



Volume 08 Issue 7

July 2008

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

## Friends of Bill W.

I love the term "Friend of Bill's." It makes me feel immediately connected and bonded and still maintain my anonymity. I was recently attending our local film festival with a "normal" friend. We went into the theatre several minutes early and I chose a seat next to a rather rough looking guy (who looked like he could have been a friend of Pat R's). I sat next to him because I noticed a tattoo on his arm of the triangle representing Unity, Service and Recovery. As I sat down, I said, "friend of Bill's, huh?" He said, "Yes, and have been for 13 years." We shook hands, introduced ourselves as he proceeded to tell me how Bill changed his life and how he is a much happier and successful man because of him. He was with his 19-year-old son. They were both avid film junkies as are my friend and I. We found we had much in common including our affinity for independent films. His son leaned in to my friend and said, "Bill saved my dad's life. I love the person he is today." Completely enthralled with our conversation and what the son so openly announced, my friend turned to me and said, "Who is Bill? Have I met him? Is he single? Is he cute?"



In my first year of sobriety I was very reserved with these friends of Bill. I had plenty of my own friends and didn't need to share his. I traveled a lot for work and was in Portland for a few days on one of my business trips to indulge and pad my travel expenses. (Yes, I have made amends.) I wanted to head back to Bend for the weekend but needed to run a few errands that including shopping at Nordstrom's and getting my oil changed at one of the local rip off joints. I spent an hour at this chain establishment and after racking up a total of \$350 in services (that I was assured had to be done or my Nissan Xterra was going to blow up!), I gave the goof ball guy in the dorky hat my debit card to run the charges. Unable to get it to go through, he ran it again. And then a third time. He then called his co-worker over and then he ran the card through a couple of times. After what they believed to be a successful transaction, they let me sign my credit slip and leave. I headed back to the hotel to check out. While walking to my room I noticed my neighbor saying goodbye to the floozy he showed up with the previous night. I was sure she cost a small fortune. I could not help but stare as she was very young and the guy looked like JR from that Dallas show back in the 80's. I looked away distastefully as he said "hi", unlocked my door and went in to pack.



Continued on Page 2

**Central Oregon  
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Mikey 548-9686

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**ADVISORY BOARD COMMITTEE**  
Meri R. 408-2873  
Mike W. 912-1962  
Mark S. 325-1726  
Eddie T. 815-9142

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Oregon Area Treasury  
1900 N.E. 3rd Street  
Suite 106-172  
Bend, OR 97701

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

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

I made my way down to the front desk to check out and say goodbye to the staff as I stayed there frequently. At check out my debit card got denied and I realized I did not have another credit card with me. I called my bank as it was getting later and I needed to hit the road. I was sure it was a misunderstanding since I knew I had the funds in my account. They explained that an oil company had charged my card seven times and I would have to wait until the following Monday to get it cleared up. At that time JR showed up and I thought – damn oil companies!! What timing. I spoke a bit more with Sonja from the front desk. As I have said, I stayed there often so she let my room charges slide. I thanked her and was explaining I was completely on empty and had no gas to get home. But, that I greatly appreciated her offer and I would pay them back when I was in town next. I had no idea how I was going to get home. Just then JR butted in and said, “Young lady, I will not give you cash, but I will fill your tank up with gas.” Great, I thought. I have pimp daddy wanting to fill my tank up with gas and I do not see any other choices. I am sure I will be much cheaper than his date last night. I



...“I looked up and saw a bumper sticker that said “Friend of Bill W.” My heart stopped and all my judgment disappeared. I was with a friend!”

agreed, after insisting on taking his business card and repaying him by mailing him a check. I told JR where I was parked. He said he had a big black truck and would meet me in the parking lot. Yep, figures. Pimp daddy JR drives a big black truck. I saw his big black rig pull up in the parking lot and as I pulled out to follow him to the closest gas station, I looked up and saw a bumper sticker that said “Friend of Bill W.” My heart stopped and all my judgment disappeared. I was with a friend!



I learned over coffee that JR was actually Rick from Astoria visiting his daughter for the first time in four years to make amends. Rick had twenty-one years of sobriety. Three years later I still get post cards from Rick always near my sobriety date. What a strange friend I made that day which I am very grateful for, as he has opened my heart to all types of Friends of Bill.

Respectfully Submitted by Sharon A

## WE ARE NOT A GLUM LOT

This alcoholic does not shun events where alcohol is being served. Since it is pretty prevalent in society, AA's out enjoying life will encounter it. This story is about an adventure I embarked on in recovery. This experience has forged a true meaning to me of what “spiritual self” is.

I took a trip to the Gorge in Washington to see the Dave Matthews Band with two other AA members. It was a great ride that began an awesome and, strange though it might seem, spiritual, weekend. Of course at the concert there were massive amounts of alcohol flowing and drugs being passed. In fact, I was offered magic mushrooms by a guy who had a familiar glow. Yes, drugs are a part of my story. I recognized his jovial demeanor and then understood the reason for it. I thoroughly enjoyed the show as the night rocked on. I also enjoyed watching the drunks, who had their own particular way of having a great time. I like drunks and feel that they are indifferent to whom I was in the past – a partier.



However, the real lesson came when I got back to Bend and my regular routine. At work during the lunch break I discussed my weekend and mentioned how much fun the other concert goers were having in their drunken and drug induced state, when a woman asked, “How could you go to such a thing—you are an alcoholic.” Should I shun events where alcohol was present? Should I live in a protective bubble? I answered, “Spirituality doesn't mean looking outwardly wishing I was someone else.”

This experience has led me to know that as an alcoholic I must be the one who abstains from consuming substances that change my emotional state. I found this knowledge by working the 12 Steps and finding that I can change my spiritual self without altering my physical self with chemicals. I do this by changing my mental perception. This is freedom. To fear events because of what is being served is saying I still fear alcohol. And to fear, I believe, is to self impose walls of imprisonment. I have already broken down those walls by speaking the truth in meetings

I'll end with this, “When AA members are out dancing and playing we become an attraction to those who are still stuck in the mire that heavy drinking imposes. I've been asked, “Why don't you drink?” And I tell them, “I've drunk too much already.” See ya all out on the highway of life; enjoy your summer!

Submitted by Pat R.



Photos submitted by Charlene C— “Mt. Bachelor from Lava Lake” and by Laurakay L — “Llamas Grazing Peacefully”



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Newsletter 754 S.W. 11th Street, Redmond, OR 97756  
Check ( ) Renewal ( ) New Subscription ( ) Address Change

## I Could Apply a Full Face of Makeup Without Ever Looking Myself in the Eye

My father came to Alcoholics Anonymous four years before I did. As an enthusiastic newcomer, Dad called me regularly to discuss my drinking, and when I came from out of town to visit, he took me to a meeting. At that first meeting, I admitted I was an alcoholic, not wanting to draw attention to myself. I tried to put five dollars in the basket because AA was doing such a good job with my dad but he told me that I couldn't contribute until I became a member, so after the meeting I took my five dollars to the nearest barroom and got drunk. At future visits I only attended speaker meetings where I didn't have to share. In fact, I was only going to meetings to make Dad happy.

Over the next years of hard drinking I continued to say that I was an alcoholic. It allowed me to do what alcoholics do best: drink. I tried to commit myself to a hospital for depression, was sedated and sent home. I was stopped for drunk driving and thrown out of several bars and taverns for bad behavior. I woke up regularly in places that I didn't remember going to, with people that I didn't remember meeting. When I did manage to make it home, my husband and I had such violent arguments that the police were often called to break them up. One time the police arrived just as the kitchen burst into flames. Other times the police didn't come until after I'd been beaten, slapped, or kicked around. I could never bring charges because I felt deep down that I deserved the treatment I got.

"One time the police arrived just as the kitchen burst into flames. Other times the police didn't come until after I'd been beaten, slapped, or kicked around. I could never bring charges because I felt deep down that I deserved the treatment I got"

Finally I accepted my husband's alcoholism! I filed for divorce, moving my two teenaged daughters and myself across town, much to the delight of the local police. Free at last from my husband's unfair demands, I could really drink. Our new place quickly became the house on the block that all the other parents hated. It was not uncommon for me to wake up in the middle of the night and find a party going on. Nor was it strange that every high school truant could be found at my house. One of my children left home and I know that the other wanted to, but she had no place to go.

By this time I was well over that invisible line we talk about. I couldn't drink and I couldn't stop. I drank to live and lived to drink. My promises were hollow and a commitment meant nothing. I bolstered my ego with lower companions and could apply a full face of makeup without ever looking myself in the eye.

Out of fear, I continued to show up for work. A typical week day went something like this. Upon awakening I'd take the speed that was necessary to get me up and out the door to work. I couldn't take a morning drink because once I started, I couldn't stop, so I suffered until noon, then I'd have two or three double vodkas on the rocks (as we all know, vodka is odorless). Afternoon typing was out of the question, but being a one-girl office worked to my benefit. Having muddled through my day, I'd arrive at the local drinking establishment, where I'd consume enough to go home and take a Valium in order to sleep. (I didn't drink at home because I was a "social drinker.") The next day, it would start all over again: vodka for lunch, back to the bar after work, drink enough to go home, pop a Valium, go to sleep. On the weekends I didn't go home at all.

After several more bad experiences, I came knocking at the doors of Alcoholics Anonymous. I was sick, tired, confused, and still wondering if I really was an alcoholic.

My early sober days I suffered from devastating drinking dreams. They were so real it was difficult to remember if I had really drank or not the night before. Sometimes I was forced to drink (by a friend). Sometimes it was an accident. But the dream always ended the same. I had to come back to AA and tell you I had drank. The dreams persisted for days until I finally took it to a meeting. I was the first to share and for the rest of the meeting not one person admitted to ever having a

"After several more bad experiences, I came knocking at the doors of Alcoholics Anonymous. I was sick, tired, confused, and still wondering if I really was an alcoholic."

dream like mine. The meeting ended, despair engulfed me, and I knew I was truly nuts. Finally a fellow approached, asking, "Do you think normal drinkers dream about drinking? Have you talked to God about these dreams?" Thus began my journey to accepting my alcoholism. I didn't think normal drinkers thought about or dreamed about drinking. Therefore, I must not be a normal drinker.

That night in desperation, I asked for God's help, continuously repeating, "Dear God, please don't let me have a drunk dream, please don't let me have a drunk dream." It worked! I didn't dream about drinking, I dreamed about being chased around a fountain by a man with a butcher knife. The following night I just thanked God for another sober day and asked for a good night's sleep. This prayer worked.

Today I know where I've been and with whom I've been. No one has the right to abuse me, physically or emotionally or any other way. I've met some of those kids who used to hang out at my house in the rooms of Alcoholics Anonymous. The police no longer drop by uninvited.

My father and I meeting together Alcoholics Anonymous. such that he couldn't he died in 1990. But seed so I knew In turn, I planted my sisters so they



never attended a after I joined Alco- His mental illness was leave the house and he had planted the where to go for help. the seed for two of knew where to go

when their drinking became a problem. I was also able to point my oldest daughter to the Al-Anon program. Living sober is the only way I care to live today. It's been working, one day at a time, for over twelve years.

Accepting my alcoholism and all its devastating weaknesses has allowed me to stay in AA. I wasn't one hundred percent alcoholic until I'd been sober almost two years. Admitting my alcoholism almost killed me but it also made me sweetly reasonable. It was in accepting my alcoholism that I could start to recover.

Eileen K.  
Tustin, California  
Reprinted with Permission from the Grapevine



# JULY 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 pot- luck speaker mtg-6 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	17	18 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	19
20	21	22	23	24 Suttle Lake Camp- out	25 Tumalo speaker mtg-7 pm Suttle Lake Campout	26 Intergroup potluck speaker mtg-6 pm Suttle Lake Campout
27 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm Suttle Lake Campout	28	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 Suttle Lake Campout Tumalo Speaker Meeting Tuesday Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC- Attitude Adjustment Sponsoring La Pine Community Park St. Patrick's Church Redmond Community Church Suttle Lake Fellowship Hall Nazarene Church			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 Link Creek Campgrounds Bruce Avenue, Tumalo 1270 NE 27th, Bend	

**Editor's Note:** Our goal is for AA-sponsored events alone be printed in the Conscious Contact. For outside events that members of AA participate in, please rely on flyers and other means of communication. If you would like to comment on this policy, please e-mail [connayr@hotmail.com](mailto:connayr@hotmail.com).



# AUGUST 2008

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	2 Redmond potluck speaker mtg-6 pm
3	4	5 Tuesday night Speaker mtg-7 pm	6	7	8 Tumalo speaker mtg-7 pm	9
10 District 5 GSR Mtg 4 pm	11	12	13	14	15 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	16
17	18	19 Madras birthday Mtg-7:30 pm	20 La Pine potluck/ speaker mtg-6 pm	21	22 Tumalo speaker mtg-7 pm	23 Intergroup potluck speaker mtg-6 pm
24 Intergroup advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	25	26	27	28	29 Tumalo speaker mtg-7 pm	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 Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC- Attitude Adjustment Sponsoring La Pine Community Park St. Patrick's Church Redmond Community Church Fellowship Hall Nazarene Church			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	



## **VOLUNTEER**

YOUR SERVICE CAN  
BENEFIT OTHERS

**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**

Volunteer needed for Thursdays, 10 pm—9 am; substitute/Fill-in opportunities also

—one year sobriety preferred

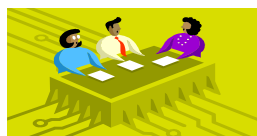
12 Step List. Call Pat R 420-4741



### **September Assembly**

Volunteers for literature table

Contact Mikey at Central Oregon Intergroup Office, 548-9686



## **NEW MEETINGS**

EXPAND YOUR RECOVERY

Women's H.O.W. Group, Prineville,  
Thursday, 5:30 pm, St. Joseph 1st and  
Main basement



## **JULY SOBRIETY MILESTONES**

Maren P	7/2/2003	5 Years
Matthew C	7/27/1987	21 Years
Steve D	7/28/2006	2 Years
Steve R	7/4/2003	5 Years

### **ATTITUDE ADJUSTMENT**

Cathy N	7/2/1982	26 Years
Lee	7/30/1996	12 Years
Carl H	7/29/2006	2 Years
Phillip A	7/24/1985	23 Years

### **STEPS TO SOBRIETY**

Amy P	7/5/2007	1 Year
Dawn C	7/25/2006	2 Years

### **STEP SISTERS**

Anna H	7/11/2006	2 Years
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Willing to Go to Any Lengths

## **MEETINGS CHANGES**

### **THE JULY SCHEDULES ARE OUT!!!!**

Let's give a big HURRAH for **GLO-  
RIA** for all her work!!!!!!!

### **Address Changes:**

Redmond Rebels new meeting  
location is the Church of God Sev-  
enth Day, 205 NW 4th Street,  
Redmond. This is all meetings.

### **Cancellations:**

Sunday, Prineville, 3:00 pm,  
Women's Group

Monday, Redmond, 7:00 am,  
Rebel Women

## **Upcoming Events**

### **July:**

MEN'S DIAMOND LAKE CAMP OUT, JULY  
11—JULY 13.



As Men See It are hold-  
ing a campout at Diamond Lake. Please  
contact Scott M for more information at  
541.815.5504 or  
[scottm@bendbroadband.com](mailto:scottm@bendbroadband.com)

SUTTLE LAKE CAMP OUT, JULY 24-JULY  
27.



Link Creek Camp-  
grounds, tickets—\$20  
per person (including  
children). Friday meeting @ 8:00 pm;  
Saturday potluck @ 7:00 pm followed by  
speaker @ 8:00 pm. See flyers for more  
information or contact:

**Kevin K—610-3060**

**Lurlyene B—504-1343**

**Kim A—420-9722**

**or Central Office—923-8199**



July 19th at COFH. Meeting hosted by  
New Beginnings. Speaker: Cheryl and  
Redmond Jack. Potluck begins at 5:30  
and speaker meeting at 7:00  
50/50 & Door Prize Raffle!

Redmond Potluck/Speaker Meetings.  
6:00 pm, first Saturday

Madras Birthday Meetings. 7:30 pm,  
third Tuesday

La Pine Potluck/Speaker Meetings. 6:00  
pm, third Wednesday

Intergroup Potluck/Speaker Meetings.  
6:00 pm, fourth Saturday

# TREASURER'S REPORT

Submitted by Margot T.

<b>Treasurer's Report</b>	16-May to 15-Jun	<b>AVERAGE MONTHLY YTD</b>	<b>BUDGET</b>
<b>Central Oregon Intergroup 2008</b>			
<b>INCOME</b>			
Group Donations	1,130.81	7,867.56	<b>1,311.26</b>
Books & Coin Sales	1,698.40	9,471.60	<b>1,578.60</b>
Newsletter	3.89	66.93	<b>11.16</b>
Potluck	138.14	220.86	<b>36.81</b>
Entertainment	-	45.12	<b>7.52</b>
Interest Income	-	9.20	<b>1.53</b>
<b>Total Donations and Interest Income</b>	<b>2,971.24</b>	<b>17,681.27</b>	<b>2,946.88</b>
<b>EXPENSES</b>			
<b>General Checking</b>			
Rent	245.00	1,470.00	<b>245.00</b>
Advertising (Dex West)	46.00	272.97	<b>45.50</b>
Phone	171.45	996.32	<b>166.05</b>
Hotline	-	-	-
Newsletter	150.00	760.00	<b>126.67</b>
Purchases	330.50	2,691.63	<b>448.61</b>
Postage & Office Expense	-	16.07	<b>2.68</b>
Management Fee	800.00	4,800.00	<b>800.00</b>
Bank Charges	-	23.89	<b>3.98</b>
Other/Misc (Circuit Speaker 5/31)	655.00	830.00	<b>138.33</b>
Donations (GSO & Oregon Area)	-	4,500.00	<b>750.00</b>
Schedules	-	-	-
Electricity	47.39	319.35	<b>53.23</b>
<b>Total General Checking Expenses</b>	<b>2,445.34</b>	<b>16,680.23</b>	<b>2,780.04</b>
<b>Office Account</b>			
Office Supplies	-	142.32	<b>23.72</b>
Postage	-	41.00	<b>6.83</b>
Hotline	-	-	-
Purchases	1,518.10	6,409.40	<b>1,068.23</b>
Web Site	-	-	-
Other	-	27.93	<b>4.66</b>
<b>Total Office Expenses</b>	<b>1,518.10</b>	<b>6,620.65</b>	<b>1,103.44</b>
<b>Net Revenue/Month</b>	<b>(992.20)</b>	<b>(4,634.00)</b>	<b>-</b>
<b>TRANSFERS</b>			
<b>General Checking</b>			
Deposits IN by Office	2,742.51	17,726.73	
Transfers (OUT) to Office	(1,972.20)	(6,028.82)	
Transfers IN from Savings	-	-	
Transfers (OUT) to Savings	-	(1,000.00)	
<b>Total General Checking Transfers</b>	<b>770.31</b>	<b>10,697.91</b>	
<b>Savings (prudent reserve) Account</b>			
Transfers IN	-	1,000.00	
Transfers (OUT)	-	-	
<b>Total Savings Transfers</b>	<b>-</b>	<b>1,000.00</b>	
<b>Office</b>			
Transfers IN	1,972.20	6,028.82	
Transfers (OUT)	-	-	
<b>Total Office Transfers</b>	<b>1,972.20</b>	<b>6,028.82</b>	
<b>Petty Cash</b>			
Transfers IN	-	5.65	
Transfers (OUT)	-	(5.65)	
<b>Total Petty Cash Transfers</b>	<b>-</b>	<b>-</b>	
<b>Cash Reconciliation</b>			
Beginning Balance from 12/15/07			
Treasurer's Book Balance	(110.85)		
Prudent Reserve Account	6,020.95		
Manager's Book Balance	1,200.00		
Petty Cash	50.00		
Potluck Balance	250.28		
Entertainment Balance	3,576.59		
<b>Total Cash on Hand</b>	<b>10,986.97</b>		

<b>DONATING GROUPS</b>	16-Mar to 15-Apr	<b>Year to Date</b>
<b>2008 Group</b>		
24 and Alive	45.00	180.00
ABC Group		-
As Men See It	180.00	180.00
Attitude Adjustment		472.50
Back to the Big Book	131.27	131.27
Big Book Study (LaPine)		-
Burns Group		-
Eastside Early Risers		300.00
First Things First		-
Heppner Miracles		-
High Noon Big Book Study		155.00
Living in the Solution		40.15
Madras Oasis Group	100.00	100.00
Men's Book Study		-
Men's Stag Meeting		150.00
Monday Downtown		75.00
Monday/Wednesday 5:30		63.00
New Horizons	287.16	859.12
Open Hand Fellowship	80.00	
Primary Purpose		414.00
Redmond Rebels		600.00
Rule 62 Group		-
S.O.S. Group (Redmond)	30.00	90.00
Safe Harbor	246.00	
Saturday Morning Alive		87.00
Sisters Group		50.00
Sisters High Noon		-
Sober Desire	68.00	124.00
Sober on Sunday		-
Sobriety Maintenance		-
Spiritual Awakening	200.00	200.00
Spiritual Breakfast	83.00	307.00
Springriver Book Study		-
Step Sisters	138.25	302.25
Steps to Sobriety		-
Sunday Serenity		-
Sunriver Open Group		120.00
The Nooner		-
Thursday Women's Meeting		-
Tuesday Night AA		-
Tuesday Night Survivors		-
Tumalo Friday Night	34.80	34.80
We are not a Glum Lot		375.00
W-F-S Group		-
Women at Work	67.17	67.17
Women in Serenity		-
Anonymous		-
CD Sales		-
District 5 - AFG Donations	45.00	45.00
Potluck		-
Entertainment		-
Intergroup 7th Tradition		-
<b>Total Contributions</b>	<b>1,735.65</b>	<b>5,848.26</b>

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