

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 month's 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!



A Wee Bit of Caledonia in the Willamette Valley

(In August 2002 we were graced by a visit from a family from Scotland. Here is Allan's letter to all of us.)

Hello Emerald Valley, My name is Allan and I am an Alcoholic, worse than that, I am from Scotland. A place called Glasgow. The press call it no mean city and there was a book of that name about the violence in the city of Glasgow. When I was growing up I was told that you tell no-one your business or your problems, so I kept everything to myself until drink beat me and I found Alcoholics Anonymous.

This was a place where people told me that if I did not take one drink I could not get drunk and I thought that can't be the answer, it's too easy. Well folks, I have learned that was the answer, but I have also learned that there was a lot more to it than that. I learned that I had to start sharing how I felt, what hurt me inside and what made me tick.

They told me (my new found friends in AA) that there was a program of recovery for people who wanted to recover from this illness of alcoholism, so I embarked on a journey. A journey where I had to try to learn how to be honest with myself first and then others who I may come into contact with. This I found was at times very easy and at times very hard, you see I am a stubborn person and I am used to being right all the time (so I had a lot of work to do).

You need to remember that this little ex drunk from Glasgow had never been outside Glasgow in his life and now through the principles of the program of AA I started to get work, I became self employed and for this my wife, Mary, bought me a computer. Later on I got the internet fitted for the kids, mind you I am the biggest kid in this house at times.

Anyway, while learning about the internet in 2000, I found the Serenity Cafe, where I met a very special lady by the name of Ellie T, known as E.T. to the AA community. That was nearly three years ago and we've had the privilege to come over there to visit with E.T. while we were in Vancouver, Canada two years ago in Sept. 2000. Through E.T. and the cafe we have met many wonderful people like Leon and Shelly, Dave and Beth Mark, David M., but with the exception of E.T. I had never met any of the other people face to face.

I cannot tell the people of the Emerald Valley how I felt when E.T. invited myself and my son Wee Allan and wife Mary over to Eugene to stay at her place again and meet some of the people that I had been chatting to on this little box for the past two years but never met. If that had been all that it was, it would have been enough, but E.T. and God had other plans for this ex drunk and his family. Beyond your wildest dreams springs to mind as I write this for it was one adventure after another from the minute we arrived in Seattle on August 8, 2002.

We went to the theatre on our first night to see E.T.'s son, Harry, in a play that he had the lead in. Awesome! We met E.T.'s new beautiful granddaughter in Vancouver, Washington, we were made welcome wherever we were took. From Washington we traveled to Eugene where both myself and Mary had the honour to speak at the EVI Speaker Meeting on Saturday, August 10th where we met a host of new friends and again, were welcomed with open arms by one and all. On the Sunday our new AA friends in Eugene held a surprise birthday party BBQ for my wife in the park. We were over at the coast at a place called Reedsport on the Monday where we met with another

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E.V.I. News

October, 2002

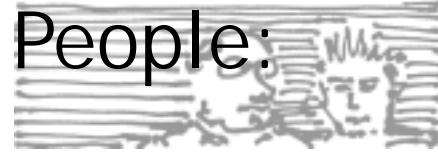
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Emerald Valley Intergroup
1259 Willamette St.
Eugene, OR (541) 342-4113

stamp

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401



OFFICE VOLUNTEER COORDINATOR

Bob E. (747-2246), Open

ACTIVITIES

Mindy H.(687-9369), Valerie Z.(686-1936)

ANSWERING SERVICE

Carola K.(736-8041), Jana (431-3839)

ARCHIVIST/HISTORIAN

Linda (345-5827)

COOP PROFESSIONAL COMMUNITY

Frank K.(345-7131), Vicky

COOP TREATMENT FACILITIES(CTF)

Laura K.(345-1788), Cathy B. (342-6675)

E.V.I. COMMUNICATIONS:

Michael W. (343-2566)

Newsletter: Tefany H.(746-1438),

John G.(686-5602)

Website: Darren (485-3474), Open

Meeting Books: Elisabeth R.(747-5814),

Open

E.V.I. SPEAKER MEETING

Angel (439-4924), Mary Jean (485-7854)

LITERATURE

Michelle H.(232-0101), Letha (687-6623)

OUTREACH

Bill N. (747-7486), Ted H. (338-8380)

PUBLIC INFORMATION (PI)

Tom S.(686-8388), Ryan M.(465-1053)

HOSPITALS & INSTITUTIONS (H&I)

Chair: Karl B. (688-1047)

karl@rpginvest.com

HOSPITALS

Larry W. (334-3609), Steve S.(914-9258)

CORRECTIONS

Ron B. (988-1827), Tom R. (465-1832)

H&I Coordinators

Lane County Jail: Brenda K. (484-6773),

Ted H. (338-8380)

C.C.C. (Women's): Kari M. (344-8147)

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

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

Pathways: Glen B. (689-8539)

Serbu Detention: Jack C. (463-1046)

Carlton House: Joe C. (554-3558)

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

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

Serenity Lane-Speaker: Cayce (746-6990)

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

Serenity Lane-Sat. Kurt J.(747-8925)

L.C.P.H.: Todd J. (302-6377)

Johnson Unit: Jill S.(302-1311)

V.A. Meeting: Ray T. (689-8429)

E.V.I. STEERING COMMITTEE

Chair: Jim P. (345-5382)

Vice-Chair: Harold B. (579-8087)

Secretary: Dave C. (912-6203)

Treasurer: Ryan A. (513-6498)

Vice Treasurer: Tom L. (683-7706)

At-Large: Todd (607-6349)

At-Large: Sandi (463-0586)

At-Large: Lori B. (684-8670)

At-Large: Bruce P. (338-9892)

BOOKKEEPER

Kurt

Staying Half-Green

One of the best ways to work the AA program is to stay about half-green. And two ways of possible failure are to turn sour or to get overripe.

“Let the other guy up, but be hard on yourself,” said my sponsor as he backed me against a telephone pole and poked my chest with his powerful, stubby finger. Just to disarm him and get him off my back, I agreed.

The reason for his attack had been my growing propensity for griping, taking others' inventories, and dourly prognosticating that AA was falling apart and that there was no hope for the majority of those who came to the program. He was drilling into me the fact that I'd turned sour.

Before my entry into AA, during the years I was a bird of misery, I didn't realize how much of a way of life it was for me to be harsh, peevish, and discontented. When the emotional steam built up, when my pop-off valve blew, I grabbed a bottle to solve my problems.

I had turned sour long before drink came into my life, so sour that life was meaningless to me sober, and the only way to live was to find a plateau of peace. This was supplied by good old booze.

How does a person become sour in AA? For me, it's easy; I have to fight it all the time - not as much now as a few years ago, but I'm well aware it can return at any moment. “AA promises only sobriety.” This little goody I brushed aside as I looked for instant serenity, instant God, instant relief from all problems. My expectation of perfection in others mounted. I sidestepped newcomers who appeared at meetings with booze on their breath, sneered at those who arrived with financial troubles for which they seemed to be seeking monetary help, and gave freely of my advice - which even I wasn't taking.

Well, things didn't work out the way I wanted them to. People didn't act or react the way I thought they should. If others disagreed with me and refused to come around to my way of thinking, they probably didn't have a chance, I told myself. As I grew more sour, I began to erect barriers, and suddenly felt all alone again. My old companion had been booze, and its specter began to arise. The feeling of fighting took over. (It has been said that if you fight a problem long enough, you'll finally wind up in bed with it.) Luckily, my sponsor and others got through to me, and I was free to trudge on.

What about getting overripe? I became overripe after about five years in the program. Although I didn't say so aloud, my attitude screamed that I had all the answers. It particularly satisfied me to corner newcomers and give them the benefit of my vast knowledge. It pleased me when a newcomer mentioned in a meeting how much I had meant, and still meant, to him. Of course, I cloaked my pride with phony humility, taking the kudos with deprecatory gestures - but loving every moment of it. It actually griped me if an AA “client” of mine didn't mention my name at least once when leading a meeting.

What I really wanted heralded was my ego, my great goodness, my superior knowledge, for all to hear of, so that people would seek me out because I had the word. True, my superb counseling might have done an occasional newcomer some good, but the backlash on me was harmful. Again, I'd set myself aside, above, beyond. Alone.

The overripe character sets himself up just as surely as the sour one. He is so busy carrying his own personal holy word that he begins clamming up about himself. The ranks of overripe and sour characters are thinned periodically by those who fall off the rotten tree limbs.

So I've come to believe that being half-green means a healthy sobriety. Over the years, I've tried to single out those who seem to speak only when asked, present an opinion only when pressed, don't exude a feeling of superiority, and can be counted on not to tear a person apart. By observing them, I have gradually come to realize that they have trodden the middle road, they've remained about half-green. They are willing to listen, willing to share on an equal basis, can slow down when others are running, don't

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friend of Bill W's, Judy, who had balloons in our motel room for my wife's birthday.

I have never felt nearer to my God than the day Bob L took me fishing on the McKenzie River on his McKenzie River drift boat. There were Ospreys and Eagles taking fish out of the water in front of us and Steelhead swimming under us and the most beautiful scenery that I have ever seen in my life.

We experienced our first ever AA campout (we do not have campouts in Scotland). This was held at a place called Tillamook at Leon and Shelly's place where the people that I had been chatting to for over two years all met up and I had the privilege to meet them face to face. My son and I went white water rafting on rubber tubes, we had meetings under the stars, Leon even sang with his guitar and we had pot luck, this was all new to us. There was a very spiritual feeling at that campout and a lot of love from people that I had never met before. People who are trying one day at a time to work this program into their lives, as I am trying to work it into my life.

We took in a few meetings in places like Portland when on the final leg of our journey E.T., Mary, Wee Allan and myself where invited up to stay at Karla and Jerry's house in Portland, and again were made more than welcome. We seen Crown point and Multnomah Falls before having to leave and head back uphill to Washington and finally Seattle for our sad departure back home to Scotland.

The point of this letter is firstly to thank my friends new and old for making our holiday a very special holiday, a holiday of a lifetime, and secondly to say to the newcomer to Alcoholics Anonymous there is hope after drink. This wee ex drunk from Glasgow never thought that he could stay sober for one day never mind be happy and contented. I never thought that anyone had ever done the things that I was doing or thought the way I thought until I sat at my first meeting and heard someone share their experience strength and hope and from that humble first meeting I got hope and a new way of life.

So to all my friends In Eugene and the Emerald Valley, I say a big thank you for letting this Wee alkie from Scotland into your Hearts and lives and I love you all.

To my very special friend Ellie T, without who none of this would or could have taken place. Thank you Ellie from the bottom of my heart.

So from Mary, Wee Allan and Big Allan. Thank you E.V., and thank you E.T.

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I don't want to fall into the bleeding-deacon category; if AA changes, I will change with it, in order to stay sober and continue to grow as a human being. Still, change for the sake of change is not always a good idea. Being consistently liberal is boring; being consistently conservative is dull. The human mind is capable of endless variations, and I want to experience as many as possible - but without floating around like a straw in a windstorm.

Spirituality is a priceless component of our program for me, though I am not a listed member of any church. We have built into the core of AA a three-pronged approach to recovery from alcoholism: mental, physical, and spiritual. Without the spiritual element, AA meetings become nothing but group-therapy sessions - and a lot of us know how well we did in group therapy.

Without the tools of our program of recovery, an AA meeting is nothing but a temperance lecture or a rally where pep talks are given by a sober coach. When we do not allude to the Steps or the Big Book, the newcomer can easily end up wondering why AA thinks it's any different from any other outpatient clinic for alcoholism. And we may start having the same success rates as most of these clinics. We don't want that to happen.

Now that I've presented the problem (or is it a' tempest in a teapot?), let me talk



EVI Office

1259 Willamette (in the alley behind the copy shop)

Eugene, OR 97401

Monday-Friday 9:00 am-5:00 pm

Saturday 9:00 am - 4pm

Drop by for a visit!

EVI Web Site

www.efn.org/~eviaa

Meeting schedules, late breaking news, 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 immediately following the EVI business meeting the second Monday of each month.

Contributions:

(September/year to date)

Anonymous/Unknown 0/122.90
Attitude Adjustment 0/1047.44
Autumn Group 0/135.00
Backwoods Bunch 0/0
Brown Bag Group 0/265.00
Cottage Grove Noon 0/62.00
Cottage Grove Speaker Mtg 0/34.73
Courage to Change 0/201.00
Creswell Steps & Traditions 0/0
District 19 0/50.00
Downtown AM group 0/1036.22
Fireside group 0/60.00
First Monroe Group 0/0
First Things First 0/0
Freedom Of Choice 0/0
Fresh Start at Noon 0/100.00
Friday Night Stag 0/150.00
Friday Physical Awakening 0/0
Get Well Group 0/15.00
Gratitude Group 0/0
How It Works 0/80.00
Last Chance Study Group 0/0
Language of the Heart 0/0
McKenzie River Group 0/12.00
Men's Daily Reflections 0/128.57
Monday Mens Stag 0/150.00
Monday Night Cont. Study 0/0
Monday Night Beginners 0/3.00
New Freedom 0/599.00
New Freedom II 0/300.00
Primary Purpose 0/1.00
Recovery By the Big Book 0/30.00
Saturday Morning Steps 0/180.00
Search For Serenity 0/587.00
Serenity Seekers West 0/50.00
Sober Awakenings 0/540.00
Springfield Monday Night 0/15.00
Stairway to Sobriety 0/350.00
Sunday Morning Big book 0/680.00
Sunday Sunshine 0/59.76
Sunlight of the Spirit 0/75.00
Sunday Night 12x12 0/45.00
SW Sunset 0/34.50
Thursday Men's Book Study 0/60.00
Try God Group 0/546.50
Tuesday Men's Sponsorship 0/50.00
Tuesday Beginners 0/11.50
Tuesday Night Book Study 0/100.00
Veneta Gratitude Group 0/95.39
We Need Each Other 0/100.00
Wednesday Mens Noon 0/120.50
Wednesday Men's Stag 0/210.00
Who am I Group 0/72.00
Womans Road to Recovery 0/60.00
Total Contributions (month/year to date)
Group month/yt 0/8722.11
Fundraising:
Anonymous/Unknown 0/136.67
Faithful Fivers, individual 0/946.00
Ind. Contributions/Other 0/402.49

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advertise their mental and emotional eruptions, but accept sobriety as a progressive retreat from "the big I."

Staying half-green means that I can accept criticism objectively and at least think about it, rather than reject it as a direct attack on the transcendental me. Becoming sour or overripe indicates to me a stoppage of the flow of that Power greater than ourselves. It means that a waterless, sunless land has been reached, where progress stops. It could lead me back to the bottle, that outward manifestation of my deeper-seated emotional upheaval, the symptom that brought me not only to my knees but flat on my back.

It is a beautiful thing to watch newcomers creep into meetings, desperate, miserable, all folded in on themselves - and then, as time in our Fellowship works its subtle miracle, begin to blossom from that tight, withdrawn bud and regain dignity and self-respect. I am eternally grateful that I may walk and work with them to the best of my present ability, one day at a time. I walk better when I do not walk alone.

R. W., Van Nuys, California, *Reprinted from The Grapevine October 1976*

What Ever Happened?

When I was catapulted into AA eleven years ago, I was considered a younger person. I was told that people like me were unusual when AA began, that younger people were sometimes advised to go out and get themselves a story. Nobody said that to me. I was referred to AA by a psychiatrist after I had encountered many of the animals from Walt Disney's movies in person and after I had lost my job. I was ready. I had hit bottom. I had qualified by any standard.

I quickly saw I had needed AA in my life before I reached that chronic stage. I had always been alcoholic and could have used AA at twenty or maybe even earlier. So I set about making new people, who had come as close to the chronic stage as I had, as comfortable as I could.

I made remarks in my talks to appeal to them. I said I should have been here earlier. I got active speaking to non-AA groups and helped point out the usefulness of our glorious program to problem drinkers before they had DTs and enlarged livers, or were collecting unemployment checks.

Members who thought as I did helped expand AA's membership. We have worked hard during the past decade to prove to the world that "the only requirement for AA membership is a desire to stop drinking."

If I had it to do over, I would do it over. But I must admit a prejudice: I still feel at some unconscious level like a low-bottom, down-at-the-heel, old-fashioned, garden-variety drunk!

Bill said AA must change, and it has. I went to three meetings last week where nobody mentioned the Big Book, sponsorship, the Steps, or Twelfth Step work. The three speakers gave breezy, sophisticated talks and then launched into advice to the newcomer, which was actually a plug for their therapists. They made AA sound like a charm school. They talked about dieting, dressing well, and not smoking. They really tried to turn the room on with a lot of erudite talk - and I must admit, they succeeded.

I felt lonesome. I felt outdated. What ever happened to our "program of recovery"? I hear that there are no musts, but I can't help feeling some people have interpreted that theory to mean that AA is an abstinence club, and you get your other guidance from more chic and expensive sources.

One old-timer was sitting in the middle of one of these new meeting rooms (no Slogans, no AA literature, no coffee and cake). She interrupted all the Noel Cowardish talk and advised the group to just come to meetings, stay away from one drink one day at a time, practice the Steps, and try to give it away, and everything would be fine. They ignored her. I wanted to kiss her.

The phenomenon I am speaking of may be true in certain areas only. There are slight regional differences in AA, and I am all for them. But will this move away from "old-fashioned" AA begin to spread? And would it be so bad if it did?

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October Calendar:

E.V.I. and District Committee Meetings

All meetings at EVI office unless otherwise noted.

- 1st Mon Steering Committee 7:00
Tue District 20, 6:30 418 A St. Ken L. 747-8270
Tue District 33, 6:30 Pam G. 895-5478
Wed District 19, 6:30 Tracy R. 338-4320
Thur Speaker Mtg Committee, 7:00 Angel 431-4924
Sat Cooperation w/Prof. Community, Noon
- 2nd Mon EVI Business Meeting 6:30
Mon Communication Committee, 7:30
Wed District 6, 6:30 Gus P. 463-1691
Sat Answering/Diverter 9AM
EVI Speakers Meeting, 7:30 Country Club Rd
- 3rd Mon Public Information, 6:30
Tue Office Volunteer, 5:30
Wed Activities, 6:30
- Last Wed H&I Committee, 6:00
Last Day Literature Committee, 6:30

Fellowship Events:

November 14-17, Honolulu, Hawaii, 41st Annual Hawaii Convention. EVI Office has registration forms and information or go online to www.lava.net/~hconv

November 25, Springfield, Oregon. Springfield Monday Night 50th Anniversary Potluck. 418 N "A" Street, First Christian Church. 7pm. Speaker - Eileen H. Contact Bonnie R (541) 988-1661 for more information.

November 1-3, McKenzie Bridge, Oregon, Women's Annual Fall Retreat. St. Benedict's Lodge, Northbank Road. Contact Robbie T (541) 485-5717 or Karen S (541) 485-4955 for more information.

November 15-17, Clackamas, Oregon. Oregon Area 58 Quarterly Assembly. Monarch Hotel, 12566 SE 93rd Ave. Contact Jim A (503) 266-2416 (Jimjer@ptld.uswest.net) or Angie P (503) 913-3868 (angelao@hlyw.com) for more information.

Gratitude:

Currently Available Service Positions:

Women Volunteers are especially needed at the EVI office. **EVI Office Volunteers** work a four hour shift, once a week, or every two weeks. Currently we have over 30 volunteers, but only five women. This is a fun way to get involved and get to know some other AA's in the community. It is recommended that volunteers have 3 months of sobriety. If you are interested, call the EVI office at 342-4113 and leave a message for Bob E.

Other volunteer opportunities: **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. This is real service work.

The following co-chair positions are open: Website, Meeting Books, Outreach, and Volunteer Coordinator. These positions take varying time commitments and are great ways to be of service. Contact the committee chairs for more information.

AA Meetings:

New:

Monday Noon Men's Stag

Monday, 12-1pm., 1376 Olive St.
United Methodist Church - Room 19
Closed, Men

No AA Member Plays Doctor

Tuesday, 6-7pm, 938 Jefferson Street
Sheppard Apartments Community Room.
Handicapped Access

Changed:

The Big Book Study Group Sunday meeting from 7-8:30pm has a new location! They now meet at the American Legion, at 8th and "C" streets in Springfield. This is a non-smoking meeting now.

The Friday night Voyagers Group is now The **Friday night Tradition Study Group**. Same time and place.

Canceled:

AA Nooner at the Alano Club on Wednesdays

First Creswell Group on Wednesdays

Big Book Study at the Alano Club on Fridays

Put the Plug in the Jug Meeting in Eugene on Fridays

Cottage Grove Candlelight Meeting on Saturdays

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.

Emerald Valley Intergroup

Business Meeting Minutes-September 9, 2002

Jim P. has stepped down due to health reasons.

Meeting called to order at 6:30 pm by Harold B. with the Serenity Prayer. Eighteen voting reps were present for a quorum.

Committee Reports:

Treasurer: Ryan A. says everything is good.

Volunteer Coordinator: Bob E. reports office co-chair has stepped down but will stay on until position is filled.

H and I: Volunteers always needed.

Literature: Michelle says everything is fine

Website: Darren reports that the Website is running. They need a co-chair. HTML experience is helpful.

Meeting Books: Amanda W. says September books are out and available.

Newsletter: Teffany H. would like volunteers and articles for the newsletter.

Answering Service: Carola K. needs diverter update from groups .

P. I.: Tom S. reports that volunteers are needed.

C.P.C. : Frank K.

Activities: Leetha says there will be an event next month.

Outreach: Bill N. says they are willing to come to group business meetings for presentations on what they can do for groups.

Archivist: Linda L.

Steering Committee: Harold B.

Speaker Meeting: 2nd Saturday of the month at Grace Community Church

OLD BUSINESS: None

NEW BUSINESS:

Office door to allow access to electric panel. EVI to donate and install door. Seconded and passed.

Meeting books EVI was printing 2000 books at a time asked for \$ 730.00 to print 2500 books at a time because we were running out of books before the next printing and were in some cases handing out outdated books to newcomers which was not good.

Motion seconded and passed.

Co-Chair Elections

Activities: Valerie Z. 683-1936

Meeting Books: Open

Literature: Letha M. 687-6623

Outreach: Open

Office: Open

H. and I.: Open (nominated from H&I)

Newsletter John G. 686-5602

Website: Open

Submitted by Roger H. Secretary

Oregon Area 58 Website

The Oregon Area 58 Website is now up and running. Point your browser to www.aa-oregon.org. The Oregon Area Newsletter will also be available online at www.aa-oregon.org/newsletter.htm.

Echoes in the Valley

(Echoes in the Valley is a new column in our newsletter. If you hear anything profound or interesting or humorous 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.)

"We have the tools, and can be the nut, too!"

Kayman - Junction City Group

"It would've been more fun if I'd have been sober."

John G - Springfield Monday Night

"There are no random acts ... uh ... I think I've found my sponsor."

Kyle M - Down The Drain

"The only tool I had when I came into AA was a sledge hammer."

Jeanette P - Old Time AA

"I drank til I passed out, blacked out or was punched out."

Bob C - Harrisburg Group

"Nobody got into this program on a winning ticket."

Anonymous-Springfield Study Group

"We don't come here first, we come here last."

Julien - Friday Night Stag

"Now I have a thought instead of a committee."

Nicole S - EVI Office

"As I was looking at my monitor I thought "Who says there isn't a God?"

Inola J - Autumn Group

"I was so desperate that I used to call Harold!"

Steve S. - Monday Men's Noon Stag

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about some possible solutions. I can start a Big Book group; I can holler a lot at meetings; I can drop out of these newfangled meetings and go only to meetings where they sing "Gimme that old-time AA."

Or. . . I can be still and be tolerant. I can learn from these new members while making certain that I myself stick to basics. I can be ready to offer advice when asked by some of the people who attend this new type of meeting exclusively. Advice such as "If you want to get out of your depression and all else has failed -have you ever thought of Twelfth Step work, buddy?" They will probably say they are not ready, 'but I can try.

I can also be grateful that these people are sober and will probably stay alive. Desperation is a great teacher. When all else fails, they may read the directions - and learn what is meant by the expression "program of recovery." And I can look upon the always-inspiring proof that AA works in many ways for many people. As someone once said, there are many paths up the mountain; mine is certainly not the only one.

As for this 24 hours, I think I'll begin rereading the Big Book. There must be answers to my questions in it. Now, let me see - where did I put it?

E. S., Manhattan, N.Y. *Reprinted from The Grapevine September 1976*

Rule 62:

You Might Be An Alcoholic If:

... you lose your car at least once a week.

... you think alcohol abuse is spilling your drink.

... someone's always stepping on your hands.

... you don't have any friends, just drinking buddies.

... you hold on to the floor to keep from falling down.

... you quit calling in sick. You let your wife do it.

... selling beer cans seems like a weekly bonus.

... you celebrate getting out of jail by getting drunk.

... no visit to a friends is complete without puking on their carpet.

... your job is interfering with your drinking.

... the toilet seat keeps hitting you on the back of the head.

... it's normal to drive with one eye shut.

... you order a keg for your kid's first birthday party.

... you measure distance by number of beers.

... you shake so bad you could thread a running sewing machine.

... you think your only drinking problem is when you're out.

The Epiphany

I watched an ant climb a blade of grass this morning. When he reached the top, his weight bent the blade down to the ground. Then, twisting his thorax with insectile precision, he grabbed hold of the next blade. In this manner, he traveled across the lawn, covering as much distance vertically as he did horizontally, which amused and delighted me.

And then, all at once, I had what is sometimes called an "epiphany", a moment of heightened awareness in which everything becomes clear. Yes, hunched over that ant on my hands and knees, I suddenly knew what I had to do ...

Quit drinking and call AA.