

# Sobriety 1-2-3

(One of a series of "Beginners' Meetings"--to run from time to time--  
for newcomers to AA sobriety. - Grapevine April 1960)

I Now believe that sobriety comes to us one-two-three. Perhaps not quite as fast as we can count it but very likely through the process described in Steps One, Two, and Three of our Suggested Twelve Steps.

At one time I was convinced that sobering up or stopping drinking was a personal, separate thing, which we did in our own way and for our own individual reasons. Then when we had stopped, we looked to AA, its Twelve Steps and its total program for a way of life that would enable us to live successfully without alcohol.

Now I believe and suggest to you that Steps One-Two-Three can truly be considered the sobering up Steps which perhaps many if not all of us followed when we first stopped drinking. This may be true even for those who had not read or heard of the formal written Steps. The procedure was similar. The Steps were written principally as a record of not only the experience of the first hundred in AA but also of all of us who have followed.

A friend of ours, now in Florida, wrote recently on the occasion of his fifth anniversary. He was recalling the day in 1955 when two of us visited his home to take him to a hospital after a binge of many months. He wrote, "I knew I was beaten and was beginning to see there was a chance for me too, if I stopped insisting on getting my own way and let God guide my life." In this sentence we have Steps One-Two-Three all rolled up into one statement. No, he didn't say that he followed Steps One-Two-Three, maybe he hasn't yet realized just what happened. It might even surprise him to know that he wrote an abbreviated version of these Steps in his letter, when he described his recovery.

So, too, is it with so many of us. An older friend who listened to many separate discussions and analyses of Steps One-Two-Three during closed meetings always insisted that he took the first three Steps, all at one time, just as he used to take his booze--one big three ounce drink in one big gulp, not measuring out each ounce or analyzing each part thereof. Some are fortunate! They can benefit from the experience of others.

"We admitted we were powerless over alcohol. . . .that our lives had become unmanageable." This, of course, is an essential part of realizing our plight and doing something about it. It is, however, no more important than the other two parts. Considered alone it would leave us powerless in an unmanageable life.

Then, "Came to believe that a Power greater than ourselves could restore us to sanity." Now we were moving in the right direction and continuing the same thought.

"Came to believe. . . ." How truly descriptive of the actual happening. To some, belief came swiftly, perhaps almost as soon as it was suggested or the thought occurred. To others it came later and more slowly. We won't try to ponder why. Time and patience should be an important factor. We will just recognize the facts of life. With all, conditions and circumstances are different.

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## March 2009

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

# AA Meetings

## Now Offering Child Care:

Sunlight of the Spirit  
1250 W. 18th Ave.  
(Emmaus Lutheran  
Church)  
Mondays 7-8 pm

## Canceled Meeting:

Grateful We Aren't Dead  
Jesco, 340 Blair  
Fri & Sat, 8-9:30 pm

## New Meeting:

Jesco Back to Basics  
Jesco, 340 Blair  
Wed 6-7 pm

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

## Need a meeting space?

Temple Beth Israel has  
space available  
29th and University.

Call  
485-7218 ext. 104

*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.*

# EVI Business Meeting Minutes

February 9, 2009

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

- Meeting Opened with Serenity Prayer
- Introductions, Confirmation of Quorum – Quorum Confirmed
- Announcements – offered to those that had to leave early:
  - Founders Day planning meeting announced
  - Spanish Speaking volunteers needed for EVI on phone call basis

## 6:39 p.m. Nominations and Elections for Open Positions

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

## 6:49 p.m. Announcements

- *Men's March Retreat – Still a few openings*  
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 p.m. Old Business

- *Budget Proposal by Financial Advisory Board*
- Ric H (EVI Bookkeeper) presented the board's recommendation
- Motion from the floor to approve budget (Gus), seconded (Frank)
- Body voted unanimously to approve the budget as recommended
- *Proposed Amendment to the Bi-Laws re: Disbursement of Funds in Excess of Prudent Reserve*
- *Proposed Amendment text:*

*"If the balances in the EVI accounts are above the newly calculated prudent reserve at the end of January, any monies should be sent to another A.A. entity. Such as local districts, Oregon area 58, and General Service Office. The Financial Advisory Board (F.A.B.) shall propose an allocation of excess prudent reserve based on the needs of these entities and EVI committee budgets at that time. This annual snapshot will allow for monthly swings in donation and expense levels, and will also provide opportunity for EVI's committees to use money donated by local groups and members for carrying A.A.'s message in our local area."*

Body will vote to approve at the March 2009 EVI Committee Meeting

## 6:53 p.m. New Business

- *Faithful Fiver 'Board'*
  - Member asked what happened to the Faithful Fiver board
  - Office coordinator, Tricia, announced that it is gone and will not be back
  - Discussion followed that explained the decision by the Steering

(continues on page 6)



## 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

Feb 09

Month

YTD

## Contributions/Group:

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	150.00	425.00
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	0.00	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	0.00	30.00
Saturday Morning Steps	0.00	792.00
SAG	20.00	180.00
645 AM stag	0.00	501.20
EASYPAA	0.00	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	175.00	445.00
Thursday Men's Book Study	0.00	129.81
Dist 19	0.00	250.00
How it Works	0.00	1,423.00
Get Well Group	100.00	360.00
Veneta Gratitude Group	0.00	415.00
Spring Study Group	0.00	25.00
Serenity Seekers West	0.00	642.00
Rush Hour Group	0.00	150.00
Try God Group	224.00	3254.00
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	40.00
Attitude Adjustment Group	178.00	3,825.54
Autumn Group	0.00	150.00
We need each other	0.00	200.00
Cottage Grove Gratitude	0.00	75.00
Downtown AM group	0.00	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	100.00	700.00
New Freedom 2	0.00	50.00
Sober Awakenings	0.00	1,762.52
Sobriety for Life	60.00	210.00
Stairway to Sobriety	0.00	175.00
Sunday Morning Big book	0.00	665.00
Sunday Ngt Women's Stp Stdy	0.00	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	0.00	4.00
Host of Friends	0.00	80.00
Fireside Group	45.00	45.00
<b>Total Group Contribution</b>	<b>1,052.00</b>	<b>24,856.45</b>

(Contributions continued)

## Contributions/Individual:

Faithful Fivers	85.00	1,575.65
Unknown	0.00	53.50
Contributions/Individual - Other	12.55	458.39
<b>Total Individual Contribution</b>	<b>97.55</b>	<b>2,087.54</b>
<b>Total Contribution</b>	<b>1,149.55</b>	<b>26,943.99</b>

*"When I do good , I feel good.  
When I do bad, I feel bad.  
That's my religion."*

-Abraham Lincoln

# Gratitude

**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

or

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

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

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## EVENTS

### **Fellowship on the River**

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

### **EVI Speaker Meeting**

Living Hope Church  
2802 W. 18th  
March 14, 7-9 pm

### **32nd Annual Summerfest**

Eugene Hilton, Eugene  
July 3 - 5  
(pre-register by June 10)

“God, Give us the serenity  
to accept what cannot be  
changed;

Give us the courage to  
change what should be  
changed;

Give us the wisdom to  
distinguish one from the  
other.”

- Reinhold Niebuhr

# 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  
Chair: Myron  
Co: Dee  
EVI COMMUNICATIONS  
Meeting Guides: Ric H Daniel  
Newsletter: Sally B Angela M  
Website: Alan U Bill H  
EVI OFFICE MANAGER  
Tricia S ; Michael  
EVI SPEAKER MEETING  
Gary, Gene ; Scott  
EVI STEERING COMMITTEE

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

(Bus. Meeting Minutes continued from page 3)

Committee to eliminate the board was based on Tradition of Anonymity.

- Tricia solicited ideas for an alternate method of acknowledgment that does not included names
- Treasurer, Chuck, noted that our Faithful Fiver and other personal contributions have not decreased since the demise of the board
- Office Copier – Outreach committee questions the 20-copy limit
  - Discussed reasons for this limit:
  - Copier is not designed for large volume.
  - High cost-per-copy, given the relatively expensive replacement toner cartridges and maintenance/repair required if we use this machine for large copy jobs,
  - More cost-effective for committees to use outside vendors. Associated costs will come out of each committee's budget.

### 7:14 p.m. Committee Reports

- Activities Committee – Sandra E
- Recap of January event at First Christian Church (Comedy/Karaoke Night)
- Committee meets the first Sunday monthly at the EVI office at 6:00. (temporarily moved to 5:00 pm to accommodate the Founders Day planning meeting, which will meet at 6:00 until the event in June).
- Archives Committee – Izaak: Not present. No report.
- Website Committee – Bill (Co-chair)
  - Requests flyers be submitted for posting on the website – email to: [eviwebdude@yahoo.com](mailto:eviwebdude@yahoo.com)
  - Also send events to be entered into the Calendar (note deadlines for registrations, if any).
  - Please remember to exclude names/phone numbers. The website will not publi personal information.
- Meeting Guides – Ric H
  - New guides are selling like, well, meeting guides.
  - At \$0.49 each cost, selling for \$0.50 each, we pretty much break even on them.
- Still need co-chair
- Newsletter Committee – Sally B
  - Committee had some printer problems this month.
  - Committee asks that requests for correction of errors (chair and co-chair contact info) come directly from the source; i.e., the actual chairs and co-chairs. Most efficient avenueis via email to [evinews@yahoo.com](mailto:evinews@yahoo.com)
  - Newsletters have not been posted to the website for some months now. Website committee will scan in back issues soon.
- CPC-PI Committee – LynDee R
  - Mary K and three young people visited two schools in January: Outdoor High School and Hamlin Middle School.
  - LynDee announced that there is now a PowerPoint presentation that explains to physicians why members provide the Doctor Packets.
  - Law Enforcement Packet and Letter are in the works.
  - Committee meets at 6:30 pm on the fourth Tuesday monthly at the EVI office. All interested are welcome.
- Diverter Committee – Myron

Outside forces and influences plus inner conflict and disturbances have much to do with our individual ability to believe that hope and help can come to us.

Our contribution is to remove the clouds of alcohol, to let the light of belief come through. When we deny ourselves daily a ray of hope appears and the promise of belief shines more brightly.

"Made a decision to turn our will and our lives over to the care of God as we understood Him." This the third part of a powerful entity. Here we decide that it is not nearly so important to do what we want to do as it is to do what is wanted of us.

"Made a decision. . . ." This is the turning point. We are definitely headed in the right direction. Not everything will be smooth from now on but we learn that it is the right road, however bumpy it may be. We decide to make the effort to follow the road which our Creator intended for us.

AA has recorded for us in Steps One-Two-Three, the manner in which many thousands have first become sober. It is a three part recitation of a successful formula.

Could it be that those who are still fighting booze or who thus far have been unable to eliminate it from their lives, are overlooking one or more parts of this formula? Maybe they are using their own unproved method. Perhaps they could follow the old quip, "When all else fails, try following directions." At least it might be well for them to check Steps One-Two-Three to see if their procedure is complete or whether it might be lacking a part or two.

Perhaps for some, a part of this formula may now seem impossible or distasteful. To them we suggest serious, honest consultation with someone who has successfully followed AA's suggestion. Frequent attendance at meetings, plus the practice of as much of the program as is possible to you, may bring success. Steps One-Two-Three are simple, don't complicate them.

You may recall that a certain paragraph contained in the big book Alcoholics Anonymous told us that, "Willingness, honesty, and open mindedness are the essentials of recovery."

If we were to transpose these qualifications and rearrange their order to honesty, open mindedness and willingness--their initials H-O-W would not only spell out how it is done; how we recover and how we become sober; but also they would be in the same sequences as Steps One-Two-Three.

Not too much imagination is needed to relate Step One to honesty. This was our first effort toward honesty in many years when we finally admitted we were powerless and that our lives were unmanageable.

Step Two calls for an open mind, which permits us to believe that we can be helped, by a Power greater than all of us. An open, receptive mind acknowledges that we are not different; that recovery is possible as it has been for others, if we seek it and accept it. Our long time feeling of hopelessness, discouragement and despair disappear.

Willingness is a most fitting one-word description for Step Three. Our willingness was most evident when we made a decision that eventually enabled us to entrust ourselves and our lives to the care of One more powerful than we. A willingness to be guided, encouraged and led from the destructive errors of our drinking habits has helped many attain sobriety.

Steps One-Two-Three synchronized with honesty, open mindedness and willingness would sound like a tremendous task, were it not for the fact that many thousands have already travelled this path. It becomes possible when we are honestly willing to do what we learn is for our good. We avoid the first drink one day at a time. This we do with the aid of a higher Power and the assistance of the AA program.

*Recovery has three gears:*

**FORWARD  
NEUTRAL  
and  
REVERSE**

# 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.)



stamp

Emerald Valley Intergroup  
1259 Willamette Street  
Eugene, Oregon 97401