



# High & Dry

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

Volume 75 Issue 12

December 2023



## In This Issue

- |                                    |   |
|------------------------------------|---|
| ▪ Future Tripping.....2            | ▪ Steps, Stories & Traditions.....8     |
| <i>GSIG Calendar</i>               | <i>Step 12.....8</i>                    |
| ▪ Reflecting on Our Past.....4     | <i>Tradition 12.....9</i>               |
| <i>December in Our History</i>     |   |
| ▪ There is a Solution.....5        | ▪ Board Meeting Minutes.....13          |
| <i>GSIG News and Notes</i>         | <i>2023 GSIG Proposed Budget.....26</i> |
| ▪ How Dry I Am Birthday Club.....6 | ▪ Announcements.....29                  |
| ▪ December Challenge.....7         | ▪ Get Involved!.....32                  |

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

**(206) 587-2838** — Helpline is staffed 24 hours a day Email: [info@SeattleAA.org](mailto:info@SeattleAA.org) Website: [www.SeattleAA.org](http://www.SeattleAA.org)

# FUTURE TRIPPING

## December GSIG Events

For details about the events listed below, visit the Events page on the GSIG website, [seattleaa.org/events](https://seattleaa.org/events)

### 2 — Hospital and Treatment Committee

- December 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=dyt3eThvZUlsitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832  
Passcode: 088776

### 2 — WSCYPAA Presents Ugly Sweater Cookie Party

- December 2 @ 7:00 pm - 10:00 pm
- South King Alano Club  
1317 Harvey Road, Auburn
- 7:00 meeting 8:15 event \$10 suggested donation

### 3 — Service Manual Study

- December 3 @ 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

### 6 — Accessibility Committee

- December 6 @ 6:00 pm - 7:00 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/88595218136?pwd=Wmc1SW1FK0paZnVhQmRXeFcxTWlZdz09>
- Meeting ID: 885 9521 8136  
Passcode: 611317

### 7 — 12th Step Committee

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

### 9 — Sponsorship Workshop

- December 9 @ 10:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- This workshop will be discussing how to be an effective sponsor and what to look for in an effective sponsor*

### 10 — 2024 BLA Planning Committee

- December 10 @ 10:00 am - 11:30 am — Hybrid meeting
- Zoom link: <https://us06web.zoom.us/j/81202745971?pwd=Zy9BbElXcmwxd0QvcHIHODR6QzV4UT09>
- Meeting ID: 812 0274 5971  
Passcode: 857017

### 10 — Game Day at Seattle Intergroup

- November 11 @ 5:00 pm - 9:00 pm
- First United Methodist Church  
180 Denny Way, Seattle
- Join us for some tailgating, game playing, food and fellowship beginning at 11am. Then, let's watch the game together on the big screen! Kick off at 1:05 Seahawks and the 49'ers.*

### 11 — Corrections Committee

- December 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

### 12 — Surrender At 7 8th Annual Holiday Party and Speaker Meeting

- December 12 @ 5:45 pm - 8:30 pm
- Queen Anne Presbyterian Ch 414  
West Howe St., Seattle, WA, United States
- Join other sober women for fellowship, delicious food and two great speakers 5:45 potluck dinner 7:00pm speakers Please bring the following based on LAST name A-L: Side dishes, veggies or appetizers M-S: Desserts or Fruit T-Z: Drinks*

### 12 — District 14 Holiday Party

- December 12 @ 7:00 pm - 8:30 pm
- Fauntleroy Church  
9140 California Ave SW, Seattle
- 7:00pm Food and Fellowship 7:50pm Speaker Courtney S. All are welcome to attend. Main Dishes and beverages are provided. Potluck sides, salads, desserts welcomed.*

### 13 — District 31 Holiday Party

- December 13 @ 6:00 pm - 8:00 pm
- Grace Lutheran Church  
22975 24th Ave S, Des Moines
- 6pm Potluck Bring your appetite and favorite dish to share. Wear an ugly sweater!*

### 16 — CPC/PI Committee

- December 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

• *Future Tripping* continued next page »



### 16 — Open Mic

- December 16 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

### 18 — Women's Daily Reflection Christmas Party

- December 18 @ 6:00 pm - 8:30 pm
- Bethlehem Lutheran Church 1024 Monroe Ave NE, Renton
- *Potluck starts at 6pm Candlelight Meeting at 7pm*

### 19 — Web & Tech Committee

- December 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=RUdtQTcrVFJPQWIMUdxYy95V3lPd09>

### 19 — GSIG Fall Assembly

- December 19 @ 6:00 pm - 9:00 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

### 20 — District 16 Holiday Dessert Potluck

- December 20 @ 7:00 pm - 8:30 pm
- University Lutheran Church  
1604 NE 50th St., Seattle

### 25 — A New Beginning Christmas Alca-thon and Dinner

- December 25 @ 9:00 am - 8:30 pm
- A New Beginning  
15403 Ambaum Blvd SW, Burien
- *Meetings start at 9am and run through 8:30pm 90 minutes meetings with a 30 minute break in between. Dinner served at 5pm*

### 25 — Fremont Christmas Dinner

- December 25 @ 5:30 pm - 11:30 pm
- A New Beginning  
15403 Ambaum Blvd SW, Burien
- *Dinner at 5pm Gratitude Meeting starts at 6:30pm Bring a dessert to share*

### 26 — Tradition Study by the GSIG Third Legacy Committee

- December 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

- December 28 @ 7:00 pm - 8:00 pm — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/83755402948?pwd=dUtSM0RqcnhqS01hOW04eTlMSmN5dz09>
- Meeting ID: 837 5540 2948  
Passcode: 830816

### 31 — 2024 New Year Dance Party

- December 31, 2023 @ 9:00 pm - January 1, 2024 @ 9:00 pm
- South King Alano Club  
1317 Harvey Road, Auburn
- \$10 Suggested Donation



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# REFLECTING ON OUR PAST

## December In Our History

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

Dec 1934	Bill & Lois start attending Oxford Group meetings.
Dec 1934 to May 1935	Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.
Dec 1938	Twelve Steps written.
Nov/Dec 1939	Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other member's homes.
Dec 1939	First AA group in mental institution, Rockland State Hospital, NY.
Dec 1939	1st home meeting in Los Angeles at Kaye M's house.
Dec 1939	Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked 1st effort reach alcoholics outside married middle-class category.
Dec 1940	1st AA group formed in St. Louis, Missouri.
Dec 1940	Group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups.
Dec 1948	Dr. Bob's last major talk, in Detroit.
Dec 1950 Conference.	Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service
Dec 1955	'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'
Dec 1982	Nell Wing retires from GSO after 35 years of service.
Dec 1, 1940	Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.
Dec 5, 1985	Dave B, founder of Montreal Group dies weeks before 50th anniversary. His story added to the 4th Edition Big Book.
Dec 6, 1939	Bert the Tailor lends Works Publishing \$1000.
Dec 6, 1979	Akron Beacon reports death of Henrietta Sieberling.
Dec 7, 1949	Sister Ignatia received Poverello Medal on behalf of A.A.
Dec 10, 1975	Birds of a Feather AA group for pilots is formed.
Dec 11, 1934	Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).
Dec 11, 1941	Dallas Morning News reports 1st AA group formed in Dallas.
Dec 12, 1934	Bill has Spiritual Experience at Towns Hospital.
Dec 12, 1937	Bill meets with Rockefeller Foundation and tries to get money.
Dec 13, 1937	Rockland State Mental Hospital takes patients to meeting in New Jersey.
Dec 13 or 14, 1934	Ebby visited Bill at hospital, brought William James's book, "Varieties of Religious Experience"
Dec 19, 1939	Los Angeles hold their 1st AA meeting there.
Dec 20, 1945	Rowland H dies (he carried the Oxford Group message to Ebby).

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

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# THERE IS A SOLUTION

## GSIG Group and District Phone Shifts Available

Contact Lara or Anita  
to Volunteer

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



## Thanks to Our Awesome Daytime Office Volunteers

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

## Southend Bookstore Volunteers

Manager: Jim H.

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

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

## Greater Seattle Intergroup Office Hours

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

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

## HIGH & DRY NEWS AND NOTES — December 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](mailto:high_and_dry@SeattleAA.org). We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

**We are also seeking** a group conscious — and volunteers, ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to [newsletter@seattleaa.org](mailto:newsletter@seattleaa.org)

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## BIRTHDAY CLUB

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

Patrick S.	Duck Island and Reservoir	11-19-84	28 years
Christy N.	Sat. Ladies Study		23 years
Linda M.	Sober Sisters of Seattle		37 years
Kirk W.	Magnolia Thursday	11-28-03	20 years
Mike C.	As Mikey C's It		7 years
Terrie W.	Brown Bag Bunch	11-12-84	39 years
Maureen S.	Hour Primary Purpose	12-17-04	19 years
Greg F.	Red Doors	11-1-86	37 years
Jules	Alki Tuesday Niters		4 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](mailto: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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# DECEMBER CHALLENGE

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## Tradition Twelve

spiritual foundation

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

spiritual  
foundation  
anonymity  
sacrifices  
future  
societies  
publicity  
professional  
enthusiastic  
spectacular  
confidential

buttonholing  
vaudeville  
disclosures  
communications  
breathtaking  
principles  
personalities  
recognition  
promoter  
unity  
safeguard



**Step 12:** *“Having had a spiritual awakening as the result of these steps, we tried to carry the message to alcoholics, and to practice these principles in all our affairs.”*



## The Twelfth Step

*By Peeps*

**WHEN I COMPREHENDED** all that was entailed in practicing Step 12, I balked. I was completely self-centered and did not want to put out any effort to help others.

I thought keeping me sober was my most important job.

But my persecutive has changed over time (and literally thousands of meetings). Thanks to the examples of others, work with my sponsor and many sponsees, I recognize the need to give away what was freely given to me, namely, sharing my experience, strength and — our primary purpose at members of AA.

It is clear to me now, that my sobriety relied on the help, support and love of others.

Step 12 requires me to practice the principles of the first 11 Steps in all my affairs.

I started a part time job in August at a residential substance abuse treatment center that is immensely more enjoyable when I do my utmost to practice AA's principles in all my contacts with newly sober alcoholics and addicts.

On many days, my unconditional love of my fellows is exhausted before my first break.

It took me longer than it should have to recognize the things they did that upset me were things I hated about myself. That I've made mistakes that hurt myself and others, that I'm impulsive and extremely emotional, that I've behaved insanely, that I am not perfect.

I now have a prayer and meditation practice before beginning a shift, in my car in the parking lot) that helps me get past lunch time with a more positive approach. (So grateful for Step 11.)

I can see that my sense of joy, happiness and freedom has been enhanced by mindful attention to Step 12, especially my ability to forgive myself and others when my exceptions collide head-on with my expectations.. △



## Tradition 12: “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”



### Tradition Twelve

*From Buddy T., verywellmind.com*

**A HALLMARK** of 12-step recovery programs is the offer of anonymity to participants, but the principle goes much deeper than just not revealing last names. This is Tradition 12, “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.”

To keep the focus on principles rather than personalities, personal anonymity should be maintained at all levels of participation in 12-step fellowship—in meetings, in 12th step work, and even in sponsorship.

Anonymity is maintained not so much for the protection of the individual as for the protection of the program. Reflections from those in a 12-step program provide a glimpse of the underlying principle of this tradition., even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our

personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles.

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

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

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

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



## Doing the Work is Key to AA Success

*By Peeps*

**WHEN I WAS FIRST INTRODUCED** to Alcoholics Anonymous in the mid-1990s, my attitude was trash, so were my results.

Unlike many AA members I've met, who knew nothing about our 12 Steps of recovery before joining, I attended my first meetings with extensive knowledge of what people in recovery had to do to succeed.

I knew it took work to make AA's promises a reality, lots of work, and that was a problem for me. The amount of work required freaked me out, just like one of my favorite 1960s TV characters, Maynard G. Krebs of the sitcom "The Many Loves of Dobie Gillis." Younger AA members may not know who Maynard was.

FROM WIKIPEDIA: "The Krebs character, portrayed by actor Bob Denver (Gilligan of "Gilligan's Island"), begins the series as a stereotypical beatnik, with a goatee, "hip" (slang) language, and a generally unkempt, bohemian appearance. ... He is always banging out a modelrn jazz beat with his hands, to music in his head ... His abhorrence of conventional social forms is signified by comical reactions to three words: "work," "marriage," and "police." For example, whenever the word "work" is mentioned, even in passing, he yelps "Work?!" and jumps with fear or even faints."

That was my reaction to hearing about the work required to become happy, joyous and free, AA style.

I didn't want to do it. It was too hard. And I thought I wasn't worth the effort. Attending thousands of meetings has convinced me otherwise.

Two of the most important people in my life and recovery — my dad (John Peoples Sr.) and my best friend (Bob B.) — didn't just tell me "How It Works." They showed me.

When my dad died four years ago, he was a month shy of being sober 50 years. Bob, who I first met playing little league baseball, celebrated 41 years this past April.

Of course, it took me nearly 30 years since from my first meeting to get an appreciable length of sobriety. As I write this, I have more than 1,700 consecutive days (4.9 years). My sober date is Jan. 7, 2019.

I had an "attitude" problem when I came to AA. I instantly recognized I had much in common with the folks in the rooms, but I still resisted the idea of admitting I belonged in AA — as a member.

I didn't want to do the work I saw Bob and my dad do to get and stay sober. I wanted the pain, fear and loneliness in my life to end, but I only wanted to work on recovery in my spare time.

I didn't want to follow the Steps. I didn't want a sponsor, but most of all I did not want a Higher Power. I was still hooked on finding solutions that looked easy and fast (pronounced half measures).

I wasn't able to act on words encouraging me to choose another path in life. I could not deny that my dad and Bob had drastically turned their lives around by working on AA's principles in all their affairs, but ...

I could see why THEY needed AA's brand of help. I, however, was convinced that I did not. I wasn't as bad as they were. If I had done the things they did — DUIs, divorces — then I'd be ready for AA. I could not see that AA and the Steps were for me — until I could see it for myself..

It took more research, finding a higher level of pain and misery, to convince me that AA offered me a way out that would work — IF I was willing to do the work.

See *Work* continued next page »



« **Work** continued from last page

I was on a losing streak in the game of life — my significant other was on my case 24/7, I was struggling at my job and relations with many relatives and friends were fraying or icy. I had frequent, painful hangovers, but that was just the price paid to have “fun,” as I defined it.

I thought the world and the people in it were at fault. I just needed time to figure things out. I was convinced I could get it together on my own. No need for something as drastic as AA, which required effort, attention to detail and accountability (one day at a time).

I had to be forced, by a sense of desperation, to even try working the Steps as written. I only surrendered when I believed my situation was hopeless if I didn't follow AA's suggestions.

I'd hung out enough AA meetings to finally recognize that it was my thinking that got me to the rooms of AA.

Once I surrendered, AA stopped looking like a chore and I could see that it offered solutions. △

## Sober Holiday Memories

By West

*The Holidays were full of such sparkle growing up.  
Shopping sprees with Mom led to pictures with Santa.  
Caroling down the street with the neighborhood kids.  
Sledding, snowball fights & a snowman.  
Eggnog, stuffed mushrooms, and crab stuffed tomatoes.  
An annual outing to see the Nutcracker or Tiny Tim.  
Magical Christmas mornings unveiled the tree stocked with gifts.  
Laughter and hugs were prevalent with my parents and sister.  
Overflowing stockings hanging from the hearth.  
Childhood pets so dear to the heart took part.  
And then at some point, the magic and the music just stopped.  
I had made some poor choices over the years with no one to blame.  
Parents now gone and my sister long since moved on.  
Loneliness and isolation were all that remained.  
But then I found a higher power and a solution in sobriety.  
And this year, I am no longer alone.  
I have the fellowship, sponsees and a sponsor to thank.  
Authentic West is back on track.  
I have a new girlfriend who is sober too, what a blessing!  
I am now spending the Holidays with her entire family.  
Also, with new sober friends in the program.  
My sister has come back a knockin.'  
The hugs, laughter and magic have returned as well.  
Playing drums for Christmas Eve service.  
My favorite music has turned back on.  
The Christmas Song.  
And my parents looking down are proud.  
And I dance a jig for the Holidays! ;o)  
At Your Service with Gratitude.*

## Corrections Corner

When home groups participate in the Pink Can Program, their donations go toward purchasing AA books and literature (such as Grapevines and La Viñas).

Thank you to the following groups for donating \$481.67 in September and October: Empire Way, MOB, Federal Way Men's STAG, Sober Sisters, Mt. Rainier Big Book Study, Federal Way Women, Big Book West, Alki Bonfire, A new Beginning,

Serenity Now, the donations can at Intergroup and anonymous online donors.

We spent \$234.12 to purchase literature during these two months. We will provide an annual report for 2023 in early 2024.

If you're interested in learning more about Pink Can Program or Corrections service, please email [volunteer corrections@seattleaa.org](mailto:volunteer corrections@seattleaa.org).



*"Yeah, I was gonna hang on to those."*

# BOARD MEETING MINUTES

---

## Greater Seattle Intergroup Board Meeting

November 21, 2023

Submitted by Janet A. (Recording Secretary)

## Meeting Opening

- Call to Order & Serenity Prayer
- Tradition 11 – Carina
- Concept 11 - Lara
- AA Birthdays – Mikey; 7 years
- Introductions

## Elected Officer Reports

### Recording Secretary (Janet A.)

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

If you would like your contact information added to the roster or if there are any corrections, you can put that information in the chat. If you haven't already, you can still send in your reports. Thank you to those of you who have already submitted your report. The initial deadline to have your reports to me is ***by the 3rd Tuesday of the month. Please email to [secretary@seattleaa.org](mailto:secretary@seattleaa.org). I will accept Final Reports this month no later than Friday, November 24. I will send Final Minutes to Lara on the 25th so she can submit to the high and dry.***

I would like to wish everyone a Happy Thanksgiving. I am grateful for each one of you!

Janet

### Treasurer (Dan G.)

#### Treasurer Remarks

We finished the month of October with a loss of \$3132. Contributions were lower than expected. Thank you for allowing me to be of service. Contact me by email at [treasurer@seattleaa.org](mailto:treasurer@seattleaa.org).

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» ***Note: 2024 GSIG Proposed Budget — See Page 26***

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***Treasurer (Dan G)*** continued next page »



## BOARD MEETING MINUTES

« *Treasurer (Dan G)* continued

### TREASURER'S REPORT MONTHLY (Data in Thousands K)

Month	Net In- come (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Sept-22	(4.6)	5.5	0.6	1.4	0.6	3	78
Oct-22	(0.3)	11	0.5	1.4	0.5	3	76
Nov-22	(2.5)	9	0.4	1.4	0.5	1.5	74
Dec-22	(2)	8.4	3.3	1.4	1.1	(0.6)	75
Jan-23	(.045)	14.9	1.4	1.4	0.7	3.3	77.5
Feb-23	(2)	9.3	0.3	1.4	0.5	2.9	75.4
Mar-23	7.1	10.7	11.6	1.6	0.5	1.4	82.5
Apr-23	5.7	17.2	0.7	1.7	0.4	1.4	84.0
May-23	0.8	7.9	1.8	1.7	0.6	4.5	85.5
Jun-23	(3.8)	8.4	3.3	1.7	0.6	2.0	81.2
Jul-23	2.8	11.3	0.4	1.6	0.5	2.1	87.3
Aug-23	(10.4)	9.9	0.2	1.7	0.6	1.5	76.1
Sept-23	(0.6)	8.9	1.2	1.4	0.4	1.2	79.4
Oct-23	(3.1)	9.0	0.9	1.0	1.0	1.8	80.6

## Chair (Karla)

October 2023 Board Chair Report – Submitted by Karla L.

I have been able to attend a few of our Intergroup committee meetings to see how they work and what they are up to;

- Accessibility, 12 Step, and Hospitals and Treatment. Thank you, guys, for welcoming me and showing me what you are up to! I plan to visit most, if not all, committees before the end of the year.
- I facilitated the Puget Sound Central Service Office inventory on Nov. 12th and that was very interesting. They do things a little differently from Seattle Intergroup. They don't have all of the committees we have; they are not as connected to the Area Committee as we are, and their 12 Step committee is completely separate from the CSO. They do have money scarcity issues just like we do.
- I spoke on Traditions 1 and 2 at Spanish District 57. The Area 72 Chair and Area 72 CPC Committee Chair also spoke on Traditions. It was a wonderful experience. If you have an opportunity to attend an event in any of the Spanish Districts, I highly recommend it. They are very welcoming and pleased that an English speaker wants to attend.
- I am helping to compile the office committee's employee evaluation for Lara. We are very pleased with her performance as the office manager, and I have a feeling her evaluation will be very good. That will be presented at the December board meeting.

## GSIG Office Reports

### Office Committee (Bob)

11/14/23 GSIG Office Committee Notes

Present: Lara, Dan, Leslie, Bob J (note taking), Anita, Pete (chairing), Karla

Absent: Bill S (we're all praying for a good quick complete recovery from surgery!)

Began with the Serenity Prayer

1. Lara's Office Report and other business.

- Lara completed evaluation/self-evaluation with Anita. Requesting office committee member evaluations of Lara be completed.
- OSD3's is in! They're still trying to figure out how the pre-sold volumes will be distributed.
- October 240 office calls, 6 12-step calls, there are some issues with call forwarding, which requires extra work, Lara et al. will be working to fix this.
- Lara has a proposed discussion topic for Area 72, when is an AA meeting an AA meeting and when might it now be, i.e., no other purpose/affiliations, only conference approved literature, changing pronouns, not meeting in residences, etc.
- New nominees for new office committee rotation 2024 possibly including Jack J, (another) Bob, Aurora, others?

2. Treasurer's Report, Dan. We were down \$3.1 K in October. 2024 budget was discussed, including 6.8% increase in staff expenses, to include being open on Monday and some overlap time between Lara and Anita. Unless we increase revenues (e.g., group contributions), the 2024 budget would be about \$11,250 in the red.

3. Old/New Business: Discussed some issues with using Venmo. Being a non-profit, Lara has been able to lower our \$200/Mo Comcast bill, savings hopefully to be seen in future.

### Assistant Office Manager (Anita)

I attended the Accessibility Committee meeting. Seminar took place October 12 – 15 in Cincinnati, OH

- I got to be on a panel with David from Boston's Intergroup. It was great to see him, he helped me at my first seminar that was in Akron in 2006. Our panel was "What We Sell" As usual the panel takes on different topics as discussions happen.
- Meetings in a Pocket were highly recommended. I was pleased to hear that because Seattle and Eastside started meeting in a pocket in the early 2000's.

*Assistant Office Manager (Anita)* continued next page »

## BOARD MEETING MINUTES

« *Assistant Office Manager (Anita)* continued

### Items of interest:

- Charles from Memphis offers 10 free pamphlets to any AA Group. You have to come into the office to collect them. This gets AAs into the office and often other literature is sold along with the 10 free pamphlets. Groups can take advantage of this 16 times!
- A few of the smaller intergroups have a 50% markup on literature. Example: Bend, Oregon.
- Grasshopper was highly recommended for after-hours phone service. 50.00 a month. Grasshopper.com

OIAA: Looking for bilingual signers.

### AAWS Highlights

- In attendance: Kathy, East Central Regional Class B Trustee, Karina Group Services contact, and Carolyn.
- Plain and simple text big book. There may be a DRAFT available at next year's conference.
- Membership survey pamphlet is complete. The delay was due to the addition of online only AA groups.
- Service manual: 4 chapters have been rewritten and will be presented at next year's conference.

### Grapevine Highlights:

- Collecting 7-minute stories to be posted on YouTube or another media platform.
- New Grapevine Book: Our 12 Steps
- Next year Grapevine celebrates 80 years.
- Grapevine has a podcast, Instagram, and an App. I encourage everyone to upload the App.
- They are collecting photos for the 2025 calendar.

Charles from Tennessee requested sales numbers from GSO. Intergroup sales, Amazon sales. Intergroup vs. Amazon. GSO was unprepared for that question and didn't have an answer. That question is always asked and in the years that I've attended a report has always been given. I was disappointed that GSO wasn't prepared to answer that question.

My usual concern is always the integrity of the boxes and cases of books are shipped in. But this year after GSO not having financial numbers available pertaining to Intergroups/Central Offices, lack of GSO, lack of attendance, & participants ...I now have a new concern.

## Office Manager (Lara)

**Financial:** We are proposing that the office should be open from 10am to 2pm on Mondays beginning in January 2024. This affects the proposed draft budget.

There have also been a couple of other changes, so please take the proposed, amended draft budget to your groups for input.

*Office Manager (Lara)* continued next page »



## BOARD MEETING MINUTES

« *Office Manager (Lara)* continued

**Inventory:** Our Stories Disclose III are in. The price of these books is 25.00/each. This is a 2 Volume set and explores the history of AA in Western Washington Area 72. You can order from our online bookstore too. Gsigbookstore.com If you pre-ordered a book, and you are within our service area, then you can come in and pick them up from us.

We have 2024 Grapevine Calendars and History bundles which include The reprint of the 1st edition, AA Comes of Age, Pass It On and Dr. Bob and the Good Oldtimers This set is \$38.00. There are also facsimiles of the 1st edition on sale for \$5.00 Our Great Responsibility for \$5.00 These are all great presents for your sponsees.

### **Call Log info:**

Chat line contacts: 115

Phone contacts: 125

12th Step Calls: 6

**Protocol:** There have been some issues with our call forwarding. Hopefully those have gotten worked out. We are experimenting with having chat for 24 hours a day. We shall see if this is viable. If you are interested in signing up to answer chats, contact me at lara@seattleaa.org or call the office 206-587-2838.

**We are proposing a discussion topic:** "Is an AA meeting and AA meeting just because it says it is?" or should there be some criteria set by Seattle Intergroup in order to be in our AA meeting schedule?

A few years back we had an issue arise with meetings that are listed in the meeting schedule and whether or not they are AA meetings/groups. After some deliberation we opted to not take any action at the time but did say that we would address this topic again in the future.

Other Intergroup offices have criteria that a group adhere to the Traditions, no outside affiliation, not reading non-conference approved literature, if AA literature is used, not amending it in any way, no meetings held at a private residence are listed, etc. So for a topic of discussion at the Fall Assembly on December 19th at 7pm, we will be talking about possible criteria for a meeting being listed on the website, and schedule book, which would also affect the Meeting Guide App. (There will be no voting at this time).

Send a representative and be a part of the discussion.

## Service Committee Reports

### **Accessibility (Laurel)**

The last meeting of November, it was one, two, four people, which was nice, because most of the time I'm alone, except for the secretary and the past chair, who, and where we meet on Zoom.

I am planning to step out as the chair after December, and I'd let everybody know that.

*Accessibility (Lauren)* continued next page »

## BOARD MEETING MINUTES

« *Accessibility (Laurel)* continued

Need a chairperson for the Accessibility Committee.

Need more members also. We need members and someone to share the committee and represent the committee to the board.

Need somebody who will check emails, etc. I will continue scheduling interpreters.

We're going to make a web version of this, this serenity prayer

Thank you all for your help, especially Anita who joined, really appreciated that. That was a great help.

### **Archives (Theresa)**

I Attended Area 72 Archives Quarterly in person, and Regional Archives Zoom group, November. I am scanning 1980s High & Dry's into GSIG Google Docs.

I volunteered to host Area 72 Archives Quarterly at GSIG on February 3, 2024. High & Dry, Grapevines, and GSIG schedule files are up to date.

### **Corrections (Amy F.)**

We brought in 2 speakers. Very important, we are updating web page. WE are coordinating with Area 72 to create a comprehensive list. We are asking for more participation from committee members. We need volunteers

### **Hospital & Treatment (West C.)**

Our Hospital and Treatment Committee last met Saturday, November 4th and I counted 23 people in attendance, including in person and on Zoom.

- We have been making progress on our D31 Search Committee to find a new in-person treatment facility to replace Cascade Behavioral Health, which is now the state-run (DSHS) Olympic Heritage Behavioral Health. I stopped by there twice and was told it isn't recovery based anymore but rather a program incarcerated individuals must complete before being reintroduced to society.
- 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 new in-person relationship in our district. We met via Zoom two weeks ago and all 3 of us are making contacts.
- We are now paneling with Key Recovery in Tukwila on second Saturdays at 2 pm every month. Becky & I paneled at that facility last weekend along with Chris L from D18.
- Our Thursday night Speakers meeting at UGM's Riverton Place is back on again after I met with Chaplain Juri last month. We have been asked to bring in a panel bi-weekly with the possibility of going weekly in the future. I am currently looking for several new guys to get involved with.
- We continue our monthly panels with Union Gospel Mission's Hope Place, a women's recovery facility in D15 and have women scheduled to speak there through February.

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

## BOARD MEETING MINUTES

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

- We have our next Lakeside Milam Renton panel on Fri, November 24th @ 9 am. We are now bringing in a panel on the final Friday of every month.
- We continue our bi-weekly panel with Harborview's 5th Floor Inpatient Psychiatric Unit. We are now up to 16 volunteers cleared to panel and 4 more in the process right now. We are very close to reaching my goal of 20 volunteers so we can go weekly by January.
- Please come support our new Salvation Army's Sunday night 7 pm meeting at the William Booth Center and bring a friend. We are currently rotating Secretaries weekly and we are always looking for folks to chair that meeting as well. Everyone is welcome.
- That meeting is averaging around 20 people now. A big thank you goes to the guys at UGM's Riverton Place like Charlie H for supporting the meeting and others from the outside like Jeff U and Mikey C from Intergroup. We are hoping to get a new van driver for UGM and it is currently in the works. It would be great to get some guys from PIO to go as well.
- We are encouraging everyone to support the VA Hospital meeting on Tuesdays at noon. The meeting happens in room 1W88 in the new ATC building right next to the parking garage. Everyone is welcome.
- George A from Shoreline Veterans Center is asking for support for their Fri night 6 pm meeting so we are spreading the word. The address is 1301 N 200th St, Shoreline, WA 98133
- The best way to get involved in any of these projects is to attend our H & T Committee hybrid meeting every first Saturday of the month.
- The meeting is located at GSIG at 6th & Lucille in Georgetown & also on Zoom. Please contact West C if you are interested in getting involved at 425-736- 4130 or [hospitalandtreatment@seattleaa.org](mailto:hospitalandtreatment@seattleaa.org). 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](mailto:hospitalandtreatment@seattleaa.org)

## PI/CPC: (Carina W)

Have you ever heard anyone say, "If you want to offer God a reason to chuckle, just say you've made some plans? Well, I ended up not being able to participate in some as planned, yet so many people made so much happen to reach the still suffering alcoholic!

## WHAT HAPPENED

### ▪ Mt Zion/FAME Health & Wellness Fair 10/07/23

Several members of our fellowship participated on a panel, staffing a table, and connecting with attendees at this important event.

*PI/CPC (Carina W.)* continued next page »

## BOARD MEETING MINUTES

« *PI/CPC (Carina W.)* continued

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

Astri T and Cynthia S connected with and informed legal professionals (judges, attorneys, police officers, etc.) about Alcoholics Anonymous at this important event. For the real scoop, please see the Chair Emeritus (Astri) report.

- **University of Washington School of Medicine — Addiction Course 10/24/23**

Past Delegates, Astri T and Dave T delivered an almost 2-hour, very well attended panel presentation to 3rd -year medical students. Once again, please see the Chair Emeritus (Astri) report for a summary of what happened.

- **Shared Google Drive for all Area72 PI & CPC Chairs**

Initiated by District 14 PI and 34 CPC Chairs and in a collaboration with Area 72 PI and CPC Chairs, and Web Servant, we now have a shared google drive for all to share files with one another.

- **1,500 Calling Cards**

Our phones can't do everything, so sharing a calling card with GSIG's contact information (and ample room to write your own) has the potential to save lives. You can choose from two different designed by stopping by: Greater Seattle Intergroup, 5507 6th Ave S, Seattle, WA 98108

## ONGOING

- **Friendship Heights Tiny Village**

Unfortunately, we've had some real struggles with this effort... some of which are beyond my current ability to comprehend.

- **Senior Community Outreach**

Our District 14 PI (Ruth P) and 34 CPC Chairs (Allison F) work to carry the message of AA into Senior Living and Assisted Living facilities is going strong and their effort is expanding out to other Districts.

- **Invite a Clergy Member to Lunch**

Our District 14 PI (Ruth P) and 34 CPC Chairs (Allison F) also have this effort within their scope. I can't wait to see what happens!

## SERVICE OPPORTUNITIES

- **Adopt A Literature Rack**

Help us meet the goal of bringing information about AA available into every library, community center, and health care facility within the Greater Seattle Area.

- Have you checked if those in your neighborhood are covered? 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.
- For now, the GSIG PI/CPC Committee will provide individuals and groups with a display rack and initial set of literature. This is a limited time offer though, so act now!
- Just email [CPC@seattleaa.org](mailto:CPC@seattleaa.org) or call/text (206) 683-1106 to get started!

*PI/CPC (Carina W.)* continued next page »



## BOARD MEETING MINUTES

« *PI/CPC (Carina W.)* continued

- **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 Committee Volunteer**  
We have service opportunities of all sizes! To find out more, or just see what's going on, join us on the 3rd Saturday of each month @ 10:00 AM at the Greater Seattle Intergroup on 6th & Lucille n beautiful downtown Georgetown or via Zoom:
  - LINK: <https://us06web.zoom.us/j/81714035053?pwd=eHBiTORBdUhSRXpTVEl4NWtYbzQxUT09>  
MEETING ID: 817 1403 5053  
PASSCODE: Trudge

### 12 Step (John DD)

We operate when the office is closed. Rather than wait till the office is open again. They can call, text, or email. There is always somebody that is happy to help and take that call. Guide them to a meeting, etc. We meet via Zoom, the first Tuesday at 7:00 PM. We had a great chat at the Volunteer Luncheon.

We are not very active. Lara, Anita, and I are the most referring people.

### Web & Tech (Mike C)

Holidays are here and for me it's a time of reflection and gratitude. Thank you for seven years, I attended the Web and Tech quarterly with plenty of discussions on the tech part of meetings. I have been hosting the GSIG H/T quarterly and the Service manual study at GSIG 1st Saturday of each month.

As the chair of this committee, I get to work in the office and get the inside scoop on new items our illustrious office manager is working on for the website.

More to be revealed but looking for ideas on how to start an AA meeting with links on who to contact, also having a landing page to assist people who have other problem other than alcoholism. Also, a small tidbit is that we were able to restructure our cable bill with a savings of \$1823.00 in the coming year.

Looking forward to a prosperous new year and being of service. Remember that our committee meets 90 minutes before our board meeting every month this is a hybrid from intergroup, go to: [www.seattle@aa.org](http://www.seattle@aa.org) for details.

Mikey C

[wtchair@seattleaa.org](mailto:wtchair@seattleaa.org)

### Special Events (Steve R) – Not Present; Lara gave the following information:

Game Day. Next month is our Final Assembly. What do we want to do for food? We voted and we will provide pizza, so please bring anything else to share.

## District Reports

### District 14 (Stacia)

Everyone is invited to attend our holiday potluck and speaker meeting, on Tuesday, December 12 7:00-8:30pm at Fauntleroy Church. District 14 voted to assist District 31 in hosting the 2028 Area 72 Annual Assembly, to be held in Tukwila at the Doubletree Hotel, by encouraging members to volunteer.

We are also looking forward to going back to in person meetings in 2024, which will also be hybrid. District 14 thanks GSIG for helping us make that possible by offering insurance at a reasonable cost, which is now required by our long-time meeting location.

### District 15 (Greg E)

Past Delegate Bob (Empire Way) joined us to present on Concepts 10 & 11

#### Treasurer's Report

- District 15 needs contributions!
- Current balance is above our prudent reserve but below the amount we traditionally set aside for our trusted servants fund.

#### Corrections Report (Morgan)

- D15 is hosting the next Corrections Quarterly at GSIG, Dec. 16, 10-2. Corrections speakers and lunch start at 1 pm.
- Home groups in D15 will support with side dishes / desserts.

#### DCM Report

- Seattle Gratitude Banquet report: very successful event, open to all. 7th Tradition raised funds that will reimburse the host Districts.
- We will take a District inventory at our next regular D15 biz meeting in Dec (12/12, 7 pm), facilitated by Bob. We'll have food and fellowship starting at 6:30
- GSR sharing, topic: reflect on first year of GSR service: highlights? challenges?
- Open service positions: Accessibility, Archives, PI/CPC, Grapevine/Literature, Young People

Thanks,  
Greg E  
206-465-0245

### District 16 (Kathleen B)

We Co-hosted the Seattle Gratitude Banquet. We also had Bob from Empire Way come and speak. On December 20th to our District Meeting, with a Holiday Potluck, everyone is welcome, We have 6 open positions for 2024.

## BOARD MEETING MINUTES

### District 24 (Greg S)

**Serving Lynnwood, Edmonds, and Mountlake Terrace.**

District 24 is Hybrid and meets every 1st Wednesday of the month at 7:00pm in person at St Hilda's and St Patrick's church located at 15224 - 52nd Ave W, Edmonds, WA 98026 and on Zoom Meeting ID: 827 3971 4442 / Password: 441729

**In attendance** — 27 people live and 7 on Zoom for a total of 34 people.

**Treasurer** — All was good with treasure report. We are in the process of switching bank accounts and that should all be taken care of in January.

**Event Coordinator** — Claire W shared that she will be stepping down at the end of the month.

**Newsletter** — Eric H made himself available to step in as new Newsletter chair. Voted on and approved.

**Zoom Coordinator** — Brian volunteered and qualified for the position. Voted on and approved.

**Schedules** — John M had a successful staple part last month. 8,750 schedules were processed in about 4 hours.

**Accessibility** — Rachel T attended quarterly in October. She started a lengthy discussion regarding the deaf community and the difficulties with funding interpreters. She is not making a formal request for donations at this time; however she is asking District 24 to help brainstorm ideas of how we can better help the deaf alcoholic.

We now have 3 open chair positions by my last count. Things happen quickly. CPC, Event and Alt DCM. Fun with musical chairs.

**New business** — Jerry wanted to know if we could have a discussion topic next month on reaching out to homegroups that aren't attending D24 meetings. There were a lot of suggestions on how to handle that which will be discussed at the next district meeting.

### District 31 (Thomas)

District Inventory: Have picked ones to discuss at future meetings.

#### ***DISTRICT 31: Holiday Potluck***

December 13, 2023, 6pm

Grace Lutheran Church, 22975 24th Ave S Des Moines WA 98198

Ugly Sweater Contest So Wear a ugly sweater to win.

Have new CPC & Treasurer.

In Service, Thanks

D-31 Liaison

Thomas H

## BOARD MEETING MINUTES

### **District 32 (Samantha M)**

- We had a new GSR and Alt GSR, and the 3rd Legacy position. A total of 16 voting members.
- We went over our budget that was approved, struggling below amounts.
- All committee members re attending their meetings. We are going to have a Potluck next month.
- We have 4 positions open. We discussed GSR University. We discussed the BLA for next year.
- Treatment: We are looking for people that are willing to be of service to Intercept Treatment.

### **District 33 (Abby)**

Greetings from District 33!

- At our last business meeting we voted for our preference for the 2024 Pre-Conference location and date to be Online March 13th.
- Some groups expressed a need for greater attendance/support: Diamonds in the Rough, Sobriety in Greater Hobart, Steps to Freedom, and Friday and Saturday's Timberlane Group.
- DCM asked if any GSRs need help in their role, and we discussed appropriate ways to increase 7th tradition due to rising rent/costs (asking during announcements, online apps, literature and pamphlets).
- The sweet surrender gratitude banquet was a great success, next year may seek larger venue.
- Open positions: Accessibility Chair, Corrections Chair, CPC/PI, Young People.
- Jim, our Literature Rep brought Our Stories Disclose to sell. They are \$25 each.

### **District 41 (Laurel)**

No report except just to say that the last meeting we talked about the two dinners that happened was happening three days later. I went, it was wonderful. And I loved it. We had great speakers. was awesome. Really good time. So that's it for me.

### **A New Beginning (John H)**

- We celebrated our Gratitude Potluck last Saturday, there were 60 people in attendance.
- We will be holding our Alcathon on Thanksgiving 9 am – 9pm & Christmas 9 am -8:30pm



## Business

### Old Business:

#### 2024 PROPOSED BUDGET DISCUSSION: DAN

The treasurer presented an updated draft budget including the added expense (around \$9000) of having the GSIG office open on Mondays. We had a discussion with many suggestions, etc. We will be voting on this at our Fall Assembly on December 19th, 2023.

#### Proposed Changes:

- Wages increase: From \$91,300.00 to \$103,979.00 (this is reflective of the proposal to open from 10am to 2pm on Mondays)
- Internet Service decrease: due to renegotiated contract: From \$5303.00 to \$3480.00
- Board expense increase: From \$300.00 to \$600.00
- The two proposed budgets (original and amended) are available on the GSIG website home page as you scroll down toward the bottom. Please make sure your groups and districts have an opportunity to review before our Fall Assembly-and invite groups to participate!

#### New Business: N/A

## Upcoming Events

See: [www.SeattleAA.org/events/](http://www.SeattleAA.org/events/)

- Seattle Group Saturdays at 6:00PM
- Trad Study 4th Tuesday of the month at 7:00pm – November 28th
- Service Manual Study 1st Sunday of the month at 11:00am – December 3rd
- Sponsorship Workshop – 10:00am-12:00pm – December 9
- BLA Planning Committee – 10:00am-11:30am – December 10th
- Game Day at Seattle Intergroup – 11:00am – 5:00pm – December 10th - Games, Food, Seahawks!

**GSIG Reports deadline: by 3rd Tuesday of the month — email to [secretary@seattleaa.org](mailto:secretary@seattleaa.org)**

**Newsletter articles deadline: 25th of each month email to [high\\_and\\_dry@seattleaa.org](mailto:high_and_dry@seattleaa.org)**

**Next Meeting – Fall Assembly on December 19th at 7:00pm**

**– Pizza will be provided. You may bring your favorite Potluck Side Dish**

## Proposed 2024 Budget

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

## Proposed 2024 Budget

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

## Proposed 2024 Budget

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





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

December 2nd Eddy M-M.  
December 9th Beaver E.  
December 16th Lee R.  
December 23rd Marty B.  
December 30th Carol L.  
January 6th Eric D.  
January 13th Melissa A.  
January 20th Jerry F.  
January 27th Terez M.



## NEED VOLUNTEERS CARRY AA MESSAGE TO CORRECTIONS

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

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

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

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

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

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

[volunteer corrections@gmail.org](mailto:volunteer corrections@gmail.org) or [corrections@seattleaa.org](mailto:corrections@seattleaa.org)



# High & Dry Call for Entries

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

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

Submit your work and find out more by visiting [SeattleAA.org](https://www.seattleaa.org)

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

✉ [high\\_and\\_dry@seattleaa.org](mailto:high_and_dry@seattleaa.org)



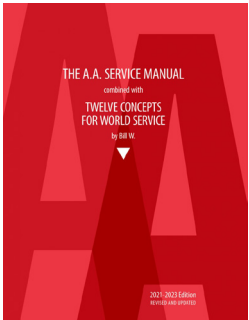
## SERVICE MANUAL STUDY

SPONSORED BY THE  
GSIG THIRD LEGACY COMMITTEE

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

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

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



## TRADITION STUDY

WITH THE  
GSIG THIRD LEGACY COMMITTEE

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

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

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

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



## 51st Burien Little Assembly

### March 9, 2024

*"Responsibility in Service: When and How to Give"*

### Planning Committee Meetings

WHEN: The second Sunday of each month, usually	Sep 10, 2023 10:00 AM
	Oct 15, 2023 10:00 AM [note: 3rd Sunday, not 2nd]
WHERE: online	Nov 12, 2023 10:00 AM
	Dec 10, 2023 10:00 AM
	Jan 14, 2024 10:00 AM
	Feb 11, 2024 10:00 AM
	Meeting ID: 810 1629 8713 Passcode: 817009

[www.burienlittleassembly.org](http://www.burienlittleassembly.org)

Burien Little Assembly is sponsored by Area 72 AA Districts  
14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup,  
and in 2024, with participation of Al-Anon Family Groups District 17.

# OPEN MIC

**December 16<sup>TH</sup>**  
**SATURDAY - 7:30PM**

*FUN FUN FUN*  
**YOU CAN DO :**  
*Singing (Accepting Karaoke)*  
*Music Instruments Comedy*  
*Keyboard Poetry*  
*Whistling & More*

**Seattle Intergroup**  
**5507 6<sup>TH</sup> Ave S. Seattle, WA 98108**

**BRING FOOD & SNACKS**  
 FOR MORE INFO:  
 Text Yoshi (253)209-6802



## Fall Assembly

When: December 19, 2023

6pm Pizza and salad provided, bring dessert or a dish to share

7pm Board meeting

Where: GSIG

5507 6th Ave S. Seattle, Wa. 98108

**This is when EVERY GROUP has a vote! We will be voting on our 2024 Budget and will have timely discussion topics. Please send a representative from your group.**

This is a hybrid event

Meeting ID 918 5437 5402

Passcode 035194



## AREA DECEMBER HYBRID CORRECTIONS QUARTERLY

**Saturday, December 16th, 2023**

Greater Seattle Intergroup  
 5507 6th Avenue South  
 Seattle, WA 98108

**Zoom ID: 850 3918 3514 Passcode: 401739**

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

**Business: 10:00 AM**

**Online or In-person 7th Tradition Option:**

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

*Stay tuned for more details.*



## ÁREA CORRECCIONES HÍBRIDAS DE DICIEMBRE TRIMESTRALES

**Sábado, 16 de diciembre de 2023**

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

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

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

**Negocios: 10:00 AM**

**Opción de 7ª Tradición en línea o en persona:**

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

*Estén atentos para más detalles*

# High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) [www.seattleaa.org](http://www.seattleaa.org)

## Do you have something you would like to submit to The High & Dry newsletter?

We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

H&D deadline is the 25th of each month.

## 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/](https://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](mailto: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/)





