

SOBRIETY IN STUMPTOWN

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

May, 2008
Volume 1 Number 5

Monthly Business
Meetings

The Hopeless Alcoholic

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:
Friday, June 6, 1212 SE
Division, Portland

PAI Bridging the Gap: ?

PAI Corrections: ?

PAI Outreach: ?

PAC: 1st Saturday, 6:00 PM,
1111 SW Country Club, L O

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

We've all heard the phrase, usually spoken by well-meaning non-alcoholics—doctors, bosses, family members—the people who've given up all hope we will ever get sober. But the phrase really isn't about their hope. It's about ours. The "hopeless alcoholic" is the one who's given up all hope for himself. I still remember being in treatment years ago and the group session that brought that idea home.

The counselor had asked us to speculate on what we'd do with all the free time we were going to have once we were no longer drinkers, all the time we weren't spending in bars, or dead drunk, or so hung-over we couldn't function. "You gotta make a new plan, Stan," he said.

I remember one guy said he wanted to spend time with his son. His boy was nine years old now, and he'd missed almost all of it. He hoped it wasn't too late.

Another said he wanted to go fishing. It wasn't that he'd never been. In fact, he'd been a fisherman most of his adult life, but he'd never done it sober. He was a little afraid, he said. What if he discovered he didn't like it anymore?

Still another—and I have to admit I thought this was the coolest answer—said he wanted to go to clown school.

And so it went, one by one, around the circle. But the closer it got to me, the more the fear welled up inside as I realized I had nothing to say. Alcohol had insinuated itself so wholly into my life, was so much a part of everything in my past, I couldn't imagine a future without it.

Sure, I had dreams. Or I'd had them once, but they all seemed so far away now, so impossible, so dead. Twenty-seven years earlier, I had been a young boy, with all the promise young boys can have. But somewhere along the line, all that promise had faded away and I had become a hope-to-die drunk instead.

That was never my intention, of course. I had gotten there, as a friend once said, by making a whole bunch of small, bad decisions—most of them about the size of a shot glass. But however I had achieved it, the truth was that virtually every night for the last five years I drank, I would lie in the dark and pray to whatever God was out there that the lights would never come back on. In the end, I think that was the only hope I had left.

So as I listened to my fellow drunks share their hopes for the future, it wasn't surprising that when I looked out into my own future, all I could see was a black void stretching out as far as my mind's eye could reach. And when my turn finally came, I couldn't help it. I started to cry.

The Hopeless Alcoholic, cont.

Oh, I guess it could be chalked up to the fact that I was only five days sober, emotionally raw, scared to death; but over the years, I've come to see that moment as the pivotal point of my life. It was my Step One, the overwhelming realization of just how unmanageable my life had become and how, on my own, I was absolutely powerless to do anything about it. And it was the moment when I did the only thing left I could do: I gave up. And most of all, it was the moment when I knew that by giving up, I would never have to be hopeless again.

Steve S., The Progress Group, Portland

Notes From My Desk

As many of us in the Portland area know, the International Women's Conference held their 44th annual event at our very own Convention Center. I must say that speaking for the many women here in Portland, this was one heck of an event! There were women flying in to Portland from virtually every state in the union. Every report we have been given spoke very highly of our local Gals and how this was a first class event!

The conference had a surplus of a few different items that they have donated to Portland Area Intergroup. Over the next couple of months you will be hearing about some of these items being for sale at the office. The intent is to sell these items at or below cost and take ALL PROCEEDS and deposit them into our local "Prudent Reserve Fund!" None of the money collected from the sale of these items will be used for any other purpose.

The items are:

1. Bottled water, 20 oz and 24 to a case. Cost is \$10.00 a case. If you buy water anyway, why not put your dollars in the prudent reserve?
2. A wonderful red umbrella that is spring loaded to deploy with a push of the button! Also it will collapse with a second push. You gotta see it to believe it!
3. Clear glass mugs—we are not sure yet how to price or otherwise disburse these but if you know anyone in the business that can help us re-print on them we would love to talk to them.

In any event, we appreciate the generosity from the IWC committee and we will look forward to your visit to the office to pick up YOUR preferred items.

In Loving Service,

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 March, we are xx% of the way toward rebuilding our prudent reserve with \$x,xxx.xx 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: The two committees are working together to put the message of recovery to the public and to the professional community—health care, clergy, legal, educators, social workers and others.

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

Treatment Facilities: If you remember your first exposure to AA in a treatment facility, you know how important it is to carry AA's message of recovery to these newly sober people. We are bringing in eight new meetings a month to Hooper Detox and the St. Vincent Psych ward, and more on the way. Call the intergroup office to see how you can help. Better yet, show up for the next committee meeting at the intergroup office on Friday June 6th at 7:00 pm, 1212 SE Division; hope to see you there!!!

Corrections: Currently our focus is to carry the AA message to youths in the Multnomah County Detention Center (JDH). We need many volunteers to help bring AA meetings to the facility on a regular basis. Call the intergroup office.

Portland Access Committee

The Portland Access Committee meets on the first Saturday of every month at the United Church of Christ, 1111 SW Country Club Road, 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.

March 2008 Financial Summary

Beginning Cash on Hand: \$2,537.02

Income: \$25,033.86

Expenses: \$26,888.51

Ending Cash on Hand: \$404.37

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.