GREATER SEATTLE INTERGROUP ALCOHOLICS ANONYMOUS

High & Dry

October 2022 Volume 74, Number 10

JOIN SEATTLE INTERGROUP

Greater Seattle Intergroup brings together all groups and committees in unity, service, and recovery.

Our Board is rotating service positions this year. We are looking for a new chairperson, vice-chair, treasurer, recording secretary, as well as other service opportunities to support the important work that GSIG makes possible.

If you would like to find out more about what is available, please visit our website, email nominating@seattleaa.org or give Lara or Anita a call and we would be happy to answer any questions you might have.



DID YOU KNOW...?

• You can purchase a gift certificate for the Grapevine and they will match it with someone that has requested a subscription from a correctional facility? This is different from a gift subscription. Simply visit aagrapevine.org and click on Give A Gift certificate. It's a great way to support folks in institutions that are not able to attend AA meetings right now.

• There are 14 available shifts at Intergroup for group service? Intergroup provides a great place for your group to fellowship and be of service at the same time. Contact lara@seattleaa.org to get signed up!

• Nightwatch manages approximately 100 volunteer phone shifts each month? These are four-hour shifts occurring while the office is closed. The commitment is one four-hour shift per month. To get signed up email nightwatch@seattleaa.org.

• Seattle Intergroup has a YouTube Channel. The Seattle Group speakers, Sober in Seattle podcast and workshops that are facilitated at Seattle Intergroup are all on this Channel. Check it out!

Greater Seattle Intergroup (GSIG) Office

5507 6th Ave S
Seattle, WA 9810

(206) 587-2838

www.seattleaa.org
info@seattleaa.org

FUTURE TRIPPING

October GSIG Events

For details about the events listed below, visit www.seattleaa.org/meetings

1 — GSIG Hospital and Treatment Committee 10am - 1130am **Join Zoom Meeting** Meeting ID: 820 0608 7832

Passcode: 088776

1 — Saturday Morning, No Matter What & Sunday Morning Magic Annual Luncheon 11am - 3pm Highline United Methodist Church 13015 1st Ave S Burien, WA 98168

2 — GSIG Service Manual Study 11am to 1pm Hybrid meeting at GSIG Office 5507 6th Ave S; Seattle, 98108 **Zoom Link** Meeting ID: 899 8502 7998 Passcode: 280420

5 — Seattle Intergroup Accessibility Committee 6pm - 7pm **Join Zoom Meeting** Meeting ID: 885 9521 8136 Passcode: 611317

7-9 — Area 72 Area Assembly 8:00am - Hyatt Regency Lake Washington at Seattle's Southport 1053 Lake Washington Blvd N, Renton, WA 98056

8 — GSIG Third Legacy Committee 9am - 10am Hybrid meeting committee at the GSIG Office 5507 6th Ave S; Seattle, 98108. **Join Zoom Meeting** Meeting ID: 858 5142 0330 Passcode: 051501

8 — GSIG Third Legacy Tradition Study 10am-11am **Join Zoom Meeting** Meeting ID: 858 5142 0330 Passcode: 051501

8 — Serenity Hall Game Night 930pm - 11pm Serenity Hall 12536 Renton Ave S. Seattle,WA98178

10 — GSIG Corrections Committee 630pm - 8pm **Join Zoom Meeting** Meeting ID: 872 2771 9137 Passcode: 833575

15 — GSIG PI/CPC Committee 10am - 1130am **Join Zoom Meeting** Meeting ID: 810 2073 8836 Passcode: 166656

15 — Dawn Patrol Speaker's Brunch 10am - 12pm Tibbets United Methodist Church 3940 41st Ave SW Seattle,WA98116

18 — GSIG Monthly Board Meeting 7:00pm - 8:30pm Hybrid meeting at the GSIG Office 5507 6th Ave S., Seattle, WA 98108. **Join Zoom Meeting** Meeting ID: 918 5437 5402 Passcode: 035194

19 — Empire Way 75th Anniversary Dinner 6pm - 930pm. (Speakers Scott J and Astri T) Our Lady of Mount Virgin 2800 S Massachusetts St. Seattle,WA 98144

22 —GSIG Web and Tech Committee 9am - 11am Hybrid meeting at the GSIG Office 5507 6th Ave S., Seattle, WA 98108. **Join Zoom Meeting** Meeting ID: 857 9514 2843 Passcode: 467107

29 — Serenity Hall Halloween Boo Bash 930pm - 1130pm (Potluck 730pm; Birthday Night 8pm) Costumes Encouraged Serenity Hall 12536 Renton Ave S. Seattle, WA 9817.

OCTOBER IN OUR HISTORY

Oct 1

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

Oct 2

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

Oct 3

1945 – AA Grapevine adopted as national publication of AA became National Council on Alcoholism.

October in Our History cont.

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

SERVICE OPPORTUNITIES

GSIG Board is rotating service positions this year. If you would like to find out more about what is available, please visit our website, email nominating@seattleaa.org or give Lara or Anita a call and we would be happy to answer any questions you might have.

Web & Technology Committee is looking for a webmaster. If you have the skills to help run the GSIG Wordpress site, you are needed. Contact webmaster@seattleaa.org

Nightwatch
Night watch is the 24 hour hotline that gives callers a real person to talk to. These positions are forwarded to your phone and only one, four hour shift once a month
We need volunteers for 4 hour shifts 10pm, 2am, 6am.
Also, we are still searching for NEW Nightwatch scheduling coordinator.

12th Step Calls – Put your name on the 12th step call list or join the new 12th Step Committee. Reach out to **anita@seattleaa.org**

Corrections/Treatment
Juvenile Detention Meetings
Meetings are starting up at the new Juvenile Detention Center. Contact **corrections@seattleaa.org** to learn more.

Bridge the Gap
We need a few new Bridge program volunteers for people that are being released from facilities and want to connect with AA meetings right away.
Corrections Correspondence is always looking for people to write to inmates, especially men. It's a great way to do service for people that are starved for contact on the outside.

Group GSIG Answer Phones How about your group help out at the office? Sign up for a monthly commitment to answer phones at Intergroup. It is one way to have a meeting with members of your group and have a chance to help the next suffering alcoholic.



MEETING CHANGES

If your meeting information is changing, please submit changes so that these changes can be reflected accurately in the schedule and website. Please email **webmaster@seattleaa.org** about changes to your meeting.

The **CORRECTIONS COMMITTEE** will be meeting on Zoom only until further notice. We meet at 6:30 p.m. the second Monday of each month. See our website for Zoom coordinates.

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, , Morgan S., Jeff D. and Mikey C.
WEDNESDAY	Stephan M., Amy F., Cindy H. and Pam H.
THURSDAY	Joe M. and Joe B.
FRIDAY	Thomas H. and Freda T.
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Troy O., Carolyn B., Bill S., Rick L., Pam S., Casey A., and Jim H.

Southend Bookstore hours are Monday through Friday 10am to 6pm; Saturdays 11am to 2pm.

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 6pm and Saturday 10am to 2pm.

High & Dry: News and Notes — June 2022

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 conscience, and volunteers, ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to newsletter@seattleaa.org .

BIRTHDAY CLUB

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

Ralph B.	Empire Way	66 years
Joe M.	Northgate Group	63 years
Tom K.	Back to Basics	56 years
Teresa S.	Back to Basics	39 years
Lisa J.	Dawn Patrol	7 years
Liz C.A.	District 31	6 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

The suggested donation for having your annual birthday recognized in the H&D is one dollar ($1) per year of sobriety. There are two ways to make your donation; 1) print the above form and mail it along with a check; 2) use this link to donate with a debit/credit card, you'll also need to email newsletter@seattleaa.org with your name and years of sobriety. The deadline to be listed is the 25th of the month.

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

By Peeps



I've always been someone who wanted maximum results for minimal effort. Yes, that is one way of describing the dreaded half-measures highlighted in Chapter Five's "How It Works."

That max-results-for-minimum-effort philosophy of participating in AA netted me nothing but misery and more drinking. Even though I was experiencing the program's promised benefits after completing Step Nine, my life was undeniably better because of the Steps, I still thought I deserved a break from our program's one-day-day-at-a-time work ethic.

When I'd completed all of my Step Nine amends, I got busy patting myself on the back. I'd worked steadily on the first nine Steps and thought I deserved a break, so I did not immediately start on Step 10.

My sponsor disagreed and on a regular basis, almost robotically, gently suggested I commit to making a nightly inventory — of my day's successes and failures — a part of my life. I know now he detected some slippage in my program

If I'm honest, I was put off by (pronounced: resented) Step 10's requirement that it must be performed every single day. Every single day? Really? Seriously!

It took me more than two months to find the willingness, and an app, to make a nightly inventory a hardwired part of my daily spiritual practices, just as important as my morning prayer, daily gratitude list, which I share with others, and meditation practice.

In many ways, Step 10 is the most important for me. The 10th Step practice helps me see when and where my character defects escape my control.

That awareness showed me the things I needed to change in my interactions with people, all people.

Step 10 is a big reason I frequently experience joy, happiness and freedom.

TRADITION TEN: "Alcoholics Anonymous has no opinion on outside issues; hence the the A.A. name ought never be drawn into public controversies."

By Peeps

Like all A.A. members, I have more than one persona. And I love how the Twelve Traditions of Alcoholics Anonymous make it easy for all of me to differentiate the boundary between me, a member of A.A., and the me that is a typical self-centered member of the emotion-driven human race.

Like a shot upside my head, Tradition 10 tells me I must leave the world and its problems, issues and controversies outside our meetings halls and off our Zoom screens. Failure to do so is a risk to sobriety, our most treasured possession.

Bringing the outside world into our midst imperils our primary purpose, that we share our message of recovery with the still-suffering alcoholic. That is our calling.

This Tradition doesn't mean our membership is monolithic and docile. Attendance at an AA business meeting, where hot, conflicting opinions are exchanged loudly and enthusiastically, will quickly dispel that notion. If you are like me, you are much relieved these people at the business meetings are no longer drinking

It is easy for most of us to see that political and social issues have no place in our meetings and group, but the existence of this Tradition is proof that hasn't always been the case and that divisive issues still pose risk to our society.

Issues like potential revisions to AA literature and others are out there. I am grateful we have the Traditions and Steps to help us navigate new and uncertain situations.

AA meetings in British Columbia are AA meetings worth your time and attention

By Peeps

I love meetings! Attending meetings is a cornerstone of my recovery. I did additional work to fortify the base of my program by attending meetings in Vancouver, B.C. recently.

It would be fair to say I've become addicted to AA meetings. My sober date is Jan. 7, 2019. As I write this, I've been sober 1,359 days and I've attended 3,692 meetings.

My definition of a meeting is generous. As my dear old, AA-loving dad used to say, any time you have two drunks and a resentment, you have a meeting. I also count time spent on my numerous service positions as meetings. Any time I am sharing or listening to the message, that's a meeting.

But I also attend a lot of meetings in-person and on Zoom. I am retired. I have the time. I have three AA home groups, and two home groups in another 12 Step program.

Some might say that's excessive, but when I was actively using, I spent every waking moment drinking, recovering from drinking or thinking about my next drink

Nothing revs me up more than attending a meeting when I'm away from the Seattle area.

I recently traveled to Vancouver, B.C., the site of the 2025 AA World Conference, to spend the day in meetings there. It was a fabulous experience which refreshed and inspired my soul. It wasn't because it was different from how we "AA" here. It was because it wasn't very different at all. It's all about sharing our experiences, strengths and hopes.

The only real difference I detected was how they started the three meetings I attended. After asking about visitors, they said, "Is there anyone returning (to AA meetings)?"

Personally, I really liked that touch. A couple of times, people reported that they were.

My only disappointment was that the people at the meetings did not speak like I how expected Canadians to speak. Forgive my stereo-typing tendencies, but I only heard

one person say “eh!” and he was making a joke when he said it. (Probably because there was a Yank in the room.)

They all laughed. I grimaced.

Otherwise, I felt right at home. I was with “my people,” hearing what a drunk-addict needs to here to stay sober.

I heard my favorite quote from the trip at the first meeting I attended.

“I’m Josh and I am an alcoholic trying to quietly go about the business of staying sober,” a man said while introducing himself before sharing. I wish I’d said that. It’s a great goal.

I have one complaint, and it’s minor (Resentment Alert): I didn’t like how I was treated by the Canadian Customs agent when I honestly answered her question about the reason for my visit: to attend AA meetings.

She asked several questions about my driving record and several more which sought to clarify why I would to drive from Seattle to Vancouver attend meetings.

“Mostly, it’s fun for me to meet and listen to others in recovery,” I said, as earnestly as possible.

She paused several seconds, looking me straight in the eyes a la Clint Eastwood’s Dirty Harry, before saying, “OK, drive safely.”

Canada has a policy that makes it difficult, but not impossible, for visitors with drunk driving convictions to enter the country. There are websites, like ArriveCanada, explaining the policy in detail. I recommend checking ahead of your visit if you have a DUI conviction.

I’d hate for you to miss a meeting that could change your life or someone else’s.

GSIG Corrections Committee Updates

By Karen K.

The great news from Corrections is that more facilities are starting to open up for in-person and/or zoom meetings! The committee's email for anyone interested in learning more about service with the committee and info about how to do it, please contact volunteercorrections@gmail.com.

If you haven't been involved in corrections service before, it can be different from other types of service. There is a formal application process that includes a background check, specific criminal history and sobriety requirements. Each facility's process is different. Then there is an orientation before being able to enter the facility. It's a process that takes time and the corrections committee has members who are very willing to help you through this process.

"We need many people who are willing to participate in meetings long enough to understand what is going on and how strong the need is for us to be there," said a person who has done this service for many years,

Here's what has been happening over the past several months:

SCORE Facility in Des Moines:

Women's meetings are held in person each Saturday at 2:30 p.m.

Men's meetings are on hold until more staff are hired at SCORE.

For more information on eligibility and application procedures, email Cynthia H at volunteercorrections@gmail.com.

Juvenile Detention Center in Seattle:

Girl's meetings are being held in person on the second and fourth Thursdays at 7:00 p.m.

Boy's meetings: Staffing issues are preventing meetings from being held. The JDC is working on hiring more people.

For more info on eligibility and application procedures, email Pam H. at volunteercorrections@gmail.com.

Federal Detention Center: This facility has re-opened and is working with the Corrections Committee on setting up in-person meetings. There is a big need for sober alcoholics who are willing patient, committed and dedicated to taking meetings into this facility. The FDC really needs women volunteers who are willing to "stick with it."

From one person who has done this said, "We need many people who are willing to participate in meetings long enough to understand what is going on and how strong the need is for us to be there."

King County Jail: The jail is currently closed for any sort of visitation or meetings. The County Executive has said the jail will be opening for visitors and programs, and we hope to hear more about this soon.

Regional Justice Center in Kent: There are currently no in-person meetings allowed. Staff at the RJC are looking at setting up Zoom capability, however there is no timeline for this either.

Helen B. Ratcliffe Womens Work Release Center in Seattle: The facility is being remodeled and is now scheduled to open October 1st. They are committed to having womens in person meetings. If you are interested in service at this facility, please send an email to volunteercorrections@gmail.com.

Corrections Committee meets monthly the 2nd Monday of each month at 6:30, hybrid (in -person is at Intergroup). If you have any questions or want to find a way to participate, please email us at volunteercorrections@gmail.com

See answers on Page 20!

A change of pace

Big Book word search

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

brainstorm
whoopee
thoroughly
contempt
terror
bewilderment
frustration
despair
miracle
wholesale
must
amazed
recoil
rocketed
rarely
unsuspected
fourth dimension
heaven

GSIG Condensed Board Meeting Minutes
September 20, 2022

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00pm

Reports

Recording Secretary (Leslie I.):

The online report form is working now.

I added 2 reports to the August minutes. They are in the most current version I sent out Sunday.

Approve August Minutes –Motion made by Anamaria-A New Beginning, 2nd by John D16

Minutes were approved

Please have your report to me by Saturday morning at the latest.

Please make sure to submit your reports by email. If you have any corrections or changes to the roster or if you are new to GSIG and would like to be added to the roster, please submit the information to secretary@seattleaa.org

Treasurer (Carl G.):

GSIG TREASURER REPORT September 2022 DRAFT

August Financials

If you have questions or suggestions, please contact me at Treasurer@seattleaa.org

month	Net Income (loss)	Group Contributions	contributions (personal & other)	Sustainers	room rent, bday club, special events	net sales income	cash & savings
June 2022	(4.7) K	11.2 K	0.5 K	1.3 K	1.4 K	1.7 K	88 K
July 2022	2.2 K	10 K	2.5 K	1.4 K	1.8 K	0.8 K	90 K
Aug 2022	(5.9) K	8.8 K	2.8 K	1.4 K	3.4 K	2.1 K	84 K

Group contributions are 0.2 K below monthly budget while YTD is still 12 K above. Sustainer's are continuing to be slightly below budget. Personal & Other Contributions are slightly over monthly budget and still way behind in YTD budget (10) K.

The loss for the month is from several expenses that fell in the accounting month of July - -3.4 K annual General Liability premium; 3.6 K staff expenses because of Labor Day timing for a 3rd payroll. Only one payroll expense in Sept. The YTD net loss increased to (13.9). Cash and Savings decreased by 6K.

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

Corrections: $3.6K Accessibility: $2.1K

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2022.

Corrections $360 Hosp & Treat. $1,521 Accessibility $5,550

Pi/CPC $1,454

Chair (Astri):

First of all, thank you to all of you who attended/participated in our GSIG Picnic on August 21st and congratulations to the Millennials group who took the volleyball championship! The weather was great as was the food and fellowship. I also attended the District 42 picnic on September 10th, a bright and sunny day at the beach.

Thank you District 40 for inviting me to facilitate your Group Inventory.

The new rotation is upon us, I have facilitated elections for Districts 42 and 46, good luck to you. GSIG Board will also be electing new Officers in December. I have appointed the Nominating Committee, per our Policies and Procedures. The members are Steve – Dist 18, Kim – Dist 14 and Mike – Dist 42. They are already hard at work searching out new prospects to serve GSIG.

Looking forward, I am scheduled to facilitate District 24 Elections on October 5th.

October 7-9 I will be attending the Area 72 Assembly. Looking forward to serving on a panel with Jacob (Puget Sound CSO) on Friday night, a reprise of our Intergroup/CSO presentation done at the July Quarterly.

Nominating Committee (Chair: Steve D18, Kim D14, Mike D42)

The new rotation begins in 2023. We are looking for nominees for Intergroup Board Chair, Vice Chair, Treasurer and Recording Secretary.

Please send your resume including length of sobriety and previous service positions held to:

nominating@seattleaa.org

Elections will be held at the assembly on December 20th.

Office Committee (Jeff U.):

Minutes of September 2022 GSIG Office Committee Meeting

Tuesday September 13th, 6:00PM via Zoom

Attending: Committee Chair Jeff U, GSIG Treasurer Carl G, GSIG Chair Astri, GSIG Office Manager Lara R, Jennifer L, Bill S, and GSIG Assistant Office Manager Anita S

GSIG Treasurer presented the August financial report. $5000 under budget for the month due to one-time expense for new insurance premium, and three payrolls rather than two in the month.

Discussion of closure of Sno-King Intergroup, with no decisions taken pending outreach from the people involved in closing down.

Discussion of concerns about meetings not following traditions and about recourse available to members and GSIG. Clarified that members can always bring concerns to the Board for consideration by the groups.

Discussed upcoming rotation and open positions next term of GSIG officers and on the Office Committee. Encouraged all to help seek candidates for both.

Office Manager (Lara R.):

Financial: We have secured our new insurance policy as of September 1st.

Inventory: We have received the two literature items that you all voted on at the Spring Assembly. Please come and get some for your groups or districts.

I have opted to eliminate the plastic bottles in the office and rent a water cooler. This expense will be about the same as buying cases of water, and much easier on the recycling can.

Call Log August 2022:

12th Step Calls: 8

Info about AA: 5

Intergroup info: 41

Outside agency referral: 12

Meeting info: 51

Wanted to talk: 19

Misc.: 17

Total calls: 153

I was able to attend the ICOAA Conference in Denver, CO a couple of weeks ago. It was an amazing experience. I got to attend a candlelight meeting at the oldest Clubhouse west of the Mississippi-the

York Street Clubhouse. Beautiful place, I highly recommend it if you ever get to Denver.

It was a real privilege to meet Bob W., the current Manager of the GSO office in New York, along with the current AAWS Board Chair. They gave a report of things that are happening at the office currently. GSO will re-open to visitors in early October. Everyone is very relieved about that. They are returning to the office to work in person now. They talked about some changes to the printing of the books which will make things more expedient in the delivery.

All of the Office Manager and the Board Chairs shared their best practices concerning all things Intergroup. I came away with some new ideas, but mostly I came away with a deep sense of gratitude for all of the Boards and Office Managers that have gone before that have made the structure of our office and how it works so seamless and highly functioning.

Accessibility (Laurel W.):

We need committee members. It's just me. I focus on ASL access only. We need people interested in serving others (non Deaf) who face barriers to getting to meetings.

I'm grateful that there's good support and donations to the ASL fund. These funds pay for interpreters for AA meetings we had a separate raffle at the Intergroup picnic and raised $502.00for the Blue can (aka ASL can)

Corrections Committee (Amy):

Girls meetings are going well at the Juvenile facility. Boys meetings are prevented by staff shortages, which may be soon resolved.

Helen B Ratcliff Women's Work Release facility is opening back up on October 1st and do want in-person meetings again. We will follow up next month.

The Federal Detention Center has opened back up and we are bringing meetings there. We badly need more committed women volunteers that can be patient to go through the process.

At SCORE, women's meetings are going well, with 2-3 volunteers each week.

We are working to set up a list of volunteers that act as a bridge for people getting out of short term incarceration. They would bring those people to about 3 meetings to get them started in AA. We are working on a pamphlet/sign-up form for volunteers.

For now, interested persons can email Dan P at: dpierce2121@yahoo.com

People interested in volunteering at the various facilities or serving on the Corrections Committee can email our regular volunteer email at: volunteercorrections@gmail.com

The Empire Way donated $150 in Big Books to Corrections. to them, we would like to express our sincere thanks!!

Hospitals & Treatment Committee (Greg E.):

We were grateful for the opportunity to staff a table at the GSIG Summer Picnic, together with PI/CPC and Accessibility. It was a lot of fun - spread the word about the work we do, got some new signups for Bridge the Gap, and had great fellowship with each other and the rest of the attendees.

Looks like we have set up two new meetings at nursing facilities: the Hot Stove group is planning to take a meeting into Seattle Medical Post Acute Care (SMPAC), and Wings is planning to a meeting into Sound Mental Health. If these meetings open up to the fellowship, we'll let you know!

We're plugging the book drive for the Area Assembly that will benefit treatment facilities. If you're going, please bring a big book!

Reminders:

- We have a budget for literature for hospital and treatment facilities. Please let us know if a facility in your District could use some literature!
- We're happy to help route Bridge the Gap forms - send 'em our way.

PI/CPC Committee (David D.):

The September PI/CPC meeting was held Saturday, September 17th.

PICPC Committee continues to support a meeting Fridays at Noon at Elizabeth Gregory House, a day shelter for homeless women.

We started a meeting at Salvation Army at 16th and Roxbury (District 14) Sundays at 1:00.

We are looking for people to support both these meetings or for local home groups to consider supporting.

We are reaching out to West Seattle Senior Center.

We are planning a panel for the Seattle Fire Department.

We also encourage attendance by anyone interested at the PICPC committee meeting, held the third Saturday of the month at 10:00 AM. Please reach out to your home groups for this service opportunity.

District PI or CPC representatives are encouraged to attend as well.

12 Step Committee: (John):

We meet the 1st Thursday of the month on zoom

District 14 (Kim S.):

Our district rotations are coming up- DCM, alt DCM, Secretary, treasurer and many other committee service opportunities will be available and we will be voting in November. I am happy to provide info about any of these service opportunities so please reach out with any questions— my email address

is Kimhappy1@hotmail.com

District 31 (Jeff):

Our DCM resigned unexpectedly. Our alternate DCM Anita has stepped up to fill in as DCM for next 3 months. Thomas has agreed to serve as the alternate DCM.

District 41 (Laurel):

In June we had a district inventory. All of our chair positions are filled except for GrapeVine rep and young peoples chair.

District 41 and District 15 and 17 and 40 will co-host the Gratitude dinner this November. Currently looking for a facility large enough for 300 people. Date to be determined, once a place is reserved.

Districts 41, 15 and 40 will host the Area 72 Quarterly in January 2023. It will be held at the Crown Plaza Hotel in Seattle.

District 42 Mikey C

D42 is looking for members of AA who want to up their service game and enter at the district level. Please join us at our next meeting every 3rd Thursday of the month at 7 p.m..

Id# 93017823319 Passcode# 202171

* Also, this is the time that greater Seattle intergroup is holding elections for the next rotation please if interested please go to seattleaa.org for more information or contact the nomination committee at nominating@seattleaa.org to request job descriptions.

* If any meeting needs insurance or is requested to have insurance contact GSIG they have the resources to help.

* Remember to inform intergroup of any meeting changes that may happen. This includes any future events. Gratitude month is coming!!

112 A new Beginning (Anamaria):

ANB is growing stronger. We've held elections and all positions are filled.

We are looking forward to hosting a gratitude dinner in November. Details to follow.

Thank you for your service. I look forward to serving in this new role.

Upcoming events

- Seattle Group- Saturdays at 6:00PM

-Service Manual Study 1st Sunday of the month, Sunday Oct 2nd, 11:00AM Hybrid

-Trad Study 2nd Saturday of the month, Saturday Oct 8thth, 10:00AM on zoom

- Oct 7-9 Western Washington Area 72 Assembly

- Oct 18th next Board meeting

A change of pace

Big Book word search



22nd Annual

2nd year back on the beach

Back to the Beach

Open invite for all ~ No gimmicks just pancakes!

We are not a glum lot

When: Sunday, October 30, 2022
7:00 AM – 11:00 AM
LAST PANCAKE OFF THE GRIDDLE 10:30 AM

L

Where: Lincoln Park Shelter 3
South Parking Lot

Bring your own thermal coffee cup or pot & share!

We will need people to bring firewood
Please contact our "Wood Guy"
Contact Allen O
206 853-6767



Suggested side dishes

already cooked please we can reheat your food

- Ham/Bacon/Sausage/Turkey bacon ~ scary how the "meat" disappears
- Quiche, egg dishes, cooked hash browns
- Fruit

Dress for the weather Rain does NOT cancel!!

For more info call: Linda McGowan

206 795-2287 cell
lindalloydmcgowan@gmail.com

Jar on the fireplace mantel and your donation for the shelter appreciated, Thx


Serenity Hall Skyway
HALLOWEEN
BOO BASH
Saturday, October 29th
7:30 Potluck
8pm Birthday Night
9:30 - Midnight Dance
Costumes Encouraged!
R.I.P


FALL
Dinner & Speaker Meeting
JOIN US FOR OUR ANNUAL FALL FEST WITH
SPEAKERS SCOTT J. AND ASTRI T.!
EMPIRE WAY
75th
ANNIVERSARY
WEDNESDAY, OCTOBER 19th, 2022
DINNER 6PM, SPEAKER 7:30PM
2800 S MASSACHUSETTS ST. SEATTLE, WA 98144
for more info, please contact
AMANDA: THEMOUNTAINSGLOW@GMAIL.COM
ROBIN: CAPTUREPIX@AOL.COM

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

ARE YOU READY?

GREATER SEATTLE INTERGROUP
IS LOOKING FOR YOU!

OUR NEW ROTATIONS ARE STARTING IN 2023
POSITIONS AVAILABLE ARE:

*** CHAIRPERSON**
*** Vice-CHAIR**
*** TREASURER**
RECORDING SECRETARY
for other service opportunities contact GSIG

GREATER SEATTLE INTERGROUP BRINGS TOGETHER ALL GROUPS AND COMMITTEES IN UNITY, SERVICE and RECOVERY.

FOR ALL JOB DESCRIPTIONS OR ANY QUESTIONS
Go to: seattleaa.org Intergroup (intergroup board page)
OR SEND YOUR RESUME
ASAP or qualify at the fall assembly December 20th 7PM
To: nominating@seattleaa.org

Greater Seattle Intergroup
Alcoholics Anonymous

THE SEATTLE GROUP

Saturdays at 6:00PM

5507 6th Ave S.
Seattle, Wa. 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS:

October 1st John P.

October 8th Christine S.

October 15th Bill S.

October 22nd Geene D.

October 29th Bill S.

November 5th Daniel L.

November 12th Brook H.

November 19th Alan K.

November 26th Todd L

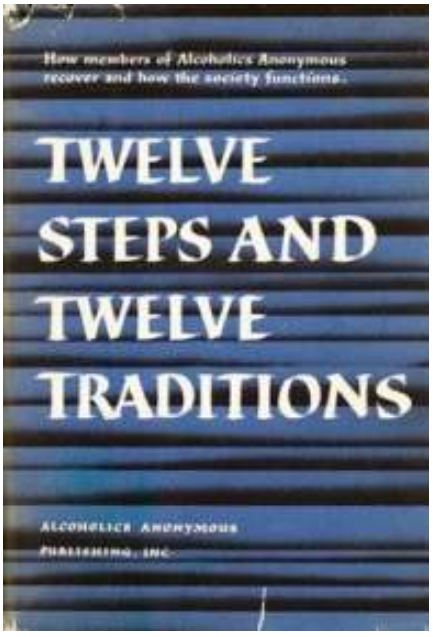
GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

Seattle Intergroup Third Legacy Committee presents:

Let's Study the Traditions When:

2nd Saturday of each month 10am to 11am

A different group will facilitate a discussion for the tradition of the month.



Everyone Welcome.

This is a hybrid event. In person at the office or on zoom

Zoom ID: 858 5142 0330

Passcode: 051501

For questions or how to get involved contact:

thirdlegacy@seattleaa.org

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

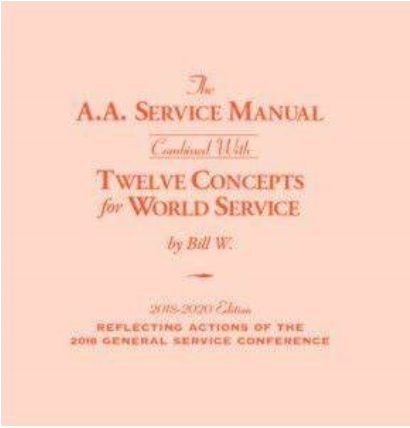
Seattle Intergoup Service Manual Study

When: First Sunday of each month @ 11am

Where: Hybrid event

In-person at Seattle Intergroup 5507 6th Ave S., Seattle

On Zoom: Meeting ID 899 8502 7998 Passcode 280420



We are currently studying the 2018-2020 edition of the service manual. This is an on going study. When we get to the end we will start from the beginning. Everyone Welcome.

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.