

PRIMARY PURPOSE

JANUARY 2016

Issue I Volume I vancaa@vanintgrp.com www.vancouveraa.org (360)694-3870

JANUARY 2016

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MONTHLY BUSINESS MEETINGS

2nd Monday 1/11
Steering Comm. Mtg
5:30 pm

Intergroup Meeting
3rd Monday 1/18
6:30 pm

District 37 Meeting 1/26
4th Tuesday
Standing Comm. 6:30 pm
GSR Mtg. 7:00 pm

District 7 1/28
4th Thursday
Standing Comm. 6:30 pm

***Starting
January 1st, 2016,***

***Vancouver Area
Intergroup***

***will be charging
state sales tax.***

Contributions are not taxed.

The Next Frontier: Emotional Sobriety January 1958 (Bill Wilson)

I Think that many oldsters who have put AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, wit our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. May God, how painful it is to keep demanding the impossible, and how vey painful to discover finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with

What we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer,

Continued on page 5

Vancouver Intergroup has the position open of Alternate on the Steering Committee. Please call the office between noon and 6pm Monday through Friday if you would like to check it out. (360)694-3870

DEC DONATION		Group Contributions Y. T. Date	PROFIT & LOSS	DECEMBER 2105	YEAR/DATE 2015
		159th St. Women's Gr. 75.00	Ordinary Income/Expense		
		A New Life 55.00	Income:		
372.48		A New Morning 5,122.57	AA 1,259.55		16,387.40
		Amboy Renegades 106.00	Non AA 1,840.77	3,100.32	<u>21,641.82</u>
131.84		As Bill Sees It 131.84	Total Income:		38,029.22
		As We Recovered 85.00	Cost of Goods Sold:		
		B & P 392.60	AA 943.93		11,794.77
		Battleground AA 5.00	Non AA <u>862.38</u>		<u>7,475.83</u>
		By the Book SG 50.00	Total COGS:	1,806.31	19,270.60
		Camas Group 87.40	Gross Profit:	1,294.01	18,758.62
		Carson Spirit of the Gorge 70.00	Expense:		
		Cascade 200.00	Card Merchant Services: 58.60		474.22
		Chapter Nine 157.63	Internet Expense: 161.62		189.81
		Cherry Grove Gr. 155.50	Office Supplies: <u>28.94</u>		<u>1,254.87</u>
		Coffee Break 65.00	Other Expense:		
10.00		Cornerstone 80.58	Bank .90		3.64
		Dry Tribe 72.00	Insurance: 500.00		500.00
		E. Co. Sunrise 50.00	Licenses (State) 10.00		10.00
		E. Co. Women's Gr. 100.00	WA Dept. of Revenue 19.00		<u>19.00</u>
		E. Side Women's BBSG 50.00	Total Misc. Supp: 269.06		2,451.54
		Early Birds 727.85	Payroll Expenses:		
		Early Light 144.00	L&I 223.00		223.00
		Easier Softer Way 28.00	Emp. Security 41.03		41.03
240.00		ESBB 1,565.00	IRS: 508.26		6,599.44
175.00		E. Closed Men's Morning 425.00	Taxes Total: 508.26		6,863.47
		Fireside 183.86	Net Wages: 1,834.53		20,616.22
99.00		First Shot 615.42	Total net wages: <u>1,834.53</u>		<u>20,616.22</u>
		Forged from Adversity 68.96	Total Payroll Exp: 2,342.79		27,479.69
		Fresh Start 1,034.30	Rents:		
		Growing in the Grove 4.00	Building 675.00		7,950.00
		Hockinson Group 198.19	Copier <u>282.23</u>		<u>1,610.78</u>
		How it works 52.00	Total Rents: 957.23		9,560.78
13.70		La Center 35.21	Total Utilities: <u>468.94</u>		<u>4,630.77</u>
		Ladies by the Lavender 214.66	Total Expense: 4,038.02		44,122.78
30.00		Lewis River AA 50.00	Net Ordinary Income	(2,744.01)	(25,364.16)
		Lighthouse 420.00	Other Income/Expense:		
315.65		McGillivray Study Gr. 498.84	Other Income:		
		Miracles 3,613.25	Cont.—Group 2,048.42		22,716.51
		OB's Speakers Mtg. 140.00	Cont.—Misc. <u>112.75</u>		<u>974.20</u>
		Over 55 285.00	Total Contributions: 2,161.17		23,690.71
		Principles First 10.00	Fundraising Activities		
		R360very 100.00	Picnic: 474.27		474.27
		Ready & Willing 40.00	Gratitude Dinner: <u>2,299.09</u>		<u>2,299.09</u>
		Reconciled 75.00	Total Fundraising Activities		2,773.36
		Ridgefield AA 291.50	Misc. Income: 157.55		1,485.28
		Round Table 226.82	Total Misc. Income: 157.55		<u>1,485.28</u>
		Saturday Night BBSG 550.00	Total Other Income	2,318.72	27,949.35
		She Who Remembers 80.00	Net Income	(425.29)	2,585.19
		Step Sisters 367.55			
200.00		Stevenson 600.00	Prudent Reserve:		
		Sunday Night Alternative 115.00	Beginning bal: 11,182.72		
455.00		Sunday Solutions 904.00	Transfer 5%: 102.42		
		Sunset Group 25.00	Interest: .74		
		Tightrope walkers 79.85	Ending Balance: 11,285.88		
		United Sober 200.00	Event Account:		
5.75		Wed. Night Recovery 355.85	Balance: 1,400.00		
		Welcome Home 137.92	Expenses: (.90)		
		W. Vancouver Group 146.64	Tx from Ckg: <u>.90</u>		
		Wine to Water 89.50	Ending Balance 1,400.00		
		Women's Emotional S. 677.52			
		Women's Fireside 250.00			
2,048.42		Sub Total 22,716.51			
12.75		7th Tradition 139.55			
100.00		Miscellaneous 834.65			
2,161.17		Total 23,690.71			

Employee Reserve Account	
Nov Beg Bal:	3,419.48

Checking: Dec. 2015	
Beginning balance:	3,028.67
Deposits:	5,701.78
Expenses:	(7,218.05)
Sub Total:	1,512.40
5% Trans to P.R.:	(102.42)
Ending Balance:	1,409.98

VANCOUVER INTERGROUP STEERING COMMITTEE MEETING 12/14/15

The meeting opened at 5:40 pm with the Serenity Prayer

ATTENDANCE:

Chairperson	Richard R.	Vice-Chairperson	Jeff H.
Position #1	Sean B.	Position #2	Laurie H.
Position #3	Darcy S.	Alternate	David C.
Recording Secretary	Beci S.	Off Mgr/Treasurer	Earlyn T.

The Steering Committee minutes were read for November 9th, 2015 and approved with corrections.
The minutes for the Intergroup meeting for November 16th, 2015 were read.

HOTLINE REPORT: Same**TREASURER'S REPORT:** November

Event Account:	Prudent Reserve:	Checking Account:	Employee Res.:
Balance: 425.00	Beg bal: 14,632.63	Beg bal: 1,681.69	Nov. Bal 3,419.48
Expenses: (2,726.50)	Tx to Checking: (116.41)	Deposits: 5,445.14	
Deposits: <u>3,701.50</u>	Tx 5% from Ckg: 85.24	Expenses: <u>(6,068.24)</u>	
Ending bal: 1,400.00	Interest: <u>.74</u>	Tx from P. R.: 116.41	
	EOM bal: 14,602.20	Tx to P. R.: <u>(85.24)</u>	
	W/D to Emp. Res: <u>(3,419.48)</u>	Ending bal: 3,813.67	
	Ending bal: 11,182.72		

- Withdrew \$20.00 from checking to replenish cash drawer; return of merchandise.
Purchasing product with money earned from Gratitude Dinner – getting stock back up.

INTERGROUP REPORT: FYI:

- \$37.94 to POA for overnight courier service.

WEBSITE REPORT:

- Have contacted Scott; no response at this time about the phone update. (talked to him 12/18; will be available after the first of the year.)

OLD BUSINESS:

- Renewing account with the Dept. of Revenue: According to Laurie, we are supposed to be collecting and remitting sales tax on everything we sell. It is the Intergroup responsibility to be current on WA State Dept. of Revenue resale license. Our UBI number needs to be registered. Earlyn will pursue this matter this next week and get back to us via email.
- We have a list of Intergroup Steering Committee Members of addresses, time of service and emails.

NEW BUSINESS:

- Inventory- January 4, 9:00am. We should be done by noon. David, Jeff, Richard and Beci will help. Laurie may be able to stop by.
- Earlyn will reserve:
 - 1) The park for the picnic and
 - 2) The 1st Presbyterian for the Gratitude Dinner.
- The projected budget for 2016 is done. Both monthly and annual costs are listed in detail. The building rent is not expected to increase next year. The double payroll for training is not included in this budget. We will be looking at perhaps a month to a month and half for training a new person.

Meeting adjourned at 6:40 w/Lord's Prayer. In Service, Beci S.

HEARD AT A MEETING: "I practice my opinion in all my affairs"

VANCOUVER INTERGROUP MEETING MINUTES DECEMBER 21ST, 2015

The meeting opened at 6:40 pm with a moment of silence followed by the Serenity Prayer

ATTENDANCE:

Chairperson	Richard R.	Vice-Chairperson	Jeff H. <i>ABSENT</i>
Position #1	Sean B.	Position #2	Laurie H.
Position #3	Darcy S.	Alternate	David C.
Recording Secretary	Beci S.	Office Mgr/Treasurer	Earlyn T.
Representatives:			
Dry Tribe	Jim P.	Lighthouse	David C.
B & P	Bill T.	First Shot	Phil M.
Camas Group	Robert E.	How It Works	Sean B.
Early Birds	Darcy S.	Ladies by the Lavender	Kim K.
E County Women's Gr.	Margie C	Sideways Sunday	Laurie H.
Welcome Home	Julie U.	Reconciled	Mark O.

There were 12 Representatives present

HOTLINE REPORT: All is doing well.

TREASURER'S REPORT: November: (Tx is short for transfer)

Event Account:

Balance: 425.00
Expenses: (2,726.50)
Deposits: 3,701.50
Ending bal: 1,400.00

Prudent Reserve:

Beg bal: 14,632.63
Tx to Checking: (116.41)
Tx 5% from Ckg: 85.24
Interest: .74
EOM bal: 14,602.20
W/D to Emp. Res: (3,419.48)
Ending bal: 11,182.72

Checking Account:

Beg bal: 1,681.69
Deposits: 5,445.14
Expenses: (6,068.24)
Tx from P. R.: 116.41
Tx to P. R.: (85.24)
Ending bal: 3,813.67

Employee Res:

Nov. Bal 3,419.48

- \$37.94 was paid to POA for overnight courier service.
- Our UBI number is now current with the Department of Revenue/State of Washington. They only charged a reinstatement fee of \$19.00.
- We will be charging state sales taxes after January 1st, 2016; BLH Accounting will be over to help the office set up for sales tax. Proposed budget for 2016 was included in the packet set out for the Intergroup meeting.

INTERGROUP REPORT: FIY:

- The office will be closed January 4th until we are done with inventory
- Picnic park reservations and First Presbyterian church will be reserved for the picnic and Gratitude dinner in 2016.

WEBSITE REPORT:

- Scott was contacted about setting up the website to be more phone friendly – he will come in after the first of the year and take care of this.

OLD BUSINESS:

- Voting on the last section of the Guidelines to go back to the groups (Procedural guideline section). Guidelines are ready! Please take back to your groups, the vote is next month!
- Laurie was voted in for position #2, Darcy was voted in for position #3, Beci was voted in as recording secretary. No nominations for alternate as of yet.
- Sean is stepping down as Position #1, David will be stepping in this month. Alternate Position is now open. We will place all open positions in the newsletter from now on.

NEW BUSINESS: This years budget is attached. Listed are:

- 2014 Final, 2015 Projected,
- 2016 Annual, 2014 Actual Monthly,
- 2015 Projected Monthly, 2016 Budget Monthly.

Meeting adjourned at 7:27 pm with Serenity Prayer and a Merry Christmas.

Continued from page 1

I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. Then only could I be free to love as Francis had. *Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.*

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possessions and control of the people and the conditions surrounding me.

While those words “absolute dependency” may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit if it. Watch any AA of six months working with a new Twelfth Step case. If the case says “T the devil with you” the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected, instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

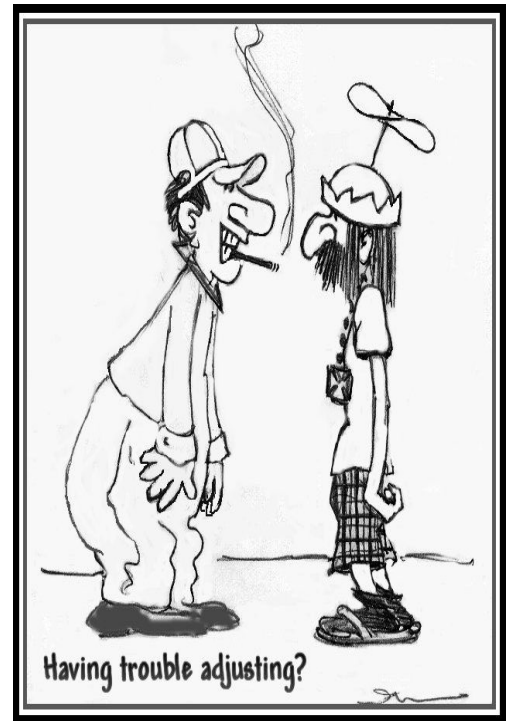
In the first six months of my own sobriety, I worked hard with many alcoholics.

Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own “hexes” at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

Bill W.



This is a creation of Jim W. from Stevenson WA

LOCAL EVENTS

WAYFARER'S SPEAKER'S MEETING

January 9th, 2016 at 7:30 pm

Memorial Lutheran Church, 2700 E. 28th Street, Vancouver

Will be featuring: AA speaker: Randy M. Al-Anon Speaker: Denise

LIGHTHOUSE

Has another meeting

Sunday, 8am—Closed meeting

6415 E Mill Plain Blvd., Ste A

HIS LUCKY DAY

Drunk #1: "What do you know...Christmas is on a Friday this year."

Drunk #2: "Let's hope it's not the 13th." Molly C., NM

A grasshopper walks into a bar. The bartender says, "Hey, we got a drink named after you."

The grasshopper replies, "Why would anyone name a drink 'Bob'?" Ralph M., WV

CARSON AA SPIRIT OF THE GORGE

Carson Hot Springs,

Sunday, January 31st

Potluck 6:30 ppm Speaker 7:00 pm

Speaker: TBA

Questions? (509) 427-4970 or (503) 701-6574

THE FINE PRINT

Pharmaceutical commercials have very long disclaimers. But alcoholic beverage ads just say: "Please drink responsibly." If alcohol ads had to follow the same guidelines as pharmaceutical ads, this might be their disclaimer:

Caution: Drinking alcohol may result in vomiting, nausea, indigestion, slurred speech, frequent urination (with pants up or down), memory loss, brain damage, impaired vision, headaches, delusions of grandeur, lying, divorce, unemployment, evictions, bankruptcy, black eyes, broken bones, concussions, bleeding ulcers, cirrhosis of the liver or death! Do not consume if you are allergic to alcohol. If these symptoms persist, call the AA hotline immediately!

Anonymous

aa aa aa aa

A police officer went on a real bender one night and reported to work the next morning with a terrible hangover. At noon, two other cops passed the corner where he was directing a massive traffic jam. One said, "Poor al, he must be in real pain." The other replied, "Yeah, but wait till he remembers this was his day off."

Grapevine reprint from 1995



DISTRICT AND AREA EVENTS

W WA 72 January 2016 Quarterly, January 8th & 9th, Friday & Saturday, Vern Burton Gym, 308 East 4th, Port Angeles, WA Registration form available on the W WA Area 72 website: www.area72aa.org

Access Quarterly, Saturday January 16th, 2016, St Andrews Episcopal Church, 400 E. 1st Street, Aberdeen, WA Fellowship, 9am, business meeting 10 am to 3pm. Potluck lunch, bring your favorite dish (kitchen available)

Contact: accessibility@area72aa.org interpreters@area72aa.org

Treatment Quarterly, January 16th, Saturday, 508 S. Francis St., Port Angeles WA 9am—10am Fellowship, 10 am - 2:30pm business meeting. Lunch provided; Please bring breakfast items; donuts, yogurt, fruit.

Treatment Workshop, Saturday, January 30th, 2016, St Mark Lutheran Church, 2109 College St., SE, Lacey WA Coffee and hospitality 9am, workshop 10 am. Potluck lunch, entrée provided.

Contact: treatment@area72aa.org

From the Grapevine, "Wits End"

PIGEON DUTY

I have 43 years in the program.

On going through some of my old papers from 1975, I came across an old phone message (from my 12 year old daughter, Julie). I thought it was clever and wanted to share it.

The note said: "The AA office called. You're on duty for pigeons from 5:00 to 7:00 pm, so bring your binoculars and a bird cage." Love, Julie

aa aa aa aa

CLEAR COUNTRY SKIES

While meditating in the country, a poet noticed a farmer looking at him curiously.

"Ah," said the poet, "perhaps you too, have seen the golden-red fingers of dawn spreading across the eastern sky, tethered stained superfluous islets floating in a lake of wine in the west, the ragged clouds at midnight, blotting out the shuddering moon?"

"Uh, no," replied the farmer, "not lately. I've been on the wagon for more than a year." Bob M., AZ

JANUARY 2016

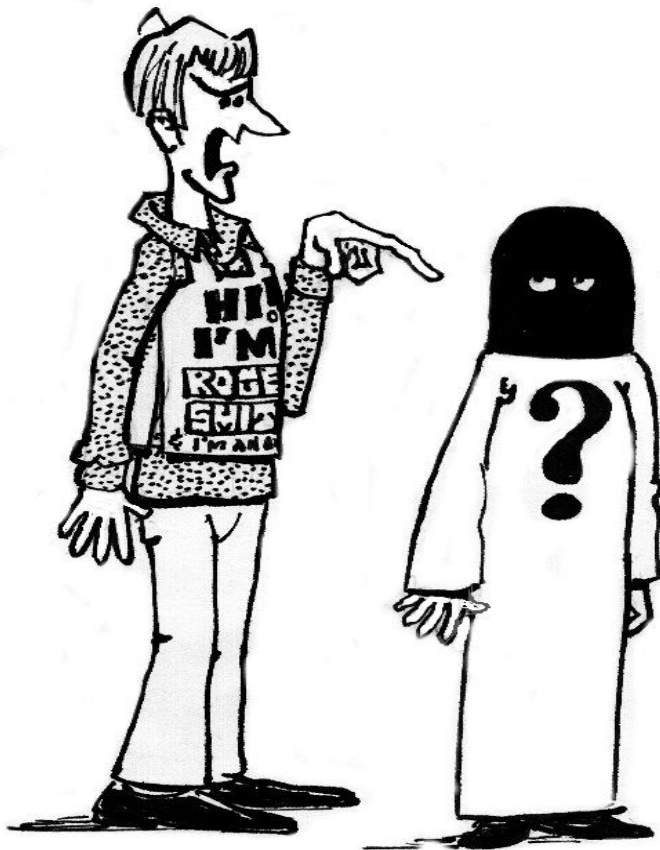
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NEW YEAR'S DAY HAPPY HOUR SPEAKER'S MTG 7:30 PM CAMAS	2 OB's SPEAKER'S MEETING
3	4	5	6	7	8 W WA 72 QTRLY	9 WAYFARER'S SPKR'S MTG 7:30 PM W WA 72 QTRLY
10	11 STEERING COMM MTG 5:30 PM	12	13	14	15	16 RULE 62 SPEAKER'S MTG 7 PM TREATMENT QTRLY ACCESS QTRLY
17	18 INTEGROUP COMM MTG 6:30 PM	19	20	21	22	23
24	25	26 DISTRICT 37 GSR MTG 7 PM	27	28 DISTRICT 7 STANDG COMM 6:30 PM GSR MTG 7 PM	29	30 TREATMENT WORKSHOP
31 CARSON AA SPKR MTG 6:30PM						

FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 HAPPY HOUR SPEAKER'S MTG 7:30 PM CAMAS	6 OB's SPEAKER'S MEETING
7	8 STEERING COMM MTG 5:30 PM	9	10	11	12	13 WAYFARER'S SPKR'S MTG 7:30 PM
14	15 INTEGROUP COMM MTG 6:30 PM	16	17	18	19	20 RULE 62 SPEAKER'S MTG 7 PM
21	22	23 DISTRICT 37 GSR MTG 7 PM	24	25 DISTRICT 7 STANDG COMM 6:30 PM GSR MTG 7 PM	26	27
28 CARSON AA SPKR MTG 6:30PM	29					

Vancouver Area Intergroup
2203 Fairmount Ave Ste A
Vancouver WA 98661
(360)694-3870

email: vancaa@vanintgrp.com
website: vancouveraa.org



**We obviously have differing views
on the subject of anonymity...**