

# The High & Dry

## May 2021

### MAY IN OUR HISTORY

#### May 1

1939 – Lois and Bill W. left their home at 182 Clinton St., Brooklyn.

#### May 2

1941 – Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.

#### May 6

1939 – Clarence S. told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.

#### May 8

1971 – Bill W. buried in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

#### May 10

1939 – Clarence S. announced to the Akron Oxford Group members that Cleveland members were starting a meeting and calling it Alcoholics Anonymous.

#### May 11

1935 – Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

#### May 19

2000 – Dr. Paul O. author of “Acceptance Was the Answer” died age 83.

#### May 29

1980 “–Dr. Bob and the Good Oldtimers” was published.

#### May 31

1938 – Bill W. and other A.A.s began writing the Big Book.



# FUTURE TRIPPING

## MAY

**1 - Archives Committee Quarterly** 9 am - 12 pm Zoom ID : 850 7828 7751 Password: Archives

**1 - Grapefest 2021** 10 am - 1 pm Zoom ID 850 5133 9575 Passcode: Grapefest

**2 - DCM University: Course 401** – Commitment/Accountability, Rotation, Informed Group Conscience, Inventories, Service Sponsorship 3 pm - 5 pm Zoom ID: 878 7613 5003 Passcode: 444299

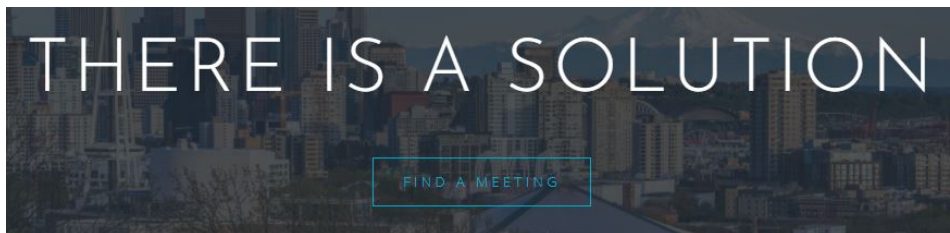
**8 - PI/CPC Committee Quarterly** 9:30 am - 2 pm Zoom ID: 896-5804-3250 Password: 995504

**8 - Tradition Five with Donut Dunkers** 10 am - 11:30 am Zoom ID: 858 5142 0330 Passcode: 051501

**16 - GSR University: GSR Course 401** – Commitment/Accountability, Rotation, Informed Group Conscience, Inventories, Service Sponsorship 3 pm - 5 pm Zoom ID: 869 0922 4901 Passcode: 044124

**19 - GSR University: GSR Course 401** – Commitment/Accountability, Rotation, Informed Group Conscience, Inventories, Service Sponsorship 6 pm - 8 pm Zoom ID: 869 0922 4901 Passcode: 044124

**22 - GSR University: GSR Course 401** – Commitment/Accountability, Rotation, Informed Group Conscience, Inventories, Service Sponsorship 9 am - 11 am Zoom ID: 869 0922 4901 Passcode: 044124



## Thanks to Our Awesome Daytime Office Volunteers

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

## **Southend Bookstore Volunteers**

Jim H., Chuck G., Lynn A., Troy O. and Carolyn B.

**Southend Bookstore** hours are Monday through Friday 10 am to 6 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 THE DECEMBER CELEBRANTS IN THE HOW DRY I AM CLUB!

Tom N.	St. Jude's	44 years (4/1977)
Eric "Riff Raff"	Fremont Hall	12 years
Charlie B.		14 years
FU Phil	For This Day	39 years (4/1982)
Valerie W.		35 years (3/1986)
Helen W.	Real Alcoholics	31 years (5/1990)
John L.	On Awakening	31 years (5/1990)
Mike B.	Principles Before Principles	21 years
Mark R.	Seattle's Men Group	1 year

Name	
Address	
City, Zip	
AA Anniversary/# of years	
Contribution enclosed	
Home Group	
Return this form to:	Greater Seattle Intergroup 5507 6 <sup>th</sup> 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 — May 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](mailto:high_and_dry@SeattleAA.org). We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

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 May 19, 2021 at 6 pm.

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

**TRADITION FIVE:** *“Each group has but one primary purpose - to carry the message to the alcoholic who still suffers.”*

By Peeps

In Greater Seattle, we are blessed with an abundance of AA groups and meetings. Like fingerprints, no two AA groups carry the message of recovery in identical ways. The goal is the same, but they all go about it a little differently.

Which underlines the importance of AA's 12 Traditions. They are literally the glue that holds us together. Since this is the fifth month, I'm spotlighting the value of Step Five.

In the past year, Zoom and online meetings have been added to the mix of methods to “carry the message.” As I've heard at many meetings, there's an AA wrench for every nut.

Even though my hair is a mix of gray and white, I'm still a newcomer to living a sober life. I last used Jan. 7, 2019. However, I've attended over 2,100 meetings in this time, and attended more than 30 different Greater Seattle Intergroup meetings.

When I add in meetings I've attended in Oregon and California, as well as those I've visited across the country and the globe via Zoom, I've attended more than 75 unique meetings. Sometimes the differences were obvious, but the similarities, if one is looking, are impossible to overlook, too.

Whether it was how the meetings opened (read How It Works or didn't), celebrated sobriety anniversaries (at Los Angeles birthday meetings, everyone with a birthday gets a cake) or how they meetings ended (by saying the Lord's Prayer or the Serenity Prayer), all had the same goal - helping alcoholics learn how to be happy, joyous and free.

AA's message is being shared in meetings large and small during this time of restricted in-person contact. I've been to Zoomland meetings with more than 100 participants and I've been in meetings, usually on my cell phone, with one other addict.

As I've heard in several meetings, I can't remember which ones, all you need for a good meeting is two drunks and a resentment. The message can be delivered.

I know that if I'm willing, it doesn't matter how far I travel, the loving arms of AA will be there to support me.

### **STEP FIVE: A Confirmed Awareness**

By Ron S. (Richmond, In.)

When I asked God to relieve me of the "bondage of self" in Step Three, I had only a vague concept of what that might be, but when my sponsor helped me go through the Step Four directions from the Big Book, I developed a much clearer insight - I began to realize that this bondage was what had been blocking me from the truth in drink. Someone said: "An alcoholic cannot drink on the truth, only on a lie."

The Big Book suggests that we begin Step Five at "first opportunity" (p. 74), which turned out to be approximately ten minutes after completing Step Four. My sponsor, Carl, helped me realize, from my Step Four list, where I had been selfish; dishonest; resentful; and fearful to an extent that I had never realized. As a matter of fact, he pointed out that most all my character defects, etc., would fall under one or more of these four "grosser handicaps" (p. 71).

They were like an umbrella! If I improve on these four major items, then the minor ones would become less destructive, or hopefully disappear.

Step Five not only simplified the Step process but brought about a confirmed awareness of my defects for God to remove in Step Seven. I Also learned the necessity of facing up to selfishness, dishonesty, resentment and fear if I were to live in the spirit of Step Ten. It was pointed out that these four defects are mentioned in Step Ten (p. 84) and Step Eleven (p. 86). These four demons were indeed enemies of my sobriety.

This new awareness has brought me to realize why going on the wagon or quitting drinking forever, year after year, never lasted. My personality problems (bondage of self) remained active throughout those periods of abstinence.

Although Step Five has not completely removed these dangerous barriers, I have been able to maintain a "Personality change sufficient to bring about recovery from alcoholism" (p. 567) for many years.

Thank God for progress, not perfection.



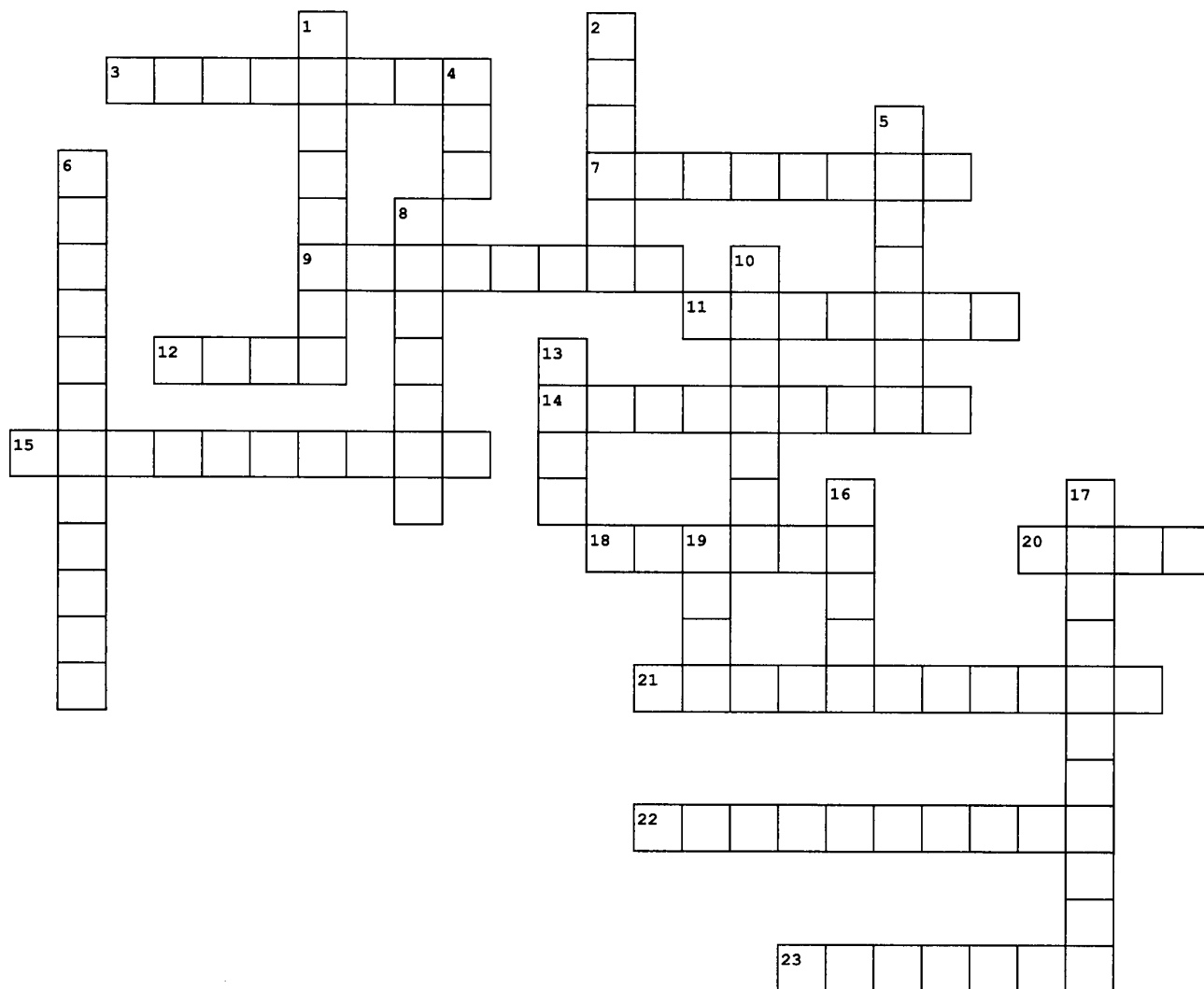
## **A New Beginning**

By Sandra A

A new beginning is where you'll start  
From this moment on  
24 hours a day  
One day at a time  
You're with friends here who love you the same  
To guide you down the path to recovery  
When you give up your old life  
It's a new beginning  
Something beautiful will appear in your life  
You will become a better person  
To yourself and others  
You will get a new life  
One you've never imagined  
Pray to your Higher Power  
To guide you through the steps  
Everyday you are with friends  
This is a new beginning



## Big Book Sleuth



### Across

3. the kind of honesty this program requires
7. verse or words that are poorly written on a Winchester Cathedral tombstone
9. they are basically of our own making (with our)
11. what our "self" keeps us wrapped in
12. Bill W's sponsor
14. this was ours, not the other mans
15. it is the number one offender
18. the groups that Bill W's sponsor belonged to
20. what we remain to do
21. the third of the four hideous horsemen
22. the kind of arch that we will walk through to freedom
23. what we must to with ourselves (to God)

### Down

1. when we are supposed to admit that we are wrong
2. how we proceed on the road of happy destiny
4. many of us needed an overhauling there
5. fourth of the four hideous horsemen
6. second of the four hideous horsemen
8. what half measures avail us
10. what an alcoholic is like
13. what most people do not realize that the alcoholic is
16. what we must do with our faults (to God)
17. what we have to fearlessly face (with the)
19. an evil and corroding thread

## **Greater Seattle Intergroup Board Meeting Minutes**

April 20, 2021

Submitted by Leslie I. (Recording Secretary)

### **Opening**

The meeting was opened at 7:00 pm

4<sup>th</sup> Tradition – TiJuana

4<sup>th</sup> Concept - Jack

### **AA birthdays**

**Carl G 24 years, John B 13 years Gavin 7 years**

### **New to GSIG**

John P - Newsletter Editor

Jessie – Special Events Chair

Wyatt – Intergroup Rep Seattle Young People

Bill S – Intergroup Rep Solutions Group

### **Old Business**

The June Board meeting will be the spring assembly. All groups are invited, and every group will have a vote. A final decision will be made at the assembly about holding the picnic. Get the info out to all the groups and start having a conversation about the picnic. The picnic is scheduled for 8/15 at shelter 3 at Seward Park.

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

### **Reports**

#### **Recording Secretary (Leslie I.):**

Are there any corrections or additions for the March minutes?

Carl G -Treasurer noted a correction to the treasurers report for the February financials which indicated PI/CPC budget of \$300. It is actually \$1800.

**Motion** to accept the March minutes as amended by John D16 seconded by Jeff D31. Motion was passed.



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

Please check your information on the roster and submit any corrections to me. If your information is correct, you do not need to do anything.

Please submit your reports to me in writing by email.

### Treasurer (Carl G.):

#### Treasurer report for March at April 2021 GSIG meeting (Carl G)

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](mailto:Treasurer@seattleaa.org)

Financial overview 2021

Month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
February '21	-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

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

**Corrections: \$4K**

**Accessibility: \$1.2K**

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

**Corrections \$360**

**Hosp & Treat. \$1,800**

**Accessibility \$7,050**

**Pi/CPC \$1,654**

Year to date Group Contributions are 2K under budget. We knew would be the case as the group contributions was a number based on money needed to balance the budget not on actually projecting group contributions. The Sustainers Program continues to be a support to GSIG. Sustainers Program is about 0.5 K above expected.

**Thanks to January income the YTD net income is +1.5K**

Monthly Payroll continues to be under budget as budgeted amount was projected high. Computer Upgrade has been completed and whole year expenses have been spent. Expenses that are not monthly will be distorted by the way budgeting is shown in the spreadsheet.

Sales continue extremely low and may remain at this lower level for several months.

#### GSIG MARCH 2021 CONDENSED FINANCIAL REPORT

#### CONDENSED PROFIT & LOSS

Ordinary Income/Expense	Mar 31, 2021	Mar - Budget	YTD Mar 2021	YTD Bud get	Jan-Dec 2020
<b>Income</b>					
Total Retail Sales	5,444	6,202	9,099	18,606	37,008
Total COGS	4,300	4,990	6,825	14,971	30,396
Gross Profit from Retail Sales	1,144	1,212	2,274	3,635	6,612
Gross Profit %	21.0%	19.5%	25.0%	19.5%	17.9%
Group Contributions	6,722	10,141	28,499	30,423	113,463
Personal and Other Contributions	329	836	3,268	2,509	80,354
Meeting Room Rent; Birthday Club	287	686	619	2,058	6,768
Sustainers Program	2,819	2,612	8,316	7,836	
Special Events Income	27	464	98	1,391	4,312
Total Items to Cover Fixed Expenses	11,329	15,950	43,074	47,851	211,509
<b>Expenses</b>					
Expenses—Other	2,537	1,676	5,020	5,029	17,319
Paid Staff	5,466	5,955	13,890	17,864	62,363
Rent and Office	6,769	7,056	21,518	21,168	79,854
Standing Committees	378	1,435	1,185	4,305	5,614
Total Fixed Expenses	15,151	16,122	41,613	48,365	165,150
Net Ordinary Income (Loss)	(3,822)	(171)	1,461	(514)	46,359
Net Other Income, Chiefly Interest Income	0	33	79	100	18,970
Net Income (Loss)	(3,822)	(138)	1,539	(414)	65,329
CONDENSED BALANCE SHEET					

	Mar 31, 2021	Feb 28, 2021	DEC 31, 2020
<b>ASSETS</b>			
<b>Current Assets</b>			
Checking	58,100	58,540	54,338
CDs and Savings *	46,367	47,052	46,819
Accounts Receivable	927	899	884
Inventory and Other	37,472	36,507	36,084
<b>Total Current Assets</b>	<b>142,865</b>	<b>142,999</b>	<b>138,125</b>
<b>Total Fixed Assets</b>	<b>2,484</b>	<b>2,484</b>	<b>2,484</b>
<b>TOTAL ASSETS</b>	<b>145,349</b>	<b>145,483</b>	<b>140,609</b>
<i>Per bylaws, prudent reserve is calculated to be 3x * average monthly expenses, approx. \$46,000.</i>			
<b>LIABILITIES &amp; EQUITY</b>			
<b>Current Liabilities</b>			
Accounts Payable	8,805	3,684	4,318
Payroll & Sales Tax Liabilities	322	184	198
Committee Earmarked Funds Total	5,147	6,716	6,498
<b>Total Liabilities</b>	<b>14,273</b>	<b>10,585</b>	<b>11,014</b>
<b>Equity</b>			
3001 · Opening Bal Equity	694	694	694
3101 · Retained Earnings	128,842	128,842	63,572
Net Income	1,539	5,362	65,329
<b>Total Equity</b>	<b>131,075</b>	<b>134,898</b>	<b>129,595</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>145,349</b>	<b>145,483</b>	<b>140,609</b>

Greater Seattle Intergroup					
Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)					
YTD March 31, 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	\$672	\$0	\$327	\$0	\$1,000
YTD Use of Funds	(\$1,701)	\$0	(\$650)	\$0	(\$2,351)
Ending Balance	\$3,922	\$0	\$1,224	\$0	\$5,147
Greater Seattle Intergroup					
Standing Committee Expenditures Against Budgets					
YTD March 31, 2021					
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$0	\$22	\$630	\$146	\$798
Budget to Date	\$90	\$450	\$1,920	\$450	\$2,910
Budget -- Full Year	\$360	\$1,800	\$7,680	\$1,800	\$11,640

**Motion** to accept the Treasurers March Financial report was made by Jack D15 seconded by Kim D14. Motion was passed.

## Chair (Astri):

### GSIG Chair Report

20 April 2021

To GSIG Board;

At our last Board meeting we elected to try meeting in a hybrid format in April, so (hopefully) we are having great success with this first attempt! We did decide to keep the number of people attending in person low, if it goes well, we can open up in person attendance to more people in May.

I've continued to drop in to GSIG Service Committees. March 27th I attended Web & Tech who were participating in a Group Inventory. As long as I was there, we scheduled to meet for a 4/3 Hybrid Meeting Planning session on Zoom. 4/6 a few of us got together at GSIG for a "moc" Hybrid meeting, which seemed to go well. April 3rd I also dropped in to the Hosp & Treatment Committee meeting where I learned about many ways they are continuing to serve even with Covid restrictions.

9 & 10 April I attended the Western Washington Area 72 Business Quarterly. Friday, I co-facilitated the Grapevine and Literature Roundtable with the Area 72 GV&L Chair. Saturday, business began at 8:30AM. Financially Area 72 continues to be secure due to the lack of travel and lodging expenses as Area meetings have been held on Zoom. We do continue to pay rent for the Archives Repository, we have translation and interpretation costs and we have sent the agreed upon contribution to GSO for

Delegate Conference expences. Due to the unpredictability of Covid restrictions, the Area elected to hold all future 2021 gatherings (as well as the Area Assembly in October) via Zoom. Discussion continued regarding the possibility of creating a "virtual district in Area 72 to enable participation in the general service structure for on line only meetings". I gave the GSIG Report and have submitted a Area 72 Newsletter Article on Concept 2 (look for it in the May issue).

Going forward I will continue with my related service commitments, and hope to see you as I drop in to your service committee.

I hope you are enjoying your participation in GSIG service and I thank you for allowing me to serve.

Yours in service,

Astri T. Chair

**Vice Chair (Aaron): No written report**

**Chair Emeritus (Mike M.): No written report**

**20/20 Committee (Mike M.): No written report**

**Accessibility (Laurel W.):**

The Accessibility Committee is very active in serving Deaf alcoholics. Approximately 30 hours a month are interpreted and we coordinate the scheduling of ASL interpreters and informing Deaf alcoholics about the ASL interpreted meetings. We are gathering information as to which AA meeting provides captioning. Captioning doesn't replace ASL but is helpful for Hard of Hearing alcoholics who do not use ASL. If your group provides CC on Zoom, please let us know.

Thank you for supporting ASL through your donations. The donations pay for ASL interpretation. Donations can be made online through GSIG website "contributions" specified for the Blue can (ASL) or by sending a check to GSIG. Indicate in the memo: for ASL.

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

Archives Report for April GSIG Board Meeting:

Attended first Pacific Region Archives Zoom meeting which was created as a result of the Archivists meeting at PRAASA. This will be a way for nationwide area, national and other archivists to compare experiences, work projects and other information on a monthly basis. I encouraged participants to tell their own district archivists about this new group.

Coordinated with Area 72 on collecting two oral histories; these resulted from my announcement at last month's Board meeting encouraging groups to scout out candidates for old timers' oral history collecting.

Caught up on filing Grapevines ad High and Dries at Seattle Intergroup office.

Hand delivered an updated copy of *Sober in Seattle* Power Point presentation to Lara.

Entered digital archives materials on GSIG's Google drive.

Talked with Lara about archiving oral interviews being conducted GSIG office.

Thank you

Teresa S

GSIG Archivist

### **Corrections Committee (Pam):**

From Amy F, Corrections co-chair

Meetings at correctional facilities are still not allowed due to pandemic. In March, we donated \$1900 worth of literature to the underfunded Clallam Bay people. \$300 of that was material we already had on hand. District 37 is hosting an AA Pen Pal training for Vancouver AA Inmate Pen Pals. This would be a great informational meeting for anyone who wants to learn about being a pen pal.

Here is the information for the meeting:

Zoom Meeting April 25, 2021 1:00pm to 3:00pm

Meeting- 851 6451 1721 PW- 001086

Next corrections meeting will be on Zoom on May 10th at 6:30pm

### **PI/CPC Committee (David D.):**

#### **Greater Seattle Intergroup Board**

#### **PI/CPC Report for April Board Meeting**

**April 20, 2021**

- The March PI/CPC meeting was well attended meeting for
- Dawn Patrol Brunch with speaker is June 26<sup>th</sup>, from 10-Noon.
- Dan G from web and tech is working on the zoom link which is still not working properly
- David d asked the Intergroup Treasurer to correct the PICPC budget back to \$1800 from the \$300 is what originally reported as being at the last intergroup board meeting.
- Discussion followed about how to best use our budgeted allocation this year.
- PICPC priorities for Intergroup Office reopening were discussed.
- PICPC decided to stay remote at least through April.
- Discussion followed about areas of overlap between PICPC, H and T, and Bridging the Gap and between districts and intergroup.
  - A subcommittee discussion was held and was well attended and very productive.
  - Thanks to Greg E from H and T and many others for their support in that meeting.
  - Collaboration between PICPC and H and T continues to grow.
- Discussion about the success of Burien Little Assembly, as well as pros and cons of virtual and in-person.



- April meeting was postponed one week due to scheduling conflicts and will be held this coming Saturday, April 24<sup>th</sup>, at usual 10:00 AM time and zoom link.

### **Newsletter (John P.):**

We're seeking to improve contact with members to find out what our audience wants or needs. We will be updating the form people can use to submit content. I will attend meetings to let folks know we want to hear from them.

We're adding new content types from members, including a crossword puzzle, poetry, artwork/cartoons, beginning with May issue. And we will make use of content from other AA groups and sources, like the Grapevine. On the SeattleAA web site we will post a schedule for submissions for specific issues, like articles on gratitude for November.

We had a five-person meeting to discuss next steps March 31. We are going to meet again tomorrow (4/21).

### **Hospitals & Treatment Committee (Greg E.):**

Hospital and Treatment Committee Report - April 2021

Greg E, Chair

Meeting: 4/3/21 (first Saturday of each month, 10 am)

Next Meeting: 5/1/21, 10 am

Meeting ID: 820 0608 7832

Passcode: 088776

1. Monthly meeting: had a great meeting this month, being attended by some new treatment reps! Please note that all Treatment / Bridge the Gap reps for the Districts GSIG serves are welcome to attend. We'd love to see you all there.
2. Area Treatment Quarterly: I was grateful to attend the quarterly this month and hear about all the fabulous work the various districts are up to. We also got a preview of a great sheet Area Tx Chair Jodi has put together, which will help us to find Tx & BtG reps in various Districts in the Area.
3. Hospital Outreach: we held a special meeting in April to discuss the past, present, and future of our relationships with Central Seattle hospitals. I'm grateful that a number of past servants graced us with their presence and guidance, particularly John DD who gave us a lot of history on how the relationship with Virginia Mason came to be. We have a number of action items for the future and will continue to coordinate with PI/CPC and others on this initiative!
4. Recovery Place Outreach: we are supporting Empire Way Tx Rep Karen K in reaching out to the Beacon Hill Recovery Place site. We've delivered literature and BtG forms and have started to get some BtG forms back! We're trying to coordinate on setting up a panel there, or more than one.
5. Budget: we have begun to use our budget to purchase literature and that should show up in the next treasurer's report
6. Practices & Procedures: the Committee approved the existing P&P manual section with no changes.
7. ESIG Meeting: I was grateful to be able to attend the Eastside Intergroup's monthly meeting of the Treatment / Bridge the Gap Committee. Great to see what they're doing, and looking forward to collaborating with them on hospital outreach and other things in the future!

### **Office Committee (Jeff U.):** No written report

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

### **April 2021 Office Manager report**

#### **Inventory:**

- Inventory is adequate. District 42 stepped up to cover the price of the Big Books/literature sent to Harborview in February.

#### **Financial:**

- Please see the Treasurer's report. Nothing out of the ordinary has occurred for March.
- We have looked into D and O insurance. Quotes run from \$1200-\$2400/year. Our current insurance policy is approximately \$1250/year, so purchasing this insurance would, at the least, double our insurance premiums.

#### **Organizational Process:**

- We are currently working on updating the Policy and Procedure Manual and we are making steady progress.
- We have added a form to our website that allows members to upload newsletter submissions directly to the Editor. We have had great discussions and participation concerning the High and Dry.
- We have a new form added to our website that allows folks to sign up for 12th Step calls.
- We are slowly working towards digitizing our forms.
- We have upgraded our filters on the HVAC system to help with the quality of air circulation. We have looked into the possibility of purchasing a room HEPA air filtration system. With the likelihood of in person meetings beginning very soon, it may bring some security to those in attendance.

Respectfully submitted,

Lara Randolph

#### **Discussion/questions about items in above report:**

1. Individual groups are concerned about getting insurance. The question was asked if the Intergroup Policy would cover individual groups, or could there be a rider on the policy?

Intergroup does not and will not cover groups. Some groups have obtained their own insurance. But it is not handled through Intergroup

2. If my name has been on the 12 Step call out list, will it continue to be now that we have a new sign-up form?

The 12 Step list is being updated currently. If you would like to make sure your name is on the list, please fill out the form on the website.

3. How are 12 Step calls currently being handled?

12th step calls are happening in person and on the phone currently. Between the hours of 10pm and 10am our policy is to take the callers information and give it to the office in the morning. We are revisiting this policy so that 12th step calls can happen in person at night if deemed necessary.

## **Night Watch Coordinator (Sheree):**

Nightwatch Report 4/20/21

We are continuing to reach out for volunteers for shift availability, and would really like volunteers for the 2am to 6am shift.

We are also working on a job description for our Alternate Chair position so that the incoming Alternate Chair will have some guidance to refer to when the Alternate Chair person rotates out of his position. I have received a copy of the most recent policies and procedures and if I will advise any feedback to the the 2020 committee by 5/1.

Thank you for allowing me to be of service

Sheree P

Nightwatch Chair

## **Special Events Committee (Jessie):**

Planning stages of starting a new in-person meeting:

- Saturdays at 6:00 PM, 1 hour
- Location: Seattle Intergroup Office in the boardroom.
- Masks required, as well as following of covid precaution policies
- We are needing to fill the service positions before we can open. To fill a service position please email [specialevents@seattleaa.org](mailto:specialevents@seattleaa.org) indicating which position you're interested in. You can send a first and second choice in case your first choice is already filled. (3 month term)
  - Secretary
  - Temperature Taker
  - Check In Rep
  - Coffee Maker
  - Sanitizer Rep
  - Greeter
  - Sponsorship Coordinator
  - Substitute/Fill In
- The meeting will kick off once the service positions have been filled. We are aiming for a start date of early May. I will announce when we know the exact date.
- If anyone has suggestions or connections to get the word out and get the services positions filled it'd be much appreciated!
  - Newsletter?
  - Email chain?
  - Announce at other meetings?

## **Finance Committee (Pete K.):**

No written report

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

Protocol for Hybrid meeting:

Mute yourself if you are not talking.

No sideline chatter or talk in the meeting room.

Do not send messages in chat in a hybrid meeting. They are not seen by the people who are attending in person.

## **Third Legacy (open)**

## **District 14 (Kim S.):**

April 13, 2021 District 14 Meeting.

- Motion made, seconded and passed for minutes from last months meeting.
- Jennifer Alt DCM and Dimitri DCM attended the business quarterly recently, the GSR conference is this weekend and we will be able to read the conference report on area website. 301 GSR university is this month and Jennifer R is working on getting more GSR packets out. There is a new service manual coming out.
- Most GSRs and Alt GSRs in attendance talked about opening up groups to either in person or hybrid (in person and online) meetings and some are already having in person meetings.
- D41 Abigail's Ghost will be start in person meetings and at some point, will have ASL workshop.
- D31.... Cascade Behavioral Health is allowing zoom meetings.
- Mike, the treatment chair, says he is looking for volunteers for bridging the gap and that they have an area quarterly this weekend.
- Jen S, the Grapevine/ literature chair, says she is available to go to any meetings to discuss Grapevine and she encourages people to subscribe to and/ or donate subscriptions to Grapevine.
- Laura, Public Information (PI) for district 14, says they are working on putting together a digital toolkit with more information about Public Information and Cooperation with Professional Communities (PI CPC).
- David, Accessibility Chair, wants to know more ideas and concerns regarding accessibility (he says please email or call him). The blue can is still functional and this money goes to ASL.
- Jennifer R says that corrections is gaining momentum and that they have formed an ad hoc committee to find different ways to reach the incarcerated alcoholic. She says she is happy to attend any business meetings to discuss corrections.
- Kim S, District 14- GSIG liaison, provided brief report of last months GSIG meeting.
- Motion made, seconded and passed to reserve a space for our September Lincoln Park Picnic.

**District 15 (Diane D.):**

The Area Treasurer gave a presentation to District 15 on Where Money and Spirituality Mix. Various groups checked in about the possibility of going to a hybrid model in the near future. As groups are considering their meeting configuration, one group reported that since the pandemic, people from out of town are regulars at their meetings and want to continue to attending.

**District 16 (John B.):**

No report

**District 18 (Steve):**

No report

**District 31 (Jeff):**

No report

**District 32 (Gavin):**

No report

**District 40 (Kristi H.):**

DISTRICT 40 BUSINESS MEETING 4/13/21

Erin, DCM, opened the meeting at 7:00 pm. with the Serenity Prayer.

The GSR from PTP Houston read the 4th Tradition, both the short form and long form, and how it originated and evolved. The Middleton Group with 61 rules and how the gentleman who organized it wanted to establish 61 rules. That didn't go well, and he ended up writing Rule #62. "Don't take yourself too seriously." She reminded us that there is no one right way to run a meeting and no one person is in charge – listen to group conscience.

**Sue, Secretary, read the March Minutes.** Group approved (with corrections?)

Kristi reported that it is possible to download Committee Chair Workbooks from AAWSO. Intergroup office hours currently Tues-Friday 10:00-6:00 and Saturday 10:00-2:00. Space is currently available for 50% capacity in-person meetings. Request was made to receive Minutes earlier in order to share with their home groups.

Group

voted yes to this.

**TJ Treasurer's Report**

Worked on prudent reserve budget; based on expenses from 2019 we'd need \$1,800-\$2,000.

We'll revisit this in 6 months. Erin explained that things have been so unusual with Covid situation that we don't have much info on actual expenses. She was advised by 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 to do so , after requesting reimbursement. Houston suggested we draft a document about guidelines for expenses and what's reimbursable and what isn't.

*Ask TJ for Expense Report to send out with April Minutes*

Erin –

Attended Area Quarterly Meeting

\$7,000 of the budget needed to be reallocated???

What are we doing about the October Area Assembly? The decision was made to have the Area Assembly as a virtual event again this year. We have a contract with Lynnwood Convention Center for this year. Deposit was \$50,000. Lynnwood is willing to apply the deposit to 2025 – this will be discussed later? Who discusses? Erin suggested doing part of the Assembly together as a District group for the camaraderie.

#### **DISTRICT 40 BUSINESS MEETING 4/13/21**

Morgan???? Research on a place to do this date?> Capacity? Time?

Erin reminded that GSR 301 will be happening this month (18th, 24th) new info will be covered & documents can be found at [www.seattleaa.org](http://www.seattleaa.org)

#### **Committee Chair Reports**

##### **Michelle S: Accessibility**

Quarterly is this weekend. She's also been attending Intergroup accessibility. She & other chairs from different districts are trying to put together a round table.

Hoping to strategize about gathering contributions – currently funds are looking like they'll be depleted by October of this year, which will mean no more ASL service will be available.

##### **Judith: Archive**

She wrote a Job Description for Archives and sent it to D40. Would like to get approval. Erin asked that all chairs look at her job description and use it as a guide, as it so well done! Asked that budget of \$75 be approved; D40 approved. Discussing possible Oral Histories

##### **Meesh: PI/CPC**

Meesh was not able to attend the last PI/CPC meeting

They are building their binder and continuing to reach out for the D40 email but PI/CPC is communicating with their personal email address in the meantime

PI/CPC is meeting monthly but it's unfortunately at a time when they cannot attend so they do not go to these meetings and just follows up with the notes from those meetings

##### **Scott & Jordan: Corrections/Bridge**

Jordan reported that they've started monthly meetings. Someone pointed out to him that any AA publications that can be downloaded will require assistance from staff and they'll need to know about updates.

Scott attended Quarterly (*look for flyers to send out with minutes*). An ad-hoc committee is being formed to address issue of getting AA literature on laptops.

Bridge is still active

Why aren't facilities allowing ZOOM meetings? No common rooms because Covid precautions mean that there are beds everywhere. Circumstances this year have been all about dealing with Covid.

Derek is compiling a list of facilities – some don't have representation, possibility of "adopt a facility" by Districts who are active.

##### **TJ : Grapevine/Literature**

Area chair recently passed away so there's a search on for new Chair.

##### **Houston: Corrections/Bridging the Group**

She'll be attending April Quarterly. Trying to figure out how to approach this problem of facilities not being open to AA during the pandemic.

DISTRICT 40 BUSINESS MEETING 4/13/21



**Kristi: Intergroup Rep**

She's on Intergroup Treatment committee for now— looking at remote communities and how to reach them. She'll be attending Quarterly .Attending GSIG Board mtg in person April 20.

**Scotie:** Nothing to report (not in attendance but sent Erin an email)

**Erin:**

Asked for additional 15 minutes to get through New Business and GSR Sharing.

Asked for someone to head up Gratitude Banquet from District 40 this year, in conjunction with District 15 and District 41. TJ immediately volunteered to be head of committee for District 40. He is unanimously approved and applauded. Thank you for continued service for this event, TJ! GSR's: Please announce that Gratitude Banquet committee is forming and needs people to help.

**GSR Sharing TOPIC: How is your group dealing with possibility of meeting in person again?**

**Hybrid meetings? Will group want to continue with Zoom meetings?**

Houston, PTP – Group is discussing options.

Randy, Sober and Free – they're a small meeting in a small space so it's not ideal for social distancing. His group will be discussing options with the

Judith Y./Michelle S., Saturday Promises – expect to be doing Zoom meetings for foreseeable future as meeting space is located within Park Shore Retirement Community.

Scott F., Donut Dunkers – This Sunday will be first Hybrid meeting at Cherry Hall. Capacity for 25 people with Covid distancing precautions.

Keith The Kitchen Group – meets at First Baptist Church, using ZOOM for now, not sure if Hybrid will work for them but they'll discuss

Meesh, Acceptance (formerly held @ PEER Seattle) – everything's going well with ZOOM, they haven't discussed meeting in person yet.

Kendall, RIP in the CD – haven't discussed hybrid yet or when to do in-person again.

Emmett, SYP – meet at St. Joseph's Church, have started to talk about what to do, but need to hear from St. Joe's about when they can resume in-person meetings.

TJ, on behalf of Sun of Madison, nobody's meeting at their facility, which is a pre-school, so it's all ZOOM until further notice.

DISTRICT 40 BUSINESS MEETING 4/13/21

Responsibility Pledge Recited by GSR's. Mtg Adjourned @8:45p.m.

**District 41 (Jeane):****District 42 (Mikey C.):**

Greetings from district 42

\* Our monthly meeting is held on the 2nd Tuesday of each month and was well attended.

\* They have 2 open positions and if you are interested please contact our DCM at [dcm@disrict42.org](mailto:dcm@disrict42.org)

\* Seems like all of our trusted servants have quarterlies and will be a very busy month.

\* District 3 sponsors The 2021 A.A. Public Information Booth@ The Evergreen State Fair in Monroe WA and was at our meeting and asking for donations. (info below)

Thu Aug 26th – Labor Day Mon Sept 6th, 2021

For the 12-day run at the Fair we are asking for a donation that would cover expenses for 1 day or \$270. However, any amount above or below the targeted amount will greatly help fund this project again for the 70+volunteers, and the still suffering alcoholic. Thank you so much again for your help. Feel free to contact me or our other officers for any additional information.

In gratitude,

Steve Leslie.... PI Booth chair 425-210-1856

Jeff H.... volunteer coordinator 206-369-5660

Mike B.... treasurer 360-793-7656

DONATIONS TO:

AA PI BOOTH

P.O. Box 1894

Sultan WA 98294

In Service

Mikey C D-42 representative

### **District 112 (A New Beginning – AnnaLisa L):**

ANB currently has 17 in-person meetings. We have a few openings remaining, and one chair person stepped down last week from the Thursday 7pm meeting. We are hoping to fill it ASAP. Attendance at meetings has been consistent but still lower than pre-covid. We are also requesting masks be worn but adherence to this varies depending on the meeting. We sanitize before and after the meetings and still have no reported covid-related illnesses stemming from meeting attendance. We are not serving coffee but will be voting on this at the business meeting on Saturday the 24th at 6pm. We will also continue discussing a Facebook page for meeting and information notifications. We tabled a discussion on taking a Group Inventory, and the possibility of having a Home Group Representative again. Our List of Sponsors was updated by one of our members and is posted at the hall. Financially, we are below our prudent reserve. Our Treasurer concluded we only have enough funds for a few more months of operation, and our fire extinguishers are in need of servicing soon. I am unsure of what our financial breakdown is and how much we send in support to Intergroup but will be inquiring at the next meeting.




# *High & Dry* *Call for Entries*


The High & Dry, Seattle Intergroup's Monthly Newsletter,  
is looking for original content from local drunks.  
This is a great opportunity to serve our fellowship!

- Stories About Recovery
- Poetry & Creative Writing
  - Art & Photography
  - Comics & Jokes
- Information about Sober Activities & Service Opportunities

Submit your work and find out more by visiting [SeattleAA.org](https://www.seattleaa.org)

 <https://www.seattleaa.org/intergroup/newsletter/submission/>

 [high\\_and\\_dry@seattleaa.org](mailto:high_and_dry@seattleaa.org)



# **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](http://www.seattleaa.org)

**Do you have something you would like to submit to The High & Dry newsletter?** We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

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