

Vancouver Area Intergroup of
Alcoholics Anonymous

Oct./Nov. 2020
Volume 29

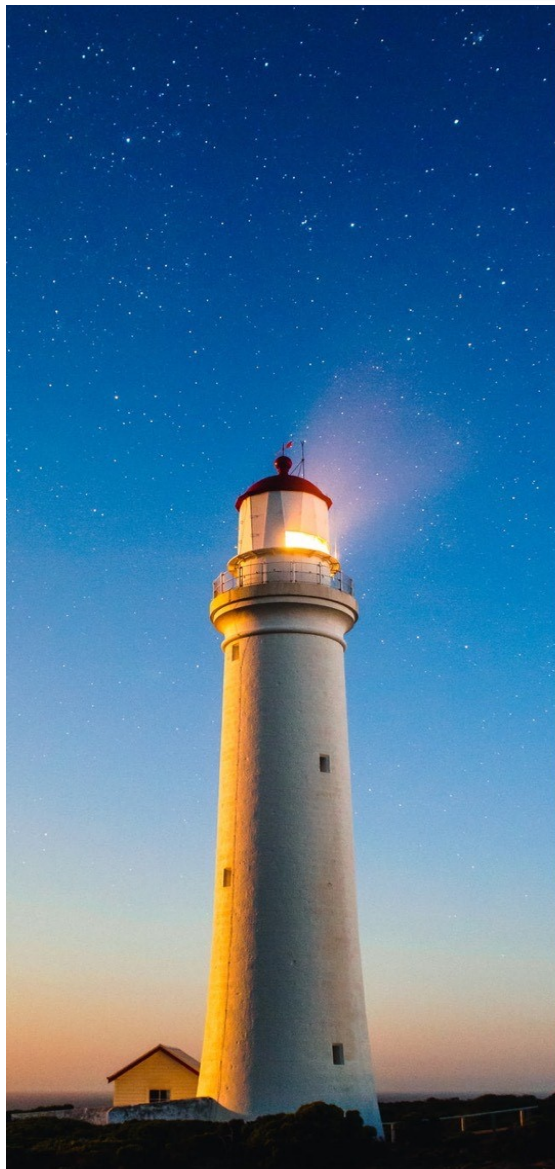
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VANCOUVER AREA INTERGROUP

Primary Purpose



Now Open for In-Person
Meetings! Social distancing ~
Masks Required ~ Sanitized

Meetings Times:
10AM Mon - Sat
4PM Everyday
9:30PM. Everyday

– Lighthouse 6415 E Mill
Plain Blvd A Vancouver

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Monthly Business Mtgs.

- ◆ Steering Comm. Mtg. –
11/09@6:00 PM
- ◆ Intergroup Rep Mtg. –
11/16@6:30 PM
- ◆ District 37 GSR Mtg. –11/24
@7:00 PM
- ◆ District 7 GSR Mtg. - 11/26
@7:00 PM

(All monthly business mtgs. are
held currently on Zoom).



2020 SW WASHINGTON JAMBOREE

You're invited to the Virtual Jamboree!

Friday, October 16, 2020
6pm start • Speakers at 6:30

Everyone is welcome...friends near and far! We have an inspiring group of speakers lined up to share their stories of experience, strength and hope. We'll also have a live auction!

FRIDAY • OCTOBER 16

6:00pm:

Zoom Room open for fellowship and a slide show of the auction items.

6:30pm:

Grateful to our speakers
Mary Lou R., Terry L. and
Roxse B. (all from Vancouver)

7:45pm:

Sobriety Countdown
and Live Auction with
surprise items not to
be missed!

Zoom ID: 818 7565 3015

SUGGESTED DONATION: \$5

We're requesting a \$5 donation to help fund the 2021 Jamboree, when we will be celebrating THIRTY YEARS of the SW Washington Jamboree!

Convenient ways to donate:

Venmo @SW Washington Jamboree

Paypal @swwashingtonjamboree@gmail.com

Mail: SW WA Jamboree, PO Box 61897
Vancouver WA 98666

**Help us fund the 30th Jamboree Anniversary in 2021
with a \$5.00 donation!**

The background of the poster is a dark brown wooden plank texture. At the top and bottom, there are decorative borders of autumn leaves in shades of yellow, orange, and red, interspersed with green grapes and red berries. A large, stylized white letter 'R' is partially visible on the left side of the top border.

R&W

Speaker Meeting

NOVEMBER 2, 2020

Speaker: Jenny S. - 7 pm


Zoom Meeting ID # 278-270-952

Password: randw

AA Literature of the Month

BM-31 - A.A. Service Manual/Twelve Concepts for World Services

Both in a single booklet. The manual opens with a history of A.A. services; explains the Conference structure and its year-round importance; includes the Conference Charter and General Service Board Bylaws. The Concepts—principles of service that have emerged from A.A.'s service accomplishments and mistakes since its beginning—are set forth by Bill W.

The
A.A. SERVICE MANUAL
Combined With
**TWELVE CONCEPTS
for WORLD SERVICE**
by Bill W.

2018-2020 Edition
**REFLECTING ACTIONS OF THE
2018 GENERAL SERVICE CONFERENCE**

The Intergroup Bookstore is now open!



It has been over five months since A.A. meetings have, for the most part, migrated online. There are now over 1,000 virtual meetings in Meeting Guide on the G.S.O. website. And recently, as there appears to be a movement toward reversing the trend, there are as many questions about these changes as there are meetings. One of the most common communications that G.S.O. has received relates to A.A.'s autonomy: just because a hosting church or venue is reopening doesn't necessarily mean that a physical A.A. meeting has to as well. However, many groups are eager to get back to business as usual, and as buildings unlock their doors, those groups are making plans to return. Two considerations, sometimes at cross purposes, often arise with regard to remaining online or reopening A.A. groups: safety and unity.

Many A.A. groups have shifted along technological lines. Some members remain uncomfortable with online meetings and so attend what few in-person meetings are available, or they use literature or the telephone to connect with the Fellowship. Others, who have more easily replaced physical meetings with online meetings, are not willing to return to live rooms yet, due to concerns about the proliferation of virus hotspots and upticks in certain areas. Eventually these two groups will need to come back together while sorting out any confusion or hurt feelings that may have been created along the way. It will take sensitivity and diplomacy as well as strict adherence to the A.A. Traditions. Traditions One (common welfare) and Five (primary purpose) can serve as handrails on the walk back, as can the consolation that *all* groups are experiencing similar stress. A.A. groups may be autonomous when it comes to the particulars of how a group functions, but in matters of the heart, we are not alone.

Workshops and committees that have met to consider reopening have found that thorough discussion before any decision-making pays the greatest dividends. There

are numerous guides, the essence of which we share here, that explain the steps some groups are taking. Most groups find it is essential to first identify the common challenges to group unity presented by any unresolved issues. Detailed, thoughtful reports and guides are incredibly helpful in smoothing things out, and being solution-oriented is paramount to help maintain a level of calm and trust as members attempt to return to the rooms.

A New York City group that hosts multiple meetings each week came up with the guidelines below. Prior to drawing up their recommendations, members reviewed federal CDC guidelines, N.Y.C. and N.Y.S. protocols, A.A.'s G.S.O. guidelines, A.A.'s N.Y. Intergroup materials, Area 49 (Southeast

New York) outlines, and various articles in the press. Their criteria were set with the understanding that online meetings continue to meet during the transition, so the balance between availability and safety is being maintained. They also stress that all guidelines are subject to adjustment in response to changes in the status of the COVID-19 pandemic. These are some of their most practical suggestions:

- There should be only x chairs in the room and only x people permitted at any time. (The number x is adjusted to room size such that there is a six-foot distance between chairs.)
- Masks should be required at all times. Anyone refusing to wear a mask should not enter. The group should make an effort to supply masks for individuals who may not have their own upon entry.
- Bathrooms should be locked and unavailable.
- No cash collections should be taken. Seventh Tradition contributions can be made via PayPal or other digital means.
- A list of first names and last initial with phone numbers may be maintained by the chairperson (and destroyed after 14 days) in the event that contact tracing is required by the N.Y.C. or N.Y.S. Department of Health.
- There should be no shared literature.
- The group should supply spray disinfectant and attempt to maintain a supply of hand sanitizer so group members can disinfect between meetings.
- Similar to fire code maximum occupancy caps, group members should manage potential overflow issues by helping people find other meetings or offer their spots to those with burning needs/desires to be in the room.
- The option to "hybridize" by calling in to an online web platform should be provided (if there is a group conscience to do so).

- An announcement highlighting the COVID-19 risk to vulnerable populations should be read at every meeting.

Area 48 (Hudson/Mohawk/Berkshire New York) has made many of the same recommendations, adding a few others that hone in on hospitality, literature, newcomers and new/revised service opportunities:

- Hospitality should be suspended: members can bring their own beverage. Or, one person may be designated to pour coffee and deliver one-on-one with face-mask and gloves.
- Members should bring their own books (with no passing). And/or all literature may be disinfected.
- “Beginner’s packs” — plastic bags containing a pre-printed list of group names and numbers, pamphlets and other starter material (all disinfected) — should be available for newcomers.
- Groups may consider new service positions such as a “spiritual sanitizer”/safety person and a tech person for maintenance of virtual and hybrid meetings. Greeter duties might be revised to include handing out the Seventh Tradition card, printed group protocols and/or important lists and numbers. Revised chair and secretary duties may include handling contract tracing lists.

Hybrid meetings seem to be the most practical way to slowly bring groups back together, as they are able to reach both in-person members and those attending virtually at the same time. However, there are some specific considerations and issues that may complicate this practical solution. Many groups — having either anticipated these concerns or actually experienced them — bring several things to light:

- When a member feels uncomfortable in a hybrid meeting, their option to retire outside or to their car is only possible if they have a smartphone — a consideration for the newcomer.
- Many groups would need additional computers, as well as augmented sound, video and amplification equipment.
- Two chairpersons — one for the face-to-face meeting and one for the online meeting — would be required.
- A designated blackout area for those who do not want to be seen on camera would have to be available.

Groups that host hybrid meetings have learned that the overall guiding principle should be an effort to assure that *everyone* is at ease with the meeting — especially those who are not comfortable with or adept at using technology. Extra patience is essential in these cases.

There are a variety of ways to set up hybrid meetings involving the use of multiple laptops, tablets and smartphones, Bluetooth devices, PA systems, WiFi hotspots, and/or large video screens. There are also many online platforms available. Groups can hybridize their meetings to their own liking, depending on the physical venue, the equipment available, and the group conscience on how to proceed in implementing changes.

This Excerpt was taken from Box 4-5-9, Fall

https://www.aa.org/newsletters/en_US/en_box459_fall20.pdf

This is an unprecedented time in the history of A.A. ... and the world. During the early days of the COVID-19 pandemic, Judith H. wrote in the July issue of AA Grapevine, “We need each other for sobriety; Bill and Dr. Bob found this out 85 years ago, as two drunks who got together and said, ‘I won’t drink, just for today’ ... Those two men left us a program to keep us sober through wars, hurricanes, tornadoes, and any kind of upheaval, personal or planetary — even this one.”

These are thoughtful words to consider as we slowly and gently work back toward meetings as we know and love them. With gratitude and humility, and in consideration of *all* alcoholics, these steps can be taken cautiously but purposefully, in the same way we learned from Alcoholics Anonymous how to live life — one day at a time.



Contributions for Sept.	Group Name	Contributions Year to Date
	AA Group 1	25.00
20.00	AA Group 2	20.00
160.96	A New Morning	2,099.31
	A New Pair of Glasses	25.00
	Amboy Renegades	35.00
	As Bill Sees It	634.00
	B & P	449.71
	Camas Group	249.84
125.00	Came to Believe	125.00
	Carson AA Spirit of the Gorge	165.00
	Cascade Group	150.00
	Cascade Locks Spiritual Brkfst	75.00
	Chapter Nine (Couples)	150.00
	Cherry Grove Groups	100.00
	Cornerstone Group	120.00
	District 7	858.53
	Dry Tribe	50.00
	Early Birds	800.00
100.00	East County Women's Group	800.00
	Eastside Brown Baggers	495.00
	Fireside	566.95
432.40	First Shot	1,886.18
40.00	Forged from Adversity	40.00
	Fresh Start	282.97
	Friday Night Happy Hour	150.00
188.00	Hockinson Group	1,283.50
	Keep Coming Back	317.98
	Kitsilano Group	75.00
	La Center Group	61.59
	Ladies Big Book Study	105.00
100.00	Ladies by the Lavender	100.00
	Lewis River AA	99.72
1.75	Lighthouse	11.75
	McGuilivray Study Group	808.09
	Men's Eastside	320.00
71.00	Men's Fireside	541.00
	Minnihaha	215.00
	Miracles at Noon	716.00
	Over 55	371.00
	Primary Purpose	46.10
	R360very Group	42.08
50.00	Ready and Willing	88.48
	Real Alcoholic Men	250.00
	Ridgefield AA	100.00
	Rock Bottom Recovery	30.00
	Saturday Night BB Study	257.00
	She Who Remembers	40.00
	Simplicity Stag	40.00
8.00	Sober Uppers	8.00
	Step Sisters	43.51
	Stevenson AA	300.00
	Sunday Night Alternatives	250.00
	Sunday Solutions	896.40
	The Easier Softer Way	100.00
	There is a Solution	100.00
	Wayfarer's	108.68
	Wednesday Night Recovery	37.60
	Welcome Home	89.03
	West Vancouver Group	59.45
	Wine to Water	22.87
	Women's Emotional Sobriety	254.71
	Women's Fireside	100.00
1,297.11	SUBTOTAL	18,642.03
233.75	Miscellaneous/Individual	8,979.67
1,530.86	TOTAL	27,621.70

Group Contributions and Financial Statements

Financial Statements

	Aug	Sep	Total	Forecast	Variance
Income					
Sales	\$ 2,237	\$ 2,049	\$ 15,824	\$ 39,276	\$ (23,452)
Group Contributions	\$ 2,657	\$ 1,197	\$ 19,123	\$ 36,000	\$ (16,877)
Individual Contributions	\$ 590	\$ 759	\$ 10,390	\$ 900	\$ 9,490
Miscellaneous Income	\$ -	\$ 53	\$ 422	\$ 1,350	\$ (929)
Fundraising	\$ -	\$ -	\$ -	\$ -	\$ -
Total Income	\$ 5,484	\$ 4,058	\$ 45,759	\$ 77,526	\$ (31,767)
			\$ -		
Expenses					
COGS	\$ 1,419	\$ 1,230	\$ 10,957	\$ 23,175	\$ (12,218)
Fundraising	\$ -	\$ -	\$ 220	\$ -	\$ 220
CC & Paypal Fees	\$ 65	\$ 85	\$ 783	\$ 945	\$ (162)
Office Supplies	\$ -	\$ 336	\$ 1,178	\$ 1,125	\$ 53
Insurance	\$ 48	\$ 48	\$ 483	\$ 450	\$ 33
Licenses & Fees	\$ 36	\$ 79	\$ 585	\$ 216	\$ 369
Payroll/Contract Svcs	\$ 3,512	\$ 4,094	\$ 23,179	\$ 38,700	\$ (15,521)
Copy Machine	\$ 315	\$ 137	\$ 1,765	\$ 1,800	\$ (35)
Rent			\$ 5,124	\$ 9,000	\$ (3,876)
Utilities	\$ 280	\$ 401	\$ 3,953	\$ 2,250	\$ 1,703
Total Expenses	\$ 5,674	\$ 6,410	\$ 48,226	\$ 77,661	\$ (29,435)
Net Income	\$ (190)	\$ (2,352)	\$ (2,467)	\$ (135)	\$ (2,332)
		Ytd PR Reimb (Forecast)			\$ 3,753
		Ytd with PR Reimb			\$ (6,085)

Sept 2020 Cash Balances	
Main Checking	\$ 10,855
Event Account	\$ 1,400
Prudent Reserve	\$ 12,868
Till Cash	\$ 100
Total Cash Balance	\$ 25,222

September Bottom Line

- Total Revenue – Total Expenses = (\$2,352)
- Year-to-date \$2,467 in the red
- Group contributions \$1,197 which is \$1,300 less than last month
- Individual contributions \$759
- Year-to-date (6,085) behind on prudent reserve reimbursement

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Steering Committee meeting of September 14, 2020

Attendance: Dusty, Laurie, Marc, Heather, Patrick, Jeff (Dist. 7) & Phil

Opening: The meeting was opened at 6:02pm with the Serenity Prayer. Minutes from the August Steering Committee meeting were accepted. Minutes from the August Intergroup Representatives meeting were reviewed.

Hotline: Patrick reported that all positions are filled and that there is a link on the website for those interested in a volunteer opportunity.

Treasury: Please see attached report. We currently are \$1877 below forecast which would give the appearance we are close to being on track, however, there are other factors that need to be recognized. We have had a reduction in rent and payroll. Group contributions are down, however, individual anonymous contributions are up. It also needs to be noted that our annual fundraiser, the Gratitude Dinner, is an unknown factor at this time. The prudent reserve is currently at 71% of the intended balance. At the current trend, the office can sustain an estimated five to six months.

Office: Heather reported that she is working with Cassia on office procedures. The newsletter is being brought back.

Activities: Jenn reported that she should know on October 8th if we can hold the Gratitude Dinner at Living Hope church. If we are able to hold the event, she has already lined up volunteers for assistance.

Old Business/Federal Assistance: The program has expired and is no longer available.

New Business/Motions: Jeff discussed with us how motions are handled at the District level in order to keep issues orderly. A reference guide was sent electronically to the Steering Committee members.

New Business/Vancouver & Clark County Grant: A grant program was being offered by the city and county for businesses negatively impacted by Covid-19. Laurie checked on the program administrators and found non-profits are not eligible.

New Business/Lighthouse: The Lighthouse is looking for another group that may be interested in sharing their facility and expenses. Their facility is on Mill Plain near Andresen. Groups that may be interested should contact the office to obtain the Lighthouse contact person's information.

New Business/Iron Tribe: Iron Tribe extended an offer for Intergroup to relocate to their facility. No motion made; no action taken.

New Business/Office Hours & Payroll: There was discussion about the possibility of reducing the office hours which would also lower payroll costs. No motion made; no action taken.

Closing: The meeting was closed with the Lord's Prayer at 7:22pm.

Yours in Service,

Phil B.

Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting of September 21, 2020

Attendance (by Zoom): Dusty – Cornerstone ... Robin – Fireside ... Patrick – McGillvray Study Group ... Todd – 1st Shot ... Phil – R360covery ... Lori – Women’s Daily Supplement ... Lauri – Sober Uppers
Michelle – Dry Tribe ... Michael – Welcome Home ... Deb – Steps from Freedom ... Marc – Miracles
Tom – Men’s Fireside ... Heather – IG office
Sign-in was on the Zoom chat box. Attendance shown above may not be complete.

Opening: The meeting was opened with the Serenity Prayer at 6:32pm. Minutes from the August Steering Committee meeting were read. Minutes from the August Intergroup meeting were read and accepted. Both sets of minutes were distributed electronically.

Hotline: Patrick reported that volunteer opportunities can be found on the website.

Website: Marc requested that meeting changes be reported by email so that the meeting schedule may be kept current and accurate.

Treasury: Please see attached financial report. Laurie reported that the prudent reserve is at approx. 70% of where it should be. Group donations are down approx. \$12,000 however anonymous personal donations are up approx. \$8,000.

Office: Cassia has been working with Heather on office operations.

Outreach: Dusty reported that several churches will be doing soft openings in October and tentatively will be able to host meetings. Some groups, as they move into facilities, intend to be hybrid allowing members to attend in-person or virtually. As meeting information changes please email the office so that the schedule can be updated. The website schedule is changed constantly. The printed version is updated quarterly.

Activities: Dusty reported that most likely we will be able to hold the annual gratitude dinner at Living Hope church. There was an explanation of “intent” in that we don’t hold fundraiser “just cuz” but hold them when there is good intent.

Old Business/Payroll Protection: The previously discussed Payroll Protection is no longer available as the program expired. Motion: If the program again becomes available should Intergroup apply for a grant?
In favor: 7, opposed: 6. Motion passed.

Intergroup Rep Meeting Minutes

Continued...

New Business/Vice Chair: Kasmir's work commitment makes his attendance difficult and he resigned his position as Vice Chair. Marc was nominated. Voting will take place at the October IG meeting. Additional nominations may also be made at that time. Tabled to October.

New Business/Guideline Revision: The current guidelines require that at least five Steering Committee members be in attendance for a quorum at SC meetings (this does not apply to IG meetings). There have been some attendance issues since Covid-19. Motion was made, and seconded, to change a SC meeting quorum from 5 to 4 SC members. Motion passed.

Miscellaneous: Laurie reported that there are two copies of a book at the IG office that discusses the challenges that Intergroup/Central offices faced in the early years in carrying the message.

Closing: The meeting was closed at 7:48pm with the Serenity Prayer.

Yours in Service,
Phil B

For a full description of upcoming events including locations or zoom information, visit the events page on our website at:
www.vancouveraa.org

To add any events to future calendars, please email us your flier at vancaa@vanintgrp.com (even if it's a zoom event)!

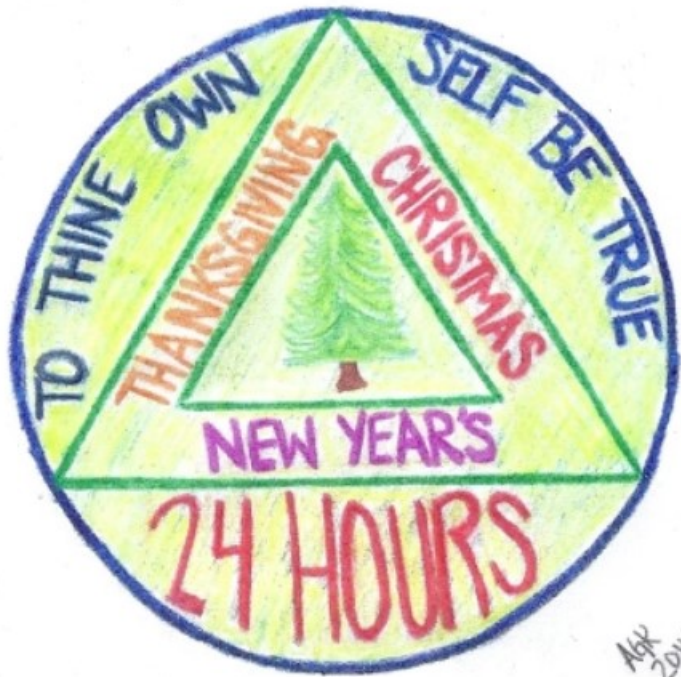
All Newsletter submissions are due on the 1st of the month for which you want them published.

Upcoming Events

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 R & W Speaker Mtg. on Zoom: 7:00 pm	3	4	5	6	7
8	9 Steering Committee Mtg.: 6:00 pm	10	11	12	13	14 Wayfarer's Speaker Mtg. on Zoom: 7:00 pm
15	16 Intergroup Rep. Mtg.: 6:30 pm	17	18	19	20	21
22	23	24 District 37 Mtg.: 7:00 pm	25	26 District 7 GSR Mtg.: 7 pm	27	28
29	30					

The Vancouver Area Intergroup of Alcoholics Anonymous exists to serve local groups of Alcoholics Anonymous within the vicinity of Vancouver, Washington. The Organization serves as a clearing house to distribute literature to local Alcoholics Anonymous groups, to provide contact among these groups, and to maintain an answering service.



This comic was taken from: <https://annkroger.com/tag/aa-humor/>

The Vancouver Area Intergroup

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