

Faithful Fiver Pledge:

Emerald Valley Intergroup
1259 Willamette
Eugene, Oregon 97401

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

Name: _____

Address: _____

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

"Faithful Fivers" are individuals who donate \$5 or more per month to help support Intergroup. We will post your nick name on a board in the office, with a little red dot placed for each months contribution, so you can track of your contribution. (We don't remind you, or otherwise keep track of it for you, and we will send you a newsletter whether or not you have remembered to send in your pledge.) You can contribute monthly, quarterly or yearly, and if you check the receipt box, and are on the News mailing list, we will send you a receipt at the end of the year. (If you want a receipt, but would like to save EVI postage by picking up the News at the Office, or the EVI Business Meeting, fill out your nickname and address, but write "no news" next to your address.) Our "Faithful Fivers" Program is new this last year, and was a great help. The idea came from an article in the G.S.O. Newsletter "Box 4-5-9 on similar programs at other Intergroups.

GET THE NEWS!



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It's Never Too Late

From Ft. Walton Beach, Fla.: When Mac, an Irisher AA angel of mercy, brought me into AA, I told him that I was too old (I was sixty-four then) and that it was too late. He explained that there were older members and that age was not a membership limitation.

At the outset of AA, I could not visualize the emotional struggle of the coming dry days — the discomfort of being amongst people again and the terror of being called upon to speak. If I had known this, I would probably have chosen alcoholic death instead of the road to recovery.

It's easier now. All the listening and the reading and the practice of these principles in all my affairs are paying off in a measure of faith, serenity, and happiness, gifts I have never had nor imagined in my wildest dreams.

The point of all this is that we older AAs — and the younger ones who have been "way down there" — should not expect instant recovery upon entry into the AA way of life. The rosy dream of serenity may come true slowly, a day at a time. The climbing of the Twelve Steps may be ever so painful, but if we use the same dedicated persistence that we used in drinking alcohol, we win out. It does work! As the guy says: "If it will work for me, it will work for anybody!"

Harry R. Cranvina March 1974



Your Friendly Bartender

Hi! My name is Vance. I'm your friendly alcoholic neighborhood bartender. When I first came to Alcoholics Anonymous in October 1963, I was debilitated, depressed, and dying. That's why I never took another drink, even though I've served over one million of them since.

Alcohol is for those who can handle it. More power to them. I can't. When I drink, weird things happen. Jobs, friends, loved ones are whisked away from me as if by magic. I awaken in strange places. I exist in limbo, desperate and lonely. That beautiful intangible called happiness somehow eludes me. A few of my customers are like that. I read it in the lines of their taut faces, hear it in the hollow ring of false laughter. It's a concrete reminder of what I used to be like. It helps keep me from temptation.

I like tending bar. Most of my customers are normal drinkers — they have two or three drinks and quit. God knows how they do it; I never could. As a bartender with a reputation for sobriety and honesty (both, I'll admit, unnatural states for me), I now consistently get the best jobs available. Occasionally, when one of my customers breaks down and admits that booze has him whipped, I get to carry the message.

From time to time, an AA friend drops in at the bar to say hello and maybe have a Coke. But I don't encourage these visits. With all that blue sky and green grass out there, why come to a dark bar where people are sitting around numbing their sensibilities? Give me the outdoors any time — or the refreshing friendship of an AA meeting. When I'm off duty, wild horses couldn't drag me into a bar. Certainly, we AAs shouldn't be afraid to enter a bar if we have a *definite business reason* for doing so, but it seems to me that those who still socialize in bars are skating on thin ice.

Over the years, I've looked across the bar at a considerable cross section of humanity, from internationally famous personalities to down-and-out skid-row bums. It's a fact of life for me that alcoholism strikes indiscriminately at all levels. May all those who need us find us.

Grapevine March 1974



E.V.I. News

May, 2001

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Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401

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



OFFICE VOLUNTEER COORDINATOR
Judy B. 687-9389, Jim K 302-0942
LITERATURE
Dave S. 465-1767 Kathy C. 747-5222
ANSWERING SERVICE
Linda 345-5827
ARCHIVIST/HISTORIAN
Linda 345-5827
PUBLIC INFORMATION (PI)
Brad 744-3861 Tom S. 686-8388
COOPERATION PROFESSIONAL COMMUNITY
Cathy B. 343-1962/ Alan 988-3595
ACTIVITIES
Sandi D 463-0586 Amy W. 741-1892
E.V.I. COMMUNICATIONS
Newsletter: Robert S. 684-9439
Website: Michael W. 343-2566
Meeting Books: Doc M. 461-4800 Angel 431-4924
E.V.I. SPEAKER MEETING
AI D. 345-2058/ Gaylene G. 953-3425
OUTREACH
open
HOSPITALS & INSTITUTIONS (H&I)
Chair: Karl B. 688-1047 karl@rpginvest.com
Secretary: Gus P. 463-1691
COOPERATION W/ TREATMENT FACILITIES (CTF)
Laura K. 345-5788
HOSPITALS
Bruce P 338-9892
CORRECTIONS
Ron B. 988-1827

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

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

Self-Made Man

My name is Pat and I'm a self-made man and I don't have to take my hat off to anyone. (Or I wouldn't if I owned a hat.) I worked hard to become what I am. No one helped me. I was independent, dependent on no one, not even a Higher Power — whom I've never had much time for. I was so determined to get to be what I am that I wouldn't let anything or anybody interfere.

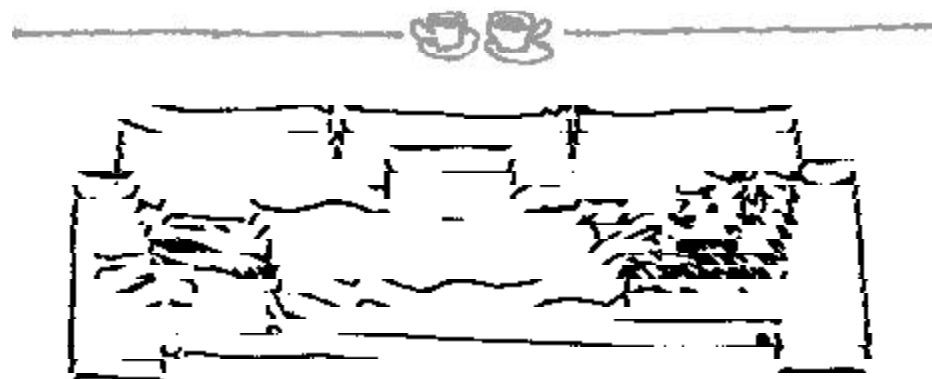
It's hard to get to the top of the heap. It took the best years of my life. It cost me every cent I could lay my hands on, but now I've made it! Now, at the age of fifty-five, I am a chronic, full-blown alcoholic. God, how I worked at it! I didn't let my wife or children interfere. My old mother, now eighty-one, cried at night and couldn't sleep, just because she thought I was working too hard at this profession. I loved all these people and told them many times that I would quit and take up something else. I would tell them anything to make them feel better and get them off my back long enough for a little more practice at my profession. Every day was another twenty-four hours gone. Day after day, time was running out, so I just worked at it that much harder.

If anyone who reads this isn't sure he's an alcoholic, my advice is: Don't give up! Hang in there and give it all you've got. I did. It's hard, around-the-clock work, but it's worth it. Once you've made the grade, you've got something nobody can take away from you. You will be an alcoholic the rest of your life. So when you get as near to being one as many of you are, stay in there and keep working.

If it costs you your home, your wife and kids, even your health — if you have to sleep in jails or in the hay in the stockyards or in a car body in the city dump — do it! It's your life. Don't let anybody else run it or stop you from being what you set out to be. Who knows? After all the ground you've covered, maybe you're almost there. Once you've crossed that invisible line, no man can take your alcoholism from you. It can be arrested in AA, but you will always have it. Any time you want to start practicing your profession again—even after fifteen or twenty years—one little drink, and you're on your way.

Stay in there and fight. Never give up. I didn't until I could truthfully say, "My name is Pat and I am an alcoholic."

*P.C., Revenna, Nebraska
Grapevine, March, 1974*



Paul finally figured out where to conveniently hide the case of beer from the wife.

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EVI Business Meeting Minutes, continued from page 3

Public Information: Brad M.

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

CPC: Kathy NO REPORT

Activities: Sandi

Sandi (463-0586) reported that a dance is planned for May 5th at Emerald Park. Committee meets the 2nd Tuesday of the month at the EVI office. Sandi could sure use some committee members, or at least some volunteer help at the Dances (setup/takedown). Tentatively planning the annual EVI picnic in August.

Speaker Meeting: Gaylene G. for AI

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

Outreach: David B. NO REPORT

Archivist: Linda L. NO REPORT

H&I: Harold B for Carl.

"WE STILL NEED WOMEN" for meetings. The committee is in desperate need of women volunteers for the Johnson Unit and Lane County Jail meetings. A three (3)-page Minutes handout was presented to the inter-group, and copies may be made out of the office from the EVI office. Thanks Harold

Steering Committee: Chris H. gave the steering committee report.

APRIL Old Business: Elections for Vice Chairs of the following Committees were required in April for rotation.

Vice Chair of Steering Committee Nominations opened. Two years Sobriety are required. Nominees were Jim P., Tom S. (declined), Frank K. (declined) Nominations closed and Jim P. elected as Vice Chair. Jim's phone number is 688-7915. **Thanks Jim**

Diverter Coordinator Vice Chair Nominations opened. No Sobriety requirement. **No Nominations**

Activities Committee Vice Chair Nominations opened. No Sobriety requirement. Nominees were Amy W. Nominations closed and Amy W. was elected as Activities Vice Chair. Amy's phone number is 741-1892.

Thanks Amy

Office Volunteer Coordinator Vice Chair Nominations opened. No Sobriety requirement. Nominees were Jim K. Nominations closed and Jim K. was elected as Office Volunteer Coordinator Vice Chair. Jim's phone number is 302-0942. **Thanks Jim**

CTF Committee Vice Chair Nominations opened. No Sobriety requirement. Nominees were Tom F. Nominations closed and Tom F. was elected as CTF Committee Vice Chair. Tom's phone number is 988-1103 or 729-6663.

Thanks Tom

PI Committee Vice Chair Nominations opened. No Sobriety requirement. Nominees were Tom S. Nominations closed and Tom S. was elected as PI Committee Vice Chair. Tom's phone number is 686-8388. **Thanks Tom**

APRIL New Business:

Office Copier: Ad Hoc committee presented motion to purchase a new copier capable of in house computer interfacing for a total expenditure of **\$2,210.00**. General discussion followed. Based on the information provided, cost of copies were be less than currently contracted with current provider. Question and answer period gave information that warrantee is for 90 days, and that an auto feed system would cost approximately \$400. more. **Motion Tabled for EVI reps to take information and decision back to the Groups.** Vote to be held at May EVI business meeting.

Vice Treasurer: The current vice treasurer (Vince H.) was elected to position without the By-Law required two years of continuous sobriety. Question had been raised to Steering Committee, and resolution by body required. Initial motion to waive the By-Laws for this particular election, and uphold the elections result was put on the floor. Discussion followed, with most arguments in favor of maintaining by-law requirements for the position of Vice Treasurer. Description of Treasurers responsibilities given by current Treasurer Mel M. Vince H spoke to the issue indicating the office requirements were perhaps more than he had originally anticipated. Upon possible resignation by Vince H, original motion to waive by-laws withdrawn. Vince H. graciously resigned position. Steering committee Chair Chris H suggested that elections for replacement vice-treasurer be held in May, giving the AA members in the community time to consider the postion. No dissent, and elections to be held next month.

Committee Positions still Open: Diverter Coordinator Vice Chair, CPC Vice Chair
Motion to adjourn at 7:45 PM Respectfully Submitted Tom L.



EVI Office

1259 Willamette
Eugene, OR 97401
Monday-Friday 9:00 am-5:00 pm
Thursday 9:00am- 8:00pm
Saturday 9:00 am - noon
Drop by for a visit!

EVI Web Site

www.efn.org/~eviaa

Meeting schedules, business meeting minutes, and much more.

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

E.V.I. News

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

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

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

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

Contributions:

- (Mar/year to date)
 As Bill Sees It **0/50.00**
 Attitude Adjustment **136.80/345.64**
 Autumn Group **25.00/25.00**
 Backwoods Bunch **0/0**
 Brown Bag Group **0/100.00**
 Cottage Grove Gratitude **0/0**
 Cottage Grove Noon **0/0**
 Creswell Steps & Traditions **0/0**
 Downtown AM group **104.23/585.72**
 Drop The Rock **0/0**
 Fireside group **0/60.00**
 First Monroe Group **0/0**
 First Things First **0/0**
 Four Corners **0/0**
 Freedom Of Choice **96.50/96.50**
 Friday Big Book Study(M) **0/0**
 Friday Physical Awakening **0/48.00**
 Fri night young people **0/0**
 From the Heart **0/0**
 Gratitude Group **60.00/60.00**
 Harrisburg Group **0/0**
 Jasper Group **0/0**
 Last Chance Study Group **0/0**
 Language of the Heart **0/10.00**
 Lowell Lakeside **0/0**
 McKenzie Bridge **0/2.00**
 McKenzie River Group **0/6.00**
 Monday Mens Stag **0/50.00**
 Monday Night Cont. Study **0/0**
 Monday Night New Group **0/20.00**
 New Freedom **100.00/400.00**
 New Freedom **20/0**
 Physical, Mental, Spiritual **0/0**
 Plug in the Jug **0/0**
 Recovery by Big Book **0/15.75**
 Saturday Night Beginners **0/0**
 Saturday Step **0/259.20**
 Sober Awakenings **0/300.00**
 Sobriety for life **0/80.00**
 Springfield Monday Night **20.00/20.00**
 Springfield Study Group **0/40.00**
 Stairway to Sobriety **25.00/100.00**
 Sunday Morning Big book **0/240.00**
 Sunlight of the Spirit **0/18.60**
 Sunday Night 12x12 **0/0**
 Men's Sponsorship **100.00/120.00**
 Sunday Women's Step Stdy **90.00/90.00**
 Thursday Voyagers Group **0/0**
 Thurs PM Rush Hour **0/20.00**
 T.G.G. Speakers Mtg **0/120.00**
 Tuesday Night Book Study **0/0**
 We Need Each Other **0/0**
 Wednesday Mens Noon **60.00/60.00**
 Wednesday Men's Stag **0/252.00**
 Who am I Group **20.00/60.25**
 Womans Road to Recovery **0/60.00**
 Women's How It Works **0/0**
 Women's Bedrock **0/60.00**
 Ya Po Ah **0/40.00**
 Total Contributions (month/year to date)
 Group ytd **890.53/3882.65**
Fundraising:
 EVI Speakers Meeting **0/0**
 Faithful Fivers, individual **(forgot to check)**

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pray for them. Some I can call; to some I can send a friendly card. For others, I might think of something more concrete and practical. Invariably, a small miracle occurs: as I go down the list, a name jumps off the page and says, "Hey, you idiot! It's my birthday and you forgot it." Or "You promised to call me and you haven't." Or "You owe me money, you weasel!" When that happens, I address the situation at the earliest opportunity. And while I am doing it, I am not thinking of myself; not obsessively contemplating why people don't appreciate me; nor am I comparing myself with the Joneses. I forget myself. The prayer of St. Francis says, "It is through self-forgetting that one finds" and it works every time. Whenever I forget myself and think of others, even if only for a short while, I find peace of mind and serenity

Giving Something Away

Living alone as I do, I am prone to periods of fairly severe depression, especially on weekends. I really can give in to self-pity. One of my spiritual advisors told me, "I no longer know what to say to you; you won't listen to any advice and you keep being depressed. I can only pray that eventually you will be able to change and find relief."

I was finally driven to change by the depression itself. I couldn't bear it any longer. Then one day, an idea came to me. I started giving things away. I am a person who sits alone in my apartment with my books and papers and then complains that no one calls or comes to see me, so I started with my books. I computed what 10 percent of my total number of books would be and picked that many from my bookcase to donate to a local charity. My bookcase became more manageable; so did my mind. I felt good. At last I was giving instead of taking. I felt relief from my depression and self-absorption at least for a while. I also eliminated some clutter from my apartment, which makes my life a little more sane and adds to my peace of mind.

I have had real difficulty with learning to become emotionally sober, and only now, after seventeen years in a recovery program and forty-five years in this "mortal coil," am I beginning to grasp it. While I cannot claim a great deal of success with emotional sobriety, I do know, through experience both bitter and sweet, that praying, helping others, and giving something away bring me a measure of serenity and help me accept and live life as best as I can, one day at a time.

Grapevine April 2001



With keen scientific mind, Mike found that going through his empties and heating the bottle, a few more precious drops could be coaxed out of each bottle.

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May Calendar:

E.V.I. and District Committee Meetings:

1st	Mon	Steering Committee 7:00
	Tue	District 20 418 A St. Karla B. 744-0509
	Tue	District 33 6:30 EVI office. Pam G 895-5478
	Wed	District 19 6:30 Tracy R. 338-4320
	Thur	Speaker Mtg Committee 7:00 EVI Office
	Sat	Cooperation w/Prof. Community, 12N EVI Office
2nd	Mon	EVI Business Meeting 6:30
	Wed	District 6 6:30 Larry W. 334-3609
	Sat	Answering 9AM
		EVI Speakers Meeting, 7:30 Country Club Rd Sun
3rd	Mon	Communication Committee 7:30 2495 Columbia
	Mon	Public Information 6:30
	Tue	Office Volunteer 5:30
	Wed	Activities 6:30 pm
	Thur	Cooperation Prof. Community
Last	Wed	H&I Committee 6:00
Last	day	Literature Committee 6:30

Fellowship Events:

- Quarterly Assembly**
May 18-20 Holiday Inn at the Portland Airport 8439 NE Columbia Blvd. Preregister.
- 50th Annual Miracles Rally**
May 25-27 Archie Browning Arena 1151 Esquimalt Road Victoria BC

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Business Meeting Minutes

The meeting was called to order at 6:34 p.m. The meeting opened with the Serenity Prayer. Those present introduced themselves.

New EVI Representatives:

Carol	Sober Awakenings 7:00 AM
Elizabeth	Mount Vernon Tuesday Night Book Study
Josh	ABC Saturday Night Group

A quorum of 18 EVI Reps were present to conduct business. (15 required per amendment to by-laws)

Committee reports:

Treasurer: Mel M.

Profit & Loss statements are available in the office and distributed to all present. \$ 1015.27 Net Income for the month. No outstanding literature costs. Group Contributions up \$400. Thanks Mel

Volunteer Coordinator: Judy

Currently rewriting "office volunteer directions". Encourages members of fellowship to come down and "visit", and help out with daily chores. Glad we have a new vice-chair for office coordinator (see new business-elections). Thanks Judy

Literature Chair: Dave S.

"We have books for sale". Literature is going well. Transition complete from old chair. Thanks Dave

Website: Michael W.

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

Meeting Book committee: Doc NO REPORT

Newsletter: Robert S.

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

Answering Service (Diverter Coordinator): Frank for Linda L.

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

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Gratitude:

Currently Available Service Positions:

EVI Service Committees:
Vice-Chairs for the following committees:

Newsletter the thing in your hands! Some computer experience helpful.

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

Other volunteer opportunities:

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

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

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

relaxing, enjoyable, rewarding service work? volunteer at the Office!

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

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

AA Meetings:

New:

Eugene Men's Book Study

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

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

El Deseo de Vivir

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

El Latino de Eugene

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

Moved:

T.G.G. 5/10 Speakers Meeting has moved to
4110 River Road, Eugene,
Friday's 8:00 - 9:30 pm (O) (WCH)

Expect a Miracle Group Tue 7:00-8:30 PM has
moved to LCC Main Campus, Rm 420 (W) (WCH)

Thurs Night Candlelight Thurs 8:00-9:00 PM has
moved to 1031 Mill St. Eugene

Women's How it Works Wed 12:00-1:00
has moved to 1166 Oak St., First Christian
Church, Eugene

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.

District Notes!

6

My name is Gus P. and I am an alcoholic. I'm the current DCM for District 6. My sobriety date is 12/1/93 and my home group is the delightfully irreverent Autumn Group. We meet every Tuesday night at 7:30 p.m. at St. Mark's Catholic Church located at 1760 Echo Hollow Road. Please join us.

Greetings from District 6, heart of the Emerald Valley. Sit Toto, sit! Speak! It has been a busy year so far in District 6. We have 14 registered groups in the District. Our monthly business meeting is usually attended by 6 to 10 GSRs, Alternates or interested members; and typically 5 to 7 groups are represented. These numbers have remained somewhat constant this year and represent a significant increase over the representation which existed only a few years ago in the District. District 6 meets every second Wednesday of the month at 6:30 p.m. at the Emerald Valley Intergroup Office located at 1259 Willamette Street. Everyone is welcome to attend.

District 6 has been busy working on putting together a bid to host an Area Assembly. We have joined with our friends in District 20 in this effort and have formed a joint Assembly Planning Committee of between 6 to 8 people representing the two districts for this purpose. We have been meeting regularly since mid December to collect information and review our options. We originally had hoped to bid for the February 2002 Area Assembly. However, we have discovered that local events result in a conflict for both the February dates and for May 2002. So we have turned our attention to September 2002. Our Planning Committee is currently evaluating a proposal from the Hilton Hotel for these dates and we continue to work hard on preparing a suitable bid. We remain hopeful.

District 6 is financially solvent and is building its treasury in preparation for co-hosting an Area Assembly. Following submission of the bid, the District's Planning Committee will turn its attention to putting on a workshop/ice cream social this summer and hosting an AA event in January 2002. We have already discussed several topics for the workshop and are always willing to work with our neighboring districts to co-host a workshop.

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

We are delighted to be an active part of the Oregon Area and the Emerald Valley Intergroup and we look forward to continued fun and sobriety in being of service.

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

33

Hi, my name is Pam G. and DCM for District 33. Our district monthly meeting is held at the EVI office the first Tuesday at 6:30 pm every month. We are having a great turn out and lots of fun. Our meeting usually lasts an hour. In March we had a CPC (Cooperation with the Professional Community) and PI(Public Information) workshop and potluck. We got a lot of good information and some pretty good food. If you are looking for service work, come check us out... it's a good thing!

In Love and service, Pamela G

Three Paths To Peace

I sat at my kitchen table and thought. "I am going to have to commit myself to a mental institution." I could not do life. I had not had a drink for seventeen years, or a drug. Nor did I gamble, buy expensive clothes or "toys," nor do any of the usual things that create havoc in people's lives. I was trying to live a good, decent life. Yet I was emotionally and mentally sick: self-absorbed, paranoid, and reclusive. Finally, I had had enough. I began to experiment with the three simple tools-prayer, helping others, and giving something away—that have helped to relieve the oppressive cloud of depression, self-pity, and self-absorption in which I lived for the last ten years.

Praying

Recently, I underwent open-heart surgery, during which a mechanical valve was placed in my heart. Blood clots can form on the valve, so I am required to take anticoagulant medicine for the remainder of my life. Before the operation, I was told in general terms that I would be on such a medicine, but the specifics, such as having to have regular blood tests to monitor the level of drug in my system, were not explained until after the valve had been installed, when it was a moot question. You can't very well say, "Gee, now that I know more, I'd like to rethink the procedure." What's done is done. But for about a month, I walked around with what I thought were justified resentments against the doctors and the hospital for not fully informing me of the facts, both medical and financial. I told everyone I met about it, until eventually, even I got sick of hearing myself. That got me to take action. I made a list of the people I resented and began praying for them, once a day, every day for two weeks.

At first nothing happened, but I knew that I was on the right track. By the end of the first week, I was cleaning house (literally, not metaphorically) when I came across some literature about the surgery that I had been given prior to the operation; it explained all about the anticoagulant medicine and the ramifications of it. So in fact, I had been told ahead of time; I just had not taken the time to process the information and prepare myself mentally and emotionally for what it meant.

I still resented the financial issue, however; for I now found myself with a big, fat medical bill, when I had had the impression that my insurance policy would foot the whole thing. My insurance did cover most of the expenses, but the small percentage that was left for me to pay was still a good deal of money, at least on my budget. Eventually, I was brought to see that had I taken the time to investigate the matter properly before the procedure, to calculate the percentage I had to pay, and to use that information in making my decision as to when to have the operation—in other words, acted maturely—I would not have been surprised by the bill. After the two weeks of prayer, I had no more resentments, for I had come to see that I had not taken sufficient responsibility for my own life and my own finances.

Helping Others

Another tool I use to sober myself up emotionally and to expand my outlook is focusing on the needs of other people and trying to increase their happiness, instead of thinking of my own all the time. It may sound corny, but I often take a pad of clean paper and a pencil and start listing every person I can think of at that particular moment—people from the past and present, work and home, and intimate and casual acquaintances. I impose no order on the task, and eventually I have a list of fifty to one hundred names. Then I go back to the list and think of one thing I can do for each person. Perhaps all I can do is

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Rule 62:

HEARD AT MEETINGS

"An alcoholic is someone who wants to be held while isolating." *Dave S., Ithaca, New York*

"Drinking didn't drown my problems, it irrigated them." *Dick L., New Westminster, British Columbia*

"Don't push a newcomer to do all Twelve Steps too fast. A heavy downpour runs off, whereas a gentle rain soaks in."

A WINO GOT WORK on a construction gang. After an hour or so, the foreman yelled at him, "Hey, everyone else is carrying eight bricks, how come you're only carrying four?"

Replied the alky, "I dunno, maybe they're too lazy to make two trips."

A MOTORIST HAD A FLAT in front of a rehab center in the city. He got the tire off okay, but let all four lug nuts roll down into a sewer. Watching from inside the fence, a patient suggested, "Put your spare on with one nut from each of your other three wheels, and that'll get you to a service station."

The man thanked him profusely, adding, "How can someone so resourceful be in a place like that?"

"I'm in for being drunk," said the other, "not stupid."

MAYBE THERE IS NO FOUNTAIN OF YOUTH, but a couple drinks sure do make almost everybody act a lot less mature.

from the Grapevine