

EMERALD VALLEY INTERGROUP MAY 2020



Step 5 Admitted....

*“Admitted to God, to ourselves and to another human
being the exact nature of our wrongs.”*

Do you know where to find a meeting?

Check out the EVI homepage:
<https://eviaaweb.org/meetings/>

Check out the Meeting app:



Check out the
“Motherlist of
online
meetings”:

<https://docs.google.com/s>

Call the EVI office: 541-342-4113 24/7

Visit Us: 741 Main St. Springfield open M-F 9-5

This month in AA History...

- 1935** - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.
- 1942** - *Dayton Journal Herald* published pictures of AA members wearing masks to protect their anonymity.
- 1943** - Akron AA Group celebrates 8th anniversary with 500 present and sober.
- 1946** - Long form of 12 Traditions was published in AA Grapevine for the first time.
- 1946** - The *A.A. Grapevine* announced, "A.A. has 6,000 members in 180 groups."
- 1951** - Al-Anon was founded by Lois W. and Anne B.
- 1956** – The first English AA Convention was held in Cheltenham, England.
- 1971** - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.
- 2000** - Dr. Paul O. died at the age of 83. He was author of "Acceptance Was the Answer" in the 4th edition of the Big Book. This story was titled "Doctor, Alcoholic, Addict" in the 3rd edition.

Thanks to Billy C. and Nancy O. for this list, used by permission.

Getting bored with NETFLIX or HULU?

**Alcoholics
Anonymous®**

Do you want to learn more about AA?

Are you a history buff and want to hear the words straight from Bill W. or Dr. Bob?

Look no further than the aa.org website! You can find informative videos, materials translated into American Sign Language and archived public speeches by AA's founders.

Visit: <https://aa.org/>

The Beginning of True Kinship

Excerpted from Twelve and Twelve, pp. 58-59

When we reached AA, and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved.

But we soon discovered that, while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong.

Step Five was the answer. IT was the beginning of true kinship with man and God

What page is...?

The next time you are trying to remember where to find a particular prayer or passage, use the set of bookmarks below, compiled by a trusted servant in EVI.

Preamble: https://www.aa.org/assets/en_US/smf-92_en.pdf

How It Works: https://www.aa.org/assets/en_US/p-10_howitworks.pdf

Traditions: https://www.aa.org/assets/en_US/smf-122_en.pdf

Daily Reflection: https://aa.org/pages/en_US/daily-reflection

As Bill Sees It: <http://mcpaa.org/wp-content/uploads/AA%20LIT/As-Bill-Sees-It.pdf>

The Promises: <http://www.aasantacruz.org/Assets/doc/The-Promises.pdf>

A vision for you: <http://aasandiego.org/avisionforyou.pdf>

Third Step prayer: <http://silkworth.net/pages/aa/3rd.php>

Seventh Step prayer: <https://silkworth.net/pages/aa/7th.php>

EVI April 2020 Financial Update

1. Overview - Group contributions YTD are \$9,494 which is (18.8%) over budget.
Individual Contributions YTD are \$1,516 which is (203%) over budget.
2. Expenses - Operating expenses were as expected.
3. Group Contributions - Group contributions continue to be strong. April was \$2,882 budget was \$2,640.
4. Committee Expenses - Are as expected
5. Prudent Reserve - The surplus over prudent reserve increased by \$1,271 verses last month.

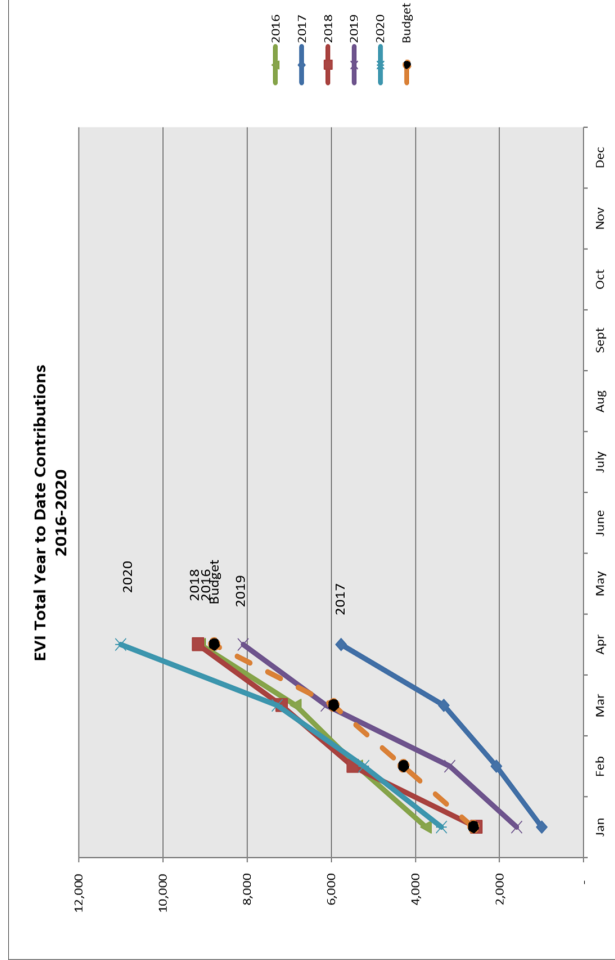
	Monthly	YTD	YTD Budget	+/- YTD
Contributions:	\$ 3,727	\$ 11,026	\$ 8,787	\$ 2,239 25%
Expenses:	\$ 2,067	\$ 9,995	\$ 10,365	\$ (370) 4%
Difference:	\$ 1,660	\$ 1,031		

PRUDENT RESERVE CALCULATION		2020 Avg
5 Mo of 2020 Average Exp	2,411	12,055
Equipment Fund		1,000
Updated: 1/1/20		<u>13,055</u>
Cash Position		21,747
Surplus over PR		8,691

A Prudent Reserve shall be maintained to protect against short-term fluctuations in revenues or expense and ensure consistency in operations. If adverse changes in revenue or expense are determined to be systemic, the prudent reserve is intended to provide operating expenses to afford EVI the time necessary to resolve the operations issues.



Literature Sales	April	YTD Sales	YTD% of Budget
AA Book Sales	234	2,777	66%
Pamphlet Sales	2	151	63%
Meeting Book Sales	1	206	40%
Grapevine Sales	35	127	58%
Total Literature Sales	271	3,261	63%



EVI 2020 Financial Report

	<u>April</u>	<u>YTD</u>
11th Step Meditation		120.00
645 AM Men's Group		610.00
Abnormal Drinkers		-
ABC Group		-
Attitude Adjustment Group		560.00
Autumn Group		-
Back to Basics Junction City		200.00
Caduceus		-
Carpe Diem	50.00	175.00
Coburg Fire Stoppers		171.50
Cottage Grove Group		50.00
Creswell 12 x 12		-
Daily Reflections		-
Downtown AM group	265.14	509.14
Drop The Rock		-
Early Firehouse Group		-
Easy Does It		-
Emerald Park	520.00	520.00
Expect a Miracle		-
Freedom Bound		-
Freedom Of Choice		60.00
Friday Night Gratitude (Cot Grove)		-
Friday Night Stag		150.00
Following the Directions		-
Get Will Group		-
Good Grief Saturday		-
Gratitude Group		62.70
GWAD (Jesco)		50.00
Harrisburg Group		-
How It Works		-
Jasper By The Tracks Group		-
Knuckleheads		150.00
Lambda Group		-
Last Chance Study Group		336.00
Last House on the Block		-
McKenzie River Group		16.00
Men's Undisciplined		-
Monday Noon Stag		20.00
New Freedom		-
Oakridge Group		-
No Rules Group	328.00	928.00
One Day at a Time		-
Physical Awakenings		-
Plant a Seed		-
River Road Friday Night Book St		-
River Road Recovery		-
Saturday Morning Steps		150.00
Saturday Night Book Study		-
Seniors for Sobriety		71.50
Serenity on Sunday		-
Serenity Seekers West		-
Sickman's Group		-
Sisters of Sobriety		245.00
Sober Awakenings	1,228.00	2,043.00
SOS Group		-
Sobriety for Life		250.00
sober Chicks	40.00	40.00
Springfield Study Group		-
Stairway to Sobriety		-
Starlight Medation Group	303.00	303.00
Sunday AM B.B. Study Group		-
Sunday Women's Step Study		-
Sunday Night Book Study		-
Sunrise at Sunset		-
Sunrise Serenity		-

	<u>April</u>	<u>YTD</u>
Sunrise Sobriety Group		320.00
Sunlight of the Spirit		25.00
Terminally Unique		-
The Way Home	28.00	28.00
There is a Solution		25.00
Thurston Bell Ringers		-
Thursday Night Rush Hour C.G.		-
Thursday Night Reflections		-
Thurs Night Group		-
TNT		-
Tuesday Night Young Peoples		-
Try God Group		400.00
Upon Awakening		-
unknown		-
Vintage Group		200.00
We Are Not A Glum Lot	95.00	230.00
Wed Beginners Group		-
Wednesday Women's Big Book Study		-
Wednesday Night Men's Stag		-
We're Working On It		-
Where The Rubber Meets The Road		-
Woman's How It Works		140.00
Women's Big Book Study		80.00
Women's Road to Recovery	25.00	25.00
Women In the Solution		130.33
Women Expect a Miracle		100.00
Young Ducks		-
Total Contributions/Group	2,882.14	9,494.17

EVI Contributions--Other

	<u>April</u>	<u>YTD</u>
District Contributions		
Dist 20		-
District 6		-
Total District Contributions	-	-
Contributions/Individual		
Faithful Fivers	40.00	40.00
Individual - Other	801.30	1,476.10
Total Contributions/Individual	841.30	1,516.10
Contributions--Other		
EASYPAA		-
ORCYPAA		-
Fund Raiser		-
Assembly Host Com		-
Summerfest		-
Contributions--Other	-	-
FundRaising		
Activities		-
CPC-PI		-
Speaker Meeting		-
FundRaising	-	-





Emerald Valley Intergroup Business Minutes

April 13, 2020

Opening: Serenity Prayer. 6:33pm

Introduction procedure for Zoom meeting. (Quorum is 15 EVI Representatives)

New EVI Representatives; 16 EVI representatives present.

APPROVE MINUTES OF PREVIOUS MEETING: Approved

APPROVE TREASURER'S REPORT: Contributions were steady. Now accepting PayPal. Motion, 2nd, passed.

APPROVE AGENDA: Approved

COMMITTEE REPORTS (limited to two minutes) (some committees did not report this month)

Steering (Chair) Leah, a lot of extra effort from members has been great. Thanks everyone for your work. Asking for more diverter volunteers. Primary Purpose ad-hoc is working to keep local AA rolling. Web/tech committees are getting the message out. Made a social distancing policy. Many Ad-hoc committees. If one person is in the office, they can close the office if they are not comfortable and transfer to the Diverter. EVI now closed on Saturday/Sunday. Single signer on checks for the time being.

Office Coordinator; Radley, lots of changes. Need more volunteers, M-F 9-5 call Radley if you can volunteer. Let EVI know your private Zoom password so they can share with people that call in looking for a meeting. Please update your meeting status with EVI if it is temporarily closed.

Website, Jude, web/tech ad-hoc, getting the message out. Thanks Eugene (web co-chair) for all the timely updates. Web/tech is doing a great job for our local AA.

Tech support; Matt, Zoom has updated the software to keep the meetings secure. Check tech support webpage for more info. Talked to Oregon Area Web/Tech people. Thanks again to Eugene. Go Team.

Diverter, Spencer, looking for daytime volunteers. Need groups to take Diverter from 3:45pm to 9:00am Saturday and Sunday. Contact Spencer if you want to be on the Diverter. People will still be needed during weekend closing on day shift Saturday and Sunday.

Newsletter, Della, digital copies are available. EVnewsaa@gmail.com Send stories of how you are dealing with Covid and staying sober.

OLD BUSINESS -

1. Open positions.

Office Coordinator co-Chair; still open

Diverter Chair and co-Chair; Chair, Spencer is available and willing. Elected. John W. is available for co-chair. Elected.

Speaker Meeting Chair (Tabled)

2. By-law change for inclusion of Tech Committee (Tabled*)

NEW BUSINESS -

1. **Phone sponsors for Diverter.** Ask your group if people willing to talk to people on the phone if they call in to the Diverter and need someone to talk to. Contact Mary for more info.

2. **Web-Tech ad hoc committee.** See Website report above.

3. **Primary Purpose ad-hoc committee.** Emilee, ad-hoc is meeting on Zoom. Making EVI accessible during the Covid crisis. Trying to get the word out that we are still here.
4. **Office volunteer Manual ad-hoc committee.** Chaz, updating office manual, a summary page, a sign-off sheet. Getting things ready to present by next meeting. Thanks for all the help.

ANNOUNCEMENTS, 1st Saturday speaker meeting on May 2, Mary from Portland is the speaker, it's going to be **BIG**. opens at 5:00 starts 5:30. Hilary, CD's of past speakers are available. Downtown AM meeting 7 days on Go To Meeting audio, check meeting guide.

BIRTHDAYS AND SPEAKING ENGAGEMENTS Lyn M. 8 years.

CLOSING Responsibility Statement, 7:37

5-4-2020 EVI Steering Committee Minutes



- Zoom online meeting at 6:35pm.
- Open with Serenity Prayer
- Introductions: Curt, Terry, Mary, Leah, Chaz, Brenda, Steve, Radley.
- Treasurer's report: EVI contributions are steady. Group contributions are steady. Increase in individual contributions. Prudent reserve has increased. GSO needs contributions also.
- Bookkeeper is not here.
- Updates from busy committees.
- Leah acknowledged heavy lifting is going on especially by Radley for the office, Spencer for diverter, Jude and Eugene for web, Matt and Dave for Tech, and Chaz for a number of projects he's involved with.
 - Office – Radley: Catching up with office. Been going well. How to handle disruptive people over the phone. Trying to apply office conduct guidelines to the phone issues.
 - o Diverter - Leah for Spencer: Still need Groups for Saturday and Sunday nights to be filled. Day shifts are getting filled. May ask individuals to cover Saturday and Sunday if no Group is interested.
 - o Website - Jude and Eugene: Very good work on keeping meeting stats updated.
 - o Tech support - Matt: Working on a PSA with website.. Making a user manual for Website committee. Working on development site. Working on data storage. Worked on successful 1st Saturday speaker zoom meeting which had 192 attendees. GSO is offering Zoom Enterprise edition for meetings information provided by Curt and reffered to the Tech Committee.
- Committee synopsis and roster, Chaz is working on updating synopsis, adding Tech committee to the by-laws. Created a new EVI roster. Analytics is still working on data collection.
- Policy on storing financial documents will be discussed next month.
- Thank you's to Our Saviors Lutheran Church, River Road Parks and Rec. (Emerald Park). Leah to send.
- Agenda for Meeting.
- Motion to Adjourn, 2nd, passed.
- Close with Responsibility Statement at 7:30

Dr. Silkworth's Rx for Sobriety

<http://silkworth.net/silkworth/rxsobriety.html>

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Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty.

The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking. Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "having double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is an inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse and misery.

Dr. Silkworth is particularly emphatic on one point.

"Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A."



But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease.”

A quick way to get Dr. Silkworth’s appraisal of A.A. is to ask him how he thinks “slips” can be prevented.

“First,” he explains, “let’s remember the cause. The A.A. who “slips” has not accepted the A.A. program in its entirety. He has a reservation, or reservations. He’s tried to make a compromise. Frequently, of course, he will say he doesn’t know why he reverted to a drink. He means that sincerely and, as a matter of fact, he may not be aware of any reason. But if his thoughts can be probed deeply enough a reason can usually be found in the form of a reservation.”

“The preventive, therefore, is acceptance of the A.A. program and A.A. principles without any reservations. This brings us to what I call the moral issue and to what I have always believed from the first to be the essence of A.A.”

“Why does this moral issue and belief in a power greater than oneself appear to be the essential principle of A.A.? First, an important comparison is found in the fact that all other plans involving psychoanalysis, will-power, restraint and other ingenious ideas have failed in 95 per cent of the cases. A second is that all movements of reform minus a moral issue have passed into oblivion.”

“Whatever may be the opinions one professes in the matter of philosophy -whether one is a spiritualist or a scientific materialist - one should recognize the reciprocal influence which the moral and physical exert upon each other.

Alcoholism is a mental and physical issue. Physically a man has developed an illness. He cannot use alcohol in moderation, at least not for a period of enduring length. If the alcoholic starts to drink, he sooner or later develops the phenomenon of craving.”

“Mentally, this same alcoholic develops an obsessive type of thinking which, in itself a neurosis, offers an unfavorable prognosis through former plans of treatment. Physically - science does not know why - a man cannot drink in moderation. But through moral psychology - a new interpretation of an old idea - A.A. has been able to solve his former mental obsession. It is the vital principle of A.A., without which A.A. would have failed even as other forms of treatment have failed.”

“To be sure, A.A. offers a number of highly useful tools or props. Its group therapy is very effective. I have seen countless demonstrations of how well your ‘24-hour plan’ operates. The principle of working with other alcoholics has a sound psychological basis. All of these features of the program are extremely important.”

“But, in my opinion, the key principle which makes A.A. work where other plans have proved inadequate is the way of life it proposes based upon the belief of the individual in a Power greater than himself and the faith that this Power is all sufficient to destroy the obsession which possessed him and was destroying him mentally and physically.”

“For many years I faced this alcoholic problem being sure of one scientific fact - that detoxication by medical treatment must precede any psychiatric approach. I have tried many of these orthodox psychiatric approaches and invented some new ones of my own. With some patients I would be coldly analytical, if they were of the so-called ‘scientific’ type who is apt to have a superior attitude toward anything emotional or spiritual. With others, I would try the ‘scare’ method, telling them that if they continued to drink they would kill themselves. With still others, I would attempt the emotional appeal, working both the patient and myself into a lather. He might be moved to the point of shaking hands dramatically

May 2020

and telling me, with tears streaming down his face, that he was never going to take another drink. And I knew that the probability was he would be drunk again within two weeks or less.”

“Since I have been working with A.A. the comparative percentage of successful results has increased to an amazing extent.”

“The percentage of success that A.A. has scored leaves no doubt that it has something more than we as doctors can offer. It is, I am convinced, your second step. Once the A.A. alcoholic has grasped that, he will have no more “slips.”

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