



Sobriety in Stumptown

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

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March Stories and Art

Just Friday

by Anna W. from Portland, OR

I lead a meeting today. It's Friday. Nothing spectacular about today. Unless you are an alcoholic. It's *today*. Not just today, or only Friday with no big deals attached to it. Another day in a succession of days. Ah, but for those of us blessed to have a daily reprieve from the first drink, it's a fine day. That unlike any other. For we have been given today.

In Alcoholics Anonymous it's all we are promised. One day at a time. We are not promised or guaranteed anything. True, if you don't drink you can't get drunk. That is a fact. And you can't argue facts. But oh how we love to try.

I lead a meeting 2,500 miles from home. Actually, it's only 2,218 miles. But twenty-five-hundred sounds better doesn't it? Another way to embellish a story not unlike when I was drinking. Add ego and stir. A home group away from home. The Westchase Nooners welcomed me. Every day at 12 noon Monday through Friday. Straight up AA.

Topics included having a spiritual experience. Living the traditions. Working the Steps in order, as they were written. Newcomers were surrounded after the meeting by groups of women or men depending, people were welcome before the meeting. Hugs were distributed and strength was shared. Group members also relapsed while I was here. A member's father-in-law died. Someone else was using the Steps to reunite with his father. Relationships dissolved, and others were mended.

I received an email today. One from the woman who lives in Portland and is being of service by accepting the position of editing the Stumptown Newsletter of the Portland Area Intergroup. I

was reminded I am an alcoholic from Oregon. I got sober in another state. I have been to meetings in every state I have ever visited.

I am an alcoholic. I am a child of the God of my understanding. Yet I do not have to understand yours, or hers, or his, or my parents God to believe. I have a chance of recovery from alcoholism if I accept that I am not in charge. That something big and spiritual that is *not* me has my back, your back, his back, her back. You don't believe yet? That is just fine. Believe that I believe.

Take a walk. Take a breath. Give a hug. Get a Hug. Go to a new meeting and offer to share. Remember what got you here and what keeps you here. Be of service. Find a way to believe. Any way.

I lead a meeting today 2,218 miles away from you all. The topic was the ninth Step. People talked about how their God has helped mend relationships, even those with people who are no longer living. Someone talked about work. Another sober member talked about how his behavior had really screwed up three days of his life....and how he realized that it was him, not someone else who had taken his peace and serenity from him. How he planned on correcting that and making amends.

I went to an AA meeting today. Just Friday. Just a nooner. With a group of drunks. Amazing.

Are We One?

By Samantha C. from Portland, OR

A reflection on Tradition Three brings us to an interesting question, one that seems to become more and more relevant: are alcoholics and addicts the same thing and do they belong in the same meetings?

I have experienced, as I am sure many members of AA have, meetings or members that felt strongly about the division in Twelve Step programs along substance lines. Many meetings have it in their beginning spiel to keep your share about your life as it relates to alcoholism. As someone who abused drugs as well, I felt unable to discuss that aspect of my addiction in meetings for some time.

Did everyone who drank not do drugs, as well? Did everyone who did drugs not drink, as well? Where did the two things separate? Were we one group of people with one disease, addiction, or were we many groups with many diseases that were only somewhat similar? In Bill's Story, he discusses using other substances. Yes, most of his story is about alcoholism, but was not his only addiction.

Different twelve step programs are a wonderful expansion of Bill's vision. They have formed communities of people who have similar struggles and can relate to each other in beneficial ways. But when is different *too* different? A cocaine addict at a meeting of Alcoholics Anonymous makes sense to many, but does a compulsive gambler make the same sense? Does this gambler have a different disease?

For me, I interpret the third tradition as meaning that anyone with a desire to recover is a member. I don't know if this is the most common or accepted opinion, but it is coming from someone who was addicted to much more than alcohol and who still found a complete recovery in Alcoholics Anonymous.

As issues like the opioid epidemic make their way through society, we can expect many people who have abused substances other than alcohol to be looking for recovery. As the oldest, largest, and founding branch of the recovery three, Alcoholics Anonymous has the largest role in making sure there is an open door and seat for everyone who wishes to get sober.

Tradition Three

By Anthony D. from Portland, OR

The third tradition of AA, "The only requirement for membership is a desire to quit drinking", is the reason I am sober today. When I first started attending meetings, I would hear the Steps and Traditions read and listen for things I could relate to. I wanted to quit drinking, but I wasn't yet sure if I wanted to be sober.

This tradition's intent is clear. The founders of AA did not want the rooms to be closed off to anyone. Even if you were drunk or drank that same day, you were to be welcome to come and enjoy the miracle by listening. Even if you didn't know what the steps were and didn't know what a sponsor was, you were welcome. Even if you were agnostic, you were welcome. Even if you couldn't afford to donate anything, you were still welcome.

The universal acceptance that tradition three created is the backbone of AA. It assures we are a group as diverse as we are similar, strangers brought together by the one commonality of being alcoholics.

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

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

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

Dist 9: 1st Wed, 6:30 PM, 24th 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: 1st Tue, 6:30 PM, 12x12 Club, 7035 NE Glisan, Portland

Dist 15: 1st Wed, 6:45 PM, 710 6th St., Oregon City

Dist 18: 1st Sat, 9:30 AM, 215 N 6th St., St. Helens

Dist 23: 1st Tue, 6:00 PM, Emmanuel Presbyterian, 19200 SW Willamette Dr., West Linn

Dist 24: 1st Thu, 6:00 PM, 5441 SE Belmont St., Portland

Dist 25: 4th Tue, 5:30 PM, Immanuel Lutheran Church, 39901 Pleasant Street, Sandy, OR

Dist 26: 2nd Sun, 5:00 PM, St Charles Church, 5310 NE 42nd Ave., Portland

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

Dist 31: 2nd Tue, 7:00 PM, 937 NE Jackson School Rd., Hillsboro

Dist 34: 3rd Sat, 5:00 PM, 485 Portland Ave., Gladstone

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

Dist 36: 2nd Thu, 7:00 PM, St. Barnabas Episcopal Church, 2201 SW Vermont St, Portland

Dist 37: 2nd 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 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, 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, 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 12th Step work. The committee meets monthly at 6pm, before the Portland Area Intergroup meeting. If you have questions, please email 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, 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

Events: The Events Committee needs committee members. Send an email to 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

Deadline for the April issue: **April 5th**

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood him."

Tradition Three

"The only requirement for membership is a desire to quit drinking."

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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