

# Moments of Spiritual Awareness

Editor's Note: Since the moment of spiritual insight, whether mild or intense, is so much a part of the life of so many AAs, the Grapevine will from time to time publish accounts of such experiences. The following accounts are drawn, with the permission of the publisher, from Raynor C. Johnson's book, "Watcher on the Hills," and from correspondence with AAs. Co-founder, Bill, reminds us not to put too great store by these special moments, since the daily living of the AA life is a spiritual experience of a high order. They do, however, shed a light to be recalled during life's more prosaic stretches.

CASE 1. "I was packing up a house for my son--he had gone to sea and his wife and family had gone off to our home in Wales. The furniture van had left, the house was empty, and I, feeling a little forlorn, was wandering round the garden thinking of the happy jolly times we'd had while they were living there. I caught sight, in a flower bed, of a bright colored ball which suddenly made me cry, and all at once I seemed to be in a changed atmosphere. It was a little alarming at first. Everything looked the same but seemed charged with something more real--very hard to explain. It was as if suddenly, for a flash, I was seeing the significance of things--material things being just symbols--like seeing familiar objects in another plane of existence. This curious feeling lasted about ten minutes, and then I was back to normal--but in those few moments I had sensed a great happiness, and a sureness of something that I felt was eternal life." S.T.

CASE 2. "Sometimes, when I am more than usually awake, I do have a deeply moving experience. There is nothing mysterious, or in any way magical about it. It is just ordinary experience of the world and oneself, only much more lucid and comprehensive. I cannot but regard it as the rightful compass-needle of my whole life. It may happen unexpectedly in response to some particular and even insignificant event, which now suddenly opens up vistas of significance; or it may come when I try persistently to 'get the feel of being a self in relation to other selves and the rest of the universe. In either case it brings an unusually precise and poignant awareness both of my present surroundings and of things remote in space and in time. It seems to be simply a very comprehensive act of attention, an attending to everything at once, or to the wholeness of everything at once. And in response to all that this act of attention reveals I feel a very special emotion which I can describe only as a tension of fervor and peace. O.S.

CASE 3. I have given much thought to trying to express my very precious one and only mystical experience. What would I not give for another? I was in bed at the time it happened, and my elder son, then aged sixteen, was very ill with congestion of the liver. I lay there for sometime worrying about him, and then realized that no good could come of that state of mind; so I deliber-



# News

November 2008

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

# AA Meetings:

## Changes:

## Time change only:

### McKenzie River Group

changed to

Wed 6 - 7 pm

Walterville

## New:

### Serenity & Sobriety Now

Fri 8 - 9:30 pm

American Legion Hall

8th & "C"

Springfield

## Cancel:

### Men's Group

Tues 6 - 7:30 pm

St. Andrew's Church

Cottage Grove

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

## FLOWING INTO WHOLENESS

charging forward full speed ahead  
i smash myself into a brick wall  
now, i've got some choices...

i can get ticked-throw a fit-  
blame the universe for putting it in my way-

paint a mural on it-

climb over it, go around it-

take it down one brick at a time  
(or with a bulldozer)

sit down and rest with my back against it  
invite some friends over  
& have a party in front of it-

get more bricks and build  
a fortress from it—

i am SO delighted to have free will—

what are you choosing to do today???

- Kriket

*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:*

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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 News.*

*Please include a contact phone number.*

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ately set to work to relax and reverse each fear-thought. Finally, I was meditating on God using the words, "Be still, and know that I am God," and lingering mentally on what was implied by these wonderful words. Suddenly I became aware of a super-real state of being, with a completely relaxed feeling of blissful peace and trust in a Power of Supreme beneficence and perfect harmony. One felt at one with it all and yet retained one's individuality. (This is one of the times when language fails, for it is a paradox when expressed in words, but while being experienced no difficulty exists.) The state also includes a feeling of coming home after weary wanderings, being surrounded by the welcoming warmth of loved and loving ones--only of course greatly intensified. I have no idea how long it lasted, but its significance for me has been incalculable and has helped me through sorrows and stresses which, I feel, would have caused shipwreck in my life without the clearly remembered refreshment and undying certainty of this one experience. M.E.A.

CASE 4. In September 1950 I found enough of the AA program to stay sober but not enough to relieve me of old fears, hates and resentments. In December 1957 I awoke one morning about 2 A.M. My whole being was in a state of glow with a feeling of peace and goodwill I cannot describe and had never felt before. I was not conscious of a body. Two months later came the realization that I had found power to control my fears and resentments and that it was well with my soul. D.C.

CASE 5. This transpired over a period of about three weeks in April and May of 1958. I am male and an agnostic. Twenty-five years of excessive beer consumption; second marriage with two children; three separations in last three years; separated at this time; finally understanding that I was having "trouble" with drinking. I tried AA with no reservations for almost a month. Then I put in a week of study and thinking. I became aware of an alien entity in my own mind insidiously feeding me with a new way of thinking and so thoroughly discrediting my old way of thought that even I was forced to accept this new mind's outlook rather than the one I had been used to all my life. All desire to drink left me.

The next phase was getting to know and operate with this invading "Mind Monster" that had twisted my neat (?) and ordered (?) life so completely about. Now I had to come to grips with this influence without delay. However, the more I came to "grips" with it, the more content I was to relax my own grip and just enjoy the contact. Now I'm so thoroughly relaxed that I've forgotten how to fight and just accept; we can't be strangers, living together this way. L.P.

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# 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](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:

Contributions Oct 2008	Month	YTD
<b>GROUP</b>		
Monday Ngt Courage to Change	110.00	110.00
123 Meeting	20.37	20.37
Monday Nite Women's Study	0.00	44.25
Sunday Morning Sunshine	0.00	175.00
Sunday AM B.B. Study Group	0.00	150.00
No Name	0.00	26.00
Sunday Book Study Group	0.00	65.50
Serenity Lane	0.00	15.00
Sat 11th Step Meeting	0.00	30.60
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	120.00
645 AM stag	0.00	455.20
EASYPAA	0.00	100.00
Monday Noon Stag	0.00	170.52
One Day at a Time	0.00	120.00
Great Fact Group	0.00	70.00
Wed Beginners	30.00	90.00
Pass it on	28.50	104.50
Women's Courage to Change	0.00	270.00
Thursday Men's Book Study	77.15	129.81
Dist 19	150.00	250.00
How it Works	300.00	1,300.00
Get Well Group	0.00	260.00
Veneta Gratitude Group	0.00	204.00
Serenity Seekers West	0.00	360.00
Rush Hour Group	0.00	150.00
Try God Group	323.00	2,843.00
Thurs PM Rush Hour	150.00	210.00
McKenzie River Group	0.00	35.00
Physical Awakenings	0.00	100.00
As Bill Sees It	0.00	20.00
Attitude Adjustment Group	116.00	3,047.54
Autumn Group	0.00	150.00
Cottage Grove Gratitude	0.00	50.00
Downtown AM group	81.00	1,775.16
Freedom Of Choice	0.00	268.00
Friday Night Stag	0.00	500.00
Last Chance Study Group	0.00	145.00
Monday Mens Stag	0.00	59.80
New Freedom	0.00	500.00
New Freedom 2	0.00	50.00
Sober Awakenings	0.00	600.00
Sobriety for Life	0.00	150.00
Stairway to Sobriety	0.00	125.00
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	0.00	509.20
Contributions/Group - Other	0.00	40.50
Total Group Contribution	1,386.02	18,067.80
<b>Faithful Fivers</b>	100.00	1,340.65
Unknown	0.00	53.50
Contributions/Individual - Other	8.25	212.54
Total Individual Contribution	108.25	1,606.69
<b>Total Contribution</b>	1494.27	19674.49

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## 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 Committee, 6:00 pm, Sylvia
- 2<sup>nd</sup>** Mon EVI Business Meeting, 6:30 pm  
Wed District 6, 6:30 pm, Rhonda  
Sat Answering/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
- Last** Wed H&I Committee, 6:00 pm  
**Last** Thur Grapevine Committee, 5:30 pm

**Several Service Positions are currently available with Hospitals & Institutions and Outreach.**

**Activities** needs volunteers to help plan and staff events. No minimum sobriety requirement. Time commitment is flexible. Contact Dawn

**CPC/PI (Cooperation with Professional Community/ Public Information)** needs volunteers for various functions.

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

## FELLOWSHIP EVENTS

### **BINGO Night**

**Friday, Nov. 14**

**Washington Park (22nd & Washington)**

**7 - 10 PM**

**(with AA meeting afterward!)**

### **Sobriety Under the Sun**

**7th Annual English Speaking AA Convention**

**Puerto Vallarta, Jalisco, Mexico**

**January 23, 24 & 25, 2009**

**(see fliers at the EVI office)**

**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.

# 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

## DIVERTER COORDINATOR

Jane W

## EVI COMMUNICATIONS

**Meeting Guides:** Ric H Daniel

**Newsletter:** Sally B Angela M

**Website:** Teffany Alan U

## EVI OFFICE MANAGER

Tricia S Elisabeth

## EVI SPEAKER MEETING

Gary, Gene

## 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

Carlton House: Mark Z Co is open

W.F.T.: Jacquie C Johanna

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

Bill A Diana

## OUTREACH

Rebecca Co is open

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CASE 6. About a week after I joined AA, July 31, 1956, my father phoned me and got into a hassle about an unreasonable request I could not comply with. As I left the phone, I was so upset that I was assailed by the most overwhelming desire to drink that I had ever experienced. I almost saw a bottle hanging in the air in the kitchen, in front of me. I knew, absolutely, that I would go to the liquor store, and that I would come home and get drunk. All my AA left me. I was engulfed by this desire. I became two personalities. One side almost pushing me out of the door, and then the other side, saying, in my head, "If you take that drink, you know what will happen." I felt as though I were being torn in two pieces, so terrific was the struggle between these two personalities, yet I was unable to merge them, either "to drink" or "not to drink." I knew, at that moment (my real bottom), what it was to be absolutely helpless, that my whole fate depended on the outcome, and the following words were literally wrung out of me, "God, please help me in some way, not to get this bottle."

The only sound in the room was the radio, from which issued the ending of a commercial. There was a second's silence, and then a woman's voice came on, singing, "Give us this day." I stood motionless, there was a feeling of rushing relief of tension, and the words, "twenty-four hours, twenty-four hours," came into my mind, and I was suffused with an enveloping prickly sensation, and a knowledge that this was the help I needed. I stood, stunned, then gradually thought returned to me. This was not just a coincidence, luck, or what have you. This was God helping me. I "knew" it. I recovered my self-possession, went to the phone and called my sponsor, and felt perfectly normal. B.S.

- Copied with permission from the Grapevine archives  
June 1962

Business meeting minutes  
from October will be included  
in next month's  
newsletter.

## The Twelve Steps of AA - Joy G.

I did the 1st step and I saw his face.  
And felt so weary of our scrambled pace.  
So tired of battles and an endless war  
And finally ready to have something more.

Step 2 reminded me I'm not alone  
I raise my elbow now to lift that phone.  
I drained the bottles and I tossed the dope  
And felt a tiny little burst of hope.

Then on the 3rd step I just took God's hand  
I felt no more alone in some strange land.  
Will power and my resistance hadn't killed  
The person I could be, and I was thrilled.

I did the 4th step and my pain poured out.  
I didn't know whether to cry or shout.  
What wreckage, waste, and sheer stupidity  
But that's still not the person I could be.

After the 5th step my shame drained away.  
I really sensed this was a brand new day.  
I spoke the secrets that had kept me sick  
And saw that step work really does the trick.

I did the 6th step and I held my breath—  
To chuck my defects scared me half to death!  
But then I saw how my old defects would  
Do me great pain and do no one else good.

Step 7 brought me real humility.  
Maybe HP could help purify me.  
If I relied on God, not old ideas  
I could keep going—oh God, help me please!

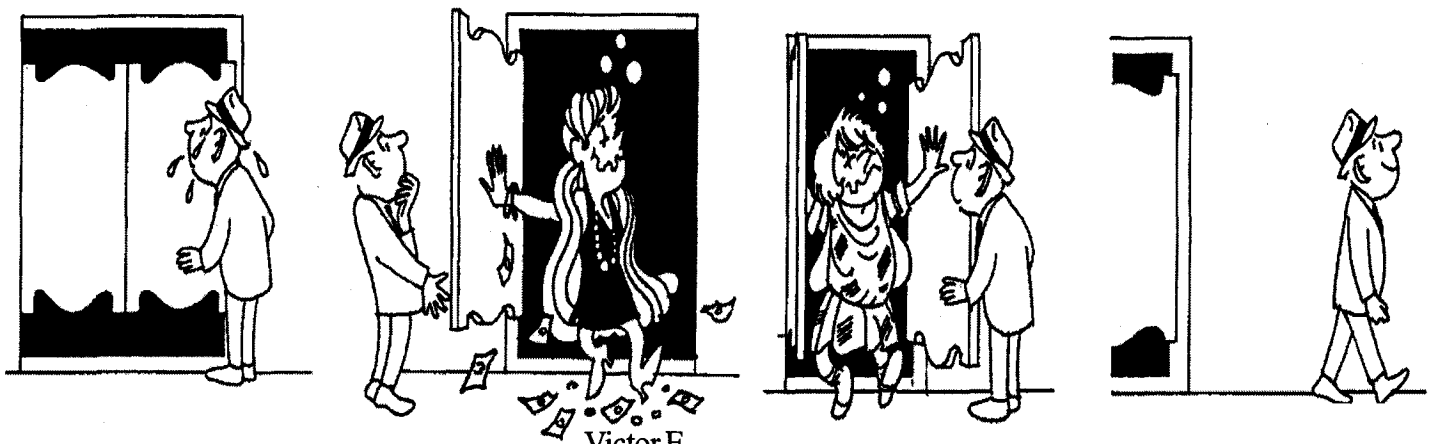
My long 8th step? It really made me pause  
Thinking of folks I'd hurt and harm I'd caused.  
I listed them, and then I thought of more  
And wondered what my HP had in store.

The 9th step simply took my breath away  
But fear subsided as I found a way  
To make amends for all the harm I'd done.  
I was forgiven by most every one.

On 10 I tried to check myself each day  
To see where I had once more gone astray.  
And when I found I'd fallen into shit  
Well then I just promptly admitted it.

Eleven got me on my knees to pray  
And ask God—always—please to guide my way.  
It made me slow down and feel some real peace  
Because I was with God and sensed release.

Then came step 12, and now I'm trying to  
Practice these principles in all I do.  
I have the Big Book, and my sponsor's care  
To find a life of service, hope, and prayer.



Victor E.

Volume 55 Issue 1 (June 1998)

- Copied with permission from the Grapevine archives

# 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