



# High & Dry

November 2021

Volume 73, Number 11



## FUTURE TRIPPING

### November GSIG Events

#### 1 — PI — Literature Study

Group 715 pm - 815 pm  
Meeting ID : 895 5492 9995  
Passcode: PublicInfo  
(4762593983)

#### 6 — Archives Committee

Quarterly 930 am - 2 pm Zoom  
info: TBD.

#### 12-14 — Serenity at the Shores

2021 Ocean Shores Convention  
Center, 120 W Chance a La Mer  
NW Ocean Shores, WA

#### 13 — PI/CPC Committee's

Quarterly 930 am - 2 pm Zoom  
info TBD

#### 13 — Tradition Eleven With

Dawn Patrol 10 am - 1130 am  
Zoom info TBD

#### 13 — Open Mic 8 pm - 11 pm

Greater Seattle Intergroup Office  
5507 6th Ave South, Seattle  
98108

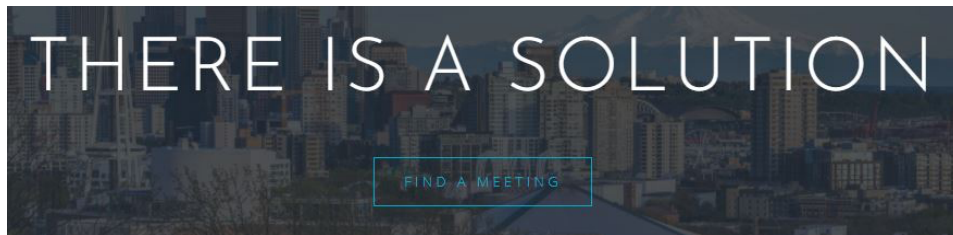
## NOVEMBER IN OUR HISTORY

- Nov 1** 1947 – 1st AA Group in Anchorage, Alaska
- Nov 11** 1934 – Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
- Nov 14** 1940 – Alcoholic Foundation publishes first AA Bulletin.
- Nov 15** 1949 – Bill W suggests that groups devote Thanksgiving week to the 12 Traditions.
- Nov 16** 1950 – Dr. Bob died.
- Nov 21** 1939 – AAs in San Francisco hold first California AA meeting in the Clift Hotel.
- Nov 26** 1895 – Bill W. born in East Dorsett, VT.
- Nov 28** 1939 – Hank P. writes Bill advocating autonomy for all AA groups.
- Nov 28** 1943 – Bill guest speaker San Quentin Penitentiary.

**20 — GSIG Gratitude Get Together** 5 pm GSIG Office  
5507 6th Ave S. Seattle, 98108.

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

**20 — 2021 Gratitude Virtual Speakers Meeting** 630 pm - 9 pm Zoom ID 873 742 4688  
Passcode: Gratitude



## **Thanks to Our Awesome Daytime Office Volunteers**

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Chris, Jonathan W., and Freda T.
WEDNESDAY	Stephan M. and Pam H.
THURSDAY	Joe M., Chris, Joe B. and Max
FRIDAY	Thomas H. and Max
SATURDAY	Clay S. 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](mailto:@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 & Dry: News and Notes — November 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](mailto: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 November 17th, 2021 at 6pm

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

# BIRTHDAY CLUB

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

Elise Von K.		42 years
Steve B.		42 years
Ron E.	Waterfront Group	29 years
Patrick S.	Reservoir Group/12 to Life (Brooklyn)	26 years
Jess M.		21 years
Aurora M.	The Scum Also Rises	15 years
Susan W.		13 years
John B.	Pass it On	10 years

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

# **Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God’s will for us and the power to carry that out.”**

By Mary E.

When I started in Alcoholics Anonymous, my sponsor directed me to pray every morning, on my knees, “God, please help me not to drink today.”

I remember thinking it was silly and I didn't believe in praying, but I was willing to do it anyway. I was desperate to stop the horrible cycle of my drinking. I had reached the point of not being able to imagine my life with or without alcohol. As she and I worked through the steps of AA, she told me to add into my daily prayer the Third Step prayer and the Seventh Step prayer.

In spite of my not understanding how it would help me, I prayed every morning. Five years later, I realize that consistent, daily surrendering my will to my Higher Power and asking to be relieved of the bondage of self, reminds me of the fatal disease I have.

I've heard some people referring to Steps 10, 11 and 12 of our AA program as the “maintenance” Steps. A member of my home group once called them her "growth" Steps and I like that. About a year ago I started making a daily effort to meditate. I started attending a weekly meditation event to help learn how.

On page 98 of our Twelve Steps And Twelve Traditions, Bill W. writes: "There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life."

For my life going forward, I want serenity and emotional balance. By taking time each day to practice prayer and meditation I have a stronger chance to feel at peace with the world around me. I'm willing to invest in my recovery for my own spiritual and emotion gain and for the benefit of all the people in my life.

Thank you AA!!!





## **Tradition 11:**

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

By Bill W. ("The Language of the Heart")

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of A.A. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous – but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish – a matter of life and death indeed!

The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us – no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, even the best, do the same. As

individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio, or picture, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."

## **A Slippery Slope with Very Little Hope**

By Anonymous

In the last couple of years I have grown accustomed to living in fear. I am bombarded with reasons to be afraid, reasons to be divided from my sisters and brothers, reasons to hate things that I cannot fully understand or people that I have never met. Contempt prior to investigation seems to have become the default setting for life these days and I have seen these handicaps wriggle their way into the sacred rooms of Alcoholics Anonymous.

My heart absolutely breaks when I hear about home groups arguing about how to best carry the message to the alcoholic who still suffers. This is indeed a time when Tradition Two -- "For our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience . . ." is getting a real workout.

I have forgotten that love is the answer to the evil and corroding thread that devastated my life before I got sober and need not control my life now.



I am reminded of the instructions in the Big Book on page 68 on how to handle fear. “We let Him demonstrate through us what he can do. We ask him to remove our fear and direct our attention to what he would have us be. At once we commence to outgrow fear.”

When I first got sober I was told by a black man, who had been sober at least 20 years at that time, that when he first came into AA, he was allowed to sit in the meetings but not allowed to drink the coffee, because he was black. That tells me that the population within the meetings is not perfect and not protected from external forces influencing the customs of a group.

This time in our history is proving to be no different, in fact, it appears to be even more insidious than the blatant racism of the 60's in that it is cloaked as a public health concern.

I wonder if the Responsibility Declaration will be up for change next?

I am responsible when any vaccinated hand, anywhere, reaches out for help, I want another vaccinated hand always to be there, and for that I am responsible.

I pray that whenever anyone reaches out that I would never require proof of vaccination before helping another struggling alcoholic. If I am frightened then I can stay home these days and have plenty of AA through zoom. I do not have a right to make AA abide by my fears. That stance definitely affects AA as a whole.

I pray that I ask, “What the master would do?” and that I be given the strength to hear that message and to carry it out.

## Cliches and Bumper Stickers Ruined My Drinking

By Peeps

I'm sure many of you have heard stories about auto workers putting coins and other objects inside car doors during assembly that rattled around distracting drivers for the life of the vehicle.

That's sort of what my father did to me. During his 49 years of sobriety, he never met an AA-based cliché he didn't love.

I was in my teens when my late dad (John P.) gained freedom from John Barleycorn in the rooms of Alcoholics anonymous in 1970. The cumulative effect of his sabotage didn't get me sober until forty years later, but his cliché-speak ruined my enjoyment of drinking and drugging almost immediately.



During many a nauseous, headache-dominated “morning after,” his cliches would gong loudly in my swollen brain. I’d curse him while praying for relief when chewing aspirin tablets.

As is illustrated by sections of the Big Book, one alcoholic in their cups can ruin the lives all of their family members. Similarly, when that alcoholic recovers, their family is affected positively, “... sometimes quickly, sometimes slowly.”

Unlike some other members, I could not pretend that AA and the 12 Steps did not work. I could see from his example that they did. My dad was my best friend’s first AA sponsor. Bob celebrated 39 years last April.

I have 33 months as I write this. And I’m grateful to have them. It took me a long time to be willing to be willing.

I first started paying serious attention to my dad’s recovery when he started bombarding me with AA cliches when we were together golfing, fishing, attending sporting events or when I was asking him for help when I was in trouble. But that was better than the literature he left behind when he visited.

His immaculately maintained car suddenly sprouted recovery-themed bumper stickers like “Live and Let Live,” “Easy Does It,” “K-I-S-S” and “Uff Da.” NOTE: K-I-S-S represented the admonition to Keep It Simple, Stupid, while Uff Da is a Norwegian expression of frustration, disgust and surprise, which my dad picked up from Ballard-area meetings.

His Buick Deuce-and-a-Quarter was a rolling AA billboard. He was among the first to get personalized automobile plates when Washington made them available. He put his AA name on his, JOHN P.

My dad’s speech relied on cliches before he went to AA, like the infamous “Sometimes a garbage can gets lucky and caches a whole ham,” but his use of them exploded after he started following the suggestions of Bill W. and Dr. Bob. I’d be rich if I had a nickel for every time he said, “One day at a Time.”

Frankly, I hated hearing many of them, especially “The chickens always come home to roost,” which was his go-to rebuke when I sought his help with my unpaid bills or when I would runaway from situations that required me to face the truth.

“You have to go to meetings to find out what happens to the people who don’t go to meetings,” which he used when I complained about “having” to attend meetings.

I stunned after reading in the Big Book that Herbert Spencer brought “Contempt prior to investigation” in AA land. I thought my dad coined that phrase.

I currently go to a lot of meetings, in-person and on Zoom. One of the reasons I do is because hearing others repeating cliches my dad used, and others, makes me feel closer to him and my Higher Power.

The cliches is keep me rooted in our program, thanks to my Higher Power and my dad.



# Higher Power

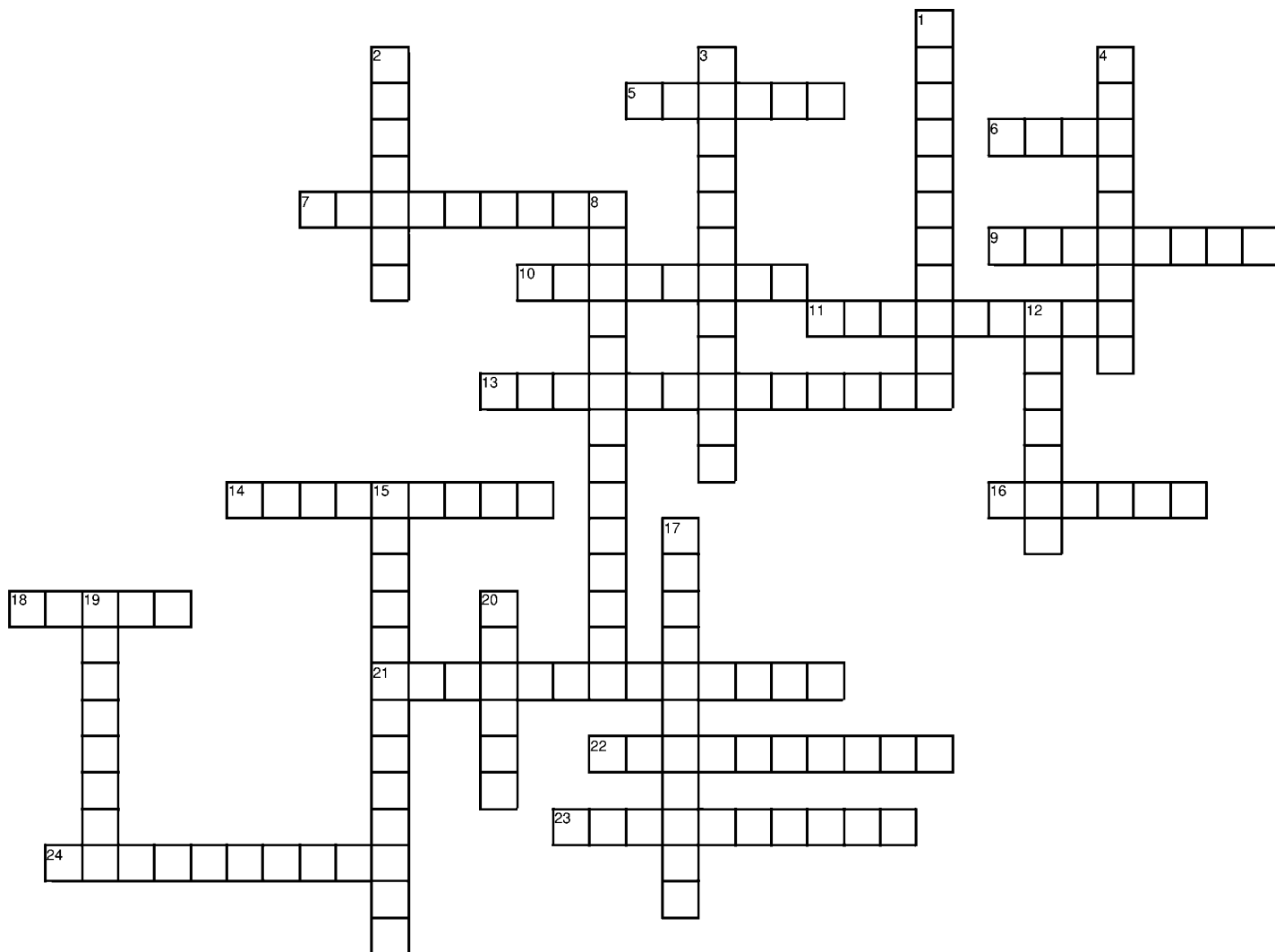
By Sandra A.

Sometimes life is hard on us,  
nothing goes our way  
Then we hit rock bottom  
and get on our knees and pray  
that things will get better one day at a time  
Ask for help from your higher power not to turn away  
Find someone to guide you through the steps  
everyday  
Pray to your higher power morning, noon and night  
that everything will turn out right  
Put your recovery first  
in everything you do and you will see  
your higher power loves you too  
He will guide you through everything that  
you do  
Follow the steps and you will see  
they will lead you to me.

Love,  
Your Higher Power

# Bill's Story

Answers on page 25!



## ACROSS

- 5 What kind of commission did Bill and Lois's friends think should be appointed?
- 6 This sobered Bill for a bit.
- 7 It began to look as though \_\_\_\_\_ people were right after all.
- 9 There was terrible sense of impending \_\_\_\_\_
- 10 What is an alcoholic in his cups?
- 11 What kind of hanger-on did Bill become?
- 13 What began to replace Bill's confidence?
- 14 The doctors had pronounced Ebby \_\_\_\_\_
- 16 How did Bill offer himself to God?
- 18 What was Ebby's visit for Bill?
- 21 The remorse, horror and hopelessness of the next morning are \_\_\_\_\_
- 22 In the midst of what did Bill discover liquor?

- 23 According to Bill, the power of God in human affairs was \_\_\_\_\_
- 24 One treatment Bill underwent.

## DOWN

- 1 What was required for Bill to make a beginning?
- 2 What did Bill have to renew to try again?
- 3 What kind of mountainous shadow did Bill live and shiver in for years?
- 4 How did Bill become when spoken to about God.
- 8 Bill thought that this was surely the answer.
- 12 What kind of warning did Bill fail to heed?
- 15 These proposals were drastic and \_\_\_\_\_
- 17 Bill's ideas about miracles were \_\_\_\_\_ revised.
- 19 Next day Bill found himself drinking both gin and \_\_\_\_\_
- 20 Most of us feel we have to look no further for this?

# GSIG Condensed Board Meeting Minutes

GSIG TREASURER REPORT October 19, 2021

September Financials

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](mailto:Treasurer@seattleaa.org)

		Financial overview					
month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
June 2021	(-7.5)	4.5 K	1 K	2.8 K	423	1.1 K	94 k
July 2021	(-783.00)	9 K	2 K	2.8 K	525.00	(-5 K)	102 K
Aug 2021	1.6 K	10 K	27.00	2.8 K	2.8 K	1.3 K	94 K
Sept 2021	(-8.5 K)	4 K	2.2 K	now part of contributions	1 K	1.3 K	91 K

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

**Corrections: \$3.6K      Accessibility: \$1,122**

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

**Corrections \$360    Hosp & Treat. \$1,195    Accessibility \$5,480      Pi/CPC \$1,115**

Group contributions are 6K below monthly budget. YTD is now 11.8K below budget.

The net loss is 8.5 K of that 7.4 is revenue shortfall the other 1.1 K is expenses.

## **20/20 Committee Report**

**20/20 (Mike M.):**

### **Office Lease Recommendation Update**

- The Board will **vote on the 20/20 committee recommendation at the Nov 16<sup>th</sup> meeting** please ensure you have feedback from your groups
- Aug 17, 2021, at the Board meeting a lease summary and recommendation was distributed
- Ed H 20/20 committee member talked with the landlord about our recommendation and proposal which is in general a 5 year lease with a 3% increase each year (\$110 per month in first year)
- Landlord has countered with a change to increase the rent 8% (\$300 per month) the first year of the new lease and then 3% thereafter.
- Change in recommendation would be to accept the additional \$190 increase about \$2,300 per year.
- Remember our current rent is about 28% below market rents for our area and our type of space.

### **Revised GSIG Board and Office Procedures**

- Materials were distributed at the September 21, 2021, Board meeting
- These will be discussed and **voted on at the Intergroup Assembly 7pm on Dec 21, 2021.**
- Remember this is an Assembly so in addition to regular voting members all Groups may send one Group Representative that is eligible to vote.

### **Revised GSIG Office Procedures**

- The office committee is currently in the process of reviewing and will ultimately approve this section of the manual not the Board

### **Finance Committee (Jeff U.)**

Presentation of draft of new website design by Lee. Unanimous approval of proposal to change hosting providers to Cloudways

Review of September financials by Carl. Discussion of apx. \$6000.00 shortfall in group contributions

Review of draft 2022 budget by Carl. Committee unanimously agreed to use budget prepared by Carl with projections for group contributions based on previous four months rather than previous eight months.



Discussed employee retirement plans and agreed to table discussion until first quarter of 2022

Discussion of new revised literature. Agreed unanimously to make both old and new versions available for sale, and to sell old versions of literature at cost and sell new versions at full price

Discussed employees using off time to answer office phones, agreed to table discussion for month while exploring possible resources for help, and to hear from Anita on the topic

Agreed to table discussion of procedure change related to nighttime 12-step calls until after recommendations from ad hoc 12-step committee

Agreed that Committee Chair Jeff will call individual Committee members to compile a report on employee evaluations to present at the November Committee meeting.

**Chair (Astri):**

To GSIG Board;

Great to be back with you. I hope you took some time to talk about GSIG at your Districts. I have had a couple opportunities to talk about us since our last Board Meeting.

September 29, 30 and the morning of October 1<sup>st</sup> I attended the Intergroup/AAWS/AAGV Virtual Seminar. There were speakers and presentations and workshops. I was introduced to Office Managers and Board Chairs from all over the US and Canada. What I learned is that we are all experiencing similar challenges and asking similar questions; Most had stopped printing hard copy meeting schedules, question; What is the criteria for getting a meeting listed with an Intergroup? When will we start printing schedules again? How is Intergroup staff being compensated, most agreed they should be compensated fairly (comparable to other office workers doing similar work), some stated that was not happening in their office. Most Intergroup employees reported having medical insurance, few have maternity leave/compensation. Few have a retirement plan. Most have COLA. Most do irregular Performance Evaluations. Some staffs reported they did not believe Boards had any idea what all their Intergroup staff does. There was also a panel on Self Support; Many used November (Gratitude month) to encourage groups to pass a 2<sup>nd</sup> basket specifically for their Intergroup. There was also discussion about establishing guidelines regarding large bequests. There was a presentation by the AA General Service Office (3 Board members and 5 staff members) which went for over 2 hours. Many reported they began their AA service at their local Intergroup, our SW Regional Trustee was a past Nightwatch Chair and Board Chair. All claimed to be big supporters of Intergroups stating, any opportunity GSO

has, they refer callers to their local Intergroup. Intergroups formed before the General Service Conference was developed, to keep groups connected and to serve alcoholics more efficiently. GSO and Intergroups have the same “end point”, to make sure our rooms stay open and that our literature is still here because lives depend on our work. Ongoing communication and cooperation across Intergroup committees and General Service is imperative. GSO Publishing Director stated that although we are getting more and more comfortable with on-line meetings and literature, there is still a need for printed material. There are disruptions in world wide supply chain and delivery systems of paper, as a result we have a back log of orders to be filled and delivered. They are working on confronting those challenges. The new Service Manual will have larger section and more information about Intergroups than the current one has and will be available November 5<sup>th</sup>.

October 1-3, I attended the Western Washington Area Assembly. I participated in two panels and gave our GSIG Report. Additionally, we approved the appointment of a new Area Treatment Chair, Chuck C.; elected a candidate for Pacific Regional Trustee, Steve C.; approved holding 2025 Assembly in Lynnwood, 2026 in Shelton (2022 will be held in Renton). There was a special report given by the Our Stories Disclose Ill committee regarding their progress, 1000 copies have now been pre-ordered, hoping for more. Motions: to fund Spanish and American Sign Language interpretation at Area 72 hosted Pacific Northwest Conferences (approximately every 3 years); to create an on line Area 72 district; and to adopt current and future GSO practices regarding contributions, all passed. The Sunday morning speaker was Alan F, our immediate Past Delegate. For a more detailed account of the Area Assembly, check the minutes at [www.area72aa.org](http://www.area72aa.org) and/or the Area Newsletter.

I want to thank you all for your service as well as providing me with this opportunity to serve.

Yours in service,

Astri T. Chair

**Office Manager (Lara R.):**

**Literature:** supply is sufficient.

The new, revised 12 x 12's are in. Only in Large Print softback and regular soft back, as well as the hardback gift size are available right now.

We have received the new pamphlets p-90 Hispanic Women in AA and P-91 Our Experience Has Taught Us. We have also received the revised P-25 pamphlet Faith Leaders Ask About Alcoholics Anonymous, formerly 'Members of the Clergy ask about Alcoholics Anonymous'.

We will make the "old" literature available to groups and members at cost until supply is depleted.

We are beginning to donate Spanish Literature to our Service Committees and a few groups.

The rest will be distributed to the Spanish Intergroup/Districts.

**Financial:** Carl and I met to sketch out a draft on the budget, thank you Carl for your hard work on this.

**Procedures:** 12-Step Calls: 25 calls

I attended the annual IOCAA Conference on Zoom. This is the annual Intergroup/Office Manager Conference. It was hosted by Rhode Island Intergroup this year.

There was a great presentation from Grapevine and AAWS. Grapevine has a new podcast out with new weekly episodes. I think Seattle Intergroup should be doing a weekly podcast talking about local issues and solutions and service. Anyone interested in helping out with that, let me know.

After listening to the other Intergroup managers, I am convinced that Seattle Intergroup is the greatest Intergroup in all of the US and Canada! IMHO.

I am definitely grateful to work with a Board that is reasonable and able to work through difficulties in a sane and grounded manner. I am grateful to have service committees that are so dedicated to carrying the AA message. You folks are really the bee's knees. Thank you all so much for your service to Seattle Intergroup.

### **Accessibility Committee (Laurel W.)**

The Committee is looking into LGBTQIA+ and Mental Health inclusivity measures. Childcare meetings are also an accessibility issue even in COVID.

The Districts 15, 40, and 41 will have a virtual Gratitude event on November 20, 7 to 9 pm. This will be ASL interpreted. There will be a Deaf speaker.

Working on 2022 Budget needs.

### **Archives Committee (Teresa S.)**

Attended monthly zoom meeting of Regional Archivists created by Area 72 Archivist. Continuing to scan old High & Dries and placing files in GSIG google docs. Plan to attend part of Area 72 Archives Quarterly on November 6 on zoom. Continuing to work primarily from home but have updated binders in GSIG office for new and current High & Dries, schedules and Grapevines

### **Corrections Committee (Pam/Amy F.)**

The Federal Detention Center is reopening for us to bring back meetings there as of this October 28th. It will be limited to 5 approved volunteers and 8 incarcerated individuals per meeting. There is one meeting for men and one for women. These amounts may be increased over time if circumstances allow. Covid protocols for this institution are exemplary.

The Corrections Committee is again accepting pink can donations for literature, as we are continuing to provide literature through these tough times. We ask that this information be passed back down through the lines so that individual meetings again can be allowed to contribute to the pink can funds.

### **Hospitals & Treatment Committee (Greg E.):**

- 1) Outreach to Elizabeth Gregory Home:
- 2) Peer support program for Valley Med Center in Renton
- 3) Supporting Salvation Army SODO meeting
- 4) Possible opportunity at a new transitional shelter in Shoreline, the Oaks

### **Night Watch Coordinator (Sheree):**

Still looking for volunteers for nightwatch. I also been attended the 12 step meeting held on the last Monday of the month at 5pm. It was a great discussion.

### **Special Events Committee (Jeff K.):**

Saturday 10/30 - Halloween Party - Committee & Plan  
Gratitude Dinner - Sat 11/20 - details TBD  
Christmas/Holiday Party - Sat 12/18 - details TBD  
New Years Day 2022 Whoopee Party - Sat 1/1/22 - details TBD

### **District 40 (Kristi D.)**

November 20th. D15 speaker: Kim H. D41 speaker: Laurel W., D40, Shurvon Event open at 6:30 p.m., Speakers Meeting 7:00-9:00pm

### **New Business**

Proposed 2022 budget (attached below) Treasurer Carl

### **Upcoming events**

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

**Halloween Party at GSIG October 30 starting at 5pm**

**Service Manual Study November 7<sup>th</sup> at 11am**



**The proposed policy changes and the GSIG proposed budget (below) will be voted on at the 2021 Fall Assembly on Dec. 21, 2021.**

**Significant changes to GSIG Policies to be discussed and voted on at Dec 2021 Assembly**

1. Do not worry about numbering or table of content pages these will be correct in the final version of the Word Policy & Procedure Manual
2. General correction of grammatical errors or consistency within document
3. Replaced the word “Zone” with “District”
4. Removed discussion of Zone meetings and updated to reflect District meetings
5. Change elections to even years to match Bylaws
6. Added Accessibility Committee section to Committees since there was not one previously
7. Archive reworded by Committee to reflect current practices
8. Added definition for Full-time vs Part-time to Office Policies as it was not defined before. Used definitions as specified by WA state employment guidelines
9. Updated paid time off and sick time policies to match current practice per payroll system
10. Added new Non-Discrimination and Anti-Harassment Policies as none existed before and these were recommended as best practice per out new D&O insurance policy/provider
11. Finance committee wanted to add Item 8 below as an additional qualification to “Contributions and Donations” which already includes the following language “When any aspect of the Seventh Tradition of Alcoholics Anonymous is in question, Seattle Intergroup shall always check with the Groups.”

**Item 8 “Contributions or loans of any kind from entities outside of AA such as the Federal or State Government, Small Business Administration, public or private lenders shall not be accepted.”**

1. Changed “Call Forwarding” to “Nightwatch”

## PROPOSED 2021 GSIG BUDGET

Greater Seattle Intergroup							
Budget proposed 2022 updated Oct 19 2021							
		Proposed 2022	QB forecast 2021	Budget FY2021	Actual F Y2020	Actual FY2019	Actual FY2018
<b>Income</b>							
<b>4201 Special Events Income</b>	estimate from 2021 budget	6,000	6,683	5,562	4,312	4,370	4,810
<b>Contributions</b>							
<b>4001 Group Contributions</b>	<b>added revenue to 6,046</b>	108,307	108,948	121,691	113,463	106,652	111,561
<b>4002 Misc. Contributions individuals &amp; sustainers</b>	revised sustainer based on 2021	40,000	47,152	41,380	80,354	12,732	9,615
<b>4003 Meeting Room 7th Collections</b>	based on 2021	2,607	2,607	4,839	3,019	4,119	3,783
<b>4004 Birthday Contributions</b>	based on 2021	1,944	1,944	3,392	3,748	2,629	4,212
<b>Total Contributions</b>		<b>152,858</b>	<b>160,651</b>	<b>171,302</b>	<b>200,585</b>	<b>126,131</b>	<b>129,171</b>
<b>Literature Sales</b>					-		
<b>Retail Sales</b>							

<b>4101 Literature Sales</b>	estimated on last 3 mo sales	50,002	33,534	59,678	26,074	81,395	101,493
<b>4111 Meeting Directory Sales</b>	<b>based on 2019</b>	22,000	(242)	7,000	6,212	20,154	22,176
<b>4121 Coin Sales</b>	<b>base pre pandemic sales</b>	7,660	7,144	7,660	4,207	9,812	10,600
<b>4141 High &amp; Dry Sales</b>	<b>based on 2021</b>	125	125	359	301	155	43
<b>4151 Shipping Income</b>	<b>based on 2021</b>	252	202	(272)	214	(155)	(322)
<b>Total Retail Sales</b>		<b>80,039</b>	<b>40,762</b>	<b>74,425</b>	<b>37,008</b>	<b>111,360</b>	<b>133,990</b>
<b>Total Income</b>		<b>238,897</b>	<b>210,096</b>	<b>251,289</b>	<b>241,905</b>	<b>241,862</b>	<b>267,971</b>
<b>Cost of Goods Sold</b>							
<b>COGS</b>							
<b>5101 Literature COGS</b>	<b>based on '21 estimated</b>	36,592	26,608	46,576	20,048	63,465	79,306
<b>5111 Meeting Directory COGS</b>	<b>based on '21 estimated</b>	9,197	8,876	7,000	2,553	8,459	6,245
<b>5121 Coin COGS</b>	<b>based on '21 estimated</b>	3,560	3,251	3,560	2,284	4,087	4,309
<b>5141 High &amp; Dry COGS</b>	<b>based on '21 estimated</b>	1,500	1,500	962	950	1,032	530
<b>5161 Inventory Adjustments</b>				2,500	5,012	2,511	67

<b>5162 Lit COGS Qty Disc(-) Penalty(+)</b>		(2,000)	(436)	(784)	(498)	(930)	(2,974)
<b>Total COGS</b>		<b>48,849</b>	<b>39,798</b>	59,813	<b>30,349</b>	<b>78,625</b>	<b>87,483</b>
<b>Total Cost of Goods Sold</b>		<b>48,849</b>	<b>39,798</b>	59,813	<b>30,349</b>	<b>78,625</b>	<b>87,483</b>
<b>Gross Profit</b>		<b>190,048</b>	<b>170,298</b>	<b>191,476</b>	<b>211,556</b>	<b>163,237</b>	<b>180,488</b>
<b>Expenses</b>							
<b>6801 Standing Committees</b>							
<b>6811 Archives Committee</b>	based on 2021 budget	<b>120</b>	-	120			26
<b>6812 Corrections Committee</b>	based on 2021 budget	<b>360</b>	-	360	67	59	271
<b>6813 GSIG Board</b>	based on 2021 budget	<b>480</b>	-				212
<b>6814 Hosp &amp; Treatment Committee</b>	based on 2021 budget	<b>1,800</b>	499	480	824	810	1,931
<b>6815 PI/CPC Committee</b>	based on 2021 budget	<b>1,800</b>	1,060	1,800	1,611	842	1,333
<b>6816 Special Events Committee</b>	based on 2021 budget	<b>4,500</b>	4,474	1,800	1,404	3,989	2,208
<b>6817 Third Legacy Committee</b>	based on 2021 budget	<b>480</b>	-	3,000			300
<b>6818 Web and Tech Committee</b>	based on 2021 budget	<b>1,500</b>	-	1,500		910	1,334



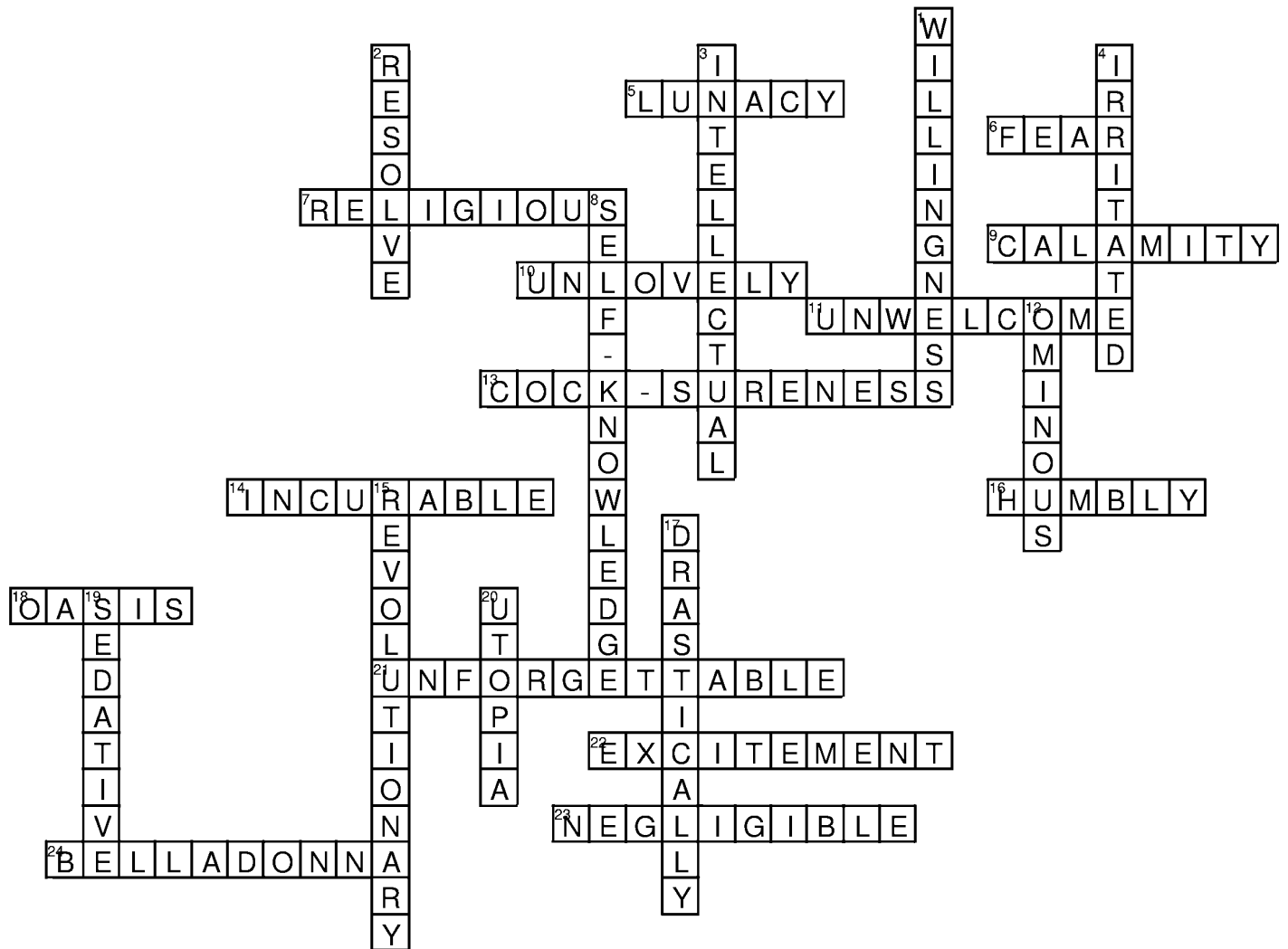
<b>6819 Accessibility Committee</b>	based on 2021 budget	<b>5,000</b>	3,300	480	1,708		
<b>6820 Big Book/Literature Fund</b>	based on 2021 budget		(1,030)	7,680			
<b>Total 6801 Standing Committees</b>		<b>16,040</b>	<b>8,304</b>	<b>15,720</b>	<b>5,614</b>	<b>6,611</b>	<b>7,616</b>
<b>Literature Discounts</b>			0		48		
<b>6830 Travel and Meetings</b>							
<b>6831 Conference, Convention, Meetings</b>	based on meetings being in person in 22	1,500	813	1,500	211		
<b>Total 6830 Travel and Meetings</b>		<b>1,500</b>	<b>813</b>	<b>1,500</b>	<b>211</b>		
<b>Other Expenses</b>				(104)	(69)		
<b>6301 Interest &amp; Bank Charges</b>	current history costs	-	82	59	147	625	754
<b>6302 Stripe Processing Fees</b>	current history costs	2,310	1,764	1,848	2,325	285	182
<b>6303 MERCHANT SRV. Credit Card Fees</b>	current history costs	1,346	712	1,346	736	1,360	1,279
<b>6501 Insurance</b>	<b>Directors &amp; Officers</b>	1,362	2,283	1,300	1,213	1,845	1,299

<b>6502 Licenses &amp; Taxes</b>	<b>current history costs</b>	15	15	15	71	128	120
<b>6701 Professional Fees-- Tax &amp; Other</b>	<b>current history costs</b>	13,844	13,340	13,844	11,934	4,334	400
<b>6921 Burien Little Assembly</b>	<b>prior year contributions</b>	120	132	120			174
<b>6931 Cash Over/Short</b>				0	(221)	70	47
<b>6932 Petty Cash (Over) Short</b>			136	0	298	877	
<b>6933 Reconciliation Discrepancies</b>				0	565		
<b>6934 Penalties and Fines</b>				186	124	49	
<b>6935 WA STATE B&amp;O TAX</b>		<b>150</b>		0	(14)	6,090	
<b>6941 Depreciation</b>				0		280	840
<b>Total Other Expenses</b>		<b>19,147</b>	<b>18,463</b>	<b>18,615</b>	<b>17,109</b>	<b>15,941</b>	<b>5,095</b>
<b>Paid Staff</b>							
<b>6101 Payroll Expenses</b>		833	833	671	647	188	
<b>6111 Wages</b>	<b>wages cost of living increase 5.5% per procedures</b>	65,126	61,731	65,542	56,108	86,591	78,920

<b>6112 Taxes</b>	<b>based on wages SS, L&amp;I</b>	4,731	4,484	5,243	4,768	6,901	6,129
<b>Total 6101 Payroll Expenses</b>		<b>70,690</b>	<b>67,048</b>	<b>71,456</b>	<b>61,523</b>	<b>93,680</b>	<b>85,048</b>
<b>6121 Medical Insurance</b>	<b>dental &amp; vision for staff</b>	1,750	-	0	840	1,819	6,915
<b>Total Paid Staff</b>		<b>72,440</b>	<b>67,048</b>	<b>71,456</b>	<b>62,363</b>	<b>95,500</b>	<b>91,963</b>
<b>Rent and Office</b>				210	140		
<b>6001 Rent</b>	<b>Jan-May same current rent           4 % increase Jun- Dec now 8%</b>	48,135	45,948	44,268	45,808	45,948	42,263
<b>6002 Triple Net</b>	<b>4% increase for full year</b>	17,589	16,913	18,514	16,842	16,559	16,593
<b>6003 Maintenance &amp; Repairs</b>		772	772	1,696	899	1,983	2,662
<b>6004 Computer Upgrade</b>		500	4,345	2,800	3,904	973	170
<b>6005 Office Supplies</b>		3,173	3,173	3,322	1,598	2,668	4,366
<b>6201 Utilities</b>		2,231	2,231	2,534	2,238	2,766	3,094
<b>6211 Electricity</b>	<b>Seattle City light 3.9%</b>	1,879	1,809	4,000	2,607	2,845	3,247
<b>6212 Internet Service</b>	<b>4% increase for full year</b>	4,489	4,489	4,308	2,169	622	619

<b>Total 6201 Utilities</b>		<b>8,598</b>	<b>8,528</b>	<b>10,842</b>	<b>7,014</b>	<b>6,233</b>	<b>6,960</b>
<b>6400 Communications</b>							
<b>6401 Phones</b>					1,638	3,150	4,333
<b>6403 Call Forwarding</b>		<b>1,060</b>	1,020	1,020	1,020	2,196	
<b>Total 6400 Communications</b>		<b>1,060</b>	<b>1,020</b>	<b>1,020</b>	<b>2,658</b>	<b>5,346</b>	<b>4,333</b>
<b>6601 Shipping Expense</b>		804	1,124	800	841	451	687
<b>6602 Postage</b>				600	-	180	359
<b>Total Rent and Office</b>		<b>80,633</b>	<b>81,823</b>	<b>84,072</b>	<b>79,704</b>	<b>80,342</b>	<b>78,392</b>
<b>Southend Book Store stipend</b>		600		600	150		
<b>Total Expenses</b>		<b>190,359</b>	<b>176,450</b>	<b>192,035</b>	<b>165,198</b>	<b>204,483</b>	<b>183,066</b>
<b>Net Operating Income</b>		<b>(311)</b>	<b>(6,152)</b>	<b>(560)</b>	<b>46,359</b>	<b>(41,247)</b>	<b>(2,578)</b>
<b>Other Income</b>							
<b>7001 Interest Income</b>		274	274	400	791	256	362
<b>7003 Other Expense - PPP Loan</b>			38	-	<b>(18,179)</b>	<b>256</b>	<b>362</b>
<b>Total Other Income</b>		<b>312</b>	<b>311</b>	<b>400</b>	<b>18,970</b>	<b>256</b>	<b>362</b>
<b>Net Other Income</b>		<b>312</b>	<b>311</b>	<b>400</b>	<b>18,970</b>	<b>256</b>	<b>362</b>
<b>Net Income</b>		<b>0</b>	<b>(5,840)</b>	<b>(160)</b>	<b>65,328</b>	<b>(40,991)</b>	<b>(2,216)</b>

# Bill's Story





GREATER SEATTLE INTERGROUP  
**ALCOHOLICS ANONYMOUS**

# TRADITIONS WORKSHOPS

**Tradition 11**

**November 13th**

*with Dawn Patrol*

**Tradition 12**

**December 11th**

*with GSIG Board Elected*

The 2nd Saturday of every month at 10am

Meeting ID 858 5142 0330

Passcode 051501

12 Traditions  
of  
Alcoholics Anonymous



GREATER SEATTLE INTERGROUP  
**ALCOHOLICS ANONYMOUS**

# **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:**

**September 25th Pam H.**

**October 2nd Joe M.**

**October 9th Gail H.**

**October 16th Brendan D.**

**October 23rd Stephan M.**

**October 30th Nancy S.**

**November 6th Eddie H.**

**November 13th Romina M.**

**November 20th Steve R.**

**November 27th Bridget S.**





GREATER SEATTLE INTERGROUP  
**ALCOHOLICS ANONYMOUS**

## ***GSLIG Gratitude Get Together***

**When: November 20th @ 5pm**

**Where: Greater Seattle Intergroup**

**5507 6th Ave S Seattle 98108**

**5pm: Dinner provided with Potluck Dessert**

**Table 6pm: Seattle Group**

**Speaker: Steve R**

**7pm: Fellowship and Music**



**For more information or to find  
out how you can help**

**contact**

**specialevents@seattleaa.org or  
lara@seattleaa.org**



GREATER SEATTLE INTERGROUP  
**ALCOHOLICS ANONYMOUS**

## Fall Assembly

When: December 21, 2021

6pm Fellowship, food and drink made available

7pm Board meeting

Where: GSIG

5507 6th Ave S. Seattle, Wa. 98108

**This is when EVERY GROUP has a vote! We will be voting on the new Policies and the 2022 Budget. Please send a representative from your group so that democracy can prevail.**

This is a hybrid event

Meeting ID 918 5437 5402

Passcode 035194



# **OPEN MIC**

**Alcoholics Anonymous**

**November 13th**

**YOU can do**

Acoustical Guitar  
Instrument Playing  
Singing  
Poem Reading  
Comedy  
Magic Show  
etc, ect..

More Info:  
Text Yoshi  
(253) 209-6802

**Bring Snacks**

**Saturday - 8pm**  
**Seattle Intergroup**  
**5507 6th Ave S.**  
**Seattle, WA 98108**




# 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](mailto:high_and_dry@seattleaa.org)

## **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](http://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.**



