

April, 2000

E.V.I. News

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1

We're Moving!



Emerald Valley Intergroup is moving to 1259 Willamette. After more than a year of discussion, and much energy and effort on the part of our EVI representatives, the Relocation Committee, and the Steering Committee, the vote at the March Business meeting was very nearly unanimous to accept the motion proposed by Dann L., chair of the Relocation Committee.

The actual move will take place the last week of April, as the lease on our current location expires at the end of the month. Volunteers and our Building Subcommittee have been working feverishly to get the new space ready.

We have been at our current location for fifteen years. EVI has changed in that time, and so has the commercial rental market and, in fact, the Eugene – Springfield metropolitan area. When we first started looking at the idea of moving the office it became apparent that we could do better in terms of cost at a new location. Finding a place that met all our criteria took some effort, but we are confident in our choice, having done the footwork.

Cost: Our previous lease had built in raises of \$50 per year, the new lease is a flat rate for the next three years of approximately what we were paying this last year (about \$12 more, after a non-profit tax rebate), with option to renew after three years at a specified cost of living raise. This for almost twice the square feet of area. The Property management at our current location was not interested in negotiating our lease downward. Our new landlord is known by some of our members, and is happy to have us as tenants.

The Process: When our Relocation committee was formed of five EVI representatives, they developed a list of what our needs were. This was discussed, and in February we had a sharing session to get comments and additional suggestions from local AA members. At this point it was clear that Downtown Eugene was preferred, to make it easy for those who aren't driving. We also needed Handicap access, and preferred to stay in range of the downtown telephone exchange (so as not to have to change our phone number). We also enumerated our space requirements, and the option of



Emerald Valley Intergroup
(541) 342-4113

EVI Office

1262 Lawrence Street, No. 7
Eugene, OR 97401
Monday-Friday 9:00 am-5:00 pm
Saturday 9:00 am - noon

Drop by for a visit!

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

Newsletter & Web Site Committee meetings are held the last Monday of each month at 7:30 pm at the E.V.I. office at 1262 Lawrence St., No. 7.

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!

getting a space that would be large enough to hold our monthly business meeting at. (We currently rent space for the business meeting at a church). When the end of our current lease approached, we started looking in earnest, and the new location seemed to pop into our lap. It met all our criteria, and was a terrific deal, other than the only parking was on street. We felt that we needed at least one designated space, and some options for more if needed, and more negotiation ensued. A deal was proposed, and as the timing happened to work out to take it directly to the EVI reps for a vote. (Our Relocation committee was empowered to make such a decision, as real estate negotiations often can't wait for a monthly meeting.) The motion proposed showed what our approved budget allowed for office expense, and how the new location met that criterion. Also included were the costs of adapting and renovating the new space to meet our needs, and the cost of the move. A substantial effort was put into negotiating the lease, and an attorney reviewed it before signing.

The next fifteen years? In getting the new space ready for EVI, we are taking down some walls, making some pamphlet racks, bookcases, and cabinets, and the landlord is providing paint and new carpet. A Building subcommittee of the relocation committee drew up plans, and is doing the work. We decided to open the space up to allow us to hold the monthly business meeting at the office – which will be a big convenience, and allow our EVI reps access to get fliers, pamphlets, etc, as well as having our records, computer, copier etc handy. It also saves the cost of renting a separate space for it. We hope to make the new office attractive and comfortable, for our visitors, our office volunteers, and our committees. We have a experienced and competent crew working on it. They are stretching an extremely small renovation budget by conventional standards, mainly by substituting raw materials and labor for finished products. It will be quite nice.

The result of this effort, we sincerely hope, will be a home base for caring the message to those who still suffer in our growing community. We hope that a little time and effort invested now will be repaid down the road, in visitor's impressions of AA, in convenience for our AA members, in volunteer morale, and in volunteer participation in local AA service.

2

DRY DRUNKS

ANONYMOUS 3/21/89 Reprinted from Eastsiders intergroup newsletter

Unfortunately when many former drinkers go through the grieving process over the loss of their old friend, the bottle, some never get past the anger stage.

It is a very real loss. The drink has been their friend for many years and one they could count on. When the whole world turned against them, the bottle never let them down. It was always there ready for the good times, the celebrations, the parties, as well as the sad, mad, and lonely times, too.

Finally their old friend let them down... they got in trouble with the law, lost a job or career, almost lost their family, or the doctors told them they had to stop drinking... whatever the reason, the circumstances of their life brought them to the point where they made a decision to say "so long" to the bottle.

Whether they realized it or not, they began the stages of grieving — denial, anger, bargaining, depression, and acceptance — the same stages most people go through when they have a great loss in their lives or have been told they have a terminal illness.

First comes the denial — *it's really not that big a deal, I've always said I could quit anytime* — and then the anger and depression when they realize just how much that had come to depend on their old friend alcohol.

3 Many make it through the process to the final stage — accepting the loss, learning and growing through the experience, and moving on.

Some never make it. It's sad to see them, sometimes many years later, still stuck in their anger, bitterness, and resentment at having to make the change in their lives. They haven't had a drink in years, but they have also never had a "sober" day.

"I've been in the program 16 years," says an old-timer while the newcomers lean forward hoping to gain some wisdom, "And my philosophy is: Don't drink and go to meetings."

You even see them in the 12-step rooms... been in the program for years and years and their lives seem to be a constant unmanageable struggle. All those years and they have no more of a spiritual awakening than they did the first time they walked into the room.

"Dry Drunk" has been described as "A condition of returning to one's old alcoholic thinking and behavior without actually having taken a drink." Or as one wise old drunk put it, if a horse thief goes into A.A. what you can end up with is a sober horse thief. Or a personal favorite: you can take the rum out of the fruit cake, but you've still got a fruit cake!

Those who quit drinking but are still angry about it, wind up living miserable lives and usually make everyone else around them miserable too. If it has been said once in an Al-Anon meeting, it has been whispered thousands of times, "I almost wish he would go back to drinking."

Continued on page 4.....

People

Chair, vice-chair, (rotating out)

VOLUNTEER COORDINATOR

Gus P. (Bill B. 689-5421)

LITERATURE

Rich F.

ANSWERING SERVICE

Frank K. 345-7131,

ARCHIVIST/HISTORIAN

Linda 345-5827

PUBLIC INFORMATION (PI)

Jim P. 684-0619 Michele S. 485-6916

COOPERATION WITH PROFESSIONAL COMMUNITY (CPC)

Gene C. 726-7457 Don T. 485-5470

ACTIVITIES

Linda L. 345-5827

E.V.I. NEWSLETTER

Chair/Matt D. 302-6865

Website/Michael W. 343-2566

E.V.I. SPEAKER MEETING

John G. 741-7163 Al D. 345-2058

OUTREACH

Michele H. 688-0862

HOSPITALS & INSTITUTIONS (H&I)

Chair / Harold B. 342-1557

barton@continet.com

Secretary / Gus P. 343-4815

COOPERATION WITH TREATMENT FACILITIES (CTF)

Tim A. 726-8558, Bob T. 302-3040

HOSPITALS

Susan J. 895-4421

Jean D. 688-3791

CORRECTIONS

Karl B. 345-7466

JAIL

Co-coordinator / Karl B. 345-7466

karl@rpginvest.com.

Co-coordinator / Debbie M. 736-9336

Haag Home / Gary R. 485-7777

E.V.I. STEERING COMMITTEE

Chair/Ed R. 726-9490

edrogers@efn.org

Vice-Chair/Chris H. 345-7405

chelmern@efn.org

Secretary/Deana. 345-8750

Treasurer/Gary R. 485-7777

At-Large/Michael W. 343-2566

m@mlwebb.com

At-Large/Angel L. 431-4924

haled2@efn.org

At-Large/Bill N. 747-7486

rubberspur@aol.com

At-Large/Dann L. 484-2330

dann@lowinsure.com

TREASURER

Treasurer / Gary R. 485-7777

Vice Treasurer / Mel M. 345-4450

Bookkeeper /

Okay, I don't like it, now what?

The simple answer to that question is to find something that you do like, but that is not always as easy as it sounds.

There is a theory that in order to fully recover from the effects of alcoholism, the alcoholic must replace the obsessive behaviors in his life with their spiritual opposites. Frankly, there are those who believe that without such spiritual help from a power greater than themselves, true recovery is impossible.

The Alcoholics Anonymous program has championed this theory for many years to millions of "hopeless drunks" who are now living happy and sober lives. It's hard to argue with that record of success.

But beyond the spiritual side of recovery, there are other steps that can be taken to help make life fun again, without alcohol:

Develop a hobby. Take up gardening, start or expand a collection, build something, go fishing, or learn how to develop your own web pages [grin]. Try to find some activity to fill those leisure hours that you used to spend drinking.

Get healthy. All those years of drinking probably took some toll on your physical health. Join the YMCA, take up walking or jogging, or play a sport. Get on some kind of regular (daily) exercise program.

Improve your mind. It's never too late to learn new things. Get a library card, take a continuing education class, improve your job skills, or surf the 'Net.

Spend time with your family. Maybe you can't replace all those times that you neglected your wife and children while you were in the barrooms, but you can make a new start. Take your wife out to her favorite place, take the kids or grandchildren to the park, or start a project in which the entire family can participate.

Life doesn't have to be a miserable experience just because you quit drinking. There's a whole world out there for you to explore and learn about.

Be Seen Not Heard!

Put it in writing and send it to the **EVI News**. We are looking for some local material - your stories, articles, interviews, or something you would like to see in the News!
email: eviaa@efn.org or drop off at the EVI office

7:30-8:45 PM Saturday

Beginner's Group
840 Monroe, First Evangelical Church
(formerly 8pm, Lambs Cottage)

8:00-9:00 AM Tuesday

Coffee Cake Group
Springfield 285 S. 42nd Street,
Mt. Vernon Church -New!
(in the meeting book, but somehow
the A in AM turned into a P.)

7:30-9:00 PM Tuesday

Freedom of Choice Group
Springfield, 14th & "B" St.
Hope Lutheran Church
(moved, formerly at 10th & G)

Meetings that need support:

8:00-9:00 PM Thursday

Thursday Night Candelight
1414 Kincaid st.
Koinonia Center
Needs support!!

7:00-8:30 PM Sunday

Last House on the block
601 W. 13th
Green House on the corner
Needs Support!!

New Meeting? Is your Meeting moving? Do you know of a meeting that needs help? If so drop by the office, or send us an e-mail at:
newsletter@www.efn.org/~eviaa

EVI wish list:

In order to hold the monthly business meeting at the new office, it would help to have some more chairs - if you have and/or would like to donate some folding or stacking chairs, preferably with a padded seat for those long meetings, contact the office.

EVI Service and Fellowship Calender - March

All events at EVI office and in the PM unless noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	Steering Committee 5:30 Spkr Mtg Committee 7:30 779 V St. Spfd	District 20 (GSR) 7pm Creswell Libr. Lisa B 302-9255 District 33 (GSR) 6:30 Woodland Apt Tom S. 686-8388	District 19 (GSR) 6:30 Bruce H. 302-0501		Answering/12 St Frank 345-7173	District Potluck 12:30-3:30 777 Coburg Rd EVI Speakers Meeting 7:30 989 Country Club Road Eug.
9	10	11	12	13	14	15
5	EVI Business Meeting 6:30		District 6 (GSR) 6:30 Larry W. 334-3609			Cottage Grove Alano Club Speakers Mtg 8:00 PM 519 E. Main St. C.G.
16	17	18	19	20	21	22
	Public Information Committee 6:30	Office Volunteer Meeting 5:30	Activities Committee 7:00	Cooperation Prof. Committee 6:30		
23	24	25	26	27	28	29
	Newsletter Committee 7:30		H & I Committee 6:00			
30	1	2	3	4	5	6
Literature Committee 6:30	Steering Committee 5:30 Spkr Mtg Committee 7:30 779 V St. Spfd	District 20 (GSR) 7pm Creswell Libr. Lisa B 302-9255 District 33 (GSR) 6:30 Woodland Apt Tom S. 686-8388	District 19 (GSR) 6:30 Bruce H. 302-0501		Answering/12 St Frank 345-7173	

Contributions

Business Meeting March 13th, 2000

(March/year to date)

As Bill Sees It 25.00/25.00
Attitude Adjustment 78.60/520.24
Autumn Group 0/0
Brown Bag Group 0/0
Cottage Grove Gratitude 0/0
Cottage Grove Noon 0/0
Courage to Change 0/0
District 20 0/0
Downtown AM group 86.60/295.21
Drop The Rock 0/0
EVI business meeting 25.37/58.37
Fireside group 0/0
First Monroe Group 0/0
First Things First 50.00/50.00
Four Corners 10.00/10.00
Franklin Fellowship 0/0
Franklin Monday Night 0/0
Freedom Of Choice 0/61.00
Friday Back Road Bunch 0/0
Friday Big Book Study(M) 0/74.00
Friday Physical Awakening 30.00/78.13
Friday night young peoples 0/0
From the Heart 0/100.00
Gratitude Group 60.15/60.15
Harrisburg Group 0/0
Jasper Group 60.00/60.00
Last Chance Study Group 0/0
Last House on the Block 0/0
Life By The Book 0/0
Lowell Lakeside 0/80.00
McKenzie Bridge 60.00/60.00
Monday Mens Stag 0/0
Monday Night Cont. Study 0/0
Monday Night New Group 0/0
New Freedom 275.00/275.00
New Freedom 2 268.70/448.60
Old Time AA 0/0
Physical, Mental, Spiritual 0/0
Plug in the Jug 10.00/10.00
Saturday Night Beginners 0/0
Saturday Step 132.00/132.00
Sober Awakenings 0/0
Sobriety for life 44.00/44.00
Springfield Monday Night 70.00/70.00
Stairway to Sobriety 0/60.00
Sunday Morning Big book 0/0
Men's Sponsorship 25.00/25.00
Sunday Women's Step Study 0/0
Sutherland Group 0/0
There Is A solution 0/0
Thursday Candlelight 0/0
Thursday Night Group 0/0
Thursday Voyagers Group 0/0
Tuesday Beginners 0/0
Unknown 5.60/115.87
We Need Each Other 0/0
Wednesday Mens Noon 0/0
Wednesday Men's Stag 0/90.00
Who am I Group 0/54.00
Womans Road to Recovery 60.00/120.00
Women's How It Works 72.00/72.00
Women In the Solution 0/0
Total Contributions (February/year to date)
Group 1034.41/2894.68
Fundraising:
EVI Speakers Meeting 0/500.00
Faithful Fivers, individual 165.00/403.10

Head Vallet Intergroup Meeting Minutes 3-13-00

6:30 PM Meeting called to order by chairman Ed Rogers.

Dann discusses the benefits of moving the office to 1259 Willamette and provides the body with a sheet explaining the pros and cons and costs. A motion is made and seconded to move the office to this new location.

Point of order called-To include an optional 3rd year on the lease, an amendment to the original motion of only signing a two year lease. New motion passes unanimously to make the move and accept the budget for said move as written.

Some discussion-will need to purchase some chairs and have some donated. Utilities should be relatively low and also some talk about parking issues.Request for materials, tables, chairs and volunteers.

Relocation committee to oversee building renovations and move.

Debbie H. Has resigned, will need to fill the member at large position. Angel, Brian and David nominated. Vote went to hat, and Angel was selected.

6

Angel-431-4924

P.I.- Michelle new vice chair. 485-6916

Answering Service- Don new vice chair. 463-8075

C.P.C. Don T. new vice chair. 485-5470

C.T.F. Tim new chair 726-8558 and Bob T. new vice chair 302-3040

Office Coordinator-After some discussion it is decided to take this position back to our meetings to announce so that we might get a person who has the ability to commit to such a large time commitment. Voting for this position will be tabled until next month.

Corrections-Motion passed to table the election for this position for 30 days so that members who currently carry the message in to these facilities will be notified of the opening.

Literature- David new vice chair 465-1767.

Adjourned at 8:15

A NOTED DIVINE REVIEWS "ALCOHOLICS ANONYMOUS"

By ELRICK B. DAVIS

In a recent series, Mr. Davis told of Alcoholics Anonymous, an organization of former drinkers banded together to beat the liquor habit. This is the first of two final articles on the subject.

Reprinted from the November 2, 1939 Cleveland Plain Dealer with permission

The Book

When 100 members of Alcoholics Anonymous, the extraordinary fellowship of men and women who have cured themselves of "incurable" alcoholism by curing each other and adopting a "spiritual way of life," had established their cures to the satisfaction of their physicians, families, employers and psychotherapists, they published a book.

It is a 400-page volume of which half is a history of the movement and a description of its methods, and the other half a collection of 30 case histories designed to show what a wide variety of persons the fellowship has cured. It is called "Alcoholics Anonymous," and may be bought for \$3.50 from the Works Publishing Co., Box 657, Church Street Annex Postoffice, New York.

The name of the publisher is that adopted by Alcoholics Anonymous for its only publishing venture. The address is "blind" because the name "Alcoholics Anonymous" means exactly what it says. The price of the book is "cost," 50 cents a volume less than one of the country's soundest old-line book publishers would have charged if the fellowship had accepted that house's offer to publish the book and pay the society 40 cents a copy royalty on sales.

Among the first reviews of the book to see print was that written by the Rev. Dr. Harry Emerson Fosdick for the Religious Digest. That review so attracted at least one well-known Cleveland minister that he obtained a copy of the book, got in touch with the Cleveland chapter of the society, and plans to preach a sermon about the movement.

Dr. Fosdick is himself the author of seventeen books. His review of "Alcoholics Anonymous" follows:

"This extraordinary book deserves the careful attention of anyone interested in the problem of alcoholism. Whether as victims, friends of victims, physicians, clergymen, psychiatrists or social workers there are many such, and this book will give them, as no other treatise known to this reviewer will, an inside view of the problem which the alcoholic faces. Gothic cathedral windows are not the sole things which can be truly seen only from within. Alcoholism is another. All outside views are clouded and unsure. Only one who has been a alcoholic and has escaped the thralldom can interpret the experience...."

Part one in our series of AA History. To be continued in the next issue. If you know of any history you would like to see in the newsletter, please e-mail us at: newsletter@www.efn.org/~eviaa or drop by the office. -Editor.

*"...But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."
(pg 132, The Big Book Of Alcoholics Anonymous)*

The alcoholic's daily prayer...

"So far today, God, I've done all right. I haven't had a drink, haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty or self-centered. I'm really glad about that. But in a few minutes, God, I'm going to get out of bed, and then I'm going to need a lot of help. Thank You."

A juggler, driving to his next performance, is stopped by the police. "What are those machetes doing in your car?" asks the cop. "I juggle them in my act." "Oh yeah?" says the doubtful cop. Let's see you do it." The juggler gets out and starts tossing and catching the knives. A recovering alcoholic driving by slows down to watch. "Wow," he says, "I'm glad I quit drinking. Look at the sobriety test they're giving now!"

I try to take one day at a time, but lately several days have attacked me at once.

*How many alcoholics does it take to change a lightbulb?
Just one - he holds the lightbulb and the whole world revolves around him.*

Service is like wetting your pants. Everybody sees it, but you're the one who feels the warmth....

A treatment center is where you go and pay \$15,000 to find out that A.A. meetings are free.

*How can you tell when two alcoholics are on their second date?
There's a U-Haul in the driveway*

Faithful Fiver Pledge:

Emerald Valley Intergroup
1262 Lawrence Street #7
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: _____

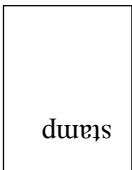
Address: _____

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

Please cut and return with your first donation (or drop by the office). If you would like the EVI News mailed to you, we will need your address

"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.

Become an EVI "Faithful Fiver" and get the EVI News mailed to you each month. Your contribution of \$5 per month will help support Intergroup service activities, so that when someone reaches out, we are here.



Emerald Valley Intergroup
1262 Lawrence Street #7
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