I T H D L R L I E E D O H Z A  
V I C T R L E B T M C S N M T  
E T T T I A S H I A R K E E J  
N U E W O I W S T E T N A D S  
E T R M M S S K N O D U M G V  
S I W L O I S T C S R B P V E  
S O T P O R R P K A D B G E G  
D N L N W A A V O W B B K J R  
M Q Y M P N B L Y T P D B G J

willing  
amends  
relations  
backward  
fault  
partnership  
brotherhood  
wreckage  
moral

forgiveness  
tossup  
admission  
wretched  
bygones  
reputations  
restitution  
thoroughness  
reflection  
misbehavior

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 8: “Made a list of all persons we had harmed and became willing to make amends to them all.”



### The Eighth Step

By Demitri I.

**YEARS BEFORE I EVER GOT SOBER** or went through the Step work, I was in college and a family friend took me to a 12 Step meeting. It was the first one I ever went to, and while a couple things stood out and stuck with me, one of the most tangible was the Eighth Step.

I recall either looking at the Steps on the wall or listening to somebody read them and thinking to myself that I could never imagine honestly doing the Fourth and Fifth Steps, and think struggled to imagine doing the Eighth and Ninth Steps as well.

I do, however, recall imagining how much peace and freedom would be on the other side of the Eighth and Ninth Steps. I may even have been a little excited at the prospect of it.

I think that was hope. There was a solution indeed.

I went to a few meetings, but nothing stuck. I wasn't ready.

A couple years later, something brought me back into these rooms when I stumbled into the Bellevue Alano Club on a Friday evening in May 2021.

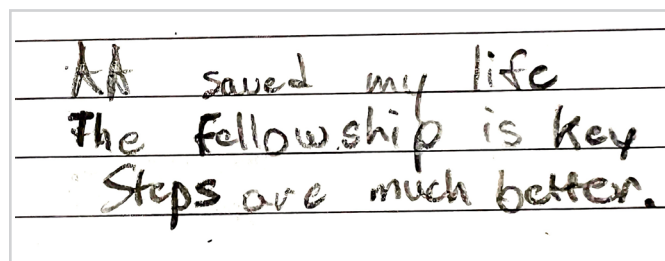
At that point I was desperate, and as I embarked on my journey in this program and with the steps, the Eighth Step was one of those steps that I anticipated

greatly from the start. It was so tangible, and an incredible opportunity to take action in the real world.

I can honestly say that I don't really remember writing out my Eighth Step, the Ninth Step amends were just so much more visceral that I remember them more vividly, but I do think I recall a feeling of: 'Finally, finally I get to make an amends,' as I worked my Eighth Step ... as painful as some of those memories were.

I wasn't sure if I was doing things right, and often questioned my own motivations in preparing my amends list – was I actually acting selflessly? Was truly ready to make an amends to the other person, or deep down was I acting selfishly for myself?

Reflecting back, I wonder if that anticipation, eagerness, and simple consideration and desire to make amends the right way – even in face of whatever doubt I harbored – was an expression of willingness.



Poem by Karin



## Tradition 8: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”



### Tradition Eight

*By Peeps*

**ONE OF MY FAVORITE THINGS** about AA’s 12 Traditions is how they document problems that surfaced in our program’s early days and how many contentious issues were resolved.

The perfect reminder that we seek progress, not perfection.

Like most alcoholics, I tend to overthink even the simplest things and situations. So it is not surprising that AA’s got spun up over when 12th Step work intersected with money. Things often got hot and messy, but our fellowship survived and thrived.

### How my Sponsorship Tone has Changed Over the Years

*By Kelli S-B.*

**ONE OF THE GREATEST THINGS** about sponsors is they are just alcoholics. In the past 35 years, I have had nine sponsors. Some I chose because they smiled at me, some I chose because I thought I might get free therapy, some I chose because I truly wanted what they had and was willing to go to any lengths to get it. Each of them taught me how to carry the message and how not to carry the message.

I’ve discovered that the way I sponsor has changed over the years according to my own recovery. I can

Many people thought any form of payment to those workers laboring on behalf of AA tainted their efforts.

From my current perspective, as AA approaches 100 years of service, it is easy to see how Tradition Eight can and should be applied. Our primary purpose is to carry the message of recovery to alcoholics who still suffer. Step Eight helps us carry and distribute that message for fun and for free.

The delivery of that message — in books, meeting rooms, etc. — often cannot deliver itself. It may need assistance from paid workers and specialists.

“Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire.”  
— *Twelve Steps And Twelve Traditions*, page 171.

only give away what I have.

My sponsorship tone has calmed down and become more effective over the years. The more work I do in the AA program, the more joyful and relaxed I am in my life. When I first started sponsoring, I didn’t have much to give away. I hadn’t done the Steps and thought I could just pass along sobriety. I wasn’t very helpful. After going through the Steps in the Big Book, I became the Step expert and if you didn’t do it my way you were doing it wrong. That wasn’t very helpful either. I was proud to be a Big Book

See **Sponsorship** continued next page »

Thumper, but couldn't understand why my sponsees weren't recovering. Ten years ago, I joined a home group with members who were really good powers of example to me. They showed me how to carry the message without preaching, thumping, or judging. They showed me how sponsoring isn't about the sponsor, it's about carrying the message of Alcoholics Anonymous.

It's not about the success of the sponsee, it's about passing along what was passed on to me. It's about going out of my way to be inconvenienced and with that comes humility. The women I sponsor today have recovery that I want. Watching the light come on and watching them grow into the women God intended for them to be is the greatest gift I could ever imagine. All I had to do was get out of the way and let the miracle of the program work in them.

## Why Aren't You Drinking?

*By Ruth P.*

**GROWING UP**, like many people of my generation, I was a devotee of MAD magazine. In addition to the genius of the folding back page, I loved the feature "Snappy Answers to Stupid Questions."

For the first few years of my sobriety, people would ask why I wasn't drinking. I come from a hard-drinking place where it's not just a question, it's an accusation. Every time it happened, I was a deer in the headlights as I fumbled around for a response. Then I decided, no more! I would come up with my own snappy answers.

I realize that some situations, people ask the question with genuine interest, and maybe they or someone close to them has a problem with alcohol. When the question is asked from that perspective, it deserves an honest answer that can lead to a helpful conversation.

But sometimes the question is just boorish.

I started answering, "I broke up with alcohol a while ago," a nod to the great Caroline Knapp and her book

"Drinking: A Love Story." If the questioner pursued, I would say that I had liked alcohol more than it liked me and it was time to part ways. That often did the trick, but it wasn't exactly snappy.

Then I worked on some zingers. A good response for men, or for women over 60, is, "I think I might be pregnant." That usually puts the kibosh on further questions.

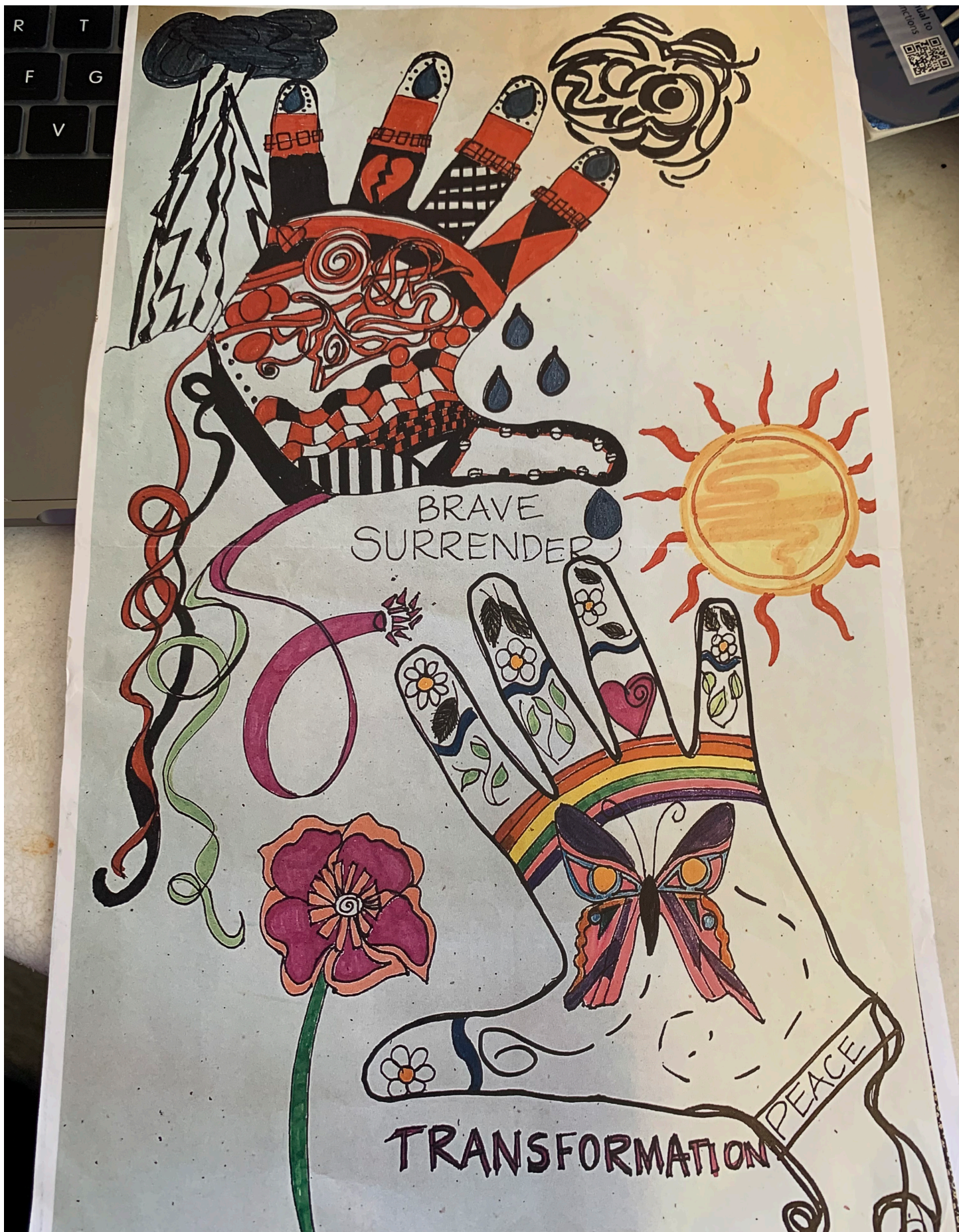
Another one for anytime of the year except Lent is "I'm giving it up for Lent," and when they questioner advises you that it's not Lent, you can say, "Really? Are you sure?" and check your watch, as if that would help.

But I think my favorite response is, "You go first. Why are you drinking?"

With that, the question of why I'm not drinking no longer flummoxes me.

Or, in the words of Alfred E. Neumann, "What, me worry?"





Artwork by Jenza H.



# BOARD MEETING MINUTES

---

## Greater Seattle Intergroup Board Meeting July 18, 2023 — Submitted by Janet A. (Recording Secretary)

### Elected Officer Reports

#### Recording Secretary (Janet A.)

As always thank you for allowing me to be of service! I am so grateful to be here! 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.

#### Treasurer (Dan G.)

We finished the month of June with a loss of \$3,824, mostly due to lower-than-expected group contributions. Personal contributions were higher than planned. I made a mistake last month and reported our combined checking and savings as 83.9K, the correct number was 85.5K. Thank you for allowing me to be of service. Contact me by email at [treasurer@seattleaa.org](mailto:treasurer@seattleaa.org).

#### Chair (Karla)

Greetings Greater Seattle Intergroup!

I attended the July Area Quarterly on Saturday the 8th where I gave the GSIG Board report. It was a hybrid meeting and I attended via Zoom. It was interesting. I decided that in the future, I am going to try and always attend in person. It is a completely different experience to attend via Zoom when there are others attending in-person and I feel like I missed an important fellowship experience. And, I noticed that others on Zoom seemed to be experiencing the same isolation that I felt. The warmth of the room was missing. So, I would like to encourage everyone who is able to attend this meeting in person to at least give it a try and see if you have a different experience.

#### AREA QUARTERLY

The Area 72 Sound Coordinator (sets up speakers and microphones) stepped down and the former D24 DCM, Mike B., stepped up and was approved as the new coordinator for the remainder of Panel 73

Treasurer's Report for Second Quarter 2023 submitted and approved.

#### SPECIAL REPORTS:

1. Our Stories Disclose III (OSD III) Committee Report by OSD Chair Carol H.

- Is in the final stages and will be sent to the publisher any day now. You can still order pre-sales at [www.area72aa.org](http://www.area72aa.org).

*Chair (Karla)* continued next page »

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)



## BOARD MEETING MINUTES

« *Chair (Karla)* continued

2. 250th 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!

### FROM THE AREA 72 DELEGATE:

- The AA Grapevine Half-Hour Variety Hour Podcast Grapevine Podcast - <https://www.aagrapevine.org/podcast>
- YouTube AA Grapevine - <https://www.youtube.com/@AAGrapevine>
- YouTube Services AAWS, Inc. - <https://www.youtube.com/@alcoholicsanonymousworldse1373>
- Instagram AA Grapevine Magazine - [https://www.instagram.com/alcoholicsanonymous\\_gv/](https://www.instagram.com/alcoholicsanonymous_gv/)
- (By the way, GSIG also has a YouTube channel where you can listen to speakers and workshops: <https://www.youtube.com/@seattleintergroup144/playlists>)

### DISCUSSION TOPICS:

At the July 2023 Business Quarterly, we discussed five topics:

1. How can we make General Service more attractive? Are we asking too much of our Trusted Servants?
2. Request A.A.W.S. prioritize translation of specific A.A. literature into ASL
3. Web standing committee charter and responsibilities.
4. Participation of Online Groups in Area 72
5. Area 72 Assembly Schedule – Should we change the date?

### MOTIONS MOVED TO OCTOBER ASSEMBLY AGENDA:

1. **Motion:** Area 72 submit the following Proposed Agenda Item for consideration at the General Service Conference: "The General Service Board develop supplemental reporting focused on the actual costs of the various service items we provide, with an initial draft being brought back to the Conference Committee on Finance for review at the General Service Conference."
2. **Motion:** We move that Western Washington Area 72 support Oregon Area 58's proposed agenda item to prioritize the following pieces of AA literature into ASL: the personal stories in the upcoming fifth edition; the pamphlet the AA group; the GSR pamphlet; and the AA Service Manual.
3. **Motion:** In the spirit of unity, we affirm that District 25 is an online district with no geographic boundaries.

## GSIG Office Reports

### Office Manager (Lara)

#### Office Manager report July 2023 submitted by Lara Randolph

**Financial:** The money market account has been nothing short of a difficult process to get set up. However, this has been taken care of and will be reflected in next month's financials.

Our rent experienced a \$120.00 increase per our lease agreement.

We had 3 paydays in June due to having to run payroll early due to the holiday, which would explain the deficit. Things should even back out next month.

We did have another \$3000.00 individual contribution for June which helped our numbers for individual contributions.

We have purchased a swamp cooler to cool the Board room on the sultry, unbearably hot days, but this was a useless endeavor. We currently have a large swamp cooler for sale should anyone be interested. They want too much money to send it back, unfortunately.

**Inventory:** We were given a large number of new tri-plate coins. Thank you very much to Ed P. for this generous donation. GSO continues to be out of stock of a number of pamphlets and books. Bob W., current Office Manager at GSO, assures us that they are working diligently to resolve the supply chain issues that continue to plague AAWS.

**Procedure:** We have ordered 100 more picnic buttons; they will arrive next week. Things are shaping up for the picnic, we still need volunteer home groups or districts to facilitate the service table "poker run" and to help set up and facilitate kids games, Facilitate the White Elephant Raffle and the 50/50 Raffle.

Home groups are encouraged to donate a basket or items to the White Elephant Raffle. We can store them here at Intergroup.

#### Call Log:

- 12th Step: 5
- Meeting info: 102
- Outside referral: 10
- Misc. Calls: 19
- AA info: 6
- Intergroup info: 28
- Chat line contacts: 152

Total points of contact: 352 (-50 for training) 300 conservatively

*Office Manager (Lara) continued next page »*



## BOARD MEETING MINUTES

« *Office Manager (Lara)* continued

### Welcome Pass It On as new (returning) members of our phone answering team!

The following shifts are still available for phone answering:

- 1st Sunday . . . . . 6p-10p
- 1st Sunday . . . . . 10a-2p
- 2nd Sunday . . . . . 6p-10p
- 3rd Sunday . . . . . 2p-6p
- 3rd Sunday . . . . . 6p-10p
- 4th Sunday . . . . . 10a-2p
- 4th Sunday . . . . . 6p-10p
- 4th Monday . . . . . 6p-10p
- 1st Wednesday . . . 6p-10p
- 3rd Wednesday . . . 6p-10p
- 1st Thursday . . . . . 6p-10p
- 4th Thursday . . . . . 6p-10p
- 5th Thursday . . . . . 6p-10p
- 4th Friday . . . . . 6p-10p
- 5th Saturday . . . . . 6p-10p

We also have the following shifts for *weekly in office* phone answering:

- Tuesday 2pm to 6pm
- Thursday 10am to 2pm
- Friday 10am to 2pm

For more information contact Lara or Anita at the office 206-587-2838

## Service Committee Reports

### Accessibility (Laurel)

We are a very small committee but mighty force! We will have a separate raffle at the GSIG picnic in August. We will have a table at the picnic and the prize will be there, where you can get tickets. Our theme is "picnic". We will have a cooler and a Webber grill as part of our raffle (the whole shebang for one winning ticket). We need items to put into the cooler; if you can donate picnic items, such as spatula, plates, anything for picnic, to fill the cooler, it would be greatly appreciated! We will have the cooler stored at Intergroup office. The proceeds from this raffle will be for the "blue" can; the blue can is an earmarked fund (contributions from members, groups, district) to pay for interpreters at AA meetings.

Thank you in advance for your support. Lara, we won't have an Accessibility committee meeting this August. We're all out of town.

### Archives (Theresa S)

Archives Committee Report for July 18 GSIG Board Meeting:

- Attended regional monthly Archives Zoom meeting where several Pacific Region Archivists share what they are doing with archives collections in their regions
- Attended a Zoom presentation created by our GSO Archivist Michelle Mirza entitled "The First Four Editions of the Big Book" which was joined by 156 participants and was excellent. Apparently, the presentation was recorded but not yet available to participants at this time. Unfortunately, Michelle was taken ill and unable to participate in the zoom presentation. The discussion included an informal update on the forthcoming Fifth Edition of the book *Alcoholics Anonymous*. A special GSO Literature Committee subcommittee is currently reviewing over 2,000 submittals of new stories for the Fifth Edition.
- Continuing to scan and sort GSIG archival materials and posting to GSIG google docs.

### Hospitals & Treatment (West C)

As you all know by now, Cascade Behavioral Health is closing its doors due to staffing and/or financial reasons by the end of July. All patients have been released and our last Zoom meeting with them was last month. We are hoping someone new will continue their work and we are continuing to search for a replacement treatment center.

We are forming a committee to find a new treatment facility in D31 to carry the message to, hopefully in person.

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

## BOARD MEETING MINUTES

« *Hospital & Treatment (West C)* continued

I have men scheduled to speak at UGM's Riverton Place for our monthly Thursday night Speaker's meeting through September.

We continue Tues morning monthly panels with Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through October.

Our last Lakeside Milam Renton panel was Fri, June 30th @ 9 am. We are alternating with Eastside Intergroup every month on this joint venture to carry the message to their patients.

We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 9 volunteers cleared to panel out of 12 and I am still looking to get more folks involved.

Our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center is now officially registered and has really picked up steam. A big thank you goes to the guys at UGM's Riverton Place for supporting the meeting and others from the outside like Jeff U and Mikey C from Intergroup. Please come support this meeting!

We are also encouraging Veterans from the program to participate in the VA Hospital meeting Tuesdays at noon and we are promoting this meeting.

George from Shoreline Veterans Center is getting support for their Fri night 6 pm meeting so we are spreading the word. He attended the Spring Assembly and I was able to give him some Big Books. We are promoting this meeting as well.

We just hosted our Area Treatment Quarterly hybrid meeting right here last Saturday July 15th at 8:30 am. We had pizza from Costco, D14 brought the breakfast items and a lot of people brought side dishes. We had more people in person than on Zoom! I donated \$75 from my D31 treatment budget for this event to support GSIG plus \$49 from the basket that was collected in the room. Not sure what Zoom contributions were? Thank you GSIG for hosting!

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

[hospitalandtreatment@seattleaa.org](mailto:hospitalandtreatment@seattleaa.org)

*Responsibility Statement:*

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

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)



## BOARD MEETING MINUTES

### Nightwatch (Rob S)

Thank you to all the volunteers who cover the phones from 10p-10a, while the GSIG Office is closed. This is a great way to be of service to the still suffering alcoholic.

Nightwatch is currently in need of filling the following shifts:

- 2nd Wednesday of the month 6-10a
- 4th Sunday of the month 6-10a
- 5th Saturday of the month 2-6a
- 5th Sunday of the month 2-6a

If you are interested in volunteering for a shift, please contact Rob at: [nightwatch@seattleaa.org](mailto:nightwatch@seattleaa.org) or sign-up on the Greater Seattle Intergroup of AA website (in the Service tab then Phone Answering)

In Service,  
Rob S  
Nightwatch Chair  
206-601-0061

### PI/CPC (Carina W)

First, thank you for reading this on what's surely still a beautiful summer day! Here's the scoop:

#### ADOPT A LITERATURE RACK

Does the library, community center, and health care facility in your neighborhood already have information about AA available? If not, this is an easy and soft way for any District, Group, or member to carry the message of Alcoholics Anonymous to still suffering and potential alcoholics.

The GSIG PI/CPC Committee would love to provide you with the initial set of literature + a display rack and support you along the way.

Just email [CPC@seattleaa.org](mailto:CPC@seattleaa.org) or call/text (206) 683-1106 to get started!

#### WHAT HAPPENED

- We have a Take a Professional to Lunch Coordinator!!! Thank you, Ruth, D14 PI Chair, for making yourself available!

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

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)

## BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

- The first AA meeting at R.E.S.T was on July 10th and the shelter is now stocked with literature in English and Spanish. The facility is still syncing up on if/when they'd like this to be a regular thing and, if so, will get back to us.

## ON THE HORIZON

- Join us on Saturday, Sept 9th at GSIG for "AA Panels at Non-AA Events: A How-To" presented by Area PI Chair, Kari K (date is still tentative)
- We will bring AA Literature to Recovery Day at the Seattle Mariners on August 27th

## SERVICE OPPORTUNITIES

Whether you have just a couple hours or are seeking a longer-term position, we have something for you! In addition to the "Adopt a Literature Rack" already mentioned:

- The Redmond Library project is still going strong... sign up to volunteer for a shift [HERE](#)

## JOIN US

On the 3rd Saturday of each month @ 10:00 AM at the Greater Seattle Intergroup on 6th & Lucille in beautiful downtown Georgetown or via Zoom:

- LINK: <https://us06web.zoom.us/j/81714035053?pwd=eHBiTORBdUhSRXpTVEl4NWtYbzQxUT09>
- MEETING ID: 817 1403 5053
- PASSCODE: .....Trudge

## Third Legacy (Dan R)

GSIG Third Legacy Committee Monthly Meeting Capture

The Third Legacy monthly committee was held on May 25th.

We would like to thank The Solution Group in advance for hosting this quarter's workshop. The summer quarter Sponsorship Workshop was held on Saturday, June 24th from 10 am to 12pm. The meeting was well attended and was on zoom.

If your group would like to host an upcoming workshop there is still time for your group to sign up for the fall and winter sessions. For more information or to participate on a panel, please reach out to [thridlegacy@seattleaa.org](mailto:thridlegacy@seattleaa.org).

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

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)

## BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

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:

- Our participation in 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 – June 24th 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)

The meeting is the 1st Thursday at 6:00pm: Meeting ID 835 0869 0642 Passcode 749607

## Web & Tech (Mikey C)

Hello from the Web and Tech dude:

The Web and Tech committee now meets monthly on the 3rd Tuesday, an hour and a half before the GSIG business meeting. You can join us at the Intergroup office at 5507 6th Avenue South. If you have any issues regarding our website or any updates please bring them to our next meeting.

If you want to dial in with Zoom, here is the link:

<https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWIMUdxYy95V3lPdZ09>

In service  
Mikey C  
[wtchair@seattleaa.org](mailto:wtchair@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)



## Special Events (Steve R)

The picnic is coming and we have a lot of folks signed up to help out Thank you. We still need White Elephant Raffle items. Please contact [specialevents@seattleaa.org](mailto:specialevents@seattleaa.org) if you would like to help out during the picnic.

Car Show date tentatively set for September 23rd. More info to come.

---

## GSIG District Reports

### District 14 – (Stacia)

District 14 is excited to be helping out at the GSIG Picnic and will be selling the swag. Come say hello! We are looking forward to our annual picnic and pie auction on September 10, 11am-2pm at Lincoln Park, Shelter 2, on the south end above the beach. Everyone is welcome! Our Third Legacy Committee is planning a service workshop for a date tbd this fall, to help get people excited about service in the District, Area, and at Intergroup, and we're planning a district inventory for November.

### District 16 – (Kathleen B)

D16 will NOT be having a district meeting in July due to summer out of town conflicts.

We normally meet on the third Wednesday of the month at University Lutheran church in person and on zoom from 7-830

The next event we are participating in is the Evergreen state fair - the AA booth.

It has time openings still - if you are interested contact Steve Alison at 360-527-9696

Volunteering for a 2-hour shift affords you a parking pass and entrance into the fair!

The fair is 8/24-9/4 this year Thank you for allowing me to be of service. I'd like to add to the report that the DCM and I attended the PNC in Portland and had a grand spiritual experience surrounding service and fellowship. The spiritual speakers were inspiring.

## BOARD MEETING MINUTES

### District 24 (Greg S)

District 24 monthly meeting – July 5th, 2023

Serving Lynnwood, Edmonds, and Mountlake Terrace.

District 24 is Hybrid and meets every 1st Wednesday of the month at 7:00 pm in person at St Hilda's and St Patrick's church located at 15224 – 52nd Ave W, Edmonds, WA 98026

Zoom Meeting ID: 8273971 4442 / Password: 441729

In attendance – 27 people live and 4 on Zoom for a total of 31 people.

Accessibility – Rachel: Thomas, our Area Accessibilities Chair for Area 72 spoke over zoom and was very informative and well received by all.

Events- District 24 Picnic – July 29th at Edmonds City Park – Noon to 6pm.

Just when you think you have it all together, we had some developments over the last couple of weeks of the month. We had 4 chairs resign possibly 5. Rumor has it we had one more after the district meeting. I'll know more at the next meeting. This is in no way a reflection on how District 24 is run, it's just one of those things.

- CPC – Laura D: Resigned moving to Oakville
- Zoom Coordinator – Resigned
- Detox Chair – Resigned
- Corrections Chair – Resigned
- Newsletter Chair

New Business – We had our first District meeting at our new location at St. Hilda's. It is so much nicer than the last place.

### District 31 (Thomas)

1. Seth G: Area Young people Committee Chair, spoke and was very informative. They have a Area 72 Young People Committee Workbook.
2. DCM Theresa: Attended Area Quarterly; spoke on motions to be on agenda at Assembly.
3. Workshop: Ideas and suggestions from groups.
4. District inventory: September 30
5. August meeting in person with Ice Cream social. All bring interested person in District

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)

## BOARD MEETING MINUTES

### Service **District 41 (Laurel)**

District 41 invites you to join our District picnic Saturday 22 from 1-4 PM. District will provide main items, groups to provide sides/desserts. Bring a chair. Location: Magnolia Park 1461 Magnolia Ave. N. Bring yourself, even if you don't bring anything else. And all is welcome from outside of District 41.

### **South End Fellowship (Janie)**

Meeting Time: Monday: 5pm, Tuesday: 10am and 5pm, Wednesday: 10am, 12pm, 5pm, 7pm, Thursday: 5pm, Friday: 10am, 12pm, 5pm, 7pm, Saturday: 10am, 5pm

Hello everyone! South End Fellowship is coming back alive after Covid. We are currently having monthly BBQs before our birthday meetings on the last Saturday of the month. On September 22nd we are having our annual BBQ/Picnic at Lake Meridian, starting at 10am. We do have the shelter and will be providing hamburgers and hotdogs. Our group would love for you to come and fellowship with us. Bring your swimsuit and a side dish! We have planned a campout for the month of September. We sold over 20 spots to homegroup members. Each of us are looking forward to the woods, camping and being in nature together.

As far as our finances are concerned, we are doing alright. We have spoken to the church about our rent, and they have been gracious enough to work with us. We are now paying \$1050 monthly. Our monthly variance was \$328. Members are giving what we can contribute and our activities in bringing in money as well.

We would love to see you at one of our meetings and at our events to FELLOWSHIP with you.

### **Old Business:**

### **New Business:**

- Jack shared about BLA and he has attached a Flyer to the Minutes

### **Upcoming Events:**

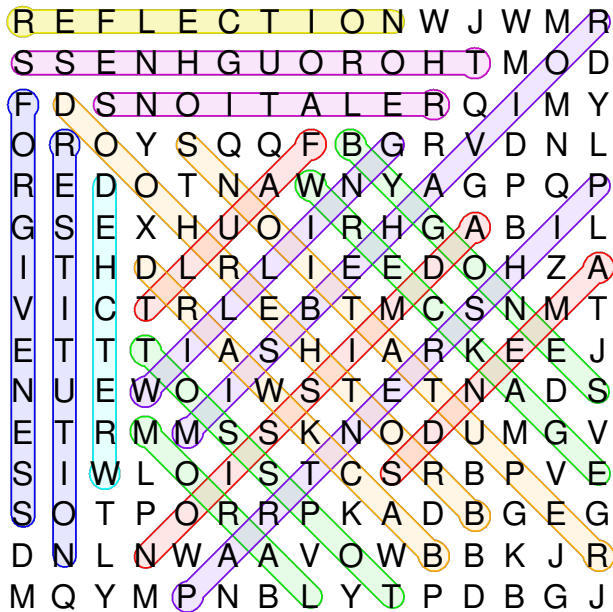
- <https://www.seattleaa.org/events/>
- Seattle Group Saturdays at 6:00 pm
- BBQs at Intergroup! – 12:00 noon-2:00 pm
- Saturday, July 22nd, Aug 5th & 19th, and Sept 2nd, 16th & 30th
- Bring something to share or just come to eat and fellowship!
- Open Mic at Intergroup - 7:30 pm -10:00 pm Saturday, July 22
- Trad Study 4th Tuesday of the month at 7:00 pm – July 25
- Service Manual Study 1st Sunday of the month at 11:00 am – August 6

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 Eight



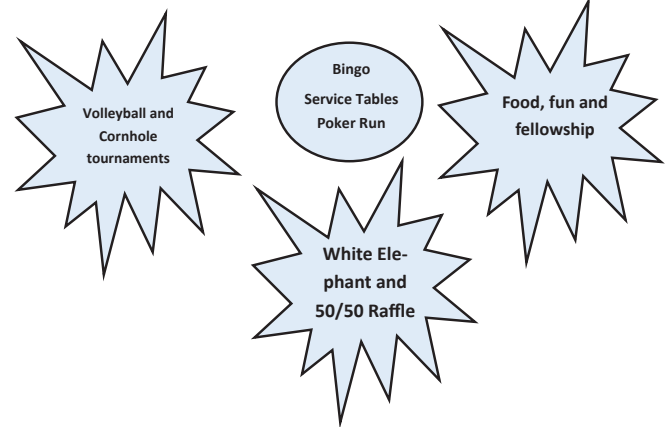
# GSIG Summer Picnic

**When:** August 27, 2023

11am to 4pm

**Where:** Seward Park 5900 Lk.  
Washington Blvd. S  
Seattle, WA 98118

**Shelter #3**



## 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/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



## BURIEN LITTLE ASSEMBLY 2024

This year's theme:

*[to be the same as the 2024 General Service Conference]*

### Planning Committee Meetings

|               |   |
|---------------|---|
| <b>WHEN:</b>  | The second Sunday of each month at 10 am (mostly)   |
| <b>WHERE:</b> | <p>in person:</p> <p>Greater Seattle Intergroup<br/>5507 6<sup>th</sup> Ave. S. (at Lucile Street) Seattle 98108</p> <p>and online:</p> <p><a href="https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHlHODR6QzV4UT09">https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHlHODR6QzV4UT09</a></p> <p>ID: 827 0274 5971, pw: 857017</p> |

August 13<sup>th</sup>, 2023

September 10<sup>th</sup>, 2023

(Further dates to be determined in committee.)

Post event wrap up, TBD)

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



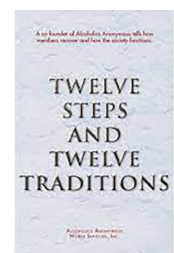
## TRADITION STUDY WITH THE GSIG THIRD LEGACY COMMITTEE

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**





**Greater Seattle Intergroup**  
of Alcoholics Anonymous

## THE SEATTLE GROUP

**An open meeting of  
Alcoholics Anonymous**

**Saturdays at 6:00PM**

**5507 6th Ave S. - Seattle, WA  
98108**

**Join us for Fellowship at 5:30PM**

**Speakers at 6:00PM**

## SCHEDULED SPEAKERS

**July 1st Mike F.**

**July 8th Rick J.**

**July 15th Astri T.**

**July 22nd Allison F.**

**July 29th Rocky O.**

**August 5th Gordy S.**

**August 12th John M.**

**August 19th Pam H.**

**August 26th Jim H.**



## 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.,

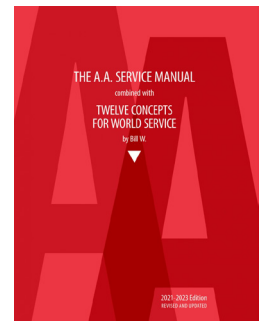
SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483

7688

PASSCODE 022841



AA.

SEATTLE INTERGROUP  
CORRECTIONS COMMITTEE  
PRESENTS

**CORRECTIONS  
WORKSHOP**

SEPTEMBER 9, 2023  
12 PM TO 4 PM

VOLUNTEER OPPORTUNITIES  
REFRESHMENTS/POTLUCK  
SPEAKERS

South King ALANO CLUB  
1317 Harvey Road  
Auburn, WA 98002

QUESTIONS? [volunteercorrections@seattleaa.org](mailto:volunteercorrections@seattleaa.org)

# High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) [www.seattleaa.org](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/<br># of years                      |  |
| Contribution<br>enclosed or I am<br>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/)





