High & Dry

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

Volume 76 Issue 8 August 2024



Greater Seattle Intergroup's new front door

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Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

FUTURE TRIPPING

August GSIG Events

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

1 — 12th Step Committee

- August 1 @ 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

2 — Women in Sobriety Retreat 2024

- Aug 2 @ 8:00 am - Aug 4 @ 5:00 pm
- Rainbow Lodge 46820 SE Mt Si Rd, North Bend

3 — Hospital and Treatment Committee

- August 3 @ 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

3 — Vashon Island Group Summer BBQ

- August 3 @ 10:00 am - 2:00 pm
- Dockton Park 9500 SW Dock St., Vashon

3 — District 24 Annual Picnic and BBQ Potluck

- August 3 @ 12:00 pm - 6:00 pm
- Edmonds City Park 500 3rd Ave S, Edmonds

4 — Service Manual Study

- August 4 @ 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

7 — Accessibility Committee

- August 7 @ 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

8 — Step Ashore

- Aug 8 @ 8:00 am - Aug 11 @ 5:00 pm
- Ocean Shores Convention Center 1 20 W Chance a La Mer NW, Ocean Shores
- The NW Woodstock of AA Full Program on the Web! https://www.nwwoodstockofaa.org/ stepashore__flyer

10 — Memorial for Jack K

- August 10 @ 11:00 am - 1:00 pm
- Saint Joseph Parish 732 18th Avenue E, Seattle

10 — BBQ at Intergroup

- August 10 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle

12 — Corrections Committee

- August 12 @ 6:30 pm - 8:00 pm — Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YkIzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

17 — CPC/PI Committee

- August 17 @ 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

18 — 2024 Seattle Intergroup Picnic

- August 18 @ 11:00 am - 4:00 pm
- Seward Park - Shelter #3 5900 Lake Washington Blvd S, Seattle
- We will have the usual frolic and fancy! Games, food, bingo, raffles, swag!! Service Tables and opportunities to serve.

20 — Living in Sobriety 2024 Summer Picnic

- August 20 @ 5:00 pm - 8:00 pm
- Golden Gardens Park - Shelter #1 8498 Seaview Place NW, Seattle
- Meat provided! Bring a dish or dessert to share!

20 — Web & Tech Committee

- August 20 @ 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

20 — GSIG Monthly Board Meeting

- August 20 @ 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

22 — 2024 NW Fellowship of the Spirit

- Aug 22 @ 8:00 am - Aug 25 @ 5:00 pm
- Warm Beach Camp 20800 Marine Dr, Stanwood

24 — Central District Pre-Assembly

- August 24 @ 9:30 am - 1:30 pm
- Phinney Neighborhood Center 6615 Dayton Ave N, Seattle

August GSIG Events continued next page »

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« ***August GSIG Events*** continued

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 — PI Workshop: Speaking at Meetings Outside of AA

- August 31 @ 11:30 am - 2:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://area72aa-org.zoom.us/j/89658043250?pwd=SjY0N2hyNjc3UWk0Ly9aeW9JSVRoUT09
- Meeting ID 896 5804 3250 Passcode PUBLICINFO
- Join us together with our Area 72 Public Information (PI) Chair, Lee B, who will provide this cool and informative workshop.
- Fellowship 11:30pm-12:00pm, Workshop 12pm-2pm, Snacks provided

REFLECTING ON OUR PAST

August In Our History

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

Aug 1934	Rowland H and Cebra persuade court to parole Ebby T. to them.
Aug 1939	Dr. Bob wrote & may have signed article for Faith magazine.
Aug 1941	1st meeting in Orange County, California held in Anaheim
Aug, 1981	Sales of the Big Book passes 3,000,000
Aug 1981	Distribution of Alcoholics Anonymous passes 3 million.
Aug 1, 1943	Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.
Aug 3, 1954	Brinkley S. gets sober at Towns Hosp 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 15, 1890	E M Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".
Aug 16, 1939	Dr Bob and Sister Ignatia admit 1st 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.

Source: AASJ - https://aasj.org/august-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., Morgan S., Yuri and Marissa
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Jake and Joe B.
FRIDAY	Thomas H. and Riff Raff
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 August 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/



Step Eight

Made a list

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

willing
vigorous
debris
partnership
brotherhood
wreckage
purposeless
forgiveness
broken
tosspot
bedeviled
damaged
bygones
reputations
restitution
exhaustive
twists
paramount
extricate
thoroughness
humorless
oozing

Big Book Relationships

By Peeps

OUR PROGRAM OF RECOVERY in Alcoholics Anonymous is a "We Process," we need help from others, but everyone's path to living a happy, joyous and free life is unique.

Everyone does it a little differently. Just look around your meeting room and check out how people interact with their copy of the book "Alcoholics Anonymous," as well as other Conference-approved literature.

Some people have slip-on covers that pair their Big Book with their copy of "Twelve Steps and Twelve Traditions." Everyone brings their own experience, strength and hope with them.

I still have a Third Edition BB I got back in the 1990s, which is heavily highlighted and filled with my scrawls in the margins, but to distance myself from my relapse-filled past, I bought a Fourth Edition when I returned in the 21st Century to break from my past-it is barely marked.

The secretary at my home group has color-coded tabs to mark sections of her BB.

"I got a new BB when I started working with my current sponsor (Kelli S-B) so as to not be influenced by my old thoughts and to look at it fresh," Amanda T. told me.

A friend in recovery who recently passed, Jack C, had, per my eye, a crazy-quilt of a Big Book. He highlighted, in three colors, and underlined select passages on nearly every page.

On some pages, there were fewer unmarked sentences than those which were highlighted and some sentences were highlighted in more than one color, it almost created a 3-D effect.

But the most amazing thing to me about Jack and his book was how he would quickly go to a highlighted-underlined section that bolstered his thoughts on any and all discussion topics.

"Says right here on page 49 of 'As Bill Sees It' ...," Jack would say. It was amazing, predictable and comforting all at the same time.

To write this article, members were asked about their Big Books.

Kelli S-B:
My Big Book is a Third Edition and was given to me in rehab July of 1988. It is held together by contact paper and is ready for a little glue.

Most of my underlining was done listening to "Joe and Charlie" Big Book sessions. At nine years sober, I hit an emotional bottom and almost drank again. When I met my current

---

Re-entering the World

By Jules

MY NAME IS JULES and I am an alcoholic. My sobriety date is Nov. 1, 2019.

Since then I have thrown myself into AA. For over four and-a-half years, I have gone to a meeting almost daily and have two to three service positions at a time. Recently, I started decreasing my number of meetings and the number of service positions I have. I have started re-entering the world, making my way back into society for sporting events, concerts, comedy shows, and dance lessons.

Being sober around "normies" who drink is new to me. I feel confident in my sobriety, I use all of the tools AA has taught me. I take my Higher Power with me when I go into any situation. I pause and pray before the event and I also make sure I am in good spiritual condition. I have a back-up plan to leave at any time, if needed. I have been going with another member of AA, as well.

When I was drinking, I was isolated from society. I realized that since I have been sober, I have isolated myself in AA. My world has been my job, meetings and service work in the program.This is what I needed to do in order to stay sober, and acquire the skills necessary to re-enter society as a sober person, but I am ready!

I have fear, but I turn it into faith.

On page 102 in the "Big Book" it states, "... while you were drinking, you were withdrawing from life little by little. Now you are getting back into the social life of this world. Don't start to withdraw again just because your friends drink liquor."

God bless Bill W. and those who helped write the Big Book, they thought of everything. I practically have a permanent smile on my face since I have gone back out into the world. I have all of you and the program to thank for that.. △

sponsor, I had a hard time admitting defeat and wanted to show off my underlined Big Book, so she would see how smart and educated I was in AA.

The ego is a funny thing! I was clearly a mess and desperately needed help, but felt the need to maintain an image of having it all together. Luckily, she saw right through that dishonesty and was able to take me through the Big

Book with accountability, so I actually took action and changed my behaviors.

I started practicing the principles and everything changed. I'm so grateful for this special book that carries the message of hope, and I'm so grateful for the gift of desperation and a sponsor who saw through the dark dishonesty of my disease and brought me into the light of recovery.

Kathleen A:
My original big book was a Third Edition. It was damaged when a leaking pipe flooded my apartment. I lost a few other AA books

in that flood.

Now I have a Fourth Edition, which has guided me through two sponsorships. The marking process has been, for the

most part, highlighting what means something to me or I can relate to.

Underlining is added emphasis. There are a few notes in the margins and a couple of drawings.

I chose these pages because two "musts" are pointed out, and the Third Step promises and prayer are on these pages. I have heard people say there are no "musts," only suggestions.

My current sponsor made sure I did not miss these musts!

Virginia J:
I Love my Big Book. I got it at a meeting 4 years before I actually got sober. I was at a meeting to support my boyfriend at the time and the Literature guy was cute, so I bought a Big Book. It sat on a shelf for the next four years until I finally got sober in August of 1992.

My Big Book is a Third edition. It is browning around the edges and some of the pages are becoming tattered. The text is either highlighted in many different colors or underlined in many places because every time I read it, something new pops out at me, even after all these years.

My favorite things about my Big Book are the scribbles and drawings my children did when they were young and sitting in meetings with me. It is full of many colors and many notes in the margins from the wisdom of others in meetings.

My Big Book is my favorite book because it saved my life and gave me the life I have today. I have read it with many people and had the privilege to watch them highlight and underline the text in their books and watch their lives change. It is the text of my life in Alcoholics Anonymous. The how's and why's of our BB practices don't matter as much as the frequency of our interactions. △

UNIVERSAL PROBLEM

An alcoholic had an appointment to see a new psychiatrist for the first time.

When the patient was settled comfortably on the couch, the psychiatrist began his therapy session.

"What seems to be your problem?" the doctor asked. "Perhaps you should start at the very beginning."

"Of course," the alcoholic replied. "In the beginning, I created the heavens and the earth..."

—BOB M., Green Valley, Ariz., Feb 2018

ANONYMOUS



Step 8: *"Made a list of all persons we had harmed, and became willing to make amends to them all.."*



Step Eight

By Peeps

FOR ME, working with my sponsor on, and through, Step Eight was more difficult and painful than completing all of my Step Nine amends. It was excruciatingly painful to review with him all the harms I'd done to others, with the goal of making the list of the people I'd contact.

We reviewed in graphic detail my offending actions, as well as my motivations and self-deceptions which obscured the underlying character defects that spawned my misdeeds.

In my case, most of the wrongs I visited upon my family members were acts of omission. I chose drinking and using over being present with them. I told myself, and anyone else who had the misfortune of listening to me rant that nothing was more precious to me than my family and close friends.

But my actions said I was lying. Every single person in my life was in a long line behind me.

Recognizing my self-centered, delusional rationalizations was part of another round of ego deflation, necessary to building a life worth living.

It requires a commitment to be thorough and willing to look at our lives.

> *"Every A.A. has found that (they) can make little headway in this new adventure of living until he first backtracks and really make an accurate and unsparing survey of the human wreckage he has left in his wake."* — page 77 of TWELVE STEPS AND TWELVE TRADITIONS.

That's why it was so uncomfortable for me to sit with another human and look at the harms I caused as I gleaned my Fourth Step inventory.

After reviewing that part of my life, I was sick of myself and extremely eager to put all the guilt and pain behind me by starting and completing my Ninth Step amends. △

Tradition 8: *"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."*



Tradition Eight

By Peeps.

OUR TRADITIONS were forged by the heat generated by the fears and real life conflicts associated with living on the bleeding edge of the early days of the 12 Steps. Everything was new, literally, and, like toddlers, it took time and experience for our program to find its balance.

No Tradition created more conflict, misunderstanding and bellicose words than Step Eight, especially when A.A. activities intersected with money.

It was relatively easy for folks to agree that Step 12 work should be done for fun and for free, but it was harder to identify when members were crossing that line.

Making 12th Step calls for a fee was clearly over the boundary, but what about the staff processing Big Book orders at General Service HQ in New York if they were AA members?

More was revealed over time and this once contentious sector is quiet as a church these days. For current AA members, it might feel baffling that this was ever a problem.

From where we sit, with 20/20 hindsight, the answers are obvious.

> *""But when we had declared that our Fellowship couldn't hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience." "* — page 107 of TWELVE STEPS AND TWELVE TRADITIONS. △

Concept VIII

By Peeps

CONCEPT VIII'S purpose is ensuring the Trustees have the the freedom to focus fully on the work of overseeing AA's interests from a 50,000-foot observation platform.e bu

They hire the folks who see to the day-to-day operations of AA's enterprises, but steer clear of the micro-details.

> *"Our trustees, as a body, cannot be burdened with a mass of lesser matters; they must not concern themselves with the endless questions and difficulties which arise daily, weekly and monthly in the routine conduct of the World Service Office and our publishing enterprises."* — From page C24 of The AA Service Manual. △

Concept VIII:
"The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs, (b) But with respect to our separately incorporated and constantly active, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities."

Love and Loss

By Kelli S-B

IN ONE OF MY MEETINGS, I heard someone ask an old timer, "What do you get when you become an old timer?" And the old timer replied, "Old." True and funny, and, in my experience, incomplete. Today I am marking 36 years of continuous sobriety. In three weeks, I will turn 57-years-old, so yes, I am getting old and yes, I haven't had a drink in many years. What is significantly more important in my life is the way I feel inside. I feel a deep peace and happiness beyond my wildest dreams. I comprehend the word serenity and I know peace. Another aspect of what we gain by becoming old timers is that we get to walk through the loss of those who pass on. My sponsor says what we get from doing the Steps is the ability to give and receive love. That has been true for me and is likely the greatest gift in my sobriety.

My home group recently lost a beloved old timer. This old timer had the ability to give and receive love. When I first met him, and in all the years since, I felt love and loved in his presence. He had that same sense of peace and serenity and it manifested itself in love. Whether we had a quick greeting before the meeting or an important phone conversation about Tradition One and the health of our group, I felt his love. I want what he had. I want to be so self-forgetting and spiritually connected that I exude love to those I encounter. He used to say "Alcoholics are the luckiest people alive!" I believe that to be true and I especially feel lucky to have known him.

We lost another beloved old timer a few years earlier who had that same ability to love. When I first met him and felt this Power, I wanted what he had, so I asked what other meetings he attended and followed him around town. He used to talk about the spiritual experience as being that moment in an alcoholic's story where they say, "... and then something happened ..." We talk about what it was like, what happened and what it's like now. That moment of Power, that we just can't exactly explain, is our spiritual intervention. When I was in his presence, something happened. His deep peace and years of recovery work expressed itself as love to me and those around him.

In the years between those two, my home group lost another old-timer who wasn't very old. When she was first diagnosed with cancer, and all the way until the end, she projected an amazing example of how to walk through life's challenges with dignity, grace, courage, vulnerability, honesty and recovery. Showing up with love for her was effortless because she was so loveable.

I love our old-timers. Practicing the program of Alcoholics Anonymous is a privilege. Growing old is a privilege. Spending time in the presence of those who have the ability to give and receive love is a privilege. I feel grateful to have walked in their world for a short time. I feel inspired to be better; to work hard in my program, to continue to grow, take inventory, get rid of those things which are blocking me from being as loving as they were. The love continues, even when we don't. △

Corrections Corner: Interested in Corrections Service?

By Karen K

Corrections service can be very rewarding to many sober alcoholics. If you think you may be one of those people, the GSIG Corrections Committee has a place for you! This overview provides links to more specific info, or email volunteercorrections@seattleaa.org with any questions.

- Taking meetings into facilities: More facilities are opening for meetings. There's a strong need for women and men for the Federal Detention Facility, Juvenile Detention Center, and SCORE. Sober time, clean time and background checks required. More info at https://seattleaa.org/corrections then scroll to the bottom.
- Pre-Release Program (formerly Bridge): Connect with an incarcerated person shortly before they are released and contact them within 48 hours after release to take them to a few meetings so they can meet AA members, get phone #s, and start to develop community. No sobriety or background check for this service. https://www.seattleaa.org/wp-content/uploads/2019/01/BridgeForm.pdf
- Pink Can Fund and Literature: Start a Pink Can fund with your home group to collect contributions that are only used to purchase AA approved literature for facilities. Organize a Grapevine collection at your home group to donate used issues for corrections work. No sobriety or background check for this service. https://www.seattleaa.org/online-contributions/ select "Pink Can-Corrections fund" option.
- Correspond with someone inside a federal correctional facility who is trying to stay sober: The General Service Office (GSO) organizes this service. No sobriety or background check. https://www.aa.org/corrections-correspondence-special-kind-aa-service
- Corrections Committee: Make yourself available to serve as a group, district or committee level trusted servant. Attend a monthly meeting to learn more (2nd Monday, 6:30pm, in person and hybrid). Various sobriety requirements based on actual service position, no background check. https://www.seattleaa.org/service/corrections/
- Corrections 12-Step: By phone, answer calls for recently released people who want information about meetings and possibly arrange to meet them at one. No sobriety or background check. In person, you and another alcoholic take an informal meeting to a recently released person via a traditional 12 step call. One year sobriety and finished working the steps is suggested. No background checks. Corrections 12th Step Calls" https://www.seattleaa.org/12-step-signup/
- Volunteer Recruitment: Inform other AA members of the need for volunteers at our many correctional facilities. Tell them how and where to get info. https://www.seattleaa.org/service/corrections/

If you're interested, please attend a monthly meeting, talk to us at the GSIG summer picnic, or email volunteercorrections@seattleaa.org.

If you are interested in volunteering for Corrections, please complete our volunteer interest form. Scan the code below to be redirected to the form. Or complete our volunteer sign-up form here.

Here's a flyer with all info in one place! Check out our volunteer opportunities here.

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Spring Assembly
July 16, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 7 – Sara
- Concept 7 – Jason
- AA Birthdays for July – Jack J 16 years

Elected Officer Reports

Chair (Karla)

I attended the Area 72 Quarterly in Lacey on July 6.

AREA QUARTERLY DELEGATE REPORT HIGHLIGHTS:

- For the first time in the history of Alcoholics Anonymous, deaf alcoholics can share their stories with other deaf alcoholics through mass media in American Sign Language.on the Grapevine & La Viña YouTube Channel
    - It is called a vodcast? A vodcast, also known as a podcast, is a type of online video content that is basically a podcast with a video element.
    - The primary purpose of the Deaf Alcoholic Vodcast is to carry the message to "Deaf" alcoholics.
    - If your AA Access Committee would like to learn more about this email the Deaf Alcoholic Vodcast Team. deafgvteam@gmail.com
- A. Seventh Tradition group contributions made online for groups from a member's account are often wrongly reported as "individual" rather than "group" contributions. These group contributions were not included in the Quarterly Contribution statements and are shown in the member's account rather than the group's account in our records. These online contributions are included in the total amount of contributions, but they have been categorized incorrectly since the launch of the ERP platform in 2019. GSO has worked with the ERP vendor to identify an enhancement that will recognize and automatically adjust the contribution to go into the group's account rather than the member's account. Unfortunately, it is not possible to retroactively update the historical transactions. ERP recommends picking a date for these transactions to be accurately reported from that date forward. GSO is working to implement the enhancement in Q3 2024 and will provide an update as soon as possible. They continue to work diligently to improve the quality and accuracy of their information and reporting and greatly appreciate your continued support. Should you have any questions, please contact Member Services at memberservices@aa.org.

QUARTERLY DISCUSSION TOPICS:

Discussion Topic #1: Assembly Excess Funds

- District 3 moved to have Assembly excess funds go to the next Assembly host committee: FAILED
- The discussion consensus seemed to be that we continue to add the excess funds to the general fund. There will be more discussion on the topic of how to handle the money with GSRs at the Assembly.

Discussion Topic #2: Assembly Schedule

- The date to submit Proposed Agenda Items to the General Service Board used to be in December. This worked well for us as it was after our October Assembly. To facilitate the Equitable Distribution Workload at the April Conference the General Service Bard moved the date for PAI submissions to Sept 15 (before our Assembly). An Area 72 ad-hoc committee was formed to determine whether we should change the schedule of the Area business meetings. They came back with a new schedule of business meetings and presented it in April. As it turns out, we are not the only Area affected by this and the GSB has changed to PAI date i to Sept 30th and may change again.

Chair (Karla) continued next page »

« ***Chair (Karla)*** continued

- It was determined that we hold off on making any decisions on changes to our schedule until we know exactly when the cutoff date for PAIs will be.

Discussion Topic #3: Area Newsletter: delivery and financial impact

- It was discussed whether we should deliver the Newsletter electronically because it costs so much to mail and is getting more expensive.
- Some people receive multiple copies because of their multiple service positions.
- Maybe there should be an "opt in" option when people register as a GSR (or other position). They can receive it electronically if they prefer or by mail.
- The Area Newsletter that is sent to GSRs is actually meant for the group they represent, not the individual GSR.

Discussion Topic #4 (Floor): Area Directory

- Do we need to have personal addresses and phone numbers in the printed directory? Some individuals have expressed safety concerns with having this information displayed at the public level.
- If the personal information is included in the directory, should it be opt in rather than having to request it be omitted?
- Is the printed directory an outdated form of communication that could be updated to a new technology?

Discussion Topic #5 (Floor): Young Person video project app

- The Young Person video project was suspended at the General Service Conference in April 2024 due to a lack of submissions. However, our YP Committee was in direct contact with the project coordinators at the General Service Office GSO since September 2023 and were assured this was an ongoing project with no deadline. We clearly communicated our intentions to collect videos at multiple recording events throughout 2024. We also provided GSO with an example of our videos: https://www.youtube.com/watch?v=-SJKZ2m1tfA
- After discussion a housekeeping motion was presented requesting the Area Committee's support of the Area 72 Young People's Committee Proposed Agenda Item to "Rescind the Delegates' Public Information Committee consideration to permanently suspend the 'Young People's Video Project." PASSED

INTERGROUP NEW GROUP/DISTRICT REPRESENTATIVE PACKETS

I have created welcome packets for the new District and Group Reps. In the process of doing this, I discovered something interesting in our Bylaws that I would like to share with you, mostly just as something to be aware of. It pertains to District and Hall Representatives. The bylaws state:

B. For clarification AA Fellowship halls that are within the geographic area served by Intergroup and who choose 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.

I spoke with Mike Mullen who was the Intergroup Chair when this was implemented. He explained that this means if a Hall has a Rep that attends the District meeting and the Intergroup meeting, then they have a vote at the Intergroup meeting so long as the District they attend does not already have a District Rep attending the Intergroup meeting as well. This is to avoid two votes from one district. This came about when the Bylaws were being updated to reflect Districts instead of the formers Intergroup Zones. Back when we had Intergroup Zones, Halls such as Fremont Hall were their own Zone because they had so many groups and therefore, had a vote. But when we switched to District Reps, Fremont could not be its own District because Districts are part of the General Service Structure, not the Intergroup structure. They handled this by allowing Halls to have their own "District" Reps so long as the District itself did not have a rep.

I am telling you all of this just to make you aware. A lot gets lost from rotation to rotation and I think this did. If you are a Hall Rep and you attend a District meeting that is already represented here at Intergroup, then you are asked not to vote. We are not policing this; it is the honor system. And if you are a District or Group Rep and you have concerns about this or think it should be stated differently, talk to your districts and groups and let us know.

- Any AA Group may propose an amendment to the Intergroup Bylaws for discussion at any Board meeting as long as they notify the Chair one day prior to the Board meeting to be added to the agenda.
- Upon approval of two-thirds of the District Representatives present at the Board meeting, the amendment will be referred to the Groups for review and approval.
- This is considered a "Group Conscience Question".
- After a Group Conscience Question is finalized, the Chair shall select two AA members to write a brief pro and con statement.
- The pro and con statements shall be presented at the next Board meeting for the Board approval.
- The finalized Group Conscience Question shall be printed in the following newsletter with the approved pro and con statements.

Chair (Karla) continued next page »

« ***Chair (Karla)*** continued

- At the Spring/Fall Assembly, a two-thirds majority of the Groups casting votes is necessary to amend the Bylaws.
- The amendment shall go into effect immediately upon its adoption unless the motion to adopt specifies a time otherwise.

That means, if you have any requests for changes to the bylaws, they need to be brought to the board and finalized by September. They will then have pros and cons in the high and Dry for October and November and be voted on in December.

Secretary (Janet)

I hope all of you are doing your best to stay cool and enjoy this beautiful weather we are having. I attended the meeting at the Seattle Center on the 4th. It was well attended, and the shares were incredible. I learned some great things about how it all started and met many old timers while there as well. Very grateful to have met some new Friends of Bill too.

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 Tuesday, July 23, 2024. I am going camping and will not have service where I am. I will send Final Minutes to Lara on July 24th so she can submit to the*** **High & Dry.**

Thank you for allowing me to be of service!

Treasurer (Dan G.)

Treasurer Remarks

We had a shortfall of $4990 for June. This is primarily due to low group contributions. Expenses were also, lower than expected. For the year, we are now about $15,980 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.

TREASURER'S REPORT FOR JUNE 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
6/24	(4.9)	7.0	0.7	1.4	0.4	1.9	58.5

GSIG Office Reports

Office Committee (Jack)

GSIG Office Committee Notes 7/09/2024

In attendance; Karla, GSIG board chair; Lara, office manager; Dan G, treasurer; Leslie, Jack J, Matt T., office committee members; Jack J, acting secretary

Lara, substituting office committee Chair: call to order with Serenity Prayer

Lara, Office Manager

- Budget-wise, we are officially on our own, working closely with past GSIG Chair Emeritus Mike M, the learning curve is steep
- Purchased a new laptop for hybrid set-up. People were being kicked off; Zoom was cutting out. $250 plus three-year, warranty, replacing one of the replacement laptops after burglary
- Picnic third Sunday of July, sign up genius for Special Events for picnic help: Loading truck, unloading at site, setting up, loading truck, breaking down. Hearing feedback that ten dollar buttons are too much. Ordered hats, limit of 50.
- GSIG office will be 25 years at this location in December, party?
- Review of call log
- ERC: IRS has hit pause, spoke w accountant Eddie H and Mike M also, will not pursue at this time

Dan, Treasurer Report

- $4990, expenses lower than average, contributions lower. We have not dipped into prudent reserve
- Matt: make sure every group gets an IG rep, motion to allow groups to vote forthcoming
- Suggest involving Third Legacy, getting out the groups. Groups contribute more to GSIG than other service arms; "come to see it spent"

Karla, Chair Report

- Reworded packet for district and group reps, what they can do first, not what can't do.
- Halls in the bylaws: intent was that if a hall goes to district meeting, and the GSIG mtg, they have a vote unless that district has a rep too.
- If reps/members are unhappy with current bylaws, bring it to the groups' attention whether they want to make changes.
    - All proposed bylaw changes must run two months in the High & Dry posting, October and November ideally, then be voted on at Fall Assembly
- Leslie has been working on the Policy and Procedures change requested by office committee, re: using committee funds for refreshments and gift cards. Code to use GSIG copy machine is not free to committees. Past use was a pay as you copy, 7th Tradition self-managed issue.
- The Office Committee reviewed wording on the Standing Committees budget, and ear-marked funds, to be spent per committee vote. Leslie will forward to the assistant Office Manager to make sure it covers concerns. Committee funds can use their budget or be reimbursed.

Office Manager (Lara)

Financial: We continue to internalize the bookkeeping. Things are moving as predicted. Our bookkeeping company is officially not performing any tasks for us moving forward.

- Mike M. is my savior and is helping my non-accountant mind figure out QuickBooks.
- After further investigation, I will not pursue the ERC tax Credit offered by the IRS as new claims are currently on hold.
- We purchased a new laptop for just under $300 for our hybrid set up. There are several groups that utilize this equipment throughout the month.
- We registered the Webmaster for the online version of the National AA Technology Workshop in September.
- We have now included PayPal and Venmo on our contribute page, Thank you Lee!

Events: We are selling picnic buttons, I have heard some reluctance to pay $10 from some folks, as a reminder, EVERYTHING IS MORE EXPENSIVE THESE DAYS. The cost of the prize for the picnic button winner is approximately $850.00. It does not seem too much to ask $10 for a chance to win and to support Seattle Intergroup.

- Our Special Events Committee is working hard to coordinate efforts for the picnic and has created a sign-up genius, thanks to Teresa P from D31 for your help with that.

Office Manager (Lara) continued next page »

« ***Office Manager (Lara)*** continued

The link is on our website to sign up and will be circulated in the OWAAT and the High and Dry.

- We have baseball caps that are being made available for 20.00.
- **Intergroup will be celebrating 25 years at its current location in December. Shall we party?**

June Call Log:

- 12 step calls: 2
- Total Calls: 130
- Chat: 83
- Total: 213

Group Shifts available for answering phones:

- 1st Sunday: 6pm to 10pm
- 2nd Sunday: 6pm to 10pm
- 3rd Sunday: 6pm to 10pm
- 4th Sunday: 6pm to 10pm
- 1st Wednesday: 6pm to 10pm
- 2nd Wednesday: 6pm to 10pm
- 3rd Wednesday: 6pm to 10pm
- 1st Thursday: 6pm to 10pm
- 4th Thursday: 6pm to 10pm
- 5th Thursday: 6pmm to 10pm
- 2nd Friday: 6pm to 10pm
- 4th Friday: 6pm to 10pm

These shifts are currently covered by awesome individual volunteers, however, group involvement at Intergroup is of paramount importance.

I have recently heard the sentiment that answering phones at intergroup is no longer fruitful.

My heart broke. Answering phones at Intergroup has never been more important than it is now in this digital age of disconnect.

- Here are a few reasons that people have called into the office in the past few months:
- A Psychiatrist wanting information about AA
- Someone looking for Doctor's AA meetings
- Inmate from Monroe wanting to make connection
- Veteran wanting someone to talk to
- Distraught parent looking for help for their child
- Someone needed a reason not to drink
- A Woman in DT's: we called 911
- Person looking for detox information
- Someone calling to Thank AA for saving their life
- THIS IS THE NUMBER PEOPLE ARE GIVEN FOR ALCOHOLICS ANONYMOUS IN SEATTLE. IMAGINE IF NO ONE ANSWERS THE PHONE?

WHAT IS MORE IMPORTANT IN OUR LIVES THAN THE ALCOHOLIC WHO STILL SUFFERS?

When a group embarks on the Group Inventory process the first question from P-16 The AA Group pamphlet is "What is the basic purpose of our group?" The immediate answer is, "to carry the AA message to the alcoholic who still suffers!" It could be argued that in order to fulfill that duty most comprehensively, it is a group's responsibility to answer phones at Intergroup. Of course there are many ways to carry the message, however, this is a grand opportunity for fellowship with your home group while being of service to Intergroup and to AA. It's a win-win! If your group is interested in answering phones, please contact lara@seattleaa.org

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Service Committee Reports

Archives (Theresa)

GSIG Archives: Working from home. Re-threading old magazines, scanning old High & Dry and other files. Due to the need for knee replacements, I will be mostly homebound for the next few months. Hope to attend August Area 72 Archives Quarterly next month, probably via Zoom.

Theresa S

Corrections: (Karen K.)

We meet the second Monday of each month at 6:30pm in person and on zoom. If you're interested in service work, please attend the meeting or email volunteercorrections@seattleaa.org.

Right now, I'm happy to report there are active men's and women's meetings at SCORE on Saturdays (South Correctional Entity in Des Moines). We have coordinators.

Federal Detention Center, Juvenile Detention Center, Kent City and King County Jails, and Reynolds Men's Work Release all have meetings. If anyone is interested in learning more, please email volunteercorrections@seattleaa.org.

Thank you to the many groups who participate in the Pink Can Fund. We would not be able to respond to individuals and facilities' requests for AA approved literature without the generosity of so many. Thank you to D31, Gunnysack Hill, MOB (Men's Open Book) and D27 for contributing $653. We used the funds to purchase pamphlets for FDC, GSIG Directories for Kent City Jail, As Bill Sees it for FDC, and pamphlets for SCORE.

If your home group is looking for ways to participate in corrections service, there are many opportunities, even for people without much sober time. Our corrections opportunities sheets is here: https://www.seattleaa.org/wp-content/uploads/2024/02/GSIG-Corrections-Opportunities-January-2024.pdf

Some groups have a Corrections Representative who attends committee meetings and reports back to the group at their business meeting. Speaking from personal experience, it's a great way to meet amazing people and bring back useful info to your homegroup. We're drafting a sample service position description that will be available to any interested person or home group. It's based on some that already exist. If you're interested in learning more, please email corrections@seattleaa.org.

Thank you for your support of the Corrections Committee and its work! If you have any questions or thoughts, please let me know!

Hospitals & Treatment: (West)

Thank you for another solid turnout at our monthly meeting with 22 of us showing up on Saturday, July 7th. We all checked in with our service reports, indicated which H & T projects we are interested in and shared what we did for the 4th of July Holiday… *I am super excited about the new people we have joined us as well! ;0)*

Bread of Life Mission: The new Bread of Life Mission meeting is launching next Sat, July 13th!!! This weekly AA meeting will happen at 11:45 am in the dining room of their Pioneer Square facility! Tom W & I met with Oksana on June 24th, toured the facility and brought them some literature & big books. All our welcome so bring your friends and come help Tom launch this event!!!

Union Gospel Mission: We recently started a weekly Saturday morning meeting at Downtown GM. 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 Secretarying and /or Chairing both meetings and we also hold a speaker's panel on second Thursdays at Riverton Place.

We are also 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 September. You must be pre-registered to enter any UGM facility and have an active account so please talk to West if you are interested in getting involved.

Key Recovery: 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.

Lakeside Milam: We have our Lakeside Milam Renton panel every final Friday of the month at 9 am and we just added a 6 pm monthly panel last Wednesdays. In addition, we continue to bring in a panel to Lakeside Milam Auburn every second Tues @ 7 pm.

Harborview: 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 18 volunteers cleared to panel with 2 more in the process right now which helps us reach our goal of 20 volunteers. Faye, from Employee Health Services, is working with Fredy & I to board our newest team members.

Salvation Army: 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!

Olympic Heritage Behavioral Health: We are currently on hold but should be able to start a Tuesday night meeting there soon. The launch date has been put off until at least

Hospital & Treatment (West) continued next page »

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

September and anyone interested must have completed a background check before entering the facility. More will be revealed!

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 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.

Nightwatch (Rob S)

Nightwatch continues to serve the still suffering alcoholic when they call into the AA Hotline from 10p-10a every day.

If you would like to volunteer for a once per month 4 hour shift, please contact Nightwatch@SeattleAA.org

We are currently in need of filling the following shifts:

- 4th Monday 6-10a
- 5th Friday 2-6a

In Service,
Rob S
Nightwatch Chair

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

Greetings Greater Seattle Area Fellowship!

I hope each of you has been able to stay cool and enjoy this beautiful summer weather and all the picnics, campouts, and other fun this season brings.

NEW

Outreach to KUOW — As part of our PSA effort, we are attempting to connect with our local Public Radio branch to see if they might be able to fit in some of the AA PSAs. No word back yet, but will keep trying until we find the right person.

Plymouth Housing — This organization working with our unhoused community reached out for AA services. In particular, they were hoping to bring an AA meeting into their facility. With the help of another member, I was able to let the administration know that Plymouth Housing already has a resident-led AA meeting in one of their buildings. A special shout out to our folks in District 41 for answering our call to support this effort while we work out details of how to support the outstanding needs, such as literature.

University of Washington School of Medicine — This year we will again have the opportunity to lead a 2-hour class on Oct 22 nd geared for 3rd year medical students about working together with AA. More info coming soon.

UPCOMING

Recovery Day at Seattle Mariners Sunday, 09/15/24 — A great big thank you to David B, D16 PI/CPC, and Allison, D34 CPC, who are representing AA with a table and literature at this event again this year.

PI Workshop: *Speaking at Meetings Outside of AA,* 11:30 AM on Saturday, 08/31/24 — Join Area 72 PI Chair, Lee B, as he presents this hybrid workshop held at Seattle Intergroup.

- Link: https://area72aa-org.zoom.us/j/89658043250?pwd=SjY0N2hyNjc3UWk0Ly9aeW9JSVRoUT09
- Meeting ID: 896 5804 3250
  Passcode: PUBLICINFO

AA and the Health Care Community 10:00 AM on Saturday, 09/21/24 — This hybrid event will start with Breakfast starting at 10:00AM and program begins at 10:30AM. Our last subcommittee planning meeting was on Sunday, July 28th.

Please share the flyer and/or link (https://www.seattleaa.org/event/aa-and-the-health-care-professional/) with your doctors, therapists, nurses, techs, pharmacists, etc.!

ONGOING

King County Library System — In addition to all of the ongoing work all of your AA Groups are already doing to make sure each of our local libraries has a visible Literature Rack full of AA Pamphlets and Schedule Books, we are also working with administrators on the following exciting and important activities:

1. Stocking all of our Libraries with Big Books and 12&12s
2. AA representation at two upcoming Resource Fairs geared towards the unhoused and under-resourced members of our community:
   - Shoreline Library 10:00am – 2:00pm on Wednesday, 08/29/24
   - Burien Library 11:00am – 2:00pm on Wednesday, 09/10/24

Our wonderful D31 CPC Chair is all over this.

Cascade Women's Program — We're still looking for more sober women available to support this service opportunity in

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

South Lake Union. The time/effort investment can always be from as little as making a single phone call to an ongoing service commitment and everything in-between.

North Auburn Rehab & Health Ongoing — I'm simply not hearing back from these folks, so assuming they are currently not interested in our services after all.

SERVICE OPPORTUNITIES

Do you agree that filling a need is paramount to determining which, if any, AA Service Committee a request from our community falls into? Is it of any particular importance exactly which street a facility might be on before determining if one is willing to help? I believe that such boundaries are only intended to assist service requests being answered, but never to hinder. Do you have a different opinion? I'd love to hear about it!

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.

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 had our sponsorship workshop on Saturday, June 22nd at 10am. It was lightly attended, but for those who were there it was helpful.

We are looking for panel members or an expert to speak for our next sponsorship workshop on Saturday September 28th at 10AM at Intergroup. 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 September 28th 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.

Twelve Step (John DD)

Talk about best practices and what's going on and how we can help. Basically, what the committee does is facilitate 12 step calls when the office is closed.

So, if night watch operators have somebody where there's a 12-step call indicated, somebody wants to follow up wants to know more about AA or just won't get off the phone.

We had three such calls in this last month. Thank you, night watch operators. There is another phone volunteer 12-step discussion, Saturday, September 14th at 11 AM via Zoom. It's on the intergroup calendar.

Twelve Step (John DD) continued next page »

« ***Twelve Step (John DD)*** continued

We're going to do another one, very fruitful, again, of Best Practices and find out what's going right and what questions operators have and share experience, strength and hope.

I hope you'll consider attending, especially if you're a phone volunteer.

Web & Tech (Mike C)

Hello from the web/tech chair

Seems like our webmaster has been working on different methods of contributing to our intergroup. Check it out here: Contribute - Greater Seattle Intergroup of Alcoholics Anonymous

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 the intergroup tab.

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

Special Events (Steve R)

Get your Picnic Buttons — 31 shopping days left until the picnic. If you are able to donate a basket we can raffle off. Volunteers needed at the Annual Picnic on 8/18 - Greater Seattle Intergroup of Alcoholics Anonymous (seattleaa.org)

We are going to be selling tickets to the upcoming Vaudeville Jamboree, *Steps in Time.* They will be $20 tickets. 250 tickets. Bring your dancing shoes and your 40's attire. Balcony seating, amplifiers. Not a bad seat in the house. This is a 3-hour event.

GSIG District Reports

District 14 – (Stacia)

District 14 had a busy July meeting! We voted to approve a PI Committee Chair request for $600 for an ad in the online version of The Stranger - If you want to drink, that's your business. If you want to stop, that's ours. www.seattle.aa.org - which will run every Monday for three months. The Stranger will provide data on the viewership and number of clicks so we can track the ad's efficacy, which we will share with other Districts with the hope others may be interested in supporting its continuation if it is successful in driving traffic to the GSIG website.

We also committed funding and volunteers to host the September Corrections Committee Quarterly and discussed our annual September Picnic and December Holiday Party. Volunteers were requested for an ad hoc Finance Committee for three-month service to assist the Treasurer with the 2025 budget proposal, which will be presented in October and voted on in November.

District 16 (Kathleen B)

We basically got back on our feet. Now we have a meeting back in person.

We're meeting at the journey. Christian Church, the third Wednesday of the month, 7:00-8:30 PM.

We attended the quarterly. The alternate DCM and the DCM.

I'm also a GSR from spiritual lines and we have opened up the meeting again. We lost our church and now we're meeting in the long to west on Sunday evening. 7:00-8:30 PM, in-person only. Open coed meeting.

District 24 – (Greg S)

In attendance, we had 35 people, 10 on Zoom. We have changed our format for letting the meeting speed things up.

Committee chairs will give a report if they had a quarterly since the last district meeting, and it worked well this month. It didn't work so well last month, but it was pretty quick this month.

Looking for a Venue for our gratitude banquet next year.

All of our chair positions are filled, however, we have 12 alternate positions, which could cause quite a dilemma at the end of the year.

We will be having an event like a speed dating event in September.

District 24 (Greg S) continued next page »

« ***District 24 (Greg S)*** continued

We've been considering removing Zoom

It's difficult passing the microphone around. We had a discussion regarding this, a long discussion, and still we ended through. Motion was made to end the zoom portion, and it was shot down in flames.

District 31 (Thomas)

DCM report:

1. Please Subscribe to Grapevine App full package.
2. Registration opens Sept for International Convention
3. Open - Non-Alcoholic Trustee position
4. Area 72 Treasurer - net operating above working cash flow.
5. Pre-Assembly options discussed
6. Area 72 Discussion Topics Discussed

Old Business:

1. Workshop 9-14- 24
2. In person District meeting: 9-11-24 Events

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)

Warm greetings from District 33!

Most of our last meeting was spent discussing whether district 33 should host an annual gratitude banquet. Our group conscience voted that we would form a gratitude banquet committee. We did not vote on funds, but likely will ask groups to pass a separate basket to support this special event, rather than using current 7th tradition funds, as this is not in our budget for 2024. More will be revealed.

- Covington Days festival is July 20-21, and we will have an AA public information booth
- Our DCM Mark and alt DCM Cheri encouraged attendance at the upcoming Pre-Assembly August 17th in Duvall
- Jim H. our literature rep raffled off a large print of Came to Believe.
- I distributed buttons for the upcoming GSIG annual Picnic for GSR's to sell at their homegroups.

Our open chair positions continue to be Corrections, Accessibility, CPC, PI, Young People

We are in the "black"!

Grateful to be of service, Abby

Serenity Hall (Joel)

At our business meeting on 6/13, Serenity Hall passed a motion for a $100 a month contribution for GSIG, effective in August, for 6 months at which time we will reevaluate the $100 amount to make sure we are able to keep financially sound at that amount. This is to help with Intergroup's need for sustainer donations. Details to be worked out between Treasurer and Intergroup rep.

Please come to the Serenity Hall speakers meeting! Third Sunday of the month every month with Potluck starting at 7pm and two speakers starting at 8pm. The meeting concludes by 9:15pm.

South End Fellowship (Janie)

Southend Fellowship

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

We signed a lease renewal agreement for 1 year until June 2025. The church did not increase our rent.

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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

Business

Old Business — None

New Business

1. Greenwood Fellowship Hall brought a motion to the board meeting: "Post Greenwood Fellowship picnic flier on the GSIG website" it was seconded by Dan.

Discussion was had:

- Does the board need to vote on flier's being put up on the website?
- The flier was not posted because there were questions on whether the Traditions were being followed, specifically Tradition 7, Tradition 5, and Tradition 4.
- This picnic is three years old and was formerly called "Recovery Fun Fest" and was paid for privately. It included AA and NA.
- It is always on the same weekend as the decades old GSIG picnic and competes for attendees.
- Kelly from Greenwood Fellowship says that iFun Fest has changed and is now called the Greenwood Fellowship Picnic and is fully paid for by the Fellowships 7th Tradition contributions and that some members contribute up to $5000.
- We should post the flier regardless of the motives of Greenwood Hall's leadership.

As discussion progressed, members and reps were leaving. When it came time to "call the question" there was no longer a quorum present to vote and the motion died.

2. At the July GSIG Board meeting Tuesday night I made the following proposal for discussion. Please include this in the July meeting minutes if it's not too late:

I suggest the GSIG Board consider drafting a letter to all the groups in the GSIG service area. I suggest the letter be less than one page in length, possibly two paragraphs. I suggest the letter include information about the ways GSIG serves the AA groups in our service area and how we work to help them deliver the message to the still suffering alcoholic. I suggest the letter then explain what has occurred at GSIG this year including the break-ins and the shares of the current financial position of GSIG. I suggest the letter also explain that GSIG is self-supporting primarily from donations from groups we serve and provide information about how to donate and volunteer at GSIG. I suggest the letter should be short enough to read in less than 30 seconds.

Secondly, I suggest hard copies of this letter be delivered into the hands of as many GSRs of groups in the GSIG service area as possible, and that it includes a request to GSRs at the top, asking them to please read this letter out loud at their home groups, either in a business meeting, or an appropriate announcement time. I suggest we send physical copies of the letter back to District meetings with District Reps, we email copies out to the full GSIG email list, that we post the letter in the High & Dry, on our website, and in the OWAAT. I also suggest that we reach out to DCMs and Area 72, to ask for contact information for GSRs, or assistance with reaching as many as possible.

I suggest that I draft an initial version of this letter and bring it to the Board for editing and approval. I can also spearhead the effort to get the letter into the hands of GSRs. I think the letter should come from the Board of GSIG as a whole.

Thanks for your consideration.

Jeff U.

Tonight's "Important Takeaways":

1. Calls - Groups to answer phones, All points of contact
2. Envelopes - Birthday Plan
3. Chat for volunteering
4. Deficit
5. Venmo account - new ways to donate
6. Sign-Up Genius
7. Accessibility Chair

Upcoming Events — SeattleAA.org/events/

- Area72 Young People's Quarterly – July 20th – 12:00-4:00pm - Hybrid
- Tradition Study 4th Tuesday of the month at 7:00pm – July 23rd – Hybrid
- Service Manual Study 1st Sunday of the month at 11:00am – August 4th – Hybrid
- Seattle Intergroup Picnic – Seward Park, Shelter #3 - August 18 - 11:00am-4:00pm

Closed with the Responsibility Declaration at 9:16 PM

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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

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

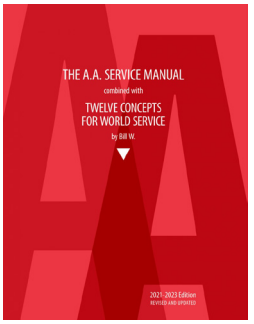
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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

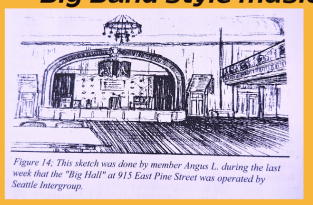


Figure 14: This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



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



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.



SEATTLE INTERGROUP

SUMMER PICNIC

18 AUGUST

START AT 11:00

HOT DOG, CHIPS AND DRINK INCLUDED IN THE PRICE OF BUTTON $10

RAFFLES, BINGO, GAMES, SERVICE TABLES, FUN

SEWARD PARK SHELTER #3
5900 LK WASHINGTON BLVD.
SEATTLE, WA 98118



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/

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/