GREATER SEATTLE INTERGROUP ALCOHOLICS ANONYMOUS

High & Dry

November 2022 Volume 74, Number 11



NEW GSIG SERVICE 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 Fall Assembly on Dec. 20th.

LOCAL AAs REFLECT ON GRATITUDE

AN ATTITUDE OF GRATITUDE

By Kenny D (Sober 33 years)

Maintaining an "Attitude of Gratitude" is for myself and many sober alcoholics critical to the experience that keeps us sober. It is a paramount component to our daily reprieve, which is contingent on the maintenance of our spiritual condition. Whenever we feel Gratitude at depth for our sobriety, it is impossible to fall back and dwell in the merciless obsession to destroy ourselves with the alcohol and drugs that for so long haunted our existence. In Gratitude, we are safe and protected. A day that we are grateful, is another day sober.

Even in times of trouble, we can find a nexus to Gratitude by simply making a list, mental or on paper, of the simplest things. Upon awakening, we can reflect on the fact that we had a warm place to sleep or that we have food, health or friends.That we have the capacity for Love and have friends that love us.

No matter how unsettled our life may seem, if we can find something to be grateful for,

Continued on next page

Greater Seattle Intergroup (GSIG) Office

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info@seattleaa.org

Gratitude will go a long way to allowing us to be helpful to others, to get outside ourselves and move towards an attitude of right thinking.

Negative thoughts harmful to ourselves and others are dispelled, and we return to our right minds.

In prayer and meditation, our goal may be to practice the presence of God. At times I have experienced Gratitude to the point of tears and in those moments, I have known the presence of my Higher Power. I have come to believe that the emotional feeling of Gratitude is the Awareness of the Presence of God.

Read more reflections on gratitude on page 9!

FUTURE TRIPPING

November GSIG Events

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

2 — Seattle Intergroup Accessibility Committee 6pm - 7pm Zoom meeting. Join Zoom Meeting Meeting ID: 885 9521 8136 Passcode: 611317

3 — 12th Step Committee 630pm - 8pm. Zoom meeting. Meeting ID: 835 0869 0642 Passcode: 749607

5 — GSIG Hospital and Treatment Committee 10am - 1130am Hybrid meeting. SGIG Office 5507 Sixth Ave S, Seattle. Meeting ID: 820 0608 7832 Passcode: 088776

5 — District 36 Gratitude Dinner 5pm to 9pm Si View Community Center S400 SE Orchard Drive, North Bend

6 — GSIG Service Manual Study 11:00am - 1:00pm Hybrid meeting. SGIG Office 5507 Sixth Ave S, Seattle Zoom Meeting Meeting ID: 899 8502 7998 Passcode: 280420

10 — A New Purpose Group Gratitude Dinner. 6:00pm - 8:30pm Bethlehem Lutheran Church 1024 Monroe Ave NE, Renton

12 — GSIG Third Legacy Committee 9:00am - 10:00am Hybrid meeting. GSIG Office 5507 Sixth Ave S, Seattle. Join Zoom Meeting Meeting ID: 858 5142 0330 Passcode: 051501

12 — GSIG Third Legacy Tradition Study 10:00am - 11:30am Hybrid meeting. GSIG Office 5507 Sixth Ave S, Seattle. Join Zoom Meeting Meeting ID: 858 5142 0330 Passcode: 051501

12 — Gratitude Dinner Districts 15, 17, 40 and 41 430pm - 8pm. First United Methodist Church 180 Denny Way, Seattle

12 — Open Mic 730pm 1030pm Greater Seattle Intergroup Office 5507 Sixth Ave S, Seattle

12 — Open Mic/Jam Night 8pm - 1130pm Bellevue Alano Club 12302 NE 8th St., Bellevue

12 — Serenity Hall Game Night 9:30pm - 11:00 Serenity Hall 12536 Renton Ave S., Seattle

14 — GSIG Corrections Committee 630pm - 8pm Zoom meeting. Meeting ID: 872 2771 9137 Passcode: 833575

15 — GSIG Monthly Board Meeting 7pm - 830pm Hybrid meeting. GSIG Office 5507 Sixth Ave S, Seattle. Join Zoom Meeting

https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09 Meeting ID: 918 5437 5402

Passcode: 035194

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

19 — Volunteer Gratitude Luncheon 1pm - 3pm GSIG Office 5507 Sixth Ave S Seattle

19 — District 39 Gratitude Dinner 530pm - 830pm East Side Church 14520 100th Ave NE, Bothell

19 — District 34 Gratitude Dinner 6:30pm - 9:30pm North Bellevue Community Center 4063 148th Ave NE, Bellevue

26 — GSIG Web and Tech Committee 9am - 11am Hybrid meeting. GSIG Office 5507 Sixth Ave S Seattle

NOVEMBER IN OUR HISTORY

Nov 1

1947 — 1st AA Group in Anchorage, Alaska.

Nov 9

1966 — President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.

Nov 10

1940 — 1st AA group formed in Minneapolis.

Nov 10

2001 — 1st of 400,000 4th Edition Big Books arrive in the mail.

Nov 11

1934 - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.

Nov 12

1940 - 1st AA meeting is held in Boston.

Nov 13

1939 - Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement

Nov 14

1940 - Alcoholic Foundation publishes 1st AA Bulletin.

Nov 15

1949 - Bill W. suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

Nov 16

1950 - Dr. Bob S. died.

Nov 18

1946 - 1st Dublin Ireland group met.

Nov 21

1939 - AA's in San Francisco hold 1st California AA meeting in the Clift Hotel

Nov 26

1895 - Bill W born in East Dorsett, VT.

Nov 28

1943 - Bill guest speaker at San Quentin Penitentiary.

SERVICE OPPORTUNITIES

GSIG Board is rotating service positions in December. 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

High & Dry is looking for a volunteer to edit and format each issue.Reach out to **high_and_dry@SeattleAA.org** for more info.

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 Brool
WEDNESDAY	Stephan M.,Amy F., Cindy H. and Pam H.
THURSDAY	Joe M., Alex and Joe B.
FRIDAY	Thomas H. and Riff Raff
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 — November 2022

We want contributions from you! Please share your thoughts, ideas, suggestions and comments by emailing them to us at high_and_dry@SeattleAA.org

We are 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.
We are looking for someone to help create this newsletter! If you have a few hours a month and can use Word or an equivalent program, we need you!
To be part of the effort, please send an email to newsletter@seattleaa.org .

BIRTHDAY CLUB

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

Gloria S.N.		43 years
Elise V.K,	Longtimers Group	43 years
Ron E.	Waterfront Group	30 years
Aurora M.	The Scum Also Rises	16 years
Mike C.	A New Beginning	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 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

By Peeps

I can't pinpoint the exact day prayer AND meditation became can indispensable part of my daily spiritual practice, but I'm sure it was about a year-plus into my current sober run, which spans 1,388 days as I write this.

I found it much easier to make prayer a part of my morning routine, it fit in nicely with my coffee habit, I was not going to do anything without either. I place my phone under my bed overnight, so I have no reason to skip prayer when I'm on my knees.

But meditation was alien to me. I feared I had broken the parts of my brain and soul required to achieve it due to drinking and using.

Of course the problem was me, especially my expectations. I was expecting it to be easy. I was disappointed my head filled with all kinds of random thoughts the moment I was wanted to clear the mental decks.

I needed the help of a friend, who reminded me a habit of meditation is called a practice. He said I would get easier with time, but most of all, I had to seek improvement with gentleness toward myself. Random thoughts are always going to compete for our attention.

I let my temper flare when thoughts of dinner or an appointment with my dentist or a golf tee time bounced to the top of my consciousness.

He urged me to set a length of time goal as well as a fixed time to practice. He said sit quietly and when random thoughts intruded, as they always will, to return to my meditation targets gently

It really helped to have more realistic expectations. I no longer thought I'd be hearing shimmering sounds or see a light show on my eyelids. I was happy to be where my feet were. I sensed my HP's presence knowing in that moment I was OK. I felt serene.

Gradually, I went from trying to meditate five minutes at a time to 30 minutes over the course of six months. I used to skip meditating if I didn't have thirty minutes. Now I'll go for five minutes if that's all I have. Any meditation time is better than no meditation.

TRADITION 11: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

By Peeps

I used to be baffled by the Traditions, didn't think they applied to my recovery. I thought they were distracting from my rookie efforts to live a sober life until I realized they are rooted in the shared experiences of all those who preceded us in AA. Literally forged from the blood, sweat, tears and mistakes of other alcoholics.

The Steps show us the path to a life that is happy, joyous and free. The Traditions are our rules of road. Adherence to the Traditions is the easier softer way.

Tradition 11 keeps our groups on track to fulling our primary purpose, which is carrying AA's message to the still suffering alcoholic. Period. It also reminds me that its my actions, not my thoughts, intentions or words, that are the most effective means to deliver that promise.

As one of my favorite members used to say, repeatedly, "People would rather see a sermon than hear one!

NOVEMBER IS GRATITUDE MONTH!

Here are some reflections on Gratitude from some members of Alcoholics Anonymous.

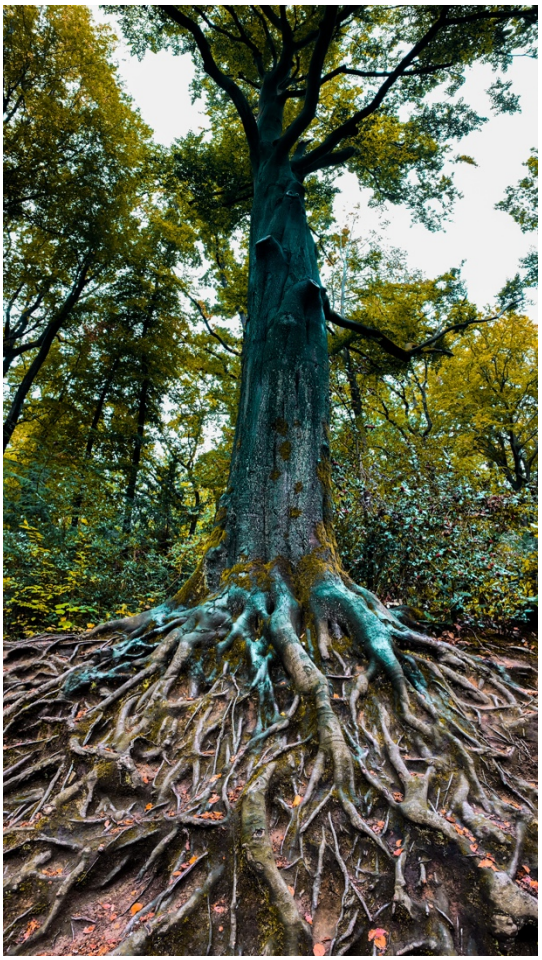
GRATITUDE PAVES WAY TO PATIENCE, GROWTH

By Jack J (Sober 14 years)

Grateful to the High & Dry for this opportunity to share on the topic of Gratitude. Most of all, today, I am grateful for the ability to let go and let God. I have listened deeply this past year and benefited from a broader range of meetings and additional program work. My faith and trust in HP working in my life is replenished. As I surrender to the fact that some decisions are beyond my control, I am learning more about patience.

I am grateful for our literature. District 15's support of writing workshops for the pamphlet, A.A. for the Black & African American Alcoholic, informed my panel talk at the Area 72 Assembly. As shared at the Spiritual Breakfast talk given by the Pacific Regional Trustee Reilly K., at the Assembly, our

literature expands on the solid backbone of the Big Book and the 12 x 12m, and crucially, will be how those of us who never heard Bill speak will carry the message of A.A. Our literature is the entry point for the still-suffering alcoholic, and I am grateful for efforts underway to create and expand inclusion.



Gratitude is the ability to accept and return kindness. I am recalling the share in a recent Daily Reflection, *"*The Main Taproot," about cherishing the memory of one's first meeting. My memory is of two men crossing the room at the break, loping toward cowering-me, to say, "Welcome, we're glad you're here." I repay that kindness by being of service. Contributing financially what I can; standing for positions; shaking newcomer's hands or calling on them in online meetings.

Grateful for being able to listen and learn, to have friends I have never met in person. I sense a continuity with the alcoholic who read the Big Book, wrote a letter to the Foundation, and then waited weeks or months for a return letter. Grateful for the lineage that is one alcoholic talking with another: that when I say, thanks, to my sponsor for something I notice I shared with a sponsee, he says, we follow in the steps of those who went before us.

GRATITUDE > FEARS

By Mary E (Sober six years)

Feeling grateful for my life and what I have is dependent on how connected I am to my Higher Power. For me trust and acceptance battle with my fears and desire for control.

If I haven't prayed or meditated for a couple of days, I start feeling annoyed with my life and the people in it. I start feeling afraid that I don't have enough money, "thinness," accomplishments and so on.

Working daily for spiritual fitness is in my own best interests. Praying and meditating, practicing our 12 Steps of AA and calling my sponsor all help me keep the fear at bay.

Recently I've been experiencing periodic episodes of severe abdominal pain. I've seen my doctor and am waiting for a test result. It will get figured out and treated. Today, I'm grateful for being alive and having health insurance. Not much fear is in play at the moment and I'm grateful to AA for that!

GRATEFUL FOR MY SPIRITUAL PRACTICE



By Peeps (Sober three years)

I always resisted the spiritual part of Alcoholics Anonymous, which is why it took me more than 30 years to get three-and-a-half years of continuous sobriety (my sober date is Jan. 7, 2019).

I had to be tricked into adopting a daily spiritual routine. The credit goes to my sponsor for insisting I pray every morning from my knees and send him a gratitude list (in the morning), and to my Higher Power, which has shown me that a consistent spiritual practice will be rewarded.

You could say looking reasons to be grateful was the best idea I never had.

My sponsor did not tell me why I needed to prayer daily and write a “grat” list. He just suggested doing it and I was so desperate and miserable, I tried it.

When my sponsor asked me to pray and provide him a list I was two days sober and I thought I had damn little to be grateful about. My marriage was over, my spouse had moved out, we were going straight to divorce and would sell our house, meaning I needed to find another place to live.

I was battered and beaten physically, mentally and emotionally from drinking and using.

I was incensed by my sponsor’s suggestion (pronounced demand) for a gratitude list. How was praying and listing things I was grateful for going to solve my problems? I was massively shocked and pleased to find after less than two months how much I had to be grateful for.

I was alive. I was sober. I was feeling and sleeping better. The fog in my brain was clearing. I was going to meetings, I was lurching like a toddler as I began to work the Steps and I could see rays of hope on the horizon.

I am filled with Gratitude that my life is improving. I am grateful to still be in the game and learning to live life on life’s terms, one day at a time. I’ve learned that the harder I work on my spiritual practices, which includes daily doses of meditation and service work, the more Gratitude I feel.

Pink Can Donations to Corrections Committee Update

By Karen K.

If you've ever wondered what the Pink Can is all about, here's the answer! Many years ago one of our members attended a meeting in Las Vegas that had Pink Cans for people to contribute funds to cover literature expenses for people behind bars. He loved the idea so much he brought it back to Seattle and now we do it too!

So far in 2022, numerous groups have donated $1100.95 through their Pink Cans. All the money is given to the GISG Corrections Committee to use to purchase literature. To date, Corrections has used $995.51 to purchase literature for the Juvenile Detention Center, SCORE Facility, King County Jail, and to correctional facilities in Western Washington.

The Committee gives a heartfelt thank you to the following groups for their contributions:

- Counterpoint
- Mid-Day Mindfulness
- Acceptance is the Answer
- Happy Hour
- Sunday Night Speakers
- Daily Reprieve
- Brown Bag Bunch
- White Center Group
- MOB (Men's Open Group)
- Clay S
- Bobbi T
- Jennifer S
- Big Book West
- Acceptance is the Answer
- Empire Way

The Corrections Committee meets on Zoom, the second Monday of each month at 6:30pm. To get zoom details, contact us at corrections@seattleaa.org or visit https://www.seattleaa.org/service/corrections/.

If you're interested in learning more about how to get a Pink Can for your home group or volunteer opportunities such as taking meetings into correctional facilities, corresponding with incarcerated people, or helping people newly out to get to a few meetings and connect with other sober members (Bridge program), email us at volunteercorrections@gmail.com

See answers
on Page 25!

Mikey and Morgan free association

organized chaos

S S D E G E N E R A T E B Y E K T
P S E L D N B P S U Q U J C X D M
O E S O P U N A R I N D N L B L J
N L P N T P T K N M L A P W J M M
S R A E Z A E I A Q D I A R E T D
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gratitude
alcoholics
serenity
willingness
sobriety
denizen
unmanageable
powerless
insanity
sponsorship
acceptance
turkey
banquets
despair
lone endeavor
concordance
narcissist
degenerate
metallica
spiritual
syphilis

GSIG Condensed Board Meeting Minutes
October 18, 2022

Submitted by Leslie I. (Recording Secretary)

AA birthdays

Kim – 6 years

Kathleen – 12 years

Teresa – 39 years

New to GSIG

Janice and Dave D16

Roll call- Quorum (51%)

All present except D24

Reports

Recording Secretary (Leslie I.):

Approve September Minutes –Motion made by Mike D42, seconded 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, specialevents	net sales income	cash & savings
January 2022	3.3 K	15 K	0.7 K	1.5 K	492.00	1.8 K	95 K
February 2022	(3) K	9 K	0.7 K	1.4 K	533.00	2.5 K	95 K
March 2022	(2.6) K	10 K	1 K	1.3 K	261.00	1.5 K	95 K
April 2022	(.6) K	11 K	0.9 K	1.3 K	633	1.3 K	95 K
May 2022	(2.7) K	9.6 K	0.8 K	1.3 K	834.00	1.6 K	93 K
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	9 K	2.8 K	1.4 K	3.4 K	2.1 K	84 K
Sept 2022	(4.6) K	5.5 K	0.6 K	1.4 K	0.6 K	3 K	78 K

Group contributions for Sept. are (3.6) K below monthly budget while YTD is 8.5 K above. Sustainer's are continuing but YTD is (1.3) K below budget. Personal & Other Contributions are under monthly budget by (2) K and still way behind in YTD budget (12) K.

The loss for the month is due to group and personal contributions being so under budget. The YTD net loss increased to (18.5). Cash and Savings decreased by (6.7) K.

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

Corrections: $3.4K Accessibility: $1.2K

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

Corrections $360 Hosp & Treat. $1,521 Accessibility $5,025 Pi/CPC $1,364

Carl presented the Proposed Budget 2023:

	22 budget approved	22 projected income & expenses	proposed 2023
Income			
4201 Special Events Income	6,000	6,258	6,200
Contributions		**needed to balance**	**26,225**
4001 Group Contributions	108,969	120,310	125,000
4002 Misc. Contributions/individual	30,000	13,972	15,000
4003 Meeting Room 7th Collects	2,607	3,092	3,600
4004 Birthday Contributions	1,944	1,913	1,900
4005 The Sustainers Program	18,000	16,261	17,000
Total Contributions	**161,520**	**155,548**	**194,925**
Literature Sales			
Retail Sales			
4101 Literature Sales	$50,002	52,383	53,000
4111 Meeting Directory Sales	$10,000	5,592	6,000
4121 Coin Sales	$6,374	10,928	9,756
4141 High & Dry Sales	$125	116	78
4151 Shipping Income	$252	535	531
Total Retail Sales	**66,753**	**69,554**	**69,365**
Total Income	**234,273**	**231,360**	**264,290**
Cost of Goods Sold/CGS			
5101 Literature COGS	36,592	35,847	35,000
5111 Meeting Directory COGS	3,911	5,810	5,500
5121 Coin COGS	3,560	4,690	4,062
5141 High & Dry COGS	1,500	1,728	1,383
5161 Inventory Adjustments		-	
5162 Lit COGS QtyDisc(-) Penlty (+)	(2,000)	(310)	

Total COGS	**43,563**	**47,765**	**45,945**
Total Cost of Goods Sold	**43,563**	**41,284**	**45,945**
Gross Profit	**190,710**	**190,076**	**218,345**
Expenses			
6801 Standing Committees			
6811 Archives Committee	120		
6812 Corrections Committee	360		
6813 GSIG Board	480	129	130
6814 H & T Committee	1,800	372	400
6815 PI/CPC Committee	1,800	581	500
6816 Special Events Committee	4,500	6,144	6,200
6817 Third Legacy Committee	480	231	50
6818 Web and Tech Committee	1,500	-	
6819 Accessibility Committee	5,000	3,540	5,500
6820 Big Book/Lite Fund		1,036	-
Total 6801 Standing Committees	**16,040**	**13,206**	**12,780**
Literature Discounts			
6830 Travel and Meetings			
6831 Conference, Meetings	1,500	1,970	1,900
Total 6830 Travel and Meetings	**1,500**	**1,970**	**1,900**
Other Expenses			
6301 Interest/Bank Charges		58	65
6302 Stripe Processing Fees	2,310	1,491	1,528
6303 Merchant Svs. Credit Card Fees	1,346	1,298	1,228
6501 Insurance	1,362	8,483	4,985
6502 Licenses & Taxes	15	-	

6701 Professional Fees--Tax & Other	12,844	15,030	14,520
6921 Burien Little Assembly	120	160	150
6931 Cash Over/Short		25	-
6932 Petty Cash (Over) Short		-	-
6933 Reconciliation Discrepancies		-	-
6934 Penalties and Fines		-	-
6935 WA STATE B&O TAX	150	276	300
6941 Depreciation		-	
Total Other Expenses	**19,147**	**26,820**	**22,776**
Paid Staff			
6101 Payroll Expenses	833	836	838
6111 Wages	65,743	75,225	81,995
6112 Taxes	4,776	5,961	6,560
Total 6101 Payroll Expenses	**71,352**	**82,022**	**89,392**
6121 Med Insurance/dent&vision	1,750	1,402	1,620
Total Paid Staff	**73,102**	**83,423**	**91,012**
Rent and Office			
6001 Rent	48,135	47,607	50,549
6002 Triple Net	17,589	18,125	19,209
6003 Maintenance & Repairs	772	1,001	1,100
6004 Computer Upgrade	500	630	500
6005 Office Supplies	3,173	2,503	2,900
6201 Utilities	2,231	4,076	4,475
6211 Electricity	1,879	2,399	2,740
6212 Internet Service	4,489	4,858	4,859
Total 6201 Utilities	**8,598**	**11,333**	**12,073**
6400 Communications		-	
6401 Phones		-	
6403 Call Forwarding	1,060	1,034	1,028
Total 6400 Communications	**1,060**	**1,034**	**1,028**

6601 Shipping Expense	804	2,223	2,118
6602 Postage			
Total Rent and Office	**80,633**	**84,456**	**89,477**
Southend Book Store stipend	600	467	500
Total Expenses	**191,021**	**210,342**	**218,445**
Net Operating Income	**(311)**	**(20,266)**	**(100)**
Other Income			
7001 Interest Income	274	5	19
7002 Credit Card Rewards		633	525
7003 Other Income	312	-	
Total Other Income	**312**	638	544
Net Other Income	**0**	**638**	**544**
Net Income		**(19,628)**	**100**

Discussion followed.

District representatives were directed to share the proposed budget with their GSR's so they may take it back to their groups for review and feedback.

GSIG board will further discuss at the November board meeting.

The final proposed budget will be presented and voted on at the December board meeting.

Chair (Astri):

Summer is over, this rotation is drawing to a close and many of us are looking forward to what our next adventure in AA service is going to be. Since our September Board meeting I have stayed busy; I facilitated Rule 62's Group Inventory as well the District 24 Elections.

Oct 7-9 I attended the Area 72 Election Assembly in Renton. Friday afternoon I attended panels on "Attraction- How are we Communicating?", "Literature – The Common Denominator" and " What is Spiritual Parity?". At 4:00PM Jacob (PSCSO Board Chair) and I presented on "What are Intergroups/CSOs?". The presentation seemed to be well received and stimulated questions and discussion. In the evening I participated on a Past Delegates panel and shared on "Zoom, a Blessing and a Curse". Business began promptly at 8:30AM on Saturday morning. We heard WWA72 Officer reports and I provided a report summarizing GSIG activities for the past year. The 3 motions (1. Split Spanish District #1, creating a new Spanish District. 2. Giving the Area Archivist full right of participation. 3. Create a technology steering committee) were discussed, votes taken and all passed. New Area 72 Officers were also elected. Your Panel 73 Area 72 Officers are: Delegate; Crystal S., Alternate Delegate; Courtney S., Chair; Lupita Y-M, Alternate Chair; Eddy M-M, Treasurer; Derek S., Alternate Treasurer; Lisa S. Several people made the decision to not continue in "general

service" for the next rotation, so, I suggested to several that they should consider service at GSIG. I hope to see them at our election assembly in December. Sunday morning, Reilly K, our Pacific Region Trustee, gave an emotionally moving talk. Next years Assembly will be held in Longview, Wa.

Looking toward the next month, I've been asked to share my story at Empire Way in Twisp and Ocean Shores and am grateful to have been asked. I've also been asked to facilitate Dist 34 elections and am continuing to co-facilitate the Service Manual Study here, on the first Sunday of the month (11AM).

I want to emphasize that we will be having our Fall Assembly on December 20th. We will be electing new Officers. Please include in your report to your District that every group served by GSIG will have a vote at the Assembly and is asked to send a representative. Also, you can help the Nominating Committee by approaching people at your meetings that you think might be a good fit at GSIG and ask them to make themselves available for GSIG service.

Thank you all for your service. I appreciate you all.

Vice Chair (Aaron):

I am available to come to meetings and discuss what it is that Intergroup does.

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..

20/20 (Mike M.)

SnoKing Intergroup is dissolving. They have formed an ad-hoc committee to figure out how the services they have been providing will be handled and by whom.

Finance Committee (Tony H.):

We met with the Treasurer to go over the proposed budget and discussed options for cutting costs and ways to bring in more revenue. We decided it was best to show members exactly our costs and projected cost for 22 so members can see we are spending more than we are taking in and the need to have more contributions from members to cover costs.

Office Committee (Jeff U.):

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

Report from Mike M about status of the closing of Sno-King Intergroup. Committee voted unanimously to have Mike M explore the Eastside Intergroup and Sno-King Intergroup options for GSIG, helping to assume the activities of Sno-King Intergroup.

GSIG Treasurer presented the September financial report. GSIG continues to experience monthly shortfalls averaging about $1500.

Discussion of 2023 budget proposal by Carl G. Motion to raise staff salary line item to reflect full 9% cola passed. Agreement that 2023 Accessibility budget line item will be based on previous year's numbers. Unanimously agreed to recommend an amended budget to the Board.

GSIG Office Manager Lara delivered the Office manager's report. Discussion of the location and date of 2023 GSIG picnic in light of competing/conflicting/confusing other events. Committee agreed to table discussion but revisit before January 1.

Committee unanimously agreed to an expense below $1000 for new GSIG hybrid meeting equipment.

Office Manager (Lara R.):

Financial:

Carl and I have collaborated (mostly Carl) to make a draft budget for 2023. Thank you to Carl and the Finance Committee for their service to Seattle Intergroup. We are truly blessed to have so many people that are willing to serve.

We have decided to purchase a higher grade of hybrid equipment. This will hopefully get more rental of our Board room for group or district events in the future.

Inventory:

We have obtained a large quantity of medallions from a local recovery shop that recently closed. We have purchased these coins for a discounted rate and will ultimately save money, while at the same time helping the owner with off loading inventory. It's a win-win.

Call information:

12th Step Calls: 10

Intergroup Info: 26

Want to talk: 16

AA info: 5

Misc: 16

Meeting infor: 35

Referral to outside agency: 10

Total calls: 118

Procedure:

We have scheduled a Volunteer Gratitude luncheon for November 19th 1pm to 3pm

We have scheduled a Sponsorship Workshop for December 10th 10am to 11am the focus of this workshop will be Sponsoring people with Mental Health Issues.

Group Insurance is now available through GSIG. We have signed up two groups already and they have paid more than the suggested administrative cost.

Per a discussion at the Office Committee we have solidified that event insurance is not the purpose of this offer. If a group has an event at the same place that the group occurs, then the insurance would cover that, but the COI's that are issued are site specific, not group specific. If you have more questions feel free to reach out to Anita or myself.

Hospitals & Treatment Committee (Greg E.):

- We're working with District 31 (West C and Anita S) and the Office Manager to continue the Area Assembly book drive into GSIG's Fall Assembly. We have a flyer we'd like to distribute to the roster. Fall Assembly attendees are asked to bring a book if they're attending in person, or donate to the GSIG Big Book fund if they're attending remotely. All books to benefit hospital & treatment facilities.
- We're holding our Committee elections in December, for Chair and Secretary. Please keep us in mind for yourselves or anyone you know who is looking for service.
- Next meeting (always the first Sat of the month): Saturday, 11/5/22, 10 am @ Intergroup and on Zoom.

Night Watch Coordinator (Rob):

Thank you to all volunteers and people volunteering to help with the Nightwatch program. We are always looking for new volunteers so please fill out the online form if interested. All are welcome (6 month sobriety minimum) but we are currently in need of 2-6a shift takers.
We recently met with the 12 Step Committee and put in place a protocol for how Nightwatch handles 12 Step calls. Thank you to John DD and all for helping with this.
If anyone has any questions or feedback for Nightwatch please contact Rob Smith (Nightwatch Chair) at **Nightwatch@seattleaa.org** or 206-601-0061

Third Legacy (Dan R):

Since our last board meeting the committee facilitated the September GSIG Sponsorship Workshop on September 24th. The workshop was hosted via hybrid and was well attended both in person and online.

This month's tradition study was held on October 8th. The study was on Zoom and was well attended. We would like to thank the panel for a thorough job of examining how Tradition 10 is so valuable to our Fellowship and can be applied in our daily lives.

We are looking forward to the Real Alcoholics group hosting the 11th Tradition study on November 12th at 10am. The meeting will be hybrid with the zoom information available on the website.

If you or your group would like to present on an upcoming Tradition, please reach out to **thridlegacy@seattleaa.org** to see what months are available.

A reminder that GSIG will be hosting the winter quarter Sponsorship Workshop on Saturday, December 10th from 10 am to 1pm. We are looking for a group or district to co-host. The meeting will be at GSIG and available via zoom. For more information or to participate on a panel, please reach out to **thridlegacy@seattleaa.org**.

We would also like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to connect any willing members with opportunities to serve. Please send all of your requests to **thirdlegacy@seattleaa.org**.

Our specific ask of the board and its attendees - we need your help in:
* Your participation on our committee - we meet the 2nd Saturday of the month at 9am
* Facilitating a Traditions panel - we meet the 2nd Saturday of the month at 10am
* Your participation at the Sponsorship Workshop – September 24th from 10am to 1pm
* Your invitation - to your business meeting for a 3-5-minute presentation on Third Legacy.

All questions, input, and suggestions are welcome.

12 Step Committee: (John):

There have been six 12th step calls already.
Nightwatch volunteers have been notified of new process - referring 12th step follow up to this committee - anytime the office is closed.
We plan to visit each district in the new term.
Volunteers needed. Especially other languages.

District 14 (Kim S.):

At our October D14 meeting we discussed our experiences at the recent area 72 assembly. We discussed going from online meetings to in person or hybrid and decided to wait until new members come in at end of our rotation.

We also discussed plans for our upcoming holiday party… site to be determined and will be the 2nd week in December.

We will be having elections for our next rotation at our November meeting. Open positions include DCM, Alt DCM, Recording Secretary, Treasurer and D14/GSIG rep. Please feel free to contact me with any questions at **kimhappy1@hotmail.com** .

It has been a pleasure to serve in this position over the last 20 months or so. I have learned so much about the workings of AA and have had the honor of seeing so many actively engaged in the

ongoing efforts to reach the suffering alcoholic. Thank you for giving me this opportunity.

District 42 (Mike C.):

Autumn is coming and now gratitude month is here and lots of potluck are coming along with the Thanksgiving alky-thons. Lets show the newcomer how AA celebrates the holidays without drinking. Please check out the events page at **seattleaa.org**.

* Celebration of life is slated for Rita B on November 21st at 1:30-3:30 at St. Paul's church 65th NW and 11th Ave SW. Church Basement

* Part of being of service is to be a part of what is happening in AA. Our Assembly was a great way of seeing our trusted servants in action. Just because I am not a DCM or a GSR I can still participate and be among the power of watching our service structure being demonstrated in our group conscience. Thank you for allowing me to be of service and just a reminder that rotations don't end at the assembly. Area, Districts, Inter groups and even your meetings need your support. Sign up and try something new.

Gotta go my time is running out!!! Ding Ding Ding.

- Our Business meeting started off with our Area 72 Alt- Delegate Heather reading and give her thoughts on concept 10. She gave a great explanation of her time as the Area 72 trusted servant. It is a shame she was "stolen" from area 72 and wish her success in her new endeavors. Thank you Heather for your service!
- As a member of the Nomination Committee I urge you to consider a board position at Seattle intergroup.
- Go to Seattleaa.org for more info. You can qualify at the December 20th board meeting.
- Intergroup is reviewing its proposed budget for next year and the office committee is asking for comments.
- Also consider a position for your group or individuals to answer phones at Intergroup. For more info call the intergroup office for this and other opportunities. Night watch and the new 12 step call list are looking for volunteers. Go back and read the reports for more information and who to contact.
- Remember that the Area 72 mailing address is changing after November so please inform your treasurers.
- Western Washington Area 72, 1901 Cornwall Ave, #145-745 Bellingham, WA 98226
- Sno-King intergroup is slowly dissolving and Eastside intergroup and Seattle intergroup is in negotiations on how to split up their service area and what to do about the 24 hour hotline.
- District 42 located in (Shoreline, Richmond Beach and Lake Forest Park) needs various positions filled. Come to our business meetings held every 2nd Tuesday on zoom. 7pm Meeting ID: 930

1782 3319 P/C 202171

Fremont Hall (Oscar):
Halloween costume meeting
Monday the 31st
No hybrid Zoom meetings
Voted to start Passing the basket twice for the special events holiday fund
November elections consist of (zone rep)
(GSR)
(Recording Sec.)
Planned Events
Thanks giving and Christmas and new years celebration

"Old Timers Day" was a great success whit cloth event with waiters and waitresses
$614 came in $400 was spent!!! $214
$218 sent in from picnic
Are archives are all laminated now

112 A new Beginning (Anamaria):

We have been growing: putting principles over personalities.

There are 22 in person meetings. No zoom meetings available.

The new 2022 meeting guide is missing the 3:00 Sunday Women's meeting. It's listed online, though.

We have encountered challenges with people experiencing homelessness and have come together to provide resources and support to encourage self-sufficiency.

The plans for the gratitude dinner and Thanksgiving dinner are still in process.

Upcoming events

Seattle Group- Saturdays at 6:00PM

Service Manual Study 1st Sunday of the month, Sunday Nov 6th, 11:00AM Hybrid

Trad Study 2nd Saturday of the month, Saturday Nov 12th, 10:00AM on zoom

Volunteer Recognition Luncheon, Saturday Nov 19th.

Nov15th next Board meeting

GSIG will be hosting the winter quarter Sponsorship Workshop on Saturday, December 10th from 10 am to 1pm

Mikey and Morgan free association

organized chaos



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

LAST CHANCE GROUP
64TH ANNIVERSARY
GRATITUDE DINNER

WHEN: November 18, 2022 @ 6:30pm

WHERE: Woodland Park UMC

302 N 78TH St. Seattle 98103

WHAT: Potluck Dinner

We provide meat, coffee and tea.

Please bring side dishes to share.

Speaker meeting starts at 7:30pm



MAGNOLIA SPEAKERS MEETING

NOVEMBER 2022

Every Friday @ 8pm (pacific)

11/4	**Mike K.** Sober since 6/3/2000 Seattle, WA	**Terry R.** Sober since 3/24/2015 Tacoma, WA
11/11	**Maria C.** Sober since 4/22/2015 Shoreline, WA	**Cherrise B.** Sober since 11/6/1999 Seattle, WA
11/18	**Mary A.** Sober since 2/2/2011 Kirkland, WA	**Steve P.** Sober since 2/5/1989 Federal way WA
11/25	**Antonia E.** Sober since 11/27/2000 Seattle, WA	**Kenny A.** Sober since 7/20/1984 Seattle, WA

www.magnoliaspeakersmeeting.com

Magnolia Lutheran
2414 31st Avenue W.

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:

November 5th Daniel L.

November 12th Brook H.

November 19th Alan K.

November 26th Todd L

A NEW PURPOSE GROUP GRATITUDE BANQUET

WHEN: NOVEMBER 10TH 6PM TO 8:30PM

DINNER @ 6PM

SPEAKER MEETING @ 7PM

PAM H. (LAST CHANCE)

THOMAS H. (SUNDAY MORNING MAGIC)

BRING A DISH TO SHARE AND A NEWCOMER



OPEN MIC

NOVEMBER 12TH

SATURDAY - 7:30PM

YOU CAN DO :

Singing Acoustic Guitar

(No Karaoke We will Accompany you)

Acoustic Instruments Comedy

Keyboard Poetry

Whistling & More

SEATTLE INTERGROUP

5507 6TH AVE S. SEATTLE, WA 98108

BRING FOOD & SNACKS

FOR MORE INFO TEXT YOSHI (253)209-6802

Serenity Hall Skyway

Open Mic Night

Talent Show Format...NOT Karaoke

Every 2nd to Last Saturday of the Month
6:30 to 8PM

Sing a Song! Play an Instrument!

Stand Up Comedy!

Poetry Reading! You Decide!

Snacks Provided or Bring Some to Share!

...Also join us for the 5pm Daily
Reflections and Stay for
8pm Birthday Night



Questions?
Joel @
208-310-3188

Serenity Hall A.A./Recovery Hall. 12536 Renton Ave S., Seattle, WA 98178"

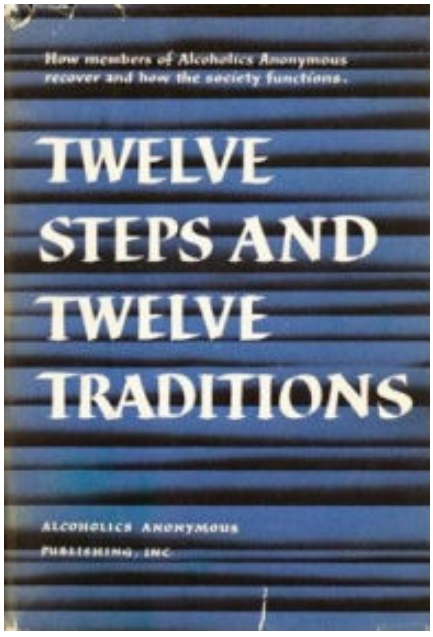
GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

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

Seattle Gratitude Banquet 2022

Hosted by Districts 15, 17, 40, and 41

Saturday November 12th, 2022

First United Methodist Church, 180 Denny Way

Join us for an evening of Fun, Festivities, Fellowship, Family, and Gratitude!

Doors open @ 4pm for Fun & Fellowship

Dinner @ 5pm ~ 50/50 Raffle @ 6pm ~ 7th Tradition @ 7pm

Speakers: Tim D (Broadway) & Louisa P (Salmon Bay)

Host Districts will provide Turkey, Veg Hot dish, Potatoes, Stuffing, Gravy, Coffee & Beverages.

Guests provide Potluck Dishes based on *First Name* guide below:

A-I – Desserts
J-P – Side Dishes
Q-Z – Salads

ASL Interpreted



We have many service positions available!

To Volunteer, use any option below:

Email:
SeattleGratitudeBanquet2022@gmail.com

Sign-Up:
Www.signupgenius.com/go/10C094CAEA729A6F8C61-gratitude

QR Code to sign up:

"Whenever anyone, anywhere reaches out for help..."

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

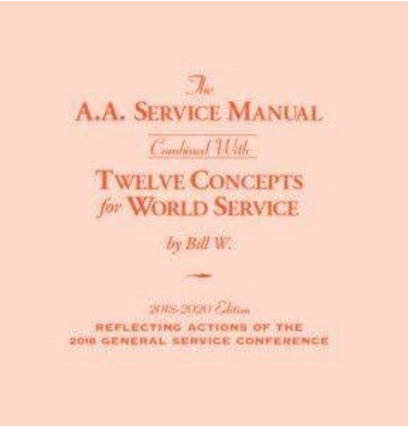
Seattle Intergoup Service Manual Study

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.