

## How "White" Is a "White Lie"?

A RECENT issue of a popular magazine carried an article entitled "The Whole Truth about Lying," by Herman E. Krimmel. "You are a liar! So am I, and so is everyone else," it begins.

There are, according to Mr. Krimmel, two kinds of lying. One is admittedly malignant, destructive, hurtful. But the individuals who engage in it are really "sick" and not to be held accountable. "Reality is so painful to its victims that they retreat behind a protective wall of deceit. Usually they cannot help themselves and are unable to distinguish truth from falsehood."

We used to think, naively perhaps, that those who were taken-in and exploited by swindlers, confidence men, and other "psychopathic liars" were "the victims." Now we have become so civilized and "scientific" that the victims are said to be the liars themselves, victims of a "severe illness"--and unable to "help themselves." Here Mr. Krimmel is simply echoing the now widely held view that if you are "sick"--or, better, "sick, sick, sick,"--you can, literally, get away with murder, not to mention the mere mishandling of truth.

Since Mr. Krimmel is not himself a psychiatrist or professionally affiliated in any other way with the field of psychopathology, we should perhaps not try to take too seriously what he has to say about "malignant" lying and consider, instead, his views on normal, ordinary, healthy lying: the kind you do, inevitably, if you are intelligent, have your own best interests at heart, and are compassionate and considerate of others.

Such lying is declared to be "innocent, quite innocuous, essential to contemporary living, mandatory to get along in society, appropriate." And the final clincher given for this point of view is a quotation from an unidentified lawmaker from New Mexico to the effect that freedom to lie is a fundamental right: "I say" (imagine you hear Senator Claghorn speaking and it comes out about right) "I say you have a right to lie to whomever you please."

Let us consider first the lighter side of this beguiling argument. Under the sway of Freudian psychoanalysis, we psychologists and psychiatrists tried for several decades to believe that the painful discrepancy which is found in every case of so-called neurosis or functional psychosis between an individual's moral standards and his actual conduct or performance has arisen, not because his performance has been inferior or "bad," but because his standards are unrealistically high. In short, according to this view, people fall "ill" because they are trying to be too good. And Mr. Krimmel is making what he may regard as a faithful application of this philosophy when he says we shouldn't be too hard on ourselves if we lie or cheat a little--or is it just "a little"?--now and then.

The alternative view which is now in process of emerging is as follows. As long as neurosis was attributed to a too severe, too demanding conscience, it was perhaps logical enough to say that the individual himself was "not responsible" for his personality problems. Obviously we get our consciences from our parents and other representatives of adult society; and if we end up with too much conscience, it is clearly their fault, rather than ours.

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# E.V.I. News

## February 2009

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

# AA Meetings

## Changes:

### Location change:

#### Back Roads Bunch

48 E. 18th

Junction City

Fri 7-8 pm

## New:

### Day & Time change:

#### Grateful We Aren't Dead

Jesco Club

Sun, Mon, Tue, Wed

8 - 9:15 pm

– *Outreach Committee:* Putting together packets for meetings to introduce them to EVI and service structure to be presented during “Announcements” portion of meetings. There are over 100 meetings in the area not represented at EVI. Volunteers for Outreach needed.

– *Speaker Meeting:* Good turnout at January’s meeting. In February, Dave A. from Corvallis with 29-years will speak.

– *Steering Committee:* Appreciation noted for Committee Chairs stepping up. We need to fill open EVI service positions, please take back to groups and get nominees in for next month! Steven volunteered to fill in for open Recording Secretary for the February EVI Steering Committee. Jennifer agreed to fill in for open Recording Secretary for the February EVI Business Meeting.

7:53 Motion to adjourn, seconded.

7:55 Adjourned with Responsibility Statement

*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***

*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.*

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



## EVI Business Meeting

January 12, 2009

### 6:30 p.m. Opening/Introductions/Early Announcements

Announcements – offered to those that had to leave early:

- o Founders Day planning meeting announced
- o Spanish Speaking volunteers needed for EVI on phone call basis

### 6:39 Nominations and Elections for Open Positions

*EVI Recording Secretary:* No one offered to stand, no one nominated.

*EVI Website Co-Chair:* Bill H. stood and was nominated and elected unanimously. He has worked on the Website before and has 25 years sobriety.

*EVI Treasurer Co-Chair:* No one offered to stand, no one nominated.

*EVI Chair Co-Chair:* No one offered to stand, no one nominated.

*EVI Meeting Guide Co-Chair:* No one offered to stand, no one nominated.

*EVI Member At Large (completion of Bill's term):* No one offered to stand, no one nominated.

### 6:49 Announcements

*Men's March Retreat:* Retreat masters Larry Scott and Chris Proctor from Atlanta Georgia, mentored/inspired by Joe and Charlie, March 6-8 at St. Benedict's Lodge

### 6:58 Old Business

*Proposed Amendment to the Bi-Laws re: Disbursement of Funds in Excess of Prudent Reserve*

- Financial Advisory Board had not met prior to business meeting, so verbiage was not

proposed for adoption.

- Motion was made by Frank to push check point date for annual assessment of Prudent Reserve amount back to January 31<sup>st</sup> rather than December 31<sup>st</sup>, so that bills due in early January can be paid out and committee budget submittals can be accommodated. Motion Seconded by Eric. Question called. Motion Passed, 29 in favor.

- *Discussion of Proposal to Move Committee Reports in Front of Elections in Business Meeting Agenda (as Forwarded to Steering Committee)*

- Steering Committee recommendation was to not change order so as to avoid loss of

necessary quorum after initial roll call. However, to accommodate early delivery of

announcement and committee reports from members that have to leave early as done at this business meeting.

- No motion was tendered counter the Steering Committee recommendation.

- *Creation of Informational Package for New EVI Representatives including Motion Process, and EVI Meeting Conduct Guidelines*

- Package containing requested information being created by the Outreach Committee and was offered as a solution. New EVI Representatives were encouraged to see the Outreach Chair to receive a package.

- *Inventory Process for EVI:* End of year physical inventory went well, could have used a few more volunteers.

### 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).

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# Contributions

Jan 09

Month YTD

Monday Ngt Courage to Change	0.00	110.00
123 Meeting	0.00	20.37
Monday Nite Women's Study	0.00	44.25
Sunday Morning Sunshine	0.00	275.00
Sunday AM B.B. Study Group	0.00	384.00
No Name	0.00	26.00
Sunday Book Study Group	0.00	65.50
Serenity Lane	0.00	15.00
Spring Serenity Noon	0.00	100.00
New 11th Step Meeting	13.00	63.75
ABC Group	0.00	100.40
First Dexter Group	0.00	0.16
Young Peoples Book Study	0.00	37.50
Springfield Men's Stag	0.00	65.00
Voyagers	0.00	50.00
Sober Chicks	10.00	30.00
Saturday Morning Steps	198.00	792.00
SAG	20.00	160.00
645 AM stag	46.00	501.20
EASYPAA	20.00	140.00
Monday Noon Stag	0.00	170.52
One Day at a Time	0.00	320.00
Great Fact Group	0.00	70.00
Wed Beginners	0.00	120.00
Pass it on	0.00	104.50
Women's Courage to Change	0.00	270.00
Thursday Men's Book Study	0.00	129.81
Dist 19	0.00	250.00
How it Works	123.00	1,423.00
Get Well Group	0.00	260.00
Veneta Gratitude Group	0.00	415.00
Spring Study Group	0.00	25.00
Serenity Seekers West	132.00	642.00
Rush Hour Group	0.00	150.00
Try God Group	285.00	3028.00
Thurs PM Rush Hour	0.00	210.00
McKenzie River Group	0.00	35.00
Physical Awakenings	0.00	300.00
As Bill Sees It	20.00	40.00
Attitude Adjustment Group	237.00	3,647.54
Autumn Group	0.00	150.00
We need each other	0.00	200.00
Cottage Grove Gratitude	0.00	75.00
Downtown AM group	2350.00	2,299.36
Freedom Of Choice	0.00	268.00
Friday Night Stag	0.00	900.00
Last Chance Study Group	0.00	145.00
Monday Mens Stag	0.00	59.80
New Freedom	0.00	600.00
New Freedom 2	0.00	50.00
Sober Awakenings	523.80	1,762.52
Sobriety for Life	0.00	150.00
Stairway to Sobriety	0.00	175.00
Sunday Morning Big book	0.00	665.00
Sunday Ngt Women's Stp Sty	141.28	418.87
Unknown	0.00	139.20
Wednesday Mens Noon	0.00	150.00
Wednesday Night Men's Stag	0.00	732.20
Contributions/Group - Other	0.00	40.50
District 6	0.00	49.50
Spiritual Kindergarden	4.00	4.00
Host of Friends	80.00	80.00
<b>Total Group Contribution</b>	<b>2088.08</b>	<b>23,804.45</b>
Faithful Fivers	55.00	1,490.65
Unknown	0.00	53.50
Contributions/Individual - Other	184.00	445.84
<b>Total Individual Contribution</b>	<b>239.00</b>	<b>1,989.99</b>
<b>Total Contribution</b>	<b>2,327.08</b>	<b>25,794.44</b>

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*Please include a contact phone number.*



**Service Positions are currently available.** Call the EVI office for more details.

**EVI Office can use people to answer phones and perform office functions.** Contact Tricia

Michael

**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

or

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.  
Thur Speaker Meeting Committee, 7:00 pm, Vicki
- Sun Activities Comm, 6:00 pm, Sylvia
- 2<sup>nd</sup>** Mon EVI Business Meeting, 6:30 pm  
Wed District 6, 6:30 pm, Rhonda  
Sat Diverter, 10:00 am, David W
- 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
- Last** Thur Grapevine Committee, 5:30 pm

## EVENTS

### Men's March Retreat

Big Book Study,  
St. Benedict's Lodge, McKenzie Bridge  
March 6 (6 PM), 7 & 8 (Fri. eve thru  
Sunday)  
(application forms at EVI office)

### Woman to Woman 2009

26th Annual Retreat  
Shilo Inn, Newport OR  
March 5,6,7,8  
Call Joani  
Please register early

### Fellowship on the River

Tri-State 25th Annual Roundup  
Laughlin, NV  
May 14,15,16,17  
Call Elizabeth R  
(application forms at EVI office)

out-moded. Instead of our eliminating the Ninth Commandment, as Mr. Krimmel proposes, I would like to see it raised to a much higher position in the Decalogue. For if we can but observe it, the danger of our violating the remaining Commandments is materially lessened.

Sir Walter Scott, in "Lochinvar," neatly captures the essential idea here when he says: "Oh what a tangled web we weave when first we practice to deceive."

We all know, of course, how hopeless, trapped, and boxed-in neurotic and psychotic persons characteristically feel. But they are living in a self-created prison; and it is quite wonderful to see what a difference it makes if and when they adopt a new policy of openness, not just with a "therapist," but with "significant others," which is Harry Stack Sullivan's apt phrase for those in our lives who "count most" (which means not only those on whom we are most dependent but who also count on us).

The universal testimony of those who have tried and persevered in such a policy is that, very soon, "things begin to happen." Since others who would like to help a person who is in trouble cannot do so unless they know what the trouble is, it is small wonder that the situation remains pretty static and stagnant as long as deception and denial are systematically practiced.

When I was in government service during World War II, there was a sign in one of our offices which read: "Remember the turtle: He makes progress only when his neck is out." We have our "neck out" only when we are being open and honest and when we shift from the strategy of hiding our head (in our fear and shame), it is remarkable how much "progress" we do begin to make.

Our journey back to integrity and self-respect may be a painfully long one. But this, and apparently only this, is the "switch" that makes such a journey possible; and the "minor" victories that we experience along the way will be sufficiently rewarding to give us the strength for the next step, and the next, and the next, if we but make a "good beginning."

Dr. O. Hobart Mowrer - Reprinted with permission September 1962 Grapevine

# People:

## ACTIVITIES

Dawn Sandra E Brian

### ANSWERING SERVICE

Mike B

### ARCHIVIST

Izaak

### BOOKKEEPER

Ric H

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

Lyndee R Justin

### DIVERTER COORDINATOR

Myron

Co:- Dee

### EVI COMMUNICATIONS

Meeting Guides: Ric H Daniel

Newsletter: Sally B Angela M

Website: Teffany Alan U

### EVI OFFICE MANAGER

Tricia S Michael

### EVI SPEAKER MEETING

Gary, Gene Scott

### EVI STEERING COMMITTEE

Chair: Tim A

Co-Chair: Wes H

Secretary: Lisa

Treasurer: Angie Chuck

At-Large: Frank K

At-Large: Kurt J

At-Large: Lee

At-Large: Ted

At-Large: Bill

### GRAPEVINE

Chair: Gus

Co-Chair: Chris

### H&I (Hospitals and Institutions)

Chair: Brenda K Co is open

Corrections: Annie O Co is open

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 Co is open

Alma Work Camp: Lee H Co is open

Pathways: Joe N Co is open

Serbu Detention: Jack Co is open

Cooperation w/Treatment Facilities: Jeff C Co is

open

Carlton House: Mark Z

Co is open

WFTS: Johanna D.

Serenity Lane:

Fri. Speaker: Richard Co is open

B.T.G.: Tim a Co is open

S.N.L.: Greg D Co is open

Shelter Care: Hank Angela D

Hospitals: Both positions open

Johnson Unit: Jill David L

VA Reintegration Cntr: Both positions open

### LITERATURE

Teffany Doug S.

### OUTREACH

Rebecca Jeff

Continued from page 3:

– *Diverter Coordinator Not listed in Newsletter:* Request for correction of Diverter Coordinator in newsletter... Myron is Coordinator, Dee is Co-Coordinator.

### 7:03 New Business

– *Group Inventory Process for EVI:* Putting together a group inventory taking process for EVI. Discussion about whether EVI Business meeting should have a group inventory.

– Motion made by Frank that Gus head up an ad-hoc committee to for EVI Inventory

taking. Seconded and passed. Steven volunteered to join the committee, Steering

Committee will find more members to serve.

– *Committee Budgets for 2009:* Discussed purpose of budgets, requested that committee chairs get budgets in by February business meeting, recommended that they be brought to the EVI Steering Committee Meeting at 6:30 on Monday, February 2<sup>nd</sup>.

– *Phone Numbers on Website on Fliers Questioned:* Website Chair, Alan, asked if phone numbers were to be removed from fliers when scanned in for publishing on the Website. This was confirmed as a matter of group conscience per previous vote... no individual's numbers on the website at all.

### 7:20 Committee Reports

– *Activities Committee:* December Holiday Potluck was well attended, Comedy/Karaoke Night announced with \$5 suggested donation, with raffle. Comedians still needed. Founder's Day Event planning has started.

– *Website Committee:* To contact the Website Chair, Alan, click on "E—Mail Webmaster".

– *Diverter Committee:* Diverter volunteers coming on, need to call the EVI office to let them know that they are taking over the phones. We are not always getting the phones picked up in a timely fashion.

– *Grapevine:* Budget submitted. Would like more dollars for expanded selection of Grapevine literature and a portable display board. Committee will meet in January.

– *Literature Committee:* Daily inventory being taken. Audio 12x12 and Big Book copies sold. Let Literature Chair, Teffany, know if you want audio or Spanish language books and she will order them. Spanish language literature is selling.

– *Office Coordinator:* Things are working well with Michael as new co-coordinator. Applicants/volunteers still needed for 12<sup>th</sup> Step calls.

Continued on page 2 (haha)

But we are now, for a variety of reasons, beginning to suspect that the real problem is not that our standards are too high but that we fail or refuse to live up to them. If this is the situation, then the responsibility or "blame" comes back squarely upon ourselves. And we are beginning to ask: Why, then, do we human beings permit ourselves to engage in such unfortunate, costly, self-destructive actions? Why, in other words, are we so weak and "evil"?

If it were true that so-called neurotics are "disturbed," not because of anything they have done but because of what has been done to them, it would clearly be someone else's responsibility to "diagnose and treat" them--an inference which has created what Dr. Szasz aptly calls "the healing industry," but it has not, it seems, created a whole and happy people. So we are beginning to assume, instead, as the current slogan of the National Association of Mental Health puts it, that "mental health is everybody's business" and are asking just how, as individuals, we can be responsible, competent, informed, strong, effective, business-like in this area.

When the problem is reformulated in this way, the hypothesis that is most likely to be advanced is that we permit ourselves to indulge in "inferior," "low," "degrading," behavior, with the familiar sequence of guilt and the self-administered suffering which we call "mental DIS-ease," because we have a weak will. And at a grossly descriptive level, this assumption is true. However, it does not tell us what "will power" or strength of character is or how we lose or regain it.

Psychiatrists, psychologists, and other social scientists are now beginning to realize that will power, i.e., the capacity to make the right decisions and to act upon them, is a function of whether one is in or out of community. This means, quite simply, that if we follow the policy of keeping our lives always "open to inspection," we find that our "wills" are surprisingly strong.

Conscience has been defined, somewhat wryly but not inaccurately, as that still, small voice that tells us when someone is watching. But if we adopt a policy of secrecy and deception, so that others can't "watch" us, then we have no "resistance to temptation" and our "wills" progressively deteriorate.

One of the commonest manifestations of "neurosis" is a feeling of "depersonalization," i.e., a tendency not to "seem" quite like oneself, and a generalized sense of "unreality." What could be better calculated, really, to produce such a state than the practice of consistently denying who one is, by lying, pretending, boasting? Yet Mr. Krimmel and the authorities he cites would apparently have us believe that lying is not wrong or dangerous, but is instead normal and healthy--at least if "used in moderation."

In psychosis a common symptom is a weakening or loss of "ego boundaries," by which is meant an inability on the part of the patient to discriminate clearly between his own thoughts and feelings and those of other persons. In a technical article Dr. John Shlein, of the University of Chicago, tells of a young male schizophrenic who believed he had a "machine" in his head which "broadcast" his thoughts, in such a way that others could know about them. And the delusion that other people are "reading my mind" is very common indeed. Such a condition is obviously highly "abnormal" and a person manifesting it is "very sick"; but Dr. Shlein advances the interesting possibility that this sort of "symptom" is really a primitive and automatic ("unconscious") protective device, aimed at ending the policy of secrecy and isolation in the life of a chronically duplicitous individual.

After all, if others can read your mind or if your thoughts are going to be "broadcast," your life becomes, in effect, an "open book" and nothing can any longer be hidden. If this is "nature's" ultimate way of dealing with liars, we surely take an awesome responsibility upon ourselves when we condone or deliberately advocate lying as a regular, or even occasional, personal strategy.

Mr. Krimmel and those who share his disingenuous philosophies seem to be advocating that we revise the Ten Commandments, at least to the extent of eliminating the one which admonishes us not to bear false witness. This may seem like a relatively innocent and not too unreasonable suggestion; but we need to realize that such a proposal is, in effect, an open invitation to disregard the other nine; for if we have no compunction about lying, what "protection" do we have against the temptation to perform any action which may seem to be to our immediate advantage, since we hope, by the strategy of deception and denial, to avoid the more remote--and possibly less agreeable--consequences.

I personally am no arch conservative, and when a law or ethical rule has truly outlived its usefulness, I am as glad to see it go as anyone. But we are on unsound grounds when we argue that the injunction against bearing false witness is

# 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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