

No Time for Self-pity

*Turning her emotional problems over to Other Hands,
she gets on with the job of living*

I WAS TWENTY-FIVE when I shuddered my way out of the bottle and into the skid-road AA group of a large West Coast city. The other members of the group were men, the youngest being in his mid-forties. Although sober, some of them were still living on skid road. I wasn't--not yet--but I was getting uncomfortably close. I was still young, and I am a woman.

It had taken me three months of withdrawal, paranoia, etc., to sufficiently overcome the results of my last drunk (which had, in effect, lasted two and one-half years) and to be able to make my first sober AA meeting. I was used to thinking of myself as an outcast. Although my sponsor had assured me that I would be welcome in the group, when I opened the door and saw all those old men enjoying their stag meeting, I expected to be asked to leave. But I wasn't. I was handed a cup of coffee and with it the start of my life.

The first year of that life was lived in the AA hall where I'd attended that first meeting. I joined the group. It met at noon six days a week, three evenings a week, and Sunday afternoon. I went to work about two weeks after my first meeting; but my mental state continued to be extremely poor for some months. I would drag in the door of the hall at ten after five with my nerves shattered and hands too shaky to hold a cup of coffee. I'd stretch out on one of the sofas and, after listening to my fellow alcoholics converse for about ten minutes, I'd doze off until time for the evening meeting or closing time. I still had trouble sleeping in my apartment. But I felt safe in that meeting hall.

The people there cared what happened to me. They even warned me against what they felt could be the most dangerous threat to my sobriety: emotional entanglements. My sponsor cautioned me against dating until I'd been sober at least one year. "Alcoholics fall in love, get hurt, then get drunk." That was the general consensus. It was all right with me. I'd always been scared of growing up and anything that went with it. I was twenty-live going on eleven. Four-fifths of my life up to that time had been spent in the schoolroom and the bottle, neither of which teaches a girl much about becoming a woman. I stayed sober. I got my year. After the birthday party the group gave me, my sponsor took me to an AA club dance. . .and turned me loose.

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April 2008

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EVI Office

(541) 342-4113

1259 Willamette Street

Eugene, OR 97401-3509

Monday-Friday 9:00 am -5:00 pm

Saturday 9:00 am - 4:00 pm

www.eviaa.org

Meeting schedules, business meeting minutes, and more.

AA Meetings:

New

Friends of Dr. Bob

Friday 7:00-8:00 pm
554 Water St., Springfield

Recovery's Real

Friday 7:00-8:00 pm
1500 S. St, Springfield

Spiritual Kindergarten

Closed, BB, Stps & Trdns, Lit
Tuesday 7:00-8:00 pm
1166 Oak St. - Eugene

Changed

Sober Chicks at Six - Open Mtg

Wednesday 6:00-7:30 pm
Jesco Club, 340 Blair Blvd

T&T - Meeting name, day, time,
and location correction:

Tuesday 6:00-7:30 pm
255 Maxwell Rd., Eugene
Lutheran Church

BB, Stps & Trdns, Closed,
Men's, Handicap Access

Thursday 6:30-7:30 pm
1305 5th St., Springfield -
Church of Christ.

Men's, Handicap Access

Cancelled

Tues. Nt Mens' Sponsorship Grp.

Tuesday 6:30-9:00 pm
115 Maxwell Rd.

Dexter Women's Book Study

Wednesday 7:00-8:30 pm

No Time For Self-Pity

Continued from page 1

I was terrified. But I learned to dance, and I went to that dance every Saturday night for a year. I began to date and think about marriage. Only one thing was missing: Mr. Right.

Around the time of my second AA birthday, a big drunk stumbled into my life off skid road. Like every other wino who fell in our door, he told stories of how he'd once been "vice-president of everything," only to sink to the pitiful depths I now saw before me. I gave him coffee and didn't take him too seriously. A year later, I took him to church. After the wedding, we moved to a small Oregon city. In no time at all, he was well on his way to being "vice-president of everything" again. We both stayed sober. I stayed so happy I couldn't believe it. I was Cinderella after the ball. It lasted two years. My husband became even more successful than in his prewino days. I became pregnant. He left me.

It developed that he had a girl friend. They set up housekeeping two blocks from the flat that had been our home, where I now lived alone, responsible for myself and for a new life as well. It is what has happened to me in the months following "the end of the world" that I want to relate here. I think it might help some other alcoholic. This alcoholic fell in love, got hurt, and stayed sober.

I believe that God has kept me sober, not because of what I've done in the last six months, but because of what I did in the first six minutes after the door slammed, and have continued to do a day at a time thereafter. I phoned another alcoholic; I told her the simple facts of my situation and said that I feared for my sobriety. I asked for help. I did what she suggested. She told me to pray, go to bed, and call her in the morning. I said my usual prayers, throwing in a rosary for good measure, and went to sleep.

I called my friend the next morning. She told me to see a clergyman, a lawyer, and an employment agency. The priest obtained an annulment. The lawyer is obtaining a divorce for me. And the employment agency keeps me busy on temporary assignments, which are all I can get until after the baby is born. Although these were very painful steps, they have had the effect of helping to put my emotional problems into other hands and to occupy my days so that I don't have too much time for self-pity. My nights are for meetings, at least three a week. If I do stay home, I am always tired enough to sleep.

Continued on page 6.

Please remember to let us know if your group changes its schedule. To submit changes of any kind, please notify the EVI office. Thanks!

EVI Business Meeting Minutes

March 10, 2008



6:30: Open Meeting with Serenity Prayer, quorum determined to be present.

6:35: Open Positions: Bookkeeper, CTF Co-Chair, Diverter Co-Chair, H&I Co-Chair, Newsletter Co-Chair, Outreach Co-Chair, Steering Committee, Member at Large, Treasurer Co-Chair.

Nominations and Elections: Archivist: Isaac is elected.

6:53:Committee Reports:

Office Coordinator: Mary thanked all who are involved with EVI and worked with her during her time holding this position. Tricia was the co-chair, and now steps up as Chair.

Activities Committee: (Dawn) Next event is the April 26th April Fool's Fest. There will be a speaker meeting, jazz music and a spaghetti sauce cook-off. Next committee meeting is Sunday, April 6, 2008 at 6:00 p.m. at EVI.

Archivist: Elected Isaac elected to this position. He is now our archivist.

Website: (Teffany) The newsletters that contained members' phone numbers are now off of the website. If you have upcoming events, please send them to evi-webmaster@q.com. Teffany requested permission to clean up the links on our website; granted, as she is our trusted servant, and permission not needed.

Meeting Lists: (Ric) 2,200 booklets were delivered February 14, 2008. Trifolds and meeting change forms are now on line. 1,010 copies of lists sold in one week. New guides are in a pretty purple cover.

Newsletter: (Tanya) Could use material for the EVI newsletter. EVI reps please distribute the newsletter to your groups.

CPC&PI (Lyndee) Members of this committee visited the Network Charter School; Members also met with friends and family members of addicts/alcoholics at Eugene Immersion Centers and members also distributed literature directly to Eugene physicians.

Diverter: (Mike is outgoing chair and the previous co-chair, Jane, will step up to chair). They have no open shifts; the next business meeting is April 8, 2008 at 10:00 a.m. You can e-mail the diverter at evidiverter@yahoo.com

Grapevine (Gus) No report

H&I: (Annie is stepping down as chair and the co-chair, Brenda, is now stepping up to chair). Filled lots of co-coordinator positions; new meeting at ShelterCare has coordinator; updated H&I rap sheets, including open positions. There are not a lot of H&I reps from the groups.

Literature: (Bill A.) May run short on hardcover Big Books; Please remember that all committees needing large orders of literature need to order DIRECTLY from the literature chair, Bill A.

Outreach: (Bill H.) Bill just assumed this position this evening and we welcome him as the new Outreach Chair.

Speaker Meeting: (Dot)

Treasurer: (Angie) Changed format of report. More detailed now.

Steering Committee: (Tim) Funded Tim to Oregon Area Assembly. Tim attended PI this month and will again next month. Accuracy of Inventory: There will be NO CHARGING of books/literature. Again, large orders need to be directly placed through our literature chair, Bill A. Each committee has a line budget for books. Committee Members need to go directly to Bill A. for books. Read the March, 2008, Steering Committee minutes.

7:40: Motion to Adjourn, seconded and passed.

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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 the members of the Alcoholics Anonymous fellowship. Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article, event or notice imply endorsement by either Alcoholics Anonymous or EVI. (Exceptions: Quotations from A.A. books or pamphlets, which are reprinted with permission of A.A. 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 E.V.I. News. Please include a contact phone number.

Submissions and comments may be sent by e-mail to:

EVINews@comcast.net

Gratefully submitted in the spirit of service and love, Lisa J.

Edited by Newsletter Chair

Contributions:

February 2008

Group Contributions (month/ytd)

6:45AM Stag .00/191.20
Attitude Adjustment 238.65/749.62
Autumn Group 50.00/50.00
Cottage Grove Gratitude 10.00/10.00
Downtown AM Group 95.68/688.26
Get Well Group .00/60.00
How It Works .00/100.00
McKenzie River Group 25.00/35.00
Monday Mens Stag .00/59.80
Monday Noon Stag 170.52/170.52
New Freedom .00/200.00
Saturday Morning Steps 252.00/252.00
Serenity Seekers West 210.00/210.00
Sobriety For Life 150.00/150.00
Springfield Men's Stag 45.00/45.00
Sunday Morn Big Book 150.00/365.00
Sunday Night Wm's StpStd .00/63.87
Thurs Men's Book Study 52.66/52.66
Thurs PM Rush Hour .00/60.00
Try God Group .00/1,330.00
Unknown .00/19.00
Wednesday Nt Mens Stg .00/312.00

Total Group Contributions:

1,449.51/5,173.93

Individual Contributions (month/ytd)

Anonymous: .00/3.50
Faithful Fivers: 105.00/550.20
Other: 3.15/59.53

Total Individual Contributions

108.15/613.23

Total Contributions (ytd): 5,787.16

Letters to the Editor

In the spirit of honoring AA members' fondness for opinion and controversy, the EVI newsletter welcomes your Letters to the Editor. Submissions may be up to 250 words in length. Drop your letters by the office send them by email to: evinews@comcast.net

EVI Event - Saturday, April 26th

Join us for an evening of a Speaker Meeting, Dinner, Jazz Music, and Dancing!

Dinner starts at 6:00 pm

Speaker Meeting – Karla B. (12 yrs) – 6:15

Music starts at 7:00

Spaghetti Sauce Cook Off – Enter your favorite spaghetti sauce.

Get entered to win – Sauce must arrive by 5:15 pm!

First Christian Church

1166 Oak Street, Eugene – In the Back

Suggested Contribution - \$5.00

Echoes In The Valley

I was simultaneously saying the Serenity Prayer and putting my worry list together.

Barry, Sober Awakening

If they made mental gymnastics part of the Olympics, I'd be a candidate for the gold medal.

Bruzz, Sober Awakening

I have this pilot light of insanity in my brain.

Bob, Downtown AM

Three from Jule, Sober Awakening:

Things come to pass – they don't come to stay.

I'm not going to listen to my still small inner voice. My still small inner voice is psychotic.

People told me the end of immaturity was the end of youth. I thought I could stay young if I stayed immature.

In this world of glass half empty, glass half full, she's (my wife) a "who stole my f**king glass" person.

Jim, Sober Awakening

Life on life's terms is the big bait-and-switch of AA. You're told you'll get your life back, and then you discover you've got to be an adult.

Ken, Downtown AM

I'm grateful AA isn't like a track meet where a false start gets you disqualified.

Don, Sober Awakening.

Submitted by Martha S.

Calendar

- 1st Mon Steering Committee, 6:30 PM
Tue District 20, 6:30 PM, 418 A St. Richard T.
Tues District 33, 6:30 PM, Lauri S.
Wed District 19, 5:30 PM, Brenda K.
Thur Speaker Mtg. 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 556-4613
Sat Answering/Diverter, 10:00 AM, David W.
- 3rd Thur Outreach Committee, 6:30 PM
- Last Thurs Grapevine Committee, 5:30 PM
- Last Wed H&I Committee, 6:00 PM
(All meetings are held at the EVI Office, unless otherwise noted.)

Fellowship Events

E VI Speaker Meeting, Dinner, Jazz Music and Dancing

April 26th - See Page 4 for details

Oregon Area Quarterly Assembly - Hosted by District 21

May 16th-18th, Linn County Fairgrounds - Albany, OR
Advance registration advised
Contact: registration@millerdm.com or Ray R.

AA Founders Day - Celebrate the birthday of our fellowship

June 7th 11:30 am - 4:00 pm
AA history, workshops, speaker meeting, potluck BBQ
Washington Park at 2025 Washington St., Eugene
Contact Eric, Dawn, Rhonda

ORCYPAA Campout 2008 - Cottage Grove

(Oregon Conference of Young People in AA)
June 20-22nd - \$20 early registratoin, \$25 late.
Shwartz Park, 34909 Shoreview Dr., Cottage Grove
Contact Leah M.

EVI Presents: Independence Day 2007 Picnic - BBQ - Potluck

July 4th - 3:00-7:00 pm - Fun & Games with Family
Emerald Park Shelter #2 - 1400 Lake Dr., Eugene
Hamburgers, hotdogs, and refreshments provided
Volleyball, Croquet, Children's games, Raffle

Gratitude:

Currently Available Service Positions:

Hospitals and Institutions has an open co-chair position, CTF co-chair, as well as an ongoing and varied need for AA volunteers to bring meetings into facilities as well as people to serve on the H&I committee. See page 4 for contact information for various facilities and committee members, as well as to see which positions are open in the H&I committee.

Public Information needs people for various volunteer functions.

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

The Activities Committee needs volunteers to help plan and staff events. There is no minimum sobriety requirement, and the time commitment is flexible. Contact Dawn.

Bookkeeper, CTF Co-Chair, H&I Co-Chair, Outreach Co-Chair, and Newsletter Co-Chair, Archivist Co-Chair, Office Co-Chair, Treasurer Co-Chair positions are open, please attend the next EVI business meeting if you are interested.

Addresses for Group Contributions

Contributions for Districts 6, 19, 20, and 33 may also be sent to the below address. Please indicate the district on the envelope.

Emerald Valley Intergroup
1259 Willamette Street
Eugene, OR 97401-3509

Oregon Area 58 Treasury
1900 NE 3rd Street, Suite 106-172
Bend, OR 97701

AA General Service Office
PO Box 459
Grand Central Station
New York, NY 10163-0459

People:



Following is a list of all EVI positions. For chair and co-chair contact information, please call the EVI office: (541) 342-4113

ACTIVITIES

ANSWERING SERVICE

ARCHIVIST

BOOKKEEPER

COOP. PROFESSIONAL COMMUNITY (CPC)

DIVERTER COORDINATOR

E.V.I. COMMUNICATIONS

Meeting Guides

Newsletter

Website

E.V.I. OFFICE MANAGER

E.V.I. SPEAKER MEETING

E.V.I. STEERING COMMITTEE

Chair

Co-Chair

Secretary

Treasurer

At-Large: 5 members

GRAPEVINE

HOSPITALS AND INSTITUTIONS (H&I)

Corrections:

Lane County Jail (Women)

Lane County Jail (Men)

C.C.C. Women

C.C.C. Men

Alma Work Camp

Pathways

Serbu Detention

Cooperation with Treatment Facilities

Carlton House

W.F.T.

Serenity Lane

Fri. Speaker

B.T.G.

S.N.L.

Hospitals

Johnson Unit

VA Reintegration Center

LITERATURE

OUTREACH

PUBLIC INFORMATION

Do you have PI experience? The newsletter is seeking stories about experience in Public Information realm. Please call or email with suggestions, stories, and possible contacts!

No Time For Self-Pity

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There have been problems, of course, some of them staggering. Children were not allowed where we lived. When my lease expired, I was asked to move. I had no money and was under doctor's orders to lift nothing in excess of fifteen pounds. But I had friends. I moved on "drunk-power." To get help, all I had to do was ask for it.

As always, this was very hard for me to do. I am a typically stiff-necked alcoholic. In addition, the down payment for the little house I live in now was a gift from the family that had once disowned me. The great bonus of accepting the generosity of my friends and family was that it reinforced my faith in people. Perhaps that was just what I needed.

I must also acknowledge my dependence on the love and encouragement shown me by the women of AA in particular and by the friends I have in Al-Anon. They have always been there, as near as my telephone. They have visited me, so that I haven't become isolated. They continue to invite me to their homes, so that I get out of mine for some other reason than to go to work. Another outside activity of mine has been a great increase in the number of Twelfth Step calls I make. My Higher Power is on the job. At the beginning of my troubles, I prayed, "God, give me something to take my mind off this mess." Not very eloquent, but very effective. I had four calls, one right after the other. The calls continue to trickle in when I'm busy and come in a flood when I have time on my hands. I drive myself or am driven to many out-of-town meetings. I visit a penitentiary, where I relearn each time how lucky I am.

I am not happy about some of the things that have happened to me. But I am content to be sober. I feel it is important to state that, although I deeply love the child I carry beneath my heart, I am not staying sober for the sake of my baby. I want to be sober now for the same reason that brought me to my first meeting: I want to live. The only life I have is the one AA continues to give me. Committed to my God and to my program, I can survive anything.

E.H. - Eugene, OR - March 1974

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'He's staying sober, but I don't think he's having much success with the second step!'

Reprinted with permission from The Grapevine

Short Snorts

The chairman of the Congressional Committee had spent a very trying day questioning a witness who repeatedly invoked the Fifth Amendment. As a witness stepped down, the Congressman hurled a final question at him: "Are you a drinking man?"

"What has that got to do with the proceedings?" asked the retiring witness.

"You've taken so many Fifths today," the legislator snapped, "I don't see how it's possible for you to walk."

*On Center
Salem, Oregon - March 1960**

Then there was the drunk who simply couldn't abide certain types of people. Association with them was more than he could bear. His last words just before he blew out his brains were, "I'm just not my kind of a person."

*July 1962**

Comedian Joe E. Lewis says he's switched from Scotch to gin-and-carrot-juice. "I get just as drunk," he admits, "but I see better."

*August 1958**

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Ham On Wry

SIGN IN A BAR: "Before you reach for a drink, remember that you have a wife and kidneys."

*October 2006**

A woman was worried about where her husband was spending his evenings. So, one night she went home--and there he was.

*December 2006**

"An alcoholic is a man with two feet firmly planted in mid-air."

*July 1944**

Pennsylvania -- HOW DO YOU SET UP A DRUNK in a nice, small business? Set him up in a nice, big business, and then wait.

*July 2006**

"The surest way to lose your health is to keep drinking to other people's."

*July 1944**

Q: What's the difference between a man and a machine?
A: It's obvious--the machine is quiet when oiled.

*October 2006**

AFTER ATTENDING A FEW AA MEETINGS I realized why they use the term "barfly" to describe us. We barf and we lie.

*December 2006**

"Time heals all cuts; time also cuts all heels."

*July 1944**

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GET THE NEWS!

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401

Faithful Fiver Pledge:

- 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.
- I will mail or drop off my contribution quarterly (\$15 each).
- I will mail or drop off my contribution once a year (\$60)

Name:

Address:

When you acknowledge my contribution, please list me as (first name, initial or nickname):

Receipt

“Faithful Fivers” are individuals who donate \$5 or more per month to help support Intergroup. A Faithful Fiver pledge is recognized by a mailed subscription to the EVI Newsletter. We will post your nickname on a board in the EVI office. We don't remind you or otherwise keep track of your contributions, and we will send the Newsletter whether or not you remember to send in your pledge. You may contribute monthly, quarterly or yearly. If you check the “Receipt” box, we will send you a receipt at the end of the year. If you would like to save EVI postage, write “No news” next to your address, and pick up your copy of the Newsletter at a meeting or at the EVI office.



Stamp

Emerald Valley Intergroup
1259 Willamette Street
Eugene, Oregon 97401