



The High & Dry

October 2020



OCTOBER IN OUR HISTORY

Oct 1

1957 – Book “A.A. Comes of Age” published.

Oct 3

1945 – AA Grapevine adopted as national publication of AA.

Oct 5-7

1972 – 2nd World Service meeting held in New York.

Oct 5

1988 – Lois W. died.

Oct 6

1941 – 900 dine at Cleveland dinner for Bill D., AA #3.

Oct 8

1988 – Memorial Service for Lois W at Stepping Stones, NY.

Oct. 9-11

1969 – 1st World Service meeting held in New York with delegates from 14 countries.

Oct 10

1943 – Six of first nine AA's attend clubhouse anniversary in Toledo.

1970 – Lois reads "Bills Last Message" at annual dinner in NY.

1988 – Lois is buried next to Bill in Manchester, Vermont.

Oct 13

1947 – The Melbourne Group held its first meeting in Australia.

Oct 14

1939 – Journal of American Medical Association gives Big Book unfavorable review.

Oct 17

1935 – Ebby T., Bills sponsor, moves in with Bill and Lois.

Oct 20

1939 – Cleveland Plain Dealer begins series of articles on AA by Elrick Davis.

Oct 22

1963 – E. M. Jellinek, alcoholism educator and AA friend dies.

Oct 24

1942 – L.A. Times reports AA groups in 14 California cities.

FUTURE TRIPPING

OCTOBER

2-4 Area 72 Assembly 2020 8 a.m. - 5 p.m.

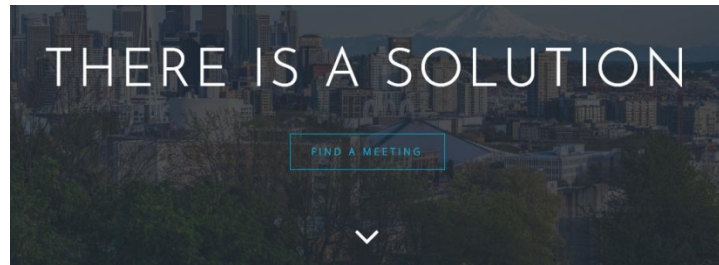
10 Tradition 10 with Principles Before Personalities 10 a.m. - 5 p.m.

JUNE 2021

25-27 Pacific Northwest Conference 2021 8 a.m. - 5 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) to get the meeting coordinates.

www.seattleaa.org



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Thomas H. and Bill S.
TUESDAY	Susan D. and Janny B.
WEDNESDAY	Stephan M., Tammy L. and Joe M.
THURSDAY	Tammy L. and Al C.
FRIDAY	Brandon, Brian and Jon C.
SATURDAY	Clay S. and Dan G.

Main office hours

Until further notice, the GSIG main office will be open
Wednesday-Friday 10 AM – 2 PM, Saturday 10 AM — 2 PM.

BIRTHDAY CLUB

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

Joe M.	Northgate Group	61 years
Lee R.	Fremont Triangle	6 years
Karen C.	Whisky Rose	32 years (9/1988)
Pam J.		15 years
Gloria S.		41 years (9/1979)
Bill S.	Solution Group	30 years

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

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 — OCTOBER 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. We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

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

By Peeps

Getting through the Steps was a chore for me because I did not want to do all the work that is required. I wanted shorts cuts. I certainly did not want to do all 12 of them.

It helped that my sponsor emphasized we work the Steps in order, one Step at a time, like when he told me that I needed to work Step Eight like there wasn't a Step Nine. Just do the next right thing. Period.

When we started work on Step 10, I was disappointed, and a little angry, when I learned that Step 10 needs to be worked every day. Every single day! Being a self-centered addict, I thought that was unfair to me. That commitment was almost as daunting as making my Step Nine amends.

My sponsor reminded me that the Steps are suggestions, but if I really wanted all the benefits of the Steps I'd have to follow the suggestions and work ALL the steps to the best of my abilities.

More than two months passed before I was able to fully commit to Step 10 on a daily basis (actually on a nightly basis for me). My life wasn't miserable without doing Step 10 every day, I was clean and sober, but I was surprised how much better my life and sobriety got after I started reviewing my actions at the end of each day.

I heard about the Tenth Step app at a meeting and downloaded it to my phone. Now, before going to sleep, I use the app to gauge how well or poorly I've done at practicing the program's principles in all my affairs. I'm not perfect, but my progress is undeniable.

I've found that a nightly review helps me identify patterns of behavior and thinking to be avoided. I'm willing to promptly admit my mistakes and make amends when needed, but I have to do those things far less frequently then I used to.

TRADITION TEN: *"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."*

By David M.

In its long form Tradition Ten specifically mentions politics, alcohol reform and sectarian religion as being "controversial issues" that A.A. needs to be silent about.

Why is this Tradition important to uphold? The Big Book offers an answer. In the chapter "There Is A Solution" it says that the members of A.A. are a diverse lot, "people who normally would not mix." Despite this, we have "discovered a common solution ... on which we can absolutely agree." As Bill says in the 12 & 12 "Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival." This means we are not to be diverted from our primary purpose which, as Tradition Five reminds us, is "to carry the group's message to the alcoholic who is still suffering."

Bill uses the story of the Washingtonians, an antebellum alcohol reform movement, as a cautionary tale as to what could happen to A.A. if we do not "keep our Society out of public controversy." (for more on the Washingtonians see the chapter 'Out of the Gutter' in *Drunks: An American History* by Christopher M. Finan).

So by all means be a "Citizen of the World," but keep A.A. out of it.

CONCEPT 10: *“Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”*

By Mike O. (Central Office Salt Lake City, 2012)

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be delegated at every level – and that the responsibility and authority of every entity are well defined and clearly understood.

Let's begin with the group. Concept I states the “final responsibility and ultimate authority” resides with the A.A. groups, and they delegate this authority to the Conference (Concept II). The detail of which topics for discussion or items of concern are forwarded to the Conference by the Groups via the GSR is discussed at our District meetings and at our Area Assemblies.

The Conference, in turn, delegates to the General Service Board the authority to manage A.A.'s affairs (Concept III) in its behalf. The detail of what topics and /or items are forwarded by the Conference to the General Service Board are reported to the Fellowship via a printed Final

Report distributed to the Fellowship following the annual meeting of the General Service Conference.

The General Service Board is in authority over its subsidiary operating conditions – A.A. World Services, Inc. and the A.A. Grapevine Inc. The General Service Board delegates to the directors of those corporations the authority necessary to run these service entities.

The directors of AAWS and the AA Grapevine are in authority over the executives of these corporations, but delegate to these officers the authority needed to carry out their administrative responsibilities.

And lastly, the executives of AAWS and the AA Grapevine delegate to the General Service Office and Grapevine staff members and other employees the authority necessary to carry out their important service jobs.

The benefit to the Fellowship of this delegation of responsibility and authority is immense. Many of our members receive their monthly edition of the AA Grapevine with news and stories of and by our members. The Grapevine also provides books, CD's, and an abundance of informative materials used by our members on their journey.

Our service entities receive service materials (pamphlets, guidelines, displays, etc.) vital to their efforts to carry the A.A. message to the still suffering alcoholic.

Our groups have access to the books, pamphlets, displays, wallet cards, etc., etc. used in our scheduled meetings to achieve our primary purpose as defined by Tradition 5.

I hope this brief look at Concept 10 has been helpful. I am forever grateful for the experience I have enjoyed in my service to the Fellowship. I know I've been guided by the hand of God through the application of these Twelve Concepts for World Service in my endeavors. And I would like to say Thank You for allowing me to share a little of what I've learned in the process.

A Member's Opinion

By Honest Harry

An important part of my recovery from alcoholism 34 years ago was my need for a deeper understanding of my disease.

I gratefully received an education through the book 'Under the Influence', a powerful, scientific research by Dr. James Milam (deceased) and Katherine Ketchum. A particular reference to guilt, shame and fear caught my attention because those negative emotions have severe consequences. AA co-founder, Bill Wilson, gave special notice to personality defects and character flaws as causing excessive drinking.

It is often heard in meetings, "I'm to blame" or "I'm the problem." placing the blame solely on the newcomer causes him or her to emerge from steps 4 through 7 with a lasting burden of shame, guilt and fear.

The Oxford Group's religious remedy for redemption is through sin and repentance as seen in steps 4 through 7.

There is a need to understand the word sin is man made. There is no such thing as sin, it originates from Greek Mythology.

There is only mistakes and consequences. The pain we experience from the frustration and confusion from our mistakes only lasts as long as it takes to find the right principal. Holding oneself in bondage to shame, guilt and the fear of drinking is a separation from God. The right principle is to change our thinking, which will change our perception and allow us to test our own sense of literacy and truth.

However, an alcoholic under the influence can become a statistic. Alcoholism is the number two killer in the US behind cancer.

The worldwide organization of Alcoholics Anonymous has saved thousands of lives.

Greater Seattle Intergroup Board Meeting Minutes Sept. 15, 2020

Submitted by Aaron C. (Recording Secretary)

Opening

The meeting was opened at 7:05 PM.

AA birthdays

Lee R – 6
Jim R - 26

Quorum Count

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

Votes

- Budget strategy: 11 in favor, 1 opposed, and 3 abstained for breakeven Budget. We will budget for \$0 profit or loss.
- Adding Bylaw change motion to December Assembly Agenda for vote by 2/3 of groups in attendance or voting by proxy. Passed by clear majority.
- GSIG voted and approved an increase of \$2,500 for the Accessibility budget for the rest of 2020 to fund ASL interpretation at AA meetings

Reports

Chair (Mike M.):

Mike here grateful to be serving AA as the Chair for your Greater Seattle Intergroup (GSIG).

Our bi-annual GSIG Assembly is coming up on December 15, 2020 and there will be a lot to vote on.

Remember because it is an Assembly in addition to each District being able to vote, each Group that is served by GSIG may also send a representative with full voting privileges at the Assembly.

1. We will be electing new Officers (Chair, Vice-Chair, Treasurer, Secretary) for the 2021/2022 rotation.
 - a. We are currently accepting nominations please email Nominating@seattleaa.org
2. We will be approving the GSIG 2021 Budget
3. Potentially voting on changes to the GSIG Bylaws which were proposed by the 2020 Committee and distributed at the August 2020 Board meeting.
 - a. The primary change to the Bylaws is to eliminate the need for GSIG Zones since almost all Districts elect their GSIG representative that will vote. In general, Zones have not been used or active for 8 years or more.

In addition, many of the GSIG Committees will be looking for new volunteers and Chairs, if you are interested please see the GSIG website and contact the current Chair.

At the August Board meeting we unanimously elected Lara R as the new GSIG Office Manager. We are very grateful to have her and the vibrance and enthusiasm she brings to the office.

Our current office hours are Wed to Fri 10 to 4pm and Sat 10 to 2pm

If you know members celebrating AA birthdays and want to have a coin sent to them, remember you can either order online using the GSIG website or call the office and they will process the payment over the phone and mail the coin along with a birthday card to the member.

The GSIG 2020 Committee's goals and objectives are longer term planning for GSIG. One of the more pressing items that will need to be addressed in the short term is our current office lease ends May 2021, and we are discussing what we should do.

The 2020 Committee meets monthly on the first Wednesday of every month 5 to 6 pm via Zoom and we are always looking for volunteers, if you are interested please email chair@seattleaa.org

GSIG has been able to replenish its prudent reserves in spite of the current pandemic circumstances even with almost no literature sales. This is primarily due to 3 factors as of YTD August 2020

- Group contributions are about \$4k over budget
- Individual member contributions are about \$49k over budget
- Paid staff is about \$15k under budget primarily due to limited office hours and we now have an open position of Assistant Office Manager
 - If you are interested in learning more about the paid position of Asst Office Manager please email Lara R lara@seattleaa.org or call the office

We cannot thank everyone enough for your continued financial support especially during these tough times.

Yours in service,

Mike M, Seattle Intergroup Chair

Vice Chair (Astri T.):

Nothing to report.

Chair Emeritus (Dawna H.):

Nothing to report.

Treasurer (Allison B.):

Quick look at August financials (rounded to thousands):

Group Contributions: \$9K (down \$1K to budget, but still amazing!)

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

Retail Sales: \$1.5K (\$9K under budget)

Expenses: \$12K (\$3K under budget)

Net Income: \$4.5K

Cash and CDs: \$93K

Earmarked Funds: \$6.5K

Corrections: \$5K

Accessibility: \$1.5K

Non-restricted cash: \$87K

Summary

-Thank you for your continued support, and allowing GSIG to be able to start slowly opening up more ☺

-A note that Stripe processing fees are higher than budgeted for because so much of our contributions are coming in through the website.

-We have submitted the application for PPP loan forgiveness and expect to hear back in October (but it may take longer, based on the bank's timing).

CONDENSED PROFIT & LOSS

Ordinary Income/Expense

Income

GSIG AUGUST 2020 CONDENSED FINANCIAL REPORT

Aug 31, 2020	Aug - Budget	YTD Aug - 2020	YTD Budget	Jan-Dec 2019

Total Retail Sales	1,583	10,224	29,635	81,793	111,268
Total COGS	1,393	6,928	25,442	55,424	78,625
Gross Profit from Retail Sales	189	3,296	4,194	26,369	32,643
Gross Profit %	12.0%	32.2%	14.2%	32.2%	29.3%
Group Contributions	8,910	9,868	83,405	78,948	106,652
Personal and Other Contributions	5,029	948	56,705	7,587	12,523
Meeting Room Rent; Birthday Club	199	649	4,263	5,195	6,748
Special Events Income	2,211	464	4,008	3,708	4,580
Total Items to Cover Fixed Expenses	16,538	15,226	152,575	121,806	163,145
Expense s					
Expenses--Other	1,298	459	13,732	3,669	15,942
Paid Staff	2,850	7,343	43,503	58,748	95,570
Rent and Office	7,376	6,451	54,497	51,607	81,572
Standing Committees	481	795	1,987	6,360	6,611
Total Fixed Expenses	12,006	15,048	113,719	120,384	199,695
Net Ordinary Income (Loss)	4,533	178	38,856	1,422	(36,550)
Net Other Income, Chiefly Interest Income		33	630	267	256
Net Income (Loss)	4,533	211	39,486	1,689	(36,294)

CONDENSED BALANCE SHEET

	Aug 30, 2020	Jul 31, 2020	DEC 31, 2019
ASSETS			
Current Assets			
Checking	61,720	55,710	8,183
CD's--Prudent Reserve *	31,441	31,309	40,482

Accounts Receivable	832	932	
Inventory and Other	35,897	35,742	32,989
Total Current Assets	129,891	123,693	81,654
Total Fixed Assets	2,484	2,484	2,484
TOTAL ASSETS	132,375	126,177	84,138
<i>Per bylaws, prudent reserve is calculated to be 3x * average monthly expenses, approx. \$46,000.</i>			
LIABILITIES & EQUITY			
Current Liabilities			
Accounts Payable	2,199	470	11,235
Payroll & Sales Tax Liabilities	19,910	19,895	1,905
Committee Earmarked Funds Total	6,513	6,592	8,439
Total Liabilities	28,622	26,957	21,579
Equity			
3001 · Opening Bal Equity	694	694	694
3101 · Retained Earnings	63,572	63,572	98,158
Net Income	39,486	34,954	(36,293)
Total Equity	103,753	99,220	62,559
TOTAL LIABILITIES & EQUITY	132,375	126,177	84,138

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD August 31, 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	\$1,679	\$0	\$4,894	\$0	\$6,572

YTD Use of Funds	(\$923)	\$0	(\$7,575)	\$0	(\$8,499)
Ending Balance	\$5,263	\$0	\$1,250	\$0	\$6,513
<p style="text-align: center;">Greater Seattle Intergroup Standing Committee Expenditures Against Budgets YTD August 31, 2020</p>					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$67	\$201	\$508	\$151	\$926
Budget to Date	\$240	\$1,200	\$1,000	\$1,200	\$3,640
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.

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



With love and gratitude,
Aaron C.

Accessibility (Laurel W.)

September 15, 2020

Dear Intergroup members,

The purpose of my report to tonight is to ask for a consistent budget for the Accessibility committee. I'm asking for the rest of 2020 as well as 2021. Currently we have two funding sources: the "blue" can which pays for interpreters at AA meetings, AA business meetings, Deaf guest speaker at a AA meeting. It does not pay for the costs of interpreters for the Intergroup Board meetings. It does not pay for Area functions. The second fund is the Standing committee fund, which pays for pamphlets, mailings, for interpreters at the Committee meetings, and interpreters for outreach activities (for example, I went to a District meeting to explain the need for ASL funds for the blue can. I also went to a group business meeting to ask if the group could contribute to some of the costs of interpretation)

Let me first share my experience when I was new, December of 1986. There were no interpreted meetings, and I had no idea who to contact for approaching that group to consider having an interpreter and pay for it. Imagine if you will, you're new, and you approach a group and was told to come to the business meeting next month and bring your request to have access to a meeting. That was my experience. After a couple of years, there were about five meetings a month: four were four different meetings once a month. For example the last Saturday would be Meeting A, and on the third Wednesday was Meeting B, and the second Sunday was Meeting C, etc. One meeting was interpreted every Monday. However, when contributions were low, the first "cut" was ASL. So, all of a sudden I lost my home group, but there were no other interpreted meetings to go to. No home group, no fellowship, no sponsor, that's not RECOVERY. Fortunately for me, around my 5th year and to today I have a home group, called Abigail's Ghost, which is interpreted two-three times a week. That's when my REAL recovery began. I do service, secretary, I was a GSR, and a DCM. However, some Deaf could not make it to downtown at 7 am., and wanted to attend meetings nearer South Seattle. It was another experience or having to wait a month before "maybe" a group conscience was made to have an interpreted once or twice a month. This was the reason some members sought to set up an Accessibility committee within

Intergroup. Initially, the Accessibility group member would approach a group (that the Deaf person requested) at the business meeting and explained about IG Accessibility and that the committee would pay 50% and the group pay 50%. For six months. The challenge was that after six months, the group still could not pay for 100%, so that group was no longer interpreted. Again, loss of a home group.

Today the Accessibility fund is designed so that meetings can continue to be interpreted, regardless of how much the Group can afford it or not afford it. A Deaf person contacts us and is interested in a meeting near his/her home. We schedule an interpreter as soon as possible and tell the interpreter to invoice the Accessibility committee. Deaf Alcoholics are asked to be a Speaker at a speaker meeting, and he does not have to answer with, "yes I'd be honored to, and I'll need an interpreter, and can the group pay for it?" This often would be met with, "uh..I'd have to bring that up at the next business meeting which is in two months, and I was hoping you could be the speaker for next week." Now, a Deaf alcoholics can just say, "I'd be honored to speak." The ASL committee schedules an interpreter, and the interpreter sends his/her invoice to Intergroup. The fund covers AA business meetings, and occasionally an AA convention. (Most conventions do not provide interpreters for the wonderful workshops, only the main speaker).

The success of having access to AA meetings depends on contributions from AA members, Districts, Groups, any AA entity. It also depends on the funds being steady. The Corona Virus this year brought about Zoom meetings. In March, we provided interpreters for Zoom meetings for every day, because Deaf Alcoholics from all over the U.S.A. were attending our Seattle based Zoom meetings. Today, we had ten Deaf alcoholics join our meeting. They were from Atlanta, New York, Wisconsin, San Diego, Minnesota, Arizona and Texas. Many of these Deaf alcoholics have no interpreted meetings in their community. The Deaf community expressed such gratitude, because for the first time ever (myself included) we had a meeting every day! We could do the 90 in 90! We had about \$4,000.00 (donations are made largely from individuals or Districts) and Seattle AA became a model of accessible meetings for Deaf alcoholics. We expected that the face to face meetings would occur by April. In the beginning of May, Lara from the office informed me that the ASL funds were getting low. That meant we had to discontinue providing interpreters for some of the meetings. I made an appeal to three Districts (one was based in Portland) and raised another \$3500.00. Now that is almost gone and the fear arises, will we have to cut back on meetings again? This year, we've spent \$7500.00 to carry the message to Deaf Alcoholics. There have been little or no contributions made during this pandemic. That means cutting back or discontinuing some meetings again.

I don't have specific numbers in front of me but the amount we spent this year so far is double what we spent last year. But as long as we have Zoom meetings, we will continue to need about \$7500 per year for ASL interpreting. Instead of these ups and downs in funds, I propose we have a steady budget to alleviate fears that the meeting will stop being accessible because donations are low. Our primary purpose to carry the message, and hearing AA members need interpreters to share their strength and hope to us.

When we return to the rooms, there still will be a need for the funds to be steady (aka a line item) so that we can continue to assist the Deaf newcomer to just show up at a meeting, try it out, try different meetings. So that if a Deaf alcoholic is asked to share or be a Speaker at your meeting, the committee can schedule and pay the interpreter. If later a group decides to help out, they can contribute to the committee ASL fund. It is hard to predict how much we are going to need for 2021 when we return to rooms. It is hard to predict how many new alcoholics will show up. If other committees, such as Public information, and Cooperation with Professionals inform the public and professionals about interpreted meetings, we may see more showing up. Getting the word out to the Deaf community is also the challenge.

I propose that Intergroup support the rest of this year for \$3,000.00 to get us through 2020. The Standing committee will be paying for committee meetings approximately \$180 to \$300 for the remainder of this year. There will be Zoom Gratitude dinners, We have requests to have interpreters at a few other meetings but no funds to cover it. I propose that Intergroup have a \$7500.00 budget for 2021. It is a free and grateful feeling when I can say to the Deaf newcomer: absolutely, if you would like to attend this specific meetings and try out several meetings, yes, we can help you. We will match you with the interpreter that is qualified and you do not have to worry about who's going to pay for it. And we can help you teach the group how to be "Deaf friendly." That is recovery.

Gratefully yours,
Laurel W.

Archives Committee (Teresa S.):

Archives Report for September 15: 1. Attended Area 72 Archives Quarterly via Zoom. Lots of good information but they are not actually getting together at the Archives repository at this time. 2. Acquired a copy for GSIG Archives of the September 19, 1964 edition of Saturday Evening Post that contains an article entitled "Down with AA" by Dr. Arthur H. Cain wherein he contends "Alcoholics Can Be Cured – Despite AA." He says AA" has become a dogmatic cult that blocks medical progress and hampers many members' lives." (NOTE: This was written 56 years ago.) This goes in the "Non AA" section of our archives collection.

Corrections Committee (Tammi B.)

Nothing to report.

CPC/PI Committee (Jennifer S.)

PI/CPC Report for September Intergroup Board Meeting

The PI/CPC Committee met on Saturday, August 15th via Zoom. District 24 held an informational panel for Clergy via Zoom on Monday, September 14th. I am grateful to have been able to participate in the event and again enjoyed the opportunity to present information and discuss how we can expand and strengthen our relationship with members of the clergy. If your District would like to hold a panel for clergy, we are happy to share our format and help out in any way we can.

Our committee voted to contribute \$250 toward some radio spots put together by District 32 that are currently running on 950 AM KJR Sports Radio.. The ads run from September 7th to September 27th. The ads are 30 seconds long and give the Intergroup Contact number and website. I have an audio file of the ad as well as the schedule for when it runs if anyone would like that information.

Our next Area Quarterly will be held on Saturday, November 14th from 10:00am-3:00pm and all are welcome to attend. It is scheduled to be hosted by Pierce County on Zoom this year.

As always, I invite you all to our next meeting of the Outreach Committee this Saturday, September 19th at 10:00am. If you know anyone interested in being of service or in need of outreach services, please have them email outreach@seattleaa.org.

Jennifer S

Newsletter (John P.):

Nothing to report.

Hospitals & Treatment Committee (Erin G.):

Many facilities are still closed to outside visitors.

Lakeside Milam has a panel going in Friday nights.

SeaMar has a Zoom panel that goes in weekly.

Salvation Army in Seattle and Tukwila is taking panels in organized by a couple specific groups. Service is still being done in treatment centers in a limited capacity.

Elections for a new Hospital and Treatment Chair are coming up in December. Would love to have interested parties attend our H&T meetings the first Saturday of the month!

Office Committee (Richard I.):

1. August Financial status

Financial status is good. Treasurer will cover with the Board at the Board Meeting.

2. 2021 Budget Status

- Open hours and staffing assumptions update

Mike distributed a “run-rate” annualized budget draft starting-point model for 2021 planning purposes. He also distributed a list of the assumptions for 2020. Allison, Lara and the Finance Committee can use these to come up with assumptions and early draft numbers to present in October to the Board for consideration. The budget will be evaluated and discussed in November with approval in December.

3. Office Admin Issues:

- Use of the office space by others - How is it going?

It's going well. Some groups are using the space.

- Open hours for the rest of 2020

Lara would like to increase her work hours to about 25 hours per week. She proposed increasing the open hours, to 4 pm. So Intergroup will be open from 10 – 4 pm on Wed – Fri and open from 10 – 2 on Saturday. This 22 hours plus an added 2 to 3 hours for analysis/projects/other admin will make up the 25 hours. The Office Committee approved this change.

- Hiring an Assistant for Lara

Lara thinks that a reasonable staffing arrangement would be:

Office Manager: Tuesday – Friday total 32 hours

Assistant Off Mgr.: Friday – Saturday 12 hours

This would entail having the office be adjusting our open hours. (This is just an initial idea for further discussion part of the 2021 budget assumptions.

4. PPP loan - any change?

Status is the same as last month. As soon as the Bank has the info and the OK's from the Federal government that it needs, they it will invite us to apply for forgiveness.

5. Other

a. GSIG survey. – the group provided Lara with some feedback for a survey of the Board that the 2020 Committee wants to undertake. Lara will send the survey to the Board distribution list and some others.

b. Purchase of “fancy” coins – Lara requested an OK to purchase and sell Tri-color medallions as an added inventory item. AA members often ask for these and she believes it would be helpful to them and profitable for GSIG to sell them. The Office Committee gave the go ahead for this. Lara will use her own discretion to decide the volume and mix of coins by year but only ONE tri-color will be stocked and sold for now.

Office Manager (Lara R.):

I am gratefully submitting this report as Office Manager for September 2020

Inventory on hand is sufficient. We have put in a pre-order for Our Stories Disclose III to aid in the printing of that publication.

- We have procured bi-plate annual coins 1 through 55 years. Available immediately.
- I attended the Corrections monthly meeting this week and we are planning to purchase Big Books to send into the facilities to get books into the hands of those that want/need them in spite of the restrictions of being able to connect personally with those currently incarcerated.

Financial: I will be working with Allison this month to prepare a draft budget for the next Board meeting for final approval at the Assembly in December.

Organizational Processes: We have implemented a weekly news blast and have been receiving good responses from this. Please let me know if there is anything that you would like to see highlighted in these newsletters.

- Saturdays in September BBQ's are happening. We are adhering to recommended restrictions per King County COVID guidelines. Come and grab a socially distanced burger and bag of chips!
- Birthday Coin/card purchase is available online now. The page is live and ready for you to send coins to your sponsors, sponsees and/or friends. For only \$5 we will send a brass coin and birthday card anywhere in the U.S.
- We have put together a brief survey to get some feedback for our 20/20 Committee and the Office. We will be circulating this survey to our roster and will be including it in all of the usual places, the website, newsletters and our Facebook Group.
- Starting this week our office will be open from 10am to 4pm Wednesday through Friday and 10am to 2pm on Saturday.
- Beginning next month we will be hosting a Tradition Study on the 2nd Saturday of every month at 10am. These workshops will be facilitated by different groups each month. Starting on October 10th Principles Before Personalities will be the facilitator for Tradition 10. Info is online and this event will be occurring via zoom.
- 2020 Conference reports are in and ready for distribution. If your District or group is slated to pick these up from our office-they are available now.

Respectfully submitted, Lara R. lara@seattleaa.org

Night Watch Coordinator (Pete K.):

Nothing to report.

Special Events Committee (Allan C.):

Nothing to report.

Finance Committee (Jeff U.):

GSIG Finance Committee Meeting Minutes

Sept 13, 2020, 3:00PM

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

- Review of August financials.
- Discussion of Finance Committee recommendation on purchase of CDs for prudent reserve funds versus other options. Committee voted to recommend placing 80% of GSIG prudent reserve in CDs and 20% in a dedicated savings account, so as to be more easily and quickly accessible to staff in the event of emergency need.
- Discussion of Finance Committee recommendation on zero-sum budgeting versus actual budgeting. Committee voted to recommend that Treasurer and Office Manager prepare a “zero-sum” budget for initial review by Finance and Office committees, and that the question of budget formats could be re-visited after review of the budget by those committees.
- Update on Sustainer's program. Publication of a web Sustainer's page is proceeding. Jeff completed a design and text draft. Lee and Dan are working on the web page and when they are finished will present draft page. The FC review and with any modification go live. FC and other GSIG persons can then go to groups to put link in chat on Zoom meetings.
- Quarterly reconciliation process update - Jeff has completed the process for Q2 and has written up a guide for how to do this in the future. Transitioning the process to any new person will best be done by teaching them in person.
- It was agreed that Jeff would obtain data on individual one-time and recurring web donations and make it available to the Finance Committee and a summary to the Board on a monthly basis going forward. Will need a current Stripe login from Lara.
- Meeting adjourned at 3:50PM

Web & Technology Committee (Dan G.):

Nothing to report.

Third Legacy (James R.):

Nothing to report.

District 42 (Mikey C.)

Zone Rep Report September zone 142

It is with great pleasure to submit this report for district 42 zone 142:

We had a great turn out at the district 42 meeting on zoom! Excitement was building because of our elections are happening tonight for our next rotation starting in 2021.

We had a special guest live from "big sky" country with our own (Area 72 Alt delegate) Geene and with the magic of zoom helped facilitate our elections.

It was great to watch Geene our Area 72 Alternate Delegate into action with all her wisdom and knowledge to help facilitate a smooth election.

Congratulations to all who filled new positions and/or the chairs who just like what they are doing so much that they stayed for another rotation! Thank you: Sarah M. DCM, Aarin R. Alt DCM, Todd F. Treasurer, Jack S. Corrections, Julie A. Gv/Lit, Teri H Treatment.

Much of the ladies in our group were excited to support an On-line (womens only) Seattle temple recovery center meeting based in San Francisco. By coincidence or not this is where some of the ladies were transferred too when the center closed in Greenwood.

7pm Fridays id# 794 309 267 p/w 018615

There are still several open positions; Secretary, Accessibilities, Archives, PI/CPC, 3rd Legacy and Web&Tech.

So please drop in at to our next meeting and see how District 42 operates.

2nd Thursday every month at 7 – 8:30pm Id# 615 741 319 P/w 836 575

There was much talk about how groups are adjusting to the zoom platform. And with summer almost over groups have been trying different options such as hybrid meetings or just sticking with zoom. Shorter daylight hours and temperature in the evenings are causing groups to adjust hours that are meeting outdoors.

Now that we are adjusting to a new way of getting together it is great that our trusted servants are using the internet to spread meetings that are outside and inside. Please

be respectful things do happen and places and times do change but please use the resources available to us! seattleaa.org is a great resource!

Next up at district 42 is that we are all getting our groups to prepare for the upcoming assembly with a lot of “first” that are happening; such as being on zoom. Another interesting fact there is no motions (at this time) and just the fact that we are getting together in such abundance we be a great experience. Rotations are happening for the Area 72 level and at Seattle intergroup. So plenty of opportunities to climb up the triangle and to be of service.

Tech 12 is putting on two training sessions to help better prepare us all for our Zoom assembly. PLEASE share this with all who plan on attending the assembly.

Sunday, 9/20 @ 10am PST

Monday 9/21 @ 6pm PST

Training Sessions are *estimated* to be 1-1.5 hours.

Meeting ID: 986 5945 3378

Passcode: 977787

<https://zoom.us/j/98659453378?pwd=cVI0TktOMFk2UGI6ZEhscVNXSUdxZz09>

Makin' it work

Mikey C Zone 142

Next GSIG Board meeting: October 20th, 2020 at 7 PM on Zoom. Meeting ID: 918 5437 5402
Password: 035194

The section below shows proposed changes to the bylaws that will be voted on at the Fall Assembly scheduled for Dec. 15, 2020 on Zoom.com. To view a current copy of our bylaws and a document that tracks all of the changes, please visit our website (seattleaa.org).



GREATER SEATTLE INTERGROUP ASSOCIATION

SECTION 4

BY-LAWS MANUAL

BYLAWS OF THE GREATER SEATTLE INTERGROUP ASSOCIATION OF ALCOHOLICS ANONYMOUS

Adopted XXX

Note these Bylaws are contained as part of the Intergroup Policies and Procedures Manual and some of the sections may also refer to the Policies and Procedures. The Policies and Procedures for the operations of the Intergroup Office may periodically change at the discretion of the Office Committee.

ARTICLE I – OBJECTIVES

The Greater Seattle Intergroup Association of Alcoholics Anonymous, Inc. (hereinafter referred to as “Intergroup”), exists to aid the AA groups it serves in their common purpose of carrying the message to the alcoholic who still suffers. To support that purpose, Intergroup maintains an office, website and telephone system. Intergroup produces and distributes a newsletter and meeting schedule and distributes A.A.W.S. literature. Intergroup staff of both paid employees and volunteers, respond to inquiries from the public and from the fellowship.

ARTICLE II – MEMBERSHIP

- A. The geographic area served by Intergroup is represented by the map as published on the Intergroup website. This area on the map is further sub-divided into regions that are in aligned with Western Washington Area 72 (WWA 72) geographic Districts.
- B. The membership of Intergroup consists of all groups within the geographic map as published on the Intergroup website and who demonstrated a desire to participate by maintaining current group information form with the Intergroup office.

ARTICLE III – DISTRICT REPRESENTATIVES

- A. A District Representative is any person that is elected by the District that is within the area served by Intergroup and as included on the geographic map published on the Intergroup website. Districts may elect a District Representative to attend Intergroup Board meetings. District Representatives are in general elected for a period of two years and receive guidance and instructions from the groups in the Districts they serve. They attend the Board meetings and Assemblies and are eligible to vote at both. They serve to facilitate the sharing of information to and from Groups and Intergroup. If a District Representative or their alternate is not present at a Board meeting, then a Group Representative from that District may vote at that Board meeting.
- B. For clarification AA Fellowship halls that are within the geographic area served by Intergroup and who chose to participate may elect one representative for each hall that will serve as their District Representative if the hall is not already represented by a representative from the District they are within.

ARTICLE IV – GROUP REPRESENTATIVES

- A. A Group Representative is any person that is elected by an AA group that is a member of Intergroup. Although they are not eligible to vote at Intergroup Board meetings, they are welcome to attend. Group Representatives represent their group and may vote at an Intergroup Assembly, which are in general scheduled twice per year in the Fall and Spring. Each AA group may only have one Group Representative that is eligible to vote at each Assembly.

ARTICLE V – BOARD OF TRUSTEES

- A. The Board of Trustees, hereinafter referred to as the “Intergroup Board” or “Board”, consists of the elected District Representatives, and the following Intergroup Officers:
 - 1. Chair;
 - 2. Vice Chair;
 - 3. Treasurer;
 - 4. Recording Secretary; and
 - 5. Chair Emeritus.
- B. The above Officers shall also have a vote at the Board but shall not be included in the quorum requirement.
- C. With the exception of the Chair Emeritus, the Officers are elected trusted servants, being elected in December of even-numbered years and serving two-year terms starting the following January.
- D. The Chair automatically becomes the Chair Emeritus upon completion of their term of office as Chair. The Chair is an ex officio member of all committees except the Nominating Committee.

ARTICLE VI – INTERGROUP BOARD MEETINGS

The Intergroup Board meets monthly. Greater Seattle Intergroup has no authority on its own account; its authority is derived from the participating groups through their Group and District Representatives who carry the groups’ conscience regarding the operations of Intergroup.

- A. All Board meetings will be conducted in accordance with the Twelve Traditions, the AA Service Manual and the Intergroup Bylaws. Copies of the Twelve Traditions, the AA Service Manual and the Intergroup Bylaws shall be present and available at all Board meetings.
- B. Board meetings will follow the agenda prepared prior to the Board Meeting by the Chair. Any member may request items be added to the agenda by notifying the Chair prior to the day of the Board meeting.
- C. **Quorum Requirement:** District Representatives or their alternates from a majority of the active Districts shall constitute a quorum at any Board meeting and once established, a quorum continues until the end of meeting for which it is established.
- D. An Inactive Districts are those that who have not been represented at three consecutive Board meetings. Active status can be reestablish by attendance at subsequent Board meetings.
- E. Motions presented to the Board shall pass by a simple majority, unless one-third of the Districts represented, and the Officers voting deem it necessary to refer the motion to the groups for further discussion.
- F. The following matters referred to as “Group Conscience Questions” are required to be sent to the Groups that are served by Intergroup to solicit their vote:
 - 1. Amendments to the Intergroup Bylaws (see section that follows)
 - 2. All salary increases exceeding the annual cost of living increase as published by the WA State Department of Labor Statistics.
- G. Group Conscience Questions will be finalized into a clear and concise motion:

1. After a Group Conscience Question is finalized, the Chair 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.
- H. **Intergroup Assemblies:** These shall replace the standard Intergroup Board meetings twice per year in the Fall and in the Spring. The primary difference from a normal Board meeting is that all Group Representatives are eligible to vote.

ARTICLE VII – AMENDMENT OF THE INTERGROUP BYLAWS

- A. Any AA Group may propose an amendment to the Intergroup Bylaws for discussion at any Board meeting as long as they notify the Chair one day prior to the Board meeting to be added to the agenda.
- B. Upon approval of two-thirds of the District Representatives present at the Board meeting, the amendment will be referred to the Groups for review and approval. A two-thirds majority of the Groups casting votes is necessary to amend the Bylaws.
- C. The amendment shall go into effect immediately upon its adoption unless the motion to adopt specifies a time otherwise.

ARTICLE VIII – COMMITTEES

The members of each Intergroup Service Committee shall select their own chairperson. Should they be unable to select a Committee Chair, one will be appointed by the Intergroup Chair, subject to Board approval. All Committee Chairs serve at the pleasure of the committee itself.

A. SERVICE COMMITTEES

The primary purpose of the standing service committees is to coordinate the work of individual AA members and groups in carrying the message of recovery to alcoholics who still suffer.

1. The standing service committees are as follows:
 - a. Accessibility
 - b. Hospitals and Treatment
 - c. Corrections
 - d. Cooperation with the Professional Community (CPC) & Public Information (PI)
2. These committees shall be autonomous but responsible to the Intergroup Board in accordance with our Ninth Tradition. Additional responsibilities and suggested qualifications of the Service Committees are further defined in the Intergroup Policies and Procedures Manual.
3. The Chair of each committee shall be responsible for ensuring the committee is represented and its activities reported at each Board meeting and at other meetings held within the Intergroup area in which representatives of like committees are sharing service experience.

B. INTERGROUP NEWSLETTER COMMITTEE

The Newsletter Committee is responsible for editing, publishing and distributing a monthly newsletter in the Greater Seattle area. Their responsibilities and suggested qualifications are further defined in the Intergroup Policies and Procedures Manual.

C. OFFICE COMMITTEE

The Office Committee shall formulate and oversee the policy for the operation of the Greater Seattle Intergroup Office.

1. The Committee shall set internal policy for the operation of the Intergroup office as further outlined in the Policies and Procedures Manual
2. If the position of Office Manager becomes vacant, the Office Committee shall seek applicants, review resumes, interview candidates and present qualified individuals to the Board for final decision and approval.
3. The Office Manager along with the assistance of the Office Committee shall hire any additional staff as required and this does not require Board approval.
4. The performance of the employees shall be evaluated by the Office Committee on a yearly basis and reported to the Board with recommendations.
5. The Committee shall be represented at all Board meetings and will submit a written report.
6. The Office Committee shall consist of the following members:
 - a. Treasurer
 - b. Two AA members at large who are appointed by the Chair, one each December.
 - c. Two AA members at large selected by the Committee itself, subject to Board approval, one every December.

All of their terms shall be for two (2) years.

D. SPECIAL EVENTS COMMITTEE

This Committee shall coordinate all Intergroup approved special events of a periodic or annual nature. These events may include, but are not limited to, the annual picnic and Intergroup sponsored service workshops or assemblies. Responsibilities and suggested qualification for the Chair of the Committee are further defined in the Intergroup Policies and Procedures Manual.

E. NOMINATING COMMITTEE AND ELECTIONS

1. The District Representatives shall approve the appointment of the members to be on the Nominating Committee. This Committee shall be formed by the August Board meeting in even numbered years.
2. The Nominating Committee shall select and present to the Board resumes of qualified candidates for the following Intergroup Board Positions:
 - a. Chair
 - b. Vice Chair
 - c. Treasurer
 - d. Secretary
3. The Committee shall strive to nominate at least two candidates for each position after contacting the nominees and giving them a copy of the Intergroup Policies and Procedures Manual and determining their willingness to serve. Additional

nominations may come from the floor nominations may be made by those in attendance at the Fall Assembly.

4. Candidates nominated by the Committee shall be published in the Intergroup newsletter prior to the Fall Assembly, including their name, sobriety date and Home Group.
5. Candidates shall give a brief history of their service experience and qualifications at the subsequent Intergroup Fall Assembly. Any candidate not present at that Board meeting shall be considered to have withdrawn.
6. A candidate shall be considered elected upon receiving two-third of the votes cast; elections shall be conducted in accordance with the Third Legacy Procedures as defined in the AA Service Manual.
7. Should a vacancy occur during the term, the Nominating Committee shall inquire with all of the unelected candidates and see if they are still available for service and present those that are willing to hold office at the next Board meeting.

F. OTHER COMMITTEES

1. Finance Committee
2. Archives
3. Third Legacy

In addition, the Board may from time to time create other Ad Hoc committees which the Board believes further the objectives of Intergroup. Ad hoc committee member are appointed by the Intergroup Chair. Ad hoc committees are formed for a specific stated purpose. These committees disband when their stated purpose has been completed.

ARTICLE IX – FINANCIAL MATTERS

- A. Intergroup shall produce monthly financial statements that are published in the newsletter and that are presented at any Board meetings or Assemblies.
- B. An annual proposed operating budget for the next Fiscal Year should be submitted by the October Board meeting and in general this proposed budget would be discussed and voted on at the Fall Assembly.
- C. The Intergroup Chair shall appoint an Ad Hoc Committee of a minimum of three AA members to assist in reviewing the Intergroup annual financial statements. It will be the job of the Ad Hoc Committee to review the detailed financial information to help ensure the assure accuracy of financial statements. In addition, the Ad Hoc committee will provide a written report of their findings and any suggestions on improvement of financial controls and processes.
- D. Intergroup shall maintain if possible a Prudent Reserve, that is set aside to cover any emergency contingencies and should be equal to the average of three (3) months Intergroup operating expenses.
- E. All moneys accumulated from group contributions, sale of books and literature or any other AA source shall be maintained in a bank available for disbursement for paying the corporation's obligations.

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 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) www.seattleaa.org

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

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

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