

# Sobriety in Stumptown

[www.pdxaa.com](http://www.pdxaa.com)  
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Portland Area Intergroup  
1212 SE Division, Portland, OR  
503-223-8569

December, 2007  
Volume 0 Number 0

## Monthly Business Meetings

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

## Just Call Me

When I first got sober in 1985, because I couldn't stand myself anymore, I was not big on the idea of calling strangers with my problems. But I knew that I was a wreck, that those people at the meetings were not wrecks, and that I wanted to be a former wreck and get what they had. And lo and behold, when I called them, suddenly they weren't strangers anymore.

The women I sponsor nowadays have said sometimes they are reluctant to phone, concerned they will "bother" me or interrupt something I might be doing. If they were just phoning me to tell me about their favorite television show, yes, I might be bothered. But to phone me about Step Four, or the bottle their husband left in the cabinet, or the dream they had last night about the bottomless martini, or to talk about how they're feeling today and what's happening in their lives—that call might just save their lives. And it would help me to remember when my sobriety was new, and I was pretty fuzzy on this whole "life" business, a fuzziness I don't wish to repeat. It would also remind me of why I love to be sober and on the road to recovery. So I listen and learn and remember; you talk and listen and feel better. What a deal!

Looking back over my days of sobriety, I realize I've never had a recovering alcoholic not return a phone call or tell me I was pestering her. I've never had a conversation with another AA member I couldn't learn something from, when I really listened. I've never wished I hadn't called or been called—and that includes those very early morning or very late night conversations. I do remember relief when another alcoholic picked up the phone and I could tell her I was thinking about a drink and needed help. I remember a lot of TLC, a lot of good suggestions, a lot of sharing of experience, strength, and hope—a lot of hope, which began growing in my own life—and a lot of laughter.

There are still days when I am in pain, when that pain could be lessened or removed by picking up—the phone, that is. When I call my sponsor, my friends, someone on my home group's phone list, or someone who scribbled their number on a napkin after a meeting, I make progress. My sponsees and I are still learning this one. We don't have to think of a good reason to call; we don't have to plan a speech, select a topic, or rehearse witticisms. If we just call, we help one another stay sober, one call at a time, one connection at a time, one day at a time.

Judith H., May 2003 AA Grapevine

Portland Area Intergroup meeting is the second Monday of the month, 7:00 PM, 1212 SE Division. The meeting is open to everyone.

# Notes From the Editor

by Don H.

Our goal for the newsletter is to communicate news and information to the AA membership in the Portland Area. This issue is another trial run to work out the kinks in getting the newsletter ready. The first (real) issue will be available in January 2008.

Access to the newsletter will be mainly through the Intergroup website. This method of publishing the newsletter reduces costs because the Intergroup doesn't have to pay for printing or postage. To make the newsletter available to those without access to the internet, perhaps one person in each group (maybe the Intergroup Rep) could print a copy for the group and then announce it at the break. Some copies will be available at the Intergroup office.

Every month, the front page will have a first person article written by someone from the Portland area. Next will be news from the Intergroup manager. Intergroup committee chairpersons and Portland area DCMs (District Committee Members) are invited to submit news or requests for help from their committees. And even if you are not a committee chairperson or DCM, you can submit an article for publication as long as the article is related to AA recovery. Whether an article is published is subject to the judgment of the editor, ultimately reviewed by the Intergroup Board and the committee at large.

Some information is already available on the Intergroup website. To avoid entering the same information twice, information about meeting updates or coming events can be found by clicking on the link.

The format of the newsletter is not cast in stone; if you think of improvements or changes, send them to me at [newsletter@pdxaa.com](mailto:newsletter@pdxaa.com).

## 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](http://www.pdxaa.com).

## Coming Events:

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

## Reaching Our Goal for Prudent Reserve

As of the end of the month, we are 14% of the way toward rebuilding our prudent reserve with \$4,204 toward the goal of \$30,000. Celebrate your birthday by contributing one dollar for each year of sobriety.

## PAI 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 12<sup>th</sup> Step Volunteers and all shifts

Cooperating with the Professional Community: carry the message to health care professionals, clergy, legal professionals, probation officers, educators, social workers, employee assistance professionals, and others who work with alcoholics

Corrections: openings for members to take meetings into jails and prisons

With service work, the worst that will happen is that your program will get better.

## Group Contributions

Group Name, District	Year-to-Date	Group Name, District	Year-to-Date	Group Name, District	Year-to-Date
1 <sup>st</sup> Step Meeting, 12	150.00	Hope No-Smoke, 23	393.20	Sober Downtown, 9	90.00
11:45 AM Mon. Womens, 23	165.00	I Am Grp, 23	384.38	Sober First, 9	393.98
11 <sup>th</sup> Step AA, 9	25.90	Insured by Smith & Wilson, 27	835.00	Sober On Book, 10	2,547.00
11 <sup>th</sup> Step Meditation Grp, 23	108.00	Irvington Grp, 12	263.83	Sober on Saturday, 10	737.14
4 <sup>th</sup> Dimension, 23	200.00	John's Landing, 23	1,774.15	Sober on Sunday, 27	230.00
9:30 AM Grp, 12	487.50	Just A Meeting, 23	593.93	Sober Seniors, 12	307.17
911 Grp, 12	120.00	Kendall Grp, 27	100.00	Sobriety and Beyond, 23	300.00
A New Woman, 24	150.00	Kenton Grp, 26	50.00	South West Hills Grp, 23	150.00
A Vision For You, 10	95.95	Keys to the Kingdom, 11	10.00	Spirituality 101, 27	28.13
A Vision For You Too, 10	90.00	Knuckleheads, 24	1,250.00	Step Up To Sobriety, 10	50.00
AA in the Woods	200.00	L.O. Women's Big Book Study, 23	265.40	Step Up to the Plate, 23	227.00
AA in the Woods Campout	300.00	L.O. Women's Acceptance, 23	665.00	Steps at Noon	20.00
ABC Grp, 11	214.68	Let Go Grp, 31	75.00	Straight Talk, 15	40.00
About Living, 12	50.00	Lost and Found, 10	250.00	Suburban Survivors, 23	243.20
Alameda, 26	147.13	Loyola Men's, 24	1,000.00	Sunday Night Closed, 11	200.00
Aloha Friday Night, 31	50.00	Lunch Bunch/Extended Family, 12	1,026.00	Sunday Afternoon Spirituality, 23	100.00
Aloha Mens, 31	79.60	Men's Big Book Discussion, 10	135.00	Sunday Spirituality	150.00
Altered Attitudes, 15	468.00	Men's Early	100.00	Sunday Women's Grp, 10	100.00
B. W. Circle, 15	15.00	Men's Out To Breakfast, 23	110.00	Sunnyside, 27	80.00
Banks Grp, 31	50.00	Mens Serenity Grp, 31	15.00	Sunnyside, 15	300.00
BCNU @ Noon, 23	1,858.74	Milwaukie Women's Step Study, 15	250.00	Sunrise Session Lake Grove, 23	715.00
Bill's Angels, 12	242.51	Miracles Happen, 23	56.00	Serenity NOW!	123.09
Book Review-Big Book, 26	485.00	Miracles on 7 <sup>th</sup> St, 24	30.00	Surrender At Noon, 9	359.61
Bookworms, 10	10.35	Molalla Grp, 15	50.00	Surrender Grp, 10	102.00
Brave Women	21.13	Warrenton Morning Meditation, 1	143.09	Survivor Grp, Friendly House, 9	125.00
Cabana, 27	210.00	Mt. Tabor, 24	313.78	Survivors, 15	200.00
Came To Believe, 11	45.00	Nite Owls, 9	10.00	Terwilliger Mens Grp, 23	191.00
Canby Saturday Breakfast, 15	100.00	Nite Siders, 26	500.00	The Peoples Meeting, 12	100.00
Canby Sisters Sobriety, 15	60.00	No Excuse Grp, 15	800.00	Think About It, 11	75.00
Candlelight Recovery, 10	192.00	No Frills Grp, 23	150.00	This Is Your Life Grp, 27	539.00
CARE Grp (Frog Pond), 23	240.00	No Name, 26	443.28	Three Legacies Grp	24.00
Cascade Locks Spirit Breakfast, 14	125.00	Nomad Grp, 26	196.00	Thursday Night Into Action, 10	100.00
Chapter 9 Grp, 27	300.00	Nova Men's Grp, 24	163.00	Tigard Noon Grp, 10	251.29
Came To and Believe, 12	150.00	One Swing @ a Time	295.00	Tigard Tualatin Nooners	379.00
Country Club of AA, 22	175.00	Oregon City Grp, 15	400.00	Tigard Womens Big Book	67.10
Coyote Club (QFB), 10	859.00	Out to Lunch Bunch, 26	1,089.13	TNT Grp, 24	5361.00
Dawn Patrol, 9	200.00	Outlaw Grp	50.00	Tuesday Noon Grp, 9	174.00
Days of Sobriety	388.00	PAC Speaker Meeting	191.31	Upstairs 5:30 Grp	120.00
D-Group, 23	15.00	PALS. Group Alumni, 24	400.00	Vernonia Grp, 31	72.00
Dry Noon Grp, 31	300.00	PNP Big Book Study, 12	109.80	Vision For You, 10	123.33
Dwyer, 27	417.55	PAI Meeting, 26	205.55	Walk the Talk, 24	263.00
Early Bird, 11	115.00	Parkrose Grp, 26	450.00	We Had To Have God's Help, 12	800.00
Eastside Sunrise, 24	6,078.00	PGE, 9	577.85	Wednesday Night Lesbian Grp	313.20
Easy Does It, 31	140.50	Primary Purpose Grp, 15	300.00	West Portland Grp	100.00
Educational Variety, 9	39.50	Promises, Promises Grp, 23	100.34	Westside Nooner Grp, 10	100.00
Estacada Grp, 25	95.00	Putting Sobriety First, 12	640.00	Who? Me?, 23	322.05
Eye Opener Grp, 9	215.00	RAM, 23	400.00	Willamette Grp	150.00
Fearless & Thorough, 23	252.20	RAW, 23	73.66	Willingness Will Work, 11	250.00
Free To Be Me Grp, 15	672.00	Raleigh Hills AA, 10	100.00	Winner's, 15	100.00
Friday Night Young People, 24	420.80	Recharge Grp, 23	230.00	Wisdom in the Steps	90.00
Giving the Hope, 12	50.00	Remedial Life, 12	20.00	Women In Recovery, 23	623.15
Good Medicine, 24	29.00	Rock Creek Grp, 31	50.00	Womens Night Out, 12	595.00

Grapevine Grp	100.00	Rose City Mens, 9	100.00	Wood Village Men's Grp, 11	170.00
Gresham Lunch Bunch, 11	1,013.50	Sandy Tuesday Night, 25	159.34	Woodburn Grp, 15	125.00
Gryphon, 27	582.03	Saturday Morning Breakfast, 15	1,015.55	Woodstock Grp, 27	190.00
H.I. Five Hayden Island, 26	60.00	Saturday Morning Live, 10	379.00	WOW, 23	250.00
Happy Destiny, 23	31.00	Self Insured Symposium, 15	36.00	Young Peoples Diversity, 12	100.00
Happy, Joyous, & Free, 15	100.00	Serenity Now Grp, 24	40.00		
Helvetia Happy Hour, 31	150.00	Sherwood Men's Step, 23	40.00		
Hillsboro Friday Night, 31	25.00	Sho-Gro Grp, 12	200.00		
Hole In The Wall, 12	200.00	Sisters in Sobriety, 22	75.00	Total YTD Contributions	56,391.68

If your group isn't on this list, ask your treasurer where the group money is going.

## October 2007 Financial Summary

**Starting Balance:** \$4,529.69

**Income:** \$26,563.45

**Expenses:** \$28,480.59

**Ending Balance:** \$2,514.80

## Become a Published Writer

Deadline for articles in Stumptown Sobriety is the 20<sup>th</sup> of each month.

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