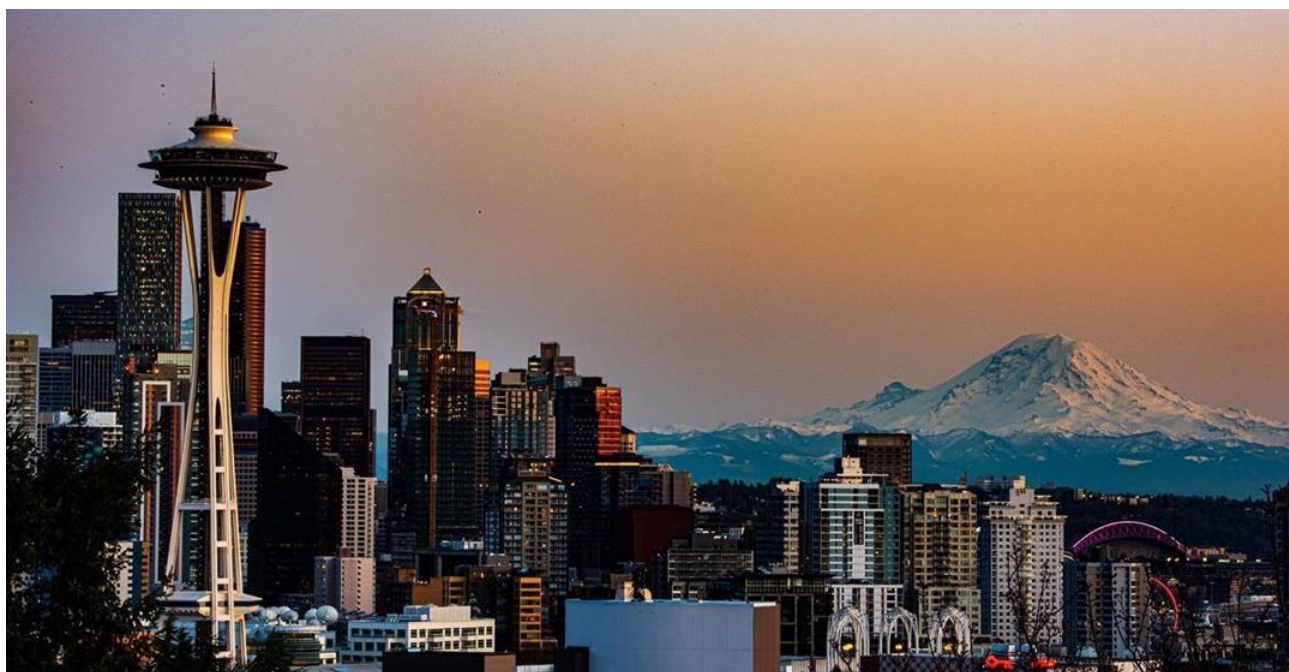


The High & Dry

February 2021



FEBRUARY IN OUR HISTORY

February 1

1918 – Original date set for Bill W.'s marriage to Lois Burnham.

February 2

1942 – Bill W. paid tribute to Ruth Hock, AA's first paid secretary, who resigned to get married. She had written approximately 15,000 letters to people asking for help

February 5

1941 – Pittsburgh Telegram ran a story on the first A.A. group's meeting.

February 8

1940 – Bill W., Dr. Bob, and six other A.A.s asked friends of John D. Rockefeller, Jr. for money. They got \$2,000

February 9

2002 – Sue Smith Windows, Dr. Bob's daughter died.

February 11

1938 – Clarence S. ("Home Brewmeister" 1st, 2nd & 3rd editions) had last drink.

February 12

1945 – World War II paper shortage forced reduction in size of the Big Book.

February 13

1937 – Oxford Groups "Alcoholic Squadron" met at N.J. home of Hank P.

Feb 14

1971 – AA groups worldwide held a memorial service for Bill Wilson.

February 18

1943 – AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.

February 19

1967 – Father "John Doe" (Ralph P.), 1st Catholic Priest in AA, died.

February 20

1941 – Toledo Blade published first of three articles on AA by Seymour Rothman.

February 21

1939 – 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment.

FUTURE TRIPPING

FEBRUARY

6 - Archives Quarterly 10 am - 3 pm

7 - Service Manual Study 11 am - 1 pm

7 - DCM University Course 201 - Beyond Area & General Service Conference 3 pm - 5 pm

13 - PI/CPC Quarterly 9:30 am - 12 pm

13 - Tradition Two with Brown Bag Bunch 10 am - 11:30 am

20 - Grapevine and Literature Quarterly 9:30 am - 2 pm

21 - GSR University GSR Course 201 - Beyond Area & General Service Conf. 3 pm - 5 pm

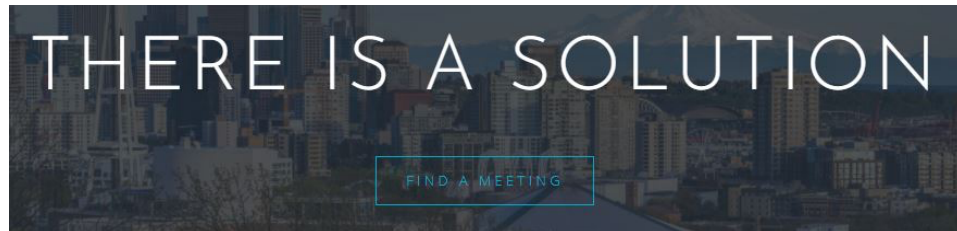
MARCH

5 - 7 PRAASA 2021

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	Brandon K.
WEDNESDAY	Tammy L. and Pam H.
THURSDAY	Joe M. and Desiree
FRIDAY	Brian and Freda
SATURDAY	Clay S. and Dan G.

Main office hours

Office will be open for administrative activities. We are still processing literature orders during normal business hours, Tuesday through Friday 10am to 6 pm and Saturday 10 am to 2 pm.

BIRTHDAY CLUB

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

Linda M.	Sober Sisters of Seattle	34 years (12/1986)
Vito M.	Empire Way	39 years (1/1982)
Margaret Y.	Holly Court	38 years (2/1983)
Anonymous		33 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.

... And are willing to go to any length ...

By Peeps

Being sober is a challenge in the best of times. The difficulty is compounded while a pandemic rages. There is no denying we all miss being in the same room as our fellows, sharing coffee, handshakes and hugs as well as our experience, strength and hope with each other, but we need to be safe as well as sober.

I'm a huge fan of Zoom, but it's not the same.

But speaking strictly for myself, I'm extremely grateful for Zoom meetings. They help me focus on the basics of my recovery via the 12 Steps. Being cut off from traditional meetings is a daily reminder that I cannot control people, places and things, like COVID-19. I must turn everything over to my Higher Power. Everything.

I struggle with doing that perfectly. I still want what I want. I am reminded that I have to work all the Steps every day to the best of my ability.

I celebrated two years clean and sober on Jan. 7. My sober time has been divided into two parts, before the pandemic and after. And that period of time has also been buffeted by social, political and economic disturbances.

Despite that, I've remained sober and will tell everyone that these trying times have been the best days of my life because I've remained clean and sober.

The part of How It Works that reads: "... and are willing to go to any length ..." has come to life for me on my laptop screen.

I have two sponsees, one just over one year sober, the other with more than nine months. The former has attended a relative handful of in-person meetings, while the latter has never been to a "real" meeting. Yet, both are remaining sober because they are able and willing to practice the 12 Steps. I've been shown that willingness and acceptance are my keys to recovery.

The Disease Does Not Personalize

By Honest Harry

During one of my many drunken geographical moves I landed in a California town. I reunited with my older sister. She invited me to live in her home. I was enrolled in a local University where I attended classes.

As time passed, I frequently went on errands for my sister to buy her bottles of wine. I began to notice that she did not look well. I never saw her eat a meal and she never left the house. I also noticed partly filled bottles of wine stashed around the house.

I thought my sister simply had a drinking problem. Based on my level of drinking, I didn't think she was an alcoholic.

In the meantime, I had to drop out of school because I was drinking and going to my classes intoxicated. I was a regular customer in the campus saloon, 'Blazing Saddles.'

I moved on. I later learned my sister died. Looking back on that experience, I realized I made an uneducated comparison. I had a false sense of entitlement.

Unlike my sister's drinking problem, I thought I was a real alcoholic because I was a low-bottom drunk. I was a bum, going from city to city, skid rows, missions, psych wards and several trips to prison, which are filled up with people convicted of alcohol-related crimes.

However, many drinkers, like my sister was, are maintenance alcoholics in spite of their drinking and health problems. They don't go to prison and live on skid row.

Although the maintenance alcoholic struggles to maintain some semblance of a functional life, some are married, have a family, a job, and they even mow the lawn occasionally. But redemption loses much of its meaning in the sense of their denial and their inability to stop drinking and stay stopped.

How do we deal with the drug alcohol and life? The criterion that qualifies the addiction is the same for all alcoholics under the influence. First and foremost, alcoholism is a physical disease - an irresistible need for alcohol, an increased tolerance to produce the effect, withdrawal symptoms that have severe and painful consequences.

Although wine ravaged every organ, tissue and cell in my sister's body, like me, she didn't know she was addicted. She was an untreated "real alcoholic".

In Memoriam: Bjorn Bergrud (Seattle) May 11, 1945 – January 21, 2021

Bjorn Bergrud passed at home, ready, and at peace, cared for by his wife Kimberly, assisted by Hospice, family, and friends. On June 12, 2020, Bjorn celebrated 41 years of sobriety.

Bjorn was born in Norway. When he was 11 his family moved to Canada, and then to Seattle. At 14 he dropped out of school, became a merchant seaman and traveled the world. In 1965, he joined the United States Marine Corps and served nearly two years in Vietnam.

After completing his military service, Bjorn settled in San Francisco, where he met and married his first wife. They had three sons. When the marriage ended in 1979, Bjorn returned to Seattle. Bjorn had been having problems with alcohol, so his sister brought him to his first Alcoholics Anonymous meeting at the Aurora Fellowship Hall in Fremont, commonly known as “Fremont Hall.”

Through a full range of service work, Bjorn became an integral part of Fremont Hall. He sponsored an untold number of other alcoholics through the Twelve Steps, always being an invested, supportive friend. Bjorn will be missed across a broad spectrum of people. So many of us love him. Stories will be told about this gentle bear for years to come.

To celebrate the life of this kind man, his AA home group, “For This Day,” will host a Zoom memorial on February 27 from 2 p.m. until 5:00 p.m. To obtain the Zoom coordinates, check the Seattle Intergroup web site later this month or call GSIG at 206-587-2838.

AA members who would like to make a contribution in Bjorn’s memory to support Greater Seattle Intergroup of AA, can mail a check to GSIG, 5507 6th Ave S, Seattle, WA 98108 or via the [seattleaa.org](https://www.seattleaa.org/online-contributions/) website (<https://www.seattleaa.org/online-contributions/>).

Greater Seattle Intergroup Board Meeting Minutes

January 19, 2021

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00 pm

AA birthdays

Greg E. – 6

Greg K. - 13

Leslie I – 35

Mike B. – 1

Steve R. - 30

Orientation

Welcome and explanation of Board meeting format for January-Astri

Brief History of Intergroup-Teresa S.

Office Duties and Responsibilities-Lara, Anita and Jim H. (SEB)

Difference in service at Intergroup and District/Area-Tony H.

District liaison/Intergroup Rep responsibilities-Karen K., Kimber

Introduction of Board Officers and their responsibilities- Mike M.

Motions/Voting Procedures-Astri

Service Committees-Outgoing/existing Chairs: (responsibilities, projects, highlights of service)

- PI/CPC-Jennifer S.
- Hospital and Treatment-Erin G.
- Accessibility- Ceair ASL-Laurel
- Corrections-Tami B.
- Intergroup Committees: (responsibilities, projects, highlights of service)
- Office Committee-Mike M.
- 20/20 Committee-Mike M.
- Finance Committee/Sustainer's Program-Jeff U.
- Special Events Committee-Anita S.
- Newsletter-John P.
- Third Legacy Committee-Jim R.
- Nightwatch Committee-Pete K.
- Web and Tech-Dan G.

Motions

Motion to accept the minutes from the December meeting was made. Carl G stated the minutes needed to include the last names of the Board Chair, Vice Chair and Treasurer. A motion to amend December Minutes to include last names was made and passed. December minutes were accepted as amended.

Motion to accept the finance report was passed.

Old Business

Additional funding request from Accessibilities committee was tabled.

New Business

Joe M. from Waters Edge group brought up concerns about the Current Twelve Step List being very out of date. He will be sending a letter to the office committee addressing this issue.

Reports

Chair (Astri T.):

Thank you for the opportunity to serve as your GSIG Board Chair. I've spent the last month learning how much I don't know and being grateful for all the help and support I am getting from Chair Emeritus (Mike M) and Office Manager (Lara).

My first duty as your Chair was to attend the Western Washington Area 72 Quarterly and give our Intergroup Report, which I did. At the Quarterly, the 16 WWA72 Appointed Officers were approved. Reports on the progress of the "Our Stories Disclose" projects and an ad-hoc committee researching needs of Remote Communities in Western Washington were given. The possibility of creating a "virtual district" was also discussed.

I attended our 20/20, Office and Accessibility Committees this month, they seem to be functioning well, I look forward to hearing what all they accomplish going forward.

I'm excited to walk with you all for the next two years. I am always available to you at chair@seattleaa.org and/or call or text me at 206-850-4589 .

Vice Chair (Aaron):

I am honored to serve as the Vice Chair of the Greater Seattle Intergroup. Traditionally the Vice Chair has the opportunity of accepting invitations from district meetings and group business meetings in order to spread the word about what Intergroup is, and how it can assist in reaching and being of service to the alcoholics who still suffer. I would be grateful for these invitations but I plan on attending as many of these as I can, invited or not. I would never attend expecting a platform, I will attend to learn and offer to be of service in the way the group needs. Intergroup is here to assist in the work of the AA groups it serves. I intend to learn what that work is and see if Intergroup can help. Think of me as the eager newcomer, always putting away chairs or helping to clean up. Just like they need the service to stay sober, Intergroup should participate in the groups it serves to stay healthy.

As we emerge from the unprecedented and isolating events of 2020 I expect 2021 to offer equally powerful opportunity for community and service. We all know what isolation did to us when we were drinking and we are uniquely qualified to help all who have suffered under the weight of alcoholic isolation. By this time next year, new and returning members will have emerged and it is so great to know that the groups of Greater Seattle AA will be there to help. The honor of helping these groups in any way I possibly can will be the bright spot of my life.

Email me any time vicechair@seattleaa.org

Chair Emeritus (Mike M.):

No report

Treasurer (Carl G.):

As your Treasurer for 2021-2022 rotation my goal is to make these reports clear, simple, and easy to understand and be reported to the fellowship. If you have suggestions of how to improve the understanding of financial information please let me know at Treasurer@seattleaa.org.

As we have not closed the book of 2020 I will report the final next month. The chart below is to provide a perspective of the prior financial position of GSIG. From this you can see that in 2020 a significant improvement was the result of the positive reception to the sustainers program and groups continued contributions.

year	Net Income (loss)	Group Contributions	contributions (personal & other)	room rent, bday club, special events	net sales income	cash & CDs
2017	-4 k	106 K	35 K	7 K		73 k
2018	-3 k	112 k	10 k	8 k		67 k
2019	-37 K	113 k	12.5k	11 K		48.5 k
2020 provisional	64 k	114k	81k	11 k	9 k	101 k
2020 sustainers			31 k			
Dec only	-5,428	7,190	3,778	1,128	312	101,170

sustainers			2,612			
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Here are the highlights from the GSIG Dec. 2020 condensed financial report.

Overview of December 2020 financials:

Group Contributions:	7K (down 3K to budget)
Personal & Other Contributions:	4K (up 3K budget)
Meeting Room Bday Club Special events	1K (on budget)
Retail Sales:	.5K (3K under budget)
Expenses:	17K (1K under budget)
Net Overall Income:	-5.5K loss (-5.5 K from budget)
Cash, CDs, and Savings:	\$101K

Earmarked Funds:

Corrections:	\$5K
Accessibility:	\$1K
Non-restricted cash:	\$95

GSIG DECEMBER 2020 CONDENSED FINANCIAL REPORT

CONDENSED PROFIT & LOSS

Ordinary Income/Expense	Dec 31, 2020	Dec - Budget	YTD Dec - 2020	YTD Budget	Jan-Dec 2019
Income					
Total Retail Sales	1,209	10,224	36,126	122,690	111,268
Total COGS	898	6,928	30,357	83,136	78,625
Gross Profit from Retail Sales	312	3,296	5,769	39,554	32,643
Gross Profit %	25.8%	32.2%	16.0%	32.2%	29.3%
Group Contributions	7,190	9,868	113,874	118,421	106,652
Personal and Other Contributions	3,778	948	81,362	11,380	12,523
Meeting Room Rent; Birthday Club	1,128	649	6,768	7,792	6,748
Special Events Income		464	4,312	5,562	4,580

Total Items to Cover Fixed Expenses	12,408	15,226	212,086	182,710	163,145
Expenses					
Expenses--Other	1,308	459	18,890	5,504	15,942
Paid Staff	8,240	7,343	62,363	88,122	95,570
Rent and Office	6,311	6,451	79,854	77,411	81,572
Standing Committees	1,977	2,045	5,545	12,040	6,611
Total Fixed Expenses	17,836	16,298	166,652	183,076	199,695
Net Ordinary Income (Loss)	(5,429)	(1,072)	45,434	(366)	(36,550)
Net Other Income, Chiefly Interest Income	0	33	18,970	400	256
	(5,428)	(1,039)	64,403	34	(36,294)

CONDENSED BALANCE SHEET

	Dec 31, 2020	Nov 30, 2020	DEC 31, 2019
ASSETS			
Current Assets			
Checking	54,338	56,281	8,183
CDs and Savings *	46,831	46,983	40,482
Accounts Receivable	884	887	
Inventory and Other	36,244	37,250	32,989
Total Current Assets	138,298	141,401	81,654
Total Fixed Assets	2,484	2,484	2,484
TOTAL ASSETS	140,782	143,885	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	4,289	1,509	11,235
Payroll & Sales Tax Liabilities	1,774	1,873	1,905
PPP Loan			
Committee Earmarked Funds Total	6,048	6,405	8,439
Total Liabilities	12,112	9,787	21,579

Equity			
3001 · Opening Bal Equity	694	694	694
3101 · Retained Earnings	63,572	63,572	98,158
Net Income	64,404	69,832	(36,293)
Total Equity	128,670	134,099	62,559
TOTAL LIABILITIES & EQUITY	140,782	143,885	84,138

<p style="text-align: center;">Greater Seattle Intergroup</p> <p style="text-align: center;">Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)</p> <p style="text-align: center;">YTD December 31, 2020</p>					
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	\$1,787	\$0	\$5,911	\$0	\$7,698
YTD Use of Funds	(\$1,244)	\$0	(\$8,845)	\$0	(\$10,089)
Ending Balance	\$5,051	\$0	\$997	\$0	\$6,048
<p style="text-align: center;">Greater Seattle Intergroup</p>					

Standing Committee Expenditures Against Budgets					
YTD December 31, 2020					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$67	\$756	\$1,708	\$1,611	\$4,141
Budget to Date	\$360	\$1,800	\$4,000	\$1,800	\$7,960
Budget -- Full Year	\$360	\$1,800	\$4,000	\$1,800	\$7,960

The bank is requesting a copy of the meeting minutes showing the election of officers along with a letter in order to allow the change of signers on the account.

The board voted to allow this to be given to the bank. Following is the letter:



Motion to amend

Greater Seattle Intergroup Board Meeting Minutes

December 15, 2020

Submitted by Aaron C. (Recording Secretary)

To reflect the

Fall Assembly Voting Summary

Elections:

Chair: Astri Torjussen

Vice Chair: Aaron Craddick

Treasurer: Carl Gaddis replacing Allison Beckwith

Secretary: Leslie Isaac

Seconded and carried on January 19, 2021

Leslie Isaac, Secretary Date

Greater Seattle Intergroup

Recording Secretary (Leslie I.):

Anyone new please email me your contact information so that I can add you to the roster. secretary@seattleaa.org

Accessibility (Laurel W.):

Accessibility challenges apply to all alcoholics who have difficulties participating in Alcoholics Anonymous, whether those are mental, physical, geographic, cultural, or other factors that vary among people. Some of these alcoholics may experience barriers to accessing the A.A. message, including the literature, meetings, Twelve Step work, and the service structure. For the purpose of these guidelines in defining the accessibility issues that many alcoholics face, we refer primarily to persons who are blind or and/or deaf, have hearing and/or vision loss, those who are housebound or chronically ill, those who are living with the effects of brain injury or stroke, and many others who may have various kinds of abilities. Barriers to the message of Alcoholics Anonymous are not always readily evident.

From GSO pamphlet: [*MG-16 - A.A. Guidelines on Accessibility for All Alcoholics*](#)

A new accessibility issue we are now facing is for members in remote communities and those who may not have access to Internet or the technology needed to attend zoom meetings. There are many factors contributing to why a person is not able to have Internet connection, a smart phone or computer. How can we now make sure these AA members stay connected and supported?

In 2020, when AA meetings became virtual, the Accessibility committee became and continues to be very active! Our Seattle meetings have become very popular for Deaf Alcoholics from all over the United States. At some of the meetings, there may be 18 Deaf attending, grateful for Big Book Study and Step discussion. In their home town, often there are no interpreted meetings, and for them, coming to our meetings has given them exposure to AA messages that they ordinarily would not get. We currently schedule interpreters for six or more meetings, AA business meetings, AA Committee meetings and this Intergroup Board meeting. Sometimes we assist the Area in finding interpreters for Area events.

By hiring qualified interpreters to assist you in carrying the message to Deaf alcoholics, we are often asking for financial donations, so that interpreters can be paid. We are grateful that the 2021 budget was approved by Intergroup Board members in order to continue hiring interpreters for primarily AA meetings. We do have a “blue” can for accepting donations. On the Seattle Intergroup Website, in the donation section, there are subcategories, and one of them is “blue can”. Please share this with your groups

and Districts as we need more donations to keep this board meeting accessible and to not discontinue current AA meetings that are interpreted.

Archives Committee (Teresa S.):

Nothing new to report as the office has been closed. Will attend February 6, 2012 Area 72 Archives Quarterly, on Zoom

Corrections Committee (Tami B.):

No report

CPC/PI Committee (David D.):

No report

Newsletter (John P.):

No report

Hospitals & Treatment Committee (Greg E.):

Greg E here, grateful to be filing my first report as Chair of the Hospital and Treatment Committee. We had our first meeting of the year on 1/2/21, attended by reps from Districts 32 & 42 as well as other AAs. Dist 32 is doing some great stuff: hosting panels for treatment centers, and putting together a 12-step call volunteer info form that could be adopted by other groups. Dist 42 currently has no tx facilities in their district, but they are spreading the word of other panels and assisting where they can.

We will be working on three initiatives moving forward:

- 1) Gathering info on which hospitals / tx facilities are welcoming Zoom panels, and connecting volunteers with opportunities
- 2) Coordinating with PI/CPC on developing relationships with Seattle-area hospitals (we have an existing relationship with Virginia Mason, and would like to extend this)
- 3) Developing and consolidating our 12-step volunteer lists

I also attended the Area 72 Treatment Quarterly on 1/16/21, hosted by Dist 31 and facilitated by Area Treatment Chair Jodi B. With all of us being new, the Quarterly was mostly spent with introductions and preliminary reports. I also got some good info there that I will be passing on at our next meeting.

We meet the first Saturday of the month at 10 am, so our next meeting will be 2/6/21, 10 am, via Zoom:

Office Committee (Jeff U.):

No report

Office Manager (Lara R.):

It has been a quiet month regarding inventory. We did pre order 100 copies of the anticipated new AAWS publication 'A Visual History of Alcoholics Anonymous' due to be released on February 14th! Very exciting!

End of the year finances are being wrapped up, our bookkeeping company is making things simple and they are very nice to work with.

Office hours for Phase 1 will remain the same as they are currently 10am to 2pm Wednesday through Saturday, we allow one customer into the office at a time, and still offer curbside pick up and/or delivery of literature and coins.

When we move into Phase 2 we will be open expanded hours and will allow groups and volunteers into the office to answer phones.

Our carpet will be cleaned on Monday, January 25th.

We currently have a volunteer coming into the office bi-monthly to deep clean the office.

The Holiday Phone answering and volunteer schedule went great! Thank you to all who stepped up.

Our Tradition Study has been amazing so far. If your home group or your district wants to step up to facilitate a Tradition Study let me or Anita know.

We are working on making a digital Newcomer Packet available to the groups so that they can have something to offer newcomers at their meetings. Our awesome webmaster is putting that together.

Thank you to Dan G., our incredible Web and Tech Chair, for facilitating the passing of the baton with email credentials to the new elected positions and Committee Chairs.

I am humbled and amazed at the willingness of folks to serve Alcoholics Anonymous. I love this fellowship and am excited to work with our new rotation.

Night Watch Coordinator (Sheree):

No report

Special Events Committee (open)**Finance Committee (Pete K.):**

We had the Finance committee meeting on Sunday January 17th, 2021. We elected Desi H. as the committee secretary. We had an exceptionally long and in-depth discussion about the current financial policy and procedures. The committee decided to have an ad-hoc committee look at this topic more in depth. The scope of the ad-hoc will be to review how we are implementing the current financial policy and procedures. And report back to the committee by May.

Tony H has agreed to chair this committee and the committee would love to have as many people as possible who want to discuss this topic to be a part of this committee.

If you want to be a part of this committee, please email Tony at Alttreasure@district32aa.org. We also got a good presentation and discussion going about how the new financial report will look from the GSIG Treasurer. I would like to thank Carl and Jeff and Tony and Desi and Jim for agreeing to be a part of this committee.

We are also looking for more volunteers for this committee. Please join us:

Sunday following the 2nd Tuesday (GSIG Board meeting) at 3pm.

Meeting ID: 885-9851-9462

Passcode: 031-405

Web & Technology Committee (Dan G.):

The Web and Tech Committee is a group of four volunteers, and we are looking for more in this new rotation. We as a team do some really great things. We support the website and integrate with AA at a local, area, and national level, including the meeting guide app for smartphones. We support our 24-hour night-watch team who do great work answering the phones 24 hours a day to help out alcoholics in need. We support the office computing, phone, and networking needs. We stepped up in 2019 as the demand for online meetings suddenly appeared, along with many new technology issues. We needed to work to communicate new meeting information, while at the same

time working to minimize the amount of hassle. There were many other changes at the office that we also helped support.

We're hoping to do more to support local groups this year. Some things we've talked about include:

Continuing to improve our website to make it relevant to our member groups;

Helping groups with their zoom and computing needs;

Helping group figure out figuring out how to run hybrid meetings;

Supporting all the Intergroup volunteers and the office staff.

Third Legacy (open)

District 14 (Kim S.)

District 14 meeting Tuesday Jan 12, 2021

- DCM Dimitri and Alt DCM Jennifer R. recently went to quarterly. They both welcomed the new GSRs , Alt GSRs and all who are new to District 14 meeting. Jennifer R. gave an intro to new GSRs and Alt GSRs. Dimitri went over some of the many offerings at area72aa.org including preconference, preassembly, area 72 assembly, and other GSR and committee trainings.

- November 2020 minutes were approved.

- Treasurers report: Discussion re prudent reserve, and cash available. Group conscience to table the distribution percentages until next district 14 meeting. After discussion about upcoming Burien Little Assembly format changes (in person vs. virtual, interpreter) we voted to continue to give yearly contribution of \$150 to Burien Little Assembly.

Elections and recruitment:

- Kim S. elected as intergroup liaison

- Open positions are corrections, third legacy and web chair

Committee chairs:

- Archives chair.... Chair asked us to let our groups know that archives is looking for information that will capture how AA and meetings have and are adapting during pandemic. For example, they are looking for things such as scripts and the changes that we have made to adapt them to electronic/ zoom meetings.

- Tara CPC chair... they are having a CPC meeting this weekend.

- Laura PI chair... is working on Burien Little Assembly.

- Mike treatment chair... Some meetings are now being brought into Cascade Behavioral Health via Zoom.

- Jen S Literature.... Told us about the many electronic literature resources available in multiple languages such as books for purchase, grapevine and La Viña.

District 15 (Jack J.)

Report to GSIG from District 15:

- Introduction for new rotation of GSRs to Area service
- Continued work on Burien Little Assembly as District 15 is Chair, D16 Co-Chair. BLA to be held virtually, March 13, 2021, 12-6 pm, with panels and speakers from A.A., Wakefield, and from Al-Anon, Gordy B. Event will be translated to Spanish. Fliers attached.
- Encouraged discussion at home group level of the Area 72 discussion topic, the creation of a virtual district to afford representation in the service structure for groups that plan to continue to meet online. <https://area72aa.org/wp-content/uploads/2021/01/Discussion-topic-for-Area-72-January-Quarterly-2021-Final-1.pdf>
- Reference sheet created for background on online-only meeting service limitations from the Area 72 Ad Hoc Committee: the https://area72aa.org/wp-content/uploads/2021/01/Online-Meetings-Ad-Hoc-Committee-Reference-Sheet_2021.01.08-1.pdf
- Intergroup rep position open along with other service opportunities. District 15 meets 2nd Tuesday, 7 pm.

The High & Dry

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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.