

Vancouver Area Intergroup of
Alcoholics Anonymous

March/April 2020
Volume 27

2203 Fairmount Avenue, Ste. A
Vancouver, WA
98661

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

VANCOUVER AREA INTERGROUP

Primary Purpose

My Visit to Dr. Bob's House

While in Columbus on business recently, I was struck with the idea that I could visit Akron, it being only 2 hours away. At first, I thought I would simply go find a meeting in Akron, to be close to the epicenter of AA. However, when I looked around on the web, I discovered that Dr. Bob's house was preserved as a museum and was open for tours. I went, and as I crossed the threshold, after having walked up the 12 steps to the porch (yes, there are really 12 steps) I was greeted with "Welcome Home" by a volunteer.



Keep reading this article...turn the page!



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Monthly Business Mtgs.

- ◆ Steering Comm. Mtg. – 4/13@6:00 PM
- ◆ Intergroup Rep Mtg. – 4/20@6:30 PM
- ◆ District 37 GSR Mtg. –4/28 @7:00 PM
- ◆ District 7 GSR Mtg. - 4/23 @7:00 PM

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

My Visit to Dr. Bob's Home

Continued...

It was certainly a surreal experience, to be in that living room and see the chairs where Bill and Bob sat, talked, smoked and came up with our Program. To see the actual typewriter on which the original manuscript was brought forth, was powerful indeed.

On the second floor we were shown their bedrooms, that of Bob and his wife Anne, and their children. There were two beds in Bob Jr's (Smitty's) room, beds that eventually became the ones where so many lost and desperate souls would find themselves convalescing after having been dosed with Paraldehyde by Dr. Bob, thus being knocked out for about 36 hours to avoid the worst of the DT's. Our guide told us how the kids, coming home from school could often smell the Ether based potion from down the street and knew they would once again be forced up into the hot attic, giving up their beds to yet another alcoholic who had come knocking at 855 Ardmore Ave.

Next door was their daughter Sue's room, which came to be known as the "Surrender Room", and it was here, after having done the first 2 steps from their beds, often still gagging on the heinous mixture of Sauerkraut, tomatoes and Karo syrup being forced down their gullets by Bill and Bob, that many of the first 40 hit their knees and did the third step, before there were even written steps to follow. In this room was also a vanity with drawers, one of which had become a sort of "God Box" for countless others who had made this pilgrimage before me. After having a quiet moment of Prayer in that same hallowed spot, I left my 1-year coin in the drawer, knowing it was only through my higher power, and the benevolent ghosts haunting that room that I had it in my pocket at all.

In the hallway just outside this room was a small closet that held the actual steel wire recording device used by Bill and Bob for dictation. Played for us by our guide, I heard their voices from across the expanse of time and history, each sending a message to the other about getting together soon to work out some of the details plaguing the fledgling fellowship. Bob, recovering at the time of the recording from, ironically, a proctological procedure, made a joke about how surgery was different, depending on whether you were the giver or receiver of the process, and that he may henceforth be a little kinder to his patients.

However, what struck me most, out of all these artifacts so steeped in the history of our Program, was the bottles. Dr. Bob's children had helped to restore the house, including much of the original furniture, after the Fellowship had acquired it. In so doing and wanting it to reflect authentically how they remember it, there were bottles stashed all around the house. Peeking out from a woolen sock beneath the hamper in the bathroom, in a hollowed-out cinderblock under the coal chute in the basement, and in a glove on the porch near the swing. This was so familiar to me and resonated so deeply that I was shook to my core. These men, so venerated by myself and many others, were, ultimately, real alcoholics, just like me. Once I processed this fact, the phrase uttered upon my entrance into that three-story shrine of healing, love and service, finally made sense. "Welcome Home" the man had said, and knew I was.

We are now accepting personal A.A. stories for our
"Experience, Strength, and Hope" section in future
Newsletter Editions...if you have a story about how A.A.
changed your life, please submit via email to:
vancaa@vanintgrp.com

AAWS on Coronavirus

Alcoholics
Anonymous®

www.aa.org

General Service Office of Alcoholics Anonymous, Inc.

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

The General Service Office (G.S.O.) has been receiving inquiries about how groups should respond to the COVID-19 (coronavirus). Groups and members are concerned about health and safety issues, and are looking for guidance on how to address this question.

The General Service Office is a repository of shared group experience and functions as a resource center for A.A. members and groups who are looking for the shared experience of the Fellowship. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. However, we might suggest contacting your national, state/provincial and local health authorities for appropriate information.

We do have some general experience to share regarding how some groups and members have begun to address this issue. Our collected experience suggests that talking about these issues before they arise can help a group be prepared to address them in a sensible and helpful manner and allow the group to continue keeping the focus on our common welfare and primary purpose.

Some groups have discussed making changes to customs at their meetings. Some examples have included: avoiding shaking hands and handholding; making sure meeting hospitality tables are sanitary; or suspending food hospitality for the time being. Regardless of group decisions, each individual is responsible for their own health decisions.

Some groups have considered contingency plans in case the group is temporarily unable to meet in person. Plans have included: creating contact lists and keeping in touch by phone, email or social media; meeting by phone or online. Providing members information for the A.A. *Online Intergroup* (www.aa-intergroup.org) may serve as an additional helpful resource. If a group isn't holding its regular meetings, they may want to communicate this to local A.A. resources, such as the district, area and intergroup or central office.

G.S.O. has received inquiries about the A.A. events it coordinates throughout the year. Visit www.aa.org for up-to-date information regarding G.S.O./A.A.W.S. coordinated events. Please be assured that the health and safety of attendees is a priority. G.S.O. is closely monitoring relevant health advisories regarding COVID-19 (coronavirus).

We hope this limited sharing is helpful.

Pamphlet of the Month

Is A.A. for You?

What's your score?

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way. But again, only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call. A.A. does not promise to solve your life's problems. But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable.

Is A.A. for You?

Only you can decide whether you want to give A.A. a try — whether you think it can help you. We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism. We decided to try to face up to what alcohol had done to us. Here are some of the questions we tried to answer honestly. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

Is
A.A.
for You?

**TWELVE QUESTIONS
ONLY YOU CAN ANSWER**



***The Intergroup Bookstore is now open on Saturdays
from 10 am -2 pm!***



AA Traditions Checklist from the AA Grapevine

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?



*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!*

***Congrats on your continuous length of
sobriety...
You did it one day at a time!***

Spiritual Experiences

Spiritual Experiences
by Bill W.

[Copyright © AA Grapevine, Inc.](#) July 1962

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a very natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that!" Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business. I can't understand what these people are talking about."

As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was very natural for me to feel that this experience staked me out for somebody very special. But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, however, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle." Prior to this statement, he had described a miracle of transformation which had occurred in him—not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle—except that he doesn't seem to know it yet!" We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

Moreover he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate—my sudden spiritual experience notwithstanding.

So nowadays when AAs come to me, hoping to find out how one comes by those sudden experiences, I simply tell them in all probability that they have had one just as good—and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been condensed into six minutes—well, they then might have seen the stars too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones—they are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation—whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs.

Group Contributions and Financial Statements

Contributions for February	Group Name	Contributions Year to Date
275.35	A New Morning	738.95
449.71	B & P	449.71
	Camas Group	43.02
150.00	Cascade Group	150.00
	Cascade Locks Spiritual Brkfst	75.00
	Chapter Nine (Couples)	150.00
	Cherry Grove Groups	100.00
20.00	Cornerstone Group	20.00
	District 7	758.53
25.00	Dry Tribe	25.00
500.00	East County Women's Group	500.00
	Eastside Brown Baggers	165.00
119.62	First Shot	213.23
89.65	Fresh Start	180.18
	Keep Coming Back	60.45
	La Center Group	23.41
	Ladies Big Book Study	105.00
	Lewis River AA	19.02
250.00	Men's Eastside	250.00
	Men's Fireside	100.00
	Minnihaha	125.00
350.00	Miracles at Noon	691.00
46.10	Primary Purpose	46.10
25.00	R360very Group	42.08
	Ready and Willing	23.44
	Real Alcoholic Men	150.00
	Rock Bottom Recovery	30.00
	Saturday Night BB Study	135.00
40.00	Simplicity Stag	40.00
	Step Sisters	43.51
300.00	Stevenson AA	300.00
250.00	Sunday Night Alternatives	250.00
520.50	Sunday Solutions	620.50
	Wayfarer's	30.93
22.60	Wednesday Night Recovery	37.60
44.83	Welcome Home	44.83
254.71	Women's Emotional Sobriety	254.71
100.00	Women's Fireside	100.00
3,833.07	SUBTOTAL	7,091.20
2,887.56	Miscellaneous/Individual	3,123.56
6,720.63	TOTAL	10,214.76

Financial Statements

	February(\$)	YTD (\$)
Revenue		
Sales	4,246	8,931
Group Contributions	3,833	7,091
Individual Contributions	2,888	3,124
Misc. Income	113	201
Fundraising	0	0
Total Income	11,080	19,347
Expenses		
Cost of goods sold	2,301	6,878
Fundraising Expenses	220	220
Credit Card Machine	104	195
Office supplies	121	543
Insurance	50	97
Licenses & Fees	0	117
Payroll & Taxes	3,733	7,449
Copy Machine	246	436
Rent	950	1,708
Utilities	428	734
Total Expenses	8,154	18,378
Net Income /(Loss)	2,926	968

February 2020 Cash Balances	
Main Checking	\$ 7,483
Event Account	\$ 5,155
Prudent Reserve	\$ 9,051
Petty Cash	\$ 100
Total Cash Balance	\$ 21,789

February Bottom Line

- Total Revenue – Total Expenses = 2,926
- Adjustment made in January for count of physical inventory. This adjustment is under cost of goods sold (COGS) but does not represent cash out of our account.
- Year-to-date \$898 better than forecasted
- Group contributions \$3,833
- Individual contributions \$2,888

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Steering Committee meeting of February 10, 2020

Attendance: Marc, Chris, Cassia, Kevin, Phil, Kasmir, Anna, Dusty

Opening: The meeting was opened at 6:01pm with the Serenity Prayer. Minutes from the January 2020 SC meeting were accepted. Minutes from the January 2020 IG meeting were distributed.

Hotline: The Hotline Committee held a meeting in January in which Emily was elected as the alternate chairperson. Guidelines which define responsibilities, requirements and length of commitment were adopted. There is currently a need for a Wednesday 9:00pm to Thursday 6:00am volunteer.

Treasury: Please see attached report. The report has not been finalized but the SC members were informed it will be before the February 2020 IG meeting.

Office: The office received a letter from a local group* talking about their financial commitment to support Inter-group. Cassia advised that she has received similar comments verbally.

*Group not named as unknown if they want to be publicly identified.

Old Business/Saturday Hours: Anna is keeping the office open. There is a need for more volunteers.

Old Business/Gratitude Dinner: We are tentatively looking to hold the annual gratitude dinner on November 7th. The venue has not yet been reserved. A best practices/opportunity for improvement list has not yet been received.

Activities: The Marshall Center has been reserved to hold the annual picnic on July 25th. A Treasurer's workshop is tentatively scheduled to be held April 18th, 10:00am to 2:00pm at People's Church.

New Business/District 27: The Longview/Kelso area has inquired about joining this Intergroup. Cassia and Kevin will be attending their GSR meeting to answer questions and address concerns.

New Business/Copies: We currently charge 0.08 for double sided copies and 0.04 for single side. The bulk of the cost the paper. It was approved to charge 0.08 single or double sided. These are black and white copies. Color copies are not available.

New Business/Meeting Guide App: The meeting guide app pulls information from the Area 72 date base and also Intergroup data base. Area 72's information is not current which has resulted in incorrect information. Area 72 will begin pulling information from Intergroup.

Closing: The meeting was closed at 6:53pm with the Lord's Prayer.

Yours in Service,
Phil B.

Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting of February 17, 2020

Opening: The meeting was opened at 6:30pm with the Serenity Prayer and reading of the purpose of the Vancouver Area Intergroup. Kevin gave a presentation of the 2nd Tradition. Tom gave a presentation of the pamphlet "Frequently Asked Questions About A.A." Sign-in was verified. Of those in attendance 15 hold voting rights. Attendees introduced themselves. Steering Committee meeting minutes were read. Last month's IG Rep minutes were read and accepted.

Hotline: Patrick reported the committee held a meeting in January in which Emily H was named as the alternate chairperson. At the meeting they defined responsibilities, requirements and expected commitment. All positions are currently filled however they would like to bring in three volunteers per month. Flyers are available at the office.

Treasury: It was previously reported that based on the current trend of group donations the office was at risk of closing in four to six months. Donations did increase however is still under forecast. Anonymous contributions from individuals was more than double of the forecast. Overall the office net income was above forecast. It was noted that the amount over the forecast is about the same amount of the increase in individual contributions. The office has not been able to replenish money taken from the prudent reserve. Please see attached financial report.

THANK YOU groups and individuals that stepped up the contributions.

Office: Cassia read a letter received from the East County Women's Group that discusses financial support of the office. (Please see Feb/March 2020 Primary Purpose to read letter.) Cassia reports that other groups have made similar comments of financial support. The meeting guide app has some erroneous information. It was explained that information is being pulled from Area 72 which is not current. They are currently working on updating information.

Outreach: Dusty reported that he is still contacting groups and insuring they understand that Intergroup needs their support. It was discovered that some groups were under the impression that when they made a contribution to District that they were supporting Intergroup. When this is encountered the separation between the two entities is explained. There is a guideline that clarifies the separation between District and local offices.

Activities: Kevin reported that the chili cook-off/cribbage tournament has been cancelled due to a scheduling conflict with a similar event for the Jamboree. The treasurer's workshop has not yet been scheduled but will most likely be in May.

Attendance:

Cassia N
Office Manager
Dusty G
Cornerstone
Marc T
Miracles
Chris C
Rock Bottom
Phil B
None
David R
Welcome Home
Patrick M
MSG
Chris H
MSG
Kasmir Z
ESBB
Kevin P
Hockinson
Tom S
Men's Fireside
Richard R
Lighthouse
Robin M
Fireside
Michelle
WIA
Michelle C
Dry Tribe
David C
1st Shot
Jennifer D
DROTN and
Central Group
Patti S
Camas
Emily H
MSG

Intergroup Rep Meeting Minutes

Continued...

Old Business/Gratitude Dinner: The venue has not yet been secured but the intent is still to hold the annual event on November 7th at First Presbyterian Church. An outline of best practices and opportunity for improvement is still being developed.

Old Business/Saturday Hours: Opening the office on Saturdays, 10:00am to 2:00pm, is working well. There are four volunteer opportunities to help out. Fliers are available at the office.

A huge **THANK YOU** to Anna who took ownership of this project.

Old Business/District 27: Cassia, Kevin and Marc attended District 27's GSR meeting on February 15th. They are exploring the possibility of linking up with Intergroup. Their questions were answered and they are taking the issue back to their groups. Should they decide they want to be linked up to Intergroup it would first need to be approved by our groups.

Group News: David reported that 1st Shot is again holding a meeting on Tuesdays. Jennifer reported that Central Group discussed financial support of Intergroup and due to their overhead costs are not able to make any contributions at this time. Dusty explained how Cornerstone is doing a special 7th Tradition for individuals looking to make an Intergroup donation. Chris reported that Rock Bottom is holding a speaker's meeting (flyers available at the office) on March 21st and if your group has an event that they would like announced to get a flyer to him.

Closing: The meeting was closed with the Lord's Prayer at 7:07pm. The next Steering Committee meeting is March 9th at 6:00pm and the IG Rep meeting March 16th at 6:30pm.

Yours in Service,
Phil B.

Upcoming Events

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Friday Night Happy Hour Speaker Mtg.: 7:30 pm	4 OB's Speaker Mtg.: 7:30 PM
5	6	7	8	9	10	11 Wayfarer's Speaker Mtg.: 7:00 pm
12	13 Steering Committee Mtg.: 6:00 pm	14	15	16	17	18 ♦ Wayfarers Spring Fling: 7- 11 pm ♦ 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 Central Group's Birthday Meeting: 8:00 pm	25
26 ♦ Sideways Sunday Potluck: 7:30am ♦ Carson Potluck: 6:30 pm. Speaker: 7:00 pm ♦ Hokinson Potluck: 6:00 pm ♦ Sober Sickos:7:30 pm	27	28 District 37 Mtg.: 7:00 pm	29	30		

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.

THE "ARE YOU AN ALCOHOLIC?" QUIZ, IF THEY ALLOWED ME TO WRITE IT

- 1 DO YOU THINK IT'S CRAZY WHEN PEOPLE DON'T FINISH THEIR DRINK?
- 2 HAVE YOU EVER DRANK UNTIL YOU VOMITED, AND THEN DRANK SOME MORE?
- 3 DO YOU OFTEN FIND YOURSELF SAYING, "OH WELL. F**K IT."?
- 4 DO YOU THINK YOU JUST HAVE SUPER TERRIBLE LUCK?
- 5 ARE THE INSURANCE AND REGISTRATION STICKERS EXPIRED ON YOUR CAR?
- 6 HAVE YOU EVER NOT HAD THE MONEY FOR RENT/ELECTRICITY, BUT WENT OUT DRINKIN' ANYWAYS?
- 7 HAVE YOU EVER SAID THE STATEMENT, "NO, I'M NOT AN ALCOHOLIC"?
- 8 HAVE YOU EVER SAID THE STATEMENT, "YES, I'M AN ALCOHOLIC"?
- 9 HAVE YOU EVER ACTED AS IF YOU WERE HAVING A PARTY TO THE MAN BEHIND THE COUNTER AT THE LIQUOR STORE, IN ORDER TO JUSTIFY THE AMOUNT OF ALCOHOL YOU ARE BUYING?
- 10 HAVE YOU EVER LOST A SHOE?
- 11 HAS YOUR CELLIE EVER TOLD YOU THAT YOU MIGHT HAVE A DRINKING PROBLEM?
- 12 HAVE YOU EVER WOKEN UP NEXT TO SOMEONE AND WONDERED WHAT HIS/HER NAME IS?

-AGK 2015

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

The Vancouver Area
Intergroup

2203 Fairmount Ave,
Ste. A
Vancouver, WA
98661

Phone: 360-694-3870

E-mail:

vancaa@vanintgrp.com