

February, 2000

# E.V.I. News

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**Emerald Valley Intergroup**

**(541) 342-4113**

# The 12 Steps as Ego Deflating Devices

## What does Surrender Mean?

For reasons still obscure, the program and the fellowship of AA could cause a surrender which in turn would lead to a period of no drinking. It became ever more apparent that in everyone's psyche there existed an unconquerable ego which bitterly opposed any thought of defeat. Until that ego was somehow reduced or rendered ineffective, no likelihood of surrender could be anticipated.

AA, still very much in its infancy, was celebrating a third or fourth anniversary of one of the groups. The speaker immediately preceding me told in detail of the efforts of his local group—which consisted of two men—to get him to dry up and become its third member. After several months of vain efforts on their part and repeated nose dives on his, the speaker went on to say: "Finally, I got cut down to size and have been sober ever since," a matter of some two or three years. When my turn came to speak, I used his phrase "cut down to size" as a text around which to weave my remarks. Before long, out of the corner of my eye, I became conscious of a disconcerting stare. It was coming from the previous speaker.

It was perfectly clear: He was utterly amazed that he had said anything which made sense to a psychiatrist. The incident showed that two people, one approaching the matter clinically and the other relying on his own intuitive report of what had happened to him, both came up with exactly the same observation: the need for ego reduction. It is common knowledge that a return of the full-fledged ego can happen at any time. Years of sobriety are no insurance against its resurgence. No AA's, regardless of their veteran status, can ever relax their guard against a reviving ego.

The function of surrender in AA is now clear. It produces that stopping by causing the individual to say, "I quit. I give up on my headstrong ways. I've learned my lesson." Very often for the first time in that individual's adult career, he has encountered the necessary discipline that halts him in his

*Continued on page 2*

## Intergroup

### 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](mailto:eviaa@efn.org)**

**Newsletter & Web Site Committee meetings are held the last Monday of each month at 6:30 pm at the E.V.I. office at 1262 Lawrence St., No. 7.**

### EVI Web Site

[www.efn.org/~eviaa](http://www.efn.org/~eviaa)

Meeting schedules, business meeting minutes, and much more.

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

Continued from page 1

headlong pace. Actually, he is lucky to have within him the capacity to surrender. It is that which differentiates him from the wild animals. And this happens because we can surrender and truly feel, "Thy will, not mine, be done."

Unfortunately, that ego will return unless the individual learns to accept a disciplined way of life, which means the tendency toward ego comeback is permanently checked.

This is not news to AA members. They have learned that a single surrender is not enough. Under the wise leadership of the AA "founding fathers" the need for continued endeavor to maintain that miracle has been steadily stressed. The Twelve Steps urge repeated inventories, not just one, and the Twelfth Step is in itself a routine reminder that one must work at preserving sobriety. Moreover, it is referred to as Twelfth Step work—which is exactly what it is. By that time, the miracle is for the other person.

-Dr. Harry M. Tiebout, M.D.

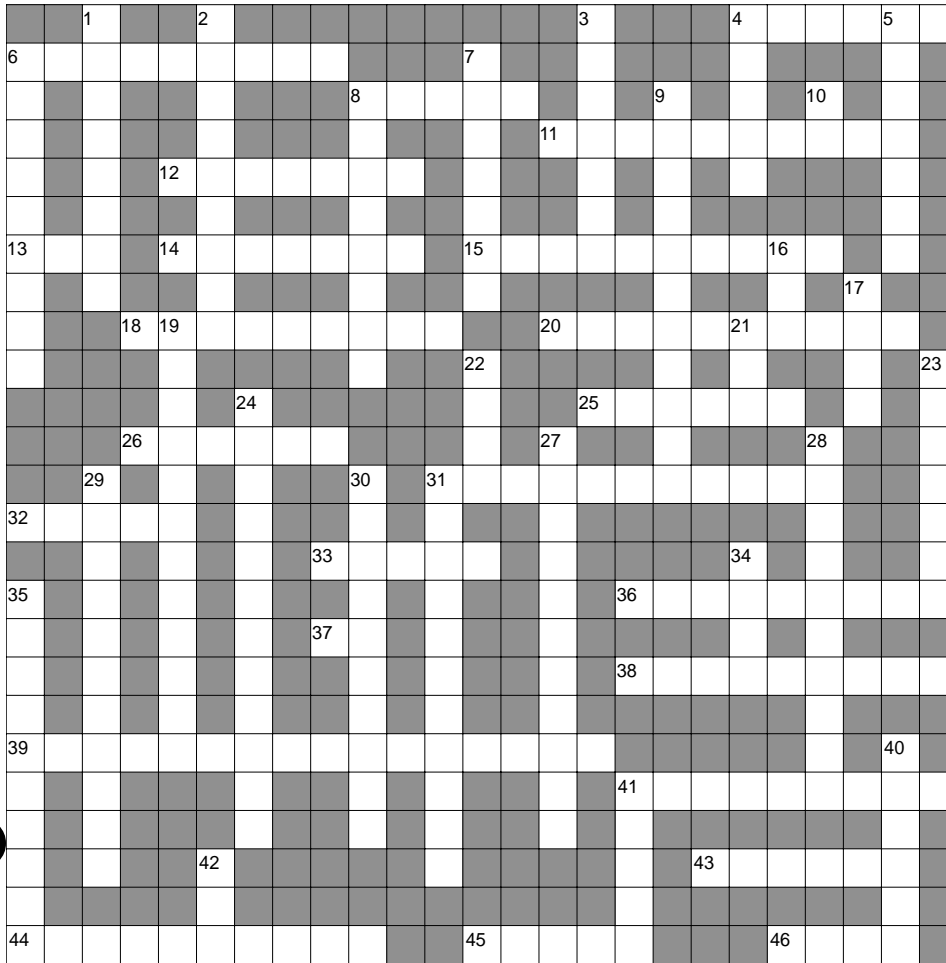
**Dr. Harry M. Tiebout, a psychiatrist, was an early pioneer in coupling the principles and philosophy of Alcoholics Anonymous with psychiatric knowledge of alcoholism. A strong supporter of A.A. throughout his life, he consistently worked for acceptance of his views concerning alcoholism in the medical and psychiatric professions. He served on the Board of Trustees for A.A. from 1957 to 1966, and was chairman of the National Council on Alcoholism in 1950. [ Editors Note: Dr Tiebout became interested in AA in 1939, when some of his alcoholic patients were in the program. He soon met Bill Wilson, they became friends and Dr. Tiebout was who Bill turned to for help with his periodic bouts of depression in the mid 40's]**



*Larry found that if he put an extra glass out on the table, it was almost like having a date for the evening.*

2

# Recovery Crossword



3

## Across

4. — emotional appeal seldom suffices
6. Dr. who wrote the Doctor's Opinion
8. Bill met Bob in —
11. the grouch and the — are the dubious luxury of normal men
12. once alcoholics drink alcohol this phenomenon develops
13. the friend who called on Bill at the end of his drinking career had been sober — months
14. without spirituality, we have no effective mental — against the first drink
15. recovery begins when one alcoholic shares his or her — strength and hope with another alcoholic
18. the allergy would be no problem if it were not for the — of the mind
20. crushed by the — of self-will
25. made direct — whenever possible
26. a — for you
31. I want the hand of AA to always be there. For that I am —.
32. pink —
33. an undeserved favor from God
36. one of Bill's last drunks occurred on - - - - - Day , 1939
37. First word, first step
38. searching and fearless moral —
39. those who do not recover are those who are — incapable of being honest
41. an alcoholic is an — with an inferiority complex
43. — power
44. we are self — through our own contributions
45. more than being dry
46. faith without works is —

## Down

1. the — is broken, you'll have to take the steps
2. — over alcohol
3. the — to change the things I can
4. it's the — drink that gets you drunk
5. that where there is discord, I may bring —
6. a sponsor is sometimes called a — adviser
7. locked up, — up or sobered up
8. the chapter to the —
9. honesty open-mindedness and —
10. Let — and let God
16. I can't, God —
17. not using the steps
19. the four horsemen - terror, frustration, — and despair
21. restless, irritable and discontented
22. thy will, not — be done
23. we carry the — not the alcoholic
24. restless, irritable and —
27. we realized that the people who wronged us were perhaps — sick
28. sought through payer and —
29. that where there is wrong, I may bring the spirit of —
30. progress not —
31. the twelve — steps of aa
34. if we want to keep it we must — it away
35. — before personalities
40. that where there is —, I may bring love
41. that where there is —, I may bring truth
42. whose father

Answers on page 6

# People

## TREASURER

- Treasurer / Gary R.** 485-7777  
**Vice Treasurer / Mel M.** 345-4450  
**Bookkeeper / Wendy W.** 431-6920  
 wwwhite@efn.org

## VOLUNTEER COORDINATOR

**Bill B. 689-5421, Gus P.**

## LITERATURE

- Wendy W. 431-6920 Rich F. 744-7902**  
**Inventory / Jim P.** 684-0619

## ANSWERING SERVICE

**Johanna M. 302-9086, Frank K. 345-7131**

## ARCHIVIST/HISTORIAN

**Linda** 345-5827

## PUBLIC INFORMATION (PI)

**Barney 726-6980 Jim P. 684-0619**

## COOPERATION WITH PROFESSIONAL COMMUNITY (CPC)

**Angel 431-4924, Gene C. 726-7457**

## ACTIVITIES

**Linda L.** 345-5827

## E.V.I. NEWSLETTER

- Chair/Matt D.** 302-6865  
**Vice/Adrian M.** 349-1275  
**Website/Michael W.** 343-2566

## E.V.I. SPEAKER MEETING

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

## OUTREACH

**Tim H. 726-8558, Michele H. 688-0862**

## HOSPITALS & INSTITUTIONS (H&I)

**Chair / Harold B.** 342-1557  
 barton@continent.com

**Secretary / Gus P.** 343-4815

## COOPERATION WITH TREATMENT FACILITIES (CTF)

**Gus P.** 343-4815

## HOSPITALS

**Susan J.** 895-4421  
**Jean D** 688-3791

## CORRECTIONS

**Bob T. 302-3040 RTA7410@aol.com**  
**Karl B.** 345-7466

## JAIL

**Co-coordinator / Karl B.** 345-7466  
 karl@rpinvest.com.

**Co-coordinator / Debbie M.** 736-9336

**Haag Home / Gary R.** 485-7777

## E.V.I. STEERING COMMITTEE

**Chair/Ed R.** 344-5259

edrogers@efn.org

**Vice-Chair/Chris H.** 345-7405

chelmers@efn.org

**Secretary/Deana.** 345-8750

**Treasurer/Gary R.** 485-7777

**At-Large/Michael W.** 343-2566

mlwebb@pond.net

**At-Large/Debbie M.** 349-0885

haled2@efn.org

**At-Large/Bill N.** 747-7486

rubberspur@aol.com

**At-Large/Dann L.** 484-2330

dann@lowinsure.com

# Name that group

A short tour of meeting names around the country. Lets start by visiting the **Just Checked In Group**, in upstate NY, then scoot over to **Born That Way**, followed by **Out of the Basement**. Day two we could hit the **Four Horsemen Group**, before **Stools and Bottles**, and then drop by **Bottoms Up**, before staggering on to the **Last Call Group**. Now the fog is beginning to clear, we can see our way to the **Rude Awakening Group**. A brief stop at the **Dumping Grounds**, and on to **The High and Dry Group** in Salt Lake City (We assume they are referring to the altitude). Still feeling a little squirrely, we visit the **Outright Mental Defectives Group** in Ft. Collins, Colorado. After the **Mixed Nuts Group** in Springfield Mass., We **GOTATALK**, in Atlanta, before sliding into **As We See It**, in Denver. Now that we are firmly on **Bill & Bob's Adventure**, and **Lost in the Book**, we have **Better Days** in sight. Before we get to **For The Fun of It**, though, we must hit **Original Recipe** in Boston, and **B.Y.O.B.** (Bring Your Own Book) in upstate New York. If we are looking for a women's meeting we might try **GRRRLZ** for our **Daily Reprieve**. Now that we have **Old Dogs, New Tricks**, under our belt, we can **Carpe Diem**, and swagger over to the **A'int Life Great Group**. But **Lest We Forget**, we must do a little **Sharing and Caring**, lending a **Helping Hand**, to show **We Care**.

Group names from meeting schedules around the country, courtesy of the internet. We have some great group names in our meeting book, take a look!



## Topic:

Shall EVI move to a different location when the lease is up this May?

**When:** Sunday, February 27th, 1:00 to 4:00 PM

**Where:** Knights of Pythias Hall, downstairs - 12th and Lawrence.

Bring your thoughts, and your favorite potluck item and help us explore the pros and cons of moving the office. Everyone will get a chance to speak.

## AA Meetings

A fresh batch of meeting books is at the printers, out soon. Quite a few changes, so get some for your group

### New :

**8:00-9:00 AM Tuesday**  
**Coffee Cake Group**  
Springfield  
285 S. 42nd St. Mt. Vernon Church

**7:00-8:00 PM Friday**  
**New Beginnings Group**  
Veneta  
25133 Broadway,  
Valley Methodist Church

**7:30 PM Tuesday**  
**Down the Drain**  
Drain, OR., A St.,  
United Methodist Church

**7:00-8:00 PM Monday**  
**Get Well Group**  
Eugene (WC) (O) 255 Maxwell Rd.,  
Our Redeemer Lutheran Church

**6:00-7:30 PM Wednesday**  
**Wednesday Womens Group**  
Eugene (WC) (C) 340 Blair Blvd.,  
JESCO

### M oved:

**5:30-6:30 PM Monday**  
**Old Time AA**  
Springfield (C) (X) (WC)  
418 N. "A" St,  
First Christian Church

**8:00-9:30 PM Tuesday**  
**Old Time AA**  
Springfield (C) (X) (WC)  
418 N. "A" St,  
First Christian Church

**8:00-9:30 PM Sunday**  
**Big Book Study Group**  
Springfield (O) (S) (BB)  
5334 Main St. VFW building

### Gender change!

Was Womens, now Co-ed  
**5:30-6:30 PM Thursday**  
**Life by the Book**  
**Springfield (SS)**  
1369 B St., Hope Lutheran Church

# EVI Service and Fellowship Calender - February

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		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 Johanna 302-9086	
6	7	8	9	10	11	12
	Steering Committee 5:30  Spkr Mtg Committee 7:30 779 V St. Spfd		District 6 (GSR) 6:30 Larry W. 334-3609		Valentines Dance, Speaker EWEB cafeteria 7:00 pm	Outreach Committee 10:00 AM  EVI Speakers Meeting 7:30 989 Country Club Road Eug.
13	14	15	16	17	18	19
	EVI Business Meeting 6:30	Office Volunteer Meeting 5:30	Activities Committee 7:00	Cooperation Prof. Committee 6:30		Cottage Grove Alano Club Speakers Mtg 8:00 PM 519 E. Main St. C.G.
20	21	22	23	24	25	26
	Public Information Committee 6:30		H & I Committee 6:00			
27	28	29	March 1	2	3	4
	Newsletter Committee 6:30	LEAP!  Liteerature Committee 6:30	District 19 (GSR) 6:30 Bruce H. 302-0501		Answering/12 St Johanna 302-9086	
5	6	7	8	9	10	11
	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			Outreach Committee 10:00 AM  EVI Speakers Meeting 7:30 989 Country Club Road Eug.

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# Business meeting

January 10, 2000

## Contributions Jan.

As Bill Sees It	50.00
Attitude Adjustment	211.05
Autumn Group	0
Brown Bag Group	0
Cottage Grove Gratitude	0
Cottage Grove Noon	0
Courage to Change	0
District 20	0
Downtown AM group	208.61
Drop The Rock	0
EVI business meeting	33
Fireside group	0
First Monroe Group	0
Franklin Fellowship	0
Franklin Monday Night	0
Freedom Of Choice	61.00
Friday Back Road Bunch	0
Friday Big Book Study	0
Friday Physical Awakening	48.13
Friday Night Stag	74.00
Friday night young peoples	0
From the Heart	100.00
Gratitude Group	0
Harrisburg Group	0
Last Chance Study Group	0
Last House on the Block	0
Life By The Book	0
Lowell Lakeside	80.00
McKenzie Bridge	0
Monday Mens Stag	0
Monday Night Cont. Study	0
Monday Night New Group	0
New Freedom	0
New Freedom 2	0
Old Time AA	0
Physical, Mental, Spiritual	0
Saturday Night Beginners	0
Saturday Step	0
Sober Awakenings	0
Stairway to Sobriety	60.00
Sunday Morning Big book	0
Men's Sponsorship	0
Sunday Women's Step Stdy	0
Sutherland Group	0
There Is A solution	0
Thursday Candlelight	0
Thursday Night Group	0
Thursday Voyagers Group	0
Tuesday Beginners	0
Unknown	0
We Need Each Other	0
Wednesday Mens Noon	0
Wednesday Men's Stag	90.00
Who am I Group	54.00
Womans Road to Recovery	60.00
Women's How It Works	0
Women In the Solution	0
Total Contributions/Group	1,079.94
<b>fundraising:</b>	
Faithful Fivers, individual	155.12

Opened at 6:35 with the Serenity Prayer  
Motion passed to accept agenda as written  
Minutes from December's meeting  
accepted as read.

**Reports:**  
**Treasurer** Gary R. announces that budgets will need to be submitted this evening for each committee.

**Volunteer Coordinator** Bill B. announces that he needs volunteers, they are working with a skeleton crew.

**Literature** Wendy W. absent, no report

**Answering Service** Johanna announces that she needs a vice chair

**Public Information** Barney announces that he desperately needs help. Will be going into one school, Oakridge, will have a booth at the VA and possibly Willamette Valley Treatment, but needs people to help him carry the message.

**Cooperation with the Professional Community** Angel met with CODA, and also The Westside Medical Clinic. Says things are going well, he also needs a vice chair.

**Activities** Linda thanks all those that attended the New Years dance, and especially those that stayed and helped with clean up! Next dance is 2-11 speaker at 7pm dance from 8pm to 12am.

**Newsletter** Matt informs the group of the problem with the copier, and states that he will be sending the newsletter out for printing until we obtain a suitable copier.

**EVI speakers meeting** John states that he needs to get word out about speakers meeting.

**Outreach** Peggy announces that she wishes to resign.

**Hospitals and Institutions** Harold says the committee has decided to put all the H&I panels in the directory, also discusses the idea of having an H&I rep for each meeting. Reps to bring that request back to their groups.

**Hospitals** Susan announces Johnson unit meetings Tuesdays at 6pm

**Corrections** Bob says he needs volunteers he has applications available.

Minutes from Steering committee meeting read and accepted.

Nominations and subsequent elections for Vice Chair positions as follows

**Outreach**  
Chair Tim H. 726-8558  
Vice Chair Michele H. 688-0862  
**Literature**  
Vice Chair Rich F. 744-7902

**Hospitals**  
Vice Chair Jean D. 688-3791

**Public Information**  
Vice Chair Jim P. 686-0619

**Answering Service**  
Vice Chair Frank K. 345-7131

**CPC**  
Vice Chair Gene C. 726-7457

**Office Volunteer Coordinator**  
Vice Chair Gus P. 343-4815

**Corrections**  
Vice Chair Karl B. 345-7466, 688-1047

**Old Business**  
Ed brings up some solutions to the problem of not having a quorum, or losing the quorum halfway through the meeting. Motion to adjourn in the middle of this discussion and quorum was lost.

Adjourned at 8:05  
Secretary Deana Dartt  
1-19-00

### Crossword Answers

31. recommended 34. give 35. principles  
28. meditation 29. forgiveness 30. perfection  
sage 24. discontented 27. spiritually  
19. bewilderment 21. rid 22. mine 23. mes-  
9. willingness 10. go 16. can 17. nuts  
5. harmony 6. spiritual 7. covered 8. agnostic  
1. elevator 2. powerless 3. courage 4. first  
Down  
46. dead  
nial 43. higher 44. supporting 45. sober  
38. inventory 39. constitutionally 41. egoma-  
32. cloud 33. grace 36. Armistice 37. we  
25. amends 26. vision 31. responsible  
ence 18. obsession 20. juggernaut  
12. crawl 13. two 14. defense 15. expert-  
4. frothy 6. Silkworth 8. Akron 11. brainstorm  
across

Thanks to AA in San Antonio for the puzzle

# How to lose 100 ugly pounds

In the Altiplano (high plateau) of Peru and Bolivia live the descendants of Inca Indians. Over two miles up, the air is thin and the Indians have adapted to their harsh and difficult climate. Many are potato farmers, cultivating several varieties of potatoes which grow up there.

On market days, it is customary to see men trotting along the road with one hundred pounds or more of potatoes in sacks on their backs. At that altitude, carrying all that weight must be quite a job. When they sell their goods, they return to their distant homes. It is said that on the return trip they fill their backpacks with one hundred pounds of stones so as not to grow unaccustomed to carrying!

These images came back to me when I took my Fifth Step with Jim, my sponsor. We had gone to a diner after a meeting. With fear and trembling, I began what I thought was going to be a very painful exercise. Quite the contrary! Jim made it easy for me to unburden myself of the weight I'd been carrying around for years.

In the course of the next several hours, little by little, I emptied that backpack. As weighty matter after weighty matter came spilling out, I felt my spirit soar. Like a descendant of the Incas, I went to that diner with my one hundred pounds of wrongs. I admitted them to my sponsor who then assured me that through this **7** process, I no longer needed to be concerned about them. Then and there, the burden of guilt, shame, and remorse was lifted.

But how often we begin to fill our newly emptied backpacks anew under fresh loads. It is as if we had become accustomed to carrying all that junk around, almost as if we had grown fond of the burden.

So we need to take an occasional look (every day!) into our backpacks to see if we haven't tossed in a stone every now and then. And when we discover some load of guilt or shame, some wrong we may have committed, we can toss it out. Otherwise, we spend all our lives struggling to walk, burdened by these impediments.

The word "impediment" comes from the Latin word *impedimenta* which means baggage. To me, it means whatever we carry around — guilt, wrongdoing, shame, remorse. Instead of trying to live our lives with that burden, we unload all of that weight through Step Five, and we drop off the occasional rock or two which we may have acquired through Step Ten. Unlike the Indians of the Altiplano, we don't need to continue our journey with a fresh load — "so as not to grow unaccustomed to carrying."

Dan J., Maryknoll, New York  
Reprinted from "Best of the Grapevine, Vol 3"  
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## Rule 62

Since I've joined AA, I've gained quite a bit of weight. A friend told me it was because I didn't get as much exercise as I used to.

"But I never exercised while I was still drinking," I protested.

"Sure you did," he countered. "Here's the exercise program you were on:"

- Hitting the bottle
- Beating yourself up
- Bending the rules
- Stretching the truth
- Jogging your memory
- Running into trouble
- Jumping to conclusions
- Stepping on toes
- Climbing the walls
- Dodging responsibility
- Pushing your luck
- Pulling the wool over peoples eyes
- Walking all over people
- Carrying a grudge
- Throwing fits
- Picking up the pieces.

Wow! Small wonder I've put on a few pounds!

A sponsor and his newcomer are at a meeting when the newcomer suddenly collapses, goes into cardiac arrest and falls to the floor. The paramedics arrive, perform CPR and bring the newcomer back to life. "My GOD!" says the sponsor. "I thought we had lost you".

The newcomer looks up and tells his sponsor, "I believe I was actually dead for a short time. I saw a bright light and felt myself basking in the light of my Higher Power. I'm sure it was Heaven. It was an amazing experience!"

"What was Heaven like?" asks the sponsor.

The newcomer smiles and replies, "Well, I got good news, and I got bad news. The good news is that in Heaven they have a huge speaker meeting every Thursday night. All the greatest AA speakers that have passed away speak there".

"And the bad news?" asks the sponsor.

The newcomer looks his sponsor in the eyes and replies, "The bad news is that you're the speaker next week".

# 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)
  - Please send me a receipt at the end of the year

Name: \_\_\_\_\_

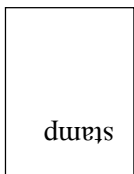
Address: \_\_\_\_\_

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  
Eugene, Oregon 97401