

SOBRIETY IN STUMPTOWN

www.pdxaa.com
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Portland Area Intergroup
1212 SE Division, Portland, OR
503-223-8569

March, 2008
Volume 1 Number 3

Monthly Business
Meetings

Knock Off the Drinking!

Portland Area Intergroup: 2nd

Monday, 7:00 PM, 1212 SE Division St, Portland
PAI CPC: 1st Saturday, 11 AM, 1212 SE Division, Portland
PAI Public Information: 1st Saturday, 11 AM, 1212 SE Division, Portland
PAI Treatment Facilities: ?
PAI Bridging the Gap: ?
PAI Corrections: ?
PAI Outreach: ?
PAC: 1st Saturday, 6:00 PM, 47 N State St, Lake Oswego
Dist 9: 1st Wednesday, 6:30 PM, 24th and Kearney, Portland
Dist 10: last Monday, 7:00 PM, 5th and Hall, Beaverton
Dist 11: last Thursday, 6:00 PM, 186th and Division, Portland
Dist 12: 1st Tuesday, 6:30 PM, 235 SE 80th, Portland
Dist 15: 1st Wednesday, 6:45 PM, 710 6th St, Oregon City
Dist 18: 1st Saturday, 9:30 AM, 215 N 6th St, St. Helens
Dist 23: 1st Tuesday, 6:00 PM, Lake Grove Fire House
Dist 24: 1st Thursday, 6:00 PM, SE 16th and Division, Portland
Dist 26: 2nd Thursday, 7:00 PM, 8926-A N Lombard, Portland
Dist 27: 1st Monday, 6:30 PM, 1212 SE Division St, Portland
Dist 31: 2nd Tuesday, 7:00 PM, 937 NE Jackson School Rd, Hillsboro
Dist 34: 3rd Saturday, 5:00 PM, 485 Portland Ave, Gladstone
Dist 35: 2nd and 4th Saturday, 7:00 PM, 18926 SW Shaw St, Suite A, Beaverton
Dist 36: 2nd Thursday, 6:00 PM, 2025 SW Vermont St, Portland
Dist 37: 2nd Tuesday, 29775 SW Town Center Loop East, Wilsonville
DCM Portland Area: 3rd Monday, 6:30 PM, 1212 SE Division St, Portland

I found AA soon after I got sober in '93. I was a daily drinker and everyone around me drank, so when I began to sense I had a problem, I was terrified that I simply couldn't "do life" without alcohol. On New Year's Eve in '89, I suddenly "crossed the invisible line" and from that time on I began to have blackouts and began waking up frequently with that feeling of incomprehensible demoralization. I began for the first time to try to control my drinking, but found I had little success. Nevertheless, I was still in denial. I really didn't WANT to have to stop, or to admit I had a problem. At one time in my life, I used to pray frequently, but had fallen out of the habit — unless of course I had some crisis. So once during this time of ambivalence about my drinking, I had occasion to pray about something else, and I got this really strong feeling God was saying, "This drinking is coming between you and Me." Well, I knew how to solve THAT problem... I simply stopped praying!

About a year later, I found my life in shambles. I was a singer — a children's entertainer, and I had I again lost my voice. I didn't know if I should just quit and go back to school or keep going and try to recover my voice. In desperation I got down on my knees and prayed for help with all the sincerity I could muster.

I gave my life and my situation to God and said with all earnestness that I would do whatever He told me to do. I knew how truly desperate I was and I fully expected to feel a nudge or something from God letting me know what He wanted me to do — keep singing or give up and go back to school.

Well, I didn't feel a nudge. I heard a Voice. It said with authority (and some annoyance too), "Knock off the drinking!!!" It literally shocked me to my soul. But even then, being the alcoholic that I am, I thought, "He must mean CONTROL the drinking." So I called a friend. But being the alcoholic that I am, I called a friend that I 'knew' would tell me that I wasn't an alcoholic and by all means could control my drinking. After talking to her, I poured a glass of wine and drank a sip. It tasted like ashes. I felt as if I were poised at a giant crossroads in my life, making a HUGE life decision. I thought, no one but me knows what I heard when I prayed. But I really MEANT that prayer and God knows I know that I heard what He said. I poured the drink down the sink. I didn't know how I was gonna do it, or how long God was gonna require me to, but I "knocked off the drinking." I still wasn't ready to admit I was an alcoholic, but I did make a deal with God that I wouldn't drink again unless He told me I could... Well, of course, that never happened.

After a few months of not drinking (He did remove the compulsion at that time), I found that, even without the compulsion, I had no ability to deal with life without alcohol. A particular problem overwhelmed me and I knew I needed help. A 'better' friend told me about AA. I began attending AA meetings, but I still wondered if I was actually an alcoholic(!) I LOVED the 12 Steps and saw immediately how relevant they were to my life. By attending meetings, getting a sponsor and working the Steps, I came to know over time that, yes, I was a bona fide alcoholic and no, I could never, ever drink again. But by that time, I no longer wanted to.

It's been 14 years, and there have been many good times and some difficult ones as well, but God and the 12 Steps of AA have always seen me through. **"I sure am glad I listened to that Voice!"**

Rachel L, Tigard/Tualatin Nooners

Notes From My Desk

I thought it a good time to reflect on the cooperation we enjoy in the Pacific Northwest among our collective AA "outreach" service structure. Included in this month's article is the brief report that was given 10 years ago after our first, and quite memorable workshop that was a joint venture of both Portland Area Intergroup and Oregon Area. The workshop lasted several hours, included a potluck and the energy was fantastic! All the committee chairs discovered many overlooked opportunities to carry the message to still suffering alcoholics. I think the best part was when everyone noticed how we ALL are doing the same thing regardless of which committee we were on!

Our primary purpose of carrying the message of AA to the sick alcoholic is the absolute most important thing we have to remember! I know for myself in the many years of AA that I have experienced, the message is the same, and our "UNITY" is what allows us to function as the society that we are.

9/19/97

Portland Area Intergroup in cooperation with Oregon Area successfully completed a workshop last August that supported service committees from Oregon Area, all Districts, and Portland Area Intergroup to effectively work in unison to carry on our out reach programs. Portland Area Intergroup is committed to continue a cooperative and inviting atmosphere where AA members can find resources and committees that will enable them to carry on AA service work. Portland Area Intergroup would like to officially thank Oregon Area for its outstanding support of this endeavor. We would like to continue to have events of this sort where we can stand together and share our experience strength and hope with each other, especially when it strengthens our fellowship and makes us stronger in our Twelfth Step Work.

Garry B., Office Manager

Meeting Updates:

To find information about new meetings or meetings that have changed since the last meeting schedule was printed, click on [Updates](#) on the Intergroup website, www.pdxaa.com.

Coming Events:

To find information about coming events, click on [Events](#) on the Intergroup website.

Reaching Our Goal for Prudent Reserve

As of the end of the February, we are 16% of the way toward rebuilding our prudent reserve with \$4,839.86 toward the goal of \$30,000. Celebrate your birthday by contributing one dollar for each year of sobriety.

Committee News

Intergroup committees carry the message of recovery to the still suffering alcoholic. Please help with this Twelfth Step work. Sign up by clicking on [Service](#) on the Intergroup website.

Hotline: openings for Hotline shifts and for 12th Step volunteers. 12th Step Volunteers talk to newcomers who have questions.

Cooperating with the Professional Community and Public Information: holding a Q and A panel and potluck workshop “Speaking at Non-AA Meetings,” a nuts n' bolts panel presentation by past Oregon delegates and CPC/PI volunteers about bringing the Traditions with you when speaking to professionals and the public on Saturday, May 3, 2008, 11AM – 1PM at the Portland Intergroup Office.

Corrections: openings for members to take meetings into jails and prisons: MCDC/Justice Center and MCIJ/Inverness. Young AA members particularly needed to coordinate meetings at the MCJDC (Juvenile Detention Center). Requirements are three years sobriety, no current probation or parole, no past sex offender violations, and background check.

Bridging the Gap: BTG is a one-time temporary contact for people transitioning from a treatment center to meetings.

Portland Access Committee

The Portland Access Committee meets on the first Saturday of every month at the Starbucks in Lake Oswego, 47 N. State St. Lake Oswego, OR 97034. The meeting starts at 6 pm (ish) and usually lasts 1.5 hours. We welcome people just interested in finding out more about what we do. You don't need to know sign language to help. Email us at pdxaccess@gmail.com with questions.

Other Business Meetings

Eastside Sunrise meets the second Saturday at 8:15 PM at SE 16th and Division, Portland.

February 2008 Financial Summary

Beginning Cash on Hand: \$4,856.90

Income: \$29,532.90

Expenses: \$29,967.05

Ending Cash on Hand: \$4,422.75

Become a Published Writer

Deadline for articles in Stumptown Sobriety is the 20th of each month.

Portland Area Intergroup, 1212 SE Division, is open Monday through Friday, 9 to 5.