

# Faith or Fear: The Choice is Ours

Last Fall, my friend, Phil H. was diagnosed with stomach cancer. The disease progressed rapidly; he died a few month's later on December 26, 2003. At his memorial service the church was packed wall to wall with the hundreds of people his life had touched.

Phil was a young man, in his forties, whose life had been dramatically altered by the AA program some fifteen years earlier. From a low alcoholic bottom, his life had become one of helping others, especially teenagers.

Some of us from the 7 AM Attitude Adjustment meeting of AA, the one Phil attended, rushed to his side to support him. Others did the same. We came to support him, but the opposite seemed to happen. Right up to his death, he showed us that AA works, even at this level, and that God is with us, always.

This morning I spoke to my sponsor, Howard P. of Tempe, Arizona, who had a few months earlier shared with me a vision he had experienced some years ago. I had called him to tell him how afraid I was, so Howard shared with me how he handled fear. The vision involved seeing his life as though it was a large frozen lake which he was about to cross on foot. The distance across represented the duration of his life. Part of the vision involved the thickness of the ice. Howard wasn't sure it would hold him. Then the thought occurred to him that he could spend the rest of his life in fear of the ice breaking, or have faith that God's love was sufficient for him, one day at a time, Howard says that he has lived his life with the assurance that God would keep that ice thick enough to support him, but at times has doubted this.

This morning's call and conversation caused Howard to recount a story he had heard of a fellow we will call Jim. Jim loved sky diving and was an instructor for people who wanted to learn the art of parachuting. It seems Jim was up with some newcomers making their first jump when the plane hit an air pocket and Jim was hurled out of the plane without his parachute on. As Jim plummeted towards the earth, it occurred to him that the same principle of fear or faith also applied in this situation; that he could spend the rest of his life screaming, yelling and crying, or enjoy the thing he loved dearly, sky diving.

In a way, at birth, we all have fallen out of airplanes. The engraving on our tombstones will read date of birth - dash - date of death. God gives us the choice with the dash in between to follow him or self.

God gives me free will to choose daily whose strength to rely on, His or mine. I, like Howard, have my doubts at times; however, it is good for me to remember that it is impossible to doubt something without first believing it. My doubts are human; my faith in a loving God is optional. God is always there for me because I believe he dwells within me. I hear some people say they can't find God. My belief is that because he isn't lost, he lives within your heart.

One of our greatest supporters mentioned in our AA big Book is the renowned psychiatrist, Doctor Carl Jung, who had a wall plaque displayed in his office as well as an inscription on his tombstone which translated, said "Bidden or Unbidden, God is with us."

Thank you God for loaning us one of your best ... Phil H.

Harry R. - Eugene



# E.V.I. News

March 2004

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

# AA Meetings:



## New:

This Day: Saturday, 6-7pm, at St. Mark's Church, 1167 Sam Reynolds St., off West 11th near Bertelsen.

Mohawk Brown Baggers  
Springfield Lutheran Church, 14th & I Streets, Wednesday, 12:00-1:00 pm.

## Changed:

Springfield Men's Stag is now held at 418 North A Street, Springfield. 7PM - 8:30PM Wednesday evenings.

Together We Can, Wed. 8:00 at Jesco Club, is now a Big Book study.

## Canceled:

Early Firehouse Group, Sunday, 6-7, Santa Clara fire hall.  
Solutions Living in AA, Tuesday 6:30, 1038 Washington.  
Emotional Sobriety, Jesco Club, 6:00 pm Sundays.

## Topic of interest:

The Oregon Area Website Address is: [www.aa-oregon.org](http://www.aa-oregon.org). Check it out. The monthly area newsletter is posted on this site, as well as information relevant to quarterly assemblies.

*Please remember to let us know if your group stops meeting. It's a lot easier to remember when you are starting a meeting, but if you stop meeting, remembering to remove it from meeting lists may save someone frustration and more 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 it. You may also phone in any changes during EVI office hours. Thanks!*

# Another Person's Relapse is NOT Your Failure

Recently, at a meeting which I attend regularly, several successive shares on seemingly unrelated topics brought into focus a subject which nags me from time to time: that of the person - friend, sponsee, or client - who is continually demanding help, but never seems to benefit from it. This subject, which is central to the Al-Anon program, is by no means foreign to Alcoholics Anonymous itself.

Obviously, the person who has become locked in a pattern of failing at recovery will not manage to log much time in sobriety unless he or she becomes convinced that some course of action is possible and carries with it a significant probability of arriving at the desired result. For the person who has achieved sobriety and takes his twelfth step work seriously, the defeatism of those he is trying to help also poses a danger - that of undermining his faith in himself, his Higher Power, and the program of Alcoholics Anonymous.

The man who chaired the meeting in question chose as his topic, dealing with former friends and associates who are still drinking alcoholically. In the course of the ensuing discussion, a man shared the unease brought about by having a former sponsee whom he had not seen in more than a year call him in the middle of the night, very drunk, asking for help.

The next individual to share identified himself as a newcomer. By his own admission he had been trying to get sober for more than four years, and had not achieved as much as sixty days of un-institutionalized sobriety. However, he now 'realized he had run out of options' and was willing to 'do what it took.' Looking at him, I doubted whether his formulaic admission of powerlessness was sincere. I suspected him of being the sort of person who walks into a situation demanding 'fix me', not so much because he wants to be fixed, as because he derives a certain perverse pleasure in outwitting well-meaning individuals.

That I entertained such suspicions of a young man whom I had never seen before in my life is not, I admit, entirely to my credit. I ought to trust the sincerity of others in the program, at least until I have considerably more evidence to the contrary. The ill effects of failing to provide support to someone who can genuinely use it are, on the whole, more damaging to both the donor and the recipient than providing support which is not needed, or is rejected, or is misused. There are, however, exceptions to this generalization.

When I was newer in sobriety, and imagined that I had more answers, I took every newcomer's assessment of what was needed in order to turn his life around at face value. If it was in my power to offer it, I did so. As a Christian I take seriously my obligation to use talents, time, and property to assist those less fortunate than myself. As a member of Alcoholics Anonymous who owes her present rewarding life, and quite possibly life itself, to the support I got in the program, I feel it is very important to give back what I received.

*continued on page 4*

# Emerald Valley Intergroup

## Business Meeting Minutes - February 9, 2004

Meeting opened at 6:30 by Kurt with the Serenity Prayer.

### 1. Old Business:

Steering Committee:

Donation of \$2000.00 carries a stipulation that it must be used in Springfield. Kurt will explore this and report at March meeting.

Audit: will be done on the books by an outside independent CPA Equipment Fund (for replacement of items over \$200.00): Currently at \$1000. Steering Committee recommends raising to \$2000. Tabled for group discussion, to be voted on in March.

Rotations in March: H&I, Speaker Mtg, Office Coordinator, Answering Service, and Pl... that means that Co-chair positions will be available :)

### 2. New Business:

A. Nominations:

Shevach for PI co-chair; Lee F for Outreach co-chair; John G for Speaker Mtg co-chair. These people were voted in; then it was brought up that our By-laws were recently revised to require open co-chair positions to be taken to groups, and voted on at the next business meeting. The three votes above were therefore voided, and the positions remain open for additional nominations until the March business meeting

Meeting Directories: Denna (344-7996) elected co-chair.

Vice-Treasurer: still open... EVI Reps will take back to the groups (min 2 year sobriety)

### 3. Committee Reports:

Treasurer: Lori B

Lori distributed and explained spreadsheets. Contributions from groups are up \$350.00 over last year. Audit mentioned at the beginning of the meeting is in the works

Diverter: Julien

Has 7 new applications for March. EVI Reps please take some back to your groups.

Diverter Committee Mtg is the 2<sup>nd</sup> Sat at 10AM at the EVI office. Diverter Pkt updated and submitted. Amanda described her duties and her experience with the Diverter H & I: no Larry, but Casey and Ted reported H&I Committee Mtg is on the Last Wed of the Month at 6pm at EVI office. Lane County Corrections is now processing volunteer applications again. EVI Reps asked to announce at their meetings the H&I Meetings in the back of the Directory. These meetings could use more outside people attending. H&I could use more group representatives.

Speaker Meeting: Sheri

Next meeting is at Living Hope Church on W. 18<sup>th</sup> between Hawkins and Oakpatch.

Office: Bill B

Feb 25<sup>th</sup> at 11am there will be an office volunteer meeting and pot-luck.

Doug is entering petty cash information in Excel.

Literature: Todd P.

He and Mindy did inventory and put in an order yesterday. Mindy rotates in in September as Chair. Question was asked about where to order 12 Steps and 12 Traditions posters: usually come from the Grapevine Catalog

Website: Jesse R,

Meeting information is updated on the website to correlate to Mtg Directories

Snafu: there was an efn glitch ... as of today it is back to normal

Meeting Directories: Lee

Thanks to volunteers who stapled in the list of changes, we now have up to date directories on hand. Serenity Lane bought 400 copies.

Newsletter: Martha

February newsletter distributed, on time. The list of committee members and chairs will be updated for the next newsletter. Encourage your groups to make a call for pieces to be submitted for printing (personal stories, comments, humor, etc.)

PI: Bob P

28<sup>th</sup> of Jan there was a Health Fair: well attended. St Jude's Youth Group had a Health Fair. Springfield School District took more Big Books contacted Bob Brodrick of KLSR: They will run Public Service Announcements. Irishfest: will man a booth 10:30-5pm on Sat & Sun March 13 & 14<sup>th</sup>, in the Atrium (99 and W. 10<sup>th</sup>). Literature has been distributed to hotels. Just purchased a case of Big Books to get out to schools, etc.

CPC: Patty

Nadine is the new chair. Attended the EWEB Health Fair too

Activities: Sara

Sat Feb 28<sup>th</sup>: Firs Bowl... Flyers available (\$2.25/game shoes included)

Activities Committee Mtg is 1<sup>st</sup> Sunday at 5pm here at EVI: come get involved)

Outreach: Tom S

I went to Young People's Big Book Study mtg

Archivist: no report

7:42: Bob motion to adjourn, 2<sup>nd</sup>, all in favor

Respectfully submitted, Jenne B, EVI Committee Secretary



## EVI Office

1259 Willamette  
Eugene, OR 97401-3509  
Monday-Friday 9:00 am-5:30 pm  
Saturday 9:00 am - 4:00 pm  
Drop by for a visit!

## EVI Web Site

[www.efn.org/~eviaa](http://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](mailto:eviaa@efn.org) or [mshew@oregon.uoregon.edu](mailto:mshew@oregon.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:



(Continued from page 2 - Another Persons Relapse)

(February 2004/Year to Date)  
As Bill Sees It 0/0  
Attitude Adjustment 107.25/107.25  
Autumn Group 0/0  
Brown Bag Group 75.00/75.00  
Cottage Grove Gratitude 0/0  
Cottage Grove Noon 0/0  
Courage to Change 0/0  
Creswell AI-Anon 25.00/25.00  
Downtown AM Group 189.00/364.00  
Early Firehouse Group 20.00/20.00  
Freedom of Choice 72.00/72.00  
Friday Night BB Study 0/0  
From The Heart 156.00/156.00  
Get Well Group 0/0  
Gratitude Group 0/0  
The Great Fact Group 0/0  
How It Works 75.00/75.00  
Last Chance Study Group 0/0  
McKenzie River Group 0/0  
Monday Mens Stag 0/0  
Monday Night Beginners 0/0  
New Freedom 0/0  
New Freedom II 0/0  
Primary Purpose 0/0  
Recovery By the Big Book 0/0  
Recovery By The Steps 0/0  
Rush Hour Group 25.00/25.00  
Saturday Morning Steps 258.50/258.50  
Search For Serenity 86.00/344.00  
Sober Awakenings 0/0  
Sobriety for Life 130.00/130.00  
Springfield Monday Night 0/0  
Sponsorship 0/0  
Stairway to Sobriety 0/0  
Sunday Morning 0/0  
Sunday Sunshine 0/0  
Sunlight of the Spirit 0/0  
Sunday Big Book 116.72/116.72  
Sunday Night B.B. Study 0/0  
Thurs. Men's Book Study 0/0  
Thurs. Men's Spons. Group 0/0  
Try God Group 217.50/217.50  
Tuesday Night Mens Stag 0/0  
Veneta Gratitude Group 0/0  
Vet's and Friends 100.00/100.00  
We Need Each Other 0/0  
Wed. Night Men's Stag 15.00/255.00  
Women's Bedrock 0/0  
Women's Courage to Change 0/0  
Women's How It Works 35.00/35.00  
Womans Rd. to Recovery 0/0  
Women's Wednesday 0/0  
Total Contributions Group  
month/ytd 1197.47/2400.97  
Contributions: Individual  
Anonymous/Unknown 42.06/74.56  
Faithful Fivers 60.00/120.00  
Ind. Contributions Other 0/2000.00  
Total Contributions/Ind.  
102.06/2194.56

The results in several cases were disheartening. I didn't drink, and my life didn't go down the drain, but I felt like a failure, especially when a person I was trying to help impugned my motives, ascribing to egotism and a lust for power actions which I had previously believed stemmed from genuine concern and a desire for human happiness. Learning that I had not only been lied to, repeatedly, but that the individual responsible had boasted to others about how easy I was to fool, permanently undermined my level of trust.

This undermining of trust is one of the most pernicious results of any sort of charitable scam, from the person who feigns recovery in order to escape paying rent, using the savings to fuel his habit, to the aggressive organized campaign to help some worthy cause, whose take is all siphoned off into the pockets of overpaid administrators. For it is not just the misused dollar, or misused hour, which is lost to the cause of social betterment, but all of the additional dollars and hours which are subsequently withheld, because the donor no longer trusts appeals for help. If I have learned one thing from the few incidents of conscious misrepresentation and manipulation which I encountered while trying to be of service to AA, and the much more numerous appeals for help which were more-or-less sincere, but very off the mark and unlikely to bear fruit, it is this: there is no-one less likely than an active substance abuser to know what is actually needed to turn his life around. He or she can probably accurately identify at least some aspects of the problem, and it is a mistake not to listen to the person's narrative, keeping in mind, of course, that it may contain both conscious and unconscious misrepresentations, but, if he has fixated on some solution, it is almost certain to be a chimaera. If every suggestion I make is followed by an elaborate explanation as to why that particular avenue is impossible, followed by a renewed demand for help, I would do well to consider that the person has sought my aid with insincere and ulterior motives - or that he is too confused to make use of a program like AA, which demands considerable effort and self-discipline - before I invest more time and emotional energy attempting to bandage the wrong wound.

Martha S.  
Eugene, Oregon



Some anthropologists consider brewer's yeast (*Saccharomyces cerevisiae*) to be mankind's oldest deliberately cultivated plant, antedating barley and root crops by many thousands of years. Evidence for beer-making has been found in virtually every settled society of antiquity investigated, and fermented beverages are known among modern primitive groups which do not practice agriculture.

# March Calendar

- 1st Mon Steering Committee 6:30PM  
Tue District 20, 6:30PM 418 A St. Ken L. 747-8270  
Tue District 33, 6:30PM Alan U. 741-2617  
Wed District 19, 5:30PM Sandy V. 485-4827  
Thur Speaker Mtg Committee, 7:00PM Angel 431-4924  
Fri Communication Meeting, 6:00PM  
Sat Cooperation with Professional Community, Noon  
Sun Activities, 5:00PM Mindy 954-2048  
2nd Mon EVI Business Meeting 6:30PM  
Wed District 6, 6:30PM Tim A. 726-8558  
Sat Answering/Diverter, 9:00AM  
Sat EVI Speaker's Meeting, 7:30PM. 2801 W. 18th  
3rd Tues Public Information, 6:00PM Bob P. 434-1045  
Last Wed H& I Committee, 6:00PM  
Last Day Literature Committee, 6:30PM



## Fellowship Events

**The Spring 2004 Men's retreat at St. Benedict's Lodge, McKenzie Bridge, happens March 5-7th. For information contact Frank K, 541-953-4024.**

**The EVI Speaker Meeting for March occurs March 13, at 7:30 pm, at the Living Hope Church, 2801 West 18th.**

**Pathfinders (formerly Recovery Riders) organizes outdoor events for AA members and their families. Check out their website (<http://www.geocities.com/recoveryriders/>) for information on trips.**

**The First Sunday A.A. speaker meeting on March 7 at 1:30 pm at the Hilyard Community Center will feature Jim M., of Eugene, Oregon. This meeting has real time captioning for deaf and hard of hearing people, and provides child care.**

**Woman to Woman, a weekend conference for Alcoholic Women, happens March 18, 19, 20, and 21, at the Shilo Inn in Newport Oregon. For information concerning registration contact Debbie (541-997-6908)**

**Monroe Stark Raving Sobriety is sponsoring the Annual campfire meeting at Hubert McBee Memorial Park/ Alsea Falls, June 11-13, with campfire meetings Friday and Saturday night, and a spiritual breakfast Sunday A.M. Flier in EVI office has more information. This is a spelling-optional event.**

## Gratitude:



### Currently Available Service Positions:

**H&I** has a constant, and varied need for people willing to do a little to a lot of service work. There is also a special need for women volunteers for Lane County Jail, CCC, Willamette Valley Treatment, etc.

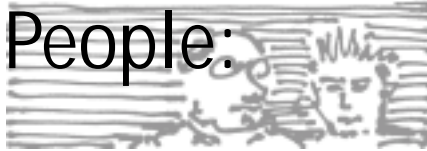
**Public Information** needs people with transportation to deliver literature. There is no minimum sobriety requirement for most PI service positions.

**The Diverter** seeks volunteers to take calls to the local AA number after hours. Contact Bob E. (747-2246) for details, or obtain information and application forms from the EVI office.

### State Correctional Facilities

The Mill Creek Group at the Oregon State Penitentiary will celebrate their 60th Anniversary on May 6th, 2004. Tim H, Secretary for this group, sent us a letter requesting support for this meeting. They meet on the first and third Wednesdays, first Thursday, and First Saturday of each month, and are in need of new people from outside who can attend meetings. For information on how to become involved with AA in the State Penitentiary, contact Mike L. at 503-472-0849. The State (Area 58) Corrections Committee has an ongoing need for certified volunteers to take AA meetings into State correctional facilities.

# People:



OFFICE VOLUNTEER COORDINATOR  
Bill B. (685-9216), Doug R. (461-3872)  
ACTIVITIES  
Holly S. (338-0316), Sara (686-2247)  
ANSWERING SERVICE  
Bob E. (747-2246), Julien X. (520-7408)  
ARCHIVIST  
Jim G. (689-5052), Bob T. (342-1588)  
COOP. PROFESSIONAL COMMUNITY (CPC)  
Nadine P. (683-5730), Patty  
E.V.I. COMMUNICATIONS:  
Newsletter: John G. (686-5602),  
Martha S. (687-9569)  
Website: Jessie (485-3474),  
Karla B. (744-0509)  
Meeting Directories: Lee P. (741-9824), Denna  
(344-7996)  
E.V.I. SPEAKER MEETING  
Vicki K. (688-5042)  
LITERATURE  
Todd P. (689-4646), Mindy F. (954-2048)  
OUTREACH  
Tom S. (686-8388), open  
PUBLIC INFORMATION (PI)  
Bob P. (434-1045), open  
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: Ted H. (338-8380)  
C.C.C. (Women's): Sandy V. (485-4827)  
C.C.C. (Men's): Tom R. (465-1832)  
Alma Work Camp: Bud W. (935-8833)  
Pathways: Kenny (461-2937)  
Serbu Detention: Jack C. (463-1040)  
Carlton House: Joe C. (554-3558)  
W.F.T.-Friday Night: Janis (935-8833)  
W.F.T.-Book Study: Leslie B. (606-5776),  
Mindy H. (954-2048)  
Serenity Lane-Speaker: Cayce (746-6990)  
Serenity Lane-B.T.G.: Gus P. (463-1691)  
Serenity Lane-Sat. Cindy D. (988-0183),  
Jason (912-8217)  
L.C.P.H.: Todd (302-6377), Bruce (302-3050)  
Johnson Unit: Steve (914-9258),  
Jill (302-1311)  
V.A. Meeting: Dennis (607-5127)  
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: open  
At-Large: Amanda W. (988-9656)  
At-Large: Bill N. (747-7486)  
At-Large: Ken L. (747-8270)  
At-Large: Jenne B. (688-1189)  
BOOKKEEPER: Elizabeth R.

## The Fourth and Fifth Steps - A Newcomer's Perspective

My last drunk ranged up and down West Eleventh Avenue until 2:30 AM, when I was surrounded by the Eugene police.

Officer Magnusson asked: "Have you been drinking?"

"Ha, ha, ha," I replied.

His reply was to handcuff me and arrest me for DUI. The next day I retrieved myself and car from impoundment.

Fortunately, I had an AA meeting schedule in the car. The next morning, I walked into the Downtown AM group, and found a group of sober drunks saying the Serenity Prayer, the Third Step Prayer, and the Seventh Step Prayer. A month of that, and no cocktails, found me lonely, depressed, and desperate.

I asked a man to sponsor me. We quickly established my First Step credentials. The Second Step was easy. The Third Step was short - "God relieve me of this horrible pain!"

Now it was time to move at once to the Fourth Step before I got drunk. My Sponsor gave me instructions from the Big Book: "We want big chunks of truth and short declarative sentences."

On September 3, 2003, I put pen to paper to write a 'fearless and thorough moral inventory.' Ha! I was terrified of doing a Fifth Step. How was I ever going to discuss this dark list with another human being? I went to another man's sponsor, since I might have to lie to mine.

He said, "You're doing a Fourth Step, not a Fifth Step. Do one at a time, in order. Hold nothing back, and when it is done we will consider your dilemma.

I went back to work. The resentment list started with my most recent bad relationship, and moved on to the U.S. Government. The anger, hatred, and self-pity poured out onto the paper. Line by line, I recorded the known and the unknown, forbidden and forgotten, hidden and disguised corners of this alcoholic's life. I would work two or three hours each afternoon, and then begin to cry tears of pain, tears of sorrow ... until there were only tears of joy.

The resentment list was followed by my part in each of these events. Day after day, I trudged on. I saw that the abuses of power which characterized my resentment list were the same abuses I had committed. I wanted others to do what I couldn't do.

Then I went on to do a 'short' fear list. Short? No way. Each resentment had an underlying fear, and there were plenty of just plain old fears. Fear of disapproval, fear of people, fear of failure, fear of success, and so on. What a mess! No wonder I was a drunk. Finally, there was nothing left to say and no more tears to shed. There it was, in black and white. My past would never be different, but now it was only a line on the paper. I had already changed. My fear of the Fifth Step was gone.

On September 19, I walked with my sponsor along the river bank and told another human being my darkest fears and deeds. He offered a few insights, but mostly listened with quiet acceptance. I saw that the fear and pain were mostly unnecessary; it was just life. We are all imperfect beings acting with what light we have. I walked home with a quiet mind, at peace with God's world.

The next day, walking trails, I noticed ancient firs that had gone unseen a hundred walks before. I saw a world full of sight and sound. I have seen and heard myself, and now I can see and hear you.

*"We laughed. We have recovered and have been given the power to help others."* Big Book page 132.

Bob K., Eugene, Oregon

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## Maybe Alcoholics need a Better Operating System.

Multitasking computer operating systems can have problems with something we call 'thrashing' - basically running around in circles unable to decide what to do. Good operating systems have little chunks of code that tell the machine that communicating to the outside world is somewhat more important than contemplating your own silicon navel. Perhaps the human brain does the same thing.

Steve H. - from an internet discussion list.

# Echoes in the Valley

(Echoes in the Valley is a collection of wit and wisdom heard in and around the valley. While not always original, they are shared by local folk at local events. If you hear anything at a meeting that you think others would enjoy or benefit from, please drop it off in the Newsletter Box at EVI. Quotes are credited to the speaker with permission, otherwise they are anonymous.)

As soon as I start thinking sobriety is easy, or that I'm entitled to it, I know I'm on dangerous ground.

Anonymous - Search for Serenity

Nothing bad ever happened to me by keeping my mouth shut.

Craig S - Wednesday Mens Stag

Some stretch it out over decades, dying a little piece at a time.

Dave S - Try God Group

I *earned* a place in prison or the grave. I was *graced* with a place in AA.

Jeri - Primary Purpose

I've been known to do a line of donuts!

Anonymous - EVI Office

I realized that the feeling that we were different was what we had in common.

Bruce, Downtown A.M.

I don't have control over what goes into my head, but I have control over how long it stays there.

Jean G., Sober Awakening, unattributed quote.

I know that if I get on that slippery slope, I'm going to hit every rock on my way to the bottom.

Bud, Sober Awakening

The only trouble I have nowadays is when I break out into a rash of self-will.

Barbara, Downtown A.M.



A man walked into a bar, approached an attractive young woman, and offered to buy her a drink. She indignantly picked up her own drink and threw it in his face.

"What's her problem," asked the bartender. "Didn't I see you leave the bar with her yesterday."

"Yes, and I was real nice to her. Not only did I buy her drinks, I did like Sir Walter Raleigh and laid my coat down over a mud puddle so she could walk on it."

"And she had a problem with that?"

"Well, uh, yes ... You see, I was wearing it at the time."



## Rule 62:

### It Pays to Increase Your Word Power

#### Antedeluvian:

Adj. Literally, before the flood. Anything extremely archaic.

"A remnant of these antedeluvians appear actually to have come down to us, with fire in their mouths and water in their brains, to disturb and perplex mankind with their whimsical outcries."

(Lord Byron, House of Lords, 1812)

#### Potvaliant

Adj. Showing courage under the influence of drink. Such courage is also known as Dutch courage.

"Russia's generals and Russia's unstable, potvaliant president are turning Chechen children into bleeding carcasses, food for stray dogs."

(Jeff Jacoby, Boston Globe, 1995)



# Faithful Fiver Pledge:

Emerald Valley Intergroup  
1259 Willamette  
Eugene, Oregon 97401

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- 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.)



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