



# Sobriety in Stumptown

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Portland Area Intergroup  
825 NE 20th Ave,  
Portland, OR  
503-223-8569

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## *December Stories and Art*

### **December Thoughts**

*by Amy B., Sobriety in Stumptown Editor*

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

### **Step Twelve**

*From the Silver Streak*

*We Tried to Carry this Message to Others*

There are many reasons we try to “carry this message.” As people who have received so much from the program, we realize that no thank you notes or paybacks of any kind could ever be enough. Also, we realize that in the program, “gratitude goes forward.” That is, the only possible way to acknowledge the gift we have received is to give it away. The truth is we have to give it away if want to keep it. No doubt the greatest gift the Twelve Steps gives us is the ability to love (which is not the same as romantic feelings for someone, or sentimentality about our children.) Because we are different, we learn to “give” in a different style and for different reasons. Without the expectation of outcome, we reach out to others not because they are “lovable” in any ordinary sense, but because we have become able to love “which means the same thing as becoming able to fully live). This “reaching out” takes many forms from sharing in meetings to making Twelfth Step calls to setting up chairs before the meeting starts.

*And to Practice These Principles in All Our Affairs*

A well-lived life is a full-time job. And the program has to do with all of our lives, not just the worst of our problem areas. We know now that it’s impossible to be superman or wonder woman with our program friends and just the opposite with our families at home. We are who we are, twenty-four hours a day. So we bring the spirit of the program with us wherever we go. Learning to accept the world and all who are in it as they are, not as we would wish them to be, we learn to accept ourselves and learn to

accept ourselves and learn to love who we are becoming. Most of all, we have learned that becoming, moving on, forging ahead, is a good direction to be going in. And we've learned that with the Twelve Steps comes our invitation to the banquet that life is meant to be.

## **Oh I'm New, What to Do?**

*by Jaime W.*

Getting sober around the holidays was hard for me. I'm from Virginia and I had no family here in Ohio. I did not know anyone either and I was lacking most if not all social skills. I really did feel all alone, and I was scared to the point I had decided not to celebrate any holiday. I felt as though if I didn't celebrate them then I would not be tempted to drink.

One of my biggest problems though was I did not talk about how I was feeling in meetings. I did not want people to know that I felt alone, scared, and vulnerable. Truthfully, I feared people and how I thought they viewed me. Well, I was completely wrong. I met a person in the program who was extremely sweet and even though I did not speak up, I watched her lend her hand out to others who had the courage to speak about their feelings.

I would also listen when people would say, make sure you have an exit plan, and phone numbers to call in case anything happens. Always know where the closest meeting is if you need to get out and go somewhere. All these things were very vital to me as a newcomer. I pushed myself out of my comfort zone, because I knew if I didn't that I would probably drink.

I did speak out to that person and ended up having a wonderful holiday with her and her family. I think that fear alone keeps me trapped in my own mind. My advice is to speak on how your feeling. These people in the Program are more than willing to help and they don't judge. They want to give back what was so freely given to them.

I hope everyone has a beautiful holiday, safe, sober, and fun. Merry Christmas and Happy New Year!

## **Always Build Up, Never Tear Down**

*by Moe A.*

I know for myself, when I first got sober all my feelings were like a roller coaster. A lot of things that I did when I was active in my alcoholism, I wasn't proud of, and the last thing that I needed was someone being ignorant towards me or delivering foul treatment. Throughout my journey insobriety I've dealt with the backstabbing, along with other actions from the people that didn't care about how their actions would affect me. I am truly grateful that it happened to me when I had the Steps embedded in me and got stronger mentally and spiritually because if I was new, I would have left. I've gone through some things even at three to four years sober that I just wanted to call it quits and leave.

I've always been a motivator. A lot tend to try building themselves up by tearing others down.

That's not right and that really doesn't work. A person truly rises by lifting other people up. Newcomers come in already beat down from all they have been through, so it's vital to always try to uplift people. As it states, "we reap what we sow," or "what we put out, we get in return."

Doing things like spreading rumors and lies on people should not be done, but it happens. One of the best things about Alcoholics Anonymous is unity. If nobody was in the room when a person came to a meeting who would be there to do all that's needed for the meeting as far as making coffee, chairing the meeting, etc. Even before that, who would be there for someone to build a support group? We are told when we come into the rooms to change our playground, playmates and play things. I don't know about anyone else, but I surely don't want to be surrounded by those who say they love me when we are face to face but ridicule me when I am not around. I am a firm believer that you're only as good as the people you surround yourself with.

It's no good to have people around you that hope and wish you the best when you around them yet hope and pray for your downfall if or when you're not in their presence.

More people need to worry about how the things they say or do effect others. I've known people that have chosen to get a different sponsor and the old sponsor that they got rid of went around gossiping about that sponsees Fourth Step. I've known people that attend certain meetings for a while and decided they were getting stagnant, so they chose to go to different meetings, and some people spread lies that they went back out to drinking. That's not right at all but it does happen.

With my sponsees or people that I am close to, I always tried building them up to stay positive and keep strong. I have always been a fan of the underdogs. The ones that people always tell them that they can't do something or are always told that they're worth nothing. I always tell people that they can do anything that they put their minds to. I always tell people to always believe in themselves, even if nobody else does. I surround myself with inspirational people that truly love me and want nothing but the best for me and don't only say it, but proves it with action. A lot of those who go around doing negative things like spreading lies and rumors are the same ones to speak at meetings about how "they work a good program." Doing things like this is not truly applying the principles in all our affairs. What's needed a lot more is to deliver true love and less hate. To care much more rather than letting ignorance or insecurities ruin bonds and relationships. Always build up, never tear down.

## **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 January issue: **January 5th**

### **Step Twelve**

*"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

### **Tradition Twelve**

*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

### **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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