



High & Dry

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

Volume 75 Issue 07

July 2023



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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 Website: www.SeattleAA.org

FUTURE TRIPPING

July GSIG Events

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

1 — Hospital and Treatment Committee

- July 1 @ 10:00 am - 11:30 am — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZU1LSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

1 — Service Manual Study

- July 1 @ 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

4 — 4th of July BBQ

- July 4 @ 2:00 pm - 4:00 pm
- Phoenix Club
14701 Aurora Ave N, Shoreline
- Hamburgers, hot dogs provided
Bring a side to share.

4 — Meeting by the Tree

- July 4 @ 10:00 am - 12:00 noon
- Seattle Center
305 Harrison St, Seattle
- Bring some coffee to share, and bring something to sit on. Under the tree by the International Fountain

5 — Accessibility Committee

- July 5 @ 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

6 — 12th Step Committee

- July 6 @ 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

8 — BBQ at Intergroup

- July 8 @ 10:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship.

10 — Corrections Committee

- July 10 @ 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

15 — CPC/PI Committee

- June 17 @ 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

15 — Seattle Group Turns Two!

- July 15 @ 4:00 pm - 7:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- The Seattle Group is celebrating their 2nd Anniversary of the most recent incarnation of Seattle's first meeting. BBQ with Chef Mikey C. presiding and fellowship starts at 4pm Speaker meeting featuring Astri T., will start at 6pm.

16 — Titanic Fellowship BBQ and Speakers Meeting

- July 16 @ 11:30 am - 4:00 pm
- Camp Long
West Shelter & Fire Ring
5200 35th Ave SW, Seattle
- Entrance at SW Dawson
The 7th Tradition will be observed

18 — Living in Sobriety Picnic

- July 18 @ 5:00 pm - 8:00 pm
- Golden Gardens Park 8498 Seaview Place NW, Seattle

18 — Web & Tech Committee

- New date/time — June 20 @ 5:30 pm - 6:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWIMUUDxYy95V3lPd09>

18 — GSIG Monthly Board Meeting

- June 20 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcljNNQxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
Passcode: 035194

Future Tripping continued next page »

22 — BBQ at Intergroup

- July 22 @ 10:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship

22 — District 41 Picnic

- July 22 @ 1:00 pm - 4:00 pm
- Magnolia Park
1461 Magnolia Blvd. W, Seattle
- Main Courses Provided, Bring a dish and something to sit on. For more info email DCM41@area72aa.org

22 — Third Legacy Committee

- July 22 @ 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

22 — Open Mic

- July 22 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

23 — Delegate Report Back Hosted by District 25

- July 23 @ 11:00 am - 2:00 pm
- Zoom ID: 424 735 6179 PW: 1935

25 — Tradition Study by the GSIG Third Legacy Committee

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

27 — Third Legacy Committee

- July 27 @ 7:00 pm - 8:00 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

29 — District 24 Annual BBQ and Picnic

- July 29 @ 12:00 pm - 6:00 pm
- Edmonds City Park
500 3rd Ave S, Edmonds
- Burgers, Hot Dogs, Coffee and Sodas provided. If you want to help set up arrive at 10am

REFLECTING ON OUR PAST — July in our History

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

July 1-3 1960 – 8700 attend

25th Anniversary of AA in Long Beach, CA.

July 2-3

1955 – 5,000 attend 20th Anniversary at our St Louis Convention; Bill W. turns "the fellowship over to the fellowship."

July 3-5

1970 – 10,900 attend 35th Anniversary of AA in Miami; Bill W. gives his last talk to AA.

July 3-6

1980 – Gay AA's have own program at 40th AA Anniversary in New Orleans.

July 7

1940 – Bill attends first summer session at School of Alcohol Studies at Yale University

July 5-8

1990 – 48,000 attend 55th Anniversary of AA in Seattle.

July 8

1940 – First AA group formed in Dayton, Ohio

July 20

1941 – First AA group forms in Seattle.

July 22

1877 – William Duncan Silkworth born in Brooklyn, NY.

July 28-30

1950 – First AA Convention celebrates 15th anniversary of AA in Cleveland

1935 — Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28

1935 — Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30

1941 — Ruth Hock showed Bill W. the Serenity Prayer and it was adopted by AA. June 2

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 know if there are changes to your online or in-person meeting.

The Corrections Committee is now meeting on Zoom at 6:30 p.m. the second Monday of each month. See our website for Zoom coordinates.

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 — July 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. 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

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BIRTHDAY CLUB

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

Pete L.	Junction Men's Group	37 years
Karla L.	Wednesday Mountlake Terrace	21 years
Geri F.	Skyway Group	43 years
George F.	Skyway Group	48 years
Lyle C.	Brown Bag Shoreline	39 years
Helen W.	Real Alcoholics	33 years
Angela J.	Lynnwood Group	6 years

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

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

There are two ways to make your donation:

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

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

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

Link to GSIG Online Contributions

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



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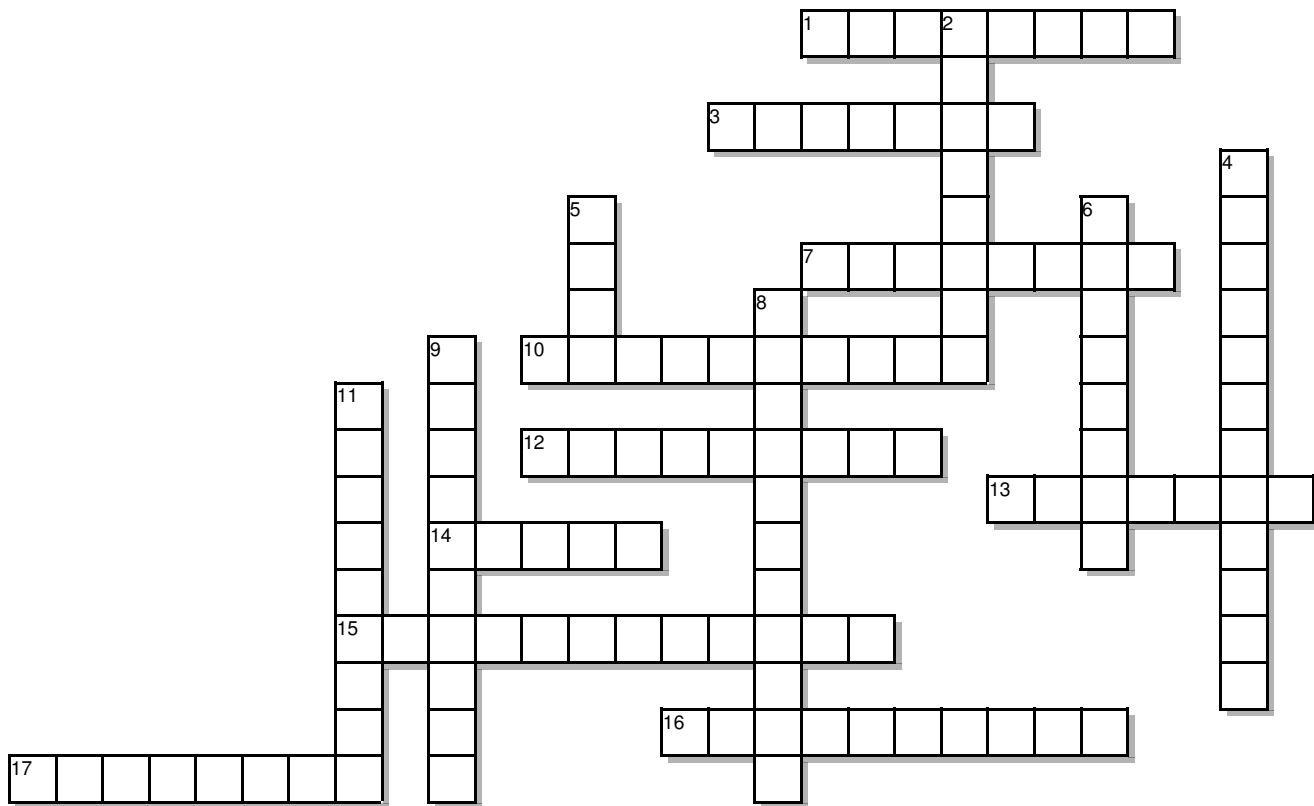
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JULY CHALLENGE

Step Seven

Twelve Steps and Twelve Traditions



ACROSS

- 1 Alcoholics demand more than their fair share
- 3 Alcoholics demand more than their fair share
- 7 we drank to achieve this
- 10 This is how initial steps are taken.
- 12 What dogs our every step at first?
- 13 Of myself I am _____. The father doeth the works.
- 14 Humility enables us to find this.
- 15 Humbly asked him to remove our _____.
- 16 The first thing we need to summon to overcome compulsions and desires.
- 17 What is the foundation principle of each of AA's twelve steps?

DOWN

- 2 Alcoholics demand more than their fair share
- 4 What kind of demands to make on others and God.
- 5 What is the chief activator of our defects
- 6 What do we need to properly display along with humility
- 8 The second thing we need to summon to overcome compulsions and desires.
- 9 We need not always be _____ and beaten into humility.
- 11 We see humility as a _____

Step 7: “Humbly asked Him to remove these shortcomings.”



The Seventh Step

By Kelli SB

ONE OF THE BIGGEST LESSONS I

LEARNED by doing the 12 Steps of Alcoholics Anonymous is that self-centeredness is the root of my problems. If I am not self-centered, I really don't have many problems. I discovered that fear leads to self-centeredness. Fear of not getting what I want, fear of losing something I have, and fear of rejection or humiliation. My defects became very clear in Steps Four and Five..

Most, if not all, of my defects are useful in granting me a false sense of control and security. The question then becomes, how do I stay out of this self-centered fear? My sponsor shared that the way she changed her behavior was to practice the opposite and be of service for others. Thankfully, AA's structure makes it easier for me to practice random acts of kindness throughout the day.

Practicing the opposite was a little harder. I was having a hard time being honest, being generous and trusting that I was going to be OK.

My sponsor then suggested my least favorite prayer of all time, the one asking God to deflate my ego. In fact, I hated this prayer and did not want it to come true and faked it when I was praying (and truly hoped God wasn't listening).

This is literally what I have been trying to avoid my whole life and now she wanted me to pray for it! I wanted what she had, so I was willing to do what she did. Willing doesn't always mean want to. In fact, I can really not want to do something, and be willing just the same. I said the prayer every day.

Here's where the miracle happened. When I would receive ego deflation during the day in the form of getting someone's name wrong and being embarrassed or tripping when I walked into the room (feeling I looked foolish) or making a big mistake at work, I no longer felt the pain of humiliation. Instead, I felt like God was in on it and if God is in on it, and listening to me and walking with me through this day, maybe it's all going to be ok.

“I used to react to my ego being threatened as if my life was being threatened,” I heard that in a meeting once and it's true for me. Those situations would have been devastating in the past. When I'm walking through life trying to protect my ego and your opinion of me, I am dishonest, manipulative, full of fear and extremely self-centered. I step on the toes of my fellows and they retaliate.

I feel lonely and confused as to why no one wants me around. When I'm walking through life knowing the God of my understanding is walking next to me and the world is accepting me and all my imperfections, I can be honest, vulnerable and focused on you!

Life is full of love and laughter and being comfortable in my skin. Ego deflation is actually a relief!

Tradition 7: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”



Tradition Seven

By Demitri I.

FROM PERSONAL EXPERIENCE, while not the most ‘recovery-centric’ on its surface, Tradition Seven has been quite important in my recovery, and others may agree.

First off, the fact that I was neither required to pay a dime, nor expected to contribute financially to AA allowed me, as a newcomer, to at least for a moment put aside hesitations or questions I may have had

about the intentions of a 12 Step program like AA, and focus on sobriety.

Beyond the protection and confidence that the Tradition offered me as a newcomer, it also seems to protect the program, as a whole, from outside dependence and influence.

Tradition Seven, at the end of the day, is a cornerstone of my recovery, even if I don’t always recognize it. And it is one that, while short, sweet, and to the point, helps create space in the fellowship for my recovery, and I hope for my fellow’s recovery, too.

For that, I am grateful.

Some enchanted evening

You know that tingling feeling you get when you drink your first cocktail of the evening?
It’s the feeling of your common sense leaving your body.

Dusty B.
Hancock, Maine

Rude Awakening

If Step Twelve tells me...“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs,” my one question is this:

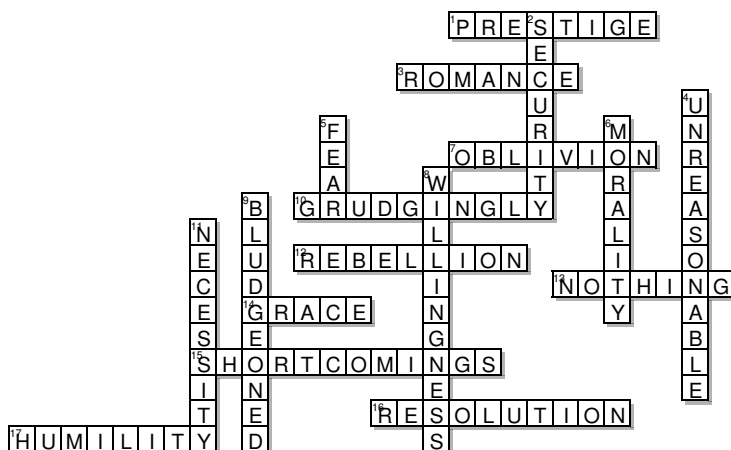
How do I practice these principles? I haven’t had an affair since I got sober!

Grace W.
Gainesville, Fla.

Reprinted with permission from the Grapevine

Step Seven

Twelve Steps and Twelve Traditions



Research needed to begin, but joining AA's Corrections Correspondence Service pays benefits to everyone involved

By Jennifer S. (District 14 Corrections Chair)

I FOUND MY WAY INTO CORRECTIONS CORRESPONDENCE SERVICE

tin much the way I have learned a lot of things in Alcoholics Anonymous. I was doing my duty of making announcements about the opportunities in Corrections (few of which I have actually done yet) at an online group and someone reached out to me in the chat with a question.

As is my response to most questions that I don't know the answer to, I responded, "That's a GOOD QUESTION." I used to feel very put upon when people would ask me for more information about things that I announced at meetings. I would think that they should be able to figure it out for themselves and didn't they know that I was too busy to do the research to answer silly questions that I didn't know the answers to?

Experience has taught me that if I don't have experience with something first hand, I should probably do a little research and reach out to others who DO have that experience. I went to the GSO website at aa.org and printed out a CCS Form. It took only a few minutes to fill out, then I emailed it to corrections@aa.org. In about 90 minutes, I got a

personal response from our AMAZING Corrections Chair Eileen, who I had recently heard speak at a service event, and she that let me know that there was a waiting list for women.

I was honestly relieved that I was off the hook and didn't actually have to do anything more! About 5 days later, I received not one, but TWO names of women who had filled out Insider Request Forms for CCS. I was afraid I would do it wrong, so I carefully read and used the AA guidelines for CCS and wrote my first two letters to persons in custody.

I was able to report back to my friend with some answers regarding their questions about service, and I have been even received a letter in response from one of the women. When I received the letter, an immense feeling of gratitude came over me. After reading the letter, I had the same profound experience as I have had hearing a Fifth Step.

This fellow alcoholic in custody had helped me in a way I didn't expect. I would highly recommend volunteering for CCS as one of the many ways to Carry the Message.

AAs available to share, through correspondence, their experience, strength, and hope in Alcoholics Anonymous should contact: Corrections Desk, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The e-mail address is corrections@aa.org.



FREMONT FELLOWSHIP HALL

12. HAVING HAD A SPIRITUAL _____
11. SOUGHT THRU PRAYER _____
10. CONTINUED TO TAKE _____
9. MADE DIRECT AMENDS _____
8. MADE A LIST _____
7. HUMBLY ASKED HIM _____
6. WERE ENTIRELY READY _____
5. ADMITTED TO GOD _____
4. MADE A SEARCHING _____
3. MADE A DECISION _____
2. CAME TO BELIEVE _____
1. ADMITTED WE WERE _____

THE TWO OLD COOTS:
STREET PEOPLE #8

"OK! LET'S GO. ONE STEP AT A TIME —"

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting — Spring Assembly June 20, 2023 — Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 6 - Meg
- Concept 6 - Kelly
- AA Birthdays - Morgan; 6 yrs., Karla; 21 yrs.
- Permission to Record: Granted
- Introductions

Elected Officer Reports

Recording Secretary (Janet A.)

As always thank you for allowing me to be of service! Welcome everybody, if this is your first time coming to a board meeting. It's great to see so many people here tonight. 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. I will accept Final Reports no later than Friday, June 23rd. I send Final Minutes to Lara on June 25th so she can submit to the High and Dry.***

Treasurer (Dan G.)

We had a good month; we are positive \$5,695. This is due to extra contributions from groups as Big news this month. We finished the month with \$844.00 in the black third month in a row.

There was a large coin donation that also contributed to our overall balance because our profit from retail sales went up because our costs went up. I'm very pleased that we're running in the black. I think every month we always have some exceptional amount that causes that to happen.

Chair (Karla)

I don't have a lot to report this month. I facilitated a group inventory for On the Waterfront and I am available to any groups looking for a facilitator. I attended the June 3rd Delegate's Report. There are a few Delegate Reports left and I encourage everyone to attend one and get our Delegate's impression of the Conference and actions taken there.

Chair (Karla) continued next page »

BOARD MEETING MINUTES

« *Chair (Karla)* continued

DELIGATE REPORT BACKS

- SAT July 15- 10:00 am - 1:00 pm PDT — Faith Family Christian Center - 2203 38th Ave, Longview, WA 98632
- SUN July 16 - 2:30 pm - 4:30 pm PDT — Mt Vernon Seventh Day Adventist Church - 4520 E College Way, Mount Vernon, WA 98273
- SUN July 23 - 11:00 am - 2:00 pm PDT — District 25 - Meeting ID: 822 9551 4903 Passcode: 73

Another great place to hear about Conference related discussions and service in AA is the Pacific Northwest Conference this weekend in Portland and online. Find out more at <https://pnc1948.org/>

Vice Chair (Jeff)

Wanted to give an update on what I've been up to at the beginning of this term. I've set a really ambitious set of goals for myself to attend district and group meetings, numerous of them I respond to talk about it.

I've group in the various programs here. I got up to a roaring start in the first couple months doing that.

My work schedule has been ramped up quite a bit in the last few months, and I have not been able to maintain that ambitious plan to continue to attend, and I still have a year and a half in this position and I'm going to find some other ways to make myself useful, particularly around fundraising.

But it's probably not going to involve getting out to as many meetings as I am viciously thought I would at the beginning.

I'm always available to stand in, to chair, and it's a wonderful opportunity to do with that, when our illustrious chair can't do it. It's great to be able to serve, even if it's a little bit less than I thought. Thanks everybody.

Chair Emeritus (Astri)

To GSIG Spring Assembly.

Welcome to everyone, particularly to those of you who have not attended a Board Meeting before, I hope it inspires you to continue in service.

This month I was asked to facilitate a workshop on "How to Facilitate a Group Inventory". The workshop was hybrid, held at GSIG on June 10th at 3:00PM. Well attended with members who actively participated in discussion, asking questions, and sharing experience. It was a great time!

This experience got me thinking that if anyone had other ideas about issues they would like to dive deeper into, I would be happy to help with topics I might have experience with. Contact me at chairemeritus@seattleaa.org. I am looking forward to seeing you all as we participate in the many summer activities planned for us AAs. Every year there is a meeting by the International Fountain at the Seattle Center, on the 4th of July at 10:00AM. Bring a chair or blanket to sit on and maybe some coffee to share.... I will be there; I hope to see you there as well.

Yours in Service,
Astri T. Chair Emeritus

GSIG Office Reports

Office Manager (Lara)

Office Manager report June 2023 submitted by Lara Randolph

Financial: Tony H. has graciously stepped down from the role of Chair of the Finance Committee. Thank you Tony for your years of faithful service to Seattle Intergroup. The Office Committee has recommended that moving forward we disband the Finance Committee.

We have had 2500.00 worth of activity from our GSIG Online Bookstore so far this year. For those that do not know we have an online bookstore www.gsigbookstore.com

We are on a good trajectory to make up our projected loss for the year. Thank you so much to all of the individuals and groups that are contributing to us. We are so very grateful to all of you.

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 implemented a new chat line feature on our website. It is currently on only during open office hours.

Call Log:

- Chats: 105
- 12th Step: 5
- Meeting Info: 93
- Outside referral: 16
- Misc.: 20
- Wanted to talk: 38
- Intergroup info: 30
- Total points of contact: 307

It has been a busier month than usual.

We hired a cleaning service to deep clean the office last week. They did a fantastic job.

There are individual weekly, in office shifts available:

- Tuesdays 2pm to 6pm
- Thursdays 10am to 2pm and 2pm to 6pm
- Fridays 10am to 2pm

These shifts are a weekly, in the office commitment. Please contact either myself or Anita if interested.

BOARD MEETING MINUTES

The **group shifts** that are still available:

- 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
- 5th Thursday 6pm to 10pm
- 4th Friday 6pm to 10pm
- 5th Saturday 6pm to 10pm

Service Committee Reports

Accessibility (Laurel)

I reached out to District 16, 17, and Portland Deaf Access Committee. (PDAC) PDAC is an AA standing committee based in Oregon. There was a positive response to donating to the Blue Can (ASL). Any AA member, District, group can contribute to the fund that pays for ASL interpreters at AA meetings. To donate online, go to the Intergroup website, click on contributions for a drop-down menu. Scroll down to the bottom of the menu and choose Blue Can (ASL). You can also send a check by mail to Seattle Intergroup, earmark the check for Accessibility committee.

Thank you in advance. Your support means a lot to carry the message to and from Deaf alcoholics.

Archives (Theresa S)

I've just been doing routine filing sorting. I scan from home and save articles in the Seattle Intergroup Google Docs.

I'm trying to do some historical documents. The only other thing I would talk about is that I keep in fairly close touch with our area archivist, Area 72 Archivist. Area 72 has an archives repository with significant A amount of memorabilia and artifacts. District 38, which is Kirkland, is going to be absorbing the entire collection.

Some of you might know Dave C. He's been sick for a long time, and he has an archives collection.

He's going to turn that over to District 38, so I offered to help areas. In Archivist were going to try to start through thousands of items that Dave had collected over the years and figure out what to do with them.

What I do most of the time with Seattle Intergroup artifacts where we have doubles, or we have items that are really not specific to Seattle Intergroup is I take them to the Area 72 quarterly and give them either to the district or to the Area Archivist for their collections.

BOARD MEETING MINUTES

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 two weeks ago. I pray some new company will pick up the torch because it is important work!

I have men scheduled to speak at Riverton Place through September.

We continue our monthly panel with Union Gospel Mission's Hope Place, a women's recovery facility in D15 and am scheduled through August.

Our next Lakeside Milam Renton panel will be 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. Two new volunteer panelists have cleared for a total of 5 and we have 6 more going through the process. We will increase the frequency of the meeting to weekly once those volunteers have all been cleared.

Our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center is really picking up steam thanks to participation from the guys at Riverton Place and others from the outside supporting that meeting like Jeff U and Mikey.

We are bringing in Veterans from the program to speak at the VA Tuesdays at noon.

George from Shoreline Veterans Center wants support for their Fri night 6 pm meeting so please spread the word. I am giving him some Big Books tonight.

Janet invited me to speak at her Women in Recovery meeting last Thursday...they were very welcoming of me, and I shared everything going on with the committee. 5 women signed up to volunteer...thank you Janet!

In addition, we are hosting our next Area Treatment Quarterly hybrid meeting right here July 15th at 8:30 am. I am inviting all of you to attend along with D14, so please bring some side dishes to go with pizza. Everyone is welcome!

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 on zoom.

At Your Service with Gratitude,

West C

Chair, Greater Seattle Intergroup Hospital & Treatment Committee

425-736-4130

hospitalandtreatment@seattleaa.org

BOARD MEETING MINUTES

Nightwatch (Rob S)

Thank you to all current Nightwatch volunteers. Thanks to you, the GSIG phone is being answered from 10pm - 10am. If you are interested in volunteering, please contact Rob at nightwatch@seattleaa.org There is a 6-month minimum sobriety requirement and the shifts are: 10pm-2am, 2am-6am, and 6am-10am. We are currently looking to fill the 4th Saturday of the month 6-10am shift.

Thank you all for your service

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

Newsletter (John)

I just wanted to thank Lee for a really good job and giving us a more professional look. We have a resident artist now.

I'm grateful to be able to do this job.

Nightwatch (Rob S) — Not Present

Thank you to all the volunteers who take phone calls from 10p-10a (three 4-hour shifts) and continue to make Nighwatch a success.

We are always looking for new volunteers. You can sign up via the "Service" tab on the Seattle AA website and select "Phone Answering - Nightwatch", or you can email Rob S at Nightwatch@seattleaa.org

Looking into the future (the next 6 months), we will need a new Nightwatch Chair, so please contact Rob S if you are interested in learning more about this amazing service opportunity.

PI/CPC (Carina W)

It's hard to believe that spring has already come and went! Time flies even faster when having fun service!

WHAT HAPPENED

- Committee meeting & Literature Work Party
- Thank you to all who showed up for a well-attended and productive meeting. It's truly remarkable how busy our District and Group PI and CPC folks are making sure the hand of AA is there to reach the still suffering alcoholic. Here are some of the highlights:
- We have a new Zoom link (see below or always at <https://www.seattleaa.org/service/cpc/>)
- We also have a new Literature Coordinator! Jan H has now organized all of our existing literature then assembled and delivered three Literature racks within the Greater Seattle Area!
- The REST project (D15) is in full swing. Area CPC Chair, Carlos E, several women's sponsors, and I met

PI/CPC (Carina W) continued next page »

BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

with our contact on final planning to provide Sponsorship, Literature, Bridge the Gap, and a Speakers meeting.

- Bellwether Housing (D16) received a literature rack and has requesting assistance to setup a meeting
- The Redmond Library project is going strong... sign up to volunteer for a shift [HERE](#)

ON THE HORIZON

- Our Area PI Chair, Kari K, has graciously offered to provide AA Panel Training at GSIG Recovery Day at the Seattle Mariners is on August 27th... unfortunately also the same day as our Intergroup Picnic. We will still have our big Literature Display at T-Mobile park though!
- Valley Cities Detox and Intensive In-Patient Treatment Center has reached out for AA support

ADOPT A LITERATURE RACK

Does the library, community center, health facility, shelter, etc. in your community have AA pamphlets available to the public? If not, it's a great opportunity for Districts, Groups, and individuals to reach the still suffering alcoholic and potential alcoholics... and the GSIG PI/CPC Committee is here to help you get started!

SERVICE OPPORTUNITIES

Whether you have just a couple hours or are seeking a longer-term position, we have something for you!

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=eHBiT0RBdUhSRXpTVEl4NWtYbzQxUT09>
- MEETING ID: 817 1403 5053
- PASSCODE:Trudge

Third Legacy (Dan R)

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

It was our pleasure to meet with and present to District 25 last month. District 25 is an online district and is considering how best they can align with additional parts of the AA service structure. GSIG is looking forward to supporting them in their final decision and is excited to see that will be more directly plugged in the future.

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 **Website:** www.SeattleAA.org

BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

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 would like to thank The Solution Group in advance for hosting this quarters workshop.

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.

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.

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 – 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 to see what months are available.

Twelve Step (John DD)

My privilege to serve as chair of the 12th step committee. We facilitate 12-step calls and kind of in-depth follow up when it's indicated, when the offices closed, when folks call Nightwatch and speak with Nightwatch operators, and if those folks feel like, you know, they just say, they just need to be more time or someone wants more time, wants a 12 step call.

Paul wants to be taken to a meeting or meet somebody at a meeting. The office staff and volunteers use a database of 12-step volunteers, we use that same database as well.

There were seven 12-step referrals this month and wish there were more. I think there's a big opportunity and I'm hoping that the community of phone volunteers will embrace chat.

Other cities use it and find it fruitful and likewise 12-step committees. think that there's a there's some real follow-up opportunities if we refer use the 12-step committee. There are folks that love to do this work, and they're probably underutilized. If you'd like to do some of this work, contact Intergroup, get on the 12-step list.

We need more, I should say, other languages, alright. So, we have some, we need other languages in particular Spanish, ASL, but many others. Contact Intergroup, if you're interested, I put my phone number

« *Twelve Step (John DD)* continued next page »

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BOARD MEETING MINUTES

« *Twelve Step (John DD)* continued

and e-committee email in the chat. Please reach out.

Web & Tech (Mikey C)

Greetings from the Web/tech chair:

As summer is now upon us this committee is here to help the GSIG website run smoothly.

I stated in my report the monthly web/tech meeting is now being held at 5:30 pm 90 minutes before the board meeting every 3rd Tuesday of the month.

It was demonstrated that we could fix issues in real time, which we did by fixing the language between old software and new current updates. Thank you Lee

ID# 867 9514 2843

Passcode: 467107

in service,

Mikey C

GSIG W/T chair

Special Events (Steve R)

Great honor to be a part of our colleagues and honors and be in service of. So, special events, we got two big things coming up.

The Seattle Intergroup Picnic is August 27th. And I've sent out a signup genius to try to be more inclusive about bringing spreading the workload amongst districts or groups or whatever that may be.

We are getting some people signed up that are covering getting the picnic going. Thank you for that. If you have not received the signup genius to look at or any information, you can email at specialevents@seattleaa.org

And we can make sure that you get that directly too. We sent it out to home groups. I believe we sent it out to DCM's to be distributed between the home groups, and I don't know how much that happens, but it's out there.

The second order of business is we wanted to have a car show, and we were tentatively going for a September 9th date.

I have been in talks with the car club, and it's It sounds like September 9th isn't going to work.

We're going to go two weeks later, and we're looking more along the lines of September 23rd. At this car show this year, we're going to try to do a sock hop. Music and we can have some fun. will be revealed as we go along though.

GSIG District Reports

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District 16 (Kathleen B)

Hi, I'm Kathleen from District 16, zone rep or integral prep. District 16 helped co-host the delegate support that was last weekend, no, the weekend before last, and that was great.

I'm a GSR for spiritual lines, it is in person only, but it's a great group that meets in the University Lutherna Church at 7 p.m.

Sunday nights, and the thing that's so unique about it is that we start, it focuses on the third and the 11th step, but we start the meeting with 10 minutes of silent meditation, and at least for me it's a really nice way to end the weekend and you know kind of meditate a little bit and get back in the rooms and, you And the weekend on a nice three notes, so I'd like to invite everybody, it's from 7 to 8.30m every Sunday in person at the University Lutheran Church.

District 24 (Greg S)

District 24, we serve the Lynnwood Edmonds in the Mount Lake Terrace areas. It is a hybrid. We meet the first Wednesday of every month at 7pm in person at the Edmonds Masonic Lodge, and on Zoom, last month in attendance, we have 30 people live and 9.0 People on Zoom for 0.39. See, a couple of things I wrote down are, you know, so accessibility is currently focused on translating the stories in the VIG book and access to ADA-applcated ASL.

Thomas, our area Accessibility Chair, will be speaking in our district meeting next month.

In May, we are hosting the next part of the quarterly, in advance, on August 5th. CDC, attended the quarterly, may also highlight the lore from the quarterly, with the guest speaker, Jeff A, Jeff F.

P.I. attended P.I. quarterly. They focused on comparing volunteers for the AA group at the Washington State Fair is going to be September 1 through the 4th.

AA will have a booth set up for Friday the 1st. There are several three-hour slots yet to fill.

Unfortunately Brandon is no longer available to the students as the young person's chair and a gentleman named George made himself available and qualified to appoint George.

The new young person chair was made and seconded and passed. New business. Discussion of a new potential location.

District 31 (Thomas)

We had a CPC Representative from the, from the area, come in to do a presentation.

BOARD MEETING MINUTES

We are thinking about having a tech workshop.

Thinking about having the District Inventor, September 30th.

The DCM. is trying to find a way to help the groups that don't have support to attend the area assembly.

District 31 wants to help with workshops that are being held here at Seattle Intergroup.

District 32 (Samantha M)

District 32. meetings are every third Monday of the month from 7 to 8 30 at Brook lake Church, and we are representing Federal Way, Auburn, Pacific and Algonia.

We ended up having a nice potluck, Crystal, our delegate came in and we had group inventory. It was my very first inventory.

I thought that it went well.

There were a lot of suggestions brought to the table. She gave us the delegates report.

A.A. District 32 annual picnic Saturday, August 19th, a.m. to 3 p.m. at Game Farm Park in Auburn.

District 40 (Kelly)

We have our meeting on the second Tuesday at 7 o'clock. We are in central Seattle, South by 20, West of Broadway I'm north of like, Madrona-ish, and then I'm to Lake Washington. We helped host the delegate report back on June 10th with a bunch of other districts and we signed up at the Intergroup big picnic on August 27th Our district DCM will be going to the PNCU this weekend and all service positions are now filled as of me accepting this position.

Something I didn't mention in our district meeting and in my own business meeting last week, I am the GSR for PTP, Practice these principles 7am, 7 days a week online and 6 days a week.

We talked about hybrids, about equipment, about going back all in person, splitting the groups up and having different PSRs and separating the groups, trying to keep it together.

And just the battle that I'm personally having in my group and the negotiation discussion. And I want to put a shout out to the little service manual meeting that's been very helpful to read that thing.

The Concepts have helped me a great deal in backing way off as GSR and trying to just hold space for a lot of emotions and a lot of opinions. I'm in other virtual meetings as well that are out of state. And I guess I just want to say that out loud, but it's difficult and going to delegate report back and having the crystal

District 40 (Kelly) continued next page »

BOARD MEETING MINUTES

« *District 40 (Kelly)* continued

talk about the plain language, a book, and having this idea that a lot of people have shown that.

99.9% of the people who got to chance to read it and come out and talk about it, we're really grateful for how it was written and what they're producing.

District 41 (Laurel)

Hello, now I have a female voice. Anyway, I'm Laurel, I'm an alcoholic. And I represent District 41. Sunday, June 25th is the Pride Parade.

District 41 will have a booth. And we have volunteers from 10 a.m. until 4 p.m. If people have any questions about AA, we will have pamphlets available.

We're at the Seattle Center where the booths are located. District 41 will be hosting. A picnic on July the 22nd.

At Magnolia Park, at noon from 12 to 4 p.m., we welcome anyone to join. It doesn't matter which district you're coming from or which group you're with, bring the meat.

We'll be bringing the meat and you can bring the other stuff. Or just stop by and say hello.

Seattle Young People – (Morgan)

We have all our service positions built. have an influx of new young people taking over.

We just had a successful picnic, barbecue last Saturday before meeting, volunteer park had some bike race thing going on.

They had different ideas, but we made it work, sent a drink, everything, and just couldn't park in there.

Saturday night, 7 pm, tell your kids. I also want to be here representing the Seattle group that meets Saturdays at 6 o'clock right here at Greater Seattle University.

The speakers meeting, the doors are open at 5.30 for copy and fellowship. We are celebrating our two-year anniversary. This is a re-emergence of the old group in Seattle. We brought it back to life two years ago and we will be celebrating our two years in July. July 15th is our anniversary meeting.

We're on our 20th anniversary, but we normally have dinner beforehand. thought that might be a little more like a day with my wife, 4th of July.

We're going to do it a week later, 6 p.m. to the 7th quarter meeting, July 11th. We've voted that we're going to move our meeting because wintertime gets really cold in that meeting space.

Motion to Close

- 8:20 pm



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



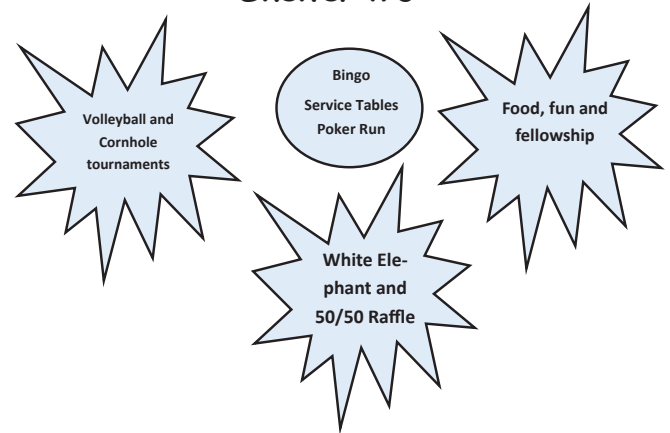
GSIG Summer Picnic

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 or 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



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

July 22TH
SATURDAY - 7:30PM

YOU CAN DO :

Singing *Acoustic Guitar*
(No Karaoke We will Accompany you)

Acoustic Instruments *Comedy*
Keyboard *Poetry*
Whistling & More

Seattle Intergroup
5507 6TH Ave S. Seattle, WA 98108

BRING FOOD & SNACKS

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



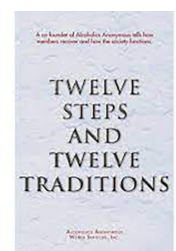
TRADITION STUDY WITH THE GSIG THIRD LEGACY COMMITTEE

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

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

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

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





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.

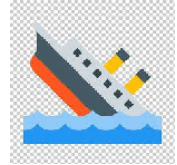
August 12th John M.

August 19th Pam H.

August 26th Jim H.

TITANIC

**FELLOWSHIP BBQ &
SPEAKERS' MEETING**



SUNDAY, JULY 16, 2023

LUNCH 11:30 pm

Speakers (2) @ 2:00 pm



CAMP LONG

5200 35th Ave SW: entrance at SW Dawson
West Shelter & Fire Ring

**An afternoon of fellowship, hamburgers, hot dogs,
and a dessert buffet.**

The 7th Tradition will be observed.

Please bring a dessert to share. Thank you.

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

High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

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

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

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

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

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

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



Get Involved

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

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

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

Link to GSIG Online Contributions

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



