



# The High & Dry

September 2020



## SEPTEMBER IN OUR HISTORY

### Sept 1

1939 – First AA group founded in Chicago.

### Sept 11

2001 – 30 Vesey St, NYC. AA's first office is destroyed during World Trade Center attack.

### Sept 12

1942 – U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.

### Sept 13

1937 – Florence R, first female in AA in NY.

### Sept 13

1941 – WHJP in Jacksonville, FL airs Spotlight on AA.

**Sept 17**

1954 – Bill D, AA #3 dies.

**Sept 18**

1947 – Dallas Central Office opens its doors.

**Sept 19**

1965 – The Saturday Evening Post publishes “Alcoholics Can Be Cured Despite AA”

**Sept 19**

1975 – Jack Alexander, author of original Saturday Evening Post article, dies.

**Sept 21**

1938 – Bill W. & Hank P. form Works Publishing Co.

**Sept 24**

1940 – Bill 12th steps Bobbie V., who later replaced Ruth Hock as his secretary in NY.

**Sept 30**

1939 – article in Liberty magazine, “Alcoholics and God” by Morris Markey.

## **FUTURE TRIPPING**

**SEPTEMBER**

5-6 5th Annual (Virtual) Unity and Service Conference 9 a.m. - 6 p.m.

13 Burien Little Assembly Planning Committee 10 a.m. - 12 p.m.

**OCTOBER**

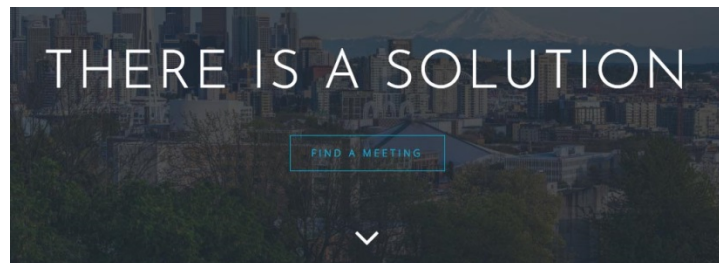
2-4 Area 72 Assembly 2020 8 a.m. - 5 p.m.

**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](http://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. and Joe M.
THURSDAY	Al C.
Friday	Brandon, Jon C. and Dillon
Saturday	Clay S. and Dan G.

### **Main office hours**

Until further notice, the GSIG 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!!

Harriet T.	Mt. St. Vincent	58 years
Charles B.		13 years
Stephan M.		34 years (8/1986)
Ralph B.	Empire Way	64 years
Katherine Y.	Lucky Ladies	7 years (8/2013)
Shari S	Empire Way	40 years (6/1980)

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 — SEPTEMBER 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 NINE: Made direct amends wherever possible, except when to do so would injure them or others.**

By Peeps

Like many A.A. members, I was extremely fearful when I began Step Nine.

Yes, I'd completed the first eight Steps, and my sponsor assured me repeatedly that I was ready, but I was still worried about how my amends would be received by the people I had harmed, especially close family members.

Like a beginning swimmer being asked to dive into the deep end of a pool for the first time, I was uptight about exercising the faith needed to commence taking the required action needed to complete this vital Step.

Not all amends are equally important, some are clearly easier to undertake than others. My sponsor helped me prioritize my amends list. We decided to start with the ones I thought would be easier, the ones that didn't cause me to lose sleep when I contemplated contacting the people I'd harmed.

For the amends I deemed most important, and therefore the most challenging, to my closest family members — my mom, my sister, my soon to be ex-wife and my son, the people I hurt most deeply and most often, I actually rehearsed exactly what I wanted to say to them with my sponsor.

It took many weeks to prepare. It was important to take the time needed. My sponsor and other experienced A.A. members reminded me that we need to "practice" the Steps. Every single day. They don't come naturally for addicts like me.

My sponsor even made suggestions about how I might respond when people expressed how my actions had hurt them (and how I could begin to make things right going forward). He stressed the importance of speaking honestly and listening carefully with an open mind.

I didn't read from a script when I met them, and my palms were sweaty, but it was comforting to have a detailed plan. And the experience I gained from by doing the easier ones first helped me start conversations that scared me.

All of my amends, especially the ones I dreaded most, went far better than I anticipated, especially the one with my son. No combination of drink or drug ever made me feel as joyous and hopeful as I felt when I completed my list. Not to overstate it, but I felt the presence of my Higher Power when my son and I hugged when we finished.

One of the biggest takeaways I received from competing Step Nine was learning that everything I want is on the other side of fear.

## **TRADITION NINE: Just How Organized Should AA Be?**

By Julie P.

Well which is it? A.A. ought never be organized? Or we may create service boards or committees directly responsible to those they serve – which sounds pretty darned organized to me! The Twelve Traditions Illustrated states, “from coffee brewers to trustees of the General Service Board,” some organization is needed if A.A. is to be effective in helping the still suffering alcoholic. If a group chooses to serve coffee, have literature available – even have their meeting start at a certain time and follow a format decided upon by the group – we need to be organized enough to set a time to discuss and vote on how our group will function.

Beyond the group level, A.A. is an organization made up of well over two million members according to a 2016 A.A. press release, with groups in 181 countries around the world. Into what languages should the Big Book be translated? And what about other new literature? Some believe it's time for a new edition of the Big Book to reflect the growing diversity of our members, while others among us feel the edition we have works fine. These decisions about AA as a whole and how best to reach the still suffering alcoholic cannot be made without some amount of organization. Being unique in that our members and groups are at the top of the organizational chart, with GSR's linking us to our local districts and areas, and area delegates carrying the will of our local groups and members to the General Service Conference, AA is the closest thing to a democracy that will likely be seen in our world in our lifetime. Although Tradition Two tells us our leaders are trusted servants and Tradition Nine says they're responsible to those they serve, this all requires some amount of organization; times set aside for members to be informed of concerns within AA as a whole, to discuss and form a group conscience which will then be trusted to our leaders to carry out.

In the August 1948 Grapevine, Bill W. explains that groups electing secretaries, areas setting up intergroups, regional assemblies – are all in service to A.A. Making sure we are there for the still suffering alcoholic does not happen “just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed. *But by none of these special services has our spiritual or social activity, the great current of A.A., ever been really organized*

*or professionalized...While important, these service activities are small by contrast with our main effort.”*

So we organize to make the hand of A.A. available to the still suffering alcoholic, to make it possible for our members to carry the A.A. message whether that happens in our home group meetings or by taking panels into treatment and correctional facilities, or by arranging speakers for zoom meetings attended by members from around the world. The Foreword to the Third Edition of our book *Alcoholics Anonymous* reminds us that “Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience strength and hope.” We need JUST enough organization to ensure that those two alcoholics have the opportunity to meet. THAT is precisely how organized A.A. ought to be.

## CONCEPT NINE

By Will L. (Area 72 Young Peoples Chair)

*Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.*

Many of the traditions allude to the fact that AA remain as simple and traditional as possible to avoid making mistakes and uncomplicated. Leadership is essential, so some questions to consider include:

- What does leadership look like when ultimate authority lies in the group conscience?
- How do we select “good leaders” when we have the least possible organization?
- How do we avoid falling in the trap that other fellowships and groups have struggled with like personalities over principles?
- How does a “leader” lead when they have “no real authority”?

These questions continue to pervade the fellowship especially as we face new and unexpected challenges both within the fellowship and from the outside.

Our fellowship’s service structure has always been viewed as an inverted triangle with the groups at the top funneling down to the General Service Office and General Service Board. It makes sense that the importance of leaders starts with the groups and the members whom we entrust in our service positions. At the core of this, is trust in the group conscience, while setting up the new group member for success. Whether it is the coffee maker, “butt ranger”, the GSR or secretary; sharing the experience of what worked before and best practices for the job at hand can be helpful in transitioning. The guidance from others, like our twelfth step indicates, and our

principles emphasize that one alcoholic talking to another becomes important as we move down the service triangle. This can be accomplished through the sharing of experience, strength, and hope, service sponsorship and discussion on the important issues that the fellowship faces.

Our history both locally and globally contains many examples of strong leadership and devoted servants who paved the way for past, present, and future alcoholics. Our founders had the foresight to expand and adjust the Traditions and Concepts for the program to reach and connect with as many people as possible. This is reflected in the creation of the trustee's board and . Our local groups and AA based organizations have needed to adjust and had steady and timely leadership to continue to be an effective recovery community. In these challenging times, I have watched many of our local servants adapt and become leaders for not only our community but in this increasingly expanding world as well. One common theme between all AA leadership roles is that the trusted servants respect and adhere to the group conscience that our literature talks about. Our process offers a checks and balances system that prevents personalities and cult mindset from taking over. While the process can often be slow, it is as democratic as possible and has allowed the fellowship to grow and evolve over time.

From personal experience I have been lucky to be supported and sustained by many leaders within this program. Coming in at a young age, I looked up to many members my age and up to show me the path they followed. Entering the General Service structure in my second year, I was befriended by the Area 70 (Vermont) delegate, who inspired me to get involved. Unfortunately, he was fighting liver complications from past use and I got to witness his grace in facing a terminal illness while also serving the Area. Before moving to Seattle, I saw him one last time and despite being in poor health he remained an encouraging light and reminded me to continue to reach out to the next alcoholic. My sobriety has been flush with moments like this which has allowed me to learn, grow, and be inspired to continue the work of those who came before. These are the leaders that continue to carry the message and impact our fellowship and make this program successful.

During these complicated times, we have witnessed more change and adaptation within the fellowship -- having to work through the issues of being online and adjusting to the new normal, including:

- Maintaining forums to connect AA members
- Creating online security guides
- Updating websites
- Keeping track of information,
- Discovering new ways to do service work
- Continuing to connect with AA members.



New leaders have arisen as we have become truly modern to modern. These new leaders can continue to carry the message and more will arise as our fellowship evolves. As we move through this new era in the world in and in our fellowship, I will leave this as a reminder:

*“While this article was first thought of in connection with our world-service leadership, it is quite possible that many of its suggestions can be useful to everyone who takes an active part in our Society. Nowhere could this be more true than in the area of Twelfth Step work itself—something at which nearly all of us most eagerly work.” - Bill W. (AA Grapevine April 1959)*

## **SERVING ALL ALCOHOLICS: MAKING THE AA MESSAGE ACCESSIBLE**

By Laurel W.

The first section of this article are copied sections from the GSO Pamphlet “Serving all Alcoholics: Making the AA message accessible.” The second section describes what Greater Seattle Intergroup Accessibility Committee is doing to make the AA message accessible, and we could use your help!

### **From GSO Pamphlet SERVING ALL ALCOHOLICS; Making the AA message accessible**

While there are no special alcoholics, there are alcoholics who experience access barriers to receiving the A.A. message. For some, a six-inch step can be an insurmountable obstacle. A locked access door, blocked ramp or parking problem can make it impossible to get to a meeting. Some members are ill, homebound or living in retirement or convalescent homes; others have hearing or vision loss, learning, reading or information-processing challenges; and still others are elderly, use wheelchairs or canes, or have other mobility concerns. Literature may be hard to understand. Childcare issues may make it impossible to attend regular meetings. Remote geography or cultural differences may hinder contact with other members. A local intergroup/central office can often provide information about the accessibility of meetings, and whether organized Accessibility efforts exist in particular areas. This information is often made available through local meeting lists and events flyers. When preparing these listings, it can be helpful to use appropriate symbols and to include a name and number to contact for additional accessibility information. If we can do a better job of reaching out to alcoholics who face access barriers in receiving the A.A. message, we help them to carry the message to other alcoholics they may already know or will come into contact with, providing a powerful example that it's possible to achieve sobriety despite perceived barriers. Available for Accessibilities Committees: •

Accessibilities Kit — a three-ring binder with material to help A.A. members and committees carry A.A.'s message of recovery to those with accessibility challenges. See complete kit contents on [www.aa.org](http://www.aa.org). • Accessibilities Workbook — A booklet with information on forming Accessibilities Committees, presentations to professionals and working with American Sign Language (ASL) interpreters.

**Accessibilities Committees** and local service offices often maintain lists of qualified interpreters available for hire who are willing and able to sign for A.A. meetings and events. Providing a signer takes money, and if the group cannot afford the cost, there are other sources of help. Some local intergroup/central offices have provided resources in their annual budgets for helping groups hire interpreters, and some area committees have set up special funds. Some agencies provide interpreters for people who are Deaf, or the alcoholic may bring his or her own interpreter to a meeting. It is important, however, not to let fears about money become the focus. **Our primary purpose is to carry the message and, as the A.A. Responsibility Declaration indicates, “When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.” And for that, each one of us is responsible.**

It is important also to invite Deaf and Hard-of-Hearing members to participate in every aspect of service within the group or at an A.A. event. Communication works both ways, and groups can ask Deaf members if they would like to give A.A. talks, with the interpreter switching gears and translating for the benefit of hearing members.

### **GSIG Accessibility Committee**

The GSIG has an Accessibility Committee, which started six plus years ago. We have been a resource for people needing access to meetings in the Greater Seattle area. The committee has an interpreter coordinator who schedules interpreters for AA meetings or District meetings that Deaf people choose to attend. We have an ASL fund account which can accept donations to pay for ASL interpreted meetings. During this pandemic, we were the first in the country to make four meetings a week interpreted in ASL via Zoom. We’ve been able to serve Deaf alcoholics from all over the country. Many of our out of state Deaf AA visitors have no interpreted meetings in their community. The ASL fund almost ran out of money, but with generous donations from District 41, District 17, and the Portland Access committee, we are able to continue paying for qualified interpreters for the rest of the summer. In addition, some groups have started to pay for the interpreters. (Abigail’s Ghost and On the Waterfront) during this pandemic. The GSIG Accessibility Committee also recently addressed the issue of access to those who do not have Internet and thus are not able to access Zoom meetings or do not know how.

### **How you can be of service:**

The GSIG Accessibility Committee needs new members to serve. Some of us have been on the committee since the beginning. We have monthly Zoom meetings on the first Wednesday of each month at 6 p.m. We also need continued donations to the ASL fund to facilitate access to meeting, business meetings and Districts. For Zoom information, contact the [Seattleaa.org](http://Seattleaa.org) website. For ASL donations, you can do it online at [Seattleaa.org](http://Seattleaa.org), click on “contributions” and then click on “blue can (ASL)” You can also send a check to GSIG and in memo line, indicate “ASL” (American Sign Language)

For more information you can email: [accessibility@seattleaa.org](mailto:accessibility@seattleaa.org)

# **Greater Seattle Intergroup Board Meeting Minutes August 18, 2020**

Submitted by Aaron C. (Recording  
Secretary)

## **Opening**

The meeting was opened at 7:00 PM.

## **AA birthdays**

Andrea N – 13  
Astri T – 41  
Jeff U – 5  
Lara R – 34

## **Quorum Count**

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

## **Reports**

**Chair (Mike M.):**

Nothing to report.

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

Nothing to report.

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

Nothing to report.

**Treasurer (Allison B.):**

Quick look at July financials (rounded to thousands):

**Group Contributions:** \$7.5K (down \$2K to budget)

**Other Contributions:** \$6K (up \$5K budget!!!!)

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

**Expenses:** \$11K (\$4K under budget)

**Net Income:** \$5.5K

**Cash and CDs:** \$87K

**Earmarked Funds:** \$6.5K

Corrections: \$5K

Accessibility: \$1.5K

**Non-restricted cash:** \$81K

**Summary**

-Thank you to the fellowship for supporting GSIG! Because of you, we are able to continue to provide services such as 24 hour phone answering, are able to have open hours, and are available to sell literature when it is needed.

-In our "other expenses", we see the set up fee for outsourcing our bookkeeping. This is a larger one time fee. In the future, we will just see the monthly fee (\$900).

-Payroll is currently down to budget, as we only have Lara working, rather than two paid staff. We are still considering what staffing will look like going forward.

Below are the descriptions of the two types of budgets that we discussed at last night's board meeting. I did not provide any pros and cons, these are purely descriptions. Let me know if you have any questions!

In either budget option, budget for expenses, literature sales, etc. will be extrapolated from current and last year actuals. It is for the contributions where there are different options.

**Option one: zero-based budget**

This is the type of budget that we had in 2020. The numbers that we see for group contributions are TARGETS rather than PREDICTIONS.

That is to say, \$10K per month is not necessarily what we expect to receive from groups each month. Rather, it is how much we would need in order to break-even for the month.

The group contribution number in this type of budget is a "plug" number that brings the budget to break-even.

For this type of budget, the bottom line is zero. That is, the end of year profit would be budgeted to be zero (or very close.)

### Option two: traditional budget

In this type of budget, the numbers that we see for group contributions are PREDICTIONS for what we actually expect the groups and individuals to contribute based on last year's actuals.

For this type of budget, it is likely that we would end up budgeting for a LOSS for intergroup

GSIG JULY 2020 CONDENSED FINANCIAL REPORT					
CONDENSED PROFIT & LOSS					
Ordinary Income/Expense	Jul 31, 2020	Jul - Budget	YTD Jul - 2020	YTD Budget	Jan-Dec 2019
<b>Income</b>					
<b>Total Retail Sales</b>	1,488	10,224	28,053	71,569	111,268
<b>Total COGS</b>	1,197	6,928	24,042	48,496	78,625
<b>Gross Profit from Retail Sales</b>	291	3,296	4,010	23,073	32,643
<b>Gross Profit %</b>	19.6%	32.2%	14.3%	32.2%	29.3%
<b>Group Contributions</b>	7,500	9,868	74,515	69,079	106,652
<b>Personal and Other Contributions</b>	6,250	948	51,625	6,638	12,523
<b>Meeting Room Rent; Birthday Club</b>	765	649	4,064	4,546	6,748
<b>Special Events Income</b>	1,541	464	1,797	3,245	4,580

<b>Total Items to Cover Fixed Expenses</b>	16,347	15,226	136,012	106,581	163,145
<b>Expense s</b>					
<b>Expenses--Other</b>	2,792	459	12,490	3,211	15,942
<b>Paid Staff</b>	2,195	7,343	40,596	51,404	95,570
<b>Rent and Office</b>	5,933	6,451	47,105	45,156	81,572
<b>Standing Committees</b>	98	795	1,505	5,565	6,611
<b>Total Fixed Expenses</b>	11,017	15,048	101,697	105,336	199,695
<b>Net Ordinary Income (Loss)</b>	5,330	178	34,315	1,245	(36,550)
<b>Net Other Income, Chiefly Interest Income</b>	138	33	630	233	256
<b>Net Income (Loss)</b>	5,468	211	34,945	1,478	(36,294)
	-	(0)	-	0	

## CONDENSED BALANCE SHEET

	<b>Jul 30, 2020</b>	<b>Jun 30, 2020</b>	<b>DEC 31, 2019</b>
<b>ASSETS</b>			
<b>Current Assets</b>			
<b>Checking</b>	55,791	51,292	8,183
<b>CD's--Prudent Reserve *</b>	31,099	30,961	40,482
<b>Accounts Receivable</b>	860	832	
<b>Inventory and Other</b>	35,768	37,115	32,989
<b>Total Current Assets</b>	123,517	120,199	81,654
<b>Total Fixed Assets</b>	2,484	2,484	2,484
<b>TOTAL ASSETS</b>	<b>126,001</b>	<b>122,683</b>	<b>84,138</b>

*Per bylaws, prudent reserve is calculated to be 3x  
\* average monthly expenses, approx. \$46,000.*

## LIABILITIES & EQUITY

### Current Liabilities

<b>Accounts Payable</b>	303	1,472	11,235
-------------------------	-----	-------	--------

<b>Payroll &amp; Sales Tax Liabilities</b>	1,716	1,642	1,905
<b>PPP Loan</b>	18,179	18,179	
<b>Committee Earmarked Funds Total</b>	6,592	7,459	8,439
<b>Total Liabilities</b>	26,790	28,752	21,579
<b>Equity</b>			
<b>3001 · Opening Bal Equity</b>	694	694	694
<b>3101 · Retained Earnings</b>	63,572	63,572	98,158
<b>Net Income</b>	34,945	29,665	(36,293)
<b>Total Equity</b>	99,211	93,932	62,559
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>126,001</b>	<b>122,683</b>	<b>84,138</b>

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD July 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	\$1,653	\$0	\$4,698	\$0	\$6,351
YTD Use of Funds	(923)	\$0	(\$7,275)	\$0	(\$8,199)
Ending Balance	\$5,237	\$0	\$1,354	\$0	\$6,592
Greater Seattle Intergroup					

Standing Committee Expenditures Against Budgets					
YTD July 31, 2020					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$67	\$201	\$378	\$151	\$796
Budget to Date	\$210	\$1,050	\$875	\$1,050	\$3,185
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.)**



Hello everyone, I'm Laurel, alcoholic and Chair of our teeny Accessibility committee. Our August meeting had just 2 of us, myself and Lonny, Secretary.

Two urgent requests: we need new members. And our ASL funds are low again, we need donations to continue ASL interpretation. Currently Accessibility committee pays for interpreters for Duck Island (meets every Monday, this month has five Mondays. Duck Island pays for 2 meetings, Accessibility pays for the other three meetings and the business meeting. It's a home group for three local Deaf alcoholics. The Accessibility ASL fund also pays for PIOs Birthday meetings on the last Sunday of the month. The other needs aren't being met, since our funds are low.

Please spread the word. We meet on Zoom the first Wednesday of the month at 6 pm. The Zoom ID is 975 3066 7849  
password: 061705

Yours in Service,  
Laurel

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

Archives Report for August 18, 2020:

Attended Area 72 Archives Quarterly via Zoom on Aug. 1. They are doing a good job but like us they aren't able to do any work on their collection due to Covid quarantine. Nothing else new to report.

#### **Corrections Committee (Tammi B.)**

Nothing to report.

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

I hope everyone is well!

The PI/CPC Committee met on Zoom last Saturday, August 15th. We discussed the Area 72 Quarterly that took place on Saturday, August 8th. One of the main topics of the Quarterly was reaching out to military personnel including but not limited to chaplains. The Area has been discussing remote communities for the last 3 Quarterlies. We also voted to contribute \$250 toward a fund for a radio ad along with District 32 and a couple of other districts. We are also working on getting involved in the Annual Liver Meeting with a panel of some sort. Two of our members are affiliated with this event and have some connections. This meeting is for people and organizations studying liver disease, mainly physicians:

- o November 13-16

- o Also attended by non-profits doing work related to liver disease

o Normally occurs in Boston but is online this year

Our next Area Quarterly is scheduled for Saturday, November 14th and all are welcome to attend. I would again like to invite you all to attend our monthly committee on the third Saturday of the month, currently on Zoom. The next meeting will be on Saturday, September 19th at 10:00am. We will be looking for members to rotate into Chair, Alt Chair, and Secretary for the next rotation!

**Newsletter (John P.):**

Nothing to report.

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

Nothing to report.

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

Nothing to report.

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

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

Inventory: Inventory on hand is adequate. There has been more sales in the office with the increase in office hours. Groups are getting really creative with how they are presenting literature and coins to new people, it's really great to hear about. If your group or district is doing creative things to distribute coins and literature let me know and I can highlight it in our various forms of communication.

Financial: We have recently made the first two quarters of Group Contributions available for viewing on our website. If there are any discrepancies with your group records please reach out to me and we will investigate. Allison and I will be working together to present a draft budget for the next Board meeting, which ought to be fun since it will be my first one.

**Process and Organization**

Masks are in!! If a group is considering meeting in person or already meeting in person, we can help them do it as safely as possible. We have distributed quite a few already and have plenty to hand out. Please come and get your disposable and reusable/washable masks.

On that note, our Boardroom is available for meetings to be held. Per the King County Phase II guidelines, if an establishment has its own dedicated entrance and bathroom, then the space can operate at 25% capacity. That is approximately 20 people safely

seated in the Boardroom. This can be used temporarily while groups are waiting for their churches or other venues to open back up. Please contact me to make arrangements

We had a good post-inventory discussion. The highlights of the topics discussed were how to increase communication between Intergroup and groups/districts/committees. Part of that discussion was the High and Dry and how to make it more enticing for the fellowship as a vehicle for communicating what is happening at Intergroup. We brainstormed ideas on ways to communicate, via email and possible SMS texting.

One new form of communication that has recently been implemented is a weekly news blast called One Week at a Time. This is intended to highlight the weekly goings on at Intergroup, such as upcoming Committee meetings, special events, etc. If you would like to receive this weekly publication (1-page) please go to our website and sign up! Lee has set up a form to fill out on our website, if members want to receive correspondence weekly. There is also a text message option. Right now this publication is going out to the roster list and the DCM's in our service area. A huge thank you goes out to our Web and Tech Cmte for all of the work they do to make things run smoothly.

The Ice cream social was a success! We raised some money for Intergroup and ate ice cream sundaes. It was a real win-win for all involved. The winning button number was 409. No one has stepped up yet. If after 30 days no one claims the number then we will draw again on September 16th at 4 pm.

There is a new Language Resources option on our website where some Spanish and Deaf AA resources are available. I am working with the Area Language Chair and the Accessibility Cmte to beef up the information as we get it. More is being revealed.

I am working with the Twelve Step Chairperson Desi to create a Twelve Step Workshop in the near future.

Finally, we are getting out office re-keyed, for the first time a quite a while. If your home group has a key and needs a new one for phone answering, or you are a Committee Chair and you need a new key, I have them. Please make arrangements to pick one up or I will mail one to you.

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

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

Night Watch Board Report:  
August 18th, 2020 GSIG Board Meeting

What has been going on this month:

We have had a terribly busy month for Night Watch, and we want to say thank you to every volunteer that is helping the suffering alcoholic. We have also asked Sheree the Friday Night

coordinator to become the new Co-chair of the Night Watch committee she will be using Nightwatch@seattleaa.org and Pete is using the email Pete@Seattleaa.org .

Challenges that we have seen in the committee:

We have been hearing a rumor that we are no longer needing volunteer for Night Watch and we have a full calendar. Let me say that rumor is not correct at all we always are looking for new volunteers. If you know someone that wants to volunteer, you can have them go online and fill out the volunteer form and or Print the volunteer form off the website and send it to GSIG. You can have them go to GSIG and get the volunteer form and fill it out and return it to the office staff. They can also email Nightwatch@seattleaa.org and we will get them connected with the correct person they need to talk with. Please let people know for the September calendar we need of a few people to help cover the empty shifts we have had come open. As we expect people start going back to work and starting to have in person meeting, we are going to need more volunteers to help.

Upcoming events for the Night Watch Committee:

We are looking at the Night Handbook once again to make sur that it falls in line with Tradition and Concepts and GSIG Policy and Procedures. In the Next few months, we will be having a Night Watch Check in meeting and we will let the fellowship know when that has is going to happen.

Thank you for allowing me to be of services,  
Pete K Co-chair for Night Watch at GSIG.

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

Nothing to report.

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

GSIG Finance Committee Meeting Minutes

Ad-hoc replacement meeting for July 2020

July 26, 2020 3:00 PM, via phone conference

In attendance: Committee Chair Jeff U., GSIG Treasurer Allison B, Carl G and Pete K

- Discussed June financial statements which were reviewed at July Board meeting. Confirmed that salaries were high due to pay out of PPP loan funds and catchup payments, July payroll number will come down, Lara will be paid actual hours after July, bookkeeper will not be on salary but will be in a separate budget line.
- Discussed disposition of excess funds in prudent reserve. Agreed to recommend to Office Committee separating reserve funds in dedicated account to clearly show prudent reserve.
- Agreed to recommend to Office Committee not printing any new paper schedules this year, but keeping the schedules we have on hand in case they might be needed.

- Agreed to recommend to Office Committee to try and sell Spanish books and pamphlets in inventory to Spanish Districts and get what we can, but to sell for whatever we have to in order to get them out of inventory.
- Agreed Jeff will write language to give to give to Web & Tech Committee for creation of a Sustainer's informational page.
- Agreed to continue to postpone financial processes review.
- Agreed that Finance Committee will restart the quarterly review reconciliation process for June. Jeff will document the process of what he does and how to do that for future persons doing the reconciliation.
- Agreed to move the regular Finance Committee meeting to 3:00 PM Sundays prior to monthly Board meeting.

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

Verbal Report Given

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

Nothing to report.

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

Elected new Bridging the Gap Chair Jackie D. Need Corrections Chair service opening. The area 72 assembly is available for registration a website "[area72aa.org/2020areaassembly-registration](http://area72aa.org/2020areaassembly-registration)". Must register to get Zoom meeting number to participate. Voted to fund Radio Ad with GSIG. Have service work available to volunteers in Treatment. In person and Zoom meetings . Now available for Sundays at 2pm contact [DavidGAA@protonmail.com](mailto:DavidGAA@protonmail.com). Tabled for next GSR Business meeting. reported by Matt H Zone 132 rep

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

Zone Rep Report 142/42 August

Greetings from District 42/Zone 142

I am grateful to be reporting about a great district i have the pleasure of being of service in!

We had our District meeting on Thursday the 13th of August. I want to thank Aaron C our board secretary for sending out the business bullet points from our last meeting in a post haste fashion. I also want to thank Lara for always being positive at the office and for handing out the face masks for meetings in our district, and her kind words; she will make a great office manager we cannot afford to lose her!

I attended the ice cream social along with a few members of our district on the hottest day of the year and we were treated to root beer floats and sundaes; what a great Sunday ! Your intergroup rep thanks all who bought buttons and who help support the Greater Seattle Intergroup at this fundraiser!

(btw: Keep your buttons there will be another drawing in the next couple months stay tuned for more details.)

Our business meetings are well attended and the focus is now focused on the assembly and the discussion topics. The main goal now is how can we help the next suffering alcoholic with tools of our new platform of communication and use them to the best of their ability. All committee members are stepping up their games and attended the quarterlies, workshops, pre-assemblies and most of them being GSR'S their groups business meetings! Much talk was about the dual meeting concept and can groups survive on both?

Our meeting hall has remained closed and is still uncertain about the timing of opening back up. So all our business meetings are on Zoom.

Thank you for allowing me to be of service.

*Next GSIG Board meeting: September 15th, 2020 at 7 PM on Zoom. Meeting ID: 918 5437 5402*

Password: 035194 **Greater Seattle Intergroup Board Meeting Minutes July 21, 2020**

# 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.**