



## **Sobriety in Stumptown**

**Portland Area Intergroup**

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

[www.pdxaa.org](http://www.pdxaa.org)

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### **The Prevailing AA Spirit**

*by Bob S.*

A well-known AA speaker, from the 1970s, replied to his wife who queried about his very first AA meeting: "Well," he replied, "they smoked a lot of cigarettes and they drank a lot of coffee; and I am going back!" Of course, it wasn't the cigarette smoking or coffee drinking, or even the different personalities that prompted his decision—it was that invisible AA spirit that we all know so well!

I recall when I was only a few months sober and working at an antique store located only a few blocks from a recovery clubhouse at 26th and Broadway, in Santa Monica, California. The most exciting thing at that club was a checkerboard. Yet when the newcomer heebie-jeebies began their chaos and imagined torture, I would forgo lunch, and make a b-line for that club—nervously shaking and head spinning like a top! Yet, upon entry a mysterious calmness would take over. Soon a much-needed AA style conversation would erupt.

Following that brief experience, I would return to work—without eating a bite, mind you, refreshed and in a pleasant frame of mind. I have seldom missed meetings but there was a time during my LA taxi driving career where had to pay for the cab 24/7 because my associate driver had a part in a movie for thirteen days. So, working both shifts allowed no time for meetings, but to be sure. I stopped by one or another clubhouse for a few minutes to receive my share of the joyous AA spirit.

I believe that spirit is what brings newcomers back to meetings on a regular basis. That is why I find it important to always greet the new person and make them feel welcome until they begin to feel this life saving spirit deep in their bones. In Los Angeles many of the 90-minute meetings have a short break at halftime I believe the surreptitious reason for this is to get to know the new person and perhaps invite them out to a coffee shop after the meeting. The AA spirit flows through that conversation as well! Just because I can't see it doesn't mean it isn't there! It works—it really does!

## **A Note From Your Sponsor**

*by Anna W.*

Thank you for trying sobriety. We're only human.

We may come to rely on one another, to listen and to trust our relationship. Please remember we are in this together: one alcoholic reaching toward another. We are attempting a better way of life, not perfection.

Thank you for trusting me. It's not easy. Trust. It seems so much bigger than a five-letter-word.

We're only human. We make mistakes. I may hurt something fragile inside of you. You may say or do things I cannot understand, help or heal. With time we will grow. Even as we might grow apart. More importantly we will stay sober together.

Time and God heal. We show up. We work, read, write, cry, scream, misunderstand, hope, worry, pray, laugh and live to love another day.

Thank you for finding your bottom. Let's leave it right there, shall we? Thank you for sharing it with me, for bringing me your light, your weight, your truth. It may seem from time to time "we have this thing." Next time we wake up that may be the furthest thing from the truth.

We may grow close or drift apart. We may share secrets both light and dark. It may seem the world is opening up just for you, other times doors may be closed and locked, locking tumblers turning aimlessly in seeming endless and nonsensical rhythm.

We're only human.

I'm only human.

You're only human.

You came here for the Steps. The Traditions. The Concepts. Although you did not know that at the time. You know it now. Everything we do leads us back to that trilogy and plants us firmly in The Fellowship.

It may seem at times we are in turn being swallowed by the aches, pains, pressures and problems of being alive. Other times it seems we are solving the worlds great dilemmas. The truth always leads us back to practicing these principles in all our affairs.

We're only human. We have a daily reprieve. Together and apart we are gifted life by letting go; passing it on and remembering two can do what one cannot.

You may call me sponsor.

I call us hope.

I call us a new day.

You call me - sometimes.

We're only human, practicing life one day at a time. Be gentle with yourself but don't stop working. Be honest with me or we don't have a chance.

Put your faith in your higher power not me.

I'm only human.

## The Lighted Path

*by Kevin D.*

One of the things I enjoy most in recovery is staying around long enough to watch people who were falling apart in their first few years of recovery, but hung in there and didn't run back to any chemical solutions. As the years pass, I get to watch them grind through to the other side of those early sobriety demons. To watch them discover that they can fail, screw up, and damage things like a bull in a China shop during those early years, and yet, if they will resist the temptation to treat all those difficulties with chemicals, they come out the other side with a new light, a new attitude and a new appreciation for recovery.

Recovery gives these guys an amazing ability light my path. And the longer they persevere, the brighter their light becomes with each new passing storm. They light a path during the darkest nights, shining brighter as the years pass, giving new hope to a guy like me even as new storm clouds arise on the horizon. Today I'm blessed with a group of heroes on the path, both in front of me and behind me, to light my way. My only focus today is to stay on the path with you guys and not wander off into the darkness where I will be lost and alone, and where the wolves of this disease lie waiting for me to stray away from the comforts of your lighted path. Some of you may not know it, but each of you is like a lamp along my path, lighting up my steps as I join you on the road of happy destiny. Keep shining! Thank you to all of you who walk this path and make my next step easier to see.

## Classifieds

Does your group have a service position available? Email the details to [newsletter@pdxaa.org](mailto:newsletter@pdxaa.org) to be featured in next month's issue

## 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 24th & 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**

*"A.A. as such, ought never be organized; but we may create service boards or 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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