

Attitude Adjustment

When I first walked through the doors of AA I didn't think I was an alcoholic; I was just unable to stop drinking. Nothing in my life was going right. My adolescent kids treated me with anger or pity. My health was shot. I always had colds or aches and pains, and nothing about my internal system was working properly. But I didn't see these as symptoms of alcoholism; I thought I was just getting old.

Financially I could make ends meet, but I didn't appreciate that at all. I took it for granted. I'd been divorced for three years and I was lonely. It dawned on me finally that the few men I'd managed to meet all had trouble with alcohol or drugs, usually both. I met them in bars. What were they always doing in bars? I never asked myself what I was doing there!

But the worst of it was the way I felt all the time: incompetent, foolish, weak, stupid, emotionally unstable, and probably crazy. Something was wrong with me--everything but alcoholism. Because alcohol seemed to be my only friend, I drank at lunch. After dinner, I either holed up in my room with a bottle or headed for a bar. That was my lifestyle for ten years, with husband and without.

But alcohol began to fail me. Where once I could drink an entire bottle of tequila, I now began to embarrass myself after one glass of wine. Shocked by my inability to hold alcohol, I tried to hide my newest weakness by declaring to my friends and children that I was going to stop drinking. Every night I went to the bar for two or three tonic waters. Then I went home and took a bottle of wine to bed. July passed, then August. It slowly dawned on me that although I was no longer capable of getting drunk I also wasn't capable of not drinking. I decided to seek help, secretly, from AA.

I walked into my first meeting silent but belligerent, defeated but too proud to see it. But what I found inside the door completely astonished me. Here was a whole roomful of women and men, all different ages, wearing all different kinds of clothes, who were listening to one another.

"Things still just won't go my way," said one man with a deep chuckle. Everyone in the room laughed. I recognized the words, but I didn't recognize the tone of voice. I waited with bated breath for his next words.

"Oh well," he said with a shrug. I sat back in my chair, confounded. Oh well? Oh well? I didn't get it. Someone else raised her hand. I leaned forward again.

"I've found out that when I try to run the show nothing turns out too well anyway," said the woman with a smile.

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June 2009

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

AA Meetings

New Meeting:

The Family Afterward

(women and babies)
St Marys Episcopel
166 E 13th
Fri noon-1pm

Time Change:

McKenzie River Mtg

Now from 6:00 - 7:00pm
Wednesday

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

"You drink
your way in, you
learn
your way out."

- heard at a meeting

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.

EVI Business Meeting Minutes

May 11, 2009

6:30 pm Opened with the Serenity Prayer, Wes H. chairing.

Announcements (early)

Eric V. announced a WACYPAA chaos cookoff and Bingo night [sic] June 6, 2pm at Washington Park

There is also a WACYPAA Children of Chaos Campout July 31-Aug 2 at Packard Creek Campground near Oakridge.

Open Positions:

- (1). Chair co-chair. There were no nominations.
- (2). Archivist. Lana nominated. She recently moved to the Eugene area. She gave an impressive service resume including being a GSR, DCM and District Archivist in another Area. Elected unanimously.

Old Business:

12th-step workshop. Dave, who is coordinating this effort, was absent, so Wes gave a report. The planning Committee has met three times; the last meeting had only 3 attendees. Effort has two facets: conducting a workshop and strengthening Diverter. This effort needs more support.

EVI Group inventory. Wes feels it would be a conflict of interest for him to chair the inventory and recommends participation from people who are not actively involved in the EVI service structure. No date has been set. Take this back to your groups.

New Business: None

Committee Reports

The Secretary would appreciate written reports to include with the minutes. Many committee chairs are already doing this.

Activities (Sandra). Announced memorial Day root beer kegger and softball tournament. There is no July 4th barbecue but will be a barbecue at Emerald Park on July 18.

Website (Alan). Please e-mail material you want posted on the web. Alan had a request to become affiliated with a DUI prevention program, to which he replied that our AA traditions did not allow affiliation but that we could not prevent outside entities from linking to our website.

Meeting lists (Bill). The Spring Directory is out. We do not expect to print a summer directory. Demand for the printed version is down slightly because of increased use of the online version. Is forming an "odd hack" committee to improve coordination with the website. EVI reps were reminded to make sure their groups file meeting change forms with the office. There was some discussion about whether people who have gone to a listed meeting and found no one there should call the office and cancel it. Consensus was office should be informed, but no action taken on the basis of a single report. Concerns were voiced that office volunteers were not all adequately aware of meeting change procedures. Bill made a motion to develop a policy on meeting book change procedures. Motion *withdrawn after Wes pointed out that no authorization was needed for a committee chair to follow his or her job description.*

Newsletter: Sally pointed out two changes to the events schedule – no Thursday speaker meeting committee meeting, 12th step committee meeting meets at 4:30.

Intergroup:

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

May 2009

Month YTD

Contributions/Group:

As Bill Sees It	0.00	20.00
Attitude Adjustment Group	105.00	945.00
Downtown AM group	472.00	882.00
District 19	0.00	150.00
EASYPAA	50.00	70.00
Fireside Group	0.00	45.00
Friday Night BB	240.00	240.00
Fresh Start at Noon	50.00	50.00
Freedom of Choice	75.00	75.00
Get Well Group	60.00	160.00
Host Of Friends	0.00	80.00
How It Works	0.00	123.00
McKensie River Grp	50.00	50.00
New 11th Step Mtg	0.00	13.00
New Freedom	100.00	200.00
Pass It On	53.00	53.00
SAG	80.00	120.00
Saturday Morn Steps	0.00	198.00
Search for Serenity	20.00	20.00
Serenity Seekers West	150.00	22.00
6:45 AM Stag	75.00	121.00
Sober Awakenings	765.50	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	40.00
Sunday AM BB	150.00	300.00
Sunday Book Study	40.75	40.75
Sunday Morn Sunshine	200.00	350.00
Sunday Ngt Womens Step	0.00	141.28
Try God	297.00	806.00
Wednesday Night Men's	354.00	354.00
Womens Courage	113.92	288.92

Total Group Contribution 1737.50 7581.25

Contributions/Individual:

Faithful Fivers	35.00	250.00
Other	25.00	254.95
Total Individual	60.00	504.95

Total Contribution 1797.00 8086.20

**"I'm not God,
but God is me"**

-Charles A Chamberlain,
A New Pair of Glasses

NEED SERVICE?

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

Chair co-chair

Recently Filled Service Positions at EVI:

Co-coordinator - Marika C.

Treasurer co-chair - Jack N.

Meeting Guide co-chair - David P.

Archivist - Lana Y.

Upcoming Openings:

Newsletter co-chair (take office in July)

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 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.

Sun Activities Comm, 6:00 pm, Sandra
- 2nd** Mon EVI Business Meeting, 6:30 pm
Wed District 6, 6:30 pm, Rhonda
- 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
- Sat** 12 Step Workshop Development Committee 4:31pm
Contact Michael S. David

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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)

Founders Day

Washington Park, Eugene
Sunday, June 14

32nd Annual Summerfest

Eugene Hilton, Eugene
July 3 - 5

32nd Annual South Coast Round-Up

Brookings OR
July 24-26

Sisters in Sobriety Campout

Sutton Camp ground near Florence
July 31-August 3rd

Redwood Coast Roundup

Fortuna, CA
Aug 21-23

**“Be comforted.
You would not be
seeking me
if you had not
found me.”**

-Ovid

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: Sally B Angela M

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 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

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: Both positions open

Johnson Unit: Jill David L

VA Reintegration Cntr: Both positions open

LITERATURE

Teffany Doug S.

OUTREACH

Rebecca Jeff

CPC-PI provided a printed report.

H&I presented a printed report.

There was no Grapevine report.

Diverter (Myron) going smoothly, with all shifts covered.

Literature. Teffany was unable to attend. Birthday envelopes are on the rack.

Office Coordinator (Michael). There are checks in the District box. Thank you for your donations. There will be a meeting of office volunteers this Wednesday at 5:30.

Outreach (Rebecca). Has visited quite a few meetings.

Speaker Meeting (Gene). May speaker meeting was well attended.

Treasurer. Presented a printed finance report. Contributions exceeded expenses in April but overall contributions for the year are down and we are still below prudent reserve.

Steering Committee (Wes): Minutes, which were distributed, speak for themselves. Added Ted's name to list of those present.

Adjourned at 7:30 with Responsibilities Statement.



“Fighting the Pint Pot”

-from 1944 Grapevine, Vol 1 issue 2

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Again words I recognized--but where was this woman's frustration? She didn't seem at all saddened by her inability to take charge. There was something wrong with her.

"But when I just sit back and accept the day as it comes, without fighting about it or trying to change it, my day goes just fine." There were nods all around the table. I looked from one person's face to another. What was going on in here? That old guy with the grizzly beard seemed to be in perfect agreement with the neat, pretty speaker. That guy in the business suit was leaning back in his chair with a big wide grin. I was astonished, but no one else was.

By the time the meeting was over several people had introduced themselves to me and someone had given me a Big Book. I went home in a daze. That AA meeting wasn't at all the way I'd expected, and so I decided to go back. This was the first interesting thing I'd found in years! After a few months of not drinking and a steady growth of hope I decided I just might be alcoholic after all. I joined a group. I looked forward to meetings all day, and once I got to them my spirits lifted. Then my group appointed me coffee maker. Every Friday night I got to that meeting an hour early and put on pot after pot of coffee. Other AAs usually arrived early to set up the chairs. One night I was in about as foul a mood as I had ever been in AA. It was the day before Valentine's Day and I hadn't had a glimmer of romance for over a year. Sure I was glad I was sober, but Valentine's Day was depressing. My husband had left me almost four years before. I'd lost the only man who would ever look at me, and I better get used to it.

Through the door came the night's first arrival. "Dave" had been around awhile, and always had a friendly word or hug available. Oh good, I thought, I need a hug. "Hi!" he said. "How are you doin' tonight?" I heaved a deep sigh, put on a poor-little-lost-me expression, and my voice trembled slightly with real self-induced tears as I replied wistfully, "Oh, I've been better." "Oh yeah?" he replied, "Have you been worse?"

And down the hall he went to set up chairs. I couldn't believe it! Not even a hug!

I watched Dave bend over the chair rack. He was whistling.

"You're in an awfully good mood," I thought resentfully.

And then it hit me. I was in a bad mood, and he was in a good one. The only difference between us was that I'd been better, but he'd been worse! It was all in the way we chose to look at it!

The words of the Serenity Prayer began to make sense--accept the things I cannot change, but change the things I can.

I now know it was my attitude my kids couldn't stand to be around--bad vibes are contagious. But so are good ones, and my kids and I are openly loving with one another today, a miracle for which I thank AA. I have a lot of gratitude today. I can change my viewpoint any time I want to. I can look at things from down, by lying back and waiting for someone to rescue me. Or I can stand tall and look at the way things are as the way they're meant to be.

Today I know what Dave meant. I've been worse--and I don't ever have to feel that way again! Now if that isn't worth a smile on a rainy day, what is?

M.D.
York Harbor, Maine

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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)

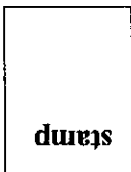
Name:

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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