



# The High & Dry

August 2020



## AUGUST IN OUR HISTORY

**Aug 8**

1879 – Dr. Bob born in St. Johnsbury, VT.

**Aug 9**

1943 – L.A. groups announce 1000 members in 11 groups.

**Aug 11**

1938 – Akron & NY members begin writing stories for Big Book.

**Aug 15**

1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism.”

**Aug 16**

1939 – Dr. Bob, Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

**Aug 18**

1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

**Aug 19**

1941 – 1st AA Meeting in Colorado is held in Denver.

**Aug 25**

1943 – AA group donates Big Book to public library in Quincy, MA.

**Aug 26**

1941 – Bill writes Dr. Bob to tell him Works Publishing has been incorporated.

**Aug 28**

1954 – 24 Hours a Day is published by Richmond W.

## **FUTURE TRIPPING**

### **AUGUST**

**1 Post Inventory Discussion 2 p.m. - 3:30 p.m.**

**2 Pre-Assembly Northern Districts 10 a.m. to 5 p.m.**

**6-9 Step Ashore VII (Virtual Conference) 12 p.m.**

**8 Pre-Assembly Central Districts 9 a.m. to 5 p.m.**

**15 Pre-Assembly Eastside Districts 9 a.m. to 3 p.m.**

**16 GSIG Ice Cream Social 12 p.m. to 3 p.m. GSIG office parking lot**

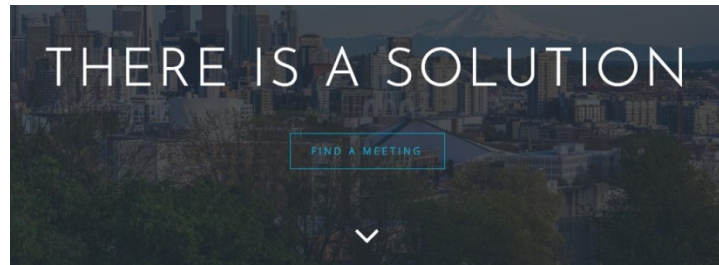
**16 Picnic Button Drawing 4 p.m. via Zoom Join Zoom Meeting**

**29 Pre-Assembly Pierce County Districts 10 a.m. to 4 p.m.**

**30 Pre-Assembly Southern Districts 10 a.m. to 4 p.m.**

**NOTE:** Members can attend all of the above events via ZOOM.com. Go to the Events page of the GSIG website ([seattleaa.org](http://seattleaa.org)) to get the meeting coordinates.

# www.seattleaa.org



## **Thanks to Our Awesome Daytime Office Volunteers**

MONDAY	Thomas and Bill S.
TUESDAY	Susan and Janny B.
WEDNESDAY	Stephan M., John and Joe M.
THURSDAY	Bird and Whitney
Friday	Brendan and Dillon

### **Main office hours**

Until further notice, the GSlG main office will be open Wednesday through Saturday, 10 AM – 2PM.

# BIRTHDAY CLUB

HAPPY BIRTHDAY TO THE AUGUST CELEBRANTS IN THE HOW DRY I AM CLUB!!

Lara R.	A New Purpose Group	34 years (8/1986)
Bill E.	Benson Hill	48 years (6/1972)
Tim G.		23 years (6/1997)
Jennifer M.	Sober Sisters of Seattle	16 years (7/2004)
Astri T.	Mountlake Terrace Wednesday Nights	41 years (8/1979)

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



## MEETING CHANGES

Many meetings are 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.

## High and Dry: News and Notes — AUGUST 2020

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](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.

### **STEP SEVEN: Humbly asked Him to remove our shortcomings.**

By Jennifer S.

When I read Step Seven I am reminded of the first time I heard the Joe and Charlie tapes. Someone in my Home Group gave me CD's of these two old guys going through the Big Book of Alcoholics Anonymous. At first I didn't think I would like listening to them dissecting every step. For some reason I kept listening, and these two really grew on me. When they got to steps six and seven they talked about how Bill W would use different words to describe the same thing. One example is using shortcomings in place of defects of character. For some reason that really got my attention. I thought of how caught up in semantics I get. The word God, for example, was one that was giving me a bit of trouble. "Higher Power" did not really fit the bill for me, either. I had picked up on "The Great Reality" because it sounded dramatic and less threatening than GOD. So I realized that the word "shortcomings" just sat better with me than "defects".

Here is a definition of defect: a shortcoming, imperfection, or lack.

The definition of shortcoming? A fault or failure to meet a certain standard, typically in a person's character, a plan, or a system. The way Joe and Charlie explained it, Bill W liked to make himself sound smart and rather than use the same words throughout the steps, he mixed it up a little, which tended to confuse people. I saw the similarities between myself and Bill W in that moment. I had spent my life trying to impress people and make people think I was smarter than I was. I had used big words to confuse people and had avoided asking for help when I didn't know what those words meant. My ego had been my reality, and it had been blocking me off from having any real connection in this world.

I had not even gotten to Step Seven at the time I was listening to the Joe and Charlie tapes. I had memorized the Seventh Step prayer at my Home Group mainly in an effort to impress the old timers and to make it seem like I knew what I was doing. I said it every day as if I understood what it meant. I came up against some issues in sobriety that were very difficult to stay sober through and that compelled me to do steps again with a new sponsor. I did not even remotely understand humility..

My new sponsor took me through the 12 and 12 and we spent a lot of time in Six and Seven before making my list. Sure, I had memorized the Seventh Step Prayer but was that second time through the steps that I was desperate enough to actually look towards The Great Reality for help with these faults that were getting in the way of my having healthy relationships.

A few years later I find that saying the Seventh Step prayer has helped me all along, whether I understood it or not. Whatever I call this thing that I pray to, I know that it has done for me what I could not do for myself, up to and including staying sober! Today I am grateful for Step Seven and all of the steps for giving me a blueprint for living far better than anything I could have come up with myself.

### **STEP EIGHT: For Them Or For Me**

By John D.

In early recovery, my alcoholic thinking and I had the tendency to get confused. Maybe that's a bit misleading, I was more along the lines of certifiably insane. So when time came to make amends for my past behavior, I figured it best to follow the advice of those that came before me.

My sponsor Scott kept it simple: "explain why you're there, apologize, and ask what you can do to make it right." Seemed easy enough at the time. He proceeded: "Remember, it's for you, not them."

That made me think, which for an alcoholic like myself, rarely yields positive results. Not for them? Slightly egotistical I thought, but decided to let it go. Not long after, I sought out advice for an upcoming amends to my mother.

This time from Lara, a woman with over twenty years of sobriety. Like my sponsor, she kept it simple: "Remember, it's for them, not you."

Typical old timers, paralyzing the newcomer with mass confusion. Which one was it, for me or for them? Like always, the answer would come when I put in the work. I will never fully comprehend the effect my drinking had on my Mom and Step-Dad. A year into my sobriety, I was about to find out.

I prepared for my amends the same way I prepared for all my amends at the time. First, I would envision every possible worst case scenario; thinking my way into crippling fear. Second, I would attempt to rationalize a legitimate reason to postpone. After a decent amount of time unnecessarily torturing myself mentally, I would then pray for the strength to carry it out. Eventually I would learn to perform the latter first, saving myself undue agony.

After regaining the courage to move forward, I apologized to my parents for the wreckage I caused. Years of stealing and lying from them created a blanket of shame and guilt. It wrapped itself around me. In their response, I learned those feelings were misplaced. It wasn't the money I

stole that burned a hole through their hearts. It was the fifteen years of waking up each morning, praying I was still alive.

My sobriety gifted them peace. I understood then, my amends had already been made. I did it the day I got sober. Maybe Lara was right, amends were for them. After making things right with my parents, I became convinced my sponsor was wrong. This made me happy. I began to fantasize all the glorious ways I could make him aware of this.

Asking him to do a Fourth Step around it would be pretty funny, I thought. That could backfire though. He might turn it around, and make me do one on why I enjoyed the fact he was wrong. I decided to hit the pause button and wait for guidance.

Two days later, my mother asked me to accompany her to Home Depot. It was my step-dad's birthday. She asked if I could pick out a present for him. I didn't think much of it. When we pulled into the parking lot, HP conveniently reminded me of the numerous items I had stolen from their store.

My previously described alcoholic thinking took over. I began telling myself stories to justify not making amends. Fear was controlling the way I thought. I decided to shop, and put it off for another day. I walked in the store, and walked right back out. The shame and guilt was too much for me to handle. I realized then, my sponsor was right too.

Avoiding the amends, meant avoiding the feelings surrounding my past behavior. Without doing my part to make it right, the shame and guilt would never fully go away. In the end, both Lara and Scott were correct in what they said. Amends are for them, and for me. I'm forever grateful to the alcoholics that came before me. I could not have done this alone. Because of them I get to live my amends on a daily basis. And because of Alcoholics Anonymous, I'm free!

### **TRADITION SEVEN: Every AA group out to be fully self-supporting, declining outside contributions.**

By Anita S.

Most every time the subject of our Tradition Seven comes up, I am reminded of a Tradition Seven Workshop I attended at Seattle Intergroup. If memory serves me right, Eddie H. was the Intergroup treasurer at the time and was the featured panelist.

I was all prepared for the money talk to commence and maybe even a bit of a guilt trip that we could all be easily contributing the currently recommended \$2.00 when the basket is passed. As is what is my usual experience in AA service, I was wrong. Very wrong.

It was thoughtfully explained that our Seventh Tradition means more than money. Self-support means more than putting \$2.00 in the basket.

Self-support also means that WE do the work. WE answer the phones when someone calls because they cannot imagine one more day of drinking and don't know what to do. WE have a High & Dry editor that makes sure that your newsletter is available to you month after month. WE work on the Corrections, PI, Third Legacy, Archives and H&T committees. You get the idea.

The next time you come across an opportunity to serve in Alcoholics Anonymous, say yes. No worry that you have no experience is said commitment. Our Traditions state that we "should remain forever nonprofessional." That tells me that you are more than qualified.

**TRADITION EIGHT:** "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

By Catherine S.

When I first came into Alcoholics Anonymous, my sponsor took me through the steps, but I had only a vague understanding of the traditions from hearing the short form recited at meetings. Eventually I joined a home group that studies the traditions once a month and every time we spend an hour reading from the Twelve and Twelve and discussing the traditions, I feel like I have a deeper appreciation for how they support and protect AA groups and individuals.

The eighth tradition explains the distinction between getting paid for Twelfth Step work and the work that makes more Twelfth Step work possible.

When an alcoholic works with another alcoholic, sponsor and sponsee, there are no fees or dues. It is remarkable, really, when you think about it. A sponsor is sharing their experience, strength and hope with their sponsee completely free of charge, and explains that they cannot keep the sponsee sober, but working together will help the sponsor stay sober. When the time comes, the expectation is that the sponsee will in turn need to find someone to work with to pass it along and that will help to keep THEM sober. I like to imagine the challenges that would have come up in professionalizing Twelfth Step work. How much would sponsors charge? Would it be per hour, like therapy or counseling? Wouldn't there be expectations if there were fees attached? Guarantees and assurances and promises of success if money were to be exchanged? And how would sponsors charge their fees – would there be a standard rate? Discounts?

It all seems so foolish now that we have seen the benefit of keeping Twelfth Step work completely free for the past 85 years. When I first came into the rooms, I was unemployed, going through a divorce and was the custodial parent of two small children. There is no way that I would have made the choice to pay for AA recovery and thank goodness that it was not an issue, because AA saved my life and gave me a life worth living.

The AA work that DOES involve payment and professionalism is the work that makes Twelfth Step work possible. AA has clubs, halls, intergroup offices and the General Service Office that cannot be run solely by volunteers. There is simply too much work to be done. As the membership has gone through growth spurts over the years, thousands of alcoholics have gone in search of recovery and AA has paid office workers to answer phones, mail out literature and connect alcoholics with meetings in their area, or treatment facilities or hospitals. Of course, there are also events like conventions and web masters are needed for this digital world we live in and this tradition says that members can be paid for their business and professional skills.

In *Language of the Heart*, page 87, Bill says "So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as AA associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism."

**CONCEPT SEVEN:** (Short Form) The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

by Jim H.

An extremely simplified understanding of this Concept can be reached, in the opinion of this A.A. member, by separating the duties and responsibilities of the General Service Board, an incorporated trusteeship comprised of alcoholics and non-alcoholics, and the General Service Conference whose function is to provide guidance and advice to the General Service Board.

In the body of the Concept, we can read, "When we reflect that our Trustees have no salaried financial interest in their posts, we can be quite sure that such a Board would never think of legally contesting the clear and sustained will of the Conference Delegates and the A.A. areas they represent. If someday the chips were really down, there would be little chance of a stalemate. The Conference would find itself in complete control of the situation. As the conscience of A.A., the Delegates would find themselves in ultimate authority over our General Service Board and also its corporate arms of active world service."

At the same time, if the Conference should take an action or issue a directive to the Trustees in clear violation of its own Charter, or that of the General Service Board, it would then be the duty of the Trustees to ask for a Conference reconsideration. If the Conference refused to reconsider, then the Trustees could use their legal right of veto and they could appeal the issue directly to the A.A. groups themselves, if desirable.

For further information on this topic, I highly recommend reading Concept Seven as written in the TWELVE CONCEPTS FOR WORLD SERVICE.

**CONCEPT EIGHT:** (Short Form) The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

By Jim H.

“Since our Trustees bear the primary responsibility for the general good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations.” So reads the first paragraph on page 31 of the TWELVE CONCEPTS FOR WORLD SERVICE.

What is it then, that comprises the sum total of our world service affairs. They include matters of policy, finance, group relations, public relations, and leadership. (More on leadership in Concept IX, next month.) The Board couldn’t possibly function efficiently if it had to constantly manage all these affairs on its own. It must delegate its executive function and practice an attitude of custodial oversight.

This is accomplished by the good management of A.A. World Services, Inc. (AAWS) and The A.A. Grapevine, Inc. (AAGv) The Board of Trustees discharges its custodial obligation by electing the directors of these two service corporations, each having its own charter, its own working capital, its own executive, its own employees, its own offices and equipment.

Except to mediate difficult situations and to see that the service corporations operate within their budgets and within the general framework of A.A. policy, the Board of Trustees will seldom need to do more, so far as routine service operations are concerned. For further information on this topic, I highly recommend reading Concept VIII as written in the TWELVE CONCEPTS FOR WORLD SERVICE.

### **Keeping It Real Compared to What?**

By Honest Harry

Alcoholics Anonymous is a democracy giving the Fellowship freedom of expression. Perceptions vary and individual differences and AA differences have evoked conflicting consequences.



Early on, Bill W. introduced himself as a “member of AA.” He later changed to “I am an alcoholic,” to establish universal “oneness.” He also recognized we all strive toward one common goal in sobriety and recovery. The book of AA is suggestive, meaning AA is not perfect and does not have all the answers. Objectively, and with an open mind, let’s look into a scope of another reality and how others have come to what works for them.

We all come through the doors of AA with different levels of addictions, backgrounds, economic status, places and cultures. Is it any wonder we all think differently? In my opinion, we are not clones. We are unique individuals, innately searching for our own “sense of self” and the truth of “I am.”

My experience, strength and hope evolves to my realization I am powerless over alcohol, but I am empowered with choice. my past id not a place to stay, it’s only a place to visit. Hope is my faith in God, healing my layers of deception and lies which bind me.

## **Greater Seattle Intergroup Board Meeting**

**Minutes July 21, 2020**

Submitted by Aaron C. (Recording  
Secretary)

### **Opening**

The meeting was opened at 7:00 PM.

### **AA birthdays**

No Birthdays in the room

### **Quorum Count**

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

## **Reports**

### **Chair (Mike M.):**

I am privileged to be serving as the Chair of your Greater Seattle Intergroup (GSIG), it has been a very busy month. Unless noted otherwise all meetings were held via Zoom video.

On June 11, we held an Intergroup collaboration meeting for all the Chairs or employees of local Intergroup or Central offices that included folks from GSIG (Seattle), Eastside Intergroup (Bellevue), Puget Sound AA (Tacoma), Sno-King Intergroup (Mountlake Terrace), Snohomish Country Central Office (Everett). The purpose of the meeting was to collaborate and learn from each of our experiences. It was very useful and beneficial, and we determined to hold future meetings on a quarterly basis.

On June 13 we held our Intergroup inventory facilitated by Gail H, and attended by about 40 members. Many ideas and items were discussed and will continue to be worked on by GSIG including the overall office location and amount of space needed for when our current lease ends May 2021. In addition, improving communication by GSIG to and from the Groups and how to increase participation.

On June 16 we held our Spring Intergroup Assembly and there were approximately 80 attendees. The difference between Assemblies held twice per year and the other 10 monthly Board meetings is that at Assemblies not only are the GSIG Officers vote and District Representatives eligible to vote but in addition, at an Assembly each Group may send a representative with full voting privileges. In addition, one of the significant item we discussed and voted on was a proposed change to the GSIG Bylaws with respect to the GSIG voting procedures that was proposed by a group.

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

Because the motion would change the GSIG Bylaws it required at least 2/3 approval of the groups that elected to participate and vote. The motion was not passed with the final vote being only 56% YES (22 Yes to approve and 17 No to not approve).

Starting July 1, 2020 our GSIG office will be open Wed to Sat from 10am to 2pm and in addition see the website for our virtual office hours. We believe we are currently following all WA State Covid recommendations and guidelines.

Finally, our previous office Manager, Dennis E, has stepped down and provided his resignation effective the end of June. We thank Dennis and wish him all the best during his next adventure moving to Arizona. At the June Assembly Lara R was voted in as Interim Office Manager. The Office Committee is now actively seeking any interested candidates for the GSIG Office Manager position. Any interested parties should contact Richard I, GSIG Office Committee Chair [officecommittee@seattleaa.org](mailto:officecommittee@seattleaa.org)

See the GSIG website for a full job description for the Office Manager. The Board will review and vote on all candidates presented to the Board by the Office Committee by the latest the Board meeting that will be held on August 18th.

Yours in service,

Mike M, Chair

### **Vice Chair (Astri T.):**

Greetings Seattle area AA;

July 10th and 11th I attended the Western Washington Area 72 Quarterly (via Zoom). Friday evening three other past delegates and I participated in a panel, facilitated by Steve C (past delegate) titled; "AA Traditions & Navigating the Wild Wild West of virtual meetings. Other panels included; "Inquiring minds want to know?" and "7th Tradition – Let's be frank about it!" Saturday morning business began at 8:30AM.

Area Appointed and Elected Trusted Servant reports were given. Central Office and Intergroup Reports were given, GSIG was represented by Board Chair, Mike M.

Area Newsletter- Ad Hoc committee reported their conclusions regarding how best to serve the Area reviewing content, frequency and format. Suggestions included changing from the current newspaper format to 8.5 x 11 or 11 x 17 (folded in half); encourage Newsletter Editor to form a committee to assist in information gathering and production; switch to the free software Scribus; change printer co. to Print Solutions (lower cost than what is currently used); include articles such as AA history, "Past Delegate Wisdom" and Hispanic Reports/Stories. Also recommended was to hold Newsletter article/report writing orientation at the January Quarterly of a new rotation.

Area Communications Practices Ad Hoc Committee reported a paper survey was converted to an online active poll. Focus groups will be conducted via Zoom, followed up with phone and email contact. Language Steering Committee reported they have been discussing ways to encourage participation in both English and Spanish. An additional cord has been purchased to create a sound proof translation booth. Discussion followed regarding requests for Russian language meetings and other foreign language requests.

Our Stories Disclose III committee reported they have 870 pre-sales for a total of just

over \$1200. Editors are working on the stories, next step will be formatting and layout. There is a need for Spanish translation volunteers.

Covid -19 and how it has affected AA and how we can support AA in our communities was discussed. How can we incorporate the new, on line only meetings into our Area Service Structure. How can we continue to use technology to reach the still suffering alcoholic.

Quarterly closed at 5:45PM

Thanks for your service and for giving me this ability to serve.

Yours in Service

Astri

**Chair Emeritus (Dawna H.):**

Nothing to report.

**Treasurer (Allison B.):**

Quick look at June financials (rounded to thousands):

**Group Contributions:** \$7K (down \$3K to budget)

**Other Contributions:** \$5K (up \$4K budget!!!!)

**Retail Sales:** \$1K (\$9K under budget)

**Expenses:** \$14K (\$1K under budget)

**Net Income:** \$2K loss

**Cash and CDs:** \$82K

**Earmarked Funds:** \$7K

    Corrections: \$5K

    Accessibility: \$2K

**Non-restricted cash:** \$75K

**Summary**

-Looking at the group contributions vs. individual contributions may not be completely accurate; since more groups are contributing online, it is possible that there are errors were people aren't flagging their contribution as a group contribution.

-There was a physical inventory (of literature) taken and adjustments made; the adjustment is well within the expected amount.

-We are now caught up in paying staff for hours missed due to COVID, and will be paying Lara for actual hours worked going forward.

GSIG JUNE 2020 CONDENSED FINANCIAL REPORT					
CONDENSED PROFIT & LOSS					
Ordinary Income/Expense	Jun 30, 2020	Jun - Budget	YTD Jun - 2020	YTD Budget	Jan-Dec 2019
<b>Income</b>					
<b>Total Retail Sales</b>	996	10,224	26,647	61,345	111,268
<b>Total COGS</b>	1,959	6,928	22,845	41,568	78,625
<b>Gross Profit from Retail Sales</b>	(963)	3,296	3,802	19,777	32,643
<b>Gross Profit %</b>	-96.7%	32.2%	14.3%	32.2%	29.3%
<b>Group Contributions</b>	6,967	9,868	67,015	59,211	106,652
<b>Personal and Other Contributions</b>	5,191	948	45,375	5,690	12,523
<b>Meeting Room Rent; Birthday Club</b>	222	649	3,299	3,896	6,748
<b>Special Events Income</b>	87	464	256	2,781	4,580
<b>Total Items to Cover Fixed Expenses</b>	11,504	15,226	119,747	91,355	163,145
<b>Expense s</b>					
<b>Expenses--Other</b>	1,191	459	9,692	2,752	15,942
<b>Paid Staff</b>	7,204	7,343	38,402	44,061	95,570
<b>Rent and Office</b>	5,063	6,451	41,172	38,705	81,572
<b>Standing Committees</b>	201	795	1,308	4,770	6,611
<b>Total Fixed Expenses</b>	13,659	15,048	90,573	90,288	199,695
<b>Net Ordinary Income (Loss)</b>	(2,155)	178	29,173	1,067	(36,550)
<b>Net Other Income, Chiefly Interest Income</b>		33	492	200	256
<b>Net Income (Loss)</b>	(2,155)	211	29,665	1,267	(36,294)

# CONDENSED BALANCE SHEET

	Jun 30, 2020	May 30, 2020	DEC 31, 2019
<b>ASSETS</b>			
<b>Current Assets</b>			
Checking	52,106	55,035	8,183
CD's--Prudent Reserve *	30,147	30,961	40,482
Accounts Receivable	832	832	
Inventory and Other	37,115	36,811	32,989
<b>Total Current Assets</b>	120,199	123,639	81,654
<b>Total Fixed Assets</b>	2,484	2,484	2,484
<b>TOTAL ASSETS</b>	<b>122,683</b>	<b>126,123</b>	<b>84,138</b>
<i>Per bylaws, prudent reserve is calculated to be 3x * average monthly expenses, approx. \$46,000.</i>			
<b>LIABILITIES &amp; EQUITY</b>			
<b>Current Liabilities</b>			
Accounts Payable	1,472	392	11,235
Payroll & Sales Tax Liabilities	19,821	21,227	1,905
Committee Earmarked Funds Total	7,459	8,417	8,439
<b>Total Liabilities</b>	28,752	30,037	21,579
<b>Equity</b>			
3001 · Opening Bal Equity	694	694	694
3101 · Retained Earnings	63,572	63,572	98,158
Net Income	29,665	31,820	(36,293)
<b>Total Equity</b>	93,932	96,087	62,559
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>122,683</b>	<b>126,123</b>	<b>84,138</b>

Greater Seattle Intergroup

Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)

YTD June 30, 2020



Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Earmarked Funds
Beginning Balance 1/1/20	\$4,508	\$0	\$3,931	\$0	\$8,439
YTD Contributions	\$1,623	\$0	\$4,605	\$0	\$6,228
YTD Use of Funds	(\$923)	\$0	(\$6,285)	\$0	(\$7,209)
Ending Balance	\$5,207	\$0	\$2,251	\$0	\$7,459
<p style="text-align: center;"><b>Greater Seattle Intergroup</b>  <b>Standing Committee Expenditures Against Budgets</b></p> <p style="text-align: center;"><b>YTD June 30, 2020</b></p>					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$67	\$201	\$180	\$151	\$599
Budget to Date	\$180	\$900	\$750	\$900	\$2,730
Budget -- Full Year	\$360	\$1,800	\$1,500	\$1,800	\$5,460

**Recording Secretary (Aaron C.):**

Previous minutes approved

Please use the below to submit your reports. Alternatively send them directly to [secretary@seattleaa.org](mailto:secretary@seattleaa.org).

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



With love and gratitude,  
Aaron C.

**Accessibility (Laurel W.)**

Greetings from Laurel W., acting Chair of GSIG Accessibility Committee  
We have our monthly meeting on the first Wednesday of the month via Zoom. Our mission is to provide resources for those have challenges accessing meetings due to disability. Currently we are discussing how to help those who can't access Zoom meetings (don't have smart phones, for example) and finding meetings that are open.

We continue to schedule ASL Interpreters for meetings and Intergroup board meetings. We keep an updated calendar of AA events that are interpreted. We ask for donations from AA groups and members to pay for interpreters. This is called the "Blue Can." We need donations, please contribute either online to ASL or by check to Intergroup. Note in memo: ASL

We are in need of new members to join our committee. You're welcome to join us  
AND CHECK US OUT:

Join Zoom Meeting

Meeting ID: 975 3066 7849  
Password: 061705

Yours in Service, Laurel W.

**Archives Committee (Teresa S.):**

Nothing to report for Archives this month.

**Corrections Committee (Tammi B.)**

Nothing to report.

**CPC/PI Committee (Jennifer S.)**

PI/CPC Report for July Intergroup Board Meeting

The PI/CPC Committee met on Saturday, July 18th via Zoom. We had 12 members attend representing several different districts. We discussed the clergy panel we held on June 29th and discussed setting up another one soon. The event was held via Zoom and was very successful. The committee debriefed about what went well and what we might do differently next time. District 24 is holding their own clergy panel soon after participating in ours. District 32 would like to partner with Intergroup to run some radio spots and the committee was behind this idea. One of our members brought an event in November, "The Liver Meeting ". The organization is AASLD American Association for the Study of Liver Disease and we are going to apply to be present at this event. Our next Area Quarterly will be held via Zoom on Saturday, August 8th from 10:00am-3:00pm and all are welcome to attend.

I invite you all to our next meeting of the Outreach Committee on Saturday, August 15th at 10:00am. If you know anyone interested in being of service or in need of outreach services, please have them email at [cpc@seattleaa.org](mailto:cpc@seattleaa.org)

Jennifer S

**Newsletter (John P.):**

Nothing to report.

**Hospitals & Treatment Committee (Erin G.):**

Nothing to report.

**Office Committee (Richard I.):**

Nothing to report.

### **Interim Office Manager (Lara R.):**

I am gratefully submitting this report as the Interim Office Manager of Greater Seattle Intergroup for July 2020.

#### **Inventory:**

Inventory on hand is adequate. We have purchased a few books/pamphlets that were getting low in anticipation of increase in office hours/literature sales. The Hospital and Treatment Cmte were able to circulate 24 Big Books into Treatment facilities recently which is wonderful and I am sure a welcomed beacon of normalcy in these not so normal times. Thank you to the H and T Cmte for their dedication to the alcoholic who still suffers.

#### **Financial:**

Our new system of outsourced bookkeeping is working well. One of the goals for the new system is to help the office become more streamlined in reporting. If any of the Committees or groups would like something different or more as far as reporting, let me know and I can get that information to you. I am working to familiarize myself with the new system and accounting firm so that I will be able to fulfill the requests for monthly reports, etc. for the Committees and groups.

#### **Process and Organization:**

On the topic of re-opening meetings safely, I have ordered 4 cases of cloth masks and 4 cases of disposable masks offered for free through King County. These masks are available for groups to pick up from the office and use for facilitation of safely re-opening.

Seattle Intergroup has no opinion on outside issues. Therefore, whether or not a group ought to re-open is not for us to say, however, we have some good information on our website under the COVID-19 section.

We will always encourage an informed group conscience when making decisions at the group level. Please let the office know when and if your group decides to meet in person or in a hybrid fashion so that we can update the website. Also, if you are attending or know of in person meetings please inform the office so I can get this information to the volunteers. These meetings are not necessarily on the web site, but the number one question that we get is "Are there any meetings in person?" I have created a Google doc that I can share with you and you can add your information to it if that would be easier, or if you do not have access to Google for some reason I will be happy to record your information.

I attended the webinar titled A Sudden and Revolutionary Change hosted by AA members from the Atlanta area. The discussion was how to open meetings safely, how to handle hybrid meetings and the future of online meetings. This session was informative. It was recorded and will be made available. Please email me if you are interested in finding out more about this.

More will definitely be revealed as we move forward. I was very impressed with everyone's mission of carrying the message to the alcoholic who still suffers. One topic that was discussed is how zoom meetings address Accessibility issues on a variety of fronts, What was abundantly clear is that zoom meetings are here to stay in a big way. There was talk of how to develop a virtual service structure with the very real possibility of a Virtual Area Delegate in the not too distant future..

I attended the Accessibility Committee meeting last month. What a great group of folks! Unlike our other Committee's that have had to slow down or cease their work, the Accessibility Committee is in even more demand than ever. These folks are stepping up to heed the call.

We have increased the Office Hours from just 8 hours a week to 16 hours a week. I anticipate another increase in hours possibly in August. I have ceased the virtual Office hours as there was little to no traffic/demand.

Our 2020 GSIG picnic has officially been cancelled. However, we will have an Ice Cream Social in its stead on the same day August 16th from 12-3pm, I will let someone from the Special Events Cmte tell you all about it.

Lastly, on August 1st we will have a Post Inventory Discussion. This will be when we make some action plans on how to best address the issues that we found need to be changed that came from our Inventory process. Event info is on our website.

Respectfully submitted, Lara Randolph [lara@seattleaa.org](mailto:lara@seattleaa.org)

**Night Watch Coordinator (Pete K.):**

Nothing to report.

**Special Events Committee (Allan C.):**

Nothing to report.

**Finance Committee (Jeff U.):**

Nothing to report.

### **Web & Technology Committee (Dan G.):**

Hi,

During the past month we've put up a new reopening page under COVID-19 pulldown, and a Nightwatch page under Service. We also upgraded the volunteer computers to Windows 10. We would also like to ask the office committee to help us retire the server, which primarily supported Quickbooks before it was moved to the cloud.

Thanks,  
Dan G

### **Third Legacy (James R.):**

Nothing to report.

### **District 14 (Marena H.)**

Greetings! I am happy to report that District 14 has some exciting news! Our vacancies for DCM and Alt DCM have been filled. We had a successful election this last Tuesday, officiated by the Area 72 Chair, Heather C. We had a real election too...our GSRs got the word out that our district was in need and our election attendance was exceptional. We are happy to have Dimitri H. from Vashon Island as our DCM, and Mark T from West Seattle as our Alt DCM. Both of these individuals have an extensive history of service with AA and District 14 is enthusiastic for the future.

Jim W. has completed the member roster update and registered all current GSRs with the General Service Office. This has taken some time, but Jim did it!! We discussed having our annual picnic usually held in August, but decided the future is too full of unknowns. As an alternative, if the restrictive phases allow, we may try to hold our picnic at GSIG as an opportunity to bring the district and Intergroup closer together. Again, these are just thoughts and back-up plans.

Jennifer S is our PI/CPC chair and also Intergroup's PI/CPC chair and is just killing it! I will not be redundant with her report details.

That's all folks!

### **District 32 (Matt H.)**

Have open service chair "Corrections". Annual District 32 Picnic has been cancelled. District 32 has requested Motion "To pay back loan money that was forgiven". Group conscience was 12 for, 3 no and 2 abstaining. Reported by Matt H Zone 132 rep.



## **District 42 (Mikey C.)**

Greetings from district 42

I would like to wish all of you a great summer and just be grateful that we as a whole continue to adapt to the ever changing rules and or guidelines set to open halls and groups up. Since the weather has been getting more warm, a lot of meetings are getting very creative. Parking lots, parks, back yards and various greenspaces have been utilized to create that need for that person to person meeting. District 42 is very active in the helping of each other in finding various meetings. That might fill a void? Zoom has been utilized to its fullest capacity all the way up and down the triangle, various private Facebook pages also spread a wealth of information. But we still need to be reminded of all traditions to be vigilant in giving out too much information. I have been reminding members to read the High and Dry or go to the intergroup web page for information, but it can't be used if no one uses the resource. Many members or groups still don't know if their own meetings are listed as open or closed or even on zoom, if they're public or private? At this time of writing I learned that the GSIG picnic is cancelled but another option of having an ice cream social at the intergroup office parking lot is in the works. So please support by buying a button! There will be a virtual drawing at that event. It is also a great way to support intergroup; who knows, you may be the lucky winner of the trip to Seaside, OR North coast Roundup for two!

Thank you for allowing me to be of service, Mikey C Zone rep 142/42

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

# ICE Cream Social

12pm-3pm

August 16th

Bring family &  
Eat Ice cream

We will be taking orders  
from cars NO NEED TO  
GET OUT

SAFE AND YUMMY  
Virtual Raffle @ 4pm

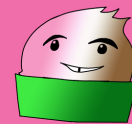
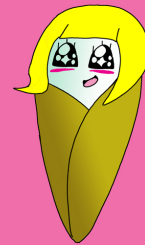
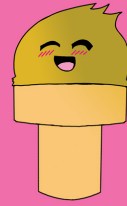
## Seattle Intergroup

Is inviting you to a most  
special Zoom Meeting

Meeting ID: 878-3967-0992

Password: 908570

Address: 5507 6th ave S  
Seattle WA, 98108



Art by Alexia Pirija

# The High & Dry

Editor: Peeps (John P.)

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 6<sup>th</sup> 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 25<sup>th</sup> of each month.**