August 2023 Newsletter

Emerald Valley Intergroup



A SINCERE APOLOGY HAS THREE PARTS:

- 1) I AM SORRY
- 2) IT IS MY FAULT
- 3) WHAT CAN I DO TO MAKE IT RIGHT?

- ANDNYMOUS

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Member Contribution by Ron R.

Questions about AA?

Call the EVI office: 541-342-4113

Available 24/7

Visit Us: 2160 West 11th, Suite I 97402

Open Mon-Fri 9AM-5PM, Sat-Sun 9AM-4PM

EVI Website: www.eviaa.org

Find a Meeting: www.eviaa.org/meetings/

Upcoming HYBRID EVI Business Meetings

Monday, September 18 @ 6:30pm PST

In-Person: 2160 W.11th, Unit I, Eugene,

Online: Zoom ID 870 5057 1775

Password: 656291

Business meetings occur every 3rd

Monday of the month!

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EVI Meeting Lists:

In-Person Meetings

Click <u>HERE</u> to view area in-person meetings.

Online Meetings

Click **HERE** for area online meetings.

To add a new meeting or to change a current meeting's

information:

Contact the Meeting Guides Chair

Email the Meeting Guides Chair

HERE.

SUBSCRIBE TO THE EVI MONTHLY NEWSLETTER CLICK HERE



FEATURED UPCOMING EVENT

You got a talent? Java Jive wants it.

Text 541-953-6454 to get yourself (or a group) on the docket!

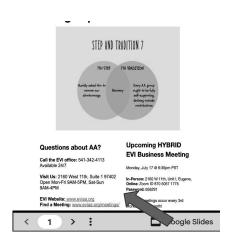


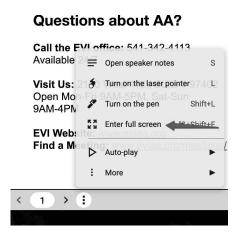
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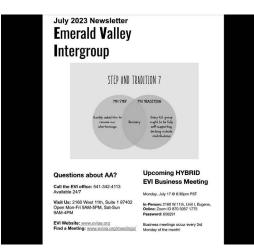
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- 1) Go to the EVI Website at https://eviaaweb.org/
- 2) On the EVI homepage, click link that reads: Newsletter page
- 3) To view the full screen newsletter:
 - a) Click on the three dots on the bottom left of the newsletter.
 - b) Then, click Enter Full Screen. This will allow you to see the entire newsletter on your screen.







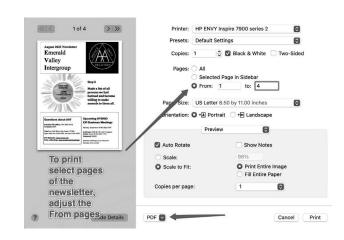
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- Open the Newsletter PDF Version of your choice.
- 2) Go to File -> Print
- Choose either to print ALL pages or choose select pages for printing
- For black and white printing of the color version, click to change print color to B&W



A.A. Historical Events in August

Aug 1, 1943 Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3, 1954 Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8, 1879 Dr. Bob born in St. Johnsbury, VT.

Aug 9, 1943 LA groups announce 1000 members in 11 groups.

Aug 11, 1938 Akron & NY members begin writing stories for Big Book.

Aug 15, 1890 E. M. Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".

Aug 16, 1939 Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 28, 1954 24 Hours a Day is published by Richmond W.

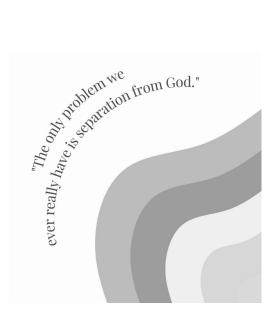
Sister Ignatia, Champion Of AA, Leaves Akron By OSCAR SMITH The "Little Sister of Alcoholics Anonymous" here is leaving St. Thomas Hospital Thursday after 24 years of service. Sister M. Ignatia is being transferred to Charity Hospital in Cleveland to do similar work there, trying to rehabilitate victims of the liquor habit. She is in charge of admissions "I thought I could leave Akren without any fuse being made over me," sighed Sister Ignatia. But the AAs had other plans. • They are giving a reception for her tonight from 7 to 8 in the St. Thomas Hospital Cafeteria. "In gratitude, the friends of Dr. Bob and Anne Smith at-fectionately dedicate this memo-rial to the Sisters and staff of St. Thomas Hospital at Akron, the birthplace of Alcoholics Anonymous, St. Thomas Hos-SINTER Ignatit came to St. Thomas in 1925, Medest and humble, she does not like to talk about herself or the fine conpital became the first religious institution ever to open its door to ear seciety. May the loving devotion of those who labored here is our pioneering time. he a bright and scondress example of God's Grace everlastingly set tribution she has made in Akron in the rebuilding of broken lives. The AAs are unhappy ever her leaving. In the past when efforts have been made to transfer her they have fought to keep the little non here. before us all." In 1940 she received the Poverello Medal of the College of Steubenville in recognition of the great work she has done for AA. For it was Sister Ignatia who convinced her order, the Sisters of Charity of St. Augustine, and her hospital superiors, that special hospital treatment should be provided for the "problem drinkers" who wanted to be rehabilitated. ST. THOMAS became the first general hospital in the United States to establish a ward for Alcoholics Anonymous. Sister Ignatia has constantly urged other hospitals to estab-lish those wards, and many of them have. The first case hespitalized at St. Thomas and definitely diagnosed as an alocholic was on Aug. 18, 1939. Aug. 18, 1839. Since then well over 5,000 alcoholics have passed through the ward. The average has been about 50 a month. The hespital ward has eight beds, but the number is flexible at times. A MEMORIAL plaque given by Alcoholica Anonymous in memory of the founder and co-founder of the organization SINTER M. IGNATIA hangs in the ward. It reads: no foss, please

Other significant events in August with no specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

8th Tradition



"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

You can't mix the Twelfth Step and money. Line of cleavage between voluntary Twelfth Step work and paid-for services. A.A. could not function without full-time service workers. Professional workers are not professional A.A.'s. Relation of A.A. to industry, education, etc. Twelfth Step work is never paid for, but those who labor in service for us are worthy of their hire. Steps & 12 Traditions

TRADITION'S INVENTORY

As it states at the top of this page, the 12 Traditions were created to help each A.A. group maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.).

(The foundation of this inventory is from the A.A. Tradition's Checklist first published in the A.A. Grapevine)

- 1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
- 2. When I chafe about any particular Tradition, do I realize how it affects others?
- 3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
- 4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- 5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- In my own AA life, have I any experiences, which illustrate the wisdom this Tradition.

The Eighth Tradition

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.



Spiritual as it is, A.A. remains very much of this world. The Eighth Tradition, like the Seventh, focuses on a vulgar five-letter word that isn't actually mentioned in either: money. Many of us have had to explain to some cynical prospect, "No, I'm not a social worker. I don't get paid for talking with you. I'm doing it because it's the best way to stay sober myself."

This does not mean, of course, that the idea of turning professional has never entered any A.A.'s mind. In the lean years, Bill W. did think of becoming a lay therapist to earn money through his experience in helping alcoholics. But, with a strong nudge from the group conscience, he soon realized that he could never hang out a shingle reading "Bill W., A.A. Therapist, \$10 an Hour"! It became clear to the early members that no A.A. should ever ask or accept payment for "carrying this message to somebody else, person to person and face to face."



But new questions arose as membership grew and the word of hope spread, sending thousands of alcoholics in search of A.A. The first intergroups or central offices were usually manned by A.A. volunteers; now, most such offices are so busy that full-time employees are needed as well. Naturally, A.A.'s are better suited to such jobs than are nonmembers—but these A.A.'s then being paid for doing Twelfth Step work? No. In the office, they are just paving the way for this work. Arranging to get a sick drunk into a hospital, telling a shaky newcomer where the nearest meeting is tonight, they are helping to make it possible for that alcoholic to hear the message "person to person and face to face."

A similar development has taken place at the Fellowship's "headquarters." Once a tiny office for one co-founder (Bill) and one secretary, it has grown into the present General Service Office, fully staffed, with a big mailroom keeping the lines of communication open throughout A.A. worldwide. The employees, both A.A. and

nonalcoholic, are paid on a scale comparable to that in profit-making enterprises, so that the office force can function depend-

ably. And the A.A. staff members are in exactly the same position as the A.A. intergroup employees. Suppose you drop in at G.S.O. one day when you're in New York. Staff members who pause to chat with you may have been working on next year's Conference or corresponding with a group in your home area, helping it to carry the message more effectively. For that, they are paid biweekly checks. But you may also hear them mention to other staff members plans for taking a newcomer to a meeting in the evening or for giving an A.A. talk to a neighborhood group the next week. For that, they are paid only with their own continuing sobriety.

In these office jobs and in other assignments, members are actually paid for their business and professional skills. Working at a G.S.O. desk, on Conference-approved books and pamphlets, or on the Grapevine, these A.A.'s use their abilities as correspondents, managers, writers, editors, artists, proofreaders—as well as their understanding of A.A. from the inside. On occasion, volunteers have given their time and talent to all these services, and their contributions are deeply appreciated. But what if the Fellowship decided that all such assignments should be handled *only* by unpaid volunteers? In present-day A.A., there's too great a volume of work to be done in spare hours here and there, and only the rich or the retired could afford to work full-time. If we tried to find in this limited group people qualified for particular tasks, obviously the field would be narrowed down—too often, down to nobody at all.





There would be another problem in using volunteers alone: It seems ungrateful—or, at

least, it's socially awkward—to criticize or reject a job done for free. But paid jobs for A.A. get quite a going-over! Take our literature, for instance (like this pamphlet). Whatever the subject, we want to be sure that each piece expresses as clearly as possible the view of the group conscience of A.A. as a whole. So any new project must first be approved by the Conference. Once it is in process, the Literature Committee of the General Service Board keeps a careful eye on it at every stage. Frequently, drastic changes are required. The "finished" product then must be okayed both by that committee and by the Conference Literature Committee, and further revisions are often—

"Now wait a minute!" some old-timer may interrupt. "What's going on here? Didn't Dr. Bob say, 'Let's keep it simple'?"...

EVI Open Service Positions

Descriptions of EVI Service Committee Positions (LINK HERE):

Attend the Monthly EVI Business Meeting to stand for an open position!

Next Meeting: September 18 @ 6:30pm PST

Emerald Valley Intergroup positions (as of August 1, 2023) SOBRIETY POSITION REQUIREMENT TERM CPC/PI Chair 1-year 2-years CPC/PI Vice-Chair 6-months 2-years 1-year 1-year Meeting Guide Chair Meeting Guide Vice-Chair 6-months 1-year Member at Large (2-positions) 2-years 2-years 1-year Web/Tech Vice-Chair 6-months POSITIONS COMING AVAILABLE IN SEPTEMBER **Activities Chair** 1-year 1-year **Activities Vice Chair** 6-months 1-year FOR MORE INFORM Grapevine Chair 1-year 1-year Grapevine Vice Chair 6-months 1-year H & I Chair 2-years 2-years H & I Vice Chair 1-year 2-years Meeting Guide Chair* 1-year 1-year Meeting Guide Vice Chair* 6-months 1-year **Newsletter Chair** 1-year 1-year **Newsletter Vice Chair** 6-months 1-year **Outreach Chair** 1-year 1-year Outreach Vice Chair 6-months 1-year WEB/Tech Chair 1-year 1-year WEB/Tech Vice Chair* 6-months 1-year *to be reaffirmed if filled in the August elections

Area 58 Hospitals Committee Service Opportunity

Seeking volunteers to take an AA Meeting into the Junction City & Salem State Hospitals!

- Commitment requires 1 year sobriety and 1 year off probation
- The service commitment is to take one meeting in a month
- You would go into the hospital in pairs with a fellow AA volunteer
- We went from 50 volunteers pre-COVID to 3 volunteers post-COVID, and our fellow AAs in those hospitals are hungry for meetings to return!
- There is a certification process to go through, but don't be discouraged! Hospital committee is here to support every step of the way

If you're interested please email the Hospital Committee at hospitals@aa-oregon.org

For further information contact: Mikaila @ hospital-n@aa-oregon.org or Kailup at hospitals_chair@eviaa.org.

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The EVI Office Needs Volunteers

The EVI office is open seven days a week and is:

- A safe haven for all of us in recovery
- An informational resource center
- Often a first step in someone reaching out for help from the hand of AA
- A lifeline that provides directions and information about meetings and 12-Step call resources

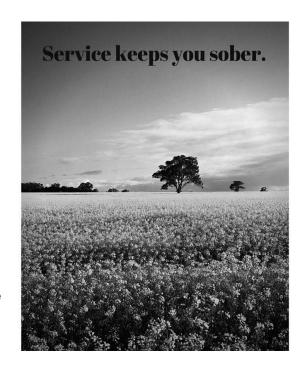
Volunteer Shift: 4 hours a week

Available Slots: Monday - Friday, either 9am-1pm or 1pm - 5pm, Saturday and Sunday, either 9am-12pm

or 12pm-4pm

If you are willing and able to help the EVI office, please contact Carol B. @

emeraldvalleyintergroupoffice@gmail.com or stop by 2160 W.11th Unit I.



Bill W. on Marty M. A.A. Grapevine October 1944

EVI Member Contribution: Ron R.

They went on: "Yet we do hope that AA as a whole will never deviate from its sole purpose of helping other alcoholics. As an organization, we should express no opinions save on the recovery of problem drinkers. That very sound national policy has kept us out of much useless trouble already, and will surely forestall untold complications in the future.

"Though AA as a whole," they continued, "should have one objective, we believe just as strongly that for the individual there should be no limitations whatever, except his own conscience. He should have the complete right to choose his own opinions and outside activities. If these are good, AAs everywhere will approve. Just so, Marty, do we think it will be in your case. While Yale is your actual sponsor, we feel sure that you are going to have the warm personal support of thousands of AAs wherever you go. We shall all be thinking how much better a break this new generation of potential alcoholic kids will have because of your work, how much it might have meant to us had our own mothers and fathers really understood alcoholism."

Personally, I feel that Marty's friends have advised her wisely; that they have clearly distinguished between the limited scope of AA as a whole and the broad horizon.

Service Call: Speakers Needed



The online AA Unity in Recovery group is looking for speakers for their Friday night open speaker meeting on Zoom.

The meeting is at 7PM CST Password is aaunity.

If you have 1 year of sobriety and a clear message of recovery contact the group at

aa.unityinrecovery@gmail.com.

They are currently scheduling for September 9 and September 16

EVI Calendar of Events

EVI SPEAKER MEETING



Wednesday, July 26

6:00pm H&I Meeting

Tuesday, August 1

6:30pm Dist. #6 G.S.R. Meeting

Wednesday, August 2

5:30pm Dist. #19 Meeting

Thursday, August 3

6:30pm District #20 G.S.R. meeting

Saturday, August 5

5:30pm 1st Sat. Speaker Meeting

Sunday, August 6

1:30pm 1st Sunday Speaker Meeting

Saturday, August 12

7:00pm EVI Speaker Meeting

Sunday, August 13

2:00pm CPCPI Monthly Committee Meeting

Monday August 14 Saturday, August 19

6:30pm 3rd Sat. Speaker Meeting

Monday, August 21

6:30pm EVI Business Meeting

Wednesday, August 30

6:00pm H&I Meeting

Sat., Sept. 9, 7PM

Al Anon Speaker AA Speaker

Bethesda Lutheran Church 445 Royal Ave., Eugene



HAVE AN EVENT YOU WOULD LIKE TO ADD TO THE NEWSLETTER?







Join us for a weekend journey through the 12 Steps of Alcoholics Anonymous: Bringing women together through love, laughter and service.

"...vast amount of fun..."

Page 16, Alcoholics Anonymous

SPEAKERS

Rebecca B. (Arlington, WA) Lyndy M. (Beaverton, OR) Rebecca D-S. (Portland, OR) Alison R. (Aloha, OR) TBD

TBD

TBD

TBD

SATURDAY NIGHT ICE CREAM SOCIAL/ PAJAMA PARTY/GAME NIGHT FREE TO ALL IN-PERSON REGISTRANTS

October 6th - 8th, 2023

Holiday Inn Portland South (HIPS) 25425 SW 95th Ave., Wilsonville, OR 97070 503-682-2211

Book your room from our website or call the hotel directly and let them know you're with Rose City Girlstock (ONLINE CODE RCG).

Go to <u>www.rosecitygirlstock.com</u> for online and hotel registration!

\$122: Special Room Rates for the HIPS (per night plus tax) for single or double beds. Offer expires September 25, 2023

\$75: In-Person Registration Only/\$85 (On October 1) \$145: In-Person Registration + Meals/ \$155 (On October 1)

(Meals include Saturday Night Dinner, Sunday Morning Breakfast)

Vegetarian and Vegan Options will be provided \$30: Online Registration / \$40 (On October 1) All prices above do not include processing fees REGISTRATION DEADLINE: Mail in registrations 9/22/23

Registration Chair: Amber G.; Co-Chair: Jamie L. Email: rosecitygiristock@gmail.com RCGS Chair: Dylan C.: 818-679-4764 RCGS Co-Chair: Amy S.: 971-205-0546

RCGS Mailing Address: 12890 SW Hackamore Court

Beaverton, OR 97008

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to attend. No Seventh Tradition baskets are passed at any time during the event.

NO REFUNDS WILL BE ISSUED

LEASE PRINT:			
NAME (FIRST AND LAST):			PHONE:
PREFERRED NAME (FOR BADGE):			ADDRESS:
EMAIL:		CO-0,130	CITY, STATE ZIP:
SPECIAL NEEDS (OTHER THAN DIETARY):			HEARING IMPAIRED? Please circle YES or NO
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October 6 - 8, 2023

Join us for a weekend journey through the 12 Steps:

Bringing women together through love, laughter and service.

Rose City Girlstock 2023
will be a hybrid event. You
can choose to attend
in-person or tune in
virtually.

CLICK HERE TO LEARN
MORE OR TO REGISTER

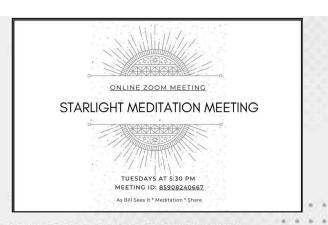


...a vast amount of fun..."

Alcoholics Anonymous (p. 16)







CHECK OUT THE ADD-A-FLYER TIPS AND TRICKS BELOW

ADD-A-FLYER to the EVI Newsletter Tips and Tricks:

- 1) Decide as a meeting that you would like to add a flyer to the newsletter
- 2) Nominate someone from your meeting to create the flyer
- 3) Email your created flyer to the newsletter as a jpeg or png file. The newsletter email is: evinewsaa@gmail.com

Important Note: The EVI newsletter team of volunteers only curates information provided by the local EVI body at large. Because we are a volunteer team, *we do not create flyers or write articles for the newsletter.* We also do not manipulate files that come in. Instead, we rely on the body at large to submit the information they would like to see in the newsletter. The flyers, events, and articles found in the newsletter have been created by individual groups and submitted to the newsletter.



We would LOVE more people to submit flyers, articles, and/or events so that we can support as many groups as possible!

Need Support?: If you would like to have a flyer in the newsletter, but do not know where to start, you can email the newsletter for some tips and tricks on how to get started.

PI & CPC Working Group Monthly Meeting

Dear Working Group members,

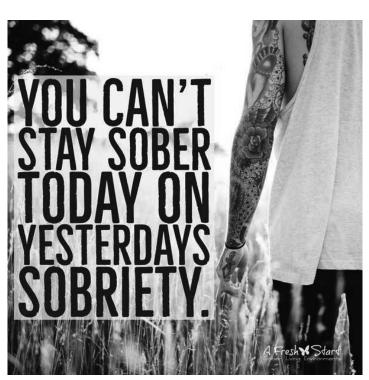
Join us on this Saturday, Sept. 9 for our regularly scheduled PI & CPC Working Group meeting. As always, there will be time to share your experiences and ask questions to the group.

In service, Jen W. Humble Admin cpcpi.raleighaa@gmail.com

Zoom PI CPC Working Group Meeting Time: Sept.9, 2023 09:00AM PT/ 12PM ET 2nd Sat. Each Month

Join Zoom Meeting

Meeting ID: 878 0311 3474 Passcode: 411



EVI MEMBER SPOTLIGHT

Name: Ben S.

Sobriety Date: 01 / 01 / 2022

Homegroup: Autumn

What is your favorite line from the Big Book or other AA related literature? Why?

"In God's world nothing happens by mistake." This line offers me purpose, hope, and a gift of desperation for my bottom.

What is your biggest lesson learned in AA? That sobriety is sacred.

What was one suggestion that you were given early on in AA that remains fundamental to your recovery today?

To be honest and willing

What is lighting your AA fire today? Prayer and fellowship.



EVI Member Contribution: Ron R.

"The Next Frontier: Emotional Sobriety" by Bill W.

AA Grapevine, January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA -- the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance -- urges quite appropriate to age seventeen -- prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living -- well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious -- from which so many of our fears, compulsions and phony aspirations still stream -- be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones -- folks like you and me -- commencing to get results. Last autumn [several years back -- ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions; it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer... "It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence -- almost absolute dependence -- on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

EVI Member Contribution: Ron R.

"The Next Frontier: Emotional Sobriety" by Bill W.

AA Grapevine, January 1958

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand -- a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product -- the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency, and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea -- only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.



"Life takes on new meaning in A.A. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience not to be missed."

— A.A. World Services Inc., As Bill Sees It

EVI NEWSLETTER SURVEY UPDATE:

Thank you to everyone who took a moment to take the EVI Newsletter Survey. Your time and effort is appreciated. The newsletter survey is now closed.

EVI Newsletter Guiding Questions:

- 1) **To print or not to print?** Is there enough support from the membership (readership demand and allocation of funds) to move forward with providing a printed version of the current digital newsletter?
- 2) **Content:** What is our EVI membership reading in the newsletter? What are they not reading? What would they like to see?
- 3) Accessibility: How are people reading the newsletter? What challenges do they face in accessing it?
- 4) Call for newsletter contributions:
 Thank you to those of you who have expressed willingness/desire to contribute content to the newsletter. We will be in touch in the upcoming months.

Next Steps:

- Meet with the EVI Steering Committee to share and discuss survey results.
- 2) Report to the EVI Business Meeting.
- 3) Create a feasible action plan to implement survey feedback.
- 4) Share survey results in an upcoming edition of the newsletter

We are always happy to hear newsletter feedback and take contributions. You can share both comments and content by emailing the newsletter team at evinewsaa@gmail.com

In service - The newsletter team: Erica T., Monique D., & Sanford S.



Contributions that members have expressed desire to see in the newsletter:

- Local meeting flyers
- Local meeting history/current
- AA related event info
- Local member stories
- · Comic strip/funnies
- EVI committee stories and updates
- Monthly AA word puzzle
- AA history
- Service stories
- Other

Contribution Deadline: Contributions must be submitted by the 15th of that month in order to qualify for the month. Send contributions to @evinewsaa@gmail.com

What: Your contribution

Where: Send as an email attachment to the EVI Newsletter Team at evinewsaa@gmail.com

When: Contributions for the month must be sent in BY the 15th of the month you want to have them included.

How: We accept most all files (.png, .jpeg, .pdf, Word, Google Doc, photo images)

Note: Some articles may be saved for the following month if the newsletter content quota has been already met.

Dear EVI Members,

The newsletter would love to continue adding contributions to the newsletter from the membership. If you have a desire to share AA related information with the whole body at large, we would love to include your contribution.

Important Note: The EVI newsletter team of volunteers only curates information provided by the local EVI body at large.

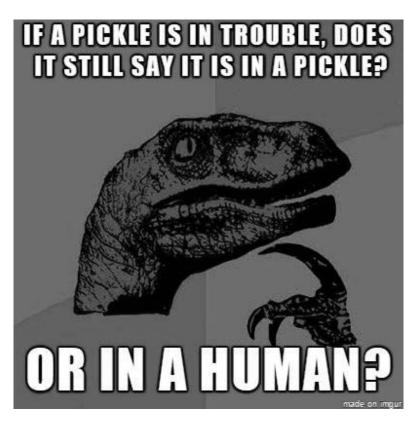
Because we are a volunteer team, we do not create flyers or write articles for the newsletter. We also do not manipulate files that come in.

Instead, we rely on the body at large to submit the information they would like to see in the newsletter. The flyers, events, and articles found in the newsletter have been created by individual groups and submitted to the newsletter.

I Am a Pickle

- Member Contribution: Ron R.

I'm a little Pickle But I didn't start this way I started as a cucumber And then I drank one day It tasted kind of funny But it made me feel so good I found that I was drinking A bit more than what I should One day my eyes were opened And I began to sway I had become a Pickle How did I get this way? I want to be that cucumber Like I was back in those days But there's no going back I Pickle I will stay -by Terri B.



Courage to Change

Women's Open Meeting



When: Monday at 6:30pm Where: City First Church Madison Street, Eugene, OR

*Childcare provided

EVI Business Meeting Committee Reports July 17, 2023

Quorum was Met

Approval of Minutes of last meeting – Motion made, seconded, and carried to approve the June 2023 minutes as amended.

Approve Agenda –Motion made, seconded, and carried to approve the agenda.

Treasurer's Report – Brenda M reported that June was a calm month. Donations down a little, but overall financial position is good. The 5-month prudent reserve is healthy. The Norton Anti-Virus invoice was paid for the EVI website. Motion made and seconded to approve the Treasurer's Report. Motion passed; Report was approved.

Open Positions:

Members At Large: One position still
Open & One position is re-opened
because the volunteer who stepped
forward in May has not contacted the
Office or anyone else at EVI, and we have
no contact info for that volunteer.
Diverter Vice Chair- no one volunteered
Grapevine Vice Chair – no one
volunteered
H&I Vice Chair - Leslie volunteered and
was elected
Meeting Guides - Chair & Vice ChairKathy volunteered to help out as an
interim until someone is elected
WebTech Vice Chair- no one volunteered

COMMITTEE REPORTS: Committee chairpersons and vice chairpersons, please submit your reports to the secretary by email before the meeting.

Steering Committee: Set Agenda for 7/17/23 Business Mtg.

Activities: The July 4th BBQ was a success. Next event is Java Jive, September 23, and volunteer for the talent show are needed.

Archives: no report **CPC/PI:** no report.

Diverter: Cory: Some groups are not calling in to be the diverter, and he is taking the nighttime calls in their place. He said he will contact those groups to see if they can get someone to fulfill their commitment to the Diverter Hotline. Average 3-4 calls per week.

EVI Speakers Meeting: Bruce G: reported that the Speaker Meeting is going well. This last meeting was very well attended, and the 7th Tradition covered the expenses. Financial situation is good.

EVI Business Meeting Committee Reports July 17, 2023

Grapevine Rachel S reported: I still have not been able to establish access to the EVI Grapevine account, so I haven't been able to order books. I've been in communication with Sonia at the Grapevine office. She tried a few things, nothing worked. She sent the issue to someone else and I'm waiting to hear back from that person. Rachel S.

H&I no report.

Literature Kim reported: Brenda V, Literature Vice chair, had to drop out. So, Literature chair is open for September and vice chair is open now.

Meeting Guides no report

Newsletter Sanford reported that the survey will be out for comments from the members for one more month.

Erica reported that some members did not know the Newsletter existed, and now they are finding out about it because it is on the EVI website. She urged all members to complete the survey. Results of the survey will be shared with the Steering Committee.

The survey will also be available at the Summerfest table.

Office Vol. Coord/Bkkpr Carol:

Summerfest volunteer meeting August 7th at 6pm located at the Graduate hotel. Link to newsletter survey available on the Evi website.

Leslie - River Road Recovery Group stood for Grapevine Vice chair and so elected.

Kathy B - River Road Recovery Group Treasurer stood for Meeting Guides Vice Chair and so elected.

Outreach no report

Website Bruce W reported that the website is up to date, but if a member sees something wrong with the website, please contact the WebTech team via email A new computer should be up and running this week once some software is installed.

Announcements: Summerfest needs volunteers.

Erica & Monique are stepping down from the Newsletter when their respective terms end, so volunteers are needed to help Sanford.

EVI July 2023 Financial Update

- Overview Group contributions Were \$3180
- 1. Individual Contributions were \$334
- Expenses Were normal. Paid \$115 Norton Antivirus
- 3. Group Contributions YTD: \$19,323
- Individual Contribution YTD \$2,387
- Committee Expenses none
- Prudent Reserve Our current surplus is \$4639 an increase of \$513

	IV	lonthly	YID	ΥI	D Budget	+/- Y I D			
Contributions: Expenses:	- 2		\$ 21,800 \$ 23,168	33	16,874 21,505		200	29% -8%	

Difference: \$ 1,096 \$ (1,368)

PRUDENT RESERVE CALCULATION	2023 Av	3
5 Mo of 2023 Average Exp	3,269	16,343
Equipment Fund		
Updated: 1/1/2023		16,343
Cash Position		20,983
Surplus over PR		4,639

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.



		YTD	YTD% of
Literature Sales	July	Sales	Budget
AA Book Sales	900	7,008	93%
Pamphlet Sales	9	216	51%
Meeting Book Sales		-	0%
Grapevine Sales		200	52%
Total Literature Sales	909	7.424	80%

Note: Low literature sales for the year will mean less purchases as well. There should be no financial impact as a result.

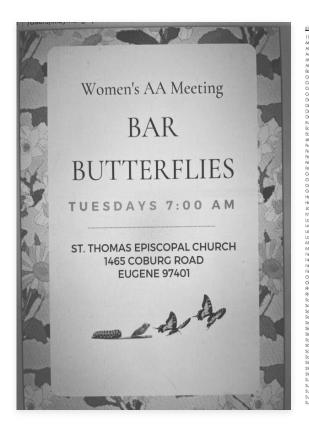
Emerald Valley Intergroup 2023 Financial Report

Net Income

_													Yearto				
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Actual	Budget	23 Budget	% Ttl Budg	% YTD Budg
Contributions																	
Contributions/Group	3.413	2,210	2.096	4.376	2.280	1.766	3,180			9	P	· 1	19.322	14,193	24,000	81%	136
Contributions/Individual	840	480	218	208	199	109	334						2.388	2,660	4.560	52%	90
Contributions/Districts		100	2.0	200		100	- 551						2,000	2,000	1,000	0%	0
Contributions/Other														590	- 2	0%	0
Fundraising				- 1								1	- 0	500	25	0%	0
Over/Short										0	5	2	1 - 2	0.00	- 3	0%	0
Interest Income	13	12	13	13	13	13	13			0	6	8	91	21	36	252%	432
Total Contributions	4,267	2,702	2,327	4,597	2,492	1,888	3,528	-	-	-			21,800	16,874	28,596	76%	129
Committee & Office Expenses																1	
Activities	612												612	480	518	118%	128
Archives													1 7/0	38	65	0%	C
CPC/PI				36		5		~					41	416	713	6%	10
Diverter				30		J		0					76.1	410	713	0%	- 10
							_									0%	
EVI Newsletter													+ - *	(80			
Grapevine										-	\vdash	+	-			0%	(
H&I		22			4								26	1,008	1,728	2%	- 3
Other Committee Charges								-0	0	0	04				- 3	0%	(
Outreach		0						8	9	0	9 9	di e		105	180	0%	C
Speaker Meeting		20		- 5						0	8 68			1,000		0%	C
Steering Committee								10					1		-	0%	C
Website	1													203	348	0%	C
Committee Subtotal	612	22	- 8	36	4	5	-	. 9	. %		19	. 19	679	2,250	3,552	19%	30
Insurance	295	527						8	8	0	8 69	0	822	1,350	1,000	0% 82%	61
PayPal Fees	295	8	12	7	19	7	8				1 4		70	61	1,000	67%	115
	650		650		650	250						- H	4,550	4,568	7,830		100
Office Coordinator	411	650		650		650	650 115	*		-						58%	
Office Supplies		87	149	300	16	49					-		1,126	756	1,296	87%	149
Rent	1,430	1,222	1,821	1,239	1,239	1,239	1,239	-0					9,429	8,645	15,116	62%	109
Utilities	467	429	439	394	364	336	335	8	9	0	9 99	-	2,765	2,920	5,314	52%	95
Office Capital Expense	2000	3,039	110000	27000	20000	200000	177.00		1	Ĭ.		L	3,039	(40)	3,500	0%	
Printing & Copies	84	84	84	84	84	84	84						589	756	1,296	45%	78
Permits & Fees		50			50								100	200	216	46%	50
Office Subtotal	3,345	6,096	3,155	2,674	2,422	2,366	2,432		9			J (*)	22,490	19,255	35,672	63%	117
Total Expenses	3,957	6, 118	3,155	2,710	2,426	2,370	2,432	196	1,91	191	181	2.0	23,168	21,505	39,224	59%	108
Net Operating Expenses/Contributions	310	(3,416)	(828)	1,887	66	(482)	1,096	190	160	(8)	180	100	(1,368)	(4,631)	(10,628)	13%	30
			9							24							
Literature Sales										iu.	· ·						
AA Book Sales	734	867	1,075	1,846	693	894	900						7,008	7,541	12,600	56%	93
Pamphlet Sales	32	38	33	41	21	41	9				0		216	420	720	30%	51
Meeting Book Sales	J#30									0)	0		-	910	1,560	0%	0
Grapevine Sales	25	11	-	46	107	12				65	6		200	385	660	30%	52
Total Literature Sales	790	916	1,108	1.933	821	946	909	-			(40)	S=1	7.424	9.256	15.540	48%	80
i	750	510	.,100	.,000	021	540	505						1,424	5,200	.5,540	4070	
Literature Cost of Good Sold																	
AA Books Cost of Sales	531	503	1,478	638	784	1,069	1,493						6,496	7,466	12,474	52%	87
Mtg Books Cost of Sales						10								360	720	0%	C
Pamphlet Cost of Sales	20												20	750	1,500	1%	3
GrapeVine Cost of Sales				- 4								1	1 -	330	660	0%	Č
Total Literature Costs	551	503	1,478	638	784	1.069	1,493	120	- 2	-	(2)	525	6,515	8,906	15,354	42%	73
1,000 000 000 000 000 000 000 000 000 00		20000001											•			.270	- 10
Net Literature	239	413	(370)	1,295	37	(123)	(583)	390	390	390			908	350	186		
		652															

549 (3,003) (1,198) 3,182 103 (605) 513 - - - - (459) (4,281) (10,442)

* -													ear to Date	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Budget	23 Budget
Contributions								2000		120	100	-		
Contributions/Group	2,428	1,466	1,461	2,640	2,516	1,461	2,220	1,873	1,749	2,581	1,361	2,242	14,193	24,000
Contributions/Individual	380	380	380	380	380	380	380	380	380	380	380	380	2,660	4,560
Contributions/Districts													-	
Contributions/Other (Summerfest)													.000	_
Interest Income	3	3	3	3	3	3	3	3	3	3	3	3	21	36
Total Contributions	2,811	1,849	1,844	3,023	2,899	1,844	2,603	2,256	2,132	2,964	1,744	2,625	16,874	28,596
		,	N	•			*	100.0						
Committee & Office Expenses														
Activities	480			Į.									480	518
Archives	5	-5	5	5	5	5	5	5	5	5	5	5	38	65
CPC/PI	59	59	59	59	59	59	59	59	59	59	59	59	416	713
Diverter	194	72	-	94	-	-	-	-	4.			-	-	
EVI Newsletter	90		10,000		e/	e/ e/	(#c)	-		970	970	ei"	(#X)	-
Grapevine	-	~ .	0.2	-			- E	= "				2)	-	
H&I	144	144	144	144	144	144	144	144	144	144	144	144	1,008	1,728
Outreach	15	15	15	15	15	15	15	15	15	15	15	15	105	180
Steering Committee										***			-	380000
Website	29	29	29	29	29	29	29	29	29	29	29	29	203	348
Committee Subtotal	733	253	253	253	253	253	253	253	253	253	253	253	2,250	3,552
Committee Capitala	.00	200	200	200	200	200	200	200	200	200	200	200	2,200	0,002
Insurance	1,350	- í	T T	- f	1	- 1	-1	-17		21	-1		1,350	1,000
PavPal Fees	9	9	9	9	9	9	9	9	9	9	9	9	61	104
Office Coordinator	653	653	653	653	653	653	653	653	653	653	653	653	4,568	7,830
Office Supplies	108	108	108	108	108	108	108	108	108	108	108	108	756	1,296
Rent	1,235	1.235	1.235	1.235	1,235	1.235	1,235	1,235	1.235	1.235	1.235	1.235	8.645	15,116
Utilities	535	485	485	485	310	310	310	310	310	385	460	535	2,920	5.314
	232	460	465	460	310	310	310	99	310	365	460	232	2,920	
Office Capital Expense	108	108	108	108	108	108	108	108	108	108	108	108	756	3,500
Printing & Copies		108	108		108	108	108	108	108	108	108	108		1,296
Permits & Fees	100 4.097	2.597	2,597	100 2.697	2,422	2,422	2,422	2.521	2,422	2.497	2.572	2.647	200	216
Office Subtotal		72 42 030 030		7.7		A CONTRACTOR OF THE PROPERTY O	000000000000000000000000000000000000000	F1 (1994) (100 (100 (100 (100 (100 (100 (100 (10	1 03.50 Philippin CT	11 04 000 000	E10000000000000		19,255	35,672
Total Expenses	4,830	2,850	2,850	2,950	2,675	2,675	2,675	2,774	2,675	2,750	2,825	2,900	21,505	39,224
Net Operating	(0.040)	// 00//		70		2000	(70)	(510)	(5.40)		((004)	(0.75)	(4.004)	// 0 000
Expenses/Contributions	(2,019)	(1,001)	(1,006)	73	224	(831)	(72)	(518)	(543)	214	(1,081)	(275)	(4,631)	(10,628)
Literature Sales	- Martineson In		190090000000000000000000000000000000000	19.1107-09001116				version and the		- Marion To			DECOROTO 1	
AA Book Sales	1,128	916	1,162	1,016	1,074	1,093	1,152	1,101	1,185	988	817	968	7,541	12,600
Pamphlet Sales	60	60	60	60	60	60	60	60	60	60	60	60	420	720
Meeting Book Sales	130	130	130	130	130	130	130	130	130	130	130	130	910	1,560
Grapevine Sales	55	55	55	55	55	55	55	55	55	55	55	55	385	660
Total Literature Sales	1,373	1,161	1,407	1,261	1,319	1,338	1,397	1,346	1,430	1,233	1,062	1,213	9,256	15,540
Literature Cost of Good Sold												305		3
		906	1,151	1,006	1,064	1,082	1,140	1,090	1,173	978	809	958	7,466	12,474
	1,117				-190	180		100	180			180	360	720
AA Books Cost of Sales Pamphlet Cost of Sales	1,117	1000	180			100								
AA Books Cost of Sales	1,117		180 350	400		100	1	350	400				750	1,500
AA Books Cost of Sales Pamphlet Cost of Sales	1,117	.000		400		165		350	400 165			165	750 330	1,500 660
AA Books Cost of Sales Pamphlet Cost of Sales Mtg Books Cost of Sales	1,117	906	350	400 1,406	1,064		1,140	350 1,440		978	809	165 1,303		
AA Books Cost of Sales Pamphlet Cost of Sales Mtg Books Cost of Sales Grapevine Cost of Sales Total Literature Costs	1,117	906	350 165 1,846	1,406		165 1,427		1,440	165 1,918			1,303	330 8,576	660 15,354
AA Books Cost of Sales Pamphlet Cost of Sales Mtg Books Cost of Sales Grapevine Cost of Sales			350 165		1,064	165	1,140 257	- 2	165	978 255	809		330	660



VI 2023 Financial Report	July	MD	_	July	YID
1th Step Meditation		50.00	Sunrise Sabriety Graup		
45 AM Men's Group		450.00	Sunlight of the Spirit		
bnommal Drinkers		2	Terminally Unique		U
glvadare Fireside Group		×	The Way Home		×
Hitude Adjustment Group	100.71	1,966.22	There is a Solution		100.00
BC Group		2	Thurston Bell Ringers		
ack to Basics Junction City		170.00	Thursday Night Rush Hour C.G.		250.00
Xeswel Steps and Trad	50.00	50.00	Thursday Night Reflections		8
Carpe Diem		180.00	Thurs Night Group		
Coburg Fire Stoppers		5	IM		-
Cottage Grove Group		-	Tuesday Night Young Peoples		4.00000000
log On the Roof		56.05	Try God Group		730.00
log Pound	200/2002	78.00	Upon Awakening		2000
lawnfawn AM group	150.80	908.42	unknown		103.35
trop The Rock			Veneta Gratitude		500.00
veryone's Welcome		32.80	Way Hame Group		485.00
asy Does It		2	Wed Beginners Group	50.00	50.00
arly Firehause Grp		100.00	We Need Each Other	90.00	90.00
th Dimension		200.00	Wednesday Noon Men's Group	200.00	700.00
resh Start at Noon		40.00	Wednesday Nights Men's Stag	300,00	300.00
reedom Bound	200,00	400.00	Women of the Grove		60.00
iday Night Gratitude (Cot Grove)		2	Women's Study 5 pm		20.00
riday Night Stag		*	Women in the Salution		310.32
riday Night Big Book Study			Women's Road to Recovery		210.00
Set Wil Group		*	Women's Popcorn meeting		55.27
Good Grief Saturday			Women's Spiritual Defense		80.00
Grafitude Group		300.00	Young Ducks		
Prowing Pains		400.00	Total - Contributions/Group	2,980.21	19,122.85
larrisburg Group					
low It Works		100.00	EVI Contributions-Other		
asper By The Tracks Group		*	_	July	YID
nuckleheads		300.00	District Contributions		
ambda Group	50.00	100.00	Dist 20		
ast Chance Study Group	185.00	335.00	District 6		
ets Talk about you Dag		137.50	Total District Contributions	8	8
anguage of the heart		700.00	Contributions/Individual		
AcKenzie River Grp		221.00	Faithful Fivers	85.00	675.00
Nonday Stag		300.00	Individual - Other	249.00	1,712.36
lew Found Freedom		480.00	Total Cantributions/Individual	334.00	2,387.36
lew Freedom 2		60.00	Contributions-Other		
lew Hope Group - Creswell		550.00	EASYPAA		
lo Rules Group		500.00	ORCYPAA		
Nakridge Group		250.00	Fund Raiser		
One Day at A Time		270.00	Assembly Host Com		
Iver Road Friday Night Book St			Summerfest		-
Iver Road Recovery		-	Contributions-Other		
aturday Morning Steps		8	FundRaising		
aturday Night Book Study		5.	Activites		
eniors for Sobriety		2	CPC-PI		10000000
erenity on Sunday		250.00	Speaker Meeting	200.00	200.00
erenity Seekers West		520.00	FundRaising	200.00	200.00
ickman's Group		150.00			
isters of Sobriety		445.00	. /\s	1	
ober Awakenings	1,500.00	3,500.00	\ \tilde{\xi} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	3. \	
OS Group		~	(\$\langle \Lambda \la	15	
obriety for Life		5.	17AA	1.	
ober Chicks			V / V (-V-	
top Smell The Roses		325.22	RECOVERY	/ "	
tairway to Sobriety	700.00				
tarlight Medation Group	103.70	103.70		MI.	
unday AM B.B. Study Group			2 44 4 4	A . L .	4 5 4
unday Women's Step Study		100000		رم که ه	
unday Book Study Group		100.00		1 1 1	
unrise at Sunset		0.	万里子方 156 八字	TT 777 4	
unrise Serenity		2	AN PER VIVE BILL AND ST	45 # (2 V	

EVI CONTACT GUIDE

EVI OFFICE	EVI CHAIRPERSON
Newcomers, Meetings, Events, Information, Volunteers • Email the Office: evi_office@eviaa.org • Call 541-342-4113 (24 Hour AA Hotline)	Chairs Steering Committee Meetings and Business Meetings • Email EVI Chair: evi_chair@eviaa.org
EVI WEBSITE	CPC/PI
Coordinates Web Updates, Event Calendar, Event Postings, etc. • Email the Website: web_chair@eviaa.org	Cooperation with Professional Community, Public Information • Email CPC/PI: cpc/PI Web Page • cPC/PI Web Page
MEETING GUIDE UPDATES	H&I - HOSPITALS & INSTITUTIONS
To submit a new meeting or to change a current meeting's information • Email EVI Meeting Guides: meeting_guides_chair@eviaa.org	Delivers AA programs to hospitals, addiction treatment facilities, jails, mental health institutions & recovery homes. • Email H&I: hospitals_chair@eviaa.org • H&I Web Page
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EVI Newsletter QR Code



AA Camel Symbol

The camel each day goes twice to his knees.

He picks up his load with the greatest of ease.

He walks through the day with his head held high.

And stays for that day, completely dry.

Camel Prayer

"The tasks of the day can pass with ease when a camel or I start on our knees.

EOne Master we serve, the camel and I,

By fredjoiners, Alcohol Self-Help News

and stay for that day completely dry."

EVI Member Contribution: Ron R.

