



High & Dry

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

Volume 75 Issue 09

September 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

September GSIG Events

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

2 — Hospital and Treatment Committee

- September 2 @ 10:00 am - 11:30 am — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUILSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

2 — BBQ at Intergroup

- September 2 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship

3 — Service Manual Study

- September 3 @ 11:00 am - 1:00 pm — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPauU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688
Passcode: 022841

6 — Accessibility Committee

- September 6 @ 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

7 — A New Purpose Group 18th Anniversary

- September 7 @ 6:00 pm - 8:30 pm
- Bethlehem Lutheran Church 1024 Monroe Ave NE, Renton

7 — 12th Step Committee

- September 7 @ 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

9 — AA Panels at Non-AA Events — A “How-To”

- September 9 @ 11:00 am - 2:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Meeting ID: 876 4309 8519
Passcode: 69574

9 — GSIG Corrections Workshop

- September 9 @ 12:00 pm - 4:00 pm
- South King Alano Club
1317 Harvey Road, Auburn

10 — 2024 BLA Planning Committee

- September 10 @ 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

10 — District 14 Annual Picnic and Pie Auction

- September 10 @ 10:00 am - 2:00 pm
- Lincoln Park
8011 Fauntleroy Way SW, Seattle
- Please consider bringing a pie for the auction
- Hamburgers, Hotdogs, Vegan Options

11 — Corrections Committee

- September 11 @ 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 — Psychic Change AA Men's Retreat

- September 15 @ 4:00 pm - September 17 @ 12:00 pm
- Camp Arnold
33412 Webster Rd E, Eatonville

16 — CPC/PI Committee

- September 16 @ 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

16 — BBQ at Intergroup

- September 16 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship

16 — Open Mic

- September 16 @ 7:30 pm - 10:00 pm
- GSIG Office 5507 6th Ave S., Seattle

Future Tripping continued next page »

19 — Living in Sobriety Picnic

- September 19 @ 5:00 pm - 8:00 pm
- Golden Gardens Park 8498 Seaview Place NW, Seattle
- Open to AA members and their families. Protein provided. Bring a side dish to share

19 — Web & Tech Committee

- September 19 @ 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>

19 — GSIG Monthly Board Meeting

- September 19 @ 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 — Three Rivers Big Book Weekend IV

- September 22 @ 8:00 am –
September 24 @ 5:00 pm
- River Front Hotel and Convention Center, 50 Comstock Street, Richland

23 — Sponsorship Workshop

- September 23 @ 10:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- <https://us02web.zoom.us/j/86012436844?pwd=dXMzVnVscWJReCtXM3N4Y2lVFA3Zz09>
- Meeting ID: 860 1243 6844
Passcode: 660951

26 — Tradition Nine with Third Legacy Committee

- September 26 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle
- <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
Passcode: 051501

26 — Tradition Study by the GSIG Third Legacy Committee

- September 26 @ 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

28 — Third Legacy Committee

- September 28 @ 7:00 pm - 8:00 pm
— Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTlMSmN5dz09>
- Meeting ID: 837 5540 2948
Passcode: 830816

29 — Sky Camp Men's Spiritual Retreat

- September 29 @ 8:00 am –
October 1 @ 5:00 pm
- Sky Camp 83930 Peninsula Rd
Fall Creek, OR

30 — BBQ at Intergroup

- September 30 @ 12:00 pm - 2:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Bring something to share or just come and eat some food and have some fellowship.



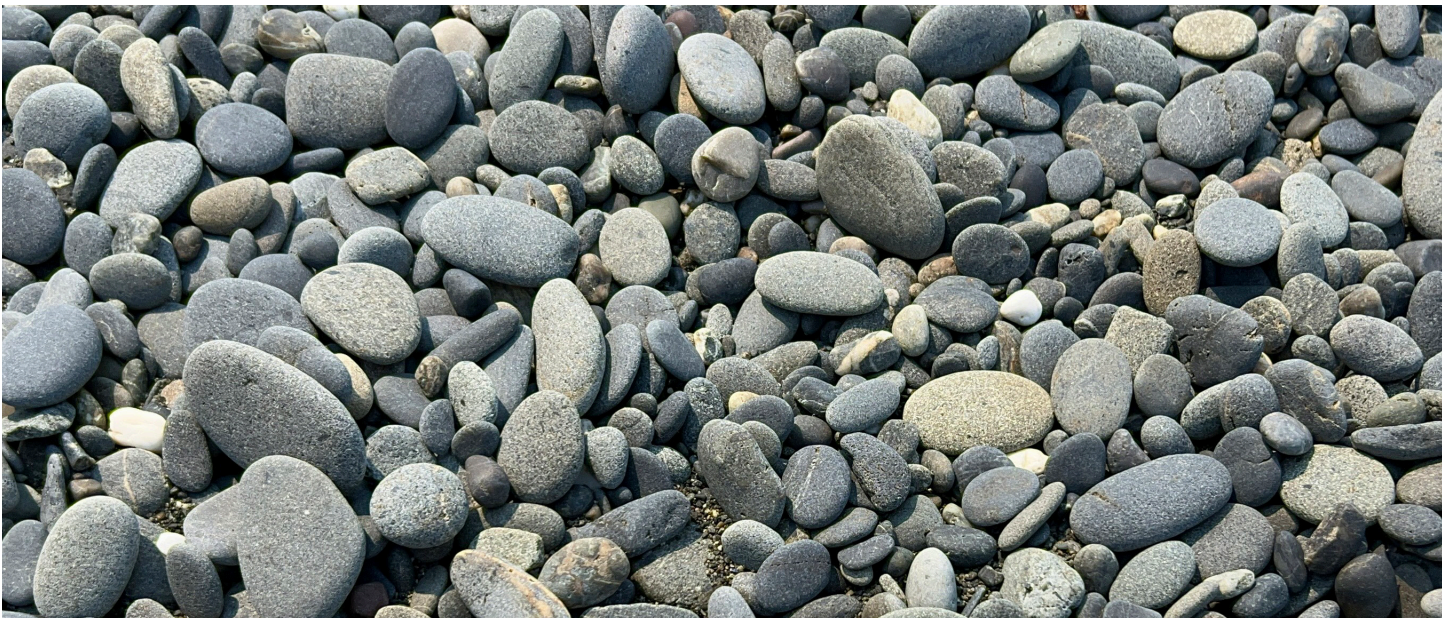
REFLECTING ON OUR PAST

September In Our History

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

| | |
|---------------|---|
| Sept, 1930 | Bill wrote 4th (his last) promise in family Bible to quit drinking |
| Sept, 1939 | Group started by Earl T in Chicago. |
| Sept, 1940 | AA group started in Toledo by Duke P & others. |
| Sept, 1940 | Journal of Nervous and Mental Diseases gives Big Book unfavorable review. |
| Sept, 1946 | Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M. |
| Sept, 1946 | 1st A.A. group in Mexico. |
| Sept, 1948 | Bob writes article for Grapevine on AA "Fundamentals – In Retrospect" |
| Sept, 1949 | 1st issue of Grapevine published in "pocketbook" size. |
| Sept 1, 1939 | 1st AA group founded in Chicago. |
| Sept 11, 2001 | 30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack. |
| Sept 12, 1942 | U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob. |
| Sept 13, 1937 | Florence R, 1st female in AA in NY. |
| Sept 13, 1941 | WHJP in Jacksonville, FL airs Spotlight on AA. |
| Sept 17, 1954 | Bill D, AA #3 dies. |
| Sept 18, 1947 | Dallas Central Office opens its doors. |
| Sept 19, 1965 | The Saturday Evening Post publishes article "Alcoholics Can Be Cured – Despite AA" |
| Sept 19, 1975 | Jack Alexander, author of original Saturday Evening Post article, dies. |
| Sept 21, 1938 | Bill W & Hank P form Works Publishing Co. |
| Sept 24, 1940 | Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY. |
| Sept 30, 1939 | article in Liberty magazine, "Alcoholics and God" > by Morris Markey. |
| Sept, 1971 | First European Convention, Bristol, England, Sally Cousins, Archivist |

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



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

Southend Bookstore Volunteers

Manager: Jim H.

Troy O., Bill S., Rick L., Chris H., Richard C., Vickie S., Patrick P., Darren F., Dan H., and Rebecca S.

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 — September 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 August Celebrants in the *How Dry I Am Club*!

| | | |
|----------|--------------------------------|----------|
| Kelly W | Pass It On and Abigail's Ghost | 12 years |
| Tim C | On Awakening | 38 years |
| Judy S | Sober Sisters of Seattle | 15 years |
| Tim | Empire Way | 27 years |
| Daniel E | | 10 years |
| Tedd K | | 22 years |
| Lee R | A New Purpose Group | 09 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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SEPTEMBER CHALLENGE

Step Nine

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

amends
judgment
disclosures
timing
harrowing
damage
sincerity
exhilarating
humiliating
procrastinate
prudence

frankness
disclosure
courage
forthright
revelation
principle
irregularities
spiritual
resolving
readiness
responsibility

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Step 9: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”



The Ninth Step

By Ruth P.

BE CAREFUL how (and where) you deliver a Step Nine Amends.

My first experience with Step Nine was on the receiving end of an amends.

A trusted family member who had attempted to molest me when I was an adolescent was making his amends. He called me at work. He explained that he was going through treatment for sex addiction and this was part of his process.

The wording of Step Nine is the same for sex addicts as it is for alcoholics, including the “... unless when to do so would injure them ...” His apology caught me off guard. This was 15 years after the attempted abuse. I had repressed that terrible, confusing time and maintained a cordial relationship with him. I didn’t deal with the betrayal until much later. My response was the only thing I could think of to get out of the conversation.

I said, “You don’t have anything to be sorry for.” It was a complete lie. These days, I refer to that whole situation as my “Ninth Stepped On.”

This guy was always a narcissist, so I shouldn’t have been surprised that he would have handled this with little regard to the timing or how his amends might

be accepted. I visualized him with a list, checking boxes as he made this perfunctory calls to the people, mostly young women, I’m guessing, whose lives he had messed up.

I remembered this when it came time to do my own Step Nine, and am thinking about it now as I work with my sponsee on her first Step Nine. We talk about how making amends is not about getting you off the hook or assuaging your guilt. That can happen, yes, but it’s more about making things right in the universe.

We talk about how the message will be delivered.

- What is the format?
- Where will the person be?
- Do they need some kind of heads up about what’s coming?

I believe that we must be hyper conscious and kind and gentle in our delivery. Then there is a possibility that the person will reject the amends.

- Are we ready for that?
- Does that mean it doesn’t count?

There’s no question Step Nine is scary for us. Sometimes there’s a desire to just do it and get it over with. Careful planning and a good dose of empathy will go a long way in achieving the real purpose of Step Nine.

Tradition 9: “A.A., as such, should never be organized; but we may create service boards or committees directly responsible to those they serve.”



Tradition Nine

By Peeps

AA'S TRADITIONS are based on the experiences of thousands of groups. They provide a battle-scarred how-to guide of best practices for AA members.

Tradition Nine protects the ability and rights of every groups to practice “our primary purpose” of carrying the message of recovery to the still suffering alcoholic, be they drunk or sober, as that group sees it.

There is no national directive or list of requirements

about how group carries and delivers its message.

There is no central authority for our 12 Step groups. We are truly democratic, an assemblage of equals, where the group conscience, not one or two individuals, determines the course the group will follow.

Because all members are equals, the voices of newcomers carry as much weight as veteran members. That doesn't mean the newest will control things, but they will be heard at business meetings.

Still, groups are free to organize and operate as they see fit and our fellowship is better for this adaptability.

Finding My Source

By Kelli S-B.

MY SOURCE has changed over the years. My *source* of peace and comfort, ease and security, used to be alcohol. Alcohol could make all my troubles go away; all my insecurities and fears left me; I felt joyful and carefree when drunk. But because I'm a good alcoholic, I am completely powerless when I start to drink. I don't stop. I damage everything and everyone in my path. I come to, throw up and start looking for a drink to remove my pain and suffering; I start looking for the source of well-being.

In sobriety, I had to find a new *source*. For a long time, the source of well-being became your approval.

If you approved of me, I felt peace and comfort, ease and security. If you disapproved or rejected me, I felt fear, insecurity, emotionally unstable and would do anything to get that approval back. Because I'm a good alcoholic, I know how to be dishonest and manipulative to get what I want. I am good at protecting my supply; the supply of my *source*. What I came to learn, however, is that no one wants to be around someone who is dishonest and manipulative. I was creating a self-fulfilling prophecy by living in my fears, as opposed to the Solution, and making other people's approval my *source*.

See **Source** continued next page »

STORIES, STEPS & TRADITIONS

« **Source** continued from last page

After having kids, my *source* became their safety and well-being. If they were safe and secure, I felt safe and secure. If they were in danger or at risk, I felt in danger or at risk. In order to feel peace and comfort, I needed to control, predict, oversee, and manage them, their environments, their relationships and their successes. Because I'm a good alcoholic, rationalization and justification are good friends of mine! I could rationalize and justify my behavior because I am their mom; it's my job; I'm the best mom ever; you should be as good of a mom as I am. What I came to learn, however, is that I was harming my kids by living in and trying to control the uncontrollable. I was creating, yet again, another self-fulfilling prophecy by doing for them what they could do for themselves, robbing them of the dignity of learning their own lessons through their own failures and successes, and teaching them they can't be independent. I was harming them. What a mess.

The Twelfth Step says I'll have a spiritual awakening as a result of doing the previous 11 Steps. Appendix 2 in the back of the *Big Book of Alcoholics Anonymous* describes a spiritual awakening as a "personality change sufficient to bring about recovery from alcoholism." I've seen that my personality has changed in sobriety, but my *source* is still centered in self. My delusion that I could wrest satisfaction out of the world, if only I managed well, is continuing and is still the source of my well-being. It's time to tap into my *Source*. It's time to take different action. Instead of picking the illusion of control, I need to pick prayer and turn to my thoughts to those I could help. Intellectually I know God is my *Source*, but when push comes to shove and I am sitting in

anxiety, letting go is hard to do. I am so grateful for this program and fellowship because I have watched you walk through your fears. I've watched you walk through truly difficult situations and come out stronger on the other side. I've watched you tap into your *Source* and be stronger for it. If you can do it, maybe I can too. very helpful either. I was proud to be a *Big Book* Thumper, but couldn't understand why my sponsees weren't recovering. Ten years ago, I joined a home group with members who were really good powers of example to me. They showed me how to carry the message without preaching, thumping, or judging. They showed me how sponsoring isn't about the sponsor, it's about carrying the message of Alcoholics Anonymous.

It's not about the success of the sponsee, it's about passing along what was passed on to me. It's about going out of my way to be inconvenienced and with that comes humility. The women I sponsor today have recovery that I want. Watching the light come on and watching them grow into the women God intended for them to be is the greatest gift I could ever imagine. All I had to do was get out of the way and let the miracle of the program work in them.



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I Got Sober in a Freezer

By Jules.

MY NAME IS JULES and I'm an alcoholic. I am an addict through and through. I don't think I've ever taken one of anything in my entire life — before recovery.

My story is one of humility and patience. The first real dose of humility I ever had was when I crossed the line and could no longer deny I drank too much. I needed to stop, but couldn't. It was freeing to accept that I was an alcoholic.

I was convinced that if I wrote a book about my life, people would be astonished, which led to my second major moment of humility, when I realized, by listening to your stories, that I was not unique.

My background is that I grew up in a very controlling, manipulative family environment, where there was constant anger and fear surrounding and inside me. I knew no other way of life. I thought all people lived like this. So I treated everyone around me the same

My world blew up quickly. I needed to have my hips replaced as a result of detoxing from alcohol as I suffered multiple seizures, pancreatitis and a stroke. The seizures cut the blood flow to my hips and the bone died.

My husband left two months before my hip replacement surgery. I didn't have a post surgical caregiver and had to call my parents for help.

I had forgotten that my father liked to bounce me off walls, literally. It had been a long time since I lived in the house I grew up in and forgot the extent of the abuse.

The hits kept coming. My dog died. I lost my job and my license to practice physical therapy and I had criminal charges filed against me.

At this point I surrendered, admitted to myself I was powerless over my disease and went to treatment. Four months into my sobriety, the pandemic hit.

I applied for a job at a staffing agency, which placed me in a warehouse where I found myself picking sandwich orders in a freezer for 10 to 12 hours a day.

It was difficult to remind myself that this was a better way of life than being an active addict. I moved over 10 times in four years trying to keep a sober roof over my head. I got tired of hearing that I was learning patience. But I didn't quit before the miracle happened.

After a couple years, I managed to work my way into the office of the warehouse. The criminal charges against me were dropped. My physical therapy license was reinstated and I returned to working in my field.

I now live in my own apartment and I'm comfortable in my own skin. I am currently working on my finances and I'm about to buy a new car. Did I mention I have a driver's license, car insurance and legal car tabs, all at the same time?!

I couldn't have found humility and patience if it wasn't for AA and the fellowship within the rooms. It is amazing how this program and the 12 Steps work. Carrying the message to alcoholics, inside and outside AA rooms, brings me the peace and serenity I have always been looking for. I would have never thought that sharing what it was like, what happened, and what it's like now we would save each other's lives.

Thank you for my sobriety, AA. I am forever grateful.

A Jail Cell Led Me to The Solution and AA Corrections Allows Me to Pay it Forward!

By Alina T. (District 31 Corrections Chair, GSIG Corrections Volunteer Recruitment Chair).

A SMOCK, a message of hope written on a cell wall and a night in King County Jail, made me realize that I had no control over my alcoholism and my life was completely unmanageable. That initial admission of complete defeat brought me into the rooms of AA.

After working Steps One through 11, my sponsor suggested that I start working with other alcoholics. I really struggled finding sponsees. As I continued to “raise my hand” to sponsor others, I started to get involved in Step 12 service.

When I was 14 months sober, the SCORE Jail coordinator made an announcement at my home group about taking meetings into the jail. I filled out the application, and by the grace of a Higher Power, I got cleared. Meetings behind the walls are very special to me. Every meeting, I’m reminded of my jumping off point. Most importantly, I get to hear from the ladies in the room what it has been like for them and what they hope to achieve through working the program of Alcoholics Anonymous.

At 15 months sober, I started taking meeting into King County Juvenile Detention Center. In this service position I have been blessed to bring meetings and/or small group conversations to many young women that have never been to an AA meeting before. It’s really encouraging to know that when they need a place to turn, they will learn about Alcoholics Anonymous.

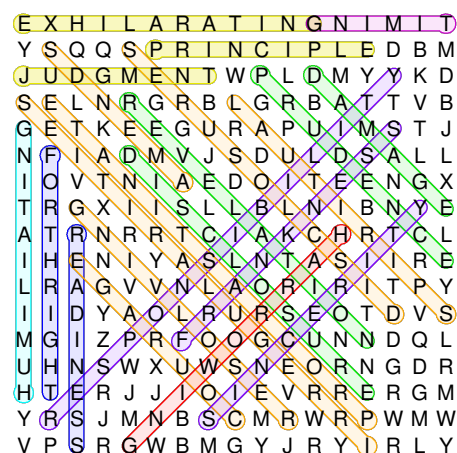
These are just two of several ways to be of Service through GSIG Corrections. There are opportunities

to go into correctional facilities, as I have described here. However, there other ways to help those behind the walls, such as Bridge the Gap, Corrections Correspondence Service and serving on the GSIG Corrections Committee. No matter how much time you have sober, we can find a way to get you involved if you are willing.

If you are interested in finding out more about AA Corrections, please attend our GSIG Corrections Workshop. The workshop will be held at the South King Alano Club on Saturday, September 9 from 12 pm to 4 pm. There will be food, fellowship, corrections updates, and amazing speakers. I hope to see you there!

Thank you for my sobriety, AA. I am forever grateful.

Step Nine



BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting August 15, 2023 — Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 8 — Abby
- Concept 8 — Jeff
- AA Birthdays — Astri 44 years, Lara 37 years, Jeff 8 years

Elected Officer Reports

Recording Secretary (Janet A.)

As always thank you for allowing me to be of service! I am so grateful to be here! I had an issue with the recording platform I've been using last month. I sent an email asking those of you who verbally gave your report to email me. I did receive a few reports. I have been testing this recording application, and it has been working for me. So, fingers crossed it will work tonight.

If you would like your contact information added to the roster, please send it my way. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. I really do appreciate it! 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, August 23rd. I send Final Minutes to Lara on June 25th so she can submit to the high and dry.**

Last, but not least, I am having surgery on September 5th I will not be here in person due to recovery time. I plan on attending via zoom, as long as that is acceptable.

Treasurer (Dan G.)

We finished the month of July with a profit of \$2,809, mostly due to lower expenses that were paid early in June.

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

Treasurer (Dan) continued next page »

BOARD MEETING MINUTES

« *Treasurer (Dan)* continued

TREASURER'S REPORT MONTHLY (Data in Thousands K)

| Month | Net income /loss | Group Contribution | Individual Contribution | Sustainers | Room rent, etc. | Sales income /loss | Cash and savings |
|-------|------------------|--------------------|-------------------------|------------|-----------------|--------------------|------------------|
| 07/22 | 2.2 | 10 | 2.5 | 1.4 | 1.8 | 0.8 | 90 |
| 08/22 | (5.9) | 9 | 2.8 | 1.4 | 3.4 | 2 | 84 |
| 09/22 | (4.6) | 5.5 | 0.6 | 1.4 | 0.6 | 3 | 78 |
| 10/22 | (0.3) | 11 | 0.5 | 1.4 | 0.5 | 3 | 76 |
| 11/22 | (2.5) | 9 | 0.4 | 1.4 | 0.5 | 1.5 | 74 |
| 12/22 | (2) | 8.4 | 3.3 | 1.4 | 1.1 | (0.6) | 75 |
| 1/23 | (.045) | 14.9 | 1.4 | 1.4 | 0.7 | 3.3 | 77.5 |
| 2/23 | (2) | 9.3 | 0.3 | 1.4 | 0.5 | 2.9 | 75.4 |
| 3/23 | 7.1 | 10.7 | 11.6 | 1.6 | 0.5 | 1.4 | 82.5 |
| 4/23 | 5.7 | 17.2 | 0.7 | 1.7 | 0.4 | 1.4 | 84.0 |
| 5/23 | 0.8 | 7.9 | 1.8 | 1.7 | 0.6 | 4.5 | 85.5 |
| 6/23 | (3.8) | 8.4 | 3.3 | 1.7 | 0.6 | 2.0 | 81.2 |
| 7/23 | 4.1 | 11.3 | 0.4 | 1.6 | 0.5 | 3.4 | 88.5 |
| 7/23 | 2.8 | 11.3 | 0.4 | 1.6 | 0.5 | 2.1 | 87.3 |

Chair (Karla)

Nothing to report! What can I say, it's been a slow month so far. I am excited to go to the Intergroup Picnic on August 27th and I hope to see all of you there! I also plan on attending some of our committee meetings just to check out how they work and what's happening.

GSIG Office Reports

Office Committee (Bob)

We went over the Treasurer Report. Discussed Safety of the office and the office staff.

We discussed the picnic. Also discussing this safety. The safety of the office folks, the staff and people who volunteer. There are some homeless folks in the area. We just discussed how to make the office a little bit safer and give staff and others the ability to ask people to leave if they're not customers, they're not members and they're acting unsafely.

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BOARD MEETING MINUTES

Office Manager (Lara)

Office Manager report August 2023 submitted by Lara Randolph

Financial: See Treasurer's Report. The picnic button sales are going well, there will be buttons, T-shirts, and Coffee Cups for sale at the picnic. We have done approximately \$3000.00 worth of sales through our online bookstore so far this year — *gsigbookstore.com*.

Inventory: Everything is status quo with inventory. AAWS continues to be out of stock of some of the more popular items, I continue to keep an eye on their website and order as soon as they are back in stock. There is a new version of AA and the Older Alcoholic, it is an 8-page booklet. That will be in the office in the next week or so.

Call Log:

- Total Calls: 131
- Total Chats: 159
- Total points of contact: 290
- 12th Step Calls: 3

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.

South End Book Store (Jim)

We're located in the Alano Club in Auburn for all the groups that are down in South King County, and so you don't have to drive all the way to Seattle and like to want to go online to order your book, you can get them at the South End Bookstore at the Alano Club.

I have many volunteers with many shifts. We generally have 4 hours of We're open Monday-Friday from 10am to 6pm, on Saturday, 10am to 2pm, we're closed on Sunday.

I can always use somebody on Mondays & Fridays, Monday from 2pm to 6pm, Fridays from 10pm to 2pm. Two people starting out Thursday. I'll mention the club is picking up attendance-wise. that means more money to the club, that means also more money for the group to purchase books and pass with

Thank you for all the help I get from Lara, your heart, you're a big help down there of course, and we will see you next month.

Service Committee Reports

Corrections (Amy F)

Good evening. I'm sorry that I haven't been present or submitted any reports for the past two months. There hasn't been too much. I report a lot of facilities have been unresponsive.

The Federal Detention Center has not held training for new volunteers in many months despite having many new volunteer applications. This is a program of attraction and not promotion. This seems to be especially the case with corrections.

If anyone has any questions, Experience or ideas about reaching out to these facilities, we will welcome your input. We'll have a table at the upcoming Intergroup picnic, and there will be a follow-up event on Saturday, September 9th from noon until 4 p.m. Come here about volunteer opportunities. There will be two speakers & food. We are still accepting pink can donations. Thank you to the many groups. We are still seeking people to get involved in helping with the corrections committee itself.

It does not run itself, so we welcome people getting involved. I am chairperson & Karen, as Recording Secretary will be stepping down in December, and there are many other functions that may need to be filled.

Hospitals & Treatment (West C)

Our Hospital and Treatment Committee last met Saturday, August 5th at 10 am.

We have recently formed a D31 committee to find a new in-person treatment facility to replace Cascade Behavioral Health. We were carrying 5 Zoom meetings from 5 different D31 homegroups into Cascade before they closed their doors unexpectedly in July.

I have men scheduled to speak at UGM's Riverton Place in D31 for our monthly Thursday night Speaker's meeting through September. We have two different panels scheduled for 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 November.

Our next Lakeside Milam Renton panel will be Fri, August 25th @ 9 am. We are alternating with Eastside Intergroup every month on this joint venture to carry the message to their patients. We have two people signed up for this month.

We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 11 volunteers cleared to panel out of 12 and I am waiting for the final two to clear. I have 8 new volunteers lined up and am now close to my goal of 20 volunteers. The plan is to go weekly by October so we need to get these new volunteers vetted right away.

Hospital & Treatment (West C) continued next page »

BOARD MEETING MINUTES

« *Office Manager (Lara)* continued

Our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center is now 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! Jeff is the Vice Chair at GSIG and he and I are rotating Secretaries and we are always looking for folks to chair that meeting as well.

We are also encouraging Veterans from the program to participate in the VA Hospital meeting Tuesdays at noon and we are promoting this meeting. The meeting happens in room 1W88 in the new ATC building right next to the parking garage.

George A from Shoreline Veterans Center is getting support for their Fri night 6 pm meeting so we are spreading the word. We are promoting this meeting online and in several publications. The address is 1301 N 200th St, Shoreline, WA 98133

Don't forget our Annual GSIG Picnic is coming up Sun, August 27th at Seward Park Shelter 3 from 11a-5pm. I hope you all will come join in the fun food & festivities and don't forget there's a raffle!. H & T has 3 volunteers signed up to host a table there.

The best way to get involved in these projects is to attend our H & T Committee hybrid meeting every first Saturday, the next one is Sat, September 2nd @ 10 am. The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom!

At Your Service with Gratitude,

West C

Chair, Greater Seattle Intergroup Hospital & Treatment Committee

425-736-4130

hospitalandtreatment@seattleaa.org

Nightwatch (Rob S)

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

Nightwatch is currently in need of filling the following shifts:

- 2nd Wednesday of the month 6-10a
- 4th Sunday of the month 6-10a
- 5th Saturday of the month 2-6a

If you are interested in volunteering for a shift, or have questions, please contact Rob at:

nightwatch@seattleaa.org

or signup on the Greater Seattle Intergroup of AA website (in the Service tab then Phone Answering).

In Service,

Rob S.

Nightwatch Chair

|206-601-0061

BOARD MEETING MINUTES

PI/CPC (Carina W)

Howdy Greater Seattle Area Fellowship!

I often get asked, "What in the heJJ is PI/CPC?" And that's a really fair question, isn't it? Within AA, this jumbled acronym stands for "Public Information" and "Cooperation with the Professional Community," however, much of the work done in this space involves reaching outside of AA to carry our message to professionals working with alcoholics (medical, courts, academic, etc.) and then of course, still suffering and potential alcoholics. Since many folks within AA aren't sure what "PI/CPC," we can be pretty sure most people outside of AA just hear mouthfuls of acronyms. To make this easier for everyone, we frequently use "Outreach" when we work with some of the professionals, you'll see referred to in our monthly reports... like this one.

If you haven't been asked to participate on an AA Panel yet, it's likely just around the corner. Join us for this cool and informative event during which our own Area 72 PI Chair, Kari K.

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

Saturday, September 9, 2023
Brunch & Fellowship @ 11am
Training @ 12pm - 2pm

OTHER NEWS AND UPDATES

- Recovery Day at the Seattle Mariners with GSIG Literature Display on August 27th
- Friendship Heights Tiny Village we'll provide literature and possibly meetings
- Black Health Fair this Mt Zion/FAME Wellness event is seeking volunteers for the Black Health Fair on October 7th
- UW Addiction Medicine Class past delegates presenting on October 24th
- REST (Real Escape from Sex Trade) now focusing on Bridge the Gap type activity.
- Bellwether Housing haven't heard anything for a while, but still on out radar
- District 14 PI & CPC Chairs, Ruth P and Alison Mc, and District 34 PI Chair, Allison F, are on fire reaching out to Assisted Living Facilities!

PI/CPC (Carina W) continued next page »

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BOARD MEETING MINUTES

« *PI/CPC (Carina W)* continued

SERVICE OPPORTUNITIES

- Looking for a service position? We need Project Coordinators to help with the many requests we're receiving!
- The Redmond Library project can always use more help. Go [HERE](#) to sign-up for a shift.

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=eHBiTORBdUhSRXpTVEl4NWtYbzQxUT09>
- MEETING ID: 817 1403 5053
- PASSCODE: Trudge

Third Legacy (Dan R)

We had a busy month of outreach this month. Our thanks to On Awakening for asking us to facilitate group inventories for both of them in person and online meetings. Dave T and Mike M were the facilitators. Lara R also made a Third Legacy presentation to District 15. Alan F, Astri, and Dan R presented on the Service, Unity and Service to District 57.

We are looking forward to and looking for help with our upcoming Sponsorship Workshop on Saturday, September, 23rd at 10am.

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

Third Legacy (Dan R) continued next page »

BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

We would also 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.

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 thirdlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

In Service,
Dan R.

Twelve Step (John DD)

We meet every first Thursday. Online. And that's a Zoom meeting and the link is on the Greater Seattle Intergroup website.

We fill the gap between when the office closes. Nightwatch folks have a call where there's follow-up indicated, or somebody's asking for additional connection or wants to go to a meeting or wants to 12-step call. Or the operator just doesn't quite know what to do with the person. We're not getting a lot of referrals. In the summer, most of them come from our office staff on Saturday. We hope to get more. planning tentatively kind of just another volunteer, office volunteer gathering, like the one Lara did earlier in the year. We will invite everybody that answers phones. And bring some food on a Sunday. Here at Seattle Intergroup, the people that interface with the calling alcoholic, the people that call the phones that reach out on the chat are night watch volunteers and our office volunteers, So there's an opportunity there.

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Special Events (Steve R)

Yeah, it's this month. It's going to be great. if we can get baskets there for the drawings, that will be very cool, if you drop them off. As Lara said, either drop them off at Intergroup or bring them because everybody's going to go to the picnic.

September 23rd car show. Let's talk about that. It may be a plain old whoopee party with our socks on or something. There's going to be some people showing up with their cars.

If you want to bring it out and shine it up in the parking lot and have some fun, that's what we're going to do. We're still looking at, maybe doing a, like a, you know, I don't know, sock hop, dance, have some food. I'll be very honest with the group. I have been super, super busy. I haven't been able to put a lot of extra effort into ironing out the details.

GSIG District Reports

District 14 – (Stacia)

My name is Stacia, I'm an alcoholic. I represent District 14, which is National Island White Center in West Seattle. We are all set for the picnic, lots and lots of, so we should have probably three people at all times, and we've got some backups, we'll do picnic as well. We're all ready for that. And we are planning our picnic for Sunday, September 10th at Lincoln Park from 10am-2pm. Everyone is invited.

There will be a campfire and metal pie auction to bring a pie to the auction. It's the biggest fundraiser of the year, or you can just bring lots and lots of money.

These pies go really, We have their 50 pies to auction off. Everyone's welcome to join us.

District 24 (Greg S)

Alright, I'm Greg, I'm alcoholic and the Seattle Intergroup Rep for District 24, which serves Lynwood, Mountlake Terrace.

We are hybrid. We meet the first Wednesday of every month at 7 p.m. at St. Hilda's and St. Patrick's Church. We also meet on Zoom. Last month we had 23 people live and six on Zoom for 12-29 people.

Andrew, the Area 72 Corrections Chair, attended and gave a presentation, which was very informative.

We still have four open chair positions, CPC Zoom Coordinator, newsletter, and corrections.

And it looks like we might have a part-time Zoom Coordinator. The guy that was there last month did a really good job covering.

District 24 (Greg S) continued next page »

BOARD MEETING MINUTES

« *District 24 (Greg S)* continued

New business: We discussed our GSR Scholarship Program. And that's a program. Where we will provide money for any GSR who wants to attend the assembly and their home business and afford to send them.

So, we'll cover the costs. The Evergreen State Fair PI booth is scheduled to be at the Evergreen State Fair from August 24th - September 4th. They still need a few volumes. Although it sounded like they pretty much had things covered. And then we had a motion to approve spending quarterly seed money to help co-host a pre-assembly in that past.

District 31 (Thomas)

1. Nothing New to Report
2. Looking forward to GSIG Picnic
3. Working with any issues GSR'S & their home group have.

Thomas H D-31 Liaison

South End Fellowship (Janie)

Hello! We are surviving this warm summer weather with Birthday BBQs on the last Saturday of the month at 3pm, meetings daily and of course fellowship! We will be having our Summer Campout September 7th through the 10th at Millersylvania State Park. We are making our rent and grateful that the church has agreed to the amount we are able to pay, \$1,050.

We currently have meetings every day of the week at 5pm. Wednesday's we have four meetings a day at 10am, 12pm, 5pm and 7pm for a *Living Sober* Book Study. We also have a late-night meeting on Saturday at 10pm. We can really use the support at all our meetings.

We have positions available and meeting times open for anyone interested in chairing a meeting. Please attend our business meeting on the first Sunday of the month at 5pm to get involved!

GSIG Business

Old Business: None

New Business:

- District 18 is going to be hosting Burien Little Assembly this year, District 31 as co-hosts between now and next month, which The Burien Little Assembly Planning Committee meets the second Sunday of the month at 10 a.m. here at the Intergroup office. We would love to find a venue in Burien if possible. If

GSIG Business continued next page »

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BOARD MEETING MINUTES

« **GSIG Business** continued

anybody knows of a venue, anybody who's been to The Burien Little Assembly and understands what that event is like and might know of a venue in the Burien area, please reach out to bla@seattleaa.org.

- ***The Web and Tech Committee moved to increase the proposed 2023 budget in order to send our Webmaster to the National Alcoholics Anonymous Technology Conference in Virginia. Discussion took place. Because budgetary items require a 2/3 majority the motion did not pass.***

Upcoming Events www.seattleaa.org/events/

- **August 27 @ 11:00 am - 4:00 pm — Annual GSIG Picnic**
 - Seward Park 5900 Lake Washington Blvd S, Seattle, WA, United States
 - Save the Date! Join in the fun for our annual picnic! 50/50 Raffle, Bingo, White Elephant Raffle, games, food, service tables and FUN, FUN, FUN!! BREAKING NEWS!!!! We have learned of two Seahawks tickets and four Mariners tickets are being donated [...]
- **September 2 @ 10:00 am - 11:30 am — Hospital and Treatment Committee**
 - Greater Seattle Intergroup
 - Join us for our monthly Hospital and Treatment Committee meeting. Everyone Welcome. This is a hybrid event. In person at the Intergroup Office or online.
 - Meeting ID 820 0608 7832, Passcode 088776
<https://us02web.zoom.us/j/82006087832?pwd=dyt3eThvZUIlSitzMTB1RXM4eFdSUT09>
- **September 2 @ 12:00 pm - 2:00 pm — BBQ at Intergroup**
 - Greater Seattle Intergroup
 - Bring something to share or just come and eat some food and have some fellowship. June 3rd, 10th and 24th July 8th and 22nd August 5th and 19th Sept 2nd, 16th and 30th 2023 BBQ schedule
- **September 3 @ 11:00 am - 1:00 pm — Service Manual Study**
 - Greater Seattle Intergroup
 - This year we will be beginning the new 2022-2023 Service Manual. Join us in person at the Seattle Intergroup Office or on zoom. Plenty of past Area 72 servants to choose from!
 - Meeting ID 863 6483 7688, Passcode 022841
<https://us02web.zoom.us/j/86364837688?pwd=MnBPuU55a2wrZ0RLcXNwKy9OVWExdz09>
- **September 6 @ 6:00 pm - 7:00 pm — Accessibility Committee**
 - The Accessibility Committee meets on the first Wednesday of each month via Zoom. Everyone is Welcome.
 - Meeting ID: 885 9521 8136, Passcode: 611317
<https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09>

Meeting Adjourned




High & Dry Call for Entries

The High & Dry, Seattle Intergroup's Monthly Newsletter, is looking for original content from local drunks. This is a great opportunity to serve our fellowship!

- Stories About Recovery
- Poetry & Creative Writing
 - Art & Photography
 - Comics & Jokes
- Information about Sober Activities & Service Opportunities

Submit your work and find out more by visiting SeattleAA.org

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

 high_and_dry@seattleaa.org



SPONSORSHIP WORKSHOP WITH SEATTLE INTERGROUP- THIRD LEGACY COMMITTEE

WHAT DOES THE AA LITERATURE SAY
ABOUT SPONSORSHIP?

WHAT DO I LOOK FOR IN A SPONSOR?

HOW CAN I BE A MORE EFFECTIVE
SPONSOR?

WHAT IS THE EXPERIENCE OF SOME OF
OUR LOCAL AA MEETINGS AND MEMBERS
WITH SPONSORSHIP?

FIND OUT THE ANSWERS TO THESE
QUESTIONS AND MORE

MARCH 25TH

JUNE 24TH

SEPTEMBER 23RD

HYBRID EVENT

IN PERSON AT SEATTLE INTERGROUP

5507 6TH AVE S SEATTLE 98108

ON ZOOM

MEETING ID 883 3095 4767



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

Eastern Washington's Woodstock of AA / Fourth Annual Three Rivers BigBook Weekend IV



"Where The Rivers Meet"
September 22nd - 24th 2023

Riverfront Hotel & Convention Center - 50 Comstock Street, Richland, WA 99352

Guest Speakers

KARL M., Covina, CA
LINE B., Escondido, CA
KENNY D., Seattle, WA
LINDA P., Inglewood, CA

TERRI K., Woodville, OH
MIKE B., Prescott, AZ
CHERIE E., Graham, WA
RON H., Canby, OR



Full Program on Web - Limited Space - Register Early
EASY WEB REGISTRATION
www.threeriversbigbookweekend.org

3day/Registration/Hospitality/8Speakers/Buffer Dinner/Breakfast/\$99

| | | | |
|--------|------------------|--------|------------------|
| Name | | Name | |
| Email | | Email | |
| City | | City | |
| ST | | ST | |
| Phone | | Phone | |
| Dinner | Beef Chicken Veg | Dinner | Beef Chicken Veg |
| BADGE | | BADGE | |

Checks to THREE RIVERS BIGBOOK WEEKEND 3019 DUPOURTAL ST #108 RICHLAND, WA 99352



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

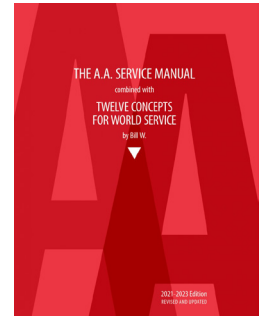
SEATTLE INTERGROUP

5507 6TH AVE S.,
SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483
7688

PASSCODE 022841



MENS SPIRITUAL RETREAT



SEPT. 29 - OCT. 1ST 2023

Weekend Speaker: Joe C. - San Diego, CA

5 prepared meals, desserts, & snacks
PRIME RIB DINNER SATURDAY

We have multiple shared cabins on the grounds
with meals & sessions held in the main lodge.

REGISTER NOW: skycampmensretreat.square.site

limited to 50 men 83930 Peninsula Rd. Fall Creek, OR 97438

SEATTLE INTERGROUP
CORRECTIONS COMMITTEE
PRESENTS

CORRECTIONS
WORKSHOP

SEPTEMBER 9, 2023
12 PM TO 4 PM

VOLUNTEER OPPORTUNITIES
REFRESHMENTS/POTLUCK
SPEAKERS

South King ALANO CLUB
1317 Harvey Road
Auburn, WA 98002

QUESTIONS? volunteer corrections@seattleaa.org

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/
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