High & Dry

The Newsletter of the **Greater Seattle Intergroup** of Alcoholics Anonymous

Volume 76 Issue 7 July 2024



Artwork by Jenza

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Office Hours — Mon: 10:00 a.m. – 2:00 p.m., Tues-Fri: 10:00 a.m. – 6:00 p.m., Sat: 10:00 a.m. – 2:00 p.m.
(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

July GSIG Events

For details about the events listed below, visit the Events page on the GSIG website, seattleaa.org/events

3 — Accessibility Committee

- July 3 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09
- Meeting ID: 885 9521 8136 Passcode: 611317

4 — 12th Step Committee

- July 4 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09
- Meeting ID: 835 0869 0642 Passcode: 749607

6 — Hospital and Treatment Committee

- July 6 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSU T09
- Meeting ID: 820 0608 7832 Passcode: 088776

7 — Service Manual Study

- July 7 @ 11:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09
- Meeting ID 863 6483 7688 Passcode 022841

8 — Corrections Committee

- July 8 @ 6:30 pm - 8:00 pm — Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

13 — Area 72 Treatment Quarterly

- July 13 @ 9:00 am - 1:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://area72aa-org.zoom.us/j/81255919512?pwd=OGlqS1gwZ0wyUnhCc25haDhBd0xhZz09
- Meeting ID: 812 5591 9512 Passcode: 694688

13 — BBQ at Intergroup

- July 13 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle

16 — Living in Sobriety 2024 Summer Picnic

- July 16 @ 5:00 pm - 8:00 pm
- Golden Gardens Park 8498 Seaview Place NW, Seattle
- Meat provided! Bring a dish or dessert to share! Shelter #1

16 — Web & Tech Committee

- July 16 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetings
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09

16 — GSIG Monthly Board Meeting

- July 16 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09
- Meeting ID: 918 5437 5402 Passcode: 035194

20 — CPC/PI Committee

- July 20 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09
- Meeting ID: 810 2073 8836 Passcode: 166656

20 — District 32 Annual Picnic

- July 20 @ 11:00 am - 12:30 pm
- Steel Lake Park 2410 S 312th, Federal Way

20 — District 41 Picnic

- July 20 @ 11:00 am - 2:00 pm
- Magnolia Park 1461 Magnolia Blvd. W, Seattle

20 — Area 72 Young People's Quarterly

- July 20 @ 12:00 pm - 4:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom Meeting ID: 840 3759 4613 Passcode 66888

23 — Tradition Study with the Third Legacy

- July 7 @ 11:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09
- Meeting ID 858 5142 0330 Passcode: 051501

26 — WSCYPAA Listening to the Wind

- July 26 @ 8:00 am - July 28 @ 5:00 pm
- Hotel Murano 1320 Broadway Plaza, Tacoma

27 — Alki Beach BBQ

- July 27 @ 11:00 am - 2:00 pm
- Alki Beach Shelter #1 2589 Alki Ave SW, Seattle
- Sponsored by Titanic Group. Burgers, Hot Dogs Salads and Chips, Vegetarian Items, Gluten Free items, Bring a dessert or side dish, 7th Tradition will be observed

28 — New Purpose Group Picnic

- July 28 @ 8:00 am - July 28 @ 5:00 pm
- Kiwanis Park, 815 Union Ave, Renton
- Main Dishes and beverages provided. Bring a side dish or dessert and come bask in the sunlight of the spirit with us. Volleyball and Games!

REFLECTING ON OUR PAST

July In Our History

"Never could we recapture the great moments of the past." (Alcoholics Anonymous, page 151*).* But here we list some.

July 1939	Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized.
July 1944	Bob writes article for Grapevine "On Cultivating Tolerance".
July 1962	'Victor E' cartoon first appeared in Grapevine. (Some say May 1962).
July 1-3, 1960	25th Anniversary of AA in Long Beach, CA.
July 2-3, 1955	20th Anniversary Convention at St. Louis, MO. The Three Legacies, of Recovery, Unity, and Service, turned over to the movement by the old timers. AA comes of Age.
July 2, 1960	Father Ed Dowling dies.
July 2, 1965	"Best of Bill" and Pocket-Sized "12 and 12" 1st sold.
July 2, 1965	1st "La Vigne", Canadian Grapevine, published.
July 2-4, 1965	30th Anniversary of AA in Toronto. Adopted "I Am Responsible."
July 2, 1993	50 years of AA celebrated in Canada.
July 2, 2000	20 millionth copy of Big Book given to Al-Anon in Minneapolis, MN.
July 3-5, 1970	35th Anniversary of AA in Miami. "Declaration of Unity". Bill's last public appearance.
July 3-6, 1980	45th Anniversary of AA in New Orleans. First true marathon meeting was held.
July 3-6, 1980	Gay AA's have own program at 45th AA Anniversary in New Orleans.
July 4, 1939	1st AA meeting started in Flatbush, NY.
July 4-6, 1975	40th Anniversary of AA in Denver. World?s largest coffee server serves 1/2 million cups a day.
July 5-7, 1985	50th AA Anniversary in Montreal, Canada. Ruth Hock was given 5,000,000th Big Book. House of Seagrams flew their flags at half mast for 3 days.
July 5-8, 1990	55th AA Anniversary in Seattle, WA. Nell Wing was given 10,000,000th Big Book.
July 7, 1940	Bill attends 1st Summer Session at School of Alcohol Studies at Yale University.
July 8, 1940	1st AA Group formed in Dayton, Ohio.
July 10, 1941	Texas newspaper publishes anonymous letter from founding member of Texas AA Group. (Larry J)
July 11, 1960	Time published article called "Passionately Anonymous" on the 25th Convention.
July 14, 1939	Dr Tiebout gives Big Book to Marty M. who promptly throws it back at him.
July 15 1938	1st documented use name Alcoholics Anonymous, A.A. archives letter Bill to Willard Richardson.
July 16, 1965	Frank Amos, AA Non-Alcoholic Trustee, dies.
July 18 1938	In letter to Dr. Richards at Johns Hopkins, Bill used Alcoholics Anonymous as working title for Big Book & name for the fellowship.
July 20, 1941	First AA group formed in Seattle, Washington.
July 22, 1877	William Duncan Silkworth born in Brooklyn, NY.
July 22, 1980	Marty M. early AA woman and founder of NCADD dies.
July 23, 1940	Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent.
July 23, 1943	New Haven CT Register reports arrival of AA's to study with E M Jellinek.
July 24, 1943	L.A. press reports formation of all-Mexican AA Group.
July 28-30, 1950	First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.
July 31, 1972	Rollie H dies sober in Washington DC.

Source: AASJ - https://aasj.org/july-history/

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THERE IS A SOLUTION

Ways You Can Help Seattle Intergroup

High and Dry Subscriptions

$12/yr. for a physical copy,
$10/yr. for a digital copy

» To sign up to receive our newsletter, visit: seattleaa.org/intergroup/newsletter/

Join the 'How Dry I Am Club' or also known as the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.

» To contribute to the Birthday Club, visit: seattleaa.org/online-contributions/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Bill S., Gary H. and Susan D.
TUESDAY	Mikey C. and Morgan S.
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Glitter, Joe B., Sunny and Tom A.
FRIDAY	Thomas H., Lavette F., Riff Raff and Soda
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Jesse J., Ryan L., Patrick P., Anna B. and Bill S.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open
Monday, 10 a.m. – 2 p.m., Tuesday – Friday, 10 a.m. to 6 p.m.
and Saturday, 10 a.m. – 2 p.m.

We're located at 5507 6th Ave. S in Seattle

NEWS AND NOTES

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to us at *high_and_dry@SeattleAA.org*. We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

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

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

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Happy Birthday to July Celebrants in the *How Dry I Am Club*!

Lyle C.	Brown Bag Bunch	40 years
Beth N.		36 years
Anonymous		40 years
Barry K.	Empire Way	30 years
Shari C.	PBP	17 years
Ron E.	OPP	40 years

How to Join the *How Dry I Am* Birthday Club

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 form on the back of this newsletter and mail it along with a check;
- 2) Donate with a debit/credit card online at *SeattleAA.org/online-contributions* (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email *newsletter@seattleaa.org* with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

Link to Seattle Intergroup Online Contributions

https://www.seattleaa.org/online-contributions/



How It Works Scramble

ERCERVO _____

LLYTEOCMEP _____

OTIITLNSAYLOUNCT _____

ESSMHELVTE _____

ASOFETTUNUNR _____

LNTARULYA _____

SNMEDDA _____

ORIGORUS _____

AYCPTICA _____

WLESESPOR _____

LUNAAEGNMABE _____

MADTTDIE _____

ETTNOIADIM _____

PUTRISILA _____

PENCXIEREE _____

RNHTSTEG _____

LABKED _____

NSNTREESSAE _____

THUHROOG _____

ILN _____

Be of Service to Others While Saving Lives

By Peeps

BEING OF SERVICE to others is one AA's most frequently given suggestions. We are urged to welcome newcomers, sponsor others, fill service positions at meetings, answer phones at Greater Seattle Intergroup and support meetings.

But the opportunities to be of service to others is not limited to AA-related settings.

Like many others in AA, the biggest reason I had to get sober was my family of origin. I owed a huge debt to them.

It is a gift to see how those relationships have changed as I make progress working the Steps. "Practicing these principles in all my affairs" means being helpful, loving and tolerant of everyone I encounter, in my case, that is especially important when driving or in a retail setting.

If you want to make an anonymous contribution that is guaranteed to saves lives become a blood donor. There is always a need for donors no matter your blood type.

I am two pints away from donating 10 gallons of blood via the local blood bank.

I've donated 78 pints of whole blood (type O+). One of my AA role models, Linda L., has been even more generous than I when it comes to "giving the gift of life." She has contributed 147 units, which is more than 18 gallons.

The entire process is cloaked in anonymity. I have no control over who gets my blood, but I know I've helped someone, maybe one of my neighbors. That makes me feel really good.

Not everyone is eligible to make donations, but I urge you to find out if you're able. Supplies of blood are especially tight during summer months. The donation process usually takes less than hour and, in addition to helping someone, they give you soft drinks, cookies and chips at the end.

I am hooked on the cookies. △

Show And Tell Us About Your Big Book

By Peeps

I ONCE HEARD SOMEONE SAY, "a Big Book that's battered and tattered means it's owner is not!"

AA members have many traits in common, but it is my experience that no two of us treat and use our Big Books in the same manner.

There is no right or wrong way to treat one's copy of the book ALCOHOLICS ANONYMOUS to get and stay sober, that's between you, your Higher Power and your sponsor. The Big Book contains the rules of road to help us follow the Steps.

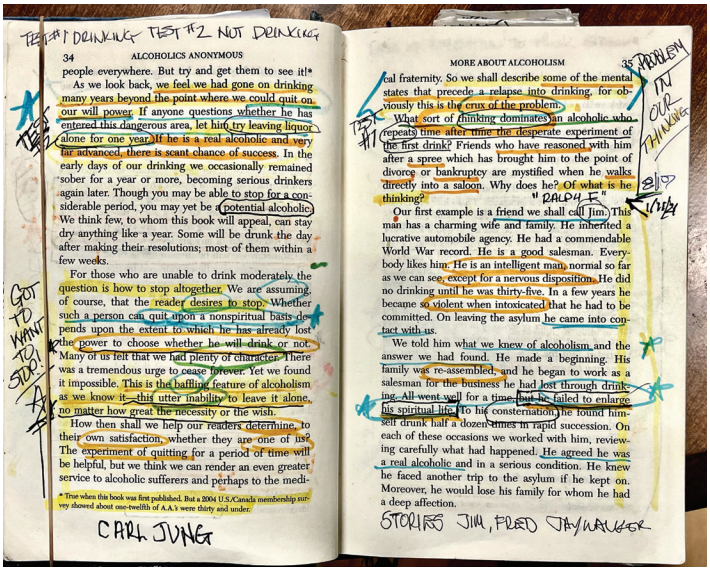
Just like our relationships with a Power greater than ourselves, how we use and maintain our books is highly individualized. Many sponsors offer very specific formatting "suggestions." Others don't.

Some folks highlight passages that are significant to them, while others prefer to underline the parts they want to revisit. And there are those who underline and highlight, sometimes using several highlighter colors.

What you do is up to you, as long as it helps you stay sober and makes it easier to share your insights with others as we "carry the message."

Let's play "Show And Tell," dear readers. Send us one photo of your book and briefly tell us the origins of your practices via email (newsletter@seattleaa.org).

Please limit your contributions one image and 250 words. Our deadline is July 20, 2024. △



Step 7: *"Humbly asked Him to remove our shortcomings."*



Step Seven

By Peeps

I UNDERESTAND the meaning of Step Seven, especially the words humble and humility. I thought there was a component of magic, that if asked sweetly, God would remove my character defects, shortcomings and flaws with little to no effort on my part.

Doesn't happen that way.

I looked up the meanings of humble, humbly and humility, and I reread the chapter on Step Seven in TWELVE STEPS AND TWELVE TRADITIONS. It became clear that my attitudes and assumptions were derailing my efforts to be free of character defects.

> *"The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity."*

I thought it would be easier and that progress made yesterday would last forever. Doesn't work that way. I need to ask the HP's help every day.

I also forgot that the first rule of Humility, AA style, is I can't talk about my humility. It's become a verb for me, a call for action. △

Corrections Corner: The Pink Can Fund

By Karen K

Over the past year and a half, most correctional facilities in King County have reopened to allow in-person AA meetings. Those of us on the GSIG Corrections Committee are immensely grateful to the home groups that participate in the Pink Can Fund because those funds are what we use to buy AA approved literature to bring into these facilities.

Since the beginning of this year, 20 groups and uncounted anonymous members have donated $4,419.87 to cover these expenses at Intergroup (January through May 2024).

Heartfelt thanks to MOB (Men's Open Book), Serenity Now, AA4U, Counterpoint, Auburn Alkees, Auburn AA, On the Waterfront, Wednesday Mountlake Terrace, Sober Sisters of Seattle, Mt. Rainier Big Book Study, Auburn AA, New Beginnings, Happy Hour, Gunny Sack Hill Group, Acceptance is the Answer, Alki Tuesday Night, Daily Reprieve, Brown Bag Bunch, White Center Group, District 31 and to everyone who donates anonymously online or drops money into the Pink Can.

During January – May the Corrections Committee purchased $3,402.62 of literature to take into Kent City Jail, Federal Detention Center, King County Juvenile Detention Center, King County Jail, Pioneer Federal Halfway House, and SCORE. So far we have purchased GSIG Meeting Directories, 12 and 12s (Spanish and English), Big Books (Spanish and English), Grapevines and La Viña, AA In Prison: Inmate to Inmate, Daily Reflections (Spanish and English), and many different pamphlets. We also purchased GSIG meeting directories for Monroe Correctional Center.

The Corrections Committee is also allocated $360/year in the Intergroup budget. This money is used for printing/copying (such as flyers for the volunteer sign up events), food (for special events), transportation (such as to Area 72 quarterlies). Any unused funds at the end of the year are "given back" to Intergroup.

Literature can be a life saver for alcoholics inside correctional facilities who want to stay sober or are trying to get sober. There is a lot of turnover of people and literature in these facilities so we regularly purchase materials throughout the year. Having the Pink Can Fund allows us to be responsive to each facility's needs. We are grateful there is so much support for this program. If you have any questions or want to start this program in your homegroup, please reach out to corrections@seattleaa.org. Thank you.

Tradition 7: *"Every A.A. group ought to be fully self-supporting declining outside contributions."*



Tradition 7

By Demitri I.

I AM a bit goofy. I go to a lot AA of meetings and have a keen interest in going to business meetings. (I know, please pray for me.)

I attended several business meetings in the past two weeks, which illustrated to me just how much our fellowship has changed since our beginning 89 years ago (June 10, 1935).

I see evidence our society is fully self-supported. Gone are the days when AA's existence was in doubt because of a lack of funding for the things that keep the doors open and information flowing.

Per the TWELVE AND TWELVE, "Probably no AA Tradition had the labor pains this one did." And we are better off as an organization because of this scrutiny.

I went to three Buisness meetings recently. Treasurer reports for two large meetings and one small one (less than 50 members) disclosed balances far in excess of agreed upon prudent reserves.

Unlike founding times, today's members recognize the need and the benefits of giving generously to "us."

I was massively impressed that the abundance of cash was recognized at all three meetings and action plans were voted on to the rectify the situations quickly, primarily by distributing the excess to Greater Seattle Intergroup, Area 72, the meeting's district and, in one case, increased the payment to the organization which owns the building where the meeting is held.

Not every group is so situated financially as the three mentioned above, but AA's are paying attention to the money we raise and the commitment to follow Tradition Seven's spirit. It makes me proud to be a member.. △

Concept VII

By Peeps

I FIND the 12 Concepts of Alcoholics Anonymous equally redundant and confusing, much like my understanding my alcoholism. Accepting my reality is more important than understanding it.

Concept VII spells out the limits of the powers of the Trustees. Those powers must conform to AA's Traditions, especially Tradition Two ("... Our leaders are but trusted servants, they do not govern.").

That means the Trustees cannot select their successors and that the Conference, which is controlled by the group-chosen delegates, has the ultimate authority over Alcoholics Anonymous.

From the Service Manual (Page C22):

> *"Up to the present time our experience shows this balance of power between the Trustees and the Conference is thoroughly workable. We have taken great pains to reserve final authority to the Conference by practical and traditional means. ... We believe this balance can be maintained indefinitely, because the one is protected by tradition and the other by law."* △

Concept IV:
"The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness."

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Spring Assembly
June 18, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- AA Birthdays for June – Karla: 22 yrs., Theresa: 12 yrs., Morgan: 7 yrs., Joe 7 yrs., Chris: 5 yrs.

In Person Attendees

- Chair: Karla
- Vice Chair: Jeff
- District 24: Greg
- Chair Emeritus: Astri
- Office Manager: Lara
- W/T Chair: Mikey
- Corrections: Karen K
- District 18: Chris
- H & T, Committee Chair Member: West
- District 32: Samantha
- ANB: John
- Empire Way: Bob
- A New Purpose Group: Gina
- PI/CPC: Carina
- AA PI Booth: Stephen L.
- District 24: Heidi
- Seattle Young People: Morgan
- May Valley: Matt
- Wings Group: Kathy A.
- Principles before Personalities: Markis C.
- Dist. 31 DCM: Theresa
- Dist. 24: Heidi
- Serenity Hall: Joel K
- Special Events: Steve
- Twelve Step: John DD
- Third Legacy: Mark

Zoom Attendees

- Treasurer: Dan
- nterested Party: Leyel J.
- Interested Party: Bernice W.
- Dist. 31 GSR: Joe F
- Recording Secretary: Janet
- District 33: Abby
- Office Committee: Jack
- Spiritual Lines: Kathleen
- WIR GSR: Linda K.
- Dist. 41: Laurel
- Southend Fellowship: Janie
- EW GSR: Diane
- DRU North Group: Sara
- Office Committee: Pete
- Skyway Group: Merrilee

Elected Officer Reports

Chair (Karla)

I continue to attend the SCORE jail meeting on the 4th Saturday of the month. And answer the Chat line on Monday evenings. These both have been easy commitments and both very rewarding.

I attended the Area 72 Delegate's Report on June 1st. Crystal had some interesting things to say, and her report is available on the Area 72 website - https://area72aa.org/delegates-conference-documents-info/

I have been opening the Accessibility Committee meeting on the first Wednesday of the month in case anyone shows up. Nobody showed up this month. Please continue to spread the word that Seattle Intergroup needs an Accessibility Chair.

I continue to work on welcome packets for the new District and Group Reps. The office committee is helping me to fine tune things. In the process, I have discovered some interesting things in our Bylaws and Policies and Procedures that we will need to look at in the future.

This weekend I will be attending the Pacific Northwest Conference in Wenatchee. It is the oldest and longest running service conference in the world. Older than the Conference in New York! I am hoping to get some insights and ideas to bring back to Seattle Intergroup.

It's not too early to start looking for your replacement! If you see someone in your District or a meeting who you think would be a good fit, approach them and let them know. Especially, let them know how rewarding and fun it is to serve at Seattle Intergroup!

Respectfully submitted,
Karla

Secretary (Janet)

I've enjoyed being a part of the planning committee for the Vaudeville Steps in Time event. Auditions have been fun, and we have some very talented members in AA. I continue to carry the message at Key Recovery as well as Harborview and will be attending again on the 23rd of this month. Both are very rewarding, and I am grateful to be able to be an active participant. I am continuing my service with the Kent Jail with this being my 10th year minus the 2 years during covid. What a gift to plant at least one seed.

If you would like your contact information added to the roster or if there are any corrections, you can put that information in the chat. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. The initial deadline to have your reports to me is by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org. I will accept Final Reports this month no later than Monday, June 24th, 2024. I will send Final Minutes to Lara on the 25th so she can submit to the high and dry.

- **Approval of May minutes** – Moved by: Dist. 24: Greg / Seconded: Dist. 41: Laurel
  Is anyone opposed to accepting the May minutes? NO

Treasurer (Dan G.)

Treasurer Remarks

Treasurer Remarks We had a shortfall of $874 for May. Contributions are generally at about our planned budget. Expenses were slightly higher, primarily because we paid for our new schedule books, and the remainder of our carpet installation bill. For the year, we are about $11,000 below our plan.

As a reminder, we are completely supported by contributions from our members, either directly or through their groups. Here are some things that you can do to help:

- We appreciate regular monthly donations which can be made through our website at https://www.seattleaa.org/sustainers/. Knowing that regular money is coming in helps a lot.
- Groups that make regular donations are much appreciated. Small monthly donations are better for us than one large donation sent infrequently. Thank you for allowing me to be of service. Contact me by email at treasurer@seattleaa.org.
- **Approval of May's Treasurer's Report** – Moved by: Laurel /Seconded: Morgan
  Motion passed.

TREASURER'S REPORT FOR MAY 2024 (Data in Thousands K)

Month	Net income /loss	Group Contribution	Individual Contribution	Sustainers	Room rent, etc.	Sales income /loss	Cash and savings
3/23	7.1	10.7	11.6	1.6	0.5	1.4	82.5
4/23	5.7	17.2	0.7	1.7	0.4	1.4	84.0
5/23	0.8	7.9	1.8	1.7	0.6	4.5	85.5
6/23	(3.8)	8.4	3.3	1.7	0.6	2.0	81.2
7/23	2.8	11.3	0.4	1.6	0.5	2.1	87.3
8/23	(10.4)	9.9	0.2	1.7	0.6	1.5	76.1
9/23	(0.6)	8.9	1.2	1.4	0.4	1.2	79.4
10/23	(3.1)	9.0	0.9	1.4	1.0	1.8	80.6
11/23	(3.8)	7.2	1.5	1.4	0.5	1.7	65.4
12/23	2.4	10.0	5.9	1.5	1.1	1.2	67.0
1/24	3.8	15.9	1.7	1.5	0.6	2.1	77.7
2/24	(2.1)	8.8	3.6	1.4	0.8	1.6	75.8
3/24	(8.1)	7.5	0.1	1.5	0.4	1.6	67.4
4/24	(4.6)	13.0	0.3	1.5	0.7	1.3	62.6
5/24	(0.9)	12.3	1.8	1.4	0.8	1.9	63.7

GSIG Office Reports

Office Committee (Jack)

In attendance; Karla, GSIG board chair; Lara, office manager; Anita, assistant office manager; Dan G, treasurer; Pete K, office committee chair; Leslie, Jack J, Matt T., office committee members; Jack J, acting secretary, Pete, office committee Chair: call to order with Serenity Prayer,

Karla, Board Chair:

- Discussion of the Recovery Kingdom request to become "a hall.' Guidelines from GSIG bylaws (2020) re: Article III - District Representatives, Section B (pg. 2):
    - "For clarification AA Fellowship halls that are within the geographic area served by Intergroup and who chose to participate may elect one representative for each hall that will serve as their District Representative if the hall is not already represented by a representative from the District they are within."
- History of halls, when participation ebbed and flowed: re quorum; alignment with Zones; several groups represented by one hall. Does the hall send a rep to a District? District 17 DCM worked to bring Recovery Kingdom (RK) to GSIG. RK has two meetings, has an alignment with a recovery center in same building, using same website: concern to conflict.
- Does talk of RK as a hall tie into the discussion topic, "What is an AA meeting?" Hall and AA meeting are separate topics. As it is, RK has a vote in the Spring Assembly. Add a new discussion topic starting July, re halls, cannot make a change to bylaws without a vetted process.
- Group GSIG representatives: packets and calendar in prep for Assembly; recognition that Policy & Procedure Manual update on Districts re: the elimination of Zones, less than optimal. "What can Group GSIG reps do, not what they can't do." Allowing Group reps a vote in addition to at Assemblies, requires a motion to change to bylaws. Discussion of some groups dominating decisions/ discussion due to legacy, size, participation. Later discussion about moving "Five Takeaways" to the middle of the board meeting, before District reports. Should we make space for group reports?

Lara, GSIG Office Manager:

- Working with the bookkeeping company, on track to take over payroll and reconciliation; work interrupted as had to "work the store," given no volunteers.
- Challenges with WSO accounting resolved, WSO seems more responsive.
- Looking for input: other Intergroups nationally are applying for ERC credit, available to businesses that maintained employment through the pandemic. Previous acceptance of PPP loans elicits strong member response. Manager knows of one IG that chose to not accept.
- Initiate discussion of the prize for the GSIG Picnic Button raffle. At current value, two nights and registration for Ocean Shores runs about $900.
- Reports $1000 income in April and May due to Monday openings. No breakdown of foot or phone traffic; Anita preparing report to Spring Assembly. Comment that the Fall 2023 Budget approval, which included opening on Monday, did not include "review" at Spring Assembly.

Anita, GSIG assistant Office Manager:

- Anita is preparing a report on Monday openings to Spring Assembly. Mentions often see traffic based on a just-passed workshop, Area gathering.
- Leslie collaborated on suggested review of Policy and Procedures on reimbursement guidelines for Committees, discussion on final say to how a committee spends their funds? Not necessary to report to the Board Meeting on how funds are allocated.
- Discussion to budget for opening on Monday, question to impact on yearly budget, per attributed staffing hours.

Dan, Treasurer:

- Profit this month leads to reduced debt; approximately $8900 in the red. Some figures need to be re-attributed but not to make an impact on the budget, will adjust in time for Board Meeting/Spring Assembly.
- Discussion on second set of eyes on payroll: Treasurer reports hasn't approved hours in a month, not being notified of payments. Expense less than $500 amount doesn't require second approval.
- Use of US Bank bill pay eliminates some reporting. Note that the bookkeeping company is not taking a payment in June.

New business:

- Office manager reports intent to change their schedule to accommodate work outside the scope of GSIG. Will need off on Tuesday and Thursday, intends to take on Mondays, and can work some of that time from home to reach a 24-hour contract. Implication that Assistant office manager

Office Committee (Jack) continued next page »

« ***Office Committee (Jack)*** continued

hours would increase, or hours open need to change.

- The Office Committee will receive evaluation forms for Office Staff in July, Karla to deliver review to Lara, Lare to deliver review to Anita.
- Did not discuss door replacement options after break-in

Pete, Office Committee Chair: Accept motion to adjourn

Office Manager (Lara)

Office Manager report June 2024
Submitted by Lara Randolph

Financial: We have been working with our bookkeeping company to continue to bring the financial reporting back to the internal process.

- Things are on track, we originally predicted that this process would take approximately 3 months. We have taken over Payroll, and most of the QuickBooks recording needed for month end reconciliation. Monthly taxes are still handled by our bookkeepers, and we are slated to finish this process within the 3 months that we predicted it would take.
- AAWS has gotten back to me concerning the outstanding invoices. This issue has been resolved in our favor. It is good to know that AAWS is getting back on track with their record keeping.
- I am exploring the possibility of being eligible for an ERC credit from the IRS. This credit was made available to those businesses that retained their employees through Covid. Many Intergroup Offices throughout the country have taken advantage of this opportunity. More detailed information on this to come.

Inventory: We are well stocked. No news this month.

Call Log info:

- 12th Step Requests: 5
- Total Call Volume: 113
- Chat line contact: 91
- Total Points of Contact: 204

Protocol: Picnic Buttons have been delivered and are available for distribution. The price has increased to $10.00/ each. The price of the button will include hot dog, chips and soda at the picnic, should you choose More information to be discussed in the Special Events Report.

- Pink Cans are available at the office for collection of funds for literature going into correctional facilities
- Blue Cans are available for collecting funds for ASL Interpretation at AA meetings and functions
- Group Phone shifts available
- In-office phone shifts available
- Chat line volunteer coordinator is needed. Please contact me lara@seattleaa.org

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Service Committee Reports

Archives (Theresa)

Archives Committee Report: Continuing to work from home. Scanning High & Dry's from the 1980s and 1990s and saving scans in GSIG google docs.

Will probably be out of pocket for a while due to need for knee replacement.

Corrections: (Karen K.)

Greetings, GSIG Corrections Committee continues to be busy. Here are some of the things we are working on right now:

- Service opportunities: SCORE needs men and women volunteers, especially men. Meetings are on Saturdays in the afternoon. We're looking for a new Facility Coordinator. If you are interested in service or more info, email volunteercorrections@seattleaa.org.
- Barbara G is the new Facility Liaison for the Federal Detention Center. She's looking into why volunteer applications are taking so long for getting responses. Anyone interested in taking meetings in, email volunteercorrections@seattleaa.org.
- Tracy B is the new Regional Justice Center Women's meetings coordinator. She is getting acquainted with RJC so meetings can start. More to come.

Corrections (Karen K.) continued next page »

« ***Corrections (Karen K.)*** continued

- D33 business meeting: We met with District 33 which is interested in Corrections service and possibly a new District Corrections Chair.
- Streamlining Meetings: In the spirit of helping the meetings run efficiently, get through the full agenda in a timely manner. Main shifts are:
  - More active facilitation
  - Moving up meeting notifications agenda and meeting notifications by one week:
  - Suggesting a 2-3 minute time for sharing a report, with additional time for Q&A.
- Alina attended a 12th Step and Nightwatch joint meeting to explore possible collaborations because of expressed interest by corrections volunteers
- Jeff K, one of the Monroe Corrections Coordinators attended the May meeting to tell us about how their meetings are going. With many meetings, they always welcome new volunteers. Send an email to volunteercorrections@seattleaa.org if interested.
- I attended the Area 72 Quarterly Corrections meeting which had Spanish interpretation for D57 members wanting to take Spanish language meetings into correctional facilities but aren't sure how to start. We want to explore opportunities to collaborate to bring Spanish language meetings into Snohomish County corrections. Also connected with DXX who wants to partner with us for the fall volunteer signup event in north King County.
- Still reaching out to districts and individual groups to talk about how to get the word out about corrections service.
- If you want to learn more, attend our monthly meetings, 2nd Monday each month at 6:30pm, in person and on zoom

If interested or have questions about any opportunities, please contact me at corrections@seattleaa.org.

With gratitude for this service opportunity,
Karen K

Hospitals & Treatment: (West)

Thank you for another solid turnout at our monthly meeting with 25 of us showing up on Saturday, June 1st. We all checked in, indicated which H & T projects we are interested in and even shared our favorite 80's song!

- Breaking News: I just heard back from Olympic Heritage Behavioral Health & we should be able to start a Tuesday night meeting there soon. The tentative launch date is July 16th at 5:30 pm and you must have completed a background check before entering the facility. More will be revealed!
- We continue to bring in meetings at Riverton Place every Thursday night at 6 pm. We hold a speaker's panel on second Thursdays and a traditional style meeting every other Thursday night.
- We continue to carry evening panels to Key Recovery on the weekends as well as Tuesday nights. The weekend evening panels happen upstairs in an intimate setting with residents with over 6 months of sobriety who are looking for work. Our Tuesday night panels happen downstairs with many newcomers with less than 6 months sobriety.
- Bread of Life Mission reached out and they are interested in bringing a regular AA meeting into their Pioneer Square facility. I have an appointment with Oksana on June 24th to go tour the facility and bring them some literature & big books. Tom W is coming with me to help me facilitate this project.
- We recently started a weekly Saturday morning meeting at Downtown UGM. So we are now holding weekly meetings at both UGM's Riverton Place (Thurs nights at 6 pm) and Downtown UGM (Sat mornings at 10 am).We continue to look for guys to get involved in Secretory and /or Chairing both of these meetings. You must be registered in the UGM system in advance to attend.
- We are still carrying our monthly panel to Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through August.
- We have our Lakeside Milam Renton panel every final Friday of the month at 9 am and we just added a 6 pm panel on last Wednesdays. We continue to bring in a panel to Lakeside Milam Auburn every second Tues @ 7 pm.
- We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:15 pm. We currently have 16 volunteers cleared to panel with 4 more in the process right now. The new volunteer coordinator Darlene is now working with Fredy & I to onboard our newest team members.
- All are welcome at our weekly Salvation Army Sunday night 7 pm meeting at the William Booth Center, so please come support this meeting and bring a friend. We are rotating Secretaries weekly and always looking for folks to chair that meeting as well. A big thank you goes to Jeff U & Mike C from GSIG for their help and also Riverton Place for bringing a van full of guys every Sunday!

Hospital & Treatment (West) continued next page »

« ***Hospital & Treatment (West)*** continued

The best way to get involved in any of these projects is to attend our H & T Committee hybrid meeting every first Saturday of the month. The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom. Please contact West C if you are interested in getting involved at 425-736- 4130 or hospitalandtreatment@seattleaa.org.

At Your Service with Gratitude,
West C
hospitalandtreatment@seattleaa.org

Nightwatch (Rob S)

There are currently shifts available for Nightwatch. Please contact Rob Smith at: nightwatch@seattleaa.org if you are interested in taking a 4 hour shift (10pm-2am, 2am-6am or 6am-10am) per month.

Public Information/Cooperation with the Professional Community (PI/CPC): (Carina W)

Greetings Greater Seattle Area Fellowship!

I feel like I say "There's a lot going on" in PI/CPC pretty much all the time. And well, that's because there is! I mean, seriously, just check out all of what our marvelous work our Trusted Servants and volunteers are doing. I can just say that this alcoholic is humbled beyond measure.

PAST EVENTS & ACTIVITIES

Cascade Women's Program
On June 5th our committee brought AA literature and a Speaker Panel to this facility, which provides vital services to our unhoused community.

They'd like this to be a regular thing and would also really love to have an AA meeting in their facility, so we will continue to work with them to get this set up. I've reached out to our Trusted Servants in Districts 15, 16, 17, and 40 to rally the troops.

2024 King County Substance Use Conference: A Vision for Hope
Dawn P (D31 CPC Chair) led this effort to ensure AA had solid representation at this annual all-day event on June 6th. She was joined by David B (D16 PI/CPC Chair), Jan H (GSIG PI/CPC Literature Coordinator), and several other members of our fellowship to share the message of the services Alcoholics Anonymous and the Greater Seattle Intergroup provides within King Country.

King County Libraries would like to ensure AA Literature is in all of the libraries!

And the following two **Resource Fairs** geared toward the unhoused and under-resourced members of our community:

- Shoreline Library on August 29th from 10:00am – 2:00pm
- Resource Fair at the Burien Library on September 10th 11:00am – 2:00pm

CURRENT EVENTS & ACTIVITIES

Speaking at Non-AA Panels — Saturday, August 31
Area 72 PI Chair, Lee B, is organizing this event to be held at Seattle Intergroup. Stay tuned for more information and a flyer to be found on https://www.seattleaa.org/events/.

AA and the Health Care Community — Saturday, September 21
Previously referred to as "Invite a Health Care Professional to Lunch," this hybrid event will start with Breakfast starting at 10:00AM and the Speaker Panel running from 1030AM to Noon.

The next subcommittee planning meeting will be on Sunday, July 14th.

Our biggest challenge will be getting the word out to all the doctors, nurses, pharmacists, etc. We need your help spreading the word to our health care community! Please watch https://www.seattleaa.org/events/ for more information and flyers.

North Auburn Rehab & Health
This facility reached out to GSIG late last year and I have reached out to see if they are still interested in us bringing in a panel. I feel awful for letting this fall into the nether crevasses of my inbox, and am hoping to make it right.

Outreach PSA
Some amazing work is happening on the PSA front!

- *The Stranger Monday eNewsletter: Ruth B, is working with this publications editors to have the basic message "If you want to drink, that's your business. If you want to stop, that's our business" plus a link to seattleaa.org. A proposal is in review.*
- *Bus Wrap Project: Area PI Chair, Lee B, is looking into getting this going again.*

Stay tuned for updates on each of these projects!

Recovery Day at Seattle Mariners — Sunday, September 15
David B, District 16 PI/CPC is looking into having AA represented with a table and literature again this year.

SERVICE OPPORTUNITIES

PSA Coordinator
If you, or someone you know would be willing to serve as a PSA Coordinator, with as little or much help as you'd like, please contact me at cpc@seattleaa.org or call/text 206.683.1106.

Public Information/Cooperation with the Professional Community (PI/CPC): (Carina W) continued next page »

« ***Public Information/Cooperation with the Professional Community (PI/CPC): (Carina W)*** continued

Adopt A Public Information Literature Rack
Is AA Literature already in your neighborhood's library, community center, and public health facility? If not, you can pick up a 4-tier acrylic rack 6.5" x 4.5" x 10" stocked with an initial set of schedules and pamphlets at Seattle Intergroup.

Greater Seattle Intergroup
5507 6th Ave S, Seattle, WA 98108

For more info, just email CPC@seattleaa.org or call/text 206.683.1106.

Blanchette High School & University Prep
David B, D16 PI/CPC Chair, is organizing ongoing Speaker Panels for this institution jointly with Al Anon. Should you be interested, please give us a holler!

The Redmond Library
Click HERE to sign up for one or more shifts.

Senior Community Outreach
Please reach out for info on how to get started in your neighborhood. Especially our D14 PI and D34 CPC Chairs have their experience to pass onto other Groups and Districts.

Faith Leaders
Similar to the Senior Community Outreach, Ruth, D14 PI Chair, has launched a project to reach out to.

Business Cards
Sprinkling these around the community is a great way to help the still suffering alcoholic find their way to us. Stop by Seattle Intergroup to pick some up.

Third Legacy (Mark M)

GSIG Third Legacy Committee

We are looking forward to and looking for help with our upcoming Sponsorship Workshop on Saturday, June, 22nd at 10am. For more information or to participate on a panel, please reach out to thridlegacy@seattleaa.org. Thanks to Stephan M and Nancy S for leading the Traditions study on the 4th Thursday of the Month at 7pm at GSIG and Zoom.

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 your requests to thirdlegacy@seattleaa.org.

Our specific ask of the board and its attendees - we need your help in:

- Your participation – on a panel for a quarterly sponsorship workshop June 22nd at 10AM at Intergroup or Zoom.
- Your participation – monthly traditions study 4th Tuesday of each month at 7pm.
- Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

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

All questions, input, and suggestions are welcome.

In Service,
Mark M.

Twelve Step (John DD)

12-Step meets via zoom every 1st Thursday at 6:00 pm. When the office is closed, and the Nightwatch is doing their thing, we step in. If there's a 12-Step indicated, I there's follow-up indicated, if the caller just wants to talk. This has been going on for 2 years around the clock. We have plenty of volunteers, but if are not on the 12-Step list, get on it. We have communities that could use more, as well as more languages and genders. There's plenty to do.

Web & Tech (Mike C)

Greetings from the W/T dude:

Everything is going smoothly from the office phones to the schedule books. Just a reminder that we are here to help with anything with group meeting information and also questions regarding issues concerning our website.

Please be reminded that we meet 90 minutes before the board meeting every 3rd Tuesday of the month for meeting changes or any questions regarding the website.

All Meeting and committee Information can be found on the seattleaa.org under events.

In service,
Mikey C — wtchair@seattleaa.org
Lee R — webmaster@seattleaa.org (GSIG web support)

Special Events (Steve R)

SPECIAL EVENTS for SEATTLE INTERGROUP

2024 picnic

I was trying to build a Google form to have sign-up's work easier but to no avail I have nothing to work with as of yet. What is needed is almost the same as last year with:

- A group to help load the truck at GSIG.
- A group to commit to helping with set-up.
- A group to run entertainment activities.
- A group to help clean-up and load at site.
- A group to help unload truck back at GSIG.

Buttons are $10, that will include the increase in the full package to Seaside, with a Hot-dog, chips and a Drink. These are on sale today.

GSIG Jamboree/Vaudeville show

The Steps in Time, October 26th

We have had a couple auditions, and the talent is not lacking. I probably didn't define clearly enough to say where as 30's, 40's themed acts would be preferred it was not a hard line, after all who has 40's acts in 2024, not many. Anyway, if you are or know additional talent please send me an email. We currently have 11 acts. Event doors open at 12pm and the show starts promptly at 1pm. Tickets will be $20 and sold starting at the August 18th picnic and remaining to be distributed through groups and districts. Tickets are numbered and a log will be kept.

GSIG District Reports

District 14 – (Stacia) — Nothing to report

District 15 (Greg E)

D15 Report - June 2024

- DCM report
  - Shared re: Delegate report, provided QR code link to written report
  - Still working on building attraction for service in D15. We are ¾ through this service rotation and still have many unfilled service positions, and we will need to fill our core positions for the next rotation. Open to all ideas!
- Treasurer: we have had a vacancy at Treasurer and some catching up to do.
  - New candidate: Amy! Unanimously approved.
- Grapevine / Lit rep report (Jason)
  - Went to Area 72 Quarterly. Discussion topics included Plain Language BB translation project; efforts to boost Grapevine subscriptions; speakers discussing history of AA literature.
- Also: a new book ("Our 12 Steps") has been published and is available at GSIG for purchase.
- Discussion topics / new business:
  - Q: can D15 contribute to the Monroe Fair PI Booth, as we have in years past?
  - A: we need to get our new Treasurer up to speed first
- We can contribute any time in this calendar year
  - Q from chat line, inquiry from a housing case manager from a facility at 3rd and Yesler (Low Income Housing Institute, LiHi) about bringing in a weekly meeting.
- DCM will bring this opportunity to GSIG H&T & PI/CPC Committees
- Open service positions: Accessibility, Public Info (PI), Coop w/ Professional Community (CPC), Archives, Treatment, Young People

District 16 (Kathleen B)

We lost the facility for Spiritual Lines, but did find a new location which will be at Nolanda West on June 30th, by Woodland Park Ave N. We also lost our Dist. 16 facility. We will be meeting at Journey Christian Church on the 3rd Wed. of the month.

District 17 – (David) — Not Present

District 18 – (Ali) — Not Present

District 24 – (Greg S) — Nothing to report

District 31 (Thomas)

1. Alt DCM: Continued checking into unknown meetings

2. DCM: No report as quarterly is coming up soon

Old Business:

1. Are we going to do another Workshop? Yes

2. Proposed topic: How to do Service at the District level. September 11th 1:45 - 4:45 Formed a committee.

3. Other Fun Activities for the rest of the year.

   - A. Cornhole Tournament

   - B. Ice cream Social. Do we want to incorporate it into our Sept mtg in person meeting?

Vote was taken & passed. 5:30 Start passed Vote.

New Business:

1. Delegate Report Questions

2. Discuss Inventory Questions

Important upcoming Events and Quarterlies: touched on them.

District 32 (Samantha M)

District 32 Annual Picnic is July 20th 11-2:30 Steel Lake Park, Site #4. Raffles, 50/50, games & fellowship!

District 33 (Abby)

Grateful greetings from district 33!

We are in the red $177 into prudent reserve and appreciate group and individual contributions. Thank you to Lake Sawyer Men's Acceptance, Diamond Sobriety, and Bambi groups for your contributions last month.

Sophia from Sweet Surrender shared her awesome experience with gratitude banquet planning, and district 33 is considering taking on this endeavor for 2024 or 2025. Thank you, Sophia, for your years of service in district 33! And we are looking for GRATITUDE BANQUET COMMITTEE MEMBERS.

We had a district 33 AA information booth at the Maple Valley Days festival in early June, thank you to those who volunteered and to Heather and Jake for your service.

Covington Days festival is coming up July 20th-21st Located on 169th Place SE/SE 270th Place and Valley Medical North Lot. There will be a parade, vendors, entertainment, and the district 33 ad hoc PI committee (Jake and Heather) will be facilitating volunteers to staff our AA public information booth, although they have asked for help from other groups to sign up!

Our wonderful Grapevine/Literature rep Jim H raffled off a conference approved book, and plans to raffle Pass it On next month (thank you for sparking interest in more of our vast approved literature)!

Our alt DCM Cheri highlighted the upcoming GSR Overview Session hosted by alt Area72 Delegate Courtney June 29th 1-4pm hybrid at Seattle intergroup and zoom.

We provided our groups' feedback on area assembly excess funds and rescheduling our Area72 assembly.

Our open service positions are Accessibility, Corrections, CPC/PI, Young Persons. Thank you, Heather, for creating and distributing handouts on service position descriptions that we may share with our groups.

District 40 — Inactive

District 41 (Laurel)

District 41 will host a public Information booth on June 30 at Pride.

If you want to volunteer a shift, contact cnlyles24@gmail.com

Picnic on July 20 at Magnolia Park, 11 am to 2 pm. Bring a blanket & Side Dish if you can

For more info, contact dcm41@area72aa.org

In love and Service, Laurel W

Fremont Hall — Inactive

Greenwood Fellowship Hall (Mikey)

We are the non-judgmental hall serving the Greenwood area. This hall has been running strong with 7) Noon meetings and 7) 8 p.m. meetings. Attendance at meetings are rich with all types of sobriety.

Our 7th tradition is thriving, and we are running in the black which means we are self-supporting and can participate in sober activities such as a well-attended founders' day with two awesome speakers with great stories of inspiration.

Our noon Wednesday meeting is over the top with an incredible buffet lunch that doesn't disappoint. always a full house. Our Saturday at 8 p.m. is a great way to celebrate your sober anniversary with a great spaghetti dinner at 7 and

coin celebration at 8 p.m. with cotton candy, popcorn, cake, ice cream, come check it out.

Mark your calendar for the 4th annual Recovery Fest at Seward Park on August 17, with dodge ball, movie, fellowship, and other sober activities. There is a drawing for the upcoming 2025 convention so come by for a T-shirt and more information to follow.

In support of the greater Seattle intergroup we are now sending a monthly donation because we support our intergroup and what it stands for.

In service,
Mike

A New Beginning (John H)

Home group member Chris Chase passed away on June 2nd

We had our annual Founders Day Potluck on June 8th

Our group answered phones at GSIG every 2nd Thursday of each month.

Serenity Hall (Joel) — Nothing to report

South End Fellowship (Janie)

South End Fellowship is now having our BBQ Potluck on the last Saturday of the Month, right before our Birthday Meeting! Come "Fellowship " and celebrate with us!

We have several Service Positions Available and are looking for Chair people to help open new meetings. We have some new 7pm meetings that can really use support as well! We have a 10pm Hoot owl Meeting on Saturdays that needs attendance desperately!

South End Fellowship is on a mend financially, but only by a little, and we can use ALL the support to ensure, "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible!"

Recovery Kingdom (Rickey) — Not present

Business

Discussion Topic

Is an AA Group Meeting and AA Group/Meeting just because it says it is?

- There was much discussion on this topic, including members who were unaware that we were discussing it even though it has been on the agenda since the Fall Assembly.
- After discussion both for and against, a motion was made and seconded to adopt guidelines for new groups wishing to be listed in the GSIG AA meeting schedule.

NEW GROUP/MEETING REGISTRATION FOR SEATTLE INTERGROUP

Seattle Intergroup's mission is to help AA groups carry the message of Alcoholics Anonymous to the alcoholic who still suffers. This means that Seattle Intergroup is here to help your group/meeting any way we can. Here are some suggestions that can help a group/meeting to be effective and successful:

- *Read The pamphlet P-16 'The A.A. Group.' This has many wonderful suggestions about how to operate a healthy meeting.*
- *Please assess if there is a need for the new group/meeting in the area, or are there other meetings in the area that could use support, rather than starting a new meeting? There are over 1000 in person meetings in the Greater Seattle area every week, and hundreds more online. (Tradition 4)*
- *We suggest that the group/meeting is gathering for the purpose of recovery from alcoholism-having no other affiliation. (Tradition 6)*
- *That the group/meeting maintains that the only requirement for membership is a desire to stop drinking. (Tradition 3)*
- *That the primary purpose of the group/meeting is to carry the message of Alcoholics Anonymous to those that are seeking it. (Tradition 5)*
- *That the group/meeting is self-supporting through its own contributions. (Tradition 7)*
- *That the group/meeting maintains no opinion on outside issues. (Tradition 10)*
- *That the group/meeting uses AA literature to convey the AA message.*
- *That the group/meeting informs Seattle Intergroup of any changes to the meeting in a timely manner.*

Based on experience, these are the suggestions that can result in a strong foundation for an AA meeting.

When starting an AA meeting it is suggested that the group is familiar with the Twelve Traditions of Alcoholics Anonymous and adheres to these ideals as closely as possible.

If you are unfamiliar with the Twelve Traditions, there are many pieces of literature that are available for reference. Here are a few:

- *Twelve Steps and Twelve Traditions (B-02)*
- *Twelve Traditions Illustrated (p-43)*
- *Experience has Taught Us (P-91)*
- *A.A. Tradition: How it Developed (P-17)*
- *Language of the Heart (GV-06)*
- *A.A. Comes of Age (B-03)*
- *Our Twelve Traditions (Grapevine Book GV-35)*
- *Our Great Responsibility (B-70)*

Starting a new meeting can be difficult. In our experience, it can sometimes take 1 to 2 years before a group/meeting becomes well established. If there is anything that Seattle Intergroup can do to aid in your success, please feel free to reach out. We are here to help.

- The motion **passed** with substantial unanimity. Out of 27 eligible voting members, 18 voted for the motion and 9 voted against the motion.

Tonight's "Important Takeaways":

1. Discussion Topic - Motion we voted on and was passed
2. Picnic Buttons and volunteers needed
3. Sponsorship Workshop
4. Phone shifts needed
5. Budget deficit, $11,000 in the hole
6. Evergreen State Fair
7. 12-Step Chat line – need a coordinator
8. We need an Accessibility Chair

Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00pm – Jeff U. will be speaking
- BBQ at Intergroup – June 15th – 12:00-2:00pm
- Sponsorship Workshop – June 22nd – 10:00am - 12:00pm - Hybrid
- Tradition Study 4 th Tuesday of the month at 7:00pm – June 25th – Hybrid
- GSR Overview – June 29th – 1:00-4:00pm - Hybrid
- Service Manual Study 1st Sunday at 11:00am – July 7th – Hybrid

MOTION TO CLOSE:

Moved by: Astri /Seconded: Heidi
Approved: YES
Closed with the Responsibility Declaration at 9:29 PM

WAYS YOU CAN SUPPORT SEATTLE INTERGROUP

High and Dry Subscriptions

$12/yr. for a physical copy, $10/yr. for a digital copy
» SeattleAA.org/intergroup/newsletter/#signup

Join the *'How Dry I Am Club'* or also known as the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.
» SeattleAA.org/online-contributions

Join the Sustainer's Club

Sign up to make a recurring donation
» SeattleAA.org/sustainers

Greater Seattle Intergroup
of Alcoholics Anonymous

THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM

at Greater Seattle Intergroup Office
6th Ave S. – Seattle, WA 98108

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

SCHEDULED SPEAKERS

July 6th Mike H.
July 13th Ralph D.
July 20th Lara R.
July 27th Geraldine G.
August 3rd Michael W.
August 10th Shunda M.
August 17th Bob F.
August 24th Sarah M.
August 31st Mathew S.



SERVICE MANUAL STUDY

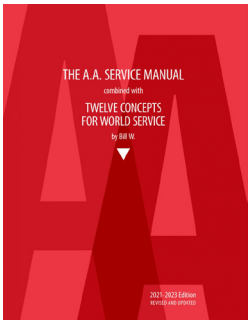
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDYING THE NEW SERVICE MANUAL.

THIS DISCUSSION AND STUDY WILL BE FACILIATATED BY AREA 72 TRUSTED SERVANTS.

JOIN US IN PERSON AT GSIG OFFICE OR ON ZOOM on the *1st Sunday of each month at 11am*

SEATTLE INTERGROUP
5507 6TH AVE S.,
SEATTLE 98108
ZOOM INFO:
MEETING ID 863 6483 7688
PASSCODE 022841



THE STEPS IN TIME

JAMBOREE / VAUDEVILLE FROLIC
OCTOBER 26TH 2024

Join us at the Century Ball Room, known as, (The Big Hall) in 40's and was Central Committee, and turned into the Seattle Intergroup with an Alano Club,

Big Band style music

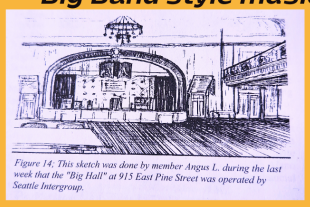


Figure 14; This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



This is not a talent show, but rather a show of talents

Dress, as our co-founders did in the day, Men as Bill W and Women as Lois
A prize will be awarded for best dressed.

ENTERTAINMENT, SNACKS FELLOWSHIP AND MOSTLY, FUN!

Lets show case the talents of our own AA members doing acts of all kinds, from circus performers, to comics to dancers or singers, groups that want to do a skit, these to name just a few

We are looking for 10 to 20 acts, and encourage them to contact us at, specialevents@seattleaa.org for auditions, that will be held, April 28th at Seattle intergroup between 1pm and 4pm

ITS A FIRST FOR US BUT THEY HAVE BEEN DOING SINCE THE 30'S, SO LETS HAVE SOME FUN WITH IT TO.

SPONSORSHIP WORKSHOP

WITH SEATTLE INTERGROUP-THIRD LEGACY COMMITTEE

WHAT DOES THE AA LITERATURE SAY ABOUT SPONSORSHIP?

WHAT DO I LOOK FOR IN A SPONSOR?

HOW CAN I BE A MORE EFFECTIVE SPONSOR?

WHAT IS THE EXPERIENCE OF SOME OF OUR LOCAL AA MEETINGS AND MEMBERS WITH SPONSORSHIP?

FIND OUT THE ANSERS TO THESE QUESTIONS AND MORE

March 30, 2024
June 29, 2024
September 28, 2024
December 14, 2024
HYBRID EVENT @ 10am
IN PERSON AT SEATTLE INTERGROUP
5507 6TH AVE S SEATTLE 98108
ON ZOOM
MEETING ID 860 1243 6844
PASSCODE 660951



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



Summer BBQ's at Seattle Intergroup

June 15th

July 13th

August 10th

With an ICE CREAM SOCIAL on September 14th

From 12pm to 2pm

Bring a dish to share

Contribute to Intergroup

Enjoy a hot dog and some fellowship

5507 6th Ave S., Seattle, WA 98108

(206)587-2838

Union Gospel Mission needs you!

Please come join us every Sat at 10 am for our new in-house Men's AA meeting

Where: Downtown UGM
318 2nd Ave Ext S, Seattle.

You must be a UGM resident or pre-registered volunteer to attend.

For more information contact hospitalandtreatment@seattleaa.org









HELP WANTED: Accessibility Chair

Do you think that everyone should have access to an AA meeting? So do we! That's why the Seattle Intergroup Accessibility Committee needs YOU.

Our mission is to provide aid and resources for the fellowship to overcome obstacles limiting access to Alcoholics Anonymous in the greater Seattle area. Accessibility means ensuring equal access to everyone.

We provide assistance with the following needs:

- Transportation to and from A.A. meetings
- Childcare at A.A. meetings
- Bringing A.A. meetings into private homes
- Facilitating online meeting information
- Helping those with mental health issues understand the culture of A.A.
- Bringing A.A. meetings into nursing homes
- Helping identify tools for those who don't speak English.
- American Sign Language (ASL) interpretation for Deaf/Hard-of-Hearing alcoholics

If helping to facilitate this type of service sounds like something you might be willing to do, please contact chair@seattleaa.org

Also please visit the accessibility committee page on our website.
https://www.seattleaa.org/service/accessibility-committee/

LIVING IN SOBRIETY

2024 SUMMER PICNICS

Tuesday June 18th
Tuesday July 16th
August 20th
September 17th
5pm until it's done

GOLDEN GARDENS PARK SHELTER #1
8498 Seaview Pl NW, Seattle, WA 98117

Protein provided!
Bring a dish or dessert to share.





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Bring a dish to share

Contribute to Intergroup

Enjoy a hot dog and some fellowship

5507 6th Ave S., Seattle, WA 98108

(206)587-2838



How It Works Scramble

ERCERVO	RECOVER
LLYTEOCMEP	COMPLETELY
OTIITLNSAYLOUNCT	CONSTITUTIONALLY
ESSMHELVTE	THEMSELVES
ASOFETTUNUNR	UNFORTUNATES
LNTARULYA	NATURALLY
SNMEDDA	DEMANDS
ORIGORUS	RIGOROUS
AYCPTICA	CAPACITY
WLESESPOR	POWERLESS
LUNAAEGNMABE	UNMANAGEABLE
MADTTDIE	ADMITTED
ETTNOIADIM	MEDITATION
PUTRISILA	SPIRITUAL
PENCXIEREE	EXPERIENCE
RNHTSTEG	STRENGTH
LABKED	BALKED
NSNTREESSAE	EARNESTNESS
THUHROOG	THOROUGH
ILN	NIL

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.

Subscriptions — Please consider subscribing to the High & Dry newsletter!
Your contribution helps fund the services we provide. Suggested annual donation for hard copy is $12/year and digital copy $10/year. To subscribe visit: *SeattleAA.org/intergroup/newsletter/*

Greater Seattle Intergroup
of Alcoholics Anonymous

Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at *info@seattleaa.org*, or give Lara or Anita a call at (206) 587-2838.

Name:	
Address:	
City/Zip:	
AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
Home Group:	

If mailing, send this form to:
Greater Seattle Intergroup, 5507 6th Ave S. Seattle, WA 98108

Link to GSIG Online Contributions

https://www.seattleaa.org/online-contributions/