

# Sobriety in Stumptown

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newsletter@pdxaa.com



Portland Area Intergroup  
825 NE 20th Ave., Portland, OR 97232  
503-223-8569

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## Monthly Business Meetings

**Portland Area Intergroup:** 2nd Monday, 7:00 PM, 3123 NE 24th Ave., Portland

**PAI CPC:** 1st Saturday, 11:00 AM, 825 NE 20th Ave., Portland

**PAI Public Information:** 1st Saturday, 11:00 AM, 825 NE 20th Ave., Portland  
**PAI Treatment Facilities:** 1st Friday, 6:00 PM, ?

**PAI Bridging the Gap:** 3rd Monday, Daily Reprieve Center, 16641 SE 82nd Dr., Clackamas

**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, 12555 SW 4th St., Beaverton

**Dist. 11:** Last Thursday, 6:00 PM, Glisan Terrace Clubhouse, 17440 NE Glisan, Portland

**Dist. 12:** 1st Tuesday, 6:30 PM, 235 SE 80th, Portland

**Dist. 15:** 1st Wednesday, 6:45PM, 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, 7:00 PM, 14100 SE Sunnyside Rd., Clackamas

**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 Saturdays, 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, 825 NE 20th Ave., Suite 200, Portland

## Starting Out Early

*Fear and pain drive a young AA to take suggestions*

“I spilled more than you drank,” a middle-aged bus driver told me when I came into AA fresh out of a treatment center. I didn’t really pay too much attention, though. I was much too busy worrying about how I was going to get through the rest of my life without a drink.

I pretty much believed that my life was over. I guess Friday and Saturday night I will go to the library and study while everyone else is out having fun, I thought. Career? I won’t be able to get ahead because I won’t be able to go to social events. Girls? How will I ever get married? No matter how I felt, alcohol had always made me feel better. Without it I was lost. My life was over.

I knew I couldn’t predict what would happen when I started drinking anymore—there were wrecked cars, family turmoils, blackouts and the cast around my right leg from my last drunk—and yet I didn’t think I could live without it.

My father was sober in AA for ten years when I got out of that treatment center and my mother had been in Al-Anon for too long to count. I was allowed to come back to the house under several conditions: 1) No drinking (Al-Anons seem to have a thing about this rule I never understood); 2) I had to get a sponsor and use him.

I didn’t like rule number 1, and I knew I wouldn’t like rules 2 or 3 either. Luckily, I was so afraid and unhappy I finally put my judgments aside and started taking direction from people who looked

like they knew what they were doing.

I went to a large, rambunctious group that became my home group. I was urged to attend the beginner’s meetings. These were a series of three meetings an hour and a half before the regular meeting.

I went for almost a year. They explained what I could expect from AA. The leader was a high school teacher who I thought was like me. He seemed to be doing well. I asked him to be my sponsor.

If I hadn’t gotten a sponsor, I would not have stayed sober. Red took me through the Steps little by little. He said that they were a series of simple decisions followed by simple actions. He taught me that if I worked the Steps, AA would do exactly what alcohol used to do for me. I would make me feel better.

I got into the habit of going to two or three AA meetings a week. I got into the habit of calling my sponsor. I got into the habit of sponsoring people. I got into the habit of showing up early and of going for coffee after the meeting. I got into the habit of sharing my friends’ lives outside of AA. One of my sponsors always said AA is nothing more than taking our bad habits and replacing them with good habits.

I went to college and got a degree. I met people who became some of my closest friends. We did some of the stupid fun things you are supposed to do in college.

I now have a pretty good career in

*(Continued on next page)*

***(Starting Out Early, cont.)***

sales. I married a woman I met in treatment 26 years ago.

It's now 26-1/2 years later. It seems like I came into AA five minutes ago. The principles that keep me sober today are the ones I was taught many years ago: Keep your house clean, pray and help others. I have a sponsor I talk to at least weekly. I sponsor several men. I teach the Steps the way I was taught. There is nothing more powerful than passing along what I have learned.

My Thursday night meeting still has 20 or 30 people who were there 26 years ago when I arrived. They still attend and give me grief every week.

As for the bus driver at the start of this story? He's still going to meetings and still telling newcomers how he spilled more than they ever drank. And I still don't pay too much attention. I'm too busy thinking how grateful I am.

-Brian M.

Wauwatosa, Wisconsin

*Reprinted with permission from The AA Grapevine (March 2009)*

## **Notes from My Desk**

It has been brought to our attention by a group who recently sent in a donation, that if we "acted" like we appreciated donations maybe we get more. We would like to thank that group for their well-meant message! I would like to use the space in this issue of our newsletter to express our deepest gratitude for the donations we receive from all groups and all individuals! Without donations AA service centers would not exist.

I don't think we can say thank you enough regarding our 7th tradition and what it means to Alcoholics Anonymous. Donations are the only way AA worldwide can function. Our traditions teach us to be self supporting from the start. Each group must first pay its own way. This is done through the donations of group members. After the group pays for rent, literature refreshments and any other expense, we are taught to split up the unused portion (excluding a prudent reserve) and pass it to GSO, District, Area and Intergroup. I am still amazed at how far a dollar can go in AA!

By making donations to the AA structure we are being responsible AA members who believe AA is a way of recovering from alcoholism that deserves to be sustained. No alcoholic that has found recovery in the AA program would ever think of preventing AA from helping others who are still suffering. But, when we neglect to support our group, or we neglect to support the other aspects of our AA service structure, that *is* exactly what we are doing! AA does require a sustained regular cash flow to be able to offer the many services that we take for granted.

When someone is trying to find help from the ravages of alcoholism, it is easy, very easy in this current era, to find AA. I would like to again thank every group and individual that has donated to Portland Area Intergroup.

Sincerely,

Garry B.

Office Manager

## 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 bring the message of recovery to the public and to the professional community—healthcare, 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. Bridging the Gap will be forming a Committee meeting for all those interested on Monday, Oct. 19th, at 6:30 PM at the Daily Reprieve Center, located at 16641 SE 82nd Dr., Clackamas, OR 97015 (in the old Tombstone building).

"We Bridge the Gap so alcoholics leaving treatment don't have to walk alone across that scary gap between the beginning of recovery in treatment and the continued recovery in AA."

Please contact Stephanie L at [pdxbtg@yahoo.com](mailto:pdxbtg@yahoo.com) or call at 503-867-1452 if you are interested.

**Portland Deaf Access Committee:** The Portland Deaf 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 6pm (ish) and usually lasts one-and-a-half hours. We welcome people just interested in finding out more about what we do. You don't need to know sign language to help. E-mail us at [pdxaccess@gmail.com](mailto:pdxaccess@gmail.com) with questions.

**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 if you are interested.

### 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](http://www.pdxaa.com).

### Coming Events:

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

## January 2010 Financial Summary

**Beginning Cash on Hand: \$197.86**

**Income: \$22923.38**

**Expenses: \$24,023.80**

**Ending Cash on Hand: (902.56) we transferred 902.56 to operating account leaving a zero balance in the checking.**

### **Become a Published Writer**

The deadline for articles in *Sobriety in Stumptown* is the end of each month. Please keep stories to 500 words maximum. Submit to Erica M. at [newsletter@pdxaa.com](mailto:newsletter@pdxaa.com).

Portland Area Intergroup, 825 NE 20th Avenue, Suite 200 is open Monday through Friday, 9 AM to 5 PM.

### **Step One**

We admitted we were powerless over alcohol - that our lives had become unmanageable.

### **Tradition One**

Our common welfare should come first; personal recovery depends upon A.A. unity.

*(Reprinted with permission of Alcoholics Anonymous World Services, Inc.)*

### **Sanskrit Proverb**

*Look to this day, for it is life, the very life of life. In its brief course lie all the verities and realities of existence; the bliss of growth, the splendor of action, the glory of power. For yesterday is but a dream and tomorrow is only a vision, but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.*

*Look well, therefore, to this day.*

*-Kalidasa*

*(Indian Sanskrit poet and dramatist)*