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## VANCOUVER AREA INTERGROUP

# Primary Purpose

FOURTH EDITION OF ALCOHOLICS ANONYMOUS

PAGES 30-43

[Chapter 3 - More About Alcoholism - \(pp. 30-43\) \(aa.org\)](#)

## More About Alcoholism

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals usually brief were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.



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### Monthly Business Mtgs.

- ◆ Gratitude Dinner Planning  
04/04/2022 @ 6:00 PM
- ◆ Archives Committee Mtg.-  
04/13/2022 @ 6:00 PM
- ◆ Steering Comm. Mtg. –  
04/11/2022 @ 6:00 PM
- ◆ Intergroup Rep Mtg. –  
04/18/2022 @ 6:30 PM
- ◆ District 27 Committee Mtg.  
04/16/2022 @ 10 AM&12PM
- ◆ District 27 Business Mtgs.  
04/16/2022 @ 12PM-3PM
- ◆ District 37 GSR Mtg. –  
04/26/2022 @ 7:00 PM
- ◆ District 7 GSR Mtg. -  
04/28/2022 @ 7:00 PM

## The Man in Retirement

*The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death..*

In this passage, “More About Alcoholism” establishes the reasoning behind Alcohol Anonymous’ abstinence-based program. The Big Book then challenges anyone who does not agree with this notion to go ahead and try some controlled drinking, and to see how they are affected when (or if) they stop abruptly. They commend anyone who can pull it off, but they also express great doubt that anyone will be able to attempt this feat.

The story of the man in retirement illustrates this point rather well. It begins with a man at the age of 30 who drinks in the morning to quiet the hangovers from his nightly binges. Upon seeing what this did to his career, he decided to stop and remained sober for another 25 years. He entered retirement at the age of 55, believing that his quarter-century of sobriety was proof enough that his alcoholism had been cured once and for all.

Unfortunately, it was only two months before the man found himself hospitalized. Within four years, his drinking finally killed him. This man’s story is one that has since been repeated by countless addicts and alcoholics who entered sobriety for a time before jumping headfirst off the wagon and back into their old habits. Many of those struggling with alcohol addiction have likely found themselves in that exact same position—and failed.

Trying to indulge your addiction safely seldom works. More importantly, it seldom lasts. There are countless instances of others who stayed sober for six months without any form of treatment or support program, only to hit the bottle harder than ever on month seven. This is not to say that absolutely nobody can accomplish sobriety through self-will. A rare few have even managed to return to normal drinking. But look closely, and you’ll discover that these are very rare exceptions to the rule.

“More About Alcoholism” demonstrates that there is a lasting need for relapse prevention, even years into sobriety. Remember that emotional disturbances come in the form of highs as well as lows. If we convince ourselves that everything is going well and that we are at no risk of relapse whatsoever, then we will let our defenses down and put ourselves at greater risk of making the wrong decision. Too many people have stories of relapsing while in long-term sobriety. Don’t become one of them.

## The Whiskey in the Milk

An early section of the chapter states:

*Here are some of the methods we have tried [to control our drinking]: Drinking beer only, limiting the number of drinks, never drinking alone, never drinking in the morning, drinking only at home, never having it in the house, never drinking during business hours, drinking only at parties, switching from scotch to brandy, drinking only natural wines, agreeing to resign if ever drunk on the job, taking a trip, not taking a trip, swearing off forever (with and without a solemn oath), taking more physical exercise, reading inspirational books, going to health farms and sanitariums, accepting voluntary commitment to asylums—we could increase the list ad infinitum.*

“It then continues to tell the tale of a man named Jim.

Jim was a good man with a good family, but drinking made him occasionally violent. For this reason, he sought AA. But much like the man in retirement, he decided one day that he did not need to remain sober. He went to a roadside eating establishment, a place he had visited many times in sobriety. But this time, he decided that an ounce of whiskey would be acceptable if mixed into a glass of milk. He knew intuitively that this was not a smart move, but the fact that his stomach was full seemed like assurance enough. “More About Alcoholism” states:

*Whatever the precise definition of the word may be, we call this plain insanity. How can such a lack of proportion, of the ability to think straight, be called anything else?*

Jim already knew the consequences of his drinking, yet he returned to his habits anyway. “More About Alcoholism” compares this type of behavior to a person with an addiction to jaywalking. They know that what they are doing is dangerous, but they continue nonetheless. They are eventually injured, yet still, they continue. Eventually, after ignoring several warning signs, the jaywalker suffers a debilitating (and possibly fatal) spinal injury when walking in front of a fire truck. The addict or alcoholic often follows a similar train of logic, continuing to do what they have promised to stop doing, believing that no harm will come to them. Until, of course, they are proven wrong.

## The Story of Fred

The final story contained within “More About Alcoholism” is that of Fred. This story is told after a concession that normal drinkers who occasionally overdo it are not the same as alcoholics. In fact, this particular story of “More About Alcoholism” appears to exist for no other reason than to demonstrate the difference between normal drinkers and alcoholics. If you have encountered a similar story through your use of alcohol, it should not be too difficult to identify which of these categories describes you best.

Fred was much like Jim, a happy family man who has achieved a fair bit of success. Fred believed that his drinking was normal, but that he occasionally overdid it. As such, he refused to take Step One. When the disease of addiction was described to Fred, he saw how it might relate to his own experiences. Even so, he believed that he had the willpower to quit on his own. While Fred was a smart man, he found that his own reasoning failed him in this sense, and he decided that he had learned enough from his negative experiences to begin drinking like a normal person. During a business trip in Washington, he drank several cocktails and eventually flew to New York before spending several hazy days of drunkenness in a cab. When he awoke, he had no idea where he had been or what he had done.

This was enough to convince Fred of his alcoholism. But for many, it could have been too late. He could have run out of money, could have said the wrong thing to the wrong person, or do any number of things that would have resulted in injury, legal issues, or death. He finally saw that he did not control his addiction to alcohol. After jumping back on the wagon, he had this to say:

*“My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could.”*

Fred’s story is much like the other stories in “More About Alcoholism” in that it describes a man who felt like he was not an alcoholic, only to realize the true nature of his condition long after he had racked up several consequences. Fred and the others mentioned in “More About Alcoholism” had to hit rock bottom before they could accept who they were.

# Step Four

*“Made a searching and fearless moral inventory of ourselves.”*



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## AA GRAPEVINE TRADITIONS CHECKLIST

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### **Tradition Four:**

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA “as a whole”?
3. Do I judge or criticize other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don’t do things how I believe AA should be done?

## Upcoming Events

APRIL 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Gratitude Dinner Planning Mtg. 6:00 pm	5	6	7	8	9
10	11 Steering Committee Mtg.: 6:00 pm	12	13 Archives Committee Mtg: 6:00 pm	14	15	16 District 27 Committees Mtg.: 10am-12 pm District 27 Business Mtg.: 12pm-3pm
17	18 Intergroup Rep. Mtg. 6:60 pm	19	20	21	22	23
24	25	26 District 37 Mtg.: 7:00 pm	27 Archive Planning Mtg. 3PM via ZOOM	28 District 7 GSR Mtg.: 7 pm	29	30

# ARCHIVES CORNER



Hello from Vancouver Archives, which currently serves Districts 7 and 37 of Western Washington Area 72. The Archives Committee meets on the 2nd Wednesday of each month at 5:30 p.m. at the Intergroup Office or via Zoom. We need your help! If you are interested in being of service with the Vancouver Archives Committee by helping to organize and digitize historical records, gather group histories and oral histories and a variety of other projects, please come to the next meeting. PLEASE donate your group documents to Archives! Don't throw anything out! We will digitize your records and physically store and preserve your documents, signs, relics, etc.

## Current Projects:

- Refurbishing Grapevine binders that have developed rust.
- Continued digitization of audio cassettes, cd's and group history such as Minutes, Agendas, flyers and financial documents.
- Review of District 7 (former) DCM binders returned from Area 72.
- PNC planning. Possible Zoom break-out room for local display.

## Upcoming Events:

- 03/27/22 3:00 p.m. via Zoom- PNC Archives Planning Meeting.
- 04/13/22 5:30-6:30 p.m. Archives Committee Meeting at Intergroup Office.
- 06/24-26/2022 Pacific Northwest Conference will be via Zoom.

Area 72 is hosting. Originally, District 7 and 37 won the bid to host in Vancouver at the Heathman Lodge, however it was subsequently decided to use the Zoom platform for a virtual experience.

Please contact Cindy M. with any questions or comments at:

[dist7archives@area72aa.org](mailto:dist7archives@area72aa.org)

or call/text: (702) 806-6466

In Service, Vancouver AA Archives Committee



# GROUP CONTRIBUTIONS JANUARY-MARCH 2022

## January 2022

	Group Name	Contribution
01/06/2022	Men's Eastside	300.00
01/07/2022	Name in the Hat	552.26
01/16/2022	The Lighthouse	50.00
01/17/2022	Lewis River AA	60.45
01/17/2022	First Shot	303.40
01/17/2022	A New Morning	180.63
01/17/2022	Ready and Willing	50.00
01/20/2022	Men's Fireside	100.00
01/24/2022	Westside Group	65.00
01/24/2022	Shoulder to Shoulder	148.10
01/26/2022	Stevenson AA	250.00
01/31/2022	Minnehaha	200.00
		300.00

## Individual Contributions

## February 2022

	Group Name	Contribution
02/01/2022	As Bill Sees It	211.00
02/02/2022	First Shot	165.40
02/04/2022	There is a Solution BBSG	20.00
02/07/2022	Sunday Solutions	16.00
02/08/2022	Dry Tribe	34.32
02/09/2022	Camas Group	29.41
02/09/2022	Steps to Freedom	100.00
02/10/2022	Ridgefield Recovery Group	90.00
02/10/2022	Women's Emotional Sobriety	45.80
02/11/2022	Sober Uppers	30.00
02/11/2022	Castle Rock Survivors	60.00
02/12/2022	A New Morning	218.96
02/15/2022	Eastside Brown Baggers	300.00
02/15/2022	Chapter 9 Couples	60.00
02/15/2022	Hockinson Group	179.84
02/16/2022	There is a Solution BBSG	100.00
02/16/2022	Out to Lunch Bunch	35.00
02/18/2022	Lewis River AA	10.52
02/21/2022	Eastside Brown Baggers	20.00
02/21/2022	Friday Night Happy Hour	40.00
02/23/2022	Sober Uppers	260.00
02/28/2022	Women's Daily Supplemental	12.33
02/28/2022	District 37	486.23
		236.13

## Individual Contributions



# GROUP CONTRIBUTIONS JANUARY-MARCH

March 2022	Group Name	Contribution
03/04/2022	Friday Night Happy Hour	16.36
03/04/2022	Men's Fireside	100.00
03/07/2022	Fundraiser: Rock Bottom Recovery Cornerstone Group Hope Dealers	80.00
03/08/2022	Ready and Willing	50.00
03/08/2022	Camas Group	27.02
03/10/2022	A New Morning	278.60
03/14/2022	First Shot	239.72
03/14/2022	The Lighthouse	50.00
03/14/2022	Grays River Grateful	25.00
03/16/2022	Sought through Prayer & Meditation	6.00
03/16/2022	Doing Right on Thursday Night	16.00
03/16/2022	There is a Solution BBSG	15.00
03/17/2022	LaCenter Group	21.40
03/17/2022	Wayfarers Speaker Meeting	75.82
03/21/2022	R360very	40.00
03/22/2022	Men's Fireside	162.49
03/23/2022	OB's Speaker Meeting	100.00
03/24/2022	Anchor Point Counseling	10.00
03/28/2022	Minnehaha	150.00
03/29/2022	The Lighthouse	50.00
03/29/2022	Bozos by the Berries	300.00
Individual Contributions		350.00

## PAYPAL CONTRIBUTIONS

January	260.13
February	358.15
March	207.71

# SHARED BY MEMBERS

## ALCOHOLICS ANONYMOUS QUOTES

“ We sometimes hurt those we love because they need to be “taught a lesson,” when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.”

— **Alcoholics Anonymous, Twelve Steps and Twelve Traditions.**

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation "some fact of my life" unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

— **Alcoholics Anonymous**

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”

— **Alcoholics Anonymous**

“To this day, I am amazed at how many of my problems - most of which had nothing to do with drinking, I believed - have become manageable or have simply disappeared since I quit drinking.”

— **Alcoholics Anonymous**



Central Group and Reconciled Group Present

# *Unity Spring Fling*


Salmon Creek Grange  
1900 NE 154th St  
Vancouver WA 98686

**May 7th, 2022**  
**7 - 11 pm**

\$5 PER PERSON  
KIDS FREE

**OUTDOORS  
THEMED  
RAFFLE**

**KARAOKE/DANCE WITH DJ ROCKY**



*Slow fun  
for the  
kids*

*Food &  
beverages  
available*



**NO Open Fires**

## 33<sup>rd</sup> Annual

Pet's ok on  
leash, scoop  
your poop

# Celilo AA Spring Gathering

**When:**

May 12<sup>th</sup> 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 2022

**Where:** Celilo Campground

Exit 97 off I-84

10 Miles East of The Dalles, OR

**Bring your Experience Strength & Hope**

**For Campings:** Tent, Sleeping Bag, Camping gear, Food to Eat, Food to Share, Water, Wood

**Activities:** Men, Women & Children's Sweat Lodge; AA meetings; Teen Meetings; Women's Talking Circle; Moon Lodge, & Sunday Spiritual Breakfast and Giveaway..

AA Meetings 7:30 <sup>am</sup> every morning

Speaker Meeting Thursday @ 8pm

All weekend @ 8pm AA Meetings

Women's Meeting Saturday @ 3pm

**Need Info?**

Call Kathy K 503.890.6270

Nancy C 360.600.4003

2203 Fairmount Ave Vancouver WA 98661

# Vancouver Area Intergroup Gratitude Dinner Planning Event

**First Monday of Every Other Month**

**04/04/22 – 06/06/22**

**08/01/22 – 10/03/22**

**6:00 PM**

Please come and show your support for the AA Community Fundraiser.  
Planning will take place at the Vancouver Intergroup Office.

360-694-3570

[vancaa@vanintgrp.com](mailto:vancaa@vanintgrp.com)

2203 Fairmount Ave Vancouver WA 98661



Welcome Back To:

***"FRESH START"***

Beginning: March 15, 2022

Tuesdays 11:30 to 12:30

Thursdays 11:30 to 12:30

Salmon Creek United Methodist Church

12217 NE HWY 99

Room 201

Bldg "B"

Please Note: Masks and Social Distancing is in effect  
until the State Mandate is no longer in effect.

# **MAD DOG GROUP**

**Thursday Nights 7-8pm**

**A solid book study!**



**All are welcome, we'd love to  
see you there!**

**East Park Church  
15815 NE 18th St  
Vancouver, WA 98684**



Vancouver Area Intergroup 2022 Newsletter will be distributed in the first week of each month instead of the middle of the month.

If you would like to share your :

- AA Birthday on the Calendar
- Experience Strength & Hope
- AA related content or topics
- AA Flyers

In the Upcoming Newsletters please feel free to email :

[vancaa@vanintgrp.com](mailto:vancaa@vanintgrp.com)

You Are Wanted Needed & Loved!

**\*\*\*\* The Primary Purpose will no longer include the Financial Reports or the Meeting Minutes from either the Steering Committee Meeting or the Intergroups Rep Meeting. Reports and Minutes can now be found on the website under the documents tab.\*\*\*\***

[Documents | Vancouver Intergroup Alcoholics Anonymous \(vancouveraa.org\)](http://vancouveraa.org)

