

Relapses: Causes and Preventions

AS SOON as people hear that a person has become associated with AA they assume that all will be clear sailing. Those who have relapses, or “slips,” are considered to be weak-willed, will never make the grade, and are therefore not worth the bother. This is far from the case. A large percentage of those who have relapses make the grade on the second or third try. To say that one who slips is of necessity a moral weakling is to violate our initial premise that alcoholism is a disease. To carry this fallacious line of reasoning to its logical conclusion you would have to hold that a person who has a second attack of pneumonia or pleurisy is morally responsible for his condition. In any number of illnesses, relapses are anticipated in a given percentage of cases.

Those who have made a study of the problem of alcoholism feel that there are three predominant reasons for slips: Mental reservations, physical depressions and emotional tension. For those who are well along in their recovery program emotional tension is probably, in my opinion, the greatest cause of slips. After a person has progressed to the point where he no longer has mental reservations and has conquered the initial physical craving for alcohol there still remains this one hurdle to be negotiated for the successful arrestment of our disease.

Why are we subject to these tensions? Well, we are only human and as such we visualize events, circumstances and situations in the light of how they affect us. Perhaps not in their true perspective, but nevertheless as we choose to view them. Our ability to see things in their true proportions is usually the immediate cause of the tension which in turn leads to the slip. Somewhere we have gotten off the beam. When we feel this is the case, we would do well to reanalyze ourselves—review our recovery program. It is not something we can just memorize. It is something we must live. The further we project these principles into our daily lives the easier it is going to be for us to divorce ourselves from the compulsive nature of our disease.

Emotional tension is the result of one or more of the following stimuli, namely; fear—frustration—resentment and/or remorse. The presence of any one or combination of these mental attitudes is a definite warning signal to the alcoholic. To ignore them is to court disaster. The collective reaction to these upsets is worry, which is the most common form of emotional tension. Two courses of action are open to the alcoholic who feels tension mounting within himself. These can be roughly classified as “action without” and “action within.” A number of the suggested remedies are a combination of both. Which remedial pill to take on any given occasion will vary directly with the circumstances surrounding the situation giving rise to the tension.

In general, any action that has a tendency to get us away from ourselves, so to speak, will prove beneficial. As active alcoholics we were prone to be extremely self-centered. Continuation of an egocentric attitude, together with its concomitant feeling of self-pity, will inevitably lead the alcoholic into a relapse. The importance of extruding one’s personality cannot be overemphasized. AA and its philosophy are readily available media through which the alcoholic can express himself. The aids and tools available to members of AA can go a long way toward relieving tension caused by emotional upsets.

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January 2009

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

AA Meetings

Changes:

Location change:

Try God Group Five & Dime

moved as of 1/02/09 to
2801 West 18th Ave.

Eugene

Fri 8 - 9:30 pm

New:

Women's Big Book Study

931 3rd Place, Spfld.

7 - 8:00-ish pm

Day & Time change:

Grateful We Aren't Dead

Jesco Club

Sun, Mon, Tue, Wed

8 - 9:15 pm

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



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.

EMERALD VALLEY INTERGROUP
BUSINESS MEETING
December 8, 2008



6:32 p.m.

A. **Open meeting with Serenity Prayer**

B. **Introductions**—Determine if we have a quorum present: **Yes.**

6:37 p.m.

C. **Nominations and Elections for Open Positions:**

Office Coordinator — Tricia nominated Michael, whose service resume includes secretary to DCM and volunteering at the EVI office. He has a homegroup and his sobriety date is 10-1-86. Motion was seconded, voted and passed.

CPC/PI Co-Chair – Justin was nominated. His sobriety date is 10-10-87; he has two homegroups, he has previously served on H&I and as a EVI representative. His phone number is _____ Motion was seconded, voted and passed.

Outreach Co-Chair — Jeff was nominated. He has 2.5 years of sobriety, previous outreach experience, and Downtown AM is his homegroup. His phone is _____ Motion was seconded, voted and passed.

EVI Speaker Meeting Co-Chair – Scott was nominated. He has two years of sobriety and experience helping out at the speaker meeting. His phone number is _____ Motion was seconded, voted and passed.

OPEN POSITIONS:

- EVI Recording Secretary
- Website Co-Chair
- Treasurer Co-Chair
- EVI Chair Co-Chair

D. **Announcements:**

1. **EVI Inventory** – Literature inventory to be followed by Group Inventory Wednesday, December 31, 2008 at 1:30 p.m.
2. **EASYPAA 2nd Annual Festapalooza** — December 14, 2008, from 3:00 to 6:00 p.m. at St. Mary's Church, 13th and Pearl. (Flyer attached).
3. **GSR School** – January 24, 2009 from 11:00 a.m. to 3:00 p.m. at Hilyard Community Center, 2580 Hilyard Street.
4. **Holiday Potluck** – (Sandra) December 13, 2008, at 5:30 p.m. to be followed by EVI Speaker Meeting at 7:00 p.m.
5. **Holiday "Around the Clock" Meetings** – (Steven) will be held Christmas Eve and Christmas Day at the JESCO Club.

6:55 p.m.

E. **Old Business**

1. **Financial Advisory Board Report:** The proposal is attached. In pertinent part, the last paragraph states:

If the amounts of the EVI accounts are above the calculated prudent reserve at the end of December, any monies above that year's prudent reserve level should be sent to another AA entity, such as local districts, Oregon 58, or the General Service Office. The money can be allocated based on the needs of these entities at the time.

QUESTION: Is this what we (the Groups) want?

VOTE OF INTENT: Yes=34. Motion passed to have the FAB translate to verbiage to By-Laws.

2. **Storage for the EVI Activities Committee:** The Activities Committee is requesting a budget line item for the cost of storage to store the committee's activity and holiday items. EVI would pay the monthly storage fee.

MOTION: To approve \$600 for the annual storage fee as line item for the budget.

Discussion was held. Vote taken. Three opposed. Two of the opposed said it should be taken back to the groups. One opposed said activities should be self supporting.

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

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.

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Contributions

Dec 2008

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 | 34.00 | 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 | 100.00 | 100.00 |
| New 11th Step Meeting | 0.00 | 50.75 |
| 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 | 0.00 | 20.00 |
| Saturday Morning Steps | 0.00 | 594.00 |
| SAG | 0.00 | 140.00 |
| 645 AM stag | 0.00 | 455.20 |
| EASYPAA | 0.00 | 120.00 |
| 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 | 30.00 | 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 | 0.00 | 1,300.00 |
| Get Well Group | 0.00 | 260.00 |
| Veneta Gratitude Group | 0.00 | 415.00 |
| Spring Study Group | 25.00 | 25.00 |
| Serenity Seekers West | 0.00 | 510.00 |
| Rush Hour Group | 0.00 | 150.00 |
| Try God Group | 0.00 | 2,843.00 |
| 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 | 0.00 | 20.00 |
| Attitude Adjustment Group | 101.00 | 3,410.54 |
| Autumn Group | 0.00 | 150.00 |
| We need each other | 200.00 | 200.00 |
| Cottage Grove Gratitude | 25.00 | 75.00 |
| Downtown AM group | 131.20 | 2,064.36 |
| 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 | 100.00 | 600.00 |
| New Freedom 2 | 0.00 | 50.00 |
| Sober Awakenings | 638.72 | 1,238.72 |
| Sobriety for Life | 0.00 | 150.00 |
| Stairway to Sobriety | 50.00 | 175.00 |
| Sunday Morning Big book | 0.00 | 665.00 |
| Sunday Night Women's Stp Stdy | 0.00 | 277.59 |
| Unknown | 0.00 | 139.20 |
| Wednesday Mens Noon | 0.00 | 150.00 |
| Wednesday Night Men's Stag | 223.00 | 732.20 |
| Contributions/Group - Other | 0.00 | 40.50 |
| District 6 | 0.00 | 49.50 |
| Total Group Contribution | 1,657.92 | 21,716.37 |
| Faithful Fivers | 25.00 | 1,435.65 |
| Unknown | 0.00 | 53.50 |
| Contributions/Individual - Other | 11.55 | 261.84 |
| Total Individual Contribution | 36.55 | 1,750.99 |
| Total Contribution | 1,694.47 | 23,467.36 |

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.

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 3rd 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)

- 1st** 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 Committee, 6:00 pm, Sylvia
2nd Mon EVI Business Meeting, 6:30 pm
Wed District 6, 6:30 pm, Rhonda
Sat Answering/Diverter, 10:00 am, David W
3rd 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

FELLOWSHIP EVENTS

Comedy & Karaoke Night (1st Annual)

First Christian Church

Saturday, January 24, 7-9 PM

\$5 suggested contribution

Reserve your spot (3-5 minutes time limit)

Contact Activities Committee: Sandra

Brian

G.S.R. School (Dist. 6, 19, 20 & 33)

Hilyard Community Center

Spaghetti Feed (with sauce contest!)

bring your best sauce and win a prize

January 24, 11am - 3 pm

Contact Ben

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)

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

Faithful Fivers: As you may have noticed, the Faithful 5'er Board did not go back up after the office makeover as we are going to present it a bit differently. We want you to know that you may still donate towards running the EVI office – you just won't see your name "up in lights". If you have any ideas on how to acknowledge the donations, please write them down and leave in the office coordinator's box. Thanks.

"I am liberated from dreaming the impossible dream and free, finally, to start living the possible dream."

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

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

W.F.T.: 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:

RE-VOTE: Yes=17 and No=11.

Motion died as the treasurer suggested approval for committee budget would be up for approval and vote at the next EVI business meeting.

3. Florence Meetings Listed in the EVI Meeting Guide: The Steering Committee recommended that we (1) keep a copy of the Florence meetings at the EVI office and on the website and that (2) we remove the one currently listed Florence meeting from the guide.

MOTION made, seconded, voted and passed.

21=Yes No opposed.

E New Business

1. Treasurer – Committee budgets to be submitted in January (next month) for 2009. Please be ready to vote.

7:20 p.m.

G. Committee Reports

1. Activities—Sandra: Bake sale was good at the Petersen Barn. 12/13 is the holiday potluck at 5:30 followed by the speaker meeting at 7:00 p.m. January we will be hosting a Comedy Night, flyers to follow. The next business meeting is January 4, 2008 at 7:00 p.m. at EVI.
2. Archivist—Izaak (Absent)
3. Communications:
 - a. Website—Alan Everything up on the website and going well. He is answering e-mail received at the site and asking for help with e-mail responses.
 - b. Meeting Guides—Ric: (Absent but reports all is well)
 - c. Newsletter—Sally: the new Newsletter is out and on time!
4. CPC/PI—Lyndee: A history of CPC/PI is attached, as well as this committee's report. Their next meeting is December 23, 2008 at 6:30 p.m. at EVI
5. Divorter—Myron: (Absent)
6. Grapevine—Gus (Absent/Ill) (Books are for sale.)
7. H&I—Brenda (Jennifer for Brenda) Elections were held in October. Almost all of the positions are filled.
8. Literature—Teffany: Going well. Order expected in next week.
9. Office Coordinator—Tricia: All is good. Selling lots of books.
10. Outreach—Rebecca: (Left before report could be given.)
11. Speaker Meeting—Gene: Charlie C. for AA, AI-Anon TBA. Attendance is down, please help support!
12. Treasurer—Angie: End of November we are 92% through contributions. Operating expenses are at budget. We are requesting credit from landlord for past paid heating bills.
13. Steering Committee—Wes: Requested temporary Secretary for January business meeting. Jennifer offered to volunteer in January and Eric in February.

7:50 p.m

Motion to close seconded and passed, meeting closed with the Responsibility Statement.

Continued from page 1:

To put it bluntly, in my opinion, we take ourselves too seriously. Emotional tension like physical exhaustion can, in a large number of cases, be ascribed to our attempt to crowd three days into one. To quote from our literature: "It is not the experience of today that drives men mad—it is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring." The philosophies of the ages are replete with admonitions, pleading for man to concern himself only with the things at hand and not with the dim past or the distant future.

If we recognize our inability to maintain our sobriety on our own, we will make greater use of those instruments placed at our disposal. Our first concern when we get emotionally wound up is to find some way to ease the tension. What can we do? Action without. Direct action in the form of: Attending an AA meeting. Telephoning or visiting another AA member. Finding a Twelfth-Step case to work on. Taking some form of physical exercise, preferably one requiring some mental concentration. Losing oneself in some relaxation that will divert the mind from the problem giving rise to the tension. These courses of action may or may not give permanent relief. Should they fail to do more than afford temporary alleviation they will still have served their purpose at least carried one through the immediate crisis. Where permanent relief has not been obtained, then action within is called for. This type of therapy is usually possible only where time is not of the essence. If you are about to "blow your top" use direct action by all means. This will tide you over until such time as you can more objectively reflect upon the basic cause of your emotional disturbance. Even where you feel that the tension has definitely passed, it is a sound idea to do some introspective analysis to prevent a recurrence.

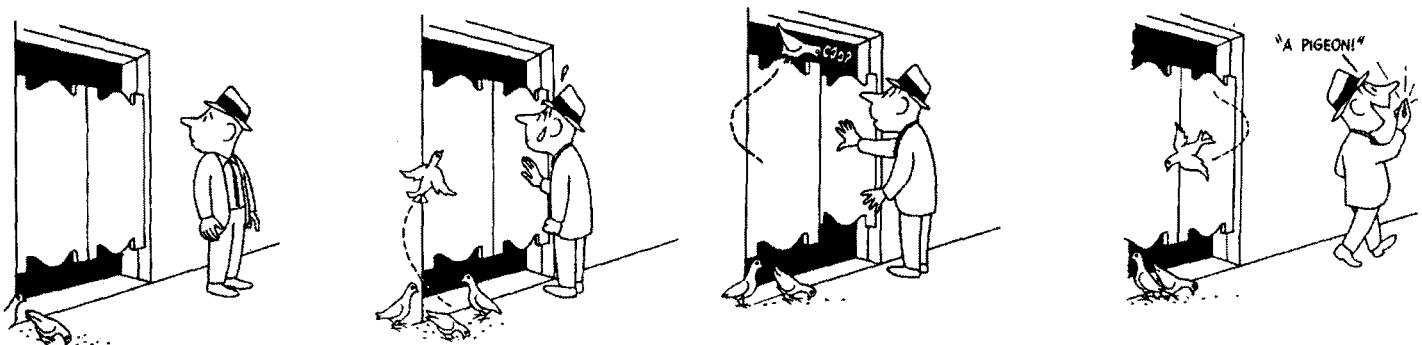
As the initial step toward action within, we should review our suggested recovery program. Have we gone astray from the principles, either expressly or by implication? Have we been practicing these principles? The periodic taking of a personal inventory is one of the best ways to check our thinking. Rationalization is a product of our alcoholic thinking. If our thinking is straight we will not be plagued by the four horsemen of alcoholism: fear, frustration, resentment and remorse. If we recognize the presence of one or more of these disturbing elements we are in a better position to ward off its ravages. There is a classic saying that, "You can't fight what you can't see." While literally you cannot see emotional tension, you can recognize it for what it is and as such create a defense against it. After determining its true nature, you can ask yourself one question; "Can I do something about the true cause of this upset?" Obviously, there is only one of two answers: yes or no. If something can be done—do it and quit worrying about it. If nothing can be done—accept it and quit worrying about it. The truth of the matter is, that it is not the existence or non-existence of a given situation that causes the trouble, but allowing any situation to so distort our thinking that it gives rise to emotional unbalance.

In accordance with this line of reasoning, we should accept the fact that many events occur and circumstances arise over which we have no control and no amount of wishful thinking is going to change them one iota. Nor is "tying-one-on" going to improve the situation one bit. When things get too much for us, it is often well to ponder upon the six points of our suggested recovery program relating to the Power greater than ourselves. Perhaps the ancients had something when they placed things in the "laps of the gods." If we have gotten far enough away from our egoism to recognize that the workings of the universe are controlled by some Power other than ourselves we will be on the right path toward seeing our problems in their proper perspective.

Action within can best be summarized by our prayer—God grant me the serenity To accept things I cannot change
Courage to change things I can And wisdom to know the difference.

Reprinted with permission from Grapevine archives September 1950

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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)

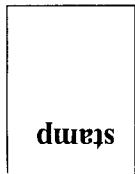
Name:

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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