High & Dry

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



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

October GSIG Events

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

2 — Accessibility Committee

- October 2 @ 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

3 — 12th Step Committee

- October 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

5 — Area Assembly

- October 4 @ 1:00 pm – October 6 @ 12:00 pm
- Hotel Murano 1320 Broadway Plaza, Tacoma

5 — Hospital and Treatment Committee

- October 5 @ 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

11 — Rose City Girlstock

- October 11 @ 8:00 am – October 13 @ 5:00 pm
- Holiday Inn Portland South 25425 SW 95th Ave, Wilsonville, OR

11 — What's the Point? 12 Steps to Emotional Sobriety

- October 11 @ 6:00 pm – October 13 @ 4:00 pm
- Bellevue Alano Club 12302 NE 8th St., Bellevue

12 — Sponsoring the dually addicted alcoholic

- October 12 @ 10:00 am - 12:00 pm
- Bellevue Alano Club 12302 NE 8th St., Bellevue

12 — Memorial for Steve C.

- October 12 @ 1:00 pm - 3:00 pm
- Brooklake Church 629 S 356th St, Federal Way
- Steve served our Area as our Delegate in 2017-2018. He touched many lives through his service to our Fellowship.

13 — Service Manual Study

- October 13 @ 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

14 — Corrections Committee

- October 14 @ 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

15 — Web & Tech Committee

- October 15 @ 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

15 — GSIG Monthly Board Meeting

- October 15 @ 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

19 — CPC/PI Committee

- October 19 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09
- Meeting ID: 810 2073 8836 Passcode: 166656

20 — Burien Little Assembly Planning Group

- October 20 @ 10:30 am - 11:30 am — Online meeting
- Meeting ID: 810 1629 8713 Passcode 817009

21 — Memorial for Ralph B

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

22 — Tradition Study with the Third Legacy

- October 22 @ 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 — Serenity Seekers 22nd Annual Women's Retreat

- October 25 @ 8:00 am – October 27 @ 5:00 pm
- Black Diamond Camp 67404 State Route 410, Enumclaw

27 — The Steps in Time Jamboree Vaudeville Frolic

- October 26 @ 1:00 pm - 4:00 pm
- Century Ballroom 915 E Pine St, Seattle

REFLECTING ON OUR PAST

October In Our History

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

Oct 1936	Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
Oct 1939	1st central committee formed in Cleveland; 1st example A.A. rotation.
Oct 1942	1st issue of Cleveland Central Bulletin is published.
Oct 1944	First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.
Oct 1951	Sister Ignatia wrote "Care of Alcoholics ? St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the journal of Catholic Hospital Association.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."
Oct 1958	Playhouse 90 TV airs "The Days of Wine and Roses".
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957	Book "A.A. Comes of Age" published.
Oct 2, 1944	Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945	AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972	2nd World Service meeting held in New York.
Oct 5, 1988	Lois Burnam Wilson died.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.
Oct 8, 1988	Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 14, 1939	Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904	Marty M, early AA woman, is born in Chicago.
Oct 17, 1935	Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 21, 1939	Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 22, 1963	E M Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942	L.A. Times reports AA groups in 14 California cities.
Oct 24, 1943	Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.

Source: AASJ - https://aasj.org/october-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 October Celebrants in the *How Dry I Am Club*!

Chris L.	Brown Bag Bunch	8-13-86	38 years
Lee R.	ANPG	9-23-14	10 years
Gloria S-N			45 years
Perry H.	Empire Way	8-10-98	26 years
Pam J.	WBYOBB		15 years
Teresa S.	Back to Basics	10-12-83	41 years
Tom K.	Back to Basics	10-10-66	58 years
Dawna H.		9-01-18	6 years
Mary E.	Empire Way	5-01-16	8 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/

In Memorandum Contributions

Contribution made in memory of Dan H. — $50

Tradition Ten

No Opinion on Outside Issues

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

opinion
controversial
publicly
religious
political
reform
instinct
asunder
provocation
governed
reluctance
virtue
superior
imperitive
preserve
squabble
elders
pharisee
bitter
effective
temperance
cornerstone

Step 10: *"Continued to take personal inventory and when we were wrong promptly admitted it."*

12 12

Step Ten

By Peeps

LOOKING FOR A BREAK from all the work I did with my sponsor on Steps Eight and Nine, I resisted making Step 10 a part of my daily routine, especially if I had to do it in the manner outlined in "Alcoholic Anonymous."

I did not want to commit to writing a nightly inventory. I thought it would be useless drudgery. Obviously, my thinking reeked of "contempt prior to investigation."

I had no idea practicing Step 10 would be one of the best ideas I never had.

After I had completed the last of my Amends, over the course of five months, my sponsor urged me to start on Step 10. In retrospect, I appreciate how gently gently he made the suggestion. He put the onus on me to do something important for MY recovery.

I am convinced he recognized how reluctant (pronounced mule-head) I was. When we met weekly, I'd talk freely about how my sober life was progressing. It was easy to tell him what was going well and where things were a bit crunchy.

As we'd wrap up our post-Step Nine meetings, it became a bit of a joke that he'd ask me, "Have you started Step 10?" A wry smile splitting his face.

We both knew the answer was going to be "No, I'm too busy to do it — right now."

"OK," he'd say. "But I strongly suggest you get on it."

The thought of handwriting my nightly seemed overwhelming, but I had to admit the fear-fueled crunchy bits of my recovery were more numerous.

This went on for almost three months, until I found a "hack." I heard someone share at a meeting about a smart phone application to record my nightly inventory. My sponsor was OK with this. In fact, he downloaded the app. We immediately began exchanging our results, along with our gratitude lists every morning.

It was quickly revealed where I needed to make changes in my behaviors. Every night, it seemed, I was seeing the same character defects show up negatively in my interactions with people in ALL my affairs — fear, resentment, justifiable anger, a sense of entitlement and impatience.

The results of my inventories, based on nine questions about my day, made it clear that I needed to change my actions in order to improve my scores and feel better about my sober life. I am grateful AA's suggestions work if I take the actions. I don't have to like them. △



Tradition 10: *"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy"*



Tradition Ten

By Peeps

AA'S 12 STEPS guide us along a path that leads to a happy, joyous and free life, while the 12 Traditions provide a road map that steers us away from interpersonal conflicts and the emotional traps that daily life brings.

Tradition 10 urges us to keep AA's main focus (sobriety) the main focus. Many controversial issues, some worthwhile, that our members feel passionately about are best kept out of our meeting rooms.

It's not helpful when members begin choosing sides in heated discussions that have nothing to do with recovery from alcoholism.

I am grateful the "Twelve and Twelve" uses the example of the Washingtonians' demise to remind us of the importance of staying focused on our primary purpose.

The Washingtonians, perhaps a bit puffed up by their success in helping alcoholics, tried to happier than happy and allowed outside issues dilute their practices. △

Concept X

By Peeps

THIS CONCEPT is designed to streamline AA's operations by clarifying where operational authority resides among the AA groups, the Conference, the Trustees and AA's service corporations.

There is no reason for one entity or another to flex its muscle or defend its decisions from the others. Ours is a world governed by Tradition Two ("Our leaders are trusted servants, they do not govern.").

Every effort has been made to specify the responsibilities of all participants in AA's structure, and where their power resides. It's healthier for beloved organization.

> *"The principle of ultimate authority runs clear through our structure. This is necessary, because all of our service affairs and activities have to head up somewhere for final responsibility. Ultimate authority is also needed so that each worker or each classification of servants knows where and who is the final boss is.*
>
> *"If however, ultimate authority is not carefully qualified by delegated authority, we then have the reverse result. Were there no delegated authority, the groups would be directing their Delegates on every important vote, the Delegates would similarly turn the trustees into a timid committee which would receive point-blank instructions on just about everything; the Trustees would then install themselves as the sole directors of the service entities and would commence to run them by directives. The corporate executives would become small czars, pushing the working staffs about."*
> — From page C27 of The AA Service Manual. △

Concept X:
"Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws."



AA MOMENT OF YOUR MIND Ken V. (Interview By Matthew)

1. Where and when was the first time you went to an AA meeting?
I sobered up during the COVID lockdowns. My first meeting was a lunchtime Zoom meeting based in Vancouver, Wa (East Side Brownbaggers). I had been white-knuckling it for a couple of weeks in Jan. 2021, and I finally joined. The relief ...

2. What was the last thing you heard at a meeting that was profound, life changing?
I try to hear something profound at every meeting. When I truly listen and stay engaged in the meeting, I usually do.

3. Who is your current sponsor? Where/when did you meet?
My sponsor is Ken A. He's been my sponsor since I met him at the online Fine Print in early 2021.

4. What would the current you say to you when you were at rock bottom?
Let it go, Ken.

5. Any closing words of hope and strength to impart to the still suffering alcoholics out there ?
Look at yourself in the mirror each day and tell yourself you love you. Believe it. Make small, positive changes every day. Keep doing the thing. Do it for you. Everything else will get sorted.



Corrections Corner

By Karen K

The Pink Can Fund allows GSIG Corrections Committee to purchase AA-approved literature to be used in meetings and for reading by people who are inside correctional facilities. A huge thank you to the following groups which contributed $362.96 during August: Happy Hour, Mt Rainier Sunday Serenity, Sober Sisters of Seattle, Wednesday Mountlake Terrace, and Men's Open Book.

The committee spent $152 to purchase Big Books, Daily Reflections and As Bill Sees It books for Monroe. If your group is interested in learning more, please email volunteercorrections@seattleaa.org.

Low Drag/High Return Corrections Service Opportunity

By Marcia O.

My name is Marcia O. and I want to tell you about my experience with taking on a relatively new service position in GSIG AA Corrections volunteering. I retired just over a year ago and during my 22 years of sobriety, have always wanted to get involved in bringing meetings to those in corrections environments. These opportunities were mostly shut down during Covid but are happily coming back.

As recording secretary at the Broadview Group Conscience meeting at the Phoenix Club in Shoreline, I heard our GSR (General Service Rep) describe monthly hybrid Corrections Committee meetings and the need for volunteers. I zoomed into one of those meetings and one of the many AA Corrections service champions arranged to have coffee and explain how it works in AA Corrections in the Greater Seattle area. (Go to https://www.seattleaa.org/service/corrections/ for information.)

I told her I was busy with my new retirement adventures, already had AA service commitments, but wanted to get my toes wet with Corrections volunteering. She sent me a new service description for Corrections Group Rep where I could simply be a two-way information conduit between my group and the GSIG Corrections Committee. Perfect!

I brought the description to the Broadview Group Conscience meeting. They approved adding the position to our service list and nominated me to take on the position for the first rotation. Here are my duties:

- The Corrections AA Group Representative:
  - Encourages members to help carry the message to alcoholics confined in corrections facilities.
  - Serves as the group liaison (communications link) between the AA group, Greater Seattle Intergroup (GSIG) Corrections Committee, and District.
  - Sobriety requirement: minimum 30 days
  - Service term: 1 year
- Tasks:
  - Ensure corrections volunteer opportunities are announced at meetings (Broadview Group has roughly 25 live and 10 online meetings/week - we can really get the word out!)
  - Take AA meetings into jails, work release, juvenile detention
  - Enable Pink Can donations which pay for AA-approved literature in facilities
  - Connect people to the Corrections Pre-Release Program (formerly called Corrections Bridge)
  - Connect people to the Corrections Correspondence Program at the office in NYC
  - Attend your home group business meeting and provide report.
  - Regularly attend monthly hybrid GSIG Corrections Committee meetings (second Monday of each month) or update the District Corrections Chair.

We are planning a GSIG AA Corrections Volunteer Information Session at the Phoenix Club in Shoreline on Saturday afternoon, April 26, 2025. I've also caught the corrections bug and have volunteered to join other women bringing meetings to SCORE (South Correctional Entity) near SeaTac.

Don't know if you can relate, but I am someone who can easily over-commit and become overwhelmed with service. This position has so far been a perfect balance between following my heart, connecting with others who are passionate about carrying the message to those who have many barriers to recovery, and fitting into my life.

Learn about AA Corrections Opportunities at www.seattleaa.org/service/corrrections

Scan this code to access AA Corrections volunteer form

More questions about corrections service? Email volunteercorrections@seattleaa.org.

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Spring Assembly
September 17, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- **AA Birthdays for September** – Lee: 10 years, West: 4 years

Elected Officer Reports

Chair (Karla)

GSIG Chair Report – September 17, 2024

- I continue to attend the monthly SCORE jail meetings and the office committee meetings.
- I am working on signs for the performers at the Steps in Time Jamboree. I hope everyone is selling tickets and gearing up to go! It is just about a month away.
- I will be facilitating a group inventory on September 28th for Rocketed into Recovery.
- I will be attending the Area Assembly October 4-6th.
- District 24 recently held an event they called "speed dating" for their district committees. Each committee chair had a table that interested members could go to and hear a short intro into what the committee does. Then, after 10 minutes or so, they would switch tables and hear about another committee until they were done. They had a lot of interested members show up. I have participated in these roundtables at Area Quarterlies as well and always found them informative. I'd like us to discuss possibly doing for our committees under new business.

Vice Chair (Jeff)

Jeff made the edits to the letter to go out to GSRs per the motion brought forward by District 17. The letter has been sent out to the local DCMs via email. There are copies here tonight as well.

Secretary (Janet)

Greetings Trusted Servants!

We have so many exciting things going on. I am super pumped about the Steps in Time Event and have been putting the word out and selling tickets to the best of my ability. I posted the flyer in Events on FB and invited many. I have also been making announcements about the upcoming elections in December for our Board Members, Chair, Vice Chair, Treasurer and Recording Secretary. I posted on the Greater Seattle Intergroup Facebook page as well as a few Facebook Meeting Pages. I have received a couple of resumes. If anybody has any questions regarding our elections or where to send a resume, please provide them this email: nominating@seattleaa.org

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, September 24th, 2024. I am going camping and will not have service where I am. I will send Final Minutes to Lara on September 25th so she can submit to the*** **High & Dry.**

Thank you for allowing me to be of service!

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Treasurer (Dan G.)

Treasurer Remarks

We had a loss of $3,744.15 for the month of July.

For the year, we are now about $10,221 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/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.

Approval of August's Treasurer's Report –
Moved by: Greg /Seconded: Jeff
Motion passed.

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- 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.

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

Month	Net income /loss	Group Contribution	Individual Contribution	Sustainers	Room rent, etc.	Sales income /loss	Cash and savings
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
8/24	(3.7)	7.4	1.2	1.6	0.1	1.5	60.7

GSIG Office Reports

Office Committee (Pete)

Thank you to Lara and the rest of the Office Committee

GSIG Office Committee 09/10 met on/2024

In attendance; Karla L, GSIG board chair; Jeff U, GSIG board Vice Chair Lara R, Office Manager; Dan G, treasurer, Leslie, Jack, Matt, Office Committee members; Jack J, Acting Secretary

Dan, Treasurer Report:

Office Committee (Pete) continued next page »

« ***Office Committee (Pete)*** continued

- We had a loss of $3,744.15 for the month of July.
- GSIG vice chair, Jeff: final draft letter is done and ready to go this month to GSRs via DCMs. The letter is coming from the board, no need for signature. Volunteers to reach out to groups: "Yes, we are available to speak to groups"
- What about a green can for GSIG? Envelopes? QR coded cans? Contribute amount based on need/number of groups? Request for 300 groups to give $100? (May have on agenda for Board meeting)?

Karla, Chair Report:

- All office manager evals received, combined and posted
- Nominating committee is busy working, no noms so far, will "advertise" in Facebook and in OWAT
- Old business will be letter to groups
- The vote last month to return a contribution was based on info that GSIG doesn't accept contributions from clubs. Policy and Procedures on page 30, most recent version on websites, states we do accept from halls.
- Consensus that we hold onto check, and revisit.

Office Manager (Lara)

Office Manager Report

Financial: The picnic managed to raise approximately 1800.00. Unfortunately, that wasn't enough to keep us in the black for the month, however the picnic was a wonderful affair.

I continue to work towards independence with the bookkeeping duties.

Inventory: I have made some decisions regarding inventory and purchasing that have left us short at times over the past few months. But, overall, the needs of the fellowship continue to be met.

A word about Grapevine: Grapevine needs our support. If you have not already done so you can download the AA Grapevine App for free. This version has many components that are interesting, however, the best way to support Grapevine is to purchase an annual digital subscription. There are some very cool features to the app, such as, submitting a caption for the monthly cartoon, a section on how to submit your story, Daily Quote, Access to Past Issues, Daily Spiritual Maintenance Checklist, Access to the online bookstore, the grapevine podcast, Intergroup Rep resources and info on the Carrying the Message Project. Please pass this info on to your home group members if it is not being transmitted by a Grapevine Rep already.

Protocol: I was able to attend the ICOAA conference in August. We were blessed to have representatives from the Grapevine and AAWS at the conference and Code for Recovery, the organization that operates the Meeting Guide App. It was wonderful to be with other special workers and to talk about things specific to our jobs and the different ways each intergroup handles similar situations. I came away with many great ideas and some relationships that have been developed further.

I was also elected to the Communications Committee which meets with Grapevine and AAWS Quarterly. I am excited to act as a liaison for the other Intergroup/Central Office Managers to address issues that come up between our organizations.

I have completed Anita's performance review and have submitted it to Karla.

"No Matter What Group" has stepped up to answer phones beginning next month! Thank you!

Call Log info:

- 12 step calls: 8
- Total calls: 163
- Total Chats: 67
- Total: 230

Service Committee Reports

Accessibility (Kathy)

I signed in late to find three others waiting to meet me and another member signed right after me.

I was informed about what had been occurring regularly with no chair and advised about resources currently in use to support requests for ASL assistance in area meetings and that the current volunteers wanted to continue with that task.

I was told I should get a secretary to keep track of our meetings, and I let the group know that I was ready to respond as quickly as possible to the real time needs of callers on the phone lines at intergroup as they called in and were referred to my accessibility@seattleaa.org email and my telephone: 206-794-1491.

I am honored to serve GSIC as a Committee Chair and hope to become a resource for GSIC quickly.

Archives (Theresa)

Archives Committee Report: Nothing new to report. I was going to drop by SIG today and file some newsletters and Grapevines, but my knees were too sore. I am still waiting for surgery for knee #1.

Corrections (Karen K.)

We meet the 2nd Monday of each month at 6:30pm, on zoom and in person at Intergroup.

The Pink Can provides funds for the Corrections Committee to purchase AA approved literature for alcoholics inside correctional facilities. Thank you to Happy Hour, Mt Rainier Sunday Serenity, Sober Sisters of Seattle, Wednesday Mountlake Terrace, and Men's Open Book for contributing $362.96 in August. We used $152 to purchase literature for the Monroe Special Offenders Unit.

Women's and men's meetings are held regularly at Kent City Jail, SCORE and Federal Detention Center. We need more volunteers at both places. Women's meetings at King County Jail, so far nothing new about men's meetings starting. Girls' meetings at Juvenile Detention Center, boys have not been participating. Barry is working on this. Very slow movement related to starting meetings at Regional Justice Center. Reynolds Work Release meetings is going well.

We're updating the Corrections Committee Handbook.

Elections for Vice Chair, Treasurer, Volunteer Coordinator, and Literature Coordinator in November

Upcoming Events:

- Area 72 Corrections Quarterly this Saturday
- Tabling with PI/CPC at the annual WA Drug Court Annual Conference at Southcenter DoubleTree Inn October 16-17
- Fall Volunteer Recruitment Event: Saturday October 19, Lynnwood Alano Club, afternoon event.
- Spring Volunteer event in April hosted by Broadview Group

If you have any questions, please email corrections@seattleaa.org.

Hospitals & Treatment (West)

Thanks for another great turnout on Saturday, September 7th for our H & T Committee meeting! ;0)

King County Residential Program (Beacon Hill): I met with Douglas N at their facility on Beacon Hill on August 19th. I was able to furnish them with Big Books, 12X12's, a stack of grapevines, a pamphlet rack and schedule booklets. They would like to start panels twice per week but have pushed back our launch date until October. Our weekly panels will be held every Tuesday at 7 pm and every Saturday at 4 pm.

Bread of Life Mission (Pioneer Square): 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! We have a solid rotation going and Kim M is heading up this project.

Union Gospel Mission (2nd Ave Ext): We started a weekly Saturday morning meeting at Downtown GM earlier this year and our fearless leader Mikey C will be the new coordinator there. Super exciting news, we are now welcoming women into the meeting as well! So we are now holding weekly meetings at both UGM's ***Riverton Place in Tukwila*** (Thurs nights at 6 pm) and Downtown UGM (Sat mornings at 10 am). West will continue leading Thursday nights at Riverton Place.

Union Gospel Mission's Hope Place (Othello off Rainier), a women's recovery facility in D15 and Jill P is taking over this project. They have indicated they want a panel every other month now to allow their staff to share testimonies as well. ***You must be pre-registered to enter any UGM facility and have an active account so please talk to the facility coordinator if you are interested in getting involved.***

Key Recovery (Blvd Park): We continue to carry evening panels to Key Recovery every Tuesday Sat & Sun nights at 7 pm. Also, Second Saturday's downstairs at 3:30 pm. Marty L is helping West with Tuesday nights and handling first weekends. Jim H is coordinating 2nd weekends, Tanner C is handling 3rd weekends and Ricky is scheduling for 4th weekends. It takes a village!

Lakeside Milam (DT Renton): We have our Lakeside Milam Renton panel every final Friday of the month at 9 am as well as a 6 pm panel on last Wednesdays. Tom W is the new coordinator for both of those. We continue to bring in a panel to ***Lakeside Milam Auburn*** every second Tues @ 7 pm. Ricky is leading the charge for Auburn.

Harborview (First Hill): We continue to carry our message of hope to Harborview's 5th Floor Inpatient Psychiatric Unit every Sunday night at 5:30 pm. We now have 19 volunteers cleared to panel there. I sent out a new script to everyone and we keep one behind the desk in 5 West. Fredy Cortex, the SUD director for that clinic, is scheduling going forward and Janet A is our new H & T liaison for HMC.

Salvation Army (SODO): 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. Our very own Jeff U is the new coordinator for this meeting.

Corrections (Karen K.) continued next page »

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

Olympic Heritage Behavioral Health (Tukwila): We are currently on hold but should be able to start an evening meeting there soon. The launch date has been put off until at least September 25th. 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)

If you are looking to do some service work, we would appreciate you joining AA Nightwatch for one 4-hour shift per month.

Current open shifts are:

- 1st Sunday 6-10 am
- 1st Wednesday 6-10 am
- 3rd Wednesday 2-6 am
- 5th Friday 2-6 am

Please contact Rob at Nightwatch@seattleaa.org if you are interested.

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

Greetings Greater Seattle Area Fellowship!

I can't believe the final quarter of our current 2-year rotation is upon us… but without further ado, I'll jump right into the meat of this thing without any more useless chit-chat.

EVENTS SINCE MY LAST REPORT

PI Workshop: Speaking at Meetings Outside of AA, , 11:30 a.m. on Saturday, 08/31/24 —
Thank you to all attended this event presented by Area 72 PI Chair, Lee B, which included our Area 72 Chair, Lupita, as speaker and a thrilling game of Jeopardy! I learn so much each time from the valuable information provided, along with eating great food and fellowshipping with the presenters and all the other attendees. If you haven't been one recently (or ever) I encourage you to watch out for the next opportunity.

Recovery Day at Seattle Mariners, Sunday, 09/15/24 —
A great big thank you to David B. (D16 PI/CPC Chair) and Allison F. (D34 CPC Chair), who ensured A.A. and Greater Seattle Intergroup was represented as literature again this year. As with everything he does, David did an amazing job planning everything in detail, from initial engagement with the organizers, arranging all logistics for the event, buying treats for the attendees, picking up all the supplies, and ultimately staffing the table together with Allison.

AA and the Health Care Community, 10:00 a.m. on Saturday, 09/21/24 — Wow… just wow! Here's another example of exceptional hard work and dedication by a whole lot of passionate Trusted Servants and volunteers. Our subcommittee Chairs, Dawn P. (D34 CPC Chair) and Ruth P. (D14 PI Chair) worked together with panelists to plan and deliver this amazing workshop. But the event simply wouldn't have happened without all the setup and tech support from Mike, GSIG Web & Tech Chair, and Dan, GSIG Treasurer, and the support of our Area CPC and PI Chairs, Carlos E. and Lee B. to get the word out to all of our Western Washington fellowship. As such, we had over 30 combined in-person/remote attendees, at least half of which were from various disciplines within the Health Care Community.

The intro and workshop topics below took just under an hour, followed by a 30-minute Question/Answer session.

1. "Brief History of Alcoholics Anonymous and the Health Care Community" by Kit R.
2. "The God Word" by Dave T.
3. "A Nurses Perspective and Recovery Journey" by Lisa O.
4. "A Doctor's Perspective" by Dr. Don D.

We received quite a few inquiries afterwards, for example media requests for Kaiser Permanente's Recovery display, and how to bring such an event into hospitals, and to the clinics and health care providers in our jails and prisons. Our Corrections Chair, Karen K and I, chatted later that day about a potential collaboration between our two committees on the latter.

KCLS Resource Fairs & Community Court Resource Centers — I couldn't be more thrilled about all the work our Trusted Servants have put into ensuring Alcoholics Anonymous is represented these important events to ensure access to all members of our community, and especially those who are unhoused and under-resourced.

These are the folks who are, once again, working so hard to inform the public about what A.A. is, and what it is not. All of these are ongoing commitments. Burien, Federal Way, and Shoreline each had their first event in September. Redmond Library had already been doing this work for a couple of years, but lapsed a few months ago, so Allison has been busy looking for a new set of volunteers to resume the commitment.

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

EVENTS ON THE HORIZON

WSADCP "Stronger Together – Inspiring Connection," 10/16/24 – 10/17/24 — David B. has managed so much this year, and once again he's doing a fantastic job coordinating with GSIG and the organizer to put all the final details that will make this year another success. In 2023 we were asked to staff a table on just one day, but then Astri T. and Cynthia S. executed the task so splendidly that this year we were asked to do 2-days!!! Karen K, GSIG Corrections Chair, will join David on one of the days, and as he does so well, David's has just the right volunteers lined up for the rest.

University of Washington School of Medicine, 6:00 PM on Tuesday, 10/22/24 — Having just finished as a panel members for the "AA & the Health Care Community" workshop, Dave T. (Past Delegate 59) will lead this 2-hour class again this year, joined by Dr. Don D. (District 3 CPC Chair) as part of this student led "Addiction Medicine" course for 3rd year medical students. This is another event that's in the final stages of planning, and the organizer at UW is very excited, noting that this particular class is one the students look forward to the most!

HOW CAN YOU HELP?

Distribute Pamphlet Packets
Drop by Seattle Intergroup to pick some up for yourself, then bring a batch to your District meetings and homegroups so that members can bring them to their doctors, clergy, and legal professionals. It's also a lot of fun to stuff pamphlet packets at a group event, especially when you're answering phones. If money is an issue, you're absolutely welcome to ask a staffer to charge the cost of the pamphlets to the PI/CPC budget. Just contact me if you'd like more info.

Adopt a Rack
As I mentioned in last month's report, KCLS has officially requested that a visible Literature Rack of AA Pamphlets and Schedule Books be placed in every library. So, if you're not sure if your local library is already stocked with AA Literature, please stop by or work with your group or District to find someone who will. Of course, the same goes for community centers, doctor's offices, public health facilities, etc.

4-tier acrylic rack 6.5" x 4.5" x 10" stocked with an initial set of schedules and pamphlets at Seattle Intergroup is available to pick up at no cost, though of course, intergroup always appreciates contributions.

Please call (206) 587-2838 first to make sure some are in stock.

Call a Radio Station
The goal here is still to find some airtime for the 15 to 30 second AA PSAs with our local radio stations. KUOW stopped airing PSAs of any sort several years ago. RainyDawg Radio hasn't yet responded to my inquiries.

If you have time to make calls or email radio stations (and then follow-up) this is a great opportunity to provide service and have a big impact. Interested? Contact me!

Support the Bus Sign Project
Lee B, Area PI Chair, is spearheading this effort to bring back Bus Signs throughout King Country Metro. It's possible you might hear more about this at the Area 72 Annual Assembly.

SERVICE OPPORTUNITIES

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
Like the Senior Community Outreach, Ruth, D14 PI Chair, has launched a project to connect the clergy with AA.

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

Third Legacy (Mark M)

Our next sponsorship workshop, "Sponsoring the Dually Addicted", will be October 12th at 10AM on Zoom and 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 the sponsorship panel October 12th 10AM.
- 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) –

We received 12 Step referrals this month. Virginia Mason is separate in which we receive one every 2 months. Referrals happen when the office is closed and a Nightwatch Operator is able to facilitate a follow-up when someone has specifically asked to be taken to a meeting, etc., and has expressed a definite interest in AA. Please let GSIG know how/when you are available, what languages you speak, genders and more than anything, emphasize AA's are fantastic. You can sign up on the Intergroup website or call Lara/Anita.

Special Events (Steve R)

We are only 47 days away from the Vaudeville Jamboree, "Steps in Time". It takes place in 1947, not a coincidence! We need volunteers to come in and help set-up. The doors will be open at 12:00 pm.

Please let me know if you can participate. We will bring in finger food, and there will be some equipment that will need to be put up for some of the acts. Please email me if you are available at events@seattleaa.org. I am also purchasing 10 tickets myself for people that cannot afford this. If you know anybody that would like to go and needs a ticket, please let me know. There will also be tickets at the door for sale.

I do have one ask of all of you. Please send me in an email any drunk funny/embarrassing stories.

The MC will be adding those in as fillers throughout the day. You can do this anonymously as well. Nobody will know who the stories came from.

The funds from this event will go to help Greater Seattle Intergroup. We are about halfway to the 250 tickets. We will have fun, we will have entertainment, dancing and a great party.

I am hoping that for the next rotation, we can plan a 50's sock hop, and then a 60's theme, and so on.

Nominating Committee

Here are the list of people that have made themselves available for the upcoming rotation. If you are interested in making yourself available for any of these positions please send your service resume to nominating@seattleaa.org

- Chair: None
- Vice Chair: West C.
- Recording Secretary: Carina W.
- Treasurer: Pete K.

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

GSIG District Reports

District 15 (Greg E)

DCM report

- Reporting back from Pre-Assembly, checking to make sure GSRs have what they need to facilitate discussion of Assembly topics with their groups.
- Offering to carpool GSRs to the Assembly if necessary.

Treasurer's report

- Current available balance: $570.36 (considering prudent reserve & trusted servant's fund).
- Inquiring into rent due date & amount.

Corrections report:

Men's meetings up and running at SCORE (Des Moines) and the Fed Detention Center. Need volunteers! Need to be 2 yrs clean & sober & 2 yrs off books. Also have opportunities for females but need male volunteers desperately. Contact: dist15corrections@area72aa.org

Discussion topics/New business:

- Gratitude Banquet:
  - St. Joseph's Church (732 18th Ave E, Seattle - Cap Hill) reserved. Friday night, 11/8. Free parking Speakers: Past Delegates Bob & Astri.
  - Lots of opportunities for volunteers! List of needs to be distributed soon. Steve will also reach out directly to GSRs.
  - Collaborating w/Contribution of $50 for Pre-Assembly: DCM wanted to make sure we had approved this. Group conscience: this was previously approved unanimously.

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)
- PI Booth at Monroe Fair is still looking for a contribution from us before the end of the year.
- Open service positions: Accessibility, Public Info (PI), Coop w/ Professional Community (CPC), Archives, Treatment, Young People

District 16 (Kathleen B)

I missed the last DCM meeting, but I know that we've got the funds to go down to the assembly.

We're sharing some rooms with other people. We are participating in the gratitude banquet with District 15 and 40 and all the others.

We have a little bit extra money where we decided to wait until after the assembly, but we're trying to get together for a Fall event to get a little more participation in District 16.

We have our District meeting tomorrow, so I'll be more up to date.

All of our positions are full. District meeting is at Lake City Journey Church on the third Wednesday of the month at seven o'clock.

District 17 – (David)

Gratitude Banquet will be Sunday, November 3rd. at St. John's Lutheran Church 5 p.m. I have a digital copy of the flyer, but I can only text it to you if you want to give me a phone or text it to.

Tickets will be $10. We will be limited, and they do go fast.

District 24 – (Greg S)

The Speed Dating event went well. I was at a table, as well as every other committee member

Did. Every 5 minutes we would rotate, and people could describe the position and what their duties would be. There was a great turnout and 2 people were interested in my position. There were 75 people there in total with 14 positions to fill.

We decided we would start voting at our next District Meeting in October to get ahead of things before the end of the year.

District 33 (Abby)

Warm greetings from District 33!

At our last meeting our alt DCM Cheri provided more information about our area72 delegate's General Service

District 33 (Abby) continued next page »

« ***District 33 (Abby)*** continued

Conference report back, highlighting the approval of the plain language big book, and the suggestion to encourage Grapevine subscriptions.

We were encouraged to register for the upcoming Area72 Assembly.

As panel 75 is approaching, we voted to start district service position elections at October's district meeting so potential replacements would have some time to learn from their predecessor about their service position.

We are moving forward with hosting a gratitude banquet this November; a committee has been formed, initiated by Heather GSR for Diamond Sobriety, and the exact location is still being determined. Groups and individuals in the district have contributed enough so district 33 does not need to supply seed money. So awesome!

We are currently in the black.

A situation was brought to the district from a local GSR regarding the 12 Traditions, and safety in AA. Hopefully sharing our experiences was helpful, and our DCM offered to help more as needed.

Service chair positions available: Accessibility, Corrections, CPC/PI, Young People.

Grateful to be of service!

South End Fellowship (Janie)

Hello!

We were sad to announce the news about our situation and finding a new location for our Fellowship Hall. We are in the process of inquiring about new places and aim to stay within district 18.

Southend Fellowship is still going strong, and we need support now, more than ever. We have tons of time and spots open to chair meetings. We are going to be having a lot of activities coming up and would love for you to join us.

Our next Business Meeting will be held on October 12th and afterwards we will have a Spaghetti Feed. Plates can be purchased to support Southend Fellowship Activities.

On November 30th we will be having a Gratitude Lunch before our Birthday meeting. Come eat and celebrate with us! Southend Fellowship has service positions available if you would like to get involved with us!

Business

Old Business

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

- Do we have any further comments after Jeff's report on the letter?
- Jeff reiterated that we have several copies of the letter for District Reps to take and pass out at their District meetings.

New Business

Does Seattle Intergroup want to hold a speed dating event similar to District 24 and Area 72?

- The group conscience was to hold a speed dating event on December 7th from 12:00-2:00pm, with food.
- Karla will put together a flier and send it out to the roster.

Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Alcoholics Anonymous & the Health Care Professional - September 21st 10:00am-12:00pm - Hybrid
- Tradition Study 4th Tuesday of the month at 7:00pm – October 22nd – Hybrid
- Service Manual Study 2nd Sunday of the month at 11:00am – October 13th – Hybrid
- Sponsoring the Dually Addicted Alcoholic – October 12th – 10:00am – 12:00pm - Hybrid
- Steps In Time – October 26th – 1:00pm - 4:00pm at the Century Ballroom

MOTION TO CLOSE

Moved by: Dan/Seconded: Jeff — Approved: YES
Closed with the Responsibility Declaration at: 8:40 PM

WAYS YOU CAN SUPPORT SEATTLE INTERGROUP

High and Dry Subscriptions

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

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

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

Join the Sustainer's Club

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

Greater Seattle Intergroup
of Alcoholics Anonymous

THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

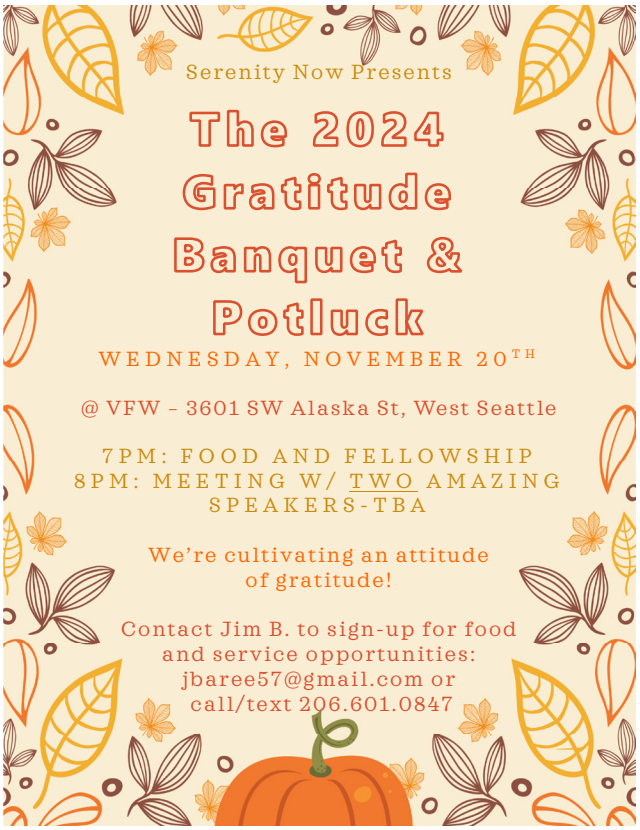
Saturdays at 6:00PM

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

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

SCHEDULED SPEAKERS

October 5th Coyle J.
October 12th Morgan S.
October 19th Judy Y.
October 26th Jeffory W.





SEATTLE INTERGROUP

PRESENTS

STEPS IN TIME



GSIG FUNDRAISER FEATURING

AA TALENT SHOW, FOOD, DANCING, 1940'S COSTUME CONTEST, FAMILY FUN FOR ALL AGES

1:00 PM TO 4:00 PM

CENTURY BALLROOM, 915 E PINE ST

Get your tickets now at GSIG or your local rep!

SEATTLEAA.ORG/EVENT/THE-STEPS-IN-TIME/

Sponsoring the Dually Addicted Alcoholic

How to sponsor the drug addicted alcoholic and maintain AA's singleness of purpose

Come and share your experience, strength and hope or come with questions and an open mind.



When: October 12, 2024 @ 10am-12pm

Where: Seattle Intergroup 5507 6th Ave. S. Seattle, WA 98108

Online @

Meeting ID: 822 9068 9150
Passcode: 681262

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



What's The Point !?!?

"12 Steps to Emotional Sobriety
October 11,12,13 2024

Presenter: Wayne B.
(Los Angeles, CA)

"When Just Being Sober Isn't Enough"

Highlighting the 3 phases of 12 Step Development: Desperation | Restoration | Transformation

Phase 1 of 12 Step Development: Desperation | Steps 1 – 3: *We Uncover the Problem*
Phase 2 of 12 Step Development: Restoration | Steps 4 – 9: *We Discover and Discard The Results of The Problem*
Phase 3 of 12 Step Development: Transformation | Steps 10 – 12: *We Recover from The Problem*

Friday Night Speaker: St. Thomas Episcopal Church, 8398 N.E. 12th St, Medina, WA 98039
Venue Sat & Sun: Eastside Alano Club, 12302 N.E. 8th St, Bellevue, WA 98036

Friday:	6:00 pm—7:00 pm	Meet the Presenter	7:00 pm — 8:30 pm	Open AA Meeting Wayne's Story
Saturday:	8:00 am—9:00 am	Registration	9:00 am — 4:00 pm	Session I — IV
Sunday:	8:00 am—9:00 am	Registration	9:00 am — 4:00 pm	Session V — VIII

Speaker Meeting 7th Tradition more information, please call:

Rona Y.R (253) 202-9965,
Tom L. (206) 391-0843,

Pre-registration: $35.00 – Saturday at the door: $40.00

To Pre-Register via Venmo: @Tom-Laris
Registration Tickets will also be sold by local members

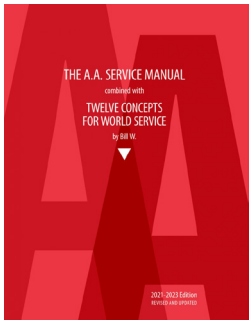
*Lunch will be available on site from 12:00 - 1:00 pm on Saturday & Sunday for $10.

SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDY-ING 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



Tradition Ten

No Opinion on Outside Issues

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



Artwork by Jenza

High & Dry

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Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

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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.

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Greater Seattle Intergroup
of Alcoholics Anonymous

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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.

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AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
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