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## 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.

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## HOW CAN I BE INVOLVED IN SERVICE?

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 by volunteering to do simple things like make coffee, be the secretary or another job. Go to the business meeting and ask what needs to be done.

Helping alcoholics who are still suffering and want to stop is service work too. 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!

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## 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.

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## 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 Meeting*

*When: First Saturday of each month*

*Time: 6:00 PM*

*Where: United Church of Christ,  
1111 SW Country Club Road, Lake Oswego, OR*

*Note: Meetings are interpreted and accessible to all.*

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**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!*

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## HOW CAN I STOP DRINKING?

AA is a simple program. We realize 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 then we stay sober one day at a time. AA is not a religion. Every alcoholic finds their own Higher Power. Don't worry. You can choose any Higher Power you want.

When we feel the urge to drink we ask our Higher Power for help then we contact another alcoholic. They tell us the story of how they got sober. This helps us know that we can do it too.

We keep our sobriety by sharing it 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. We don't tell each other what to do, just share our stories. The Twelve Steps are the suggestions that help us become and stay sober.

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## WHY GO TO HEARING AA?

More hearing AA's have long-term sobriety. These oldtimers have more experience getting through hard times in life without drinking. Hearing AA's also have more experience with the Big Book. They can help us understand it too, even though it is English.

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## HOW CAN I GO TO HEARING AA?

In Portland it is easy! You can go to ANY meeting you want.

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

If you want to go to another meeting you can. Just look at the meeting calendar on line at [pdxaa.com](http://pdxaa.com) or in the meeting list pamphlet and find the meeting you want to go to. Email PDAC at [pdxaccess@gmail.com](mailto: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!

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## IS THERE DEAF AA TOO?

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

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## WHAT IS PDAC?

PDAC is a committee of Deaf and hearing AA members that helps Deaf alcoholics have access to AA meetings. We hire sign language interpreters and collect donations from AA members and groups to pay for them.

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

Also, PDAC helps expose hearing alcoholics to be aware of Deaf needs. When a hearing meeting wants a Deaf speaker for their meeting, we find someone and pay for the interpreter. We also offer chances for hearing AA's to learn sign language.

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## DONATIONS

We rely on donations to pay for interpreting services. PDAC accepts either cash, or checks made payable to PDAC.

You can send your donations to:  
**Portland Deaf Access Committee**  
**PO Box 68173**

**Portland, OR 97268**

We appreciate donations, large or small.

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