

Faithful Fiver Pledge:

Emerald Valley Intergroup
1259 Willamette
Eugene, Oregon 97401

GET THE NEWS!

- I pledge \$5 per month to support EVI and service work in my community
- I'm feeling grateful, I can send _____ per month
- I will mail or drop off my contribution: Monthly
- Four times a year (\$15 each)
- Once a year (\$60)

Name:

Address:

when you acknowledge my contribution, please list me as (first name, Initial, or nickname):

"Faithful Fivers" are individuals who donate \$5 or more per month to help support Intergroup. We will post your nick name on a board in the office, with a little red dot placed for each months contribution, so you can track of your contribution. (We don't remind you, or otherwise keep track of it for you, and we will send you a newsletter whether or not you have remembered to send in your pledge.) You can contribute monthly, quarterly or yearly, and if you check the receipt box, and are on the News mailing list, we will send you a receipt at the end of the year. (If you want a receipt, but would like to save EVI postage by picking up the News at the Office, or the EVI Business Meeting, fill out your nickname and address, but write "no news" next to your address.)



stamp

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401

The Santa Factor, or You Know You're *Really* Sober if...

Alcoholics Anonymous World Services puts out a very useful pamphlet containing a series of questions that, if answered in the affirmative, give a pretty good indication that a person is an alcoholic. As far as I know there is no corresponding set of questions to determine if a person is truly recovering and solid in his or her sobriety. Should AA decide to publish such a questionnaire, I have a nomination for a highly diagnostic question: **Do you enjoy Christmas?**

Most of us, at the time we hit bottom, identified with Ebenezer Scrooge and the Grinch who Stole Christmas. If asked, we would probably have said that we had always, even in early childhood, found the entire holiday season to be depressing, shallow, false, and generally endurable only in a state of advanced intoxication.

Many of us had alcoholic parents. If we were fortunate, they functioned fairly well most of the time, but the holiday season was a signal for the dysfunctional elements of family life to ratchet up several notches. The culture filled us with expectations. We practiced our parts dutifully for the school pageant, and hid our disappointment when our families didn't show up. We swallowed our pride when the youth group leader said: "Of course you can come to the party even though your mom balked at the last minute and refused to buy something for the gift exchange." If we ever believed in Santa Claus, we quickly learned that he was an unreliable gent who took our wish list and converted it into whatever was on sale at the last minute – or nothing at all. The worst of it was the implicit message that holiday largesse, be it invitations to parties, or toys, or just receiving a lot of positive attention, was somehow a reward for good behavior. The child who faces a barren Christmas is left wondering what he or she did wrong, an impression which an alcoholic parent, suffering from remorse but still steeped in denial, is all too ready to reinforce.

There was a brief period when liquid holiday cheer was effective – when the prospect of brandy, and eggnog, of good brands in crystal glasses, enjoyed around a fire in the company of young, convivial friends – was genuinely tempting, and the reality did not fall too short of expectations. Then came a time when the trimmings seemed irrelevant. A gold bow and a gift tag on the Bacardi raised the product not one whit in our estimation. Possibly we went into the liquor store intending to buy gifts, and to stock up for holiday entertaining. The amount of our purchases reflected this, but by Christmas Eve we'd drunk up the entire stash, and realized late in the evening that ALL the stores were closed for the next day and a half – even the 7-11. We racked our brains. Was there some gift already wrapped, which could mysteriously disappear from under the tree? Which, among the items designated for our use, had the most promising shape and heft? Did any of them gurgle? In desperation, we turned first to the remains of the liquor we'd used to soak the fruitcake, and then to the fruitcake itself. Small wonder that our digestion and our tempers were in sorry shape by the end of Christmas Day.



E.V.I. News

December 2004

Contents:

The Santa Factor, or You Know You're <i>Really</i> Sober if...	1
AA Meeting Changes	2
Intergroup News	3
November EVI Business Meeting Minutes	3
Contributions to EVI	4
Living Sober - Holidays	4
Calendar and Events	5
Service Opportunities	5
People	6
Is AA Catching?	6
Echoes in the Valley	7
Rule 62	7

Emerald Valley Intergroup
1259 Willamette St. Eugene, OR
97401-3509
(541) 342-4113

AA Meetings:

New:

Saturday Creswell Group, New Hope Baptist Church, 401 S. Front St., **Creswell**. 7-8 pm.

Women's Bedrock Speaker Meeting, Thursday, 7-8 PM, St. Mary's Episcopal Church, 166 E. 13th, Eugene

Keep it Simple, Sister, Women's meeting, Thursday, 7-8 pm, United Methodist Church, 25133 Broadway, **Veneta**.

Gratitude Group, Saturday, 9-10 AM, Valley Methodist Church, 25133 Broadway, **Veneta**.

Try God has added a 12x12 Step Study, Thursdays, 7-8pm at Berean Baptist Church, 1210 Chambers.

Changed:

Serenity Seekers West now meets twice a week, Tuesday/Thursday, noon-1pm, at the Friends Church, 3495 W. 18th Ave, Eugene.

Wednesday Beginner's Group, 7:30 pm, has moved from the Cottage Grove Alano Club to the K of C. Building at 1025 19th St., Cottage Grove.

Rush Hour, 6pm Thursday in Cottage Grove, has moved to the Cottage Grove Community Center, 700 Gibbs Avenue.

Cancelled

The Great Fact Group, 7am on Wednesdays at 2065 Centennial, Springfield, is cancelled. This group still meets on Tuesday, Thursday and Saturday.

Cottage Grove Meetings: We understand that the Cottage Grove Alano Club closed on December 1. Some groups meeting there have not submitted schedule changes.

Please remember to let us know if your group stops meeting. This will save people frustration or worse when they really need a meeting. To submit changes of any kind please fill out a form in the "Meeting Book Changes" book at the EVI office. Ask a volunteer at the front desk for a form. You may also phone in any changes during EVI office hours. Thanks!

Emotionally, that was probably the bottom. When we actually hit bottom physically and financially, we came fit objects for charity. There was actually something a little comforting in knowing that complete strangers were willing to drag themselves from their warm and presumably joyous homes on a dreary December day, to serve turkey and hand out dry socks to the down-and-out.

Then (if we were lucky) we got sober. There is something to be said for having January 1 as a sobriety date. It means the recovering alcoholic has nearly a year of sobriety under his belt before he is faced with the "threefold disease of alcoholism: Thanksgiving, Christmas, and New Years." Even then, it's a rough road. The preliminaries for the holiday season begin earlier every year. It's not uncommon to see pre-Christmas specials in resort gift shops in midsummer, and by Halloween, red and green merchandising ploys are sprouting like toadstools after a rain. Perhaps the newly-sober person is somewhere in the middle of his ninth step, and a display of potential gift items triggers not only the usual regret at present inability to purchase any of this stuff, but also guilt over previous occasions when family, friends, and especially children were slighted in the gift department because the wage earner had drunk up all the discretionary income.

Adult holiday parties are premier drinking occasions. The AA book *Living Sober* gives many helpful suggestions for avoiding picking up an alcoholic drink when those around are imbibing, but it's still a white-knuckling experience at first. It can be difficult to decide whether to turn down an invitation altogether, or to risk a very uncomfortable evening with some possibility of relapse. One thing is pretty clear: if you turn down invitations without replacing them with something positive the holidays are going to seem pretty joyless. This is one department in which volunteering can be very helpful. Helping kids decorate a tree at the homeless shelter may sound rather tame compared to an office Christmas party with Karaoke and spiked punch, but it beats sitting home listening to the rain on the roof, and it gives you a valid excuse to stay out of the quicksand.

When it comes to gifts, concentrate on what you *can* do, not on what is currently out of your reach. Time and attention count for a great deal. Families will find a cheerful, sober person to be a great gift – don't spoil it by incessant whining about what more you might have done if fortune had been more in your favor. Learn to be gracious about receiving as well as about giving. Appropriate gifts are not an entitlement. Appreciate the people who care about you, even if their mode of expression is awkward and off the mark.

Holidays often put us in close contact with alcoholic family members who are still active in their disease. How should we react? Certainly, we should keep such distance as is necessary to avoid becoming participants in their debauchery. Rereading the chapters in the Big Book on "The Family Afterwards" and "Working with Others", as well as familiarizing ourselves with Al-Anon, is helpful. We must remind ourselves that we are not our brothers' keepers when it comes to alcohol. Stepping in to cover for a spouse or parent who is intoxicated is often laudable, but requires caution. We need to avoid being seen as driving a wedge into a family in crisis, and it is important to ensure that some net benefit accrues to the family – that is, that our actions are not *merely* serving to perpetuate our relative's irresponsible behavior and shield him from the consequences.

Echoes in the Valley

Echoes in the Valley is a collection of wit and wisdom heard at area meetings. While not always original, they represent local shares by your fellow recovering alcoholics. Quotes are credited to the speaker with permission - otherwise, they are anonymous.

I've got a room-mate with a drinking problem - he buys beer and leaves it in the refrigerator for it seems like months.

Anonymous (newcomer), Sober Awakening.

My brain would kill me if it didn't need me for transportation.

Jean, Sober Awakening, quote.

I'm a poly substance abuser with duelling diagnoses.

Anon, Downtown A.M.

My window of opportunity to use alcohol as a social lubricant got smaller and smaller, until I couldn't drink in public at all any more.

Jeff, Sober Awakening.

Alcohol is the opposite of truth serum - it's lie serum.

Jim, Sober Awakening

One of my character defects is doing stupid things to save a few bucks. This is known as cheapskating on thin ice.

Martha, Sober Awakening

I had some fantasy that someday I'd just grow OUT of drinking and suddenly not want to do it any more. Hell, this is a disease we grow INTO, not out of.

Dwayne, Nooney Looney

Sometimes I think my stomach has a better connection to my Higher Power than my brain does. I need to pay more attention to gut feelings.

Paul, Sober Awakening

Note: People say clever and memorable things in meetings all over town. The newsletter chair would love to hear about it.



The Cuckoo Clock

The other night I was invited out for a night with "the boys." I told my wife that I would be home by midnight ... promise!

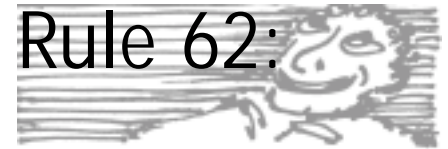
Well, the hours passed and the beer was going down way too easy. At around 2:30 a.m., drunk as a skunk, I headed for home. Just as I got in the door, the cuckoo clock in the hall started up and cuckooed 3 times. Quickly, I realized she'd probably wake up, so I cuckooed another nine times. I was really proud of myself, having a quick-witted solution, even when smashed, to escape a possible conflict.

The next morning my wife asked me what time I got in, and I told her twelve o'clock. She didn't seem disturbed at all. Whew! Got away with that one!

Then she told me we needed a new cuckoo clock.

When I asked her why, she said, "Well, last night it cuckooed three times, then said "oh shit," cuckooed 4 more times, cleared its throat, cuckooed another three times, giggled, cuckooed twice more, and then farted."

from www.drunkbastards.net



Then there was this dyslexic who walked into a bra and...

A man walked out his front door, walked one mile south, one mile east, and one mile north, and ended up at his front door. A bear walked by.

(a) What color was the bear?

(b) What was the man's name?

Old mycologists never die. Their work just grows on them until eventually they're completely absorbed by it.

A group of owls went into business together. Being wise, they had business savvy enough, but they found that no matter what they did, they couldn't command consumer confidence. People were sure it was a fly-by-night operation.





People: Is AA Catching?

OFFICE VOLUNTEER COORDINATOR

Doug R. (461-3872) Roger B. (935-7620)

ACTIVITIES

Sylvia (485-3482, cell 913-7115)

ANSWERING SERVICE

Julien X. (541-520-7408), Joe H. (232-1267)

ARCHIVIST

Jim G. (689-5052), Bob T. (342-1588)

COOP. PROFESSIONAL COMMUNITY(CPC)

Nadine P. (683-5730)

E.V.I. COMMUNICATIONS:

Newsletter: Martha S. (687-9569),

Greg W. (349-0294)

Website: Karla B. (744-0509),

Lisa A. (343-5848)

Meeting Directories: Denna (344-7996),

Odessa O.

E.V.I. SPEAKER MEETING

Vicki K. (688-5042), Donna H. (689-2335)

LITERATURE

Tim A (726-8558), Aaron B. (914-1687)

OUTREACH

Lee F. (302-1408), Angela D. (683-6551)

PUBLIC INFORMATION (PI)

Shevach (683-5254), Tim B. (465-1053)

HOSPITALS & INSTITUTIONS (H&I)

Chair: Larry W. (513-5626)

HOSPITALS

Chair: Steve S.(914-9258), Todd (302-6377)

COOP. TREATMENT FACILITIES(CTF)

Janis B. (935-8833), Cayce (520-5635)

CORRECTIONS

Chair: Tom R. (465-1832), Bob L. (689-6960)

H&I COORDINATORS:

Lane County Jail: Bob L. 689-6960

C.C.C. (Women's): open

C.C.C. (Men's): Jim H. (543-9653)

Alma Work Camp: Larry W. (513-5626)

Pathways: Doug R. (461-3872)

Serbu Detention: Tom R. (465-1832)

Carlton House: Robert S. (684-9439)

W.F.T.-Friday Night: Virginia (338-7174)

W.F.T.-Book Study: , Mindy S. (954-2048)

Serenity Lane:

Speaker: Phillip S. (342-2180)

B.T.G.: Gus P. (463-1691)

Sat. Cindy D. (988-0183), Jason (912-8217)

Saturday Night Live Hank A. (484-6259)

Johnson Unit: Jill (302-1311)

E.V.I. STEERING COMMITTEE

Chair: Kurt J. (747-8925)

Co-Chair: Bob T. (342-1588)

Secretary: Jenne B. (688-1189)

Treasurer: Lori B. (684-8670)

Vice Treasurer: Bob E. (747-2246)

At-Large: Amanda W. (988-9656)

At-Large: Ken L. (747-8270)

At-Large: Lori P. (343-2515)

At-Large: Frank K. 345-7131

BOOKKEEPER: Elizabeth R.

Somewhere in *Huckleberry Finn* there is an episode in which one of the characters is avoiding contact with other people by pretending to have a host of dread diseases. When someone asks: "Is it catching?" Huck replies, with mock incredulity, "Is it *catching*? - Like a harrow is catching. Snag one point, and the whole lot follows after." I'm reconstructing this from memory, so don't take it as literary gospel.

AA is a little like that harrow. If you keep your distance, you'll never get caught on any of the points. People can hang about on the periphery for years, gingerly avoiding any meaningful contact. When they persist in this avoidance, they find, not surprisingly, that the program doesn't work for them.

Conversely, once any single aspect of AA has taken hold, the rest will most probably follow. That initial aspect is often, but not invariably, The First Step. Desperation and demoralization are powerful spurs, but they can also serve to perpetuate isolation. The person who comes into AA firmly believing that he is beyond succor, and repulses any efforts to be included in the fellowship, doesn't have much of a chance.

Succeeding in AA is a little like succeeding in a job search. A great deal depends on convincing other people to believe in you. For a brief period, the newcomer is able to command attention by the mere novelty of his presence, but if he continues to decline to participate in meetings, makes no overtures towards becoming acquainted with other AA members, or restricts his sharing to pessimistic and hostile outpourings, he will find himself quarantined. The other people definitely don't want what he's got, and their efforts to protect themselves will prevent him from catching what they've got.

Becoming involved in AA is not so much about looking good, as about convincing others that you have the capacity not only to look good, but also for growth in underlying character. Think of that AA group as a prospective employer, one who is willing to take on raw recruits with no credentials, but will look for evidence of a learning curve before investing much time and effort in training you.

If the First Step bug does not prove to be catching, there are other points of entry. For some people, a profound spiritual experience precedes admission of powerlessness. The desire to emulate another individual may be the first hook that grabs us. Occasionally, initial motivation comes from a desire to atone for some wrong. When the alcoholic realizes this can't be achieved except through sobriety, he'll find himself working backwards from the Ninth Step.

Whatever the point of entry, all aspects of the program are interrelated. If one step does not follow closely upon another, like tines upon a harrow, something is missing.

Martha S., Eugene

EVI Business Meeting Minutes, November 8, 2004

Called to order at 6:30 with Kurt J. chairing.

Old Business: New copier purchased, purchase of printer for computer pending.

Elections: Literature Co-Chair Aaron B., Website Co-chair, Lisa A., Newsletter Co-chair: Gred W.

New Business:

A. Announcements:

Steve, EVI Representative for Thursday Rush Hour Group in Cottage Grove, announced that the Cottage Grove Alano Club is indeed closing.

Reminder of Alanon Speaker meeting on first Saturday of the month, and the Alateen Fundraiser November 11.

Committee Reports:

Speaker Meeting: Donna (689-2335) - Speakers have been booked for remainder of the year, still looking for people for next year.

Treasurer: Lori B. presented spreadsheet. Net Income in October was \$1881.55. Steering Committee has approved changes in accounting procedures. Request for budgets for 2005 from committee chairs.

Office Coordinator: Doug: Some shifts need second person. Our burglar has been convicted and sentenced. New copier purchased, printer pending. Co-coordinator position now filled.

Literature: Tim A. Inventory done and order submitted. Shevach inquired about Spanish literature.

Website: Karla: Keeping online meeting book up to date. Working to correct errors on website. Email is working.

Newsletter: Martha. Anxiously awaiting new printer. Encourage local articles.

Meeting Directories: Denna. New Directory to be sent to printer about December 1. Make sure changes are submitted before then.

Public Information: Shevach. Will have table at Nov. 13 Latino cultural fair. Radio and TV spots are being aired. Need more committee members.

Diverter: Julien. Working smoothly. Have been able to add volunteers.

Activities: Roger. Halloween dance went well. There will be a New Years dance at Emerald Park.

Outreach: Roger. Visited 3 meetings this month, persuaded them to elect EVI reps.

Archives: Needs a new chair.

Final Announcement: EVI Co-Chair, Vice Treasurer, Member at Large and EVI secretary positions come vacant next month, as well as CPC and Activities Co-chairs. Please announce to groups.

Closed at 7:40.

Respectfully submitted, Jenne B., EVI Secretary
(Abridged by newsletter chair)

The Adverse Effect of Alcohol on Barge Poles

I have always been taught to regard ethyl alcohol as a preservative. In many instances, this is a correct assumption. At Cornell University, where I did my graduate work, there is a celebrated collection of famous brains, assembled in the last quarter of the nineteenth century by a worthy scientist who thought the gross morphology of the brain must correlate to nuances of personal character. These brains, pickled in pure alcohol, remain exactly as they were when the owner's souls deserted them in the 1870's. At the humbler end of the evolutionary scale, the Plant Pathology herbarium houses an amazing collection of pickled, diseased fruit, with every scab, blight, and fungal excrescence lovingly preserved in ethanol for posterity.

In view of this, it is perhaps surprising that alcohol has an opposite effect on barge poles - at least metaphorical ones. We are all familiar with the expression: "I wouldn't touch him (or it) with a ten foot pole." Barges being nearly obsolete, the image of fending off some disgusting object floating in the water no longer comes readily to mind. Sober, I have pretty good judgment about when to keep my distance, and when it is advisable to fend off attentions from people whose motives are probably less than pure. Drunk, it's another matter. After a couple of drinks, my barge pole shrinks. I can't find purchase on the bottom to propel myself forward, and I can't fend off repulsive floating objects. Enough drinks, and I'm letting those same objects climb into the barge - or worse yet, into my bed.

Martha S.



EVI Office

1259 Willamette
Eugene, OR 97401-3509
Monday-Friday 9:00 am-5:00 pm
Saturday 9:00 am - 4:00 pm
Drop by for a visit!

EVI Web Site

www.efn.org/~eviaa

Meeting schedules, business meeting minutes, and much more.

The little squiggle in the address is found right next to the exclamation point on the keyboard. Save a book mark or favorite and check back often!

E.V.I. News

Emerald Valley Intergroup's Newsletter for the A.A. Community in Lane County

EVI News is a monthly newsletter of the Emerald Valley Intergroup. It is about, by, and for the members of Alcoholics Anonymous fellowship. Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article or event or notice imply endorsement by either Alcoholics Anonymous or EVI. (Exceptions: Quotations from A.A. books or pamphlets which are reprinted with permission of A.A. World Services, Inc.) EVI News is produced to support communication within the fellowship; please respect the anonymity of any A.A. member mentioned herein. EVI News reserves the right to edit any submissions for clarity, length, language, and editorial policy. Contributions gratefully accepted for consideration for publication.

Submissions due by last Monday of each month. To submit articles or event information, mail them or drop them off at the EVI office c/o EVI Newsletter. **Please include a contact phone #.** Submissions can also be e-mailed to: eviaa@efn.org or msherw@darkwing.uoregon.edu. Communication Committee (Newsletter & Web Site, Meeting Book) meetings are held at 6pm the first Friday of each month at the EVI office.

Contributions:

October 2004/Year to Date)

Note: *November figures were not available at printing and will appear in the January Newsletter.*

As Bill Sees It 30.00/30.00

Attitude Adjustment 253.80/1135.11

Blue River Sunday 10.00/10.00

Brown Bag Group 75.00/150.00

Buckley Pass it On 20.00/20.00

Cottage Grove Gratitude 98.00/98.00

Creswell Al-Anon 25.00/25.00

Daily Reflections 150/150

Dexter Women's Group 20/20

Downtown AM Group 262.00/1816.00

Drop the Rock 190.00/535

Early Firehouse Group 20.00/20.00

Freedom of Choice 24.00/96.00

Friday Night BB Study 120.00/490.00

Friday Physical Awakening 105.00/105.00

From The Heart 525.00/681.00

The Great Fact Group 10.00/20.00

Host of Friends 100.00/100.00

How It Works 60.00/400.00

Last Chance Study Group 50.00/80.00

McKenzie River Group 127.00/127.00

Mohawk Brown Bag 11.00/21.00

Monday Mens Stag 200.00/250.00

Recovery By The Steps 15.00/30.00

Rush Hour Group 25.00/25.00

Saturday Morning Steps 218.15/806.65

Search For Serenity 78.00/867.00

Serenity Seekers 117.00/117.00

Sober Awakenings 556.87/556.87

Sobriety for Life 130.00/130.00

Springfield Monday Night 0/0

Stairway to Sobriety 25.00/175.00

Sunlight of the Spirit 25.00/25.00

Sunday Big Book 116.72/116.72

Thurs. Men's Book Study 50.00/50.00

Tues Night Young People 133.00/308.00

Thurs. Men's Spons. Group 0/0

Try God Group 484.74/1655.36

Tuesday Night Mens Stag 0/0

Veneta Gratitude Group 71.00/176.00

Vet's and Friends 100.00/100.00

Wednesday Beginners 80.00/80.00

Wed How it Works 10.00/30.00

Wednesday Men's Noon: 18.43/18.43

Wed. Night Men's Stag 250.00/505.00

Women's Bedrock 0/0

Women's Courage to Change 77.13/77.13

Women's How It Works 80.00/160.00

Women in the Solution 50.00/50.00

Womans Rd. to Recovery 0/0

Total Contributions Group

month/ytd 1551.89/12,608.51

Contributions: Individual

Anonymous/Unknown 155.66/626.11

Faithful Fivers 50.00/986.14

Total Contributions/Ind.

205.66/1612.25

I spent the first two Christmases in sobriety frantically trying to make up for lost time. I decorated, and baked, and sent out quantities of Christmas cards. I knit caps for kids and participated in the festivities at three different churches, as well as the holiday aspects of AA. I didn't feel like killing myself (a traditional holiday sentiment in my family) but I wasn't exactly enjoying myself either. Enjoyment takes time. Now that I'm a little more relaxed, and don't feel the same compulsion to orchestrate a celebration, I have that time. I find that I can mask out those aspects of Christmas (and they are many) that trigger unpleasant associations, and I find that there is another, larger set of stimuli that actually trigger pleasant memories. I could sit down and write "A Cheapskate's Christmas in Eugene," and imbue it with humor and nostalgia, such that the readers would feel deprived never to have gotten the last lopsided tree on the lot free at 7pm on Christmas Eve, or to have decorated it with costume jewelry and strings of acorns.

Above all, I am grateful to be connected to the spirituality of Christmas. All those things which trigger the bah-humbug reaction in me are ultimately irrelevant. The spirituality and the coming of the light, in the darkest part of the year, are always there. I need to remember this – and find joy in it.

Martha S.

Suggestions for the Holiday Season

from

Living Sober (AA World Services)

When you know that will be the schedule [*i.e.*, that there will be some long heavy-drinking hours before food appears], you may prefer to skip the first hour or so of the drinking and arrive only shortly before dinner is served. Many of us do this. Then, if there is going to be a long drunk evening after eating, we have found it is also easy to leave early. The very few who do notice our slipping away, we have discovered, hardly mind our departure at all. They are too busy drinking, or whatever. (p.66)

Our not drinking creates less of a stir than we thought it would.

There is one exception. Once in a while, a really heavy drinker will get pretty pushy about our not drinking. Most of us come to believe that such an attitude is very suspicious. Civilized, polite people simply do not carry on that much about what other people choose to drink or eat, or not to drink or eat, unless they have some hang-up of their own, do they? We find it curious that anyone should try to get a person to drink who does not care to; and we especially wonder why anybody wants a person with a record of drinking-related problems to try to drink again.

We learn to steer clear of such people. If they do indeed have their own hang-up to contend with, we wish them well. But we need not defend our choices to them or to anyone else. And we do not argue with them, or try to change their minds. Again, our attitude is "live and let Live." (p 67)

December Calendar

- 1st Mon Steering Committee 6:30 PM
Tue District 20, 6:30 PM, 418 A St. Myron M. 345-582
Tue District 33, 6:30 PM, Alan U. 741-2617
Wed District 19, 5:30 PM, Sandy V. 485-4827
Thur Speaker Mtg Committee, 7:00PM, Vicki 688-5042
Fri Communication Meeting, 6:00 PM
Sat Activities, 5:00PM, Sylvia, (485-3482)
- 2nd Mon EVI Business Meeting, 6:30 PM
Wed District 6, 6:30 PM, Tim A. 726-8558
Sat Answering/Diverter, 10:00 AM, Julien 520-7408
Sat EVI Speaker Meeting, 7:30 PM, 2801 W. 18th
- 3rd Tues Public Information, 6:00PM, Shevach, 683-5254
Last Wed H& I Committee, 6:00 PM
Thur Outreach, 6:30 PM, EVI Office

Fellowship Events

The EVI Activities Committee is planning a New Year's Eve Dance at Emerald Park, off River Road. AA meeting begins at 7 pm, dance at 8:30.

Pathfinders (formerly Recovery Riders) organizes outdoor events for AA members and their families. Check their website.

Speakers for the December 11 EVI speaker meeting are Ann H. (Al-Anon) and Rose D. (AA), both of Eugene. Meeting begins at 7:30 PM at the Living Hope Church, 2801 W. 18th, Eugene.

For information on the New Years Eve Roundup in Seaside, call 503-738-4189 or check www.soberinseaside.com

The Downtown AM meeting continues to offer a newcomer's workshop every Wednesday from 7-8am at the First Christian Church, 1166 Oak. Sessions include presentation on AA basics and a question and answer period.

For information on Grateful to be Alive in 2005, the Yakima Valley Roundup, February 18-20, 2005, go to www.yakimavalleyroundup.com, or call 509-910-1627.

The EVI office has flyers and information about all of the above events.

In Recovery, and looking for people with common interests?

Consider the following:

A Jazz/Blues musician is looking for Friends of Bill W. to play with. Contact Tony at tr4rule62@comcast.net.

How about a "clean needles" knitting and needlework group? Contact Martha (687-9569) or Sylvia (485-3482).

Gratitude:



Currently Available Service Positions:

H&I has an ongoing, and varied need for people willing to do a little to a lot of service work.

Public Information needs people with transportation to deliver literature. There is no minimum sobriety requirement for most PI service positions.

The Diverter seeks volunteers to take calls to the local AA number after hours. Contact Julien (520-7408) for details, or obtain information and application forms from the EVI office.

The EVI Office can always use people who are able to answer phones and perform office functions for one four hour shift per week. Contact Doug (461-3872), or stop by the office for information.

The Activities Committee urgently needs more volunteers to help plan and staff events. Please, if you want to continue having fun events, get involved. There is no minimum sobriety requirement; time commitment is flexible. Call Sylvia, 485-3482, or Leslie, 746-3359.

Addresses for Group Contributions

Emerald Valley Intergroup
1259 Willamette Street
Eugene, OR 97401-3509
Contributions for Districts 6, 19, 20, and 33 may also be sent to the above address. Indicate the district on the envelope.

Oregon Area 58 Treasury
PMB 172
1972 NE 3rd St.
Bend, OR 97701

AA General Service Office
PO Box 459
Grand Central Station
New York, NY 10163-0459