



High & Dry

January 2022

Volume 74, Number 1



FUTURE TRIPPING

January GSIG Events

- 1** — GSIG Hospital and Treatment Committee (Hybrid meeting) 10am - 11:30am Greater Seattle Intergroup Office Zoom Meeting ID: 820 0608 7832 Passcode: 088776
- 5** — Accessibility Committee 6pm - 7:30pm Zoom Meeting ID: 885 9521 8136 Passcode: 611317
- 9** — BLA: Planning Meeting 10am - 12pm Zoom Meeting ID: 842 1359 9038
- 10** — GSIG Corrections Committee 6:30pm - 8:00pm Zoom Meeting ID: 872 2771 9137 Passcode: 833575
- 15** — GSIG PI/CPC 10am - 11:30am Zoom Meeting ID: 810 2073 8836 Passcode: 166656
- 15** — DCMs-Keep Calm ... District Meeting 11am - 12:30pm Zoom Meeting ID: 896 2882 5975 Passcode DCM2022
- 15** — District 25 Meeting 4pm - 5:30pm Zoom Meeting ID: 856 6331 8420 Passcode: 353586
- 18** — GSIG Monthly Board Meeting (Hybrid meeting) 7pm - 8:30pm Greater Seattle Intergroup Office, Zoom Meeting ID: 918 5437 5402 Passcode: 035194
- 19** — GSR-Basics-Crash Course 6pm - 7:30pm Zoom Meeting ID: 811 6817 2734 Passcode: crash

JANUARY IN OUR HISTORY

January 1 1948 – First A.A. meeting was held in Japan, English speaking.

January 4 1939 – Dr. Bob wrote Ruth Hock that A.A. should drop Oxford Group atmosphere.

January 15 1948 – Polk Health Center Alcoholic Clinic for Blacks started operations.

January 17 1919 – 18th amendment, "Prohibition," became law.

January 21 1951 – A.A. Grapevine published memorial issue on Dr. Bob.

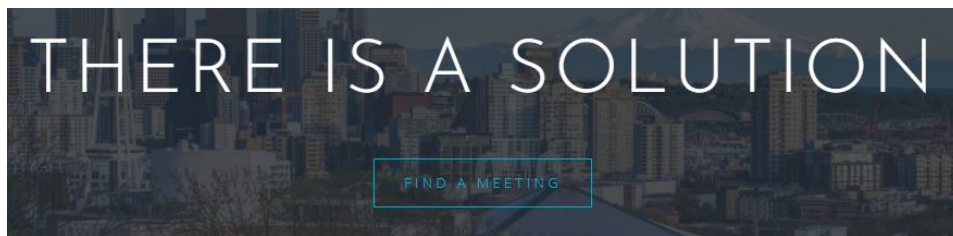
January 23 1961 – Bill W. sent a letter to Dr. Carl Jung for his contribution to A.A.

January 24 1918 – Bill W. and Lois Burnham married.

1915 – Dr. Bob S. married Anne Ripley.

January 26 1971 – New York Times published Bill's obituary on Page 1.

**Greater Seattle Intergroup
(GSIG) Office
5507 6th Ave S
Seattle, WA 98108**



Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Chris, Jonathan W., and Freda T.
WEDNESDAY	Stephan M., Brian, Amy F. and Pam H.
THURSDAY	Joe M., Joe B. and Max
FRIDAY	Thomas H., Rosemary and Max
SATURDAY	Clay S. and Dan G.

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.

The Corrections Committee is now meeting monthly in-person at the office at 6:30p.m. on the second Monday of each month.

Southend Bookstore Volunteers

Troy O., Carolyn B., Jim D., Bill R. and Lori

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

Main Intergroup Office Hours

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

High & Dry: News and Notes — January 2022

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 conscious, 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 January 19th, 2022 at 6pm

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

BIRTHDAY CLUB

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

Judie K.	Empire Way	51 years
Eric S		42 years
Jan S.		40 years
Anonymous		33 years
Rodney G.	SEF	15 years

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

Step One: “We admitted we were powerless over alcohol — that our lives had become unmanageable.”

The First Step. The Big Kahuna. Numero Uno. Priority One.

By Mary E.

The end of a nightmare and the beginning of a new life.

Admitting I was powerless over alcohol and my life was unmanageable was terrifying for me. For many years I had been drinking daily, in spite of not wanting to. Increased frequencies of blackouts had me scared. I didn't want to continue drinking and had no idea what would happen when I asked for help. I did know that without alcohol my future would be boring and stupid and I'd never have fun again. But I'd reached the point of sickness and exhaustion that felt I had to stop.

Looking back now, after five years of recovery, I realize my surrender to alcoholism and being willing to ask for help AND follow some new directions saved my life. Admitting complete defeat was my first step in the direction of healing and aliveness.

Chapter one, Step one, in our 12x12, last paragraph ' under the lash of alcoholism, we are driven to AA, and there we discover the fatal nature of our situation.'

I was literally choosing Life over Death.

My first sponsor required that I attend a minimum of four meeting per week which I still do. Remembering how my active drinking was, how I felt then and behaved, the fear, dread and hopelessness helps me stay sober. Going to meetings I hear nightmare, true stories and realize if I drink again that will happen to me.

Weirdly enough, when I gave up my battle with alcohol, surrendered and became open to help from other people and our AA program, I felt huge relief!! It was so freeing to stop fighting for control and to stop lying to myself. Little did I know I was redirecting to such a better, more beautiful and



fulfilling life!! The fourth dimension as Bill W. says.

Thanks to the willingness born out of desperation I worked through our 12 steps with a sponsor and the merciless obsession has been lifted! I love AA!!

Tradition 1:

Our common welfare should come first; personal recovery depends upon A.A. unity (Short Form)

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward. (Long Form)

By Peeps

One of my favorite A.A. cliches is: "More will be revealed later."

In light of how Covid-19 has roiled our recovery world, I have gained a new appreciation for the value and power of A.A.'s 12 Traditions.

In my early days of recovery, I relied heavily on the 12 Steps. They were easy for me to understand. If I followed the suggested actions, I would get and stay sober. While the Steps seemed like simple addition and subtraction exercises, I saw the 12 Traditions as higher level math, akin to Geometry and Algebra.



It has taken time (hours of meetings, prayer and meditation) for me to see of how the Traditions help and sustain the lives of all A.A. members, not just me. Early on in my recovery, it was all about me and my sobriety.

Now I am grateful for how the Traditions protect the process that brings help to all sufferers.

The importance of unity was driven home to me when one of my home groups voted to return to in-person gatherings

only s and stop making meetings available via Zoom. To me, it felt like the vote was 99 to 1 in favor of unplugging Zoom. That wasn't the actual vote, there were only 20+ people at the business meeting, so the margin was much closer, but I was the only one who voted to keep the Zoom connection open.

Naturally, my feelings were flattened (I'm the hypersensitive sort). I know a Resentment Detector reading of my reaction would have needed a range far beyond Zero-to-100. However, after being given the opportunity to expound on my reasons for voting to keep Zoom, I capitulated and changed my vote to make the decision unanimous.

What helped me with acceptance, beyond reading the faces in the room as I made my case for changing their votes, was remembering that the secretary had read Tradition One before we began discussion of the topic and voted the first time.

He emphasized the importance of all of us sticking together to protect our common welfare. While I loved the safe connection to our fellowship Zoom gave me in my relatively early days of recovery (my sober date is Jan. 7, 2019), others did not agree.

Step Three promises freedom from the bondage of self, and I relied on that promise to accept the group conscious and let go of my feelings in that moment. I did not do it perfectly. It took several minutes for the message to travel from my brain to my face, but I knew I needed the support of my group to stay sober more than I needed to "be right."

The act of letting go is a lesson I need to apply each and every day IF I'm going to be a useful and content member of A.A. I need to remember that our fellowship and our program are not about me and my opinions, no matter how strongly I feel about things.

The Traditions, which are the result of more than 85 years of shared experiences and mistakes, protect the existence of A.A. I am grateful every day for our Program and its miraculous impact on the lives of millions of members (especially mine).

Based on the long form of Tradition One, I now believe the Traditions take precedent over the Steps, by the slimmest of margins. I absolutely need both to be happy, joyous and free.

We Are One

Once too unique for AA, he now sees how much we're the same and how much we need each other

By Michael A. of Seattle

From the January issue of The Grapevine

I was in bad shape when I came into the rooms. I had just almost died from an overdose of pills and liquor, and I knew it was time to quit both.

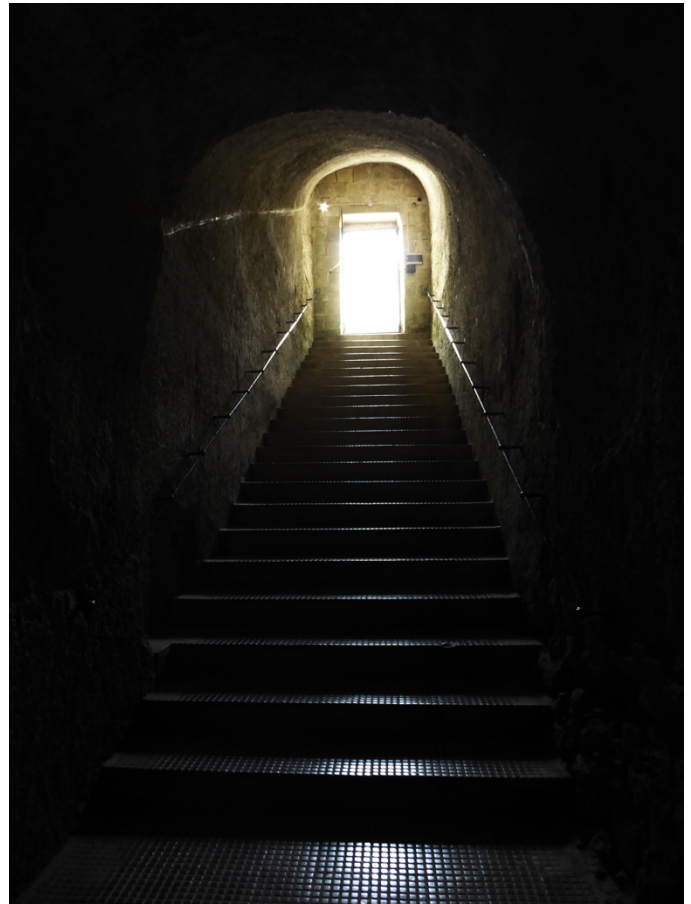
I asked a friend who was in the program to go with me to an AA meeting. As I begrudgingly walked into the extremely well-lit church basement with my friend, I felt ready for a fight with anyone who approached me. I didn't want to be seen and I said so. "No one wants to be seen here," my friend replied.

That's when Sid came into the picture. Sid was a gnarly old man who seemed to be in charge of things, especially in charge of getting into my business. "Oh, you're new," Sid said. "What was your drink? I liked beer." I had no taste for either Sid or beer that day. I was about to tell him so when my friend interceded and showed me to a seat off to the side of the room. I found out much later that Sid was the greeter and was more or less doing exactly what he was supposed to. Much later, I would list Sid in my Fourth Step, briefly.

I didn't understand how AA worked then. To me, the meeting seemed like a funeral. People would stand up and read something that didn't make much sense to me, until they got to "How It Works," which alarmed me so much I almost walked out. I came from a lifetime of hierarchical systems of promotion and punishment. If you did well, you moved up the ladder. If you didn't, you moved down.

In my first meetings, I heard what seemed like unbelievable stories of horror and gut-wrenching sorrow melded with equally disturbing hysteria. It took me a long time to accept that I had anything to do with some of these stories. I felt I was better than some of the people there or that at least I wasn't as bad as them.

Lilly shared how she was a nurse and used to take drugs off her cart and give them to people. Carmen, the homeless woman who smelled terrible, was very insistent that meetings always start and end on time. What could I possibly have in common with these people? Sure, we were alcoholics, but there had to be meetings for people more like me.



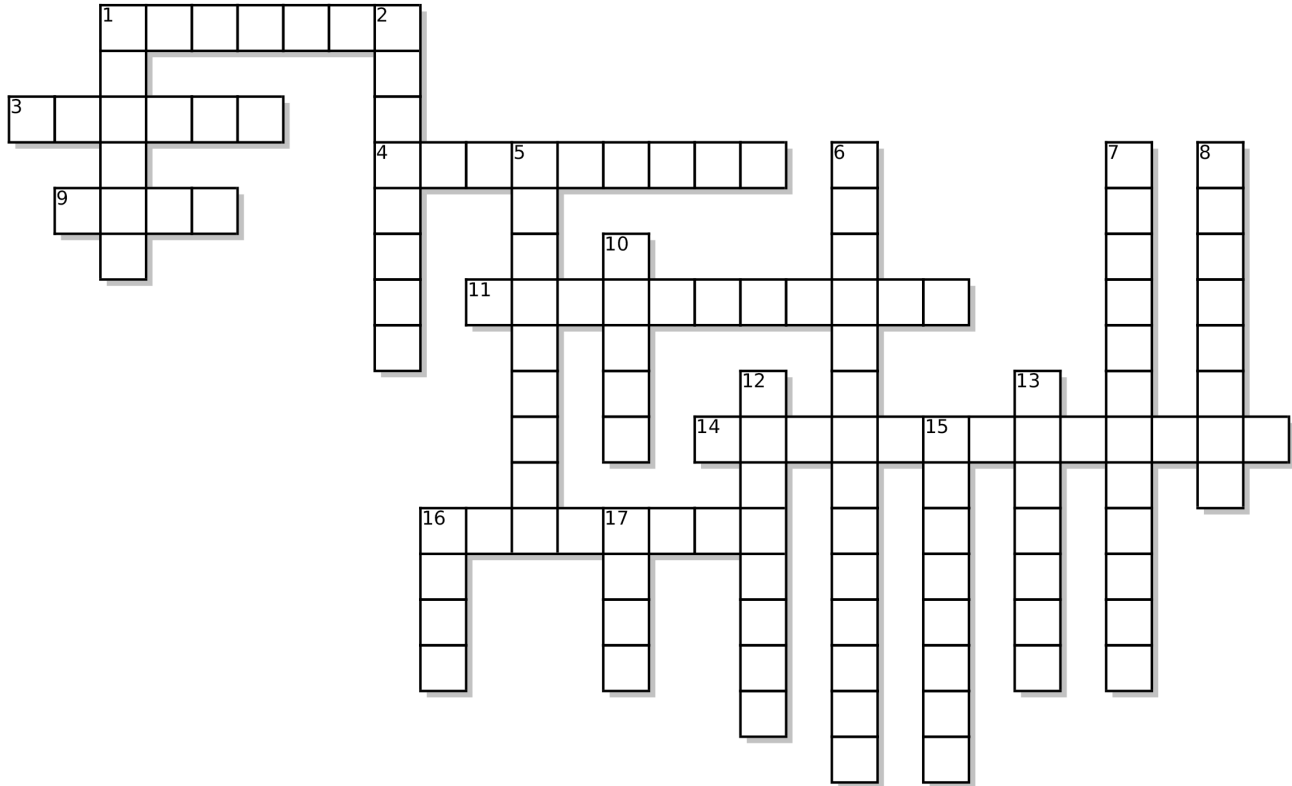
When I was actively using, I was living a form of Dante's inscription in the vestibule of hell, "Abandon hope all ye who enter here." Rather than abandoning hope, however, I had to consciously abandon all civility and caring when I entered my own personal hell. It was my own creation and populated with my own torments. I was alone, feeling unworthy of the caring of others. Because I was alone, I couldn't care a wit about anyone else. As I saw it, they didn't care about me so why should I then be civil to them?

All that changed when I got to AA. I became part of a greater whole. In recovery, I mirrored my respect for myself with respect for others, as we are all the same. It's in this duality that I found self-respect and respect for others. It's where I found the framework for civility and caring that I had given up to alcohol so many years earlier.

I like the words of Tradition One: "Our common welfare should come first; personal recovery depends upon A.A. unity." If I don't go to meetings because I believe I'm different or better than "those people," two things happen. First, I miss the opportunity to dispel the nagging thoughts in my head, the ones from my personal hell which tell me that I'm alone, unloved and, despairingly, unlovable.

Second, I put a chink in the armor of AA, since my absence results in one fewer person at a meeting to support the newcomer, one less person to dispel the alcoholic hells of others. I'm performing service by attending meetings. I'm working a program to stay sober, and to do that I need to see how I am very much the same as Sid, Carmen and Lilly. I am relearning civility and caring by sharing my story. I am you. You are me. We are one.

There Is a Solution



ACROSS

- 1 what kind of alcoholic is doomed
- 3 what kind of attitude must we be willing to maintain
- 4 what sort of experiences we have had
- 9 few are fortunate enough to give nearly all of their time to it
- 11 what our willpower becomes
- 14 what these matters are by their very nature
- 16 these drinkers can take liquor or leave it along

DOWN

- 1 The kind of solution that we have discovered
- 2 what kind of thought our very lives

depend on

- 5 Nearly all who were once hopeless have done this
- 6 the terms that we can develop a relationship with our Creator
- 7 we have come to believe in the _____ and futility
- 8 what type of affair our relationship with a higher power ought to be
- 10 these drinkers may need medical attention to quit drinking
- 12 The kind of cement that binds us
- 13 what we do not have against the first drink
- 15 hundreds are dropping into it
- 16 where the main problem of the alcoholic centers
- 17 what type of alcoholic loses control once he starts to drink

GSIG Condensed Board Meeting Minutes

December 21, 2021

Opening

The meeting was opened at 7:00 pm

- John K. D24 rep
- Velvet A New Beginning
- Angela Fremont Hall
- Sascha S. GSR Sober and Free group
- David B. GSR Noonaroos group
- Jennifer L. GSIG rep Fourth Dimension group

Representatives at meeting:

Quorum not applicable for Assemblies as all groups that attend are eligible to vote. The following were eligible voters and verified by both the acting Secretary Mike M and Chair Astri T

Chair provided reminder of who is eligible to vote at Assembly

Total eligible votes are 34

Reports:

Please make sure to submit your reports by email. If you have any corrections or changes to the roster or if you are new to GSIG and would like to be added to the roster, please submit the information to secretary@seattleaa.org

Treasurer (Carl G.):

GSIG TREASURER REPORT December, 2021

November Financials

My goal is to make this information easy to understand and report to the fellowship. If you have suggestions or questions, please let me know at Treasurer@seattleaa.org.

Income overview with revised sustainer and personal contributions

month	Net Income (loss)	Group Contributions	contributions (personal & other)	sustainers	room rent, bday club, special events	net sales income	cash & CDs
January 2021	8 K	13 k	3.8 K	1.6 K	124.00	430.00	105 K
February '21	(-3 K)	7 K	2.2 K	1.6K	207.00	700.00	105 K
March 2021	(-3.8 K)	7 K	1.5 K	1.6 K	287.00	1.1 K	104 K
April 2021	3 K	10.5 K	3.2 K	1.5 K	1 K	600.00	103.5 K
May 2021	(-140.00)	10 K	2 K	1.5 K	205.00	383.00	102.5 K
June 2021	(-7,751.00)	4.5 K	2.4 K	1.6 K	423	1.1 K	94 k
July 2021	(-783.00)	9 K	3.2 K	1.5 K	525.00	(-5 K)	102 K
Aug 2021	1.6 K	10 K	1.3 K	1.5 K	2.8 K	1.3 K	94 K
Sept 2021	(-8.5 K)	4 K	.7 K	1.5 K	1 K	1.3 K	91 K

Oct 2021	1.8 K	14 K	466.00	1.6 K	826.00	574.00	93.7 K
Nov 2021	0.8 K	8 K	6 K	1.5 K	667.00	518.00	95.5 K

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

Corrections: \$3.3K Accessibility: \$697

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

Corrections \$360 Hosp & Treat. \$231 Accessibility \$4,730 Pi/CPC \$1,030

Group contributions are 2K below monthly budget, but year to date group contributions are 13 K below budget. YTD net loss is 9.4K. As the chart above shows the shortfall in revenue is being covered from cash.

GSIG NOVEMBER 2021 CONDENSED FINANCIAL REPORT											
CONDENSED PROFIT & LOSS											
Ordinary Income/Expense					Novem ber 30, 2021	Novem ber - Budget		YTD Novem ber 2021	YTD Budg et		Jan- Dec 2020
		Income									
			Total Retail Sales		3,689	6,202		39,601	68,223		37,008
			Total COGS		3,170	4,990		36,885	54,895		30,396
		Gross Profit from Retail Sales			518	1,212		2,716	13,328		6,612

					Gross Profit %	14.0%	19.5%		6.9%	19.5%		17.9%
			Group Contributions			7,854	10,141		98,118	111,551		113,463
			Personal and Other Contributions			6,328	836		26,279	9,200		80,354
			Meeting Room Rent; Birthday Club			441	686		5,446	7,545		6,768
			Sustainers Program			1,518	2,612		17,271	28,732		
			Special Events Income			226	464		6,374	5,099		4,312
		Total Items to Cover Fixed Expenses				16,885	15,950		156,204	175,455		211,509
		Expenses										
			Expenses--Other			1,407	1,676		17,799	18,438		17,319
			Paid Staff			6,743	5,955		64,677	65,501		62,363
			Rent and Office			6,793	7,056		74,941	77,616		79,854
			Standing Committees			1,121	1,435		8,390	15,785		5,614
		Total Fixed Expenses				16,064	16,122		165,808	177,340		165,150

Net Ordinary Income (Loss)						821	(171)		(9,604)	(1,886)		46,359
Net Other Income, Chiefly Interest Income						1	33		209	367		18,970
Net Income (Loss)						822	(138)		(9,395)	(1,519)		65,329

CONDENSED BALANCE SHEET											
ASSETS				November 30, 2021	October 31, 2021		DEC 31, 2020				
Current Assets											
	Checking			48,685	46,815		54,338				
	Savings *			46,841	46,956		46,819				
	Accounts Receivable						884				
	Inventory and Other			30,828	32,779		36,084				
Total Current Assets				126,353	126,549		138,125				
Total Fixed Assets				2,484	2,484		2,484				
TOTAL ASSETS				128,837	129,033		140,609				
	*	<i>Per bylaws, prudent reserve is calculated to be 3x average monthly expenses, approx. \$46,000.</i>									
LIABILITIES & EQUITY											

	Current Liabilities							
		Accounts Payable			4,436	5,011		4,318
		Payroll & Sales Tax Liabilities			294	376		198
		Committee Earmarked Funds Total			3,966	4,326		6,498
Total Liabilities					8,696	9,713		11,014
Equity								
	3001 · Opening Bal Equity				694	694		694
	3101 · Retained Earnings				128,843	128,843		63,572
	Net Income				(9,395)	(10,217)		65,329
Total Equity					120,142	119,320		129,595
TOTAL LIABILITIES & EQUITY					128,837	129,033		140,609

	Greater Seattle Intergroup				
	Standing Committee Earmarked Funds (Pink Can, Blue Can, etc.)				
	YTD November 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	\$1,339	\$0	\$2,721	\$0	\$4,060
YTD Use of Funds	(\$3,021)	\$0	(\$3,571)	\$0	(\$6,592)
Ending Balance	\$3,269	\$0	\$697	\$0	\$3,966
	Greater Seattle Intergroup				
	Standing Committee Expenditures Against Budgets				
	YTD November 30, 2021				
Committee	Corrections	Hospital & Treatment	Accessibility	PI / CPC	Total Expenses
Expenses to Date	\$0	\$1,569	\$2,950	\$770	\$5,289
Budget to Date	\$330	\$1,650	\$7,040	\$1,650	\$10,670
Budget -- Full Year	\$360	\$1,800	\$7,680	\$1,800	\$11,640

Approve November Treasurer Report - 1st Tony Evergreen South Breakfast and 2nd Kathleen Spiritual Line. Unanimously approved.

Chair (Astri):

Extended the term of Bob Office Committee member by 2 yrs starting Jan 1, 2022. This was approved by the Board

Greetings Greater Seattle Intergroup Assembly! So happy to be serving all of you and your groups. It is the holiday season and everyone is busy, so I thank you all for your continued service in this hectic time and for the last few years that have been challenging in themselves.

We, serving here at Intergroup have been busy in service, but are having some fun too. On Saturday, Nov 20th there was an Open Mic event and on Dec 11th and 18th we had a cookie exchange. We hope to continue having creative activities here in our boardroom. Sunday the 28th of Nov, the GSIG Elected Officers presented on Tradition 12 at the monthly GSIG Traditions Study.

Last December the GSIG Assembly approved Bob to fill an open position on the Office Committee. There was one year left on the term (which expires this month). At our Dec 14th Office Committee Meeting, I asked Bob if he would be willing to stay in the position for the coming rotation, and he agreed. Bob has been a valuable, contributing member of the Office Committee and am therefore asking the Assembly to again accept/approve the appointment.

Looking forward, I will be attending the Area 72 Business Quarterly, where I will be presenting the GSIG Report and have also been asked to facilitate their Group Inventory. GSIG is also due for a Group Inventory in 2022, more information will be forthcoming on that in the new year.

Thank you again for all of your service to Seattle Intergroup and to Alcoholics Anonymous in general.

As always, I thank you for my opportunity to serve.

20/20 (Mike M.)

20/20 Committee Mike M presented Revised Office and Board Policies

- Reminded all 3 sections to the GSIG Manual
 1. Bylaws not under discussion and primary operating guidelines for GSIG
 2. Office Procedures – how the office operates day to day and these are being reviewed and approved only by Office Committee
 3. Office and Board Policies – these were revised by each of the respective GSIG Committees, Office Staff or Officers.

- 20/20 Committee only gathered all recommendations and ensure consistency in format, names/terms and numbering for manual. Kept all other changes as recommended.
- Discuss one page Significant changes from prior version of Office and Board Policies (2016) to current proposed version only significant items were noted as
 4. Added section for Accessibility Committee as it was not in the prior draft
 5. Added sections for Non-Discrimination and Anti-Harassment Policies to comply with recommendations by WA State and insurance carrier
 6. Finance Committee wanted to add item 8) to Contributions and Donations section

Item 8 “When any aspect of the Seventh Tradition of Alcoholics Anonymous is in question, Seattle Intergroup shall always check with the Groups.”

- Fremont Triangle made a motion to accept all changes for the revised Office and Board Policies except to remove Item 8) above. Motion was seconded
- There was significant discussion by many for both for and against the motion and centered on Item 8).
- Final vote 28 YES, 5 NO, 1 ABSTAIN out 34 total votes passed by 85%

Finance Committee (Tony H.):

Will be performing physical inventory on literature, coins etc. starting 2pm on 12/30 if you are interested in helping come down or email Finance Chair or Treasurer

2022 Budget – presented by Carl G Treasurer

- Carl G discussed about 3 last minute changes to correct for prior error or changes in assumptions
- 2. updated to reflect only 1 instead of 2 printing of the schedule books
- 3. although budget balances to zero net loss this is actually a coincidence, since the forecast Group contributions based on actual for 2021 were enough to cover expenses, i.e. this amount is not a plug to balance.
- 4. Adjusted both Individual and Sustainer contributions to match Actuals for 2021
 - There were questions and discussions
 - 1st Laurel D41 and 2nd Kim D14, the 2022 Budget was approved unanimously

Office Committee (Jeff U.):

No new meeting schedules will be printed in Jan 2022 as meetings are still changing too much and each print run costs about \$4k to \$5k. QR small schedules will continue to be available.

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

- Review of October Financials by Carl G. Group contributions were 3k above budget, but year-to-date income is still about 10k short of budget.
- Update from Lara on corrections to Sustainer's Program. Was missing declined cards and expired cards. New system accurately captures the data. And Lee & Lara are working on a better sign-up system.
- Office Manager's report by Lara
- Discussed request from 2020 Committee to review proposed changes to GSIG office procedures. Document with highlighted changes was delivered to Committee. Agreed that Lara & Anita would do an initial review of the proposed changes and then create a shared document in about two weeks for the full Committee to review and provide notes.

Employee Evaluation Summary

Overall the Office Committee finds the job performance of the Office Manager and Assistant Office Manager to be excellent. Lara & Anita both communicate well in person and in groups, and clearly are dedicated to serving others and supporting AA groups in their primary purpose of helping the still suffering alcoholics.

Lara has been effective in her responsibility for managing literature sales. Adequate stocks of books and pamphlets have been maintained, and inventory has remained orderly and accessible. Additionally she has done an outstanding job of supervising the maintenance and updating of the GSIG Website, and the printing and management of schedule books as necessary. The Website and schedule have remained accurate, timely and state-of-the-art.

Anita and Lara both are wonderful at interfacing with visitors, volunteers and AA groups at the office. They maintain a clean, organized and welcoming space. Candy stocks have been maintained. 😊

Anita has held special responsibility for sourcing and training volunteers. Her history with the organization and her respectful and patient demeanor make her an outstanding recruiter and trainer of office volunteers. She has done an excellent job at maintaining training materials. She is also proficient with QuickBooks, and has proven indispensable in helping with special events.

Lara has delivered informative and timely reports at all regular GSIG Board meetings. Reporting of data on 12-step calls and office calls has been above and beyond expectations. Additionally, she

has coordinated well with the Web & Tech Committee, Newsletter Committee, and 12-Step Committee, including assisting in keeping positions filled and support needs met.

Both Anita and Lara have gone to any length necessary to ensure that the office has been staffed with themselves and volunteers, particularly during difficult times of Covid-19 restrictions. Volunteers have been well supported with training, support, and reference materials as needed.

Both Lara and Anita have also stepped-up to assist and organize special events in the past year. Planning and execution of the very successful summer picnic and other events would not have been possible without their committed and experienced involvement. People loved the new swag at the picnic. 😊

The area in which the Office Committee believes there is the most room for improvement of the Office Manager is in bookkeeping and accounting. Lara has been enthusiastic and positive in learning the GSIG systems and working with our outside accountants. Ensuring that accounting procedures are adequately followed – including making entries to accounting software, producing accurate and timely monthly reports, and reporting variances in a timely way to the Office Committee and Board – has been a learning experience, and positive improvement has been seen. There continue to be areas where Lara can improve in understanding of QuickBooks, and in communication with GSIG outside accountants and Treasurer. Overall Lara has always ensured that acceptable accounting and banking procedures have been followed.

The Office Committee believes that both Lara and Anita are outstanding trusted servants and GSIG is extremely fortunate to have them working for the organization. Their commitment to the groups and the fellowship is inspirational. We hope they will be with us for many years to come.

Office Manager (Lara R.):

We have updated District meeting information with online coordinates on our website.

If your District's online information is not on the website and you would like it to be on the website please contact lara@seattleaa.org or webmaster@seattleaa.org and we can get that added.

We have added the capability for the Southend Bookstore (SEB) to process credit card purchases. This will increase the revenue from SEB as most people do not carry cash or a checkbook any more. SEB reports losing many sales each month due to not accepting credit cards.

There are many shifts available for answering phones during closed office hours. If your group is looking for a place to fellowship and do service at the same time, this is a great way to do it. Your group can answer phones in the office, or the phones can be forwarded to a personal phone number. Some groups have established a Google Phone number for this purpose. This is a free

service that Google offers. If your group would like to sign up for this service opportunity please reach out to Anita or Lara and we can let you know which shifts are open.

We have had a volunteer step up to become Third Legacy Chair that is willing to continue the Tradition Workshops and facilitate, perhaps a monthly or quarterly Sponsorship Workshop, more details to come.

November 2021 Call Log information

Info about AA: 12

12th Step Calls: 16

Meeting Info: 83

Al-anon: 3

Intergroup Info: 14

Call to talk: 24

Referral to outside agency: 6

Misc: 25

The baseboard heaters in the Boardroom have been replaced. It did require some reconfiguring of the wiring, however, this fix will make it more comfortable in the Boardroom during the winter without the loud fan of the current forced air contraption. Thank you Steve R. for your work in putting these in.

The High and Dry is our monthly newsletter which does cost approximately \$150 monthly to print and send out. If you are enjoying the High and Dry and would like to make a contribution towards these efforts it would be appreciated. The suggested annual donation is \$10.00 for a digital copy and \$12.00 for a hard copy.

Web & Technology Committee (Dan G.):

- Still in need of new website to master
- The technology is easy to use and can be learned if interested, the current folks happy to teach and work with volunteer even if they don't have experience but want to learn
- Service position is maybe a few hours per month

Accessibility (Laurel W.):

Accessibility funds have made it possible for Deaf and Deaf-Blind alcoholics to attend a Gratitude Dinner in November consisting of three speakers (one Deaf) sponsored by District 40,41 and 15. The ASL fund covered the cost of interpreters.

The ASL funds have also made it possible for Deaf and Deaf-Blind alcoholics to attend Friday night-all day Saturday Retreat in December which consisted of 3 main speakers and several meetings of AA topics.

Most Deaf alcoholics are alone during the holidays. A large percentage of Deaf alcoholics have families that do not sign, or are alcoholics themselves, thus it's slippery and lonely. The multitude of Alkathons and Holiday fellowships that are available to those with hearing are not ASL interpreted; so the two events (Gratitude event and Seabeck event) provided opportunities to fellowship, attend meetings and not be alone. I speak on behalf of Deaf alcoholics community when I say we are grateful that the Board has increased our standing committee budget for 2021. And great thanks to the groups and Districts donated to the Blue Can fund.

That increase in Standing Committee funds and the donations to the Blue can make it possible for us to provide ASL for regular meetings through the year. Relying on Blue can funds makes it hard to determine if there will be enough funds to make sure Meetings stay accessible throughout the year. In the past, when Blue can donations were low, we would have to cancel the meeting for the rest of the year. We coordinate high-quality interpreters who have competency in 12 Step translation and are familiar with Deaf-Blind interpreting.

Three of us committed to continuing serving in 2022 to members with accessibility needs. We could use more members to reach out and serve others than the Deaf alcoholic community. Contact us at Accessibility@seattleaa.org

Archives Committee (Teresa):

Attended Area 72 Archives Quarterly. Attended Regional Archivists monthly on-line meeting to compare notes and experiences with archives. Continuing scanning "old" High & Drys at home and adding to GSIG google docs.

Corrections Committee (Amy):

Please collect and keep a list of people that are interested in participating in facilitating AA meetings inside jails and prisons so that we will have a good pool of people to draw from once these facilities start to open up again.

Please encourage people to be AA pen pals. This is a program run out of New York World Headquarters and typically pairs people up from different parts of the country. You can receive your mail at Seattle Intergroup if you make arrangements with them to do so. Men pen pals are especially needed. Make sure you follow the guidelines as seen on the pamphlet.

Some Bridge volunteers are also needed to get newly released individuals started going to meetings in our area.

We continue to seek Pink Can Literature donations. Also, old copies of the Grapevine and La Vina. Thanks to these groups that contributed to the Corrections pink can funds going to literature for the incarcerated. This is important during this time of Covid while we are unable to go into the institutions in person:

- * Stepping Into Recovery * Daily Reprieve * Happy Hour
- * Brown Bag Bunch * Counterpoint * Sober on the Bluff
- * White Center Group * Stepping Into Recovery
- * Acceptance is the Answer * MOB (Men's Open Book)
- * May Valley Group

Night Watch Coordinator (Sheree)

- Need volunteers for 4 hour shifts 10pm, 2am, 6am. Currently being filled only because several folks volunteering for multiple shifts this is not ideal. If interested see email on website.
- Still searching for NEW Nightwatch scheduling coordinator

PI/CPC Committee (David D.):

Elizabeth Gregory House now being supported by women in AA taking in meetings due to coordination of this committee.

Special Events Committee (open):

Third Legacy (Dan R (newly appointed by Astri T Chair)

No report

District 15 (Diane D.):

District 15 held their annual district inventory. Areas to explore in 2022 include engaging with groups that are not currently participating in district, and increasing diversity in the district committee

District 41 (Laurel):

We just had our last District 41 meeting of the year on December 8th. All of the committee chairs are filled except for the Grapevine and Literature Chairs. For several months District 41 had no Intergroup Representative so we were placed on the inactive list for the GSIG board. In November I accepted the position of Intergroup Rep for District 41.

District 42 (Mikey C.):

- Greetings and a Joyous New Year!
- District 42 held their last of the year District meeting on December 9th with all our positions filled!
- Lisa our area 72 Language Chair did a great presentation of Concept 12.
- The Fall assembly at Seattle intergroup was held on Tuesday the 21st. All groups were invited and encouraged to attend. I would like to add that there is a concept study at intergroup starting the first of the year.
- First item on the agenda was the passing of the 2022 budget. Great job Carl G.
- Significant changes to the GSIG policy manual were discussed and the 12 items which have been implemented were discussed and passed.
- There is always a need for people to volunteer for answering phone. Either with Nightwatch or your group at intergroup. Lara or Anita (can answer questions at the intergroup office).
- Would also like to remind all committee chairs that intergroup has meetings open to all of you who need to connect with various outreach groups and can assist with putting you in touch with other committee members. This is an opportunity to answer questions and maybe unite with other districts and groups.

Upcoming events

- GSIG will be closed 12/24, 12/25, closing at 2pm on 12/30, 12/31, 1/1/22
- Jan 2 11:00am Service Manual Study (SMS)
- Jan 8 10 to 11am GSIG hosted Tradition 1 monthly meeting via zoom link on website
- Jan 7 & 8 WWA72 Quarterly
Saturdays 6:00pm Seattle Group in person meeting at GSIG

2022 GSIG Approved Budget

Greater Seattle Intergroup - 2022 presented and approved budget next to prior years (for perspective)						
		Budget FY2022	Budget FY2021	Actual FY2020	Actual FY2019	Actual FY2018
Income						
4201 Special Events Income		6,000	5,562	4,312	4,370	4,810
Contributions						
4001 Group Contributions	based on 2021	108,969	121,691	113,463	106,652	111,561
4002 Misc. Contributions individuals & sustainers	based on 2021	48,000	41,380	80,354	12,732	9,615
4003 Meeting Room 7th Collections	based on 2021	2,607	4,839	3,019	4,119	3,783
4004 Birthday Contributions	based on 2021	1,944	3,392	3,748	2,629	4,212
Total Contributions		161,520	171,302	200,585	126,131	129,171
Literature Sales				-		
Retail Sales						
4101 Literature Sales	estimated on last 3 mo sales	50,002	59,678	26,074	81,395	101,493
4111 Meeting Directory Sales	based on 2019	10,000	7,000	6,212	20,154	22,176
4121 Coin Sales	base pre pandemic sales	6,374	7,660	4,207	9,812	10,600
4141 High & Dry Sales		125	359	301	155	43
4151 Shipping Income		252	(272)	214	(155)	(322)
Total Retail Sales		66,753	74,425	37,008	111,360	133,990
Total Income		234,273	251,289	241,905	241,862	267,971
Cost of Goods Sold (COGS)						

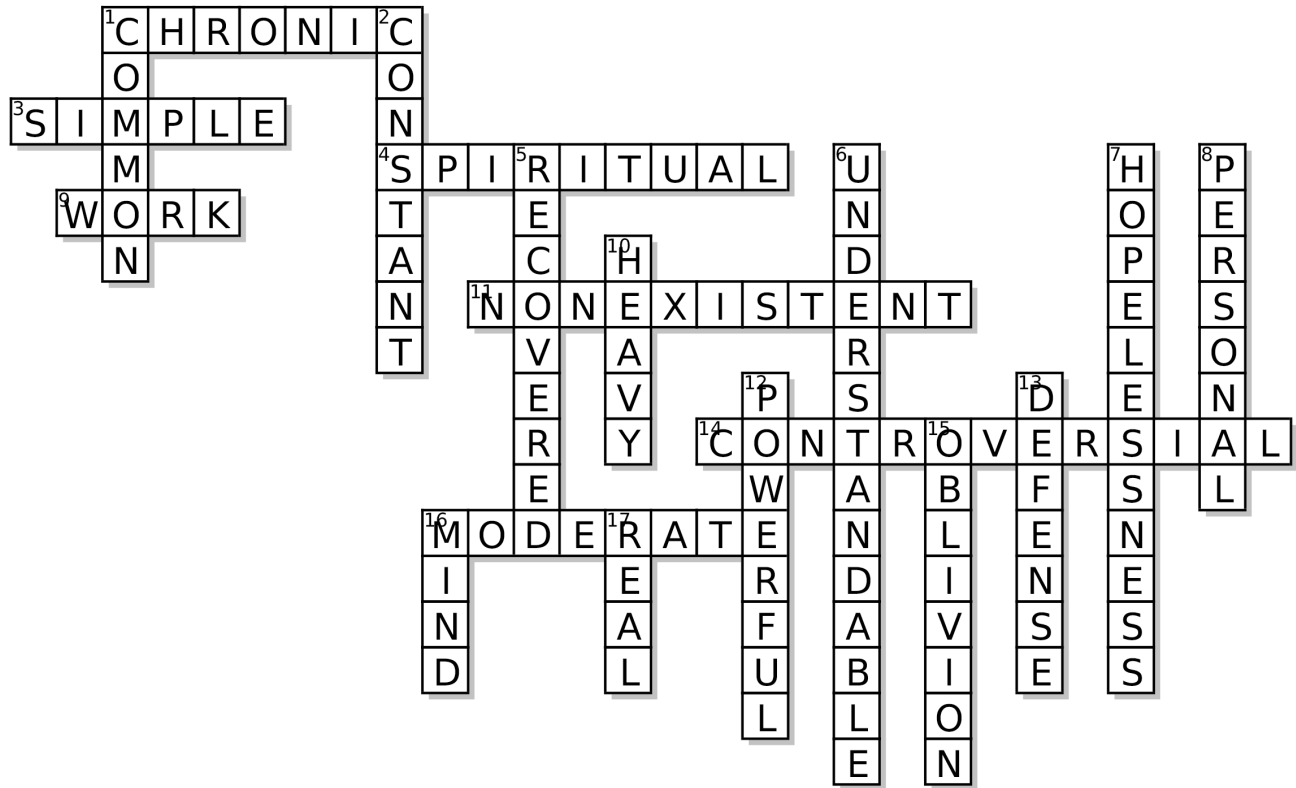
5101 Literature COGS		36,592	46,576	20,048	63,465	79,306
5111 Meeting Directory COGS		3,911	7,000	2,553	8,459	6,245
5121 Coin COGS		3,560	3,560	2,284	4,087	4,309
5141 High & Dry COGS		1,500	962	950	1,032	530
5161 Inventory Adjustments			2,500	5,012	2,511	67
5162 Lit COGS Qty Disc(-)) Penalty(+)		(2,000)	(784)	(498)	(930)	(2,974)
Total COGS		43,563	59,813	30,349	78,625	87,483
Total Cost of Goods Sold		43,563	59,813	30,349	78,625	87,483
Gross Profit		190,710	191,476	211,556	163,237	180,488

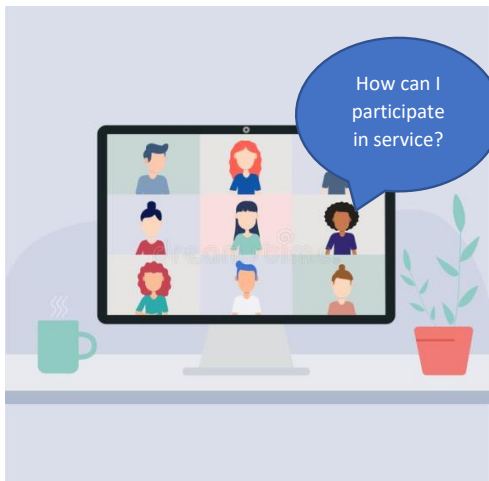
Expenses						
6801 Standing Committees						
6811 Archives Committee		120	120			26
6812 Corrections Committee		360	360	67	59	271
6813 GSIG Board		480				212
6814 Hosp & Tx Committee		1,800	480	824	810	1,931
6815 PI/CPC Committee		1,800	1,800	1,611	842	1,333
6816 Special Events Committee		4,500	1,800	1,404	3,989	2,208
6817 Third Legacy Committee		480	3,000			300
6818 Web and Tech Committee		1,500	1,500		910	1,334
6819 Accessibility Committee		5,000	480	1,708		
6820 Big Book/ Literature Fund			7,680			
Total 6801 Standing Committees		16,040	15,720	5,614	6,611	7,616

Literature Discounts				48		
6830 Travel and Meetings						
6831 Conference, Convention, Meetings	based on meetings being in person in 22	1,500	1,500	211		
Total Travel and Meetings		1,500	1,500	211		
Other Expenses			(104)	(69)		
6301 Interest, Bank Charge		-	59	147	625	754
6302 Stripe Processing Fees		2,310	1,848	2,325	285	182
6303 MERCHANT SRV. Credit Card Fees		1,346	1,346	736	1,360	1,279
6501 Insurance		1,362	1,300	1,213	1,845	1,299
6502 Licenses &Tax		15	15	71	128	120
6701 Professional Fees--Tax & Other		13,844	13,844	11,934	4,334	400
6921 Burien Little Assembly		120	120			174
6931 Cash Over/Short			0	(221)	70	47
6932 Petty Cash (Over) Short			0	298	877	
6933 Reconciliation Discrepancies			0	565		
6934 Penalties and Fines			186	124	49	
6935 WA STATE B&O TAX		150	0	(14)	6,090	
6941 Depreciation			0		280	840
Total Other Expenses		19,147	18,615	17,109	15,941	5,095
Paid Staff						
6101 Payroll Expenses		833	671	647	188	
6111 Wages		65,743	65,542	56,108	86,591	78,920
6112 Taxes		4,776	5,243	4,768	6,901	6,129
Total 6101 Payroll Expenses		71,352	71,456	61,523	93,680	85,048
6121 Medical Insurance	dental&vision	1,750	0	840	1,819	6,915
Total Paid Staff		73,102	71,456	62,363	95,500	91,963

Rent and Office			210	140		
6001 Rent		48,135	44,268	45,808	45,948	42,263
6002 Triple Net		17,589	18,514	16,842	16,559	16,593
6003 Maintenance & Repair		772	1,696	899	1,983	2,662
6004 Computer Upgrade		500	2,800	3,904	973	170
6005 Office Supplies		3,173	3,322	1,598	2,668	4,366
6201 Utilities		2,231	2,534	2,238	2,766	3,094
6211 Electricity		1,879	4,000	2,607	2,845	3,247
6212 Internet Service	SeattleCitylight	4,489	4,308	2,169	622	619
Total 6201 Utilities		8,598	10,842	7,014	6,233	6,960
6400 Communications						
6401 Phones				1,638	3,150	4,333
6403 Call Forwarding		1,060	1,020	1,020	2,196	
		1,060	1,020	2,658	5,346	4,333
6601 Shipping Expense		804	800	841	451	687
6602 Postage			600	-	180	359
Total Rent and Office		80,633	84,072	79,704	80,342	78,392
Southend Book Store stipend		600	600	150		
Total Expenses		191,021	192,035	165,198	204,483	183,066
Net Operating Income		(311)	(560)	46,359	(41,247)	(2,578)
Other Income						
7001 Interest Income		274	400	791	256	362
7003 Other Expense			-	(18,179)	256	362
Total Other Income		312	400	18,970	256	362
Net Other Income		312	400	18,970	256	362
Net Income		0	(160)	65,328	(40,991)	(2,216)

There Is a Solution





District 25

Business Meeting

(Online/Virtual District)

At the recent WWA Area 72 Assembly a motion was passed welcoming the Online/Virtual District as part of Area 72!! We are now formally District 25 in Area 72!!

If your group/meeting is online only, and plans to remain so, join us as we share our experience, strength and hope relating to our online meetings!!

Our District will require the selection of Trusted Servants (District Committee Member (DCM), Secretary, Treasurer, Alt positions as well as District Committee Chairs) using the third legacy process. If you are interested in a District service position, come join us!!

We will select our trusted servants at the December meeting.

Spread the word to online meetings!

Anyone else interested is also welcome!

Third Saturday of the Month

Nov 20, 2021 04:00 PM

Dec 18, 2021 04:00 PM

Zoom ID: 856 6331 8420

Passcode: 353586

For more information

Frank M: onlinedistrictcoord@area72aa.org

BURIEN LITTLE ASSEMBLY PLANNING GROUP

JOIN US!

2ND SUNDAYS, 10AM – NOON

ZOOM ID 842 1359 9038, PASSCODE 848438



November 14, 2021

December 12, 2021

January 9, 2022

February 13, 2022

49TH Annual Burien Little Assembly
AA Comes of Age 2.0: Unified in Love and Service
March 12, 2022

BLA IS SUPPORTED BY OUR 7TH TRADITION

PLEASE CONTRIBUTE

Payable To: Burien Little Assembly
C/O Greater Seattle Intergroup
5507 6th Ave. S, Seattle, WA 98108

[HTTP://WWW.BURIENLITTLEASSEMBLY.ORG/](http://www.burienlittleassembly.org/)




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



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.

