



The Willamette Valley Intergroup

Eye Opener

September 2009

Willamette Valley Central Office

687 Cottage Street NE

Monday - Friday 10:00 a.m. - 6:00 p.m.

Saturdays 10:00 a.m. - 2:00 p.m.

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www.aa-salem.com

E-mail: centraloffice@aa-salem.com

September, the 9th Month

Step 9

Made direct amends to such people, except when to do so would injure them or others.

Tradition 9

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Real Men Don't Make Amends--Do They?

MANY TIMES at meetings, I've heard something like "I did so and so. Do I have to make amends?" Or "A *man* never says he's sorry." Or "I'm just going to make a living amends by behaving myself." Or "What good does it do?"

Sound familiar? It sure does to me. I've had all those negative attitudes at one time or another during my sobriety. It seems as though considering amends removed everything positive from my outlook on life. Then, the excuses started exaggerating themselves, and another chance to become a better person through our program slipped away. How many of those chances did I miss because false pride engendered a negative attitude toward amends? Almost all of them. Now, thanks to God, good strong sponsorship, and a great AA group, my attitude regarding amends is no longer negative. I've learned

to make an amends that is a positive experience, not just putting a check mark on a list to fill a square. Just filling a square is not growth; it is just filling a square, the way I did when I was drinking. Growth is characterized by an identifiable change in attitude for the better. It is apparent in the way we conduct ourselves, in the way we express ourselves, in our actions. Fortunately, it comes in many ways. The growth I have experienced through amends began when I found out exactly what an amends is not. Much to my surprise, it is not crawling on my belly or becoming a doormat or belittling myself. I no longer have to try to act responsible for events I had no control over. Did you ever try to alter events that took place when you were not even there? I don't need to justify myself or make excuses. Making amends means taking sole responsibility for all my actions and letting others have the responsibility for theirs. An amends is taking the episodes of my life that haunt me and laying them to rest, finally. It allows me to walk down my side of the street with my head up, unafraid of anyone I may encounter. It makes it possible for me to anticipate life instead of hiding from it. Life is to be lived, not battled or avoided. An amends is allowing those I abused in my disease to participate in my recovery. I owe them that, and more important, I owe myself that. I believe that each time I committed an offense against another person, in reality I committed a far greater offense against myself. The offenses against others pale in significance when compared with the internal havoc I wreaked within myself. I've found that mistreating others is really a two-part deal. First, I go against my values by telling myself it is okay to commit a wrong against someone else. My ethics and morals both say this is wrong, yet when I take over the management of my life, I tend to override any good sense I ever had. The pursuit of a fleeting moment's excitement becomes more important than living up to my own standards. Each time I did that, I gave a piece of myself away. I believe my self-esteem when I got here was on the minus side of the page because I had given so many pieces of myself away. Second, I commit the wrong against another person. Therefore, each time I was harmful to others, I gave that piece of myself to them, thus giving away control of my actions and thinking. That was certainly evident by the pains I went to in order to avoid those I had wronged. I even had to change my route to the washroom at work, taking a longer, more devious path. Fear. Guilt. Hiding. Have you ever avoided going someplace you really wanted to go, because you knew one of your "victims" would be there, too? Not a fun way to live. Upon sobering up, joining AA, and setting out on the "Road of Happy Destiny," I discovered a new strength within. That strength has allowed me to make my amends, and as a result, I've experienced some of the most profound and moving moments of my sobriety. Some really marvelous people reentered my life because of my amends attempts, and we are closer today than before. You see, prior to the amends, I had never stopped to really look at them, to put myself in their place, to empathize with them, to consider their importance in my life, to just be polite. I found some really good folks where I had previously seen small, inferior, bothersome persons. Each person did one big thing for me. They all returned the small pieces of myself I had left in their charge, thus participating in my recovery by assisting me to become whole again. The more I was able to follow the Big Book in making my amends, the better I felt. It astounds me that those I wronged are able

to contribute so much to my recovery. Once I discovered this, I began to seek them out more fervently, and my amends really began to enhance my sobriety. I am still amazed at God's power to put the wreck I was back together. It has been eight years since my first bumbling attempts at amends, and I'm pretty much whole again. All the negative feelings I used to associate with Step Nine are gone. My Higher Power has allowed me to experience our wonderful way of life to the fullest, and I want more of it. There is yet one piece of myself still in the care of another, and I am looking forward to going home for that visit in a few months. Thanks to God, our program, my sponsor, and my group, I have all the tickets I need for a very rewarding excursion into a few moments of my past. I left part of myself and someone I need there. I'm going back to get them.

N. D. Omaha Nebraska

Oct 1984 VOL 41 NO 5

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Tradition Nine *(from the August 1948 Grapevine)*

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it? But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of AA who is for simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers.

Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer. Quite opposed to such halcyon simplicity is the AA promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizers, and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoter's dream. "Yes, sir," he would bark. "My two-year plan calls for one million AA members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the AA movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA. We shall, naturally, take the firm and safe middle course. AA has always violently resisted the idea of any general organization.

Yet, paradoxically, we have ever stoutly insisted upon organizing certain *special services*; mostly those absolutely necessary to effective and plentiful Twelfth Step work.

If, for instance, an AA group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a foundation, a general office, or a Grapevine, then we are organized for service. The AA book and pamphlets, our meeting places and clubs, our dinners and regional assemblies--these are services, too. Nor can we secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services has our spiritual or social activity, the great current of AA, ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort. As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth.

As a movement, we shall remain comfortably poor, for our service expenses are trifling. With such assurances, we shall without doubt continue to improve and extend our vital lifelines of special service; to better carry our AA message to others; to make for ourselves a finer, greater Society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

Bill W.

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Ninth Tradition Checklist

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program--even if no one makes me do so--with a sense of personal responsibility?
4. Do I try to exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully--and profit thereby--when the time comes?
8. What has rotation to do with anonymity? With humility?

The Salem Newsletter

For several years, prior to December, 1981, a non-affiliated newsletter was published by AA volunteers in Salem, Oregon. The newsletter was called the "Triple s" newsletter, and was supported by contributions from individuals and AA Groups in the Salem area. The newsletter was rudimentary, but did provide needed information and news.

In December, 1981, this newsletter was picked up as an official newsletter of the Salem Area Intergroup. In June, 1982, after a name selection contest, The newsletter became a full-fledged tabloid type newsletter with the winning name "the Eye Opener". This new format and contents have been very favorably commented on throughout the area.

On October 1, 1982, "the Eye Opener" became a District #4 Intergroup publication.

*(from "A History of Alcoholics Anonymous in Oregon"
1943-1983 P.132)*

Eight humorous warnings concerning alcohol

WARNING: The consumption of alcohol may leave you wondering what the hell happened to your bra and panties.

WARNING: The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than most people.

WARNING: The consumption of alcohol may lead you to think people are laughing WITH you.

WARNING: The consumption of alcohol may cause you to think you can sing.

WARNING: The consumption of alcohol may cause pregnancy.

WARNING: The consumption of alcohol is a major factor in dancing like a retard.

WARNING: The consumption of alcohol may cause you to tell your friends over and over again that you love them.

WARNING: The consumption of alcohol may make you think you can converse with members of the opposite sex without spitting.

Willamette Valley Intergroup Minutes
August 17, 2009

Chairs and Committee members attending: Gene H., Vice-Chairperson; Jane A., Secretary; Kathleen K., Treasurer; Roger L., Eye Opener Editor; Christian, H&I chair; Ron P., Soberfest chair and Website coordinator; Laura F., Central Office Manager

Group Representatives:

Jane A. Tuesday Nite Chapel
Kathleen K Group I
Gene H OSCI proxy
Roger L. Fri Nite Living Sober
Ron P. Silverton Groups
Fred D Mill Creek at OSP
Bob M. Dallas B/B Tues/Thurs 12x12
Tom I. Conscious Contact
Peggy E We Are Not Saints
Jesse T Conscious Contact (Alt IRS)
Bill B Pioneer Group
Traci F Way Home
Tiffany Saturday AM
Brian S Capitol Discussion Group
Karen B Deaf Community

Opening: Meeting started with Serenity Prayer by Tiffany. Jane read Preamble and Bob read the 12 Traditions.

Minutes reviewed. And approved, Motion by Fred and 2nd by Bill

Reports:

Access Committee: (Gene H.) There have been no calls since its formation 6 months ago. We will keep it on the format as a reminder to the IR's that it is available.

Al-Anon Liaison: (Barbara S.) Not present, report was handed out with minutes

Computer Administrator: (Dave S.) not present

Eye Opener: (Roger L.) newsletter is out. Reminded everyone that all submissions should be recovery orientated. His private e-mail address was given out as he is experiencing a lot of SPAM on the central office email.

H&I Committee: (Christian) : Asked for the H&I contacts to be updated that is posted in Central Office. He is feeling some discouragement at the attendance at the H&I meetings themselves. It basically is Greg and himself. The actual established meetings in the institutions are going well but not getting any involvement in the Freedom Program (the old Bridge Program). Fred mentioned he thought attendance at the H&I meeting should be mandatory to participate in the institutional meetings. Discussion followed after

meeting on how to best proceed with this. Jane agreed to type up new contact list for Christian, Central Office, Eye Opener and the Website.

Intergroup Liaison: (Gene H.) Gene will continue in this capacity until his term is up. He will be done with his commitment January 2011.

Meeting Schedule Coordinator: (Margaret B.) not present

Phone Coordinator: (Ben M.) Not present. Gene noted that Ben is doing a great job in this capacity and the phones are being handled with great organization.

Office Manager: (Laura F.) Reported 330 contacts for July with the grand total being 2368. Need volunteers for 4- hour shifts. The sobriety requirement is one year. Contact her for further information. The Central Office copy of History of AA in Oregon is missing. Would the person who has it return it please. They are in the process of building a database for the next Outreach coordinator to use. This database will be sorted by town/city instead of day/time.

Outreach Coordinator: (OPEN) Bob stated he would be interested in this position. A quick and unanimous vote was taken. Welcome Bob and thank you for taking on this job!

Soberfest Committee: (Ron P.) Going well. A successful beach house raffle was completed with Donna P being the winner. The last car wash will be September 5 at SOS club from 10:00am to around 1pm depending on the traffic.

Treasurer: (Kathleen K.) The report was distributed. Report accepted. Bill motioned and Fred 2nd.

Webmaster: (Ron P.) all is well. He has changed all the notations of HH (hard of Hearing) to ASL. This recognizes that interpreters for the deaf community are available at certain meetings.

Old Business:

Bob (Dallas) stated that he had reviewed the By-Laws also and had a few changes he would like see. He read off a few of them, he had already reviewed the changes with the Steering Committee and they agreed with the changes. The first vote of the update to the By-Laws was taken. The motion was to accept the spirit of the changes and revisions to the By-Laws with the actual revisions being completed prior to the second vote. All changes to the By-Laws of Willamette Valley Intergroup must be approved with two consecutive votes. Fred made the motion and Jane seconded.

All revisions, deletions and additions will be made and the new By-Laws will be sent out to all the e-mails that are given for the IR's. The second vote will be at the September meeting. Please have your Intergroup Representative (IR's) present.

Meeting adjourned

Humbly submitted, Jane A., Secretary

**Do you know someone who's "shut-in" and
unable to get to a meeting??**

**There is a list of people willing to help!!
Just call Central Office @ 503 399 0599**

Sisters In Recovery

Thursday Nights @ 6:30 pm to 7:30 pm

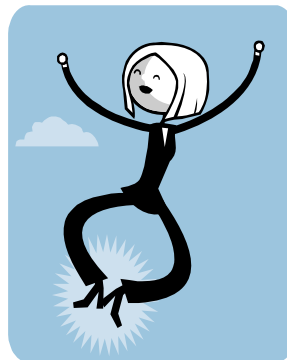
On the corner of Third and High St. At
the Coffee Club in Silverton, Or

Women's meeting

Children welcome

Wheelchair accessible

Open AA meeting



September 2009 Calendar

Car Wash SOS Club

September 5 8:30 to 1:30 1797 Center St Salem, OR
Soberfest Fundraiser

District 4 GSR's Meeting

When Thursday September 10, 7pm – 8pm Where St Paul's Episcopal Church,
1444 Liberty St. SE, Salem, OR

17th Annual Men's Retreat

September 11-13, 2009
Camp Magruder 17450 Old Pacific Hwy Rockaway, OR 97136

TTCO Speakers Meeting

When Sat September 12, 7pm – 9pm Where St Paul's Episcopal Church,
1444 Liberty St. SE, Salem, OR

Description Take The Cotton Out Speakers Meeting.
AA, Al-Anon Speakers Meeting.

H&I Committee Meeting

When Mon, September 14, 7pm – 8pm Where Central Office,
687 Cottage NE, Salem, OR

WVI Committee Meeting

When Mon, September 21, 7pm – 8pm Where Central Office,
687 Cottage NE, Salem, OR, 97301

KIS-S Committee Meeting

When Thurs September 17, 5:30pm – 6:30pm Where Central Office,
687 Cottage NE, Salem, OR

TTCO Committee

When Tue, September 22, 7pm – 8pm Where Central Office,
687 Cottage NE, Salem, OR

Soberfest Committee

When Fri, September 25, 7pm – 8pm Where St Paul's Episcopal Church,
1444 Liberty St. SE, Salem, OR

KIS-S Speakers Meeting

When Sat, September 26, 7:00pm – 9:30pm
Where Morningside Methodist Church, Salem, OR
Description Keep It Simple Speakers Meeting.
AA, Al-Anon Speakers Meeting

NEW MEETINGS

Keizer Book Study

Tuesdays at noon

**John Knox Presbyterian Church
452 Cummings Lane N Keizer, OR 97303
(Begins 9/8/2009)**

New Dallas Meeting

Thursday 6-7PM

**565 SW LaCreole Drive Dallas, OR
O,H,N**

Time Change

“New Freedom” SOS Club

Now 7:00 to 8:30 Saturday nights

THE MEETINGS BELOW WILL BE ASL INTERPRETED

**Mon August 3rd 630-730p (1.0 hrs)
Causes & Conditions Faith Lutheran Church
4505 River Road North Keizer**

**Mon 10th 630-730p (1.0 hrs) Causes & Conditions
Faith Lutheran Church 4505 River Road North Keizer**

**Mon 17th 7-8p (1.0 hrs) Willamette Valley Inter-
group (WVI) monthly mtg (This group pays for Sa-
lem-area terps at AA mtgs) WVI Central Office
687 Cottage Street NE Salem**

**Mon 24th 630-730p (1.0 hrs) Causes & Conditions
Faith Lutheran Church 4505 River Road North Keizer**

**Mon 31st 630-730p (1.0 hrs) Causes & Conditions
Faith Lutheran Church 4505 River Road North Keizer**

H&I CONTACTS **HOSPITALS & INSTITUTIONS**

**MID-VALLEY CORRECTIONS COORDINATOR
STATE LEVEL INSTITUTIONS:**
FRED D. 503-551-9795
FRED-DAVIS@COMCAST.NET

INTERGROUP AND DISTRICT 4 H&I CHAIRPERSON
CHRISTIAN 971-388-6425
christianfwalz@hotmail.com

BRIDGEWAY TREATMENT CENTER MEETINGS
TYLER (541) 216-0667
TMALSTRO@WILLAMETTE.EDU

***NEW FREEDOM:* BRIDGING FROM INSTITU-
TIONS TO LOCAL AA MEETINGS**
CHRISTIAN 971-388-6425
christianfwalz@hotmail.com

***BRIDGING THE GAP:* BRIDGE FROM HOSPITAL/
TREATMENT PROGRAMS TO AA MEETINGS**
CHRISTIAN 971-388-6425
christianfwalz@hotmail.com

MARION COUNTY JAIL AND WORK CENTER
JANE A. (503) 580-1906
HDLVER@JUNO.COM
CHRISTIAN 971-388-6425
christianfwalz@hotmail.com

The Twelve Rewards
of the Twelve Step Program

*Ann C. wrote this "a number of years before"
the 1985 International Convention in Montreal, Canada
where she set it to tape at the Oldtimers Meeting.
She wrote it to show the contrast that can take place
in any of our lives if we will try to follow the AA principles.*

We can all have Hope, instead of desperation;
Faith, instead of despair;
Courage, instead of fear;
Peace of Mind, instead of confusion;
Self-respect, instead of self-contempt;
Self-confidence, instead of helplessness;
The respect of others, instead of their pity and contempt;
A clean conscience, instead of a sense of guilt;
Real friendships, instead of loneliness;
A clean pattern of life, instead of a purposeless existence;
the love and understanding of our families, instead of their
doubts and fears;
and **the freedom of a happy life**, instead of the bondage of an al-
coholic obsession.
All this and more through AA, are we grateful enough?
Gratitude will continue the miracle of your sobriety, I found that
out.
as written by Ann C. of Niles, Ohio - sober April 1, 1948

THE A.A. PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and selfpity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? **We think not.** They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.