GREATER SEATTLE INTERGROUP **ALCOHOLICS ANONYMOUS**

High & Dry

October 2021 Volume 73, Number 10



FUTURE TRIPPING

October GSIG Events

1 — Accessibility Committee 6 pm - 7 pm Zoom ID: 885 9521 8136 Passcode: 611317
4 — Hospital and Treatment Committee 10 am - 1130 am Zoom ID: 820 0608 7832 Passcode: 088776
1-3 — Western Washington Area Assembly Time TBD Zoom Link: TBD
4 — PI - Literature Study Group 715 pm - 815 pm Zoom ID : 895 5492 9995 Passcode : PublicInfo
8 -10 — Rose City Girlstock Holiday Inn Portland South (HIPS) Address: 25425 SW 95th Ave., Wilsonville, Oregon.
9 — Treatment Committee Quarterly 930 am - 2 pm Zoom ID: TBD
9 — Tradition Ten with District 32 10 am - 1130 am Zoom ID TBD
16 — Accessibilities Committee Quarterly 930 am - 2 pm Zoom ID: 623 242 6970 Password: 041701
16 — "Online Only" Meeting Roundtable 4 pm - 6 pm Zoom ID: 856 6331 8420 Passcode: 353586
23 — Web Committee Quarterly Area 72 Zoom ID: TBD

OCTOBER IN OUR HISTORY

Oct 1 1957 – Book "A.A. Comes of Age" published.

Oct 3 1945 – AA Grapevine adopted as national publication of AA.

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 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 Amer. Medical Assoc. 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 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



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Jonathan W., and Freda T.
WEDNESDAY	Stephan M. and Pam H.
THURSDAY	Joe M., Marlene H. and Max
FRIDAY	Jon C., Thomas H., Max and Freda T.
SATURDAY	Clay S. and Dan G.

MEETING CHANGES

Many meetings are no longer being held at physical locations and have moved to online formats. However, many meetings are choosing to meet in person. 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 monthly in-person at the office at 6:30 p.m. on the second Monday of each month.

Southend Bookstore Volunteers

Dan Y., Angie A., Troy O., Carolyn B. and Jim D.

Southend Bookstore hours are Monday through Friday 10 am to 6 pm; Saturdays 10 am to 2 pm.

Main Intergroup Office Hours

Office will be open for administrative activities. We are still processing literature orders during normal business hours: Tuesday through Friday 10am to 6 pm and Saturday 10 am to 2 pm.

High and Dry: News and Notes — October 2021

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, join us on Zoom October 20, 2021 at 6 pm.

The Zoom coordinates are:
Meeting ID: 838 9225 4204
Passcode: 153905

BIRTHDAY CLUB

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

Karen C.	Whisky Rose	33 years
Patrick S.		26 years
Teresa S.	Back to Basics	38 years
Tom K.	Back to Basics	55 years
Judy S.	SSoS	4 years
Susan F.	Wings	35 years
Tim V.	Sunday Speakers Group	25 years
Freda T.	Titanic	23 years
Steve C.		25 years
Pam J.		15 years
Gloria S.		42 years

Name	
Address	
City, Zip	
AA Anniversary/# of years	
Contribution enclosed	
Home Group	
Return this form to:	Greater Seattle Intergroup 5507 6th Ave S. Seattle, WA 98108

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."

By Peeps

I was extremely relieved when I completed the last of my Step Nine amends.

Of course, I immediately put continuing on to Step 10 on the back burner. With my sponsor's generous help, I had worked hard on Steps Eight and Nine. Self-centered alcohol addict that I am, I believed I deserved a break from "Me" and continued examination of my many character defects.

How dare the Steps require me to put pen to paper, every single night, what happened during each day? It seemed like an unfair and pointless exercise. I was unwilling to invest the time I thought would be required to be thorough.

This is the 21st Century. Pen and paper seemed so 18th. I wasn't going to do the 10th Step, at least not at the moment.



But my thinking changed. Now I can't get enough of Step 10. It has become an invaluable part of my daily Step work, as important to my sobriety as my morning prayers, daily gratitude lists, meditation time and meeting attendance.

It did not take long once I tried it for me to realize I need Step 10 in order to be happy, joyous and free.

One of my character defects is the pursuit of shortcuts. I'd love (and would use) a cheat code or a power-up that would make staying sober and being of service to others as easy as pressing a button. But that is not how this thing of ours works. In order to get the results I want, I have to take the actions suggested in the Steps. All of them.

Fortunately for me, a month after I completed Step Nine I heard another member talk about a phone app that helped her do a nightly 10th Step inventory. I was still skeptical about my

need to do a nightly inventory, but I was intrigued. I wanted to do the Steps as written, but still I balked at Step 10 (and of course, my relationships with Steps 11 and 12 were distant and vague until I did).

I knew my reluctance could hurt my sobriety, so I went to the app store and downloaded the 10th Step app. It still took me two more months before I committed to using the app every night. (I am a person who needs to be reminded every day about the stupidity and danger of exercising "contempt prior to investigation.")

I am greatly embarrassed that I let my fear, and my sense of being right about everything, stop me from committing to a nightly inventory. Seeing how my character defects were appearing in my life each day shocked me into changing my actions. I learned I didn't have to make amends for behaviors I no longer exhibited.

A nightly inventory changed how I acted in every aspect of my life.

The app gives me a score for my actions based on whether or not I reached out to others in recovery, whether I was fair and loving toward all, whether I was honest, whether I had thoughts I should have shared with someone and whether I had been in conscious contact with my Higher Power. Failure on the last one put a big dent in my scores.

Most nights it takes but a few minutes to complete.

I have missed performing a nightly inventory only a handful of times since I stopped procrastinating, and my sobriety and life are undeniably better for the effort.

The Message Eric B. Shared Still Echos

By Peeps

The primary purpose of AA is to carry the message of recovery to those who still suffer.

Few Seattle-based AA members have ever done that better or as enthusiastically as Eric Bergman, who died in 1997 after more than 45 years sober.

You can measure the effectiveness of Bergman's efforts by the sober lives of those he worked with, especially members of his Empire Way home group. Bergman, who was born in Canada, joined Empire Way in 1951. (Writer's Note: I am a member of Empire Way.)

I'm writing about Bergman because Empire Way will celebrate its 74th anniversary on Oct. 20. His impact on two of Empire Way's most esteemed members, Geri F. and Ralph B., compelled me to write about a man who influenced them greatly (and who joined Empire Way the year I was born).

Geri F. and Ralph B. will be the featured speakers at the anniversary celebration. Geri F. called

Bergman her mentor, she has been sober for 43 years. At Empire Way's September 29th Birthday meeting, Ralph B. received a standing ovation following his remarks on the occasion of his 65th birthday (Sept. 1956). Bergman was Ralph B.'s sponsor.

Bergman, who worked with thousands of AA members across our city and region, also held service positions at AA's highest levels. As a member of AA's General Service Board, he was a friend and confidant of Bill W.

Yet, Bergman's actions and words underscored his devotion to working with newcomers, he truly was a worker among workers.

"He was there every Wednesday at Empire Way," said Geri F. "He was really strong with pushing people, especially newcomers, into service work, especially at the end of the broom."

Geri F. said Bergman wanted newcomers to identify with the story of his drinking and recovery, telling them with his example that they could do what he did. He spent little time expounding on intricacies of AA's Steps, Traditions and Concepts. He lived the principle of one drunk helping another drunk.

She said he spoke in a way that let newbies hear about themselves and their problems in his shares. He wanted to connect with them where they were, especially when they were new and struggling.

"He wanted them to identify with the beginning of his story," she said. "He wanted to get the (AA) hook in."

To give you, our dear readers, a better sense of Bergman, the AA whisperer, I have chosen to run an excerpt of an article from the Sept. 2000 issue of the High & Dry, which was written after a recording of a 1974 talk he gave at an AA conference in California surfaced.

There are many hundreds of active local AA members who attended meetings and conferences with Bergman. I never heard him, nor have I listened to the tape mentioned in the article, but Bergman's words, as repeated to me by those who did, are echoing in my sobriety.

A voice from the past

By Dick S. (High & Dry 2000)

A beloved voice from Alcoholic Anonymous' formative past emerged from the archives the other day,

A 90-minute tape was found by Angus L. of a speech that the late Eric Bergman gave to the North Coastal General Service Election Assembly in Pleasanton, California in 1974. The speech reflects the memories Eric's old friends have of him: inspirational, entertaining, and — in describing his own addiction and recovery — brutally honest. He spoke with the quiet authority of someone who has been there, done that.

Eric died Feb. 27, 1997, after a brief illness. He had 45 years and three months of sobriety, and an unmatched history of service to the fellowship both here and on the regional and national scenes. Burke D. says of his friend Eric, "He was the most respected old-timer areawide partly because he projected a spirit of fellowship, a sense of humility and a sense of caring."

When I was about a year sober, I was in a group of people with Eric, he turned around and saw me, and immediately I was the only thing in his view. He had that ability to make you feel important. We became good friends, and he and others like him played a big part in my sobriety.

Eric held many important posts in AA, including area delegate. Then in 1967 he was a trustee of the General Service Board. In the latter role, he became a friend of Bill W. It was at a time Bill was pushing for changes in AA's governance, and Eric thus participated in the shift from a non-alcoholic majority to a majority of alcoholics on the General Service Board,



Eric came to Seattle from Winnipeg after wartime service in the Royal Canadian Air Force, he was a navigator on bombers being ferried to England.

Throughout his working life, both drunk and sober, Eric was a purchasing agent for Rainier Brewery. He talked about some of that when he spoke to the California group.

"I got that job at Rainier Brewery, which was ideal because I could come in to work

in the morning, have a few beers and no one would know — or so I thought. As the purchasing agent, I was invited to a stag party at the Seattle Yacht Club. I got drunk and didn't remember all of the night. But I do now, I parked my car in the middle of an intersection and started walking so I wouldn't get arrested for drunk driving. I was picked up anyway and thrown in the drunk tank.

"In July 1951, my wife left me. That was in the morning. I had a few drinks before I left work that evening and bought a bottle on the way home. By the time I got home, I'd decided to commit suicide. We lived on the lake, I swam about 30 feet thinking about what a great funeral I would have, with lots of people saying what a great guy I was except sometimes I drank too much. I put my head in the water, but as soon as I felt the pain, my plans changed. I swam back and finished my bottle.

"In October that year, my boss called me in and spent two hours talking about my poor job performance. I walked out of his office determined not to drink again as long as I lived. And I didn't take another drink — until on my way home that night."

"I think identification is key to being useful in AA. Once at a meeting I attended in New York City, I told how I used to test my penmanship to see if I could sign my own name without falling apart. If I could not sign it properly, I'd go out and have one or two beers and test myself again. A policemen in the group said he identified with my story. His hand would shake when he was writing a speeding ticket."

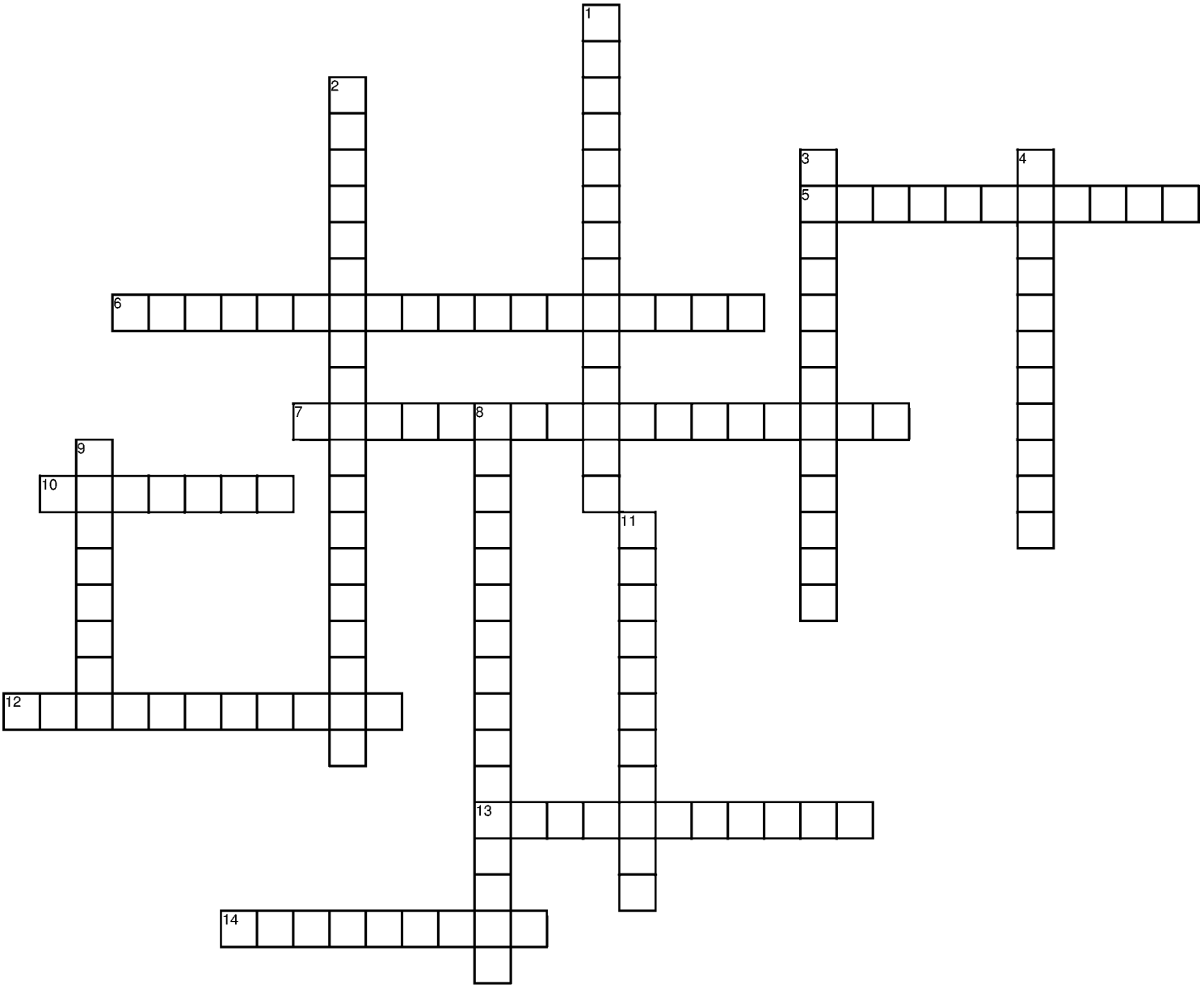
In his opening remarks to the California throng, Eric thanked them for being there. "If there were no service, there would be no AA. And if there were no AA, where would we be. You and I are the watchdogs of Alcoholics Anonymous …"

Eric reached back into the early history of AA to reemphasize his theme of the importance of newcomers and the newly sober. "I heard Bill W. talking about 1937, when they were wondering whether to make the next move and set up the Alcoholic Foundation, opinion was evenly divided, but by one vote, they agreed to start the planning. A man who had been drunk the week before cast the deciding vote.

Big Book Sleuth

Appendix II

Answers on page 20!



ACROSS

5 What variety of experiences do most alcoholics have?
6 This term is also used many times in the book
7 What is the second thing that will defeat the alcoholic
10 The second of the indispensable essentials for recovery
12 What is the first thing that will defeat the alcoholic?
13 These experiences are described as sudden and _____ upheavals.
14 What is the essence of spiritual experience?

DOWN

1 The third of the indispensable essentials for recovery
2 The title of Appendix II
3 What types of changes are described in the first few chapters?
4 The first of the indispensable essentials for recovery
8 What do our more religious members call this?
9 What will keep a man in everlasting ignorance? _____ prior to investigation
11 What kind of inner resource do we tap into?

Changes to the Policy and Procedure Manual

The following describes the main changes that are being proposed in the new draft of the policy and procedure manual. For a copy of the current and/or the proposed draft, please see our website or email lara@seattleaa.org and we will be happy to send you a digital copy.

Significant changes to GSIG Policies to be discussed and voted on at Dec 2021 Assembly

Do not worry about numbering or table of content pages these will be correct in the final version of the Word Policy & Procedure Manual
General correction of grammatical errors or consistency within document
Replaced the word "Zone" with "District"
Removed discussion of Zone meetings and updated to reflect District meetings
Change elections to even years to match Bylaws
Added Accessibility Committee section to Committees since there was not one previously
Archive reworded by Committee to reflect current practices
Added definition for Full-time vs Part-time to Office Policies as it was not defined before. Used definitions as specified by WA state employment guidelines
Updated paid time off and sick time policies to match current practice per payroll system
Added new Non-Discrimination and Anti-Harassment Policies as none existed before and these were recommended as best practice per out new D&O insurance policy/provider
Finance committee wanted to add Item 8 below as an additional qualification to "Contributions and Donations" which already includes the following language "When any aspect of the Seventh Tradition of Alcoholics Anonymous is in question, Seattle Intergroup shall always check with the Groups."
Item 8 "**Contributions or loans of any kind from entities outside of AA such as the Federal or State Government, Small Business Administration, public or private lenders shall not be accepted**."
Changed "Call Forwarding" to "Nightwatch"

1.

GSIG Condensed Board Meeting Minutes

Meeting held September 21, 2021 @ 7pm
This meeting was offered as a hybrid event.

Quorum was established.
July Board meeting minutes approved.
20/20 Committee report

September 21, 2021

Submitted by Leslie I. (Recording Secretary)

New to GSIG

Jeff K - Special Events Chair

Roll call-Quorum (51%) yes

Treasurer (Carl G.): See next page

GSIG TREASURER REPORT September 21st, 2021

August Financials

My goal is to make this information easy to understand and report to the fellowship. If you have suggestions or questions, please let me know at Treasurer@seattleaa.org

month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
June 2021	(-7,751.00)	4.5 K	1 K	2.8 K	423	1.1 K	94 k
July 2021	(-783.00)	9 K	2 K	2.8 K	525.00	(-5 K)	102 K
Aug 2021	1.6 K	10 K	27.00	2.8 K	2.8 K	1.3 K	94 K

Earmarked Funds remaining amounts: Pink and Blue Cans (contributions specified for these committees)

Corrections: $4K **Accessibility: $1,115**

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2021.

Corrections $360 **Hosp & Treat. $1,467** **Accessibility $5,480** **Pi/CPC $1,093**

Group contributions are basically on monthly budget while YTD is 8.5K below budget. The net gain for the month is 1.6K thanks to special events net. Net sales income was up 1.3K which helped with the YTD. The YTD net loss is about 3K but only 1K below budget because the budget expected losses.

						GSIG AUGUST 2021 CONDENSED FINANCIAL REPORT						
CONDENSED PROFIT & LOSS												
Ordinary Income/Expense						**August 31, 2021**	**August - Budget**		**YTD August 2021**	**YTD Budget**		**Jan-Dec 2020**
		Income										
			Total Retail Sales			4,729	6,202		27,175	49,617		37,008
			Total COGS			3,430	4,990		26,532	39,923		30,396
		Gross Profit from Retail Sales				1,299	1,212		643	9,693		6,612
					Gross Profit %	27.5%	19.5%		2.4%	19.5%		17.9%

			Group Contributions			9,834	10,141		72,632	81,128	113,463
			Personal and Other Contributions			27	836		9,069	6,691	80,354
			Meeting Room Rent; Birthday Club			357	686		3,034	5,487	6,768
			Sustainers Program			2,839	2,612		22,366	20,896	
			Special Events Income			2,516	464		5,789	3,708	4,312
		Total Items to Cover Fixed Expenses				16,872	15,950		113,532	127,603	211,509
		Expenses									
			Expenses--Other			1,418	1,676		12,248	13,409	17,319
			Paid Staff			6,072	5,955		44,699	47,637	62,363
			Rent and Office			6,632	7,056		54,503	56,448	79,854
			Standing Committees			1,171	1,435		5,536	11,480	5,614
		Total Fixed Expenses				15,293	16,122		116,986	128,975	165,150
Net Ordinary Income (Loss)						1,579	(171)		(3,454)	(1,371)	46,359
Net Other Income, Chiefly Interest Income						26	33		208	267	18,970
						1,605	(138)		(3,246)	(1,105)	65,329

CONDENSED BALANCE SHEET											
ASSETS				**August 31, 2021**	**July 31, 2021**		**DEC 31, 2020**				
Current Assets											

	Checking			48,196	55,212		54,338			
	Savings *			46,953	46,983		46,819			
	Accounts Receivable						884			
	Inventory and Other			38,380	31,677		36,084			
Total Current Assets				133,528	133,871		138,125			
Total Fixed Assets				2,484	2,484		2,484			
TOTAL ASSETS				**136,012**	**136,355**		**140,609**			
	Per bylaws, prudent reserve is to be 3x avg monthly expenses, approx. $46,000.									
LIABILITIES & EQUITY										
	Current Liabilities									
		Accounts Payable		4,056	6,001		4,318			
		Payroll & Sales Tax Liabilities		431	506		198			
		Committee Earmarked Funds Total		5,234	5,162		6,498			
Total Liabilities				9,721	11,669		11,014			
Equity										
	3001 · Opening Bal Equity			694	694		694			
	3101 · Retained Earnings			128,843	128,843		63,572			
	Net Income			(3,246)	(4,851)		65,329			
Total Equity				126,291	124,686		129,595			
TOTAL LIABILITIES & EQUITY				**136,012**	**136,355**		**140,609**			

	Greater Seattle Intergroup				
	Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)				
	YTD August 31, 2021				
Committee	**Corrections**	**Hospital & Treatment**	**Accessibility**	**PI / CPC**	**Total Earmarked Funds**
Beginning Balance 1/1/20	$4,951	$0	$1,547	$0	$6,498
YTD Contributions	$908	$0	$2,034	$0	$2,942
YTD Use of Funds	($1,740)	$0	($2,466)	$0	($4,206)
Ending Balance	$4,119	$0	$1,115	$0	$5,234

	Greater Seattle Intergroup				
	Standing Committee Expenditures Against Budgets				
	YTD August 31, 2021				
Committee	**Corrections**	**Hospital & Treatment**	**Accessibility**	**PI / CPC**	**Total Expenses**
Expenses to Date	$0	$333	$2,200	$707	$3,240
Budget to Date	$240	$1,200	$5,120	$1,200	$7,760
Budget -- Full Year	$360	$1,800	$7,680	$1,800	$11,640

Chair (Astri):

To GSIG Board;

Greetings Seattle area members.

This past month I had a conversation with a friend about Greater Seattle Intergroup. He has done our Group Inventory two times in the past, and he stated that the same issues were raised at them both. He was concerned that it didn't appear as if any action had been taken to address them. We will be having another Group Inventory next year. I hope we don't hear that the issues have still not been resolved.

One issue he mentioned was the lack of communication between GSIG and the Districts, especially between Service Committees. He heard what he perceived as competition instead of cooperation. I have to agree, that it is important that we work together to be able to carry the message of Alcoholics Anonymous to as many suffering alcoholics as possible. If you are not already doing so, I encourage you to attend your corresponding committee Area 72 Quarterlies. While you are there, invite the District Committees to attend our GSIG Service Committee meetings. We can share what our committees primary focus is…..are we duplication services…..can we make shifts in efforts to serve more people in a wider variety of ways. How can we work together in unity and cooperation?

Another issue was that "nobody knew who was on the Board". I hope we all know the GSIG Board is made up of voting members our District Representatives and Board Officers, also our Committee Chairs, who report to the Board about their activities. Anyone who attends our monthly Board meetings are welcome to ask questions and participate in discussion. Twice a year, GSIG holds Assemblies where we invite every AA group served by GSIG to send a representative, to vote the group conscience of their group.

Our Vice Chair, Aaron, is charged with the responsibility of visiting Districts to answer questions about GSIG. The rest of your Board officers are also eager to be invited to attend your District meetings, but the invitations have been few. So… maybe this can be on you…When you give your report at your District, you could take some time to name our Service Committees and encourage cooperation. You could also make sure they understand that you are a voting member of the Board, that you represent them and can carry any concerns they have about Intergroup to the Board Chair for information, discussion and possible inclusion on the Board Agenda.

I am so grateful to all of you for your continued participation.

Thank you all for your service.

Yours in service, Astri T. Chair

20/20 Committee (Mike M.):

Mission statement

"To provide information or suggestions to the Board for future long-term planning of GSIG including its services, facilities, and activities."

- **Office lease**
  - No new updates from the Landlord for feedback on the proposed terms of a new lease
  - Aug 17, 2021, at the Board meeting a lease summary and recommendation was distributed
  - **Nov 16, 2021, at the Board meeting we will discuss and vote on the recommendation**

2.**Update the GSIG Policies and Procedures (P&P) manual**

- 20/20 Committee finished incorporating and reviewing all of the changes and suggestions prepared by the various GSIG Committees, Officers and or Office Staff.

GSIG Revised Policies

- The following will be distributed to the Board Roster for the Sep 21, 2021, Board meeting:

3. Summary of significant changes
4. Revised/Proposed Policies
5. Current Policies

These will be discussed and **voted on at the Intergroup Assembly 7pm on Dec 21, 2021**.

Remember this is an Assembly so in addition to regular voting members all Groups may send one Group Representative that is eligible to vote.

GSIG Revised Procedures

- Distributed via email to the Office Committee for review and approval by Dec 2021

6. Summary of significant changes
7. Revised/Proposed Office Procedures
8. Current Office Procedures

Office Committee (Jeff U.):

Minutes of September 2021 GSIG Office Committee Meeting
Tuesday September 14th, 6:00PM
Via Zoom

Attending: Committee Chair Jeff U, GSIG Chair Astri, GSIG Office Manager Lara R, Jennifer S, GSIG Assistant Office Manager Anita S, Bob J and Jennifer L

- Meeting opened
- Discussed possible IRA plan for office staff. Presentation by Jere. Moved to get more information on costs from Lara and to send all information on the proposal to the GSIG Finance Committee to assess impact on budget.
- Review of August financials by Carl.
- Office Manager's report by Lara.
- Discussion of GSIG Covid-19 policy. Motion passed unanimously to keep the current policy as drafted by Lara, and to post a sign regarding mask use downloaded from the King County online Covid-19 resources page by the entry door of the office.
- Discussed the definition of "Full-Time" and "Part-Time" employees as used in the GSIG Policies & Procedures Manuel. Motion passed to officially propose to the 2020 Committee that GSIG use the WA State legal definitions of 31 hrs or less for Part-Time and Over 31 hours for Full-Time.
- Motion passed unanimously to table further agenda items until the October Committee meeting: Review and compilation of employee evaluations; discussion of Full & Part Time employment as it

relates to employee benefits in the P&P Manual; and discussion of procedures for recording P&P changes made by the GSIG Board, or the Office Committee.
- Meeting adjourned, 7:30PM

Office Manager (Lara R.):

Inventory:
We have ordered the new Grapevine Book Prayer and Meditation. It should be in shortly.
The Office Committee voted to give away the excess Spanish literature that has been sitting on our shelves for a very long time. We will retain a small inventory to meet the needs of those folks that come in to buy literature. We are making this literature available to our Service Committees first, then will open it up to local Spanish Intergroups and Districts.
The HVAC system had its regular quarterly maintenance.
The Tradition Study is going well. Heartbreakers facilitated the Tradition Nine discussion. We will be joined next month by District 32 that will lead a discussion on Tradition 10. I still need a group to facilitate the discussion on Tradition 12. If your group or District is interested please contact me.
We need groups to volunteer to answer phones between the hours of 10am and 10pm when the office is closed. If your group is interested please contact me.

Hospitals & Treatment Committee (Greg E.):
1. A men's meeting at the Salvation Army SODO Monday at 6:30 - 7:30 pm can use support. H&T will be covering the third Monday of the month, but all Mondays can use support. For directions / more info, contact hospitalandtreatment@seattleaa.org.
2. H&T is coordinating with the PI/CPC committee to support a new relationship with the Elizabeth Gregory Home in District 16. We will be visiting the facility to see how we can be of service.
3. Continuing discussions with UW Medicine Valley Medical Center on a potential Peer Support program
4. A coed meeting at a sober house in Capitol Hill can use support (currently being supported by Empire Way). Tuesdays 7-8 pm. 1717 Belmont, Aspen Terrace, a block and a half north of Pine St on Belmont
5. Reminders: we have a budget for literature, please don't be shy! And if you have Bridge the Gap requests you would like help fulfilling, please reach out.
6. We meet the first Saturday of each month, 10 am, in person and on Zoom.

Night Watch Coordinator (Sheree):

Not much to report this month. We are always in need of volunteers and would appreciate if the Intergroup reps could reach out to your area for volunteers.
With the Holiday's coming up my hope is that more people reach out for help any hour of the day.

PI/CPC Committee (David D.):

- The September PI/CPC meeting was held yet on Saturday, August 20th.
- We had a couple of new participants and welcome anyone else interested in attending.
- We will be working with Elizabeth Gregory House in the U District. We will be providing literature, doing a women's only meeting and a mixed gender, cross committee panel. We will collaborate with Hospital and Treatment and Accessibility to do so.
- The PI table at the Fair in Puyallup was cancelled to lack of volunteers and COVID concerns.
- There will be an opportunity in November to do a PICPC panel at an affordable housing complex in Seattle.
- We will also be working with a shelter for women in the Rainier Valley.

Special Events Committee (Jeff K.):

There will be a Halloween party October 30 at Seattle Intergroup at 7pm after the Seattle Group meeting.

Third Legacy (open)

District 14 (Kim S.):

We had a GSR round table discussion about bringing information from D14 to our home groups..... what works and what doesn't work so well.
We discussed and email that was sent to our ALT DCM from the area 72 electeds. This email talked about groups opening up in person and the way that tradition 1 and tradition 4 applies to following local guidance as related to in person meetings.
We heard from Laura D14 P.I. Who said that our participation st Puyallup Fair is not happening due to lack of volunteers.
We heard from our newly formed finance committee that they are working on 2022 budget for rent, they are talking about setting up Venmo account for district and they are asking for D14 committee budgets ASAP so that finance committee can budget.
We are looking for a young people's chair.

District 15 (Diane D.):

Discussed upcoming assembly including who has the right to vote from the groups. Report on the initial planning of the Burien Little Assembly. Aimee, D15 GSR and on the hospital and treatment committee announced that an organization called REST (supporting survivors of sex trafficking) has expressed interest in a women's panel. If interested, reach out to Aimee (or cpc@seattleaa.org). GSR's checked in about the status of their meetings – in person, hybrid, online. GSR's discussed assembly motions with groups.

District 33 (Jim):

Maple Valley Days will commence on October 9th and end on Sunday Oct 10th. District 33 will have a booth at the event to inform the public of the presence of Alcoholics Anonymous in their community. Conference-approved literature will be available for the public to freely take. The booth will be occupied by AA members willing to disclose what AA is, what it can do and what AA cannot do for someone with a drinking problem. More information may be obtained at https://www.maplevalleydays.com/
Come on out and see District 33 AAers in action serving their community.

District 40 (Kristi):

All GSRs present report mixed reviews from their groups re: Oct Assembly topics and issues..
3/10 meetings in D40 still online only- advised all groups to keep GSIG updated with group/ mtg. status.
Gratitude Banquet TB hosted On ZOOM Nov21
D15/40/41. 2 speakers selected. D40 unanimously agreed on who we'll ask. TBA soon. Flyers coming.
YP/Archives/GSIG were only committee members present. Written reports were submitted.
Mtg ended early@ 8pm with Alt DCM15 Morgan creating a text line to rep D40 @ AssemblyOct1-2, offered guidance and support.

District 42 (Mikey C.):

Greetings from District 42: Shoreline

*W___e have our business meetings on the 2nd Thursday of each month. 7p.m.
*We had a special guest "Astri" GSIG Chair who did a great presentation on our 9th concept!
-Thank you Astri for your dedicated service.-
*Our DCM has secured special guests to present to our district the concept of the month for the remainder of the year. Great job Sarah!
*Our district has been discussing a question each month from our inventory.
*Here is one question that garnered a lot of feedback.

*Our PI.chair Michele raised a great question regarding placing AA literature in our district such as high schools, hotels, libraries, and if we can place at bus stations, or basically places that frequented by people who may have questions regarding AA?

If any other districts or persons have experience in this?

Our district would appreciate any solutions or contacts your group may have received?

*Michelle attended the PI/CPC meeting recently held every 3rd Saturday on zoom.

*All of our trusted servants attended their perspective quarterlies.

*It seems all our meetings are just holding on to the zoom platform.

Some are in person or going hybrid.

I do want to remind all the groups to notify GSIG of any changes going on.

*Motion to donate funds to the blue can (ASL) was passed. Much appreciation to laurel the accessibilities chair and her team.

*District 42 and its Gsr's are getting prepared ready for the area 72 assembly

*Welcome Virginia; she is now the treatment chair, which make all our positions filled.

*District 42 picnic was held on the 11th of September to great success. We want to thank Morgan for carrying the torch on this endeavor. He and his group of denizens did a great job of providing a great place and all the goodies to have our annual picnic.

Old Business

Dental and Vision Insurance for office staff

A vote was taken to provide this insurance to the office staff. It passed with 10 for and 1 opposed.

Website redesign

There will be an update on this after the next web & tech meeting.

New Business

There are concerns about the length of the newsletter and the amount of paper being used. Due to this concern the board meeting minutes will be condensed in the newsletter.

Upcoming events

The Seattle Group -Saturday's at 6:00 pm at Intergroup

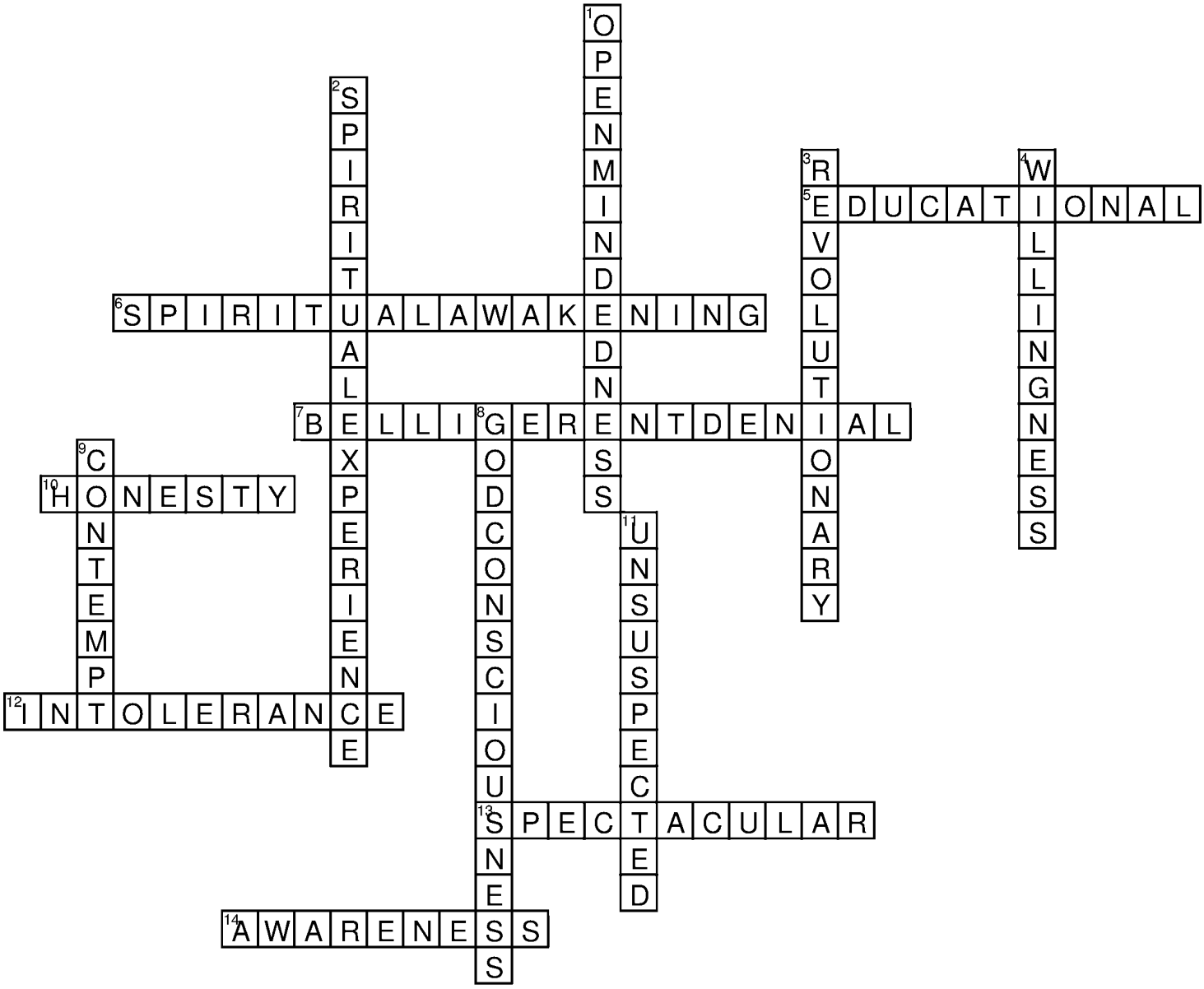
Area 72 Assembly October 1st-3rd

Service Manual Study October 10th at 11am

Traditions Study second Saturday at 10am

Big Book Sleuth

Appendix II





YOU'RE INVITED TO JOIN EMPIRE WAY'S 74th ANNIVERSARY

EMPIRE WAY 74TH ANNIVERSARY ONLINE MEETING WEDNESDAY, OCTOBER 20, 2021

FELLOWSHIP AT 7:30PM, SPEAKER MEETING 8:00–9:30PM

ANNIVERSARY ONLINE MEETING INFO

Zoom meeting number: 473336163
Direct link: https://us04web.zoom.us/j/473336163
Open meeting, all may attend
Wednesday, October 20, 2021
Fellowship 7:30–8:00pm
Meeting 8:00–9:30pm

FEATURING

- History of Empire Way by Virginia J.
- Speakers Ralph B. and Geri F.

WEEKLY MEETINGS INFO

Monday Book Study, 8:00–9:30pm
Wednesday Regular Meeting, 8:00–9:30pm

Zoom meeting number: 473336163
Direct link: https://us04web.zoom.us/j/473336163

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

Halloween Party at Seattle Intergroup



When: October 30th, 2021

5pm to 6pm: Pulled Pork Sammies

6pm: Seattle Group

Speaker: Nancy S.

7pm until it's over: S'mores Bar - Marshmallows, Stuffed Marshmallows, chocolate bars, Reese's Cups, Graham Crackers, peanut butter, etc

Where: 5507 6th Ave S., Seattle, WA 98108 (206)587-2838



GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

TRADITIONS WORKSHOPS

Tradition 8 August 14th with *Empire Way (In person at Seattle Intergroup 5507 6th Ave S. Seattle 98108*
Tradition 9 September 11th with *Heartbreakers*
Tradition 10 October 9th with *District 32*
Tradition 11 November 13th with *Dawn Patrol*
Tradition 12 December 11th with *TBD*

The 2nd Saturday of every month at 10am
Meeting ID 858 5142 0330
Passcode 051501



GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP

Saturdays @ 6pm

Seattle Intergroup

5507 6th Ave S.

Seattle, WA 98108

Fellowship from 5:30-6:00pm

Join us for the following speakers:

September 25th Pam H.

October 2nd Joe M.

October 9th Gail H.

October 16th Brendan D.

October 23rd Stephan M.

October 30th Nancy S.

November 6th Eddie H.

November 13th Romina M.

November 20th Steve R.

November 27th Bridget S.

High & Dry

Call for Entries

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

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

Submit your work and find out more by visiting SeattleAA.org

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

high_and_dry@seattleaa.org

The 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.