

# New Year's Resolution - 2004

As the year draws to a close, it is customary in our culture to take some stock of our lives and draw up a list of New Year's Resolutions: of things which we have not accomplished in the previous year, into which we resolve to put more effort, and mistakes we have made, which we vow not to repeat. Having done this, it is also customary to spend the last evening of the old year indulging in those very things which led to the mistakes and unfulfilled ambitions, leaving us in sorry shape on the morning of the First, chastened, perhaps, but not well equipped to take any positive action.

I have kept a diary more or less faithfully for the last twenty-five years, through periods of sobriety and periods of descent into alcoholic bottoms, through graduate school, career, marriage, childbearing, family upheavals and profound spiritual experiences. At the beginning of December, I am in the habit of leafing through the record of the previous year, preparatory to writing a Christmas letter. This serves as an inventory of sorts, as I sort through things I would like others to know about, things of no interest, and things I would prefer to remain private. In the latter category I often unearth unresolved resentments - interactions with others which ended badly. My first reaction may be to immortalize the other person's offensive behavior; then I realize that not only is a Christmas letter no place for a litany of complaints, but that some of the offenders may be on the recipient list. It is easiest to simply omit the incident and individual from the narrative altogether, but this does leave the resentment hanging fire.

The word resolution can be used in at least two senses. A New Year's Resolution takes the form "I resolve to do (or not do) X", and expresses a determination to act in a particular way. The phrase "New Year's Resolution" might also be construed as a conflict which became resolved on that particular date. Might I not return to those un-resolved difficulties of the previous year, and examine whether any of them could be re-solved in a tidier and more satisfactory way than was possible at the time?

It is said that a person's main control over his past lies in his ability to change the effect it has on him in the present. This is particularly true if a tricky situation appears to have reached no conclusion. If the business is unfinished, one cannot rewrite its beginning, but one can still rewrite the ending.

My immediate reaction to an interpersonal conflict is to withdraw. Usually I manage to do so with sufficient tact that those around me are unaware of the extent to which my negative emotions are aroused. Unfortunately, if conflicts are numerous, and involve groups of people, the end result of this strategy (which is not inherently a bad one) is social isolation. For me, a useful year-end exercise might encompass examining all the situations and people from which I have withdrawn in the past year, and asking myself whether contact might reasonably be re-established, or, failing that, what other social activity might be added to take its place. Avoidance followed by striking out on a new path is a very different matter from dead-end avoidance which leads to cowering in a hole.

In looking over the diaries from a dozen drinking years, I note that in every single one I 'resolved' at the end of December to "do something" about my drinking. I was well aware that my behavior was abnormal, but I clung to the illusion that it would become normal if I just brought enough will-power to the task. Grasping at straws, I conceived a New Years Resolution as some sort of magical incantation or mantra which would supply the missing ingredient that would enable me to achieve sobriety.



# E.V.I. News

## January 2004

### Contents:

New Year's Resolution - 2004	1
AA Meetings	2
Intergroup News	3
Contributions	4
The Good AAs from Outside	4
Calendar and Events	5
Gratitude	5
People	6
Fellowship or Socializing?	6
Echoes in the Valley	7
Rule 62	7

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

*continued on page 2*

# AA Meetings:



continued from page 1 (New Year's Resolution - 2004)

New:  
None

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

Canceled:  
None

Topic of interest:

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

*Please remember to let us know if your group stops meeting. It's a lot easier to remember when you are starting a meeting, but if you stop meeting remembering to remove it from meeting lists may save someone frustration and more when they really need a meeting. To submit changes of any kind please fill out a form in the "Meeting Book Changes" book at the EVI office. Ask a volunteer at the front desk for it. Thanks!*

On those occasions when my resolution involved cutting down on and controlling my drinking, the failure of this method was immediately obvious. I would stop drinking altogether for a week or so, and immediately feel more alert and full of energy. I was never far enough advanced in alcoholism to experience dramatic detox symptoms. My improved spirits led to increased sociability, and increased sociability invariably put me in situations where 'just one drink won't do any harm' was a persuasive argument. Within a month I was back to being a daily drinker and a weekend basket case. Quitting for a defined period of time likewise carried with it the implication that it was OK to drink once that time had elapsed, and I invariably did so.

Once, fairly early in my drinking career, I quit on New Year's Day and managed to stay sober for eight months. If I had found AA then, my sobriety date might be 1-1-1974. Instead, after eight months I decided to let a normie room-mate monitor my controlled drinking, and after two months of that, I stopped asking her permission. None of my subsequent attempts to quit, whether pursuant to New Year's resolutions or to resolutions associated with changes of job and residence, lasted as much as a month, until I hit bottom in 1980. From then on, I was sober until after the birth of my first child, in August of 1984, when I was depressed and succumbed to the temptation of 'something to take the edge off.'

The next New Year's Resolution, January 1, 1985, stuck better. I knew now that even after a fairly lengthy period of sobriety, and strong incentives not to drink to excess, I reverted to my old patterns in a very short time. Coincidentally, my father entered alcoholism treatment, and for the first time in my life I got a coherent education in the realities of alcoholism while participating in family sessions. I attended a few AA meetings, but the logistics of doing so while working full time, caring for an infant, and living fifteen miles from town discouraged me. A sane life style and a good spiritual program kept me sober for nearly ten years without AA, but then my well-ordered world started to fall apart, and I started drinking again. My next New Year's Resolution to quit drinking is dated December 31, 1994. Without a good social support system, that one lasted about eight months. On December 31, 1995, I made the same resolution, but was unable to last a month; thereafter, I didn't even try.

I used to pray, fervently, for the strength to stop drinking. I was praying for the wrong thing. I had the strength to stop drinking. I had the resolve to stop drinking. What I lacked was a compelling reason not to resume drinking once I had stopped. Nothing internal, nothing intellectual could provide that. Even solitary spiritual practice was insufficient, for however fervent and sincere one's relationship with a Higher Power, that relationship becomes clouded and distorted when one is emotionally unbalanced, and the addition of mind-altering substances only exacerbates the confusion. I needed a reality check which could only be provided by a grounded human community. Without such a grounded human community, of which AA is a sterling example, the best resolutions rarely resolve anything.

Martha S.  
Eugene, Oregon

# Emerald Valley Intergroup

## Business Meeting Minutes - December 8, 2003

Meeting opened at 6:30 by Harold B. with the Serenity Prayer. Twenty four representatives on hand for a quorum, including Dist 6 and 19.

### OLD BUSINESS

Meeting Directory Co-Chair OPEN

### NEW BUSINESS

#### Announcements:

NEW YEARS EVE DANCE AT AGATE HALL, Speaker meeting and dance. Speaker at 7:30, Dance at 9:00-12:30 ... GAMES!

There will be training for EVI reps before every business meeting 1/2 hour before the business meeting.

**Budgets:** Submit your budgets for next year by the end of December so they can be approved in January.

**Motions:** NONE

Elections were held for the rotating Steering Committee positions.

EVI Co-Chair Bob T. 342-1588

EVI Vice Treasurer OPEN

EVI Secretary Jenne B. 688-1189

Member-at-Large Lori P. 343-2515 2yr.

Member-at-Large Ken L. 747-8270 2yr. Member-at-Large Bill N. 747-7486 1yr.

#### REPORTS:

**Outreach:** Brad M. Doing well and needs volunteers.

**H&I:** Larry W. Doing well Read the complete text of H&I minutes on the website.

**Treasurer:** Lori B. Looking good. Committee Chairs please get your budgets in.

**Office:** Bill B. Office doing well, we are working on a security procedure to allow volunteers an easy solution to uncomfortable situations related to security.

**Literature:** Todd P. We have a good stock of literature on hand and things are going well.

#### Communications:

**Website:** Jesse R. Web is running fine no reported problems.

**Meeting Directories:** Lee P. Doing well, Please keep us updated on any changes to your groups meeting times and date, Same with Districts for their DCM's etc. It makes it nice to put out an accurate meeting directory.

**News Letter:** Martha S. doing well could use some stories, articles, etc. for newsletter.

**Diverter:** Bob E. Went well in November. Transition to new system went well so far. Need volunteers for Jan.-Feb.-March. 8 volunteers per month needed.

**Public Information:** Bob P. Doing well need lots of volunteers to help us carry the message.

**CPC:** No report

**Activities:** Holly S. New Years dance. Need help cleaning up.

**Archivist:** Report given by Bob T. They are talking to various people .

**Speaker Meeting:** Given by Harold B. Want more local speakers.

**Steering Committee:** Harold B. Report on area assembly in Grants Pass. Hired Elizabeth R. as new Bookkeeper. Elected Tom L. to the Financial Advisory Board as the third member. EVI reps. should be more involved with EVI - i.e. Become the diverter coordinator and speaker meeting rep for their group, by recruiting volunteers from their group as needed on a rotating basis.

Submitted By Roger H. Secretary--Outgoing



## EVI Office

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

## EVI Web Site

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

Meeting schedules, business meeting minutes, and much more.

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

## E.V.I. News

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

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

Submissions due by last Monday of each month. To submit articles or event information, mail them or drop them off at the EVI office c/o EVI Newsletter. Submissions can also be e-mailed to: [eviaa@efn.org](mailto:eviaa@efn.org) or [masvetus@aol.com](mailto:masvetus@aol.com).

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:

*"My heart will always be in institutional AA, for I know what it has done for me."*

## The Good AAs From Outside

(Dec 2003)

Anonymous/Unknown 2.00/12.00  
As Bill Sees It 25/75  
Attitude Adjustment 0/1145.47  
Autumn Group 48.00/108.00  
Brown Bag Group 0/175.00  
Caduceus 0/113.00  
Cottage Grove Gratitude 26.00/80.00  
Cottage Grove Noon 0/10.74  
Courage to Change 0/78.00  
Daily Reflections 120.00/170.00  
Downtown AM Group 102.60/1522.79  
Early Firehouse Group 0/30.00  
Freedom of Choice 0/356.80  
Friday Night BB Study 90.00/209.22  
From The Heart 0/200  
Get Well Group 0/20.00  
Gratitude Group 0/80  
The Great Fact Group 5.00/20.00  
How It Works 0/493.00  
Last Chance Study Group 0/120.00  
McKenzie River Group 20.00/20.00  
Monday Mens Stag 0/330.26  
Monday Night Beginners 0/0  
New Freedom 0/395.50  
New Freedom II 360.00/600.00  
Primary Purpose 0/0.50  
Recovery By the Big Book 0/0  
Recovery By The Steps 0/100.00  
Rush Hour Group 0/53.00  
Saturday Morning Steps 0/220.00  
Search For Serenity 112.57/821.67  
Sober Awakenings 0/660.00  
Sobriety for Life 0/144.00  
Springfield Monday Night 0/15.00  
Sponsorship 0/20.00  
Stairway to Sobriety 25.00/548.54  
Sunday Morning B.B. 189.71/970.86  
Sunday Sunshine 0/285.00  
Sunlight of the Spirit 0/50.00  
Sunday Night B.B. Study 79.00/121.00  
Thurs. Men's Book Study 0/100.00  
Thurs. Men's Spons. Group 0/0  
Try God Group 408.38/1646.00  
Tuesday Night Mens Stag 0/40  
Veneta Gratitude Group 0/30.00  
Vet's and Friends 0/40.00  
We Need Each Other 0/100.00  
Wed. Night Men's Stag 100.00/400.00  
Women's Bedrock 281.34/281.34  
Women's Courage to Change 177/177  
Women's How It Works 10.00/84.66  
Womans Rd. to Recovery 0/205.25  
Women's Wednesday 0/2.00  
Total Contributions (month/year to date)  
Group month/ytd 809.98/13484.46  
**Contributions/Individual**  
Anonymous/Unknown 00/155.30  
Faithful Fivers 60.00/969.40  
Ind. Contributions/Other 138.85/480.71  
Total Contributions/Ind. 198.85/1333.92

June 8, 1970, was my fifteenth AA birthday. I am an ex-convict and an alcoholic. The very first time that I ever heard of AA was behind prison walls. I was at a point where I didn't care any more what happened to me, for I had already lost everything that was near and dear to me. I didn't have a friend left in the world. I never knew what the visiting room looked like, for I never had even one visitor, and all the mail I ever got only reminded me of the past.

Then two inmates made a Twelfth Step call on me, and, with no place else to go and nothing to lose, I went to an AA meeting. I was almost sure that I wasn't an alcoholic. I was unable to stop drinking after the first drink, and I got into trouble every time I drank, but I thought this happened to everybody who drank. But the good AAs coming in from the outside - men I had never seen before in my life - had done some of the things that I had done while drinking, and they said openly that they were alcoholics. I could never remember anybody being as nice and friendly to me as these AAs from the outside world. I just sat back and listened and took it all in, and wondered at the same time if I was one of them.

One day, after a meeting, I asked out sponsor if he thought I was an alcoholic. He said, "Only you can answer that." But then he said, "Let me ask you something. Do you think that you would be in this place today if you had not been drinking?"

I didn't answer him. That night in my cell, for the first time in my life, I took an inventory of myself. As far back as I could remember, every time I drank I got into trouble. Then I knew the truth. I didn't know where I came from, and I didn't know where I was going, but I did know where I belonged, and that was in AA. Today, I owe my very life to AA and to those good AAs who so freely gave of themselves and their time, to show me that somebody cared, that somebody loved me.

I went to work on myself, through this AA way of life. I learned to make my time in prison work for me, by going to AA and learning what life was really all about. I made much progress in AA. When I got out on parole, I found some other wonderful AAs waiting for me with open arms. They didn't accept me as an ex-con; they accepted me as another alcoholic who needed and wanted help. Today I think of myself as growing into AA. After fifteen years, I am still growing and hope to keep on growing, because staying sober is a lifetime job, one day at a time.

# January Calendar



## Currently Available Service Positions:

H&I has a constant, and varied need for people willing to do a little to a lot of service work. There is also a special need for women volunteers for Lane County Jail, CCC, Willamette Valley Treatment, etc. 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. If you are already certified to take meetings in to the jail, please consider volunteering. The jail is not now certifying new volunteers. This is real service work.

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

## The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*Reprinted from Alcoholics Anonymous, pages 83-84 with permission of A.A. World Service, Inc.*

- 1st Mon Steering Committee 6:30PM  
Tue District 20, 6:30PM 418 A St. Ken L. 747-8270  
Tue District 33, 6:30PM Alan U. 741-2617  
Wed District 19, 5:30PM Sandy V. 485-4827  
Thur Speaker Mtg Committee, 7:00PM Angel 431-4924  
Fri Communication Meeting, 6:00PM John G. 686-5602  
Sat Cooperation with Professional Community, Noon  
Sun Activities, 5:00PM Mindy 954-2048  
2nd Mon EVI Business Meeting 6:30PM  
Wed District 6, 6:30PM Tim A. 726-8558  
Sat Answering/Diverter, 9:00AM  
Sat EVI Speaker's Meeting, 7:30PM Country Club Road  
3rd Tues Public Information, 6:00PM Bob P. 434-1045  
Last Wed H& I Committee, 6:00PM  
Last Day Literature Committee, 6:30PM



# Fellowship Events

**February 19-22, 2004, Buffalo NY. 40th Annual International AA Women's Conference.** Come for a long weekend of: Workshops, Panels, Alkathon, Tours, Banquets, Meetings, Sobriety Count Down, Entertainment and **Fun & Fellowship.**

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

**The EVI Speaker Meeting for January Happens Saturday January 10, at the Living Hope Church, 2801 West 18th, at 7:30 pm. The AA speaker is Dale D., and the Al-Anon speaker is Marian F. Child care is available.**

**The Oregon Area Quarterly Assembly Happens February 27-29 at the Resort of the Mountain in Welches, Oregon. For information consult [www.dfweb.com/assembly](http://www.dfweb.com/assembly). Quarterly assemblies are open to all AA members, and feature workshops and speakers as well as the area business meeting. Contact your group's GSR if you would like to attend as an observer.**

**Pathfinders (formerly Recovery Riders) organizes outdoor events for AA members and their families. Their schedule includes a movie night on January 10 and a beginner's snowshoe trip on January 24. Check out their website (<http://www.geocities.com/recoveryriders/> for information on trips.**

# People:



## OFFICE VOLUNTEER COORDINATOR

Bill B. (685-9216), Doug R. (461-3872)

## ACTIVITIES

Holly S. (338-0316)

## ANSWERING SERVICE

Bob E. (747-2246), Julien X. (541-520-7408)

## ARCHIVIST

Jim G. (689-5052), Neil C. (968-0190)

## COOP. PROFESSIONAL COMMUNITY(CPC)

Carola K. (736-8041), Nadine P. (683-5730)

## E.V.I. COMMUNICATIONS:

John G. (686-5602)

Newsletter: John G. (686-5602),

Martha S. (687-9569)

Website: Jessie(485-3474), Open

Meeting Directories: Lee P.(741-9824), Open

## E.V.I. SPEAKER MEETING

Vicki K. (688-5042), Kevin (520-0103)

## LITERATURE

Todd P.(689-4646), Mindy F. (954-2048)

## OUTREACH

Brad M.. (913-0652), Open

## PUBLIC INFORMATION (PI)

Bob P. (434-1045), Bill D. (461-6132)

## HOSPITALS & INSTITUTIONS (H&I)

Chair: Larry W. (513-5626)

## HOSPITALS

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

## COOP. TREATMENT FACILITIES(CTF)

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

## CORRECTIONS

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

## H&I Coordinators

Lane County Jail: Ted H. (338-8380)

C.C.C. (Women's): Sandy V. (485-4827)

C.C.C. (Men's): Tom R. (465-1832)

Alma Work Camp: Bud W. (935-8833)

Pathways: Kenny (461-2937)

Serbu Detention: Jack C. (463-1040)

Carlton House: Joe C. (554-3558)

W.F.T.-Friday Night: Janis (935-8833)

W.F.T.-Book Study: Leslie B.(606-5776),

Mindy H. (954-2048)

Serenity Lane-Speaker: Cayce (746-6990)

Serenity Lane-B.T.G.: Gus P. (463-1691)

Serenity Lane-Sat. Cindy D. (988-0183),

Jason (912-8217)

L.C.P.H.: Todd(302-6377), Bruce(302-3050)

Johnson U.: Steve(914-9258), Jill(302-1311)

V.A. Meeting: Dennis (607-5127)

## E.V.I. STEERING COMMITTEE

Chair: Harold B. (579-8087)

Vice-Chair: Kurt J. (747-8925)

Secretary: Roger H. (688-3641)

Treasurer: Lori B. (684-8670)

Vice Treasurer: open

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

At-Large: Bob T. (342-1588)

At-Large: Steve O. (431-1205)

At-Large: Jenne B. (688-1189)

BOOKKEEPER: Elizabeth R.

## *The Good AAs From Outside (Continued from page 4)*

Please let me beg you AAs everywhere to support our institutional AA. Remember, these alcoholics cannot come to us, but we can go to them. My heart will always be in institutional AA, for I know what it has done for me. What it has done for me, it can and will do for others. The alcoholic is not in prison by choice; he is there because he is alcoholic and could not handle the bottle. But he can be shown a beautiful way of life through AA if we will only take time to carry him the AA message of love and understanding: that no alcoholic is so free as he who is bound to AA.

The head may seek AA, but only the heart will find it, and the will of God will never lead us where the grace of God cannot keep us.

C. M., Miami, Florida, reprinted from *The Grapevine*, February 1971

## **Fellowship or Socializing?**

(From Wisconsin)

Do you remember your first AA meeting? Were the members warm and receptive toward you, drawing you into conversation, or did they let you sit there with your hung-over self for company?

During the last few months, I've attended AA meetings in several Midwestern towns, and I've been shocked at the coldness displayed toward newcomers and strangers in most of these groups. One of the meetings, held in a clubhouse, involved several alcoholic patients from a nearby mental hospital. During the meeting, the speaker urged the patients to 'join in the fellowship after the meeting.'

Then, as soon as the last 'Amen' was uttered, the AA regulars bolted from the game room, leaving the patients stranded in a hostile little conclave. One woman muttered, "What's the matter? Aren't we good enough for them?"

In several AA club-connected facilities, I noticed a pervading haughtiness among club members, as though they regarded themselves as an elite few. Many of them seemed to confuse 'fellowship' with 'socializing.' One club's biweekly buffet dinner was touted as 'real fellowship.' Actually, isn't there a vast difference between AA fellowship and the social functions of an AA-related club? Isn't AA fellowship (to paraphrase) a sharing of our experience, strength, and hope with each other so that we may solve our common problem and help others to recover from alcoholism? Or is fellowship a piece of cake after the meeting?

Isn't 'our primary purpose...to stay sober and help other alcoholics to achieve sobriety'? How can we help newcomers if we remain aloof and if they interpret this as hostility directed toward them personally? What can we accomplish if we proclaim 'fellowship' and yet practice exclusiveness?

'People are lonely because they built walls instead of bridges.'  
People get drunk that way, too.

Dee , Grapevine, February, 1971.

# 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.)

"That fun from drinking is perishable."

Melody D - Primary Purpose

"My primary purpose is to stay sober, OUR primary purpose is to carry the message."

Greg W - Monday Noon Stag

"The 'God Security Camera' is only watching YOUR back yard."

Steve S - Friday Stag

"F. Scott Fitzgerald notwithstanding, there are second acts in American lives - at least in our lives in AA."

Bud - Sober Awakening

"Alcoholism is a disease with three parts - Thanksgiving, Christmas, and New Years."

Amanda, Sober Awakening

"Here's the steps. Here's the traditions. Where's Life's Terms?"

Walt B - Monday Noon Stag

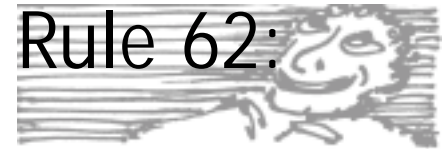


## Excerpts From the Nation's Press Grapevine Clip Sheet, February 1948

Boston, Mass., "Post": "Guernsey Island in the English Channel has an effective way of handling toppers. It still retains its ancient custom of blacklisting alcoholics, in the hope of reforming them. A member of the tippler's family applies to the court, which issues an official order that no one is to sell him liquor thereafter, and to put teeth into the ruling the court orders a police photo of the offender to be posted in every bar. In England in the days of Oliver Cromwell drunkards were punished by being forced to walk around in a barrel with their heads protruding from the top and their arms dangling on the sides through holes. It has been suggested that this custom may be the origin of the term 'pickled.'

"The ancient Romans used an 'aversion therapy' that is not unlike certain modern methods in use. Chronic alcoholics had to drink wine in which live eels were swimming, on the theory that this would create excessive disgust.

"The word teetotaler, by the way, stems from the French 'the-a-toute a 1'heure,' which means literally 'tea in a little while.' (Our resident French language expert suggests that a better translation and practice is 'tea at all hours.')



You know it's your last day at work when:

You wake up hung over. You have a black eye and barked knuckles. Your wallet is missing. You're in jail. Last night was the company Christmas party.

----

Overindulgence was very much a part of American colonial life. There was the gentleman who walked into the office of a noted inventor and remarked: "About this new cotton gin of yours, Mr. Whitney - now there's a drink I'd really like to try."

The Tuesday night meeting featured a long-winded speaker. After forty minutes, he had hardly gotten past World War II. He paused to catch his breath. One exasperated listener remarked to his neighbor: "I wonder what comes next?" Everyone got a chuckle out of the reply - "Wednesday!"  
(Grapevine, 2/1971)



# 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