

Vancouver Area Intergroup of
Alcoholics Anonymous

November/December 2018
Volume 11

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Primary Purpose

Intergroup Gratitude Potluck Dinner Around Corner!

Come and join us on Friday, November 30th (doors open at 5:30 pm) at the First Presbyterian Church on 4300 Main St. in Vancouver, Washington for delicious food, fellowship, raffle prizes, and a very special guest speaker, Rona Y.R. Tickets are on sale now at the Intergroup office for \$15.00. This is a great way to support the Intergroup and have a lot of fun too! For dinner (served at 7:00 pm), we are planning to serve prime rib, roasted chicken, roasted garlic potatoes, and seasonal vegetables, as well as some vegetarian options (prepared by two very talented chefs). You may also bring a potluck dish or dessert dish in a disposable pan (all utensils are supplied) if you wish. Special raffle prize tickets will be given for each dish you bring. We are accepting donated raffle prizes from groups that would like to participate, you may drop them off at the Intergroup office. If you are looking for a service work opportunity, and would like to assist us with this event you may contact the Intergroup office during business hours at (360) 694-3870, or one of our event coordinators, Darcy S. at (360) 513-0260, and Laurie H. at (760) 525-4269. We are excited to see you there!

About Special Guest Speaker, Rona Y.R.: “2014 and 2016 Native American Music Awards (NAMA) Flutist of the year, Rona Y.R. was born and raised in Havre, Montana and is an enrolled member of the Chippewa Cree Tribe of Rocky Boy, Montana.

(Continued on next page...)



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Monthly Business Mtgs.

- ◆ Steering Comm. Mtg. -12/10 @6:00 PM
- ◆ Intergroup Mtg. -12/17 @6:30 PM
- ◆ District 37 GSR Mtg. -12/18 @7:00 PM
- ◆ District 7 GSR Mtg. - 12/27@7:00 PM

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

About Rona Y.R. Cont. from pg. 1...Rona is known for her powerful vocal ability, Native American flute style, and heart-filled presence. She picked up her first flute in 2002 and has been on a Musical and Spiritual journey ever since. It is by playing the Native American flute, which she refers to as her “other voice,” that she has become comfortable sharing with all audiences many aspects of her life that are personal and meaningful to her...”

—This excerpt taken directly from Rona’s website. For her full bio, check our Rona’s website at www.ronayellowrobe.net/about.

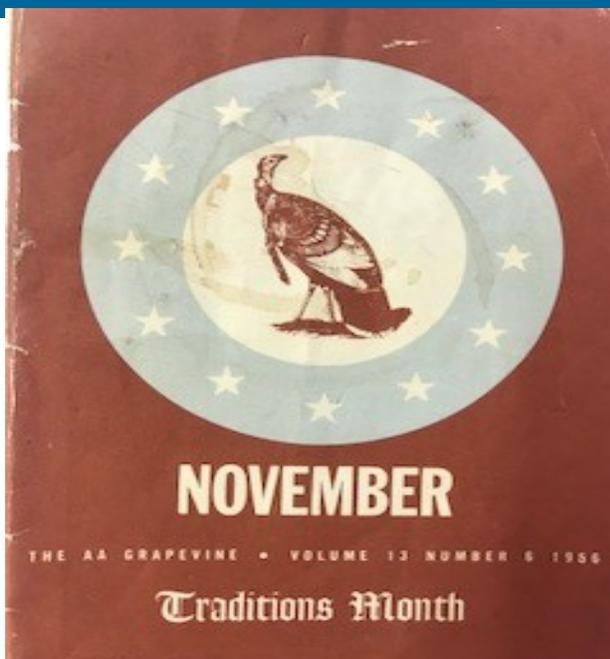
Bookstore News

A big **thank you** to everyone who has signed up for service work at the Intergroup office! We are currently organizing a list of things to do as well as a schedule, so you may be receiving a phone call from us in the next few weeks to plan your future assistance. If you are interested in doing this, and have not yet signed up, please call the office at (360) 694-3870 or stop in and sign up!

Stop in and check out which books are currently on sale!

DID YOU KNOW?

Before November was “Gratitude Month” it was
“Traditions Month”



“In observance of “Traditions Month” — as November was unofficially adopted throughout AA at a time of Thanksgiving for the blessings of our Fellowship — we are pleased to present again, from the March 1955 Grapevine, an article that does an unsurpassed job of personalizing AA’s Twelve Traditions.”

—See Page 9 for an excerpt from Volume 13 Number 6 1956 titled: *The Whisper of Humility*

Experience, Strength, and Hope

Hello, my name is Josh, and I'm an alcoholic. I grew up in a loving home with two married parents and my dad was a preacher, who I admired very much. I was taught good morals and family values.

However, I started drinking at a young age along with my siblings. I remember when I was six years old, I wanted to taste grandpa's drink because I was told not to, so I began stealing sips of beer from him.

I partied a lot through middle school and high school and started getting in trouble often, skipping school, and eventually dropped out of high school half way through my senior year. The partying continued after high school, as I started hanging around the wrong crowd and started doing a lot of bad things, illegal things.

My illegal behavior continued for around 15 years. Within that 15 years, I stole from stores, did a lot of mean and hateful things, and hurt many people, all to feed my alcoholism.

Over time I began to feel very tired of my lifestyle. I wanted to be happy, joyous and free, and have a productive life, but that was not possible the way I was living. The guilt and shame for the things I had done to people was eating me up inside. So, I tried weening myself off for about 3 years. Each time I thought I was doing different things, but I kept on getting the same results: more drinking and partying, I just couldn't quit.

I finally prayed and asked God, "Is this what you have in store for me for the rest of my life?" I believe the answer was "No" because for some reason the very next day I felt an urge to go to the welfare office and ask for help for my drinking, and so I did.

Shortly after that I went to treatment. I went to treatment very scared of the unknown journey that was ahead of me, and felt angry and tired most of the time. I learned a lot of good things in treatment, but the most helpful thing I learned was to go to AA meetings, get a sponsor, get into the Big Book, and work the steps.

So, when I got out of treatment, I followed those directions and rolled up my sleeves. I went to multiple meetings every day, found a sponsor and started work on the steps. Slowly but surely my life started to change before my eyes. I noticed my thought process was completely different and my decisions were finally sound. I went back to school and got my GED and began working.

Even though things were much better, difficult situations in my life started happening all at once shortly before celebrating my 9 years of recovery.

My dad passed away followed by my mother within a month and half, and a few months after that, my sister died. These three deaths were my biggest fears in life. Especially my mom because I am a three hundred pound mama's boy.

Congratulations!

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

KIRBY K. — 6 YRS.

NICK C. — 1 YR.

JOSH L. — 10 YRS.

JOHN M. — 7 YRS.

JIMMY W. — 10 YRS.

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!

Experience, Strength, and Hope (cont. from Pg. 3)...

When I first got into recovery, I used to think that I wasn't sure if I could stay sober if those things ever happened. But I did!

Then shortly after losing my sister I found out I have the same health issues that ended her life. Even after all of those things, and more, I still haven't found a good reason to drink. On November 3, 2018, I celebrated 10 years of recovery.

With God's help and the help of my AA program, and three amazing angels (dad, mom, and sister), I stay sober no matter what. Because I know there is nothing that can happen to me that drinking won't make much worse.

--Josh L.

We are now accepting personal story submissions like this one for future Newsletter additions. They can remain completely anonymous if you so choose. Please submit your entries via email to vancaa@vanintgrp.com. Thank You!

Group Contributions and Financial Statements

October	Donations	Year to Date
43.10	A New Morning	3,389.29
280.00	As Bill Sees It	480.00
	B & P	2,035.74
	Camas Group	37.36
	Cascade Group	160.00
88.77	Chapter Nine	269.45
	Cornerstone	37.27
	District 7	1,379.20
	Dry Tribe	26.00
	Early Light	125.00
	Eastside Brown Baggers	430.00
	Eastside Women's Book Study	100.00
	East County Women's Group	50.00
30.88	First Shot	393.43
33.00	Forged from Adversity	33.00
73.55	Fresh Start	846.91
	Gorge Gals	50.00
	Ground Zero	0.23
162.62	Hokinson	312.19
	La Center Group	19.90
	Ladies by the Lavender	100.00
53.01	Lewis River AA	98.42
30.00	Lighthouse	270.00
207.00	McGuilivray Study Group	482.00
	Men's Eastside	500.00
	Men's Fireside	240.00
	Minnehaha	127.00
325.00	Miracles at Noon	3,062.28
	OB's Speaker's Meeting	197.96
	Primary Purpose	155.75
	Ready and Willing	47.16
	Reconciled	241.55
	Renegades	105.00
	Ridgefield AA	180.00
	Round Table	460.28
	Russian Pacific Group	5.00
	Saturday Night Big Book Study	523.00
	Sober Uppers	58.24
	She Who Remembers	120.00
83.00	Step Sisters	228.20
250.00	Stevenson AA	700.00
100.00	Sunday Night Alternatives	250.00
	Sunday Solutions	732.00
	There Is A Solution	206.00
	United Sober Group	293.84
31.86	Wayfarer's	223.27
0.18	Wednesday Night Recovery	276.04
55.53	Welcome Home	141.15
28.88	West Vancouver Group	49.46
200.00	Women's Fireside	200.00
2,076.38	SUBTOTAL	20,448.57
205.00	Miscellaneous/Individual	1,868.27
2,281.38	TOTAL	22,316.84

	October (\$)	YTD (\$)
Revenue		
Sales	3,727	43,061
Contributions	2,281	22,317
Fundraising/Picnic	0	1,282
Misc. Income	188	1,521
Total Revenue	6,197	68,181
Expenses		
Cost of goods sold	2,079	25,725
Fundraising Expenses	0	1,098
Merchant Services	96	1,044
Office supplies	505	1,505
Equipment rent	229	1,965
Building rent	875	8,750
Utilities	1,050	5,431
Net Wages	1,997	18,806
Payroll taxes	435	5,374
Insurance	0	500
Licenses	0	111
Total Expenses	7,266	70,310
Net Income / Loss	(1,069)	(2,128)

October, 2018 Cash Balances	
Main Checking	\$ 5,280
Event Account	\$ 1,654
Prudent Reserve	\$ 17,040
Petty Cash	\$ 136
Total Cash Balance	\$ 24,110

Easy Does It

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Steering Committee Meeting for October 8, 2018

Attendance:

Ronnie	Chair	Cassia	Office Manager
Marc	Vice Chair	Glenn	Position 3
Phil	Position 1	Darcy	Co-Chair Gratitude Dinner
Laurie	Position 2		

The meeting was opened at 6:04pm with the Serenity Prayer.

The Steering Committee minutes for September 10, 2018 was approved. The Intergroup Meeting minutes for September 17, 2018 was reviewed.

HOTLINE: Cassia reported that all position are filled , the 12-step list is being updated and volunteers are always welcome.

TREASURERY: Please see attached treasury report. Laurie reported that we will need to make the 2019 forecasts. She also reported that there has been a lack of attendance at the Finance Committee meetings and questioned if they should be discontinued. This is a matter to be presented to the Intergroup Representatives. With the explanation that the office has an open book policy.

OFFICE: Cassia advised there are no issues to report.

WEBSITE: Please see attached website report. Cassia has discussed about creating an app to make the website mobile friendly. The webmaster advises these are typically expensive however he will be looking further into this.

OLD BUSINESS

GRATITUDE DINNER: Darcy and Laurie are co-chairing the November 30th event which will be held at the First Presbyterian. A cook has volunteered. Tickets are available for sale and flyers are being distributed.

PROPOSED GUIDELINES: There was discussion about the proposed guidelines however this is an issue for the Intergroup Representatives. Vote to accept or reject will be held October 15, 2018.

NEW BUSINESS

CORRECTIONS: Ronnie reported that he received a \$2000 donation to be used for corrections. The donor, who wishes to remain anonymous, has instructed Ronnie to use the money where he seen it is needed.

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

Yours in Service,
Phil B.

Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting for October 15, 2018

ATTENDANCE:

Ronnie C	Chair	Marc T	Miracles
Chris H	MSG	Richard R	Lighthouse
Nicole W	Rock Bottom Recovery	Michael B	Cascade
Phil B	Central	Gordon M	Camas Big Book
Jess J	Ladies by the Lavender	Glenn H	Early Birds (non-voting)
Mark Q	Reconciled	Dusty G	Cornerstone
Braxton E	East Side Brown Baggers	Robin M	Fireside
Cassia N	Miracles (non-voting)	Darcy S	Early Birds
Laurie H	Sober Uppers		

The meeting was opened at 6:32pm with the Serenity Prayer

Tradition Review: Mark Q did a presentation on the 10th Tradition

Past Minutes: Minutes from the September 10, 2018 Steering Committee meeting was reviewed. Minutes from the September 17, 2018 Intergroup Representatives meeting were accepted.

Hotline: Cassia reported that all positions are filled however volunteer names are always welcomed. The 12-Step list is being updated. Maureen who chairs the committee will be stepping down in January 2019. Those interested in chairing the committee should contact the office.

Financial: Presented by Laurie.. Please see attached report.

Office: Cassia reported there are no issues at this time

Website: Please see attached website report. Cassia reported that the webmaster is looking at options to make the website more mobile friendly.

Old Business

Proposed Revised Guidelines: Prior to taking a vote Richard made a presentation regarding concerns about the proposed revisions. The vote ended in a tie. The chair has authority to vote in the event of a tie but choose to abstain. The proposed guidelines have not been adopted.

Gratitude Dinner: Darcy and Laurie are co-chairing the event which will be held on November 30, 2018 at the First Presbyterian Church. Tickets are available; \$15 each.

Intergroup Rep Meeting Minutes — Cont. from Pg. 7

New Business

Recording Secretary: Nicole was voted in as the new Recording Secretary.

Finance Committee: Due to lack of participation the question was put to the representatives should the finance committee meetings be discontinued. It was decided that the monthly meeting will be discontinued however there will be quarterly meetings.

Corrections Donation: Ronnie received an anonymous \$2000 donation to be used for corrections. He requested that items be shipped to him through the office with him making a 25 cent donation to the office per book to compensate for bookkeeping and handling. The motion was approved.

Proposed Revised Guidelines: The subject of the proposed guidelines was reopened with motion to change “governing” to “assisting” and that there be no changes in literature sales. The motion was approved to be taken back to the groups and voted on in November.

The meeting was closed at 7:49pm with the Lord’s Prayer.

Yours in Service,
Phil B.



AA GRAPEVINE

From the November 1956 Magazine The Whisper of Humility

THE Traditions, as written by our co-founder Bill, define for me clearly and precisely how to get well and stay well. They tell me who God is, what He does, and where He functions, They show me what spirituality is and how I may seek and find it. They clarify what anonymity means.

Perhaps most important of all, they point out the path toward humility. It is helpful that this path is not described bluntly; rather it is whispered to me in each Tradition.

Tradition One tells me that “Our common welfare should come first...” Not second or fourth or tenth, but *first*. Why? Because “personal recovery depends upon AA unity.” So I learn that after the Twelve Steps have been digested, my group, my AA, *comes first*; not myself, you understand, but my AA group or groups. My own recovery — my most prized possession, since it means life itself — depends upon my group’s unity.

I am told how to stay well in Tradition One, and to my surprise, it dawns on me that I have received the first gentle whisper which nudges me along the path of humility.

Tradition Two tells me who God is, where He is, and what He does. It says, “For our group purpose there is but one ultimate authority...a loving God as He may express Himself in our group conscience.” God expresses Himself in a specific location — my conscience. This is good news to me. I have wondered for over forty years where and who God was and what He did. Now I understand what was meant, long ago, by the command, “Be still and know that I am God.”

I read on in the last half of Tradition Two and I find the second gentle whisper toward humility: “Our leaders (you and I) are but trusted servants; they do not govern.” I love the clarity and force of that simple word “but.” As a leader I am *but* a trusted servant; I need not govern. Thank God! I have been a dubiously trusted leader who felt that he *must* govern for too long; now I may be relieved of all of that. As God may express Himself in my conscience, I am His and your trusted servant, who governs only me!

Tradition Three tells me that “The only requirement for AA membership is a desire to stop drinking.” To *have a desire to stop* anything is new to me. So I receive the third gentle whisper toward humility. As I hear and feel these gentle whispers I settle more and more each day to life size, and, as a Los Angeles member has said, “Life comes to be for free and for fun.”

Tradition Four brings me clearly and simply into my own right. It says, “Each Group should be autonomous, except in matters affecting other groups or AA as a whole.” You and I are autonomous. Individually and collectively, we may do as we wish, we are unrestricted...*except* when we step on someone else’s toes or when we step on a group’s toes. Thus the fourth gentle whisper toward humility says to me, “Brother, the common welfare comes first for the truly spiritually selfish reason that your own recovery depends upon its continued existence.”

Tradition Five defines in clear terms my only reason for existence. There is no other for me: “Each group has but one primary purpose...to carry its message to the alcoholic who still suffers.” There is my answer. I need purpose — and I have it! I must carry the message to the alcoholic who still suffers. So I say to myself, “Thank God for alcohol and for the unrecovered drunk!” And I hear a fifth gentle whisper toward humility deep within me which says, “At long last you have come to realize that service to others is all that you have to offer in this life!”

Tradition Six clarifies the spiritual side of this program. It says, “An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise lest problems of money, property and prestige divert us from our primary spiritual aim.” I’m glad to know this, because now I can be on guard. I have a primary spiritual aim which money, property and prestige can bust wide open and devour. I hear a sixth gentle whisper toward humility which says, “Your primary spiritual aim is to carry the message to the alcoholic who still suffers!” In the role of a trusted servant, I must follow the instruction of a loving authority who lives in the depths of my soul. It says, “In all reverence carry to the sick alcoholic the message that I have given you.”

AA GRAPEVINE CONT. FROM PG. 9...

Tradition Seven tells me how to obtain peace of mind. It shows me how to regain my self-respect. At long last I understand the inner peace that comes from being responsible for myself, and to myself. Tradition Seven says, "Every AA group ought to be fully self-supporting, declining outside contributions." What relief that is! No longer do I need to *wait* for contributions. I am now free to *give* contributions.

Tradition Eight gives to me, a professional man, the very keynote of humility: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers." I know the professional life; I am in it up to my very ears; I love it. But I know one other thing, too: in my life of service there is absolutely no room for professionalism. In AA I am an ordinary human being with no more skills than anyone else.

Tradition Nine astonishes me by stating, "AA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve." You see, in the past, I have been so well organized (or so I thought) that I almost died from it! I was frightened at first to find that I needed to be in a group that wasn't organized. But in AA I am free to be myself as I find myself at the minute, and here I find another whisper toward humility: I can be on service boards or committees, and I can be a trusted servant who is directly responsible to you, my fellow AAs.

Tradition Ten pleases me very much. I read it daily with a joyful smile: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy." Just think, as an AA I need never be drawn into public controversy. I don't have to worry about being right. Never again! I don't have to fight anymore. I've had enough of controversy.

God love our good co-founder, Bill, for taking it easy on my befuddled brain. He held off giving me Tradition Eleven until I could hear and digest Tradition Ten. I read: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Never again do I have to promote a single thing...I am free to be myself. I am free to believe what I believe in my own way. And I hear a whisper (number eleven) deep within that says, "The way to humility is to realize that you *need* to maintain personal anonymity!" It doesn't say that I have to, or that I should, or that I must; it says I *need* — to maintain anonymity, as I need the very food and water and air that keeps me alive.

And so Tradition Twelve comes into view. "Anonymity is the spiritual foundation of all our Traditions, every reminding us to place principles above personalities." I've been wondering about this anonymity business. Now I know. Anonymity means that I am only Earle. I am just a guy like you. You and I are equal. There are no class distinctions. I am not a professional man; I am just Earle. The weather way up there on the peak of "prestige and gain" was bitter cold...down here in the world of anonymity, it is warm and balmy. I can shake hands with you and look you straight in the eye and say, "Hi, my name is Earle." I am just one guy. No more. No less. I am one of the grains of sand that goes to make up our great beach of AA. Without me as a grain of sand, without each of you as a grain of sand, there would be no AA beach. Without the beach of AA there would be no you and no me.

So, I hear the last and best whisper of all. It says, "ever reminding us to place principles above personalities." I smile a deep inward smile. Day after day I come to know that our common welfare comes first, that my God is a living authority located inside of me, that I am His ungoverning, trusted servant who is dedicated to the spiritual activity of carrying the message in complete anonymity to the alcoholic who still suffers.

I smile because in my organization I am unorganized. I smile because I need not be a professional who has opinions that he must cram down your throat. I smile because I can at last be myself, and if I don't attract anyone at least I won't promote anyone.

But mainly, I smile because you — all of you in AA — have given me the opportunity to fight for your principles rather than my personality.

Earle M., San Francisco, Calif.

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Upcoming Events

December 2018

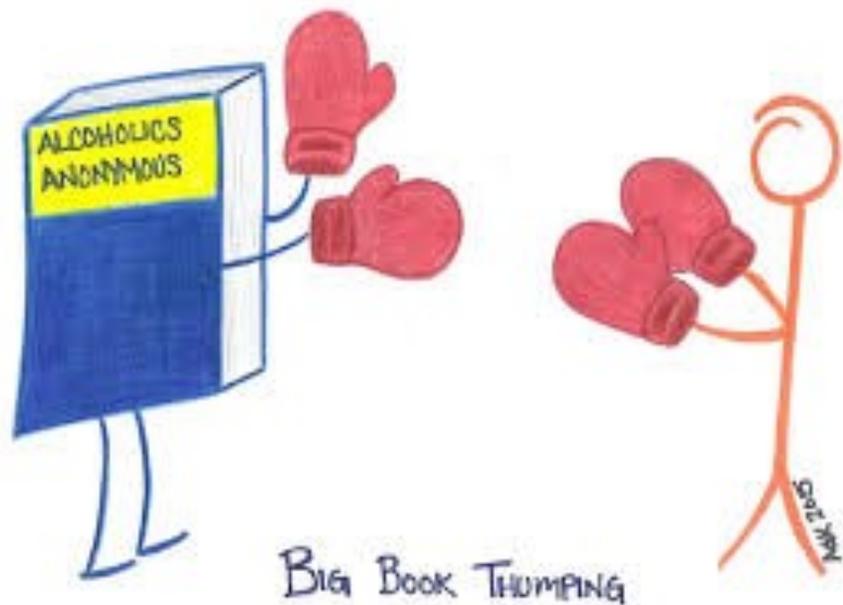
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					(Nov.) 30 Intergroup' s Gratitude Dinner: 5:30 pm	1 OB's Speaker Mtg.: 7:30 PM
2	3	4	5	6	7 Friday Night Happy Hour Speak- er Mtg.: 7:30 pm	8 Wayfarer's Speaker Mtg.: 7:00 pm
9 North Clark County Annual Holiday Pot- luck: 4-8:45 pm	10 Steering Committee Mtg.: 6:00 pm	11	12	13	14 Kleen Street Speaker Mtg.: 7:30 pm	15 Rule 62 Speaker Mtg.: 7 :00 pm
16	17 Intergroup Rep. Mtg.:6:30 pm	18 District 37 Mtg.: 7:00 pm	19	20	21	22
23 Carson Potluck: 6:30 pm Speaker: 7:00 pm Hokinson Potluck: 6:00 pm	24	25	26	27 District 7 GSR Mtg.: 7 pm	28 Central Group's Birthday Meeting: 8:00 pm	29

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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