

## Faithful Fiver Pledge:

Emerald Valley Intergroup  
1259 Willamette  
Eugene, Oregon 97401

- 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.) Our "Faithful Fivers" Program is new this last year, and was a great help. The idea came from an article in the G.S.O. Newsletter "Box 4-5-9 on similar programs at other Intergroups.

GET THE NEWS!



8

1

## When the Big "I"

*Becomes Nobody*

The AA program of help is touched with elements of true inspiration, and in no place is that inspiration more evident than in the selection of its name, Alcoholics Anonymous. Anonymity is, of course, of great protective value, especially to the newcomer; but my present target is to focus on the even greater value anonymity has in contributing to the state of humility necessary for the maintenance of sobriety in the recovered alcoholic.

My thesis is that anonymity, thoughtfully preserved, supplies two essential ingredients to that maintenance. The two ingredients, actually two sides of the same coin, are: first, the preservation of a reduced ego; second, the continued presence of humility or humbleness. As stated in the Twelfth Tradition of AA, "Anonymity is the spiritual foundation of all our Traditions," reminding each member to place "principles before personalities."

Many of you will wonder what that word "ego" means. It has so many definitions that the first task is to clarify the nature of the ego needing reduction.

This ego is not an intellectual concept, but a state of feeling — a feeling of importance — of being "special." Few people can recognize this need to be special in themselves. Most of us, however, can recognize offshoots of this attitude and put the proper name to it. Let me illustrate. Early in the AA days, I was consulted about a serious problem plaguing the local group. The practice of celebrating a year's sobriety with a birthday cake had resulted in a certain number of the members getting drunk within a short period after the celebration. It seemed apparent that some could not stand prosperity. I was asked to settle between birthday cakes and no birthday cakes. Characteristically, I begged off, not from shyness, but from ignorance. Some three or four years later, AA furnished me with the answer. The group no longer had such a problem, because, as one member said, "We celebrate still, but a year's sobriety is now a dime a dozen. No one gets much of a kick out of that any more!"

A look at what happened shows us ego, as I see it, in action. Initially, the person who had been sober for a full year was a standout, someone to be looked up to. His ego naturally expanded; his pride flowered; any previous deflation vanished. With such a renewal of confidence, he took a drink. He had been made special and reacted accordingly. Later, the special element dropped out. No ego feed off being in the dime-a-dozen category, and the problem of ego buildup vanished.

Today, AA in practice is wellaware of the dangers of singling anyone out for honors and praise. The dangers of reinflation are recognized. The phrase "trusted servant" is a conscious effort to keep that ego down, although admittedly some servants have a problem in that regard.

Now, let us take a closer look at this ego which causes trouble. The feelings associated with this state of mind are of basic importance in understanding the value of anonymity for the individual — the value of placing him in the rank and file of humanity.

Certain qualities typify this ego which views itself as special and therefore different. It is high on itself and prone to keep its goals and visions at the same high level. It disdains what it sees as grubs who plod along without the fire and inspiration of those sparked by ideals lifting people out of the commonplace and offering promise of better things to come.

*Continued on next page*



# E.V.I. News

Jun, 2001

### Contents:

When the Big "I" Becomes Nobody	1
People	2
Gratitude	3
Calendar	3
AA Meetings	4
Life Happens	4
District Notes	5
Rule 62	5
Contributions	6
Minutes	6
Anonymous Bulls	7

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Emerald Valley Intergroup  
1259 Willamette Street  
Eugene, Oregon 97401

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

# People:

OFFICE VOLUNTEER COORDINATOR  
 Judy B. 687-9389, Jim K. 302-0942  
 LITERATURE  
 Dave S. 465-1767, Kathy C. 747-5222  
 ANSWERING SERVICE  
 Linda 345-5827  
 ARCHIVIST/HISTORIAN  
 Linda 345-5827  
 PUBLIC INFORMATION (PI)  
 Brad M. 741-2579, Tom S. 686-8388  
 COOPERATION PROFESSIONAL COMMUNITY  
 Cathy B. 343-1962, Angel 431-4924  
 ACTIVITIES  
 Sandi D. 463-0586, Amy W. 741-1892  
 E.V.I. COMMUNICATIONS  
 Newsletter: Robert S. 684-9439, Kurt 747-8925  
 Website: Michael W. 343-2566  
 Meeting Books: Johanna,  
 E.V.I. SPEAKER MEETING  
 AI D. 345-2058, Gaylene G. 953-3425  
 OUTREACH  
 Still open  
 HOSPITALS & INSTITUTIONS (H&I)  
 Chair: Karl B. 688-1047 karl@rpginvest.com

COOPERATION W/ TREATMENT FACILITIES (CTF)  
 Laura K. 345-5788  
 HOSPITALS  
 Bruce P. 338-9892  
 CORRECTIONS  
 Ron B. 988-1827

H&I Coordinators  
 Lane County Jail: Paul C. (747-3928)  
 I.T.U.: Jack C. (463-1040)  
 C.C.C. (Women's): Bev L. (349-0145)  
 C.C.C. (Men's): Steve G. (915-1933)  
 Alma Work Camp: Karl B. (688-1047)  
 Pathways: Ron B. (988-1827)  
 Serbu Detention: Gary R. (485-7777)  
 Carlton House: Mike L. (485-6153)  
 W.F.T. - Friday Night: Laura K. (345-1788)  
 W.F.T. - Book Study: Wendy W. (431-6920)  
 Serenity Lane - Speaker: Duane F. (726-8434)  
 Serenity Lane - B.T.G.: Gus P. (463-1691)  
 Serenity Lane - New: Gus P. (463-1691)  
 L.C.P.H.: Todd J. (302-6377)  
 Johnson Unit: Steve S. (683-3564)

E.V.I. STEERING COMMITTEE  
 Chair: Chris H. 517-7021 chelmers@efn.org  
 Vice-Chair: open  
 Secretary: Tom L. 343-2465  
 Treasurer: Mel M. 345-4450  
 At-Large: Michael W. 343-2566m@mlwebb.com  
 At-Large: Dann 484-2330 Dann@lowinsure.com  
 At-Large: Gary R. 485-7777  
 At-Large: Todd 607-6349 kritler@netscape.net  
 Vice Treasurer: Ryan A. 513-6498  
 BOOKKEEPER  
 Bev L.

Continued from page one

Often, the same ego operates in reverse. It despairs of man, with his faults and his failings, and develops a cynicism which sours the spirit and makes of its possessor a cranky realist who finds nothing good in this vale of tears. Life never quite meets his demands upon it, and he lives an embittered existence, grabbing what he can out of the moment, but never really part of what goes on around him. He seeks love and understanding and prates endlessly about his sense of alienation from those around him. Basically, he is a disappointed idealist — forever aiming high and landing low. Both of these egos confuse humbleness with humiliation.

To develop this further, the expression “You think you’re something” nicely catches the sense of being above the crowd. Children readily spot youngsters who think they are something, and do their best to puncture that illusion. For instance, they play a game called tag. In it, the one who is tagged is called “it.” You’ve heard them accuse each other saying, “You think you’re it,” thereby charging the other with acting as though he was better than his mates. In their own way, children make very good therapists or headshrinkers. They are skillful puncturers of inflated egos, even though their purpose is not necessarily therapeutic.

AA had its start in just such a puncturing. Bill W. always refers to his experience at Towns Hospital as a “deflation in great depth” and on occasion has been heard to say that his ego took a “hell of a licking.” AA stems from that deflation and that licking.

People with “nothing” on their minds can relax and go about their business quietly and with a minimum of fuss and bother.

Clearly, the sense of being special, of being “something,” has its dangers, its drawbacks for the alcoholic. Yet the opposite, namely, that one is to be a nothing, has little counter appeal. The individual seems faced with being a something and getting drunk, or being a nothing and getting drunk from boredom.

The apparent dilemma rests upon a false impression about the nature of nothingness as a state of mind. The ability to accept ourselves as nothing is not easily developed. It runs counter to all our desires for identity, for an apparently meaningful existence, one filled with hope and promise. To be nothing seems a form of psychological suicide. We cling to our somethingness with all the strength at our command. The thought of being a nothing is simply not acceptable. But the fact is that the person who does not learn to be as nothing cannot feel that he is but a plain, ordinary, everyday kind of person, who merges with the human race — and as such is humble, lost in the crowd, and essentially anonymous. When that can happen, the person has a lot going for him.

People with “nothing” on their minds can relax and go about their business quietly and with a minimum of fuss and bother. They can even enjoy life as it comes along. In AA, this is called the 24-hour program, which really signifies that the individual does not have tomorrow on his mind. He can live in the present and find his pleasure in the here and now. He is hustling nowhere. With nothing on his mind, the individual is receptive and open-minded.

The great religions are conscious of the need for nothingness if one is to attain grace. In the New Testament, Matthew, 18:3, quotes Christ with these words: “Truly I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child, he is the greatest in the kingdom of heaven.” *Continued on page three*

the month at the EVI office. Sandi could sure use some committee members, or at least some volunteer help at the Dances (setup/takedown). Still planning the annual EVI picnic on August 12<sup>th</sup> 2001 at Emerald Park.

**Speaker Meeting: Gaylene G. for AI**  
 Going well. Committee could **still** use assistance for setup at the meeting. Please show up at 6:00 pm to help. Gaylene will be out of the area with work, so please help AI out. The correct E-Mail address for Gaylene is: gglide@svdplanecounty.org. This committee meets at the EVI office on the 1<sup>st</sup> Thursday of the month at 7:00 p.m. This committee continues to contribute financially, on a regular basis, to EVI with proceeds from meetings over costs. **Thanks Gaylene.**

**Outreach: David B.**  
 NO REPORT

**Archivist: Linda L.**  
 NO REPORT

**H&I: Carl.**

“WE STILL NEED WOMEN” for meetings. The committee is in desperate need of women volunteers for the Johnson Unit and Lane County Jail meetings.

A three (3)-page Minutes handout was presented to the inter-group, and copies may be made out of the office from the EVI office. **Thanks Carl**

**Steering Committee Minutes: Chris H.** gave Steering Committee report.

### May New Business:

General discussion was opened regarding EVI continuing to participate at Summer-Fest with a table/booth at the event. Apparently some opposition exists in the AA fellowship to participate in even an “attendance” role. EVI policy has been to represent our-selves with a volunteer staffed booth or table during the event, remaining non-affiliated financially or organizationally with the function. **A motion** was made to continue EVI’s presence, including “renting” the booth area, and displaying/selling literature, to be staffed by volunteers from various groups. Seconded, and some discussion. Question Called and Motion was passed with no dissent.

Motion to adjourn at 7:45 PM

Respectfully Submitted by Tom L.



## Anonymous Bulls

Practicing alcoholics are notorious purveyors of these slips of the tongue, mixed metaphors, malapropisms, and other manifestations of colorful language gone awry, commonly known as “bulls” (and often paired with an ethnic epithet which is also associated with inebriation). We alcoholics seem to have acquired, through long practice, uncommon skill at putting our feet in our mouths.

In my admittedly brief acquaintance with the fellowship, I have observed that this amusing character defect does not miraculously disappear with time. Below are a few examples that have enlivened meetings I have attended.

Alcoholics Anomalous is a fellowship of men and women...  
 God as we may express ourselves in our group conscience...  
 That person may be our closet friend...  
 Usually men and women who are unconstitutionally incapable of being honest with themselves...

The black cloud that I had my head up my ass in...  
 The bottom line is, that I’m just not measuring up.  
 The program is so watered down it’s dehydrated.  
 I was going to sue him for information of character.  
 Continued through prayer and medication to improve our conscience contact with God...

Martha S. 2001  
 Eugene, OR

# Intergroup:

## EVI Office

1259 Willamette  
 Eugene, OR 97401  
 Monday-Friday 9:00 am-5:00 pm  
 Thursday 9:00am- 8:00pm  
 Saturday 9:00 am - noon  
**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 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. Submissions can also be e-mailed to: eviaa@efn.org

Communication Committee (Newsletter & Web Site, Meeting Book) meetings are held the 3rd Tuesday of each month at 7:30 pm at 2495 Columbia St. Eugene. OR 97401 (call and check 343-2566)



# Contributions:

**(Mar/year to date)**  
 As Bill Sees It **0/50.00**  
 Attitude Adjustment **132.30/477.94**  
 Autumn Group **0/25.00**  
 Backwoods Bunch **0/0**  
 Brown Bag Group **100.00/200.00**  
 Cottage Grove Gratitude **0/0**  
 Cottage Grove Noon **0/0**  
 Creswell Steps & Traditions **0/0**  
 Downtown AM group **189.66/775.38**  
 Drop The Rock **0/0**  
 Fireside group **0/60.00**  
 First Monroe Group **0/0**  
 First Things First **0/0**  
 Four Corners **0/0**  
 Freedom Of Choice **0/96.50**  
 Friday Big Book Study (M) **0/0**  
 Friday Physical Awakening **72.00/120.00**  
 Fri night young people **0/0**  
 From the Heart **0/0**  
 Gratitude Group **0/60.00**  
 Harrisburg Group **0/0**  
 Jasper Group **0/0**  
 Last Chance Study Group **0/0**  
 Language of the Heart **0/10.00**  
 Lowell Lakeside **0/0**  
 McKenzie Bridge **0/2.00**  
 McKenzie River Group **0/6.00**  
 Monday Mens Stag **0/50.00**  
 Monday Night Cont. Study **0/0**  
 Monday Night New Group **0/20.00**  
 New Freedom **0/400.00**  
 New Freedom **2360.00/360.00**  
 Physical, Mental, Spiritual **0/0**  
 Plug in the Jug **0/0**  
 Recovery by Big Book **0/15.75**  
 Saturday Night Beginners **0/0**  
 Saturday Step **0/259.20**  
 Sober Awakenings **0/300.00**  
 Sobriety for life **0/80.00**  
 Springfield Monday Night **0/20.00**  
 Springfield Study Group **0/40.00**  
 Stairway to Sobriety **0/100.00**  
 Sunday Morning Big book **0/240.00**  
 Sunlight of the Spirit **12.00/30.60**  
 Sunday Night 12x12 **0/0**  
 Men's Sponsorship **0/120.00**  
 Sunday Women's Step **0/90.00**  
 Thursday Voyagers Group **0/0**  
 Thurs PM Rush Hour **0/20.00**  
 T.G.G. Speakers Mtg **0/120.00**  
 Tuesday Night Book Study **0/0**  
 We Need Each Other **0/0**  
 Wednesday Mens Noon **60.00/200.00**  
 Wednesday Men's Stag **0/252.00**  
 Who am I Group **20.00/80.25**  
 Womans Road to Recovery **0/60.00**  
 Women's How It Works **0/0**  
 Women's Bedrock **0/60.00**  
 Ya Po Ah **0/40.00**  
 Total Contributions (month/year to date)  
 Group ytd **948.56/4,911.22**  
**Fundraising:**  
 EVI Speakers Meeting **0/0**  
 Faithful Fivers, individual **60.00/930.00**

# May EVI Business Meeting Minutes

The meeting was called to order at 6:30 p.m. The meeting opened with the Serenity Prayer. Those present introduced themselves.  
 New EVI Representatives: Jim from Language of the Heart.  
 A quorum of 17 EVI Reps were present to conduct business. . An agenda for the meeting was presented and distributed. .  
 Chairperson moved the Meeting start with Old Business. No Dissent. Motion carried.

### May Old Business:

**Office Copier:** The Ad Hoc committee's presented motion to purchase a new copier capable of in house computer interfacing for a total expenditure of **\$2,255.00** was opened for discussion. Little Discussion and question was called. **Motion Passed** with 22 in favor and one opposed. Minority opinion spoke to the issue. No one wished to change vote so motion carried.

### Elections for Vice Chairs of the following Committees were required in May.

Vice Treasurer of Steering Committee Nominations opened. Two years Sobriety required for position. Some working knowledge with Quick books soft-ware suggested. Nominees were Ryan A. Nominations closed and Ryan A. elected as Vice Treasurer. Ryan's phone number is 513-6498. **Thanks Ryan**  
 Meeting Books Vice Chair Nominations opened. No Sobriety requirement. Nominees were: Vince H. and Johanna D. Nominations closed and Johanna D. elected as Meeting Books Vice Chair. Johanna's phone number is 302-9086. **Thanks Johanna**  
 Diverter Coordinator Vice Chair Nominations opened. No Sobriety requirement. Nominees were: Vince H. Nominations closed and Vince H. elected as Diverter Vice Chair. Vince's phone number is 334-6810.

### Thanks Vince

Newsletter Vice Chair Nominations opened. No Sobriety requirement. Nominee was Kurt J. Nominations closed and Kurt J. elected as Newsletter Vice Chair. Kurt's phone number is 747-8925. **Thanks Kurt**  
 CPC Vice Chair Nominations opened. No Sobriety requirement. Nominee was Angel. (Volunteered for position). Angel is currently serving as Vice Chair for the Meeting Book Committee. Issue raised that a member cannot serve in two service chair/vice-chair positions concurrently. Motion made to override bylaws for this position. Some discussion, and, when all was said and done, Angel resigned his position as vice chair for Meeting books, and was elected as CPC Vice-chair. Angel's phone number is 431-4924. **Thanks Angel**  
**End Elections**

### Committee reports:

#### Treasurer: Mel M.

Profit & Loss statements are available in the office and distributed to all present. \$ <434.12> Net loss for the month. Book sale income up \$1,500, countered by book costs equally, Outstanding utility fees of \$423 cut into total balance. Group Contributions up \$400. **Thanks Mel**

#### Volunteer Coordinator: Judy.

Encourages members of fellowship to come down and "visit", and help out with daily chores. Thanked Jim for all his help. Requests EVI reps to continue to encourage participation at the group level. **Thanks Judy**

#### Literature Chair: Dave S.

"We have books for sale". Going well. Serenity Lane will be purchasing all literature through EVI for the present. **Thanks Dave**

#### Website: Michael W.

Website up and running. The website committee could use any/some/maybe/please volunteer help. Any updates need to be emailing to EVI. **Thanks Michael**

#### Meeting Book committee: Doc.

Should have the new meeting directories in May. 3,000 ordered, what comes may come. **Thanks Doc**

#### Newsletter: Robert S.

The newsletter is available in the office each month. Multiple copies were available at the EVI meetings for reps to take back to their meetings. Robert (541-684-9439) is always looking for area member's articles and additions. Committee meets 3<sup>rd</sup> Tuesday of the month @ 2495 Columbia, Eugene. **Thanks Robert**

#### Answering Service (Diverter Coordinator): Linda L.

New individuals are always encouraged to participate. We need your help to insure that someone is always there to help those who call. Wednesday night coverage is complete at the moment. Diverter volunteers are reminded to "call the EVI office prior to 5:00 PM on the day of your shift to verify diverter service". Please call Linda, 541-345-5827, if you have difficulty working with the Diverter system. **Thanks Linda**

#### Public Information: Vince for Brad or Tom S.

Vince reported that PI was very busy in the community. Setup and continuing speakers at the Alternate Schools every other week. Buckley House and Serenity Lane have been invited to participate as well. **Thanks Vince**

#### CPC: Angel for Kathy

Angel reported that CPC is working in the community. New contact and association has been established with U of O Mental Health.

#### Activities: Sandi

Sandi ( 463-0586) reported that the May 5<sup>th</sup> Dance was a great success. Committee meets the 2<sup>nd</sup> Tuesday of

*Continued from page two*

Zen teaches the release of nothingness. A famous series of pictures designed to show growth in man's nature ends with a circle enclosed in a square. The circle depicts man in a state of nothingness; the square represents the framework of limitations man must learn to live within. In this blank state, "Nothing is easy, nothing hard," and so Zen, too, has linked nothingness, humbleness, and grace.

Anonymity is a state of mind of great value to the individual in maintaining sobriety. While I recognize its protective function, I feel that any discussion of it would be one-sided if it failed to emphasize the fact that the maintenance of a feeling of anonymity — of a feeling "I am nothing special" — is a basic insurance of humility and so a basic safeguard against further trouble with alcohol. This kind of anonymity is truly a precious possession.

*Harry M. Tiebout M.D.  
 Sept 1965 Grapevine*

# June Calendar:

## E.V.I. and District Committee Meetings:

All meetings at EVI office unless otherwise noted.

1st	Mon	Steering Committee 7:00
	Tue	District 20, 418 A St., Karla B. 744-0509
	Tue	District 33, 6:30 Pam G. 895-5478
	Wed	District 19, 6:30 Tracy R. 338-4320
	Thur	Speaker Mtg Committee, 7:00
	Sat	Cooperation w/Prof. Community, Noon
2nd	Mon	EVI Business Meeting 6:30
	Wed	District 6, 6:30 Gus P. 463-1691
	Sat	Answering/Diverter 9AM
		EVI Speakers Meeting, 7:30 Country Club Rd Sun
3rd	Mon	Communication Committee 7:30, 2495 Columbia
	Mon	Public Information 6:30
	Tue	Office Volunteer 5:30
	Wed	Activities 6:30
	Thur	Cooperation Prof. Community?
Last	Wed	H& I Committee 6:00
Last	day	Literature Committee 6:30

## Fellowship Events:

Summerfest begins Friday, July,6 with registration opening at 12 noon.

The kickoff speakers meeting is at 8pm with the dance following at 10pm. This years event features speakers from Oregon and California, live music Friday and Saturday night, a golf tournament, banquet and raffle.

Pre-registration closes on June 10th. You must preregister to participate in the River Rafting trip. Pre-registration forms are available at the EVI office.

AA Groups interested in hosting a time slot (3 hours) in the hospitality suite should call the Hospitality Suite Coordinator, Jim P. at 688-7915. We are still looking for a couple of ad-hoc committee chairs, anyone interest should call Gaylene at 342-8531.

Summerfest, like other conferences, is not an AA meeting. The conference is a self supporting event. Registration is an opportunity to participate in Summerfest and a registration badge is required for all events. No baskets are passed, however, registration and scholarship donations insure that no one will be turned away.



# Gratitude:

## Currently Available Service Positions:

### EVI Service Committees:

**Outreach:** Get out to new meetings, meet new folks, and let them know about Intergroup.

**Hospitals.** Coordinates bringing meetings and info into local hospitals, Lane Psychiatric, and the Johnson unit. You don't have to be crazy to do this.

### Other volunteer opportunities:

**H&I** has a constant, and varied need for people willing to do a little to a lot of service work. The opportunity for this type of service has really expanded, and H&I has been doing a great job, but they need the AA community to step up and volunteer. This is real service work.

H&I is looking for a few good women! See meeting book for details.

**Public information** - takes speakers into schools, and in general lets the public know that AA didn't die out in the '40's, and is, in fact, alive and well. We could particularly use someone with some enthusiasm for getting some public service spots on local TV and radio.

Looking for relaxing, enjoyable, rewarding service work? Volunteer at the Office!

**EVI Office Volunteers** work a four hour shift, once a week, or every two weeks. Not very demanding, bring a good book; but you do get to answer the phone, talk to folks who stop by, etc. If you have a little time available, whether you are a year sober, or twenty, this can be pleasant service work, and worth doing.

**Twelve-Step list.** If you would like to be on the list that is called by the office or the diverter for twelve step calls, there are sign up sheets going around, or stop by the office. People available during the day, and folks willing to give rides are particularly helpful.

# AA Meetings:

**New: Women's B.S.**  
Saturday 6:30-8:00 PM  
Eugene, (O,X,W) (BB,12/12)  
Somerset Villas Clubhouse, 2800 Sunnyview Lane

**Southwest Sunset**  
Monday 5:30-6:30 PM  
Eugene, (O,X,W) (BB,12/12)  
Somerset Villas Clubhouse, 2800 Sunnyview Lane

**Try God Book Study**  
Seventh Day Adventist Church  
1275 Polk St., Eugene  
(BB)(C)(X)(Wheelchair access)  
Monday's 7-8pm

**Eugene Men's Book Study**  
Tuesday 7:00-8:30 PM  
Eugene (M)(C)(BB,12x12) 19th & Patterson,  
Emerald Baptist (downstairs)

**River Road Book Study** Wed 5:30-6:30 3280  
River Road The Messiah Luthren Church

**El Deseo de Vivir**  
Monday (Lunes) 7:30-9:00 pm  
Sunday (Domingos) 7:30-9:00 pm  
285 S. 42nd St. Springfield

**El Latino de Eugene**  
Monday (Lunes) 7:30-9:00 pm  
Wednesday (Miercoles) 7:30-9:00 pm  
Friday (Viernes) 7:30-9:00 pm  
886 1/2 W. 6th Ave. Eugene

**Moved:**

**The Thursday Night Group** has moved from St. Judes to Emerald Baptist Church, 19th & Patterson. (8:00-9:30 pm, (C) )

*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.*

# Life Happens

Can we accumulate sobriety? Can we store up time in our sobriety banks against emotional recessions or depressions down the road? Does long-term sobriety automatically make for good sobriety? What makes for good sobriety, independent of length of time in the program?

These and other questions have been badgering me now for three long years. It has been just three years since I was carried out of my house on a stretcher by the local rescue squad in an alcoholic coma— this after almost sixteen years of continuous sobriety in Alcoholics Anonymous. I'd been attending meetings regularly, sponsoring many people, starting meetings, speaking at anniversaries, staying very active, off-and-on working in the drug and alcohol field, getting divorced, remarrying a person in AA, reconstituting a family, etc. In short, I was living life on life's terms (more or less) while staying sober one day at a time. What happened?

I got drunk. Really drunk. Almost died. But before that happened, other very, very subtle things happened. And they happened over a long period, at least several years.

### Signposts to disaster

Number one: my disease got stronger, flexing its muscles every day. (It's not nice, but true. Hard for alcoholics to remember.)

Number two: with the help of AA peers and sponsors. I'd enshrined my sobriety, encircling it with a halo of time. Sixteen long years — I had real time under my belt! I was Mr. AA Old-Timer! (Keep in mind that none of this was up-front or conscious. It all happened under the surface, so to speak. A form of pride. Remember what the Fourth Step says? Pride is the deadliest of the Seven Deadlies? It goeth before a fall?)

Number three: life happened to me. Yeah, okay, it was life with a capital "L," at least three years of one tragedy after another. Our nest had just emptied of its four fledglings. Three out of four of these kids at one time or another had to come to grips with their own addictions. There were rehabs after rehabs, detention schools, and legal hassles. Several family members faced multiple life-threatening crises. There was the brutal triple murder of my spouse's former in-laws, and all the attendant national publicity for months afterward. A beloved science writer mentor had a mental breakdown and was left disabled and unrecognizable as his former vivacious self. My second sponsor came down with terminal kidney cancer. I buried my third sponsor.

I left my home group because few, if any, remained who were there when I arrived years before. My poor spouse agonized through menopause. During deer season, a stray bullet crashed through our upstairs bedroom window. There were broken arms, hands, a hip replacement, cornea! transplant~, esophageal and carotid artery surgeries. I lost a favorite student, parents discovered cancers, a close friend of mine relapsed, tornadoes ravaged our county, war broke out in the Middle East.

Need I continue? Welcome to life on life's terms, Mr. AA Old-Timer.

### Temptation strikes

One afternoon while working alone in an associate's home, I discovered a basement full to overflowing with every manner of alcoholic beverage — case upon case of the stuff! (Note: right about here I think it fair to mention a deep-seated reservation I had always carried with me that I could still somehow alter my consciousness without dying or otherwise harming myself. No, not with alcohol, but I thought there might be some other "safe" substance — you know, the way the Native American Church has its peyote.)

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Well, if you're the kind of booze-hound I am, and the stuff is all around you, and there's not another human in sight, and you just want to get high, I calculate it will take about twenty seconds to unplug from your Higher Power and to uncork your Lower Power. That's about how long it took me.

Later in an intensive relapse unit I had checked myself into, I discovered some wonderful things: I'm not made of marble. I am flesh and bone, and flexible, I can bend without snapping. And I don't have all the answers (never did), even if you persist in making me think that I do.

This alcoholism is truly a disease, and one that gains its strength from telling me it isn't a disease. It's endlessly patient. And getting stronger by the day. I call it a hungry ghost, just over my left shoulder. Relapse is a process in which getting drunk and overdosing is just the final step.

But it needn't end that way. I believe that one can be close to relapse — with shaky or crumbling sobriety — and recover from it safely. Way back in the beginning I remember hearing over and over again about dry drunks, progression, Higher Power, being only one drink away from a drunk... Believe me, I have a very different outlook on my tender (yet rugged) sobriety these days.

### A daily reprieve

I understand now it is indeed a twenty-four hour contract only. Always and only twenty-four hours. I must re-sign this contract every morning and reevaluate it every night.

Is my spiritual condition this moment worthy of such a divine reprieve? Will I stay plugged in — and firmly so — to my Higher Power today? What can I do right now to ensure that connection? Can I see how I am always a beginner (never anything else)? How is it so dangerous to be an expert with a mind clogged with all the answers? How "beginner's mind" has the highest potential? And how "beginner's mind" is what can always save me?

*Phillip T., Grapevine May 2001*



# District 6

Greetings from District 6, heart of the Emerald Valley. District 6 meets every second Wednesday of the month at 6:30 PM at the Emerald Valley Intergroup Office located at 1259 Willamette Street. Everyone is welcome to attend.

Good news! Our bid proposal to host an Oregon Area Assembly was selected by the Area Committee. District 6 and District 20 will be co-hosting the September 2002 Oregon Area General Assembly. The event will be held at the Eugene Hilton and we are planning to invite all of you to attend and to participate in putting on this Assembly. There will be lots of opportunities to be of service in connection with this event. Our first responsibility will be to busy ourselves with fund raising activities. The most recent form of fund raiser has been silent auctions held at each of the assemblies prior to the hosted event. So please be looking through your closets and garages for saleable items you wish to donate to the host districts for auction. We will be putting together a flyer or two regarding fund-raising and other events to help support our Assembly. Please help out, if you can, and help us put on a great Assembly by being part of it. See you in September 2002.

Other news from the May Quarterly Assembly recently held in Portland is that our Delegate reports that we can expect a 4th edition of the Big Book before Christmas this year.

We would like to thank the Joint District Planning Committee for all its hard work over these last 6 months. Their efforts are responsible for bringing the September 2002 General Assembly to the Eugene/Springfield area. Thanks for your fine service to us all.

We encourage all the groups in the District to become active in service and, as always, we can use more volunteers. There is a service job for you in District 6, if you want one. Don't be shy.

Yours in love and service, Gus P.  
DCM, District 6

# Rule 62:

A drunk was in front of a judge. The judge says "You've been brought here for drinking." The drunk says "Okay, let's get started."

Another drunk goes up to a parking meter, puts in a quarter, the dial goes to 60. The drunk says "Huh. I lost 100 pounds!"

A bum asked me "Give me \$10 till payday." I asked "When's payday?" He said "I don't know, you're the one who is working!"

A bum came up to me saying "I haven't eaten in two days!" I said "You should force yourself!"

A doctor gave a man six months to live. The man couldn't pay his bill, so he gave him another six months.

The Doctor called Mrs. Cohen saying "Mrs. Cohen, your check came back." Mrs. Cohen answered "So did my arthritis"

A shabby, dirty panhandler accosted a pedestrian one day and said, "Mister, can I have fifty cents? I want to get something to eat." The man offered him an expensive cigar instead, but the burn declined it and explained again that he was hungry. "Come on, I'll buy you a drink," said the pedestrian. Again, the panhandler said no, he just wanted some food. "Listen," said the other. "I'll give you five bucks if you'll come home with me. I've got a wife who's always complaining about my bad habits, and I want to show her what happens to people who don't smoke or drink."