High & Dry

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

Volume 76 Issue 12 December 2024

It's Your Intergroup. Get Involved!

Intergroup Fall Assembly

Every Group Gets a Vote — Make Yours Count

December 17, 7 p.m.
Seattle Intergroup Office, 5507 6th Avenue South

In This Issue

- Future Tripping 2
  GSIG Calendar
- Reflecting on Our Past 3
  December in Our History
- There is a Solution 4
  GSIG News and Notes
- *How Dry I Am* Birthday Club 5
  Contributions to Intergroup
- Steps, Stories & Traditions 6
  Step 12 6
  Concept XII 6
  Tradition 12 7
- Committees and Events 9
- Board Meeting Minutes 12
- Announcements 22
- Get Involved! 25

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

FUTURE TRIPPING

December GSIG Events

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

1 — Service Manual Study

- December 1 @ 11:00 am - 12:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09
- Meeting ID 863 6483 7688 Passcode 022841

4 — Accessibility Committee

- December 4 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09
- Meeting ID: 885 9521 8136 Passcode: 611317

5 — 12th Step Committee

- December 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

6 — Spiritual Surrender 38th Annual Women's Retreat

- December 6 @ 8:00 am - 5:00 pm
- https://spiritualwomensretreat.com/

7 — Hospital and Treatment Committee

- December 7 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlLSitzMTB1RXM4eFdSU T09
- Meeting ID: 820 0608 7832 Passcode: 088776

7 — Service Speed Dating at Seattle Intergroup

- December 7 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Find your service match! Learn about service opportunities at Intergroup.

9 — Corrections Committee

- December 9 @ 6:30 pm - 8:00 pm — Hybrid meeing
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWlB4UT09
- Meeting ID: 872 2771 9137 Passcode: 833575

10 — Surrender at 7 – 9th Annual Holiday Party

- December 10 @ 5:45 pm - 8:30 pm
- Queen Anne Presbyterian Ch 414 West Howe St., Seattle
- Join other sober women for fellowship, delicious food and two great speakers. Doors open at 5:45pm, Dinner at 6:00pm, Speaker meeting at 7:00pm. 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

15 — Burien Little Assembly Planning Group

- December 15 @ 10:30 am - 11:30 am — Online meeting
- Zoom Meeting ID: 810 1629 8713 Passcode: 817009

17 — Web & Tech Committee

- December 17 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetings
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWlMUUdxYy95V3lPdz09

17 — GSIG Monthly Board Meeting — Fall Assembly

- December 17 @ 7:00 pm - 9:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/91854375402?pwd=OWkraVZIcjNNQUxweStiK3BZUFZTZz09
- Meeting ID: 918 5437 5402 Passcode: 035194

18 — Tradition Study with the Third Legacy

- December 18 @ 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

21 — CPC/PI Committee

- December 21 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: https://us02web.zoom.us/j/81020738836?pwd=MDRwcXg4UjVYYkorNG5YemNxd1ZkQT09
- Meeting ID: 810 2073 8836 Passcode: 166656

25 — Christmas Alcathon at A New Beginning

- December 25 @ 10:00 am - 11:30 pm
- A New Beginning 15403 Ambaum Blvd SW, Burien
- ANB Christmas Alcathon Meetings at 10am, 12pm, 3pm, 5pm, 7pm, and 9pm

25 — Christmas Dinner and Meeting

- December 25 @ 6:00 pm - 9:30 pm
- Greenwood Fellowship 300 NW 85th St, Seattle
- Doors open at 6pm, Complimentary Dinner at 7pm, Meeting at 8pm

31 — New Year's Eve Celebration

- December 31 @ 8:00 pm
- Greenwood Fellowship 300 NW 85th St, Seattle
- New Year's Eve Celebration Meeting at 8pm Movie at 9:45pm Countdown to midnight followed by a 1 hour meetingm

REFLECTING ON OUR PAST

December In Our History

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

Dec 1934	Bill & Lois start attending Oxford Group meetings.
Dec 1934 to May 1935	Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.
Dec 1938	Twelve Steps written.
Nov/Dec 1939	Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other member?s homes.
Dec 1939	First AA group in mental institution, Rockland State Hospital, NY.
Dec 1939	1st home meeting in Los Angeles at Kaye M.'s house.
Dec 1939	Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked 1st effort reach alcoholics outside married middle-class category.
Dec 1940	1st AA group formed in St. Louis, Missouri.
Dec 1940	Group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups.
Dec 1948	Dr. Bob's last major talk, in Detroit.
Dec 1950	Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.
Dec 1955	'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'
Dec 1982	Nell Wing retires from GSO after 35 years of service.
Dec 1, 1940	Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.
Dec 5, 1985	Dave B, founder of Montreal Group dies weeks before 50th anniversary. His story added to the 4th Edition Big Book.
Dec 6, 1939	Bert the Tailor lends Works Publishing $1000.
Dec 6, 1979	Akron Beacon reports death of Henrietta Sieberling.
Dec 7, 1949	Sister Ignatia received Poverello Medal on behalf of A.A.
Dec 10, 1975	Birds of a Feather AA group for pilots is formed.
Dec 11, 1934	Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).
Dec 11, 1941	Dallas Morning News reports 1st AA group formed in Dallas.
Dec 12, 1934	Bill has Spiritual Experience at Towns Hospital.
Dec 12, 1937	Bill meets with Rockefeller Foundation and tries to get money.
Dec 13, 1937	Rockland State Mental Hospital takes patients to meeting in New Jersey.
Dec 13 or 14, 1934	Ebby visited Bill at hospital, brought William James's book, "*Varieties of Religious Experience.*"
Dec 19, 1939	Los Angeles hold their 1st AA meeting there.
Dec 20, 1945	Rowland H dies (he carried the Oxford Group message to Ebby).
Dec 27, 1893	Samuel Moor Shoemaker was born in Baltimore, Maryland, a clergyman who would later become a l` leader in the American Oxford Group and a friend and influential figure in the development of AA

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

Stephanie A.	Empire Way	9-26-2023	1 year
Terrie W.	Brown Bag Bunch	11-12-984	40 years
Maureen S.	Hour Primary Purpose	12-2004	20 years
Greg F.	Red Doors	11-1-1986	38 years
Anne F.	Real Alcoholics	10-27-2007	17 years
Pat M.		12-31-1982	42 years
Mercera		11-22-1985	39 years
Linda M.	Sober Sisters of Seattle	12-31-1986	38 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/

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Step 12: *"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*



Step Twelve

By Peeps

PEOPLE WERE THE PROBLEM.

It goes without saying I was disappointed to read in Step 12 that helping people is the biggest part of the solution for members of Alcoholics Anonymous.

And I am required to have a "spiritual experience" in order to harvest the fruits that come from practicing the principles of all 12 Steps.

Every single one. No exceptions.

When I first sought the help of Alcoholic Anonymous, I blamed my life-long fear of interacting with people for my drinking, use of drugs and my reliance on lies to build a privately-defined world (population one).

I am first and foremost an escape artist, seeking relief from my present. I'll use whatever's at hand to be somewhere else, numb my feelings or, better yet, become someone else.

Despite piles of evidence accumulated over decades of using and relapsing, I was still "insulted" when I recognized myself when I read the conclusions of doctors who studied alcoholics extensively, on page 123 of TWELVE STEPS AND TWELVE TRADITIONS:

"These distinguished men had the nerve to say that most alcoholics under investigation were still childish, emotionally sensitive and grandiose."

I am grateful that, with the help of my HP and our fellowship of recovery, I can change my life by working with other sufferers. Sharing the light of AA's promises has helped see the way to living happy, joyous and free.

My connection to people is the Solution. △

Concept XI

By Peeps

THIS CONCEPT consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter "can be readily amended," these General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by "written consent of three quarters of all A.A. groups" in the world! Why?

Because "these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess . . . . These are the permanent bonds that hold the Conference fast to the movement it serves."

The Warranties also express spiritual principles which apply to all other A.A. entities as well.

Concept XI:

"General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action."

— By Twelve Concepts of World Service Illustrated

Tradition 12: *"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

12 12

Tradition Twelve

By Peeps

TRADITION 12 is a reminder that we did not get sober on our own. We needed help, from a Power greater than ourselves as well as the examples and encouragement of the multitudes of alcoholics who preceded us in the rooms of recovery.

Anonymity was a cloak of invisibility that helped me and others overcome our fears of being identified as alcoholics publicly and seek the assistance needed to change our lives.

One of things I love about AA is the absence of absolutes. Our "rules," the Steps and the Traditions, allow a measure of flexibility, like Step Nine's exception that I not disclose my past actions if it would cause injury to others.

Tradition 12, in congruence with Tradition Five (our primary purpose), allows me to break my anonymity if it will help another alcoholic.

I was at dinner in an emptying restaurant recently with a close friend. He is a nonalcoholic friend, but knows I am an AA member. He asked me to help him understand how AA might (and might not) help his son-in-law, who recently began attending meetings in another town.

I shared details of my experience, strength and hope in recovery, especially how long it took me to recognize the Steps are the easier, softer path to a better life.

My first AA meetings were in the 1990s. My sober date is Jan. 7, 2019.

He asked if I'd mind if he shared my contact info with his son-in-law. I told him I'd be disappointed if he did not.

I first met my friend in grade school. He's been part of life for more than 60 years. We are in a social club, where alcohol and drinking are prominent activities.

When I joined that club, just over four years ago, I told a trusted figure in my home group, Ralph B, about it. Ralph was a member of Empire Way for more than 67 years until his recent death. He was very familiar with the club, as a guest, and asked me how I was going to behave as an AA member.

Specifically, he asked, "Are you going to tell people you belong to AA?"

Other members of that club had noticed my abstention from imbibing and asked me about it.

"I usually joke that everyone is safer if I don't drink," I replied. I confessed how uncomfortable I'd been answering their questions and telling them I belong to AA.

Ralph clapped my shoulder and smiled. He urged me to reconsider my shrug-it-off tactic and be more forthcoming about my recovery and being a friend of Bill W. 's when I thought it appropriate.

"We never know how we can impact others," he said. "You might be the first AA member they've met. Ask God's help and speak from your heart." △

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CORRECTIONS CORNER

By Karen K

Taking meetings inside correctional facilities is only one of many service opportunities available to alcoholics interested in corrections service in the Greater Seattle area. If youre curious to learn more, an easy first step is to keep reading or visit https://www.seattleaa.org/corrections and review the info about what we do.

Service Opportunities Available Now:

- Home Group Corrections Rep: Encourages members to help carry the message to alcoholics confined in corrections facilities.
- Serve as the group liaison (communications link) between the AA group, Greater Seattle Intergroup (GSIG) Corrections Committee, and District.
- Prerelease Program: Connect with people getting out of facilities by bringing them to a few meetings and helping them meet people to start developing their sober community outside.
- Pink Can Fund: Help your home group start and maintain a Pink Can to collect donations used to purchase AA literature for people inside facilities.
- District Corrections Chair: If you've got two years sobriety, interested in connecting your district's home groups to corrections service and opportunities locally, and connecting to all Area 72 (western WA) corrections service, this can be a rewarding opportunity for two years.
- Take meetings into Correctional Facilities: If you've got about 2 years sobriety and can pass a facility's background checks and are willing to make a regular commitment for at least one year, this is a rewarding way to share your experience strength and hope. Each facility has different requirements and meetings' expectations. Corrections webpage has details.
- Write Corrections articles for the High & Dry each month: If you want to practice writing and are curious about corrections activities and issues, consider writing a short article for Corrections Corner each month. You can work with the committee to select topics or let the committee choose one for you! We will help you.
- Corrections Correspondence Program: Carry AA's message through letters to persons in custody who have a desire to stay sober (program is offered through the General Service Office in NYC).

If any of these service opportunities sound interesting, consider completing the online volunteer interest form (https://seattleaa.org/corrections and scroll down to the "Ready to Volunteer?" section). Or email volunteercorrections@seattleaa.org and ask us your questions.

Pink Can Fund

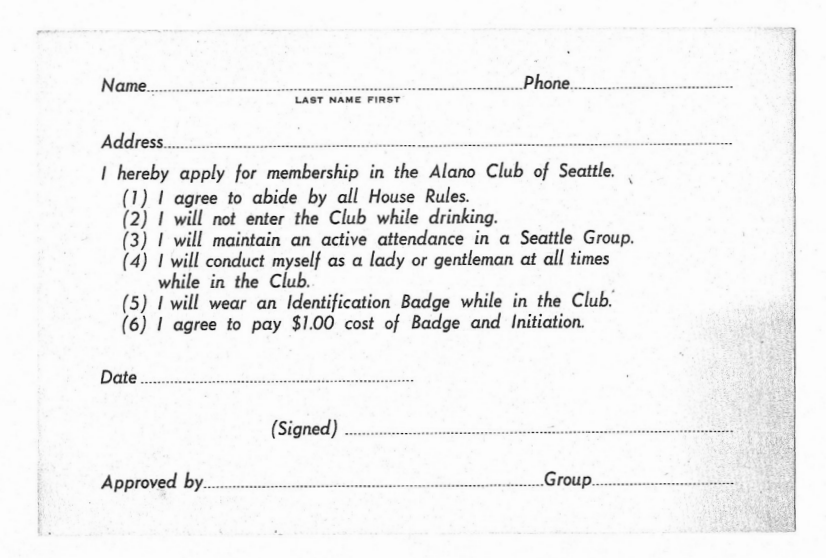
Thank you to all the Home Groups that contributed $473.56 to the Pink Can Fund during October, Mens Open Book, Wednesday Mountlake Terrace, A New Beginning, Sober Sisters of Seattle, White Center Group and anonymous individuals. We used the funds to purchase $305.55 of literature for SCORE, Federal Detention Center and Kent City Jail. Both English and Spanish language. The Pink Can ending balance is: $4,865.04.

FROM THE ARCHIVES

Once upon a time, back when the Seattle Group met in the Big Hall (as it was known then), the group was part of the Alano Club of Seattle.

This was the membership application card that was required of all club members.

Today the only requirement for membership is a desire to quit drinking.



Name..... Phone.....
LAST NAME FIRST

Address.....

I hereby apply for membership in the Alano Club of Seattle.
(1) I agree to abide by all House Rules.
(2) I will not enter the Club while drinking.
(3) I will maintain an active attendance in a Seattle Group.
(4) I will conduct myself as a lady or gentleman at all times while in the Club.
(5) I will wear an Identification Badge while in the Club.
(6) I agree to pay $1.00 cost of Badge and Initiation.

Date .....

(Signed) .....

Approved by..... Group.....

Step Twelve

Having had a spiritual awakening

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

spiritual
awakening
principles
emotional
sobriety
dubious
improbable
genuine
consciousness
transformed
honesty
tolerance
unselfishness
paradox
magnificent
reality
confidence
comfort
brotherhood
partnership
stability
happiness

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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting
November 19, 2024
Submitted by Janet A. (Recording Secretary)

Meeting Opening

- 7pm

Elected Officer Reports

Chair (Karla)

- I will be facilitating an inventory for D18 this Thursday and attending the women's AA meeting at the SCORE jail this Saturday.
- I plan on contacting all committee chairs regarding our Speed Dating event to make sure that someone is there at their table.
- I had a great time at the Steps in Time event! Great job special events committee (Steve R.) for putting on a fun and successful jamboree!

Vice Chair (Jeff) — Nothing to report

Chair Emeritus (Astri) — Nothing to report

Secretary (Janet)

Hello Trusted Servants!

I continue to monitor emails RE: Elections. I have not received any new resumes. You can still provide those resumes to this email: nominating@seattleaa.org

I look forward to seeing you all at the Speed Dating Event on December 7th! I have prepared a Recording Secretary Kit for the Incoming, elected Secretary. I will be bringing it with me!

The Steps in Time Vaudeville Show did not disappoint. We had such a great time! The Acts were amazing and so entertaining. I was also very grateful to win the costume contest as well. Thank you goes to Seattle Intergroup for the set of books, "Our Stories Disclose". I am gifting the books I already have to my sponsee's.

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 are on zoom. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. deadline to have your reports to me is ***by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org***.

Secretary (Janet) continued next page »

« ***Secretary (Janet)*** continued

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 SATURDAY, NOVEMBER 24, 2024. I send Final Minutes to Lara on November 25th so she can submit to the **High & Dry.**

Treasurer (Dan G.)

Treasurer Remarks

We had a gain of $3,947 for the month of October, because of higher-than-average group and personal contributions. Currently we are -$10,696.26 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 Google Pay.

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

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

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
July-23	2.8	11.3	0.4	1.6	0.5	2.1	87.3
Aug-23	(10.4)	9.9	0.2	1.7	0.6	1.5	76.1
Sept-23	(0.6)	8.9	1.2	1.4	0.4	1.2	79.4
Oct-23	(3.1)	9.0	0.9	1.4	1.0	1.8	80.6
Nov-23	(3.8)	7.2	1.5	1.4	0.5	1.7	65.4
Dec-23	2.4	10.0	5.9	1.5	1.1	1.2	67.0
Jan-24	3.8	15.9	1.7	1.5	0.6	2.1	77.7
Feb-24	(2.1)	8.8	3.6	1.4	0.8	1.6	75.8
Mar-24	(8.1)	7.5	0.1	1.5	0.4	1.6	67.4
Apr-24	(4.6)	13.0	0.3	1.5	0.7	1.3	62.6
May-24	(0.9)	12.3	1.8	1.4	0.8	1.9	63.7
June-24	(4.9)	7.0	0.7	1.4	0.4	1.9	58.5
July-24	10.6	14.4	8.5	1.6	1.1	1.6	70.8
Aug-24	(3.7)	7.4	1.2	1.6	0.1	1.5	60.7
Sept-24	0.1	10.3	3.8	1.7	0.6	1.5	63.9
Oct-24	3.9	16.2	3.3	1.6	1.0	0.9	67.1

GSIG Office Reports

Office Committee (Pete)

Question: "Was the budget set at $16,000 at the start of the year for committees?"

QuickBooks 6801 all committees: including web and tech, together have spent $11,000+

Budget for the year 2024: $16,510. Discussion that even if some budget is still available, at the end of year, and that committees should stick to their budget. The chair of PI/CPC brought to board, was given support. Office mgr. has addressed budget overage w committee chair

Budget update 2025: Lara highlighted rows on budget, suggesting changes can be discussed at Board Mtg.

Budget that was handed out in Oct., and that posted in High and Dry, we can talk about updates but cannot change that budget. "We are looking at and making suggestions to be addressed at the December review and vote.

Suggest change categorizing coffee to be under office supplies, not special events

The board meeting previously discussed raising the Board funds to include Chair to Area events

PBX business risk, obsolete device: current phones and switches are longer available. Comcast/Xfinity offers phones for $26 a month." identified business risks" if the phones don't work, we scramble.

Old Business: opportunity to represent the Office Committee at "Speed Dating," Dec 7th.

Elections at Dec meeting, elections at start.

Office Manager (Lara)

Financial: We broke even this month thanks to generous contributioFinancial: So grateful to the groups, districts and individuals that have answered the call for more financial support. We had another good month. If we keep going then we can build up our prudent reserve to where it ought to be, at approximately $60,000, rather than the $47,000 that it has been for the past 5 years. With inflation, this number is more accurate per our Bylaws, which state we aim for 3-month operating expenses as our prudent reserve.

Our Jamboree was a big hit! We raised approximately $1500.00 and had a great time! Our Special Events Committee (Steve) and the volunteers that helped put it together were phenomenal.

I have signed a 5-year contract with Comcast. We will receive a new VOIP phone system in December. This will make our PBX system in the back alley closet irrelevant. So long PBX, it was fun while it lasted, (which was decades). We have been given a new TV and I purchased a $40 ROKU stick which will allow groups to watch TV while in the office should they choose or want to.

Steve has replaced the fans in the Boardroom with new, silent 60" fans. They were purchased for $150 for both from Offer Up. Thanks Steve!

Bobby T. came to our rescue on a Saturday morning to unclog our drain and replace our faucet with a fancy new one. All on his day off! Thank you, Bobby T.!

Inventory: The Plain Language Big Book is in. We had a lot of pre-orders to send out. I have ordered more anticipating the need. If you pre-ordered them, they will be sent this week (Nov. 11-15), If your name is on the list, they will be set aside for you and ready to pick up. There are already changes made to the second printing so the first printing will be one of a kind.

The 2nd printing is slated to be ready in December sometime. We will keep the groups posted.

Protocol: Chat line is still disabled. We are looking at ways to make it a sustainable and functional volunteer opportunity. If you are interested in this opportunity for service, please contact anita@seattleaa.org

Call Log:
- 12 Step: 1
- Total Calls: 140

Assistant Office Manager (Anita)

- The Steps in Time event was a resounding success. I felt much hope for our little Seattle Intergroup office. I was particularly proud of my good friend Thomas H. who even participated in the costume contest and was one of the 3 finalists!
- Regarding AA related announcements: Anything you hear during board meeting reports are considered AA related announcements. You do not have to wait until your business meeting to share the information. We all have had

Assistant Office Manager (Anita) continued next page »

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

our time making AA related announcements. We currently have two past delegates attending our board meetings and although we have never had this conversation – I can assure you that making AA related announcements was part of their early sobriety. And if you're nervous making announcements – please know that it is by doing things outside of our comfort zone that we get growth.

- Our CHAT line was created in 2023 to give the still suffering alcoholic another means of contacting us. After Lara's research a CHAT button was created on our website homepage using TAWK technology.
- 6 months sobriety is recommended to answer CHAT line inquiries.
- Our goal is to have a schedule of CHAT responders, similar to our Nightwatch volunteer calendar. In order for a CHAT calendar to be effective, we need as many volunteers as possible.
- CHAT volunteers would need to install the TAWK.to chat app. Before you go live with answering chats, getting familiar with the app is recommended. It is very user friendly, but training could be provided.
- For CHATS that require further attention, it is suggested that the volunteer direct the still-suffering to call 206 587 2838. For chats that have requested a 12 Step Call – during regular business hours call the office. If it's after hours, contact John DD.
- So, please don't hesitate to make an AA related announcement that Seattle Intergroup needs CHAT volunteers.
- Bill W stated that "The Intergroup Association is the best insurance we can have that the lifelines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us always support the Intergroup."
- Making AA related announcements is supporting the Intergroup!

Service Committee Reports

Archives (Theresa)

Attended Area 72 Archives Quarterly, in person, in Anacortes. Our new GSIG Archives Committee member Steve R. and I attended together. He reported on the recent GSIG presentation "Steps in Time" jamboree at Century Ballroom, one of Seattle AA's original "big halls." This was no doubt an archival event with a photographer and our own High & Dry editor featuring an article in the November High & Dry.

Area 72 Archives quarterly presentation was a hybrid also on zoom in Spanish talking about early Spanish speaking participation in local AA with a Spanish interpreter provided so we could follow the presentation in English.

Corrections (Karen K.)

GSIG Corrections continues to take meetings into several facilities which are open for in-person meetings:

- Federal Detention Center: men's and women's meetings each week. We're looking for more people to help with these meetings.
- SCORE: men's and women's meetings each week.
- Juvenile Detention Center: Girl's meetings each week. Boys are not meeting right now; we're working with staff to figure out what will be best.
- Reynolds Work Release: Men's meetings each week.
- Kent City Jail has many men's and women's meetings each week.

If interested, please email volunteercorrections@seattleaa.org or look online at https://www.tyg32seattleaa.org/corrections. Scroll down to find the volunteer signup form and other info.

Thank you to everyone who contributed $473.56 to the Pink Can Fund during October, men's Open Group, Wednesday Mountlake Terrace, A New Beginning, Sober Sisters of Seattle, White Center Group and anonymous individuals. We used the funds to purchase $305.55 of literature for SCORE, Federal Detention Center and Kent City Jail. Both English and Spanish language. The Pink Can ending balance is: $4,865.04.

Prerelease had four referrals for people getting out of facilities. We are looking for women who want to volunteer to help connect two women getting out in January and February to meetings. For more info, visit seattleaa.org/corrections and scroll down to Prerelease Program.

I appreciate the opportunity to table at the annual convention for the Washington State Drug Court Professionals Association, with PI/CPC. It was meaningful to meet so many interesting people, many of whom are in recovery, doing good work. We distributed 70 AA pamphlets and meeting books.

Corrections (Karen K) continued next page »

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

If you are interested in learning more about Corrections work, please attend the monthly meeting every second Monday at 6:30pm in person at Intergroup and on zoom. Info is at https://www.seattleaa.org/corrections or email to volunteercorrections@seattleaa.org.

Hospitals & Treatment (West)

We had another great turnout on November 2nd with nearly 30 peeps in attendance!!! Here are the current projects we are working on...

King County Residential Treatment Program (Skyway): We successfully launched this project in October and were able to furnish them with lots of AA literature. Our weekly panels are being held every Tuesday at 7 pm and every Saturday at 4 pm. Paul S & Larry D 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 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 but that will likely change to less often. Also, we are bringing in a panel final Friday morning 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 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 H & T liaison for HMC.

Salvation Army (SODO): All are welcome at our weekly Salvation Army Sunday night 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, and I hear the meeting is doing well.

CBHL (Northgate): West went to meet with Chaplain Melissa yesterday, Mon, 11/18 and brought Big Books and other literature to the new Center for Behavioral Health & Learning Center at The NW Campus of UW Medical Center. She was sick so we will have to meet again soon to see how the H & T Committee can support their new building & patients there.

Olympic Heritage Behavioral Health (Tukwila): We should be hearing back this month about carrying our message of hope into Olympic Heritage Behavioral Health (the old Cascade). I will be finding out more information to pass along to you ASAP!

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.

Nightwatch (Rob S)

Thank you to all the Nightwatch volunteers!

If you're looking to join this amazing committee, we are currently in need of volunteers to take the following open shifts:

- 1st Thursday 2-6a
- 3rd Wednesday 2-6a
- Sunday Daily Coordinator (main duty is to send text reminders to Sunday volunteers a day before their shift).

In the spirit of rotation, we are looking for a new Nightwatch Chair.

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

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 a 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 attendings, 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.

- "Brief History of Alcoholics Anonymous and the Health Care Community" by Kit R.
- "The God Word" by Dave T.
- "A Nurses Perspective and Recovery Journey" by Lisa O.
- "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.

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!

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

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 are answering phones. If money is an issue, you're 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

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

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

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

YILAS,
Carina | cpc@seattleaa.org | 206.683.1106

Twelve Step (John DD)

The 12-step committee meets the first Thursday at 6 p.m. via zoom. All AA's are welcome. There were four 12 step calls this month and one hospital 12 step call.

We will participate in the intergroup speed dating on December 7th.

Web & Tech (Mike C)

I want to thank everybody for your service, especially Lee who handles everything on the Web.

We need more help so please remember to come down to the Speed Dating Event. I will be there, and I am looking forward to the next rotation.

Special Events (Steve R)

I have so much gratitude for this program. We had a lot of fun, the Acts were incredible, the costumes, and all the volunteers that worked together on this amazing event. We also brought in $1,500! We received the news that the Century Ballroom will be closing, so that was God working for us and made this all happen. We are celebrating 25 years in this building here at Intergroup. We will have a celebration here on the night of the Fall Assembly. Thank you for allowing me to be of service.

GSIG District Reports

District 14 – (Stacia)

We are West Seattle Vashon and White Center. Sorry, I had my camera off because I was baking an apple cake for tomorrow night's gratitude dinner. Everyone is welcome. It's hosted by Serenity now at the VFW Hall on Alaska Street, just off 35th, right off the bridge.

We held the elections, and our new GSIG Rep is Ruth, she's very excited and is probably going to join me at the December meeting to start getting familiar.

We were very happy to see three people running for DCM, we weren't all expecting that. The 2nd place person is our new old DCM and the third-place person took a committee chair position. We had about a third or so, quarter to a third of people brand new to District 14 service, step into those committee chair positions, and we filled all our open spots except for three, three and a half because we might have one build or four open spots.

We are hosting in lieu of our December meeting a holiday gathering on December 10th at the location where Alki Tuesday night is out again everyone's welcome to join we'll have a holiday potluck starting at six and then the Alki Tuesday night meeting which starts at 8:00 PM and there will be a speaker that night instead or outgoing DCM will be speaking that night.

I just want to say how appreciative I am for the two years I've got to spend in this position everyone has been so unbelievably inspiring with the dedication and amount of service that people in this group give it's really been an amazing experience for me just to see how much opportunity there is to which people are of service, so I did make myself available for the Office Committee And then no one wanted to be treasurer at district 14 So I am going to be the new Treasurer at District 14 and I think that those meetings will work to be able to do both Just fine.

District 18 – (William)

District 18 serves Renton, Kent and Tukwila.

We meet every Thursday at 7pm at: 220 South 3rd Pl in Renton.

Old Kent gratitude potluck 11/21 6pm doors 7pm dinner 8 pm speakers.

District 18 had a Halloween party potluck on the 2nd That had a pretty good turnout.

We have a group inventory 11/21 at 7pm.

Come to the district meeting, as we do have a rotation coming up.

District 24 – (Greg S)

We had 33 people in-person and 7 people on Zoom.

We filled most of our positions.

We discussed area 72 quarterly, which District 24 will be posting on January 3rd - 4th next year at the Embassy Suites in Lynwood.

I'm the volunteer coordinator so I've been gathering volunteer names and numbers if anybody is interested.

District 31 – (Thomas)

Treasurer: 2024 - Committee Budget:
- District Expenses
- Group Contributions
- Treasurer Transactions Report
- Treasurer written Report

DCM: No Report - New Treasurer at Area

Election: Facilitated by Derek S.
New District Chairs Elected:

- DCM: West C.
- Recording Secretary: Leslie L.
- Register: Diane L.
- Accessibility: Betsy N.
- CPC: Nate O.
- Grapevine: Charlie H.

District 33: (Abby)

Very grateful greetings from district 33!

(Maple Valley, Covington, Black Diamond, Hobart, East Kent, Ravensdale)

Our gratitude banquet in November was a great success. Thank you to all who helped, attended, and contributed, especially to Heather D for chairing the new committee. We will be working out the money details for future gratitude banquets and expect a motion for our December meeting.

We continued our district elections for the next rotation. We elected a Literature/Grapevine Rep, CPC/PI chair, Corrections chair, Intergroup Rep. Positions still available: district Secretary, Registrar/Printer, Accessibility chair, Young People, Newsletter, Workshop chair. Thank you to DCM Mark for implementing loosely the Third Legacy procedure for elections.

Our current Literature chair Jim H. raffled off the latest Grapevine book "Our Twelve Steps" and provided information on Grapevine year-end sales.

Our alt DCM Cheri and DCM Mark passed around flyers for the upcoming GSIG service committee "speed dating" event, as well as a flyer for "Pacific region service nerds" to join a weekly study group every Thursday starting in January 2025 from 6-7pm on the Traditions, Concepts, Service Manual, and more on zoom.

We're still in the black financially and anticipate having enough 7th tradition to pay our annual storage unit fee by the end of the year without needing to touch our prudent reserve.

Serenity Hall (Joel)

Serenity Hall will be holding an Alcathon on Thanksgiving! We'll have our doors open and meetings happening regularly throughout the day from 8:30am on Nov 28th (Thanksgiving Day) up to 12:30am that night (technically open until 12:30am Nov29th). We'll also be open late the night before Thanksgiving (from 8pm to 12:30am). Come on in if you're feeling the holiday woes and need a meeting or fellowship!

Thank you!

Business

Old Business

New Business

Takeaways

1. 2025 Budget with explanation of proposed budget
2. Fall Assembly
3. Big Book Drive
4. 25 Year Celebration of Intergroup including a Hot Dug Bar
5. Phone Shifts available
6. Season For Giving (Gratitude Month)
7. CHAT needs volunteers

Upcoming Events — SeattleAA.org/events/

- Seattle Group Saturdays at 6:00PM
- Hospital & Treatment Meeting 1st Saturday of the month – December 7th at 10:00 AM - Hybrid
- Burien Little Assembly planning meeting – Third Sundays - December 15th – 10:30am - Online
- Tradition Study 4th Tuesday of the month at 7:00pm – November 26th – Hybrid
- Service Manual Study 1st Sunday of the month at 11:00am – December 1st– Hybrid
- Speed Dating Event – December 7th from 12:00- 2:00pm.

GSIG Reports deadline: by 3rd Tuesday of the month email to: secretary@seattleaa.org

Newsletter articles deadline: 25th of each month email to high_and_dry@seattleaa.org

2025 Budget Planning.xlsx

Category	Budget 2025	Forecast 2024	Actuals 09302024	Budget 2024
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

2025 Budget Planning.xlsx

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**

2025 Budget Planning.xlsx

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

Proposed 2025 suggested amendments

Account # 6811 Archives Committee raise from $200.00 to $500.00
Explanation: Archives Committee is requesting a laptop computer for Committee use.

Account #6817 Third Legacy Committee raise from $50.00 to $250.00
Explanation: Third Legacy Committee has historically had $480.00 as a budget. Our hope is that our Third Legacy Committee will be more active in 2025 with hosting Sponsorship Workshops and traveling to Districts and Home Groups to carry the message of service opportunities at Intergroup.

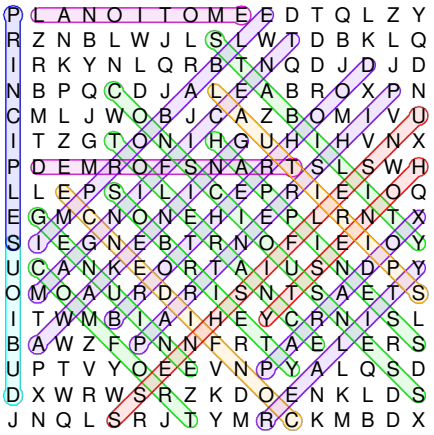
Account #6502 Taxes and License raise from $30.00 to $200.00
Explanation: Business licenses for the state of Washington and for the City of Seattle are approximately $200.00 per year.

Account #6005 Office Supplies raise from $2900.00 to $6000.00
Explanation: Our coffee has previously been categorized as a Special Events Expense. We are wanting to categorize this more accurately as an Office Expense.

Account #6603 Office Upgrade is proposed to remain the same at $2000.00
Explanation: We originally thought that replacing the fans in the Boardroom would be more of an expense. They have been replaced already for much less than anticipated, however, we feel that leaving this number at $2000.00 to leave room for possible other upgrades is a good idea.

Step Twelve

Having had a spiritual awakening



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

December 7th Howard K.
December 14th Jeffery R.
December 21st Janet V.
December 28th Matthew S.
January 4th Carter C.
January 11th Bob Z.
January 18th Courtney S.
January 25th Frank C.

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





BURIEN LITTLE ASSEMBLY PLANNING GROUP

JOIN US!

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

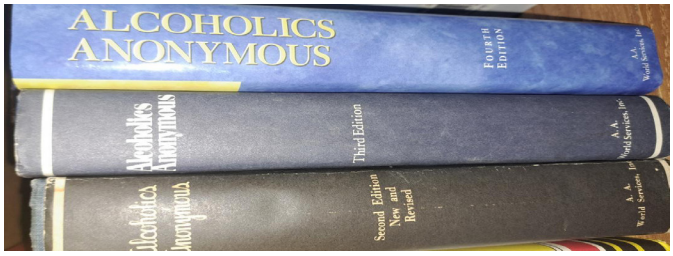


High & Dry
Call for Entries

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



Help us bring Big Books into Hospitals, Institutions and Recovery Centers!

The Hospital and Treatment Committee is holding a "Big Book" drive now until our Fall Assembly. (Dec. 17th,2024)
More institutions are requesting books and we are depleting our budget.
We are reaching out to the Groups and Districts to help fill the need so we can help support our recovery centers which are opening back up after the pandemic. All books received will go directly into hospitals and treatment facilities. We appreciate any new or used big books, without writing in them.
Drop off location is at
Seattle Intergroup 5507 6th Ave S., Seattle 98108
Contributions monetary and otherwise will be accepted anytime during open office hours:
M 10a to 2p Tu-F 10a to 6pm Sa 10a to 2p

Thank You: Your Trusted H/T servants!

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



GSIG Is Inviting You To Our

FALL Assembly

17 December, 2024

In addition to business, we will be celebrating 25 years in the same building at 6th and Lucille. Come at 6pm with a dish to share and enjoy our free hot dog bar with all the fixins.

Assembly Business Meeting Starts at 7:00 pm
5507 6th Avenue South
or on Zoom
Meeting ID: 918 5437 5402
Passcode: 035194

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

SERVICE MANUAL STUDY

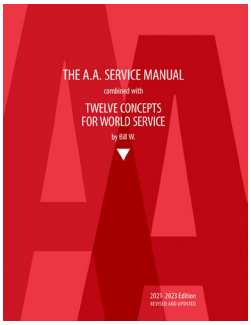
SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

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



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/