



The Willamette Valley Intergroup

Eye Opener

November 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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November, the 11th Month

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out."

Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Getting closer to God through prayer and meditation. Praying with the correct intentions. (God's will not mine.) I personally began to understand more and more the importance of meaningful prayer and meditation every time I read about step 11 and when I pray. I'm learning that when it comes to meditation it is more than just finding a good location of calm and solitude. Meditation is about being in the right state of mind by focusing a good spiritual objective before praying. When I pray, I like to have a favorite prayer in front of me, (3rd or 7th step prayer.) I focus on parts of the prayer that make an impact on me. For example, "Relieve me of the bondage of self",

reminds me to give God my defects of character, fears, selfishness and other negative emotions. As I continue to read the prayer, it reminds me to pray for Gods will, not mine so I may better serve others. This is method I use right before I pray.

This helps to put me in the right state of mind and pray from the heart. I do see myself as a beginner in improving my conscious contact with my higher power, but I understand the importance of meditation with prayer. Meditation helps with the meaningfulness of the prayer. Opening the channel the best I can, as the 12 & 12 mentions. Meditation I believe, clears the cluttered mind and opens the heart.

When reading about prayer, I liked how the 12 & 12 gave examples of praying with the wrong intentions. It reminds me to pray for Gods will, not mine. In the past I prayed for selfish reasons, and sure enough they were useless. The two examples of wrong intentions, the first being to ask God to find solutions to specific problems that I had, and the second being how I think others should be helped. These are self-serving demands to God.

When praying I still get confused and a little frustrated sometimes. I clutter my mind questioning myself if every phrase I say to God is self-serving or not. Then I am reminded from what the 12 & 12 says about prayer with good intentions are matters of knowledge and experience. It's almost like both the BB and the 12&12 know that I'm probably going to make things harder than they are at first. Through time, patience, practice, and maintaining the thoughts of good intentions, I will be able to obtain that knowledge and experience, always remembering to pray for Gods will not mine.

Tom

Eleventh Step Prayer

Higher Power, as I understand You, I pray to keep my connection with You open and clear from confusion of daily life. Through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, Higher Power, not mine, be done.

Attraction Rather Than Promotion

When I called AA for help I was fortunate to get a classic Big Book Twelfth Step call from Floyd O. and Bob B. They did it by the book; there was no lecturing or asking me questions about my drinking--no pressure to get me to do anything. They simply and honestly shared their stories with me without trying to impress me, sharing how their lives had changed for the better since being in AA, and how they were getting along now without drinking. I was also told why they were there --to help themselves stay sober. I was hooked; I wanted what they had. Their twelfth Step call was a good example of attraction rather than promotion, and it really worked for me.

Are we, as members of Alcoholics Anonymous, as attractive as we could be to newcomers and to the outside community? How do they perceive our Twelfth Step efforts--as attraction or as promotion? Do we carry the AA message of hope to them and keep our egos and personal ambitions out of the process? Are we familiar with all three of our legacies? Do we speak the language of the heart--simply and honestly sharing our experience, strength, and hope, or do we get carried away and act like self-appointed AA spokespersons, counselors, or teachers determined to "give it to 'em" whether they want it or not. It may be good for us to think again about our Eleventh Tradition of attraction rather than promotion, and how it affects our unity.

How critical is a newcomer's first exposure to AA? When I was about six months sober, I was looking for a daytime meeting and found one listed in our intergroup directory. It was a meeting held in a local hospital, and it didn't take me long to realize that this was not the kind of meeting I was used to attending. First of all, nobody welcomed me; they didn't read the Preamble or "How it Works," and most people there didn't introduce themselves as alcoholics. Second, a big domineering-looking nurse in a starched white uniform and shining silver name-tag was obviously running the meeting, and she was verbally beating up a guy who was sitting in the center of a circle of thirty people. She did all of the talking--about this poor guy's problems and what he should do. I didn't like it, and told her after the meeting that I've never attended such a weird AA meeting and that I wouldn't be back. She explained that the meeting wasn't intended for outsiders but only for patients. Certainly, the meeting should not have been included in our directory, and whoever listed it was obviously uninformed about our Traditions. Lucky for me, I knew something about AA because I had a good sponsor who helped me to understand what AA was and what it wasn't. In addition, my home group was a good solid Big Book AA meeting, and we also discussed our Twelve Traditions. I knew what a good AA meeting was, so I didn't have to make a decision for or against

joining AA based on my experience at that institution's meeting that day--as some other newly sober persons there may have had to do.

I recently heard someone at a meeting say that we may be the only copy of the Big Book that many people will ever see, and it reminded me of an experience I had one evening after three members of my home group and I had finished sharing about our AA experience at a local treatment center. The facility's director asked for us to meet with him in his office. First, he warmly commended us for looking so clean and neat, and for doing such a good job of keeping our message focused on AA principles and speaking within our own experience. He also told us that we made him feel proud to be an AA member. Then he went on to relate some of the problems he's had with other visiting AAs trying to sound like experts on alcoholism and recovery, looking like hobos, using foul language, and hustling his clients. This experience confirmed the need for some simple guidelines regarding our appearance, language, and sharing of experience, strength, and hope when doing this type of Twelfth Step work.

I got more insight into how AA is perceived by others a few summers ago after our International Convention, as my wife and I stood in line on Seattle's waterfront waiting for our harbor cruise boat. We were chatting with a vacationing couple from Michigan about why we were in town, and they told us how impressed they were with the big crowd of AA and Al-Anon members visiting from all over the world. They asked us if some of the special name badges they saw, adorned with pins, medals, and ribbons, officially designated our AA officers: Was it something like displaying our rank and length of service by chevrons and hash marks as in the military? We briefly shared with them about our Traditions, and tried to explain that our structure consisted only of trusted servants with equal status as compared to the conventional type of hierarchy in most other organizations--and besides, the "special" embellished name tags only indicated a member's home state and possibly other conventions they've attended. The experience made us aware how easy it is for others to erroneously perceive AA by the seemingly innocent actions of a few of us. We are reminded in our *Twelve Steps and Twelve Traditions* that "it is more than a denial of self-seeking. This tradition is a constant and practical reminder that personal ambition has no place in AA."

Most of us know that there are no such things as professional AA speakers, counselors, teachers or managers, but the average person unfamiliar with AA doesn't know it--including some of our uninformed AA members. So, I've got to remember not to give them reasons to believe we are something that we're not. It seems easier and more attractive to just keep it simple and do what I know how to do best--to share my experience, strength, and hope, and to learn as much as I can about all three of our legacies, but also to admit that I don't have all the answers. And perhaps it would be good for me to try and put the brakes on my overachieving ways, relax and try to be just an ordinary AA member without the need to impress others with how much I'm doing for AA.

Alcoholics Anonymous is still attractive to newcomers and to all members who want it. And the community, for the most part, views AA as an attractive and well respected Fellowship with a long and successful track record for helping drunks. However, we can always do better, and it has to begin with me. I can become more informed about all three of our legacies, admit that I don't know it all, talk less and do more, be more open minded, be a better listener, more honest and unselfish, more willing, grateful, patient, tolerant, and loving. And it is most important for me to keep trying to carry the message to the suffering alcoholic.

And if I do these things more often, I'll be doing my part in practicing the Eleventh Tradition of attraction rather than promotion. Finally, if I remember to keep it simple, and try to practice all of our Traditions every day, I'll be a better person and a more attractive AA member without the need to promote. Our co-founder, Dr. Bob, talked about the simplicity of the program. He said, "Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words 'love' and 'service.' We understand what love is, and we understand what service is. So let's bear those two things in mind."

Ken Y. Minneapolis, Minnesota

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Tradition Eleven Checklist

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around-even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Willamette Valley Intergroup Minutes
October 19, 2009

Chairs and Committee members attending: Gene H., Vice-Chairperson; Jane A., Secretary; Kathleen K., Treasurer; Roger L., Eye Opener Editor; Ron P., Soberfest chair and Website coordinator; Laura F., Central Office Manager; Dave S, Computer Admin.; Bob M., Outreach Coordinator; Christian W, H&I chairperson

Group Representatives:

Jane A. Tuesday Nite Chapel
Kathleen K Group I
Gene H OSCI acting 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
Bill B Pioneer Group
Traci F Way Home
Tiffany Step of the Month
Brian S Capitol Discussion Group
Karen B Deaf Community
Steve E 7 am group
Sue H Group 1

Opening: Meeting started with Serenity Prayer; Bob read Preamble and Ron read the 12 Traditions. Introductions around.

Minutes reviewed. Approved with correction of Gene being the “acting proxy” not proxy at OSCI

Reports:

Access Committee: (Gene H.) no report

Al-Anon Liaison: (Barbara S.) Not present, report was handed out with minutes
Computer Administrator: (Dave S.) Announced he is stepping down from this position. IRS need to announce a need for a new Computer Administrator. Dave explained the duties to everyone. The duties will be posted in the Eyeopener also.

Eye Opener: (Roger L.) newsletter is out.

H&I Committee: (Christian): New coordinator for Bridgeway meeting. Ten books are being purchased for the jail meeting. The men-side of the jail meeting is in desperate need of supplies. The Way Home group is also donating 20 books. Jane will make sure that the men-side gets a supply of all materials along with plastic bucket to keep them in. Christian asked that WVI pay for lunch at Soberfest for the DOC speaker. Ron (Soberfest) stated that this has already been taken care of by Soberfest committee in May. His new phone number is 971-388-9667.

Intergroup Liaison: (Gene H.) This position is vacant at this time. There is great need for participation at the district level by AA members. Jane suggested that when they get a secretary, maybe they could send us a copy of

their minutes so that this group could keep in touch.

Meeting Schedule Coordinator: (Margaret B.) not present. New schedules are out. She has created a form that would be a handy tool for members when trying to advertise a new meeting. It asks for all the pertinent info needed to get it into the schedule. Meeting schedules are updated quarterly, the Eyeopener and Webmaster can advertise the new meeting prior to the new schedule reflecting the change.

Phone Coordinator: (Ben M.) Not present. There is an open slot, contact Ben for more information about it.

Office Manager: (Laura F.) Reported 311 contacts this month with the grand total being 2973 for the year. The Saturday am group has re-committed to doing a Saturday shift through March. There is a second Al-Anon meeting in the office. Working on quarterly report to be given at next Area Assembly. She has also outfitted the office with anti-flu supplies.

Outreach Coordinator: (Bob) The second handout is complete. It was handed out. Good job Bob. He has hopes of completing the third one before he leaves for sunny places.

Soberfest Committee: (Ron P.) A flyer for the upcoming Halloween dance is ready. Take them back to your groups. Hot dogs will be supplied to reduce the sugar intake. Cost is \$5 on October 31. Come and support your AA area.

He also reported that Soberfest is trying a new way to get meal sales to increase. If you purchase all meals and register before January 15, it costs \$50. It is important to get the sales of meals to increase. CCC gives us a fantastic deal on the rental of the facility due in a great part to the caterer. The caterer is a long time friend of AA, but he needs to make a living and the purchasing of meals has definitely gone down.

Treasurer: (Kathleen K.) The report was distributed. Report accepted.

Webmaster: (Ron P.) all is well.

Old Business:

The over-corrected Bylaws were voted on. Passed. The second vote will be in November. If any new corrections need to be made, they will be noted and taken up during the annual review in 2010.

The fresh new bylaws will be emailed to everyone currently listed as IRS or WVI committee members.

Book Drive: Roger handed out flyers for this upcoming event Christmas sales at Central Office. Roger handed out flyers to go to meetings announcing the early shopping for Christmas at Central office.

New Business: none

Meeting adjourned

Humbly submitted, Jane A., Secretary

What Does Anonymity Mean To AA?

Members of AA make a point of carrying the message about their own recovery in AA on a person to person basis—but never disclose the membership of others. In this way, they may serve as examples of recovery and thus stimulate active alcoholics to seek help.

In the public media, however, such as TV, radio, films, press and the internet, AA Traditions urge members to maintain strict anonymity, for three reasons;

1. We have learned from our own experience that the active alcoholic will shun any source of help which might reveal his or her identity.
2. Past events indicate that those alcoholics who seek public recognition as AA members may drink again.
3. Public attention and publicity for individual members of AA would invite self serving competition and conflict over differing personal views.

Anonymity in public media guards the unity of AA members and preserves the attraction of the program for the millions who still need help.

MID-VALLEY REGION (SALEM) STATE and FEDERAL CORRECTIONS

Meetings and Contacts

Oregon State Penitentiary (OSP)

Mill Creek Group

First Thursday 6-8 pm, first and third Saturday 8-10 am,

First and third Wednesday 6-8 pm

Contact: Fred D. 503-551-9795

Oregon State Correctional Institution (OSCI)

Santiam Highway Group

Saturday 9 am, Wednesday 6:30 pm

Contact: Chris H. 503-999-1758

Oregon State Penitentiary Minimum (OSPM)

Behind the Wire Group

Monday and Tuesday 7-8:30 pm

Contact: Tim W. 503-612-1835

Santiam Correctional Institution (SCI)

Stepping Out Group

Saturday and Wednesday 6 pm

Contact: Bruce L. 541-752-9100

Mill Creek Correctional Facility (MCCF)

Down But Not Out Group

Friday 7 pm

Contact: Bruce L. 541-752-9100

Hillcrest (Oregon Youth Authority)

Monday 7 pm

Contacts: Tim E. 503-931-5224

Federal Correctional Institution, Sheridan (FCI Sheridan)

Sunday 1:30-3 pm

Contact: Jack C. 541-515-1968

November 2009 Calendar

H&I Committee Meeting

When Mon, November 9, 7pm – 8pm **Where** Central Office,
687 Cottage NE, Salem, OR

District 4 GSR's Meeting

When Thursday November 12, 7pm – 8pm **Where** St Paul's Episcopal Church,
1444 Liberty St. SE, Salem, OR

TTCO Speakers Meeting

When Sat November 14, 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.

WVI Committee Meeting

When Mon, November 16, 7pm – 8pm **Where** Central Office,
687 Cottage NE, Salem, OR, 97301

KIS-S Committee Meeting

When Thurs November 19, 5:30pm – 6:30pm **Where** Central Office,
687 Cottage NE, Salem, OR

TTCO Committee

When Tue, November 24, 7pm – 8pm **Where** Central Office,
687 Cottage NE, Salem, OR

Soberfest Committee

When Fri, November 27, 7pm – 8pm **Where** St Paul's Episcopal Church,
1444 Liberty St. SE, Salem, OR

KIS-S Speakers Meeting

When Sat, November 28, 7:00pm – 9:30pm

Where Morningside Methodist Church, Salem, OR

Description Keep It Simple Speakers Meeting.
AA, Al-Anon Speakers Meeting.

Meeting Schedule—October 5, 2009

Changes made from July 12th Schedule

New meetings--Keizer

Keizer Book Study, Tuesday 12:00pm

John Knox Presbyterian Church, 452 Cummings Lane N

Dayspring AA Meeting (SI--sign language interpreted),
Friday 6:00pm

Dayspring Fellowship Church, 1755 Lockhaven Dr NE

New meeting—Dallas

New AA Meeting (O,H,N), Thursday 6:00pm

Dallas United Methodist Church, 565 SW LaCreole
Drive

New meeting—Monmouth

Church Street Group (O,N,H), Tuesday 6:00pm

Monmouth Christian Church, 959 Church Street, SW

New meeting—Silverton

Sisters in Recovery (O,W), Thursday 6:30pm

Coffee Club, Third & High St.

Miscellaneous changes

**“Way Home Group” is now offering child care during
the meetings.

**Dallas “Tuesday Night AA” at St. Thomas Episcopal
is now “Big Book Study.”

**In answer to an inquiry: yes, “Tuesday Night Step
Study” is still meeting at St. Paul's Episcopal, 7:00pm.

**Saturday night “New Freedom” starts at 7:00pm in-
stead of 7:30pm.

**“AA Group Workshop” at the SOS Club Tuesday has
been cancelled.

A New Women's AA Meeting

Location: 2586 12th Place SE Salem, Oregon

Day/Time: Sunday 6-7pm

Contact Pam @ 503-910-8246 or Lori @ 503-888-6944

Salem Soberfest 2010

Registration forms for Salem Soberfest 2010 are out and available; at meetings, Central Office, for download online at <http://www.aa-salem.com/soberfest.htm>. The theme for this year's Soberfest is 'Freedom From Bondage', and Candace R. designed the butterfly logo.

The goal of the Soberfest Committee over the last few years has been to provide an affordable and enjoyable social event for AA and Al-Anon members in the WVI area. Any funds that are generated above the cost of operating Soberfest are donated back for service within the area. Below is a pie chart that illustrates and breaks down percentages of expenses and donations. The large bright blue pie slice represents money we have been able to donate back to the area.

One of the problems with putting on an event of this size in Salem is the lack of suitable facilities, and how much it costs to rent the few facilities that are available. We have been fortunate in the last few years because we have been able to rent the space at Chemeketa Community College at a very reasonable price. One of the reasons we get the facility at the price we do is because they expect to be able to make some of that up by catering our event and selling meals. Treating yourself to a meal, or meals, at Soberfest is a great way to thank our friends at Chemeketa for supporting us. If you have had a meal at Soberfest in the last few years then you know that the Catering Staff at Chemeketa really spoils us with the meals they serve us. In essence, buying meals at Soberfest enables us to come back year after year to a facility that we can afford, at a price that allows us to donate money back to service.

This year we are offering a package deal on meals. You can purchase all of the banquet meals together for \$35.00, an \$8.00 savings over the individual price. If you send in your registration before Jan. 15th registration for the event is \$15.00 (\$20.00 after the 15th). This year it is possible to attend the entire Salem Soberfest 2010 weekend for \$50.00 for the complete package of ; registration, all the meals, speakers, the dance and all the entertainment. We hope to see you there, the second weekend in February 2010.

Thank you for your support. Ron P.,
Committee Chair for Soberfest 2010.

WILLAMETTE VALLEY INTERGROUP NEEDS YOU

One hour a month for your sobriety. One hour donated to other people. One hour a month to give back a little for what has been given you.

You are able to rub elbows with long-time sobriety and watch them continue to serve the AA community. You are able to participate in the development and maintenance of the Central Office. This office is a beehive of communication between AA and the general public. When a hand reaches out to AA, this is the hand that reaches back.

You get to meet other group representatives and exchange stories, good and not so good about group struggles and conquests.

Who would want to miss all this action? Not I! Come watch me.... learn from me... teach me..... C'mon, I dare you to improve your sobriety!

AA MEMBERS! DO YOU KNOW SOMEONE WHO CAN DO THIS???

Computer Administrator

Qualifications: Shall have, preferably, a minimum of two (2) years continuous and immediate sobriety and shall have served as an Intergroup Committee representative or shall have had other A.A. service committee experience.

Term of Office: Shall be elected for a two (2) year term at the regular meeting of the Intergroup Committee. This position may be re-elected at the discretion of the Intergroup Committee or the Advisory Board.

Duties and Authority:

Shall have one vote at Intergroup Committee meetings, but may not vote both as an officer and a group representative.

Shall attend and provide a monthly report to the Intergroup Committee at the regularly scheduled monthly meeting.

Shall provide current and accurate documentation for the operation of the computer located in the Central Office.

Provide a system backup in case of a computer breakdown.

Be available on a reasonable basis to train or assist another Intergroup representative, Advisory Board member or subcommittee member in the operation of the Central Office computer.

Work with their replacement to familiarize them with their duties, authority and current work.

Upgrade the office computer software as necessary

THEN CALL US AND GIVE US HIS/HER NAME SO WE CAN SECURE THIS POSITION FOR WILLAMETTE VALLEY INTERGROUP!!!!!!!!!!!!!!!