The High & Dry

October 2019



OCTOBER IN OUR HISTORY

Oct 1

1941 – Local news reports 1st AA Group in New Haven, CT.

Oct 1

1957 – Book "A.A. Comes of Age" published.

Oct 2

1944 – Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.

Oct 3

1945 – AA Grapevine adopted as national publication of AA.

Oct 5-7

1972 – 2nd World Service meeting held in New York.

Oct 5

1988 – Lois W. died.

Oct 6

1941 – 900 dine at Cleveland dinner for Bill D., AA #3.

Oct 8

1988 – Memorial Service for Lois W at Stepping Stones, NY.

Oct. 9-11

1969 – 1st World Service meeting held in New York with delegates from 14 countries.

Oct 10

1943 – 6 of 1st 9 AA's attend clubhouse anniv. in Toledo.

1970 – Lois reads "Bills Last Message" at annual dinner in NY.

1988 – Lois is buried next to Bill in Manchester, Vermont.

Oct 13

1947 – The Melbourne Group held its first meeting in Australia.

Oct 14

1939 – Journal of American Medical Association gives Big Book unfavorable review.

Oct 15

1904 – Marty M., early AA woman, is born in Chicago.

Oct 17

1935 – Ebby T., Bills sponsor, moves in with Bill and Lois.

Oct 20

1928 – Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

1939 – Cleveland Plain Dealer begins series of articles on AA by Elrick Davis.

Oct 22

1963 – E. M. Jellinek, alcoholism educator and AA friend dies.

Oct 24

1942 – L.A. Times reports AA groups in 14 California cities.

1943 – Bill & Lois start 1st major A.A. tour, returned Jan 19, 1944.

1973 – Trustee's Archives Committee of AA has its 1st meeting.

1994 – National Council on Alcoholism and Drug Dependence celebrates 50 years.

Other significant events in October for which we do not have a specific date:

Oct 1939 – First central committee formed in Cleveland; 1st example of A.A. rotation.

Oct 1936 – Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.

Oct 1942 – First issue of Cleveland Central Bulletin is published.

Oct 1944 – First non American branch started in Sydney, Australia by Father T. V. Dunlea & Rex.

Oct 1951 – Sister Ignatia wrote "Care of Alcoholics – St.Thomas Hospital & A.A. Started Movement Which Swept Country" article inHospital Progress the journal of Catholic Hospital Assoc..

Oct 1954 – The "Alcoholic Foundation" renamed the "General Service Board of A.A."

Oct 1958 – Playhouse 90 TV airs The Days of Wine and Roses.

FUTURE TRIPPING

OCTOBER

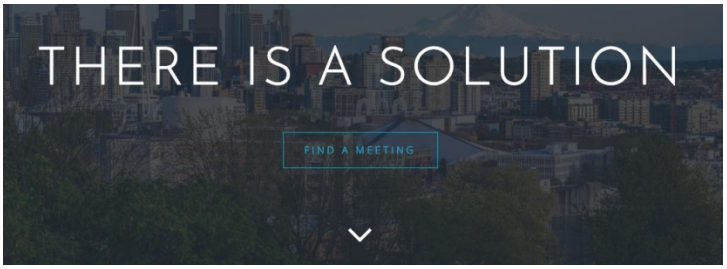
4 - 6 2019 Area Assembly Cowlitz County Events Center, 1900 7th Avenue
Longview, Wa 98632
5 Seattle Fall Conference St. Alphonsus Church, 5816 15th Ave NW, Seattle WA 98107
12 Area 72 Treatment Quarterly 1411 Wieldraaver Road, Oak Harbor, WA 98239
19 Area 72 Accessibility Quarterly Zion Lutheran Church, 4634 Alger Ave., Everett, WA 98203
19 Emergency Fremont Fellowship Hall Auction 8916 Aurora Ave N, Seattle WA 98103 (Two Seahawks-49ers tickets will be auctioned.)
26 Our Stories Disclose 3 Workshop 3640 S. Cedar Ave., Suite S, Tacoma, Wa 98043

NEW MEETINGS
AA Veterans in Recovery Thursday 6-7pm 1520 Bellevue Ave Ste. 100 Seattle, WA 98122
Keys of the Kingdom Saturday 10:30-11:30am Park Place Assisted Living 6900 37th Ave So Seattle, WA 98118
Brothers in Recovery Tuesday 7-8pm (Men Only, Open) Good Shepherd Baptist Church 6915 196th St. Lynnwood WA 98036
Serious About the Book Mondays 6-7pm (Women Only, Closed) Calvary Presbyterian 1725 Porter Street Enumclaw, WA 98022
Treasure Trail PEER Saturday 5-6pm (Closed, LGBTQ Friendly) 1520 Bellevue Ave. #100 Seattle, WA 98122
Crown Hill Agape Group Thursday 6-7pm (Closed) 9257 14th Ave NW Seattle, WA 98117

DEFUNCT MEETINGS
Renton Highlands AA Monday 7pm United Methodist Church 2201 NE 4th St. Renton, WA 98036 (First meeting Sept. 1978)
Courage to Change Calvary Presbyterian Church 1725 Porter St. Enumclaw, WA 98022 (First Meeting March 1990)

MEETINGS THAT NEED SUPPORT
A New Purpose Group Monday and Thursday 7-815pm Bethlehem Lutheran Church 1024 Monroe Ave NE Renton, WA 98056
All **Fremont Fellowship Hall** meetings

www.seattleaa.org



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Morning	Sharon B and Diane L
	Afternoon	Bill S and Freda T
TUESDAY	Morning	Gary H and Susan D
	Afternoon	Marci W
WEDNESDAY	Morning	Joe M
	Afternoon	Open
THURSDAY	Morning	Vito M and Steve B
	Afternoon	Joe B
FRIDAY	Morning	Jon C and Thomas H
	Afternoon	Doug C
SATURDAY	Morning	Dan G

SEATTLE SUBSTITUTES: Carolyn B

SOUTHEND BOOKSTORE VOLUNTEER MANAGER: Jim H.
VOLUNTEERS: : Danny D., Carolyn B., T.J. M, Jim H.

SOUTHEND BOOKSTORE PHONE NUMBER: 253 288 2237

NOTE: The Southend Bookstore has an urgent for volunteers. If you are willing and able to help, please contact Jim H. (253 288 2237).

BIRTHDAY CLUB

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

Nora M	Alderwood Group	46 years
Bill S	Solution Group	29 years
Carolyn B	Benson Hill	23 years
Gerry L		28 years
Kate D	Sober Sisters of Seattle	4 Years

High and Dry: News and Notes — October 2019

Hello, faithful readers. Thanks for hanging with us while we transition to a new High and Dry editor. Our goal is to bring a renewed sense of community to this newsletter by adding short articles, local news and notes from the Greater Seattle AA community each month.

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments with us by emailing 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 committed to making the High And Dry about you and by you! (but please refrain from using profanity in your submissions. Thanks.)

What are we seeking from you? Tell us what's on your mind as you continue your 12-Step journey. What are the issues, events, triumphs, setbacks and goals you want to share with the fellowship? Maybe you have questions about how Greater Seattle Intergroup of A.A. operates. Maybe you want to salute a fellow member who inspires you. Perhaps you have written a poem or created an AA-themed drawing. Please share with us and the fellowship.

Please tell us at **high_and_dry@SeattleAA.org**.

Eye-openers

As we all know, meetings are the lifeblood of our program. To get things started, here is a short article focused on why people like their early morning meetings, literally AA eye-openers. When many of us are hitting the Snooze Buttons on our alarms, these meetings are springing to life.

*[**Editor's Note:** I used to wake up early every day, often before dawn, to begin using alcohol and drugs. So when I returned to living in recovery, I needed help reprograming what's left of my brain, starting the moment I woke up. My early morning meeting of choice most days is **Tukwila Early Birds**, which begins at 6:30 a.m. at the Renton IHOP (Monday through Friday). What follows is based on interviews with some TEB regulars.]*

The Tukwila Early Birds meeting has convened at the Renton IHOP since March 31, 1997. Because it is a restaurant and meetings are held during business hours, outside food and drinks are prohibited. IHOP does not charge TEB rent, and the coffee is made by food service professionals.

A couple of other early morning meetings offered in the same time frame are Waters' Edge on North Lake Union (7 a.m.) and On Awakening (7 a.m. M-F and 8 a.m. weekends). OA meets in the Northgate Red Robin before it is open for business.

Most of the TEB regulars are there to ensure their day begins brightly, no matter the weather. Many days there are often than 20 members sharing their experience, strength and hope with each other, along with coffee, pancakes, fried eggs, hash browns and strips of bacon.

Joe M., a 28-year AA veteran, has been attending Tukwila Early Birds for six years. He heads to work when the 60-minute meeting ends.

“It gets my day off right,” he said when asked why he attends. ”Six-thirty can be hard … but my days go better when I come here first.”

Laura, another TEB member with several years of sobriety, said she had trouble sleeping when she first got sober and would be wide awake very early during her first three years, so going to an early meeting was an easy choice.

“And I like the positive way it starts my morning,” she said.

While most TEB members are starting their day with the meeting, a few, are or were overnight workers, who attend after finishing their shifts. No matter their motives, TEB is well attended and worth a visit.

The early meetings listed here are not the only ones. See the meetings schedule pages on SeattleAA.org for more early morning meeting opportunities. For instance, there are more than 20 meeting on Mondays that begin before 8 a.m., including several that open at 6 a.m.

Short takes …

You can be part of the effort to make sure the **Fremont Fellowship Hall** meetings are not added to the Defunct Meeting list by attending the Oct. 19 fundraiser at the current hall (3 p.m.), which is located at 8916 Aurora Ave N. in Seattle. Your support and generosity will benefit the 30 meetings that meet there each week. The roots of historic and legendary Fremont Fellowship Hall go all the way back to 1947, when a group that outgrew the confines of the home of “Big” Pete P. and moved to 3414 1/2 Fremont Ave. In 1961, Fremont Hall became the fellowship hall in the Northwest.

On Sept. 18 a new drawing was held to determine a winner for GSIG Summer Picnic drawing. The winning button number was 031. The prize was two nights at the Seaside Conference Center for two nights for two people.

While **Tukwila Early Birds** have been flocking more than 22 years, it’s time to bid farewell to two long-running meetings, **Renton Highlands AA** and **Courage to Change**. **Renton Highlands AA,** which met Mondays at Renton’s United Methodist Church, held its first meeting September 1978, while **Courage to Change** held its first meeting in March 1990, most recently at the Calvary Presbyterian Church in Enumclaw.

Sadly, we have to report the passing of **Sy Turner**. He was a longtime AA member (37 years), he joyfully carried the message to prisons, treatment centers and many other institutions. A gifted musician, he toured internationally with his Sy Turner Trio. He will be missed greatly.

“Breaking Bottles” by Karin O. (A.N.P.G. member)

I wanted to break my bottles,
Carry Nation style.

But, recycling was easier.
I tried to break my life,
Karin style.

But going to meetings was …
(well, it’s never easy to make that decision, is it?)

So … let’s try that one again …
I tried to break my life, Karin style.

But I chose to try Alcoholics Anonymous again instead …

One day at a time.
It’s only 24 hours,
a mere 1,440 minutes,
Just … 86,400 seconds.

… one hippopotamus, two hippopotamus, three hippopotamus, four …

Draft Minutes of the Meeting of the Board—SEPTEMBER 20, 2019

Submitted by Aaron C. (Recording Secretary)

Snapshot

- **Accessibility chair and members needed**
- **Bring feedback on the printed schedule to the Nov. board meeting.**
- **Unity on Union bookstore closing Dec. 31st.**
- **Picnic a success to the tune of about $900**
- **Draft budget to be distributed at October board meeting.**
- **Continued discussion of intergroup sustainers at Dec. 17th Intergroup Assembly.**

Opening

The meeting was opened at 7:00 PM.

AA birthdays

Happy Birthday September Folks! There weren't any at the board meeting.

Quorum Count

Active Zones Present	Active Zones Absent
112, 114, 116, 117, 118, 124, 131, 132, 140, 141, 142	108, 115(3)

Proposal from Skyway Group

Group conscience voted to request printed meeting directory return to former format.

Discussion:

Some attendees agreed and some did not have an issue.

The board asked representatives to take the question of how people feel about the new schedule back to their districts and groups for feedback. That feed back should be brought to the intergroup board meeting in November.

Reports

Chair (Mike M.):

Nothing to report.

Vice Chair (Astri T.):

Nothing to report.

Chair Emeritus (Dawna H.):

Nothing to report.

Treasurer (Allison B.):

Quick look at August financials (rounded to thousands):

Group Contributions: $7K ($2K under budget)
Other Contributions: $2K ($1K up to budget. THANK YOU!!)
Retail Sales: $9K ($1K under budget)

Expenses: $19K ($1K over budget)

Net Income: $3K dollar loss (budget: $0K loss)

Cash and CDs: $62K

Non-restricted cash: $50K (GSIG prudent reserve: $46K)

Summary

-Expenses were slightly up to budget this month due to all the changes in staffing. Anita came in and lent some of her expertise, for which she was compensated. Norm was paid through the month of August, using his sick leave. As Dennis gets accustomed to his role as Intergroup Office manager, he has been working about 4 extra hours per week. These additional expenses should level out and settle back to normal soon!

-Year-to-date, your Seattle Intergroup is looking at a $8K loss. Group contributions year-to-date are about $10K below budget (reminder: this was a "break-even" budget).

Other

-There will be another lump expense coming out of September, as we pay out the remainder of Norm's accrued vacation.

-The net income for the picnic was about $900.

-The corrections committee put in an order for $1700 worth of literature that is now being fulfilled. The pink can funds are being spent down!

-Just a heads up that the budget process will be coming to you soon!

Recording Secretary (Aaron C.):

August 2019 minutes approved unanimously.

Please use the below to submit your reports. Alternatively send them directly to secretary@seattleaa.org.

https://www.seattleaa.org/intergroup/intergroup-board/intergroup-board-report-form

With love and gratitude,
Aaron C.

Accessibility

Accessibility Committee Report – Sept 2019
Prepared by Mike M, GSIG Chair based on phone call with Jack M, Accessibility Committee Chair

- Jack M has been on the Committee for 4-years and is currently serving as "interim Chair"
- The Committee is actively seeking a permanent Chair that can also attend Board meetings
- Currently the Committee only consists of 2 to 3 members and there is a risk of the committee becoming inactive

- At this point the Committee is primarily only functioning to respond and provide funding for group requests to provide ASL services at AA meetings
- Occasionally the Committee will respond to requests for information and best practice requests from AA members outside Seattle area about ASL services

Archives Committee (Teresa S.):

Routine filing and inventorying. Does anyone know where the key to the pie safe is that is below the Twelve Steppers picture?

Corrections Committee (Tami B.):

Verbal Report Given

CPC/PI Committee (Ali H.):

Nothing to report.

Newsletter (John P.):

Nothing to report.

Hospitals & Treatment Committee (Erin G.):

Dozen Bridge the Gaps
Working on expanding the 12 Step Hospital subcommittee

Office Committee (Richard I.):

Nothing to report.

Office Manager (Dennis E.):

Verbal Report Given

Night Watch Coordinator (Bird G.):

Nothing to report.

Special Events Committee (Allan C.):

Nothing to report.

Finance Committee (Carl G.):

Nothing to report.

Web & Technology Committee (Open):

Nothing to report.

Third Legacy (James R.):

Nothing reported

Fremont Fellowship Hall [Zone 108] (Allan C. aka Bird)

So sorry I cannot attend this evening I am pretty weak these days yet I have been known to over do it. My doctor has told me to not over exert myself and rest up for heart surgery I have been putting off this coming Friday. Fremont has made improvements on cash side of things because some members have put extra in basket to keep it running.
We are still having an auction donations of things that are in good condition or new would be accepted and brought to Fremont on the day of event or read on flyer Paul B has his number for contact info . The date of auction is October 19th and we will be having the event start at 3 PM and hoping you all show up with cash as well and we will be having members only 50/50 raffle which is legal according to the Washington State Gambling Commission. Hope to see a few or all of you there. And like everywhere else we need more people to come visit or meetings as well they all need support Thanks and see you all next month with me having more energy.

District 15 (Jordan B.)

Can use volunteers for Gratitude Banquet, contact Jordan B. if you want to get involved and I will connect you with Sasha.

Cheers,
Jordan

District 31 (Jeff U.)

District 31 held its monthly meeting on Wednesday September 11 at 6:30 PM, at John Knox Church in Normandy Park.

Key items from meeting:

- Voted to remove provision from District handbook requiring annual District budget be approved by the groups in the District. Almost done with re-write of District handbook, will finalize next month.

- Filled the Accessibility Chair position.

- Agreed to a presentation by the Intergroup corrections Committee at next month's District meeting

District 41 (Laura C.)

The pre assembly meeting went very well
Encouraged everyone going to the Assembly yo get their travel arrangements finalized
Action item was taken to report back to group the status of the pink can fund.
Began discussion for end of year District party

District 42 (Lyle C.)

CPC / Public Info and Corrections chair are vacant. Several groups answer phones at GSIG. Treatment chair has reached out to Salvation Army in Greenwood in regard to offering a meeting for men. No response so far.

Next GSIG Board meeting: October 15th, 2019 at 7 PM at GSIG Office.

FREMONT AUCTION

----------AA FUNDRAISING EVENT----------

OCTOBER 19TH at 3:00 PM

8916 AURORA AVE NORTH

ALL PROCEEDS GO TO PRUDENT RESERVE

TO DONATE ITEMS CALL PAUL BROWN 206-417-6708
CASH DONATIONS CAN BE MADE ONLINE via PAYPAL
ON THE "SAVE FREMONT" FACEBOOK WEBPAGE

POTLUCK DESSERT COFFEE HOUR DURING PREVIEW

AUCTION INCLUDES:

TWO TICKETS FOR THE DECEMBER 29TH(50 YRD LINE)
SEAHAWKS vs THE SAN FRANCISCO 49'RS

A WEBER BARBECUE GAS GRILL

50/50 RAFFLE

FREMONT UNIVERSITY SWEAT SHIRTS
FREMONT UNIVERSITY HATS
FREMONT U PATCHES

CASH ONLY PLEASE! "BOOMER"IS AUCTIONEER

*HIGHER PRICED ITEMS HELD UNTIL RESERVE PRICE IS MET

The High & Dry

Editor: Peeps (John P.)
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.