
WHY IS SERVICE WORK IMPORTANT?

Service work is how we stay sober! When we help another alcoholic, we forget about ourselves and our problems. Our cravings for a drink go away. When we commit to showing up for service work, we make sure we will keep involved in AA even when our disease tells us in our minds that we don't want to go. Service keeps us connected to other alcoholics.

HOW CAN I BE INVOLVED IN SERVICE WORK?

AA suggests that every member find a group where you feel comfortable and attend regularly. This is called a home group. You can do service work at your home group How? By volunteering to do simple things like make coffee, be the secretary or do another job. Go to the business meeting and ask how we can help and be of service.

If we help alcoholics who are still suffering but want to stop, that is our service work. Telling them our story and how to get to AA meetings is how we help.

You can volunteer to be part of PDAC. Come to the PDAC meeting. We have lots of work that needs to be done. We especially need Deaf members to help!

OUR GOAL

Hearing AA often recommends going to 90 meetings in 90 days. We hope to some day have the same available for Deaf and Hard of Hearing alcoholics.

BE INVOLVED

We want your support and you are welcome to join PDAC.

Both Deaf and Hearing alcoholics are welcome.

How: Attend PDAC Regular Business Meetings

When and Where: Please contact PDAC to find out more about business meeting schedules and locations.

Note: Meetings are interpreted and accessible to all.

PDXACCESS@GMAIL.COM



PORTLAND DEAF ACCESS COMMITTEE

Are you Deaf and want to stop drinking but don't know how? Or sober but don't know how to stay that way? AA is here to help you!

HOW CAN I STOP DRINKING?

AA is a simple program. We know that *alone* we cannot stop drinking. No other person can stop us from drinking either. In AA, we learn that if we find a Higher Power, God or anything that is bigger than us, this can keep us sober.

We focus on not drinking *just for today* and helping other alcoholics. We stay sober one day at a time. AA is *not* a religion. AA is a simple program with meetings where we talk and share about ourselves. Every alcoholic finds his or her *own* Higher Power. Don't worry. We can choose any Higher Power we want.

When we feel we want to drink, we ask our Higher Power for help. Then we contact another alcoholic. He or she tells us the story of how he or she got sober. This helps us know that we can do it too.

We stay sober by sharing our program with other alcoholics. We don't tell them what to do. We share our story and tell them how we stopped. This is the miracle of AA. When we depend on a Higher Power *and* help someone else, *we stay sober!* It doesn't matter what the other person does. Helping other alcoholics is the way we keep sober ourselves.

There are no rules in AA, only suggestions. The Twelve Steps are the suggestions that help us become and stay sober.

WHY GO TO HEARING AA MEETINGS?

More hearing AAs have long-term sobriety. These old-timers have more experience getting through hard times in life without drinking. Also, hearing AAs can help us understand the Big Book because they have more experience.

HOW CAN I GO TO HEARING AA MEETINGS?

In Portland, it is easy! You can go to *any* meeting you want.

PDAC has regularly interpreted meetings. We keep a calendar of these and you can check it to find out when and where to go. View the calendar at

<http://pdacaa.org/meetings.htm>

You can go to another meeting if you want. Just look at the meeting calendar or brochure. Email PDAC at pdxaccess@gmail.com to request an interpreter. Be sure to tell what date you want to go. We will do our best to get an interpreter for you!

ARE THERE DEAF AA MEETINGS TOO?

In Vancouver, WA, there are meetings in ASL. Portland is separate but we keep these meetings on our calendar too.

WHAT IS PDAC?

PDAC is a group of Deaf and hearing AA members that help Deaf alcoholics have access to AA meetings. We hire sign language interpreters. PDAC also collects donations from AA members and groups to pay for interpreters.

PDAC also keeps a list of Deaf speakers and a list of people who can sponsor Deaf members. We reach out to the Deaf community to let them know how they can be part of AA.

Plus, PDAC helps hearing alcoholics to be aware of Deaf needs. When a hearing meeting wants a Deaf speaker for their meeting, PDAC finds a Deaf speaker and pays for the interpreter. We also offer opportunities for hearing AAs to learn sign language.

DONATIONS

We depend on donations to pay for interpreters. PDAC accepts either cash or checks made payable to PDAC.

You can send your donations to:

Portland Deaf Access Committee

PO Box 68137

Portland, OR 97268

We appreciate donations, large or small.
