

The High & Dry

June 2021

JUNE IN OUR HISTORY

June 1

1949 - Anne S., Dr. Bob's wife, died.

June 6

1979 - AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.



June 10

1935 - Date celebrated as Dr. Bob's last drink and official founding date of AA. There is evidence that the founders got date wrong, it was actually June 17.

June 11

1945 - Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

June 17

1942 - New York AA groups sponsored the first annual NY area meeting.

June 21

1944 - The first Issue of the AA Grapevine was published.

June 24

1938 - Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"

June 26

1935 - Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28

1935 - Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30

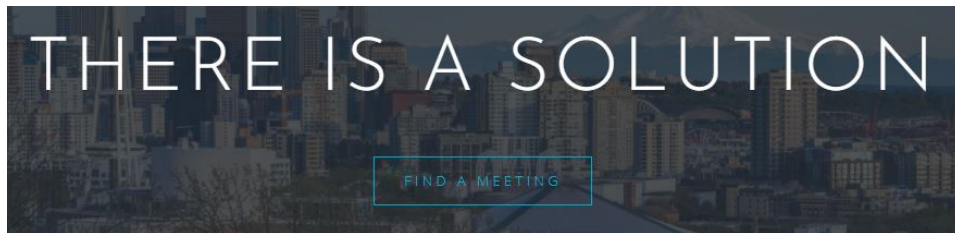
1941 - Ruth Hock showed Bill W. the Serenity Prayer.

2000 - More than 47,000 from 87 countries attended 65th AA Anniversary in Minneapolis, MN.

FUTURE TRIPPING

JUNE

- 1 - Remote Communities Committee** 645 pm - 8 pm. Zoom ID 623 242 6970 Passcode : 041701
- 12 - Grapevine & Literature Committee Quarterly** 930 pm - 2 pm (Zoom TBD)
- 12 - Tradition Six with Titanic** 10 am - 1130 am. Zoom ID 858 5142 0330 Passcode: 051501
- 12 - Founders Day Streaming on June 12** 10 am - 2 pm. Greater Seattle Intergroup. (Zoom TBD)
- 15 - Seattle Intergroup Spring Assembly** 7 pm. GSIG Office 5507 6th Ave S., Seattle 98108. Zoom ID 918 5437 5402.
- 19 - Corrections Committee Quarterly** 930 am - 2 pm. (Zoom TBD)
- 25 - Pacific Northwest Conference** 8 am - 5 pm. Red Lion Hotel 1225 N Wenatchee Ave, Wenatchee, Wa. 98801.
- 26 - AA Virtual Speaker Brunch sponsored by Dawn Patrol II** 10 am - 12 pm. (Zoom TBD)



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Thomas H. and Bill S.
TUESDAY	Yoshi, Jonathan W., Brandon K. and Ronnie
WEDNESDAY	Stephan M., Ronnie and Pam H.
THURSDAY	Joe M., Marlene H. and Desiree
FRIDAY	Ronnie and Freda
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Dan Y., Lynn A., Troy O., Carolyn B., Jim D., Jim G.

Southend Bookstore hours are Monday through Friday 10 am to 6 pm; Saturdays 10 am to 2 pm.

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 JUNE CELEBRANTS IN THE HOW DRY I AM CLUB!

Dan R.	Fourth Dimension	27 years (May 4)
Adonis		6 years (May 3)
Jim M.	Empire Way	5 years (Feb. 9)
Jerry D.	Last Chance	40 years (May 31)
Karen R.	Shoreline All Stars	50 years (June 10)

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, many meetings are choosing to meet in person. Checking our site is the best way to stay current with meeting times and locations. Please let **webmaster@seattleaa.org** know if there are changes to your online or in-person meeting.

High and Dry: News and Notes — June 2021

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to 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.

We are also seeking a group conscience, and volunteers, ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, join us on Zoom June 16, 2021 at 6 pm.

The Zoom coordinates are:
Meeting ID: 838 9225 4204
Passcode: 153905

STEP SIX: “Were entirely ready to have God remove all these defects of character.”

By Peeps

One of the most used AA cliches is “More will be revealed later.” And that has certainly proved true when it comes to my understanding and appreciation of Step Six.

I thought that finishing Step Six, in an instant, would magically remove all my defects of character. Completely and forever. Ha!



I was elated and felt changed the for better as I completed the first five Steps. The sometimes painful actions required to finish those Steps triggered strong feelings of relief, connection to others and hope that my life could and would be better going forward.

My sponsor and I had spent almost 11 hours, during four different sessions, working on Steps Four and Five. I felt lighter than air when we finished Step Five (over three hours) and he sent me home with the instructions to complete

Step Six from Page 75 of the Big Book: “Returning home we find a place we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better.”

I was so relieved to think I could spend a mere hour on the next Step that I fell victim to my extremely unrealistic expectations that Step Six, as well as its companion, Step Seven, were going to be a relative breeze. Cha-ching!

I took less than a week for me to realize I that my expectations weren’t just off-base, they were actually off-planet. People like me don’t work like that. While Step Six immediately helped me live without resorting to drinking, one day at a time, all my other defects remained. Some of them were harder to see, but others, like my sense of being right about just about everything, were more obvious to me than ever.

Working on the first five Steps I glimpsed a path to a better way of living with my fellow Earthlings, but I became aware that flashing lights and sirens had been connected to my character flaws. When I strayed off course, I was instantly aware of it.

I recognize now that Step Six is more of a target and a way point than a permanent state of being. Like all of the 12 Steps, I’ll have to work Step Six for the rest of my life if I am to be sober, joyous, happy and free.

About the Hospital and Treatment Committee

By Greg E.

My name is Greg E and I am grateful to serve as the Chair of Greater Seattle Intergroup’s Hospital and Treatment Committee. The only purpose of our committee is to carry the message of Alcoholics Anonymous to the alcoholic who is in Hospital or Treatment facilities. We meet the first Saturday of every month at 10 am. All Treatment Representatives from Districts or groups that meet in the area served by GSIG are welcome and invited to attend!

As Chair, my primary function is as an information hub: I help connect servants with service opportunities; I help facilities get connected with literature and panels; I support District & group reps by sharing information and connecting them with each other; I help fill Bridge the Gap requests; and I facilitate 12th-step outreach to inpatient alcoholics in local facilities. We work closely with GSIG’s PI/CPC committee on an outreach initiative to further develop peer support programs at area hospitals. And we coordinate regularly with both the Eastside Intergroup Treatment Committee, and the Area Treatment Chair.

Personally, my recovery journey started in inpatient treatment, and one of my first service positions was taking a meeting to a youth treatment center every other week. So this work is very close to my heart and has been a huge part of my recovery. Service keeps me sober, and I can’t imagine a better service position than to help carry the message to folks starting their own journeys!

The Importance of ASL at On-line Meetings

By Yael S.

Our GSO-NY pamphlet F-15, *Serving All Alcoholics: Making the AA Message Accessible* begins, “While there no special alcoholics, there are alcoholics who experience access barriers to receiving the AA message.” The Deaf or Hard-of-Hearing alcoholic is in one of those groups.

My name is Yael S. and I’m an alcoholic who is Deaf. Although I was Deaf in one ear as a child, I heard normally with the other ear. So, basically, I grew up as a “hearing” person and English was my first language. When I got sober at 34, I was still able to hear at AA meetings. AA, then and now, is my lifeline to health and wellbeing. However, as I aged (I’m 75 now), my hearing went from bad to none at 65. My first concern was getting the message at AA meetings. What was I going to do? I had previously learned some limited American Sign Language (ASL) trying to get AA meetings in interpreted in the town where I got sober, Dayton, Ohio. So, I knew just barely enough to benefit from interpreters, who were kind enough to donate their services. Living now in Atlanta, I found one Deaf AA meeting, but no regularly interpreted meetings.

Finally, in 2010, I hooked up with other alcoholics in AA, both hearing and hard-of-hearing. We started online text-chat AA meetings, which helped to keep me connected to AA. However, we soon discovered that Deaf people were not comfortable with an English-based meeting because English was not their first language: ASL is their first language. As described in the referenced F-15 pamphlet, “ASL is a complete language with its own unique customs and norms, as well as some regional variations.” It is difficult to translate English idiomatic expressions into ASL. (For example, when Bill W. in the Big Book, p. 101 refers to “whoopie parties.”)

About 2011 several of us started on-line AA discussion meetings in ASL, using a variety of platforms (Oovoo, Omnijoin). We attracted a small number of alcoholics with a few limited online ASL meetings. Most of the attendees were very new to AA, with no other AA meetings to support them or sponsors to provide guidance. So, by the time COVID-19 hit us in 2020, we were already well-versed in accessible online AA meetings in ASL, but none (that I’m aware) that were interpreted in ASL.

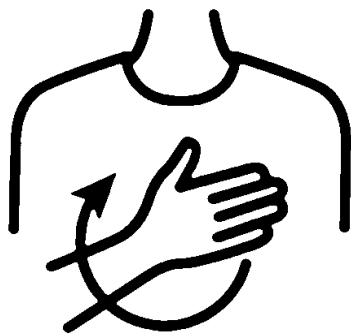
However, as we all have experienced, that has changed drastically in 2020. For us in the Deaf community, COVID-19 has a Godsend because now there are many ASL as well as ASL-interpreted meetings.

While the ASL-only meetings tend to have members with newer sobriety, the ASL-interpreted meetings have many members with long-term sobriety and many years of working our 12 Steps. So newer members (both hearing and Deaf) get the benefit of those experiences at staying sober. It is definitely a “win-win” situation.

One of the AA communities that has stepped up to the plate to make AA meetings accessible to Deaf and hard-of hearing alcoholics is Seattle, Washington, which has several interpreted meetings with superb, skilled interpreters. My personal favorite is the Open Discussion meeting, Abigail's Ghost (Zoom ID 481 143 625 Passcode 927611), which meets at 7 a.m. PST with interpreters on Tuesdays and Thursday regularly. I get the benefit of the experience, strength and hope of newcomers as well as folks sober for a number of years, both deaf and hearing.

However, this is not true everywhere. One thing that I have found troubling is that I have been unable to connect with ASL-interpreted meetings in Canada. Maybe they do exist, but I have not been able to find them. I have a Deaf AA friend in B.C. who has tried, unsuccessfully to connect to other Deaf members or ASL-interpreted meetings in Canada. At this point, he attends meetings online that are U.S. based, but he would very much like to connect with other Deaf Canadians. He, too, has become a regular member at Abigail's Ghost.

Our responsibility declaration says, "I am responsible. When anyone, anywhere, reaches out for help. I want the hand of AA always to be there. And, for that, I am responsible." So, while we cannot MAKE anyone sober, we can make the message accessible so that all alcoholics who want to get sober get the tools to stay sober.



PLEASE



THANK YOU

Easy Does It

By Sandra A

Easy does it
One day at a time
So bow your head down to Jesus and pray
Just for today
Find someone to guide you through the steps everyday
It will be a new beginning in your new life
So think, think, think
Because first things first
But for the grace of God
Be with him today
In your recovery your life will be new for the better
You will see the promises come true
Just like God is new
Your life's work will come shining through
So work, work, work!



Info about cost of insurance to protect Greater Seattle Intergroup Officers from potential litigation. A vote will be taken at June 15 Seattle Intergroup Spring Assembly on how to proceed.

Nonprofit organizations of all sizes can be under the threat of litigation from vendors, donors, competitors, employees and government regulators. Without the proper coverage, it can be difficult to cover costs of legal fees or damage awards if faced with a lawsuit.

Directors & Officers liability insurance for nonprofit organizations is designed to help protect the organization, its mission and its directors and officers if they are sued by vendors, current or former employees, donors, beneficiaries or other parties. Suits can claim actual or alleged errors, misleading statements, breach of duty or misuse of funds or authority, putting the mission of the organization as well as the personal assets of board members at risk in defending against these suits.

Directors and officers (D&O) liability insurance protects the personal assets of corporate **directors and officers**, and their spouses, in the event they are personally sued by employees, vendors, competitors, investors, customers, or other parties, for actual or alleged wrongful acts in managing a company.

D&O insurance will **not** provide **coverage** for what many **would** consider the worst acts of the **directors or officers**; dishonesty, fraud, criminal or malicious acts committed deliberately. ... **D&O insurance** will **not** provide **coverage** for bodily or personal injury of a person or physical damage to a third person's property.

We have received two formal quotes for Directors and Officers Insurance (aka D and O Insurance) They provided us with the following information:

Company	Amount of Insurance	Annual Premium
Hartford	1,000,000	1600.00 (approx)
	2,000,000	2400.00 (approx)
Alliance	500,000	967.00 (approx)
	1,000,000	1152.00 (approx)

A healthy percentage of the larger Intergroup/Central Offices carry this coverage upon first appraisal.

Greater Seattle Intergroup Board Meeting Minutes

May 18, 2021

Submitted by Leslie I. (Recording Secretary)

Opening

The meeting was opened at 7:00 pm

The Chairperson went over the guidelines for hybrid meetings for zoom attendees and in person attendees

5th Tradition – Jeff

5th Concept – Bill

AA birthdays

Mary – 5 years

New to GSIG

None

New Business

The Intergroup Board room is available for meetings. Currently the space is limited to 10 people for AA meetings and 50% capacity for business meetings. This follows current COVID guidelines. The suggested rent is \$25/hr, however if your group cannot afford that much a 7th tradition donation is accepted.

Reports

Recording Secretary (Leslie I.):

If there are no corrections to the April minutes, we need a motion to approve the minutes. John District 16 made a motion to approve, Kristie District 40 seconded. The motion to approve the minutes passed.

I apologize for taking so long to complete the April minutes. I was having some difficulty with the online reports. I am happy to report that our webmaster Lee has made corrections and improvements to the report form and it is now working well.

You may use the online report form, attach a separate document to your email or just include your report in the body of an email. Districts may want to just summarize what was discussed at the district meeting. It is not necessary to send the complete minutes from your District meeting.

Please have your written reports to me by Saturday after the board meeting (preferably before the board meeting). My goal is to have the minutes completed within a week of the meeting.

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

secretary@seattleaa.org

Treasurer (Carl G.):

GSIG TREASURER REPORT MAY 18TH, 2021

April Financials

As Treasurer my goal is to make these reports easy to understand and be reported to the fellowship. If you have suggestions or questions, please let me know at Treasurer@seattleaa.org

Financial overview

Month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
February 2021	-3 K	7 K	1 K	2.8 K	207.00	700.00	105 K
March 2021	-3.8 K	7 K	329.00	2.8 K	287.00	1.1 K	104 K
April 2021	3 K	10.5 K	2 K	2.8 K	1 K	600.00	103.5 K

Earmarked Funds remaining amounts: Pink and Blue Cans (contributions specified for these committees)

Corrections: \$4007K

Accessibility: \$819

Standing Committee Budget funds allocated by GSIG budget Funds remaining for 2021.

Corrections \$360

Hosp & Treat. \$1,727

Accessibility \$7,050

Pi/CPC \$1,654

Thanks to April income YTD net income is now about 4.5 K. The specifics are as follows:

April net income was a surprise 3 K above expenses. This positive was greatly helped by Group Contributions coming in 3.5 K above the last 2 months. Also, Personal & Other contributions were about 2 K a nice increase. YTD Group Contributions is now only 1.5 K under budget. The Sustainers Program continued to sustain.

GSIG APRIL 2021 CONDENSED FINANCIAL REPORT					
CONDENSED PROFIT & LOSS					
Ordinary Income/Expense	Apr 30, 2021	Apr - Budget	YTD Apr 2021	YTD Budget	Jan-Dec 2020
Income					
Total Retail Sales	2,127	6,202	11,225	24,808	37,008
Total COGS	1,507	4,990	8,332	19,962	30,396
Gross Profit from Retail Sales	620	1,212	2,894	4,847	6,612
Gross Profit %	29.2%	19.5%	25.8%	19.5%	17.9%
Group Contributions	10,512	10,141	39,011	40,564	113,463
Personal and Other Contributions	1,885	836	5,154	3,345	80,354
Meeting Room Rent; Birthday Club	1,056	686	1,675	2,744	6,768
Sustainers Program	2,819	2,612	11,135	10,448	
Special Events Income	43	464	141	1,854	4,312
Total Items to Cover Fixed Expenses	16,936	15,950	60,010	63,802	211,509
Expenses					
Expenses--Other	1,327	1,676	6,352	6,705	17,319
Paid Staff	6,210	5,955	20,100	23,819	62,363
Rent and Office	6,624	7,056	28,143	28,224	79,854
Standing Committees	(134)	1,435	1,052	5,740	5,614
Total Fixed Expenses	14,027	16,122	55,647	64,487	165,150
Net Ordinary Income (Loss)	2,909	(171)	4,363	(686)	46,359
Net Other Income, Chiefly Interest Income	77	33	155	133	18,970
Net Income (Loss)	2,986	(138)	4,519	(552)	65,329

CONDENSED BALANCE SHEET			
ASSETS	Apr 30, 2021	Mar 31, 2021	DEC 31, 2020
Current Assets			
Checking	56,957	58,100	54,338
CDs and Savings *	46,586	46,367	46,819
Accounts Receivable	927	927	884
Inventory and Other	36,512	37,472	36,084
Total Current Assets	140,981	142,866	138,125
Total Fixed Assets	2,484	2,484	2,484
TOTAL ASSETS	143,465	145,350	140,609
* Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx. \$46,000.			
LIABILITIES & EQUITY			
Current Liabilities			
Accounts Payable	4,412	8,811	4,318
Payroll & Sales Tax Liabilities	172	322	198
Committee Earmarked Funds Total	4,826	5,147	6,498
Total Liabilities	9,410	14,279	11,014
Equity			
3001 - Opening Bal Equity	694	694	694
3101 - Retained Earnings	128,843	128,843	63,572
Net Income	4,519	1,534	65,329
Total Equity	134,055	131,070	129,595
TOTAL LIABILITIES & EQUITY	143,465	145,350	140,609

	Greater Seattle Intergroup Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.) YTD April 30, 2021				
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Earmarked Funds
Beginning Balance 1/1/20	\$4,951	\$0	\$1,547	\$0	\$6,498
YTD Contributions	\$757	\$0	\$472	\$0	\$1,229
YTD Use of Funds	(\$1,701)	\$0	(\$1,200)	\$0	(\$2,901)
Ending Balance	\$4,007	\$0	\$819	\$0	\$4,826
	Greater Seattle Intergroup Standing Committee Expenditures Against Budgets YTD April 30, 2021				
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$0	\$73	\$630	\$146	\$849
Budget to Date	\$120	\$600	\$2,560	\$600	\$3,880
Budget -- Full Year	\$360	\$1,800	\$7,680	\$1,800	\$11,640

Motion to approve treasurer's report made by Kristine District 40, seconded by Kim District 14. Motion was approved.

Vice Chair (Aaron):

The groups that make up Seattle Intergroup continue to show up for the still suffering alcoholic. The adaptability required by all of Alcoholics Anonymous over this last year has been a sight to see. I, for one, am very proud to be a member of AA.

>

> In that vein, the challenges continue. How do we come back to a physical space from a virtual one? How can we support the groups coming back together in-person, hold virtual meetings, or a hybrid virtual/in-person meetings? This is probably a familiar topic for most of you. The Board of Intergroup took the opportunity to try the hybrid meeting approach at our last gathering on April 20th. Although we had some technical challenges with the in-room audio and an inability to see people in the room unless they were at the podium, I think we learned a lot. I expect our May hybrid meeting to show improvement over what was still a good and effective board meeting. The work and ingenuity of our dedicated staff and volunteers was an inspiration and I am very grateful for their work. To me there are clear advantages to the hybrid format that could be a game changer in the participation of the groups in Greater Seattle Intergroup, all to the benefit of our fellow alcoholics.

>

> As for the overall health of Intergroup we are the clear beneficiaries of a wonderful staff and groups who see the benefit of a strong Intergroup. There continues to be lackluster sales due to continuing restrictions inherent in a global pandemic. We all hope for improvement once in-store traffic returns to normal. Group contributions have helped to bolster Intergroup and we are meeting our budget goals for the year so far.

>

> I am eternally grateful to be a member and the Vice Chair of Seattle Intergroup,

>

> Aaron C.

Chair Emeritus (Mike M.):

See 20/20 committee report

Chair (Astri):

Although there were some hiccups, I enjoyed our first attempt at a hybrid Board meeting.... hopefully we learned some things and will have more success this month.

I was happy to attend the May Corrections Committee meeting, they continue to look forward to the day they can again take meetings into facilities. It was great to be a part of their conversation.

I dropped in on the Office Committee as usual as well. Besides that I have continued to attend Zoom meetings all over the country, the Service Manual Study on the first Sunday of the month and have fielded some calls regarding issues that have risen with groups and individuals.

I am looking forward to meeting more of you as participate in GSIG activities and I visit your committee meetings.

Yours in service, Astri T. Chair

Finance Committee (Pete K.):

The Finance Committee had A very good conservation and discussion about the 2020 suggestions. We also talked about at the May meeting about who is voting member or non voting member of the committee. We decided to look at if there is a better date and time for the meeting. Pete and Carl did the first quarter audit and it went well and has been given to the committee. We are looking for people to Join the committee.

Office Committee (Jeff U.):

Attending: Committee Chair Jeff U, GSIG Treasurer Carl G, GSIG Chair Astri, GSIG Finance Committee Chair Pete K, GSIG Office Manager Lara R, Jennifer S, Bob and Jennifer L

- Meeting opened
- GSIG Office Manager Lara delivered Office manager's report. Discussed feedback form and 12 step form on Website, High & Dry, possible 12 step insurance, summer picnic, special events, new HEPA system and Founder's Day.
- Held discussion of GSIG 12 step practices and timely response to 12 step calls. Tabled any action by Office Committee until after report from 12 step standing committee and P&P manual update proposals from 2020 Committee.
- GSIG Treasurer presented the April financial report. Finances look good.

- Discussed including monthly payroll report in Treasurer's report to office Committee. Agreed by acclimation that beginning in June, treasurer will create a monthly payroll report to include with monthly financials, and will deliver a summary report monthly to the Office Committee.
- Discussed resuming the practice of conducting staff performance reviews per the GSIG P&P. Agreed by acclimation that the Office Committee will conduct a Performance review of the Office Manager over the next several months, with details to be determined at the June meeting. Additionally, Office Manager will conduct a performance review of the Assistant Office Manager, and present results to the Office Committee for review and approval. Anita agreed to send out copies of the existing GSIG performance review forms to all members of the Office Committee to review prior to the June meeting.
- Meeting adjourned, 7:00PM

20/20 (Mike M.):

We continued to discuss the following topics

GSIG Policies & Procedures Manual

Recommendations to the GSIG Policies & Procedures Manual

We currently now have back suggested recommendations from all committee chairs or others

We are reviewing and combining into one cohesive document

A tracked change version comparing current version of the GSIG P&P manual to the suggested changes is planned to be completed for distribution at the Sep 2021 Board meeting and will be included in the Newsletter and on the website. The ultimate vote is planned for the GSIG Fall Assembly in Dec 2021

Office Lease - current end date May 31, 2021

We are continue to gather data about the market and GSIG needs and uses.

We have provided some additional questions on a survey that is available on the GSIG website

Please take the time to complete it should only take 5 minutes

We will aggregate all our findings and recommendations that will be presented to the Board by about Nov 2021.

Assistant office manager (Anita):

The 12 Step Ad Hoc Protocol meeting is the last Friday of the month at 5:00 pm

Office Manager (Lara R.):

Inventory:

- Inventory is adequate.
- We are selling more coins since groups are slowly beginning to open.
- We received the new Grapevine book Free On the Inside.

Financial:

- Please see the Treasurer's Report. Nothing unusual occurred in April.
- 2020 Taxes have been filed.

Organizational Processes:

- We have launched a “Feedback on our website” survey in the hopes of receiving information from the fellowship about how we can improve our website.
- We have started to implement new features to the High and Dry and are hoping that we will get more input from the fellowship in the form of submissions to our publication.
- We continue to research our responsibility and possible liability doing 12th Step work. If we were to get “Employee Practices Liability Insurance” that would protect GSIG if anything untoward were to happen on a 12th Step call, it would easily be added to the Directors and Officers Insurance that we are already exploring.
- We are replacing all of our light fixtures with LED lights. This is happening, mostly, through a free program offered by Seattle City Light. Some of our ballasts are very old and need to be replaced, we are looking into having those donated and Seattle City Light will pay labor for an electrician or electrical company to replace them. More information to come.
- We have purchased and installed a HEPA room purification system in the boardroom.
- We are planning the resurgence of the Seattle Group sometime in the very near future. Please email specialevents@seattleaa.org if you are interested in getting involved.
- We would like to have a Founder’s Day event at Intergroup in June.
- We will be turning 75 on July 10th, which is a Saturday, and we hope the Seattle Group will be up and running by that time and will plan a historical speaker’s meeting for that evening.
- Our picnic is still slated for August 15th. I am currently working with our button maker on a design and a graphic artist for a flyer. Both will be coming soon.

Respectfully submitted by Lara Randolph, Office Manager

Old Business

Update on D & O insurance. A recommendation was sent to the groups that we purchase it. This was in April’s meeting minutes. We will vote on how to proceed at the Spring assembly next month.

The June 15th Board meeting will be the spring assembly. All groups are invited and every group will have a vote.

PNC (Pacific Northwest Conference) is the last week in June. Go to PNC1948 for info.

Accessibility (Laurel W.):

A Global need for removing barriers to recovery.

Recovery is about having a home group, fellowship, opportunity to be of service, be it secretary, GSR or even a DCM. For the Deaf alcoholic, access to Recovery is a formidable challenge.

Greater Seattle Intergroup Office has an Accessibility Committee with the primary purpose of assisting the Districts and Groups in the Greater Seattle area in carrying the AA message to alcoholics with accessibility issues. In Area 72, I am aware of two other Accessibility Committees : Puget Sound Central Service Office, Area 72 Accessibility Committee. PSCSO lists meetings that are interpreted in the Tacoma area. Area 72 Accessibility Committee comprises of District Access chairs but does not raise funds for interpreters. Deaf alcoholics who reside in Vancouver, WA are currently being funded by the Portland Deaf Access Committee.

GSIG Accessibility Committee does address all accessibility issues, currently the largest need is for Deaf alcoholics who face barriers in accessing meetings, having home groups, and opportunities for service (hence "recovery"). In addition to fund raising for ASL interpretation, we reach out to the Deaf community to provide them with information of interpreted meetings in Seattle, and assist groups/Districts on how to be Deaf-friendly. We reach out to professionals who have Deaf patients to explain about AA and how to refer a Deaf person to AA. We coordinate the interpreter scheduling and use interpreters who are qualified. If a Deaf person is asked to be a Speaker, we schedule the interpreter and pay for the ASL interpretation.

By the way, we could use help with fund raising, contributions can be made to the earmarked "blue can/ASL" item under contributions on the Seattle Intergroup Website, or a check with the ASL committee in the memo. We also could use help with tracking invoices and donations for more transparency.

At our May committee meeting, a representative from San Diego committee (www.area08aa.org) described their services and geographical boundaries. They do similar activities such as our GSIG committee but serve a wider area. At our June committee meeting, we will have a member from the Portland Deaf Access Committee (www.pdacao.org) explain their services. They are helping Vancouver WA Deaf access services. Please check out their website: they have brochures and all kinds of resources. They serve all of Oregon, plus Vancouver WA. On **June 2**, 6 pm join our Zoom meeting to learn about PDAC. See below for Zoom information. We meet on the first Wednesday of each month.

What about Deaf alcoholics who do not attend meetings in Seattle, and live in Bellingham or other cities? They're not being served. A collaboration of Accessibility committees and central funding would be part of the solution. Here's a thought: What if each group had to print their own Big Book? It would be impossible. Yet GSO does the publishing. Wouldn't it be great if the Area and GSO had central funds to help groups, Districts and AA workshops be accessible to Deaf alcoholics anywhere?

Greater Seattle Intergroup Accessibility Committee Zoom ID: 975 3066 7849 Passcode: 061705

Yours in Service,

Laurel W., Chair, and Interpreter Coordinator

Laurel.walden@gmail.com Text: 206.6509790

Archives Committee (Teresa S.):

No report

Corrections Committee (Pam/Amy):

A zoom meeting did not get scheduled, so we will plan to have one on June 14th @ 6:30pm. Correctional facilities are still closed to outside meetings. Nothing else to report other than our appreciation to all at GSIG and our office staff!

Hospitals & Treatment Committee (Greg E.):

1. From the Area Tx Quarterly, I updated the Committee on the progress Area Tx Chair Jodi is making on a Bridging the Gap database that can help Districts / groups connect with each other. In the meantime, any BtG requests that need support can be sent to me at hospitalandtreatment@seattleaa.org.
2. We are receiving inquiries from available volunteers, who I'm connecting with their respective Districts, and inviting to our Committee meetings.
3. I broached the idea of a Big Book Fund, which was raised as a possibility by the Office Committee. Our Committee members will take this back to their Districts and groups for feedback.
4. We had reports from Districts 18, 32, and 41, as well as Empire Way and the 4th Dimension Group, all of whom are doing great work carrying the message to facilities, primarily by Zoom still.
5. We were grateful to be visited by David, Chair of GSIG PI/CPC, Patti, Chair of the Eastside IG Tx Committee, current Area Tx Chair Jodi, and former Area Tx Chair Rodney. Always appreciate collaboration with our friends.
6. We continued to receive 12-step peer support calls from Virginia Mason in the last month, and we are working towards strengthening this relationship.
7. We continue to work to support Recovery Place on Beacon Hill, providing literature and coins at their request, and hopefully setting up panels in the near future.
8. We meet the first Sat of every month, 10 am. Email for info! All are welcome

Newsletter (John P.):

The newsletter advisory committee is meeting on the third Wednesday each month to review the most recent edition and plan content for upcoming issues.

Last month's issue debuted poetry and a crossword puzzle. Our plan is to add more content and content types going forward.

Night Watch Coordinator (Sheree):

We are keeping busy with a number of calls we are receiving and the volunteers are doing a great job and service commitment. We are always looking for volunteers and if you have 6 months of sobriety we could use you! You can contact the Nightwatch Chair at the Seattle Intergroup: www.seattleaa.org under the tab: "service"

I have been meaning to have a zoom meeting with all the volunteers in June and will provide a flyer for those that wish to attend.

PI/CPC Committee (David D.):

- The monthly PI/CPC meeting was held on Saturday, May 15th, from 10:00 – 11:00 AM.
 - Jennifer S shared upcoming Dawn Patrol virtual breakfast on Saturday June 26th 10-2, link at seattleaa.org link: <https://www.seattleaa.org/event/aa-virtual-speaker-brunch-sponsored-by-dawn-patrol-ii/>
 - Jerry F shared the National PI CPC meeting May 18th on Zoom; there will be an enthusiastic creating sharing of lots of ideas link: **No link found on area website but links below were found:**
 - GSR training also offered regularly, follow this link: <https://area72aa.org/event/gsr-university-gsr-course-401-commitment-accountability-rotation-informed-group-conscience-inventories-service-mentorship-3/>
 - Also there is a national workgroup for PICPC on Saturday June 12 at noon: <https://lincaa.org/wp-content/uploads/2021/05/202106-NationalPIWksp.pdf>
 - Special Business
 - Bellevue Schools Presentation Update David D is moderating a panel for Bellevue School district. Area PI received an outreach call and we reached back. David D is on the planning committee and a panel is occurring May 18th with young persons and persons who were younger when they got sober. Of note, there was some perceived overlap in jurisdiction with PI, CPC, Area, Districts, Intergroups, and Young People's committees but that was eventually resolved for purposes of this important effort. More discussion took place about the challenges and opportunities in coordinating efforts for ensuring there is a connection/partnership that could be made, lead by our PI and CPC service manuals, for future enduring partnership with the superintendent of public instruction. David D gave some context that the district reported there have actually been alcohol-related deaths within the Bellevue school district and the community has struggled to respond. This is a step in a positive direction that could save some lives.
 - Literature Needs at Lakeside Milam in Kirkland: Tara B will get a rack and pamphlets from GSIG and charge to our committee. David D chair will get contact info at Milam for Tara B to connect and arrange day and time to bring materials to the facility.
 - Old Business
 - Follow-Up on PICPC Committee Opportunities
- Evergreen State Fair update from Jennifer S: the fair is in process with finalizing decision around fair, which would be in mid-August 2021. The responsible committees and authorities have yet to clear that the fair to take place in person. Potentially, decision could be known this month. Mike H is the contact and Jennifer S will take volunteer names back to him and be the liaison for taking 3-4 hr shifts during the days the fair is on. Tara S, Meesh V, Laura C and David D volunteered. AA members are required to take a training course before being eligible to take these shifts regarding anonymity in these settings. The fair is asking for contributions for booth space in amount of \$270. ***A motion was made and 2nd of motion to make the \$270 contribution. The motion passed with all "ayes" to contribute, from this committee budget, that amount. The contribution would only occur if the fair is confirmed to actually be taking place. The contribution would be for the space at the venue to provide PICPC outreach, within the traditions of this committee.***

- Tony H and Jerry F shared that Puget Sound Intergroup also requires anonymity training for members to be eligible to take shifts at the Washington State Fair in Puyallup each Fall. Upcoming trainings from that intergroup are on June 5th and July 11th. Mark R is the contact and info is available on the Puget Sound AA website.

District and Area Reports

Jerry F announced the Texas PI chair reached out and is looking for H and T contact for guidance on presentation in their state H and T. Tony H provided John DD contact number to Jerry F and committee 425-322-6494. Tony H thinks there may be a video of a presentation on the GSIG or area website.

Special Events Committee (Jessie):

No report

Web & Technology Committee (Dan G.):

The Web and Tech committee has started meeting this month to discuss updates and changes to our web site design. We are looking for volunteers to participate in our committee and help with this redesign. We are interested in cooperating with Area 72, and the local central offices and Intergroups to come up with solutions that best meet our membership needs. The first step in the process is defining our requirements. Would you like to join us? Our next meeting is this coming Saturday at 9 am, see the end of this report for zoom meeting information.

We are interested in feedback from all our members about what they want out of our web site. Our survey was just recently posted at: <https://www.seattleaa.org/2021/05/08/2021-website-satisfaction-survey/>. Please take a moment to share this survey with your home group members.

In addition to our web redesign, we want to remind our membership that our webmaster position rotates out at the end of the year. If you have experience managing a Wordpress site and are interested in this position, please contact us or the Greater Seattle Intergroup Office. Thank you.

Our monthly Zoom web and tech committee meeting is this Saturday at 9:00 am. Zoom information is;

W&T Monthly Committee Meeting

<https://us02web.zoom.us/j/85795142843?pwd=RUdtQTcrVFJPQWIMUUdxYy95V3lPdZ09>

Our bi-weekly website redesign meeting meets every other Saturday at 9 am. This Saturday we will be conducting our regular business, and then moving to our current main topic, the redesign. At 10 am we will use the redesign Zoom meeting link if necessary.

W&T Redesign

<https://us02web.zoom.us/j/81268355034?pwd=dkdVclNpSTcwZldCUmVvdnYvN1hlZz09>

Meeting ID: 812 6835 5034

Passcode: 203979

Third Legacy (open)

District 14 (Kim S.):

District 14 report from Tuesday 5/11/21

There are conversations about moving D14 meetings back into the church. They are working with church to get meetings back there.

Kaya D14 archives will forward more information to group via email.

Tara with PI/CPC is trying to put together a lunch and learn and working on getting grapevines for Senior Centers and libraries.

Kim S. GSIG rep said all groups are talking about going hybrid, D112 is having several in person meetings, there is talk about director's and officer's insurance and I will send more information when I learn more, last GSIG meeting was first hybrid meeting and went well, next meeting will be hybrid.

May 16 from 3pm-5pm and May 22 from 9am to 11am are GSR universities.

Sunday 5/23/21 from 10am to 1pm is a google workshop

Delegates reports Sunday 6/13/21 from 10am to 1pm and Wednesday 6/16/21 from 6pm to 9pm.

Open positions are Corrections chair, Web chair and Third legacy chair.

Jennifer R, D14 Alt DCM, has been working with area register for GSR packers. GSR packet can also be found online.

Jennifer, D14 treasurer, has received \$256.08 in contributions for district. Spot reserved for 9/12/21 Lincoln Park Picnic. She will give a statement on park picnic situation and will submit it for written report. Some D14 members signed up to be on planning subcommittee.

Lucky Ladies took a business meeting vote and they are open for suggestions about hybrid meetings.

We discussed, motioned and voted on supporting D3 in their service at the State Fair. We will be supporting one day of outreach at \$270. Minority opinion was heard.

We had 2 great guest speakers: Area 72 treasurer Lupita Y. and area 72 alt treasurer Eddy M.

Lupita Y. Discussed how the 7th tradition makes the sure the hand of AA will be there. Eddy M. discussed the budgeting process. Both Eddy M. and Lupita Y. both discussed the finance committee and explained how vital this committee has been for support. Both Lupita and Eddy answered questions from the group. They said their function is to support area financially and be good stewards to members and groups.

There were brief reports toward the end of meeting

District 15 (Diane D.):

Desi provided a presentation about getting involved in 12-step calls and encouraged district members to sign up on the Intergroup website.

GSR reports mostly consisted of groups exploring how of when to either resume in-person meetings, stay on Zoom, or a hybrid. Some of the churches where meetings are held will be opening in June.

Discussion about what and how much information GSRs take back to groups from District and Conference.

District 16 (John B.):

No report

District 17 (Lee R.):

No report

District 18 (Steve R.):

No report

District 24 (Barbara S.):

No report

District 31 (Jeff):

No report

District 32 (Gavin A.):

No report

District 33 (Jim):

No report

District 40 (Kristi):

Erin, DCM, opened the meeting at 7:00 pm. with the Serenity Prayer. Kendall read the 5th Tradition, "We are given one mission: to help the alcoholic who still suffers." She reminded us that our primary purpose is just that, and all the minutiae of rules and discussion over "how to do things correctly" is not what AA is about. Chris B. will take Tradition 6 next month.

Sue, Secretary, read the April Minutes. Group approved the April minutes.

TJ Treasurer's Report

Reviewed reimbursements for Erin's PRASAA fee. Erin requested that any other people who attended to please submit to TJ for reimbursement. Reimbursed Judith for Archive Committee expenses.

(previously Erin was advised by Area Treasurer Lupita that we should keep track of all expenses so District 40 knows what will be needed for prudent reserve. PRAASA and the Gratitude Banquet are probably the biggest expenses for the District and when we get back to in-person events, we'll need to fund that. Erin advised that anyone who attended PRAASA should definitely submit expenses. She suggested if someone wants to donate the cost, they should be reimbursed first and then make a donation from that.)

TJ sent the Reimbursement Form to everyone & reiterates we should use it. (sent with these minutes also)

DCM REPORT:

Erin reminded group that GSR 401 will be happening this month with new info will be covered & documents can be found at www.seattleaa.org.

May/June we can reevaluate where we are at and if in-person, district hosted GSR/DCM meetings are an option.

GSO CONFERENCE REPORT

Erin went through actions/resolutions of GSO conference Report

Geene, Area Delegate, will review GSO conference decisions during GSR ZOOM meetings

Delegate Report Back Session #1.

Sunday, June 13th 10:00 a.m. - 1:00 p.m.

Wednesday, June 16th 6:00 – 9:00 p.m.

Erin requested that each member review and update their corresponding service position from Service Handbook. She will be sending that out separately to you.

Pacific NW Conference "AA in a Time of Change" Flyer & schedule attached.

Please register, No Fee, voluntary contribution welcome Sat 6/24-9:am-9:30pm

ALT. DCM REPORT/Morgan:

Not much to report. Mentioned a Unity and Service conf. Details to come.

COMMITTEE CHAIR REPORTS: Michelle S: Area Accessibility & Intergroup Area Accessibility Workbook Study Group meeting once a month,. Preparing a pamphlet for nursing homes & will have a draft of that at next meeting.

District 15 & 40 are working to find out specific needs of groups in these areas.

Bridget, Area Chair Remote Communities will partner with Accessibility Committee to see how each can help the other.

Judith: Archive Committee

Judith continuing to log inventory of historical documents & photos

Oral Histories would be great to have, e.g. old-timers

Looking for obituaries of AA members

Doesn't know when D15 split from D40 (or vice versa). Any one know history of this?

Meesh: PI/CPC Committee

Attended a really good Quarterly. Great outreach in Bellevue school districts

Trying to figure out her role, has several ideas/questions to discuss with District group @ next meeting.

Jordan & Scott: Corrections Committee

All facilities in Seattle area are still in Phase 1, so access is still limited. They are still trying to catch up with all the changes and impact that the pandemic has created, so it's a not high on most facilities' To-Do List.

Hopefully, that will change as things normalize again.

Scott plans to reach out again in the next month to see

TJ: Grapevine & Literature

New chairman is Dave (last name ?), replacing Michael W, who recently passed away.

Another quarterly will be held in June.

Houston: Treatment

Houston unable to attend D40 meeting /Bridging the Gap Quarterly

District 15 doesn't have a Treatment Chair.

Kristi/Intergroup:

Report on file with GSIG secretary: Stressed Service Manual Study first Sunday 11am-12noon

Scotie C /Young People's Group:

Scotie informed Erin that he is no longer the GSR for his group. Erin to contact to confirm.

Chris B. will step up to take the position if Scotie is unable to.

T.J./ D40 Lead for Gratitude Event

He'll be meeting with leads from D15 & D41 over the next month to discuss plans for this event & how it will be handled this year.

OLD BUSINESS

District 40 Handbook Revisions: Erin will send the document out to everyone and asks that everyone review and update service position descriptions that apply to them. This keeps the handbook "alive."

District 41 (Jeane):

No report

District 42 (Mikey C.)

No report

Zone 112 A New Beginning (AnnaLisa):

ANB Business Report

Meeting listing is up to date with Intergroup. We are still looking to fill two meeting chair positions. Women are encouraged to step up! We serve coffee if the chairperson is comfortable serving or they can appoint a single person to serve. Business meeting is on the last Saturday of the month, May 25th. We are above our prudent reserve (yay!) at this time. Big Books and 12x12s are available for sale at meetings. We are excited to give out coins again at meetings too. I am looking for an alternate or a permanent chair for the Women's 3pm Sunday meeting. I will be presenting the possibility of ANB taking a Nightwatch commitment at the next business meeting.

Corrections Report

My probation contact is seeking out more direct internal contacts for SCORE and FDC to help us facilitate literature and plan for when meetings can resume in those facilities. I have compiled a pretty exhaustive document on entrance policies and procedures for FDC. Area 72 Corrections Committee has been hosting a Corrections Workbook study Sundays at 4pm on Zoom.

AnnaLisa LaFayette

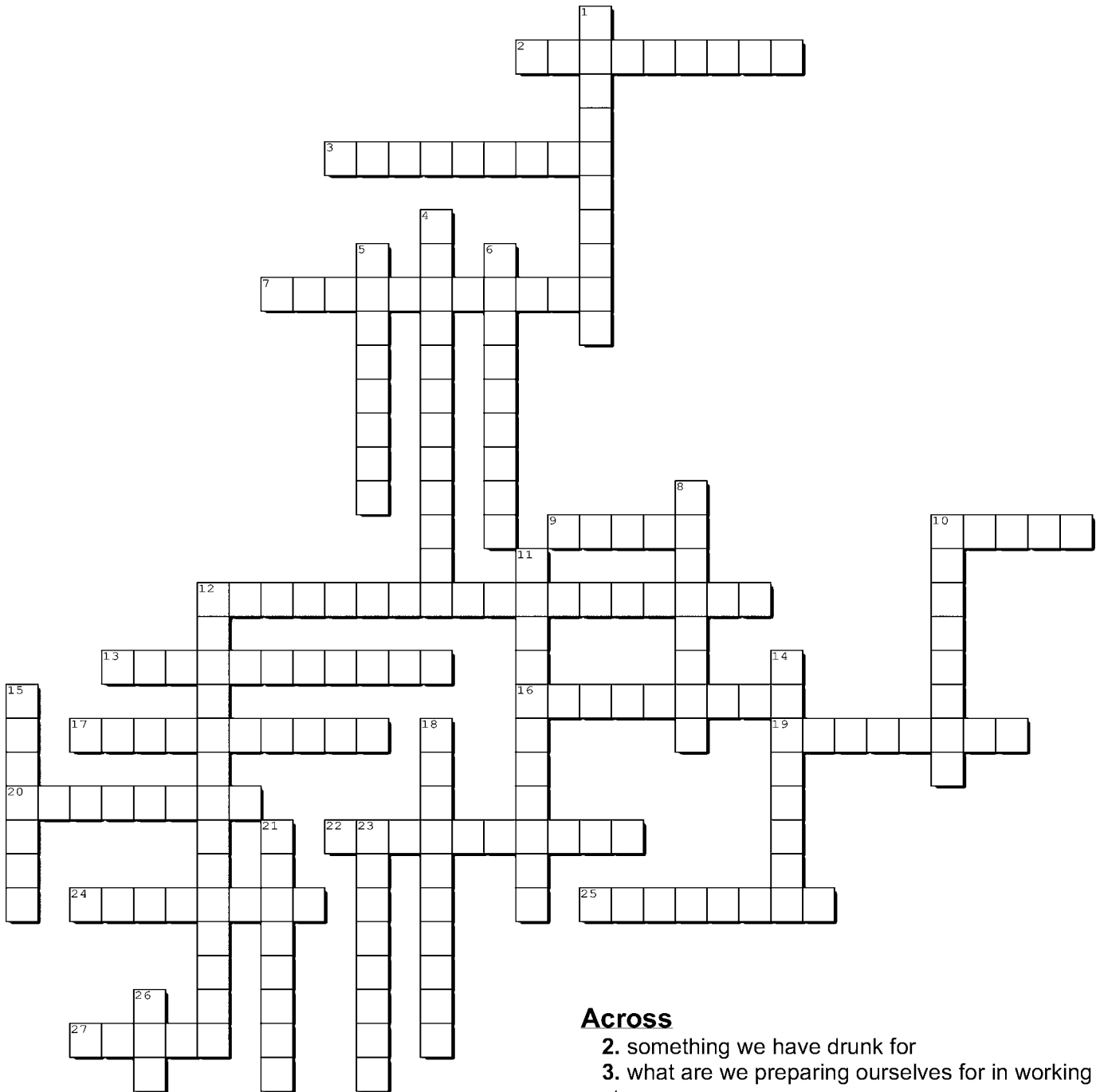
A New Beginning GSR/IG Representative

District 31 Corrections Committee Chair

Area 72 Corrections Committee Secretary

12 and 12 sleuth

Complete the crossword puzzle below



Down

1. this still overpowers the alcoholic when he thinks of those he envies
4. We cannot have any of these whatever
5. this digs two disastrous pitfalls
6. Our whole trouble had been the misuse of this
8. how ready do we have to be
10. what we begin to feel we will be after Step 5
11. what kind of action Step 3 calls for
12. what kind of anger can be very enjoyable
14. what still cries out
15. what AA newcomer's are faced with
18. what we thought drove us to drink
21. when will we admit our failings
23. what belief means
26. Twelve Steps _____ Twelve Traditions

Across

2. something we have drunk for
3. what are we preparing ourselves for in working the steps
7. what the 12 steps are
9. where the first AA group began
10. what kind of progression the alcoholic suffers
12. what pride leads to (2 words)
13. The only key
16. what dogs our every step
17. what we take responsibility for (of others, two words)
19. how we wish to look at the unhappiness we have caused others
20. The kind of view presented in the 12 & 12
22. what kind of results AA shows
24. this gave us instincts for a purpose
25. what makes it possible for us to receive God's help
27. alcoholics have warped them



Intergroup is streaming Founder's Day from 10am to 2pm on Saturday, June 12th

The morning events are as follows:

A.A. Old Timer's Panel 10:15 am – 11:15 am

The Joy of Living Even Under Pressure and Difficulty

Mike H. – Stow, OH

Bobby M. – Richmond Heights, OH

Tim H. – Louisville, KY

Chaired by Woody W.

The 12 Traditions 11:30 am – 12:30 pm

Why It Works

Billy N. – Buford, GA

Al-Anon Dual Lead Meeting 12:45 pm – 1:45 pm

Clif & Lori G. – Oklahoma City, OK

Chaired by Mickie

SEATTLE INTERGROUP SPRING ASSEMBLY

When: June 15th, 2021 @ 7pm

Where: Seattle Intergroup

5507 6th Ave S. Seattle, WA 98108

Or on Zoom!

Meeting ID:918 5437 5402 Passcode:035194

Why: Every Group has a vote at our Spring Assembly. Please let your group's voice be heard and send a representative.



The High & Dry

Editor: Peeps

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.

