



GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

The **High & Dry**

September 2021



FUTURE TRIPPING

September Events

1 — Accessibility Committee 6 pm - 7 pm Zoom ID: 885 9521
8136 Passcode: 611317

4 — Hospital and Treatment Committee 10 am - 1130 am
Zoom ID: 820 0608 7832
Passcode: 088776

5 — Service Manual Study 10 am - 1 pm *Greater Seattle Intergroup office, 5507 6th Ave S; Seattle, 98108*

11 — Grapevine & Literature Committee Quarterly - September '21 8 am - 12 pm
Zoom details TBD

1 — Tradition Nine with Heartbreakers 10 am - 1130 am
Zoom ID: 858 5142 0330
Passcode: 051501

12 — 2021 District 14 Summer BBQ 10 am -2 pm *Lincoln Park, 8011 Fauntleroy Way SW Seattle, WA 98136*

13 — Corrections Committee 630 pm - 730 pm *Greater Seattle Intergroup office, 5507 6th Ave S; Seattle, 98108*

18 — Eastside Intergroup Picnic 11 am - 3 pm *Beaver Lake Park, 2526 244th Ave SE Sammamish, WA 98075*

18 — "Online Only" Meeting Roundtable 4 pm - 6 pm Zoom ID: 856 6331 8420
Passcode: 353586

19 — GSR Basics - Crash Course 4 pm - 530 pm Zoom ID: 878 0960 3734 Passcode: None

SEPTEMBER IN OUR HISTORY

Sept 1 1939 – First AA group founded in Chicago.

Sept 11 2001 – AA's first office destroyed during World Trade Center attack.

Sept 12 1942 – U.S. Assist. Surgeon Gen. Kolb speaks at dinner for Bill W, Dr Bob.

Sept 13 1937 – Florence R, first female in AA in NY.

Sept 17 1954 – Bill D, AA #3 dies.

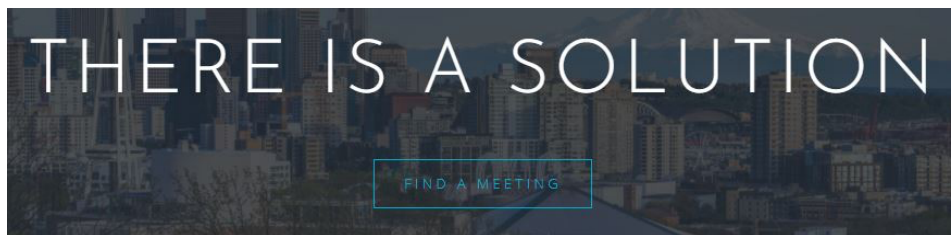
Sept 19 1965 – Saturday Evening Post publishes "Alcoholics Can Be Cured Despite AA"

Sept 19 1975 – Jack Alexander, author of Saturday Evening Post article, dies.

Sept 30 1939 – article in Liberty magazine, "Alcoholics and God" by Morris Markey.

24-26 — Three Rivers Big Book Weekend *River Front Hotel and Convention Center, 50 Comstock St. Richland, WA 99337*

28 — Our GSR's 12 Traditions Workshop 1230 pm - 245 pm
Zoom ID 838 1609 0296
Passcode: None



Thanks to Our Awesome Daytime Office Volunteers

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

Susan D. and Bill S.
Yoshi, Jonathan W., and Case T.
Stephan M. and Pam H.
Joe M., Case T., Marlene H. and Desiree H.
Jon C., Thomas H., Max and Freda T.
Clay S., Ronnie and Dan G.

MEETING CHANGES

Many meetings are no longer being held at physical locations and have moved to online formats. However, many meetings are choosing to meet in person. Checking our site is the best way to stay current with meeting times and locations.

Please let **webmaster** @seattleaa.org know if there are changes to your online or in-person meeting.

The **Corrections Committee** is now meeting monthly in-person at the office at 6:30 p.m. on the second Monday of each month.

Southend Bookstore Volunteers

Dan Y., Angie A., Troy O., Carolyn B. and Jim D.

Southend Bookstore hours are Monday through Friday 10 am to 6 pm; Saturdays 10 am to 2 pm.

Main Intergroup Office Hours

Office will be open for administrative activities. We are still processing literature orders during normal business hours: Tuesday through Friday 10am to 6 pm and Saturday 10 am to 2 pm.

High and Dry: News and Notes — August 2021

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, join us on Zoom September 15, 2021 at 6 pm.

The Zoom coordinates are:
Meeting ID: 838 9225 4204
Passcode: 153905

BIRTHDAY CLUB

HAPPY BIRTHDAY TO SEPTEMBER CELEBRANTS IN THE
HOW DRY I AM CLUB!

Ralph B.	Empire Way	65 years
Joe M.	Northgate Group	62 years
Dan C.		35 years (7/1986)
Ted K.		20 years
Anonymous	Sober Sisters	12 years

Name	
Address	
City, Zip	
AA Anniversary/# of years	
Contribution enclosed	
Home Group	
Return this form to:	Greater Seattle Intergroup 5507 6 th Ave S. Seattle, WA 98108

Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

By Mary E.

Good judgement, a careful sense of timing, courage and prudence - these are the qualities we shall need when we take Step Nine.

Going into doing my Step Nine, I couldn't have gotten through it without sponsor guidance. She had a script for me to follow, I worked on writing two per week and she carefully reviewed each one with me as I went along in the process.

My first direct amend was to one of my sisters. I was very apprehensive, but I prayed beforehand, followed my script and did it anyway. The feeling of relief afterwards wasn't only because I finished it, there was a feeling of closeness with my sister that was a start of healing our relationship. Old scores and stored up resentments were cleared away.

My most meaningful amends I made were to my two grown sons. They were ages 18 and 27 when I got sober. Throughout their childhoods, I progressively had become more and more selfish and neglectful.

With each of them, I followed my script, telling them that part of being in Alcoholics Anonymous was making amends where I had done damage in the past. I told them specific examples of my harmful behavior towards them. I acknowledged and regretted that behavior, and I would be amending (or fixing) that behavior going forward. Each son cried while I was saying these things. My taking responsibility for harm done to them was a big step toward healing for them and for me.

An unexpected benefit of amends with my sons was an emotional closeness we didn't have before. No longer was I a my-way-or-the-highway authority figure. I'm a flawed person trying to live my best life. We are on even ground together, can be imperfect humans with much less judgement and criticism of each other. I feel by admitting my wrongs to them it gives them permission to make mistakes, share them with me and not have to pretend about anything.

I'm proud of myself for having the courage to work through ALL of the 12 Steps. Before going through the process of Step Nine, I was afraid, skeptical, unsure of results and, when I did it anyway, it worked better and more wonderfully than I could have ever imagined!



The article below first appeared in the High & Dry in 1962 (July), when AA members communicated a little more directly with each other about sobriety and financially supporting AA.

Our Example

By Chit-Chat (1962)

“By their fruits ye shall know them,” says the Good Book. Over and over again we have heard from countless members of our fellowship that the greatest help we can possibly give to others is our own example. It has always seemed to us that no amount of repetition could overemphasize the importance of this great truth. When newcomers reach that milestone of progress where they genuinely help another, then do they first want sobriety positively, as distinguished from the negative desire to stop drinking. Then it is that they first conceive their own example is a force for positive good to others, however this beginning may have been.



Have you noted the relative failure of “phonies” in our society? Why? It’s because we have become dedicated in our search for honesty. And so we take a fellow for what he is. That one whose example belies his words, usually ends up with an audience of one, himself. Looking at it from the other vantage point, there is in all of us some gap between what we seem to be and what we really are. The effort to close that gap is, whether we are always conscious of it or not, an inherent desire we ultimately gain to “really be” what we “seem to be” to the other fellow.

Of course in the example we set, the question we would ask ourselves is, “How will this affect the other fellow?” Above we mention an ultimate audience of one for the “phony.” How might we wish that were literally true. There are always some wavering newcomers and even lax oldtimers, to whom the poor example of another may mean the difference between sobriety or fall from grace. Hence putting thought of the other fellow first, will inevitably lead us to an ambition at least, for achievement of the best example of which we are capable. If, in depression, we can not for ourselves, then we surely we have no right to hurt him.

There are wide differences in respective ability we have to express ourselves. But those who achieve sincerity to a high degree, will all admit that no words seem to express the depth of our finer feelings. Gratitude is a good example. Who can express it fully? Actually, the heart filled with gratitude can express itself only through deeds, not mere words. That is why in gratitude for this sobriety most of us try for expression through what we do and what we become. That's why we strive through our way of life to become the best people we can. That is why we speak so much the quality for which we yearn in our sober life.

Emerson once said, "What you are often speaks so loudly, that I cannot hear your voice." This great truth should be the guiding star for us. The grace of sobriety is a gift, a life or death gift for us. How can we show our gratitude save through dedication of all that we have to earn the many other graces we need for the best example of which we are capable? Our progress on that road will determine the fruits of our labor to help others.

Gratitude consists for attending meetings regularly, setting a good example and helping others. But there is a fellow who comes twice a year, tells everyone how grateful he is to AA. Grateful for what? For missing the hat the other 50 weeks?

AA is not a shortcut to health, wealth and glory. It is not cult of easy-come where we can sit back and eat the fruit of the tree that others have planted. We still have to do our own thinking and earn our own living if we want to be accepted on equal terms by society in general. This is a program of get and give. Without the give, we will never be properly conditioned to deflate our own ego to make proper judgment for ourselves.



AA's Legacy of Service

The following is from AA's Third Legacy Manual, where Bill W. underscores the importance of carrying AA's message to suffering alcoholic. He describes carrying the message as AA's primary purpose.

This section might useful to meetings/groups discussing plans for in-person meetings as we all continue to deal with the ongoing pandemic .

AA's Legacy of Service

By Bill W. (Third Legacy Service Manual 1951)

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

Hence, an A.A. service is anything whatever that helps us reach a fellow sufferer — ranging all the way from the Twelfth Step itself to a 10-cent phone call and a cup of coffee, and to A.A.'s General Services Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books and good publicity of almost every description. They call for committees, delegates, trustees and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

Vital to A.A.'s Growth

Spotlight on Service

David D.

My name is David D. and I am grateful to serve as the Chair of the Greater Seattle Intergroup Public Information and Cooperation with Professional Communities Committee (PICPC). The mission of the PICPC committee is to provide information about Alcoholics Anonymous to the public and to professionals to carry the AA message to the alcoholic who still suffers. We meet the third Saturday of the month from 10:00 -11:00 AM and anyone representing local groups or districts is welcome to attend.

Items we discuss include providing information and literature for professional communities and public events, conducting panels of speakers at schools, with faith communities, or underserved populations, and collaborating with other committees, including Hospital and Treatment and Accessibility. Since we are both public information (PI) and Cooperation with Professional Communities (CPC), and those are separate committees in many other aspects of AA, we also do some communication and bridging of service between those two groups when needed. We can also provide training and support to those interested in Public Information or Cooperation with Professional Communities service opportunities.

I have found the people involved with this committee, as well as those involved with the committees, areas, districts, and Intergroup Boards that we collaborate with, to be among the most kind, thoughtful and selfless people I have ever met. I have learned a lot from Jennifer S, who served as chair before me, and to all of those who participate on the committee and in this work.

I am sober for 32 years and I have a lot to be grateful for in my life. Those gifts of sobriety were made possible when my family called AA to find out how they might be able to support me in my struggles with the disease of alcoholism. The hand of AA was there, because of people like you reading this now. I enjoy being able to contribute in some small way to help spread the message of recovery to others. Thanks for allowing me to be of service!

These services, whether performed by individuals, groups, areas or A.A. as a whole, are utterly vital to our existence and growth. Nor can we make A.A. more simple by abolishing such services. We would only be asking for complication and confusion.

Concerning any given service, we therefore pose but one question: "Is this service really needed?" If it is, then maintain it we must, or fail in our mission to those who need and seek A.A.



Is your group or meeting interested answering GSIG's phones? Check the schedule below to see which nights are available in September

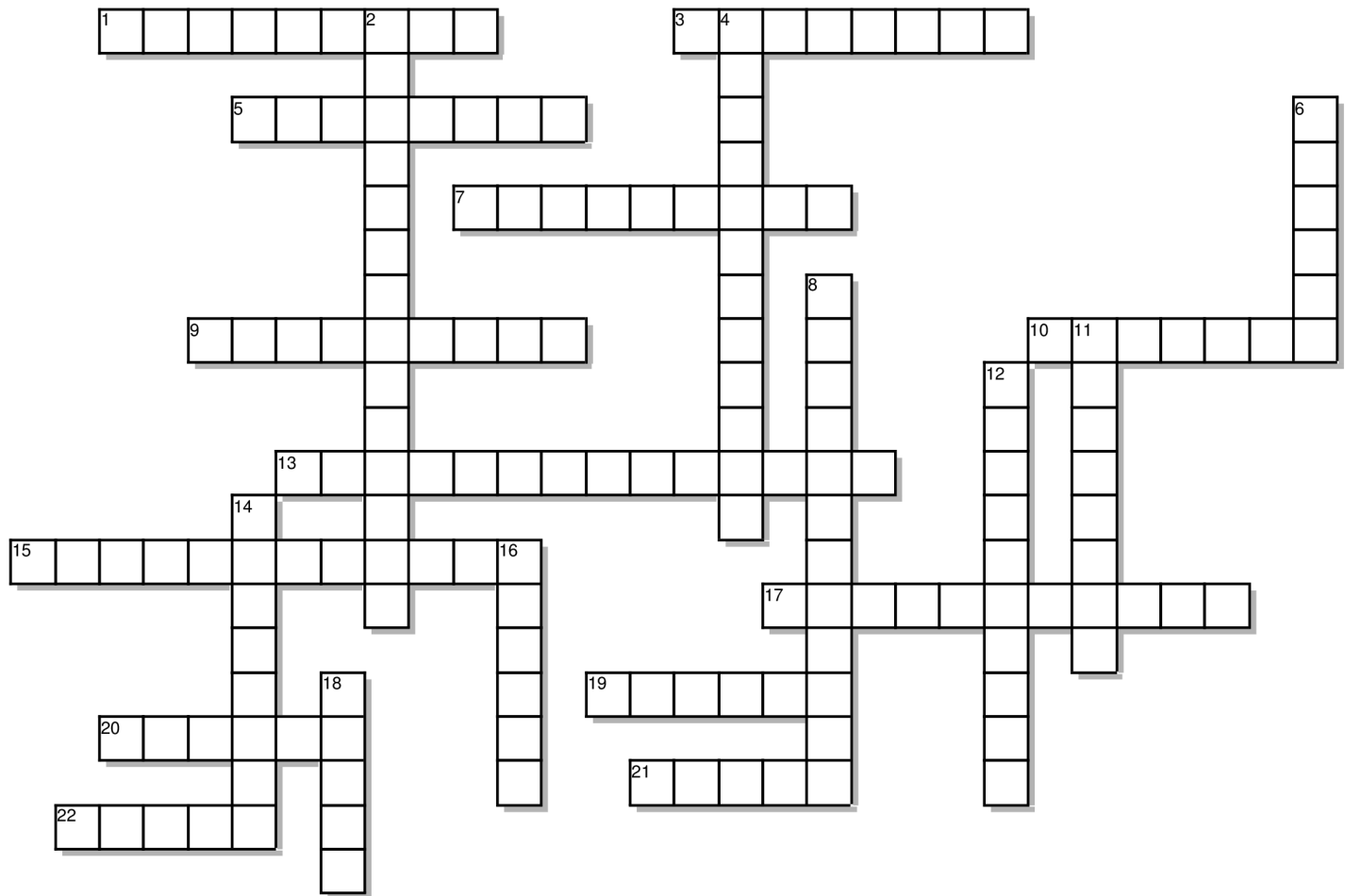
SEPTEMBER 2021 PHONE ANSWERING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6-10 OPEN	2 6-10 Seattle Young People	3 6-10 Serenity Now	4 2-6 Fourth Dimension 6-10 OPEN
5 10-2 Wings 2-6 WSSS 6-10 OPEN	6 6-10 Holly Court	7 6-10 Empire Way	8 6-10 Daily Reprieve	9 6-10 OPEN	10 6-10 Full Monty	11 2-6 Rocketed Into Recovery 6-10 Hot Stove
12 10-2 OPEN 2-6 Evergreen South 6-10 OPEN	13 6-10 DDD	14 6-10 Walk the Talk	15 6-10 OPEN	16 6-10 Queen Anne Study	17 6-10 LCVB	18 2-6 Benson Hill 6-10 OPEN
19 10-2 On Awakening 2-6 OPEN 6-10 ANPG	20 6-10 Lake Union Men	21 6-10 Boiled Owl	22 6-10 Queen Anne Gov	23 6-10 Skyway Group	24 6-10 OPEN	25 2-6 Phoenix Club 6-10 Richmond Beach
26 10-2 Solution Group 2-6 Sunday Morning Magic 6-10 OPEN	27 6-10 OPEN	28 6-10 White Center	29 6-10 Northgate Group	30 6-10 OPEN	Fifth Friday 6-10 Sober Diversity	Fifth Saturday 2-6 JMG 6-10 OPEN
Fifth Sunday 10-2 OPEN 2-6 1-HR Reality Check 6-10 OPEN	Fifth Monday 6-10 Sobriety Study	Fifth Tuesday 6-10 Empire Way		If your group would like to volunteer to answer phones please contact	anita@seattleaa.org OR Lara@seattleaa.org	

Twelve Traditions Illustrated

Answers on page 21!

P-43



ACROSS

- 1 What are the committees organized to do (two words)
- 3 anonymity is a simple expression of this
- 5 What kind of anonymity is Tradition Eleven speaking of
- 7 What kind of alcoholics are the strongest attraction
- 9 What kind of movement is AA
- 10 The group must do this or the individual will not
- 13 This threatens the individual's own sobriety (two words)
- 15 We need some degree of this
- 17 _____ but not affiliation
- 19 When we want the hand of AA to be there
- 20 What kind of anarchy is AA

- 21 The lure of what has led many astray
- 22 A vulgar five letter word

DOWN

- 2 What freedom brings
- 4 What kind of freedom do the traditions offer
- 6 What Dr. Bob warned us to "Let's keep it _____"
- 8 How does AA work
- 11 What kind of authority do we have for our groups purpose
- 12 The closest approximation to government that AA has (with the)
- 14 What sorts of ideas get thoughtful attention
- 16 Who determines whether or not newcomers qualify for membership
- 18 The preservation of this is a life or death matter for alcoholics yet unrecovered

GSIG Condensed Board Meeting Minutes

Meeting held August 17, 2021 @ 7pm
This meeting was offered as a hybrid event.

Quorum was established.

July Board meeting minutes approved.

20/20 Committee report

Committee Members: Mike M, Anita S, Dave T, Thomas H, Ed H, (not present Christene D)

Mission statement

“To provide information or suggestions to the Board for future long-term planning of GSIG including its services, facilities, and activities.”

Office lease

1. Reviewed draft of final lease analysis and Seattle market rent data presented by Ed H
2. Completed lease analysis and prepared final summary and recommendation for distribution to the Board on Aug 17, 2021
3. Board will discuss and vote on recommendation at Nov 2021 Board meeting

Update the GSIG Policies and Procedures (P&P) manual

Materials that will be distributed to the Board at Sep 2021 meeting

- a) Original P&P,
 - b) Revised/Proposed P&P,
 - c) Summary of any significant changes
- Vote will be at the Dec 2021 Fall Assembly

Ed H. discussed the following Intergroup lease information

20/20 Committee – Intergroup Office Lease Discussion & Recommendation for August 2021 Board meeting

Current Seattle Intergroup's Lease at 5507 6th Ave S:

- Expires May 31st, 2022 (ten months) if we were going to move likely need 6 months n
- Current space consists of 3,354 square feet (sf)
- 2,497 sf is office + 857sf non-office space (the back area)

Monthly Rent

- \$3,689 - Base Rent

- \$1,484 - NNN's (property taxes, insurance & management – billed by Landlord)
- \$450 – electric, garbage - directly paid
- \$5,623 – Total Full Service Monthly Rent X 12 months = \$67,476 per year = **\$20.12sf Full Service annual rent**

Property Features/Benefits

- **Location** – the current South Seattle location would be considered a “central location” with relatively easy access to all Districts and Groups we serve off I-5 and Aurora/99
- **Parking** - Free & relatively plentiful
- **Ground Floor / Direct Access** to the office allows:
 - 24/7 access – versus coming off a shared lobby that requires card-key access
 - Utilities – many multi-tenant buildings where the utilities are shared often demand a “surcharge” for afterhours & weekend use of utilities (heat, a/c)

Market Rent Comparison

- Intergroup is currently paying Full-Service Rent of \$20.12sf which is a “below market” rent
- See pdfs for samples of Seattle Market rents
- **“full service” rents average \$27.89sf** (for comparable quality of office space)
- The rent Intergroup is currently paying on average would lease a much smaller space only 2,326sf in the Seattle market compared to the 3,354sf of space Intergroup currently occupies
- On average most Landlords expect a rental increase of 3%-5% every 12 months

20/20 Committee Recommendation to the Board

“We begin renewal discussions with our landlord to renew under the following terms”

- **Lease Term:** (5) years with (2) options to renew for an additional five years.

Note: If the Landlord prefers a lease term greater than five years and is willing to “incentivize” Intergroup for a longer lease it should be considered.

Rent: Year #1 \$3,799.67 (a 3% increase or approximately \$20.51sf Full service)

- fixed 3% annual increases thereafter
- **Improvements:** “as-is” no improvements paid by the landlord

Note: membership has a history of completing necessary improvements (paint, electrical, etc.) which is one of the reasons the Landlord keeps our rent “low”. Asking the Landlord for no improvements increases the chances of securing the lower rent. Intergroup is paying lower rent per sf than other suites in the same building. The improvements that will most likely need to be addressed in the next 12 months are new flooring (carpet) in the front office and paint.

Discussion and Vote will be performed at the November 2021 Board meeting

Office Committee-Jeff U

Discussed GSIG Sustainer’s Program. Unanimously voted to lift the freeze instituted by the Office Committee last year on doing educational outreach to the fellowship about the program.

Office Committee agreed to follow King County Public Health Guidelines for COVID-19 Protocol in office.

These are the quotes for dental and vision insurance for Anita and Lara:

Delta Dental Quote 2 employees \$59.70/each per month Total monthly rate \$119.40

VSP Vision 2 employees \$8.00/each per month Total monthly rate \$16.00

These are not necessarily the final numbers, and it's possible we could use a different provider. I think it's safe to assume a total cost of between \$100 and \$150 per month for both employees.

And we have received a recommendation from the Finance Committee that we can afford to do this if we choose to.

Whether or not to provide our paid employees Dental and Vision insurance will be voted on at the September Board meeting

Anita S (Asst. Office Manager)

12th Step Protocol discussion group

Next meeting will be at 5pm, August 27, 2021. Zoom information is on the website.

Lara R., Office Manager

We performed 16 12-Step calls in July during open office hours.

We are looking into beginning a Cooperation with the Elder Community (CEC) branch of the Accessibility CMTE, also a Remote Community Committee as a branch of the Accessibility Committee in an attempt to get connected with remote communities, especially the homeless community.

A Remote Community is defined as one that has obstacles in receiving the message of AA due to geography, language, or culture.

If your group or district is already active in either of these communities, we would love to hear what you are doing and see how Seattle Intergroup can collaborate with you and help.

We have added a page where you can listen to local AA's tell their story. They range from 7 to 40 minutes.

If you are interested in finding out more, please contact me at lara@seattleaa.org

Southend Bookstore Jim H.

Always looking for help in the bookstore. This bookstore is located inside the South King Alano Club in Auburn, WA contact aajimh@gmail.com

Web and Tech Committee Dan G.

The website has been enhanced to make it easier to tell whether a meeting is in person or online. Still working on a mobile version.

Our webmaster Lee is rotating out of the position in December. We are looking for someone to step up.

Accessibility Committee Laurel W.

It was a mellow Intergroup picnic last Sunday at Seward Park. Our committee put together a basket for the raffle, the proceeds from these separate tickets went into our blue can fund. Thank you for your donations! Our blue can donations pay for ASL interpreter services for AA groups that can't afford it. Because of Zoom and hybrid meetings, we are attracting Deaf alcoholics from all over the United States.

At our last committee meeting, Bridget did a presentation on the Remote Community efforts. I noted that Deaf and Deaf-Blind communities fit many of The definitions of a Remote community: 1) often the Deaf alcoholic is very isolated, many whose parents are hearing and didn't learn ASL to communicate with their children. 2) outside of large cities, there are no interpreted meetings 3) English is not their first language, there is no written ASL, as it's a visual language, therefore the readings aren't in their language. 4) these Deaf and Deaf-Blind individuals are marginalized 5) there is a Deaf Culture and Deaf-Blind culture.

Archives Committee Teresa S.

Attended Regional Pacific Archivists 'monthly Zoom Meeting and Area 72 Archives Committee Zoom Quarterly where area and district archivists share their current projects, problems and successes. Attended Zoom meeting on scanning and learned a couple new tricks. Scanned 30 vintage High and Drys and posted several on GSIG Google Docs. We still need to coordinate with Web and Tech on how to preserve digital archival materials.

Hospital and Treatment Committee Greg E.

1. H&T is coordinating with PI/CPC and the Accessibility Committee to respond to a request for a meeting from Elizabeth Gregory Home. We look forward to the collaboration!
2. A women's panel at Recovery Place on Friday evenings could use support. This is a nonprofit that offers detox and in-patient residential services. The panel is online, supporting Recovery Place's Beacon Hill facility. The panel is led by Empire Way, who are looking for two groups to host the panel, one every first Friday and one every 4th Friday. Please contact hospitalandtreatment@seattleaa.org if a group is interested.
3. Reminder: the H&T committee can help to route any Bridge the Gap requests that you or your District Treatment Reps may have. Please feel free to send them our way.
4. We were happy to support a service table at the GSIG Big Summer Picnic on 8/15/21! Great to see everyone.
5. We meet the first Sat of every month, 10 am, in person at GSIG and on Zoom. Next meeting is 9/4/21.

Nightwatch Coordinator Sheree P.

We are still in need of many volunteers for shifts from 10pm to 2am, 2am to 6am and 6am to 10am. It seems like the 2am shifts are the challenging ones. Please put the word out and contact myself or Mike Burns (altnightwatch@aa.org) for information regarding this important service work.

PI/CPC Committee David D.

- We staffed a table with literature at the Seattle Intergroup Picnic on Sunday the 15th.
- We are working on a request to provide support to Elizabeth Gregory Home for Women in partnership with H and T and other relevant committees.
- There is an opportunity to support a PI table at the Fair in Puyallup on either September 3, 4, 5, or 6 by attending a training on Sunday, August 22nd.
- There will be an opportunity in November to do a PICPC panel at an affordable housing complex in Seattle.
- District 14 is refilling pamphlets at West Seattle Library and several other places and has also been approached by the Accessibility Committee to connect with senior centers.
- We attended the Area 72 on August 14th and will continue to cooperate and partner with area on issues of mutual interest.

Special Events Committee and Third Legacy Committee need Chairpeople.

District 14 Kim S. District 14 picnic on Sunday September 12, 2021 from 10am to 2pm at Lincoln Park. I hope to see some of you there and enjoy fellowship.

District 40 Kristi H. Gratitude Banquet will be virtual ; Hosted by D40 and D15. November 20, 6:30-9ish pm.

Raffle, 2 AA speakers, 1 Al-Anon Speaker, TBD.

District 42 Mikey C. *Our district is planning the Annual District 42 picnic at Richmond Beach September 11. The shelter at the end of the railroad overpass is where it happens; time is usually 11- 4 and wheel chair accessible. Check seattleaa.org for info.

Upcoming events

The Seattle Group -Saturday's at 6:00 pm at Intergroup

Service Manual Study September 5th 11:00 am

District 42 Picnic September 11th

District 14 Picnic September 12th

Treasurer:

GSIG TREASURER REPORT AUGUST 17TH, 2021 DRAFT
July Financials

month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
May 2021	(-140.00)	10 K	700.00	2.8 K	205.00	383.00	102.5 K
June 2021	(- 7,751.00)	4.5 K	1 K	2.8 K	423.00	1.1 k	94 K
July 2021	(-783.00)	9 K	2 K	2.8 K	525.00	(-5 K)	102 K

My goal is to make this information easy to understand and report to the fellowship. If you have suggestions or questions, please let me know at Treasurer@seattleaa.org

Earmarked Funds remaining amounts: Pink and Blue Cans (contributions specified for these committees)

Corrections: \$4K Accessibility: \$1,050

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2021.

Corrections \$360 Hosp & Treat. \$1,467 Accessibility \$5,790 Pi/CPC \$1,322

Group contributions are 2K below monthly budget while YTD is 9K below. Sustainer's contributions are continuing. The net loss for the month is small. The YTD net loss is about 5K but only 1K below budget. Net sales income was negative because of \$5,622 meeting directory costs. The directory costs were a write off of 17K unsold 2020 schedules and the \$2,190 expense of printing the 2021 schedule booklet. Without that expense YTD would be about break even.

GSIG JULY 2021 CONDENSED FINANCIAL REPORT							
CONDENSED PROFIT & LOSS							
Ordinary Income/Expense				July 31, 2021	July - Budget	YTD July 2021	YTD Budg et
							Jan- Dec 2020

			Income									
			Total Retail Sales				4,730	6,202		22,446	43,415	37,008
			Total COGS				9,743	4,990		23,105	34,933	30,396
			Gross Profit from Retail Sales				(5,013)	1,212		(660)	8,482	6,612
						Gross Profit %	-106.0%	19.5%		-2.9%	19.5%	17.9%
			Group Contributions				8,884	10,141		62,798	70,987	113,463
			Personal and Other Contributions				1,928	836		9,041	5,854	80,354
			Meeting Room Rent; Birthday Club				525	686		2,677	4,801	6,768
			Sustainers Program				2,784	2,612		19,527	18,284	
			Special Events Income				1,745	464		3,273	3,245	4,312
			Total to Cover Fixed Expenses				10,853	15,950		96,657	111,653	211,509
			Expenses									
			Expenses--Other				1,320	1,676		10,830	11,733	17,319
			Paid Staff				3,242	5,955		38,627	41,683	62,363
			Rent and Office				6,448	7,056		47,915	49,392	79,854
			Standing Committees				627	1,435		4,365	10,045	5,614
			Total Fixed Expenses				11,637	16,122		101,737	112,853	165,150
	Net Ordinary Income (Loss)						(784)	(171)		(5,080)	(1,200)	46,359
	Net Other Income, Chiefly Interest Income						1	33		182	233	18,970

Net Income (Loss)					(783)	(138)		(4,898)	(967)		65,329
CONDENSED BALANCE SHEET											
ASSETS					July 31, 2021	June 30, 2021		DEC 31, 2020			
	Current Assets										
		Checking			55,212	47,836		54,338			
		Savings *			46,983	46,534		46,819			
		Accounts Receivable				1,062		884			
		Inventory and Other			31,673	36,182		36,084			
	Total Current Assets				133,868	131,613		138,125			
	Total Fixed Assets				2,484	2,484		2,484			
TOTAL ASSETS					136,352	134,097		140,609			
		*	Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx. \$46,000.								
LIABILITIES & EQUITY											
	Current Liabilities										
		Accounts Payable			6,045	3,146		4,318			
		Payroll/Sales Tx Liabilities			506	392		198			
		Committee Earmarked Funds Total			5,162	5,137		6,498			
	Total Liabilities				11,713	8,676		11,014			
	Equity										
		3001 · Opening Bal Equity			694	694		694			
		3101 · Retained Earnings			128,843	128,843		63,572			
		Net Income			(4,898)	(4,115)		65,329			
	Total Equity				124,639	125,422		129,595			
TOTAL LIABILITIES & EQUITY					136,352	134,097		140,609			

District 14 (Kim S.):

Hello Friends. Here is my report for District 14 August 10, 2021 report.

We have an open position for grapevine and literature chair. I am told that a great way to find out more about this service position is to attend the quarterly next month.

There are roundtables happening to work on developing a district for online meetings and there is much excitement about this. See the events section of this website to find out when the next one is.

We selected people to serve on the finance committee.

Many groups are back to in person meetings. Seattleaa.org now has an option that lets you select either online or in-person meetings when looking for a meeting. That makes it much easier to find the kind of meeting you are looking for or the kind of meeting you can tell someone who thinks they may have a drinking problem about.

We also are having our district 14 picnic on Sunday September 12, 2021 from 10am to 2pm at Lincoln Park. I hope to see some of you there and enjoy fellowship.

Thank you again for the opportunity to be of service.

District 15 (Diane D.):

Pete from Nightwatch gave a presentation asking for volunteers for 4 hour shifts. Specifically asking for the 5th week. There are 4 of these.

Tara H presented on Concept 8.

Groups checked in on their meeting status: Of the 10 groups in attendance, 7 are continuing online meetings until otherwise decided and 3 are doing hybrid meetings. D15 has a number of open service positions and GSRs were encouraged to announce the openings at their next business meetings. Our DCM spent time during the meeting explaining the focus of the up-coming Assembly and fielded questions about the content and purpose of the annual Assembly.

District 40 (Kristi):

Area Accessibility Chair, Jesse and Will H gave a presentation/report on Remote Communities.

Word out to all GSRs about last PreConf Assembly and agenda items to take to groups to discuss.

Gratitude Banquet will be virtual; Hosted by D40 and D15. November 20, 6:30-9ish pm.

Raffle, 2 AA speakers, 1 Al-Anon Speaker, TBD.

New concerns re: live meetings with increase in D- variant of C19. Some mtg changes. Advised to contact GSIG with most current group info.

Told everyone to tell everyone about the picnic this Sunday@ Seward Park!

District 42 (Mikey C.):

Greetings from District 42 Shoreline:

Just wanted to thank all of the trusted servants who show up month after month and still keep the tradition of AA service on a forward track.

*D42 has some great trusted servants and it is not an easy task to keep the spirit alive in these times.

*D42 has its meeting every 3rd Thursday of the month on zoom. Still looking for Hospital/Treatment chair.

*Our district is planning the Annual District 42 picnic at Richmond Beach September 11.

The shelter at the end of the railroad overpass is where it happens; time is usually 11- 4 and wheel chair accessible.

Check seattleaa.org for info.

Upcoming events

The Seattle Group -Saturday's at 6:00 pm at Intergroup

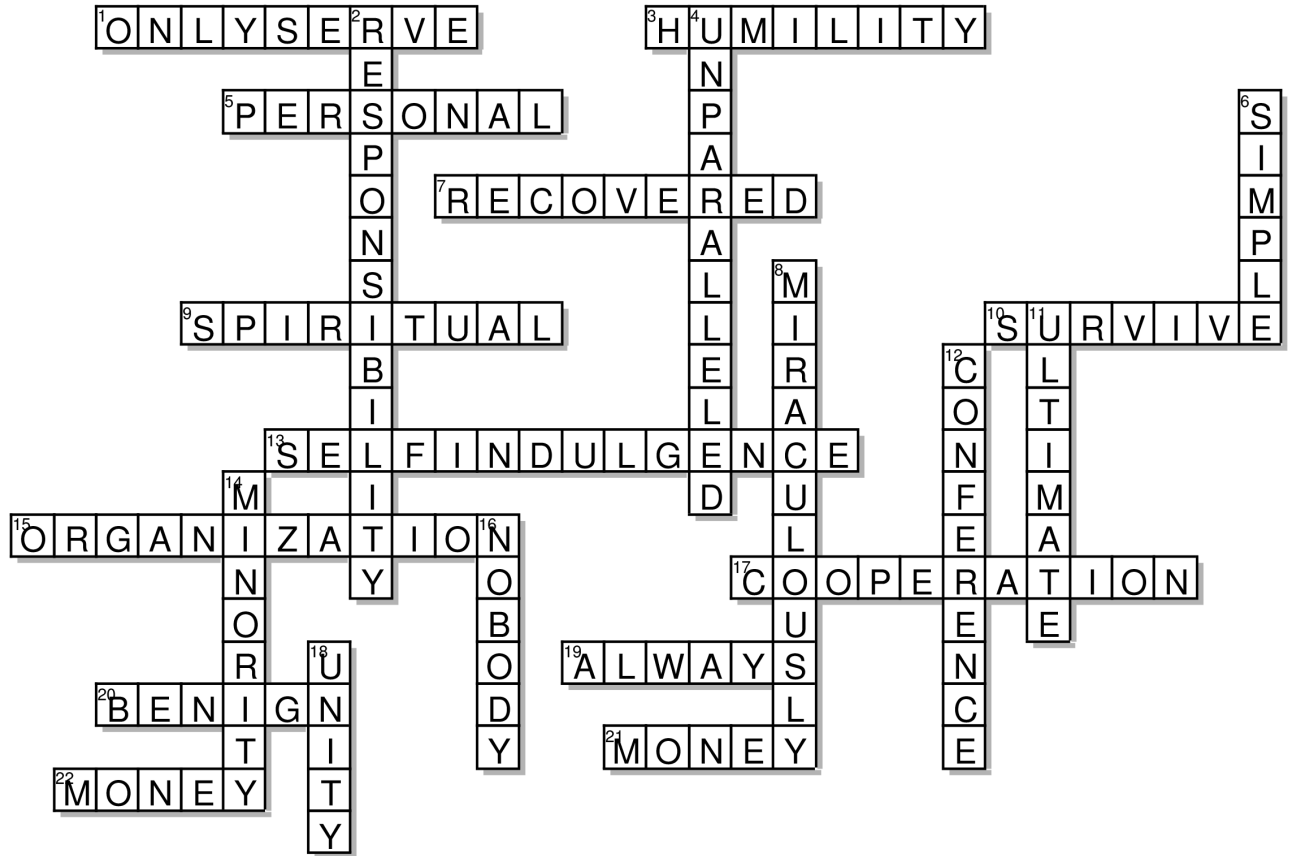
Service Manual Study September 5th 11:00 am

District 42 Picnic September 11th

District 14 Picnic September 12th

Twelve Traditions Illustrated

P-43



SEATTLE INTERGROUP

SATURDAY BBQ'S

When: 2nd and 4th Saturdays
Starting May 22nd through September 25th
12pm to 2pm

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

Bring a dish to share,
hot dogs and
hamburgers, soda and
chips available.

Donations gratefully
accepted.



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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)

 <https://www.seattleaa.org/intergroup/newsletter/submission/>

 high_and_dry@seattleaa.org



THE SEATTLE GROUP

Saturdays @ 6pm

Seattle Intergroup

5507 6th Ave S.

Seattle, WA 98108

**Fellowship from 5:30-6:00pm Join
us for the following speakers:**

August 14th Lorraine K.

August 21st Chip H.

August 28th Betty B.

September 4th John O.

September 11th Mary M.

September 18th Andy A.

September 25th Pam H.

The 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.

