

Vancouver Area Intergroup of
Alcoholics Anonymous

October 2018
Volume 10

2203 Fairmount Avenue, Ste. A
Vancouver, WA
98661

Vancouveraa.org
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Primary Purpose

Where Does Your Money in the Basket Go?

Whether or not your group contributes, the committees listed here carry out many activities which help your group carry the message of recovery to alcoholics all over the world. In Clark County many groups first take care of group expenses and make a contribution to the Vancouver Area Intergroup (A.A. Hotline). Then they divide the money that's left among the various service committees such as the General Service District, Washington Area 72, and the General Service office in New York (see the A.A. pamphlet "supporting the A.A. Support System" for suggestions about dividing funds).

EXPENSE.....WHAT IT DOES FOR YOU.....

Group expenses: Rent and refreshments, A.A. literature and books, a prudent reserve (usually one month's expenses).

A.A. Hotline (Vancouver Area Intergroup): Often the first contact a newcomer has with A.A., a 24-hour answering service, which gives meeting information and connects callers through to A.A. Twelfth Steppers. Handles around 1000 calls a month.

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Monthly Business Mtgs.

- ◆ Finance Comm. Mtg. -11/12@5:30 PM
- ◆ Steering Comm. Mtg. -11/12 @6:00 PM
- ◆ Intergroup Mtg. -11/19 @6:30 PM
- ◆ District 37 GSR Mtg. -11/27 @7:00 PM
- ◆ District 7 GSR Mtg. - 11/22@7:00 PM

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

Vancouver Area Intergroup: Prints and distributes up-to-date Vancouver area meeting schedules, as well as maintains a website with information about meetings and A.A. events. Prints and emails, free of charge, monthly Primary Purpose Newsletter. Oversees the operation of the A.A. Bookstore, which sells A.A. books and has an expanding literature service as well as meeting space. Oversees the A.A. Hotline. In the future, hopes to organize holiday alkathons, social activities, and workshops with such topics as sponsorship, service work, and twelfth stepping.

General Service Office: General clearing house for over 36,000 A.A. groups throughout the U.S. and Canada, sharing experience, strength, and hope through personal communications with G.S.O. staff member and the A.A. newsletter "Box 459." Serves more than 24,500 overseas groups. Corresponds with more than 1000 loners and internationalist members. Carries the message through Public Information (media and schools) and Cooperation with the Professional Community (law enforcement and health professionals) committees. Plans and underwrites the annual General Service Conference, to which we send a delegate, elected by the groups' General Service Representatives. Works with groups in treatment and correctional facilities. Edits, publishes, and distributes A.A. books and pamphlets. Deals with anonymity breaks and houses A.A. archives.

Districts and Western Washington Area 72: Expedites communication between groups within the district, area, and A.A. as a whole by sending our delegate to the annual General Service Conference in New York. The delegate participates in fellowship-wide group conscience decisions (see tradition 2), to Pacific Region Forums and Pacific Region A.A. Service Assemblies, holding monthly business meetings, hosting assemblies (election of delegate and area officers, pre-conference and post conference assemblies).

District #7
P.O. Box 504
Vancouver, WA
98666

District #37
P.O. Box 5566
Vancouver, WA
98668-5566

Western Washington Area 72
702 Kentucky St. #535
Bellingham, WA
98225-4200

Bookstore News

If you are interested in service work, the Intergroup office sometimes needs a little help. Please call the office at (360) 694-3870 or stop in and sign up!

The following books are on sale now! Come by the office today to get your 10% off discount!

- ♦ **KEEP IT SIMPLE: Daily Meditations for Twelve-Step Beginnings and Renewal**
- ♦ **TOUCHSTONES: A Book of Daily Meditations for Men**
- ♦ **SPIRITUAL AWAKENINGS II: More Journeys of the Spirit**
- ♦ **NO MATTER WHAT: Dealing with Adversity in Sobriety**



Experience, Strength, and Hope

My name is Phil and I'm an alcoholic. I grew up in Chicago in a white, middle class neighborhood but our family isn't middle class and we are of mixed race. From the very beginning I felt that I didn't belong, but I had not yet discovered alcohol or any other form of escape from reality.

I was raised by a father who was mentally absent. I recall two things one of my brothers said about our father. I overheard him tell a friend that he can't recall him ever once throwing a ball with him (I also can't recall him ever playing with me or my brothers) and that he suffered from untreated effects of having served in World War II.

My mother, although she became a citizen of the United States when I was three, didn't understand many things and my father had her convinced that if she wasn't obedient he could have her deported. She did her best to be of comfort to my brothers and I, but she lived in fear of our father.

My childhood friend Dan T., who is now also in the program, and I were the only two kids that managed to get suspended from kindergarten. His home life and mine are very similar. We both knew that any attention was better than no attention at all. They say that alcohol is but a symptom. This is my first rec-

ollection of alcoholic behavior when I was five.

I was the youngest and when I graduated my parents moved to the Pacific Northwest. I didn't want to live with them so I stayed in Chicago. Both of my brothers had enlisted into the military to have somewhere else to be.

Now I was a 17 year old living in the big city with his parents 2500 miles away. It was a party every night. If you had it I'd drink it and I also found a store where the clerk would accept a \$5 bill as proof of age. \$5 was a lot of money in 1972 but it was worth it to me. I also took every pill imaginable and smoked a lot of weed. Like most kids on their own for the first time, I just didn't make it. I was broke. I made fair money but my disease was consuming every penny.

I was faced with a dilemma. I knew that I didn't want to sleep on the streets of Chicago and that I didn't want to have to put up with the discipline of my father. So I enlisted, just as both as my brothers did, just to have a safe place to be. Just think about that: I joined the military to avoid discipline.

"This is my first recollection of alcoholic behavior when I was five".

Congratulations!

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

JON B. — 9 YRS.

TERESA R. — 12 YRS.

JOE C. — 32 YRS.

JAIME H.. — 1 YR.

SMITTY S. — 1 YR.

MARC T. — 32 YRS.

PAT S. — 37 YRS.

PATTI G. — 34 YRS.

If you would like to acknowledge someone celebrating a monthly or annual birthday, please call 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)...

In the Air Force I worked in Law Enforcement. I also shot heroin for the first time. When I got out of the Air Force I went back to Chicago, briefly, and worked Law Enforcement.

One lesson I learned was always do your drinking and drugging where the other Law Enforcement officers know you. There used to be what is called "the thin blue line" where cops take care of other cops. I got a few free rides home when I should have gone to jail. Some say I was lucky to include myself. Looking back I now know they didn't do me any favors and just prolonged how long it would take for me to hit my bottom.

Experience, Strength, and Hope...Continued from Pg. 4

I drank my job away and moved to the Pacific Northwest. I had visited it before and loved this part of the country. I think I probably moved here because no one knew me. Fresh start opportunity. A transitional. But when I arrived, I was still there.

But when I arrived, I was still there.

I got married, divorced, married someone else and got another divorce. I'd love to tell you that it was all their fault but this needs to be an honest program - LOL. I got married a third time to someone who was in the program. I was never a daily drinker and I was also functional when I drank. She thought I was a "normy" but time would reveal more.

She began seeing my behaviors and seeing that this guy is not okay. She used to tell me a story about this lady who drank one day a year but she'd go to AA. I'd ask her why is someone who drinks just one day a year going to AA. She told me it isn't how much you drink but what you do when you drink.

My wife worked at the Intergroup office at the time. If there was a business meeting she was the lady with the keys and had to stay. Her cousin, also in the program, said, "these meeting are boring," and he was going to buy me a cup of coffee. We went to an AA meeting. Someone was talking at the podium. Not a clue who it was, man or woman, or what they were saying. My brain was swirling around at about 1000mph and I suddenly had this startling revelation. As rude as it is to interrupt I stood up and said "My name is Phil ***** and I'm an alcoholic." This voice from the back of the room said "Well it's about ***** time."

So what's it like now? First off I have never found it necessary to take a drink or an illegal drug since. I recently celebrated 26 years continuous sobriety. I know there are other programs out there besides AA and I personally don't care how an alcoholic finds recovery as long as they find it. For me it is through AA, and while we call the 12 Steps suggestions, for me they are mandatory. I've also found that when I am of service to others then I'm not so much into myself. I got involved in service at either the home group and/or intergroup level when I had about two months and continue to serve to this day. I can't tell others how to be sober but that is what has been working for me.

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

September	Donations	Year to Date
434.70	A New Morning	3,346.19
	As Bill Sees It	200.00
	B & P	2,035.74
6.17	Camas Group	37.36
	Cascade Group	160.00
	Chapter Nine	180.68
	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
42.84	First Shot	362.55
159.32	Fresh Start	773.36
	Gorge Gals	50.00
	Ground Zero	0.23
	Hokinson	149.57
	La Center Group	19.90
	Ladies by the Lavender	100.00
	Lewis River AA	45.41
30.00	Lighthouse	240.00
	McGillivray Study Group	275.00
	Men's Eastside	500.00
	Men's Fireside	240.00
	Minnehaha	127.00
350.00	Miracles at Noon	2,737.28
	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
260.40	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
	Step Sisters	145.20
	Stevenson AA	450.00
	Sunday Night Alternatives	150.00
	Sunday Solutions	732.00
	There Is A Solution	206.00
	United Sober Group	293.84
47.50	Wayfarer's	191.41
17.33	Wednesday Night Recovery	275.86
	Welcome Home	85.62
	West Vancouver Group	20.58
1,348.26	SUBTOTAL	18,372.19
203.72	Miscellaneous/Individual	1,663.27
1,551.98	TOTAL	20,035.46

Financial Statements

	September (\$)	YTD (\$)
Revenue		
Sales	5,348	39,334
Contributions	1,552	20,036
Fundraising/Picnic	0	1,282
Misc. Income	139	1,333
Total Revenue	7,039	61,985
Expenses		
Cost of goods sold	3,265	23,646
Fundraising Expenses	0	1,098
Merchant Services	88	948
Office supplies	140	1,000
Equipment rent	228	1,737
Building rent	875	7,875
Utilities	957	4,381
Net Wages	1,472	16,809
Payroll taxes	404	4,939
Insurance	0	500
Licenses	0	111
Total Expenses	7,427	63,044
Net Income / Loss	(389)	(1,059)

September, 2018 Cash Balances

Main Checking	\$	6,932
Event Account	\$	1,654
Prudent Reserve	\$	17,039
Petty Cash	\$	136
Total Cash Balance	\$	25,762

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous STEERING COMMITTEE MINUTES FOR SEPTEMBER 10, 2018

The meeting opened at 6:03 pm.

ATTENDANCE

Chairperson	Ronnie C.	Vice-Chair	N/A
Position #1	Phil B	Position #2	Laurie
Position #3.	Glenn	Recording Secretary	Marc T
		Alternate	Absent
		Office Staff	Cassia N
Visitors			

The Steering Committee minutes for August 2018 were read and approved.

The Intergroup Rep meeting minutes for August 2018 were reviewed.

HOTLINE REPORT: (Cassia) Hotline slots are all full. Transition to new method of transferring phones is now going smoothly. Maureen is updating 12-step call list for Women, looking for people interested in doing 12 step calls. Always still looking for people interested in doing the Hotline as well, they need to have access to the internet and at least 6 months of sobriety.

TREASURER'S REPORT: Laurie gave the Treasurer's Report, a printed copy will be provided at the Intergroup meeting next Monday.

INTERGROUP REPORT: (Cassia) Things are going well at the office, Cassia and Laurie are working together on financial training for Cassia and will be working on training Laurie to cover for Cassia in the near future.

WEBSITE REPORT: Cassia provided the site stats for last month. They will be reviewed at the rep meeting.

Steering Committee Meeting Minutes — Cont. from Pg. 7

OLD BUSINESS:

Gratitude Dinner: Cassia checked the church that hosts Wayfarers and they don't have the November 17th open. We will need to discuss other dates and options over the next week prior to the rep meeting.

Guidelines: We will take a vote on adoption of the change in the October IG meeting.

Belongings of Ken B were dropped off for a group. Cassia is working with John M to track down the group.

Possible workshop with Washington area: Tabled.

Name change: Tabled.

STEERING COMMITTEE MEMBERS: The Vice-chair position will be voted on in the Rep meeting.

NEW BUSINESS:

Quarterly assembly: Ronnie will be going to the quarterly assembly up in Tacoma and we will be paying for the expenses.

MISC: Putting up information about AA in a non-AA facility. Was discussed and decided that the Area committees would handle this.

The meeting was closed at 6:55pm with the Lord's Prayer.

Minutes Submitted By:
Marc T., Recording Secretary



Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting for September 17, 2018

Purpose of the Vancouver Area Intergroup:

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.

ATTENDANCE:

Ronnie C	Steering Comm. Chair	Chris H.	MSG & Steering Comm.
Gordon M	Camas Book Study	Tom S	Men's Fireside
Phil B	Central Grp & Steering Comm.	Darcy	Truth & Purpose
Laurie	Sober Uppers & Steering Comm.	Dusty G	Cornerstone
Rebecca C	RBR	Dee	Welcome Home
Mark Q	Reconciled	Karen	FFA
Richard R	Lighthouse	Cassia	Office Manager

The meeting was opened at 6:30pm with the Serenity Prayer.

Tradition Review: Laurie reviewed the 9th Tradition, Mark will review the 10th Tradition next month.

Introductions: Attendees introduced themselves. 12 voting members present. A quorum exists.

August Meeting Minutes: The August Steering Committee meeting minutes were reviewed. The August Intergroup meeting minutes were approved with the correction noted that the Cornerstone meeting will have attendees from prison and not jail. Copies of the minutes were provided to all attendees as well as being published. Attendees were also provided copies of the Primary Purpose for distribution.

Hotline Report: Cassia reported that all positions are filled but volunteers are always welcome. Along with having a minimum of six months continuous sobriety, with the new phone system, those signing up will also need internet access. Women are needed for the 12-step list.

Financial Report: Laurie reported that the office is \$671 negative which is \$1800 above the projection. Financial reports were provided to attendees and is also published.

Website Report: Cassia reported that the search bar for some meeting is not accurate as in the past the entire meeting address was not entered. She is working to correct this and it will be an on-going project.

Intergroup Rep Meeting Minutes Cont. from Pg. 9

OLD BUSINESS

Proposed New Guidelines: Laurie reported the proposed revisions; existing guidelines, proposed guidelines, and synopsis of changes, was distributed at the August Intergroup meeting. The information is available on the Intergroup website. Intergroup members will be voting to accept or reject the proposed guidelines in October. Voting is an “all or nothing” and line items are not subject to change.

Gratitude Dinner: There is no chair person or confirmed venue. After discussion Darcy and Laurie will chair the event tentatively to be held at St John’s church (Wayfarer’s venue) and tentatively on November 30th.

Vice Chair: Marc T was nominated last month to fill the position. There were no further nominations. Marc was elected. The position of Recording Secretary is now vacant. A member who was not in attendance has expressed interest in this position. Item tabled to next month.

NEW BUSINESS

Proposed New Guidelines: Richard pointed out that the proposed guidelines as written would be limiting as to what may be sold from the Intergroup office. After discussion some members pointed out that this would be a financial burden and other members were in favor of the limitations citing self-support. Those in attendance were asked to insure that their home groups are aware of this so that they may make an informed vote next month on whether to approve or reject the proposed guidelines.

GROUP NEWS

Dusty advised that this Friday (September 21st) at Cornerstone is when there will be prisoners in attendance. He further advised that they will be allowed to remain for one hour after the meeting to discuss recovery. Attendance is encouraged.

The meeting was closed with the Lord’s Prayer at 7:46pm.

Yours in Service,

Phil B.
Steering Committee
Position No. 1

**LET GO
&
LET GOD**

Upcoming Events

November 2018

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

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

www.vancouveraa.org




AA GRAPEVINE

From the December 1947 Magazine **The 'Border Boys' Want In!**

So much emphasis is placed on extreme alcoholism, that the ordinary drunk is almost overlooked. There are thousands who have never had D.T.s, never been in jail, or hospitalized, never lost their wives or their jobs, but who, like myself, are very definitely allergic to alcohol, and are therefore alcoholics. We are very generally told that we may be border cases, and can come in if we like, but nobody seems to think it matters much. Let us have a look at these "border boys."

My complaint is that most A.A. literature overlooks this group. My own case is a very clear example. I only drank when my work permitted it. I never liked to drink alone, but did so on rare occasions of necessity. As I drank, my wife and children suffered the pains of death through mental anguish, but never through physical violence. I believe they found me more generous while drinking than otherwise. But I was an imbecile at least once out of every three times I touched the stuff; and very soon I would become sick unto death—violently sick. I had to drink from the faucet because I couldn't hold a glass; plain drinking water wouldn't stay on my stomach, and of course food was out of the question. For a day or two the second, third, or fourth drink would stay down and straighten this out, but then a little later on no drink would stay down in any form. I couldn't write my name, and on occasions I actually couldn't get out of bed. But I had picked a time when I could stay in bed—hence no loss of job. Now, no living mortal can tell me that I am not an alcoholic, in the light of the pain, suffering, remorse, and humiliation I have suffered. Yet much of the literature I read indicates that inasmuch as I was able to abstain for long and continued periods of time; and because on some occasions I didn't get hurt (I could pick the time), and since I did not become violent, have D.T.s, get in jail, lose my wife, or abuse my children, and especially since I was able to continue to support my family, I may only have some alcoholic tendency. This is utter and complete folly.

Now that A.A. has taught me to be honest with myself, I have to admit that under no circumstances can I use alcohol in any form without risk of the sort of sickness I have described. I have a number of friends whom I have been unable to interest in A.A. because of the pamphlets, literature, etc., I am able to furnish them, convince them that they are doing at least reasonably well, when the plain truth is they are suffering as I suffered, and brother, that's plenty. I know that without God's help through A.A. there would have been no way whereby I could have enjoyed life without an occasional binge. The occasions would have grown closer as time wore on, and I too would have lost my job, my family, and everything worthwhile, simply because I was not to learn that I was an alcoholic until I reached that bitter end.



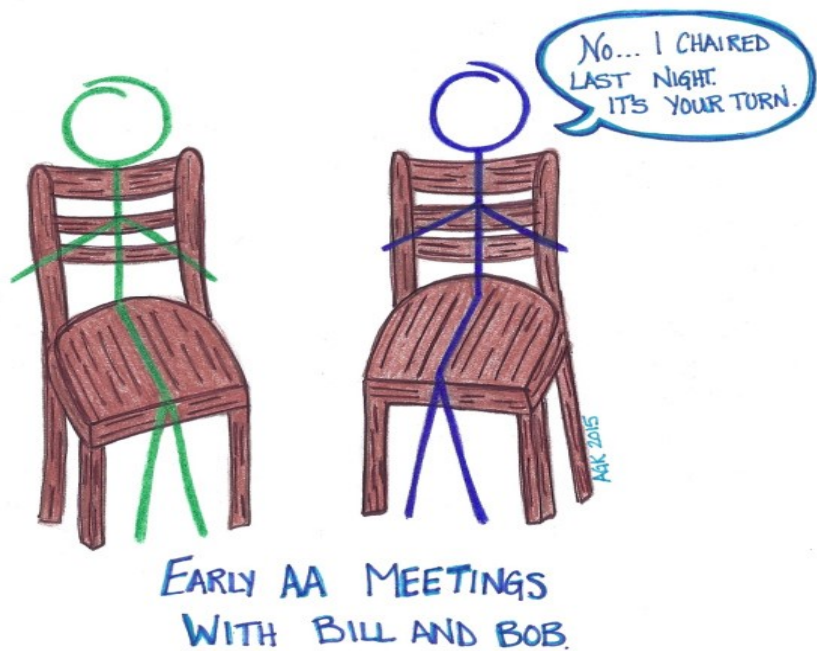
Why then make the rules of entry so rigid? I know they are not literally rigid, but why not say that an alcoholic is any person adversely affected by the use of alcohol? If the use of alcohol makes you sick and continues to make you sick, surely that, in and of itself, ought to be plenty of proof. You don't have to wallow in poison ivy to be allergic to the vine, and you don't have to get in the gutter to be an alcoholic.

Just one more word to alcoholics in the gutter: Please move over. The Border Boys are comin', for they've got to prove a point!

—H.H.H.

Bristol, Tennessee

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

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