

Vancouver Area Intergroup of
Alcoholics Anonymous

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VANCOUVER AREA INTERGROUP

Primary Purpose

EXPERIENCE, STRENGTH
& HOPE

Introducing the IG Office Staff

Hi, my name is Heather and I am an Alcoholic....

I had a hard time opening myself up to this program. Not only did I have to admit that I was an alcoholic, and the world as I knew it was going to change, I also had to be open and vulnerable with complete strangers. I spent so much of my time trying to find my out, and how I was going to live my life, do my job, and keep my friends, all without alcohol. I had this whole world that I was afraid to lose. I drank, and I drank a lot. I drank at work with my partners, I schmoozed clients with booze, met my friends for happy hour, and did shots at home with my husband.

My whole world was surrounded by alcohol. A world that was breaking me, beating me down, turning me into a person I did not recognize, and a person I really didn't like. I felt like my world was crumbling around me, but I didn't know how to live my life sober. I had no idea where to start or if it was possible. For me, drinking wasn't just an escape, it gave me the love, attention, and confidence that I couldn't seem to find without it. I didn't care if the love was fake, the attention was negative, and my confidence was short lived.

I was programmed at a young age that attention equaled love. I was programmed not to trust, not to be vulnerable, and believe that I was alone and everyone I let in was going to hurt me. I did not have strong role models to learn from. I had divorced parents who hated each other.



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Monthly Business Mtgs.

- ◆ Steering Comm. Mtg. –
12/14@6:00 PM
- ◆ Intergroup Rep Mtg. –
12/21@6:30 PM
- ◆ District 37 GSR Mtg. –12/22
@7:00 PM
- ◆ District 7 GSR Mtg. - 12/24
@7:00 PM
- ◆ District 27 Business Mtg. -
12/19 @ 12 PM

(All monthly business mtgs. are
held currently on Zoom).

Experience, Strength, and Hope Continued...

I have a lot of memories of children psychiatrists and family evaluators throughout my younger childhood. Telling me to draw pictures of families and kids playing. Asking the same questions repeatedly. Judging my parents and evaluating my every move. I was scared that if I said the wrong thing, I would not get to see my dad again. I still have parts of my childhood that I don't know if they are memories or if they were coached into me.

My father left to follow a career, and when he moved back when I was a teenager, he had a new family. I lived with my mother who I am convinced hated me because I reminded her of my father.

My childhood insecurities impacted who I became as an adult, but my drinking did not become an issue until much later. I was not a big drinker up until the last few years before I attempted to slow down and realized I couldn't. The more I tried to cut back the bigger my drinking came back. It was almost like all these things I thought I was passed, all came flooding back. I was back to feeling lost and broken. I was doing things I didn't like, and I was someone I didn't want to be. I was hurting myself and hurting the people I should have opened to and trusted.

My sobriety did not happen overnight, and I definitely did not do it right the first time. I was not fully open to the program. I was brought in by my mom, stepmom, who is also in AA and has been since I have known her. Having her in the program did help in so many ways, but I needed to find my own path and not hers.

Let me tell you how hard it is to open up and share in a meeting right after your mom's friend tells you stories that she heard from your mom about what an asshole teenager you were. This happened more times than it should have, and it pushed me away. I did find a way back, and I chose that this time I was going to do it differently. I decided to redo my 90 in 90 and my goal was to try as many new meetings as possible. I had to find my own meetings, my own people, my own support group who saw me for me. This was by far the best thing I did, and that's when I got to really start my program. I was going to work my program and I was going to do it right.

A part of my program was closing some doors. I loved my job as a Real Estate Broker, I just had to make some changes to make sure I could keep doing the job that I loved. I moved to a new company and changed the way I did business. Instead of meeting over drinks, we meet for coffee. My business was affected, and I did lose clients, but I do not regret my decision. This gave me the time and freedom to focus on my program and help at the Intergroup office.

Another big change that I made, was making the decision that some friendships were not worth keeping and some were better kept at a distance. Working my steps, working my program, going to my meetings, and working at Intergroup has given me the opportunity to meet new people. Creating new friendships that were based on building people up and not tearing them down.

I want to live my life without alcohol, and I needed to learn a way of life that made that possible. My story is not done, I am not cured, and I know I am not strong enough to do it on my own. What AA has given me, is the strength to admit that I cannot do this alone and that I do not have to. I am building a life without alcohol and meeting people who share the same goal. I am making connections and friendships with people who I know will be my strength when I need it. For the first time, I am making real two-way friendships with amazing people. These people and this program gave me the materials I needed to be a better version of myself. I get to be the wife my husband deserves, and my kids get to have a mother who is happy, joyous, and free. AA has given me my life back and a life that I can be proud of.

I would like to thank everyone who has welcomed me into this fellowship. Thank you for letting me in, showing me your world and helping me make mine so much better.

As A Man Thinketh, By James Allen

Chapter 7

Serenity

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought-evolved being. For such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees ever more clearly the internal relations of things by the action of cause and effect, he ceases to fuss, fume, worry, and grieve. He remains poised, steadfast, serene.

The calm man, having learned how to govern himself, knows how to adapt himself to others. And they, in turn reverence his spiritual strength. They feel that they can learn from him and rely upon him. The more tranquil a man becomes, the greater is his success, his influence, his power for good. Even the ordinary trader will find his business prosperity increase as he develops a greater self-control and equanimity, for people will always prefer to deal with a man whose demeanor is equitable.

The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. Who does not love a tranquil heart? a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those who possess these blessings. For they are always serene and calm. That exquisite poise of character that we call serenity is the last lesson of culture. It is the flowering of life, the fruitage of the soul. It is precious as wisdom—more desirable than fine gold. How insignificant mere money-seeking looks in comparison with a serene life. A life that dwells in the ocean of truth, beneath the waves, beyond the reach of the tempests, in the eternal calm!

How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character."

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt. Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

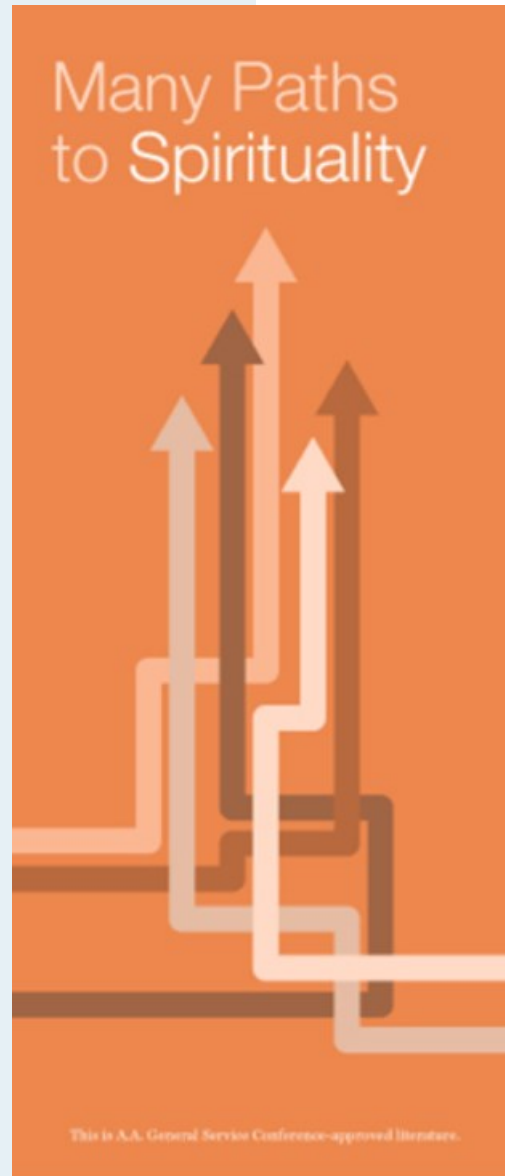
Tempest-tossed souls, wherever you may be, under whatever conditions you may live, know this: In the ocean of life the isles of blessedness are smiling and the sunny shore of your ideal awaits your coming. Keep your hands firmly upon the helm of thought. In the core of your soul reclines the commanding Master; He does but sleep; wake Him. Self-control is strength. Right thought is mastery. Calmness is power. Say unto your heart, "Peace. Be still."

AA Literature of the Month

Pamphlet-84-Many Paths to Spirituality

A.A. — a kinship of common suffering

“Newcomers are approaching A.A. at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In A.A. we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she so declares.” —Bill W. (A.A. Grapevine, July 1965)



The Intergroup Bookstore is now open!

On Cultivating Tolerance

By Dr. Bob S.

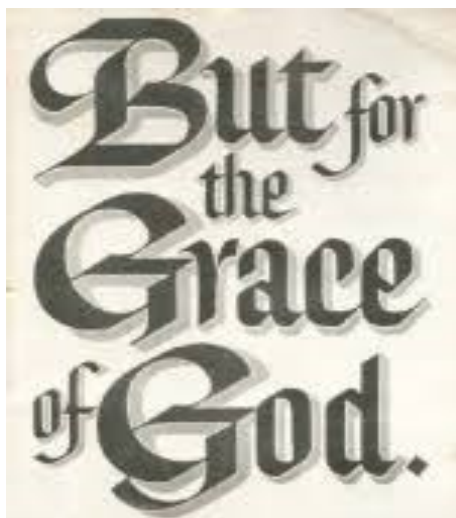
Copyright © AA Grapevine, Inc, July 1944

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior – which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another – and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important – is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.





GRAPEVINE TRADITIONS CHECKLIST

Tradition 11: 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.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

Contributions for Oct.	Group Name	Contributions Year to Date
30.00	12 Step Study	30.00
	AA Group 1	25.00
	AA Group 2	20.00
500.00	A New Beginning	500.00
151.20	A New Morning	2,250.51
	A New Pair of Glasses	25.00
	Amboy Renegades	35.00
	As Bill Sees It	634.00
	B & P	449.71
	Camas Group	249.84
	Came to Believe	125.00
	Carson AA Spirit of the Gorge	165.00
	Cascade Group	150.00
	Cascade Locks Spiritual Brkfst	75.00
	Chapter Nine (Couples)	150.00
	Cherry Grove Groups	100.00
	Cornerstone Group	120.00
	District 7	858.53
	Dry Tribe	50.00
648.00	Early Birds	1,448.00
	East County Women's Group	800.00
	Eastside Brown Baggers	495.00
177.50	Eastside Women's Group	177.50
	Fireside	566.95
284.90	First Shot	2,171.08
	Forged from Adversity	40.00
	Fresh Start	282.97
	Friday Night Happy Hour	150.00
238.61	Hockinson Group	1,522.11
138.88	Keep Coming Back	456.86
	Kitsilano Group	75.00
18.84	La Center Group	80.43
	Ladies Big Book Study	105.00
	Ladies by the Lavender	100.00
98.19	Lewis River AA	197.91
	Lighthouse	11.75
	McGuilivray Study Group	808.09
	Men's Eastside	320.00
	Men's Fireside	541.00
	Men's FS GGAA	50.00
	Minnihaha	215.00
20.00	Miracles at Noon	736.00
	Over 55	371.00
	Primary Purpose	46.10
	R360very Group	42.08
50.00	Ready and Willing	138.48
	Real Alcoholic Men	250.00
100.00	Ridgefield AA	200.00
	Rock Bottom Recovery	30.00
	Saturday Night BB Study	257.00
	She Who Remembers	40.00
	Simplicity Stag	40.00
6.00	Sober Uppers	14.00
	Step Sisters	43.51
	Steps to Freedom	40.00
150.00	Stevenson AA	450.00
	Sunday Night Alternatives	250.00
	Sunday Solutions	896.40
	The Easier Softer Way	100.00
	There is a Solution	100.00
	Wayfarer's	108.68
	Wednesday Night Recovery	37.60
	Welcome Home	89.03
	West Vancouver Group	59.45
	Wine to Water	22.87
30.00	Women's Daily	30.00
	Women's Emotional Sobriety	254.71
	Women's Fireside	100.00

Group Contributions and Financial Statements

Financial Statements

	Sep	October	Total	Ytd Forecast	Variance
Income					
Sales	\$ 2,049	\$ 2,289	\$ 18,113	\$ 43,640	\$ (25,527)
Group Contributions	\$ 1,317	\$ 2,642	\$ 21,885	\$ 40,000	\$ (18,115)
Individual Contributionns	\$ 1,321	\$ 877	\$ 11,829	\$ 1,000	\$ 10,829
Miscellaneous Income	\$ 53	\$ 17	\$ 438	\$ 1,500	\$ (1,062)
Fundraising	\$ -	\$ -	\$ -	\$ -	\$ -
Total Income	\$ 4,740	\$ 5,825	\$ 52,266	\$ 86,140	\$ (33,874)
Expenses					
COGS	\$ 1,230	\$ 1,217	\$ 12,174	\$ 25,750	\$ (13,576)
Fundraising	\$ -	\$ -	\$ 220	\$ -	\$ 220
CC & Paypal Fees	\$ 85	\$ 87	\$ 870	\$ 1,050	\$ (180)
Office Supplies	\$ 336	\$ 131	\$ 1,309	\$ 1,250	\$ 59
Insurance	\$ 48	\$ 48	\$ 531	\$ 500	\$ 31
Licenses & Fees	\$ 79	\$ 67	\$ 652	\$ 240	\$ 412
Payroll/Contract Svcs	\$ 4,094	\$ 3,434	\$ 26,613	\$ 43,000	\$ (16,387)
Copy Machine	\$ 137	\$ 134	\$ 1,899	\$ 2,000	\$ (101)
Rent	\$ -	\$ 962	\$ 6,086	\$ 10,000	\$ (3,914)
Utilities	\$ 401	\$ 350	\$ 4,303	\$ 2,500	\$ 1,803
Total Expenses	\$ 6,410	\$ 6,430	\$ 54,656	\$ 86,290	\$ (31,634)
Net Income	\$ (1,669)	\$ (605)	\$ (2,390)	\$ (150)	\$ (2,240)
			Ytd PR Reimb (Forecast)		\$ 4,170
			Ytd with PR Reimb		\$ (6,410)

Oct 2020 Cash Balances	
Main Checking	\$ 7,509
Event Account	\$ 1,400
Prudent Reserve	\$ 12,870
Till Cash	\$ 100
Total Cash Balance	\$ 21,879

October Bottom Line

- **Total Revenue – Total Expenses = (\$605)**
- **Year-to-date \$2,240 in the red**
- **Group contributions \$2,642 which is \$1,300 more than last month**
- **Corrections made for last month contributions**
- **Year-to-date (6,410) behind on prudent reserve reimbursement**

Steering Committee Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Steering Committee meeting of October 12, 2020

Attendance (by Zoom): Dusty ... Laurie ... Heather ... Jenn ... Phil ... Marc ... Dee

Opening: The meeting was opened with the Serenity Prayer at 6:00pm. Minutes from the September Steering Committee meeting were accepted. Minutes from the September Intergroup meeting were distributed electronically.

Hotline: Dusty reported that he spoke with Patrick who said all positions are filled. Some volunteers have exceeded their term with some of them not wanting to rotate out.

Treasury: Please see attached financial report. Laurie reported that the increase in payroll is due to the quarterly payroll tax being paid. She also advised that Covid-19 rent relief is expiring.

Office: Heather reported that Chris will be doing a product order.

Activities: Jenn reported that Living Hope church will allow us to hold our annual Gratitude Dinner at their facility. After discussion it was agreed that the event would be at great risk of losing money which Intergroup cannot afford. A motion was made and passed to cancel the event and to hold an event in 2021. The 2021 event was non-specific as restrictions for next year are unknown. Motion passed.

New Business/Iron Horse Schedules: A motion was made to pull the Iron Horse printed schedules in the office as it notes "Regardless of your drug of choice ..." Motion passed. It should be noted that group's meeting are still on the on-line schedule and will be in the next printed schedule.

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

Yours in Service,
Phil B



Intergroup Rep Meeting Minutes

Vancouver Area Intergroup of Alcoholics Anonymous Intergroup Representatives meeting of October 19, 2020

Attendance (by Zoom): Dusty – Cornerstone ... Marc – Miracles at Noon ... Chris – Rock Bottom Recovery ... Julie - Women in Action ... Warren – New Morning ... Jennifer – Doing Right Thursday Night ... Heidi – Minnehaha ... Emily – Hot Line Rep ... Debra – Steps to Freedom ... Lori – Women’s Daily Supplement ... Laurie – Sober Uppers ... Phil – R360covery ... Todd – 1st Shot ... Margie – McGillivray Study Group ... Dee – Welcome Home ... Boris – Men’s Fire-side ... Heather – office manager

Sign-in was on the Zoom chat box. Attendance shown above may not be complete.

Opening: The meeting was opened with the Serenity Prayer at 6:31pm. Minutes from the September Steering Committee meeting were read. Minutes from the September Intergroup meeting were read and accepted with a correction. Both sets of minutes were distributed electronically.

Hotline: Emily reported that there are volunteer opportunities. Hotline needs are posted on the website.

Treasury: Please see attached financial report. Laurie advised that group donations are down approx. \$17,000 while individual anonymous donations are up approx. \$10,000. We are currently down approx. \$2,300 below forecast which is not unusual at this time of year and that we’ve always depended on the November Gratitude Dinner, however that event is cancelled due to Covid-19.

Website: Marc requested that meeting changes be reported by email so that the meeting schedule may be kept current and accurate.

Office: Heather advised that visits and calls to the office are beginning to increase.

Activities: Due to Covid-19 the Steering Committee cancelled the November Gratitude Dinner as there is a strong possibility the office would lose money. Jennifer advised she has a few fund raising ideas for 2021 and would appreciate ideas from others which can be emailed to her at the office.

Old Business: None

New Business/Vice Chair: Marc was nominated for the position last month. No additional nominations were made. Marc was elected to the position.

New Business/Webmaster: Our webmaster Scott has relocated. We are in search of a new webmaster. Marc provided insight as to the duties and time commitment. Scott’s service is truly appreciated.

New Business/7th Tradition: A sample 7th Tradition script was distributed to the IG representatives and advised that there are groups that have been including a “donate now” button on Zoom.

Intergroup Rep Meeting Minutes Continued...

New Business/Expenses: There were questions relating to the office finance. One item brought up was what if the office was strictly virtual. Under the terms of our lease, if we were to vacate the premises, we would be financially responsible for the rent until such time as a new tenant leases the location or until our current lease expires (approx.. 3 years). The question of cutting back on hours (payroll) was asked. This was a question previously asked and the groups that responded were adamant that they did not want a decrease in hours.

Group News: Chris from Rock Bottom Recovery said his term is coming to an end and he will be introducing a new IG representative soon. Phil advised R360covery is now a hybrid meeting using the Recovery Café. Covid -19 safety measures are mandatory for those wanting to meet in person. Dusty advised Cornerstone has been searching for an in-person location and that many churches are now requiring liability insurance. Todd advised 1st Shot's Wednesday meeting is now back open and that he anticipates Saturday to reopen soon.

District News: Debra reported that District 27 is going to shut down their phone service as they are switching over to Intergroup.

Closing: The meeting was closed at 7:25pm with the Lord's Prayer.

Yours in Service,
Phil B

*For a full description of upcoming events
including locations or zoom information, visit the
events page on our website at:
www.vancouveraa.org*

*To add any events to future calendars, please email
us your flier at vancaa@vanintgrp.com (even if it's
a zoom event)!*

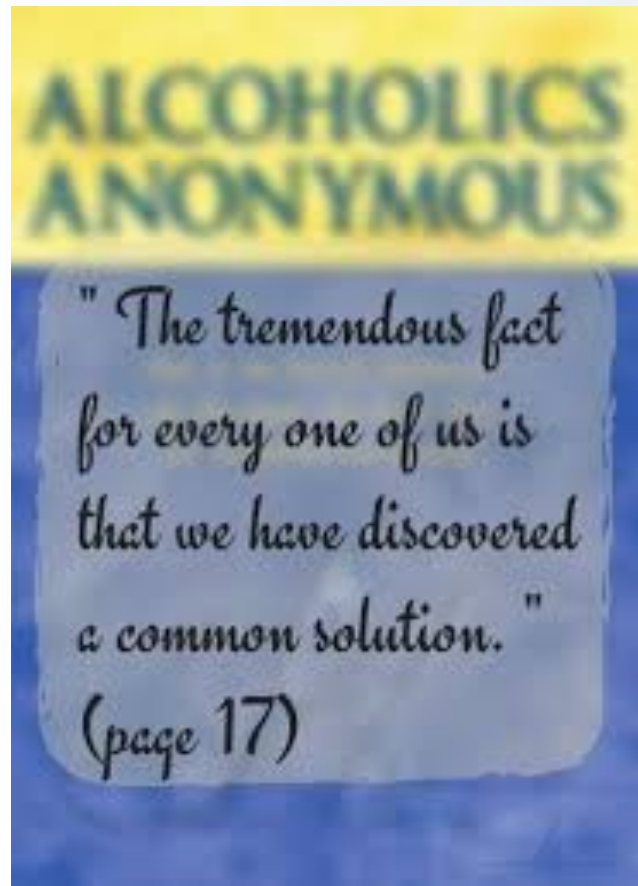
*All Newsletter submissions are due on the
1st of the month for which you want them
published.*

Upcoming Events

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 Wayfarer's Speaker Mtg. on Zoom: 7:00 pm
13	14 Steering Committee Mtg.: 6:00 pm	15	16	17	18	19 District 27 Business Mtg.: 12 pm
20	21 Intergroup Rep. Mtg.: 6:30 pm	22 District 37 Mtg.: 7:00 pm	23	24 District 7 GSR Mtg.: 7 pm	25	26
27	28	29	30 Peninsula Group's Busi- ness Mtg.: 6pm	31		

The Vancouver Area Intergroup of Alcoholics Anonymous exists to serve local groups of Alcoholics Anonymous within the vicinity of Vancouver, Washington. The Organization serves as a clearing house to distribute literature to local Alcoholics Anonymous groups, to provide contact among these groups, and to maintain an answering service.



The Vancouver Area
Intergroup

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