

The High & Dry

January 2021



JANUARY IN OUR HISTORY

January 1

1948 – First A.A. meeting was held in Japan, English speaking.

January 3

1941 – Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article.

January 8

1938 – New York A.A. split from the Oxford Group.

January 15

1948 – Polk Health Center Alcoholic Clinic for Blacks started operations with 14 willing subjects.

January 17

1919 – 18th amendment, “Prohibition,” became law.

January 21

1951 – A.A. Grapevine published memorial issue on Dr. Bob.

January 23

1961 – Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

January 24

1918 – Bill W. and Lois Burnham were married.

January 25

1915 – Dr. Bob S. married Anne Ripley.

January 26

1971 – New York Times published Bill’s obituary on page 1.

January 27

1971 – Washington Post published an obituary of Bill W.

January 30

1961 – Dr. Carl Jung answers Bill’s letter with “Spiritus Contra Spiritum.”

FUTURE TRIPPING

JANUARY

3 - Service Manual Study 11 am - 12:30 pm

8 - January 2021 Area Business Quarterly - Virtual via Zoom 6:30 pm

9 - January 2021 Area Business Quarterly - Virtual via Zoom 5 pm

9 - Tradition One Study with Skyway Group - 10 am

10 - DCM University Course 101 3pm - 5 pm

16 - Area 72 Treatment Quarterly 9 am - 12 pm

16 - Area 72 Accessibility Quarterly 10:00 am - 1:00 pm

17 - GSR University Course 101 - GSR Overview, Group, District, Events/Calendar 3 pm - 5 pm

20 - GSR University Course 101 - GSR Overview, Group, District, Events/Calendar 6 pm - 8 pm

23 - GSR Overview Course 101 GSR Overview, Group, District, Events/Calendar 9 am -11 am

23 - Area 72 Web Committee 9:30 am - 2 pm

23 - Young Person’s Committee Quarterly 9:30 am - 3 pm

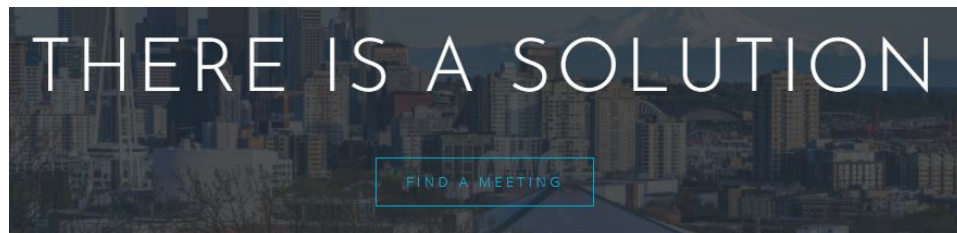
29 - Shasta Winterfest Conference 8 am

31 - Shasta Winterfest Conference 5 pm

JUNE

25-27 Pacific Northwest Conference 2021 8 am - 5 pm

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.



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Thomas H. and Bill S.
TUESDAY	Janny B. and Susan D.
WEDNESDAY	Pam H. and Alexi
THURSDAY	Tammy L. and Janice B.
FRIDAY	Desiree and Brandon K.
SATURDAY	Clay S. and Dan G.

Thanks to the Holiday phone volunteers!

CHRISTMAS EVE	Brandon K., Desiree and Skyway Group
CHRISTMAS DAY	Solid Sobriety

Main office hours

The Office is closed to the public through December due to COVID restrictions. Office will be open for administrative activities. We are still processing literature orders during normal business hours, Wednesday through Saturday 10am to 2 pm.

BIRTHDAY CLUB

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

Janice B.		31 years
Maureen S.	Primary Purpose	16 years
Claudia V.		37 years (12/1983)
Judie K.	Empire Way	50 years
Sheila M.	Sober Sisters of Seattle	30 years
Terrie W.	Brown Bag Bunch	36 years (11/1984)
Steve R.	New Purpose Group	30 years (1/1991)
Tracy H.		35 years (12/1985)
Marjorie K.		39 years
William K.		40 years

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

MEETING CHANGES

Many meetings are no longer being held at physical locations and have moved to online formats. However, some meetings are choosing to meet in person. If the meeting has contacted our office to inform us of these changes, they are listed on the website. Please visit the Seattle Intergroup of AA website to get updated information about finding your favorite meeting online. Please let **webmaster@seattleaa.org** know if you have any changes to your online or in-person meeting.

High and Dry: News and Notes – JANUARY 2021

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.

Transformation Time

By Lara R.

The idea of transformation is applicable in many contexts-Biology, Physics, Mathematics and Linguistics, just to name a few. However, no matter what the context the meaning is still the same and that is change.

Sometimes the change occurs naturally and other times it has to be forced. During this year we have gone through many forced transformations. How we communicate and connect with one another has changed forever. The way we move through our daily lives has been drastically altered, from grocery stores to doctor offices, we are asked to modify ourselves and act cautiously and responsibly.

While many of these alterations have been frustrating and cumbersome, there are some positive take-aways. We have been forced to slow down. This has meant that we might spend more time with ourselves and our loved ones. We have had more time for meditation, journaling and/or art projects. Projects around the house that were neglected due to lack of time have been able to get finished.

Working remotely has restored our freeways to 1985 kind of traffic. The air is cleaner, and the earth is getting a much-needed break from carbon emissions. Not only have we made headway towards understanding and combatting COVID-19, but because we are wearing masks and practicing a higher level of hygiene, we have had fewer instances of normal sicknesses such as common colds and other flus.

We can go to an AA meeting without leaving the house. The excuses typically heard about not being able to attend meetings have been (almost) eradicated. The common accessibility issues that some faced in attending meetings have been lifted. No more need for childcare to attend a meeting. The world of Zoom has opened up meetings around the globe to all and especially to those hard of hearing or shut-ins.

Our program talks about a spiritual transformation that is required in order to recover from alcoholism. A “psychic change,” “spiritual awakening,” and “spiritual experience.” We have the 12 Steps that teach how to achieve this requirement for our sobriety. However, it is the precepts in Step 11 that have an unlimited possibility for ongoing transformation. A wise person once said, “I cannot stay sober on last year’s spiritual experience.” This idea is what keeps us going, keeps us moving, keeps us from resting on our laurels and failing to enlarge on our spiritual lives. The Big Book has many stories about what happens to the alcoholic who does not improve their conscious contact with a power greater than themselves.

Let us face our transformations, natural and forced, with dignity and a knowledge that we can seize the opportunity. The opportunity to slow down, to reflect, to pray, to meditate, to come closer to the power that is indeed keeping us sober. Whatever the idea of a higher power is, it is clear that we need to draw closer to that power for serenity, for sanity and ultimately for sobriety.

A SUCCESSFUL ROTATION

On December 15, 2020 elections were held for the incoming Board. The new Board positions are held by:

Chair Astri T.

Vice Chair Aaron C.

Treasurer Carl G.

Secretary Leslie I.

A big thank you to those that made themselves available for service to Greater Seattle Intergroup.

There are additional opportunities for service. The following Committees are available:

Special Events Committee This committee is responsible for coordinating events hosted by Greater Seattle Intergroup. Such as the annual picnic, the Spring and Fall Assembly, the annual Car Show and any other fun activity we can have to promote fellowship and support Intergroup.

20/20 Committee This committee works on larger picture ideas such as renewing leases, Policy and Procedure Manual adjustments, working with other Intergroup Offices on projects, ideas for communication with the groups, etc.

Third Legacy Committee This Committee has the great responsibility of carrying the message of service at Intergroup to home groups and districts. This is primarily about educating the

membership as to the importance of Intergroup and the service to Intergroup. This is crucial because there are so many groups and members that do not know the function and importance of our Intergroup Office and Board.

Newsletter Committee This committee is responsible for producing and editing a monthly newsletter.

Other Committees that can always use more people are the service Committees:

Accessibility, Corrections, Hospital and Treatment and PI/CPC

Finance Committee, Office Committee and Archives Committee are open for participation too.

Please contact lara@seattleaa.org or anita@seattleaa.org to find out more. Everyone is invited to attend our monthly Board meeting on the third Tuesday of every month at 7pm.

Greater Seattle Intergroup Board Meeting Minutes Dec. 15, 2020 **Submitted by Aaron C. (Recording Secretary)**

Opening

The meeting was opened at 7:00 PM.

AA birthdays

Mike M – 22
Laurel W – 34
Karen K – 6

Fall Assembly Voting Summary

Elections:

Chair: Astri T.
Vice Chair: Aaron C.
Treasurer: Carl G.
Secretary: Leslie

Appointment of Jeff U to the office committee approved.

Motions:

Budget: Passed after a minor correction of an error. Additional funding request form accessibility tabled.

By-law changes: Approved with 39 in favor and 3 opposed.

Motion to repay PPP loan: Failed with 17 in favor and 24 opposed.

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 November financials (rounded to thousands):

Group Contributions: \$6K (down \$4K to budget)

Other Contributions: \$2K (up \$1K budget)

Retail Sales: \$1.5K (\$8.5K under budget)

Expenses: \$14K (\$2K under budget)

Net Ordinary Income: \$5K loss

Cash, CDs, and Savings: \$103K

Earmarked Funds: \$6.5K

 Corrections: \$5K

 Accessibility: \$1.5K

Non-restricted cash: \$94K

Summary

-The groups seem to be in tune with GSIG's needs: they stepped up to donate earlier this year when things were looking rough, and now that they have "filled our cup," they have responded accordingly. GSIG has been able to weather this storm thanks to the groups and individuals.

-A correction is required for the 2021 budget draft since the November board meeting: the rate we used in computing the compensation for assistant office manager was incorrect. This requires an increase to the wages of \$2K, and the amount needed in group contributions (in order to break even) likewise increases by \$2K.

-It has been my pleasure to serve Greater Seattle Intergroup as your treasurer. They were unusual years, and I am so grateful to have had the support that I did with this board. Thank you for letting me be of service.

GSIG NOVEMBER 2020 CONDENSED FINANCIAL REPORT					
CONDENSED PROFIT & LOSS					
Ordinary Income/Expense	Nov 30, 2020	Nov - Budget	YTD Nov - 2020	YTD Budget	Jan-Dec 2019
Income					
Total Retail Sales	1,461	10,224	34,917	112,466	111,268
Total COGS	1,179	6,928	29,460	76,208	78,625
Gross Profit from Retail Sales	283	3,296	5,457	36,258	32,643
Gross Profit %	19.4%	32.2%	15.6%	32.2%	29.3%
Group Contributions	5,877	9,868	106,685	108,553	106,652
Personal and Other Contributions	2,423	948	77,583	10,432	12,523
Meeting Room Rent; Birthday Club	292	649	5,640	7,143	6,748
Special Events Income	68	464	4,312	5,099	4,580
Total Items to Cover Fixed Expenses	8,943	15,226	199,678	167,484	163,145

Expense s					
Expenses--Other	1,268	459	17,582	5,045	15,942
Paid Staff	4,868	7,343	54,123	80,778	95,570
Rent and Office	6,795	6,451	73,402	70,960	81,572
Standing Committees	774	2,045	3,568	9,995	6,611
Total Fixed Expenses	13,705	16,298	148,676	166,778	199,695
Net Ordinary Income (Loss)	(4,762)	(1,072)	51,002	706	(36,550)
Net Other Income, Chiefly Interest Income	21	33	18,970	367	256
Net Income (Loss)	(4,741)	(1,039)	69,972	1,072	(36,294)

CONDENSED BALANCE SHEET

	Nov 30, 2020	Oct 31, 2020	DEC 31, 2019
ASSETS			
Current Assets			
Checking	56,281	63,543	8,183
CDs and Savings *	46,983	46,610	40,482
Accounts Receivable	887	913	
Inventory and Other	37,250	36,552	32,989
Total Current Assets	141,401	147,619	81,654
Total Fixed Assets	2,484	2,484	2,484
TOTAL ASSETS	143,885	150,103	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	1,369	2,825	11,235
Payroll & Sales Tax Liabilities	1,873	1,790	1,905
PPP Loan			
Committee Earmarked Funds Total	6,405	6,508	8,439
Total Liabilities	9,647	11,123	21,579

Equity			
3001 · Opening Bal Equity	694	694	694
3101 · Retained Earnings	63,572	63,572	98,158
Net Income	69,972	74,713	(36,293)
Total Equity	134,239	138,980	62,559
TOTAL LIABILITIES & EQUITY	143,885	150,103	84,138

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD November 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	\$1,754	\$0	\$5,611	\$0	\$7,365
YTD Use of Funds	(\$1,244)	\$0	(\$8,155)	\$0	(\$9,399)
Ending Balance	\$5,018	\$0	\$1,387	\$0	\$6,405
Greater Seattle Intergroup					
Standing Committee Expenditures Against Budgets					
YTD November 30, 2020					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses

Expenses to Date	\$67	\$449	\$1,288	\$446	\$2,249
Budget to Date	\$330	\$1,650	\$2,625	\$1,650	\$6,255
Budget -- Full Year	\$360	\$1,800	\$4,000	\$1,800	\$7,960

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.)

There is a request to approve budgets for the two fund accounts within the GSIG Accessibility Committee.

I want to report on the two separate budgets we have in the GSIG Accessibility Committee.

Budget 7680 Account : (\$7,680.00) aka “Blue can” or “ASL” funds
This pays for ASL interpretation for AA meetings. The majority of this budget is to continue to pay for interpreters for two “home” groups of Deaf Alcoholics, (Duck Island and Pass it On). We hold service positions and attend business meetings. There is a cushion left for attending a special meeting (for example, such as a meeting celebrating

AA birthdays or joining our sponsor at her meeting) As you can see from 2020 expenses, over \$8,000.00 paid for interpretation and we've had a great number of Deaf alcoholics attending. The breakdown of next year's budget has been provided in an email attachment to you in previous emails.

Budget 3960 Account: (\$4,000.00) Access to Committee and GSIG Board meetings
This pays for ASL interpretation for GSIG Committee and GSIG Board meetings. As chair of the Intergroup Accessibilities Committee, I will be representing this committee at Intergroup Board meetings. This will cost \$240 interpreter fees per Board meeting = \$2880.00 for the year.

In addition this account covers the cost of access to Accessibility Committee meetings, which is once a month, usually for an hour, sometimes 1.5 hours. The cost is \$60/hour. Annual costs will be \$720-\$1080.

There is a cushion for miscellaneous (Interpreted provided): Presentations to Districts or groups about how we serve Deaf alcoholics and we ask for donations to continue ASL for Deaf alcoholics to access meetings; developing pamphlets such as "How to make your group Deaf friendly" and "What our committee does" and a pamphlet for CPC to provide to professionals who may have Deaf patients who need AA—how to find interpreted AA meetings.

For more questions, or more information, you may reach our committee at accessibility@seattleaa.org

Yours in Service,
Laurel W.

Archives Committee (Teresa S.):

Attended last month's Area 72 Area Archives Quarterly. Got caught up on filing new Grapevines and High and Dries at the GSIG office, continue working from home on updating book inventory from previous Archivist. Removing rusty staples when needed.

Corrections Committee (Tammi B.)

Nothing to report.

CPC/PI Committee (Jennifer S.)

The PI/CPC Committee last met on Saturday, November 21st. Will L (Area 72 YPAA Chair) attended and spoke about the Remote Communities Survey that the area made available online as well as an upcoming Remote Communities Panel. We discussed ways to work together to define the needs of the Seattle Area in regards to what defines "remote community" for us.

I attended the planning committee for the Burien Little Assembly on Zoom last weekend and our committee plans to be involved with this virtual event being held on Saturday, March 13th from 12:00pm to 6:00pm on Zoom. We will be providing information for AA's on how to be of service in their communities. There will be a "Hospitality Room" set up for the Committees and we will help to decide what that will look like. Please let me know if you would like to be a part of this exciting event!

As always, I would like to invite you to the next meeting of the Outreach Committee this weekend on Saturday, December 19th at 10:00am. We will be electing a new Chair, Alt Chair, and Secretary for our committee for the upcoming rotation. If you know anyone interested in being of service or in need of outreach services, please have them email outreach@seattleaa.org. If you are in need of pamphlets or display racks please don't hesitate to reach out!

Be well and Happy New Year!
Jennifer S

Newsletter (John P.):

Nothing to report.

Hospitals & Treatment Committee (Erin G.):

GSIG H&T Committee elected Greg E. as the new chair and he will take that position beginning in January.

Office Committee (Richard I.):

Nothing to report.

Office Manager (Lara R.):

December 2020 Office Manager report:

Inventory:

- ☐ There is a new book being released February 14, 2021 'A Visual History of Alcoholics Anonymous' we have pre ordered these books and will have them available.
- ☐ We have Grapevine 2021 Wall Calendars and Pocket Planners. These are great gift ideas. We are now carrying bronze month coins. 24 hour, 1 month, 2 month, 3 month, 6 month, 9 month and 18 month.
- ☐ Rest assured that any and all coins being sent from Intergroup for birthday recognition are purchased by AA members and are not purchased at the expense of Intergroup.

Financial:

- ☐ See Treasurer report.

Organizational Processes:

- ☐ After two weeks of being in the office alone at night, after it got dark, Anita and I proposed shortening office hours to 10am to 2pm rather than staying open until 6pm. The Office Committee approved this proposal. The phones continue to be answered by us until 6pm and we continue to be compensated for our time spent on administrative duties for the office.
- ☐ We continue to process phone orders and offer curbside pick up and delivery.
- ☐ Next Board meeting will be dedicated to welcoming the new Board members. We will be conducting an introductory meeting for those folks not familiar with Intergroup, the expectations, and the various protocols of Intergroup Representatives, Committee members and Board members. Please come and share your experience with Intergroup service.
- ☐ Anita has researched and provided a list of online Holiday Alcahons and marathon meetings. This list can be found under events and at the bottom of the Home Page.
- ☐ Tradition 12 Study facilitated by Fourth Dimension was well attended and informative.
- ☐ We are looking for groups to facilitate Tradition Studies for 2021. If your group would like to share their knowledge and experience about one of the Traditions, please contact lara@seattleaa.org

Night Watch Coordinator (Sheree P.):

Nothing to report.

Special Events Committee (Allan C.):

Nothing to report.

Finance Committee (Jeff U.):

Attending: Committee Chair Jeff U, GSIG Treasurer Allison B, Carl G, Pete K, Jim R & Tony H

- Brief discussion of monthly financials, no questions prior to December Assembly.
- Motion made and carried to continue meeting at 3:30 PM on the second Sunday of every month in 2021, pending adjustments for Seahawks playoff games. Incoming Committee Chair Pete K informed the Committee he will be setting up a Zoom account to use for Committee meeting beginning with the January 2021 meeting, and will send invitations to the Committee members.
- Carl G agreed to serve as Committee Recording Secretary again for the 2021-2022 cycle.

- Jeff U agreed to serve as Chair of a Sustainers program sub-committee and provide monthly reports on the program to the Committee as well as GSIG officers and staff for the 2021-2022 cycle.
- Pete K reported on successful completion of the third-quarter accounts audit, following the directions left by Jeff U. A new audit for fourth-quarter will be conducted in January or February 2021, pending completion of end-of-year financials by the incoming Treasurer.
- A one-page document outlining basic information points on the GSIG Sustainers Program is available for use by any GSIG Board members, Officers or staff. It can be sent to groups or Districts with questions about the program, or it can be used as an outline for a brief presentation to those groups. A copy of the document is attached to these minutes.
- Jeff U thanked the Committee and the GSIG Board for the opportunity to serve as Chair.

Web & Technology Committee (Dan G.):

Working together we can achieve big things in the coming year. On the web and tech committee we feel our role is much more important now that the pandemic has forced groups and members to attend meetings remotely. We want to continue to be of service by providing things of value to our community. Working largely behind the scenes, we had some big achievements in 2010, including the conversion of our website to support remote meetings. The office also migrated our financial reporting system to the cloud, and we upgraded all our computing equipment to supported releases of Microsoft products. Some ideas we would like to see implemented include.

Helping the organization grow and manage volunteering at the office and remotely, around the clock, 24 hours a day.

Helping the office sell things to members on the web and manage delivery to our membership. Making it easy and convenient to schedule volunteers through upgrades to our calendaring and phone systems.

Upgrading, modernizing, and managing our computer resources.

Helping and supporting groups that need to use tools like zoom and email lists.

Working with Districts and/or Groups information on websites or pages to host their information.

We also think that groups should consider investing in technology in the future for their trusted servants, or for their hybrid meeting rooms.

Send us your District Web and Tech Chairpersons, and any interested volunteers. Our first meeting is at 9:00 am on 1/23/2011 on zoom.

Dan G
Web and Tech Chair
Greater Seattle Intergroup

Third Legacy (James R.):

Nothing to report.

District 14 (Marena H.)

District 14 celebrated an amazing 2 year rotation with their annual Holiday Party last Tuesday, December 8th. A Zoom meeting replaced our typical get together held at Tibbetts church in West Seattle. While we didn't have all the food, chatter and decorations....people showed their holiday cheer with awesome sweaters in the Zoom room. Most of the meeting was saying goodbye to the rotating out chairs and welcoming all of the new GSR's and newly elected District 14 chairs. Here is a list of the people rotating out and rotating in to all of the positions.

DCM-Dimitri H

Alt DCM - Mark T. transferring to Jennifer R.

Treasurer - Gar transferring to Jennifer Sa.

Secretary - Stacia J.

Accessibility - Freda transferring to David J.

Archives - Kaya

Cooperation with Professional Community (CPC) - Jennifer Sa. transferring to Tara S.

Grapevine/Literature (GVLIT) - Jennifer Su.

Public Information (PI) - Jennifer Sa. transferring to Laura C.

Treatment Facilities - Mike H.

YPAA - Jennifer R. transferring to Courtney S.

Corrections (Open position) - Mark T.

Web Chair (Open position) - Jim W.

Intergroup Liaison (Open position) - Marena H. (Potential Kim S.)

Third Legacy (Open position) - Mark T.

It is with a heavy heart that I am rotating out. I wanted to thank all of those who I have had the privilege of sharing my service journey with. I have learned so much about communication, partnership, and leadership these last two years. Above all....I have stayed sober and owe my sobriety to AA.

In loving service,
Marena H.

Next GSIG Board meeting: January 19th, 2020 at 7 PM on Zoom. Meeting ID: 918 5437 5402
Password: 035194

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.