



The High & Dry

MAY 2020



MAY IN OUR HISTORY

May 1

1939 – Lois and Bill W. left their home at 182 Clinton St., Brooklyn.

1941 – First Wisconsin AA meeting was held in hotel in Milwaukee.

May 2

1941 – Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.

1943 – New Orleans Times reported founding of the first Louisiana AA group with a dozen members.

May 3

1941 – Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.

May 4

1940 – Sunday Star reported founding of first AA group in Washington, DC.

May 6

1939 – Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.

May 7

1956 – The first English AA Convention was held in Cheltenham, England.

May 8

1943 – Akron AA Group celebrates 8th anniversary with 500 present and sober.

1971 – Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

May 10

1939 – Clarence S. announced to Akron Oxford Group that the Cleveland members were starting a meeting in Cleveland and calling it AA.

May 11

1935 – Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

1939 – First meeting of the Cleveland Group.

May 12

1935 – Mother’s Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 15

1961 – Bill W.’s mother, Dr. Emily Strobell, died.

May 16

1941 – Ruth Hock learned that the man credited with coming up with the name “Alcoholics Anonymous” has a “wet” brain.

May 18

1939 – The first group to call itself A. A. is meets in Cleveland, OH.

1950 – Dr. Bob told Bill W. “I reckon we ought to be buried like other folks.” He wanted no memorial.

May 19

2000 – Dr. Paul O., age 83. He authored “Acceptance Was the Answer” in the 4th edition of the Big Book. This story was titled “Doctor, Alcoholic, Addict” in the 3rd edition.

May 29

1980 – “Dr. Bob and the Good Oldtimers” was published.

May 31

1938 – Bill W. and other A.A.s began writing the Big Book.

FUTURE TRIPPING

MAY

1-3 2020 Inland Empire Roundup Red Lion Hotel Pasco, 2525 N 20th Ave
Pasco, WA 99301

29-31 24th Annual NW Women's Spiritual Retreat Warm Beach Camp, 20800 Marine
Dr Stanwood, WA 98292

JUNE

13 Greater Seattle Intergroup Inventory Greater Seattle Intergroup Office, 5507 6th
Ave S Seattle, WA 98108

16 Greater Seattle Intergroup Spring Assembly Greater Seattle Intergroup Office,
5507 6th Ave S Seattle, WA 98108

JULY

2 2020 Alcoholics Anonymous International Convention (Cancelled)

AUGUST

6-9 Step Ashore VII Ocean Shores Convention Center, 120 W Chance a La Mer NW
Ocean Shores, WA 98569

14-16 Northwest Girlstock 4 Points Sheraton Hotel Bellingham Bellingham, WA

16 Greater Seattle Intergroup Picnic Lower Woodland Park 5900 W Green Lake Way
N. Seattle, WA 98103

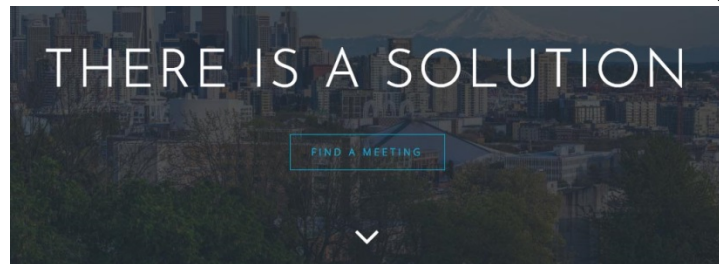
MEETING CHANGES

Many meetings are no longer being held at physical locations and have moved to online formats. Please visit the Seattle Intergroup of AA website to get updated information about finding your favorite meeting online.

Here is the web page address for the latest information online meetings:

<https://www.seattleaa.org/online-meetings/>

www.seattleaa.org



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Tommy H., Bill S., Carol Ann G.
TUESDAY	Susan, Dennis E.
WEDNESDAY	Joe M., Susan
THURSDAY	Vito M., Al C.
FRIDAY	Jon C, Freda
SATURDAY	Dan G, Clay

SOUTHEND BOOKSTORE VOLUNTEER MANAGER: Jim H.
VOLUNTEERS: : Danny D., Kelly P., Carolyn B.

SOUTHEND BOOKSTORE PHONE NUMBER: 253 288 2237 (Bookstore is temporarily closed.)

Main GSIG office hours

Until further notice, the GSIG main office will be open two days a week:
Wednesday 10 AM – 2PM Saturday 10 AM – 2PM

BIRTHDAY CLUB

HAPPY BIRTHDAY TO MAY CELEBRANTS IN THE "HOW DRY I AM CLUB"

Robert M.		42 years
John D.	Junction Men's Group	1 year (4-2019)
Pam H.		33 years (4-1987)
Dave V.	Benson Hill	32 years
George F.	Skyway Group	45 years
Geri F.	Skyway Group	43 years
Mark M.	Junction Men's Group	4 years
John H.		27 years
Ann W.	Sober Diversity	1 year (1-2019)

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

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments with us by emailing 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.

This month we are running three essays written by members on some of AA's foundational literature.

STEP FIVE

By Stephen M.

"ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS" (Alcoholics Anonymous p. 59)

I met my sponsor on an early Sunday morning in the spring of 1987, armed with 14 pages of a yellow legal pad filled with the story of the wrongdoings of my life. Since I had about seven months of sobriety and had been to at least one meeting every single day since my introduction into AA (Aug. 14, 1986), AND, pretty much knew all about God, the Steps and the fellowship, I assumed I had a much better way of participating in a Fifth Step than (to be very honest here) anyone else ever had.

My notebook was written in an autobiographical style, as I couldn't figure out the directions suggested in the Big Book. I felt very proud of the work I did because nothing was left out. My Fifth Step was going to be the new paradigm for all future Fifth Steps in AA.

After a cup of coffee, we got right down to business. As I read the list of the wrongdoings of my life, (being very careful to include the wrongs others had done to me) my sponsor would occasionally share similar experiences he had had, too. Our session went well, and in a couple of hours my 5th step was completed. Although I didn't see this coming, I received the suggestion that I toss my legal pad in the fireplace - to symbolize the start of a new life. That is what I did. We watched as my papers burned and he assured me that now I was truly a participating member of AA. Next, I was to go home and complete Steps Six and Seven.

During my 10-minute drive home I reflected on the previous couple of hours. I felt no change in me, because who hasn't done a lot of weird stuff, some of it even criminal and much of it at least morally reprehensible? "Oh well," I thought, this Fourth and Fifth Step experience isn't the big deal everyone at the Alano Club makes it out to be. My planned course of action was to share what a huge deal it was, making sure everyone knew that I went to every length to achieve a perfect Fifth Step. Once home, I opened

my Big Book, probably for the third or fourth time since given it at my first meeting, and eventually found the section on Step Five.

5th STEP PROMISES

"...WE ARE DELIGHTED. WE CAN LOOK THE WORLD IN THE EYE. WE CAN BE ALONE AT PERFECT PEACE AND EASE. OUR FEARS FALL FROM US. WE BEGIN TO FEEL THE NEARNESS OF OUR CREATOR...." (Alcoholics Anonymous p. 75)

I experienced none of those promises. I instead felt empowered with a feeling of superiority over those who hadn't done a Fifth Step yet, and was quick to show it at any Fifth Step topic meetings. My real life was horrible. After three years sober, still going to one or more meetings a day, a sober, recovered alcoholic asked me if I knew I was dying from untreated alcoholism. I couldn't believe he was speaking to me! I explained it was my birthday month and I was doing quite well. He asked what step I was on and I quickly replied, "Step Eight" (Note to newcomers: if you say Step Eight, sponsors can't trap you into admitting you haven't made any amends.).

Next, he asked about my Fifth Step experience, which I happily reported I had done it (basically) perfectly. "So Steve, what did you see as the **exact nature** of your wrongs?" "What?" I answered, "I already told you I admitted to everything."

"You did, actually several times," he continued, "but what did you discover the **exact nature** of your wrongs are?" I had no idea what he was talking about, discovering the **exact nature** of my wrongs was a concept that was completely foreign to me. How could I admit to not knowing the **exact nature** of my wrongs when I was sure I pretty much knew everything? And, even though I had read, or heard read, Step Five over 1,000 times in meetings, I couldn't figure out when they snuck that "**exact nature**" phrase into Step Five.

After admitting I had no idea what he was talking about, he asked me if I wanted to get well, to experience life in a completely different dimension, and to recover from alcoholism. I said yes and my life changed. We studied the book, followed the directions in it and when we got to Step Five, I saw the **exact nature** of my wrongs, so admitting it was easy and experiencing the Fifth Step promises was a certain and predictable result - what do you know, just like our founders discovered!

Although it took me over three years, I also experienced another AA phenomenon, I couldn't recover by myself, and the irrefutable proof was, I didn't! Thank God the hand of AA was there for me.

CONCEPT FIVE

By Dave T.

So I've been asked to write a little bit about Concept Five which talks about the right of appeal.

Concept 5.

"Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

If you are not aware of what the concepts are: in short the concepts tie our spiritual principles, the Steps and Traditions, to the more business side of our service structure. I discovered that the group around me and the people I was doing AA with were actually using the principles of Concept Five long before I was aware what the Concepts are.

For example, the process of forming an informed group conscience pays particular attention to the minority opinion. How we talk it through to the terminal what the issue is? Or is it even an issue? And then on to; what's the best way to solve that issue for everyone? Once we have agreement on those points then we can look at taking some kind of action to resolve the issue.

Here the principle of Concept Five acts like a kind of a safety valve to ensure that proper discussion occurs at this point. If it doesn't then the right of appeal kicks in and the minority voice can be heard. (See pamphlet "The A.A. Group ... where it all begins P-16 for great description of Group Conscience.)

Another place we were using Concept Five and I was not aware of it, was in the selection of our trusted servants. I'm not talking about those situations where it's just a quick check to see if they still have a pulse. But real elections where there's three or more candidates. I mean going through four or five rounds of ballots until somebody comes out of a hat. Hard for a minority side to take issue with the way that works (Third Legacy election procedure).

I often sit at the back of our area functions because I like to see the whole room and watch the work take place. A few years ago, I was sitting at the back of one of our area quarterlies like this, and a sponsee came up all

agitated about some action just taken place on the floor. The area committee had just done something totally bass-ackwards. And I was like, "calm down, they'll figure it out, they're smart people," because I knew the minority opinion was coming.

Sure enough, somebody came to the mic with the minority opinion and then somebody else came up to make a motion to reconsider and then the area committee undid all the things they had spent the last hour doing. The sponsee was like, "how'd you know that would happen?" "Easy", I answered, "Concept Five."

The last part of the right of appeal process is knowing where to appeal. This is sometimes misunderstood at the group level. Appeals can work laterally in our service structure, across the same level or they can work up the triangle. For example, the way this works in our corporate offices, (GSO) if staff had an issue with something one of the trustees' committees had done, they could appeal to the entire board of trustees, and then they could appeal up the triangle to the conference. The appeal process however doesn't work down the triangle. That's why those home group requests to the General Service Office to regulate or appeal some action taken at the home group don't get the expected someone for GSO showing up to explain how things should be done.

TRADITION FIVE

By Sally M.

"Each group has but one primary purpose - to carry it message to the alcoholic that still suffers."

AA preamble:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their **common problem and help others to recover from alcoholism.*

The only requirement is a desire to stop **drinking.*

Our primary purpose is to stay **sober and help other alcoholics to achieve **sobriety**.*

Alcoholics Anonymous has only one primary purpose. To carry its message to the still suffering alcoholic. That message is one of how to recover from a seemingly hopeless state of mind and body. Out of respect for this vital tradition, when sharing in our meetings we talk only about alcoholism and recovery from it, nothing else.

It is imperative that we adhere to this singleness of purpose. Our preamble clearly states that we share our **common** problem, alcoholism. It speaks only to *drinking, staying sober and achieving sobriety*. We have this important singleness of purpose which has allowed our program to be strong for 85 years and has helped millions to walk into recovery. So when speaking in an AA meeting, we no longer get to be an "and a." We no longer identify as an alcoholic *and a* drug addict, an alcoholic *and a* gambling addict, an alcoholic *and a* food addict, an alcoholic *and a* anything. We are ONLY alcoholics! Thankfully, there are other 12-step programs that can and will assist in addressing these other addictions. We would not walk into one of those meetings and talk about an issue that was outside of their singleness of purpose.

Realizing full well that words may be changed, Step One states that we are powerless over alcohol ... nothing else, just alcohol. Our Big Book is an aid to recovery in which the word alcohol shows up 92 times, alcoholic 266 times and alcoholism 97 times. Again, this refers to our primary and singleness of purpose.

Dr. Bob said that the downfall of our program would come from within. If we move away from our primary purpose and our singleness of purpose this will surely happen. We cannot afford to have the message and the strength in AA get watered down with issues other than alcohol. Our lives depend upon it.

TRADITION FIVE

By Sharon B.

"Each group has but one primary purpose — to carry its message to the alcoholic who still suffers."

When I came to Alcoholics Anonymous, I was scared, but I was willing to do whatever it took. Everyone at my first meeting knew that I was the "new one." They came over and asked me my name and welcomed me with open arms. When the meeting was over they told me to "Keep Coming Back."

I took their advice and have been "coming back" for the last 20 years. I did what they suggested — helped the newcomer, told them my story, and passed on what I learned in Alcoholics Anonymous. This is what has kept me sober one day at a time.

They can have this "great life" if they stay and pass on what was given to them.

Greater Seattle Intergroup Board Meeting Minutes April 21, 2020

Submitted by Aaron C. (Recording Secretary)

Opening

The meeting was opened at 7:00 PM.

AA birthdays

March:

Jennifer S. – 5

Richard T. – 15

April:

Erin G. – 4

Carl G. - 23

Quorum Count

Active Zones Present	Active Zones Absent
112, 114, 115, 116, 117, 124, 131, 132, 140, 141, 142	108, 118

Vote to change Bylaws will happen at the assembly rescheduled for June 16th at 7pm

To insure we receive as many groups votes as possible on the below motion Intergroup District and Zone reps should collect a poll of the votes from each group present at their respective District and Zone Meetings and provide these votes at the June meeting, unless the groups representative is in attendance. In this case the group will submit their vote.

Motion for consideration by groups

PRESENTED BY:

Group - Sunday Morning Magic

Vote to Proceed forward presenting to the Groups – YES (Fall Assembly Dec 2019 vote 14 approved and 10 opposed)

GREATER SEATTLE INTERGROUP (“Intergroup”) MOTION:

“We move that all groups may send an Intergroup Representative directly to the Board meeting with complete voting privileges at all Board meetings.”

PROS:

1. More fair representation of the fellowship. Wide, diverse representation ensures a healthy Intergroup.
 2. Increase participation at Intergroup.
 3. Increase donations to Intergroup.
 4. Increase and improve communication between the groups and Intergroup.
 5. Voting twice a year allows greater input to/from the groups.
 6. GSO has suggested that 50% of group contributions go to your local Intergroup.
- Each group should be heard regarding Intergroup business and how it functions.

CONS:

1. Board room not big enough to hold all Intergroup Representatives. Where will we meet if the Board Room is not big enough?
2. Small groups may not be able to send an Intergroup Representative.
3. Assemblies will still allow GSR's to have a vote in lieu of an Intergroup Representative
4. Closer groups may have more of a sway with voting because it's easier for them to attend.

IF PASSED:

Currently Intergroup holds monthly Board meetings and for two of these generally May and December the Board meeting are replaced with an “Intergroup Assembly”. At Intergroup Board meetings each district/zone has the right to vote but not each group/meeting within the district/zone. However at an Intergroup Assembly each group has the right to vote.

If passed the voting under this motion would be based on one (1) representatives from each group. It does not matter what the group or meeting calls the representative (Intergroup Representative, GSR etc). In addition the District/zone will still continue to have one vote each Intergroup meeting they attend. In other words each Intergroup Board meeting will function just as the Intergroup Assembly work now.

HISTORY

Seattle Intergroup's earliest records come from a ledger book containing the meeting minutes of the Central Committee (the future Greater Seattle Intergroup) from 1946 to 1950.

The purpose of the Central Committee is to act for the combined and associated groups, that their work is to plan constructively toward the betterment of AA and to unify the groups so that they could be more efficient in presenting AA to the public and to those who need help.

The basic decisions made in those early meeting have proven to be the foundation of the present Intergroup structure and policies.

In the March, 1950 meeting minutes it was stated that "Constructive suggestions and constructive criticisms are the order of business at the meetings. Is YOUR group conscience being properly represented at these meetings?"

By 1978 it was no longer possible to hold monthly meetings to which each group sent a representative. The groups decided to form zones and trust the operations to Zone Representatives who form the Intergroup Board.

By the end of 1985 there were 860 meetings listed with 70% of the meeting making regular contributions to Seattle Intergroup. By the early 2000's growth had leveled at 1,350 meetings with only 36% making regular contributions. Group contributions steadily decline, literature sales steadily decline – trends tell us that contributions and sales are not going to increase on their own. It makes sense that getting more AA's involved in Intergroup can only produce positive effects. Increased participation can only benefit Intergroup. Self-support means more than money, it also means that we do the work. The only way to not increase participation at Intergroup is to not try.

With the gradual breakdown of the Zone System over the last 5 years, inviting each group to send an Intergroup Representative directly to the monthly board meeting seems to be the obvious next step in order to ensure that Greater Seattle Intergroup is indeed representing the groups. Not just a select few AA's who already hold service positions at Intergroup.

INTERGROUP BYLAWS

Because Intergroup is a 501c3 non profit in Washington State and with the IRS, Intergroup is required to have Bylaws, i.e. rules which it must follow.

As can be seen below in order to change Intergroup Bylaws, as this motion would do by changing the voting structure, Intergroup must present the motion to all the groups it serves and only if 2/3 of the votes that are received approve the motion will it pass.

Note this 2/3 is only for the groups that choose to vote and not 2/3 of all groups
Intergroup serves (about 700 groups/meetings).

Italicized sections are excerpts from current GSIG Bylaws on changing a Bylaw. Note this change to the voting structure/process would be considered a change in the GSIG Bylaws.

ARTICLE VII – INTERGROUP BOARD MEETINGS

On issues involving “Right of Decision” all officers and each Zone representative shall have one vote. Right of Decision motions shall pass with a simple majority.

The following matters are automatically to be sent to the groups as a Group Conscience Question:

- Amendments to the Bylaws

Any other motions or matters of concern presented to the Board shall pass by a simple majority, unless one-third of the Zones represented and the officers voting deem it necessary to refer the motion to the groups as a Group Conscience Question.

Matters for group conscience will be finalized into a clear and concise Group Conscience Question:

- 1) After a Group Conscience Question is finalized, the Chairperson shall select two AA members to write a brief pro and con statement.
- 2) The pro and con statements shall be presented at the next Board meeting for the Board approval.
- 3) The finalized Group Conscience Question shall be printed in the following newsletter with the approved pro and con statements.

A motion may be tabled only once and must be acted on within the next two Board meetings. ARTICLE IX – AMENDMENT OF THE BYLAWS

Any AA member may propose an amendment to the Bylaws by the following process:

- 1) Take the proposed amendment to a group for a group conscience.
- 2) If approved by the group it shall be presented to the Zone by that Group’s representative.
- 3) It must be submitted in writing by the Zone Representative at a regular monthly Board meeting.

Upon approval of two-thirds of the Zone representatives present, the amendment will be referred to the groups for approval. A two-thirds majority of the groups casting votes is necessary to amend. The amendment shall go into effect immediately upon its adoption unless the motion to adopt specifies a time otherwise.

Reports

Chair (Mike M.):

Chair Report to The Board of Directors APRIL 21, 2020

Mike here grateful to be serving AA as the Chair for your Greater Seattle Intergroup (GSIG). Needless to say, these are interesting and difficult times for everyone, and I hope all of you and your families are staying safe and doing well.

GSIG began in 1946; about 10 years after AA began in Akron, Ohio, and continues today, over 70-years later. During these challenging times I have been extremely impressed with Intergroup's staff and volunteers. At the beginning of March, groups and locations began to have to shut down meetings. On March 6, a couple of our members held their first virtual meeting as a proof of concept using Zoom. It had 5 members and an ASL signer.

Since then, we believe all the over 1,300 weekly meetings that GSIG serves have been closed by the statewide order and members have replaced them with about 350 online meetings, and that list is still growing. Our website now shows these meetings in a searchable list, providing one-click links to these online meetings both by computer and smartphone.

We continue to update our website almost daily with the latest information that has been provided by the groups including:

- Hyperlinks to attend online zoom meetings
- How to setup and facilitate new online meetings <https://www.seattleaa.org/online-meetings/>
- Various resources for online meetings including instructions how to set up a PayPal account for your online group and how to continue to contribute to Intergroup <https://www.seattleaa.org/suggested-resources-for-setting-up-a-temporary-online-meeting/>

We have transitioned our Intergroup office to serve people remotely as well. Nightwatch has distributed our phones to volunteers on a rotating basis and we continue to provide 24/7 phone services. We have seen significant increase in our incoming calls and in those volunteers willing to take phone shifts.

We've closed our conference rooms to meetings and other groups and are holding our Committee and Board meetings via Zoom. Our office hours have been cut back significantly and we are currently open only Wednesday and Saturday from 10am to 2pm. In addition, we are currently offering virtual office hours on Wednesday from 10am to 12pm. Although we will continue to sell the existing literature that is in stock, we have placed a temporary hold on placing any new orders.

I wanted to personally thank all of you that have helped us during this difficult time and offer a special thanks to Dennis and Lara, GSIG staff, Lee R, Webmaster and Pete K and Mike B with Nightwatch.

We still face some challenges regarding revenue generation and being able to get literature, coins and HUGS to our members. I greatly appreciate your patience with us as Intergroup continues work through the ever-changing situation and we are looking forward to meeting and serving members in person soon.

Vice Chair (Astri T.):

Nothing to report.

Chair Emeritus (Dawna H.):

Nothing to report.

Treasurer (Allison B.):

Quick look at March financials (rounded to thousands):

Group Contributions: \$9K (down \$1K to budget)

Other Contributions: \$3K (up \$2K budget)

Retail Sales: \$6K (\$5K under budget)

Expenses: \$15K (at budget)

Net Income: break even!

Cash and CDs: \$51K

Earmarked Funds: \$8K

Corrections: \$5K

Accessibility: \$3K

Non-restricted cash: \$43K (GSIG prudent reserve: \$46K)

Summary

-It is no surprise that during this time, retail sales were down. Accordingly, less literature has been ordered from AAWS during this time.

-During March, groups and individuals already began stepping up to support GSIG, making March a break-even month!

-Even more amazing things have been happening so far in April: we have had \$7000 in contributions from groups, and \$10,000 in contributions from individuals thus far in April. Any time that I write it or say it, my hairs all stand on end and I am almost brought to tears. It is amazing to see the fellowship supporting GSIG, so that we can continue to support you during this time. Things are weird right now! But we are striving to keep the phones open for the alcoholic who still suffers, and the online meeting info updated, and you all are keeping GSIG's doors open for that. I say it with absolute humility and gratitude: thank you.

-Some other things that will help with the GSIG finances during this time: our landlord has allowed us to defer rent for May and June. We do need to pay that later this year, but it will be interest free. So, we can take advantage of the current rent savings, in order to pay down what is owed on the schedules, which DOES carry interest, so that we will be able to save money in the long run.

Accrual Basis

Greater Seattle Intergroup Condensed Financial Statements

MARCH CONDENSED FINANCIAL REPORT									
CONDENSED PROFIT & LOSS									
Ordinary Income/Expense Budget Jan-Dec 2019				MAR 31, 2020	MAR - Budget	YTD MAR - 2020	YTD		
Income									
Total Retail Sales				5,849	10,688	23,619	30,673		111,268
Total COGS				3,109	6,928	19,928	20,784		78,625
Gross Profit from Retail Sales				2,740	3,760	3,691	9,888		32,643
Gross Profit %				46.8%	35.2%	15.6%	32.2%		29.3%

		*	<i>Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx.</i>				<i>\$46,000</i>			
LIABILITIES & EQUITY										
		Current Liabilities								
			Accounts Payable				19,344	12,563	11,235	
			Payroll & Sales Tax Liabilities				2,439	2,880	1,905	
			Committee Earmarked Funds Total				8,247	8,470	8,439	
	Total Liabilities					30,030	23,912	21,579		
	Equity									
		3001 <input type="checkbox"/> Opening Bal Equity				694	694	694		
		3101 <input type="checkbox"/> Retained Earnings				61,865	61,865	98,158		
		Net Income				(240)	224	(36,293)		
	Total Equity					62,318	62,783	62,559		
TOTAL LIABILITIES & EQUITY							92,348	86,695	84,138	

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD MAR 31, 2020					
Committee	Correction	Hospital & Treatment	Accessibility	PI / CPC	Total Earmarked Funds
Beginning Balance 1/1/20	\$4,508	\$0	\$3,931	\$0	\$8,439
YTD Contributions	\$1,173	\$0	\$603	\$0	\$1,776
YTD Use of Funds	(\$743)	\$0	(\$1,225)		(\$1,968)

Ending Balance	\$4,938	\$0	\$3,309	\$0	\$8,247
	Greater Seattle Intergroup				
	Standing Committee Expenditures Against Budgets				
	YTD MAR 31, 2020				
Committees	Correction	Hospital & Treatment	Accessibility	CPC PI /	Total Expenses
Expenses to Date	\$54	\$0	\$60	\$151	\$265
Budget to Date	\$90	\$450	\$375	\$450	\$1,365
Budget -- Full Year	\$360	\$1,800	\$1,500	\$1,800	\$5,460

Recording Secretary (Aaron C.):

We will vote to approve minutes at the next board meeting

Please use the below to submit your reports. Alternatively send them directly to secretary@seattleaa.org.

<https://www.seattleaa.org/intergroup/intergroup-board/intergroup-board-report-form>



With love and gratitude, Aaron C.

Accessibility (Jack M.)

Nothing to report.

Archives Committee (Teresa S.):

We have secured an April 1974 Time Magazine with a big article on Alcoholism. Here is a "wish list" for GSIG Archives Collection:

March 1955 Grapevine (This is the only one missing from our collection)

BIG BOOKS:

First Edition, First Printing, belonged to Dale A. (May a 9th Step bring these back to us.)

First Edition, Second Edition, belonged to Lindsay M.

HIGH AND DRY

1948 Sept., Oct. Nov., Dec.

1949 Sept., Oct.

1960 March

1973 Sept., Oct.

1976 March

MEETING SCHEDULES

Any before Feb. '51

Any between Mar. '52 and Jan. '57

Corrections Committee (Tammi B.)

Nothing to report.

CPC/PI Committee (Jennifer S.)

The PI/CPC Committee had their monthly meeting last Saturday, April 18th via the Zoom platform. We had 12 attendees representing several districts as well as visitor from Western Illinois who is a CPC Chair in his state for District 5. Someone from the press, specifically Kiro 7, reached out to Intergroup to speak with someone regarding getting AA's information in some sort of PSA regarding mental health issues surrounding the COVID-19 pandemic. I spoke with Cheryl Nellis regarding what she was looking for. I explained some of AA's traditions regarding AA group not lending the AA name to any related facility or outside enterprise (6), AA having no opinion on outside issues so the AA name would not be drawn into public controversy (10), as well as our tradition of attraction not promotion and personal anonymity (11). She would like to put the contact information to Intergroup into one of these spots. I plan to follow up with her in a few days after she has reached out to some other organizations. If there is a way to place the contact information in the ad without violating any of the traditions, we think it might be an opportunity to reach a potential newcomer. We discussed some of events that have been postponed or canceled that we were going to be participating in, including the Boeing Mental Health Awareness Fair and Seattle Pride and High School Panels. This opened a general discussion regarding ways to be of service while in person events are not happening and what types of events we might be able to organize virtually.

The spring PI/CPC Quarterly will be held via Zoom on Saturday, May 9th from 10:00am-2:00pm.

Newsletter (John P.):

Nothing to report.

Hospitals & Treatment Committee (Erin G.):

We have temporarily suspended our monthly committee meeting and are sending out group reports via email at this time as there is not much happening. Please contact H&T to be added to the email list.

We have a couple members asking treatment centers about bringing in Zoom panels but there has been no interest in that thus far.

Office Committee (Richard I.):

- We reviewed March financials. Considering the difficulties related to Covid 19 and office closure, while literature sales were down, group contributions were good.
- We completed an application for Payroll Protection Loan. If it is approved, we would seek discussion and Board approval before any funding would be considered.
- We got a rent delay request approved by the landlord. Any deferral we took would need to be repaid by the end of 2020. We will likely take advantage of this as a cashflow expediency, but we may not need to do this in June and July if we reopen the office.
- The GSIG "Group" Inventory is still scheduled for June 13. Hoping we can still hold it then.
- Lara reported that the reduced office hours are still in place and there are no logistical issues at the moment.
- We agreed to meet weekly for the near term as our office admin matters are in contingency mode during the epidemic closure and things that require the Committee attention can develop regularly.

Office Manager (Dennis E.):

Office Manager Report to The Board of Directors APRIL 21, 2020

I am pleased to submit this Office Manager Report for March – 2020.

With regard to the COVID–19 Virus situation, we have continued to make every effort to keep the office open for the fellowship. Based on the progression of developments regarding the status of the virus and with an abundance of caution, we have limited the office hours to: 10 AM to 2 PM Wednesday and Saturday, and have been allowing a limited number of volunteers to help out during these open hours (while adhering to the most current governmental social distancing criteria). Please check with Lara for service work availability.

Regarding Service Work and Night Watch Phone Shifts:

Night Watch, Pete K. Chair, continues to be very well organized and an extremely valuable lifeline for new comers and the fellowship. Night Watch service position

availability can change daily, please contact Lara or Pete below and they can help you with positions that are currently available for service work:

1. For phone shifts from 10 am to 6 pm, "Monday through Friday only", please contact Lara 206.587.2838 to arrange to have the office phones transferred to your cell until we can again open the office.
2. For phone shifts from 6 pm to 10 am 7 days a week please contact Pete K. at 360.477.8045 direct or at nightwatch@seattleaa.org, if you are interested in signing up for a four hour shift. Please let your GSR's and Intergroup Reps know that there are "phone service opportunities" currently available.

We are very grateful to the generous individuals and groups that have continued to make contributions during these troubled times; they are really helping Intergroup to continue to provide needed services. Also, we have implemented several cost cutting changes such as, putting a hold on additional literature purchases, reducing salaries, reducing the hours that the office is open, as well as other prudent monetary adjustments to conserve funds.

Thank you for your continued support and we are looking forward to getting back to normal here in the near term.

Assistant Office Manager (Lara R.):

Assistant Office Manager report April 2020

Wow. This is truly an amazing time that we are experiencing. I am absolutely amazed and humbled with gratitude at the awesomeness of our fellowship. Beginning with our Web and Tech Committee, which, until recently, was a dedicated Committee of One. A huge thank you goes out to Lee R who has worked tirelessly on our website to keep the meetings updated and stay ahead of the various and incessant group requests. I helped where I could but Lee has taken the bulk of this work and I am forever grateful to him.

The financial outlook was fairly bleak just a month ago. After the Chairman's report at our Area Business Quarterly, and even before then, our groups and individual members have really stepped up to show their support for Greater Seattle Intergroup. I have been brought to tears almost every day when I come into work and find a pile of envelopes on my desk with contributions. From the individual giving \$5.00 to the groups and individuals that have given larger sums. GSIG is forever grateful for your generosity.

We are grateful for our weekly volunteers and our monthly groups that have offered to have the phones forwarded to their homes during this crisis.

The limited Office Hours on Wednesdays and Saturdays from 10-2, have proven to be a real place for grounding and to remember that we have no idea how many people we are helping through our work at Greater Seattle Intergroup. Our web reaches far and wide and often beyond our service area as we frequently receive calls from areas where the local

areas do not offer 24 hour phone help. Thank you Nightwatch for everything you do all of the time, but especially during this time. There have been frequent times when our volunteers would experience 30 calls per 4 hour shift. Unprecedented, to be sure. Things seem to have calmed down somewhat, however the calls we are now getting are not about zoom related issues, they are of the more serious calls, calls of people truly desperate for help. Here, again, we have an amazing fellowship. Our people do not hesitate to step up to be of service to the still suffering alcoholic. You all are truly the greatest people in the world. We know that if we do not give it away we surely cannot keep it. A precedent that gave birth to our amazing program. That principle is still keeping our life line flowing. That, truly, is the most important service that Greater Seattle Intergroup provides. Thank you. Beginning Wednesday April 22nd, I will be offering virtual office hours from 10am to 12pm. I will have a zoom room open for folks to "drop by" and just say hello, make contributions, and order literature either for curbside pick up or for delivery. The zoom information is here:

<https://zoom.us/j/99310489822?pwd=ck00UHFuR0lYTUpENnQxSkVKYjhlZz09>

For manual entry the information is: Meeting ID 993-1048-9822 Password 690253

I would love to "see" you all.

If you have any questions and/or concerns please email me. I will always do my best to address any issues that you might have.

Night Watch Coordinator (Pete K.):

Night Watch Board report for April 21,2020 Board Meeting:

It gives me great pleasure to submit this report for Night watch for April GSIG Board meeting. This has been a very busy time for Night Watch with the CV19 and the reduced office hours. It has amazed me when we announced the reduced office hours. It was great to See the daytime and Early Night Watch and Groups and Night watch come together to answer the calls from a suffering acholic. As you can believe that we have seen an increase in calls during this challenging time. Some of the shifts have been getting 10-15 calls per shift when we are used to getting 3-5 calls during a shift on Night watch. I want to thank Lee for all the work that he has put into the website. Also huge thanks to Lara for handling all of the transfers from 10-2pm and 2-6pm daily and making sure that we have the Early Night watch ready to go and the numbers for all of the groups that we did not have to start at this process. I can say each and every volunteer and group has made this process very easy and this past month I have had to only take 3 calls during all shifts to cover someone and because I believe this is because the commitment that we have seen from the groups and volunteers to make sure the phones are being answered.

Does Night Watch need more volunteers?

One of the biggest challenges that Night Watch has faced in the past 90 days is getting volunteers to help. Our goal is to have one person each month taking a shift and that

means for the phones during the days and Early Night watch and Night Watch program in a normal month we are looking for 210 volunteers out of the 210 volunteers we need 110 of them for Night watch program. We have shifts from 10-2pm and 2-6pm Monday-Friday and Saturday 10-2pm comes under the office and you go into the office and answer calls and that is a weekly commitment. Then we have Early Night Watch that goes from 2-6PM Saturday and Sunday 10am-10pm and 6-10pm Monday-Friday these are usually reserved for the home groups to serve and they once a month commitments and Night Watch goes from 10-2am and 2-6am and 6-10am Sunday to Saturday these are once a month commitments. We can transfer to the phones to your cell phones for Early Night Watch and Night watch programs.

If you want to volunteer for the Early Night Watch or Day shifts you can call Lara at the office or email here at Lara@seattleaa.org. If you want to volunteer for Night Watch you can email the Night Watch chair at Nightwatch@seattleaa.org or you can get an application for Night watch from any of the committee members or daily coordinators and fill it out and hand it back to them or mail it back to the office. You can also call and talk to the office staff and give them the information. Please know that we always want to give each member of the Seattle Intergroup family the chance to be of services and we will figure away that you can become a part the of the Daytime and Early Night watch and Night watch family.

What has changed for Night Watch in the past Month?

As we have to Say Goodbye to Bird G as the Daily coordinator subcommittee chair and the past Night watch chair and wed daily coordinator as he goes onto other services commitments. We have also lost Desi as a Friday night coordinator as she is going to do other service positions at Seattle Intergroup and Area level. Both guys will be missed and have helped make Night Watch what it is today. We have some great news I have asked Dave O for walk the talk to become the new Daily coordinator chair and on call to back me up overnights. We have also asked Sharon to become the new Wed Night coordinator to Night watch. As I have seen both Dave and Sharon have hit the ground running and bring a lot of knowledge to the Night watch committee.

What is New at Night watch?

With the help of Dave O, we are going to adding to the Night watch page an application that you will be able to sign up for Night watch on the web.

Night watch Stats for March 2020:

As many of you know in December we were having a discussion if Night Watch was going to be able to stay 24x7 and not start having to look at using the call center to answer some of the calls during the off peak hours. With the help of each volunteer that has continued to take calls and the many of new volunteers that we have seen joined the Night watch family. It can't go unnoticed that Mike B the volunteer coordinator had a huge part of making this happen with going out and talking to districts and home groups and taking the time to talk to each volunteer and make sure they know what Night watch is all about and training them to make sure that they are ready to hit the ground running once they come on the Night watch calendar. Also, to the daily coordinator for making sure that we have reminder texts going out each week to the volunteers. Tonight, it gives me the honor to attach some stats to this report that shows that the hard work has

paid off and we are making some great strides towards the goal of having one person on each shift for Night watch. (please see the attached report.)

NIGHTWATCH STATS

04/20/20 11:40 PM

SHIFTS & TRACKING	EARLY TOTAL	%	TOTAL	LATE	%	TOTAL	TOTAL	%
Total shifts (6 x 35)	105		105			210		
Shifts accounted for	99	94%	99		94%	198		94%
SHIFTS & UNIQUE VOLUNTEERS								
Unique Volunteers (Groups + Individuals)	49		75			124		
Shifts per Volunteer	2.1		1.4			3.5		
Male	13	27%	41		55%	54		44%
Female	11	22%	34		45%	45		36%
Groups	23	47%	0		0%	23		19%
% of Groups represented (of 776)	3.0%		0.0%			3.0%		
Office	1	2%	0		0%	1		1%
Open	1	2%	0		0%	1		1%
Unknown	0	0%	0		0%	0		0%
SHIFT COVERAGE PER TYPE								100%
Male	41	41%	54		55%	95		48%
Female	19	19%	45		45%	64		32%
Groups	26	26%	0		0%	26		13%
Office	10	10%	0		0%	10		5%
Open	3	3%	0		0%	3		2%
Unknown	0	0%	0		0%	0		0%
Shifts accounted for	99		99			198		100%

Special Events Committee (Allan C.):

Nothing to report.

Finance Committee (Jeff U.):

GSIG Finance Committee Minutes - March 19, 2020, 5:00 PM – 5:30 PM

Attending: Committee Chair Jeff U, GSIG Treasurer Allison B, Carl G and Pete K

- Discussed ways to adjust plans for GSIG Sustainer's program to get some immediate results in light of covid-19 quarantine. We have more web & tech help now, the program is now on the menu as part of the "Contribute" page. Agreed to work with Web and tech to create a dedicated Sustainer's program page, and promote from the front page of the GSIG site. Agreed to ask GSIG Committee Members, and Board members, to individually speak other fellowship members about the Sustainer's Program through phone calls or other contacts, as well ask to make announcements in Zoom meetings once the dedicated web page is up.
- Discussed March financials and agreed GSIG is financially continuing to get by. Allison reported on increased group and individual contributions in April.
- Agreed by unanimous motion to delay the scheduled financial process review until after quarantine ends.
- Agreed Committee Chair Jeff U would continue regular communication with Dennis E about questions related to finance by members of the Committee.
- Agreed to give special thanks to Allison B for the many trips during this time to sign checks, being on many phone meetings and other extra work associated with being Treasurer during these unusual and difficult times for GSIG.

Web & Technology Committee (Open):

Nothing to report.

Third Legacy (James R.):

Nothing to report.

District 15 (Dave W.)

Meeting date: 4/13/20 via Zoom

* District 15 feels May 2020 is too early to do the final vote on the motion submitted by Sunday morning magic. Due to COVID-19 these past two months. Has the ball been dropped because of it? Is the question. This is very important to us at D15 as this Motion concerns a change to the By-laws.

* New committee forming for the experience of Trans People in AA.

* D15 is heavily involved with the annual Gratitude Banquet in November, and some of us are pre-planning and curious about how to do so in the face of COVID.

Respectfully, Dave W. D15 GSIG Liaison

District 41 (Laura C.)

Group voted to contract monthly with zoom

Seth G. was elected alternate DCM

Hollis elected Secretary

Dan G has accepted a web/technology position

Open positions for Corrections, Treasurer, Literature, Accessibility, Archives

Discussed ideas to facilitate group and Intergroup contributions with virtual meetings and ideas to increase Intergroup support.

District 42 (Mikey C.)

Greetings From District 42:

District 42 held their first zoom meeting last Thursday. It was great to see such a great turnout! Sending out a virtual hug through the power of zoom! District 42 is getting stronger and growing in strength. One of the main concerns was that the lack of meetings which means that the 7th tradition is non-existent. One of the biggest issues was that our Seattle intergroup and the reality of shutting down in July. So one of our topics was how can we support intergroup, which went over really well and the GSR's are going to discuss options with their groups. Even though my duties in AA are varied I am very concerned that the message of how to donate is going to get better and we as a whole will be able to survive financially. I also was able to get the message out to remind people to read the High and Dry about the motion being put forth by intergroup, and that the Seattle intergroup is here to help Anyone and Everyone! I do want to thank all the people behind the scenes and the people who keep on posting meetings.; the endless hours of updating and keeping us informed, and finally the intergroup family who keep answering the phones. And now the zoom tutorials put on by intergroup. (Dan and Lee). All i can say is i am lucky to be in AA.

Thank You

Mikey C

Zone142/42 rep

GSR Broadview Groups

***Next GSIG Board meeting: May 18th, 2020 at 7 PM on Zoom. Meeting ID: 918 5437 5402
Password: 035194***

The High & Dry

Editor: Peeps

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

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

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. Send to: high_and_dry@SeattleAA.org

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