

## Falling Down the 12 Steps

I don't know anyone who's never fallen down the stairs, stumbled over a porch or otherwise been surprised and injured by unexpected steps in unexpected places. It's not a fun experience.

It was certainly no fun for me when, at the age of six, I wandered downstairs in the dark to get a drink of water. Thinking I'd reached the last step, I jumped—only to find that I was still ten or twelve steps from the bottom. The rest of my journey was fast, terrifying, and painful.

But this traumatic event was nothing compared to my disastrous slide down the 12 Steps of AA after several years of sobriety. Again, I was completely in the dark. This time, it wasn't because I couldn't reach the light switch, but because I'd become complacent. I'd gradually drifted away from the light of our fellowship and returned to the darkness of self-will run riot.

First, I rejected Step 12. Working with others was unthinkable. I rarely went to meetings and avoided my sponsor like the plague. I isolated from anyone or anything remotely resembling a fellow human being.

Then I hit Step 11 and isolated from my Higher Power, whom I call God. Prayer and meditation virtually disappeared from my daily life. The few prayers I did say all started with "Gimme, gimme, gimme." It wasn't long before I plummeted to Step 10.

At Step 10, I isolated from myself. I ignored my increasing sense of danger, and resolutely avoided self-examination of any sort. Pretty soon, I couldn't have taken an honest personal inventory even if I'd wanted to—which I absolutely did not. Admitting I was wrong seemed comparable to suicide.

Hiding from God, myself, and other human beings, the next eight Steps flashed past me like lightning. My backwards plunge ended with a resounding crash.

Teetering on the edge of Step 1, I found it impossible to accept my powerlessness, and the return of an unmanageable life. Then I fell off that Step into a murky realm below all the Steps, into an unreal state where a drink sounded like a good idea. After all, I thought, one drink isn't going to hurt me.

One drink didn't hurt me. The 20<sup>th</sup> and 30<sup>th</sup> drink really did me in.

Alcoholism is, of course, a progressive disease—in my case, very progressive. I didn't just pick up where I left off nearly eight years earlier. Instead, I drank as though my years of sobriety had never existed.

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### August 2009

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

# AA Meetings

## *New Meeting:*

### H&I Willamette Family

Women's Meeting

Willamette Family

687 Cheshire St

Fri 6:30 - 7:30pm

## *Time Change:*

### McKenzie River Mtg

Now from 6:00 - 7:00pm

Wednesday

## *Cancel Meeting:*

Men's meeting

Tuesday 6pm

Cottage Grove

*Please remember to let us know of your group changes by submitting the NEW OFFICIAL FORM at the EVI office. Thanks!*

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*Outreach* (Rebecca). There are now outreach packets for groups on the information rack in the office. She has visited a few meetings in the last month. She prefers to make a short presentation during the announcement session of a regular meeting rather than waiting for the group business meeting to do outreach. Speaker Meeting – flier distributed for the next speaker meeting. Attendance at last meeting was average.

*Treasurer:* Distributed a financial report for June and YTD. Group contributions did not cover ongoing expenses in June, and we are still operating below prudent reserve. The situation can only improve significantly through an increase in contributions. *Steering Committee:* Minutes of the July meeting were distributed; Wes commented that the prudent reserve was demonstrating its usefulness by preventing the current budget woes from undermining key EVI functions.

Meeting adjourned at 7:35 pm with the Declaration of Unity.

Martha S.  
EVI Recording Secretary

*Please be aware that the EVI News staff is always looking for worthy submittals! Articles having to do with your AA experience / wisdom, etc., are always welcome. Keep in mind that editing for appropriateness and length may occur.*

*E-mail submittals to:*

*[evinews@yahoo.com](mailto:evinews@yahoo.com)*

*not later than the last Monday of the month,  
or mail/drop it off at the EVI office  
c/o EVI News.*

*Please include a contact phone number.*

## Minutes – EVI Business Meeting - July 13, 2009

The meeting commenced at 6:30 pm with the Serenity Prayer. Those present introduced themselves by name and service position. A total of 28 voting members were present, constituting a quorum. A sign-up list was distributed.

Wes (chair) called for early announcements.

There were none.

### Open Positions

- (1.) EVI Chair Co-chair. Greg nominated Link, who was willing to serve. He gave a service resume including working with the Bridging the Gap program and serving as an office volunteer. Elected unanimously.
- (2.) Member-At-Large. Greg nominated Luke, who is willing to serve. Luke has not previously been involved in EVI service. Elected unanimously.
- (3.) CPC/PI Co-chair (summer only). Lyndee, the current chair, gave a description of what this position entails. There were no nominations or volunteers.
- (4.) Meeting guide co-chair. Dave P. had to step down because of other commitments. Wes described the requirements for the position, the main one being computer skills. No nominations or volunteers. Take this back to your groups.

### Old Business

**EVI Annual Inventory**—Seven of the EVI representatives had gotten feedback from their groups on the questionnaire distributed last month, and an eighth tried and failed. Wes considered this an inadequate response and arranged to have additional questionnaires distributed at this meeting. Responses (including individual responses) may be emailed to EVI Webdude. He asked those submitting responses to include questions they would like to see on next year's inventory.

**12th step workshop.** The Committee will meet again July 26. The workshop is scheduled for September 13 at St. Mary's Episcopal and a panel of five sober alcoholics has been invited to share their experience. Committee submitted a draft flier for Steering Committee approval, to be distributed next month. They will need help with setup, food, etc.

### 12th Step Workshop.

Wes announced that there will be a planning meeting on Sunday the 14th at 6:30 pm. Myron and David have been working on putting together the workshop and updating the Diverter packet. Dave P. would like input from anyone with experience making 12th step calls. Brenda suggested passing out fliers announcing the committee meeting. The old committee meeting information is in the printed newsletter (it has been corrected in the online version). Mark the copies you are taking to your groups.

### New Business

**Archives.** Lana has requested a budget for Archives and has prepared a list of desiderata. Finance Committee will review it and present a budget for approval at the next meeting. In the meantime, Lana welcomes donations of any archival materials (tapes, fliers, reminiscences, photographs) and is looking for a tape recorder, sheet protectors, and 3 ring binders. Richard suggested an archive part to raise consciousness and encourage groups to contribute materials. Lana has the equipment to convert materials to digital format for storage on computer hard disc or CD-ROM. She would like to set up a monitor in the office with an ongoing slide show including images she has from GSO and our own local AA images.

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### **EVI Office**

(541) 342-4113

1259 Willamette St.

Eugene, OR 97401-3509

Monday – Friday 9 am – 5 pm

Saturday 9 am – 4 pm

Drop by for a visit!

### **EVI Web Site**

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

Meeting Schedules, business

Meeting minutes and more.

Save a bookmark!

### **EVI News**

Emerald Valley Intergroup's monthly newsletter for the AA community in Lane County.

EVI news is about, by and for members of the AA fellowship. Opinions expressed herein are not to be attributed to AA as a whole, nor does publication of any article, event or notice imply endorsement by either Alcoholics Anonymous or EVI. (Exceptions: Quotations from AA books or pamphlets, which are reprinted with permission of AA World Services, Inc.) EVI News reserves the right to edit submissions for clarity, length, language and editorial policy.

Contributions are gratefully accepted for consideration for publication.

Submissions are due by the last Monday of each month. To submit articles or event information, mail them or drop them off at the EVI office c/o EVI News. Please include a contact phone number.

**Submissions and comments** may be sent by e-mail to:  
[evinews@yahoo.com](mailto:evinews@yahoo.com).

# Contributions

July 2009

Month YTD

## Contributions/Group:

11th Step Meeting	0.00	26.00
Are We Done Yet	0.00	22.00
As Bill Sees It	0.00	20.00
Attitude Adjustment Group	681.00	1812.00
Backroads Bunch	10.20	10.20
Cottage Grove Gratitude	0.00	20.00
Downtown AM group	0.00	882.00
District 19	0.00	150.00
EASYPAA	0.00	70.00
Fireside Group	0.00	45.00
Friday Night BB	0.00	240.00
Fresh Start at Noon	26.00	76.00
Freedom of Choice	0.00	75.00
Get Well Group	0.00	160.00
Host Of Friends	0.00	80.00
How It Works	100.00	223.00
McKensie River Grp	0.00	50.00
Monday Noon Stag	0.00	41.00
Monday Mens Stag	0.00	40.00
New 11th Step Mtg	0.00	13.00
New Freedom	0.00	300.00
New Freedom 2	0.00	70.00
Pass It On	0.00	53.00
Rush Hour Group	150.00	150.00
SAG	40.00	200.00
Saturday Morn Steps	107.00	305.00
Search for Serenity	0.00	20.00
Serenity On Sunday	0.00	50.00
Serenity Seekers West	0.00	22.00
6:45 AM Stag	0.00	161.00
Sober Awakenings	0.00	1289.30
Sober Chicks	0.00	10.00
Sobriety for Life	0.00	60.00
Spiritual Kindergarden	0.00	4.00
Springfield Men's Stag	20.00	60.00
Sunday AM BB	0.00	300.00
Sunday Book Study	0.00	40.75
Sunday Morn Sunshine	0.00	350.00
Sunday Ngt Womens Step	0.00	141.28
Thursday Men's Book Study	0.00	216.10
Try God	0.00	806.00
Unknown	119.00	119.00
Veneta Gratitude Group	300.00	300.00
Wednesday Night Men's	0.00	354.00
Wed Men's Noon Grp	0.00	55.65
Womens Courage	0.00	288.92
Womens Road to Recovery	0.00	156.75

**Total Group Contribution 1553.20 10197.95**

## Contributions/Individual:

Faithful Fivers	75.00	430.00
Other	101.65	377.25
<b>Total Individual</b>	<b>176.65</b>	<b>807.25</b>

**Total Contribution 1729.85 11005.20**

## NEED SERVICE?

**Current Open Service Positions at EVI:**  
(Attend EVI Business Meeting)

EVI Activity Committee Co-chair  
Meeting Guide Co-chair  
Member-At-Large.  
CPC/PI Co-chair (summer only)

**Recently Filled Service Positions at EVI:**

EVI Chair Co-chair - Link

**Upcoming Openings:**

Office Personnel (ongoing need)

## Gratitude

### Addresses for Group Contributions

*Contributions for districts 6, 19 and 20 may also be sent to the below address. Please indicate the district on the envelope.*

**Emerald Valley Intergroup**  
1259 Willamette St.  
Eugene, OR 97401-3509

**District 33**  
P. O. Box 40163  
Eugene, OR 97404

**Oregon Area 58 Treasury**  
1900 NE 3<sup>rd</sup> St., Suite 106-172  
Bend, OR 97701

**AA General Service Office**  
PO Box 459  
Grand Central Station  
New York, NY 10163-0459

# Calendar

*(all meetings held at EVI office unless otherwise noted)*

- 1<sup>st</sup>** Mon Steering Committee, 6:30 pm  
Tues District 20, 6:30 pm, 418 "A" St., Richard T
- Tues District 33, 6:30 pm, LynDee R.  
Sun Activities Comm, 6:00 pm, Sandra
- 2<sup>nd</sup>** Mon EVI Business Meeting, 6:30 pm  
Wed District 6, 6:30 pm, Rhonda
- 3<sup>rd</sup>** Thur Outreach Committee, 6:30 pm
- 2nd to last Sun** Literature committee 1pm to 5
- 4th** Tues CPCPI Committee, 6:30 pm
- Last** Wed H&I Committee, 6:00 pm  
Thur Grapevine Committee, 5:30 pm

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***evinews@yahoo.com***

***not later than the last Monday of the month, or mail/drop it off at the EVI office c/o EVI***

## EVENTS

(application forms at EVI office)

### **EVI Speaker Meeting**

Living Hopr Church  
Aug 8

### **Redwood Coast Roundup**

Fortuna, CA  
Aug 21-23

### **WACYPAA**

Hilton, Eugene  
Dec 31 2009- Jan 3 2010  
WACYPAA13.org

### **Walk'n the Walk: Talk'n the Talk**

Boulevard Grill Eugene  
Apr 23-25, 2010

"I was always the black sheep of the family. Then I joined AA and found the rest of the heard."

C.W., Iowa  
Grapevine, March 2009

# People:

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## ACTIVITIES

Dawn Sandra E Brian

### ANSWERING SERVICE

Mike B

ARCHIVIST Lana Y.

BOOKKEEPER: Ric H

CPC/PI (Coop. w/Profess. Commun/Public Info.)

Lyndee R Brandon

### DIVERTER COORDINATOR

Myron Dee

### EVI COMMUNICATIONS

Meeting Guides: Bill David P.

Newsletter: Angela M Laura H

Website: Alan U Bill H

### EVI OFFICE MANAGER

Michael Marika C.

### EVI SPEAKER MEETING

Gene S. Scott

### EVI STEERING COMMITTEE

Chair: Wes H (co-chair open)

Secretary: Martha S.

Treasurer: Chuck Jack N.

At-Large: Andre K.

At-Large: Breyer

At-Large: Greg

At-Large: Ted H.

At-Large: Bill

### GRAPEVINE

Chair: Gus

Co-Chair: Chris

### H&I (Hospitals and Institutions)

Chair: Brenda K Jennifer R

Corrections: Karl B Wally B

Lane County Jail (Women): Rose B Karla B

Lane County Jail (Men): David

Ron L.

C.C.C. (Women): Melody Denna S

C.C.C. (Men): Bob S

Alma Work Camp: Lee H

Pathways: Joe N Co is open

Serbu Detention: Jack Co is open

Cooperation w/Treatment Facilities: Jeff C

Carlton House: Mark Z

WFTS: Johanna D.

Serenity Lane:

Fri. Speaker: Richard

B.T.G.: Tim a

S.N.L.: Greg D

Shelter Care: Hank Angela D

Hospitals: Kurt J

Johnson Unit: Jill David L

VA Reintegration Cntr: Both positions open

### LITERATURE

Teffany Doug S.

## Reports

*Activities* (Sandra): The Founder's Day event June 14 was a success. The Activities Committee provided staffing for the Hospitality Room at Summerfest Fourth of July Weekend. There will be a barbecue at Emerald Park on July 25. The activities treasurer is stepping down and will need to be replaced.

*Archivist* (Lana). Did a presentation at Founders Day. She can use volunteers, especially people who are interested in tracking down old timers and getting their stories.

*Website* (Alan) The website is updated as of 7/12..

Meeting lists (Dave P.) The website version was last updated 2nd week in June. The trifold abridged version that some committees use is on the website but needs reformatting.

*Newsletter*: Angela, who rotated in this month, needs help running the printer. She also reminds committee chairs and others on the "people" list in the print version to make sure their information is current and leave note at EVI of changes.

*CPC/PI* (Lyndee). Participated in a conference on women in the ministry at Gilham Community Church. They have mailed out information packets to roughly 65 area schools in anticipation of the new academic year. PI will have a table at Springfield Night out, in which local service agencies provide a smorgasbord of informational booths and people visiting the booths are entered in a prize drawing.

*Diverter* (Myron) Generally coverage has been good, with an occasional drop. He will be making an effort at the 12th step workshop to get more people involved in the diverter, both taking phone calls and being available to work directly with people who call in. The phone system is working smoothly.

*H&I* (Wally, for Brenda). There was no formal report this month.. Volunteers are still needed for Serbu. The coordinators for various facilities are rotating in the fall and there is a shortage of people ready to step into these positions.

*Literature* (Teffany). GSO raised literature prices July 1. We put in a large order in June and are well stocked. EVI will raise prices to match GSO's at the end of July. Eric V. clarified that the price increase was GSO's response to a drop in group and individual contributions, as well as some increased printing costs.

*Office Coordinator* (Michael). Has sufficient applications of people willing to work. Had to close early one Saturday afternoon. He is wondering how we deal with calls from area hospitals concerning patients. Wes clarified that we refer these to the 12th step list. (The absence of people on that list who are available during the day and have transportation continues to be a problem). Otherwise things are going well.

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My tolerance for alcohol was gone. If I ever got a “buzz,” I never knew it. I blacked out instantly, with no memory of a single moment’s alcoholic euphoria. I became a regular customer of Emergency Rooms and detoxes up and down the valley. More than once, I was perilously close to death.

Then, the miracle: I came to, sick, shaking, and wanting another drink more than anything. And another drink was, at that very moment, being offered to me. A well-meaning acquaintance was gently waving a bottle of 90-proof BadForMe before my bleary eyes.

“Here, have some. You’ll feel better.”

It was my voice that answered, but I could hardly believe the words.

“No, I won’t have any. I’ve got to stop!”

I haven’t had a drink since.

Now, I haven’t yet built up a great length of time in sobriety, but I do have several sober yesterdays and hope, with the help of God and AA, for a sober tomorrow. Most of all, I have today.

I’m sober today.

I’ve been to a meeting today.

I have a sponsor today.

I’ve tried to work the Steps today.

I’m grateful today.

And, today, I’m also profoundly concerned. How many people are there, today, who are beginning to lose their balance on the challenging Steps of AA; who are perhaps, in immediate danger of falling down those Steps and losing the invaluable gift of sobriety?

If you even suspect you might be in danger of a “slip,” reach out for help! Call someone. Get to a meeting. Do whatever it takes. If you’re an alcoholic, you’re powerless over alcohol-but you aren’t helpless. Help is available. Ask other recovering alcoholics for help and you may save your own life, as well as, helping to save the lives and sobriety of the ones helping you. Don’t risk a downward slide from which you might never recover.

The climb back up the 12 Steps is never easy but it’s worth it—and you don’t have to do it alone. In fact, you probably can’t do it alone.

Falling down the stairs, tripping on the porch, or sliding down the 12 Steps of AA are not team events and never will be. But we always need each other to move upwards. We need many helping hands to raise each other up from the darkness of self-centeredness into the sunlight of the spirit. The AA Fellowship exists to make this possible. It wouldn’t be the same without you.

By Don H.

# 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)

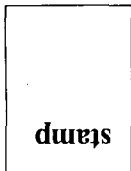
Name:

Address:

Phone:

# GET THE NEWS!

“Faithful Fivers” are people who donate \$5 or more per month to help support Intergroup. You can contribute monthly, quarterly or yearly, and if you check the receipt box on this form and you are on our 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.)



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