

Puget Sound Intergroup February 2024 - February 2025 Annual Report

My first two months, February and April, were spent making a concerted effort to streamline the meeting format and to make sure as much time as possible was being spent on PSI members communicating their agenda items or discussing the needs of their individual meetings during introductions. Around this time discussions on reworking the website were underway with Matt J working on the new meetings page and continued work on intergroup service positions were being drafted by Hayden and approved by the group. This was also when an administrative committee was created to help organize intergroup priorities and they began to work on new operating procedures that better reflected the current groups' needs. These are continual efforts, as the operating procedures being worked on are a little over halfway complete and will need additional revisions with input and approval from meeting members when finished. In May, we listened to a presentation by Phillip B from the ISO, and endorsed the ISO's efforts to host a booth at the American Psychological Association Convention in Seattle. The convention, when held in August, has plenty of volunteers from our community practicing our primary purpose, as well as allow us valuable learning opportunities so that we could attend our own conventions without the assistance of the ISO.

May was also our most recent push to create an SAA meeting on McNeil island. There has been interest from our members in years past, but only now has there been articulated interest from those working on the island in having one of our meetings. This process has been ongoing.

In May, we also officially acknowledged and encouraged intergroup participation by non intergroup representatives by passing a motion that any local SAA member be allowed to serve on committees created by the intergroup.

In June, a communications committee was created in order to "contact Puget Sound SAA groups and establish a contact representative in each group, with the intent to bolster our intergroup attendance and strengthen our communication and outreach in the community we serve." Members of this committee were able to reach out to some groups, and I was able to put together a contact list specific to intergroup attendees that is now available to this committee, but overall the goal of this committee has not been met. An observation of our difficulties to conduct service within committee groups is something we can reflect on during our discussions after this report.

We had a guest presentation by Jim P in July on the ISO Nominating Committee's and what ISO positions would be open. During this meeting Dan B also presented his ideas to restart Areas 44 and 45 so that meetings in Washington State and Alaska could have group conscience representation at the international ISO conference. Dan B did the bulk of the legwork to make this happen, largely using the benefits of face to face communication at the August annual retreat, to round up enough interested GSRs to amend area operating procedures to be the same, and agreeing to hold joint area assemblies directly after our Puget Sound Intergroup meetings. During the July meeting the intergroup also voted to donate \$600 to the Retreat

Committee (a separate group unaffiliated with the Puget Sound Intergroup), with requests it be allocated towards 2024 August Retreat scholarships.

In July and August, contentious discussions began that would occupy parts of many following meetings. The first discussion being lowering our \$50 Lifeline donation to the ISO due to a decrease in intergroup funds. The second being a discontinuation of the old PDF meeting list previously maintained by Dan B. After much discussion over the following few meetings, it was decided that the old meeting list would be migrated to the new web version implemented by Matt J, however the incongruities between the ISO meeting information and the actual meeting information as discussed in our meeting made it apparent that we needed a well implemented system to keep information as up to date as possible. It was also decided that we would not decrease our \$50 Lifeline donation. July is also when our first structured financial reports began, and group members were able to see our finances from month to month. Since then, the financial reports have become even more comprehensive and structured providing for more fiscal clarity as to our capabilities as an intergroup.

It was also brought up that discussion of motions over email could be detrimental to the collective functioning of our group. I took this wisdom and implemented it as best I could over the following term of my service.

By September, the website redesign had completed its review process and Matt J was preparing to make the website live. The PSI Google Drive was migrated so as to be more easily accessed by current intergroup members. The creation of a resource card for newcomers was shared that could be printed by local groups and handed out to give members quick references to key ISO literature and the PSI website. Tony also created and shared his PI/CPC handout that was created with the help of Philip B at the ISO. These two handouts are now included in the PSI Tools and Resources folder on our Google Drive.

In October, the Intergroup began receiving donations or donation commitments from other local groups. These would be the first donations the PSI had received in over a year and was only possible from members returning to their groups and talking about the intergroup.

In October I also implemented a personal rule that I would not introduce business intended to be championed by others who could not make meetings. This would put me as Chair in the uncomfortable position of supporting something without the input of the person most interested in the topic. It is most certainly the responsibility of the chair position to ensure all opinions are heard, but these opinions must be voiced by representatives in attendance at the meeting, and not by me as the chair. It was around this time when I stopped voting on motions, but continued to voice my opinion if I felt it would benefit the group.

It was also asked in October how we could additionally be of service to other member groups. It was suggested that we share our Zoom account with other groups, and this idea grew great interest and would later be validated with a unanimous motion approval.

The new website launched at the beginning of October along with the new meeting page. As anticipated with a large change, there have been hiccups and revisions needed, but the change as a whole has been well received, especially the easily sortable meeting page. A seventh tradition page was also revised later in December with Stripe and Cash App capabilities. An easy meeting update form was created on the website but some external problems broke the functionality of it. These are being worked on.

During the November meeting, Hayden extended a request for help with communications and fielding and forwarding emails and calls. The Chair's PSI contact list was voted to be shared with the communications committee to better facilitate intergroup communications. This request for assistance still stands.

I was your Area 45 delegate, and Carlos your Area 44 delegate, and we both served our members at last year's ISO conference. After that conference, our Puget Sound Intergroup joined the ISO Intergroup Communications Committee. This connects us to other intergroups in SAA and gives us the capabilities to reach out for wisdom and guidance with any difficulties we may encounter. I announced my intentions to publish a PSI newsletter to encapsulate our meeting minutes and additional information from the website and local meetings. This would be a way for information to be sent to those interested in hearing about us on a regular basis, but whom may not check the website.

In December, our intergroup endorsed the Back to Basics 12 Step workshop. An intergroup sponsorship list was pitched by Alexander M and has since been created by Doug B and is now posted in our Tools and Resources folder on the Google Drive. This list can be filled out by anyone willing to sponsor those from other groups who may not have an adequate number of sponsors. Bill B announced the Tacoma Safe Haven's interest in restarting quarterly speaker meetings, and this has since been a work in progress.

The idea of decreasing our ISO Lifeline donation was brought back up in January as our group was not self supporting and this issue again proved to be contentious. A compromise was suggested to modestly lower the donation amount, but still there was no consensus. As chair, it seemed apparent to me that there was no cohesive group conscience on the issue, and I felt that the issue should again be dropped.

During our February meeting, many things previously discussed were wrapped up, and I brought to the table correspondence I had with the Washington State Psychological Association to see if we could be present at their 2025 convention. Philip B indicated if certain criteria were met, the ISO could financially support our involvement, otherwise we would need to foot the bill for any booth and attendance costs. The idea of attending this convention seemed to raise great interest from the puget sound intergroup.

Moving forward, I would like to encourage service rotation so that I may practice the 12th tradition in other ways within this intergroup, but if my service is needed for a brief period of extension I am willing. My time as your chair has been a wonderful learning experience and it

has enhanced my recovery significantly. I love this group and see so much capability in what we can achieve with a more tight knit community! Thank you for letting me be your trusted servant.

Your trusted servant,
Matt E