



Volume 08 Issue 3

March 2008



**HOTLINE:**  
**541-548-0440**

### "THE ONLY REQUIREMENT..."



March. Month three. The perfect time to consider Tradition Three: "The only requirement for AA membership is a desire to stop drinking."

Tradition Three is the only one of the Twelve Traditions to be included, verbatim, in the preamble we read at the beginning of every meeting.

Here it is in its long form: **"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation."**

Arriving at this beautifully simple Tradition was anything but easy. Back in the day, the General Service Office [then called the Foundation office] asked groups to provide their lists of "protective" regulations regarding memberships and, as the **Twelve and Twelve** points out, if all those regulations had been in effect, nobody could possibly have joined AA.



**Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover."**

Here's a story...NOT in the **Twelve and Twelve**...that offers a painful taste of what could happen in the days of AA before the Traditions were put in place. Norma Livoni showed up at the doors of AA in Los Angeles sometime in 1941. She got sober, got a sponsor, got a job, and got an apartment. Then just before Pearl Harbor day, a group of the members of her home group [keep in mind that at that time there were only a few meetings in the whole state of California] took it upon themselves to send Irma a letter. Here it is:

**Continued on Page Two**

**Central Oregon  
Intergroup Office**  
M - F 9:00 - 5:00  
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Mikey 548-9686

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MEMBER**  
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Mike W. 912-1962  
Mark S. 325-1726  
Eddie T. 815-9142

### **Address Information**

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District 5  
P. O. Box 7223  
Bend, OR 97708

General Service Board  
Grand Central Station  
P. O. Box 459  
New York, NY 10164-0371



**"ALCOHOLICS ANONYMOUS  
POST OFFICE BOX 607  
HOLLYWOOD STATION  
HOLLYWOOD, CALIFORNIA**

**December Fifth, 1941**

**Irma Livoni  
939 S. Gramercy Place  
Los Angeles, California**

**Dear Mrs. Livoni:**

***At a meeting of the Executive Committee of the Los Angeles Group of Alcoholics Anonymous, held Dec. 4<sup>th</sup>, 1941, it was decided that your attendance at group meetings was no longer desired until certain explanations and plans for the future were made to the satisfaction of the committee. This action has been taken for reasons that should be most apparent to yourself. It was decided that, should you so desire, you may appear before members of this committee and state your attitude. This opportunity will be afforded you between now and December 15<sup>th</sup>, 1941. You may communicate with us at the above address by that date. In case you do not wish to appear, we shall consider this matter closed and that your membership is terminated.***

***Alcoholics Anonymous, Los Angeles Group  
Mortimer, Frank, Edmund, Fay D., Pete, Al"***

We are told by Irma's sponsor that Irma never went to another meeting, left AA, and died of alcoholism.

**We are told by Irma's sponsor that Irma never went to another meeting, left AA, and died of alcoholism.**

It is stunning to read the letter now. And, happily, difficult to imagine such a letter being written today. As the **Twelve and Twelve** tells us, AA groups at that time were fragile and there was great fear that "something or somebody would capsize the boat and dump us all back in the drink." We all know well from the **Twelve and Twelve** the stories of Ed the Atheist and the man with the so-called "double stigma" and Bill W. hearing, again and again in his heart the question about admitting or not admitting someone: "What would the Master do?" So after years of what the **Twelve and Twelve** calls "harrowing experience," the principle of membership that became Tradition Three was formed.

Fast forward to today: we read Tradition Three in our preamble. We discuss it in Traditions meetings. But might it not be useful from time to time for a group to do an informal...or formal if it so wishes..."Only Requirement" inventory?

Are we as a group doing anything, by design or by accident that appears to be a requirement of member-

ship beyond the desire to stop drinking? Do we sometimes, unwittingly, expect or demand that "conformity" that the long form of this Tradition tells us membership does **not** depend upon? Here's an example that may at first blush seem small or even silly but it does make a point: how many of us have been in a meeting at which someone starts to share or read and does not say his or her name or identify as an alcoholic and a member suddenly interrupts loudly with, "Who are you?" Are we as a group inter-

"...is there a **requirement** that anyone ever say his or her name or identify as an alcoholic? Nope."

ested in knowing each other's names? Of course. But should we be interrupting folks to make them say their names? Is it helpful for us to identify as alcoholics? Yes. But is there a **requirement** that anyone ever say his or her name or identify as an alcoholic? Nope.

Our home group, "Attitude Adjustment" in Bend, recently chose to make a slight but important adjustment to our meeting format so that anytime the meeting secretary or meeting leader invites the members to say a prayer, we now preface it with, "If you care to..." or "Will those who care to..." We believe that no one should feel they are somehow less than full members if they don't want to pray.

Our group, through an exercise of its conscience at a recent business meeting, decided, as individual members and not through any attempt to impose some formal rule [who dislikes "rules" more than a bunch of alcoholics?], to stop "chanting" at meetings...things like:

"God could and would if he were sought"

"...place principles before personalities"

"Keep coming back, it works if you work it"

A formal group inventory a number of months back had helped us focus on this "chanting" business and we learned from a number of folks, some new and some not so new, that all the chanting was making people uncomfortable because it could threaten to lend meetings the [unintended] atmosphere of a cult, leaving new members feeling that they were somehow **required** to chime in on the chanting, as uncomfortable as it might make them.

AA groups, we are reminded in our **Fourth** Tradition, enjoy marvelous autonomy. If a group wants to chant, wants to say seven prayers...or none, wants to do five readings at each meeting...or none...it is free to do so. But the letter and spirit of the Third Tradition mean the group also needs to exercise its autonomy with care so that its members, especially newcomers, can easily understand that their membership in AA in no way depends on their participation in or conformity to the group's practices and that their membership requires one thing and one thing only: a desire to stop drinking.

Bruce Cummings

**Conscious Contact Subscription / Address Change Form (Please Print)**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_

Subscription Rates: One Year \$10.00 Two Years: \$18.00

Make Checks Payable to: Central Oregon Intergroup and mail to:  
Newsletter 754 S.W. 11th Street, Redmond, OR 97756

Check ( ) Renewal ( ) New Subscription ( ) Address Change

# TAKE FIVE ALIVE

An Open Letter from Chris N., DCM, District No. 5

Hello to all,

My name is Chris N and I am an alcoholic. I am presently serving as DCM (District Committee Member) for District No. 5. I replaced Doris T. who rotated out in September. Thanks and kudos to Doris for her devoted service. Thanks to all the trusted servants who helped this anxious and self-doubting alcoholic feel welcome in a new service position (that fear thing is getting better but it's not gone yet.)

Bill Wilson and Dr. Bob left us with three legacies in AA. They are written on most of the coins that we present to members to commemorate periods of continuous sobriety. They are Recovery, Unity, and Service. Service is giving back to the fellowship that which has been so freely given to us. It takes many forms – 12 Step calls, chairing meetings, acting as a group secretary or treasurer and volunteering for the AA Hot line are a few. General service is standing for a position in the general service structure such as a committee chair, Group GSR (General Service Representative) or DCM to name a few. All of these service positions work in tandem to assure that the fellowship will remain functioning, stable, and available for us and for the still suffering alcoholic. You might be wondering how a fellowship of unstable drunks is capable of accomplishing this feat. It truly is miraculous. We have successfully been doing just that for decades. Amazing, isn't it?! The tools that we use are the 12 Steps, 12 Traditions and the 12 Concepts for World Service. The Traditions were written by Bill Wilson as the

"The fact is that if the Steps, Traditions and Concepts are employed the politics can be completely avoided and service remains."

result of episodes of turmoil within the fellowship. Some of these conflicts were serious enough to threaten the continued existence of AA. The 12 Steps protect us from drink and the 12 Traditions and Concepts protect us from each other!

In order for AA to function, decisions have to be made. The question remains. How can a group of self-centered, self-serving, egotistical, mentally and spiritually challenged alcoholics agree on anything? The answer is slowly and with great difficulty. Yet it is done successfully and the spiritual growth of the fellowship is a wonderful by-product. Business meetings of groups that are not grounded in the Steps, Traditions and Concepts often result in chaos, argument and resentments. Some of these resentments can result in a trip back to the bottle or dissolution of the group. Cries of the perils of AA politics come up. Many AAs shun general service for this reason. The fact is that if the Steps, Traditions and Concepts are employed the politics can be completely avoided and service remains. It is part of the miracle.

You might ask yourself what is "in it" for me (as this self-serving alcoholic did). I can only speak for myself but others that I have had the pleasure to meet in general service tell a very similar story. General service has greatly improved the quality of my sobriety. One of the main reasons that I drank was fear and the inability to get along with my fellow human beings. To live life on life terms was too much for me to handle. Alcohol made my life bearable for a while but ultimately let me down. I have served in general service for over four years, as Alternate GSR,

GSR, and now DCM. I have worked with a service sponsor in addition to Step work with my AA program sponsor. I have come to see that people who have been involved in general service consistently over time have the promises come through for them in spades!

The promises don't come automatically. They are conditional! The promises begin and end with qualifying statements. The first is "If we are painstaking in this phase of our development we will be amazed before we are half way through" (pain being the touchstone of spiritual growth). The second is that the promises will always come true "if we work for them". To discuss and problem solve while practicing the principles of love, tolerance and acceptance is a challenge. Service work consistently puts our trusted servants in those challenging situations. They have countless opportunities to practice the AA program and spiritual principles and they can grow personally and spiritually as a result of the practice.



Even though began my service complete any

I had some fear when I work, I found I could needed task in the company of alcoholics that have been where I have been and have felt like I feel. I have learned by example from people who have been in service before me. I also listen to how other groups and districts have dealt with challenging circumstances and situations (both successfully and unsuccessfully). There is no need to reinvent the wheel if I can take to heart and employ others "experience strength and hope".

The overall result is that faith in the process grows. The members of the fellowship grow stronger as their bonds with one another solidify. It is true that the purpose of general service is to perform the business of AA. Yet the importance of reaching a decision pales in comparison with the growth of the members as a result of trusting and engaging in the process. To put it plainly, it is more about the journey and less about the destination.

Yours in love and service,

Chris N.  
DCM District 5

(Chris welcomes questions that he will answer personally or through the Conscious Contact. Email Chris at: [kawon.c@hotmail.com](mailto:kawon.c@hotmail.com))

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FROM THE DESK OF EDDIE T.,  
THE DISTRICT 5 AREA 58 GRAPEVINE REP.....

I had the opportunity to go to the Area 58 Quarterly Assembly in Medford, February 22–24. WOW.

If you have not gone to an assembly, I would highly recommend that you try to find a way to get involved with your home group GSR and go! What an experience.

TRIVIA PURSUIT QUESTION OF THE MONTH



Where can I find Grapevines in an archive?

e-mail Eddie at [gogo@bendbroadband.com](mailto:gogo@bendbroadband.com) with the answer and win a free year subscription to The Grapevine.



# MARCH 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Redmond potluck speaker mtg-6 pm
2	3	4 Tuesday night AA Speaker mtg-7 pm	5	6	7 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	8
9 District 5 GSR Mtg 4 pm	10	11	12	13	14 Tumalo speaker mtg-7 pm	15 St. Patrick's Day Celebration-6 pm
16	17	18 Madras birthday Mtg-7:30 pm	19 La Pine potluck/ speaker mtg-6 pm; speaker-7 pm	20	21 Tumalo speaker mtg-7 pm CO speaker mtg- 7 pm	22 Intergroup potluck speaker mtg-6 pm Held at Bend Community Center
23 Intergroup advisory Board mtg-5 pm	24	25	26	27	28 Tumalo speaker mtg-7 pm	29
30	31					
Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Tumalo Speaker Meeting Tuesday night AA Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm Brooks Hall, TEC** La Pine Community Park St. Patrick's Church Redmond Community Church Fellowship Hall Nazarene Church **March potluck Bend Community Center			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend Finley Butte Road, La Pine Madison & J Street, Madras 10 & Cedar, Redmond Bruce Avenue, Tumalo 1270 NE 27th, Bend	



# APRIL 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuesday night AA Speaker mtg-7 pm	2	3	4 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	5 Redmond potluck speaker mtg-6 pm High Desert RU Potluck -6:00 pm
6	7	8	9	10	11 Tumalo speaker mtg-7 pm	12
13 District 5 GSR Mtg 4 pm	14	15 Madras birthday Mtg-7:30 pm	16 La Pine potluck/ speaker mtg-6 pm; speaker-7 pm	17	18 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	19
20	21	22	23	24	25 Tumalo speaker mtg-7 pm	26 Intergroup pot- luck speaker mtg- 6 pm, Prineville
27 Intergroup advi- sory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	28	29	30			
Central Oregon Speaker Meeting District 5 GSR Meeting High Desert Round Up Potluck Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Tumalo Speaker Meeting Tuesday night AA Speaker Meeting		Environmental Center TEC TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm  La Pine Community Park St. Patrick's Church Redmond Community Church Fellowship Hall Nazarene Church			16 NW Kansas, Bend 469 Wall Street, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond Prineville Finley Butte Road, La Pine Madison & J Street, Madras 10 & Cedar, Redmond Bruce Avenue, Tumalo 1270 NE 27th, Bend	

## VOLUNTEER

YOUR SERVICE CAN  
BENEFIT OTHERS

**Entertainment Chair and Secretary** positions need to be filled in April.

Contact Pat M at 678-5749 or at [ripley@bendbroadband.com](mailto:ripley@bendbroadband.com) or call Pat R. at 420-4741

**Volunteers for Jails** needed for meetings for the following:  
Deer Ridge Corrections, Madras  
Deschutes County Jail  
D.C.J. Work Release Center  
Jefferson County Jail  
Applications available at the Redmond Alano Club or contact Harry C—[Hchris9143@Bendbroaband.com](mailto:Hchris9143@Bendbroaband.com) or 548-3824

### Hotline Shift

Substitute/Fill-in opportunities  
One year sobriety preferred  
12 Step List  
CALL Pat R 420-4741

**Potluck sponsors** are still needed.  
Contact Darla B. at 447-8055 or [xlxdinky@hotmail.com](mailto:xlxdinky@hotmail.com)

## March SOBRIETY MILESTONES

Debbie M	3/3/2003	5 Years
Lynn R	3/10/1999	9 Years
Wildog	3/12/1980	28 Years
Ellen T	3/16/2001	7 Years
George C	3/19/1972	36 Years
Mack H	3/29/1979	29 Years
Joe C	3/20/2002	6 Years
Liz T	3/27/2002	6 Years
Pat M	3/29/1987	21 Years

### ATTITUDE ADJUSTMENT

Roy F	3/7/1990	18 Years
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### OPEN HAND FELLOWSHIP

Nancy E	3/18/2006	2 Years
Dennis H	2/28/1995	12 Years
Chris	3/31/2006	2 Years

### REDMOND REBELS

Tom M	3/7/1994	14 Years
Jackie P	3/8/1979	29 Years
Amarie	3/19/2007	1 Year
Gearl S	3/28/1998	10 Years

### STEPS TO SOBRIETY

Ellen T	3/16/2001	7 Years
Liz T	3/27/2002	6 Years

### STEP SISTERS

## Upcoming Events!



**March 15 St Patties Celebration**



**Ochoco's Camp Out Group Camp May 28-31**



**June 21 Beginning of Summer Picnic Cline Falls**



**July 9-13 Hee Hee Long House Camp Out**



**July 24-27 Suttle Lake Camp Out**



**August 14-17 Newberry Crater Paulina Camp Out**



**September 20 End of Summer Picnic**



**October 31 Halloween Party**

Are you celebrating a sobriety milestone in the coming months? Had something **special** happen during your recovery? Send it in to the Intergroup office or email it to me.

**Liz T at [connayr@hotmail.com](mailto:connayr@hotmail.com)**

## The 12 Promises of Drinking

*Submitted by Ned Brown*

1. If we are casual with this phase of our development, we will be drunk before we are half way through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word conflict and we will know pain.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self-esteem will slip away.

9. Our whole attitude and outlook upon life will suck.
10. Fear of people and of economic insecurity will multiply.
11. We will intuitively know how to run from situations which never used to bother us.
12. We will suddenly realize that what God would never have done to us, we are doing to ourselves.

Are these extravagant promises? We think not. They are being fulfilled among those of us still drinking—sometimes quickly, sometimes slowly. They will always materialize, if we drink for them.

*Submitted by Peter K. from an anonymous sponsee*

# TREASURER'S REPORT

Submitted by Margot B.

<b>Treasurer's Report</b>	16-Jan to 15-Feb	<b>AVERAGE MONTHLY BUDGET</b>
Central Oregon Intergroup 2008		YTD
<b>INCOME</b>		
Group Donations	1,482.50	2,244.78
Book & Coin Sales	1,836.70	3,345.35
Newsletter	(15.92)	(12.96)
Potluck	82.72	82.72
Entertainment	-	-
Interest Income	-	4.43
<b>Total Donations and Interest Income</b>	<b>3,386.00</b>	<b>5,664.32</b>
<b>EXPENSES</b>		
<b>General Checking</b>		
Rent	245.00	490.00
Advertising (Dex West)	-	45.32
Phone	172.13	339.60
Hotline	-	-
Newsletter	115.00	230.00
Purchases	316.20	1,125.04
Postage & Office Expense	-	-
Management Fee	800.00	1,600.00
Bank Charges (Rev. \$56 & checks)	(32.11)	23.89
Other/Misc (Rec'd pmt - Xmas Hams)	(44.76)	-
Adjustments	-	-
Schedules	-	-
Electricity (Jan & Feb pmts)	119.33	119.33
<b>Total General Checking Expenses</b>	<b>1,690.79</b>	<b>3,973.18</b>
<b>Office Account</b>		
Office Supplies	47.46	69.35
Postage	-	41.00
Hotline	-	-
Purchases	851.98	2,187.58
Web Site	-	-
Other	-	-
<b>Total Office Expenses</b>	<b>899.44</b>	<b>2,297.93</b>
<b>Net Revenue/Month</b>	<b>795.77</b>	<b>(606.79)</b>
<b>TRANSFERS</b>		
<b>General Checking</b>		
Deposits IN by Office	3,481.32	5,708.65
Transfers (OUT) to Office	(899.44)	(2,691.71)
Transfers IN from Savings	-	-
Transfers (OUT) to Savings	-	-
<b>Total General Checking Transfers</b>	<b>2,581.88</b>	<b>3,016.94</b>
<b>Savings (prudent reserve) Account</b>		
Transfers IN	-	-
Transfers (OUT)	-	-
<b>Total Savings Transfers</b>	<b>-</b>	<b>-</b>
<b>Office</b>		
Transfers IN	899.44	2,691.71
Transfers (OUT)	-	-
<b>Total Office Transfers</b>	<b>899.44</b>	<b>2,691.71</b>
<b>Petty Cash</b>		
Transfers IN	-	2.96
Transfers (OUT)	-	(2.96)
<b>Total Petty Cash Transfers</b>	<b>-</b>	<b>-</b>
<b>Cash Reconciliation</b>		
Beginning Balance from 12/15/07		
Treasurer's Book Balance	4,915.23	
Prudent Reserve Account	5,016.18	
Manager's Book Balance	1,200.00	
Petty Cash	50.00	
Potluck Balance	112.14	
Entertainment Balance	3,531.47	
<b>Total Cash on Hand</b>	<b>14,825.02</b>	

<b>DONATING GROUPS</b>	16-Jan to 15-Feb	<b>Year to Date</b>
2008 Group		
24 and Alive	45.00	90.00
ABC Group		-
As Men See It		-
Attitude Adjustment	262.50	262.50
Back to the Big Book		-
Big Book Study (LaPine)		-
Burns Group		-
Eastside Early Risers		-
First Things First		-
Heppner Miracles		-
High Noon Big Book Study	140.00	155.00
Living in the Solution		34.95
Madras Oasis Group		-
Men's Book Study		-
Men's Stag Meeting	50.00	100.00
Monday Downtown		-
Monday/Wednesday 5:30	63.00	63.00
New Horizons		211.33
Primary Purpose	127.00	229.00
Redmond Rebels	600.00	600.00
Rule 62 Group		-
S.O.S. Group (Redmond)	30.00	30.00
Saturday Morning Alive		-
Sisters Group	25.00	25.00
Sisters High Noon		-
Sober Desire	56.00	56.00
Sober on Sunday		-
Sobriety Maintenance		-
Spiritual Awakening		-
Spiritual Breakfast	84.00	224.00
Springriver Book Study		-
Step Sisters		164.00
Steps to Sobriety		-
Sunday Serenity		-
Sunriver Open Group		-
The Nooner		-
Thursday Women's Meeting		-
Tuesday Night AA		-
Tuesday Night Survivors		-
Tumalo Friday Night		-
We are not a Glum Lot		-
W-F-S Group		-
Women at Work		-
Women in Serenity		-
Anonymous		-
CD Sales		-
District 5 - AFG Donations		-
Potluck		-
Entertainment		-
Intergroup 7th Tradition		-
<b>Total Contributions</b>	<b>1,482.50</b>	<b>2,244.78</b>

The Central Oregon Intergroup Newsletter is a monthly newsletter of the Central Oregon Intergroup Office. It is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended or should be inferred.



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