GREATER SEATTLE INTERGROUP ALCOHOLICS ANONYMOUS
High & Dry
August 2022 Volume 74, Number 8

The Tree of Unselfishness

By Rick R.



Selfishness, Self-Centeredness, the root of all our flaws.

When first I heard those simple words, it really gave me pause.

Could this be the answer to, the troubles of my past?

Removing all the guilt and shame, my conscience had amassed.

Unselfishness was not a word; my EGO could embrace.

For it was much more satisfied when I lived in disgrace.

When in the clutch of my disease, I really had no choice.

But in the comfort of A.A, I heard God's loving voice.

He had me check my motives for, my habits and my deeds.

And redirect my thoughts to meeting, other people's needs.

As I adopted this approach, not looking for approval.

Joy filled that dark and guilty space, left after their removal.

Unselfish motives are the seeds. that spawn this loving tree.

The fruit of which brings happiness to, both others and to me.

These things could not have happened, when my EGO had control.

It was my choice to summon up, my Conscience for that role.

Unselfishness has been the healthy tree, and I enjoy the fruits.

Greater Seattle Intergroup (GSIG) Office

5507 6th Ave S
Seattle, WA 9810
(206) 587-2838
www.seattleaa.org
info@seattleaa.org

AUGUST IN OUR HISTORY

Aug 3

1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8

1879 – Dr. Bob born in St. Johnsbury, VT.

Aug 9

1943 – LA groups announce 1000 members in 11 groups.

Aug 11

1938 – Akron & NY members begin writing stories for Big Book.

Aug 16

1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18

1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19

1941 – 1st AA Meeting in Colorado is held in Denver.

Aug 25

1943 – AA group donates Big Book to public library in Quincy, MA.

Aug 26

1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28

1954 – "24 Hours a Day" is published by Richmond W.

SERVICE OPPORTUNITIES

GSIG Picnic – Looking for volunteers to help at the event, and looking for teams for the first ever volleyball tournament. Contact **info@seattleaa.org**

2022 Area Assembly - Hosted in Renton this year, the 2nd weekend of October. Jeff O. in District 18, is looking for 70 volunteers to make this event happen!

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.

FUTURE TRIPPING

August GSIG Events

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

6 — 2022 Pre-Assembly: Peninsula Districts 10, 22, 43, 55, 56. 8am - 5pm. Location TBD.

6 — GSIG Hospital and Treatment Committee 10am - 1130am. This is a **Zoom Meeting** Meeting ID: 820 0608 7832
Passcode: 088776

6 — A Town Hall for Online AA Groups 11am - 1pm. This is a Zoom Meeting Zoom: ID: 949 5119 4588 Passcode: Unity2022 Email: threelegaciesstudygroup@gmail.com

7 — GSIG Service Manual Study (Hybrid) 11am - 1pm *Intergroup Office 5507 6th Ave S; Seattle.* **Zoom Link**: Meeting ID: 899 8502 7998 Passcode: 280420

8 — GSIG Corrections Committee (Hybrid) 630pm - 8pm *Intergroup Office 5507 6th Ave S., Seattle*. **Zoom info**: Meeting ID: 872 2771 9137 Passcode: 833575

12 — DRU North Turns 30 6pm - 10pm *Calvin Presbyterian Church 18826 3rd Ave NW, Shoreline.* BBQ at 6pm: Meeting at 8pm.

13 — GSIG Third Legacy Committee 9am - 10am **Join Zoom Meeting** Meeting ID: 858 5142 0330 Passcode: 051501

13 — 2022 Pre-Assembly: Central Districts – 14, 15, 16, 17, 31, 32, 40, 41 9am - 1pm. *South Seattle Community College-Brockey Student Center 6000 16th Ave SW Seattle, WA 98108*

13 — GSIG Third Legacy Tradition Study 10am - 1130am **Join Zoom Meeting** Meeting ID: 858 5142 0330 Passcode: 051501

13 — GSIG Summer BBQ's 12pm - 2pm *Intergroup Office 5507 S. Sixth St, Seattle.*

13 — 2022 Pre-Assembly: Eastside Districts – 18, 33, 34, 35, 36, 38, 39 1pm - 5pm. Location: TBD.

16 — Living in Sobriety Picnics 5pm - 7pm. Where: Golden Gardens Park, 8498 Seaview Pl NW Covered Picnic Area 1

20 — GSIG PI/CPC Committee **10am - 1130am. Join Zoom Meeting**

Meeting ID: 810 2073 8836

20 — 2022 Pre-Assembly: Pierce Districts – 9, 29, 44, 45, 54. 1030a - 230pm *First Presbyterian Church of Puyallup, 412 W Pioneer Avenue, Puyallup WA.*

20 — 2022 Pre-Assembly: Southern Districts – 7, 8, 21, 27, 28, 37 8am - 5pm. Time: TBD. Location: TBD.

21 — 2022 Pre-Assembly: Southern Districts – 7, 8, 21, 27, 28, 37 8am - 5pm. Time : TBD Location: TBD

21 — Seattle Intergroup Summer Picnic 11am - 4pm. *Seward Park 5900 Lake Washington Blvd S, Seattle. Shelter No, 3.*

27 — GSIG Web and Tech Committee (Hybrid) *Intergroup Office 5507 Sixth Ave S., Seattle*. **Join Zoom Meeting** Meeting ID: 857 9514 2843 Passcode: 467107

27 — 2022 Pre-Assembly: District 25 10am - 1pm. Details: TBD.

27 — 2022 Pre-Assembly: Districts 1 & 57 +ESP 6pm - 10pm. Details: TBD.

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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** is now meeting in a Hybrid format on 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., 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., Jim D., Bill S., Ken E., Patrick P. and Rick L.

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 AUGUST CELEBRANTS IN THE HOW DRY I AM CLUB!

Lara R.	A New Purpose Group	36 years
Jeff H.	Pass It On	35 years
Jack J.	Empire Way	14 years
Seth M.	Dawn Patrol	1 year

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 Eight: **"Made a list of all persons we had harmed, and became willing to make amends to them all."**

By Peeps

In some ways, making a list of "all" people I had harmed was more daunting than actually making amends to the people on my list. I would have never completed Step Eight without the help of my sponsor, he helped me keep the task in the proper perspective.

Left on my own, I would have overthought the Step Eight requirement (make a list, be willing) and ultimately stopped doing to the work.

I was hesitant and intimidated because I was confused about how Step Eight and Step Nine actually work. In my mind, I was going to do both at the same time: I was going to make the list and immediately jump into making amends. That's not how it works.



The first thing my sponsor made clear was Step Eight requires me to make a list and be willing to make amends to the people listed. I was much relieved to learn Step Eight would identify for me the people I absolutely had to make amends to, those I could not or would not contact directly and prioritize the order of the amends I would make

Clarifying what I was being asked helped me put aside my fears and place my faith in the process and my sponsor.

He said focusing on willingness to make my amends was the main goal. After completing the list and identifying the amends I would make set stage for success in Step Nine. I was still fearful of starting Step Nine, but by talking extensively with him during Step Eight, I was able to develop and execute a plan.

There is a reason the Steps are in a certain order.

Tradition Eight: **“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”**

By Kelli S-B

It’s interesting to me that money issues come up a few times in our Traditions. It's also interesting to me that Alcoholics Anonymous can clearly see and predict an alcoholic's behavior. The Chapter on the Eighth Tradition in The 12x12 says "money and spirituality do not mix … Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated."

When I first starting working with my sponsor, she said to me, "I promise to give you as much time that is required for you to work through the steps, provided you make two promises: 1) that you will do the same for others, and 2) that you will never receive money for passing on your experience and knowledge of the 12 Steps." When speaking about people who are paid by AA, The 12x12 says, "The job was not to *do* Twelfth Step work; it was to make Twelfth Step work possible."

When I got sober, I went through a treatment center. The counselor was also sober. She made it clear that she was working for the treatment center, not for AA. I had a Big Book and did Step work in treatment, but she was not an AA employee. I'm grateful my introduction to AA happened early on and through the treatment center. I'm also grateful she was not a paid representative of AA. It would have clouded my judgement and tainted my view of AA going forward.

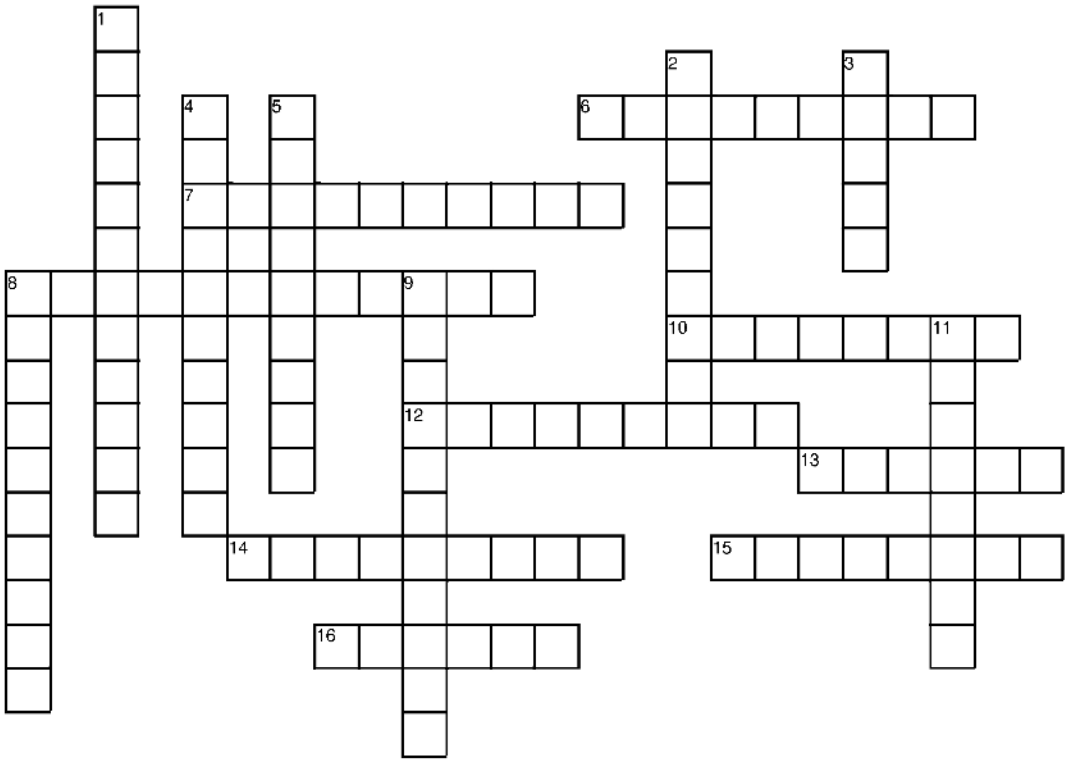
I will be forever grateful for those first 100 members of Alcoholics Anonymous and all who came and went in those first few years. Their mistakes and lessons learned, created these Traditions which protect AA today. For that, I am very grateful.



See answers on Page 17!

The Family Afterward

A process of deflation



ACROSS

6 All alcoholics should have _____ constantly available.
7 Our dark alcoholic past is the greatest _____.
8 So we think _____ and laughter make for usefullness.
10 Living with an alcoholic is almost sure to make anyone like this.
12 The family of an alcoholic longs to return to this.
13 _____ rather than getting, will become the guiding principle.
14 material well being always followed_____ progress; it never preceded.
15 the land of spiritual make believe is eventually seen as _____.
16 But it is clear that we made our own _____.

DOWN

1 Dad, though marvelously improved is still _____.
2 We temper our talk about one another with this.
3 They suspect father is a bit _____.
4 Henry Ford thought this to be of supreme value in life.
5 past occurences should not be _____.
8 Each individual should consult his own _____.
9 Many alcoholics are _____.
11 A painful past may be of what kind of value?

GSIG Condensed Board Meeting Minutes
July 19, 2022

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00 pm

Roll call- Quorum (51%)

All active districts present except D15 and D16

Reports

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 July, 2022

June 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
April 2022	(.6) K	11 K	0.9 K	1.3 K	633.00	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

Group contributions are 2.2 K above monthly budget while YTD is 11K above. Sustainer's contributions are continuing. Personal & Other Contributions have a huge shortfall in budget – 10.4 K. The net loss for the month is 3.3 K larger due to 3 payrolls in June because of the July 4th holiday timing. Also paying May utilities for 2 months was $500 more expense. The YTD net loss is about 10K.

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

Corrections: $3.5K Accessibility: $1,318

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

Corrections $360 Hosp & Treat. $1,575 Accessibility $6,300 Pi/CPC $1,652

Motion to approve report made by Mike D42. Seconded by Morgan D40. Report was approved.

Chair (Astri):

It was so great to see so many members in attendance at our Spring Assembly. Thank you all so much for informing your Districts of their ability to participate and vote. Our next Assembly will be in December, so you may as well start spreading the word now :).

I saw some of you at the Pacific Northwest Conference (6/24-26). It was unfortunate that it had to be on zoom again this year, but it was still a very interesting event. Friday we heard Delegate Report Backs from Area 72, 92, 58 and 18 Delegates. So great to hear their different perspectives. There were panels all weekend beginning on Friday evening, covering topics such as; Unified in Love and Service, Going to Any Lengths, Going Beyond Fear and Going Into the Future. On Saturday our Lunch Speaker was Saul S, former Class B Trustee and World Service Delegate in Central America. Our Dinner Speaker was Madeleine P, Past Pacific Region Trustee and our Sunday Morning Breakfast Speaker was Coree H, Non Trustee Director on the Grapevine. Sunday morning also included the Delegates Ask It Basket, which included participation by yours truly. Next years PNC is slated to be hosted by Area 92, Washington Area East. Let's keep fingers crossed that we will be able to attend in person.

4th of July found me at the Seattle Center at The Meeting Under The Tree, where I also saw some of you, I'll be there again next year, hope you will be too.

July 8 & 9 found me attending the Area 72 Quarterly Business Meeting in Lacey. It was a hybrid event. Friday evening Jacob, Puget Sound Central Office Board Chair and I were given the opportunity to give a one hour presentation on "What are Intergroups/CSO's?". I've enjoyed working with Jacob and the presentation included participation by GSIG Chair Emeritus, Mike M. We had many questions posed afterward and the presentation seemed to have been well received. Business began Saturday at 8:30AM, which included reports by Elected Officers, Appointed Officers and DCMs. Intergroups and Central Office reports, where I did let the Area know about all the great things that have been happening (and will be happening) at GSIG. Discussion Topics included "What is an Area Event?" 7th Tradition and Group Costs for GSRs, 3 Motions have been moved to the Area Assembly, scheduled for Oct 7-9, to be held at the Hyatt Regency in Renton. The Motions and information regarding the procedures that will be used at the Assembly will be reviewed at Pre-Assemblies scheduled for August (including one online only event). Check; www.area72aa.org for

more information regarding dates, times and locations.

I have myself scheduled to attend the Pre-Assembly scheduled for August 7th in Everett. If that doesn't work out I may try for South Seattle College or Duvall on the 13th, or maybe Port Orchard on the 14th.

I also hope to be attending some Summer AA events, including District Picnics. Have a great Summer you all and as always, thank you so much for your continued service.

Office Committee (Jeff U.):

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

GSIG Treasurer presented the June financial report. Some over budget items because of payroll occurring three times in June because of July 4th.

GSIG Office Manager Lara delivered the Office manager's report.

Held discussion of raising price of schedule books due to increased printing costs. Committee unanimously agreed to a price increase to $1.50.

Discussed providing insurance to groups. Lara shared new information about potential costs to Intergroup of apx. $2000.00 per year. Committee agreed to present the new information to the Board for consideration.

Discussed the need for additional on-call office help in the event both Anita and Lara are unavailable to work. Committee consensus was that rather than paid staff, more volunteers be trained to handle potential on call needs.

Assistant office manager (Anita): given by Lara

There is someone interested in being the Chair for the new 12 Step Committee.

The committee will decide the duties and responsibilities of the members.

If you would like to be on this committee; send an email to **Anita@seattleaa.org**

Office Manager (Lara R.):

Financial: I have purchased tickets and hotel for the annual ICOAA Conference to be held in Colorado Springs, CO in September. This is a great privilege.

Jim H., the Southend Bookstore Manager has requested to cease the monthly stipend of $50.00 that we had been sending to him. Thank you for your service Jim.

The new schedule books will cost us 1.10 to print, so I would suggest selling them for 1.50/each.

This is because the cost of printing has increased dramatically as well as the length of our book. These are slated for a July 19th delivery.

Group Contributions for Quarter 2 are uploaded to our website and available in hard copy at our office.

Inventory: I was finally able to order B-1's, the hard back Big Book! They ought to be in no later than the week of July 26th. There are still many titles out of stock, but we are ordering as they become available. There has been a printing error found in the 12 Steps and 12 Traditions in all forms except B-05, the gift edition. These books will be sent with a Notice of Erratum in each book.

Procedure: The Insurance quote from ANI (Alliance of Nonprofits for Insurance) was: Current Insurance D&O 1623.00/yr General Liability 1383.00/yr Total $3006.00/yr Proposed Insurance D&O 1623.00/yr General Liability 3262.00/yr Total $4885.00/yr This amount is based on 3 meetings a week. This price will go up if more meetings are added.

Seattle Intergroup has a new YouTube Channel that our podcast will live on, and the Seattle Group Speakers will be uploaded to. Please subscribe. We will post new podcasts each Wednesday.

Call Log information:

12th Step Calls: 25

Info about AA: 10

Info about Intergroup: 32

Al-anon referral: 4

Meeting info: 46

Wanted to talk: 25

Misc.: 22

Events: A Practical History of the Twelve Steps facilitated by Father Bill W., an Episcopalean priest from Austin, TX with over 50 years of sobriety will speak about the Oxford Groups and their influence on early formation of AA. This is a hybrid event.

Corrections Committee (Amy):

Not much activity in Corrections.

SCORE and the Juvenile facility are the facilities that are having meetings at this time.

If you are interested in participating in Corrections, please join us on second Mondays of month at 6:30 via Zoom Meeting ID 872 2771 9137 Passcode 833575

Hospitals & Treatment Committee (Greg E.):

1. New opportunities for regular meetings:
- Seattle Medical Post Acute Care (SMPAC, 555 16th Ave, Seattle, WA 98122) (District 40). Skilled nursing facility. In person, all ages / genders. Have heard interest from two groups in D40: Wings & Seattle Young People's Group. Will continue to work on this.
- Sound Mental Health (1600 E Olive St. Seattle, WA 98122) (District 40). Adult population. In person, daytime (between 8-5).

2. This meeting can use support: Elizabeth Gregory Home, Fridays at noon, women's group. 1604 NE 50th St b6, Seattle, WA 98105, University Lutheran (basement).

3. Attended the Area 72 Treatment Quarterly this last weekend (7/16/22). Treatment Chair Chuck is going to move forward with planning a book drive for the Area Assembly, with the books to go to benefit Treatment. I'll provide more details when I have them!

Reminders:
- Feel free to send us Bridge the Gap requests if you want help filling them
- We have a budget dedicated to providing literature and other needs for hospital and treatment facilities. If facilities in your District need support, keep us in mind!

Night Watch Coordinator (Rob):

All is good with the Nightwatch program. June 2022 was my first month as Nightwatch Chair, and Julie P is the Alt Nightwatch Chair. It really does take a village to successfully run this program and thankfully we have many helpful and willing volunteers. We're always looking for people to commit to shifts, and I'm in the process of vetting anyone who volunteers. Continue to spread the word at your home group and at your meetings. It is really easy to sign up for a monthly shift or to be available to cover a shift. Simply go to SeattleAA.org, select "Service" and "Phone Answering" and then fill out the form.

PI/CPC Committee (David D.):

The PICPC Committee did not meet this month due to limited ability of members to participate. This is unusual and was a result of summer schedules. However, the committee could definitely use some more support. It meets at 10:00 AM on the third Saturday of the month. No experience is needed.
Service and outreach to the public and professional communities are ongoing. We also appreciate the continuing partnership with the Hospital and Treatment Committee and the Greater Seattle Intergroup office staff.
Thanks to everyone involved for their service. Please encourage others to take the opportunity when you can.

Special Events Committee (open):

Third Legacy (Dan R):

The last monthly committee meeting was held on June 11th at 9am and was attended by two people. Those in attendance were Lara R and Dan R.
This month's tradition study was held hybrid and had 8 people in attendance. We would like to thank the panel from A New Purpose Group for doing a thorough job of examining how Tradition 7 is so valuable to our Fellowship.
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 still open.
On Saturday, June 26th we held our Spring quarter Sponsorship Workshop. We would like to thank all of those who attended and participated.

A reminder that GSIG will be hosting the summer quarter Sponsorship Workshop on Saturday, September 24 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**.
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.

Web & Technology Committee (Dan G.):

Still looking for a webmaster

District 14 (Kim S.):

D14 will be hosting a preassembly at South Seattle Community College-Brockey Student Center from 9am to 1pm (doors will open at 08:30am) on 8/13/22. All Pre-Assembly Documents will be available online at **area72aa.org** at end of July. Coffee and Pastries will be available and 7th tradition will be observed.

D14 picnic is coming up 9/11/22 10am to 2pm. Lincoln Park-Shelter 3. We are still looking for help with shopping, set up, etc.

Area 72 assembly will be on 10/7- 10/9

Many pre assemblies are coming up in August.

We had a discussion regarding keeping the finance committee as an ad hoc committee, voted on it and approved it.

Our Alt GSR facilitated an informative and helpful discussion regarding safety and behavior issues in AA groups. She followed up on this topic by sending out group safety resources to members. Please let me know if you would like me to email this to you.

2025 is the projected release date for 5th edition Big Book. If you want to submit a story is Due by 10/31 and can be submitted at **http://www.aa.org/submit-bigbook-english-5th**

Our treatment chair reports that their quarterly is coming up. They are looking for support to take meetings into the Cascade Treatment center (Looking for host and secretary for 8pm Wednesday zoom meetings).

District 18 (Steve R.):

Jeff O is the volunteer coordinator for the Area Assembly. It is being held at the Renton Hyatt by

Coulon Park the 2nd weekend in October. He will be looking for about 67 people to volunteer

doing 4-hour shifts (set-up, timer/bell ringers, Ask Me, etc.)

Please find replacements if your position as GSR or Alt is rotating out.

Meeting attendances are fluctuating through Dist.; some have fallen off due to church covid requirements etc. and are staying strong.

District 24 (John K.):

Our District picnic to be held July 30th at Edmonds Park 9am-2pm

District 42 (Mikey C.):

D 42 has their meeting on zoom every 2nd Thursday of the month.

We had a great presentation from Jessie our area 72 accessibility chair who read concept 7. Along with this he presented a brief synopsis of his position and how important making meetings accessible to all.

District 42 approved the district handbook.

Also, we have a new secretary...Welcome Jennifer !!!

A reminder that DRU north will be celebrating 30 years on August 12, 6-10pm All are welcome !!!

Food, Fellowship, and Fun!

Another future date is the GSIG picnic on August 21st. Intergroup is asking for volunteers, looking for volleyball teams for the 1st ever volleyball tournament. In addition, donations are accepted for the raffle which are usually themed baskets from the groups or halls. Individuals can also donate items for the white elephant raffle.

Laurel GSIG accessibilities chair is asking for donations for a special basket that will support the blue can.(Accessibilities)

All info can be found at **seattleaa.org** or call.

Just a reminder that the rotation is coming to the end of the 2nd year so please consider a service position at all levels. Area 72, District and of course Seattle intergroup.

Fremont Hall (Oscar):

The picnic was well attended.

Oldtimers day will be held at the hall on 9/17 from 12-5

Bring a dessert to share

Inactive:

District 32

District 33

112 ANB

New Business

None

A question was asked “what is the difference between Intergroups and Central Office”

Both focus on answering phones and maintaining accurate meeting schedules

The difference is Intergroups tend to have standing committees and Central Offices do not.

Upcoming events

- Seattle Group- Saturdays at 6:00PM

-Service Manual Study 1st Sunday of the month, Sunday Aug 7th, 11:00AM Hybrid

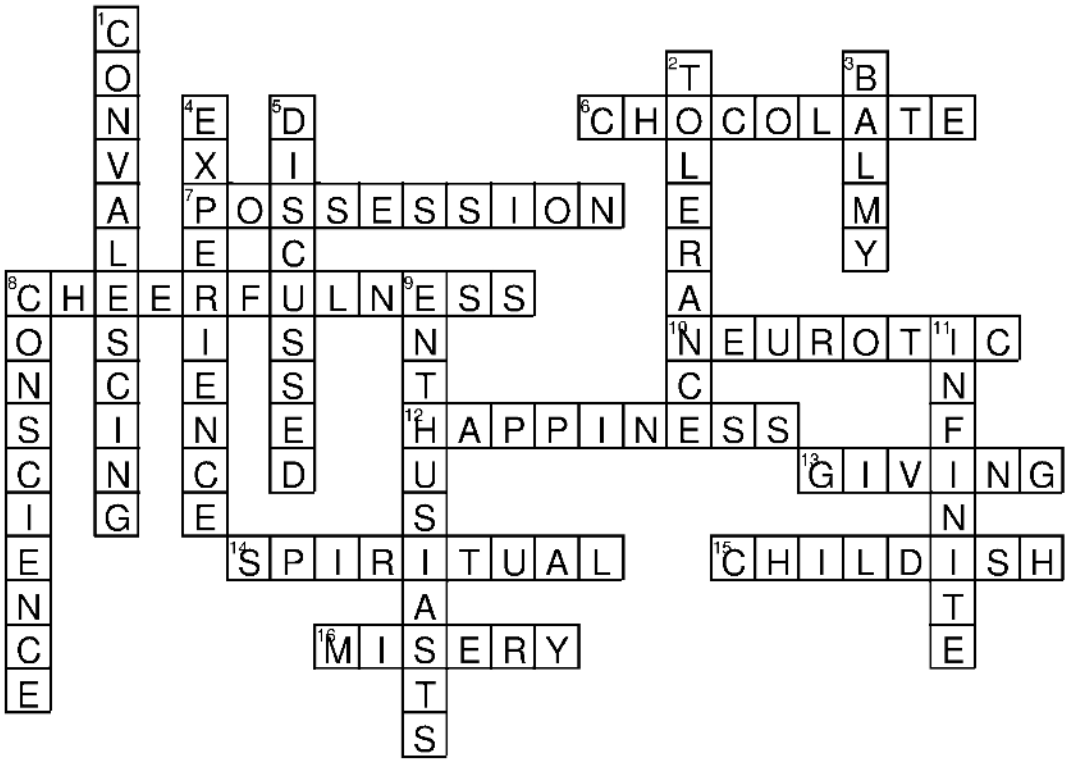
-Trad Study 2nd Saturday of the month, Saturday Aug 13thth, 10:00AM on zoom

- 13 and 14 Aug, Area 72 Pre-Assemblies

- Old Timers day at Fremont Fellowship hall September 17th from 12:00PM-5:00PM

The Family Afterward

A process of deflation



Jill Burton Dascher Memorial

August 10, 2022 @ 6pm
Luther Burbank Park

Come join us to celebrate Jill Burton Dascher and share your memories of this amazing woman who made a lasting impact on so many people's lives.



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:

July 2nd Linda M.

July 9th Ralph B.

July 16th Alan F.

July 23rd Maureen D.

July 30th Dan R.

August 6th Todd M.

August 13th Cindy M.

August 20th Alvin S

August 27th Bill S.

Seattle Intergroup's Summer BBQ Saturdays

Starting June 4th @ Noon we will be having Saturday BBQ's every other week through September

Intergroup will provide the hot dogs and hamburgers with the fixings, please bring something else to share.

BBQ's will be held on the following dates:

June 4th

June 18th

July 2nd

July 16th

July 30th

August 13th

August 27th

September 10th

September 24th






GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

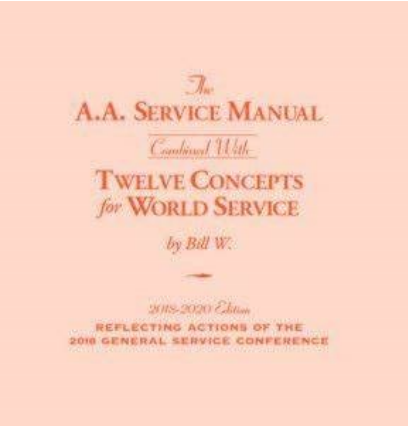
Seattle Intergoup Service Manual Study

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.

GSIG Annual Summer Picnic

Join us for our annual fundraiser

When: August 21st 11am to 4pm

Where: Seward Park Shelter #3

5900 Lake Washington Blvd S, Seattle, WA 98118

White Elephant Raffle

50/50 Raffle

Volleyball Tournament

Fun, Food and Fellowship

Hot Dogs, Ice Cream, Soda and Water for sale

Service Committee Tables

GSIG SWAG for sale



$5.00 Picnic Buttons for Sale

Chance to win a trip to North Coast Round Up 2023

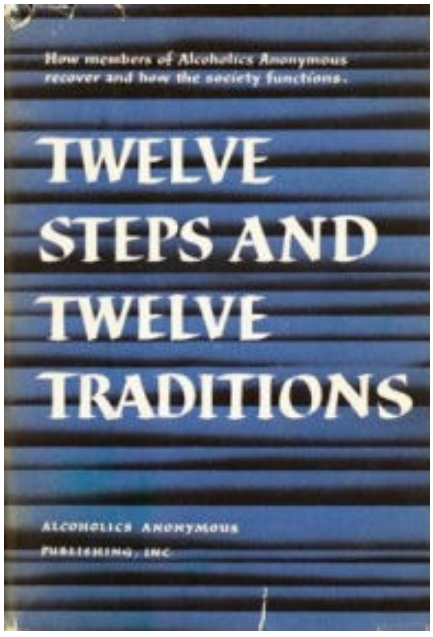
GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

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

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.