



# Sobriety in Stumptown

[www.pdxaa.org](http://www.pdxaa.org)  
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Portland Area Intergroup  
825 NE 20th Ave,  
Portland, OR  
503-223-8569

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## *September Stories and Art*

### **Step Nine**

*by Amy B., Sobriety in Stumptown Editor*

In the September issue, members discuss what they received from working Step Nine of the program of Alcoholics Anonymous.

### **The Most Precious Gift**

*by Clayton S. from Portland, Oregon*

The program of Alcoholics Anonymous has given me many things for which I am grateful for every day. But if I had to name one I am the most grateful for, it would easily be the relationships I have in my life today that I wouldn't if I hadn't made amends to my family.

During my drug use, I was in a situation where I thought I would die. I was alone and scared and demoralized. I had not spoken to my mother or father or sister in several years. There was too much harm and hurt, they had left me behind to save themselves. There, in that hotel room in the darkest hour of my life, I thought about how mine dying this way would affect them. I imagined being that strange unknown figure in the family tree, like the uncle I had who died before I was born. I imagined my nieces or nephews asking what had happened to me and being told that we didn't talk about it. It would be too painful, too shameful, too taboo. They would never know anything about me.

By the grace of God, I survived that night. I woke up in an emergency room. It was the beginning of my sobriety. There would be another year of work before I ever even approached my family with amends and another few years after that to gain their trust again. Five years into my sobriety, my nephew was born. As I held him for the first time in the hospital, I cried tears of joy, overwhelmed by thoughts of that night dying with only a slight idea of what I would be missing out on.

When the Big Book of Alcoholics Anonymous promises us a life greater than we ever could have imagined, they don't mean a mansion or cars or that beautiful girlfriend or that prestigious job. Although any of those things could become part of your recovery, the truly unimaginable joy is the love you will find

in your life as a result of working these steps. The feeling of holding an infant I never would have known and the simple joy of being there is the most priceless and valuable gift this program has ever given me, and it is a direct result of Step Nine.

## **Finding Serenity**

*by Rachel M. from Portland, OR*

What is an apology? What is our goal when we reach out? For me, it was to rid myself of the stale, sticky feeling surrounding all those shameful events in my past. Shame—that emotion had defined my whole life, been the central theme in the story of me. A careless drunk stumbling through life, I had hurt many people, been the tornado that the Big Book talks about. I was not in touch with any of my family. I had no friends to speak of. I had a marriage in shambles and no relationship history that didn't include screaming fits and blocked numbers. There was lots of work to do.

Before I could ever try to mend the pieces I had broken within others, I had to mend myself. The first seven steps helped me do that. I took brief looks into serenity, at what I might someday feel. As I meditated I imagined being in a dark room and holding open a heavy metal door behind which was the most beautiful light.

There was a distinct moment as I left a coffee shop where I made my last amends, to my ex-husband, that I reached the point I was working towards my entire sobriety thus far. I was rushed by the image of walking through that door and into the light. It was almost a physical feeling, the sensation of God shining a light into the dark caverns of my soul. I felt warm and clear inside. I was renewed.

There is a reason the Promises of this program are offered only after we have completed our amends. It is a seminal step that takes us into the Fourth Dimension, leaving behind our old selves and embracing this new way of living. We are no longer faking it until we make it—we have made it.

## **The Action Step**

*by Eddie H. from Portland, OR*

The purpose of this program was to stop letting life happen to me and instead take control, take action in areas that I used to choose the path of apathy instead. My first sponsor told me that there were action steps. We read through the Big Book highlighting the words that were action words, verbs, and it became clear to me that I would be taking plenty of action in sobriety.

Step Nine and my amends was the first major area that this program forced me to step so far out of my comfort zone that I wasn't sure I could do it. I balked, afraid of every dimension of it. How would they respond? What would it bring up for me? Would I embarrass myself? As I asked these questions, I quickly realized they all were a reflection of one thing, my ego. I was too worried about myself in the situation to see beyond to how my amends would affect others.

Once I made amends and received truly beautiful responses, changes began to happen in my life. It suddenly seemed like this past had been an unseen obstruction to growing and moving forward. I began to step out of my comfort zone more frequently, unafraid of the consequences, unburdened by my ego whispering in my ear constantly. It all started with the amends, with sitting down and writing out those apologies.

## Monthly Business Meetings

For details about monthly business meetings, contact the PAI Office at 503-223-8569. Or send your questions or concerns to: [1212@pdxaa.org](mailto:1212@pdxaa.org)

**Portland Area Intergroup (PAI):** Business Meeting, 2<sup>nd</sup> Monday of every month, 7:00 PM, 4524 SE Stark St. (Unity of Portland), Portland.

**Portland Deaf Access Committee:** Monthly, 2<sup>nd</sup> Sunday of every month, 6:30, The Alano Club, NW 24<sup>th</sup> & Kearney.

**Dist 9:** 1<sup>st</sup> Wed, 6:30 PM, 24<sup>th</sup> and Kearney, Portland

**Dist 10:** Last Mon, 7:00 PM, 12945 Beaverdam Rd., West Side Service Cntr, Beaverton

**Dist 11:** Last Thu, 7:00 PM, "URS" Club, Portland

**Dist 12:** 1<sup>st</sup> Tue, 6:30 PM, 12x12 Club, 7035 NE Glisan, Portland

**Dist 15:** 1<sup>st</sup> Wed, 6:45 PM, 710 6<sup>th</sup> St., Oregon City

**Dist 18:** 1<sup>st</sup> Sat, 9:30 AM, 215 N 6<sup>th</sup> St., St. Helens

**Dist 23:** 1<sup>st</sup> Tue, 6:00 PM, Emmanuel Presbyterian, 19200 SW Willamette Dr., West Linn

**Dist 24:** 1<sup>st</sup> Thu, 6:00 PM, 5441 SE Belmont St., Portland

**Dist 25:** 4<sup>th</sup> Tue, 5:30 PM, Immanuel Lutheran Church, 39901 Pleasant Street, Sandy, OR

**Dist 26:** 2<sup>nd</sup> Sun, 5:00 PM, St Charles Church, 5310 NE 42<sup>nd</sup> Ave., Portland

**Dist 27:** 1<sup>st</sup> Mon, 7:00 PM, 11631 SE Linwood Ave., St. Paul's Methodist, Milwaukie

**Dist 31:** 2<sup>nd</sup> Tue, 7:00 PM, 937 NE Jackson School Rd., Hillsboro

**Dist 34:** 3<sup>rd</sup> Sat, 5:00 PM, 485 Portland Ave., Gladstone

**Dist 35:** 2<sup>nd</sup> & 4<sup>th</sup> Sat, 7:00 PM, 18926 SW Shaw St., Suite A, Beaverton

**Dist 36:** 2<sup>nd</sup> Thu, 7:00 PM, St. Barnabas Episcopal Church, 2201 SW Vermont St, Portland

**Dist 37:** 2<sup>nd</sup> Tue, 7:00 PM, Sherwood Community Friends Church, 23264 SW Main Street, Sherwood, OR

## Committee News

**Portland Area Intergroup** is a committee of volunteers that encourages mutual support and cooperation between Portland A.A. groups and provides services that would be too much for the individual groups to handle by themselves. PAI provides services for the AA community and the general public.

**We have several committee positions available. Portland Area Intergroup needs your help.** Working on a committee is excellent 12th Step service work. If you are interested in being on any Portland Area Intergroup committee, send an email to [pdxaa.org](mailto:pdxaa.org) with "COMMITTEE INTEREST" in the subject field. Or, just click on [Service](#) on the Intergroup website. **Intergroup committees carry the message of recovery to the still-suffering alcoholic.** Please help yourself and others. Sign up. Thank you.

**Bridging the Gap (BTG):** Provides a one-time, temporary contact for people transitioning from a treatment center to A.A. meetings. BTG meets the second Monday of each month at 6:30 PM at the Portland Intergroup Office basement, located at 825 NE 20th Ave, Suite 200, Portland.

"We Bridge the Gap so alcoholics leaving treatment don't have to walk alone across that scary gap between the beginning of recovery in treatment and the continued recovery in A.A." Please contact the PAI office via phone, 503-223-8569, or email [btg@pdxaa.org](mailto:btg@pdxaa.org), if you are interested.

**A.A. Hotline:** The A.A. Hotline keeps the Portland phone number for A.A. active 24 hours a day, every day of the year. The way this is accomplished is by volunteer support. Calls to the

A.A. number placed after Central Office hours and redirected to volunteers' phones, keeping the volunteer's number anonymous. A volunteer can elect to go on a 12th Step call or just provide the information the caller needs about meetings. Commitments are generally two times a month. In particular, if you're a night-owl, we'd really appreciate your help. Call the Central Office for more information at 503-223-8569.

**Corrections Committee Information:** Take meetings into correctional facilities & carries the A.A. message to the alcoholic who suffers. The Corrections team is looking for A.A. volunteers, both men and women, to bring A.A. meetings into the jails in Multnomah County, specifically Inverness Jail, the Courthouse and the Justice Center. If you have questions on becoming a volunteer, or if you would like to be on the PAI Corrections Committee, please email: [corrections@pdxaa.org](mailto:corrections@pdxaa.org), or call the Central Office for more information at 503-223-8569.

**Cooperation with Treatment Centers:** The Treatment Centers needs your help to share your experience, strength, and hope with the alcoholic who still suffers by taking meeting into treatment facilities. The Treatment Center committee needs volunteers to help coordinate and facilitate meetings at treatment centers. We need your help to contact treatment centers that have reached out to Portland Area Intergroup for A.A. support. We also speak with treatment centers to find out if A.A. is currently bringing in meetings, or if they would like to arrange an appointment to speak with a representative from A.A. that could explain what we can offer them and their patients. We also coordinate with A.A. groups to find out about the service opportunity, and how their group members can participate in this important 12<sup>th</sup> Step work. The committee meets monthly at 6pm, before the Portland Area Intergroup meeting. If you have questions, please email [treatment@pdxaa.org](mailto:treatment@pdxaa.org), or call the Central Office at 503-223-8569.

**Public Information Committee:** Panels meet with the media, schools, clubs, and the general public and show videos (produced by the General Service Office), provide literature, contact information and answer questions about A.A. For more information, email [pi@pdxaa.org](mailto:pi@pdxaa.org), or call the Central Office at 503-223-8569.

**Newsletter (*Sobriety in Stumptown*):** The committee for the very publication you are now reading is looking for members. Send an email of interest to: [newsletter@pdxaa.org](mailto:newsletter@pdxaa.org)

**Events:** The Events Committee needs committee members. Send an email to [Events@pdxaa.org](mailto:Events@pdxaa.org) for more information.

## **Get Published!**

If you have A.A. news, a meeting change, a big event, a story, a painting, a poem, or just a rant, Sobriety in Stumptown wants to hear it! Send articles of 1000 words or fewer to: [newsletter@pdxaa.org](mailto:newsletter@pdxaa.org)

Deadline for the October issue: **October 1st**

### **Step Nine**

*"Made direct amends to such people wherever possible, except when to do so would injure them or others."*

### **Tradition Nine**

*"Alcoholics Anonymous, as such, ought never be organized; but we may create service boards and committees directly responsible for those they serve."*

**Serenity Prayer**

*“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”*

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