

Far From Normal

If you are like me, you have a difficult time asking for help. Desperation gets a person to do a lot of things they would not normally do.

When I came into AA, I was desperate for my life to change. I hated myself and had pushed people away. My life just plain sucked! I always hated to ask for anything from anyone for fear of being rejected. I figured the help they would give to me would not help or that people would think I was stupid or a loser, and that I would have to pay them back for the help. I did not have anything left to give. Yet somehow, out of this desperation, I asked for help. I could not do it verbally, but, by going to AA I was beginning to do the footwork.

Even though I had my doubts that AA could really help me, I was opening the door for what has turned out for me the most wonderful gift I could ever receive. For at this point, God was doing for me what I could not do for myself. God put in my life an old drinking buddy who had gotten sober and boy did his life change. I was tore up from the floor up and in need of a check up from the neck up. I am not sure what we talked about but the message was clear – do something with your life. I did not realize it meant surrender.

See, at this time, I did not trust God. My answer was to run away. I started to make plans to leave but first I had to say my “goodbyes” to people. First was my grandmother. I went over to her house, but I could not say goodbye. So I left her house and went over to the girlfriend who had led me to AA. Thank god for AlAnon. I could not say that at the time to either her or my mother, who was also practicing the steps in all her affairs, including mine. So when I arrived at Lisa’s, my AlAnon at the time, I thought, “If I am going to stay, I needed to come clean about my drinking that I was hiding from her.” I came clean and she told me I should probably find an AA meeting to go to. I did not drink but was still miserable. To me, I needed to get to that point of miserableness – in the book it says “incomprehensible demoralization” – in order for me to hear God, surrender my will and trust my higher power in my life.

AA is a wonderful life. God led me to AA and AA led me to God. As the result of living the program of AA, I have a life worth living. I have true friends and in time of distress, I can call on them and they respond. I have friends I can laugh with, play with and cry with at no cost. I have family today that I realize love me. I have a good relationship with my father that was strained, at best, when I was drinking. I have a wife today who loves and cares for me even when I sometimes don’t feel like I deserve it. I hope to see you as we trudge the road to happy destiny – One day at a Time!

Norman O. - Eugene, OR



E.V.I. News

September 2008

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

July 14, 2008

AA Meetings:

Change:

Name change only:

Young at Heart changed to Grateful We Aren't Dead, Sunday 8 pm to 9:30 pm, Jessco Club.

Cancel:

First Things First, Saturday 6:30-7:30 pm, Jessco Club.

New:

Are We Done Yet?, Monday 7:30-8:30 pm, Koinonia Center, 141 Kincaid, Eugene.

6:30 pm Open meeting with Serenity Prayer

Nominations and Elections

Meeting Guide Co-Chair—Daniel nominated and elected.

Newsletter Chair—Sally nominated and elected.

Old Business

Meeting in a Pocket: EVI reps took this motion to their groups. Two groups supported it, five groups did not. A vote was taken and resulted in two “yes” and 12 “no”. Those in the minority were given opportunity to speak their positions. Motion of EVI supporting “Meeting in a Pocket” failed.

New Business

None

Committee Reports

Activities (Sandra for Dawn): 4th of July picnic was a success. Java Jive will be held 9/20/08, with sign-ups being taken for talent and an MC for the show.

Website (Richard for Teffany): Doing well. Please submit activities and flyers to post on website.

Meeting Guides (Ric): Had a good printing, just over 1000 guides left and another printing probably in one month. Please submit meeting changes on appropriate forms at EVI.

Newsletter (Tanya): Sally is taking over the position. Please present yourself if you can help out.

CPC/PI (Lyndee): Committee doing well. More packets for physicians and medical professionals are available at EVI. Working with an MD who is an AA member for presentations to hospitals.

Diverter (Jane): All is good!

Grapevine (Gus): (absent) Book order is in process.

H&I (Brenda): Doing well. Had a Founder’s Day workshop; new hospital chair and co-chair; there is a volunteer list for McKenzie-Willamette Hospital and the new Bridging the Gap person.

Literature (Bill A.): New cards are available at EVI covering anonymity, steps & traditions.

Outreach (Bill H.): He needs to resign. Rebecca (the co-chair) will now step in as chair.

Speaker Meeting (Gene for Dot): New date for speaker meeting this month only! This is the speaker’s last engagement as he is moving to Florida.

Treasurer (Angie): Continuing on track regarding meeting our expenses.

Largest expense this month was CPC/PI literature. No large or unusual expenses this month. Received solicitation from Comcast (if you would like more data about this please see her, otherwise she will discard).

Steering Committee (Tim): We will get a functioning heat source thanks to Frank! Financial heat issues will be addressed after installation. (Ditto for leaky roof and graffiti.) Faithful Fivers ad hoc committee has been formed.

\$50 for seed literature was provided for Summerfest. Get involved in service!

7:40 pm Meeting closed with the Serenity Prayer.

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

*Gratefully submitted by Lisa J.]
Edited by Newsletter Chair*

EVI Business Meeting Minutes August 11, 2008



6:30 pm Open meeting with Serenity Prayer **Nominations and Elections**

Treasurer Co-Chair—Chuck was nominated and elected.

Activities Chair—Sandra was nominated and elected.

Activities Co-Chair—Brian was nominated and elected.

Newsletter Co-Chair—Angela was nominated and elected.

Old Business

Faithful 5-er Display: An ad hoc committee was formed to address this issue and submitted a written display board proposal. Motion made to allow EVI office coordinator, bookkeeper and office volunteers decide upon and maintain a new display. Vote taken: majority voted yes with minority by one; second vote taken resulted in 14 “for” and six “against”. Motion passed.

New Business

Excess Prudent Reserve: Current excess of \$1,624 in prudent reserve. Proposal to send 60% to Oregon Area and 40% to GSO. Much discussion followed. Some proposals were: EVI make literature available to groups at no cost in this amount; all excess go toward EVI office repairs/upgrades not currently budgeted; all excess to “carry the message”; all excess to AA; and more workshops. It was decided that group reps should take this back to their groups for feedback. Note: the Steering Committee is putting together an ad hoc committee to address amending the by-laws as this specific situation is not addressed in current by-laws. Motion to table passed. Also a motion to split the excess reserve 60/40, with \$1000 to Oregon Area and GSO and \$625 to groups for discussion on how to disburse. Motion failed for lack of a second.

Committee Reports

Activities (Dawn): 4th of July venue change was welcome. Java Jive is upcoming, see flyer; they’re looking for an MC for this. Call Dawn/Brian/Sandra if interested. “Espresso on the Move” would like to be present for Java Jive. Does this interfere with the traditions? Discussion? Allow other mobile vendors? Would it “take away” money otherwise being spent on AA? (We don’t sell coffee.)

Website (Teffany): Website is updated with events. Please send postings to “Webmaster” on the site.

Meeting Guides (Ric): Finalized new version of guides. For meetings changes/updates/additions, please use official form available at EVI office, on website, or in back of guides. We have just under 500 guides left. New guides will replace the old upon exhaustion, estimated in 10 to 12 days.

Newsletter (Sally): Should she use Tanya’s program (InDesign) or learn the program we have? There will not be an August newsletter issues due to software difficulties, but there will be a 2-3 page flyer put out to explain this that will include basic info such as group contributions, etc.

CPC/PI (Lyndee): Eugene Celebration looking for 2-hour to 4-hour volunteers.

Diverter (Jane): Upcoming diverter slots need to be filled. Some available slots will likely be Friday 5 pm to Saturday 9 am (more details to follow). She anticipates soon leaving Oregon on at least a semi-permanent basis. If you can be a backup diverter, let her know.

EVI Office

(541) 342-4113

1259 Willamette St.

Eugene, OR 97401-3509

Monday – Friday 9 am – 5 pm

Saturday 9 am – 4 pm

Drop by for a visit!

EVI Web Site

www.eviaa.org

Meeting Schedules, business

Meeting minutes and more.

Save a bookmark!

EVI News

Emerald Valley Intergroup’s monthly newsletter for the AA community in Lane County.

EVI news is about, by and for members of the AA fellowship. Opinions expressed herein are not to be attributed to AA as a whole, nor does publication of any article, event or notice imply endorsement by either Alcoholics Anonymous or EVI. (Exceptions: Quotations from AA books or pamphlets, which are reprinted with permission of AA World Services, Inc.) EVI News reserves the right to edit submissions for clarity, length, language and editorial policy.

Contributions are gratefully accepted for consideration for publication. Submissions are due by the last Monday of each month. To submit articles or event information, mail them or drop them off at the EVI office c/o EVI News. Please include a contact phone number. Submissions and comments may be sent by e-mail to: salmade@comcast.net

Contributions:

August 2008 Business Meeting Minutes
continued from page 3

Contributions August 2008 (month/ytd) GROUP

6:45 AM Stag	00/455.20
ABC Group	65.00/100.40
Attitude Adjustment	289.00/331.26
Autumn	.00/150.00
Cottage Grove Gratitude	.00/20.00
District 19	.00/100.00
Downtown AM	205.00/1285.46
EASYPAA	.00/70.00
First Dexter	.00/16
Freedom of Choice	68.00/68.00
Friday Night Stag	.00/500.00
Get Well	.00/60.00
Great Fact	.00/70.00
How It Works	.00/1000.00
Last Chance Study	.00/145.00
McKenzie River	.00/35.00
Monday Mens Stag	.00/59.80
Monday Noon Stag	.00/170.52
New Freedom	.00/450.00
New Freedom 2	.00/50.00
No Name	.00/26.00
One Day at a Time	.00/120.00
Pass It On	.00/47.00
Physical Awakenings	.00/100.00
SAG	.00/105.00
Saturday 11 th Step	.00/30.60
Saturday Morning Steps	.00/429.00
Sat Night Women's Step Study	.00/97.29
Serenity Lane	.00/15.00
Serenity Seekers West	150.00/360.00
Sober Awakenings	.00/600.00
Sober Chicks	.00/20.00
Sobriety for Life	.00/150.00
Springfield Men's Stag	20.00/65.00
Stairway to Sobriety	.00/125.00
Sunday Book Study Group	.00/65.50
Sunday AM Big Book Stud	150.00/815.00
Sunday Morning Sunshin	175.00/175.00
Sunday Night Wm's Step Std	.00/63.87
Thurs Men's Book Stdy	.00/52.66
Thurs PM Rush Hour	150.00/210.00
Try God	.00/1820.00
Unknown	37.50/76.70
Veneta Gratitude	.00/204.00
Wednesday Beginners	.00/60.00
Wednesday Men's Noon	.00/150.00
Wednesday Night Mens St	.00/509.20
Womens Courage to Cha	110.00/270.00
Young Peoples Book Study	.00/37.50
Total Group Contrib:	1054.00/14,020.22

INDIVIDUAL

Anonymous	.00/53.50
Faithful Fivers	115.00/590.65
Other	5.71/191.81
Total Individual Contrib:	120.71/1315.64

Total Contrib (ytd): 15,335.86

Grapevine (Gus): (absent) Order has been placed.

Office Coordinator (Tricia): Office is in good shape—asking for volunteers to help paint the office over the Labor Day weekend. New binders are being used. Office is sprucing up!

Speaker Meeting (Gary for Dot): Last speaker did not show up. Dwight stepped in. Jack from Eugene with 20 years will speak 9/13/08. Church this event is held at say they love AA and their facility is available for meetings, etc.

Treasurer (Angie): She will be out of tow the rest of this week and next. If you have an expense, see Wes for a check.

Steering Committee (Wes for Tim): We have addressed the Faithful 5-er issue and the excess prudent reserve, and need to amend our by-laws to accommodate our needs.

Personal announcement: There have been huge layoffs at Hynix and Symantec. Alcoholics need help now even more than ever. Awareness is the issue.

7:40 pm Meeting closed with the Serenity Prayer.

*Gratefully submitted by Lisa J.
Edited by Newsletter Chair*

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 St.
Eugene, OR 97401-3509

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

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

A HUGE THANK YOU!

To all who pitched in on the office makeover. It looks great! We couldn't have done it without the wonderful help from all those who tore down and moved shelves, painted, and reassembled the office, especially Doug. Come down and check out the new look!

Calendar

(all meetings held at EVI office unless otherwise noted)

- 1st Mon Steering Committee, 6:30 pm
- Tues District 20, 6:30 pm, 418 "A" St., Richard T
- Tues District 33, 6:30 pm, LynDee R.
- Thur Speaker Meeting 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
- Sat Answering/Diverter, 10:00 am, David W
- 3rd Thur Outreach Committee, 6:30 pm
- Last Wed H&I Committee, 6:00 pm
- Last Thur Grapevine Committee, 5:30 pm

Fellowship Events

7th Annual Java Jive

Saturday, September 27

7-10 pm, Agate hall

E. 18th & Agate

Reserve your talent spot now!

Contact Brian or Sandra

Time limitation 3-4 minutes

\$5 suggested contribution

Self Support: A Spiritual Journey

7th Tradition Workshop

Saturday, October 18, 11 am – 1 pm

Saint Mary's Episcopal Church

166 E. 13th Ave. (corner of 13th & Pearl)

(flyers will be available soon)

Gratitude:

Several **Service Positions** are currently available with **Hospitals & Institutions and Outreach**. Nominations and elections will take place at the October Business Meeting, Monday, Oct. 13, 6:30 pm. **Please attend!**

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

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 or 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 Co is open

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

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

People
are often
unreasonable
and self-centered.
Forgive them anyway.

If you are kind, people may
accuse you of ulterior motives.
Be kind anyway.

If you are honest,
people may cheat you.
Be honest anyway.

If you find happiness,
people may be jealous.
Be happy anyway.

The good you do today may be
forgotten tomorrow.
Do good anyway.

Give the world the best you have,
and it may never be enough.
Give your best anyway.

For you see, in the end,
it is between you and God.
It never was between
you and them
anyway.

Mother Teresa

"Spiritual Principles of Sobriety"

Words of wisdom, that Clancy U., Island of Oahu, Hawaii, passed along to me concerning the Spiritual Principles of AA were these. The maxims of sobriety, the light unto ourselves, that show we have indeed worked the steps within all our affairs are the spiritual principles.

Step 1: We learn to be honest with ourselves.

Step 2: We re-discover hope within our lives.

Step 3: We start re-building faith in a god who will help us in life.

Step 4: We learned courage, from self searching our heart and soul to complete the most true and accurate self inventory we can so that we may know where we are starting.

Step 5: We were given some integrity back. As we openly, on faith, work Step 5 with another human being with those deepest and darkest events locked within our minds, our integrity grows. This in turn gives us a measure of positive self-esteem.

Step 6: Showed us that we are indeed willing to trust god to work in our lives.

Step 7: Gives us pride busting humility. Humility to finally, with a hoping and faithful heart, actually ask god to take the bad out of our lives as he sees fit in his own time. Being honest with God is a real humbling experience.

Step 8: Brotherly love is what step 8 shows us. We find here in this Step that we can have care and concern for our fellows. Without holding back anything, we make a true and honest list of the people to whom we need to make amends.

Step 9: We bring justice back into our lives. Here is where we take the physical action to make right the wrongs that we played apart in. Sometimes this means more than just saying I am sorry.

Step 10: We learn how to immediately correct wrongs and therefore, preserve the jggt of our sobriety each day forward.

Step 11: We learn to communicate with our higher power. It is here that our spiritual awareness really takes shape and form within our lives. This is the map that will lead us all the days we walk this journey from now on.

Step 12: We learn the greatest principle of all. We learn here that we can only keep the jgpts of the other 11 Steps if we give what we learn away to others. Then we get to keep the jgpt of sobriety. Therefore, sacrificing self in service to others is the greatest principle of life.

Simply, the Spiritual Principles embodied in AA's Twelve Step's are:

- Step 1: Honesty
- Step 2: Hope
- Step 3: Faith
- Step 4: Courage
- Step 5: Integrity
- Step 6: Willingness
- Step 7: Humility
- Step 8: Brotherly love
- Step 9: Justice
- Step 10: Perseverance
- Step 11: Spiritual awareness
- Step 12: Unselfish service

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:

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

GET THE NEWS!

“Faithful Fivers” are people who donate \$5 or more per month to help support Intergroup. As a Fiver, we list your nickname on a board in the office, with a red dot marking each contribution so you can keep track of your commitment. (We don't monitor your participation, and we send you a newsletter whether or not you remember your pledge.) 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