



Central Oregon's

Conscious Contact

Volume 08 Issue 8

August 2008



HOTLINE:
541-548-0440

LEAVING NORMAL

It began out of the blue 19 years ago with a flash on my computer screen at work: a marriage proposal from a man I'd never met. This was way back before cyber-stalking was a worry. It went something like this: "I have \$40 in my pocket and I drive an old Pinto. Will you marry me? By the way, my name is Bruce." Of course, I accepted... and then introduced myself. After all, he lived on the opposite coast, what could be safer?

Immediately, I realized Bruce had a mind like no one I'd ever known: a wacky, lightning-quick wit and absolute brilliance. Oh, and he was also a very, very nice guy.



The instant messages soon morphed into phone calls, those long ones you have when you're in those early days of exploring a new relationship. During the first or maybe second phone call, Bruce dropped the bombshell: He was an alcoholic. "What was that you just said?"

I am a "normie". (Though few who know me would put my name and any form of the word "normal" in the same sentence.)

I'd known plenty of practicing alcoholics; heck, there were a bunch of them in my own family, but I had never been close to anyone who was in *recovery*. You mean you go to those meetings where you stand up and say, "My name is Bruce and I'm an alcoholic"? I couldn't see it. This was a man who was more disciplined in every other aspect of his life than I would ever be: exercise, diet, work, EVERYTHING.

I knew embarrassingly little about alcoholism and AA and, frankly, didn't understand back then why someone with eight years of sobriety would need to go to several meetings each week. I mean, he'd quit drinking, right? He was over it! No longer hopping into his wooden barrel and sailing over Martini Falls.

In time, I learned you don't "get over" alcoholism, that it's a lifetime of living one day at a time. I also learned that there is tremendous power in a group and trying to white-knuckle sobriety alone was probably not a great idea for a whole lot of people.

Bruce and I are approaching our 10th wedding anniversary and I can honestly say the program I didn't really understand at first has truly been a blessing, not just for Bruce but for me. When I hear stories from Bruce about his drinking days, it's as though he's talking about someone I've never met. (The story about trying to order drive-thru fast food from a tree after driving into someone's front yard the middle of the night IS funny, but most of them are not.) I cannot conjure up an image of Bruce with a drink in his hand. And I know those who knew him back in the day cannot imagine him WITHOUT a drink in his hand. Nor can I imagine the behavior he has told me about from his past coming from the kind, compassionate man I quickly grew to love. He calls it nothing short of grace, a miracle.

"My Name is
Bruce and I am
an alcoholic"

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Bend, OR 97708

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

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

AA is at the core of his spiritual life, its tenets influencing everything he does. It has made him a better person and its principles ripple through our marriage in a wonderful way.

No one would ever call us, individually or together, "normal". But normal is overrated. And for our unique relationship, I am deeply grateful.

Sandy C.

(The following is another "Friend of Bill" story. If you would like to submit your Friend of Bill story, please e-mail it to: connayr@hotmail.com)

Friend of Bill

In the network television newsroom where I worked, a woman sat not far from me. She was a writer and easily twenty years my junior. Our interaction was pretty much limited to "Hi" and "Have a good weekend." But one day she approached me and asked if we could speak privately. She was clearly unsettled and anxious about something.



Once in my office, she said she had approached me because I seemed to her to be an understanding and compassionate person. In an attempt to keep things light, I asked her if that was just her way of saying my grey hair and wrinkles made her at least hope I was a good guy. She laughed but then added that she seriously had been watching how I dealt with other folks in the newsroom and had concluded that I was a person who listened well and could be trusted. I was not at all sure about that but figured: well, Cummings, you better listen well now and prove yourself worthy of some trust with this person.

In addition to her journalistic work, she was also an aspiring actor [this story unfolded in Los Angeles]. She'd been approached by a director and asked to go to dinner, ostensibly to talk about a script and a possible role. You can probably sense what's coming next...the only role this guy had in mind for the woman was as a sexual partner and while she was not naïve about how some of Hollywood's "finest" plied their craft, she was still badly jolted and deeply offended by the incident. She left the restaurant as calmly but quickly as she could, sure in her own mind that by rejecting this overbearing, arrogant man's advances, she had set her acting career back badly.

So we talked about what had happened and, in the course of the conversation, I, without thinking, began a sentence with a phrase we have all used so many times, "I remember being at a meeting once..." and then went on with the point I was trying to make. The woman's facial expression suddenly changed...she reached out and grabbed my arm and said, "Did you just say, 'I remember being at a meeting



once'?" I said that that was indeed what I had said. She replied, "Did you mean 'meeting' as in 'MEETING'?...as in AA meeting?" I quickly realized what I had done but felt completely comfortable telling this person that I was in the Fellowship. "Yes, indeed, 'meeting' as in 'AA meeting.' I've been sober a while and grateful for that," I said. Her eyes began to fill with tears but her mouth was reaching for a smile. "I've been sober and in AA for about two years," she said and we hugged each other.

"Did you mean 'meeting' as in 'MEETING'?...as in AA meeting?"

From then on my new friend...and Friend of Bill...talked every day. My work day ended just a short while before her work evening began so we were able to grab a couple of minutes late each afternoon to talk. We were able to get to a few of the same meetings and to this day, though I retired two years ago and left Los Angeles for Bend, this wonderful Friend of Bill and I are in touch at least once a week either by email or phone. It is a sober friendship I treasure.

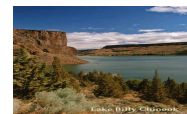
Submitted by Bruce C.



I mean seriously, would you quit drinking?...Thank goodness we live in the 21st century.....

Humor Submitted by Pat R

Photos submitted by Charlene C— "John Day near Kimberly" and by M.A. — "Lake Billy Chinook" and "Larkspur"



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Newsletter 754 S.W. 11th Street, Redmond, OR 97756

Check ☐ Renewal ☐ New Subscription ☐ Address Change

TAKE FIVE ALIVE

What Is An Informed Group Conscience?

I have sat in AA meetings and witnessed some excited and spirited discussions on many subjects. What the subjects were are secondary to how they were handled within a group setting. Anecdotal evidence suggests that within any population there exist strong-willed individuals, perhaps more so in AA than the general public.

One of the goals in AA is a concerted effort toward humility. I for one, prior to entering the rooms of AA, had not the slightest idea of what humility was – never mind made any attempt to attain it. I was taught, and believed, that pride, strong self will and independence of the help of others were desired states of mind and spirit. Fortunately I have come to believe that the practice of humility gives freedom and blessings beyond my imaginings. AAs that enter into service with the idea that they will be placing themselves in a position of power, influence and prestige are soon surprised that the service structure, third legacy voting procedure and the concepts for world service effectively limit if not eliminate that illusion quickly.

The informed group conscience is another very effective tool to prevent our power drivers from exercising self will within or on the AA fellowship. The informed group conscience is described in the AA pamphlet **The AA Group... where it all begins** on the bottom of p. 26.

What is an Informed A.A. Group Conscience?

The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken.

This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind.

On sensitive issues, the group works slowly- discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions. Its voice is heard when a well-informed group arrives at a decision. The result rests on more than a "yes" or "no" count-precisely because it is the spiritual expression of the group conscience. The term "informed group conscience" implies that pertinent information has been studied and all views have been heard before the group votes.



That about says it all, doesn't it? If a group follows these suggestions there is an excellent chance that The Truth/God's Will may be expressed by the group. If the practice of the group is found to be in error then it can be corrected through the exercise of A.A. Concept V for world service, a traditional "Right of Appeal"... I'll save that for another time.

Yours in grateful 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)



In Love and Memory

Wow, It's All About Love, Simple, Pure Love

We lost a dear friend in July to cancer. He is a newcomer in the sky. Bill Wilson and Dr. Bob most likely said we welcome you good and faithful servant.

George loved his family deeply and in some way I think he loved us similarly. His work with others and dedication to AA was his trademark right after kiss's and hugs for the gals and guys in AA. Those that were at his memorial and his funeral realize his love for our blessed country.

My thoughts about our loss as sponsors and close friends is that he will live in our hearts forever.

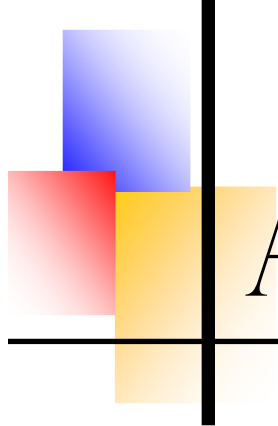
Love is the answer...What's the question?

Cliff B

We lost another dear AA friend this month, Mack H, to cancer. Mack had 29 continuous years of sobriety. He was a valued member of the Attitude Adjustment, 7:00 am, group, at TEC. A memorial service has been held. We will sorely miss him.

If you have any memorial notices, such as the above, that you would like published in the Conscious Contact, please e-mail it to: connayr@hotmail.com.





AUGUST 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	2 Redmond pot- luck 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 Newberry Crater- Paulina Campout	15 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm Newberry Crater- Paulina Campout	16 Newberry Cra- ter-Paulina Campout
17 Newberry Crater- Paulina Campout	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 advi- sory 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 Newberry Crater-Paulina Campout 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- Hosted by La Pine La Pine Community Park St. Patrick's Church Paulina Lake 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 Newberry Group Camp 10 & Cedar, Redmond Bruce Avenue, Tumalo 1270 NE 27th, Bend	



SEPTEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Tuesday night AA Speaker mtg-7 pm	3	4	5 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	6 Redmond pot- luck speaker mtg-6 pm
7	8	9	10	11	12 Tumalo speaker mtg-7 pm	13
14 District 5 GSR Mtg 4 pm	15	16 Madras birthday Mtg-7:30 pm	17 La Pine potluck/ speaker mtg-6 pm	18	19 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	20 End of Summer Picnic
21	22	23	24	25	26 Tumalo speaker mtg-7 pm	27 Intergroup potluck speaker mtg-6 pm
28 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	29	30				
Central Oregon Speaker Meeting District 5 GSR Meeting End of Summer Picnic 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 Cline Falls St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Community Park St. Patrick's Church Redmond Community Church Fellowship Hall Nazarene Church			16 NW Kansas, Bend 469 Wall Street, Bend Cline Falls 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	

Editor's Note: 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.

VOLUNTEER

YOUR SERVICE CAN
BENEFIT OTHERS

INTERGROUP OPENINGS

DISTRICT 5

Alternate DCM and PI Chair. If interested, come to the next intergroup representative meeting, Sunday, August 24th at St. Charles Medical Center in Redmond, 5:30 p.m. Or contact Chris C at kawon.c@hotmail.com

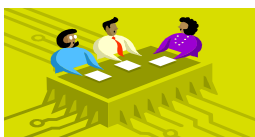


Volunteers for Jails needed for meetings for the following:
Deer Ridge Corrections, Madras
Deschutes County Jail
D.C.J. Work Release Center
Jefferson County Jail
Applications available at the Redmond Alano Club or contact Harry C—548-3824



Hotline Shift

Substitute/Fill-in opportunities available—one year sobriety preferred
Volunteers needed for the 12 Step List. If interested in either, call Pat R 420-4741.



September Assembly

Volunteers for literature table
Contact Mikey at Central Oregon Intergroup Office, 923-8199.

AUGUST SOBRIETY MILESTONES

ABC GROUP

Mike M	08/03/07	1 Year
Judy C	08/04/77	31 Years
Rhianna N	08/07/05	3 Years
Jennifer N	08/12/05	3 Years

ATTITUDE ADJUSTMENT

Mike W	08/07/06	2 Years
Sharon	08/29/04	4 Years
Daniel	08/19/07	1 Year

STEP SISTERS

Debra S	08/28/95	13 Years
Julie M	08/10/99	9 Years
Leslie P	08/20/06	2 Years
Linda T	08/03/92	16 Years
Marcia W	08/26/02	6 Years
Meri R	08/11/03	5 Years
Sarah R	08/07/82	26 Years
Sharon A	08/29/04	4 Years

PRIMARY PURPOSE

Terry J	09/13/88	20 Years
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STEPS TO SOCIETY

Mac M	08/07/94	14 Years
Pam G	08/19/04	4 Years



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 Liz at con-nayr@hotmail.com

MEETING CHANGE

CANCELLED—Saturday, 1:00 pm, TEC, Book Study.

Upcoming Events

August

Newberry Crater-Paulina Campout, August 14th thru 17th. \$10.00 per car load (pay when you arrive). Saturday potluck at 6:00 pm; speaker at 7:00 pm. Activities include: fishing, boating, hiking and swimming. Come join the fun! For more info, contact:
Kevin K—541.610.3060
Kim A—541.420.9722



September

End of Summer Picnic, September 20th, Cline Falls. For more information, see flyers.



October

14th Annual High Desert Round-Up, PO Box 2399, Redmond, OR 97756. Website: www.highdesertroundup.com *



*Events are listed here solely as a service to readers, not as an endorsement by the Central Oregon Intergroup. Please go to our website at coigweb@goigag.org for more information.

TREASURER'S REPORT

Submitted by Margot T.

Treasurer's Report	16-Jun to 15-Jul	AVERAGE MONTHLY BUDGET
Central Oregon Intergroup 2008		YTD
INCOME		
Group Donations	1,739.41	9,806.97 1,601.16
Books & Coin Sales	1,726.35	11,197.95 1,866.33
Newsletter	(1.82)	65.11 10.85
Potluck	-	220.86 36.81
Entertainment	-	45.12 7.52
Interest Income	-	9.20 1.53
Total Donations and Interest Income	3,463.94	21,145.21 3,524.20
EXPENSES		
General Checking		
Rent	245.00	1,715.00 245.00
Advertising (Dex West)	46.00	318.97 53.16
Phone	179.69	1,176.01 196.00
Hotline	-	-
Newsletter	150.00	910.00 151.67
Purchases	434.85	3,126.48 521.08
Postage & Office Expense	-	16.07 2.68
Management Fee	800.00	5,600.00 800.00
Bank Charges	-	23.89 3.98
Other/Misc (Adobe Acrobat)	299.99	1,129.99 188.33
Donations (GSO & Oregon Area)	-	4,500.00 750.00
Schedules	-	-
Electricity (credit bal. due to refund)	-	319.35 53.23
Total General Checking Expenses	2,155.53	18,835.76 2,965.13
Office Account		
Office Supplies	47.97	190.29 31.72
Postage	-	41.00 6.83
Hotline	-	-
Purchases	1,118.33	7,527.73 1,254.62
Web Site	-	-
Other (OR. Dept of Justice)	45.00	72.93 12.16
Total Office Expenses	1,211.30	7,831.95 1,305.33
Net Revenue/Month	97.11	(4,536.89) -
TRANSFERS		
General Checking		
Deposits IN by Office	3,258.61	20,985.34
Transfers (OUT) to Office	(688.97)	(6,717.79)
Transfers IN from Savings	1,020.95	1,020.95
Transfers (OUT) to Savings	-	(1,000.00)
Total General Checking Transfers	3,590.59	14,288.50
Savings (prudent reserve) Account		
Transfers IN	-	1,000.00
Transfers (OUT)	(1,020.95)	(1,020.95)
Total Savings Transfers	(1,020.95)	(20.95)
Office		
Transfers IN	688.97	6,717.79
Transfers (OUT)	-	-
Total Office Transfers	688.97	6,717.79
Petty Cash		
Transfers IN	-	5.65
Transfers (OUT)	-	(5.65)
Total Petty Cash Transfers	-	-
Cash Reconciliation		
Beginning Balance from 12/15/07		
Treasurer's Book Balance	1,324.21	
Prudent Reserve Account	5,000.00	
Manager's Book Balance	677.67	
Petty Cash	50.00	
Potluck Balance	250.28	
Entertainment Balance	3,576.59	
Total Cash on Hand	10,878.75	

DONATING GROUPS

2008 Group	16-Jun to 15-Jul	Year to Date
24 and Alive		270.00
ABC Group		-
As Men See It		380.00
Attitude Adjustment	245.00	717.50
Back to the Big Book	157.14	288.41
Big Book Study (LaPine)		-
Burns Group		-
Eastside Early Risers		400.00
Empty Bucket		-
First Things First		-
Heppner Miracles		-
High Noon Big Book Study		297.50
Living in the Solution	5.00	71.55
Madras Oasis Group		100.00
Men's Book Study		-
Men's Stag Meeting		300.00
Monday Downtown		75.00
Monday/Wednesday 5:30		182.00
New Horizons	295.81	1,716.63
Open Hand Fellowship		-
Primary Purpose		414.00
Redmond Rebels		600.00
Rule 62 Group		-
S.O.S. Group (Redmond)	30.00	180.00
Safe Harbor		-
Saturday Morning Alive		87.00
Sisters Group		50.00
Sisters High Noon		-
Sober Desire		124.00
Sober on Sunday		-
Sobriety Maintenance		65.70
Spiritual Awakening		200.00
Spiritual Breakfast	138.00	732.00
Springriver Book Study		-
Step Sisters		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
We are not a Glum Lot	724.67	1,099.67
W-F-S Group		96.81
Women at Work	85.79	152.96
Women in Serenity		-
Anonymous		-
CD Sales		-
District 5 - AFG Donations		45.00
Potluck		-
Entertainment		-
COIG Circuit Speaker Mtg	58.00	58.00
Total Contributions	1,739.41	9,606.97

Regrets: Last month's Donation list was inadvertently taken from a prior month's instead of the current month's. Each group's donations are extremely important and we regret the error.



754 SW 11th Street
Redmond OR 97756

