



High & Dry

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

Volume 75 Issue 11

November 2023



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Office Hours — Tuesday through Friday: 10:00 a.m. – 6:00 p.m., Saturday: 10:00 a.m. – 2:00 p.m.

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

FUTURE TRIPPING

November GSIG Events

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

1 — Accessibility Committee

- November 1 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWIZdz09>
- Meeting ID: 885 9521 8136
Passcode: 611317

2 — 12th Step Committee

- November 2 @ 6:30 pm - 7:30 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdsdmpVUT09>
- Meeting ID: 835 0869 0642
Passcode: 749607

4 — Hospital and Treatment Committee

- November 4 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUJLSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

5 — Service Manual Study

- November 5 @ 11:00 am - 1:00 pm — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPaU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688
Passcode: 022841

10 — Serenity at the Shores

- November 10 @ 8:00 am - November 12 @ 5:00 pm
- Ocean Shores Convention Center
120 W Chance a La Mer NW,
Ocean Shores
- www.oceanshoresjamboree.com

10 — Contempt Prior to Investigation Speaker Meeting

- November 10 @ 6:30 pm - 9:00 pm
- Vashon Lutheran Church 18623 Vashon Hwy SW, Vashon Island
- Speaker Meeting and Gratitude Potluck Larry M. and Gail T.

11 — Seattle Gratitude Banquet

- November 11 @ 5:00 pm - 9:00 pm
- First United Methodist Church
180 Denny Way, Seattle
- Details: www.SeattleAA.org/event/seattle-gratitude-banquet/

11 — District 17 Gratitude Banquet

- November 11 @ 5:00 pm - 9:00 pm
- Ballard First Lutheran Ch
2006 NW 65th St, Seattle
- Details: www.SeattleAA.org/event/district-17-gratitude-banquet-2/

11 — Gratitude Banquet hosted by Sweet Surrender

- November 11 @ 5:30 pm - 8:30 pm
- King of Kings Lutheran Church
18207 108th Ave SE, Renton
- Details: www.SeattleAA.org/event/gratitude-banquet-hosted-by-sweet-surrender/

12 — 2024 BLA Planning Committee

- November 12 @ 10:00 am - 11:30 am — Hybrid meeting
- Zoom link: <https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHlHODR6QzV4UT09>
- Meeting ID: 812 0274 5971
Passcode: 857017

13 — Corrections Committee

- November 13 @ 6:30 pm - 8:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/87227719137?pwd=ZzJJRkhYU0F1UTF1S241YklzWIB4UT09>
- Meeting ID: 872 2771 9137
Passcode: 833575

15 — Serenity Now Gratitude Banquet

- November 15 @ 7:00 pm - 9:00 pm
- VFW, 3601 SW Alaska, Seattle
- Bring a side dish or dessert to share! Service opportunities available for setup and clean up

17 — 65th Annual Last Chance Gratitude Banquet

- November 17 @ 6:30 pm - 9:00 pm
- Woodland Park United Methodist Church, 302 N 78th St., Seattle
- Meat and vegetarian entrée provided
Bring a side dish or dessert. Dinner @ 6:30 Speaker @ 7:30

18 — CPC/PI Committee

- November 18 @ 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

18 — Open Mic

- November 18 @ 7:30 pm - 10:00 pm
- GSIG Office 5507 6th Ave S., Seattle

• *Future Tripping* continued next page »

21 — Web & Tech Committee

- November 21 @ 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=RUdtQTcrVFJPQWIMUUDxYy95V3lPdZ09>

21 — GSIG Monthly Board Meeting

- November 21 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcjNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
Passcode: 035194

22 — 4th Annual Thanksgiving Day Zoom Alcahthon

- November 22 — An online meeting every hour, no password required
- See flyer for the QR code (p. 30) or go to namelessbunch.com for more info

21 — Thanksgiving Potluck and Marathon Meetings

- November 23 @ 12:00 pm - 8:00 pm
- South King Alano Club
1317 Harvey Road, Auburn
- Thanksgiving Potluck Marathon Meetings
- Seahawks vs 49ers kick off @ 5:20pm

23 — Third Legacy Committee

- November 23 @ 7:00 pm - 8:00 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTlMSmN5dz09>
- Meeting ID: 837 5540 2948
Passcode 830816

28 — Tradition Study by the GSIG Third Legacy Committee

- November 28 @ 7:00 pm - 9:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
Passcode: 051501



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REFLECTING ON OUR PAST

November In Our History

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

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

Source: AASJ - <https://aasj.org/november-history/>

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THERE IS A SOLUTION

GSIG Group and District Phone Shifts Available

Contact Lara or Anita
to Volunteer

1st	Sunday	6p-10p
2nd	Sunday	6p-10p
3rd	Sunday	2p-6p
3rd	Sunday	6p-10p
4th	Sunday	6p-10p
1st	Wednesday	6p-10p
3rd	Wednesday	6p-10p
1st	Thursday	6p-10p
4th	Thursday	6p-10p
5th	Thursday	6p-10p
4th	Friday	6p-10p



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Bill S. and Susan D.
TUESDAY	Mikey C., Morgan S., and Yoshi
WEDNESDAY	Stephan M., Cindy H., Pam H., and Amy F.
THURSDAY	Joe M. and Joe B.
FRIDAY	Thomas H., Gary H., Riff Raff and Soda
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.

Troy O., Bill S., Rick L., Richard C., Patrick P.,
Darren F., John G., Keetah O.

Southend Bookstore hours are Monday through Friday from 10 a.m.
to 6 p.m. and Saturdays from 11 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open
Tuesday – Friday, 10 a.m. to 6 p.m. and Saturday, 10 a.m. – 2 p.m.

We're located at 5507 6th Ave. S in Seattle

HIGH & DRY NEWS AND NOTES — November 2023

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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BIRTHDAY CLUB

Happy Birthday to October Celebrants in the *How Dry I Am Club*!

Jan H	Principles Before Personalities	29 years
Elise Von K		44 years
Gloria S		44 years
Joseph M	Tukwila Earlybirds	33 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](https://www.seattleaa.org/online-contributions) (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email newsletter@seattleaa.org with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

Link to GSIG Online Contributions

[https://www.seattleaa.org/
online-contributions/](https://www.seattleaa.org/online-contributions/)



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NOVEMBER CHALLENGE

AA Quotes Quiz

Where is this quote found? The Big Book? The 12 and 12? (Extra points for page numbers)

1. . . . the body of the alcoholic is quite as abnormal as his mind.
2. Every natural instinct cries out against the idea of personal powerlessness.
3. Our human resources, as marshaled by the will, were not sufficient; they failed utterly.
4. Some will be willing to term themselves as "problem drinkers," but cannot endure the suggestion that they are in fact mentally ill.
5. Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?
6. All of the twelve steps require sustained and personal exertion to conform to their principles and so, we trust, to God's will.
7. Our moments of triumph were short lived.
8. Of course the depressive and the power driver are personality extremes, types with which AA and the whole world abound.
9. We can be alone at perfect peace and ease.
10. No one ought to say the AA program requires no willpower; here is one place you may require all you've got
11. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
12. Delay is dangerous and rebellion may be fatal.
13. Indeed, the attainment of greater humility is the foundation principle of each of AA's Twelve Steps.
14. It doesn't make much sense when a real tosspot calls a kettle black.
15. Nevertheless, with a person we dislike, we take the bit in our teeth.
16. Our next function is to grow in understanding and effectiveness.
17. It's a poor day indeed when we haven't done something right.
18. It works, if we have the proper attitude and work at it.
19. Those of us who have made regular use of prayer would no more do without it than we would refuse air, food or sunshine.
20. Practical experience shows that nothing will insure immunity from drinking as intensive work with other alcoholics.

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



Tradition Eleven

From “The Language of the Heart” by Bill W.

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,

See **Tradition 11** continued next page »

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



The Eleventh Step

By Peeps

ONE OF THE BIGGEST BENEFITS I get from the Step 10 phone app I use nightly is the reminder it gives me to make time for Step 11’s call for prayer and meditation daily.

The worst thing I can do according to how my My 10 Step app grades my responses, is failing to “connect with my Higher Power through prayer and meditation today.”

Having a resentment, “not reaching out to others”

or failing to “be kind and loving toward all” do not dent my scores nearly as much as not praying or meditating, which makes sense in my experience.

When I fail to start my day with prayer, it seems to quickly fall into the dumpster, until I do what so many AA folks suggest: restart my day with a prayer. (Why I am always surprised when it works?)

On the other hand, I have to be very intentional with meditation. I’m unlikely to “find” time for it. I have to “make” time for meditation. I would love to set aside 30 minutes for it each day, but my schedule simply won’t allow that most days.

However, my sense of serenity is boosted every time I meditate, even if it is just for a few minutes. △

« *Tradition 11* continued from last page

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.” △

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Gift of Gratitude

By Kelli S-B. (Empire Way)

GRATITUDE ITSELF IS A GIFT. For a long time, I felt like gratitude was something I was supposed to have. I got sober and was rescued from an early death, so I should be grateful. Don't have any negative feelings, but instead make a gratitude list. I felt like I had to work at being grateful. What I've realized is that gratitude isn't something I should be doing or feeling; gratitude is a gift I receive in sobriety.

The program of recovery has taught me about living in the present moment and living life on life's terms. It has taught me about acceptance and being of service. I have learned to be honest, even if that means being rejected, and to be giving, even if that means not getting what I want. I have learned to take my own inventory and amend the harms when I make mistakes. I have learned how to recognize my defects and practice the opposite. I have learned how alcoholism blocks me from my Higher Power and what actions to take to remove those blocks and keep the connection open. The result has been a personality change sufficient to bring about recovery from alcoholism. All this recovery work has resulted in a psychic change.

My personality changed from self-centered, self-seeking, resentful and full of fear and dishonesty to being able to focus on all the gifts in my life. The spiritual awakening that I received as a result of doing these steps takes the shape of gratitude. The program of recovery gave me gratitude and gratitude is one of the most powerful treatments for relief from the bondage of self, self-centered fear and all the ways my alcoholic thinking can cause pain in my mind. In any moment and in any situation, a little gratitude can let in The Light. Rather than something I should do, it has become a way of living.

Gratitude walks with me every day. And for that, I am very grateful. △

Gratitude Poem

By Jeannene C. (Sober Sisters of Seattle)

*The old hall
And uncomfortable chairs
The no-matter-whats
The warm hugs
And heart Connections*

*Sisters closer than blood
The vacant eyes come back to life
broken souls restored
Families made whole*

*You gave me back my life
You gave me 7 years of freedom from the hell of
my addiction
You gave my boys back their Mama!*

You gave me LIFE

*I get a front row seat to a show of miracles
Gratitude almost isn't big enough a word*

*The grief and loss of those first few years
somehow transformed into a deep well
of gratitude*

*I can't imagine a life without you.
Without you, there is no life.*

*I will be forever grateful to the women
who held out their hands
Who continue to guide and sometimes carry me
For the ones who allow me to walk them
through the Steps and lead them to the well*

*This is truly the most spiritual and life changing
journey. I will be forever grateful*

Attitude of Gratitude

By West C. (Chair, GSIG Hospital & Treatment Comm.)

EVERY DAY I start with an attitude of gratitude because there is so much in this life to be thankful for.

I send out a gratitude every morning to many friends in the program as part of my daily spiritual practice.

Here is my daily gratitude for today: October 22nd, 2023:

Good morning and thank you God for grace and unexpected blessings. Today, I am thankful for the unconditional love you show me and the many miracles you bestow upon me. Today, I choose an attitude of gratitude, faith over fear and practice kindness towards others.

I feel it is important to stay focused on the many blessings I have in my life.

Sometimes, I find myself worrying about those things I can't control and that really don't matter in the greater scheme of things.

What if there was nothing wrong?

Sometimes, I want to try to control people, places and things.

When this happens, I need to take a moment to recalibrate and cultivate an attitude of gratitude.

When I take a step back and look at the bigger picture, I realize just how much I have to be grateful for.

I need to go back to the basics and give thanks for a roof over my head, clothes on my back and food in my belly.

I give thanks for my five senses I can easily take for granted.

I give thanks for the ability to walk, talk and have loving relationships with others.

I am grateful there is a solution to my disease, which allows me to live life on life's terms, one day at a time.

I give thanks for a higher power that watches over me and points me in the right direction.

I give thanks for this life, this moment, this breath.

I am grateful. △



Gratitude Story

By Tammy W. (Sober Sisters of Seattle)

I HAD BEEN SOBER in AA from age 25 until 43 in Baltimore, MD. I have recently returned to the program after being out seven-and-a-half-years.

I now have 22 months.

When I think about my gratitude to AA for my sobriety, I think about my former brother-in-law, who has 23 years. He lived five blocks from my house during the time of my relapse. He used to pop over to my house every Tuesday on his way to his home group meeting to check on me and see how my drinking was going. (Lol!)

This man would encounter something or someone different every week as my drinking progressed. It ranged from a bunch of drunk, naked women in the pool to me showing my drunk friends how to give me an IV. I'm a nurse and was I preparing them in case I had such a bad hangover they could give me an IV to relieve those hangovers.

He was considered a "Big Book Kevin." He drove me crazy. God love him for continuing to check on me. He never judged me and my actions out loud. However, there were a couple times he left quickly.

When my partner, whom I met in the thick of my disease, and I decided to take a break from alcohol on New Years Eve 2021, I had no desire to ever attend AA again. I was grateful for the nearly 19 years growing up in AA, but did not think I was that bad of an alcoholic and wanted to be able to indulge in an adult beverage if I chose to. The reality was at the end of 2021, my liver was warning me and I thought a little break from alcohol and the pot that I smoked daily, would be good for my health.

When Jan. 1, 2022 arrived, I began a quest to live a sober life without going to AA. Then God interviewed.

That former brother-in-law was a snow bird in Arizona in the winter months. He was injured in a motorcycle crash around my 13th day of not drinking.

He was in ICU, severely hurt. His sober friends had reached out to see if I had heard from him, as he almost always was in contact with these men from AA and they had not heard from him and were worried. I began calling around and reached his step-daughter, who was my niece. She lived with him. She told me about the accident and that she was flying to Arizona to be there for him.

Being a nurse, I wanted to help. I volunteered to go to Arizona. I called my employer and let them know I was taking a leave of absence to care for Kevin. I wasn't thinking about anything other than being available to help him.

I am grateful for this nudge from the God of my understanding.

He spent 30 days in the hospital recovering from his many injuries and attendant surgeries. Then he was released to his home.

He was on oxygen, could not drive nor could he care for himself. I had been in Arizona almost a month at this time, without my family. My partner, Fred, and his daughter flew out to Arizona to spend a weekend.

Right out of the hospital, Kevin wanted to go to an AA meeting. I asked Fred to take him because I didn't want to go to a meeting. The shame, remorse and regret that I felt from my relapse was overwhelming and the thought of going to a meeting was frightening.

Fred took Kevin to a meeting that morning, thank goodness. After Fred went home from Arizona,

See **Gratitude Story** continued next page »

STORIES, STEPS & TRADITIONS

« *Gratitude Story* continued from last page

Kevin wanted to attend his daily AA meeting and asked me to drive him. He said I could sit in the car or come in to the meeting with him.

Guess what I did? I found myself in a meeting of Alcoholics Anonymous, relating to those that shared and felt the ease and comfort I used to feel from that first drink.

That's where my my journey in sobriety began again. Kevin and I went daily to that 7 a.m. meeting in Phoenix, and after the meeting we went to breakfast for fellowship.

Attending meetings away from home was a Godsend. I was able to sit and be reminded of this is progressive, fatal disease. That was crystal clear to me. I was welcomed with love and acceptance. I felt no judgement for my relapse.

I came back home to Burien and eventually found my way to *Sober Sisters of Seattle*.

I found my sponsor and a tribe of women to share this journey with.

I am currently the GSR for our home group, I secretary the *Pass it On* meeting, I sponsor women, I have a phone commitment with Night Watch, I am active within the fellowship of Alcoholics Anonymous and, most importantly, have a relationship with a God of my understanding, which changes daily, as I change and evolve.

I am so grateful for the Twelve Steps, which have led me to God, the 12 Traditions, which have kept the doors of Alcoholics Anonymous open for the suffering alcoholic and my sponsor, for her endless selflessness.

As a member of AA, and having had long term sobriety and relapsing, I am here to say it was extremely hard to walk back in the rooms of AA.

I am grateful the only requirement for membership is a desire to stop drinking (Tradition Three) and that each group has one primary purpose (Tradition Five), to carry its message to the alcoholic that still suffers. △

Missing

By Alonzo W.

*This poem is from my 1st book,
"Are You Listening...Thoughts of
a Travelling Soul"...*

"Where were you on that day
when the smoke ran like water
and you couldn't see the lighthouse
through the pain of your
self-imposed emotional slaughter...
just where we're you
when you searched for a thread
across an an ocean of despair..
seeking a toehold somewhere
as you, absent-mindedly, bit
into a midnight peach and you blinked,
rubbed your tired eyes...
only to see that you no longer
had to go everywhere...
that you had only to realize that
you were already there...
hidden behind the sounds
only you could avoid...
missing...
amongst the loudness of
your mind's white noise..."

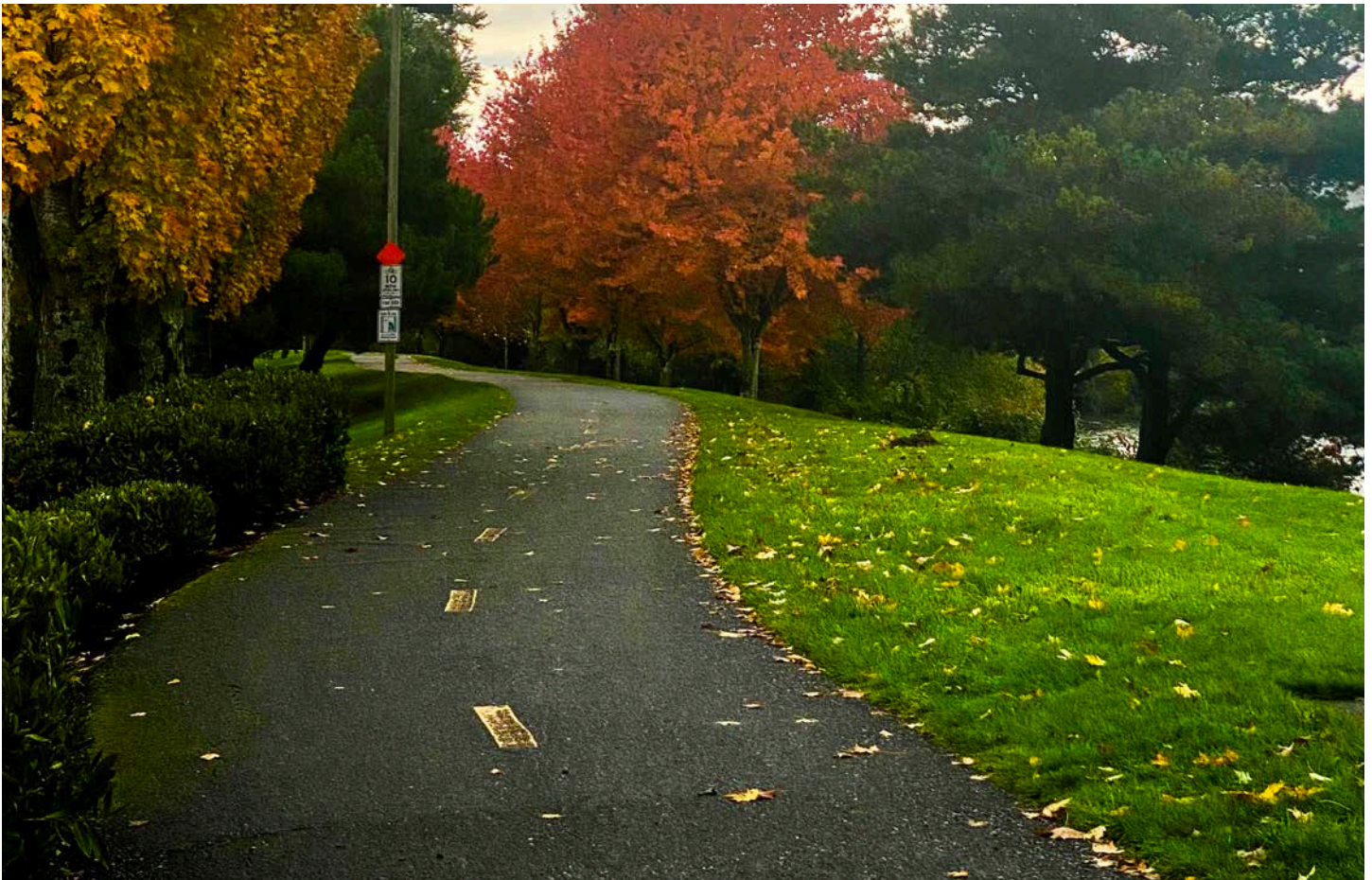


The Gift of Gratitude

By Bob F. (Empire Way)

ALCOHOL introduced me to gratitude. When I was young, I took everything for granted: loving parents, siblings, a warm, loving home, even birthday and Christmas presents. Those things were just expected. Then, as a conflicted adolescent, I had my first real drink. When the burn of that elixir eased into a warm carefree glow, I became so grateful that I decided I had to make booze a BIG part of my life. For the next twenty years I devoted myself to recapturing that worry-free feeling. It did not matter that I vomited every time I drank for the first five years, the second ten were blissful. The last five were a different story. My life began circling the drain; losing jobs, relationships and even my health to the point where in a hospital I was given a 10 percent chance to survive the night. It was more a pang of regret I felt than gratitude upon surviving.

It was not until after my first Alcoholics Anonymous meeting, when I was asked those two most important questions: 1. "What are you willing to do to make your life better?" and 2. "Are you willing to stop drinking forever?" that I began to understand what gratitude truly felt like. I answered "Anything!" and "Yes!" and was gratefully relieved of my obsession to drink alcohol. I was reintroduced to a Higher Power with whom I now have an intimately personal relationship. I feel gratitude whenever I feel His presence in my life. You have helped me to grow emotionally and understand my feelings and cope with them in healthy, nondestructive ways. It is because of you, the members and the program of Alcoholics Anonymous that I am grateful to live happy, joyous and free. △



Gratitude

By Terry H. (Mt. Si-Fall City)

I COULDN'T WAIT ANOTHER DAY to get sober. I felt like I was at rock bottom, and I really could not see a way out. I did not think it was possible for me to quit drinking. Somehow, some way I would find a way and end up drunk again.

I went to my first AA meeting, which happened to be a Birthday Meeting. I saw folks get up and talk about having 30 days, 60 days, 90 days of being sober. Wow! Then a guy with one year got up there, and he said it was the most difficult year of his life. Huh?

Then they held a sobriety countdown and a new guy had 13 days and was sitting over my left shoulder. In that moment all I wanted to do was change places with him. Give me 13 days!

My mind was racing, a million thoughts. One gentleman was 15-years-old and I thought if I could go 15 years without a drink that would prove I wasn't an alcoholic!

We are silly folks, right?

Lastly, when the meeting was over, it felt like I had an entire crowd of people around me, it was so uncomfortable. A gentleman said you need to do 90 meetings in 90 days. I thought, what? As bad as I felt, I sincerely replied that I thought maybe I could just come on Fridays! His face changed, his voice lowered, and he said, "Kid, do you want to get sober?" I replied, "Yes, I do." Then he said, "Then you'll do 90 in 90."

I did those 90 in 90 and it turned out to be the best advice that I could have received. I am fortunate to say that relapse has not been a part of my story to date. On Nov. 11, 2023, I will celebrate 30 years, and I just turned 60 years old, which means I have spent half my life in the program and sobriety. For that I am grateful. △

With Gratitude...

By Courtney S. (Alt. Delegate Area 72)

WHEN I FIRST walked into those rooms, all I could think about was how to make it through a day without drinking – I couldn't imagine my life without alcohol. Little did I know that this journey through the 12 steps of Alcoholics Anonymous would lead me to such a full life. Today it's about living life, not fighting the daily obsession of alcohol, that obsession has been removed. Today I have a life filled with love, compassion, and gratitude I never thought possible.

Step 11, which encourages prayer and meditation, has been life changing. I could've cared less about this at the beginning of recovery. But as my sponsor reminded me the steps are in order for a reason! Prayer and meditation has given me the time and space to truly appreciate all the good that's come from my alcoholism and recovery. I used to believe that quitting drinking was the ultimate goal, but it's become so much more.

Gratitude is at the heart of it all. It reminds me to be thankful for the small and big things, from the first day I put down the bottle to the days sober since. Today I can be thankful for the trials and tribulations of my life. I NEVER thought that would be possible.

Now, it's not just about not drinking; I'm embracing life. I've learned to love and care for myself, and that's spilled over into my relationships with others. Step 11 has shown me the beauty in the everyday, the peace in moments of stillness, and the power in connecting with something greater than myself.

Today, I'm filled with gratitude for the fellowship, the tools, and my HP that allows me to experience life with a full heart. △

Gratitude Defined

By Mercedes D. (Empire Way)

GRATITUDE! What does it really mean? According to the Oxford Dictionary it means: the quality of being thankful; readiness to show appreciation for and to return kindness. I love that!

Gratitude was not really something I practiced before I came to AA. I was, even before drinking, selfish and self-serving, a victim of circumstances. And when I found alcohol it was a struggle. On the one hand that drink went down my throat, hit my tummy and it felt so good. In that very moment, I knew I had gone through some door that lead somewhere I would not be able to find my way back from on my own.

I could not leave alcohol alone and I was determined to control it; however, I could not enjoy it at all. I was restless, irritable, and discontented until I could have some alcohol in me. It was my friend and companion. I just could not leave it alone.

A friend of mine invited me to a Big Book study and there I finally found the freedom I was so desperately seeking. My sobriety date is March 5, 2004! And for that I am eternally grateful, however my gratitude did not end there, it accompanied me as I took the Steps and the actions necessary to be free.

I have had dry spells throughout the years in which my defects of character dominated my existence. It wasn't until I met my latest sponsor, Julie T., during the pandemic that I begun to reap the benefits of this amazing way of life.

I am grateful for my mistakes for which I have the opportunity to take inventory and make amends. What freedom that brings! I am grateful for the women that call me sponsor and for an amazing sober lineage that continues to inspire me to be a Force for Good, as my grand sponsor says. Mainly I am grateful for having found a loving God that without fail returns me to sanity every time.

I am also eternally grateful to Judie K. for her relentless love and guidance.

And as the definition states I am grateful for the opportunity to show appreciation for and to return kindness.

The words from the Big Book story "The Keys of the Kingdom" echo in my mind: "... in return for the bottle and a hangover, we have been given the Keys of the Kingdom." △

The **speaker was going on and on**. A man in the fifth row stood up and walked out. As the speaker was winding up, the man returned. After the meeting, the speaker asked the man where he went. "I went for a haircut," he said. "A haircut? Why didn't you get a haircut before the meeting started?" The man replied, "I didn't need a haircut before the meeting started."

Jay C., June 2002

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"I know you don't want anything to upset your serenity dear, but the house is on fire."

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Corrections Corner: Gratitude

The GSIG Corrections Committee would like to thank the volunteers who carry the AA message into correctional facilities.

If you're interested in joining us, please email volunteer corrections@seattleaa.org.

In their own words, here's what being of service means to some of the volunteers:

- *I take meetings into jail because I was there many times- sick, hopeless, powerless & alone. Now I go in because I GET to. I am free from the inside today because of AA, service & something way bigger than me, which gives me hope that I can bring a glimmer of light to even one hopeless soul, just like I was.*
— Angel G, King County Jail Volunteer
- *My first sponsor said that people who do institutional work have a better chance of staying sober. I don't know if I've helped anyone or always been happy to go in. But not once have I ever left without immense gratitude knowing the only difference between the girls in there & me is this program.*
— Niki H, King County Jail Volunteer
- *I've been taking meetings into jail since 2015 because I know that many people there have a connection to addiction. My hope is that someone will decide to try AA to change their life for the better, as participating in AA changed mine.*
— Ann S, King County Jail Volunteer
- *For the past 30 years, I've taken meetings into jails because it could have been me there, as I was often a drunk driver, had a bad wreck and never located what I hit. In this way I'm paying a debt to society which adds depth to my sobriety and increases my gratitude that I'm not in jail!*
— Barbara G, King County Jail Volunteer
- *I have been taking meetings to women since 1995 until Covid in March 2020. Now I've been given clearance to return and am so grateful. This is the most rewarding twelfth step work I've ever done.*
— Pam H, King County Jail Volunteer Coordinator
- *I enjoy going into this facility because it's where I got sober. I had a spiritual awakening and when released, no longer had the urge to get high. Telling my story to alcoholics and addicts over the past 6 months is an absolutely amazing feeling.*
— Maryah W, Kent City Jail Volunteer
- *I've been going to the Kent Jail for 5-7 years. I love the look on the girls faces when they start to get it. I get goosebumps and see how blessed I am to have AA and God both on my side!*
— Debbie L, Kent City Jail Volunteer
- *It was 11-years ago, in a moment of pain and suffering that I applied to take meetings into Kent City Jail. My heart has been with those women who look at me across that table ever since. Doing my part to plants seeds of hope, love and encouragement with no expectations feels like freedom to me.*
— Christie D, Kent City Jail Womens Meeting Coordinator
- *I've been going since 2014 because it enriches my sobriety/recovery. I was in jail during my addiction and know what these women are going through. If I can plant one seed and give back what was freely given to me, the rewards are endless and priceless.*
— Janet A, Kent City Jail Volunteer
- *I got into AA because of my drinking and driving. My mom died driving drunk. It's a privilege to go into the jail and hope my story can crack open someone's heart to understand there is a different way of living.*
— Dennis, Kent City Jail Volunteer
- *Since April 1990, I've taken the message of recovery into Kent City Jail. I started as a means of satisfying my 9th step amends. I continue today as the rewards of helping others have been greater than any sacrifice I make...and it insures my sobriety!*
— Bob, Kent City Jail Volunteer Coordinator
- *I have been taking meetings in for almost 2 years. I caused a lot of wreckage in my alcoholism, and now feel truly blessed to be able to sit with women who are looking for a way out. This is my living amends to my sisters In Recovery and my community.*
— Morgan G, SCORE Volunteer

See **Corrections Corner** continued next page »

STORIES, STEPS & TRADITIONS

« **Corrections Corner** continued from last page

- *I am grateful that I was given a second chance at life. By sharing my story, I hope to simply plant a seed that AA is here for them when they get out, regardless of their circumstances.*
— Katie Jo, Juvenile Detention Volunteer Coordinator
- *I know many people who struggled to find a different way to live when they got out, yet continued their cycle of alcoholism and addiction. I want to show our youth that there is hope, that they can have a better life, and support is available if they truly want it and work for it, no matter their age.*
— Iwaine, Juvenile Detention Volunteer
- *I have had the honor and privilege to carry the AA message behind the walls since I was early in sobriety. The challenge of carrying our message of hope to young people in youth detention centers is especially gratifying*
— Barry K, Juvenile Detention Volunteer Coordinator
- *I am grateful to get a chance to share my experience, strength, and hope with young teens. And, share with them that young people do recover and can have a good life without alcohol.*
— David S, Juvenile Detention Volunteer
- *My brother once said to me, "Kim you're the only person I call who could tell me they are on their way to jail and it doesn't make me worry!"*
— Kim, SCORE Jail Volunteer Coordinator
- *I feel privileged to volunteer taking our program to incarcerated women. Our meetings behind bars are positive and affirming for the inmates, and we are shining a light in their lives.*
— Beryl, Score Jail Volunteer
- *I am so grateful to do this service work and carry the AA message. The gift of desperation and the language of the heart can be heard in jail meetings.*
— Cynthia, Score Jail & Federal Detention Center Volunteer
- *In 1995, I started taking women's AA meetings to King County Jail. Over time, I could feel the positive response the inmates were getting just by the smiles on their faces and the relaxed sharing of their lives. Next, I investigated and got approved to start AA meetings at Regional Justice Center and later at SCORE Jail. Every adventure brought more & more desire for sobriety in my life. THANK God!*
— Elaine, a GSIG Corrections pioneer connecting AA with Correctional Facilities
- *Once I came to my regular meeting at the Women's Work Release, planning to go back out as I was at my wit's end during a contentious divorce. The women there carried me through that week — I had finally shifted from talking at them to talking with them. I forged my way through to finding my own conception of a higher power as the message of Hope and Power was so clearly delivered to me by those women. I continued to take meetings for 15 years, I am forever grateful.*
— Keri S, former Ratcliff Women's Work Release Volunteer
- *The ladies I saw each week were my reminders. Their highway was where I was traveling. They touched my heart & brought me much gratitude.*
— Judi R, former Regional Justice Center Volunteer Coordinator
- *When I was in jail, prison, and work release, having someone bring a meeting in was a gift and a privilege. They brought hope that things could be different, that change was possible. I have abundant gratitude for the experiences and lifeline that was so freely given.*
— MJ was kind enough to write this. She is now sober over 9 yrs



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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting October 17, 2023

Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer

Elected Officer Reports

Recording Secretary (Janet A.)

Thank you for allowing me to be of service, and as always, I continue to be extremely grateful for this opportunity.

If you would like your contact information added to the roster or if there are any corrections, you can put that information in the chat. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. The initial deadline to have your reports to me is ***by the 3rd Tuesday of the month. Please email to secretary@seattleaa.org. I will accept Final Reports this month no later than Wednesday, October 25th. I will send Final Minutes to Lara on October 25th so she can submit to the high and dry.***

Treasurer (Dan G.)

- Approval of Treasurer's Report – Moved by: Ali /Seconded: Greg — Motion passed.

TREASURER'S REPORT MONTHLY (Data in Thousands K)

Month	Net In- come (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Aug-22	(5.9)	9	2.8	1.4	3.4	2	84
Sept-22	(4.6)	5.5	0.6	1.4	0.6	3	78
Oct-22	(0.3)	11	0.5	1.4	0.5	3	76
Nov-22	(2.5)	9	0.4	1.4	0.5	1.5	74
Dec-22	(2)	8.4	3.3	1.4	1.1	(0.6)	75
Jan-23	(.045)	14.9	1.4	1.4	0.7	3.3	77.5
Feb-23	(2)	9.3	0.3	1.4	0.5	2.9	75.4
Mar-23	7.1	10.7	11.6	1.6	0.5	1.4	82.5
Apr-23	5.7	17.2	0.7	1.7	0.4	1.4	84.0
May-23	0.8	7.9	1.8	1.7	0.6	4.5	85.5
Jun-23	(3.8)	8.4	3.3	1.7	0.6	2.0	81.2
Jul-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

BOARD MEETING MINUTES

« *Treasurer (Dan)* continued

Treasurer Remarks

We finished the month of September with a loss of \$638. Our expenses were expected to be lower this month and our contributions were also lower.

» *Note: 2024 GSIG Proposed Budget — See Page 29*

Chair (Karla)

October 2023 Board Chair Report – Submitted by Karla L.

I attended the Area Assembly in Longview on October 6, 7, and 8.

I gave a report on what we are up to here. I made a pitch for Seattle area groups to support our committees. Lara brought some schedules and high and Dry subscription forms that we gave away and sold. Several people approached me wanting schedules.

MOTIONS CONSIDERED AT THE OCTOBER 2023 ASSEMBLY:

23.1 We move that Western Washington Area 72 support Oregon Area 58's proposed agenda item to prioritize the following pieces of AA literature into ASL: the personal stories in the upcoming fifth edition; the pamphlet the AA group; the GSR pamphlet; and the AA Service Manual. PASSED

23.2 In the spirit of unity, we affirm that District 25 is an online district with no geographic boundaries. PASSED

- This topic garnered the most discussion, and it passed with substantial unanimity.

23.3 Area 72 submit the following Proposed Agenda Item for consideration at the General Service Conference: "The General Service Board develop supplemental reporting focused on the actual costs of the various service items we provide, with an initial draft being brought back to the Conference Committee on Finance for review at the General Service Conference." PASSED

- This passed after discussion about how the GSB has handled our funds and bills. The Area felt like there could be more detailed transparency in how the board uses our funds.

DISCUSSION TOPIC:

Web standing committee charter and responsibilities.

- The nature of the web standing committee has changed and is no longer solely concerned with local websites. Many discussions center around technology questions concerning online/hybrid meetings, electronic baskets, etc. and the equipment involved. They are asking the Area for input/permission to change the scope of their original charter and responsibilities to include the changing technology environment. The Area was behind them all the way and looks forward to a new "Web and Technology Standing Committee"

Chair (Karla) continued next page »

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BOARD MEETING MINUTES

« *Chair (Karla)* continued

FLOOR DISCUSSION TOPIC:

Creation of literature regarding safety and working with minors – Moved to the January Quarterly agenda.

OSD III:

The books are being printed and shipping is expected to happen on October 27. Distribution will start shortly thereafter with the first main distribution event being the January Quarterly.

UPCOMING QUARTERLY AND 2024 ASSEMBLY:

January 2024 Quarterly: Jan. 5-6 Bellevue, WA
St. Andrew's Lutheran Church
2650 148th Ave SE
Bellevue, WA 98007

Next year's Assembly:
October 2024 Assembly: Oct. 4-6 Tacoma, WA
Hotel Murano
1320 Broadway
Tacoma, WA 98402

GSIG Office Reports

Office Manager (Lara)

Office Manager Report October 2023 gratefully submitted by Lara Randolph

Financial: Dan and I have worked out the draft budget for 2024. Looking forward to hearing any feedback or answering any questions or addressing concerns.

Inventory: New schedule books are in. There were some alignment/cutting issues on approximately 10% of the books that were delivered. We will ask for a discount on our final bill. There is a new Young People in AA pamphlet. It's very modern with new stories.

Call log info:

12th Step Referrals: 9

Total Call Volume: 151

Chat line contacts: 130

Total points of contact: 281

Office Manager (Lara) continued next page »

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BOARD MEETING MINUTES

« *Chair (Karla)* continued

Our Accessibility Committee is in need of a new Chair. This is the description of what this committee is responsible for:

Our mission is to provide aid and resources for the fellowship to overcome obstacles limiting access to Alcoholics Anonymous in our area. Accessibility means ensuring equal access to everyone.

We provide assistance with the following needs:

- Transportation to and from A.A. meetings
- Childcare at A.A. meetings
- Bringing A.A. meetings into private homes
- Facilitating online meeting information
- Helping those with mental health issues understand the culture of A.A.
- Bringing A.A. meetings into nursing homes
- Helping identify tools for those who don't speak English
- American Sign Language (ASL) interpretation for Deaf/Hard-of-Hearing alcoholics
- Providing resources to the homeless populations and the organizations that service that population.

If you are interested in issues concerning accessibility and helping the still suffering alcoholic, please contact lara@seattleaa.org.

Service Committee Reports

Accessibility (Laurel)

Here's a short report for the High and Dry and minutes

I have been the sole member of the Accessibility Committee for over 3 years. I've scheduled interpreters for AA meetings, business meetings and a few Special events, such as a gratitude dinner and September Fall Conference. Besides scheduling, I've kept track of interpreter invoices to check for accuracy and forward them to Lara, GSIG Manager. I've also visited Districts to educate about the Deaf alcoholic and the need for contributions to pay interpreters at certain meetings. I have been chair for five years.

I asked for help: we need members and a Chairperson. I will step down from being chair in the spirit of rotation. I will continue scheduling interpreters.

Contact Lara at lara@seattleaa.org or accessibility@seattleaa.org for joining this service.

Laurel W.

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Archives (Theresa)

Not Present. – Report Submitted:

SEPTEMBER ARCHIVES COMMITTEE REPORT: Continuing to file current Grapevines, High and Dry, & GSIG hard copies of historic files, at the office.

Hospital & Treatment (West C.)

Our Hospital and Treatment Committee last met this past Saturday, October 7th and West was hosting live on Zoom from Assembly in Longview, WA while Mikey C was hosting in person at GSIG.

We have been making progress on our D31 Search Committee to find a new in-person treatment facility to replace Cascade Behavioral Health. Both Becky E & Allison K have stepped up to the plate to make numerous contacts and I believe we are on the brink of forging a relationship with a new treatment center in our district.

Our monthly Thursday night Speakers meeting at UGM's Riverton Place has been temporarily postponed because they are encouraging men to go to outside meetings. However, Chaplain Juri is interested in continuing the meeting down the road on a non-required basis.

We continue Tuesday morning monthly panels with Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through December. Capital Hill, & Downtown are also possibilities, which I will check in to.

We have our next Lakeside Milam Renton panel on Fri, October 27th @ 9 am. We are alternating with Eastside Intergroup every month on this joint venture to carry the message to their patients.

We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 15 volunteers cleared to panel and 1 more are right on the brink of being cleared. My goal is to reach 20 so we can go weekly by January, so we are making progress towards that goal.

I have been asked to speak next Thur., 10/19 at Dist. 18's meeting so I am hoping to drum up some more interest there as well.

Please come support our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center and bring a friend. We are currently rotating Secretaries weekly and we are always looking for folks to chair that meeting as well. Women are also welcome and encouraged to attend.

We are averaging around 20 people now. A big thank you goes to the guys at UGM's Riverton Place for supporting the meeting and others from the outside like Jeff U and Mikey C from Intergroup.

We are encouraging folks and especially veterans to support the VA Hospital meeting Tuesdays at noon.

Hospital & Treatment (West C.) continued next page »

BOARD MEETING MINUTES

« *Hospital & Treatment (West C.)* continued

The meeting happens in room 1W88 in the new ATC building right next to the parking garage.

George A from Shoreline Veterans Center is asking for support for their Fri night 6 pm meeting so we are spreading the word. The address is 1301 N 200th St, Shoreline, WA 98133

The best way to get involved in any of these projects is to attend our H & T Committee hybrid meeting every first Saturday, the next one is Sat, November 4th @ 10 am.

The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom. Please contact West C if you are interested in getting involved at 425-736- 4130 or hospitalandtreatment@seattleaa.org. Hope to see ya there!

Nightwatch (Rob S)

Thank you to all the Nightwatch volunteers who continue to cover the GSIG phones from 10pm-10am every day/night of the week. This is a great way to be of service to the still suffering alcoholic.

Nightwatch is currently in need of filling the following shift:

- 2nd Tuesday of the month 2-6am

If you are interested in volunteering for a shift, or have questions, please contact Rob at: nightwatch@seattleaa.org or sign up on the Greater Seattle Intergroup of AA website (in the Service tab then Phone Answering).

12 Step (John DD)

Thanks for allowing me to be of service. We work between the hours of 10:00 PM – 10:00 AM. We follow up with phone volunteers and connect with people when there is a referral. Not too many referrals. Looking forward to the Appreciation Luncheon.

If you are interested, we meet every first Tuesday at 10:00 AM. Information is on the website

Web & Tech (Mike C)

We are a simple committee of 3-4 people. A special thank you to Lee, and I appreciate his diligence and hard work on the website. The website is really looking great, different colors,

Meeting updates, which look great. Upgrades regarding the payment structure. We are using Strike right now and working on the budget. We need to know how much money is being spent. We cut the processing fees in half regarding the companies that we pay. The funds will then be available for other committees.

Special Events (Steve R)

Grateful to be in this position. We were going to have a car show, but mother nature saw it otherwise. We are trying to put together a gratitude dinner. If you have any questions, please email me at specialevents@seattleaa.org.

District Reports

District 14 (Stacia)

District 14 welcomed a new weekly, in-person meeting this month, held every Saturday at 10:30am at the First Gospel Pentecostal Federated Church on Delridge Way.

Our Third Legacy Committee is hosting a panel event for AA members called AA Service Beyond the Home Group this Saturday, October 17, 10am-1:30 at Fauntleroy Church.

All are welcome, and it includes a lasagna lunch! Our holiday potluck party and speaker meeting will be held on Tuesday, December 12 at 7pm, also at the Fauntleroy Church. Everyone is welcome to join us!

District 15 (Greg E)

D15 Oct biz meeting was primarily focused on Assembly debrief - discussing everyone's experiences and thoughts.

- D15 is co-sponsoring (with D16, 40, 41) a Gratitude Banquet on 11/11 (flyer: <https://www.seattleaa.org/wp-content/uploads/2023/10/Gratitude-Dinner-D15.pdf>). First United Methodist Church, 180 Denny Way. Doors 5 pm, dinner 6. Two speakers. For more info, email: SeattleGratitudeBanquet2023@gmail.com
- D15 has open service positions for Accessibility, Archives, Grapevine/Lit, PI/CPC, and Young People.

District 16 (Kathleen B)

Co-hosting the Gratitude Banquet. We also have positions available; PI/PIC, Archives, Corrections, Grapevine, Treatment. We could use some help in Dist. 16.

District 17 — Inactive

PI/CPC (Carina W) continued next page »

BOARD MEETING MINUTES

District 18 (Ali)

Tukwila, Renton, Kent, Discussed the 3 motions at Area. We had the Alt Chair. Good showing. We are helping the BLA for 2024.

District 24 (Greg S)

26 people on zoom. Area 72 Young People came and gave a presentation. It is exciting. We have open positions; CPC, Zoom Coordinator, Newsletter, and Alt DCM. DCM is moving to Florida, and we will truly miss Kelly. Our Alt DCM Kelly will do a great job.

District 31 (Thomas)

These are accomplishments from the past quarter:

- We met in person in August and had a Service Ice Cream Social with the GSR's bringing members from their home groups to learn about being of service in District 31. We were able to fill all but 2 of the committee positions.
- The District had the GSR's survey their home groups to learn what workshops they would be interested in attending. We will be hosting our first workshop around Emotional Sobriety. A subcommittee has been formed to go over the details and create the content. Date TBD.
- We held a District Inventory at the end of September to review District 31 guidelines and to review how District 31 represents the meetings in its area.
- We agreed on forming a Young Persons Committee and will be developing the position details. The District is looking at ways to work with intergroup on getting information to the groups and fun activities and fellowship -opportunities. The Treatment Chair was able to start a new meeting in Harborview and Hopes Place. The Fall Corrections Workshop was a success! They had approximately 35 attendees.

Problems or issues you are facing or have already dealt with:

- Finding ways to communicate more effectively about everything happening in service and "fun" to the GSR's and Meetings. Getting participation from all the meetings either in contributions or attendance.
- Please share some goals you hope to achieve or begin work on in the next quarter.
- Create additional Service Workshops - Writing the 4th Step & Sponsorship The 12-Step Liaison has reconnected with St. Anne's Hospital and is resurrecting the Care Management/12 Step program.
- Working on Bringing "FUN" into the district- Burien, SeaTac, Des Moines, Normandy Park
- On the 2nd of December we will have an annual banquet at 6:00 PM. Grace Lutheran in Des Moines.

BOARD MEETING MINUTES

District 32 (Samantha M)

We had 15 total voting members; Great Reports were given. Open positions; School Panels, Bridging the Gap. We need Zoom panels in which there are opportunities available for panels on zoom. 2 Events monthly. There are Flyers on board, and you don't need to be a part of District 32. Webmaster is doing great. There is a Native American woman who has reached out that is looking for another Native American woman to help, transportation to meetings, etc.

District 33 (Abby)

We had 10 in-person and several more Zoom attendees at the Area Assembly, all who reported felt reinvested in-service work.

Sweet surrender meeting is hosting a gratitude banquet 11/11 at King of Kings church in Renton at 5:30pm \$25 no childcare, sponsored tickets available if can't afford.

Timberlane Group has a very special speaker this month Thursday October 26th at 7pm the rescue church 24905 Witte Rd. SE, Maple Valley

Positions open: Accessibility, Corrections, CPC/PIC, Newsletter, Young People

District 40 (Kelly) — Not Present

District 41 (Laurel)

We have a District Dinner, November 11th near the Seattle Center. We have vacant positions; Young Peoples, CPC, Intergroup Rep, I am doing it temporarily. Accessibility is also open. In District 41 there are meetings that are not being paid for by interpreters.

Fremont Hall — Inactive

A New Beginning (John H)

Chris C is our GSR, and we are putting together a list to take meetings into hospitals, and collecting money for literature. Our landlord came to the business meeting and reassured us that they are not selling and that we will still have our meeting place. Our 38th Gratitude Potluck on November 11th with a Speaker Meeting and will have an auction and sobriety countdown.

Business

Old Business: None.

New Business:

Budget

Treasurer (Dan) —

- Reviewed with the Office Committee and Lara worked with me extensively. Thank you, Lara.
- The cost of the High & Dry is going up, more people need to donate, and/or contribute, which is a suggestion.
- \$1,500 was donated to Web & Tech because we were going to send Lee to the NAATW.

Upcoming Events

- See: www.SeattleAA.org/events/
- Seattle Group Saturdays at 6:00PM
 - Karla, our Board Chair will be speaking Nov 11
- Trad Study 4th Tuesday of the month at 7:00pm October 24th
- Volunteer Appreciation, Training Luncheon
Hybrid at GSIG - 11:00am-1:00 pm – Saturday Oct 28th
- Service Manual Study
1st Sunday of the month at 11:00am – November 5th
- BLA Planning Committee – 10:00am-11:30am – November 12th

MOTION TO CLOSE

NOVEMBER CHALLENGE

1. Answers for AA Quote Quiz
2. Big Book (pg xxvi, 4th edition)
3. 12 and 12 (Step One, pp 21)
4. Big Book (We Agnostics, pp 45)
5. 12 and 12 (Step Two, pp 33)
6. Big Book (How It Works, pp 62)
7. 12 and 12 (Step Three, pp 40)
8. Big Book (How It Works, pp 66)
9. 12 and 12 (Step Four, pp 48)
10. Big Book (Step Five, pp 75)
11. 12 and 12 (Step Five, pp 61)
12. Big Book (Into Action, pp 75)
13. 12 and 12 (Step Six, pp 69)
14. 12 and 12 (Step Seven, pp 70)
15. 12 and 12 (Step Eight, pp 78)
16. Big Book (Into Action, pp 77)
17. Big Book (Into Action, pp 84)
18. 12 and 12 (Step Ten, pp 93)
19. Big Book (Into Action, pp 86)
20. 12 and 12 (Into Action, pp 96)
21. Big Book (Working With Others, pp 89)

Proposed 2024 Budget

Category	Budget 2024	Budget 2023	Actual FY2022	Budget 2022	Actual FY2021	Budget FY2021	Notes
Income							
4201 Special Events Income	6,500	6,200	6,481	6,000	6,539	5,562	
Contributions							
4001 Group Contributions	140,263	152,001	118,505	108,969	105,898	121,692	131333 est 23
4002 Ind contributions	29,848	30,000	14,582	30,000	28,439	10,036	27948 est 23
4003 Meeting Room	4,400	3,600	3,187	2,607	2,742	4,839	
4004 Birthday Contributions	2,100	1,900	2,464	1,944	3,480	3,392	
4005 Sustainers	20,000	18,000	16,390	18,000	18,672	31,344	Current 19095
4006 Group Insurance	1,000		1,149				YTD 531
Total Contributions	197,611	205,501	156,277	161,520	159,231	171,303	
Literature Sales							
Retail Sales							
4101 Literature Sales	56,000	53,000	50,724	50,002	36,245	59,678	48000 est 23
4111 Meeting Directory Sales	11,000	6,000	6,399	10,000	495	7,000	10440 est 23
4121 Coin Sales	14,000	9,756	11,182	6,374	6,650	7,660	13000 est 23
4141 High & Dry Sales	320	78	175	125	124	359	284 actual
4151 Shipping Income	1,100	531	632	252	238	(272)	859 ytd
Total Retail Sales	82,420	69,365	69113	66753	43751	74425	
Total Income	286,531	281,066	231,871	234,273	209,521	251,290	
Cost of Goods Sold							
COGS							
5101 Literature COGS	36,464	36,592	36,629	36,592	36,783	46,576	34400 est 23
5111 Meeting Directory COGS	9,000	4,500	6,856	3,911	6,514	7,000	8050 est 23
5121 Coin COGS	4,000	4,062	4,568	3,560	3,146	3,560	1900 est 23, large donation
5141 High & Dry COGS	1,850	1,383	1,564	1,500	1,181	962	
5161 Inventory Adjustments						2,500	
5162 Lit COGS Qty Disc(-) Penalty(+)			(232)	(2,000)	(1,500)	(784)	
Total COGS	51,314	46,537	49,384	43,563	46,125	59,814	
Total Cost of Goods Sold	51,314	46,537	49,384	43,563	46,125	59,813	
Gross Profit	235,217	234,529	182,488	190,710	163,396	191,477	
Expenses							
6801 Standing Committees							
6811 Archives Committee	200	120	22	120	-	120	

Proposed 2024 Budget

Category	Budget 2024	Budget 2023	Actual FY2022	Budget 2022	Actual FY2021	Budget FY2021	Notes
6812 Corrections Committee	360	360	83	360	-	360	
6813 GSIG Board	300	130	296	480	-		
6814 Hosp & Tx Committee	1,200	1,200	901	1,800	1,977	1,800	
6815 PI/CPC Committee	1,200	1,200	748	1,800	770	1,800	
6816 Special Events Committee	6,200	6,200	6,545	4,500	4,281	3,000	
6817 Third Legacy Committee	50	50	173	480	-	480	
6818 Web and Tech Committee	1,500	1,500	0	1,500	-	1,500	TIAA
6819 Accessibility Committee	5,500	5,500	3,292	5,000	3,181	7,680	
6820 Big Book/ Literature Fund	-	-	1,036		(1,036)	480	
Total 6801 Standing Committees	16,510	16,260	13,096	16,040	9,173	17,220	
Literature Discounts			5		0		
6830 Travel and Meetings							
6831 Conference, Convention, Meetings	2,000	1,900	1,769	1,500	813	1,500	
Total 6830 Travel and Meetings	2,000	1,900	1,769	1,500	813	1,500	
Other Expenses						(104)	
6301 Interest & Bank Charges		65	58	-	102	59	
6302 Web Credit Card Fees	1,300	1,528	1,489	2,310	1,746	1,848	1800 est 2023
6303 Merchant Credit Card Fees	1,900	1,228	1,396	1,346	780	1,346	2058 est 2023
6501 Insurance	5,256	4,985	6,362	1,362	2,866	1,300	2023 actuals
6502 Licenses&Tax	210	15	65	15	69	15	206 ytd
6701 Professional Fees-- Tax & Other	15,000	14,520	14,770	13,844	13,057	13,844	
6921 Burien Little Assembly	150	150	120	120	-	120	
6931 Cash Over/Short			65		82	0	
6932 Petty Cash (Over) Short					4	0	
6933 Reconciliation Discrepancies					-	0	
6934 Penalties and Fines					-	186	
6935 WA STATE B&O TAX	300	300	271	150	90	0	

Proposed 2024 Budget

Category	Budget 2024	Budget 2023	Actual FY2022	Budget 2022	Actual FY2021	Budget FY2021	Notes
6941 Depreciation						0	
Total Other Expenses	24,116	22,791	24,595	19,147	18,796	18,615	
Paid Staff							
6101 Payroll Expenses			836	833	833	671	
6111 Wages	83,000	81,920	73,342	65,743	64,801	65,542	CPI increase 6.8%
6112 Taxes	6600	6554	5,812	4,776	4,866	5,243	CPI increase 6.8%
Total 6101 Payroll Expenses	89,600	88,474	79,990	71,352	70,500	71,456	
6121 Medical Insurance	1700	1620	1,466	1,750	574	0	
Total Paid Staff	91,300	90,094	81,455	73,102	71,074	71,456	
Rent and Office						210	
6001 Rent	51,985	50,549	48,125	48,135	45,948	44,268	
6002 Triple Net	19,000	19,209	18,195	17,589	17,485	18,514	18240 plus 50/mo
6003 Maintenance & Repair	1,100	1,100	763	772	1,341	1,696	
6004 Computer Upgrade	800	500	472	500	3,196	2,800	Replace zoom laptop
6005 Office Supplies	2,900	2,900	2,686	3,173	2,966	3,322	
6201 Utilities	4,675	4,475	4,101	2,231	2,683	2,534	
6211 Electricity	2,900	2,740	2,268	1,879	1,686	4,000	
6212 Internet Service	5,303	4,859	4,901	4,489	4,528	4,308	
Total 6201 Utilities	12,878	12,074	11,271	8,598	8,897	10,842	
6400 Communications							
6401 Phones							
6403 Call Forwarding	1,104	1,028	1,046	1,060	1,020	1,020	
Total 6400 Communications	1,104	1,028	1,046	1,060	1,020	1,020	
6601 Shipping Expense	3,300	2,118	2,393	804	1,618	800	3241 est 23
6602 Postage						600	
6603 office upgrades	6,500						Carpet, boardroom upgrades
Total Rent and Office	99,567	89,478	84,950	80,633	82,471	84,072	
Southend Book Store stipend			350	600		600	
Total Expenses	233,493	220,523	206,220	191,021	182,326	193,463	
Net Operating Income	1,724	14,006	(23,732)	(311)	(18,930)	2,057	
Other Income							
7001 Interest Income	1,200	19		274	184	400	money market
7003 Other Income					25	-	
Total Other Income	1,200	19	0	274	209	400	
Net Other Income	1,200	19	0	274	209	400	
Net Income	2,924	14,025	-23,732	-38	-18,721	2,457	



4th Annual

Thanksgiving Day Zoom Alcañon

Hosted by:
Nameless Bunch of Drunks International

Wednesday, November 22nd, 5:30pm
- Thursday, November 23rd, 12am

Pacific Standard Time

*A meeting every hour, on the hour!
No password required!*



namelessbunch.com



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

November 4th Stephanie W.

November 11th Karla L.

November 18th Jeanne M.

November 25th Jess L.

NEED VOLUNTEERS CARRY AA MESSAGE TO CORRECTIONS

Correctional facilities are starting to reopen for AA meetings and we are short on volunteers. Help the incarcerated suffering alcoholic by committing to one meeting a month. This will help a lot!

Federal Detention Center (SeaTac) – Thursdays 5:30-7pm

-minimum 18 mos sobriety; 5 yrs out of custody; not on probation

Regional Justice Center (Kent) – Thursdays 7-8pm

-3yrs off alcoholic & marijuana; 7yrs off hard drugs; 3 yrs off probation

Basic clearance requirements shown above. Email Corrections for additional information and jail application or other ways you can help.

volunteer corrections@gmail.org or corrections@seattleaa.org





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



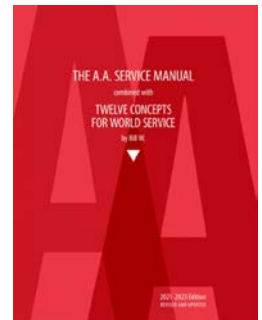
SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDY-
ING THE NEW SERVICE MANUAL.
THIS DISCUSSION AND STUDY WILL BE
FACILITATED BY AREA 72 TRUSTED
SERVANTS.

JOIN US IN PERSON AT GSIG OFFICE OR ON
ZOOM on the *1st Sunday of each month at 11am*

SEATTLE INTERGROUP
5507 6TH AVE S.,
SEATTLE 98108
ZOOM INFO:
MEETING ID 863 6483
7688
PASSCODE 022841



TRADITION STUDY

WITH THE
GSIG THIRD LEGACY COMMITTEE

STUDY THE TRADITION OF THE
MONTH WITH THE THIRD LEGACY
COMMITTEE.

WHEN: **FOURTH TUESDAY AT 7PM**
Starting January 24, 2023

THIS MEETING IS HYBRID. COME
DOWN TO THE OFFICE OR JOIN IN
ON ZOOM.

IN PERSON AT SEATTLE
INTERGROUP
5507 6TH AVE S., SEATTLE 98108
ON ZOOM
MEETING ID 858 5142 0330
PASSCODE 051501



BURIEN LITTLE ASSEMBLY 2024

This year's theme:

[to be the same as the 2024 General Service Conference]

Planning Committee Meetings

WHEN:	The second Sunday of each month at 10 am (mostly)
	in person:
	Greater Seattle Intergroup 5507 6 th Ave. S. (at Lucile Street) Seattle 98108
WHERE:	and online:
	https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHlHODR6QzV4UT09
	ID: 827 0274 5971, pw: 857017

<p>August 13th, 2023</p> <p>September 10th, 2023</p> <p>(Further dates to be determined in committee.</p> <p>Post event wrap up, TBD)</p>

www.burienlittleassembly.org

OPEN MIC

November 18TH

SATURDAY - 7:30PM

FUN FUN FUN

YOU CAN DO :

Singing (Accepting Karaoke)

Music Instruments Comedy

Keyboard Poetry

Whistling & More

Seattle Intergroup

5507 6TH Ave S. Seattle, WA 98108

BRING FOOD & SNACKS

FOR MORE INFO:

Text Yoshi (253)209-6802 / Reith (206)434-2589



You are heartily invited to join our celebration!

A New Purpose Group GRATITUDE DINNER

Thursday, 11/30/23 @ 6pm

St. Matthews Church
1700 Edmonds Ave NE
Renton, WA 98056

FEATURING OUR SPEAKERS
JOHN P. & CLAIRE C.
EMPIRE WAY
SEATTLE, WA

A New Purpose Group will provide beverages, some food, and cake. You are welcome to bring your appetite and/or a dish to share at this Potluck Dinner.

Got questions? Email anewpurposegroup@gmail.com.



GAME DAY AT SEATTLE INTERGROUP

WHEN: DECEMBER 10, 2023

WHAT: TAILGATING STARTS AT 11AM
BRING FOOD TO SHARE, BBQ'S WILL BE AVAILABLE.

WE WILL PLAY GAMES BEFORE THE BIG GAME!
CARDS, DICE, BOARD GAMES, WHATEVER Y'ALL
BRING. THEN WE WILL WATCH THE GAME ON
THE BIG SCREEN!

**SEATTLE SEAHAWKS AND THE 49'ERS KICK OFF @
1:05 PM**

WHERE:

SEATTLE INTERGROUP
5507 6TH AVE S.
SEATTLE, WA 98108



Seattle Gratitude Banquet 2023

Hosted by Districts 15, 16, 40, and 41

Saturday November 11th, 2023

First United Methodist Church, 180 Denny Way

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

Doors open at 5pm for Fun & Fellowship

Dinner @6 ~ 50/50 Raffle @6:30 ~ 7th Tradition @7:30

Speakers: Jeffrey F (Pass it On) & Carol L (Langley Group)

Host Districts will provide Turkey,
Ham, Potatoes, Stuffing, Gravy,
Coffee & Beverages.

ASL Interpreted

Guests provide Potluck Dishes based
on **First Name** guide below:

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



To sign up for service positions, see options below:

Email:
SeattleGratitude
Banquet2023
@gmail.com

Sign-Up Link:
[Click to Sign Up](#)

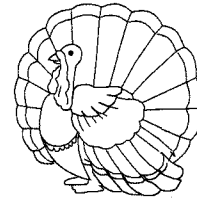
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"Whenever anyone, anywhere reaches out for help..."



THE 65th ANNUAL LAST CHANCE GRATITUDE BANQUET



FRIDAY, NOV. 17, 2023
DINNER 6:30PM; SPEAKERS 7:30

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

MEAT AND VEGETARIAN ENTREE PROVIDED

BRING A SIDE DISH OR DESSERT



AREA DECEMBER HYBRID CORRECTIONS QUARTERLY

Saturday, December 16th, 2023
Greater Seattle Intergroup
5507 6th Avenue South
Seattle, WA 98108

Zoom ID: 850 3918 3514 Passcode: 401739

In-Person and Virtual Doors Open at 9:30 AM

Business: 10:00 AM

Online or In-person 7th Tradition Option:

Venmo "@andrew-moyer-30" Purpose: "Dec. Corr. 7th"

Stay tuned for more details.



ÁREA CORRECCIONES HÍBRIDAS DE DICIEMBRE TRIMESTRALES

Sábado, 16 de diciembre de 2023

Intergroup del Gran Seattle
5507 6ª Avenida Sur
Seattle, WA 98108

ID de Zoom: 850 3918 3514 Código de acceso: 401739

Las puertas presenciales y virtuales se abren a las 9:30 a.m.

Negocios: 10:00 AM

Opción de 7ª Tradición en línea o en persona:

Venmo "@andrew-moyer-30" Propósito: "Dec. Corr. 7th"

Estén atentos para más detalles

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/



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/](https://www.seattleaa.org/online-contributions/)



