

SOBRIETY IN STUMPTOWN

www.pdxaa.com
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Portland Area Intergroup
1212 SE Division, Portland, OR
503-223-8569

March, 2009
Volume 2 Number 3

Monthly Business
Meetings

My Broken Planner

Portland Area Intergroup: 2nd Monday, 7:00 PM, 1212 SE Division St, Portland
PAI CPC: 1st Saturday, 11 AM, 1212 SE Division, Portland
PAI Public Information: 1st Saturday, 11 AM, 1212 SE Division, Portland
PAI Treatment Facilities: 1st Friday, 6 PM, 1212 SE Division, Portland
PAI Bridging the Gap: ?
PAI Corrections: ?
PAI Outreach: ?
PAC: 1st Saturday, 6:00 PM, 1111 SW Country Club, L O
Dist 9: 1st Wednesday, 6:30 PM, 24th and Kearney, Portland
Dist 10: last Monday, 7:00 PM, 12555 SW 4th St., Beaverton
Dist 11: last Thursday, 6:00 PM, 186th and Division, Portland
Dist 12: 1st Tuesday, 6:30 PM, 235 SE 80th, Portland
Dist 15: 1st Wednesday, 6:45 PM, 710 6th St, Oregon City
Dist 18: 1st Saturday, 9:30 AM, 215 N 6th St, St. Helens
Dist 23: 1st Tuesday, 6:00 PM, Lake Grove Fire House
Dist 24: 1st Thursday, 6:00 PM, SE 16th and Division, Portland
Dist 26: 2nd Thursday, 7:00 PM, 8926-A N Lombard, Portland
Dist 27: 1st Monday, 6:30 PM, 1212 SE Division St, Portland
Dist 31: 2nd Tuesday, 7:00 PM, 937 NE Jackson School Rd, Hillsboro
Dist 34: 3rd Saturday, 5:00 PM, 485 Portland Ave, Gladstone
Dist 35: 2nd and 4th Saturday, 7:00 PM, 18926 SW Shaw St, Suite A, Beaverton
Dist 36: 2nd Thursday, 6:00 PM, 2025 SW Vermont St, Portland
Dist 37: 2nd Tuesday, 29775 SW Town Center Loop East, Wilsonville
DCM Portland Area: 3rd Monday, 6:30 PM, 1212 SE Division St, Portland

For many years, I was in and out of the doors of AA—ten, to be exact. I couldn't seem to keep the compulsion to drink from coming back. Every time I sobered up, I was sure that I would never take another drink again as long as I lived. After two or three months, I was off and running again. I could not, for the very life of me, figure out why I could not hold on to the state of mind necessary to stay sober. Old-timers told me, "You want to be drunk more than you want to be sober!" It made me mad to hear this, because I was absolutely sure I was ready to stay sober every time I came back.

I talked to an older man I knew. He had been sober many years, and he never gave up on me. I asked him if he thought I might be one of those people who was just constitutionally incapable of staying sober. He asked me if I had ever stayed sober for a whole day. He knew I had; he knew I had stayed sober for two and three months at a time. I told him of course I had, because he wanted an answer out loud. Then he told me, "No problem, then. When you really want to be sober more than you want to be drunk, God will know."

About six months later, I stood looking in the mirror at a scraped and banged-up face and body. My weight was down by almost forty pounds. My bills were unpaid. Most of my friends, even my AA friends, could not bear to talk to me anymore, not even on the phone. I had just returned home from the hospital emergency room for the fifth time in as many weeks. As I looked at my deteriorating body in the mirror, I could

not even pretend there was anything worthwhile in my life. My life always had been this same destructive cycle. I had always been the one who made my plans, but at that point, my planner was broken. I did remember something, though. I had been told about changing my actions to get different results. It was clearer then than it had ever been: my actions would have to be different from ever before to get different results.

I didn't realize at that point that I had made the last trip to a hospital emergency room for alcohol poisoning. I also didn't realize that my Higher Power and I were closer at that point than we had ever been. I started my last treatment center as a patient that day. When my counselors made a suggestion concerning my plans, and if it was different from what I'd always done, I did it. I was told to help at the club, and I did it. Whatever my sponsor told me to do, I did. My trusted advisors were sober AAs with the kind of peace and comfort that made them glow from the inside out. This kind of happiness cannot be faked. I was told that a power greater than I knows what I really want and don't want. The older man I had talked to was right. When I was ready, God gave me not only what I needed to stay sober, but opportunities to change my life for the better.

So far, I have been sober four and a half years. After four years, I asked God for another change of life. Now I am in school pursuing my degree in electronics—out of nowhere! I believe

Continued on the next page.

My Broken Planner, cont.

God has put me in a different state, different town, different home group, and different sponsor, for more than a degree in electronics. I had become very comfortable in my little niche and was becoming very unhappy with most of the people, places, and things around me. I wasn't making the progress necessary to be happy. I had stopped reaching out. Instead, I was holding on to what felt safe. When I moved to a new environment, I had no familiar handles—I had to reach out again in sobriety. And you know what? Alcoholics Anonymous was here, too. God has been waiting for many years to shower my life with his gifts. When I reach out, my mind tends to be more open. I become teachable again.

My life is not easy. I don't think it's supposed to be. My life is good and getting better all the time. I am learning to enjoy the journey.

Steven R., Tulsa Oklahoma

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Notes From My Desk

Please be sure your IGR (or anyone in your group who is interested in how intergroup works) knows about this fun and brief workshop/school! Intergroups and Central Offices are the FRONT LINE of AA. As a result, we need as many AA's as possible to be fully informed about the intergroup and its role in our community! Hope to see you there!

In Loving Service,
Garry B.
Office Manager

Portland Area Intergroup IGR School

April 25th 10:00am to 12:00pm (noon)

Location: 1212 SE Division St., (Central Office)

The purpose is to give new IGR's as well as seasoned IGR's a **clear understanding** of who and what **Portland Area Intergroup** is and does. Please feel free to *bring a friend*; everyone is welcome to attend! We will discuss the **AA structure**, and how we work to maintain our **UNITY** to carry the AA message. We will discuss many **SERVICE** opportunities in AA, both locally and statewide. We will see how our **RECOVERY** individually can be demonstrated collectively to maintain **our primary purpose of helping the still suffering alcoholic!**

Some of the presentation topics of IGR School are:

What is my job as an IGR?

What are the committees about?

What is the difference between Central office and Intergroup?

Why aren't we just a part of the Oregon Area structure?

How can I best serve my group as an IGR?

Coffee and doughnuts

AA conversation

Ask it Basket

Meeting Updates:

To find information about new meetings or meetings that have changed since the last meeting schedule was printed, click on [Updates](#) on the Intergroup website, www.pdxaa.com.

Coming Events:

To find information about coming events, click on [Events](#) on the Intergroup website.

Rebuilding Our Prudent Reserve

As of the end of the February, we are 21.4% of the way toward rebuilding our prudent reserve with \$6,427.61 toward the goal of \$30,000.

Committee News

Intergroup committees carry the message of recovery to the still suffering alcoholic. Please help with this Twelfth Step work. Sign up by clicking on [Service](#) on the Intergroup website.

Hotline: openings for Hotline shifts and for 12th Step volunteers. 12th Step Volunteers talk to newcomers who have questions.

Cooperating with the Professional Community and Public Information: The two committees are working together to put the message of recovery to the public and to the professional community—health care, clergy, legal, educators, social workers and others.

Bridging the Gap: BTG is a one-time temporary contact for people transitioning from a treatment center to meetings.

Corrections: Currently our focus is to carry the AA message to youths in the Multnomah County Detention Center (JDH). We need many volunteers to help bring AA meetings to the facility on a regular basis. Call the intergroup office.

Portland Access Committee

The Portland Access Committee meets on the first Saturday of every month at the United Church of Christ, 1111 SW Country Club Road, Lake Oswego, OR 97034. The meeting starts at 6 pm (ish) and usually lasts 1.5 hours. We welcome people just interested in finding out more about what we do. You don't need to know sign language to help. Email us at pdxaccess@gmail.com with questions.

District 10 New Meeting Location

District 10 now meets the last Monday of the month at 7:00 PM at the Beaverton First Methodist Church, 12555 SW 4th Street, Beaverton, 97006.

February 2009 Financial Summary

Beginning Cash on Hand: \$4,318.47

Income: \$26,149.86

Expenses: \$25,896.28

Ending Cash on Hand: \$4,318.47

Become a Published Writer

Deadline for articles in Stumptown Sobriety is the 20th of each month.

Portland Area Intergroup, 1212 SE Division, is open Monday through Friday, 9 to 5.