

Vancouver Area Intergroup of  
Alcoholics Anonymous

September 2018  
Volume 9

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# Primary Purpose

## Hands Across the Bridge

I would like to start out by expressing how grateful I am to Patty Katz and all participants involved for making HATB 2018 possible, thank you!

Patty Katz, who found recovery in Vancouver, Washington, is a founder of "Hands Across the Bridge", the largest recovery event west of the Mississippi.

Of the people on this magical day who filled out recovery time cards, the total amount of recovery time was 2,756 years 7 months and 1 week.

The month of September is National Recovery Month. I look forward to this event every year, because on this Labor Day was Hands across the Bridge.

This day gave me the opportunity to fellowship with all my recovery friends that I love dearly, some who I haven't seen all year! As well, I love to celebrate and honor with all who are in recovery, what a gift!!

With gratitude,  
Eric G.



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### Monthly Business Mtgs.

- ◆ Finance Comm. Mtg. -10/08@5:30 PM
- ◆ Steering Comm. Mtg. -10/08 @6:00 PM
- ◆ Intergroup Mtg. -10/15 @6:30 PM
- ◆ District 37 GSR Mtg. -10/23 @7:00 PM
- ◆ District 7 GSR Mtg. - 10/25 @7:00 PM

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

## Dr. Bob's Farewell Talk

### **Dr. Bob and Bill W. were co-founders of A.A.**

My good friends in A.A. and of A.A.,

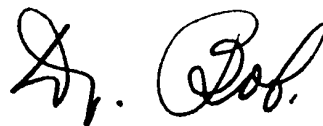
... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

A handwritten signature in black ink, appearing to read "Dr. Bob." with a stylized flourish at the end.

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*\* From Dr. Bob's brief remarks on Sunday, July 30, 1950,  
at the First International A.A.  
Convention in Cleveland, Ohio.*



*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...

My name is Jeanine, and I'm an alcoholic. I was able to pick up my 6 month chip today from my home group, Miracles at Noon. I'm writing about the experience, strength and hope I've received in AA. I'm going to share what it was like, what happened, and what it is like now. The title of this piece would be, "Never Give Up."

This is not my first 6 month chip. But it is the one I am most grateful for.

What it Was Like: Alcohol was my higher power. This meant that my life had to be lived according to alcohol's terms. Whatever I accomplished, whatever I experienced, had to be done according to what alcohol told me to do. When I woke up in the morning, I had to consult alcohol, and ask it what it needed me to do that day so I could continue drinking it. This included hiding the part of myself that drank and arranging my schedule with alcohol as my number one priority. Alcohol required that I risk harming others by driving drunk, ignore my family, work hungover, drink day and night.


## 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...Continued from Pg. 3

What Happened: I just couldn't take it anymore. I knew that if I continued to answer to alcohol, my life was over. I had been in AA before. I knew that my life was better when I did not drink. I knew that alcohol's only goal was to make me suffer every moment of my life. If alcohol suddenly became merciful, it would let me die. I decided to try AA one more time.

What it's Like Now: I have been given a chance for a new life. I have friends who will be there for me no matter what happens. These friends know me and love me with all my character defects. They have had faith in me when I didn't have faith in myself. I have many glimpses of pure joy in my life every day. I have a way to live that gives me hope and meaning.

On a practical level, the things I do to stay sober are simple, if not always easy. I have a sponsor. I attend at least four AA meetings a week. I have a home group, and I have a commitment to set up a meeting once a week. I read from the Grapevine, Alcoholics Anonymous, and other AA sponsored literature every day. I call my friends all the time. I pray every morning that my experience will help someone that day.

I thank AA and all the people who have made this organization work for over 80 years. It is because of them that I now want to live every day of my life sober.

Thank you.  
Jeanine C.

*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](mailto:vancaa@vanintgrp.com). Thank You!*

## Group Contributions and Financial Statements

August	Donations	Year to Date
540.72	A New Morning	2,911.49
	As Bill Sees It	200.00
	B & P	2,035.74
	Camas Group	31.19
	Cascade Group	160.00
	Chapter Nine	180.68
	Cornerstone	37.27
	District 7	1,379.20
26.00	Dry Tribe	26.00
	Early Light	125.00
200.00	Eastside Brown Baggers	430.00
	Eastside Women's Book Study	100.00
	East County Women's Group	50.00
54.41	First Shot	319.71
4.06	Fresh Start	614.04
	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
	Lighthouse	210.00
	McGillivray Study Group	275.00
	Men's Eastside	250.00
	Men's Fireside	490.00
	Minnehaha	127.00
300.00	Miracles at Noon	2,387.28
	OB's Speaker's Meeting	197.96
	Primary Purpose	155.75
	Ready and Willing	47.16
	Reconciled	241.55
35.00	Renegades	105.00
180.00	Ridgefield AA	180.00
	Round Table	199.88
	Russian Pacific Group	5.00
186.00	Saturday Night Big Book Study	523.00
16.18	Sober Uppers	58.24
40.00	She Who Remembers	120.00
	Step Sisters	145.20
	Stevenson AA	450.00
	Sunday Night Alternatives	150.00
	Sunday Solutions	732.00
45.00	There Is A Solution	206.00
	United Sober Group	293.84
	Wayfarer's	143.91
	Wednesday Night Recovery	258.53
	Welcome Home	85.62
	West Vancouver Group	20.58
<b>1,627.37</b>	<b>SUBTOTAL</b>	<b>17,023.93</b>
143.59	Miscellaneous/Individual	1,459.55
<b>1,770.96</b>	<b>TOTAL</b>	<b>18,483.48</b>

Financial Statements		
	August (\$)	YTD (\$)
Revenue		
Sales	4,064	33,986
Contributions	1,771	18,484
Fundraising/Picnic	0	1,282
Misc. Income	139	1,194
<b>Total Revenue</b>	<b>5,974</b>	<b>54,946</b>
Expenses		
Cost of goods sold	2,262	20,382
Fundraising Expenses	0	1,098
Merchant Services	0	860
Office supplies	80	860
Equipment rent	240	1,509
Building rent	875	7,000
Utilities	66	3,425
Net Wages	1,713	15,338
Payroll taxes	526	4,535
Insurance	0	500
Licenses	0	111
<b>Total Expenses</b>	<b>5,762</b>	<b>55,617</b>
<b>Net Income / Loss</b>	<b>212</b>	<b>(671)</b>

August, 2018 Cash Balances	
Main Checking	\$ 4,787
Event Account	\$ 1,654
Prudent Reserve	\$ 17,039
<b>Total Cash Balance</b>	<b>\$ 23,480</b>

## Steering Committee Meeting Minutes

### Vancouver Area Intergroup of Alcoholics Anonymous STEERING COMMITTEE MINUTES FOR AUGUST 13, 2018

The meeting opened at 6:13 pm.

#### ATTENDANCE

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

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

The Intergroup Rep meeting minutes for July 2018 were reviewed.

**HOTLINE REPORT:** Maureen has two slots available. Please continue to announce that AA volunteers are needed for the Hotline.

**TREASURER'S REPORT:** Laurie gave the Treasurer's Report. Net Income for the month of July 2018 was \$2,453 and YTD Net Income as of July 31, 2018 was a loss of \$816. We had forecasted that our YTD loss by July 31, 2018 would be \$2,216 so we are ahead of where we planned to be by \$1,400.

**INTERGROUP REPORT:** Cassia has been promoted to Office Manager.

**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. 6

### OLD BUSINESS:

- Possible workshop with Washington area: Ronnie has not heard anything from the District. He may have more information for the IG meeting
- Gratitude Dinner: Darcy has taken on the Chair position with a Laurie assist. They will be exploring new places to have it.
- Guidelines: We will hand out the new Guidelines, summary sheet and old guidelines for the groups to take back. We will take a vote on adoption of the change in the October IG meeting.
- Office name change: No update Glenn was not present.

### NEW BUSINESS:

- MISC: Belonging of Ken B were dropped off. Ronnie will check in to see if we can track down whom we should give them to.
- OFFICE: Ronnie will be changing the locks this week.
- HOTLINE FORWARDING CHANGE: How the hotline is currently forwarded from one person to the next will be changing September 1<sup>st</sup>. For security reasons our provider no longer allows forwarding via a call in number. Cassia is working closely with Maureen to have a smooth transition.
- STEERING COMMITTEE MEMBERS: The Vice-chair resigned this last month so we need to have an election next Intergroup Rep meeting.

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 REP MINUTES FOR August 20, 2018

The meeting opened at 6:31 pm with the Serenity Prayer

#### **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:**

<b>Chairperson</b>	Ronnie C.	<b>Vice-Chair.</b>	N/A
<b>Position #1</b>	Phil B.	<b>Position #2</b>	Laurie H
<b>Position #3</b>	Absent	<b>Alternative</b>	Excused Absent
<b>Recording Secretary</b>	Marc T	<b>Office Manager</b>	Cassia N.
<b>Voting Representatives:</b>			
<b>Central Group</b>	Phil B.	<b>Miracles</b>	Marc T.
<b>Welcome Home</b>	Dee R.	<b>Men's Lighthouse</b>	Tom S.
<b>LBL</b>	Jess J	<b>A New Morning</b>	John B.
<b>Cornerstone</b>	Dusty G.	<b>B&amp;P</b>	Todd C.
<b>Rock Bottom</b>	Nicole	<b>Fireside</b>	Robin M.
<b>Reconciled</b>	Marc Q.	<b>Truth of Purpose</b>	Darcy
		<b>Camas Book Study</b>	Gordon M.
<b>Visitors:</b>	Richard	<b>Sober Uppers</b>	Darcy S.
<b>Welcome Home</b>	Michael W.		

**TRADITION REVIEW:** Laurie H. reviewed tradition eight.

**INTRODUCTIONS:** 13 voting Intergroup Representatives in attendance.

**PERSONAL STATEMENT:** Personal statement read by Todd C.

**LITERATURE PRESENTATION:** Skipped, Dave is not here this month

**MEETING MINUTES:** July Intergroup Representative Committee minutes were read by Laurie; Dusty G. moved to approve the Rep minutes; Marc O. second; motion passed; August Steering Committee minutes were read by Phil B.



## Intergroup Rep Meeting Minutes Cont. from Pg. 8

**HOTLINE REPORT: (Cassia)** Method of transferring numbers is changing. Cassia and Maureen are working to ensure a smooth transition. Two open slots on Thursday (6am-9am, and 9am- 12pm). Women are always needed for the 12-step call list.

**FINANCE COMMITTEE REPORT: (Laurie)** Laurie gave the Treasurer's Report. Net Income for the month of July 2018 was \$2,453 and YTD Net Income as of July 31, 2018 was a loss of \$816. We had forecasted that our YTD loss by July 31, 2018 would be \$2,216 so we are ahead of where we planned to be by \$1,400. Phil B. made a motion to accept the financial overview, John Seconded. Motion passed.

**INTERGROUP REPORT: (Cassia)** In order to get more exposure for the area news, we continue to make changes to the primary purpose.

**WEBSITE REPORT: (Cassia)** Refer to the website statistics attached.

### OLD BUSINESS:

Guidelines: (Marc T) The subcommittee provided current Guidelines, the proposed new Guidelines along with a summary of changes to all reps in attendance. We will be taking a vote to accept or not in the October meeting. John B. reviewed the changes and answered questions from the Reps. All documents presented in paper are also available to view under links on Intergroup's website.

Office Move: (John B) John B gave an overview. They researched installing a button entry system and the cost was about \$3,000. All in attendance didn't feel we would move forward in getting an official quote.

Name Change to Southwest Washington Area Intergroup: (Glenn) No update on this, Glenn was not present.

Gratitude Dinner: (Laurie) Darcy is leading the dinner this year. We are looking for a new place that will fit 250 to 300 people. Current date for the event is November 17<sup>th</sup>, 2018, but that may change.

Newsletter: (Ronnie) We continue to work on bring together information in one place to best serve the community. A suggestion was made to look at creating an app that someone could open and read the latest Primary Purpose / current schedule.

Workshop: (Ronnie) Possible workshop put on by Washington area and Vancouver Area Intergroup is an idea that we want to move forward with. We currently have nothing scheduled but will continue to explore dates and subjects.

LET GO  
&  
LET GOD



## Intergroup Rep Meeting Minutes Cont. from Pg. 9

### **NEW BUSINESS:**

Discussion: Tom S. brought up how there may be a conflict of interest to have Steering Committee members also representing a group as a voting Intergroup Representative. Tom asked that the reps take it back to the groups for discussion.

Outreach: Intergroup is attempting to reach out and gather energy by working with the districts we represent.

Election of Vice-Chair:

Nomination for Vice-Chair took place. Marc T. was nominated and accepted. No other nominations were made.

Tom S made a motion that we vote today to replace the Vice-Chair, it was seconded by Phil B. It passed by majority. The motion was then tabled by the Chair Ronnie.

Nicole W. made a motion to have election held next month. Caroline second; motion passed.

### **COMMITTIES:**

Finance Committee: Meets 5:30 pm 2<sup>nd</sup> Monday of the month at the Intergroup office. If any group or person wants additional information, feel free to attend the monthly Finance Committee Meeting.

### **GROUP NEWS:**

Dusty brought up a meeting September 21<sup>st</sup> 7pm at Cornerstone. They will have 10 people from out of jail that will be on-site. Men please attend if possible.

Ronnie asked for motion to adjure the meeting: Phil B. made the motion, Marc O. second; passed.

Meeting adjourned at 7:45 pm.

Yours in Service,  
Marc T.  
Recording Secretary

## Upcoming Events

# October

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



*For a full description of each of these upcoming events including locations, visit the events page on our website at:*  
[www.vancouveraa.org](http://www.vancouveraa.org)

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## AA GRAPEVINE

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### From the December 1948 Magazine **Washingtonians:** (Conclusion)

WHAT was the valuable secret that the Washingtonians had stumbled upon, and why was the movement such a success?

To begin with, they were the first to discover the now widely admitted fact that no one is quite so well equipped to help the chronic alcoholic as the ex-drunk. Here is no superior person, short on sympathy and long on advice, but a fellow sufferer who has been through the mill and knows all the answers. "An inescapable symbol of the successful escape from pain" —to quote Professor Selden Bacon of Yale University.

SECONDLY, the Washingtonians avoided all the time-honored pitfalls that beset the early Nineteenth Century reformer. Heretofore the drunkard had been generally regarded as an object of contempt, denunciation, or ridicule. The new society considered him a sick rather than a sinful man. Religious diatribes and denunciations had no place on the Washington program. According to an early member, self-righteous exhortations or scorn were "calculated to drive him (the drinker) to madness and despair by drinking deeper...(and) embitter his heart." Modern science puts it a little differently. Professor Bacon says: "The effect of such exhortation is to reinforce the person's feeling of inferiority and self-depreciation" and to increase his "hostility." Criticism, as the Washingtonians realized, was one thing the chronic alcoholic couldn't take.

To make sure that new members would not be frightened away, the Washington charter provided that only ex-drunks could address the meetings. Thus the "benefits of experience spoken in burning words from the heart" were made available for all to hear. If ordinary mortals wished to speak, they had to have permission "by common consent of the members." Debates, lectures and speeches were definitely out, and matters of business were limited to "as few remarks as possible." Ministers were not barred, but if they spoke "they were desired to lay aside their pontificals...abandon their sermons...and speak as men."

Not that the Washingtonians were anti-religious. Dr. Albert Day of that most successful institution for the regeneration of chronic alcoholics, the Washington Home in Boston, had this to say in 1877: "We cannot ignore the religious element in the treatment of inebriety. Let the excellent and heaven-born truth taught by Jesus of Nazareth underlie all our teachings. But let them be shorn of all their dogmatism, and taught in all their beautiful simplicity. (The drinker's) eyes should be opened to new truths." Although this was said many years after the founding of Washingtonianism, it reflects the beliefs of the earlier members.

ALONG with religious affiliations, the founders of the Washington society wished to avoid any suspicion of political bias so common to other temperance groups. Politics and denominational religion were both taboo as topics of discussion. Every effort was made to prevent the society from encroaching on anyone's prejudices, so that all people would feel free to join the organization. One purpose only, was held in mind: to rescue men from the toils of drink. To that end, the founders tried to make Washingtonianism, in the words of Father Mathew, "a green spot in the desert of life where all could meet in peace and harmony." "Moral suasion" was their weapon, and sympathy their keynote. There was no censoring of erring members. If a man broke his pledge, he was forgiven "not seven times, but seventy times seven."

Another favorable aspect of Washingtonianism was its simplicity. Responsibility was divided equally, rather than among a few officers. The society constituted a grand committee of the whole, and everyone was kept busy doing missionary work, bringing new members to the weekly meetings and helping old members who had slipped back into former habits. This doing for others had as much therapeutic value for the giver as for the receiver, and accounted to a large degree for the Washington success.

DESPITE the tremendous popular approval which crowned the society's maiden efforts, however, the Washington movement finally met its Waterloo in the conflicting aims of its members. The early Washingtonians had no desire to stop the liquor traffic by legal means, improve public morals or punish wrongdoers. Why, then, was the organization unable to stick to its original platform?

As it was, the distinction between a temperance organization and a society for the regeneration of alcoholics was never understood. The Washingtonians didn't realize that in their therapeutic program they had something that was far more important than all the temperance ballyhoo before or since their time. They had discovered an oyster; the pearl, if they'd only know it, was inside.

The non-alcoholic member soon grew tired of listening to an endless chain of ex-drunks expatiate on an experience that, in the final analysis, had no meaning for anyone but another alcoholic. It must have been hard, at times, for him to hide his boredom. Sympathy requires understanding.

TO make matters worse, many of the "cures" proved to be of a somewhat less than permanent nature. For the non-alcoholic, there was only one answer: close down the bars and bistros. Many tried to dominate the meetings for sectarian or political purposes. Failing in these attempts, they left the organization to heckle from the outside. As early as September, 1842, a large group of Washingtonians formed a new society, The Sons of Temperance, dedicated to the complete suppression of the liquor traffic, as well as to personal abstinence. Thus, torn by dissent from within, and opposed by rival organizations from without, it is not surprising that the Washington movement did not live up to its early promise.

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#### The Vancouver Area Intergroup

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#### For Today —

But sooner or later there comes a time when he manifests changes that place him in a classification characterized by symptoms that were entirely lacking before, and unequivocally set him apart from the average drinker. Whereas he formerly drank for pleasure, he now has to drink from necessity in order to keep going. He cannot take his liquor or leave it, as he used to do.

—Alcoholism as a Manifestation of Allergy, William D. Silkworth, M.D.

