Vancouver Area Intergroup of Alcoholics Anonymous February/March 2020 Volume 26

2203 Fairmount Avenue, Ste. A Vancouver, WA 98661

Vancouveraa.org vancaa@vanintgrp.com (360) 694-3870

VANCOUVER AREA INTERGROUP Primary Purpose

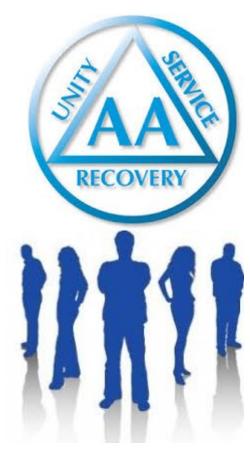
Intergroup* FAQS (Frequently Asked Questions)

1.What services and benefits to the A.A. community does the Intergroup provide?

A. The Intergroup provides the following services and benefits to the community:

- Provides a 24-hour answering service and 12-step call service as requested
- Publishes and distributes meeting directories and keeps updated meeting information on the website and Meeting Guide App
- Hosts and assists many A.A. committees and groups in their various A.A. activities and A.A. Events
- Keeps an updated calendar of upcoming events on the website and displays fliers at the Intergroup office for groups' events and group news
- Assists in the establishment of new A.A. groups in the Vancouver metro area, when asked
- Publishes a monthly newsletter containing information about A.A. activities in and around the greater Vancouver Washington Metro area
- Maintains a supply of A.A. literature and books for resale
- Maintains a supply of coins and other literature, items for resale

*GSO and our AA literature is full of guidance and suggestions regarding service centers. Service Centers have different titles depending on the community usage, some are called Intergroup, Central Office, Service Center, etc.



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Monthly Business Mtgs.

- Steering Comm. Mtg. 3/9@6:00 PM
- Intergroup Rep Mtg. 3/16@6:30 PM
- District 37 GSR Mtg. –3/24
 @7:00 PM
- District 7 GSR Mtg. 3/26
 @7:00 PM

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

Keep reading this article...turn the page!

Intergroup FAQs Continued...

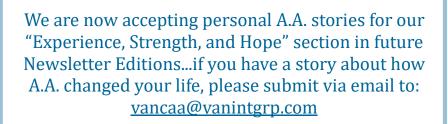
2. Is the Intergroup part of A.A., or is it a bookstore/recovery focused community center?

A. The Intergroup is a vital part of A.A., **it is "an A.A. service office** that involves partnership among groups in a community – just as A.A. groups themselves are partnerships of individuals." It is also a community meeting place for both Districts 7 and 37 as well as the Intergroup representatives, and a place where you may purchase A.A. approved literature as well as other recovery books and gifts and acquire information on local and regional A.A. events. During Intergroup open hours the hotline is answered by the Intergroup staff and after hours many A.A. members provide service by answering the hotline. Daily we receive calls from individuals wanting A.A. help and information. Often members of the A.A. community visit with each other while at the Intergroup. *"It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers."*

-A.A. Guidelines: Central or Intergroup Offices (pg. 1)

- 3. Why do we (Vancouver A.A. community) have an Intergroup in Vancouver?
 - A. In the early 70's, many local A.A. members determined that in order to better assist others and carry the message to put a phone in their meeting space for hotline calls. Sometime around 76-77 they changed the phone location and started an A.A. literature bookstore in the basement of the bowling alley on 8 and C street. Since then, our 24-hour hotline, literature sales, committee meeting space and being a clearinghouse of information concerning local and regional A.A. meetings and events has carried the message to more individuals than can be reasonably calculated.

-A History of your local Intergroup as Remembered by Bill T. in the March 2019 Primary Purpose Newsletter (available online at www.vancouveraa.org).



A Group's Letter to Intergroup

February 2, 2020

Vancouver Area Intergroup 2203 Fairmount Avenue Suite A Vancouver. WA 98661-4615

Dear All:

We were just advised that Intergroup is having some financial difficulties currently that may affect your ability to support area groups in the future as you currently do.

At our Business Meeting Saturday, we voted to make a one time special donation of \$500 to you to help with these difficulties. Also, in the future, we plan to donate \$100 quarterly instead of semi-annually to your operating budget.

We expect that you will reach out to other groups and let them know of your needs. I hope we are all able to rally around to show our support for all you do for us.

Sincerely, Sandy S., treasurer East County Women's Group Camas Friends Church 1004 NE 4th Ave. Camas, WA 98607

I Am RESPONSIBLE...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Pamphlet of the Month

Frequently Asked Questions About A.A.

Questions and Answers About Alcoholics Anonymous

Several million people have probably heard or read about Alcoholics Anonymous since its beginnings in 1935. Some are relatively familiar with the program of recovery from alcoholism that has helped more than 2,000,000 problem drinkers. Others have only a vague impression that A.A. is some sort of organization that somehow helps drunks stop drinking. This pamphlet is designed for those who are interested in A.A. for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included on the following pages are answers to many of the specific questions that have been asked about A.A. in the past. They add up to the story of a loosely knit society of men and women who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem. The thousands of men and women who have come into A.A. in recent years are not altruistic do-gooders. Their eagerness and willingness to help other alcoholics may be termed enlightened self-interest. Members of A.A. appreciate that their own sobriety is largely dependent on continuing contact with alcoholics. After reading this pamphlet, you may have questions that do not seem to be answered fully in this brief summary. A.A. groups in many metropolitan areas have a central or intergroup office, listed in the telephone book under "Alcoholics Anonymous." It can direct you to the nearest A.A.

meeting, where members will be glad to give you additional information. In smaller communities, a single group may have a telephone listing. If there is no A.A. group near you, feel free to write directly to Box 459, Grand Central Station, New York, NY 10163 or visit our website at aa.org. You can be sure that your anonymity will be protected.

Frequently Asked Questions **About A.A**.





Vancouver Intergroup is now open every Saturday from 10am-2pm! Stop in and meet your Saturday volunteers!



AA Traditions Checklist from the AA Grapevine

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- 1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- 2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- 3. Do I look for credit in my AA jobs? Praise for my AA ideas?
- 4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- 5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
- 6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Co	ongratulation	s!
	ROXSE — 21 YRS.	
	DAN B. — 39 YRS.	
	BUD S. — 55 YRS.	

On your continuous length of sobriety... You did it one day at a time! If you would like to acknowledge someone celebrating a monthly or annual birthday, please call, email, or let us know when you come in to purchase their coin so we can add them to the next newsletter!

This Matter of Fear

This Matter of Fear By Bill W. Copyright © The <u>A.A. Grapevine, Inc.</u>, January 1962

As the AA Book says, "Fear is an evil, corroding thread; the fabric of our lives is shot through with it." Fear is surely a bar to reason, and to love, and of course it invariably powers anger, vainglory and aggression. It underlies maudlin guilt and paralyzing depression. President Roosevelt once made the significant remark that "We have nothing to fear but fear itself."

This is a severe indictment, and it is possibly too sweeping. For all its usual destructiveness, we have found that fear can be the starting point for better things. Fear can be a stepping stone to prudence and to a decent respect for others. It can point the path to justice, as well as to hate. And the more we have of respect and justice, the more we shall begin to find the love which can suffer much, and yet be freely given. So fear need not always be destructive, because the lessons of its consequences can lead us to positive values.

The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other conditions of serious insecurity, we shall all react, well or badly, as the case may be. Only the vainglorious claim perfect freedom from fear, though their very grandiosity is really rooted in the fears they have temporarily forgotten.

Therefore the problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and grace to deal constructively with whatever fears remain. Trying to understand our fears, and the fears of others, is but a first step. The larger question is how, and where, we go from there.

Since AA's beginning, I have watched as thousands of my fellows became more and more able to understand and to transcend their fears. These examples have been of unfailing help and inspiration. Perhaps, then, some of my own experiences with fear and the shedding of it to an encouraging degree may be appropriate.

As a child, I had some pretty heavy emotional shocks. There was deep family disturbance; I was physically awkward and the like. Of course other kids have such emotional handicaps and emerge unscathed. But I didn't. Evidently I was over-sensitive, and therefore over-scared. Anyhow, I developed a positive phobia that I wasn't like other youngsters, and never could be. At first this threw me into depression and thence into the isolation of retreat.

But these child miseries, all of them generated by fear, became so unbearable that I turned highly aggressive. Thinking I never could belong, and vowing I'd never settle for any second-rate status, I felt I simply had to dominate in everything I chose to do, work or play. As this attractive formula for the good life began to succeed, according to my then specifications of success, I became deliriously happy. But when an undertaking occasionally did fail, I was filled with a resentment and depression that could be cured only by the next triumph. Very early, therefore, I came to value everything in terms of victory or defeat -- all or nothing. The only satisfaction I knew was to win.

This was my false antidote for fear and this was the pattern, ever more deeply etched, that dogged me through school days, World War I, the hectic drinking career in Wall Street, and down into the final hour of my complete collapse. By that time adversity was no longer a stimulant, and I knew not whether my greater fear was to live or to die.

While my basic fear pattern is a very common one, there are of course many others. Indeed, fear manifestations and the problems that trail in their wake are so numerous and complex that in this brief article it is not possible to detail even a few of them. We can only review those spiritual resources and principles by which we may be able to face and deal with fear in any of its aspects.

Keep reading this article on page 8!

Group Contributions and Financial Statements

Contributions for January	Group Name	Contributions Year to Date
463.60	3	463.60
43.02		43.02
75.00	1	75.00
150.00		150.00
100.00		100.00
758.53		758.53
165.00	88	165.00
93.61		93.61
90.53		90.53
60.45		60.45
23.41	La Center Group	23.41
105.00	Ladies Big Book Study	105.00
19.02	Lewis River AA	19.02
100.00	Men's Fireside	100.00
125.00	Minnihaha	125.00
341.00	Miracles at Noon	341.00
23.44	Ready and Willing	23.44
150.00	Real Alcoholic Men	150.00
17.08	R360very	17.08
30.00	Rock Bottom Recovery	30.00
135.00	Saturday Night BB Study	135.00
43.51	Step Sisters	43.51
100.00	· · · · ·	100.00
30.93	,	30.93
15.00	,	15.00
3,258.13	SUBTOTAL	3,258.13
236.00	Miscellaneous/Individual	236.00
3,494.13	TOTAL	3,494.13

Financial Statements

	January (\$)	YTD (\$)
<u>Revenue</u>		
Sales	4,684.25	4,684.25
Group Contributions	3,258.13	3,258.13
Fundraising	0	0
Misc. Income	88.23	88.23
Individual Contributions	236.00	236.00
Total Revenue	8,266.61	8,266.61
<u>Expenses</u>		
Cost of goods sold	2,482.71	2,482.71
Fundraising Expenses	0	0
Credit Card Machine	90.95	90.95
Office supplies	421.50	421.50
Copy Machine	189.70	189.70
Rent	758.02	758.02
Utilities	305.83	305.83
Payroll & Taxes	3,715.89	3,715.89
Insurance	47.65	47.65
Licenses & Fees	117.42	117.42
Total Expenses	8,129.67	8,129.67
Net Income /(Loss)	136.94	136.94

January 31, Cash Balances			
Main Checking	\$ 3,878.00		
Event Account	\$ 5,155.00		
Prudent Reserve	\$ 9,050.00		
Till Cash	\$ 100.00		
Total Cash Balance	\$18,183.00		

|--|

- Total Revenue – Total Expenses = 136.94

- For the month of January we did \$101.94 better than forecasted

-Year-to-date doing \$101.94 better than forecasted



This Matter of Fear

Continued...

In my own case, the foundation stone of freedom from fear is that of faith: a faith that, despite all worldly appearances to the contrary, causes me to believe that I live in a universe that makes sense. To me, this means a belief in a Creator who is all power, justice and love; a God who intends for me a purpose, a meaning, and a destiny to grow, however little and halting, toward His own likeness and image. Before the coming of faith I had lived as an alien in a cosmos that too often seemed both hostile and cruel. In it there could be no inner security for me.

Dr. Carl Jung, one of the three founders of modern depth psychology, had a profound conviction upon this great dilemma of the world today. In paraphrase, this is what he had to say about it: "Any person who has reached forty years of age, and who still has no means of comprehending who he is, where he is, or where he is next going, cannot avoid becoming a neurotic -- to some degree or other. This is true whether his youthful drives for sex, material security and a place in society have been satisfied, or not satisfied." When the benign doctor said "becoming neurotic" he might just as well have said "becoming fear-ridden."

This is exactly why we of AA place such emphasis on the need for faith in a "Higher Power," define that as we may. We have to find a life in the world of grace and spirit, and this is certainly a new dimension for most of us. Surprisingly, our quest for this realm of being is not too difficult. Our conscious entry into it usually begins as soon as we have deeply confessed our personal powerlessness to go on alone, and have made our appeal to whatever God we think there is -- or may be. The gift of faith and the consciousness of a Higher Power is the outcome. As faith grows, so does inner security. The vast underlying fear of nothingness commences to subside. Therefore we of AA find that our basic antidote for fear is a spiritual awakening.

It so happens that my own spiritual perception was electrically sudden and absolutely convincing. At once I became a part -- if only a tiny part -- of a cosmos that was ruled by justice and love in the person of God. No matter what had been the consequences of my own willfulness and ignorance, or those of my fellow travelers on earth, this was still the truth. Such was the new and positive assurance, and this has never left me. I was given to know, at least for the time being, what the absence of fear could be like. Of course my own gift of faith is not essentially different from those spiritual awakenings since received by countless AAs -- it was only more sudden. But even this new frame of reference -- critically important though it was -- only marked my entrance into that long path which leads away from fear, and toward love. The old and deeply carved etchings of anxiety were not instantly and permanently rubbed out. Of course they reappeared and sometimes alarmingly.

Being the recipient of such a spectacular spiritual experience, it was not surprising that the first phase of my AA life was characterized by a great deal of pride and power driving. The craving for influence and approval, the desire to be the leader was still very much with me. Better still, this behavior could now be justified -- all in the name of good works!

It fortunately turned out that this rather blatant phase of my grandiosity, which lasted some years, was followed by a string of adversities. My demands for approval, which were obviously based on the fear that I might not get enough of it, began to collide with these identical traits in my fellow AAs. Hence their saving of the Fellowship from me, and I saving it from them, became an all-absorbing occupation.

Keep reading this article on page 13!

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Steering Committee meeting for January 13, 2020

<u>Attendance</u>: Chris Cassia Dee Dusty Laurie Phil Anna Marc (by phone)

<u>Meeting Opened</u>: The meeting was opened at 6:07pm with the Serenity Prayer. Minutes from the December Steering Committee meeting were approved. Minutes from the December Intergroup Representatives meeting were reviewed.

Hotline: All positions are currently filled.

<u>Treasury</u>: A 2019 year-end financial summary is being written and will be provided to the IG reps and published in the newsletter. The 2020 forecast is being created. Based on the current trend of donations from the groups, the office will only be able to sustain for an estimated four to six months longer. It was noted that literature sales is not the solution as they are declining with competition such as Amazon.com and on-line readers.

<u>Outreach</u>: Dusty continues to contact groups/meetings and will let them know that the office needs their support. He will be sharing the GSO guidelines on suggested contributions.

Office: Year-end inventory has been completed.

<u>Old Business/Saturday Hours</u>: The office is now open on Saturdays 10am-2pm starting January 18th staffed by Anna and Kate.

<u>Old Business/Gratitude Dinner</u>: There was a discussion of best practices (what we did right) and opportunities for improvement for the 2020 gratitude dinner. The information will be passed along to the event chairperson.

<u>New Business/Second Hotline</u>: A group has inquired as to how they can create a hotline for their group. They were invited to attend the Steering Committee meeting but did not show up.

Meeting Closed: The meeting was closed at 7:15pm with the Lord's Prayer.

Yours in Service, Phil B.

Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting of January 20, 2020

Cassia, Office Mgr./Fireside* Attendance: Marc, SCM/Miracles Phil, SCM/ (no home group)* Mike, B&P Dusty, SCM/Cornerstone Jeff, Dist. 7/Camas* Patrick, Hotline/MSG ** Sherrill, Fireside* Jennifer, DROTN & Central Grp. David, 1st Shot Laurie, SCM/Sober Uppers Anna, RBR* *Not holding voting rights **Voting rights in accordance with guidelines as hotline chair SCM Steering Committee member

Dee, SCM/Welcome Home Chris, SCM/MSG Julie, Sunday Solutions Kevin, Hockinson Patti, Camas Barbara, Fireside*

<u>Opening</u>: The meeting was opened at 6:32pm with the Serenity Prayer. Dee gave a presentation of the 1st Tradition. Mike did a presentation of the "This is A.A." pamphlet. Minutes from the 12/9/19 and 1/13/20 Steering Committee meetings were distributed. Minutes from the 12/16/19 Intergroup Representatives meeting was distributed and accepted.

<u>Hotline</u>: Patrick reported that all positions are filled. The Hotline will be holding a committee meeting 1/26/20, 12:00, to create guidelines and designate an alternate chairperson.

<u>Treasury</u>: See attached financial report. Representatives were also provided a 2019 Year End Financial Summary which Laurie explained in detail. Representatives were provided a 2020 Financial Forecast (please note this is not a budget).

Office: The office is now open on Saturdays, 10:00 – 2:00pm (Thank you Anna & Kate).

<u>Outreach & New Business: Financial Viability</u>: (*Normally this would be two separate topics however the two topics were covered jointly during one segment of the meeting.*) Dusty advised that he has been going to meetings, advising that due to the lack of financial support it is questionable if the office can remain in business. Dusty had four groups state they would attend however only one had a representative present. Phil advised he reached out to two groups, explained the financial situation and asked for a representative to attend however neither were represented. **Under the current financial support from the groups the office will no longer be able to be in business in an estimated four to six months.** It was explained to the representatives that if they want the office to continue, it is vital that the groups financially support it. Dusty handed out a copy of the talk that he has been having with groups asking for help, and asked that representatives take this to their group and any other meeting they might attend.

Intergroup Rep Meeting Minutes Continued...

<u>Events</u>: Kevin advised that events of the intergroup website has been updated and asked that it be announced at meetings. Kevin is building a database of events and asked that event information be passed along to him. There is a St Patrick's Day chili feed and cribbage tournament being planned. Districts 7 and 37 will be hosting a treasury workshop 3/21/20.

<u>Old Business/Gratitude Dinner</u>: A working document of best practices and opportunities for improvement is being drafted. The 2020 event is tentatively scheduled for 11/7/20.

<u>Old Business/Saturday Office</u>: Anna and Kate now have the office open on Saturdays 10:00 to 2:00. There are four more volunteer positions available. Flyers with an application are available in the office.

<u>New Business/Event Insurance</u>: Kevin was inquiring about insurance for events. It was explained that the office insurance covers events hosted by the office, picnic and gratitude dinner, but does not cover events hosted by groups. Inquiry regarding this will be made with the insurance provider.

<u>District 27</u>: There was an inquiry from District 27 (Longview area) about incorporating into this intergroup. There is no intergroup or central office serving that area. The district emailed several questions which have been answered. Should District 27 choose to become part of our intergroup, they would be welcomed.

<u>Group News</u>: Fireside reported that they are revamping their business model and has service opportunities.

District News: At the quarterly meeting the 2020 budget was approved.

<u>Closing</u>: The meeting was closed at 7:34 with the Lord's Prayer.

Yours in Service, Phil B.



Upcoming Events

March 2020

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

This Matter of Fear Continued...

This of course resulted in anger, suspicion and all sorts of frightening episodes. In this remarkable and now rather amusing era of our affairs, any number of us commenced playing God all over again. For some years AA power drivers ran hog wild. But out of this fearsome situation, the Twelve Steps and The Twelve Traditions of AA were formulated. Mainly these were principles designed for ego reduction and therefore for the reduction of our fears. These were the principles which we hoped would hold us in unity and increasing love for each other and for God.

Gradually we began to be able to accept the other fellow's sins as well as his virtues. It was in this period that we coined the potent and meaningful expression, "Let us always love the best in others -- and never fear their worst." After some ten years of trying to work this brand of love and the ego-reducing properties of the AA Steps and Traditions into the life of our society, the awful fears for the survival of AA simply vanished.

The practice of AA's Twelve Steps and Twelve Traditions in our personal lives also brought incredible releases from fear of every description, despite the wide prevalence of formidable personal problems. When fear did persist, we knew it for what it was, and under God's grace we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado. Thus we were enabled to accept ourselves, our circumstances, and our fellows. Under God's grace we even found that we could die with decency, dignity and faith, knowing that "the Father doeth the works."

We of AA now find ourselves living in a world characterized by destructive fears as never before in history. But in it we nevertheless see great areas of faith and tremendous aspirations toward justice and brotherhood. Yet no prophet can presume to say whether the world outcome will be blazing destruction or the beginning, under God's intention, of the brightest era yet known to mankind. I am sure we AAs well comprehend this scene. In microcosm, we have experienced this identical state of terrifying uncertainty, each in his own life. In no sense pridefully, we AAs can say that we do not fear the world outcome, whichever course it may take. This is because we have been enabled to deeply feel and say, "We shall fear no evil -- thy will, not ours, be done."

Often told, the following story can nevertheless bear repeating. On the day that the staggering calamity of Pearl Harbor fell upon our country, a friend of AA, and one of the greatest spiritual figures that we may ever know, was walking along a street in St. Louis. This was, of course, our well-loved Father Edward Dowling of the Jesuit Order. Though not an alcoholic, he had been one of the founders and a prime inspiration of the struggling AA group in his city. Because large numbers of his usually sober friends had already taken to their bottles that they might blot out the implications of the Pearl Harbor disaster, Father Ed was understandably anguished by the probability that his cherished AA group would scarcely settle for less. To Father Ed's mind, this would be a first-class calamity, all of itself.

Then an AA member, sober less than a year, stepped alongside and engaged Father Ed in a spirited conversation -- mostly about AA. As Father Ed saw, with relief, his companion was perfectly sober. And not a word did he volunteer about the Pearl Harbor business.

Wondering happily about this, the good father queried, "How is it that you have nothing to say about Pearl Harbor? How can you roll with a punch like that?"

"Well," replied the AA, "I'm really surprised that you don't know. Each and every one of us in AA has already had his own private Pearl Harbor. So, I ask you, why should we alcoholics crack up over this one?" 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 <u>https://www.cartoonstock.com/directory/a/</u> <u>alcoholics_anonymous.asp</u>

> The Vancouver Area Intergroup

2203 Fairmount Ave, Ste. A Vancouver, WA 98661

Phone: 360-694-3870 Fax: 360-694-1032 E-mail: vancaa@vanintgrp.com