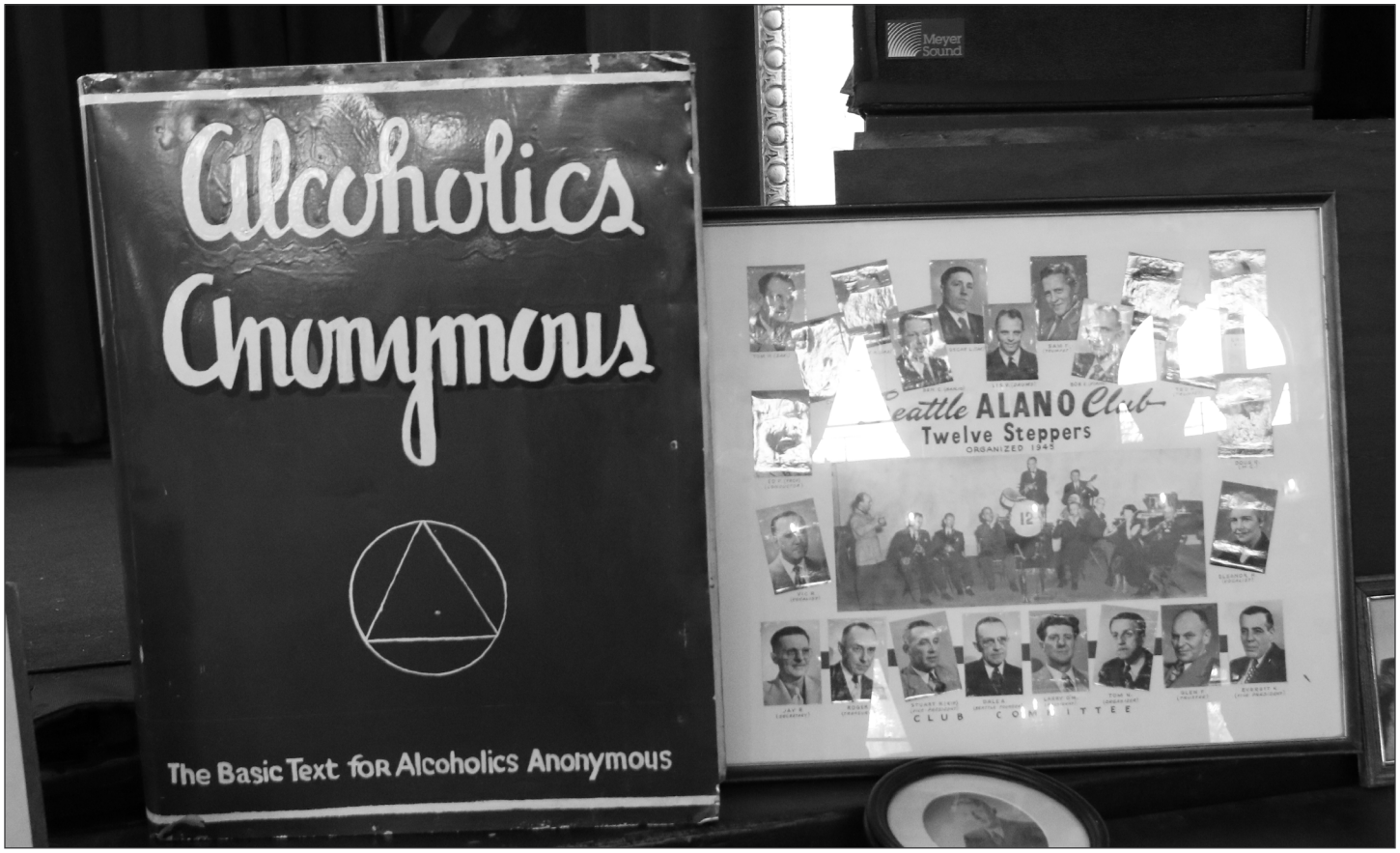
High & Dry

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

Volume 76 Issue 11 November 2024



The Steps in Time celebrates the early days of AA in Seattle (see page 9)

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Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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FUTURE TRIPPING

November GSIG Events

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

2 — Hospital and Treatment Committee

- October 2 @ 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

2 — District 33 Gratitude Banquet

- November 2 @ 4:00 pm - 8:00 pm
- Tahoma High School
  23499 SE Tahoma Way, Maple Valley
- Potluck Style Dinner

2 — Dist. 18 Gratitude Costume Party

- November 2 @ 6:00 pm - 8:00 pm
- Kennydale Memoria Hall
  2424 NE 27th St, Renton
- District 18 and the Hot Stove are proud to present this year's Gratitude Costume Party! Let's get groovy with some costumes, food and fun!

3 — Service Manual Study

- November 3 @ 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

3 — District 17 Gratitude Banquet

- November 3 @ 5:00 pm - 8:30 pm
- St. Johns Lutheran Church
  5515 Phinney Ave N., Seattle,
- Bring a side dish A-I: Side Dish J-S: Salad T-Z: Dessert 10$/per person

6 — Accessibility Committee

- November 6 @ 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

7 — 12th Step Committee

- November 7 @ 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

8 — Seattle Gratitude Banquet 2024

- November 8 @ 5:30 pm - 9:00 pm
- St. Joseph Catholic Church
  732 18th Ave E, Seattle
- Please join us for a wonderful evening of fellowship and gratitude. Doors open at 5:30pm: Dinner at 6:30pm, Speakers Meeting at 7:30pm Astri T and Bob F (both Past Delegates). 50/50 Raffle and 7th Tradition will be observed A-I: Desserts J-P: Side Dishes Q-Z: Salads

9 — Seattle Gratitude Banquet 2024

- November 9 @ 6:00 pm - 8:30 pm
- A New Beginning
  15403 Ambaum Blvd SW, Burien
- Fellowship, Potluck, Speakers and Raffle! Potluck @ 6pm Speakers @ 7pm

11 — Mid-Day Mindfulness Gratitude Fellowship

- November 11 @ 11:30 am - 1:00 pm
- Fauntleroy Church
  9140 California Ave SW, Seattle
- 11:30 Potluck Lunch Bring a Dish!
  12:00-1:00pm Meeting-Daily Reflection

11 — Corrections Committee

- November 11 @ 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

16 — CPC/PI Committee

- November 16 @ 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

17 — Burien Little Assembly Planning Group

- November 17 @ 10:30 am - 11:30 am — Online meeting
- Zoom Meeting ID: 810 1629 8713
  Passcode: 817009

19 — Web & Tech Committee

- November 19 @ 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

19 — GSIG Monthly Board Meeting

- November 19 @ 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

November GSIG Events continued next page »

« ***November GSIG Events*** continued

20 — Serenity Now Presents 2024 Gratitude Banquet and Potluck

- November 20 @ 7:00 pm - 9:00 pm — Hybrid meeting
- VFW 3601 SW Alaska St, Seattle
- 7pm Food and Fellowship, 8pm Meeting with two amazing speakers (TBA)

21 — Old Kent Annual Gratitude Dinner

- November 21 @ 6:00 pm - 9:30 pm
- First Christian of Kent
  11717 SE 240th St, Kent
- With Special Guest Speakers. Turkey, Ham, Water and Coffee provided. Bring a side dish or dessert to share: 7pm Dinner, 8pm Speakers

22 — 66th Annual Last Chance Gratitude Banquet

- November 22 @ 6:30 pm - 9:00 pm
- Woodland Park United Methodist Church 302 N 78th St., Seattle
- With Special Guest Speakers. Turkey, Ham, Water and Coffee provided. Bring a side dish or dessert to share: 7pm Dinner, 8pm Speakers

23 — District 34 Gratitude Dinner

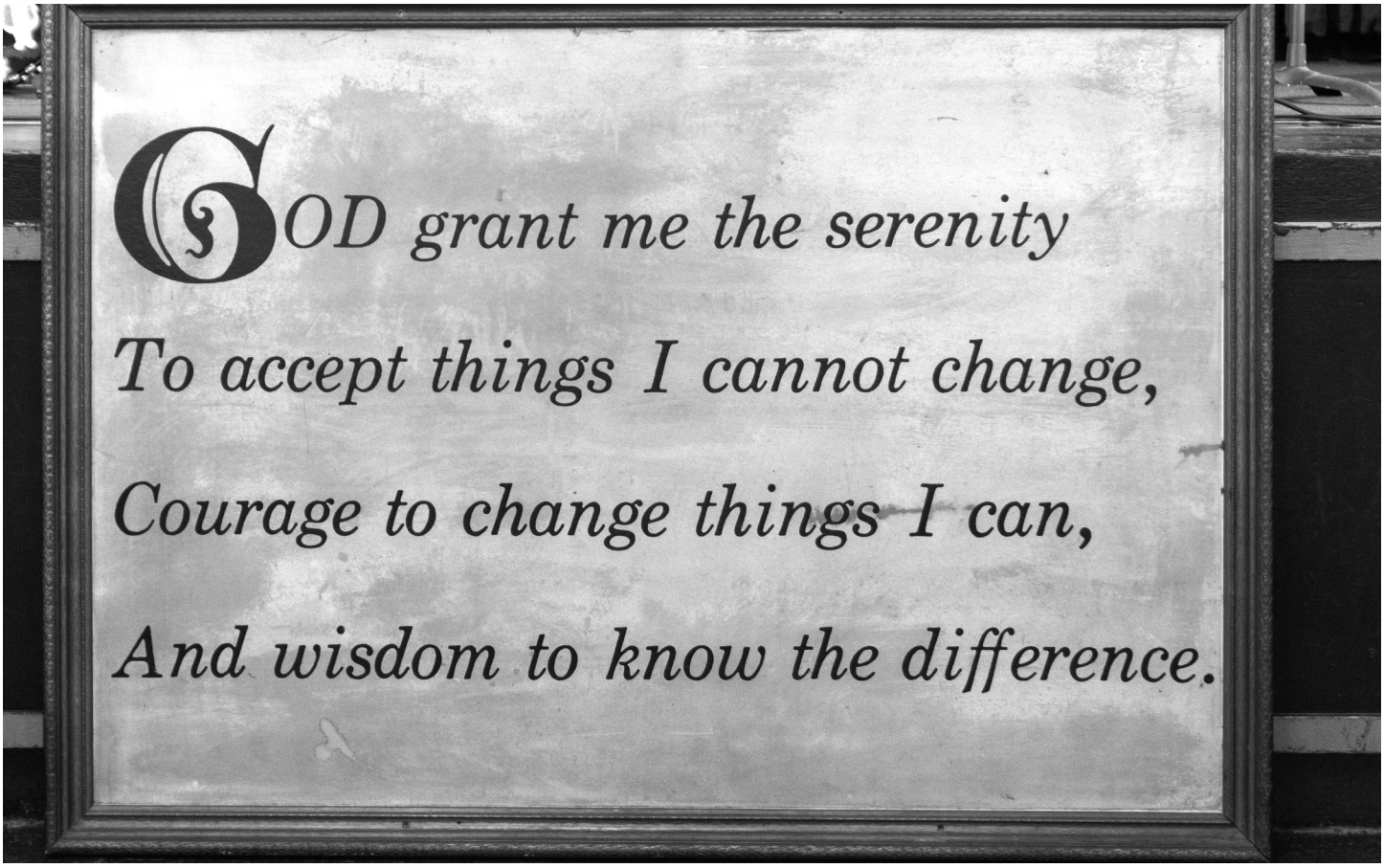
- November 23 @ 6:00 pm - 9:30 pm
- North Bellevue Community Center
  4063 148th Ave NE, Bellevue

26 — Tradition Study with the Third Legacy

- November 26 @ 7:00 pm - 8:00 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 — Thanksgiving Potluck with Fremont Fellowship

- November 28 @ 3:00 pm - 6:30 pm
- St Matthew's Lutheran Church 1700 Edmonds Ave NE, Renton
- Food 3pm to 5pm, Meeting 5pm to 6:30pm.
- Volunteers needed! If you would like to help or have questions, please contact Pete or Sabrina



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REFLECTING ON OUR PAST

November In Our History

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

Nov 1934	Ebby T. carries message to Bill.
Nov 1936	Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.
Nov 1937	Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement: a book, AA hospitals, paid missionaries. Passed by a majority of 2.
Nov/Dec 1939	Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members'(?) homes.
Nov 1941	"First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.
Nov 1945	Bill's article called, *Those Goof Balls,* published in Grapevine.
Nov 1986	Big Book published in paperback.
Nov 1, 1947	1st AA Group in Anchorage, Alaska.
Nov 1, 1963	Reverend Sam Shoemaker dies.
Nov 3, 2001	J P Miller who wrote screenplay for "The Days of Wine and Roses" died.
Nov 9, 1966	President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.
Nov 10, 1940	1st AA group formed in Minneapolis.
Nov 10, 2001	1st of 400,000 4th Edition Big Books arrives in the mail.
Nov 11, 1934	Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
Nov 12, 1940	1st AA meeting is held in Boston.
Nov 13, 1939	Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement.
Nov 14, 1940	Alcoholic Foundation publishes 1st AA Bulletin.
Nov 15, 1949	Bill W suggests that groups devote Thanksgiving week to dicussions of the 12 Traditions.
Nov 16, 1950	Dr. Bob died.
Nov 18, 1946	1st Dublin Ireland group met.
Nov 21, 1939	AA's in San Francisco hold 1st California AA meeting in the Clift Hotel.
Nov 21, 1952	Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.
Nov 26, 1895	Bill W born in East Dorsett, VT.
Nov 26, 1939	Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became one of first pamphlets on AA.
Nov 28, 1939	Hank P writes Bill advocating autonomy for all AA groups.
Nov 28, 1943	Bill guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).

Source: AASJ - https://aasj.org/november-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 the Georgetown neighborhood of 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 November Celebrants in the *How Dry I Am Club*!

Honey		11-1-1975	49 years
Donna R.		9-19-1988	36 years
Bill S.	Solution Group	9-25-1990	34 years
Jess M.			24 years
Mike C.	WMLT	11-9-2016	8 years
Heidi P.	WMLT	10-13-1985	39 years
Susan S.	Water's Edge	4-15-1989	35 years
Patrick S.	Reservoir	11-8-1995	29 years
Elise V.		10-14-1979	45 years
Anne F.	Real Alcoholics	10-21-2007	17 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 us at: *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 MEMORIAL CONTRIBUTIONS
Contributions were made in memory of the following people:

Paul L., Steve B., Molly M., Harriet T., Margy K., Dan H.

Step 11: *"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."*



Step Eleven

By Peeps

IWAS DEAD SET AGAINST prayer and all of Alcoholics Anonymous' spiritual practices when I re-entered the rooms of AA more than five years ago. So, I am amazed how my life has changed for the better since I softened my attitude toward AA's most basic spiritual suggestions.

Step 11, which suggests prayer and meditation to facilitate connection with our Higher Power, is part of my daily routine.

Once I was able to embrace my powerlessness and surrender to a Power greater than myself, one day at a time, it was easier to find the path that leads to living happy, joyous and free in sobriety.

It did not happen overnight, nor by happenstance.

I needed the help of my sponsor, AA's fellowship and literally thousands of meetings to see how important prayer and mediation are for me. I've stopped listening to the voices bickering in my head about my need to be still and quiet at the moment.

I'm taking the suggested actions. Which has enhanced my sense of serenity and hope. I have a morning meditation routine (after prayer and my first cup of coffee). I am committed to MAKING time for meditation, past experience has shown me I'm not going to FIND time for it. As I write this, I have made time for meditation for more than 270 days in a row. It's improving my life. △

Tradition 11: *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."*



Tradition Eleven

By Peeps

TRADITION ELEVEN was the result of the public's positive reaction to news of AA's successes.

Early on, many approaches were tried to showcase the benefits of following AA's 12 Steps. There was word of mouth. Newspaper and magazine articles spread the word about a possible Solution. Celebrities shared their personal stories of recovery.

It became clear that calling attention to our success stories could lead to problems, as Jack Alexander's Saturday Evening Post article led to a deluge of requests for help that overwhelmed the tiny New York headquarters.

People pay attention to AA, but we have learned to temper our desire to share our great news of recovery. The old adage that AA is one alcoholic helping another is still true. There's no proof using a bullhorn to share the news increases the rate of successful.

In my opinion, people would rather see a sermon than hear one.

The initial version of Tradition 11, the Long Form, sums up things very nicely. △

» *"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publically printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us." — TWELVE STEPS AND TWELVE TRADITIONS, page 192.*

Concept XI

By Peeps

IN THIS, the second longest of the Concepts, Bill explains in great detail the composition, functions and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine — as they existed in 1962. As A.A. has grown and changed, many of the descriptions would be different today, and some of the issues that are addressed are no longer relevant. Nevertheless, the full text is valuable as an historical document, and many of the principles still apply, as summarized below.

Underlying the service structure we have been discussing, there is another, internal structure of service consisting of the non-trustee members of the trustees' committees; the non-trustee directors of the two operating boards, and the executives and staff members. "Members of this group," declares Bill, "not only support the leadership of the trustees: they share leadership with them." The following are "several principles . . . which" apply to A.A. World Services, Inc. and the A.A. Grapevine, Inc.:

1. The status of executives

No active service can function well unless it has sustained and competent executive direction. This must always head up in one person, supported by such assistants as he needs. That person has to have ample freedom and authority to do his job, and he should not be interfered with so long as his work is done well.

2. Paid workers, how compensated

Each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world . . . . Cheap help is apt to feel insecure and inefficient. it is very costly in the long run. This is neither good spirituality nor good business. Assuming service money is available, we should therefore compensate our workers well.

3. Rotation among paid staff workers

At A.A.'s General Service Office, most staff members' assignments are changed every two years. When engaged, each staff member is expected to possess the general ability to do, or to learn how to do, any job in the place — excepting for office management.

4. Full "Participation" of paid workers is highly important

We have already discussed the necessity of giving key paid personnel a voting representation on our committees and corporate boards. They should enjoy a status suitable to their responsibility, just as our volunteers do.

The text above is an excerpt from the A.A. conference approved pamphlet (P8) The Twelve Concepts for World Service Illustrated.

Concept XI:

"While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for financial compensation of these special workers, will always be matters for serious care and concern.."



The Steps in Time

by Steve R.

THIS IS A BIG SHOUT-OUT to everyone involved in ***The Steps in Time*** Jamboree-Vaudeville, which took place on October 26, 2024, at the beautiful and historical Century Ballroom.

I am so happy and amazingly grateful to Alcoholics Anonymous and, in the God of my understanding, for the opportunity to be sober and a part of something as important as this. This was such a great time for us to have a chance to reflect on the history of how we got to the present day, which created a path for our recovery.

This opportunity opened my eyes to how important our history is to Alcoholics Anonymous today. The 40s were the platform upon which many decisions were to be made, which allowed the 50s to really start gaining traction as the program of Alcoholics Anonymous.

To list just a few instances of the 50s was the forming of our traditions and the *12 and 12*. It was also in 1950 that our first international AA conference was held, which was also the last time we heard from Doctor Bob in public, as this was the decade upon which we lost our beloved co-founder Bob.

I could go on about the many, many life-changing events for Alcoholics Anonymous in the Fifties, but I believe that it's more important to leave that to the next rotation of the Special Events Coordinator if they choose to continue this event.

We had so many amazing acts and performances at this jamboree. The newly formed band, the K-Floozies, consisting of Sally, Shannon and Bobbie, is destined for *America's Got Talent.*

Our fourth act featured a surprise fill-in actor, Ruby Potato Idaho (the classy stripper?), who was whistling… *something*?

Fifth was a great mother-daughter act, April and London, that took us *Back in Time* and *Boogie Woogie Bugle Boy of Company B* in outfits from the wartime era.



Our second act was beautiful. It was a gentleman by the name of Dick P. singing *If I Would Ever* acapella with a passion that filled the room with his beautiful voice.

The third act was an amazing husband-and-wife duet by Jeannene and Greg that warmed our insides. They sang two wonderful songs, one of which was *Tennessee Whiskey*, followed by a great rendition of *Jackson*.

Lisa sang and played the piano in her altered version of *Amazing Grace*, taking us to the sixth act of the day.

We then went into an intermission with a fantastic slideshow done by Janet V.

See ***The Steps in Time*** continued next page »

« ***The Steps in Time*** continued

Then Bob, the co-MC of the night, went out to an audience to interview a few of the elders about their memories of the Big Hall, as it was called in those days. Surprisingly, there were some, although not of the original Jamboree but of the Hall.

The second half of the show started with our seventh act, where we got to see a two-piece father/son band, Joel and Sayer, open the next portion of the show with two beautiful songs, *It Don't Mean a Thing (If It Ain't Got That Swing)* and *Somewhere Over the Rainbow*. to set the stage for an amazing second half, yup, just like the first half.

The eighth act of the night was Jenepher, who performed three songs, *God Bless the Child*, *Little Darline*, and *At Last*, which continued the flow of passion and talent.

At number nine, we were dazzled by a great performance of tap dancing to *Zippity Doo Dah* by Carol L., who we happily call "Crazy Legs" on the volleyball court, and we all know why now.

Then our tenth act changed it up, and even though it wasn't so much a 40s act, it was a very well-done pair of self-written Rap songs by Mary C.

Leaving us with our last performances of the day, first was Yoshi on piano accompanied by the song *Summertime* sung by April, and then two songs, *My Way* and *Moonlight Serenade*, that Yoshi played that quite literally brought tears to my eyes.

Finally, all this could not be done without the members who showed up to help, such as Bob F., who endured my constant rewriting of the script and had a positive attitude, telling me everything would be fine no matter what.

To Mike C., who volunteered to help with all the audio for the performers and the show's background music, to Susan, our Burlesque dancer, to Lee, our *Saturday Evening Post* press reporter, to Samatha for our snacks and refreshments, to our stage sign maker Karla, to our ticket takers and all the others not mentioned—you know who you are—a very huge "Thank You" to you all.

I am not sure if it was the fact that every act on that stage that day touched me deeply, with the talent and passion with which all these acts were performed, or if it was the Grand Big Hall that brought people dressing up in their 40s outfits, or if it was the feeling of the Recovery, Unity and Fellowship that we all got to experience that day, and that maybe, somehow, Bill and Bob was watching us with smiles, as we go through our "Steps in Time."

— Special Events Coordinator 2024, Steve R



CORRECTIONS CORNER

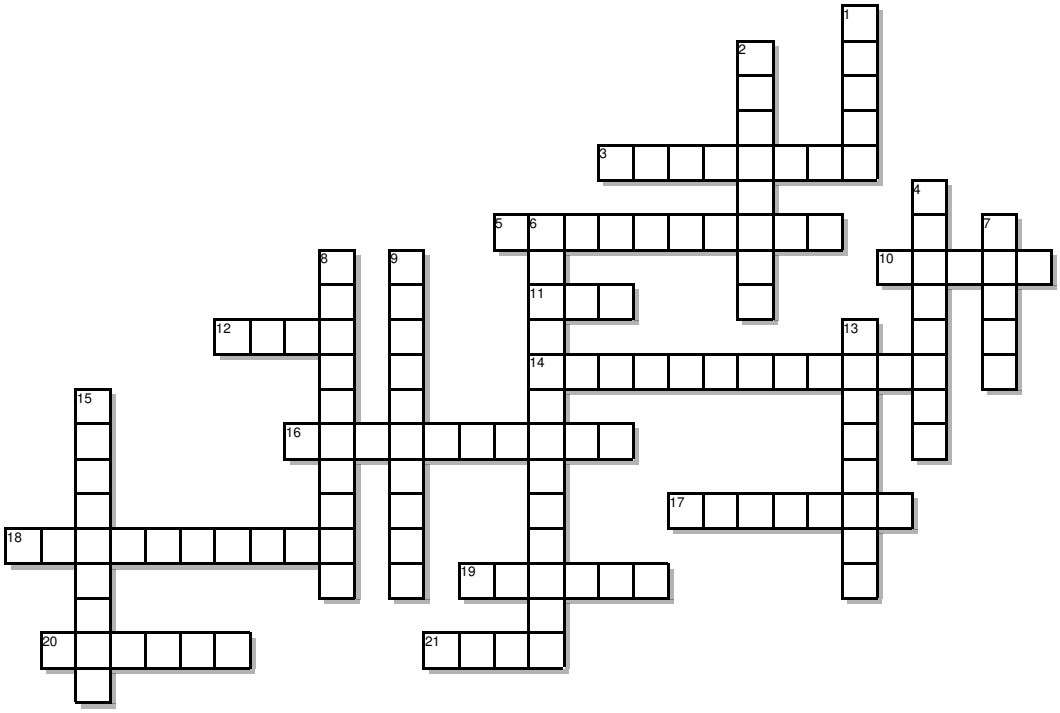
A heartfelt thank you to Daily Reprieve, May Valley AA Group, Alki Tuesday Night Groups and anonymous individuals for contributing $224.27 to the Pink Can in September. The Corrections Committee used $404.20 to purchase AA-approved literature (English and Spanish) for meetings at the Federal Detention Center. These funds help AA carry the message of hope and sober living to people inside correctional facilities.

We always have a great need for old Grapevines and La Niñas. People love the stories. If your group is interested in collecting Grapevines to donate to the Corrections Committee, please contact us at corrections@seattleaa.org.

NOVEMBER CHALLENGE

Step Eleven

Sought through Prayer and Meditation



ACROSS

3 Nothing much can grow in the dark without it.
5 Meditation has no _____ of width or height.
10 This proved there was no God.
11 The opposite of sadness
12 The opposite of despair
14 What kind of imagination is beneficial?
16 The other principle means of conscious contact with God
17 What kind of world we no longer live in.
18 What type of foundation Prayer, meditation and self examination can create.
19 There is no place for this in meditation
20 One of the principle means of conscious contact with God
21 The opposite of hatred

DOWN

1 What St. Francis is rated as.
2 What makes it possible for us to receive God's help?
4 Those that never tried prayer enough.
6 Some newcomers view the power of prayer as "quite _____"
7 What kind of support we deprive ourselves of with out prayer and meditation
8 The kind of results that followed prayer.
9 What kind of adventure is meditation
13 What were we quick to say AA had performed?
15 What we tend to think Prayer and meditation is "not really _____"

BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting/Spring Assembly
October 15, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 8 – Tracy
- Concept 8 – Craig
- **AA Birthdays for October** – None

Elected Officer Reports

Chair (Karla)

- I continue to attend meetings, 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 district inventory on November 21st for D18.
- I attended the Area Assembly in Tacoma on Oct. 4th – 6th.

ASSEMBLY 2024 REPORT

ELECTIONS

- Delegate: Courtney S. (currently serving as Alt Delegate)
- Alt Delegate: Lupita Y-M. (currently serving as Chair)
- Chair: Derek S. (currently serving as Treasurer)
- Alt Chair: Lisa S. (currently serving as Alt Treasurer)
- Treasurer: Theresa P. (currently serving as DCM District 31)
- Alt Treasurer: Derek N. (currently serving as Alt GSR)

DELEGATE REPORT – Crystal S.

- GSO Finances as of June 30th, 2024 (These figures are unaudited, and may change slightly):
  - Contributions– 5.6 Mil– 13% over budget and 15% higher than last year.
  - Literature sales– 7.0 Mil– 10% under budget.
  - Literature gross margin– 3.7 M– 7% under budget.
  - Total operating expenses– 9.2 Mil– 5% less than budget.
  - Operating surplus before depreciation through June 30th is $529K.
  - At this point in the year a $388K deficit was projected.
  - Reserve fund 11.7 Mil– 6.33 months.

Chair (Karla) continued next page »

« ***Chair (Karla)*** continued

- Two new videos from the Young People's Video project – now available on *aa.org*.
  - *"Young and Sober in AA: It could save your life"*
  - *"Young and Sober in AA: I thought drinking made me an artist"*
- *Plain Language Big Book: A Tool for Reading Alcoholics Anonymous* November 1st there will be 70,000 units, and a list price of $11. E-book will be $11.99
- *Grapevine* and *La Viña* Finances June 30, 2024
  - *Grapevine* and *La Viña* have both increased in subscription numbers, but not as well as expected.
  - Both *Grapevine* and *La Viña* were reforecast to lose more money than originally anticipated:
  - 672K for *Grapevine* (90K increase) and 571K for *La Viña* (2K increase)
  - Subscribe to Grapevine App!
- ASL Vodcast on AA Grapevine's You Tube Channel - https://www.youtube.com/watch?v=mKuECogGrrA&list=PL32cyZpp2liBOcLY6M6rEh1qFL7MKSFI7
- PRAASA 2025 is on March 7-9 in Anchorage, AK – Registration Live on Nov. 1

TREASURER REPORT – Derek S.

- Area 72 broke even for the first 3 quarters of 2024 and our Working Reserve remains relatively intact at $28,565.51 versus $30K at the year's start. Add our reserve of $10,000.00 for Assembly Seed Money Deposits for 2026 and 2028 and our cash balance equals $38,565.51. Compared to last year, however, our finances are beginning to tighten with no excess funds above the Working Reserve.

DISCUSSION TOPICS

- Assembly Excess Funds – After discussion the Area Chair determined that things would stay as they are for now with excess funds going back into the general fund and any excess funds going to GSO. She did express that several groups thought the money should stay in Area 72 instead of going to GSO and she asked groups to let the Area know just where, in the Area, that money should go.
- Assembly Business Schedule to accommodate Conference proposed agenda item deadline – After discussion, no decisions were made, and it was pushed to the January Quarterly.
- Newsletter Printing/Mailing Expense – There was no overwhelming conscience on this. A floor motion was proposed but was postponed to the January Quarterly. Things will stay as they are for now. If you are receiving a newsletter by mail and would prefer to receive it electronically, contact registrar@area72aa.org.

FLOOR DISCUSSION TOPIC

- Bus Sign Project - Is the Area interested in funding a bus sign project during the 2025 winter holidays? After some discussion it was determined that there was not enough information. Topic moved to January Quarterly.

Secretary (Janet)

Hello Trusted Servants!

I continue to monitor emails RE: elections. I have received 1 resume for Chair, Vice Chair, 1 for Treasurer, and 1 for Recording Secretary. I have not received any from Greg, Morgan, or Stacia. If you have 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***.

If you want your report included in the minutes, please submit it in writing. You may use the online report form: https://www.seattleaa.org/intergroup/intergroup-board/intergroup-board-report-form/

Or you can write your report in the body of your email or attach it as a separate document.

I will accept Final Reports this month no later than Thursday, October 24, 2024. I send Final Minutes to Lara on Sept. 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 gain of $115 for the month of September, which means we basically broke even for the month. Currently we are -$13,267.81 for the year.

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 GooglePay.

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

TREASURER'S REPORT FOR SEPTEMBER 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
9/24	0.1	10.3	3.8	1.7	0.6	1.5	63.9

GSIG Office Reports

Office Committee (Pete)

Everything went great. We went over the budget. Please get the word out in November that If you want to be on the office committee, there will be one open position for the next rotation in January 2025.

People need to show up in November to check it out and elections will be in December. The committee has one nomination, and Board Chair, Karla, chooses the other new member for the office committee. If you are interested, please contact Lara and be patient. It's a great committee, and It's very easy. It's been an honor & pleasure to chair the committee for the last two years.

Office Manager (Lara)

Financial: We broke even this month thanks to generous contributions from groups and individuals. Thank you all. Please continue to announce to the groups that we are still in the red for the year.

I successfully reconciled the books for September. I took a victory lap around the office. (Insert Rocky theme song)

Thank you, Dan, for your hard work on the 2025 Draft Budget. You are a valued and appreciated trusted servant.

Because Anita and I are working the same number of hours per week, I have enrolled Anita in the vacation accrual payroll policy that I have been enrolled in since I was hired. This is equitable and is overdue.

Inventory: The Big Plain Language Book will be available from GSO on November 1st, and in office probably in the middle of November. There is a Google Form on the website to fill out if you know that you want to purchase one of these books from Seattle Intergroup. These will be sold at 12.00.

Protocol: I have disabled the chat line temporarily until we are able to "man" the chat line. Anita has made herself available to help with this project. If you are interested in helping with this please reach out to her.

Call Log info:

- 12 step calls: 4
- Points of contact: 235

Service Committee Reports

Accessibility (Kathy A.)

There was no third quarter accessibility committee for me to attend, as they have rescheduled that for the first weekend in November. I am looking forward to connecting with Laurel and others regarding the ASL

Procurement process. I look forward to seeing more people at the Area 72 meeting and get caught up.

Archives (Theresa)

I was able to get to Seattle Intergroup offices last week and update filing of current *Grapevines* in 3-ring binders on the shelves in the meeting room. I am focusing on updating the filing of current *High & Dry* editions and working from home.

Corrections (Karen K.)

We are always very appreciative of the groups and unknown individuals who donate to the Pink Can Fund. A big thank you to Daily Reprieve, May Valley AA Group, and Alki Tuesday Night for donating $224.27 in September. We used $404.20 for primarily Spanish language literature for the Federal Detention Center. Balance is $4,697.03. At the October meeting, we discussed how the committee is spending the money, with concern that the balance is accumulating and wanting to act responsibly. We are reviewing all literature needs at the open facilities and looking at purchasing bundles of old Grapevines from GSO because they are always popular (30 GVs for $56).

We are always in need of Grapevines; they are extremely popular and people take them when they leave! If your group wants to help Corrections, please ask people to bring their used Grapevines and La Viñas to Intergroup.

We continue to have some frustrations with responsiveness of facilities to help finalize and notify volunteers when they are approved. Meetings are going well at SCORE, King County Jail Women's, Juvenile Center girls, Kent City Jail, Reynolds Men's Work Release, and at Federal Detention Center. We hope to see some movement at the RJC soon.

Prerelease had two referrals for people getting out in October and a couple more over the next few months. All is going well.

Updating the Corrections Committee Handbook continues.

As we move closer to home group elections, I want to call your attention to a great service position that many groups don't have: Corrections Group Rep. They can bring all the Corrections info, events, and opportunities right to your home group! See attached draft sample service position description that groups could adopt (or edit as appropriate).

Districts, I want to thank all the District Correction Chairs (DCC) who've put so much heart and talent into helping the committee recover post covid! If anyone is interested in being a DCC, please let me know.

We meet on the second Monday of each month at 6:30, in person at Intergroup and on Zoom. If you have questions, please email me at *corrections@seattleaa.org*.

Hospitals & Treatment (West)

Thanks everyone for another great turnout on Saturday, October 5th!

Here are the projects we are involved in…

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. This project just launched last Tuesday, October 8th. We will be bringing a two-person panel every Tuesday at 7 pm and every Saturday at 4 pm. Paul S will be helping us with this project.

Bread of Life Mission (Pioneer Square): The new Bread of Life Mission meeting launched this Summer and is happening every Saturday morning 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 is 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 C & Danny K 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 night 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 Wednesday evening at 6 pm as well as final Friday mornings at 9 am. 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 in 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 store 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 at 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.

***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.**

At Your Service with Gratitude,

West C
Chair, Greater Seattle Intergroup Hospital & Treatment Committee

425-736-4130
hospitalandtreatment@seattleaa.org

Responsibility Statement:
I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

Newsletter (John P) — Not Present

Nightwatch (Rob S)

Please spread the word that there are open Nightwatch shifts that need to be filled. These are only 4 hours (one shift) per month but are a great way to be of service to the still suffering alcoholic.

Current available shifts:

- 1st Thursday 2-6a
- 2nd Wednesday 2-6a
- 2nd Wednesday 10p-2a
- 3rd Wednesday 2-6a

Please contact Rob at nightwatch@seattleaa.org if you are interested or have questions.

Thank you!

Rob Smith
Nightwatch Chair
206-601-0061

Public Information/Cooperation with the Professional Community (PI/CPC) (Carina W) — Not Present

Third Legacy (Mark M) — Not Present

Twelve Step (John DD)

The 12th Step Committee meets virtually every first Thursday, at 6 p.m. The zoom information is on the website

We're averaging about 3 Calls/Referrals from our night watch operators each month, which was what we had last month.

Steady, consistent and It's well worthwhile. If you're not on the 12-Step list, please consider doing so. Please also consider being a Night Watch Operator. Awesome service, and many of us are night watch operators and it's a lot of fun.

Great service and powerful & enriching. I will be at the speed dating event coming up in December, & I am looking forward to that.

Web & Tech (Mike C)

Greetings from the GSIG W/T chair:

Fall has certainly given some beautiful days with all the fall colors.

I Would like to remind our members to make sure that your meeting information is up to date on our website, this is where we pull the information for the schedule books. Due date is coming fast.

Our webmaster attended the NWTAA conference via zoom.

A reminder that the rotation for this and all our committees are ending soon so please attend our information round table "speed dating" event at intergroup on 12/07/24 at noon.

And please remember that our W/T Committee meets every 3rd Tuesday, 90 minutes before the board meeting at 5:30pm Web and Tech Committee. Hybrid Meeting ID: 857 9514 2843 Passcode 467107

In service,
Mikey C
GSIG W/T Chair

Special Events (Steve R)

Tickets are going fast for Vaudeville - Steps in Time. Bob, Mike and I are working on Master of Ceremony thing.

If I can get some people to show up a little bit earlier, the doors do open at 12.

I do want to make sure that if you are talking to people about this, you know, it is Capitol Hill.

It's probably pretty parking. If you can carpool, maybe that might be a good idea.

GSIG District Reports

District 14 – (Stacia)

We had a great picnic in September and in lieu of our December meeting we will have a holiday party so we're planning that and then we're working on our budget and recruiting new officers for the new rotation. The meeting I helped start just about a year ago is looking for a new location because the church that we have been holding the meeting at had a fire and it's no longer available.

The Happy Destiny meeting is on Saturday mornings at 10.30. We have been meeting in the park across the street and luckily the weather's been kind of nice and we have a real small but dedicated group and luckily group that's really committed to trying to bring some equity to District 14 and find another location that is east of 35th Street and preferably in White Center area.

Out of our entire district there's only one meeting currently held east of 35th Street, so we're trying to find a location. If anyone knows of a spot in the White Center area, please let me know because the rain is coming. We won't be in the park much longer.

District 16 – (Kathleen B)

District 16 meets on the third Wednesday of the month.

We made a good showing at the assembly, meaning that we were able to send our DCM and Alt DCM in-person and spend the night as well as we had eight GSRs there.

It felt good to have all around participation as well as money in the budget to send that many people.

District 16 (Kathleen B) continued next page »

We are Co-Hosting a gratitude banquet at St. Joe's on Friday, November 22nd.

We hold elections until December, so we're still gathering at people who can fill in some of the committee positions. Our Alt DCM has expressed interest in being the DCM.

Thank you for allowing me to be of service.

District 24 – (Greg S)

District 24 serves Lynnwood, Mount Lake Terrace which is Hybrid.

This month, last month at our meeting, we had 40 people live and 10 people on Zoom for a total of 50.

We had our elections for the next rotation. And it was facilitated by Astri who did a did a wonderful job. There are 4 positions left to fill.

District 31 – (Thomas)

1. Read D-31 Message to GSR's from GSIG
2. Area Assembly: Motion was made by PI Area Chair to approve having AA signs on buses. GSRs discuss with your groups
3. GSRs discuss with your group their thoughts on adding a Young Peoples committee to district 31.
4. District Elections: All positions except Treasurer are available. Election at November District Meeting.
5. Burien Little Assembly: 3/01/25 - Working Together: Increasing Trust Opportunities for Service
6. Christmas Party Dec 11, 2024

New Business:

1. Derek from Area 72 to facilitate voting process - November Meeting
2. Resume for Area appointed due 11/24 if you're interested send to: Treasurer@Area72AA.org

IN SERVICE
D-31 Liaison, Thomas H

District 32 (Samantha M)

We had our meeting on October 6th. District 32 is a part of Federal Way, Pacific Algona, Auburn and that area, and we had 20 voting members attend.

We held our elections, and have a new DCM, Alt DCM, Treasurer, Webmaster, Events Chair, CPC, & Young People's Chair.

There are other positions in District 32 that are available including School panels, Secretary, Bridging the Gap, & Corrections. We will need a District Rep, which I would love to do again! We will keep working on elections until January.

We went over our forecast and budget for next year and will be voting on that in December.

We need to make new schedules for 2025.

Our DCMs are impressed with the GSRs in our district, so they just had a lot of really great things to say about them.

District 33 (Abby)

Grateful greetings from District 33!

We are hosting a potluck style gratitude banquet Saturday November 2nd at Tahoma High School in Maple Valley from 4-8pm with the theme of service- gratitude in action! All are welcome, including kiddos. No charge for this event. Please join us for dinner, fellowship and fun.

We started our district elections for the next rotation. Positions were filled for a new DCM and alternate, Treasurer and alternate, Archives chair, and Hospital/Treatment chair. There are many positions still available. We plan to have a service table at our gratitude banquet with information on service committees. Our next round of elections will be at our upcoming district meeting Tuesday November 12th at 6:30pm at the King County sheriff's precinct #3, 22300 Southeast 231st Street, Maple Valley. Please come make yourself available!

We are in the black financially but do have a larger upcoming expense for our archives/district storage unit.

The Area 72 Assembly was awesome. We had ten in-person attendees from district 33 and were grateful to participate in the discussions and voting for new Area elected positions. Thank you to all of the those who made themselves available to be of service to our western Washington area.

Feeling inspired for the next rotation!

Serenity Hall (Joel)

There will be a Halloween Party on Saturday. October 26th after the Birthday Meeting and Speaker, 9:30 PM.

Business

Old Business

Speed dating is coming up December 7th

Get the word out to your districts and groups.

It is an opportunity to learn more about service opportunities at GSIG. There will be separate tables set up with a committee chair or elected officer at each table. Interested members come sit at a table and get a few minute presentation on what is involved with that position/committee. Then, they move on to the next table until they find their service match!

Takeaways

- We broke even in September, still need $$
- Steps in Time
- Budget
- Plain Language Big Book
- Speed Dating
- GSR Letter

Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00pm
- Burien Little Assembly planning meeting – Third Sundays – October 17th – 10:30am - Online
- Tradition Study 4th Tuesday of the month at 7:00pm – November 26th – Hybrid
- Steps In Time – October 26th – 1:00pm - 4:00pm at the Century Ballroom
- Service Manual Study 1st Sunday of the month at 11:00am – November 3rd – Hybrid

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Proposed 2025 Budget

For more details, visit: https://www.seattleaa.org/2024/10/15/2025-proposed-budget/

Category	Budget 2025	Forecast 2024	Actuals 09302024	Budget 2024
CPI	1.04			
Income				
4201 Special Events Income	6500	9323	6992	6500
Contributions				
4001 Group Contributions	133101	127981	95986	140263
4002 Ind contributions	30103	28945	21709	29848
4003 Meeting Room	4800	6789	5092	4400
4004 Birthday Contributions	2200	2609	1957	2100
4005 Sustainers	20000	17984	13488	20000
4006 Group Insurance	1000	627	470	1000
Total Contributions	**191204**	**184936**	**138702**	**197611**
Literature Sales				
Retail Sales				
4101 Literature Sales	58000	58787	44090	56000
4111 Meeting Directory Sales	11000	10784	8088	11000
4121 Coin Sales	15000	14300	10725	14000
4141 High & Dry Sales	320	200	150	320
4151 Shipping Income	1200	1257	943	1100
Total Retail Sales	**85520**	**85328**	**63996**	**82420**
Total Income	**283224**	**279587**	**209690**	**286531**
Cost of Goods Sold				
COGS				
5101 Literature COGS	37700	38000	36712	36464
5111 Meeting Directory COGS	5000	5584	5584	9000
5121 Coin COGS	7950	7640	5730	4000
5141 High & Dry COGS	1850	2641	1981	1850
5161 Inventory Adjustments	-300	-303	-228	
5162 Lit COGS Qty Disc(-) Penalty(+)	0	-461	-346	
Total COGS	**52200**	**53101**	**49433**	**51314**
Total Cost of Goods Sold	52200	53101	49433	51314
Gross Profit	**231024**	**226486**	**160257**	**235217**
Expenses				
6801 Standing Committees				
6811 Archives Committee	200	-12	-12	200
6812 Corrections Committee	360	55	41	360
6813 GSIG Board	1000	569	427	300
6814 Hosp & Tx Committee	1800	1673	1255	1200
6815 PI/CPC Committee	1800	2935	2201	1200
6816 Special Events Committee	6200	4617	3463	6200
6817 Third Legacy Committee	50			50
6818 Web and Tech Committee	1500	133	100	1500
6819 Accessibility Committee	5500	2307	1730	5500
6820 Big Book/Literature Fund				-
Total 6801 Standing Committees	18410	12277	9205	16510

Category	Budget 2025	Forecast 2024	Actuals 09302024	Budget 2024
Literature Discounts				
6830 Travel and Meetings		527	527	
6831 Conference, Convention, Meeting	2000	1947	1460	2000
Total 6830 Travel and Meetings	**2,000**	**1,947**	**1,460**	**2,000**
Other Expenses				
6301 Interest & Bank Charges		1	1	
6302 Web Credit Card Fees	1352	1216	912	1300
6303 Merchant Credit Card Fees	1976	2063	1547	1900
6501 Insurance	5466	1697	1697	5256
6502 Licenses&Tax	30	25	25	210
6701 Professional Fees--Tax & Other	3600	10959	8219	15000
6921 Burien Little Assembly	150	0		150
6931 Cash Over/Short			21	
6932 Petty Cash (Over) Short				
6933 Reconciliation Discrepancies				
6934 Penalties and Fines				
6935 WA STATE B&O TAX	25	25	20	300
6941 Depreciation				
Total Other Expenses	**12599**	**15986**	**12442**	**24116**
Paid Staff				
6101 Payroll Expenses	1380	1009	756	
6111 Wages	89543	86099	64574	83000
6112 Taxes	6406	6160	4620	6600
Total 6101 Payroll Expenses	**97,329**	**93,267**	**69,950**	**89,600**
6121 Medical Insurance	1700	1699	1274	1700
Total Paid Staff	**99,029**	**94,966**	**71,224**	**91,300**
Rent and Office				
6001 Rent	51815	51035	38276	51985
6002 Triple Net	20000	21603	16202	19000
6003 Maintenance & Repair	3500	3000	2986	1100
6004 Computer Upgrade	1000	1155	866	800
6005 Office Supplies	2900	6849	5137	2900
6201 Utilities	5376	5057	3793	4675
6211 Electricity	3335	3133	2350	2900
6212 Internet Service	3940	2372	1779	5303
Total 6201 Utilities	**12,651**	**10,563**	**7,922**	**12,878**
6400 Communications				
6401 Phones	0	1416	1062	
6403 Call Forwarding	1140	1081	811	1104
Total 6400 Communications	**1,140**	**2,497**	**1,873**	**1,104**
6601 Shipping Expense	3500	2847	2135	3300
6602 Postage				
6603 office upgrades	2000	3438	3438	6500
Total Rent and Office	**98,506**	**102,986**	**78,835**	**99,567**
Southend Book Store stipend				
Total Expenses	**230,544**	**228,162**	**173,166**	**233,493**
Net Operating Income	**480**			**1,724**

Category	Budget 2025	Forecast 2024	Actuals 09302024	Budget 2024
Other Income				
7001 Interest Income	1200	1200		1200
7003 Other Income				
Total Other Income				1200
Net Other Income				1200
Net Income				**2924**
Prudent Reserve	57636			58373

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THE SEATTLE GROUP

An open meeting of Alcoholics Anonymous

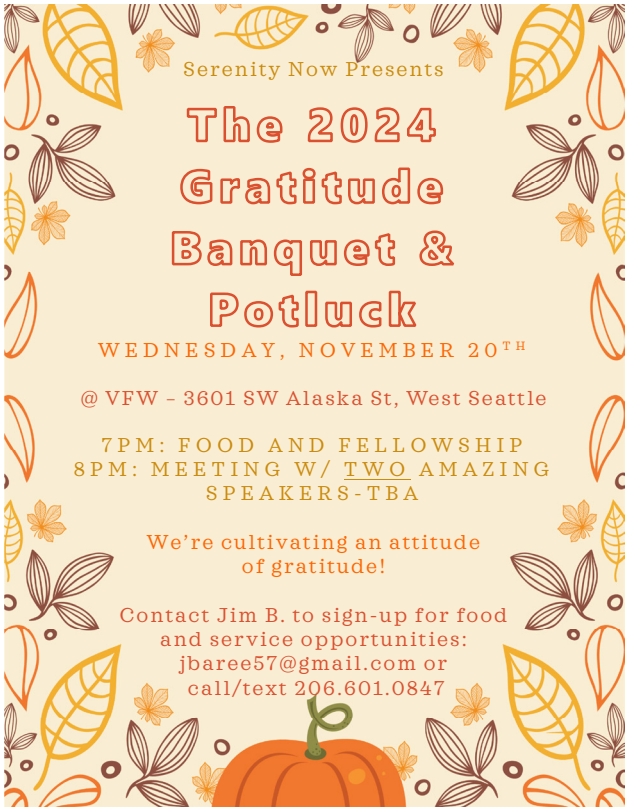
Saturdays at 6:00PM

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

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

SCHEDULED SPEAKERS

November 2nd Louise H.
November 9th Caroline P.
November 16th Karen K.
November 23rd Jeffory W.
November 30th Houston L.
December 7th Howard K.
December 14th Jeffery R.
December 21st Janet V.
December 28th Matthew S.





BURIEN LITTLE ASSEMBLY
PLANNING GROUP

JOIN US!

AA

3RD SUNDAYS, 10:30 AM–11:30 AM
ZOOM ID 810 1629 8713, PASSCODE 817009
October 20, 2024
November 17, 2024
January 19, 2025
February 16, 2025

52nd Annual Burien Little Assembly
Working Together, Increasing Trust
March 01, 2025

BLA IS SUPPORTED BY OUR 7TH TRADITION
PLEASE CONTRIBUTE
To: Burien Little Assembly, C/O Greater Seattle Intergroup
5507 6th Ave. S, Seattle, WA 98108

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



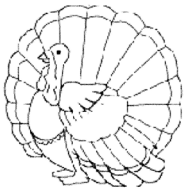
High & Dry
Call for Entries

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

THE 66th ANNUAL LAST CHANCE GRATITUDE BANQUET



FRIDAY, NOV. 22, 2024
DINNER 6:30PM; SPEAKERS 7:30

WOODLAND PARK UNITED METHODIST CHURCH
302 N 78th St,
Seattle, WA 98103

MEAT AND VEGETARIAN ENTREE PROVIDED

BRING A SIDE DISH OR DESSERT



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



Mid-Day Mindfulness

Gratitude Fellowship Potluck Lunch

Monday, November 11, 2024 (Veteran's Day)



11:30 Potluck Lunch -BRING A DISH!
12:00 - 1:00 Meeting - Daily Reflection

Main Floor - Fellowship Hall - Fauntleroy Church UCC
9140 California Ave SW

Old Kent Annual

GRATITUDE DINNER

With Special Guest Speakers

Thursday, November 21
6:00pm Doors | 7:00pm Dinner | 8:00pm Speakers

Turkey, ham, water and coffee provided.
Please bring a side dish or dessert and additional beverages if desired.

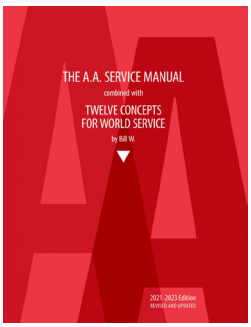
11717 SE 240th St
Kent, WA 98030

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



SEATTLE GRATITUDE BANQUET 2024

HOSTED BY: D15, D16,D40,D41

Join us for an evening of Fun, Festivities, Fellowship, Family, and Gratitude!

St. Joseph's Parish Fellowship Hall
732 18th Ave E Seattle, WA 98112

FRIDAY| NOVEMBER 8, 2024

FELLOWSHIP STARTS AT 5:30, DINNER AT 6:30PM, SPEAKERS AT 7:30

50/50 RAFFLE & 7TH TRADITION OBSERVED

SPEAKERS:
ASTRI T. (PAST DELEGATE)
BOB F (PAST DELAGATE)

Host Districts will provide Turkey, Tofurkey, Potatoes, Stuffing, Gravy, Coffee & Beverages.
Guests provide Potluck Dishes based on First Name guide below:

ASL Interpreted

A-I – Desserts
J-P – Side Dishes
Q-Z – Salads

SIGN UP BELOW FOR SERVICE OPPROTUNITIES

SPEED DATING

DECEMBER 2024

SAT 7

FIND YOUR SERVICE MATCH
Seattle Intergroup, 5507 6th Ave S, Seattle 98108

LEARN ABOUT SERVICE OPPORTUNITIES AT INTERGROUP

12:00-2:00PM

EAT FOOD

MEET COMMITTEE CHAIRS AND CURRENT OFFICERS
Hear how they do it and how you can too!

MAKE A DIFFERENCE!
Your Intergroup needs you!

SERVICE IS FUN

MORE INFO: **WWW.SEATTLEAA.ORG**

Get ready for a wonderful

Surrender At 7- 9th Annual Holiday Party & Speaker's Meeting

Join other sober women for fellowship, delicious food, & two great speakers.

TUESDAY, DECEMBER 10TH, 2024

5:45PM – POTLUCK DINNER | 7PM – SPEAKERS

QUEEN ANNE PRESBYTERIAN - 414 W. HOWE*

Hosted by Surrender at 7 - A Tuesday, Women's meeting.
The meeting will provide the main dishes.

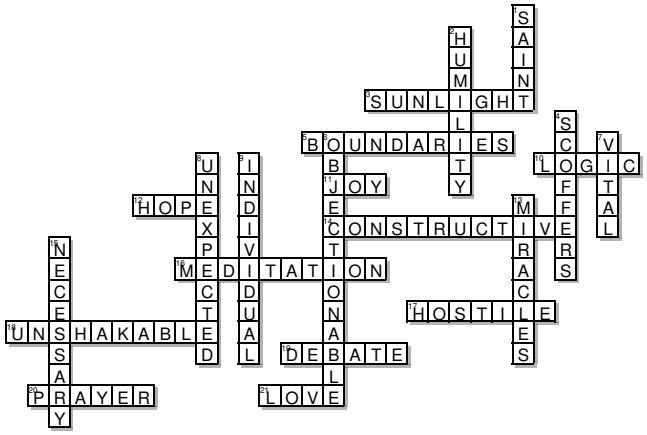
Please bring the following to share based on the first letter of your LAST name: **A-L:** Sides, Veggies, Apps **M-S:** Dessert or Fruit **T-Z**: Drinks

*2 blocks from the #2 Bus line



Step Eleven

Sought through Prayer and Meditation



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/