

Vancouver Area Intergroup of
Alcoholics Anonymous

April/May 2019
Volume 16

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Primary Purpose

VANCOUVER INTERGROUP



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Currently under
construction...and **still** open
for business!

In the case of this article, if a picture is worth a thousand words, than what are three pictures worth? Not as much as dropping by and seeing it all for yourself! The most common word heard when people walk through the door and stop suddenly is, "Wow." Is it looking great yet? In my humble opinion, no, not yet. But this is part of the process, and we here at your local Intergroup office are surrendering to that process and living life on life's terms. A special thank you to all those who have gone above and beyond to help with this project, not least of which is Nicole B., our Interior Designer who has already spent numerous hours working her magic here and the folks with MT Hamilton (building owner), and Moe Haus Construction, who has continued to show us a great deal of kindness and understanding throughout the entire process. **Thank you all!**



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Monthly Business Mtgs.

- ◆ Steering Comm. Mtg. -5/13 @6:00 PM
- ◆ Intergroup Rep Mtg. -5/20 @6:30 PM
- ◆ District 37 GSR Mtg. -5/28 @7:00 PM
- ◆ District 7 GSR Mtg. - 5/30 @7:00 PM

(All monthly business mtgs. are held at the Intergroup Office).



Experience, Strength and Hope...

My life started to fall apart in 2009 at 32 years old. I had quit my high paying corporate job, moved in with my boyfriend in a new city and expected him to fix me. Instead he began to look elsewhere for a new girlfriend and I slipped quickly into every day drinking and extreme drinking on the weekends. It was a pivotal trip to Miami, Florida that woke me up. We had been drinking all day with a group of friends, I did what I usually did when I drank too much which was get angry, accuse him of cheating and then start to seek attention from other men. The boyfriend, sick of my behavior told me to leave. I remember stumbling down the crowd of people outside Miami's hottest night clubs and running into a sweet girl who found me a taxi. The taxi took me back to my hotel where I withdrew all the money from my bank account and gave it to the taxi driver. I made it to our hotel room and all I could think about was dying. I was a mess. A failure. I couldn't do anything right. I was too old to be in this situation. No one wanted to marry me, I'm going to jump out of this hotel room. I quickly went to the sliding door but I couldn't open it. I fought and fought with it, looking out at what I thought was going to bring me relief. I had to escape my brain, when is the pain of being alive going to be over? And then I remembered all those years ago when my dad made me promise never to attempt suicide again. So I did the only thing left to do, I called my dad.

That was such a dark night for me, one that I will never forget. I believe my higher power intervened on my behalf and that She has continued to along the way. Through the help of a counselor (whom I couldn't pay at first because I had given all my money to the taxi driver) and group therapy I began to see that alcohol was my problem. I was miserable, trapped in the viscous cycle that other people were the root of my problems. In Alcoholics Anonymous I was able to feel connected to other people for the first time in my life. I began to see that I could take responsibility for myself and my choices. I could have these things called boundaries with my mother and I could be mad at her while learning that I had a part in that. Just listening to others talk made my brain stop for a while. It was and is still such a relief.

Experience, Strength and Hope Continued...

In sobriety I met my husband and we had the sweetest backyard wedding, we bought a house and we had our son. I stopped going to meetings as much, I stopped working with my sponsor and soon all my problems came crashing down on me. Here I was three years sober with all the things I wanted and yet I was miserable, discontented and depressed. I was told I needed some emotional sobriety. “What the f- is that?” I thought “this AA stuff really confuses me”. My higher power wasn’t messing around because as I looked through the meeting schedule for the new city I was living in, I found a women only meeting called Emotional Sobriety that met at lunch time and I could bring my son. I did some major growing up in that room. Those women listened to me, held me, guided me and made me laugh. I met the woman who would sponsor me with intense honesty and call me on my bullshit. She would challenge me in a way no one had ever challenged me. I grew so much from that time with her. We worked the steps thoroughly. I made amends to certain people I thought it impossible to do so. And then I stopped. I asked another lady to sponsor me, she had a teacher back ground and I felt like I needed some more teaching, I had so many questions that would seemly irritate my last sponsor. I worked the steps again!! When it came time to make amends, it would be different this time. This time I was willing. I was willing to go to any length. With the help of my higher power I faced the people I had hurt my first year of sobriety. I owned my side, I showed up. I had to pray and pray and pray just to show up, I thought I was going to die. The reward from those experiences has been greater than I could have ever imagined. Today I get to share that I messed up and acted like a crazy person in sobriety, no drinking or drugging even happening. I get relief today knowing that I can go anywhere without fear of running into them and I can stop punishing myself for messing up. One of the craziest things I learned was that I have a condition that two other women in my family have that has made them unable to have children. For years, I suspected that I had it, but every doctor I went to would dismiss me and tell me it was in my head. Today I know that I do have it and yet I have been blessed with two beautiful children. That’s all my higher powers doing not mine. Today I’m so grateful to be a part of a fellowship of people that I can count on to be there for me. To have found real friends and be able to work everyday at being a mother, wife, friend and human. I have the tools of the program, meetings and an amazing Sponsor. I know there is more to learn and problems I still struggle with, but today I’m good with that, knowing there is a solution and I’m not it.

—Nicole B.

When anyone, anywhere, reaches out for help....

12th Step List

Hotline phone answerers need 12th Step members to contact to refer to incoming calls from active alcoholics.

When a Twelfth Step call is received, we begin with the assumption that another human being's life is at stake — literally. This means that, without delay, this call is to be answered at once.

There are currently 12 men and 7 women in the Vancouver area available to take or go on a 12th Step call. Many more are needed.

If you have 6 months of sobriety and want to sign up for this vital service work, contact Wendy W at 971-235-5240 wwhite56@comcast.net

-or-

Go to the Vancouver AA website home page, www.vancouveraa.org,
Click on Contacts/Committees, scroll to the Twelve Step Committee (Hotline),
Click on [Volunteer for the 12-Step List](#), and fill out the form.

The life you save may be your own.

Group Contributions and Financial Statements

March	Donations	Year to Date
	159th Street Women's Group	150.00
235.16	A New Morning	1,109.39
	Amboy Renegades	35.00
242.50	As Bill Sees It	440.25
	As We Recovered	50.00
	Chapter Nine	118.00
20.15	Camas Group	122.20
	Eastside Brown Baggers	220.00
	Fireside	605.00
54.00	First Shot	185.77
48.62	Fresh Start	160.56
112.79	Hokinson	192.01
	Lewis River AA	63.96
50.00	Lighthouse	130.00
	McGuilivray Study Group	346.00
	Men's Fireside	100.00
350.00	Miracles at Noon	999.60
181.71	Reconciled	281.71
50.00	Rock Bottom Recovery	90.00
140.00	Saturday Night Big Book Study	304.00
	She Who Remembers	60.00
114.00	Step Sisters	222.00
	Stevenson AA	150.00
	Sunday Solutions	409.25
	There is a Solution	30.15
	Wayfarer's	50.36
14.00	Wednesday Night Recovery	110.53
50.95	Welcome Home	50.95
	West Vancouver Group	62.36
	Women in Sobriety	125.00
1,663.88	SUBTOTAL	6,974.05
187.00	Miscellaneous/Individual	557.00
1,850.88	TOTAL	7,531.05

Financial Statements

	March (\$)	YTD (\$)
Revenue		
Sales	4,614	13,466
Group Contributions	1,664	6,974
Fundraising/Picnic	0	0
Misc. Income	157	432
Individual Contributions	187	557
Total Revenue	6,622	21,430
Expenses		
Cost of goods sold	2,548	7,586
Fundraising Expenses	0	0
Merchant Services	84	249
Office supplies	17	489
Equipment rent	91	466
Building rent	875	3,500
Utilities	695	1,200
Net Wages	1,653	5,209
Payroll taxes	434	1,608
Insurance	48	48
Licenses	0	0
Total Expenses	6,446	20,354
Net Income /(Loss)	176	1,076

March 2019 Cash Balances

Main Checking	\$ 8,232
Event Account	\$ 1,400
Prudent Reserve	\$ 17,045
Petty Cash	\$ 100
Total Cash Balance	\$ 26,777

March Bottom Line

- Total Revenue – Total Expenses = \$176

- For the month of March we did \$977 better than forecasted

Steering Committee Meeting Minutes

VANCOUVER AREA INTERGROUP OF ALCOHOLICS ANONYMOUS STEERING COMMITTEE MEETING MINUTES: MARCH 11, 2019

Attendance

Ronnie, SC Chair	Marc, SC vice Chair	Jeff, Dist. 7
Cassia, Office Manager	Dee, SC Member	Phil, SC Member
Laurie, SC Member/Treasurer	Nicole, SC Member/Record Sec	

The meeting was opened at 6:06 pm with the Serenity Prayer. February 13, 2019 Steering Committee meeting minutes were accepted. February 18, 2019 Intergroup Representative meeting minutes were reviewed.

Hotline: Wendy, hotline chair, submitted a written report. Currently all position are filled but substitutes are needed. Volunteers are still needed for the 12 Step Call List. Wendy intends to hold a workshop. She can be contacted at 971-235-5240.

Intergroup Report: Cassia is approaching one year as the office manager. An employee review will be conducted by the Steering Committee by mid-May.

Treasury Report: The office is financially stable. Please see attached report.

Old Business

Office Lease: A five year lease has been signed with the improvements requested which includes HVAC and lighting upgrades.

Remodel: A start date has not yet be determined but the new lease calls for the work to be conducted within 90 days of the new lease.

Committee Motions: Although it is an Intergroup matter, there was discussion regarding the motions to create an Outreach Committee and the Hotline Committee.

New Business

Activities: An activities committee; gratitude dinner, picnic, dances, etc., will be created and a chair appointed.

District 7: Jeff discussed the upcoming DCM conference.

Recording Secretary Nicole's employment will prevent her from attending meetings for the next few months. Work related would be an excused absence and does not disqualify her from the position however, she has expressed if anyone else is interested she'll understand if they get the position. Phil agreed to conduct secretary duties in the interim.

The meeting was closed with the Lord's Prayer at 6:38 pm.

Yours in Service,

Phil B

Easy Does It

Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting of March 18, 2019

Attendance:

Ronnie, Chair	Marc T, Miracles at Noon	Laurie H, Sober Uppers
Phil B, Central Group	Dee, Welcome Home	Wendy W, MSG*
Chris H, MSG*	Ryan S, MSG	Jess V, Ladies Lavender
Robin M, Fireside	Darcy, Friday Night Happy Hour	Michelle C, Dry Tribe
D Cooley, 1 st Shot	Dusty C, Cornerstone	Richard R, Lighthouse*
Laura H, Women Action**	Mark, Reconciled	Krystie, ANM
Jeff C, District 7*	Cassia, Office Manager*	

*Not a voting IG rep

**Status not noted on sign-in sheet

Opening: Ronnie opened the meeting at 6:30pm reading the purpose of the Vancouver Area Intergroup office followed by the Serenity Prayer. Ryan did a presentation of the 3rd Tradition. Ronnie discussed the picnic and the need for an activities committee. The minutes from the 3/11/19 Steering Committee meeting were reviewed. The minutes from the 2/18/19 Intergroup meeting were accepted.

Hotline: Wendy advised that all positions are filled however substitutes are needed especially as warmer weather finds members taking vacations. The 12-Step list is a little light. Interested members can sign up through the website. Wendy will be visiting meetings and if you'd like her to visit your meeting she can be contacted at 971-235-5240. She would like to hold a 12-Step workshop. Contact Wendy if that is an item of interest for you.

Treasury: Laurie reported that the office is \$3216 YTD ahead of forecast however we will have added expenses with the upcoming remodel however it is not anticipated to be substantial. Payroll numbers are slightly skewed as the office changed paydays. The quarterly finance committee meeting will be held at the IG office 4/8/19 at 5:30pm. Finance report attached.

Office Report: Cassia has finished entering meetings into the data base. A website link will be sent to allow meetings/groups to verify the accuracy of their meeting information before the information is sent for publication. Cassia has requested that her personal time be respected and that she not be asked to conduct office business outside of the office and outside of office hours. The office remodel has begun and new lighting has been installed. The property owners will be doing framing work next.



Intergroup Rep Meeting Minutes Continued...

Old Business/Outreach Committee: Phil proposed an amendment to the motion to insure that the committee chair would only have one vote. Wendy made the motion and accepted the amendment. Motion passed with amendment.

Old Business/Hotline Committee: Phil proposed an amendment to the motion to insure that the committee chair would only have one vote. Wendy made the motion and accepted the amendment. Motion passed with amendment.

New Business: Nicole, the recording secretary, has a scheduling conflict and will not be able to attend business meetings for at least 120 days. This would be an excused absence and does not disqualify her from holding the position. She wanted it left to the IG reps if she should be replaced or allowed to hold the position. The IG reps approved of her continuing and at the end of 120 days see if her schedule changes. Phil agreed to fill in. (Note: Not chronological and was handled during opening.)

Group News: Jeff discussed the Pacific Northwest Conference which will be held in Portland 6/21-23/19. Registration forms are available at the office. Marc advised Miracles at Noon will be having a potluck after the regular meeting on 5/18/19. Mark advised of a 12 X 12 meeting to be held at Reconciled. Dave read a report that 1st Shot submitted to the church that hosts their meeting which is being shared with the church parishioners.

Closing: The meeting was closed with the Lord's Prayer at 7:20pm.

Yours in Service

Phil B
Recording Secretary (pro tem)

Upcoming Events

May 2019

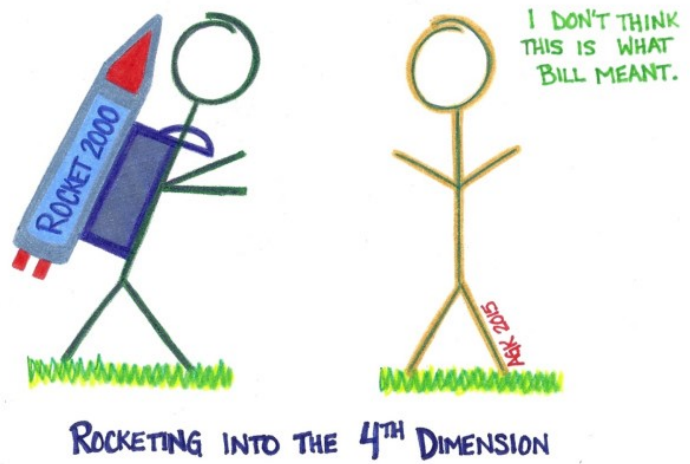
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Friday Night Happy Hour Speak- er Mtg.: 7:30 pm	4 OB's Speaker Mtg.: 7:30 PM
5	6	7	8	9	10 Kleen Street Speaker Mtg.: 7:30 pm	11 Wayfarer's Speaker Mtg.: 7:00 pm
12	13 Steering Committee Mtg.: 6:00 pm	14	15	16	17	18 Rule 62 Speaker Mtg.: 7 :00 pm
19	20 Intergroup Rep. Mtg.:6:30 pm	21	22	23 District 7 GSR Mtg.: 7 pm	24	25
26 ♦ Sideways Sunday Potluck: 7:30am ♦ Carson Potluck: 6:30 pm. Speaker: 7:00 pm ♦ Hokinson Potluck: 6:00 pm	27	28 District 37 Mtg.: 7:00 pm	29	30	31 Central Group's Birthday Meeting: 8:00 pm	

For a full description of each of these upcoming events including locations, visit the events page on our website at:

www.vancouveraa.org



The Vancouver Area Intergroup of Alcoholics Anonymous exists to serve local groups of Alcoholics Anonymous within the vicinity of Vancouver, Washington. The Organization serves as a clearing house to distribute literature to local Alcoholics Anonymous groups, to provide contact among these groups, and to maintain an answering service.



*This comic was taken from <https://annkroger.com/drawings-and-cartoons/>

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