



EVI Newsletter

Who's Sponsoring Whom? August 2010 Grapevine

My wife took me to my first AA meeting. I was in no shape to drive myself. It was a sunny Saturday morning in May, and since she had to drive me home, I asked her to join me. There were about 10 people in attendance that morning. Later, I discovered that they had changed the meeting format to a First Step meeting for the benefit of me, the newcomer. The first two gentlemen and one woman who shared, astoundingly were all named "Bob."

So as not to confuse us any further, the woman went on to explain this was a closed meeting of AA and that in the future I should check out which meetings were open meetings if I wanted to bring my wife. They allowed us to stay, recognizing the fact that I was not aware of the anonymity principle of AA.

Like many first-time meeting makers, I don't recall much of what was said that morning. My poor brain was not that receptive to the message. But at the end of the meeting, after they finished with the warm welcomes and the "keep coming backs" in the basement, we all climbed the stairs of the old church to the parking lot.

When we reached the parking lot, a gentleman approached us and stuck out a little gray booklet. He said, "Here; this is for you. This is what they call a 'Where and When.'" He then proceeded to open it and inform me what meetings he thought would be good for me to check out in the neighborhood.

Following that, he turned to the back and showed me the names and phone numbers that he and the other six gentlemen had written on the last page for me. "That's me, Jim H., on the top, and that's my phone number. If you feel like drinking tonight you can give me a call no matter what time it is."

I looked at him with a furrowed brow and replied. "You mean to tell me that if I feel like taking a drink at three in the morning you will answer the phone and talk me through the craving? You don't know me from Adam—why would you do that for a complete stranger?"

Jim said, "That's what we do in this Fellowship of AA." Then with a smile and quiet demeanor, he walked to his car and left.

I did not drink that night, but I could have used a friend to talk to. My well-meaning wife stayed up as long as she could with me those first nightmarish, terrifying nights of no sleep and no peace. I certainly should have called Jim, but I didn't I was too embarrassed. Like many newcomers, I did not want to inconvenience anyone. I am not sure how I made it through that night terror riddled first week. Thank you, Higher Power.

I was court-mandated to do a 3-month lock-down rehab, followed by a year of outpatient treatment. I did my mandatory 3 meetings/week to satisfy the judge. AA started to take root, but I began doing evening meetings and did not make it back to that Saturday morning meeting. Twenty-four hours turned into months and then years. I ran into some of those AA's I met at my first meeting, but never saw Jim again as the years slipped by.

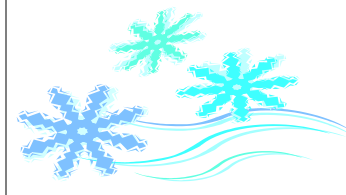
Eight years later, I was at my home group meeting, our usual Wednesday evening in the bank's basement. (How many banks do you know that give a key to a bunch of drunks?) Just before the ringing of the bell to start the meeting, in walked Jim H. My memories flooded back to that first meeting, 8 years before. After the reading from Grapevine concluded, people began sharing about the story. Just like that very first meeting on that Saturday morning in May, (continued on p. 4)

QUOTE of the MONTH

"Most Obstacles Melt Away
When We Make Up Our Minds
To Walk Boldly Through Them.
— Orison Swett Marden

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Emerald Valley Intergroup
1259 Willamette
Eugene, Oregon 97401
(541) 342-4113

www.eviaa.org
email: evinews@yahoo.com



New Meetings

Coburg Fire Stoppers

Coburg Fire House
91232 N Coburg Rd, Coburg, OR
Friday 7:00–8:00 pm
Handicap Access, A.A. Literature

Sisters of Sobriety

Berean Baptist Church
12th & Chambers, Eugene, OR
Thursday. 12:00–1:00 pm.
Childcare (group also meets Tues. noon)

Wednesday Night Big Book Study

Jesco Club
340 Blair Blvd, Eugene, OR
Wednesday 8:00–9:15 pm
Open Meeting

Saturday Night Special

Jesco Club
340 Blair Blvd, Eugene, OR
Saturday 11:00 pm to midnight
Open Meeting

Saturday Night Big Book Study

First Church of the Nazarene, 8th & Madison
(around the side & upstairs)
Eugene, OR (Begins Sat June 4)
Saturday 7:00–8:00 am
Closed Meeting, Steps & Traditions

Friends of BS Group

Methodist Church
648 Orchard St., Monroe
Saturday, 6:30-7:30 pm
1st Sat. 12 x 12, 5th Sat. Potluck 6pm
Open Meeting, Handicap Access

The Way Home

North Park Community Church
3484 Harlow Rd, Eugene, OR
Tuesday/Thursday 4:30–5:30 pm
Open Meeting, Discussion

Where the Rubber Meets the Road Group

51 E 2nd St., Lowell, OR 97452
Tuesday 7:00–8:00 pm
Book Study & Step Maintenance Meeting

One Day at a Time

American Legion Hall
8th & C St, Springfield, OR 97477
Monday & Friday, 5:30–6:30 pm
Handicap Access,

Canceled Meetings

Great Reality Group

First Congressional Church
1050 E. 23rd Ave., Eugene, OR
Monday 6:30–8:30 pm

Sunlight of the Spirit

3495 W 18th, Eugene, OR
Monday 7:00–8:00 pm

McKenzie Bridge Group

First Christian Church
Hwy 126
Mondays and Fridays 6:00–7:00 am

No Rules

390 Vernal St
Eugene, OR
Saturday & Sunday cancelled 7:00–8:00 am
(still meets Monday through Friday)

Steps

First Christian Church
80280 Old Lorane Hwy
Lorane, OR 97451
Thursday 6:00–7:30 pm

Meeting Changes

11th Step Meditation Meeting

LOCATION & NAME CHANGE
First United Methodist Church
1376 Olive Street, Eugene, Oregon
(formerly 11th Step Meeting at 350 Pearl)
Saturday 9:00–10:00 am
Open Meeting, Handicap Access

We Need Each Other

enter Choir Rm on Oak, left of Stone Columns
1166 Oak, Eugene, OR
Friday 8:00–9:30 pm
Gay/Straight

Sobriety for Life

LOCATION CHANGES, Two Meetings
formerly at Sacred Heart Hospital

NEW LOCATIONS:

FRIDAY: St. Mary's Episcopal Church

13th & Pearl, Eugene, OR
Friday 5:30-6:30 pm
Handicap Access

SATURDAY: Emerald Baptist Church

19th & Patterson
Eugene, OR
Saturday 6:30–7:30 pm

Autumn Group

TIME CHANGE
St Mark's Catholic Church
1760 Echo Hollow Rd, Eugene, OR
Tuesday 7:00–8:30 pm
Handicap Access, Open Meeting

Free to Be Group

TIME CHANGE
First Christian Church
1166 Oak Street, Eugene, OR
Saturday 7:30–9:30 pm
Gay/Straight

Springfield Monday Night

TIME CHANGE
8th & C, American Legion Hall
Springfield, OR
Monday 8:00–9:00 pm
Handicap Access

Women's Bedrock Speaker's Mtg

TIME CHANGE
727 W Broadway
Thursday 6:00–7:00 pm
Women's Meeting, Child Care

Friday Night Real Recovery

TIME CHANGE
Jesco Club
340 Blair Blvd., Eugene, OR
Friday 7:00–8:15 pm
Open Meeting

Declaration of Intent to Serve

AA members wishing to carry AA's message of recovery into hospitals & institutions are encouraged to pick up, from your *Home Group literature tables, the new blue H&I service flier - DECLARATION OF INTENET TO SERVE.

Fill out the form: Tell us the service positions that interest you and bring it with you to any H&I Meeting held monthly at 6:00 p.m. on the last Wednesday at the EVI Office (1259 Willamette) where it will be entered in the H&I Volunteer Registry.

We look forward to meeting you! If there is not currently an opening in the desired service position, you will be notified by H&I when there is. When you come to the H&I Meeting, you may find we have another opening in which you may be of immediate service. H&I is intent on extending its opportunities for participation in service to the entire AA community and availing itself of the special skills of each AA member.

*** Home Group Literature Persons may pick up the forms at EVI for distribution at their meetings.**



EVI Business Meeting Minutes— Dec. 12, 2011



Meeting opened with moment of silence and the Serenity Prayer at 6:30. EVI office. Introductions established that 19 EVI representatives were present, meeting the quorum of 15.

Chair Rotation

LynDee R., EVI co chair, was confirmed unanimously by the body to rotate into the chair position.. Thank you, Martha S., for outstanding and dedicated service.

Treasurer Rotation

Current Treasurer was not present and co-chair, who has only been serving two months, felt unready to rotate into the chair position. : Tabled until January.

Open Positions:

EVI Co-Chair- EVI co-chair.

Recording Secretary for Steering Committee and Business Meeting – current secretary is having difficulty filling the position because of lack of internet access and would like to step down.

At-Large Members—At least two and possibly four positions open. Two years of continuous sobriety is required.

There were no volunteers or nominations for EVI Co-chair or Recording Secretary. One person subsequently made himself available for member at large but we need two, possibly three others. Please announce open positions to groups.

Outreach:One year continuous sobriety required; co-chair, six months sobriety required. Purpose of outreach is to function as a networking team visiting meetings to get involvement from groups which do not appear to be involved in EVI activities or service. Katrina, former chair, has a resource file. Current co-chair is unable to rotate into the chair position. Owen nominated himself and gave a service resume. The group elected him chair unanimously. Ric, our bookkeeper, indicated his willingness to be an at-large member if by-laws and group conscience did not preclude having a paid employee in this capacity. By-laws specify four at-large members to represent

EV I as a whole. Duties include attendance at Steering Committee and Business meetings. A few people had reservations about having the bookkeeper on the steering committee and Wes (former treasurer and EVI chair) proposed adding a stipulation that the bookkeeper not be the MAL assigned to the Financial Advisory Board. With this stipulation Ric was elected by a large majority. The Financial Advisory Board has one at-large member. By-laws do not specify nor mention any conflict of interest in having a paid employee as a member of the Financial Advisory Board. At present we do not have a Member-at-Large who can serve on the Financial Advisory Board. Mention was made of a proposal to have the outgoing chair automatically become a Member at Large, a proposal that appears to have support. Martha, the outgoing chair, has indicated her willingness to stand for the co-treasurer position so will presumably be on the Financial advisory board but unavailable to be a Member-at-Large.

CO-CHAIR OPEN POSTIONS: Meeting Guides; Archives; Newsletter. No-one was available for these positions. Newsletter chair is seeking a co-chair with desktop publishing experience.

Old Business:

Review of budgeting by-laws in progress. Ric and co-treasurer rotating in will be working on it.

New Business:

Meetings with committee chairs will be held in January to generate budgets that will be reviewed by the Financial Advisory Board. In February the Steering Committee and Financial Advisory Board will generate a master budget. *All committee chairs are requested to attend a workshop on budgeting, January 14, Saturday, 4:00 p.m. Budgets will be finalized in March.* Literature and Meeting Guide chairs do not need to attend the workshop since their committees are self-supporting.

Other Business:

LynDee intends to send letters to groups thanking them for contributions in 2011. Karen S. received a private donation of AA video and audio tapes and books, which she made available to anyone who would like them. Richard T. is managing the 12th step call list and chairs the Diverter Committee.

Intergroup

EVI Office

(541) 342-4113
1259 Willamette St.
Eugene, OR 97401-3509
Monday thru Friday 9 am–5 pm
Saturday & Sunday 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 Newsletter

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.

Contributors are gratefully accepted for consideration for publication.

Submissions are due the last Friday 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 also be sent by e-mail to: evinews@yahoo.com.



<u>Contributions/Group</u>	Jan-Oct
11th Step Meeting	75.00
6:45 a.m. Stag	360.00
Attitude Adjustment Group	1,685.92
Brown Bag Group	160.00
Carpe Diem	156.00
Creswell Group	75.00
District 19	400.00
District 33	300.00
Downtown AM Group	1,389.52
Drop the Rock	132.00
Eye Opener Meeting	50.00
Fire Station Group	200.00
Following Directions	100.00
Freedom of Choice	142.00
Fresh Start at Noon	75.00
Good Grief Saturday	101.44
Group #000600398	148.62
In The Middle	395.00
Lambda Group	10.00
Let's Talk about your Dog	50.00
Monday Men's Stag	100.00
New Found Freedom	14.05
New Freedom	143.00
No Rules Group	66.25
One Day at a Time	200.00
River Road Recovery	128.15
Rush Hour Group	200.00
SAG	30.00
S.O.S. Sisters of Sobriety	40.00
Saturday Morning Steps	517.20
Saturday Night Beginners	18.00
Serenity at Noon	100.00
Serenity on Sunday	150.00
Serenity Seekers West	530.00
Sober Awakenings	2,000.00
Sobriety for Life	70.00
Spiritual Kindergarten	117.00
Springfield Men's Stag	64.00
Stairway to Sobriety	225.00
Sunday AM Big Book	360.00
Sunday Morning Sunshine	85.00
Sunday Night Book Study	35.00
Thursday PM Rush Hour	425.00
Thurston Bell Ringers	66.06
Tuesday Night Steps Workshop	14.00
Try God	1,295.46
Unknown	217.70
Uptown/Downtown	20.00
Veneta Gratitude Group	150.00
Voyagers	60.00
Wed Beginners	40.00
Wednesday Men s Noon	400.00
Women's Courage to Change	215.86
Women's How It Works	184.00
Womens Rd to Recovery	140.00
Group Totals Jan-Oct '11	14,540.01

<u>Contributions/Individual</u>	Jan-Oct
Faithful Fivers	1,016.00
Unknown	21.65
Individual Donations	1,274.05
Total Ind. Donations Jan-Oct '11	2,311.70

<u>Contributions/Fundraisers</u>	Jan-Oct
EVI Speaker Meeting	200.00
Total Fundraisers:	200.00

NOTE: This report shows figures for January through October 2011. Treasurer's Report for November-December 2011 is not available at the time of this printing.

Gratitude

Addresses for Group Contributions

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

Emerald Valley Intergroup
 1259 Willamette St.
 Eugene, OR 97401-3509
 District 33
 EVI Office, 1259 Willamette St
 Eugene, OR 97401

Oregon Area 58 Treasury
 1900 NE 3rd St., Suite 106-172

Calendar

(All meetings held at EVI office unless otherwise noted.)

- 1st**
- Mon Steering Committee, 6:30 pm
 - Tues Dist. 20, 6:30 pm, 418 "A" St., Richard T.
 - Tues District 33, 6:30 pm Kirk S.
 - Sun Activities Comm, 6:00 pm Vince H.
- 2nd**
- Mon EVI Business Mtg, 6:30 pm
 - Wed District 6, 6:30 pm Rhonda
 - Sat EVI Speaker Mtg, Living Hope Church 7-9 pm

2nd to last Sun

Literature Committee 1-5 pm

3rd Thur Outreach Committee 6:30 pm

4th Tues CPC/PI Committee 5:30 pm

Last

Wed H&I Committee, 6:00 pm

Thur Grapevine Committee, 5:30 pm

Who's Sponsoring Whom?, from page 1
 I had no idea what was just read. All I could think was, here was the guy who extended the hand of AA to me on my very first day in the Fellowship. When it came time for me to share, I told the group that I wished to extend my heartfelt gratitude to this gentleman. I said to him, "I'm sure you don't remember me, but I sure remember you.: He concurred that he did not remember me, having seen me only once. We shared some pleasant conversation after the meeting and then went our separate ways.

Two weeks later, he was back. After the meeting closed, Jim spoke to me. He asked "Have you been sober these 8 years since I gave you that "Where and When"? I replied that I had. He said, "I have not been able to stay sober for more than a year of so since then. Things have not gone that well for me. I was wondering if you would sponsor me."

My mouth hit the floor. I was temporarily speechless. I finally responded, "You want me to be your sponsor?" He nodded. "I just got sober again a few weeks ago, and my previous sponsor thought I needed some new direction. I like what you have and wondered if you could help me."

Never in a million years could I have imagined such a scenario as the one that played out that evening. Now, as I reminisce about the year-and-a-half that we have shared together, it makes perfect sense. Where else but in the rooms of AA could my Higher Power give me back the beautiful gift of helping the gentleman who was there when I needed the hand? Gregg R, Cincinnati, OH



Emerald Valley Intergroup's Mission

The Emerald Valley Intergroup operates in many ways to promote sobriety and happy living in our community.

- 1) We give alcoholics a number to call 24 hours/day, 7 days/week, where another alcoholic will answer.
- 2) We maintain a safe place for alcoholics to go in early sobriety when the mental obsession and physical craving seem insurmountable.
- 3) We act as a service clearing house for alcoholics who need relief from the bondage of self.
- 4) We train other alcoholics to make 12th step calls when asked.
- 5) We serve as a store for AA literature so that every alcoholic has immediate access to vital information.
- 6) We inform the professional community and the public about what AA can do for alcoholics, by making presentations, preparing informational packets and distributing books and pamphlets.
- 7) We work with alcoholics in treatment facilities, hospitals and correctional facilities.
- 8) We distribute a newsletter of AA related information.
- 9) We publish a book with all the meetings in the area.
- 10) We communicate pertinent information electronically via the EVI web-site.
- 11) We recruit speakers to share their experience, strength and hope.
- 12) We refer people to other twelve-step programs when appropriate and to our sister group AI-Anon.
- 13) We organize sober activities so that AA's from around the area may meet one another.

**Help Wanted
Service Positions**

Open EVI Positions

- ◆ EVI Co-Chair
- ◆ EVI Office Co-Chair
- ◆ Newsletter Co-Chair
- ◆ Archivist Co-Chair
- ◆ Meeting Guide Co-Chair

AA's with a desire to serve in these positions may attend the
EVI Business Meeting

Monday

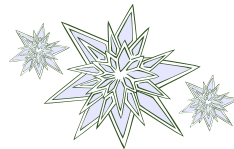
February 13, 2011

6:30 p.m.

Emerald Valley Intergroup Office

1259 Willamette St.

Eugene, OR 97401



AVAILABLE

**Hospital & Institutions
Positions**

Most positions are co-coordinators, and are a one-year commitment (unless indicated). Current openings include:

~Serenity Lane (multiple positions)

~Johnson Unit (2 positions);

For the H & I positions, Please contact Denna S through the EVI Office to inform her of your interest.

Also, complete a Blue Copy of "Declaration of Intent to Serve" available at the EVI office, and

Bring it in person to the H & I Service meeting held the last Wednesday of each month
at

EVI Office, 6:00-7:00 pm



PASS IT ON!

New Locations

for Popular Friday and
Saturday Evening Meetings

Sobriety for Life

former location

Sacred Heart Hospital auditorium

Friday, 5:30 –6:30 pm

St. Mary's Episcopal Church

13th & Pearl

Eugene, OR

Saturday, 6:30-7:30 pm

Emerald Baptist Church

19th & Patterson

Eugene, OR

*Peace and
serenity are
our gifts
to share
with each
other.*





People

Events

Officers in Service

ACTIVITIES

Chair, Vince H ; Co-chair, Lori W

ANSWERING SERVICE

Mike B.

ARCHIVIST -Chaz H Co-chair, OPEN

BOOKKEEPER: Ric H

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

Karen S.; Bill B

DCM (District 6) Ben C.

DCM (District 19) Will M.

DCM (District 20) Glen H.

DCM (District 33) Kirk S.

DIVERTER COORDINATOR

Alan U. Co-chair, Richard T.

EVI COMMUNICATIONS

Meeting Guides: Chair: Becka; Co-chair: Open

Newsletter: Chair: Kathy B; (Co-chair: Open

Website: Chair: Wes H; Co-chair: Colin R

EVI OFFICE MANAGER

Ms. Michael S.; Amber T.

EVI SPEAKER MEETING

Patricia D. ; Co-chair Jacob K

EVI STEERING COMMITTEE

Chair: LynDee R.; Co-chair: Open

Secretary: Liz W. (temporary)

Treasurer: Sharon; Co-treasurer: Jeff W.

At-Large: Elizabeth R.

At-Large: Greg

At-Large: Ted H.

At-Large: Bill

GRAPEVINE

Chair: Rebecca

H&I (Hospitals and Institutions)

Chair: Denna S. ; Secretary: Christina A.

Corrections: Chaz N. , co-chair OPEN

Lane County Jail (Women): Liz W.; Melody D.

Lane County Jail (Men): Marty F.; Darin D.

Pathways (Men): Harold B.; Mike S.

(Women) Chair: Paula L.; Maria B.

Serbu Detention: Kathy H; Chris W.

Cooperation w/Treatment Facilities: Chair:

Co-chair: Chace A..

Carlton House: Lee F; Tom L.

WFTS: Chair: Jen S. ;Co-chair: Faye

Serenity Lane:

Fri. Speaker Coordinator: Cheri L.

B.T.G.: Jordan C. ; Alexa H.

S.N.L.: Cheri J. co-coordinator: OPEN

Hospitals: Chris P. ; Dave C

Johnson Unit: Reyne M.; co-coordinator: OPEN

VA Reintegration Center: Both positions OPEN

LITERATURE

Chair: Sheila S.; Co-chair: open

OUTREACH

Chair: Owen; Co-chair Shannon L ;

Note: Please submit changes to the "People" list in writing to the **NEWLETTER** box at **EVI** with phone numbers of the new representative and of the person who is submitting the change.

Thank you.

EVI Speaker Meeting

Saturday, January 14, 2011

Living Hope Church
2801 W 18th, Eugene

7:00–9:00 p.m. Speakers & Raffle

AA Speaker Gary L., Portland, OR
Al-Anon David H., Eugene

GSR and DCM Workshop

Area Orientation Workshop

9 a.m. to 5 p.m. Saturday, Jan 21, 2012

St. Mary's Church, 13th & Pearl

This is mainly for GSRs and DCMs,
but anyone interested in Area-level service may attend.

BUDGET WORKSHOP

for **EVI COMMITTEE CHAIRS**

Saturday, January 14, 4:00 p.m.

EVI Office

All committee chairs are requested to
attend this workshop on budgeting.
Budgets will be finalized in March.



Men's March Retreat

"The Root of Our Problem"

Charlie Parker, Austin, TX, presentor

March 2-4, 2012

St Benedict's Lodge

McKenzie Bridge, Oregon

preregistration required

contact Chaz N. or Frank K.



EVI Business Meeting Minutes (cont)

Any problems or questions should be referred to the committee. Sheila, and others, discussed methods for making donations to EVI via the web-site. Donation procedures are currently in place and the revisions being made to the website should make the process more user-friendly.

Committee Reports:

Activities - flyers are available for New Year's Eve activities.

Archivist — Chaz reporting. The list of speaker tapes is getting organized; money for purchasing equipment to record old-timers will form part of his requested 2012 budget.

Web Site — Wes reporting, Colin is co-chair. They are restructuring the site to use Wordpress, enabling Committee Chairs and others to add material to the site without being computer geeks, and will be previewed next month. JPEG or PDF formats are required. PLEASE - NO names or phone numbers.

Meeting Lists -Becca reporting, 200 currently on hand, and more are on order. Few of the 4-folds appear to be selling and she suggests we might revert to giving them away.

Reminder: Any changes to meeting dates, times, locations, must be clear, accurate and timely.

Office Coordinator - Ms. Michael reporting. Volunteers met to discuss issues, for example, non-AA visitors frequenting the office with negative results at times. A written report is available. All shifts are covered but can always need more volunteers. This position rotates next month;(as far as Michael knows) co-chair Amber will be able to rotate in.

.MISCELLANEOUS

a. **Area Orientation workshop:** 9 a.m. to 5 p.m., St. Mary's church at 13th & Pearl, Saturday, Jan 21, 2012. This is mainly for GSRs and DCMs, but anyone interested in Area-level service may attend.

b. **Checks to reimburse** individuals must have a full name and mailing address. The banks will not accept checks written to "Charlie T." for example, and checks can't be mailed without a complete address.

c. **Office Volunteers:** Office volunteers are reminded to distinguish between EVI and District donations that come into the office, and to put the District donations in the back room without ringing them up in the cash register or stamping them with the EVI stamp.

Meeting concluded with the Responsibility Statement, at approximately 7:35 pm.

Respectfully,

Elisabeth R.

temporary recording secretary.

Revised by Martha S.

outgoing EVI chair

Keeping It Green

from AA Grapevine Archives August 2000

I've only been in AA a short time. Some would say, "Just shut up and listen" to us newcomers, with our drunkalogs and self-pity and, in some cases, they would be right. But I feel we have something important to contribute. We're still very green and vulnerable. Like flowers, we are blossoming and wanting to share our strength and hope for a sober future.

In my 33-year drinking career, I never could have imagined a day without alcohol of one sort or another. But thanks to this program, my short stay in rehab and you people, I have a whole new outlook on life. I am growing stronger every day and now have hope for a brighter future, free from the bondage of alcohol. I say the Serenity Prayer daily—believe me, it is a necessity. I'm learning when to shut up, to stop trying to run the show and to accept each day as God's will.

This makes life a whole lot easier. By keeping an open mind to the fact that I am an alcoholic and that I can't control people or situations around me, I'm slowly learning to go with the flow. I am very grateful to AA for the world of wisdom being passed on. There is comfort in the knowledge that I'm not alone in this fight. Life is again worth living. I can laugh again and I don't have to be drunk to do it. I am no longer running away from my problems but instead facing them head on, with a new strength and courage.

I can't wait to be able to inspire another newcomer someday to open her heart and mind to this new peace I have found. There is hope and I got that at these tables. You also need openness to find your Higher Power. In the first few weeks, I found that power in my fellow alcoholics who shared their experiences with me and made me feel welcome. It was overwhelming at first, but much better than the isolation I felt when sinking into a bottle for relief from self-hatred or whatever my problem was that day. I never really needed an excuse to drink. It's not even like it made me feel good. Toward the end, all I felt was numb and dead inside.

Then I started to pray—not those phony, self-indignant ones like 'God, get me out of this and I'll never drink again' (as I'm throwing up). The days of hugging the toilet are over. Now I wake up and truly thank God for another sober day. I then ask for guidance for the hours ahead.

It isn't always easy, but the problems I approach don't send me running to the liquor store anymore. So I'm going to keep on coming back with my ears ready to catch some information to keep me on track, and an open heart for God's love and guidance. Without that I'd be a lost soul. Thanks again for giving me a safe haven; I don't have to feel alone. One last thing that came to mind the other night was the phrase, "You can't teach an old dog new tricks." Yet here we all are, living proof that indeed you can. With catch phrases like "Easy Does It," "One Day at a Time," and "Keep It Simple;" and with the Serenity Prayer, I'm going to keep coming back, because this works.

Sue E., Hammond, IN



Experience
Strength
Hope

Emerald Valley Intergroup

1259 Willamette
Eugene, Oregon 97401

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.)

- 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)

<p>Name:</p> <p>Address:</p> <p>Phone:</p>

Place
stamp here

Emerald Valley Intergroup
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