



High & Dry

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

Volume 75 Issue 10

October 2023



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

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

October GSIG Events

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

1 — Service Manual Study

- October 1 @ 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

4 — Accessibility Committee

- October 4 @ 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

5 — 12th Step Committee

- October 5 @ 6:30 pm - 7:30 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83508690642?pwd=R2x4b2s5Q3RvOEJBbmthZTdscmpVUT09>
- Meeting ID: 835 0869 0642
Passcode: 749607

6 — 2023 Area 72 Assembly

- October 6 @ 11:00 am -
October 8 @ 1:00 pm
- Cowlitz County Events Center
1900 7th Avenue, Longview, WA

6 — Rose City Girlstock

- October 6 @ 8:00 am -
October 8 @ 5:00 pm
- Holiday Inn Portland South
25425 SW 95th Ave, Wilsonville, OR

6 — Women in Recovery Retreat

- October 6 @ 8:00 am -
October 8 @ 5:00 pm
- Lake Pateros Inn
115 Lakeshore Dr., Pateros, WA

7 — Hospital and Treatment Committee

- October 7 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUlsitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

8 — 2024 BLA Planning Committee

- October 8 @ 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

9 — Corrections Committee

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

14 — Open Mic

- October 14 @ 7:30 pm - 10:00 pm
- GSIG Office 5507 6th Ave S., Seattle

17 — Living in Sobriety Picnic

- October 17 @ 5:00 pm - 8:00 pm
- Golden Gardens Park
8498 Seaview Place NW, Seattle

17 — Web & Tech Committee

- October 17 @ 5:30 pm - 6:30 pm — 1.5 hr before Board Meetings
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWIMUdxYy95V3lPd09>

17 — GSIG Monthly Board Meeting

- October 17 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcljNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
Passcode: 035194

21 — Grapevine Writing Workshop

- October 21 @ 9:00 am - 12:00 pm
- Kelsey Creek Church
1221 148th Ave NE, Bellevue
- Join ESIG and District 39 Literature Reps for a fun writing workshop (No writing experience required)

21 — CPC/PI Committee

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

21 — AA Service Beyond the Home Group

- October 21 @ 10:00 am - 1:30 pm
- Fauntleroy Church 9140 California Ave SW, Seattle

• *Future Tripping* continued next page »

**24 — Tradition Study by the
GSIG Third Legacy Committee**

- October 24 @ 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

26 — Third Legacy Committee

- October 26 @ 7:00 pm - 8:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTIMSmN5dz09>
- Meeting ID: 837 5540 2948
Passcode: 830816

**27 — 21st Annual Serenity
Seekers Woman's Retreat**

- October 27 @ 8:00 am -
October 29 @ 5:00 pm
- Cascade Camp
22825 Peissner Road SE, Yelm

**28 — Phone Volunteer
Appreciation, Training and
Luncheon**

- October 28 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle



**“I had a layover in Omaha ... which
led to a hangover in Des Moines.”**

REFLECTING ON OUR PAST

October In Our History

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

Oct 1936	Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
Oct 1939	1st central committee formed in Cleveland; 1st example A.A. rotation.
Oct 1942	1st issue of Cleveland Central Bulletin is published.
Oct 1944	First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.
Oct 1951	Sister Ignatia wrote <i>"Care of Alcoholics ? St. Thomas Hospital & A.A. Started Movement Which Swept Country"</i> article in <i>"Hospital Progress,"</i> the journal of Catholic Hospital Association.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."
Oct 1958	Playhouse 90 TV airs "The Days of Wine and Roses"
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957	Book "A.A. Comes of Age" published.
Oct 2, 1944	Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945	AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972	2nd World Service meeting held in New York.
Oct 5, 1988	Lois Burnam Wilson died.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.
Oct 8, 1988	Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 14, 1939	Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904	Marty M, early AA woman, is born in Chicago.
Oct 17, 1935	Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 21, 1939	Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 22, 1963	E M Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942	L.A. Times reports AA groups in 14 California cities.
Oct 24, 1943	Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.

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

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THERE IS A SOLUTION

Meeting Changes

Checking our site is the best way to stay current with meeting times and locations. Please let webmaster@seattleaa.org know if there are changes to your online or in-person meeting.

The Corrections Committee is now hybrid at 6:30 p.m. the second Monday of each month. See our website for Zoom coordinates or join us at the GSIG office.

The Web & Tech Committee is now meeting in person at the Intergroup office beginning at 5:30pm, third Tuesday of the month before the GSIG Board meetings. If you have web or tech issues or wish to get involved, come to the board meeting a little early and join us.

Thanks to Our Awesome Daytime Office Volunteers

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

Southend Bookstore Volunteers

Manager: Jim H.

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

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 — October 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*!

Teresa S	Back to Basics	40 years
Tom K	Back to Basics	57 years
Nick		1 year
Liz	Skylight of the Spirit	7 years
Jennifer R	Monday Night Winners	17 years
Pam J	Dawn Patrol	14 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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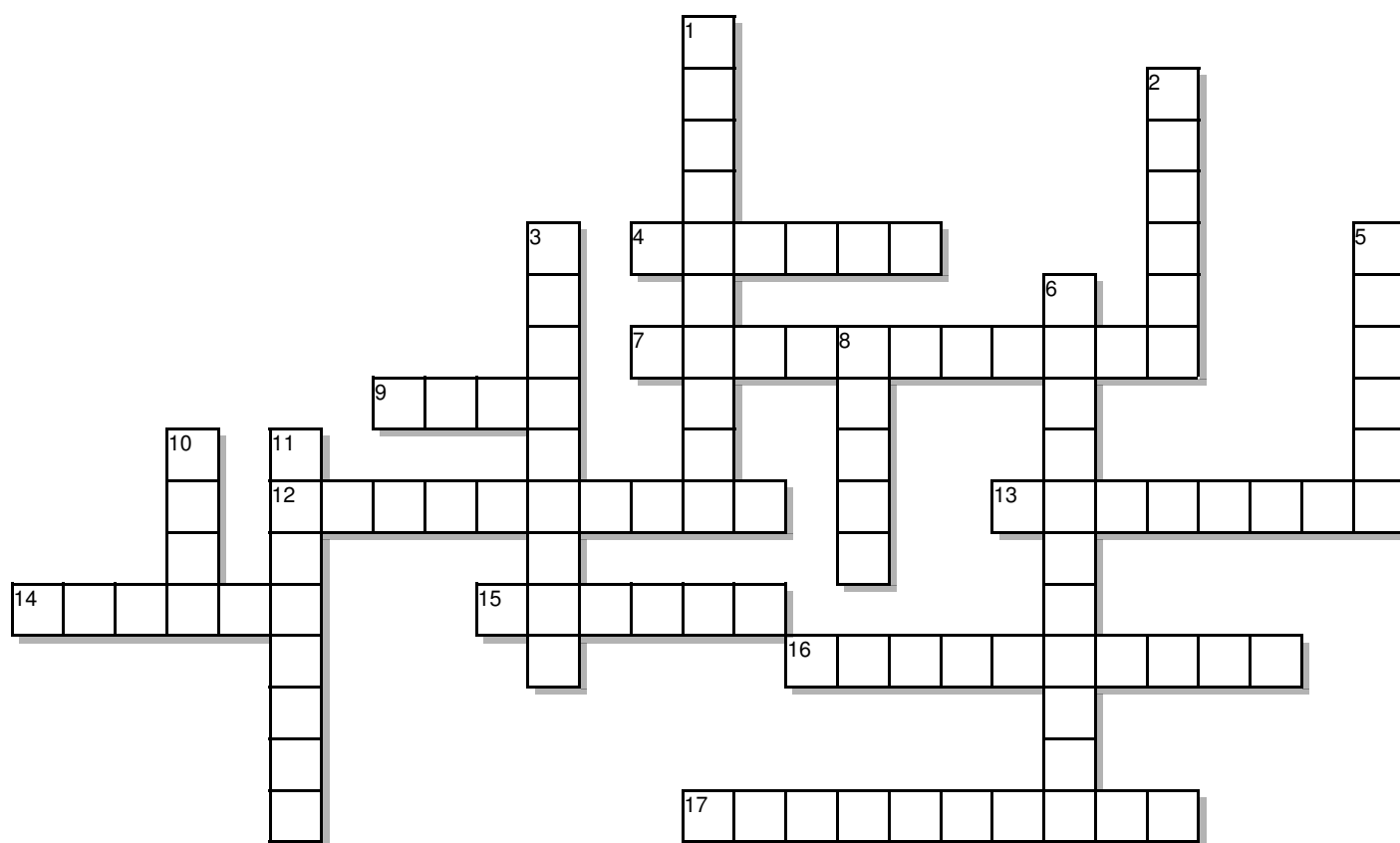
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OCTOBER CHALLENGE

Step Ten

Big Book Instructions



ACROSS

- 4 We have ceased fighting this
- 7 When do we discuss our defects with someone
- 9 What is our code
- 12 What sort of position are we placed in
- 13 How long will this matter continue
- 14 What world have we entered
- 15 What do we need more of
- 16 Continue to watch for
- 17 In what way do we commence this way of living?

DOWN

- 1 Continue to watch for
- 2 What will have returned by now?
- 3 What is our code
- 5 The kind of foe that alcohol is
- 6 Continue to watch for
- 8 How often do we get a reprieve
- 10 Continue to watch for
- 11 We have ceased fighting this

Step 10: “Continued to take personal inventory and when we were wrong promptly admitted it.”



The Tenth Step

By Peeps

I WASN'T AWARE of it at first, but I can see now that I wanted to rest on my (wallet pocket) and my newcomer laurels when I'd completed all my Ninth Step amends.

“I'm done with the Steps, for now,” I thought.

I was convinced that I deserved a break from the work I thought Step 10 would require. Being asked to write down a personal inventory, every single night, seemed like ‘waaaay’ too much to me.

I was clueless and a know-it-all. I did not realize how important Step 10 was going to be to my recovery. I've never been more wrong about anything. (And I've been wrong a lot.)

I'll get to Steps 11 and 12 eventually, I'd tell myself (and my sponsor). I'm good after making amends. I've done enough, but my sponsor disagreed.

We read Step 10 together not long after I'd finished all my amends. Subsequently, when I met with him weekly, he'd ask if I'd started my nightly inventory.

“Not yet, bruv,” I'd say. “I'm kind of busy.”

Very gently, he urged me to get on with it.

“Peeps, we need to work ALL the Steps,” he said time and again.

I was terrified by how much work I thought Step 10 would require. Like most of my fears, the effort required to conform to Step 10 never lived up to the hype.

Then a miracle happened. I heard someone share at a meeting about a Tenth Step phone application. My recovery was saved, and greatly enhanced, by technology. Writing hurt my hand and my handwriting is nearly unreadable.

With the phone app, I developed the habit of a nightly inventory.

At first, I was frustrated that the same things (character defects) showed up every night. I'm kind of slow, but I eventually figured out that if I wanted that to change, I'd have to change my behaviors.

After having to “promptly admit” my wrongs in real time, once in a grocery store parking lot, made a huge difference. Over time, I actually stopped doing many of things that used to appear in my nightly inventories.

Step 10 changed my actions and my enjoyment of recovery and living. Who knew?

Tradition 10: “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”



Tradition Ten

By Demitri I.

THE 10TH TRADITION n AA is a powerful one. This tradition all but certainly rang true when first developed, and all but certainly continues to today – particularly in a world where there are so many channels for debate, conversation and public expression.

I recall during the first couple months of my recovery, while at a meeting, somebody shared on the topic of anonymity and keeping AA out of public controversy. I was curious about the reasoning.

It was shared that anonymity, and remaining free of opinions on outside issues, is crucial for a couple reasons.

It was shared that if AA attached itself to – or aligned with – outside issues, then there may be risk that individuals (both inside and out) would be deterred from joining or staying involved with the program.

And this would be the case for reasons that have nothing to do with sobriety. This may be problematic, as our primary purpose is to help the alcoholic who still suffers. The only requirement for membership is a desire to stop drinking. We want to avoid this potential reasons for individuals to avoid

getting sober.

This is the case regardless of the outside issue, and regardless of how public opinion towards that issue changes or develops.

This made sense to me, and I appreciate it as much now as I did when I first got sober. There are so many challenges, fears and even potential misconceptions early in sobriety (at least in my experience).

Having a safe place whose only purpose was to help the alcoholic who still suffers was a blessing in my experience, and still is.

Hopefully, that continues to be the case for others, for years to come.



Taking Off The Mask

By Kelli S-B.

HALLOWEEN was always my favorite holiday. It was a time when it was acceptable to hide. Wearing a mask or costume felt comfortable and safe. No risk of anyone really knowing me or seeing me for who I really am. I had such low self-esteem that I believed if you really knew me, you'd leave. Alcohol was the solution for a while, but even in sobriety, I wanted to keep everyone at a safe distance. The Steps changed that.

In early recovery, I remember going to my grand sponsor's studio apartment. She had decorative masks covering one wall. When I asked her about them, she said she started collecting masks in sobriety. She realized that she had always "worn masks" when drinking. Masks of dishonesty, manipulation, people-pleasing and the like. Sobriety was an opportunity to take off the mask; to be her true self.

Sounded terrifying to me. If I was going to risk exposure and rejection and give up this illusion of control, I was going to need to know that I would be OK. I needed to know there was a Power out there who would take care of me. Luckily, the Steps helped me find that Power.

In Step Seven, my sponsor encouraged me to practice the opposite of my character defects. Instead of trying to control people in my life, try relaxing and trusting. Instead of feeling sorry for myself that I had to work hard, try practicing gratitude for my steady job. Instead of feeling jealous in my love relationship, try being accepting and vulnerable. It all boiled down to vulnerability, defined as taking a risk which might result in my being hurt. My masks of character defects, manipulation, fears and dishonesty were all an attempt to avoid being hurt; to avoid being vulnerable. By practicing the opposite, and moving through the Steps, I learned that I do have a Higher Power that has got my back.

The Steps helped me develop a relationship with and get to know this Power that helps me trust that being authentic and vulnerable with my loved ones it, creates kind and loving interactions; not rejection. By taking the masks off, I see that God is doing for me what I could not do for myself. I have easy, loving relationships in my life. I'm comfortable in my skin. I comprehend serenity and know peace. I have taken off the mask.



Bridge Program/AA Corrections Prerelease

By Dan P (GSIG Corrections Committee Bridge Chair)

EXPERIENCE HAS SHOWN that attending an A.A. meeting within a day or two of release from custody is one of the most effective tools for a person making a sober transition away from custody and maintaining continued sobriety. Intergroup's Corrections Committee offers Bridge service opportunities in the Greater Seattle area so we can help alcoholics behind bars integrate more successfully into the AA world of meetings and community in our area.

How do people in custody participate?

At federal institutions within 3-6 months of release, people in custody who want to attend AA meetings post release complete an "Inside prerelease" form (F-163) It's sent to the General Service Office in NY, which forwards it to the Area Bridge chair who gets it to our local Bridge Chair to connect with volunteers.

Inside local Seattle area jails, the process is faster (Short Bridge). At least one month before release, people in custody interested in attending AA meetings post release complete the same form (F-163). It's sent to the Intergroup Corrections Bridge Chair to connect with volunteers.

What does the service involve?

This is a good opportunity for people who want to do corrections service and have less than two years sobriety! General requirements are one year sobriety and using a sponsor. As a volunteer, once you agree to work with an inmate, you are asked to

Contact them inside the facility within two weeks and give them your contact info so they can reach out to you.

Take them to different AA meetings, introduce them members so they feel welcome, help them

find a home group if appropriate, and offer support as they begin to make connections and start building their community.

This is not a sponsorship relationship. It is short term and may last for up to a month. The purpose is to help the person start to get connected to other sober alcoholics on the outside. The application form (see below) has more info about how the program works and expectations/requirements.

Currently we here at Intergroup have received only six Bridge requests since the beginning of the year. One person is still going to meetings, another changed their release location, and four never got the contact connection. Hopefully in the future we here doing the Bridge can improve our success rate and get the word out to the incarcerated people that there is hope and sobriety on the outside and we can help.

If you're interested in learning more or signing up for Bridge service, contact us at volunteer corrections@seattleaa.org, attend one of the monthly Intergroup Corrections Hybrid Meetings (2nd Mondays at 6:30pm at Intergroup or on zoom), or look at the website seattleaa.org/corrections.

Future changes coming to the Bridge program

Area 72 Corrections is currently discussing whether to keep the "Bridge" name or to follow the General Service Office (GSO) and use the new name "AA Corrections Prerelease Contacts" and the below GSO forms. This discussion will also be brought up at the next GSIG Corrections meeting on October 9th

» [Form to complete to volunteer for Bridge program](#)

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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting September, 2023 — Submitted by Janet A. (Recording Secretary)

Elected Officer Reports

Recording Secretary (Janet A.)

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. As always, much appreciated. 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 Saturday, September 23rd. I will send Final Minutes to Lara on June 25th so she can submit to the high and dry.**

Thank you for allowing me to serve and for my sobriety

Treasurer (Dan G.)

We finished the month of August with a loss of \$10,441, mostly due to higher expenses. We were below plan in many areas.

TREASURER'S REPORT MONTHLY (Data in Thousands K)

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Jul-22	2.2	10	2.5	1.4	1.8	0.8	90
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

Chair (Karla)

I will be representing Seattle Intergroup at the upcoming Area Assembly in Longview on October 6, 7, and 8. I am also serving as the Assembly registrar...so if you plan to go be sure to get your registration in soon! The food cutoff date is Sept 22nd. Registration so far has been low, and the Assembly may cost the Area up to \$10,000.

I am going to be facilitating an Inventory for the PSCSO in November. If your district or group needs a facilitator for an inventory, feel free to contact me. My number is (206) 769-9115.

I attended the Intergroup picnic and had a great time helping with Bingo and winning the raffle...a few times. I plan to come to the car show and show off my Subaru (just kidding), but I will be there. And I also plan to attend the phone volunteer appreciation lunch on October 28th. Where would we be without our humble volunteers!

Thank you for the opportunity to be of service and to stay sober!

Karla

GSIG Office Reports

Office Committee (Bob)

9/12/23 GSIG Office Committee Notes

1. Treasurer's Report, Dan. \$10K in the red for September. We had extra payroll, AAWS back orders, insurance, etc. However, year to date budget is pretty much on par, breaking even. Group contributions are down, and individual contributions are up, so they are balancing each other out. We are over budget for special events by approx. \$8800 vs the budgeted amount of \$6200.

2. Lara's Office Report. We had a great picnic this year. We did complain to Seattle Parks about. The other event was right next to us on the lawn next to the picnic shelter. We will be discussing alternative venues for next year, including possibly returning to Lower Woodland Park which would cost approx. \$1500 vs Seward Park for about \$750. Suggestion that we position the tables of the GSIG committees more prominently. We have hot dogs and water left over to use at other events. GSIG set up a Venmo account with a "burner phone", a majority of intergroups use Venmo. We plan to have a QR code on our web site and at other locations, which would be very useful. when off site. Dan and Lara will be working on the 2024 budget October and November, including 2024 GSIG committee's budget requests, to be voted in December at our Winter Conference/Board meeting. We are printing 5K more schedule books, suggesting we continue selling them for \$1.50 each, will be delivered October 2, nice new cover design.

Office Committee (Bob) continued next page »

BOARD MEETING MINUTES

« *Office Committee (Bob)* continued

Events include upcoming car show (9/23) and open mikes. There was a 12-step committee meeting, and there will be a phone volunteer appreciation Saturday 10/28 11 am.

3. Old/New Business: Discussed looking into upgrading hybrid equipment for the board room

including possibly mikes suspended from ceilings. Upgrading will make it more attractive for groups and others to use and rent the space. Suggested that we possibly involve the GSIG Web and Tech committee on this, an ad hoc committee, and check with Area 72's web and tech folks.

Respectfully Submitted Bob J

Office Manager (Lara)

Office Manager report September 2023 submitted by Lara Randolph

Financial: See Treasurer's Report. We are operating on about \$1000.00 deficit for the month of August. We had to pay our annual insurance premiums, and due to the Labor Day Holiday wages and other administrative costs were paid an extra time.

Group Contributions are down for the year to the tune of about \$11,000, and individual contributions are above budget by about \$9,000 for the year. Still a couple of thousand dollars below our budget for contributions.

We had a great picnic, even with unexpected company in what is referred to as the "common area". I did write an email to the Seattle Parks Department informing them of the Public Health hazard due to the one bathroom for the hundreds of people and the parking issue, that surely would have kept any emergency vehicle from being able to enter should they have had to. I requested a partial refund, and they issued one for \$310.00.

We are looking for an alternative venue for next year.

We have supplies for another couple of events that we will be able to hopefully increase this cushion between expense and income.

We have procured a Venmo account to make contributing easier for the new generation! That will be placed on our contribution page, and we will be able to use it at events with greater ease.

Dan and I will be working on the draft 2024 budget. This will be made available at the October Board meeting and will be printed in the High and Dry in October and November and will be voted on at our Fall Assembly in December. We will be asking our Standing and Service Committees to submit their requests for budget submittals.

Inventory: We have submitted our schedule book to Rotary Press. They are slated to be delivered on October 2nd. We have a beautiful, new cover designed by a local member. We must never forget to thank

Office Manager (Lara) continued next page »

BOARD MEETING MINUTES

« *Office Manager (Lara)* continued

Lee R., our never tiring (fingers crossed) Webmaster for his diligence and attention to this thankless job. The price has increased a couple of hundred dollars for printing, I am recommending keeping the price the same for the fellowship at \$1.50/each.

Procedure:

August Call Log Report:

- 12th Step: 12
- Meeting info: 72
- OS referral: 18
- Intergroup info: 31
- Misc.: 22
- Wanted to talk: 67
- Chat line: 143
- Total points of contact: 365

Urgent need for a group or volunteer to fill 4th Sunday from 10am to 2pm and the 1st Thursday from 6pm to 10pm please contact lara@seattleaa.org if you or your group is interested in either of these shifts.

We will be printing a new schedule book next month. There will be a freeze on the schedule on September 1st. Please check your listing on our website and make sure your meeting information is accurate. Send your changes to lara@seattleaa.org or webmaster@seattleaa.org.

Service Committee Reports

Accessibility (Laurel)

This Saturday, September 23 there will be a workshop on the 12 steps. Each panelist will share about a step. 12 different Deaf alcoholics. There will be 2 interpreters who will voice for those who don't know or understand ASL. This is the first! When Zoom meetings started up, Our Seattle meetings were the first to offer interpreted ASL on Zoom. Through word of mouth, we had Deaf people from all over US attend their first meeting because of lack of interpreted meetings in their home state, district, etc. Then Deaf started their own meetings, and when virtual meetings were okayed to join Districts, several Deaf groups joined Area 58 in Oregon. GSRs who are Deaf, asked for materials on video in ASL, especially the Service Manual. As you're aware, GSO is considering this. Now, Deaf people want to present a workshop on the Steps and are inviting you to join! It is this Saturday (9/23/23) 10 am to 11:30 am on Zoom: 844 6949 2765 Passcode: pdac12

Accessibility (Laurel) continued next page »

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BOARD MEETING MINUTES

« *Accessibility (Laurel)* continued

I attend the Area 72 Accessibility quarterly, representing Intergroup's Accessibility Committee. Some of the topics from the July quarterly:

- there were lots of questions regarding the motion to support Area 58 and asking GSO to consider developing a video or streaming for certain pamphlets and the Service manual.
- there were questions and support for having earmarked funds at the Area level to help fund interpreters for meetings outside of Seattle. (GSIG Accessibility blue can only support Seattle based meetings). Puget Sound Accessibility committee does have funds. But Vancouver does not. Portland Deaf Access is paying for interpreters for Vancouver AA meetings. It's usually \$500/month. In the past two years, PDAC has donated \$4500.00 to our Blue Can funds to help us also.

Some asked if contributions to Blue can be on a link on the Area 72 website.

- Remote communities-they lack information about AA. Previous committee made brochures to distribute to remote communities and want help from groups and Districts to pass the brochures out to remote communities.

For info on the brochures: Keith M 435-6530 keithm6169@gmail.com or Linda L. 360-421-4970 gmaknitter@gmail.com

The Intergroup Accessibility committee had a raffle BBQ themed item. We raised \$176.00 from the raffle tickets which went towards to blue can. There is about \$1,878 balance in the blue can today. We will pay for interpreters for the upcoming September Fall Conference this Saturday.

We do need donations for the Blue Can. I can't do this alone.

Archives (Theresa)

ARCHIVES COMMITTEE REPORT 09.19.2023: continue sorting and filing old paper files. Attended monthly Regional Archivist Zoom meeting September 3.

Respectfully submitted, Teresa S.

Corrections (Amy F)

Good evening. I'm Amy F, an alcoholic and GSIG Corrections Chair. Participation in the Correction Committee has been good. Participation in going into the facilities that are open has been good. Our September sign-up event was a resounding success. Kudos to Alina, Jennifer and Morgan for all their good work. There will be 2 speakers on the topic of corrections at the Magnolia Speakers' Meeting. I believe that will be on November 3rd.

Corrections (Amy F) continued next page »

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BOARD MEETING MINUTES

« *Corrections (Amy F)* continued

We have established a Volunteer Coordinator to oversee promotional events like this and to process new volunteers. People interested in Corrections can send an email to: volunteercorrections@seattleaa.org

Unfortunately, a few key facilities are being run by personnel that have been lax at training and allowing new volunteers in.

As the liaison for the Federal Detention Center, it's been difficult for me to develop the patience, understanding, tone and forbearance to be able to comfortably interact with the person in charge. I would appreciate any encouragement, instruction or mentoring in becoming a more effective liaison.

There are two of us that go into the Federal Detention Center every week of the month that is available, often by ourselves. This is beginning to feel a bit overwhelming. For the present, we are continuing as is.

We are establishing a committee to develop training and instruction for new District Corrections Chairs. We feel that developing a strong core group of District Chairs will be essential to the growth of the Corrections Committee. So please encourage your districts to participate.

Many of us on the committee are filling multiple positions. Some of us are experiencing burn-out. It is essential to have a steady flow of new people into the committee that are enthusiastic about lending a hand and doing the work. Please send more of those people to us or consider getting involved yourself.

The GSIG Chair and Recording Secretary will be stepping down from their position at the end of this coming quarter. I would like to stress what an important position Recording Secretary is. Karen's contribution - creating an agenda and keeping minutes each month - has been an invaluable help to me and to this committee.

Hospital & Treatment (West C.)

Our Hospital and Treatment Committee last met Saturday, September 2nd at 10 am and we had a great hybrid turnout of 22 people.

We have made 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.

We were previously carrying 5 Zoom meetings from 5 different D31 homegroups into Cascade before they closed their doors unexpectedly in July. The good news is they are expected to reopen soon under the Department of Social & Health Services.

We have men scheduled to speak at UGM's Riverton Place in D31 for our monthly Thursday night

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

BOARD MEETING MINUTES

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

Speaker's meeting through October. We had two different panels in the month of August.

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.

We had our last Lakeside Milam Renton panel on Fri, August 25th @ 9 am. We are alternating with Eastside Intergroup every month on this joint venture to carry the message to their patients. Our next meeting will be the final Friday in October.

We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 12 volunteers cleared to panel and 4 more are right on the brink of being cleared. My goal is to reach 20 so we can go weekly by November, so we are making progress towards that goal.

Our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center has been officially registered and has really picked up steam. 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.

Please come support this meeting every Sunday night at 7 pm and bring a friend! We are currently rotating Secretaries weekly and we are always looking for folks to chair that meeting as well.

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

We had our Annual GSIG Picnic on August 27th at Seward Park Shelter 3 from 11a-4pm. There was lots of food, fun, festivities and raffle prizes as well. We had 3 volunteers hosting our table and we had 12 new people sign up who are interested in getting involved in the H & T Committee.

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, October 7th @ 10 am.

The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom! West C will be hosting it on Zoom from Assembly that day, but it will still be happening in person too at GSIG. Hope to see ya there!

At Your Service with Gratitude,

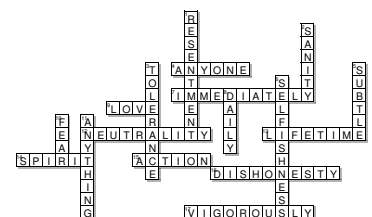
West C

Chair, Greater Seattle Intergroup Hospital & Treatment Committee

425-736-4130

hospitalandtreatment@seattleaa.org

Step Ten
Big Book Instructions



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BOARD MEETING MINUTES

Nightwatch (Rob S)

Thank you to all the Nightwatch volunteers who continue to cover the GSIG phones from 10p-10a 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 shifts:

- 2nd Thursday of the month 2am-6am
- 5th Friday of the month 6am-10am
- 5th Saturday of the month 2am-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).

In Service,
Rob S
Nightwatch Chair
206-601-0061

PI/CPC (Carina W)

WHAT HAPPENED

Well, quite a bit... that's what!

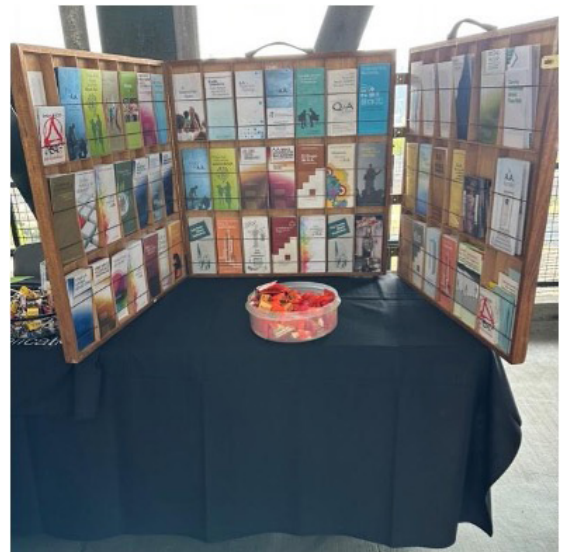
AA Panels at Non-AA Events: "A How-To"

Thank you so much to our Area 72 PI Chair, Kari K., who provided this fun and candy-laden interactive training! And another thank you to all of the attendees, all of whom made up the mock panel.

SUPER IMPORTANT: If you're participating in any type of AA activity at an external facility, high school, treatment center, etc. please be mindful to learn about facility's rules. Unfortunately, we've received some complaints.

Recovery Day at the Seattle Mariners

A great big shout out to Don M, who worked diligently to ensure that Alcoholics Anonymous would be represented this year by first establishing a connection with the sponsors, the Washington Recovery Alliance and King County Recovery Coalition. Together with my counterpart at Eastside Intergroup, David B, Don brought our GSIG Literature Display, staffed the table throughout the event, and even documented a thorough summary of his experience, including lessons learned to remember for future years.



PI/CPC (Carina W) continued next page »

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BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

COMING UP FAST

10/07/23: Mt Zion/FAME Health & Wellness Fair

several members of our fellowship will be participating on a panel, staffing a table, and connecting with attendees at this important event.

10/20/23: 2023 Washington State Drug/Therapeutic Court Conference *NEW*

Astri T and Cynthia S are staffing a table at this important event to connect with and inform legal professionals (judges, attorneys, police officers, etc.) about Alcoholics Anonymous

10/24/23: UW Addiction Medicine Class — Astri T and Dave T will deliver a panel presentation (aka “teaching a class”) to third year medical students.

ONGOING

- Friendship Heights Tiny Village Thank you so much to Terez M, our brand-new District 42 CPC Chair, who has stepped up to support this effort!
- Senior Community Outreach. Our District 14 PI and 34 CPC Chairs continue to diligently reach out to Senior Living and Assisted Living facilities in the hope to carry the message of AA to aging alcoholics and potential alcoholics.
- REST (Real Escape from Sex Trade) with our renewed focus on Bridge the Gap type activity, we had one call this past month. My understanding is that this gal received at least three separate call backs!
- Bellwether Housing reached out one more time this past month, though the current assumption is that they might have otherwise met their needs.

NEW

- File Sharing: Together with our Area PI & CPC Chairs and Web Servant, we’re working on establishing a shared drive that all WWArea72 District PI & CPC Chairs can use to share their files with one another. While it’s been a topic of ongoing discussion, our District 14 PI and 34 CPC Chairs have done a great job moving this project forward. I’m glad too, since helping one another out like this has always been close to my heart.
- Invite a Clergy Member to Lunch. Our District 14 PI (Ruth P) and 34 CPC Chairs (Allison F) are on FIRE! Ruth had originally signed up to coordinate the “Invite a Legal Professional to Lunch” project. She quickly pivoted to clergy when the Oct 20th Recovery Court Conference arose to fill the original focus.

SERVICE OPPORTUNITIES

- The Redmond Library is always looking for people available to sign up for a shift. And it’s super easy! Just [HERE](#) to add your name.

PI/CPC (Carina W) continued next page »

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BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

ADOPT A RACK

Does the library, community center, and health care facility in your neighborhood already have information about AA available? If not, this is an easy and soft way for any District, Group, or member to carry the message of Alcoholics Anonymous to still suffering and potential alcoholics.

The GSIG PI/CPC Committee would love to provide you with the initial set of literature + a display rack and support you along the way.

Just email CPC@seattleaa.org or call/text (206) 683-1106 to get started!

JOIN US

On the 3rd Saturday of each month @ 10:00 AM at the Greater Seattle Intergroup on 6th & Lucille in beautiful downtown Georgetown or via Zoom:

- LINK: <https://us06web.zoom.us/j/81714035053?pwd=eHBiTORBdUhSRXpTVEI4NWtYbzQxUT09>
- MEETING ID: 817 1403 5053
- PASSCODE:Trudge

Third Legacy (Dan R)

GSIG Third Legacy Committee Monthly Meeting Capture

We have a busy month most of which will happen after the board meeting.

Our thanks to D18 DCM Beth for asking us to participate on a panel at the Seattle Conference. The Seattle Conference will be taking place this Saturday, from 9am to 8pm. The conference is being held at St Alphonsus Family Ctr at 1415 NW 58th Street, Seattle, which is the Ballard neighborhood.

We would also like to thank The New Purpose Group for facilitating the 9th Tradition. If you or your group would like to facilitate an upcoming Tradition panel, please reach out to thridlegacy@seattleaa.org.

We are looking forward to our upcoming Sponsorship Workshop on Saturday, September, 30th at 10am. The Workshop will be in hybrid and hosted at GSIG.

If you or your group would like to participate in the December workshop there is still time for your group to sign up for the winter session. For more information or to participate on a panel, please reach out to thridlegacy@seattleaa.org.

We would like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to connect any willing members with opportunities to serve. Please send all your requests to thirdlegacy@seattleaa.org.

Third Legacy (Dan R) continued next page »

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BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

Our specific ask of the board and its attendees - we need your help in:

- Your participation in the Service Manual Study – 1st Sunday of every month at 11am.
- Facilitating a Traditions panel – panels facilitated hybrid on the 4th Tuesday of every month at 7pm
- Your participation on our committee – we meet virtually on the 4th Thursday of every month at 7pm
- Your participation at the Sponsorship Workshop – September 30th from 10am to 12pm
- Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

If you or your group would like to present on an upcoming Tradition or participate in the Sponsorship Workshop, please reach out to thridlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

Twelve Step (John DD)

Twelve Step (John DD) Not present. Report given by Jack J (Rocketed into Recovery)

- Meets at 6pm online on the first Thursday each month.
- Handled a modest amount of 12th step referrals.
- Looking forward to the 10/28/23 Phone Volunteer Appreciation event

Web & Tech (Mike C)

Hello from the GSIG WT chair:

We are still meeting 90 minutes before the board meeting on the 3rd Tuesday of the month.

I was informed that the budget for our committee is being considered and we need to send a proposal on the 1st of October.

We are adjusting the meeting schedule in line with what is on-line and in-person. Please make sure your meetings are correctly listed so intergroup, area and the meeting guide show correct times.

As mentioned earlier, upgrades to audio and video equipment are being considered.

Thank you to the groups and districts who have asked for help with meeting alignment, questions like; "are QR codes trackable", when do the meetings merge?

Special Events (Steve R)

What a pleasure it is to be here, the picnic was great fun, great participation. We learned what to do, what not to do, what to try. The idea was brought up regarding a new venue. I have been working with our lovely Office Manager on new venues. One option is to work with Eastside Intergroup and combine the picnic. Another option is a park in Maple Valley, Royal Arch Park, with great facilities, however, the cost may be a little more. We are working on the budget. The Car Show is also coming up, and you can bring a car, your body, ice cream social, food, and there may be a 50/50 Raffle. I want to make sure that we are keeping people together and fellowship. Looking into a couple of more events, Halloween, Gratitude month. If you have any ideas, please email me at: specialevents@seattleaa.org.

District Reports

District 18 (Ali)

District 18 covers Renton, Kent and Tukwila

Our last meeting mainly focused on increasing registrations for the upcoming Area 72 Assembly.

We also discussed service positions within the district. We have had several positions vacated due to life circumstances.

District 18 will be hosting the Burien Little Assembly. The next planning meeting will be on October 15th.

District 31 (Thomas)

DCM Theresa:

1. Discuss Pre-Assembly Motions & answer/clarify Questions
2. 9/30 District Inventory
3. GSR's to share mic: How does Homegroup foster awareness in practicing the 12 traditions in their meeting?

Old Business:

1. Workshop Committee: Schedule to meet- Emotional Sobriety
2. Fill Open Positions: CPC, GV/LIT, Accessibility, Alt DCM

District 32 (Samantha M)

Treatment Robert - Made a flyer for District 32 Zoom Panels. Service work opportunities available. Share ESH in a 3-person panel on Zoom with a 20 to 30-minute share with people currently in treatment. The First Panel is on the 2nd Tuesday of every month from 12:05pm - 1:20pm. The Second Panel is on the 4th Friday of every month from 11:05am - 1:20pm. If interested, please contact Robert at 253-329-0418

Corrections Dan - Attended the Quarterly and will be of Service for the Quarterly in December.

Grapevine / Literature Troy - The new Grapevine app is available for \$2.99 a month and \$29.99 for a year. Young People pamphlet has been revised and available for .40 cents. Area 72 12 Tradition Study is every 2nd Tuesday of the month with our Delegate Krystal.

PI Nicole - Attending Quarterlies, Panels, and Area 72 meetings. Trying to reach out to local school districts and retirement homes. Grabbed a rack of PI info, made cards, and bought plastic holders for cards.

Archivist Dylan - Will be attending Regional Archivist Workshop held in Tacoma by Area 72 and Area 58 (Oregon).

Events Gavin - Would like to create a committee for events and is looking for storage for our current event items.

Alt DCM Dessie - Created District 32 Contact List

DCM Heather - Went over Assembly topics for the upcoming Area 72 Assembly, October 6th - 8th. Will be of service sharing ESH on "where do your 7th tradition contributions go" a panel held at the Assembly Friday the 6th.

New Business: Our District 32 Meetings are on the 3rd Monday of every month, right before our Inter-group Meeting every 3rd Tuesday of the month. Spoke about changing our District Meeting to every 2nd Monday of the month giving me enough time to type reports for Janet and the High and Dry. We have tabled discussion until next month.

Thank you for allowing me to be of service!

District 33 (Abby)

District 33 website offers "Cheddar Up" service for individual online 7th tradition donations

approved check donation to Burien Little Assembly of \$150

sweet surrender meeting will host a catered gratitude banquet at King of King's church November 11th at 5:30pm \$25 per person, sponsorship available if unable to pay the \$25, no children/childcare, tickets sold

District 33 (Abby) continued next page »

BOARD MEETING MINUTES

« *District 33 (Abby)* continued

in advance must buy before Oct 31.

- DCM Mark to present at Area Assembly Friday Oct 6 at 2pm on panel "Using AA literature in carrying the message."

-District 33 has several open service positions: Accessibility Chair, Corrections, CPC/PIPC, Newsletter, Young People.

District 41 (Laurel)

All except one GSR attended Pre-Assemblies. They are now discussing it with their groups. D 41 will serve on the service booth from noon to 1:30 pm at the September Fall Conference.

It's this Saturday, September 23 from 9 am (check-in) to 8:30 pm. They serve lunch and dinner (home-made, meat and vegan dishes). In between Speakers and panels, there are breaks for games and fellowship. Address: St. Alphonsus Family Center, 1415 NW 58th St., Seattle, WA 98107

The Gratitude Dinner will be November 11 at Seattle Methodist church in Queen Anne. Other districts will co-host.

We still have openings for Corrections chair, Young person's chair, CPC chair and PI chair.

Business

Old Business

Last month we discussed and voted to send our Webservant to the NAATW. After voting, it was determined that the Treasurer will add this to the budget to be approved at our next Saturday Assembly, Correct?

New Business: None.

Upcoming Events

- Seattle Group – Saturdays at 6:00 pm
- Sponsorship Workshop – Hybrid at GSIG – 10:00 am- 12:00 pm – Saturday September 30th
- Car Show – 1:00 – 5:00 pm – Saturday, September 23rd - Potluck w/hamburgers/hot dogs; Car Show canceled due to weather.

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Greater Seattle Intergroup
of Alcoholics Anonymous

Group Phone Shifts Available

Contact Lara or Anita at GSIG to Volunteer

1st	Sunday	6p-10p
1st	Sunday	10a-2p
2nd	Sunday	6p-10p
3rd	Sunday	2p-6p
3rd	Sunday	6p-10p
4th	Sunday	10a-2p
4th	Sunday	6p-10p
4th	Monday	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



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

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.

volunteercorrections@gmail.org or corrections@seattleaa.org





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

October 7th — David A.

October 14th — Perry H.

October 21st — John F.

October 28th — Grace K.



SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDY-
ING THE NEW SERVICE MANUAL.

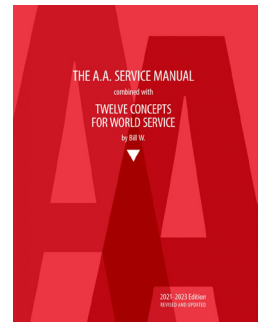
THIS DISCUSSION AND STUDY WILL BE
FACILITATED BY AREA 72 TRUSTED
SERVANTS.

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)
WHERE:	<p>in person:</p> <p>Greater Seattle Intergroup 5507 6th Ave. S. (at Lucile Street) Seattle 98108</p> <p>and online:</p> <p>https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHIHODR6QzV4UT09</p> <p>ID: 827 0274 5971, pw: 857017</p>

August 13th, 2023

September 10th, 2023

(Further dates to be determined in committee.)

Post event wrap up, TBD)

www.burienlittleassembly.org

OPEN MIC

October 14TH
SATURDAY - 7:30PM

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

grapevine Writing Workshop



Please Join ESIG & District 39 Literature Reps
for a fun writing workshop
(no writing experience required)

October 21st

9am-noon followed by Pizza

What to Bring:

Writing Paper/Journal/pen or pencil

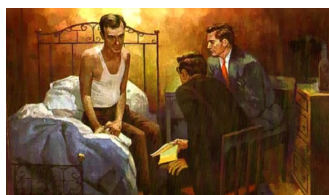
Laptops (optional)

Kelsey Creek Church Room 108

1221 148th Ave NE, Bellevue 98007

RSVP: grapevine@eastsideaa.org

20 spaces available



phone Volunteer Appreciation, Training and Luncheon

When: October 28, 2023 @ 11am to 1pm

Where: Seattle Intergroup

5507 6th Ave S., Seattle 98108

Online: Meeting ID 829 4082 9486 Passcode 796503

What: We will discuss any issues we might be having answering phones, have a brief training on chatline app and eat some delicious food.



A.A. SERVICE

BEYOND THE HOME GROUP

Your 3rd Legacy Committee is hosting a workshop on how our members carry the A.A. message outside the

Home Group: Hospitals, Treatment Centers, Jails/Prisons, Professional Community, Public Information, Intergroup Office, 12-step calls and much more.

Saturday, October 21.

10am - 1:30pm

Lasagna and drinks provided.

Please bring a side, salad, or dessert to share.

Fauntleroy Church, 9140 California Ave SW

Contact Laura C.: D14ThirdLeg@area72aa.org

(206) 419-1173

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/)



