

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 began in 200 , and has been a great success. 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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The Golden Key

By Emmet Fox

Scientific Prayer will enable you, sooner or later, to get yourself, or anyone else, out of any difficulty on the face of the earth. It is the Golden Key to harmony and happiness.

This may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need to take no one's word for it, and you should not. Simply try it for yourself, and see.

God is omnipotent and man is His image and likeness. This is the inspired teaching, and it is intended to be taken literally, at its face value. Man means every man and woman, and so the ability to draw on this power is not the special prerogative of the Mystic or the Saint, as is so often supposed, or even of the highly trained practitioner. Whoever you are, wherever you may be, the Golden Key to harmony is in your hand now. This is because in Scientific Prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the Divine action takes place, and your treatment will really be just the getting of yourself out of the way. Beginners often get startling results at the first time of trying, for all that is absolutely essential is to have an open mind, and sufficient faith to try the experiment.

As for the actual method of working, like all fundamental things, it is simplicity itself. All that you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will presently disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; it may concern health, finance, a lawsuit, a quarrel, an accident, or anything else conceivable; but whatever it is, just stop thinking about it, and think of God instead - that is all you have to do.

The thing could not be simpler, could it? God Himself could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

Do not try to form a picture of God, which is, of course, impossible. Work by rehearsing anything or everything you know about God. God is Wisdom, Truth, inconceivable Love; God is present everywhere; has infinite power; knows everything; and so on. It matters not how well you think you understand these things; go over them repeatedly.

But you must stop thinking of the trouble, whatever it is. The rule is to think about God, and if you are thinking about your difficulty you are not thinking about God. To be continually glancing over your shoulder, as it were, in order to see how matters are progressing, is fatal, because that is thinking of the trouble, and you must think of God, and nothing else. Your object is to drive the thought of the difficulty right out of you consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If you can become so absorbed in this consideration of the spiritual world that you really forget for a while all about the trouble concerning which you began to pray, you will presently find that you are safely and comfortably out of your difficulty - that your demonstration is made.

In order to "Golden Key" a troublesome person or a difficult situation, think, "Now I am going to 'Golden Key' John, or Mary, or that threatened danger"; then proceed to drive all thought of John, or Mary, or the danger right out of your mind, replacing it by the thought of God.

By working in this way about a person, you are not seeking to influence his conduct in any way, except that you prevent him from injuring or annoy you, and you do him nothing but good. Thereafter he is certain to be in some degree



E.V.I. News

Aug, 2001

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see page 3, Fellowship Events

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

stamp

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401

People:

OFFICE VOLUNTEER COORDINATOR
 Judy B. 687-9389, Jim K. 302-0942
 LITERATURE
 Dave S. 465-1767, Adrian 349-1275
 ANSWERING SERVICE
 Carolla 736-8041
 ARCHIVIST/HISTORIAN
 Linda 345-5827
 PUBLIC INFORMATION (PI)
 Brad M. 741-2579, Tom S. 686-8388
 COOPERATION PROFESSIONAL COMMUNITY
 Cathy B. 343-1962, Angel 431-4924
 ACTIVITIES
 Sandi D. 463-0586, Leetha 687-6623
 E.V.I. COMMUNICATIONS
 Newsletter: Kurt 747-8925, co-chair open
 Website: Michael W. 343-2566 Michael S. 349-0504
 Meeting Books: Doc. M Johanna,
 E.V.I. SPEAKER MEETING
 AI D. 345-2058, Gaylene G. 953-3425
 OUTREACH
 Still open
 HOSPITALS & INSTITUTIONS (H&I)
 Chair: Karl B. 688-1047 karl@rpginvest.com

COOPERATION W/ TREATMENT FACILITIES (CTF)
 Laura K. 345-5788 Cathy B. 342-6675
 HOSPITALS
 Bruce P. 338-9892
 CORRECTIONS
 Ron B. 988-1827

H&I Coordinators
 Lane County Jail: Paul C. (747-3928)
 I.T.U.: Karl B. 688-1047
 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: Laura K. (345-1788)
 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: Jim P. 688-7915
 Vice-Chair: open
 Secretary: Tom L. 343-2465
 Treasurer: Mel M. 345-4450
 At-Large: Michael W. 343-2566 m@mlwebb.com
 At-Large: Dann 484-2330 Dann@lowinsure.com
 At-Large: open
 At-Large: Todd 607-6349 kritler@netscape.net
 Vice Treasurer: Ryan A. 513-6498
 BOOKKEEPER
 Bev L.

a better, wiser, and more spiritual person just because you have "Golden Keyed" him. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals between. Be sure, however each time you have done it, that you drop all thought of the matter until the next time. This is important.

We have said that the Golden Key is simple, and so it is, but, of course, it is not always easy to turn. If you are very frightened or worried it may be difficult, at first, to get your thoughts away from material things. But by constantly repeating some statement of absolute Truth that appeals to you, such as There is no power but God, or I am the child of God, filled and surrounded by the perfect peace of God, or God is Love, or God is guiding me now, or, perhaps best and simplest of all, just God is with me - however mechanical or dead it may seem at first - you will soon find that the treatment has begun to "take," and that your mind is clearing. Do not struggle violently; be quiet but insistent. Each time that you find your attention wandering, just switch it straight back to God.

Do not try to think out in advance what the solution of your difficulty will probably turn out to be. This is technically called "outlining," and will only delay the demonstration. Leave the question of ways and means strictly to God. You want to get out of your difficulty - that is sufficient. You do your half, and God will never fail to do his.



Scientific Prayer

Being a skeptic of the first degree, a challenge was put forth to me. Try prayer for ninety days and see what happens. One thing I can't argue with is proof, so the challenge was accepted. Besides, what did I have to lose? The nature of my prayer was to be simply what the 11th step says, "to improve my conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out". Ouch, not the power to carry out my will, but the will of my higher power. Quite a difference then I was used to.

The results have been astonishing. When I accept what I feel my higher power wants for me, I have no problems. It is only when I treat my higher power as a sort of Santa Claus that gives me what I desire, that the problems arise. I am sober and maybe just as important, relatively happy, joyous and free. At this moment I am at perfect peace with all and desire nothing else. That is a result I cannot argue with nor would I wish to change.

So try prayer for ninety days.....what do you have to lose

Rich ?, Eugene, Oregon



Quote of the Month

"Friendship improves happiness and lessens misery by doubling our joys and dividing our griefs."

W.D.T., Whiteville, North Carolina: August 1950 Grapevine

Business meeting minutes

continued from page 6

H&I: **Karl B.**

A three page H&I Committee Minutes was distributed. No verbal report. **Thanks Karl**

Steering Committee. **Chris H.**

Chris reported Steering Committee met and discussed various issues. Volunteer training at the office is continuing. Business Advisory committee has not met to create guidelines for the prudent reserve. Positions for Vice Chair and one (1) member at large to hopefully be filled in September.

A quorum of EVI Reps were present to conduct business after committee reports. (15 required per amendment to by-laws, 16 in attendance)

Old Business:

The following business conducted last month without a quorum was ratified by the present quorum.

1. A motion was made to replace **Activities** Vice-Chairperson Amy W. Rational that she hasn't responded to any inquiries or contact, and concerns expressed by current Chair Sandi that Amy probably won't rotate in to the chair position. Motion Carried.
2. A motion was made to elect Letha as replacement Vice-chair of **Activities**. Letha was present and expressed her willingness to serve. Motion carried. Letha can be contacted at 687-6623. **Thanks Letha**
3. A motion was made to replace **Literature** Vice-Chairperson Kathy for similar reasoning. Motion Carried.
4. A motion was made to elect Yael as replacement Vice-chair of **Literature**. Yael was present and expressed her willingness to serve. Motion carried. Yael can be contacted at 344-9395. **Thanks Yael**
5. Tim announced that District 20 and District 6 will be hosting the Oregon General Assembly in September of 2002. Requested assistance in coordination by EVI, and use of the business office to store materials. A motion was made to assist the Districts in any and all ways possible. Motion Carried.

New Business:

1. A motion was made to allow **Literature** Vice-Chairperson Yael W. to resign position. Motion carried. Adrian was nominated as new literature vice-chair. Adrian was present and expressed her interest to serve. One EVI rep requested "service" resume. Verbally given, and Adrian elected as Literature Vice Chair. Adrian can be contacted at 349-1275. **Thanks Adrian**
2. A motion was made to remove **Diverter** Vice-Chairperson Vince H. from position. Rational that he hasn't responded to any inquiries or contact, and concerns expressed by current Chair Linda that Vince probably won't rotate in to the chair position. Motion Carried. **Carolla** was nominated as new Diverter vice-chair. Carolla was present and expressed her interest to serve. Carolla elected as Diverter Vice Chair. Carolla can be contacted at 736-8041. **Thanks Carolla**
3. Tom S. (PI Vice Chair) made a motion that current EVI office hours be posted at the door and on the website. Removes current Thursday PM listing. Motion Carried.

Motion to adjourn at 7:12 PM

Respectfully Submitted, **Tom L.**



RAFFLE WIN A MICROWAVE OVEN

Help raise money for the Oregon General Assembly September 2002 and have a chance to win a microwave oven. It's a slightly used Westinghouse with 10 power levels including defrost timer. 99 minutes, 99 seconds. Power output 1100 watts.

Tickets are available at the EVI office at 13th and Willamette. Committee members will also have tickets at some meetings..

Tickets are 50 cents each or 5 for \$2. Drawing will be in November.

Intergroup:

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 members of the 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:

(Sept/year to date)
 As Bill Sees It **25.00/100.00**
 Attitude Adjustment **48.00/802.70**
 Autumn Group **0/25.00**
 Backwoods Bunch **0/0**
 Brown Bag Group **114.00/481.00**
 Cottage Grove Gratitude **0/0**
 Cottage Grove Noon **0/0**
 Creswell Steps & Traditions **0/30.00**
 Downtown AM group **244.50/1,243.55**
 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 **0/96.50**
 Friday Big Book Study(M) **0/0**
 Friday Physical Awakening **0/120.00**
 Fri night young people **0/0**
 From the Heart **0/0**
 Gratitude Group **0/60.00**
 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 **0/10.00**
 Monday Mens Stag **0/150.00**
 Monday Night Cont. Study **15.00/15.00**
 Monday Night New Group **0/20.00**
 New Freedom **130.00/530.00**
 New Freedom 2 **300.00/760.00**
 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 **0/409.20**
 Sober Awakenings **0/720.00**
 Sobriety for life **0/190.00**
 Springfield Monday Night **0/40.00**
 Springfield Study Group **0/40.00**
 Stairway to Sobriety **50.00/200.00**
 Sunday Morning Big book **0/240.00**
 Sunlight of the Spirit **0/30.60**
 Sunday Night 12x12 **0/0**
 Men's Sponsorship **20.00/140.00**
 Sunday Women's Step Stdy **0/90.00**
 Thursday Voyagers Group **0/0**
 Thurs PM Rush Hour **0/20.00**
 T.G.G. Speakers Mtg **390.00/510.00**
 Tuesday Night Book Study **10.00/10.00**
 We Need Each Other **0/0**
 Wednesday Mens Noon **0/230.00**
 Wednesday Men's Stag **0/252.00**
 Who am I Group **20.00/170.25**
 Womans Road to Recovery **0/120.00**
 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 month/yt **1,236.50/8,321.55**
Fundraising:
 EVI Speakers Meeting **804.43/804.43**
 Faithful Fivers, individual **76.80/1,053.90**

August EVI Business Meeting Minutes

August 13th, 2001
 The meeting was called to order at 6:30 p.m.
 The meeting opened with the Serenity Prayer.
 Those present introduced themselves.

New EVI Representatives:
 Jim Downtown AM Group
 Daren Alt Rep (Group not clear)
 Glen Tuesday Night Group

An agenda for the meeting was presented and distributed. No quorum of EVI Reps were present to conduct business. (15 required per amendment to by-laws, Only 14 in attendance)

Chairperson **Chris H.** started the meeting with committee reports in hopes that a quorum would be achieved later during the meeting. No Dissent.

Committee reports:
 Treasurer: **Mel M.**
 Profit & Loss statements are available in the office and distributed to all present.
 <\$ 233.49> Net income for the month. Book sale income down, purchases up. Group contributions were down. Inventory remained constant. **Thanks Mel**

Volunteer Coordinator: **Jim K.**
 Things going well – could use volunteers for office. Still need help on Thursday evenings if we are going to re-open Thursday nights. **Thanks Jim**

Literature Chair: **Dave S.**
 Literature is going well. Three orders (subscriptions) for the Grapevine were submitted. **Thanks Dave**

Website: **Michael W.**
 Website doing well. Can always use and would appreciate input from area fellowship. **Thanks Michael**

Meeting Book committee: **Doc**
 Not present/No report. **We missed ya, Doc**

Newsletter: **Robert S.**
 Newsletters were available and distributed to EVI Reps present. Robert (541-684-9439) is always looking for area member's articles and additions. Committee meets 3rd Tuesday of the month @ 2495 Columbia, Eugene. **Thanks Robert**

Answering Service (Diverter Coordinator): **Linda L.**
Needs Co-Chair Please. Trying to update 12 step list, and is having trouble filling Tuesday night slots for Diverter. **Thanks Linda**

Public Information: **Brad M.**
 Have contacted Registrar-Guard to re-enter AA classified in community support pages. Hopefully will also run a consistent ad in classified section. Things are going well and committee busy maintaining and creating new contacts with community groups. **Thanks Brad**

CPC: **No Report**

Activities: **Sandi**
 Picnic and alternate delegate report was awesome. **Thanks Sandi**

Speaker Meeting: **Al D.**
 Meetings are going well. The next three months speakers are booked with out-of-town speakers. Should be fun. EVI can expect contributions in the near future for revenue over speaker meeting expenses. Gaylene G will be resigning her position, so opportunity exists for service by interested individual. **Thanks Al**

Outreach: **NO REPORT**

Archivist: **Linda L.**
 New library of tapes from old timers has been added to archives. These are currently being inventoried for distribution, with a week "borrow" time being considered. Al D. offered speakers meeting dubbing equipment to make multiple copies. **Thanks Linda**

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September 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, 418 A St., Karla B. 744-0509
	Tue	District 33, 6:30 Pam G. 895-5478
	Wed	District 19, 6:30 Tracy R. 338-4320
	Thur	Speaker Mtg Committee, 7:00
	Sat	Cooperation w/Prof. Community, Noon
2nd	Mon	EVI Business Meeting 6:30
	Wed	District 6, 6:30 Gus P. 463-1691
	Sat	Answering/Diverter 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
Last	Wed	H& I Committee 6:00
Last	day	Literature Committee 6:30



3 Fellowship Events:

Things to do in September

Sept. 14,15,16 Oregon Area General Service Assembly, Hosted by District 5 Deschutes County Fairgrounds, Redmond, Oregon
 Robin P. 541-330-5616 or Cindy T. 541-318-8093
 or pick up flier at EVI office.

Sept 21, 22, 23 SKY-camp Men's Spiritual Retreat
 contact Ted D. 686-0825 or Bill N. 747-7486
 or pick up flier at EVI office.

Sept. 21, 22, 23 Seventh Annual Central Oregon Convention, Bend, Oregon
 Contact Sharon A. 541-388-8351, Pam Y. 541-389-4369 or pick up flyer at EVI office.

Sept 22, Ice Cream and Bingo Fundraiser
 Ice Cream from 12 pm to 3 pm. Bingo 1 pm to 3 pm. Bingo, 25 cents per game card and Sundaes \$2 each. First Christian Church, 418 n. "A" St., Springfield
 This fun event is a fund raiser for the Oregon Area Assembly to be held in Eugene Sept. 2002 and is sponsored by districts 6 and 20.

October 29-November 5, 40th annual Hawaii Convention at the Waikiki Convention Center. Transportation/accommodation costs vary so call early. Bob and Synthia Sims. 831-335-1492 or email zayantebob@cs.com.



Gratitude:

Currently Available Service Positions:

EVI Service Committees:
Outreach: Get out to new meetings, meet new folks, and let them know about Intergroup.

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:

Robert S. completed his term as newsletter coordinator, thanks Robert. This means there is an opening on the newsletter committee. If you have a nose for news and/or computer/graphic skills, consider volunteering for the newsletter (the one you're reading). Contact Kurt at 747-8925, Michael at 343-2566 or email eviaa@efn.org.

There are still service positions available in H&I for women. See page 2 for contact information.

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.

District 33 is looking for a treasurer. If you're in district 33 and are good with finances, come to the district meeting at the EVI office the first Tuesday of next month at 6:30 pm or call the DCM, Pam G. 895-5478.

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: Came to Believe
Thursday 7:30-9:00 PM
Eugene, (C)
1150 Maxwell Rd. St. Peters Catholic Church

Try God Book Study
Monday's 7-8pm
Eugene, (BB)(C)(X)(Wheelchair access)
1275 Polk St.,
Seventh Day Adventist Church

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

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

Moved:

The Thursday Night Group has moved from St. Judes to Emerald Baptist Church, 19th & Patterson. (8:00-9:30 pm, (C)

Women's Expect a Miracle moved to Tuesday 7:00-8:30 PM
Goshen (W)
Dillard Ave. Goshen Grange

Sunday Springfield Big Book Study Group is still at the VFW but is meeting at 7pm instead of 8pm.

Try God Group/Singleness of Purpose
Wednesday Night 7:00-8:00 PM
]Trinity Methodist Church
440 Maxwell Road Eugene

The new and up-to-date meeting books are out and available at the EVI office.

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.

Going out Alone

It was May 1994, and I'd been a member of Alcoholics Anonymous just over a year and had new-found appreciation for life and all it had in store for me. I didn't know it yet, but I was soon to receive the biggest wake-up call of that early period. This event would remind me of the urgency of our disease.

It was 8:30 on a Monday morning, time for the break, and I stepped outside the auto plant where I worked to have a cup of coffee and take in the beauty of a spring morning. As I sat on the picnic table relaxing and enjoying my coffee, the large steel door burst open, startling me and pretty much putting the kibosh on a peaceful break from the noise, pace, and general insanity of a modern auto assembly plant. It was Ron B., a coworker whom I'd known for the previous eight years. We weren't really friends but we'd say hello and talk about our kids as we waited for our turn at the coffee machine.

Ron was obviously distraught about something, and he was clearly hurting from another bout with alcohol the night before. He'd had this look for about the last week, a look I remember all too well. I had seen that despair in my own mirror only twelve months before.

"Ron," I said to him, "Are you all right? Is there anything you'd like to talk about?"

He went on to tell me about the breakup of his marriage and the way he was handling the pain by seeking refuge in the bottle. I could relate to his desperation, and in an attempt to save him from any more grief, divulged my sobriety. I told him that although I couldn't save his marriage, I could get him to a place where he could find relief from the painful effects of alcohol, and where he might clear his mind to more effectively deal with his situation.

"I've been to AA, and I know what they're about, Frank. I have it under control, and I'll be fine. I just need to get through this marital thing and I'll be okay."

With that, the horn blew signaling us to get back to work, and I said, "Just remember, if there's ever a time you would like to go to a meeting, here's my number." That was to be the last time I'd see Ron alive.

At six the following morning I heard the news as I arrived at work: "Frank, did you hear? Ron died in a car accident last night!" I froze as I tried to digest the news. In a flash, I saw Ron in my mind's eye — his grizzled face his hard hat, his locker with pictures of his children and his Harley taped to the door. I remembered his crooked smile and his face of hopelessness.

"Yep, I knew it was coming," said one. "What do you expect from that bum!" said another. "He got what he deserved, that alcoholic."

I stood in shock in front of the coffee machine, paralyzed by what I was hearing. As I tried to catch my breath, the horn blew to signal the start of the shift. For the next eight hours I drifted in and out, between visions of Tom, memories of my own despair before finding AA, and recalling the harsh words spoken at the coffee machine by people who didn't understand.

The next evening, a friend and I went to the funeral home. We entered an empty room with a casket and a sign-in book. I was the first person to write my name and address. There were no flowers, there were no people, no friends, no family in sight. We found his wife in the downstairs lounge. We gave our condolences and met Ron's boys. They were five and six, just one year older than my own children. We talked for a moment before going back upstairs to view Ron's body.

As I knelt beside the coffin, I realized that there wouldn't be many more people coming to give their regards. In his sickness, Ron had pushed people out

of his life and filled this emptiness with alcohol and drugs. His biker image had kept coworkers away for eight years, and now, in death, Ron was going out alone. I couldn't help but look back to where I was at the height of my alcoholic insanity. How many would have attended my funeral? Who would have been my pall bearers? I didn't have six friends before I found AA.

As I looked into the casket, I saw that Ron was wearing a black T-shirt bearing the words LONE WOLF.

Four years later and still sober, I never look back without feeling that Ron's death wasn't necessary. One thing has always been clear since my very first meeting of Alcoholics Anonymous: we don't have to go it alone. As alcoholics we understand pain, and together we can recover. Nobody has to go out alone.

*Frank K.,
Dearborn Heights, Michigan*

Pathway to Peace

It was the hottest day of the year so far in August. Things in my life are going pretty good. I am dealing with some bumps right now as I write but I am sober. When I don't drink I know that I can stand a chance to deal with life. If we were drunk there would be no life.

Hungry, angry, lonely, tired (thirsty). I wasn't hungry because I had just eaten, but I was angry at me, and I was lonely. So I took a drive into the country to relieve my boredom-is this story starting to have a certain sound to it. While driving around the thought of an ice cold beer came into my mind. You know, the kind with the ice crystals in it, when you drink them to fast you get a ice headache. I past many a store that sold those beers and I had the cash in my pocket to get them to boot.

Thank GOD for my Higher Power that day. I know that a relapse is the end of me. I had just taken a birthday medallion the week before at a meeting. And the thoughts to drink were upon me. I knew I was going to a meeting later that evening, I had planned for it all week. The only weapon I had with me to keep me away from that drink was the Serenity Prayer. In early sobriety I had the fortune of a friend in AA who had given me the copy of the long form of this prayer. I took the time to memorize it. Today, as it has in the past days of early sobriety, that prayer has kept me sober again for one more day. I recited this prayer over and over till that urge to drink was gone. I am filled with gratitude and I thank my GOD that those thoughts to drink have left me. Dear GOD, thank You for another sober day. Thank you dear friend for staying sober to give me the prayer. *D.C., Eugene, Oregon*

We treasure our "Serenity Prayer" because it brings new light to us that can dissipate our oldtime and nearly fatal habit of fooling ourselves.

Bill W. Grapevine, March 1962

Rule 62:

AN extremely inebriated gentleman staggers through the front door of a bar and orders a drink. The barman refuses him and asks him to leave, which he does, only to come hurtling back a few minutes later through the side door.

Again the proprietor tells him, "Sorry, sir, but you're too drunk to serve. You'll have to leave." This the drunk does but a short time later he comes stumbling through the back door only to meet with the same result.

Finally he wails to the bartender, "Man, how many bars in this town do you work at?"

Kent E., via e-mail

DRINKER enters a bar at seven in the morning. "Give me a Scotch, straight up, and make it a double," he says. The bartender is new to the trade and asks, "You can't really want a double Scotch for breakfast, can you?"

"Okay, okay," sighs the drunk, "drop a cornflake in it."

(David I., Kalamazoo, Michigan)

THE patient was lying in bed, still groggy from the effects of the recent operation. His doctor came in, looking very glum.

"I can't be sure what's wrong with you," the doctor said. "I think it's the drinking."

"All right," said the patient.

"Can we get an opinion from a doctor who's sober?" *(Matt W., via E-mail)*