



High & Dry Greater Seattle Intergroup of

Alcoholics Anonymous

5507 6th Avenue South, Seattle, WA 98108

November 2015

HighandDry@seattleaa.org www.seattleaa.org

Meeting Minutes for the GSIG Board Meeting October 20th

Opening

The meeting was opened at 7:00 PM with the Serenity Prayer led by Dave T. (Chair). The Twelve Traditions were read by Brett and Concept Ten was read by John D.D.

AA birthdays

Chris W. (5 years) and RJ C. (3 years)

Roll Call

Active zones present: **10**; 112, 114, 115, 116, 117, 118, 131, 132, 141 and 142 (Quorum)

Active zones absent: **2**; 124 and 133

Inactive zones: **8**; 101, 108, 113, 134, 135, 138, 139 and 140

Officers present: **5**; Chair, Chair Emeritus, Treasurer, Secretary and Vice Chair

Officers absent: **0**

Committees/admins present: **12**; Accessibility, Archives, Corrections, CPC-PI, Finance, *High & Dry*, Hospitals & Treatment, Office, Office Manager, Assistant Office Manager, Third Legacy and Web & Technology

Committees/admins absent: **2**; Night Watch and Special Events

Reports

Chair (Dave T.): **Report attached** - *Written report submitted 10/20/2015*

Dear Friends of GSIG!

Greetings from your Seattle Intergroup, Intergroup exists to aid the Groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

First off, we have how-to workshop on making an old fashioned 12th Step Call coming up on November 8th, 11-2 at Seattle Intergroup. There is a flyer elsewhere in this issue.

Secondly, there is only 1 board meeting left before elections. So if you have ever wanted to be involved in YOUR intergroup, now's the chance. We are looking for candidates for the following Board positions, Chair, Vice-Chair, Treasurer, and Secretary. Ideally we like to have at least 2 qualified candidates make themselves available for each position. Look for the flyer elsewhere in this newsletter or on our website (seattleaa.org), or email a service resume to nominating@seattleaa.org.

Also, we are still looking for another member for the Finance Committee. The committee meets via video conference at 6pm on the Wednesday after the 2nd Tuesday. If you have some financial expertise and are available to help us "to develop a set of financial best practices and to assist the Office Committee and the Board of Directors to put into place and maintain such best practices" we would like to hear from you.

A reminder about the Seattle Intergroup Fall Assembly Coming up on November 14th starting at 10am at Seattle Intergroup office (5507 6th Ave S Seattle WA 98108). Our theme this year will be "Manning the AA Lifelines" and will feature a panel presenting an orientation on our after hour's phone service for both Groups and Nightwatch volunteers.

Lastly, pleased to announce the availability of the after hour's literature pickup, members can now place phone orders with a credit card during normal 10-6 business hours for pickup after normal business hours at our Georgetown office. A literature list is available on our website.

If you have questions about Seattle Intergroup I am available to meet with your group, please let me know how I may be of service. Our next board meeting will be Saturday November 15th at 10am at the GSIG office. All are welcome to attend.

In Service,
Dave T
chair@seattleaa.org
10/14/15

Vice Chair (Dawna H.): Attended Accessibility Committee and Office Committee meetings

Chair Emeritus (Dan R.): No report

Recording Secretary (Joe P.): Distributed roster, asked for updates and asked alternates to indicate they are alternates rather than cross-out Zone's primary representative. Invited interested members to contact re: potential service during next rotation.

Review of past meeting minutes

Minutes from the September 2015 meetings was distributed. It was **moved** (Zone 112) and **seconded** (Zone 131) to approve the September 2015 meeting minutes, as revised. **Motion adopted unanimously.**

Treasurer (Chris W.): "September's financials were unremarkable. Total contributions were down -\$540 to budget, and total retail sales were down -\$3,313 to budget, leaving our September net at -\$4,150 to budget. September is historically a poor income month. It is believed groups are saving/spending for the Area Assembly. For the year, total contributions were up \$181 over budget. Total retail sales were down \$24,952 under budget. The poor September leaves our net at -\$7,022 we had budgeted for -\$13,626 loss at this point. So while Intergroup prepares to budget for 2016, we can see the groups have responded to our budget for contributions in 2015. Let's remember, the budget for 2015, which was passed by the groups, is a -\$18,000+ loss. The scenario ahead consists of dealing with falling retail sales. How do we bridge that gap? We can cut overhead on an intergroup, which is running tight and smart, or we can increase our contributions. We have the prudent reserve now to make that transition. What do you want to do?" -*Written report submitted 10/14/2015* It was **moved** (Zone 115) and **seconded** (Zone 116) to accept the Treasurer report. **Motion adopted unanimously.**

Zone 112 (Thomas F.): Group will celebrate 30 year anniversary on November 14 with a potluck at 6 PM and speakers at 7 PM.

Zone 114 (Larry B.): "Twenty-one (21) people attended the October District meeting. It was requested we keep reports short in the interest of time. Twelve (12) GSRs were present to give group reports. "Running smoothly, no issues," for the most part. GSR for Vashon Island Group reports a change to the groups meeting preamble/introduction focusing on appropriate behavior toward others in attendance. The purpose of the change is to deal with a predatory behavior issue. The GSR agreed to bring the language to the next District meeting. Five (5) committee reports, one empty position filled (Grapevine/Literature) by Lyn B. It was reported the District 14 picnic was self-supporting through a pie auction." -*Written report submitted 10/19/2015*

Zone 115 (Ian B.): "District 15 will be hosting its annual Gratitude Banquet on November 14 - the same day as the Fall Assembly. A big day for AA!" -*Written report submitted 10/20/2015*

Zone 116 (Allison B.): "Eight (8) attended last meeting. Reservoir Group (Sunday 6 PM) has a new format: will split into two meetings, a step study and a general discussion. Sand Point Big Book (5:30 PM Sunday) will be voting in November on whether or not they will continue having their meeting, as attendance and participation has continued to be low. Lake City Young People (7 PM Tuesday) is hurting for money but will survive. They continue to have outings and go out for

fellowship after the meeting! Lake City Big Book (8 PM Wednesday) noted that they have had members driving for Milam, so there are a lot of newcomers in attendance! Archivist went through our last box of archives. Have a few soft cover books. Can we donate them to corrections at Intergroup? Also, a VHS of "AA Rap With Us." Secretary will not be moving after all because he got into his program at UW Seattle! So the secretary position is filled. District 16 will be hosting the (Area) Accessibility quarterly this Saturday, October 24. A member reported that the "12th Step list at Intergroup doesn't seem to be working." Is there some way this can be updated?" -*Written report submitted 10/20/2015*

Zone 117 (Greg T.): Adam for Greg T. Zone meetings held on 4th Wednesday.

Zone 118 (Tom F.): Four (4) attended last meeting. A New Purpose Group holding gratitude potluck November 12.

Zone 124 (Dusty K.): absent; no report

Zone 131 (Jodi B.): Searching for a regular meeting location. District meeting focused on Area Assembly. District audit was completed.

Zone 132 (Cheryl M.): Auburn Group held group inventory. Sponsorship conference will be held October 23-25 in Tacoma. Auburn Alkies holding gratitude potluck dinner on November 15 at 6 PM with speaker(s) at 7 PM.

Zone 133 (Rick L.): absent; no report

Zone 141 (Dan G.): Re-activated; no report

Zone 142 (Anne Marie M.): "Twenty-three (23) attended last meeting. Accessibility Committee Quarterly, Lake City Neighborhood of Seattle, 2212 NE 125th, Seattle, WA, 98125, in basement down behind facility, hosted by Area 16. Public Information position is open. District 42 picnic not well attended. Why? Possibility of another type of outing? Discussion of our relationship with Sno-King Intergroup. Tabled until next month. Some discussion about the Assembly." -*Written report submitted 10/20/2015*

District 18 (R.J. C.): Searching for location for Burien Little Assembly (BLA).

Accessibility Committee (Janny B., Chair): Committee discussed outreach to deaf alcoholics to build awareness.

Archives Committee (Teresa S., Chair): Working on updating the *Sober in Seattle* PowerPoint presentation. Would like to attend November Area Archives Quarterly.

Corrections Committee (Lori R., Chair): "Twelve (12) attended last meeting. We continue to have good turnout at our monthly committee meeting. A few of the coordinators are missing in action though. I missed the September Corrections Committee and GSIG meetings as my husband passed away unexpectedly on the 13th, after celebrating my daughter's wedding. Many thanks to those who have sent their condolences. My job also requires me to be out of town on Tuesday quite often, but I am trying to make sure someone from Corrections shows up and that I get a written report in. As always, we need volunteers at every facility! We have the same dedicated group going in month after month, year after year and it's time for more members of the fellowship to step up and do this important service work, if they are eligible. Please share the need with everyone you know!!! Our Co-chair was officially elected at the October meeting." -*Written report submitted 10/19/2015*

PI & CPC Committee (Marc E.): John D.D. for Marc E. "Five (5) attended last meeting. Committee attendance was light Saturday, as several members attended Area 72 Assembly. There are committee positions open, as 2 servants had to step down. Many service opportunities available. The committee continues to work closely with GSIG H&T Committee on outreach to hospitals and treatment centers, as well as coordinating 12th Step calls at Virginia Mason in Seattle. We're cooperating with other districts in Area 72, sharing experience as they offer the same program in their cities. We'll have members attending the Area 72 PICPC Quarterly November 14 in Kelso. We continue to stock AA literature in community

centers, shelters, and clinics around Seattle. Much more we can do with help. Please invite any interested in service, and carrying the message. We elect a new chair at the December committee meeting, as January begins a new service rotation. Please inform your groups." -Written report submitted 10/20/2015

Hospitals & Treatment Committee (Jacob W., Chair): Hosted a workshop with Districts 18 and 31, which was well attended. Attended Treatment Quarterly in Tacoma. Responded to several requests from facilities for literature, including a new facility. Considering an orientation for new volunteers going into facilities. Panels on Sundays at Thunderbird at 6 PM could use women volunteers.

High & Dry (Ben O., Editor): Reminder of content submission deadline

Office Committee (Bryson A., Chair): Concern about waste of electricity. Please be mindful when volunteering. Approved taking literature orders by telephone. Considerable discussion re: 2016 budget proposal and agreed to submit a balanced budget.

Office Manager (Norm S.): **Report attached** -Written report submitted 10/19/2015 Brief overview of condensed financial reports, highlighting that GSIG cash reserves (approx. \$93,000) exceed what would be necessary for a fully-funded prudent reserve (approx. \$50,000) and is larger than at same time in 2014 (approx. \$88,000). GSIG's cash position is good and allows for the weathering of unseen problems. However, the downward trend in literature sales continues and will require a long-term fix.

I am pleased and grateful to submit this Office Manager Report for September 2015.

Inventory—Inventory levels are considered adequate. Initial sales of GV-34, *Forming True Partnerships*, have been brisk. About half of the initial order quantity one month ago remains in stock. The preliminary discussion with the large treatment facility failed to materialize due to a death in the purchaser's family. Hopefully this will be re-scheduled soon. In the meantime, we are seeking an estimate of volumes for consideration in the 2016 budget. No literature sales for this customer have been included in the proposed budget drafts you will see later, under new business.

Process/Organization—

Office/phone weekday coverage: Welcome to Bob F.! We are grateful to have his volunteer services on Friday afternoons. We could use a temporary Friday afternoon volunteer while Tom O'B recuperates, and we continue to have a opening on Thursday afternoons.

Weekday evening shifts: There are openings for groups answering phones on weekends: 1st Sunday at 6 p.m., 2nd Sunday at 2 p.m., and 3rd Sunday at 10 a.m. Please ask your groups to call Anita. One group has given notice that at the beginning of 2016 they will relinquish their 3rd Thursday, 6 p.m. slot.

Nightwatch shifts: When the October nightwatch calendar was published, there were some holes. Please contact David d. for the most up-to-date information.

Physical Plant: No issues of concern to report. We continue to progress on the light bulb and ballast project. Thanks to Bill S. for re-seating the toilet in the Board room bathroom, which someone managed to knock off its foundation. The carpet condition continues to degrade with pizza grease, spilled coffee, spilled pop, and chocolate. We will be due for a deep cleaning before the end of the year.

Financial Statements—Financial statements for September and September YTD are available for your review. Group contributions were again nearly on budget. The monthly loss was fairly large at (\$4,150) but was budgeted to be so. September has been GSIG's historically low month, mainly due, we think, to groups' sending off GSR's to the Assembly.

Personnel—We are sad to announce the passing of Mike R. Mike loved to love A.A., started the Southend Bookstore, and devoted many, many hours for office committee, BLA, and other GSIG activities. Mike was a past chair of the Area

Grapevine / Literature committee also. Mike's memorial was held at South King Alano Club on Wednesday, September 30. There was a good turnout, all of whom loved Mike and his service example. I attended the Area Assembly in Seattle on October 17, and it was good to represent your Intergroup and to demonstrate our cooperation with WWA Area 72.

Respectfully submitted,

Norm S.
norm@seattleaa.org

Assistant Office Manager (Anita S.): Attended Office Committee meeting, Agape anniversary potluck, and Mike R.'s memorial. Reminder of GSIG Fall Assembly on November 14.

Night Watch Coordinator (David d.): absent; no report

Special Events Committee (Amy G.): absent; no report Dave T. (Chair) announced dates of upcoming events, also listed **below**.

Finance Committee (Mike M., Chair): "Four (4) members attended last meeting, held by video conference. September 2015 GSIG Financials: The Committee reviewed and discussed the September 2015 GSIG financial reports. We noted nothing significant or unusual in the trends or balances September financials and when compared to the budget both for the month and year-to-date. The Sept 2015 YTD results continue to show the 2015 actual net loss compared to the budget will be a lot lower than projected. As of Sept it was about \$7K loss as compared to a budget of about \$13.5K. The budgeted loss for the entire year of 2015 is \$20K. The primary driver for this continues to be lower staff costs. GSIG 2016 Budget: Budget Presentation: We discussed two options for preparing the budget for review by the Board. Option (1) prepare the Expenses and Literature Sales based on projected trends from current actuals and then plug the Group Donations to reach a zero net income (loss). Option (2) prepare the Expenses, Literature Sales and Group Donations based on projected trends from current actuals and show the budgeted Net Loss. We believe Option (2) is more appropriate as it is a more accurate representation of the GSIG forecast financial condition if current trends continue. Prudent Reserve: In addition we believe that the current prudent reserve along with the current total cash should be presented with the budget and any budgeted net loss in order to inform the Board as to how long the budget loss could last before the prudent reserve is reached. Budget Suggestions for Discussion: The following are meant only to be potential ideas for further discussion by the Board. (1) Consider charging a \$20 fee per year for any group that does not contribute to GSIG annually (about 560 groups or 70% of all groups) in order to be listed in the schedule book and website. (2) Consider reducing Office Manager number of hours. (3) Consider reducing Committee budgeted expenses to either what they actually used in 2015, or reducing further by the amount of current cash the committee has in earmarked funds. New Committee Volunteers: Currently there are only 3 voting members on the Committee with the Treasurer being non-voting. The Committee's current member rotation schedule does not stagger rotation to avoid 100% turnover annually in December. Bruce E. and Michael E. will rotate off the Committee at the end of December 2015. The Committee will continue to seek and recruit new members, if anyone is interested or knows of a possible candidate, please let us know. We also recommend staggering Finance Committee service terms if and as possible going forward so that the entire committee does not rotate off at the same time." -*Written report submitted 10/19/2015*

Web & Technology Committee (Leonard T., Chair): A number of projects remain, "in-progress" including Night Watch systems update and some website feature rollouts.

Third Legacy Committee (Travis A., Chair): Dan G. for Travis A. "We held our monthly committee meeting on the 12th of October. Continued outreach to the groups is going well, and groups seem very receptive. Thanks to Mike and Jodi who have done a large portion of the latest presentations. We have completed 8 presentations since our last board meeting, and have 4 more scheduled in the coming weeks. If any of you know of meetings that would like to have 3rd Legacy do a short presentation at their next business meeting, please email thirdlegacy@seattleaa.org and we will make sure someone is

there. Our next committee meeting will be November 9th at 7 PM at GSIG. Everyone is welcome to attend.” –*Written report submitted 10/20/2015*

Old Business

Nominations Committee (Jodi B.): Committee has received 2 candidate resumes, total, for the 4 officer positions to be filled during December 2015 meeting.

Bylaws amendment (Dave T., Chair): The proposal to amend Article III, Section B of the GSIG bylaws to, “Align the beginning and end dates of GSIG’s two year service rotation for GSIG Chairperson, Vice Chair, Treasurer and Secretary with the Area 72 service structure service rotation, effective January 1, 2016,” was presented in the October 2015 *High and Dry* along with “pro” and “con” statements. In accordance with Article IX, Section A, (1-3), it will be voted upon during the November 2015 GSIG Assembly. A discussion related to the implementation of the change followed (changing the language would create unusual terms for next officers). A soft polling of the attendees showed a majority of members favor one-year terms for initial year of implementation.

Budget policy (Dave T., Chair): Discussion: whether, when applicable, to present a budget with a deficit or a balanced budget that informs groups as to the contributions expected of them in order to break even - 2016 Budget draft includes both presentations.

New Business

2016 budget proposal (Chris W.): A 2016 Budget draft was distributed and a lengthy presentation and discussion followed. Budget will be voted on during December GSIG Board meeting.

Upcoming Events

12th Step workshop: November 8, 2015 at 11 AM at GSIG Office

GSIG Fall Assembly: November 14, 2015 at 10 AM at GSIG Office

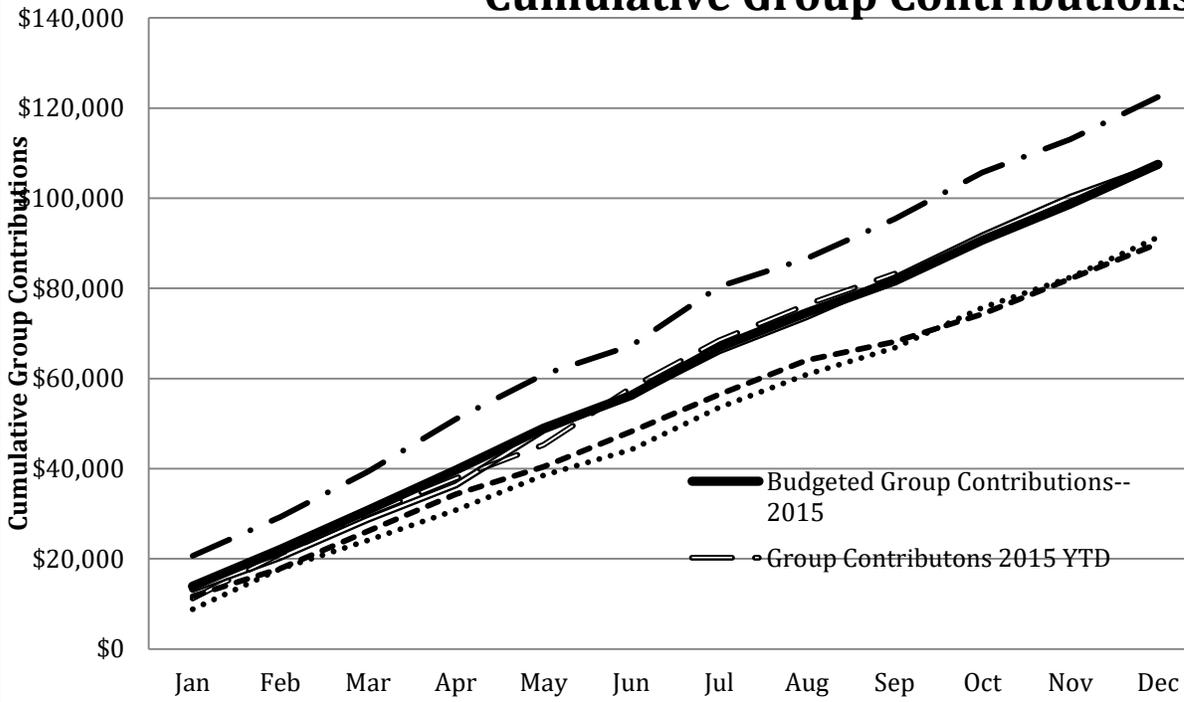
2016 Budget approval and officer elections: December 15, 2015 GSIG Board meeting

Closing

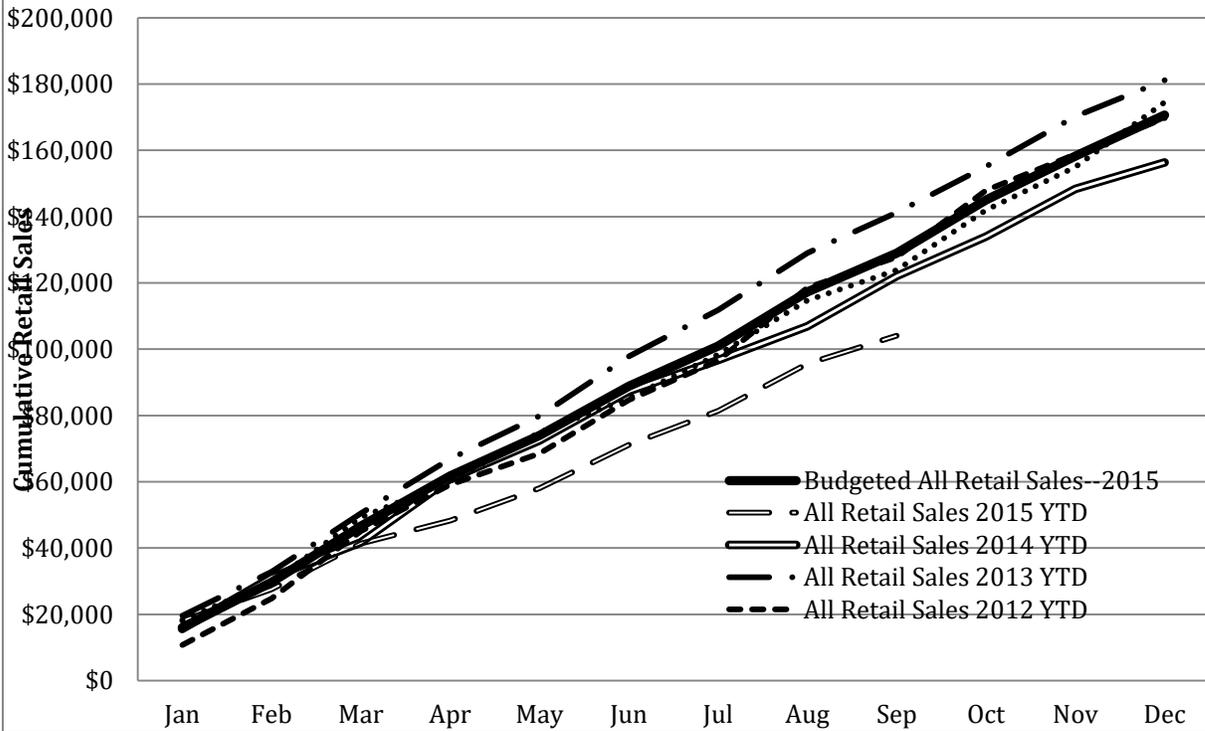
It was **moved** and **seconded** to adjourn the meeting. **Motion adopted unanimously.** The meeting was closed at 9:45 PM with the Responsibility Statement led by Allison.

Next GSIG Board meeting: Fall Assembly: November 14, 2015 at 10 AM at GSIG Office

Greater Seattle Intergroup Cumulative Group Contributions



Greater Seattle Intergroup Cumulative Retail Sales



Greater Seattle Intergroup
Condensed Financial Statements
September 2015

CONDENSED PROFIT & LOSS for *High & Dry*

	Jan - Sep 15	Budget	Jan - Sep 14
Ordinary Income/Expense			
Income			
Total Contributions	90,781.63	90,600.00	91,803.61
Total Retail Sales	104,047.85	129,000.00	122,060.01
4201 · Special Events Income	5,170.54	4,300.00	4,437.00
4301 · Other Income	-	-	1.50
Total Income	200,000.02	223,900.00	218,302.12
Total COGS	69,409.44	92,790.00	85,695.78
Gross Profit	130,590.58	131,110.00	132,606.34
Expense			
Total Other Expenses	3,029.38	2,520.00	2,494.60
Total Paid Staff	69,583.45	76,700.00	72,793.13
Total Rent and Office	57,796.46	55,801.00	60,481.34
Total 6801 · Standing Committees	7,497.68	9,340.00	5,045.04
Total 6830 · Travel and Meetings	-	375.00	1,059.39
Total Expense	137,906.97	144,736.00	141,873.50
Net Ordinary Income	(7,316.39)	(13,626.00)	(9,267.16)
Net Other Income	293.71	170.00	149.77
Net Income	(7,022.68)	(13,456.00)	(9,117.39)

CONDENSED BALANCE SHEET for *High & Dry*

	Sep 30, 15	Aug 31, 15	Sep 30, 14
ASSETS			
Current Assets			
Total Checking/Savings	93,863.50	88,273.85	87,922.05
Total Accounts Receivable	1,340.27	8,442.69	9,579.25
Total Other Current Assets	38,667.39	39,303.35	41,761.70
Total Current Assets	133,871.16	136,019.89	139,263.00
Total Fixed Assets	1,502.02	1,598.74	1,063.76
TOTAL ASSETS	135,373.18	137,618.63	140,326.76
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Total Accounts Payable	3,552.53	1,230.03	1,556.91
Total Credit Cards	-	-	-
Total Other Current Liabilities	11,115.54	11,537.62	7,344.90
Total Current Liabilities	14,668.07	12,767.65	8,901.81
Total Liabilities	14,668.07	12,767.65	8,901.81
Equity			
3001 · Opening Bal Equity	694.10	694.10	694.10
3101 · Retained Earnings	127,033.69	127,033.69	139,848.24
Net Income	(7,022.68)	(2,876.81)	(9,117.39)
Total Equity	120,705.11	124,850.98	131,424.95
TOTAL LIABILITIES & EQUITY	135,373.18	137,618.63	140,326.76

Future Tripping

NOVEMBER 2015

7th DISTRICT 35 GRATITUDE DINNER, Pine Lake Covenant Church, 1715 228th Ave SE, Sammamish. 5:30 – 9:30pm. Potluck side dishes. Raffle, speakers, sobriety countdown.

7th DISTRICT 33 ATTITUDE OF GRATITUDE BANQUET, Lake Sawyer Christian Church, 31605 Lake Sawyer Rd SE Black Diamond. doors open at 4:30, potluck at 5pm. Potluck sides. Childcare provided during speakers. Please bring a nonperishable food item to be donated to the MV Food Bank.

7th WWA72 ARCHIVES QUARTERLY, Maple Valley Presbyterian Church, 22659 Sweeney Rd SE, 98038. Fellowship starts at 9am, business starts at 10am.

8th 12th STEP CALL SEMINAR, 11am,

13-15th SERENITY AT THE SHORES, Ocean Shores Convention Center, www.oceanshoresjamboree.com

14th DISTRICT 38 GRATITUDE DINNER, Four Square Church, 14520 100th Ave NE, Bothell. 5-9pm. Dinner at 6pm.

14th GSIG 2015 FALL ASSEMBLY, 5507 6th Ave S, 98108. Starts at 10am, “Manning the AA Lifelines” Potluck side dishes, main dish provided.

14th DISTRICT 15 & 40 GRATITUDE BANQUET, St Mark’s Cathedral, Bloedel Hall, westside entrance, 1245 10th Ave E. Potluck sides. Doors open at 5pm for deliveries, fellowship at 5:30. Event is ASL interpreted.

14th WWA72 PI/CPC Quarterly, Presbyterian Church, 215 Academy Street, Kelso 98632. Spaghetti lunch provided, potluck sides.

22nd RENTON GROUP GRATITUDE BANQUET, Lakeridge Lutheran Church, 7465 S 112th, 98178. Doors open at 5:30, dinner at 6:00 and speakers at approximately 7:00. Potluck sides.

27-29th EVERETT CONFERENCE, www.everettconference.org

28th DISTRICT 34 GRATITUDE DINNER, North Bellevue Community Center, 4063 148th Ave NE. Tickets \$5, starts at 6:30pm-speaker meeting will follow. Potluck sides.

DECEMBER 2015

4-6th SPIRITUAL GROWTH THROUGH THE PROGRAM OF RECOVERY, Seabeck Conference Center, Hood Canal. \$158 shared room/\$198 single room. Includes meals, meditations, topic meetings, speakers and panel discussions. Call intergroup for more details.

5th WSCYPAA UGLY SWEATER BALL, St Mark’s Cathedral, 1245 10th Ave E, 98102. Presale tickets 2 for \$10. www.wscypaa.org

12th WWA72 GV/LIT QUARTERLY, business starts at 10am. Salvation Army, 3001 R Ave., Anacortes. Potluck finger desserts (doesn’t need cutting or a plate).

31-2nd NEW YEAR’S ROUNDUP, Seaside Convention Center, 415 1st Ave S, 97138.

Meeting Changes

NEW MEETINGS:

SUN 10:30am O MANY PATHS, Burien Community Center 14700 6th Ave SW, 98166. 1 hour meeting, within walking distance from Burien Transit Center, plenty of parking.

THU 7:15pm O STORY TIME, Mt Baker Presbyterian Church, 3201 Hunter Blvd. S, 98144. 1-hour, wheelchair accessible, women only meeting.

THU 5:30pm O HOW IT WORKS, Covington Community Church, 17455 SW Wax Rd, 98042. Women only, 75 minute meeting.

CHANGES:

SUN 5:30pm C STEP SISTERS, Kent Lutheran Church, 336 2nd Ave S, 98032. (new location)

THU 7:00pm O CUTE BUT DANGEROUS, 7500 Greenwood Ave N, 98103. Mtg now has childcare.

FRI 5:30pm O SERENITY AT WEEK'S END, The Phoenix Club, 15011 Aurora Ave N, 98133. Mtg is wheelchair accessible.

SAT 11:30am O SATURDAY BRUNCH BUNCH, The Phoenix Club, 15011 Aurora Ave N, 98133. 1 hour, wheelchair accessible meeting.

DEFUNCT:

THU 8pm C DESMOINES 2nd WIND, Grace Lutheran, 22975 24th S, 98198.

THU 9:30am O MORNING MEDITATION, 17418 8th Ave NE, 98155

NEEDS SUPPORT:

THU 8pm C THE RENTON GROUP, Lakeridge Lutheran Church, 7465 S 112th, Renton 98178.

SUN 8pm O THE RENTON GROUP, Lakeridge Lutheran Church, 7465 S 112th, Renton 98178.

FRI 3pm C ANGELINE'S, 2030 3rd Ave, 98121. 1-hr, women only mtg.

Intergroup Thanks--

From Anonymous \$500, \$25 in memory of Marvin R. from Agape, Mary MP \$5, Gary and Sharon H \$25, District 31 \$689.38, Mary Michelle P \$5, Janice B \$25, Karen C \$27, Harley C \$50 and Karen M \$20

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Morning Afternoon	Sharon B and Diane L Bill S and Freda T
TUESDAY	Morning Afternoon	Tom P and Gary H Mike M and Marci H
WEDNESDAY	Morning Afternoon	Gerry L and Joe M Chryse L and Shelly
THURSDAY	Morning Afternoon	Cyndy G and Vito M Steve B
FRIDAY	Morning Afternoon	Linda P and Jon C Tom O and Bob F
SATURDAY	Morning	Fred P

SEATTLE SUBSTITUTES:

Diane L

SOUTHEND BOOKSTORE VOLUNTEER MANAGER: Jim H.

VOLUNTEERS: Carolyn B and friends.

SOUTHEND BOOKSTORE PHONE NUMBER: 253 288 2237

Renton Group History

In 1987 the Washington Area printed the book, "Our Stories Disclose" – a history of the Washington Area of Alcoholics Anonymous – 1941 to 1986, which contained histories of many groups. This group history includes sections from that original printing.

Al S. of Renton, helped by Carl M of the Empire Way Group, and Dee D and Lee B started the Renton Group. The first meeting was held in the courtroom of the Chamber of Commerce Building in the Renton highlands in May 1948. After one meeting the small group moved to a location on Garden Street, then moved again in 1949 to the Bartenders Union Hall.

In 1950 the group consisted of Woody, Al S., Dee D., Lucky, Edna M., Betty M., Verna, Larry O., Jack F., and Helen S. In 1952 Mary B. and Ben S joined, followed in 1953 by Pauline W. who was secretary for eight years. The group moved to Longacres Race Track in 1956 and stayed there for four years. New members during this period were Bob A., Amos G., Johnnie J., Ray B., Todd T., and Albert M. Bob A. soon became the group G.S.R. and was elected Area chairman in 1958. He gave up this office to continue his institutional A.A. work and outside sponsorship for the McNeil island Federal Penitentiary groups from 1958 until it closed in 1980. He was also active to the Renton Group in 1957 and soon sponsored many in those early years. He also served in Seattle Intergroup and became Area treasurer in 1967 for two years. Ray B. came in 1960 and obtained the American Legion Hall by the river on Williams Avenue South.

The Renton Group has its first gratitude potluck and speaker meeting in November 1965, with Dr. Clarence h. from Portland as the first speaker. All the donations from that first gratitude meeting were sent to the G.S.O. and that same practice is continued today.

In 1960 Paul T and Jack M., patients at the Veteran's Hospital wanted a meeting. The Renton Group made this inaugural meeting possible. In October 1985 the Veteran's Hospital Group celebrated its twenty-fifth anniversary.

In 1975 George F joined the Renton Group and became a sponsor for the McNeil Island Penitentiary. Additionally the group, with Jim M. as sponsor, went to two meetings a month at the Monroe Reformatory. Mary B. has supported the Monroe meetings for over thirty years. The group also went to the Purdy Women's Treatment Center once a month.

The Renton Group stayed at the American Legion hall in downtown Renton until 2000. It was often said that if you walked around that building just once or twice, it would help you stay sober for that 24 hours. In October 2000 the Renton Group moved to the First United Methodist Church in the Renton Highlands. Meetings were held there from 2000 through September 2007. During this time the Griffin Home began transporting a dozen or so boys to the group for Mary B.'s First Step meeting each week. When Mary B. celebrated her 50th year of sobriety the large meeting room had a capacity crowd with standing room only. She continued to carry the message to Monroe as long as she could until her passing in 2003.

The Methodist Church was unable to allow the group to meet there on Sundays but kept its door open for use on Thursdays. The group's decision was to find a new location for both nights. After much searching by many group members, Kevin H. secured the Lakeridge Lutheran Church (7465 S 112th St, Seattle, 98178), and in October 2007 the group had a new home. Just like the Legion Hall, there are 12 Steps down to the main room and there is a First Step meeting upstairs on Thursdays for the newcomer if needed.

As of 2015, the meeting formal remains unchanged, with two meetings a week: a rotating step-study on Thursdays (even on thanksgiving) and an open, topic meeting with the same podium that has been used for decades on Sunday. Love, unity and service are stressed, and there is always a welcoming hand for the suffering

alcoholic seeking help as well as any visitors from outside the Seattle area. The monthly birthday meetings are often very large with many years of sobriety celebrated.

The Renton Group is active and health, and with the help of God, will remain so. All are welcome to make the Renton group their home group.

Corrections Corner

As always we are busy reaching out to the alcoholic who still suffers in our local correctional facilities. Taking a meeting into a local facility is a great way for a Sponsor and Sponsee to work together. My sponsor Judi A. and I have been going to the RJC the first Thursday of every month for a few years. It is meaningful service work that helps keep us sober. It is not hard work and not an overwhelming commitment at all. If you believe in doing service work and giving back, please consider CORRECTIONS. You can contact us at corrections@seattleaa.org for more information. Thanks, Lori R-G

HAPPY BIRTHDAY TO OCTOBER AND NOVEMBER CELEBRANTS IN THE HOW DRY I AM CLUB!!!

October

Larry M	White Center Group	
Sueellen	WBYOBB (from your most loving sponsor!)	22 years
Kim S	Lucky Ladies	8/13/2007 8 years
Shan E	Lucky Ladies	9/30/1999 16 years
Pam J	Last Chance	
Bill S	The Solution Group	25 years
Steve C	The Renton Group	19 years
Tom K	Back to Basics	49 years
Teresa S	Back to Basics	32 years
Nora M		42 years
Liz C	Sober Sisters of Seattle	40 years

November

Karen C	Whisky Rose	9/5/1988 27 years
Karen M	Principles Before Personalities	10/11/1995 20 years
Harley C.	Junction Lunch Bunch	11/24/1982 33 years
Bill DJ	Empire Way	10/25/1982 33 years
Ron E	White Center	23 years
Percy M	Practice These Principles	9/21/2007 8 years

If you would like to join the How Dry I am Club and support GSIG Please fill out this form and send along with the suggested donation of \$1 per year of sobriety!

Name	
Address	
City, Zip	
AA Anniversary and/or #of years	
Home Group	
Contribution enclosed	\$

Return this form to:

Greater Seattle Intergroup [GSIG]
5507 6th Ave. S.
Seattle, WA 98108



CALL FOR NOMINATIONS

Greater Seattle Intergroup's Nominating Committee is interested in YOUR availability for service in 2016.

Nominations are open for the four Board Officer positions--Chair, Vice Chair, Treasurer, and Secretary.

We wish to have at least two qualified candidates for each of these positions and would be grateful if there are more!

Closing Date: November 14, 2015

Please submit an A.A. service resume and (if applicable) a job resume to:

Nominating Committee

nominating@seattleaa.org

or

Please call the Intergroup Office at 206-587-2838. Ask for Norm or Anita.

MAKING AN OLD FASHIONED 12th STEP CALL REACHING OUT TO OTHERS, A HOW-TO SEMINAR



I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.¹

Join us for a three hour panel workshop to review best practices when conducting a 12 step outreach visit. Panel discussion and attendee participation designed to promote understanding and confidence in participating in a 12 step outreach visit.

Panelists:

Anita S., Bill S., Dennis E., Norm S., and Sharon B.

Topics will include:

How to sign up at Intergroup to receive 12 step call referrals.

Suggested qualifications for participation.

Suggested procedure for the visit based on location and condition of the prospect.

Establish contact and determine the condition of your prospect.

A comprehensive list of Do's and Don'ts while meeting with a prospect.

Suggested AA Big Book readings prior to attending:

Chapter 7: *WORKING WITH OTHERS*

Chapter 11: *A VISION FOR YOU*



See you there!



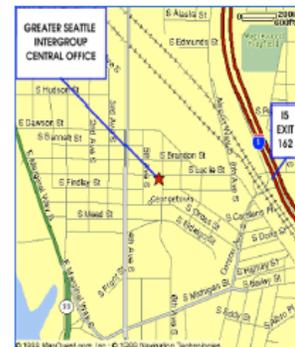
Date: Sunday
November 8th

Time: 11 am to 2 pm

Location: 5507 6th Ave S.
Seattle WA 98108
(Sixth and Lucile)

Lunch: Lunch will be provided;
but feel free to bring
something you would
like to share.

Breaks: There will be three 15
minute breaks.



Greater Seattle Intergroup

2015 Fall Assembly

POTLUCK - Friends, Food & Fun!

Saturday November 14th 2015

Starts at 10:00 AM

The theme for the Fall Assembly is “**Manning the AA Lifelines**” and we will have a panel presenting an orientation on our after hour’s phone service for both Groups and Nightwatch volunteers.

Seattle Intergroup office
5507 6th Ave South (at Lucile)
Seattle, WA 98108

Questions please call Seattle Intergroup 206-587-2838



The High & Dry

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Contributing Editor: Anita S.

Mailing Team: Irreplaceable Volunteers

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