High & Dry

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

Volume 76 Issue 9 September 2024



Another 24 (Photo: Lara R.)

In This Issue

- Future Tripping 2
  GSIG Calendar
- Reflecting on Our Past 3
  Septemner in Our History
- There is a Solution 4
  GSIG News and Notes
- *How Dry I Am* Birthday Club 5
- September Challenge 6
- Steps, Stories & Traditions. 7
  Step 9 . . . . . *8*
  Tradition 9 . . . . . *9*
- Board Meeting Minutes 11
- Announcements 22
- Get Involved!. 28

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

September GSIG Events

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

1 — Service Manual Study

- September 1 @ 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

1 — Labor Day Potluck Picnic

- September 1 @ 11:30 am
- Alki Beach 2589 Alki Ave SW, Seattle

4 — Accessibility Committee

- September 4 @ 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

5 — 12th Step Committee

- September 5 @ 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

3 — 2024 Bridging the Gap

- September 6 @ 8:00 am – September 8 @ 5:00 pm
- Fairbridge Inn and Suites 3803 Brooks St, Missoula, MT

7 — Hospital and Treatment Committee

- September 7 @ 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

8 — District 14 Annual Picnic and Pie Auction

- September 8 @ 10:00 am - 2:00 pm
- Lincoln Park 8011 Fauntleroy Way SW, Seattle

9 — Corrections Committee

- September 9 @ 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

14 — Phone Volunteer/12 Step Discussion

- September 14 @ 11:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- https://us02web.zoom.us/j/85751254373?pwd=C9GWbAEWiOakDtauJDlthZafNmwdvn.1
- Meeting ID: 857 5125 4373 Passcode: 394908

14 — Ice Cream Social

- September 14 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Make a contribution to Intergroup and stay for some ice cream sundaes!!!

17 — Living in Sobriety 2024 Summer Picnic

- September 17 @ 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!

17 — Web & Tech Committee

- September 17 @ 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

17 — GSIG Monthly Board Meeting

- September 17 @ 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

21 — CPC/PI Committee

- September 21 @ 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

21 — Alcoholics Anonymous and the Health Care Professional

- September 21 @ 10:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82199112732?pwd=pNgF6kT3XCblAxnuAReqMMUvKYuDNp.1
- Meeting ID: 821 9911 2732 Passcode: 470802

21 — Memorial for Ralph B

- September 21 @ 2::00 pm - 4:00 pm — Hybrid meeting
- Kelsey Creek Church 1221 148th Ave NE, Bellevue

24 — Tradition Study with the Third Legacy

- September 24 @ 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

September GSIG Events continued next page »

« ***September GSIG Events*** continued

26 — A New Purpose Group 19th Anniversary Potluck/Speaker Meeting

- September 26 @ 6:00 pm - 8:30 pm
- St Matthew's Lutheran Church 1700 Edmonds Ave NE, Renton
- Save the Date! A New Purpose Group is celebrating 19 years of Carrying the Message. 6pm Potluck dinner begins 7pm Speakers Ford S and Janet V share their experience, strength and hope

27 — Three Rivers Big Book Weekend

- September 27 @ 8:00 am – September 29 @ 5:00 pm
- Riverfront Hotel and Convention Center 50 Comstock St., Richland

28 — Sponsorship Workshop

- September 28 @ 10:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82290689150?pwd=N2UydjNHWlRvditxbDlsUGNlTE5Tdz09
- Meeting ID: 822 9068 9150 Passcode: 681262

REFLECTING ON OUR PAST

September In Our History

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

Sept, 1930	Bill wrote 4th (his last) promise in family Bible to quit drinking
Sept, 1939	Group started by Earl T in Chicago.
Sept, 1940	AA group started in Toledo by Duke P & others.
Sept, 1940	Journal of Nervous and Mental Diseases gives Big Book unfavorable review.
Sept, 1946	Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
Sept, 1946	1st A.A. group in Mexico.
Sept, 1948	Bob writes article for Grapevine on AA "Fundamentals – In Retrospect".
Sept, 1949	1st issue of Grapevine published in "pocketbook" size.
Sept 1, 1939	1st AA group founded in Chicago.
Sept 11, 2001	30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.
Sept 12, 1942	U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.
Sept 13, 1937	Florence R, 1st female in AA in NY.
Sept 13, 1941	WHJP in Jacksonville, FL airs Spotlight on AA.
Sept 17, 1954	Bill D, AA #3 dies.
Sept 18, 1947	Dallas Central Office opens its doors.
Sept 19, 1965	The Saturday Evening Post publishes article "Alcoholics Can Be Cured – Despite AA"
Sept 19, 1975	Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21, 1938	Bill W & Hank P form Works Publishing Co.
Sept 24, 1940	Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY.
Sept 30, 1939	article in Liberty magazine, "Alcoholics and God" > by Morris Markey.
Sept, 1971	First European Convention, Bristol, England, Sally Cousins, Archivist

Source: AASJ - https://aasj.org/september-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. and Marissa
WEDNESDAY	Stephan M., Cindy H., Pam H., Amy F. and Honey
THURSDAY	Jake and Joe B.
FRIDAY	Thomas H.
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 September Celebrants in the *How Dry I Am Club*!

James C.	Benson Hill	6 years
Bob F.	Empire Way	37 years
April D.	Fairwood group	3 years
Liz C.A.	Skylight of the Spirit	8 years
Mark T.	Real Alcoholics	25 years
Jane W.	Mid-Day Mindfulness	21 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 Nine

direct amends whenever possible

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

judgment
courage
prudence
carefully
reflected
restitution
disclosures
process
timing
caution
damage
blaming
troubles
peace
approach
discretion
justified
obligations
laurels
dreaded
frankness
wallow
consideration
revelation
guidance
dilemmas
readiness
responsibility
consequences

Thanks, Ralph B.!

By Peeps

THE WORD ANONYMOUS in in the name of our fellowship underscores the idea that the principles of the Twelve Steps are far more important than the personalities that comprise our membership.

I agree with the theory, but human nature, and my heart, carve out exceptions to that rule. Some people, through their outsized contributions to our way life, will live on in our thoughts.

The memories of Bill W., Dr. Bob and other founders remain vivid and highly cherished. For me, Ralph Bruksos qualifies as such an exception.

I'll remember Ralph B. as a pillar of my Empire Way home group and AA in Seattle. An AA member in great standing for 67 years, he passed away July 3. He was 92 years old.

A highly successful Seattle businessman, he served AA at every level, including a stint as an area delegate, which allowed to meet Bill. W.

A celebration of his life will be held at Kelsey Creek Church on Sept. 21 (coincidently, marking his 68th sober anniversary).

Many others knew Ralph far longer than me, and were closer to him, but he had a gigantic impact on my recovery, which dates to Jan. 7, 2019. I feel like I owe him so much for extending the hand of recovery to me.

As newcomer to sobriety and Empire Way, I felt 10-feet-tall the first time Ralph shook my hand after calling me by my name before an Empire Way meeting. I was sober less than six months.

I wanted what he had. He was Exhibit A for the proposition that we can live happy, joyous and free by following the 12 Steps.

Every time our paths crossed, he made me feel better about AA and myself. I've talked dozens of folks who felt exactly as I do, unconditionally loved in his presence.

One of my most memorable nights in recovery occurred a couple of Christmas seasons ago, when a large group of Empire Way members traveled to see Ralph speak at a cozy potluck dinner on Bainbridge Island.

The "meetings" we had riding the boat each way were heartwarming, but Ralph's talk was my biggest takeaway from that magical night. He stood tall at the podium, forcefully sharing his experience, strength and hope for more than 50 minutes, without notes. He was inspiring, connected to the audience and funny. Though I had heard him speak many times, it was like hearing him for the first time, even his favorite tagline, "We (recovering) alcoholics are the luckiest people alive!" sounded brand new that night.



My only contact with him that burns as brightly in my memory was the last time I saw him, a little more than a week before he died.

He was alone in his room at the VA hospital on Beacon Hill. He looked fragile in his bed, connected to tubes and monitors.

He could tell I was afraid to approach him, so, typical of Ralph, he opened his arms, smiled broadly and loudly said, "Hello, Peeps! Aren't you going to hug me?"

We both got the giggles when my hug triggered an alarm.

Rest in love and peace, Ralph B. AA and I were lucky to know you. △

Step 9: *"Made direct amends to such people wherever possible, except when to do so would injure them or others."*

12 12

Step Nine

By Kelli SB

I RECENTLY HEARD THE STEPS summarized as "We give up (Steps 1-3), we own up (Steps 4-7), we make up (Steps 8-9), and we keep up (Steps 10-12)." The Big Book uses Nine pages to instruct us on how to complete a Ninth Step, but it really boils down to this: "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (BB pg. 77) Doing Steps One through Eight prepared me for Step Nine, and Step Nine got me ready for the rest of my life.

Step Nine was the big one that I ran from for a few years. It wasn't until I did a thorough Fourth and Fifth Step that I saw how my behavior hurt people. I was no longer the victim, but rather saw how I was actually the victimizer. I had 100 percent responsibility for my part, even if that was just stepping on the toes of my fellows so they retaliated.

I hesitated in looking at my part because I didn't want to feel regret and remorse and vulnerable. I'd rather feel resentment and anger; the power feelings! What I realized, however, is that without seeing the truth and amending and changing my behavior, my life would never get better and I would likely drink again. All the disfunction and unmanageability I brought with me into sobriety, would continue to follow me until I "owned up" and "made up."

A surprising byproduct of my Ninth Step was seeing (and feeling) how I had changed. I remember making amends to a high school one-night-stand. He was one of the "cool" kids back then and I was definitely not. In high school, I felt less-than and intimidated by him, but when I was sitting across the table, I felt comfortable in my skin, present and very grateful that my path is my path.

A former sponsor was on my Ninth Step as well, and after making direct amends to her she said, "I compliment your recovery." Yep, things were changing; I was changing. I was fitting myself to be of maximum service to God and the people around me.

Steps 10-12 are the "keep up" Steps which allow me to keep my side of the street clean, get closer to my Higher Power and continue to seek the truth to remove what is blocking me from God, and then to carry the message and my experience, strength and hope to anyone who has a desire to stop drinking. I'm so grateful for this path and will continue; one day at a time. △



Tradition 9: *"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."*



Tradition Nine

By Peeps

AA IS A STRAIGHT-UP, unvarnished democracy. The members and groups are in charge. There is no ruling class, no "stripes" are awarded to distinguish newcomers from longtime sober drunks.

Surely that's a formula that invites and promotes chaos, right? Our saving grace is that we are a spiritual organization. Our ultimate authority is our Higher Power.

No Tradition illustrates our "inverted pyramid" structure as clearly as Step Nine, which is in direct agreement with Tradition Two ("... our leaders are but trusted servants, they do not govern.").

There is no central command that can direct or punish members.

No matter what level of AA we're talking about — local, district, area or national, we rely on our group consciences, to make operational decisions. In our case, power literally flows from the "bottom" of the "upside down triangle" to the "top."

Still, AA's work needs caretakers to ensure the infrastructure is in place to provide the services needed for our day-to-day operations.

"If nobody does the group's chores, if the area's telephone rings unanswered, if we do not to our mail, then AA as we know it would stop" — From page 175 of TWELVE STEPS AND TWELVE TRADITIONS. △

Concept IX

By Peeps

CONCEPT NINE highlights AA's dependance on capable and informed leaders for its future, especially at the GSR level (General Service Representatives). GSRs, selected by members ate the group level, are the bedrock of AA's areas, where delegates to the General Service Conference are elected.

In October, Area 72, which represents Western Washington, holds its annual assembly. Expect your GSR to share with your group the issues our delegate, Crystal S., will encounter at the Conference in New York. This is how your group's thoughts and feelings are shared.

It is important that all AA group members pay careful attention when electing GSRs and contribute to their group's discussions of these issues of governance.

> *"When making their choices of GSR's ... it ought to be remembered that it is only the GSR's who, in Group Assembly meetings (or in caucus) can name Committee Members and finally name the Delegates. Hence great care needs to be taken by the groups as they choose these Representatives."* — From page C27 of The AA Service Manual. △

Concept IX:

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

Corrections Corner: Honoring Three Trusted Servants

By Karen K

It takes a special kind of alcoholic to carry the message of recovery into prisons and jails year after year, making it through background checks, facility lockdowns, waiting, and abrupt cancellations (to name a few situations). Three inspiring servants who gave many years and even decades, of service have recently passed. We honor their legacy and spirit that they so generously shared with all they touched. Each contributed an important role to continuing the service of the Corrections Committee and inspiring many alcoholics both inside facilities and outside with their messages.

Lawrence Ortiz (West Seattle Group) took meetings into the Federal Detention Center, starting when it opened in the late 1980s until shortly before his death. He was an inspired mentor to many who have followed him into corrections service. He is known for telling people what they needed to hear, not what they wanted to hear. Throughout his service, he was a oonstant connector with the Spanish speaking community; forming Spanish language only meetings, and going to Monroe and SCORE as needed. His impact at Monroe was so meaningful that there will be a special Spanish language AA meeting to honor Lawrence's service there.

From a Corrections Committee member: Lawrence will be sorely missed. His dedication to carry Spanish-speaking AA meetings to incarcerated members was inspiring. He tried to recruit others; but it didn't stop him from going in alone, every week for years - even when his health was failing him. I truly admired Lawrence. He always had a smile on his face and you could feel that his smile came directly from his heart. Thank you for showing us how to serve corrections passionately. Enjoy the big meeting in the sky. I'm sure you're swapping Corrections stories!

Richard (Dick) Lyon (home group XXX) also took meetings into the Federal Detention Center for many years and served as the men's coordinator. He and Lawrence were so dedicated to making sure someone was always there for the meetings that they were known one time to walk 6 blocks in the blowing rain to get to their meeting. Lawrence developed good relationships with the warden, psych department and some of the guards which helped make it easier for other AA members bringing in other meetings. He was able to help many AA members complete facility applications who had trouble with technology. He shared his heart at the meetings and showed others how they could live successfully outside.

Jamie Lewis, along with a small group of women, took meetings into the King County Jail during the 2010s. She is remembered as a "real service kind of woman" who approached life as it was, didn't sugarcoat anything and was an inspiration to the women in the jail who heard about living a meaningful life from a woman who didn't fit AA stereotypes, had a hard life and found deep meaning in her sobriety that made her words resonate with others. She went even when her body wasn't working well and did what was needed when it was needed. For those women who worked with her, she made a lasting impression.

Thank you Lawrence, Dick and Jamie for touching so many of us with your service and wisdom. We continue corrections service as a stronger committee because of your leadership and inspiration.If you're interested, please attend a monthly meeting, talk to us at the GSIG summer picnic, or email volunteercorrections@seattleaa.org.

THE PINK CAN FUND

The Pink Can Fund is used to purchase AA-approved literature by the Corrections Committee to take into correctional facilities for meetings and personal use.

A huge thank you to Acceptance is the Answer, Counterpoint, Lake City Group, Wednesday Mount-lake Terrace Group, Federal Way Men's Stag, Auburn AA, Empire Way, Waterfront Group, New Purpose Group, New Beginnings, Men's Open Book, Gunnysack Hill, and numerous anonymous individuals for donating $961.47 to the Pink Can Fund during July, 2024.

The committee used $665 to purchase large print Big Books, Daily Reflections and pamphlets for SCORE. If you are interested in learning how to start a Pink Can Fund program at your homegroup, please email volunteercorrections@seattleaa.org.

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Spring Assembly
August 20, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 8 – Morgan
- Concept 8 – Tanner
- **AA Birthdays for August** – Astri: 45 years, Lara: 38 years, Bob 37 years, Carina: 15 years, Jeff: 9 years

Elected Officer Reports

Chair (Karla)

- I continue to attend the SCORE jail meeting every 4th Saturday, answer the chat line, and participate in the office committee.
- I had a great time calling bingo at the Intergroup picnic and it was fun to see some of you there!
- I am excited to have our new Accessibility Chair Kathy and look forward to working with her until she finds her footing.

Secretary (Janet)

Greetings Trusted Servants!

The summer is sadly coming to an end. I hope all of you have some memorable experiences to put in the books. I know I do! It was good to see a lot of you at the Intergroup Picnic

On August 18th. It was fun hanging out with you all. Astri's 45th Birthday celebration was very touching, and I was grateful to have seen the love shown by all. I also purchased my ***Steps In Time*** tickets! I am also very excited that I will be a part of the nominating committee and elections as well. The experience that Seattle Intergroup has afforded me has been nothing short of amazing. I am so grateful to be a part of such a great group of people. Thank you all for your service!

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, August 24th, 2024. I am going camping and will not have service where I am. I will send Final Minutes to Lara on August 25th 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 net gain of $10,604 for the month of July. Our group and individual contributions were above plan, thank you for your support! Expenses were also lower than expected, and our plan to take back our accounting is also now saving us money. For the year, we are now about $5,719 below our plan.

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

- We appreciate regular monthly donations which can be made through our website at https://www.seattleaa.org/online-contributions/.
- In addition to credit cards, you can also donate to us using PayPal, Venmo, Apple or Google Pay.

Thank you for allowing me to be of service. Contact me by email at treasurer@seattleaa.org.

Contact me by email at treasurer@seattleaa.org.

TREASURER'S REPORT FOR JULY 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
7/24	10.6	14.4	8.5	1.6	1.1	1.6	70.8

GSIG Office Reports

Office Committee (Jack)

In attendance; Karla L, GSIG board chair; Anita S, assistant office manager; Dan G, treasurer, Pete K, office committee chair; Leslie, Jack, Matt, office committee members; Jack J, acting secretary

Pete, office committee Chair: call to order with Serenity Prayer

Minutes of July 13, approved

Request of Office Committee members to submit the yearly evaluation of the Office Manager to Board Chair by August 22, for compilation and presentation at September Board meeting

Dan, Treasurer Report

- Initial review of budget indicates GSIG $10,000 over budget this month, lower expenses, increase in group and individual contributions. The latter includes a one-time bequest.
- Moving away from reliance on outside accounting.
- A letter about regular group contributions is still being drafted by Vice Chair and Treasurer
- Note made that many groups balance out treasuries mid-year. Review of past mid-year contributions

Anita, Assistant Office Manager

- Reads Office Manager Lara's report
- Completed state sales and B&O (business and operations) taxes, after technical glitch resolution

Karla, Chair Report

- Per Robert's Rules of Order, will bring back to the Board attention, the motion to post a flier for a hall event, as there was no quorum at last month's Board Meeting when the motion came to a vote
- Old Business Discussion, status of check from hall which has not been cashed:

Office Committee (Jack) continued next page »

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

- Perception that the check was presented with District recommendation as two month's contributions, issued wasn't "tabled" last month in Office Committee, as it was only discussed, not voted on
- Jack: Initial motion to cash the check, [second, not recorded] passed, then minority opinion; GSIG doesn't accept checks from clubs and halls, only from groups or individuals
- Leslie: New motion to return check, seconded by Dan: Unanimous vote in favor, decision to have note from Treasurer convey the reasoning behind the return

New business:

- General discussion on website policy, role of Office Committee in Policy & Procedures to review issues not easily handled
- Suggestion to move New Business to the end of agenda at Board Meeting addressed by Chair; intends to intersperse topics among reports, enliven agenda
- Reiterated voice that groups send Intergroup reps to GSIG Board Meetings, clearly separating Intergroup service from the realm of Area service
- Begin formation of Nominating Committee for new rotation of servants: Chair, Vice Chair, Treasurer, and Secretary
- Office committee to begin recruiting for two new members, as rotations stagger two new members each year for four-member committee. Outgoing members this rotation are Leslie and Pete

Pete, Office Committee Chair: Accept motion to adjourn

Office Manager (Lara)

Inventory: We provided literature for the WSCYPAA event in Tacoma. Happy to be able to carry the message to the young people.

We have coffee cups, tank tops and baseball hats available for sale.

Financial: Our insurance is coming up for annual renewal. These numbers are 4150.00 for our liability insurance, 1701.00 for Directors and Officers Insurance. FYI.

I will be attending the annual Intergroup/Central Office Managers Conference in Las Vegas, NV at the end of August. This is a wonderful opportunity to meet with staff from GSO and Grapevine and brainstorm with other managers about best practices for running their respective offices. I know this is not ideal timing for a trip, however the tickets were purchased months ago. I will be conservative with my hours and meals. I appreciate the opportunity very much.

Protocol: I will be conducting Anita's performance review before the end of the month. We are so lucky to have such a genuine and passionate member of AA working at our office. She is an inspiration of service and beloved by many.

3 new groups have stepped up to answer phones! Thank you to Renton Young People, Lake City Big Book and Sunday Night Speaker Meeting.

FYI: Moving forward we will make the previous month's minutes available on our website and they will continue to be emailed to those folks on the roster each month. We will not be printing the previous month's minutes for the board meetings.

We will, of course, print a copy for anyone that asks.

Call Log info:

- 12 step calls: 9
- Total Calls: 182
- Chat: 53
- Total: 235

Assistant Office Manager (Anita)

Assistant Office Manager report to the Board

A disagreement over posting a flyer does not define Intergroup.

It's the work that you do that defines Intergroup. The message of the work and service opportunities that you share with others defines Intergroup.

The work of our service committees defines Intergroup. Our Special Events Committee put on a great picnic on Sunday, and to take the reading of one paragraph in the 3rd edition of Our Stories Disclose, get inspired and see an idea to fruition in the Steps in Time event is really an accomplishment.

The PI/CPC committee putting on an AA and the Health Care Professional brunch is exciting! It's always been Tacoma's thing. Having our committee host this important event shows the lengths that this committee will go to educate professionals.

Karen, coming in a Corrections Chair just as correctional institutions were opening up after the covid shutdown - all previous protocols changed. All volunteers must be cleared again. Staff changes. This committee is willing to accommodate these changes to carry the message.

Asssistant Office Manager (Anita) continued next page »

« ***Asssistant Office Manager (Anita)*** continued

We all know the work that H&T Committee has been doing taking panels and meetings to hospital and treatment centers. But what does not make it into West's report is how he is getting the newcomer to participate and experience the magic of service!

I think that the12 Step Committee is quietly the most exciting committee. Our committees are about meeting the alcoholics where they are. And sometimes the alcoholic that has reached out is at home waiting for AA to show up before they give up and go get another bottle. It's also an opportunity to see Lara wear 3 hats, Office Manager, AA member and newcomer...

We obviously have one of the best Archivists in Teresa. Easily one of the best in our Area.

The Accessibility Committee was starting to break my heart in that the fellowship was financially supporting the committee, but no one was stepping up to chair the committee. Self-support means more than money; it also means that we do the work (kudos to Eddie H.).

Our Office Committee is a cohesive unit, even though we do not all agree on every topic. But with willingness to listen to all sides, and even taking a moment to reflect and pray – we remain a cohesive unit.

My goal for next year and from this day forward will be to encourage more participation at the Traditions Study at Third Legacy Committee meeting, every 4th Tuesday at 7pm for 1hr. This is a hybrid study. When I first sobered up, I heard our Traditions referred to as "precious" and "beloved" and "I hold these Traditions close to my heart" ... Nothing but good can come from studying our Traditions.

Service Committee Reports

Accessibility (Kathy A.)

I believe that applying what I know to suffering alcoholics looking for solutions will only make my life better! I really look forward to fitting into this service position and getting quickly up to speed.

Archives (Theresa)

I attended the Area 72 Archives Quarterly on zoom earlier this month.

- AREA 72 ARCHIVES COMMITTEE has copies available for sale of Western Washington Area 72 History Book, Our Stories Disclose Third Edition. The two-volume editions are available for $25 per set. You should be able to obtain a set from Greater Seattle Intergroup or online from Area 72 at https://area72aa.org/osd/sales. We have copies of all the Area 72 Area histories on display at Seattle Intergroup.
- The Area 72 Area Archivist gave a presentation on "AA History" that she created and I have asked that a digital copy be emailed to archives@seattleaa.org. We might find a time to view it at one of our assemblies or other gathering.
- I am still immobilized with the need for knee replacements (2) which are not yet scheduled. I am on a waiting list but in the meantime am working from home on scanning "old" High & Drys for GSIG Google docs.

Corrections (Karen K.)

Thank you to the following groups for donating to the Pink Can Fund in July: Acceptance is the Answer, Counterpoint, Lake City Group, Wednesday Mountlake Terrace Group, Federal Way Men's Stag, Auburn AA, Empire Way, Waterfront Group, New Purpose Group, New Beginnings, Men's Open Book, Gunnysack Hill, and numerous anonymous individuals for donating $961.47 to the Pink Can Fund during July 2024. The committee used $665 to purchase large print Big Books, Daily Reflections and pamphlets for SCORE. 100% of funds are used for AA approved literature to take inside the facilities. If you are interested in learning how to start a Pink Can Fund program at your homegroup, please email volunteercorrections@seattleaa.org.

We are waiting to hear more from the Regional Justice Center about restarting in-person meetings. If anyone is interested (knowing it may still be a while before they start), have them email volunteercorrections@seattleaa.org.

We're looking for more volunteers for meetings at the Juvenile Detention Center, SCORE in Des Moines, Federal Detention Center in SeaTac. Before elections at the end of the season, we are looking for a new Vice Chair for Corrections (great opportunity to work with groups and districts who want to connect more with Corrections service), Volunteer Coordinator (great opportunity to help people who want to sign up for corrections service and to help get the word out about corrections). We hope to fill these during the fall.

Corrections (Karen K.) continued next page »

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

District 24 is hosting a fall Corrections Volunteer Sign Up event on Saturday, October 19 at the Lynnwood Alano Club during the afternoon. Snohomish County Districts will be participating with us since Everett Jail is the closest one with meetings!

We tabled at the picnic on the 18th. It was great fun talking to so many people.

We look forward to partnering with PI/CPC to table at the Oct 16-17 at WA Drug Court Annual Conference at Southcenter DoubleTree Inn. We will be participating in the Area72 Corrections Quarterly Saturday, September 21, hosted by District 14 at the Fauntleroy Church.

With gratitude for this opportunity to be of service,

Karen K, Chair
corrections@seattleaa.org

Hospitals & Treatment (West)

Thanks for another great turnout on Saturday, August 3rd, with 22 committee members present in person and on Zoom...We checked in, shared our favorite summer experience and the new project coordinators met afterwards...we will have an H & T Table at the GSIG picnic... thank you all for your service! ;0)

King County Residential Program: I spoke with Douglas N. two weeks ago to set up panels 2X's a week at his facility (King County Residential Program). I will be going to their facility on Beacon Hill next Mon, August 19th. They are interested in purchasing literature, pamphlets and would like a meeting starter kit. Doug will be speaking with his director about available time slots for panels.

Bread of Life Mission: The new Bread of Life Mission meeting launched on Sat, July 13th! This weekly AA meeting is happening at 11:45 am in the dining room of their Pioneer Square facility! Tom W led all 3 Saturdays and had support by several of you as well. Let's ramp up the support and make it a success… Kim M will be heading up this project starting 9/1.

Union Gospel Mission: We started a weekly Saturday morning meeting at Downtown GM a few months ago. 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 Secretary Ing and /or Chairing both meetings and we also hold a speaker's panel on second Thurs nights at Riverton Place… Mikey C will be taking the reins for DT UGM on 9/1.

Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there in October. They have indicated they want every other month now to allow their staff to share testimony as well. 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. Several H & T members will be helping with this one.

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 panel on last Wednesdays. 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 now have 19 volunteers cleared to panel there and I sent out a new script to everyone and we will keep one behind the desk in 5 West. Fredy will commence the scheduling 9/1. Janet A will be our H & T Liaison.

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, who will be coordinating this meeting going forward & Mike C from GSIG for their help. Also, thank you 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 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.

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

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

Greetings Greater Seattle Area Fellowship!

I'm still buzzed from our Intergroup Picnic, seeing so many peeps of the past for the first time in a long while, meeting new folks… and all that sober frolicking in the sunshine we did together. And then there were all the folks I ran into at the Area CPC and PI Quarterlies. What a blessing it is to be surrounded by such an active bunch of sober alcoholics providing service to the still suffering alcoholic.

Here's the scoop on what's happening in our "Public Information" & "Cooperation with the Professional Community" Committee, aka "PI/CPC." If you, your group, or your district might not be what that all means and the type of service we provide, just reach out and I'll come to your business meeting to tell you all about it.

EVENTS

APA 2024 National Conference, 08/08/24 – 08/10/24 — GSO reached out to Carlos E, our Area CPC Chair, about this event. He connected with David B, D16 PI/CPC, who did a marvelous job using his extensive experience to ensure this event was a success. Following is his report about the experience:

"Managed the American Psychological Association booth for AA August 810. I was there all three days, along with 10 volunteers we successfully recruited. We had about 250 interactions with attendees, which were overwhelmingly positive. The only issues that arose with attendees were the AA position on the use of medications and religion in AA. GSO had supplied us with several pamphlets on these topics "The God Word," "Many Paths to Spirituality," "Medications and other drugs," which were very helpful in addressing these concerns." Of course, we've taken this piece of feedback to update both our related pamphlet packs, and will be making sure the topic is covered in our upcoming workshop.

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 a.m. 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 a.m. on Saturday, 09/21/24
This hybrid event will start with Breakfast starting at 10:00 a.m. and the program begins at 10:30 a.m.

Following is the current agenda:

1. "AA history with the Medical Community" presented by Kit R
2. "The God Word" presented by Dave T
3. "A Doctor's Perspective" presented by Don D
4. "Alcoholism among Health Care Workers" presented by Lisa O

Our next subcommittee planning meeting will be on Wednesday, Sept 11 @ 6pm.

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

WSADCP "Stronger Together – Inspiring Connection" 10/16/24 – 10/17/24 — Similar to last year, we have been invited to represent AA at this year's event again. Thanks to Astri T and Cynthia S, who did such a great job at the 2023 event, we've been asked to bring our literature and staff a table over two days this year! Another huge thank you to David B, D16 PI/CPC, who will manage this year's 2-day event, and also to Karen K, GSIG Corrections Chair, who is also supporting the event.

University of Washington School of Medicine, 6:00 PM on Tuesday, 10/22/24 — Past Delegate 59, Dave T, will lead this 2-hour class again this year as part of this student-led "Addiction Medicine" course for 3rd year medical students.

King County Library System
I met with our contact, Susi, at KCLS on Aug 2. She is already doing some amazing work and discussed a myriad of opportunities for how we can work together to reach alcoholics and potential alcoholics! For example:

- Resource Fairs and Community Court Resource Centers AA representation at two upcoming geared towards the unhoused and under-resourced members of our community.

Location	Type	Day/Time	Contact
Burien Library	Resource Fair	2nd Tue, 11am – 2pm	Dawn P, D31 CPC
Federal Way	Resource Center	Awaiting details	Nicole J, D32 PI
Redmond Library	Resource Center	Awaiting details	Allison F, D34 CPC
Shoreline Library	Resource Fair	Thursday, 10/29/24	Teri H, D42 Servant

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

Additionally:

- All KCLS Libraries are already stocked with the books "Alcoholics Anonymous" and "Twelve Steps and Twelve Traditions".
- KCLS has officially requested that a visible Literature Rack of AA Pamphlets and Schedule Books be placed in every library! This was wonderful to learn, and I assured Susi that many of our Groups and Districts are already busy supporting our "Adopt a Rack" program.

MEETING REQUESTS

I'm excited to report that West, GSIG Hospitals & Treatment Chair, and I connected to discuss move these service requests to the H&T Committee. Here's the current progress on the two I've been reporting on:

Plymouth Housing — We were able to learn that Plymouth's Williams House has had a resident resident-led AA meeting for a while. The administration of Almquist Place, a harm reduction facility, still needs a regular meeting setup to serve their chronically unhoused residents. It took me a while to reconnect the with administration, but the extra good news is that, in the meantime, we now have several folks ready to move forward with this project. This is all fairly new, so the next steps is for me to summarize everything, connect all the dots, and get everyone on the same page.

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

PAMPHLET PACKETS

Our Literature Coordinator has been busy doing a great job stuffing pamphlet packets for the Health Care Community, Clergy, and general professional community. These are available to individual members and groups to pick up at the Greater Seattle Intergroup to get the word out to professionals.

Also, thank you to our District 34 CPC Chair, and her Alt Chair, Alli, for re-creating a source file the GSIG specific insert for Clergy pamphlet packets. We leveraged their great work to generate also generate a new generic insert that can be used for all pamphlet packets.

Another big thank you to A New Purpose Group, who stuffed a bunch of Health Care Community pamphlet packets on Aug 17th at Seattle Intergroup in-between answering phone calls! Did you know that your home group could stuff pamphlet packets, too? Then either take these to your meetings to distribute to members OR contribute to the Seattle Intergroup effort to support our events and the other districts and groups within our service area. Just ask me how!

PUBLIC SERVICE ANNOUNCEMENTS (PSAS)

Bus Sign Project — Lee B, Area PI Chair, is spearheading this effort to bring back Bus Signs throughout King Country Metro. There's a good chance you will hear more about this as the Area 72 Annual Assembly.

Radio Stations — The goal here is to find some airtime for the 15 to 30 second AA PSAs. I'm still trying to connect with our local non-commercial radio stations. I've been knocking on KUOW's door, but then when I emailed again a couple weeks ago, I received automated out of office responses from all five persons addressed. I've also reached out to RainyDawg Radio, the student-run station with the University of Washington. No luck with either yet, but I plan to keep trying and if no response, I've offered to stop by their offices. Next will be KEXP.

ADOPT A RACK PROJECT

These are flying off the shelves, and we somehow ran out before I or our esteemed Literature Coordinator could even notice. I've ordered my, so my hope that by the time you read this report, the situation has been fully rectified. I'd recommend as a best practice to first call GSIG and confirm a rack is still available to check out to avoid making an extra trip.

District 1 Intergroup — I was so excited to learn that, after picking up one of our GSIG Literature Racks, the District 1 used it as a template by purchasing 30 racks of their own to stock with Spanish Literature that they're distributing throughout the community. Also created calling cards with QR codes for CPC District 1.

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
(206) 587-2838

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

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!

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.

ORIGIN AND PURPOSE OF CPC

"Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society for alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."
~The A.A. Service Manual, *"A.A.'s Legacy of Service,"* page 91

"CPC came into being as a distinct entity in 1970 when the trustees' committee was formed as an outgrowth of the Public Information Committee. In 1971, the Conference CPC Committee was established. Today, many local communities, areas and regions consider CPC an activity separate from public information, treatment or corrections work. In some places, though, there is overlap. Members of CPC committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating."
~*Cooperation with the Professional Community WORKBOOK*, page 5

Twelve Step (John DD) –

12 Step calls last month in the hours when the office is closed.

We had a great one today. Referral from a night watch operator kind of in the wee hours. They forgot to write down or ask what city the person was from.

Just a reminder if you're a night watch operator and you get a call, find out where they're from. just makes us a bit more effective. Ideally kind of match the 12 stepper with the city, the person's from, happy ending, good connection, good stuff today.

I'll just say that the next phone volunteer 12-step discussion event, kind of a one-hour Zoom, best practices, questions and answers, opportunities to kind of enhance our 12-step processes with phone volunteering, that Saturday, September 14th at 11 a.m., via Zoom, the flyer & links are on the website, and our committee meets via Zoom every first Thursday at 6 p.m.

Web & Tech (Mike C)

We meet 90 minutes before the board meeting every 3rd Tuesday of the month for all things web and tech.

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

Special Events (Steve R)

I owe Lara and Anita an amends. I neglected to do this year that I have been witness to every year, and if I was to get another rotation ever or the next person that's going to be our special events person, I would hope that they would look at.

Lara & Anita were at the table selling tickets the entire time. We need to have volunteers to step in and relieve them so they can enjoy the day too!

The picnic went off great. I was never more amazed at by the weather. Storming on Saturday night, with a windstorm and all. Clearing up for us the next day. Higher Power had something to do with that.

Thank you to the volunteers that helped set up pick you know load the truck set up do everything and it's involved with these picnics it's not an easy thing to put all this stuff together.

We have tickets for sale in envelopes ready to be distributed.

They're all numbered. And you can just record it as is. I have a bunch of them here, so I'd like to give all of you one of these and how you go sell.

We're just trying to relive our own history. Please grab some tickets and sell them. We have 12 acts currently listed and out of those 12 acts, what we're going to also do is dance a little bit at the end.

250 tickets have been printed. The very first one is going to go into archives, so there are 249.

GSIG District Reports

District 14 – (Stacia)

District 14 is excited for our upcoming annual picnic, to be held on Sunday September 8, 10am-2pm at Lincoln Park Shelter 1 at the south end of the park above the beach. Everyone is invited! We're also looking forward to hosting the Corrections Committee Quarterly at Fauntleroy Church on September 21.

District 15 (Greg E)

Guest Speaker: Lisa S., Area 72 Alt Treasurer

- Presented on the importance and benefits of general service, as well as the roles and responsibilities of the Alt Treasurer. Talked about how Districts can help groups.
- Helps us practice Tradition 4 ("...except in matters affecting AA as a whole")
- Helps us practice Tradition 5, supporting our primary purpose on the ground.
- Critical role in the upside-down pyramid

DCM report:

- Announcing Pre-Assembly 8/24, request for volunteers
- Treasurer's report
  - Current available balance: $1,054.36
  - This is ~$300 above our traditional prudent reserve & trusted servants fund, but it may cost more this year to send our DCM & Alt-DCM to the Assembly.
  - The motion to increase our trusted servants fund accordingly - passed unanimously.

Discussion topics / new business:

- Gratitude Banquet in November
- Does D15 want to co-host a gratitude banquet? If so, we need to book a venue ASAP.
- Motion to support a Gratitude Banquet and book the proposed venue (St. Joseph on Cap Hill) - passed unanimously.
- Steve to follow up with Districts 40, 41, and 16 (our traditional co-hosts).
- Next month, will have a specific ask to groups.
- $6.43 Challenge from Area Treasurer: everyone is asked to consider contributing $6.43 to support GSO Program Services for the year.

Old business: still looking for groups to take on new meeting requests (one at a women's facility near South Lake Union, one at a housing facility on Cap Hill)

Open service positions: Accessibility, Public Info (PI), Coop w/ Professional Community (CPC), Archives, Treatment, Young People

District 24 – (Greg S)

We had 35 people in attendance at our last meeting. Our picnic on August 3rd was successful.

We didn't have one kerfuffle.

We are discussing a different location next year because of overcrowding and some parking issues.

We'll be having a speed dating event in September.

Our finances are doing well in the "Black".

New Business District 24 will host the January in January 25 business quarterly.

We are holding a district 24 inventory which has to do with safety.

We still haven't found a gratitude and banquet location for next year. It's becoming quite difficult.

In our, the GSR check-ins and reports of accessibility, Rachel T, had a quarterly achievement that she went to treatment, Tammy Kay, had a quarterly, Web Chair, Debbie, had a quarterly, and DCM, Lisa J, had a business meeting.

I have two seats available in my car when I drive down here every month.

You are more than welcome to come down and see exactly what goes on.

District 32 (Samantha M)

We represent Federal Way, Auburn Pacific, Algona. at our last meeting on August 5th, we had 16-voting members with one guest.

We are above Prudent Reserve.

Someone stepped up to be a service of our school panels.

District 32 (Samantha M) continued next page »

« ***District 32 (Samantha M)*** continued

We still do have open positions of: Bridging the Gap, Accessibility, Young People, and Events.

We had our picnic. We had a great turnout.

GSR's are getting ready for the upcoming event in October. We had many GSR's

In attendance which was very good to see.

We also had a cool Campout during the thunderstorm and everything!

District 33 (Abby)

Meeting Location: King county sheriffs precinct #3 Maple Valley

Warm greetings from District 33!

At our last meeting, Area72 Treasurer Derek S. shared his experience, and answered questions on the 7th Tradition, as well as his insights on gratitude banquets and the 7th Tradition/Seed money. Thank you, Derek!

Our alt DCM Cheri provided a pathway to read the Delegate report-back from GSO and reminded us to register on the Area72 website.

We are still working on the logistics of planning a gratitude banquet to be held this November. Thank you, Heather D., for your efforts, and for those in the district who have contributed to getting this thing going!

More than a handful of us attended the Eastside Pre-Assembly, which was informative and great to be around so many who love AA!

Our open chair positions are Accessibility, Corrections, CPC/PI, Young People

District 41 (Laurel)

District 41 holds the business meeting the second Wednesday of each month.

DCM Megan had lots of news for us: Pre-Assembly, (D 41 hosting on 8/24), registration for International Conference dates, and encouragement for people to become available for the next rotation 2025-2027. Elections will be held at our November meeting.

Yours in service,
Laurel W., Intergroup Rep for District 41

Serenity Hall (Joel)

Serenity Hall will be hosting an end of summer BBQ and potluck on Monday, Sept 2nd (Labor Day). Festivities will start around 2pm and go on into the night. Regular meetings will be held as needed for BBQ attendees that need a meeting.

That's it! Keep coming back :)

South End Fellowship (Janie)

We will be losing our Hall. We are looking for a new place that we can call home. We want to be a Hall, not just a meeting.

Meeting Time: We have Meetings every day of the week at 5 PM Wednesday Women's Meeting and Saturday Big Book Study at 7 PM And on Saturday Hoot Owl at 10PM

Meeting Location: 321 3rd Ave S, Kent, WA 98032, USA

South End Fellowship has our Birthday BBQ on the Last Day of the Month at 5PM, come celebrate your AA Birthday with Us! We have service positions available and tons of times and space to host AA meetings during the week. Our Business Meeting is on the First Saturday of the Month, come join us and get involved!

Business

Old Business

Motion from Greenwood Fellowship Hall

Last month we had a motion brought by the Greenwood Fellowship asking that a flyer be posted on our website. We were not able to vote on this motion because we lacked a quorum. According to Robert's Rules of Order, "If no quorum is present, the meeting can still be conducted; however, the business will need to be held over until later when a quorum is present." Unfortunately, the event on the flyer has passed. We did discuss the flyer at the Office Committee meeting and as it turns out, the office committee is the appropriate body

Business continued next page »

« ***Business*** continued

for that discussion. In the Policies and Procedures manual under Website Policy on page 33 it states, "Information on happenings will go directly to the Office Staff. If there is a question about the appropriateness, Office Staff will forward the information to the Office Committee who will decide if the event should be included on the site." After much discussion, the office committee entertained a motion to post the flier if it were to include mention of A.A. The motion received 1 (one) Yes, 4 (four) No, and 1 (one) abstention, from the voting members of the office committee. At that point the motion was tabled due to time.

From Jeff U: 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 load 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 web site, 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.

Thanks for your consideration.

New Business

Motion: Dave: District 17 – Accept Jeff's letter in its current form with four edits and change the word donations to contributions.

- 9 people voted: YES
- Replace the word "Store" to "Intergroup Office"

We have our Intergroup Nominating Committee in place:

- Chair: Janet: South King County area
- Morgan: Southeast Seattle – Central area
- Stacia: West Seattle
- Greg: North Seattle

Each member will attempt to get 2 people per position of:

- Chair
- Vice Chair
- Treasurer
- Recording Secretary

Takeaways

1. Jeff's Proposed Help Letter
2. Points of Contact
3. New Accessibility Chair
4. "Steps In Time" tickets for sale
5. AA in Healthcare
6. We're in the "black"
7. Nominating Committee: Think about making yourself available and of people that you can reach out to.

Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Tradition Study 4th Tuesday of the month at 7:00pm – August 27th – Hybrid
- PI Workshop: Speaking at Meetings Outside of AA – August 31st – 11:30-2:00pm - Hybrid
- Service Manual Study 1st Sunday of the month at 11:00am – September 1st – Hybrid
- Phone/Volunteer/12 Step Discussion – September 14th – 11:00- 12:00pm - Zoom
- Ice Cream Social – September 14th – 12:00 2:00pm

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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

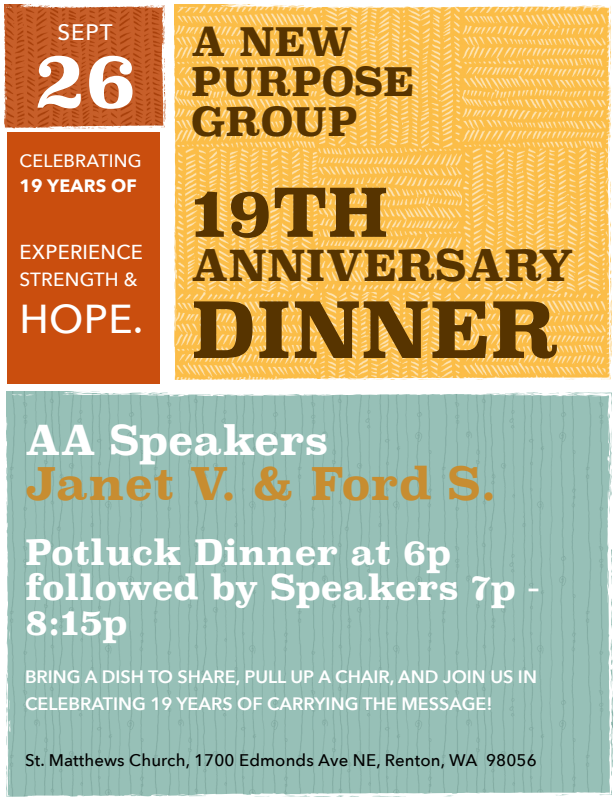
An open meeting of Alcoholics Anonymous

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

September 7th Donna H.
September 14th Cassandra M.
September 21st Edie S.
September 28th Donna R.





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

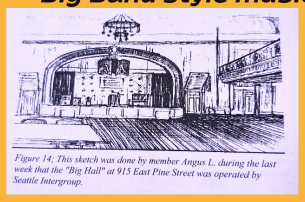


Figure 14: This sketch was done by member Angus L. during the last week that the "Big Hall" at 915 East Pine Street was operated by Seattle Intergroup.



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

DISTRICT 24 & AREA 72 PRESENT

AREA YOUNG PEOPLE'S QUARTERLY

Fellowship at 11:30am, Starts at 12

SUNDAY OCTOBER 27TH, 2024

All are welcome to attend the final AYP Quarterly of this rotation, we welcome new members, hear district YP chair reports, break for snack and conduct business. Hot Topic: GSO YP video project updates!

Hybrid Option:
Lynnwood Alano Club ✦ New location: upstairs

3717 196th St SW
Lynnwood, WA 98036

ID: 857 1239 2593
Passcode: 771851

Dress to Impress

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





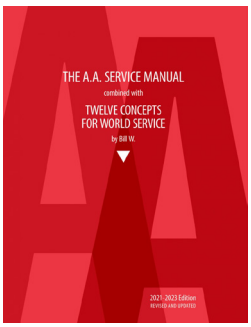


SERVICE MANUAL STUDY

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



14 SEPTEMBER

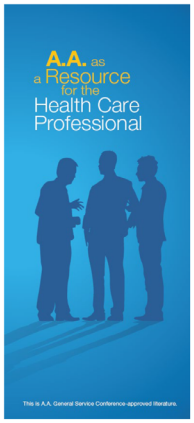
ICE CREAM SOCIAL

SEATTLE INTERGROUP
5507 6TH AVE S

STARTS AT 12PM

EAT ICE CREAM
MAKE A CONTRIBUTION

ALCOHOLICS ANONYMOUS and the HEALTH CARE PROFESSIONAL



How can you help your patients and other community members who may have Alcohol Use Disorder?

Find out at this free and informative brunch sponsored by Alcoholics Anonymous.

Healthcare Providers of all backgrounds and specialties encouraged to attend.

Saturday, Sept. 21 2024

Brunch 10:00 AM
Workshop 10:30 AM – 12:00 PM

In-person or online (hybrid)

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

Zoom Link: https://us02web.zoom.us/j/82199112732?pwd=pNgF6kT3XCblAxnuAReqMMUvKYuDNp.1
Meeting ID: 821 9911 2732
Passcode: 470802

Find all event registration and additional details via the QR code.
– OR –

- **More details:** seattleaa.org/event/aa-and-the-health-care-professional/
- **Registration:** https://forms.office.com/r/H0YBNijqhF
- **Email:** outreach@seattleaa.org and/or cpc@area72aa.org
- **Call or Text:** (206) 683-1106

YOUNG PEOPLE
AREA 72 AA VIDEO PROJECT

Summer RECORDING FESTIVAL

CREATE VIDEO CONTENT REFLECTING THE DIVERSITY OF AA FELLOWSHIP, THAT EXPRESSES THE EXPERIENCE, STRENGTH, AND HOPE OF GETTING SOBER YOUNG!

JULY 27 12-3 PM
AREA 72 & WSCYPAA
HOTEL MURANO
1320 BROADWAY, TACOMA WA

AUG. 3 12-2 PM
DISTRICT 37
ST. JOHN'S LUTHERAN CHURCH
11005 NE HWY 99, VANCOUVER WA

SEPT. 14 12-3 PM
DISTRICT 22
VETERAN CENTER
216 S FRANCIS ST, PORT ANGELES



QUESTIONS? CONTACT
YPCHAIR@AREA72AA.ORG

Phone Volunteers and 12 Step Discussion

September 14th 11am

Let's talk about questions or concerns that we have about answering phones and doing 12 step calls
This is for anyone that answers the phone for Seattle Intergroup.

Online Meeting ID 857 5125 4373
Passcode 394908

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/