

Faithful Fiver Pledge:

Emerald Valley Intergroup
1259 Willamette
Eugene, Oregon 97401

GET THE NEWS!

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

Name:

Address:

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

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



stamp

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401

Lost and Found in Sobriety

Several times over the past few weeks, I've had discussions with Program friends about the high quality of the AA meetings in Eugene, and how it's a very rare occasion when any of us have walked away from a meeting disappointed. In fact, the high level of recovery sharing usually sparks thoughts that last for days, and seem to weave themselves into spiritual growth in an almost magical way. Such was the case for me recently, when a discussion revolved around world affairs and how any of us as individuals could possibly have an impact on the sometimes overwhelming challenges of the world today. Not only that, but how can we as people living in recovery maintain personal serenity and peace in the face of the sometimes gut-wrenching events that face us in the media on a daily basis? War, starvation, disease, unspeakable cruelties and callous destruction; a culture that seems to be more and more soulless, materialistic, and frantic... all of these things can combine to steal our hope bit by bit, along with the sense that we have any power whatsoever to impact that culture in a meaningful way. What to do?

So I am again reminded that the only gift I have to offer, to anyone, is my own personal experience, strength, and hope. Is it enough? Recently, I was able to answer that question with a strong and grateful resounding YES! And, as is often the case, the day started out to be just an ordinary day, until things aligned in an extraordinary way, and the God of my understanding graciously reminded me of how things work.

I have this ring. It's extremely important to me, for several reasons. It's the only piece of real jewelry that I've ever bought for myself, and I bought it specifically to symbolize celebrating my place in this world, after working through some particularly painful family memories. It's my birthstone, and I found it on consignment in a great little shop. Way more than I could afford; but my spirit kept taking me back to see it, and it just tugged at me. It felt important. I do try to honor those instincts these days, and so I eventually put the ring on layaway, and several months later it was mine. It reminds me that it took everything that happened to me: all the choices I've made, all the choices of others that I had to live with without power to impact; all of the losses, all of the loves, all of the difficulties. It took all of it to bring me to this place of peace that I have found today.

And then I lost my ring. I was midway through a movie on quantum physics and choices - imagine that! - and I realized that it was gone. I almost panicked; if the ring was gone, would I lose all that hard-earned serenity that it symbolized? Silly thought, yes. But so scary! I still have such a hard time trusting that the gifts I've been given won't be snatched away somehow, someday, by someone. (Old fears that run deep: Don't get attached, don't trust that anything will last.) But something I've learned in Alcoholics Anonymous helped almost immediately: do the footwork, leave the results to God, and trust that all will be well. So I decided to do what I could to find it after the movie. I had a vague memory of taking it off at a booth in the Dairy Queen so that I could put on some lotion. But I didn't remember putting it on again... so maybe it was stolen from the table when I got up to refill my drink. Or maybe I threw it away with the garbage when I cleaned out my backpack.

This is where it gets really interesting to me. Even a few short years ago, I know that I would have simply given up. I would have assumed that either someone stole it (people suck) or that I was stupid enough to throw it away with the garbage (I suck). Either way, it would have been evidence, once again, that the world sucks and I'll never get to have or keep anything good.

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E.V.I. News

August 2004

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

AA Meetings:



continued from page 1

New:

Try God Grapevine Study,
Sundays, 5-6PM, McNail Reilly
House, 13th and Jefferson,
Eugene.

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

Changed:

As Bill Sees It, Wednesday 7pm,
has moved from The Knights of
Pythias to Lamb Cottage at 110
Cheshire St.

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

Tuesday Night Big Book Study,
255 Maxwell Road, now meets
6:30-7:30 pm.

Vets and Friends, 11 am Friday,
now meets at 2400 River Road.

Friday Young People's, 8-9pm, has
moved from Knights of Pythias to
St. Mary's Episcopal Guild Room at
13th & Pearl.

Canceled:

motional Sobriety, 10 AM Friday,
Jesco Club.

Topic of interest:

The Oregon Area Website Address
is: www.aa-oregon.org. Check it
out. The monthly area newsletter
is posted on this site, as well as
links to out of town meeting
schedules and information relevant
to quarterly assemblies.

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

These thoughts would have been unconscious, but they would have determined my actions, which would have been to give up and do nothing. Go home and eat worms. Instead, I was able to go back to the Dairy Queen and ask for help (an amazing feat by itself). A lovely girl adopted my cause, maybe seeing by my face that the ring was more than just a ring, and even helped me dig through the bags of garbage in the dumpster. In the middle of all the gross French fries and half-eaten hamburgers and blizzards, I remember asking myself if I really was buying into the materialistic crap... but that kind of self-judgment doesn't last long these days, and eventually, at the bottom of a bag, all slimy with ketchup and mayo and God knows what else, there it was. Talk about buried treasure! I had truly "discovered gold", and I knew it instantly. It was one of those moments when things all came together with perfect clarity, and I knew. I really have changed. I see the world, and people, and even things, differently. I see with eyes of both hope and acceptance, and it helps me act in a different way.

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me... Until I could accept my alcoholism, I could not stay sober. Until I can accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes... When I focus on what's good today, I have a good day. When I focus on what's bad, I have a bad day. If I focus on a problem, the problem increases. If I focus on the answer, the answer increases." Amazing how these simple words in the Big Book of Alcoholics Anonymous can cause revolutionary changes in me!

The happy ending to the story came when I left the DQ, went to the bank, and withdrew some money to give to the girl who helped me dig in the garbage. She did not expect any reward, and initially refused it; but her smile was beautiful to behold when I told her how grateful I was that she had been willing to "go above and beyond" just because it was important to me. Who knows who else she will help in the next fifty years? Who even knows where these ripples will end?

I Thank God for Alcoholics Anonymous, and for each of you who have given me the hope and strength to finally wake up and smell the roses!

Lorinn, Eugene, Oregon

Honoring the Eleventh Tradition of attraction rather than promotion is what the PI or **Public Information Committee** is all about. Some of you got to your first meeting by seeing a pamphlet in a hotel lobby, or called the EVI office for the first time by hearing our add on the radio. When requested, we also are available for public events, only when invited, staffing a table with literature and information. **WE NEED HELP.** If your sponsor is recommending service work, call **Shevach at 683-5254** or stop by the EVI office on the Third Tuesday at 6:00pm. p.s. we ALWAYS maintain personal anonymity at the level of press, radio and films. Staffing a table at a public event naturally brings you into the public eye as an alcoholic. You don't have to do this to be on the committee; there is still a lot of totally anonymous work to be done.

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.)

When you're ready to learn, you can find meaning in a juicy fruit wrapper.
Lorinn, Sober Awakening, quoting unknown source.

Honesty is a people problem - I'm not afraid of being honest with my cat.
Downtown AM

There are no good excuses for drinking - just lots of bad excuses.
Paul, Sober Awakening

We will now pause for a moment of science, and then stand and close with the Serenity Prayer.
Herb, Sober Awakening

Oh, I have the *capacity* to be honest. I just friggin' don't want to do it.
Downtown AM

I can't speak to humility - it's sort of like Liz Taylor talking about a good functional marriage.
Bob, Downtown AM

My wife found one of my 4th steps and read it. Luckily, it was one of the ones done before I got serious about this thing - so it wasn't very thorough.
Anonymous, Springfield



Some unusual Group Names - From National Meeting Directories

Back to the Front, Bristol, CT
Ashless Wednesday, Cromwell, CT
Tuesday 5 O'Clock Shadow Group, Meriden, CT
Carlins Crystal Lite Gp., Carlins, NV
Closed but no Cigar, Henderson, NV
Tuesday Night Bottom of the Hill Group, Coventry, CT
Hope on a Rope Step Study, Enfield, CT
This Aint Your Mother's Kitchen, Essex, CT
Hicks in the Sticks, Killingworth, CT
Dream Catcher's Group, Elko, NV
Inclined to be Sober, Incline, NV
Balkers in Recovery, Las Vegas, NV
Beat up from the Feet up, Las Vegas, NV
Drunks R Us, Las Vegas, NV
Friday Night Mustard Seed, Las Vegas, NV
Trout Eaters, Schurz, NV
Six O'Clock Irregulars, Albuquerque, NM
Seco Seco Group, Arroyo Seco, NM (seco is dry in Spanish)
Drunkin Donuts, Rio Rancho, NM



Memo From God

To: You
Date: Today
From: The Boss
Re: Life

I am **God**. Today, I will be handling all of your problems. Please remember that I do not need your help. If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTH (Something for God to Handle) box. All situations will be resolved, but in My time, and not yours. Once the matter is placed in the box, do not hold onto it by worrying about it. Instead, focus on all the wonderful things that are in your life right now.

Love, **GOD**.

Submitted by Roger, from an unknown source.



People:

continued from page 3 (You Have What You Need)

OFFICE VOLUNTEER COORDINATOR

Doug R. (461-3872), Bob P. (434-1045)

ACTIVITIES

Holly S. (338-0316), Sara (686-2247)

ANSWERING SERVICE

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

ARCHIVIST

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

COOP. PROFESSIONAL COMMUNITY(CPC)

Nadine P. (683-5730), 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), Donna H.

LITERATURE

Todd P.(689-4646), Tim A 726-8558

OUTREACH

Lee F. (302-1408)

PUBLIC INFORMATION (PI)

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

HOSPITALS & INSTITUTIONS (H&I)

Chair: Larry W. (513-5626)

HOSPITALS

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

COOP. TREATMENT FACILITIES(CTF)

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

CORRECTIONS

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

H&I Coordinators

Lane County Jail: 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)

Johnson U.: Steve(914-9258)

Jill(302-1311)

E.V.I. STEERING COMMITTEE

Chair: Kurt J. (747-8925)

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

Secretary: Jenne B. (688-1189)

Treasurer: Lori B. (684-8670)

Vice Treasurer: Bob E. (747-2246)

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

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

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

At-Large: Frank K. 345-7131

BOOKKEEPER: Elizabeth R.

“But,” the reader will argue, “If everyone is satisfied with what he has, there won’t be any progress.” This is certainly true if the principal measure of progress is increased material consumption. Most probably a completely stagnant and self-satisfied society would also rate rather poorly in production of ideas and insights, in depth of spirituality, and in intellectual excellence. But, if there is a range of consumerism and acquisitiveness which is optimum for healthy social functioning, contemporary American society has surely exceeded those bounds, and individuals are suffering because of it.

Consumerism is addictive. A person experiences some discomfort, physical or emotional, and becomes convinced that some product will assuage that discomfort. He uses the product, and experiences some relief, but seldom as much as he hoped for, and rarely on a permanent basis. He continues to be bombarded by messages telling him that using more of the product, or switching to a slightly different product, will finally make the difference, and so he continues to consume at ever increasing rates, but is never satisfied.

As an example, consider a woman with a body image problem. She can buy a new wardrobe, purchase exercise machinery, join a fitness center, redo her hair, adopt the latest diet, and so on, ad infinitum. Even if these stratagems produce actual improvement, she will still have a body image problem, not the least because standards change and the various people marketing products and services are to some extent working at cross purposes. Therefore, she will continue to be discontented. Having gotten no relief from simple and inexpensive solutions, she will increasingly crave means toward her (unattainable) goal which are themselves out of reach. She may develop resentments against other women who have more time and money to spend on cultivating beautiful bodies. If she could just become convinced that the body she had was all she needed, she’d be a lot happier.

Addiction is the inability to recognize when enough is enough. In chemical dependency, the chemical itself alters the addict’s metabolism so that his body can no longer function normally without it, but most addictions aren’t like that. In most addictions, the normalcy of overconsumption is a product of the addict’s own mental process, reinforced by the pusher’s sales pitch.

I have frequently heard fellow recovering alcoholics say that they have addictive personalities. I’m not convinced that there is any such thing, in the sense of an inborn predilection towards excessive consumption of all sorts. It does seem, however, that a person recovering from a physical addiction, having already been habituated to one type of tolerance and increasing usage, sees that sort of behavior as more normal than his fellows do and needs to be particularly vigilant about anything compulsive and excessive, especially eating and acquiring material possessions.

For several years, I made two daily trips to Dairy Mart for my beverage of choice, which didn’t come from a cow. At the check stand, I was confronted by exhortations to play the lottery, colorfully-packaged junk food, a wide array of tobacco products, ice cream, tabloid newspapers ... a veritable cornucopia of things which no-one really needs, and which significant numbers of people use to excess. Convenience stores exist to serve addicts. These days, I try to avoid them. I try to confine my shopping to a defined trip to the supermarket, with a grocery list of things I truly do need, avoiding aisles housing temptations I can do without.

If we rely on the marketplace to determine our desires, acquiring the means to future happiness will always take precedence over finding happiness in what is already at hand. One way to focus on present blessings is to banish the marketplace as much as possible from our personal lives. Killing the television is an obvious first step. Opting for leisure activities which come without a sales pitch is another. When advised to purchase a produce or service, ask yourself whether it comes from someone who will benefit from the consumption whether or not you get anything out of it. Beware of planned obsolescence. Beware of making one change in a functioning system which will require you to make numerous additional changes in order to restore it to working order.

You have what you need. If you have a roof over your head and a full belly, if you are not suffering from an ailment for which there is an effective treatment, if you can travel from point a to point b when necessary, and if you have reasonable assurance that these conditions will continue for the foreseeable future, then you are doing better than much of the world’s population. Whatever else you have is window dressing. To be motivated to change in the direction of making your environment richer and more rewarding, more varied, and yes, more filled with material possessions, is laudable in moderation. Just remember - any emotional distress you experience because of the lack of what you don’t need and haven’t the wherewithal to obtain is needless suffering.

Martha S., Eugene, Oregon

EVI Business Meeting Minutes, July 12, 2004

Quorum present

I. Opened with Serenity Prayer. And circulated sign-up sheet.

II. Old Business

- a. Election of open EVI service positions Outreach Co-chair - Angela D. (not present) nominated and - seconded. Unanimous for the motion.

III. New Business- Announcements

- a. Carolyn S. - Al-anon breakfast & speaker meeting August 14 at 9:45 am in the North Park Community Church, 3484 Harlow Road.
- b. Al-Anon and EVI will have booths at the Eugene Celebration.

IV. Committee Reports.

H& I-Cayce: Lane County Sheriff's Office is changing the requirements for volunteers at Lane County Jail, C.C.C. and FWC Alma. The exact changes can be found by contacting H & I committee. Group H & I reps are not coming to H & I committee meetings. H & I committee has open service positions for volunteers wishing to perform service work. .Need female volunteers.

Speaker Meeting - Vicki K: July cancelled due to Summerfest —Meetings alternating between local and out of town speakers. EVI reps should recommend speakers to the Speaker Meeting Committee. Still need Volunteers to help set up and tear down.

Treasurer - Lori B. We are currently operating with a net income and are approximately \$2,400.00 above prudent reserve.

Office Coordinator - Doug R.

Need office volunteers. \$24.00 missing from cash register back-up bag. Copier still suffering (What's new?) . Landlord has put a hold on electrical panel In our storage room.

Literature - Todd P. Table at Summerfest was successful

Still have adequate literature amounts in office..

Communications Committee

Web site - currently updating meeting list on site. Meeting Directories: no report.

Newsletter: Copier making dark copies. All stories in last issue local.

Answering Service: Recruiting going well, but still need volunteers.

Activities: Holly S. Fourth of July picnic went well. Will be having a talent show in September. Will soon need both chair and co-chair.

Outreach: Have scheduled visits to groups. EVI rep training going well.

Archivist: No report.

Adjourned, Closed with Serenity Prayer.

Respectfully Submitted, Bob T., EVI Co-Chair

You Have What You Need

“What nonsense” the reader will exclaim. “Have what I need? Why, I can think of a dozen things right off the bat which are absolutely essential to my well being, which I don't have and don't know how I'm going to get. And that's just things, mind you – we won't even begin talking about relationships.”

The other day, as I was helping a Chinese ESL student with an essay on differences between Chinese and American culture, she asked me what I considered to be the essential characteristic of contemporary American society. After a moment's reflection I answered that the most striking feature to me, in comparison to, say, our 18th century European roots, was the pervasiveness of the marketplace in all aspects of life. That is, the model of marketing and consuming has become the dominant paradigm not only in retailing, but in politics, education, health care, family relations, social welfare, and religion.

Marketplace morality measures good in terms of consumption, with more being better. Paradoxically, a consumption-based value system can only perpetuate itself by creating a permanent mindset of discontent among the potential consumers. If people really believe that they have what they need, they are not going to exert themselves to get more.

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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

Meeting schedules, business meeting minutes, and much more.

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

E.V.I. News

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

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

Submissions due by last Monday of each month. To submit articles or event information, mail them or drop them off at the EVI office c/o EVI Newsletter. Please include a contact phone #. Submissions can also be e-mailed to: eviaa@efn.org or msherw@darkwing.uoregon.edu. Communication Committee (Newsletter & Web Site, Meeting Book) meetings are held at 6pm the first Friday of each month at the EVI office. Call John G (686-5602) with any questions.

Contributions:



April 2004/Year to Date)
As Bill Sees It 30.00/30.00
Attitude Adjustment 118.20/882.31
Blue River Sunday 10.00/10.00
Brown Bag Group 75.00/150.00
Buckley Pass it On 20.00/20.00
Cottage Grove Gratitude 98.00/98.00
Creswell Al-Anon 25.00/25.00
Daily Reflections 150/150
Dexter Women's Group 20/20
Downtown AM Group 217.00/1377.00
Drop the Rock 190.00/535
Early Firehouse Group 20.00/20.00
Freedom of Choice 72.00/72.00
Friday Night BB Study 150.00/370.00
Friday Physical Awakening 105.00/105.00
From The Heart 156.00/156.00
Gratitude Group 0/0
The Great Fact Group 10.00/10.00
How It Works 80.00/280.00
Last Chance Study Group 50.00/80.00
McKenzie River Group 0/0
Monday Mens Stag 50.00/50.00
Monday Night Beginners 0/0
New Freedom 0/0
New Freedom II 0/0
Primary Purpose 0/0
Recovery By The Steps 15.00/30.00
Rush Hour Group 25.00/25.00
Saturday Morning Steps 330.00/588.50
Search For Serenity 103.00/649.00
Serenity Seekers 117.00/117.00
Sober Awakenings 556.87/556.87
Sobriety for Life 130.00/130.00
Springfield Monday Night 0/0
Stairway to Sobriety 25.00/150.00
Sunlight of the Spirit 25.00/25.00
Sunday Big Book 116.72/116.72
Sunday Night B.B. Study 0/0
Thurs. Men's Book Study 0/0
Tues Night Young People 133.00/308.00
Thurs. Men's Spons. Group 0/0
Try God Group 381.16/812.78
Tuesday Night Mens Stag 0/0
Veneta Gratitude Group 50.00/105
Vet's and Friends 100.00/100.00
We Need Each Other 0/0
Wednesday Beginners 80.00/80.00
Wed How it Works 20.00/20.00
Wed. Night Men's Stag 15.00/255.00
Women's Bedrock 0/0
Women's Courage to Change 77.13/77.13
Women's How It Works 15.00/60.00
Womans Rd. to Recovery 0/0
Total Contributions Group
month/ytd 1281.36/8636.55
Contributions: Individual
Anonymous/Unknown 115.07/426.00
Faithful Fivers 95.00/751.14
Total Contributions/Ind.
210.07/1172.40

Drunks!

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell, we died against bridge abutments and nobody knew if it was suicide and we probably didn't know either; except in the sense that it was always suicide. We died in hospitals, our stomachs huge, distended and there was nothing they could do. We died in cells never knowing whether we were guilty or not. We went to a priest. They gave us pledges, they told us to pray, they told us to go and sin no more, but go, we tried we died. We died of overdoses. We died in bed (but usually not the Big Bed). We died in straitjackets in the DT's seeing God knows what creeping, skittering, slithering, shuffling things. And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried. We went to doctors and they told us to drink like them, not to drink so much. We tried and we died, we drowned in our own vomit or choked on it, our broken jaws wired shut. We died playing Russian roulette and people thought we'd lost but we knew better. We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks. We died in shame. And you know what was even worse? That even we couldn't believe that we had tried, we figured we had just thought that we had tried. We died believing that we hadn't tried, believing we didn't know what it meant to try.

When we were desperate enough or hopeful enough or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books that had the right words in them, never suspecting the terrifying truth that the right words, as simple as they were had not been written yet. We died falling off girders on high buildings, because of course ironworkers drink, of course they do. We died with shotguns in our mouths or jumping off bridges and everybody knew it was suicide. We died under the Southeast Expressway with our hands tied behind us and a bullet in the head because this time the people we disappointed were the wrong people. We died in convulsions, or of "insults to the brain." We died incontinent, in disgrace, abandoned. If we were women, we died degraded, because women have so much more to live up to. We tried and we died and nobody cried. And the very worst thing was that for every one of us that died there were another hundred or thousand of you who wished we could die. Who went to sleep praying we would not have to wake up, because what we were enduring was intolerable and in our hearts we knew it wasn't ever going to change.

One day in a hospital room in New York city, one of us had what the book calls a transforming spiritual experience and he said to himself, "I've got it (no, you haven't, you've only got part of it) and I have to share it (now you've ALMOST got it)" and he kept trying to give it away. We couldn't hear it. We tried and we died. We died of one last cigarette; the comfort of it glowing in the dark, we passed out and the bed caught fire. They said we suffocated before we burned, they say we never felt it. That was the best way maybe to die, but sometimes we took our families with us. The man in New York was so sure he had it, he tried to love us into sobriety but that didn't work either, love confuses us. He tried and we still died one after another. We got his hopes up and we broke his heart because that's what we do. And the worst thing was that every time we thought we knew what the worst thing was, something happened that was worse. Then a day came in a hotel lobby and it wasn't Rome, Jerusalem or Mecca, it wasn't even Dublin or South Boston, it was Akron, Ohio for Christ's sake. A day came when the man said to himself, "I have to find a drunk because I need him as much as he needs me. (NOW you've got it)" The transmission line opened up after all that time. The transmission line was open and now we don't have to go to priests and we don't go to doctors and people with letters after their names. We go to people who have been there, we go to each other and we try and we don't have to die.

By Jack M. NV

Reprinted from the Mesa, Arizona No Booze News, June, 2004

July Calendar

- 1st Mon Steering Committee 6:30PM
Tue District 20, 6:30PM 418 A St. Myron M. 345-5827
Tue District 33, 6:30PM Alan U. 741-2617
Wed District 19, 5:30PM Sandy V. 485-4827
Thur Speaker Mtg Committee, 7:00PM Vicki 688-5042
Fri Communication Meeting, 6:00PM
Sat Activities, 5:00PM Holly 338-0316
Sun EVI Business Meeting 6:30PM
2nd Mon District 6, 6:30PM Tim A. 726-8558
Sat Answering/Diverter, 10:00 AM Julien 520-7408
Sat EVI Speaker Meeting, 7:30 PM, 2801 W. 18th
3rd Tues Public Information, 6:00PM Shevach, 683-5254
Last Wed H& I Committee, 6:00PM



Fellowship Events

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.

Al-Anon Speaker Breakfast Saturday, August 14, at 9:30 AM at North Park Community Church, 3484 Harlow Road. Bring finger foods to donate and buy back.

The Rose City Roundup is scheduled for September 24-26th, at the Doubletree Columbia River Hotel in Portland. For information call Lennie Z, 888-661-4403, or check website: www.dfweb.com/rcr.

The High Desert Roundup is scheduled for September 24-26, at the Inn of the 7th Mountain. See their website, WWW.Highdesertroundup.com for more information.

It's a She Thang Women's retreat happens at the Seaside Convention Center, September 17-19, 2004.

Northwest Fellowship of the Spirit convenes at Ocean Shores, Washington, August 19-22. website is: www.NWFOTS.org.

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

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.

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

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

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

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

Addresses for Group Contributions

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

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

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