



Volume 08 Issue 10

October 2008



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

### Sunlight of the Spirit

**My drinking can be summed up with "Alcohol gave me wings to fly and then it took the sky away" (not original by me). Actually my real drinking did not start until I was 21 but the behavior was there for as long as I can remember, pure craziness. It was all about having fun, screw the consequences.**

My friends were not the scholars who also attended Sunday school. They were the ones that would put a bench under my bedroom window so I could crawl out at night and go drag the gut with the "cream of the crop cool guys". And then there was the best friend who taught me that driving backwards could take the miles off the car when I went over my allotted mileage! Actually I spent a good share of my high school years grounded and I hadn't yet added alcohol.



By 17 I was pregnant, had to quit high school and get married. That was okay – by then I knew all I needed to know. In fact, I knew so much that I had another baby 10 months later. I decided marriage wasn't for me, and it was time to have some more fun. I moved in with mom, which was perfect, I had a built-in baby sitter. I could tell she didn't approve of my life style but she didn't say much. She had never had been one to talk much and being the self-centered person I was, I really didn't care what she thought. By this time I had found alcohol and was having real fun! One morning, after an all nighter, I realized that mom wasn't at home. I was later notified that she had committed suicide. That was a day that my life definitely changed. Now for a normey it might have been a turning point to better oneself but for me I discovered the "true" benefits of alcohol.

**"That was my first real drunk, and as sick as I was, all I could think about was that for that brief period of time I wasn't sad, lonely, or feeling guilty, shameful or remorseful. I had found the answer. So that was to be my answer for the next 27 years."**

As the guilt, shame, pain and loneliness engulfed me, I crawled into a terrifying black hole. A few weeks later my ex-husband took me to a New Year's Eve party thinking it might help me and it did. That was my first real drunk, and as sick as I was, all I could think about was that for that brief period of time I wasn't sad, lonely, or feeling guilty, shameful or remorseful. I had found the answer. So that was to be my answer for the next 27 years.

I took my boys and moved in with my dad and brother. Now my dad knew how to drink! But that's another story. Soon I found the perfect man to marry – he and his dad owned a bar! What a life that was for 26 years. And, what hell we raised my two boys and our daughter in. During that time, my dad, who was also an alcoholic, took his life due to this disease. It was

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1900 N.E. 3rd Street  
Suite 106-172  
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Bend, OR 97708

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

**Central Oregon  
Intergroup Office**  
M - F 9:00 - 5:00  
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Redmond, OR 97756  
541-923-8199  
www.coigaa.org  
Office Manager  
Mikey 548-9686

### **Intergroup Officers**

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447-1577

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**TREASURER**  
Position Needs Filling!

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**ADVISORY BOARD  
COMMITTEE**  
Meri R. 408-2873  
Mike W. 912-1962  
Mark S. 325-1726  
Position Open

somewhat understandable but still I was devastated because there was a time when he had really been a great dad. Thankfully my drinking was never going to get as bad as his. But as my disease progressed and I lived the insane double life, I was spiraling down and knew I couldn't hang on much longer. I believe "angels" are sent and one was sent to me. A friend who I drank with for 10 years, and had been acting "weird" lately (she has four months more sobriety than I have) walked into my office one morning after hearing about an "incident" that occurred at my home at 3:00 a.m. the day before. She asked if I'd like to go to an AA meeting and that was the beginning! It was a rocky start but I heard things like "you don't ever have to drink again", that I didn't have to live like I had been living and that there was a design for living in that big blue book. And someone even said they "walked in the sunlight of the spirit". I also heard I didn't have to go to church to be spiritual and then I heard the Promises. I saw the goofy smiles and heard silly laughter and all that got my attention and I have been here ever since.

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**"She asked if I'd like to go to an AA meeting and that was the beginning! ... I heard things like "you don't ever have to drink again"... And someone even said they "walked in the sunlight of the spirit".**

It has been an incredible life, not always easy; in fact, some of the most difficult times of my life have happened in sobriety. I lost my oldest son to this disease, and I was diagnosed with a life-threatening disease four months after his passing and had to go through extended treatment. Not once did I think of taking a drink. I went to meetings immediately, and the fellowship carried us through every bit of it ("us" being my husband and me).

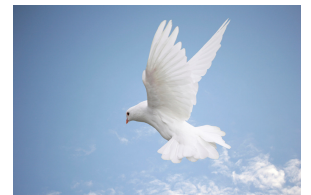
Speaking of my hubby, I want to back up to an incident in early sobriety that proves just because I was sober does not mean I was always sane. In my first year I was getting bored and my girlfriend and I rationalized that we could go to a local bar on a Saturday night and drink diet coke and socialize, that not all guys that go to bars are alcoholics. So that was our plan. That day I got a call from a gal that I sponsored at the Rim Rock Trails treatment center saying she had a pass to go to a clean and sober dance in Bend if I took her. I explained that I had "other plans" and she begged me to change them. I had a dilemma, should I call my sponsor and ask her advice? Probably not. Then the Big Guy upstairs stepped in. My phone rang; it was my friend, she couldn't keep our date. I



was in luck. So I took my sponsee to the dance. Not only was it great fun, but that's where I met my guy Bruce L. and October 8<sup>th</sup> we will celebrate 14 years of a sober marriage! (Happy Anniversary, Sweetie!)



One of our many blessings has been to live on a sailboat in Mexico part of the year, a gift from being sober in Alcoholics Anonymous. Other gifts are: a God of my understanding, a warm and loving fellowship, an awesome sponsor, the revelation that I was not responsible for my mom's death, she was an untreated alanon. I've been taught to make amends to my kids and continue with living amends to them. Also, those difficult events in life are uninvited teachers and that as long as I remain teachable I can only grow and hopefully be of service to others. And, each day I need to ask God to help me become the woman he created me to be. Never in my life have I laughed so much or been as happy in my life as I have been in sobriety. I now have women friends that I can be silly with. I love and attribute the fact that I am happy, joyous and free to my God, my 7:00 a.m. home group (Attitude Adjustment) and the Monday night Step Sisters. What I have learned is that we have two choices, we can let our tragedies destroy us or we can use them to help make us stronger and to help others. I believe that I can face life and go through anything in sobriety with faith and the support of the fellowship. With all this I truly can walk in the sunlight of the spirit.



**Submitted by Sandi L.**

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### Ham on Wry

ON HIS SEVENTIETH BIRTHDAY, a drunk named Jimmy decides that life isn't so bad after all, and he wants to extend it. So he gives up drinking and smoking, carefully watches his diet, and begins exercising every day. After six months, he's lean and fit and feels wonderful. Then one morning while out jogging, he's struck by a truck. As he lays dying, he cries out with his last breath, "Oh God, why me?" And from above, a deep voice replies, "To tell the truth, Jimmy, I didn't recognize you."

Bob F.

*Reprinted with Permission from The Grapevine*

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Photos taken by Charlene C — "Sahalie Falls", "The Three Sisters" and "The Redmond Alano Club Rose Garden"



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## A DOUBLE -EDGED SWORD



I love birthdays, or anniversaries as my friend Debra calls them. I love the cakes, the applause, the laughter, hugs and even the tears that sometimes accompany a long-awaited birthday. It is one of the most tangible tools of my sobriety.

My first dalliance with Alcoholics Anonymous was in 1990 when I was fired from my job. I was at what I thought was my bottom – emotionally, physically and spiritually. (I was to find out differently.) I went to an alcohol counselor who suggested strongly that I attend AA meetings and introduced me to my first “sponsor.” I put sponsor in quotes because I met her once for coffee and, I believe, went to one AA meeting with her. And, as far as I know, never saw her again. I certainly never called her. I did admit to my family, and more importantly, to myself, that I was an alcoholic and should never drink again. I attended AA meetings for a few months but then decided on a few truths for me:

I did have and always had have a higher power,  
I did read the Big Book,  
I didn't need a sponsor,  
I didn't need to do the steps,  
I didn't need to have a sobriety date and  
I didn't need to go to any more boring AA meetings.

I actually did stay sober for five years, more or less; and my life did greatly improve. But, when things again got really rocky, I picked up that first glass of wine and never looked back.....I had no tools, or people, to help me.



“But, when things again got really rocky, I picked up that first glass of wine and never looked back.....I had no tools, or people, to help me.”

Six years after I picked up that glass of wine in 1995, I jumped, or rather I should say, was pushed, into both outpatient treatment and AA. This time around I did know my sobriety date. I did have a sponsor who helped me work the steps. I did go to meetings, and I even got involved in service with my home group.

In treatment, at the beginning of each class, we had to give our name, our drug of choice and the number of days we had been alcohol/drug free. At the first class, one of the men had 90 days. Impossible! Ninety days without taking a drink or drug. When I graduated from treatment, I had over 365 days without taking a drink (drugs are not part of my story). And, I had learned during that time, while I could “graduate” from treatment I would never graduate from Alcoholics Anonymous. I could only celebrate different stages of my sobriety.

In my home group I celebrated 60 days, 90 days, 6 months, and finally 9 months. I got a coin and applause and hugs – sometimes I even got cards from close AA friends. I looked forward to those special days. While I speak often of the great changes that occurred in my life in my first year, there

were also many difficult times. But through it all there was a shining light at the end of the tunnel – a one-year birthday celebration! And, on that special day came congratulatory hugs, and applause, and cards, and even some gifts. But, it was the happy looks and congratulations that I received from my family that meant the most to me. My husband jokingly warned me, “You won’t be getting those monthly, tri-monthly birthdays any more...you have to wait 12 months from now on.” And, I did. My second, third and fourth birthday s were by far more meaningful to me than any belly button birthday I had ever had. And, my fifth birthday was an important anniversary, because I had stayed sober for five years once, and I naturally wanted to surpass that. My last birthday was No. 6 and it was great, and my next birthday is....well, you get the idea. I cherish them all.

I love this tool. This marking of sobriety time. I anticipate each event and then look forward to the next. But, I also never want to receive another coin for 30, 60, 90 days or even 5 years. So as I hear often at meetings – I don’t drink, no matter what. This particular tool works in two ways for me – as a reward and as a deterrent – the Double-Edged Sword.



Liz T

## In Love and Memory

“Bill Wilson and Dr. Bob most likely said we welcome you good and faithful servant.” Cliff B wrote this in his memorial letter for George C. in the Conscious Contact’s August issue. Sadly but with hope, we use this same sentence to say goodbye to our friend, Cliff B. More to follow on Cliff’s extraordinary life next issue. Memorial service has been held.

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



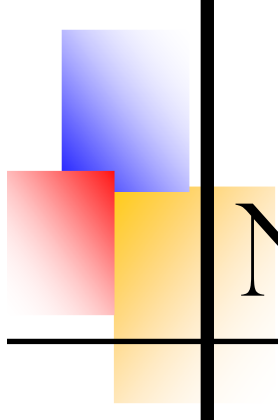


# OCTOBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	4 Redmond potluck speaker — Jerry C, from Redmond-6 pm
5	6	7 Tuesday night Speaker mtg-7 pm	8	9	10 Tumalo speaker mtg-7 pm High Desert Round-Up*	11 High Desert Round-Up*
12 High Desert Round-Up* District 5 GSR Mtg 4 pm	13	14	15 La Pine potluck/speaker mtg-6 pm	16	17 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	18
19	20	21 Madras birthday Mtg-7:30 pm	22	23	24 Tumalo speaker mtg-7 pm	25 Intergroup potluck speaker mtg-6 pm, Prineville
26 Intergroup advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	27	28	29	30	31 Tumalo speaker mtg-7 pm Halloween Party	
Central Oregon Speaker Meeting District 5 GSR Meeting Halloween Party High Desert Round-Up 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		Environmental Center TEC See Flyers Bend Armory St. Charles Medical Center, Cafeteria St. Charles Medical Center, Cafeteria Prineville La Pine Community Park St. Patrick's Church Redmond Community Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend See flyers 875 SW Simpson Avenue 1253 NW Canal, Redmond 1253 NW Canal, Redmond See flyers for location Finley Butte Road, La Pine Madison & J Street, Madras 10 & Cedar, Redmond Bruce Avenue, Tumalo	

\*Some 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 [coig-web@goigag.org](http://coig-web@goigag.org) for more information.





# NOVEMBER 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
16	17	18 Madras birthday Mtg-7:30 pm	19 La Pine potluck/ speaker mtg-6 pm	20	21 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	22 Intergroup potluck speaker mtg-6 pm
23	24	25	26	27 Thanksgiving Alka-thon	28 Tumalo speaker mtg-7 pm	29
30 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm						
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 Thanksgiving Alka-thon Tumalo Speaker Meeting Tuesday Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Community Park St. Patrick's Church Redmond Community Church See flyers 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 See flyers 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

### December Intergroup Elections!

**Intergroup Treasurer and one position for Advisory Board Member are open immediately!** Treasurer position requires 5 years of sobriety, competence with numbers/accounting, computers and MS Excel; the term will run through December 2009. (No felony record.) The Advisory Board Member position requires 5 years of sobriety, current or recent service work and the term is 2 years.

These positions will be voted on in December:

- Chair
- Secretary
- Schedules
- Potluck

Two years of sobriety and two years of service for all these positions EXCEPT for the Secretary position which is for 1 year of service.

Contact Pat M at 678-5749 or Mikey, Intergroup Office Manager, at 923-8199.

Hotline position is open—Wednesdays, 9:00 pm—Thursday, 9:00 am. Also, people are needed for the 12 Step phone list. Call Pat R—420-4741.

## MEETING

CHANGES/ADDITIONS/DELETIONS

Monday, Bend, 5:30 pm, Safe Harbor Group, changed to closed.

Wed/Friday, Redmond, SOS Group, location change—1108 W. Antler.

Sunday, Bend, 9:00 a.m., Pasos de Recuperacion, meeting cancelled.

Tuesday, Crooked River Ranch, 7:00 pm, 6710 Ranch House Road, **NEW MEETING**. Come support this new group.

## OCTOBER SOBRIETY MILESTONES

### ATTITUDE ADJUSTMENT

Bill D	10/08/07	1 Year
Phil F	10/10/97	11 Years
Alice	10/11/02	6 Years
Bill B	10/13/06	2 Years
Tim L	10/15/07	1 Year
Bill T	10/19/87	21 Years
Beth J	10/28/07	1 Year

### REDMOND REBELS

Billie K	10/19/67	41 Years
Diane	10/18/88	20 Years
Yvonne	10/19/99	9 Years
Harry	10/15/96	12 Years
Jeff	10/10/04	4 Years

### PRIMARY PURPOSE

Debbie M	10/10/06	2 Years
Safe Harbor		

Sherry B	10/10/81	27 Years
STEP SISTERS		

Alison M	10/19/90	18 Years
Ann K	10/14/90	18 Years
Susan O	10/16/90	18 Years
Michelle W	10/28/07	1 Year

### STEPS TO SOCIETY

Wes J	10/05/99	9 Years
Shannon R	10/17/06	2 Years
Sheree	10/08/07	1 Year
Linda L	10/19/03	5 Years

Share your group's monthly birthday list with us! E-mail it to [connayr@hotmail.com](mailto:connayr@hotmail.com).



## Upcoming Events

### October

14th Annual High Desert Round-Up, October 10, 11, 12 at the Bend Armory. Workshop, speaker meetings; banquet, continuous marathon meetings.\*  
[www.highdesertroundup.com](http://www.highdesertroundup.com)



### **HALLOWEEN PARTY, October 31.**

See flyers and Website for details.  
[www.coigaa.org](http://www.coigaa.org)

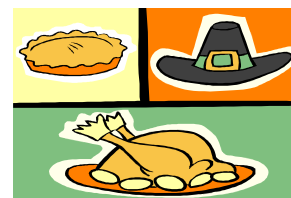


### **SCHEDULES, October.**

The new schedules are out. Call Mikey if you need some for your home group meeting!

### November

The holidays are coming and with them, the Alka-thons. Groups please contact Darla at [xlxdinky@hotmail.com](mailto:xlxdinky@hotmail.com) to host the hourly meetings. Volunteers will also be needed to help set-up, clean up and cook breakfast. Please plan on participating and share your treasured sobriety with others! Keep an eye out for flyers. Call Mikey at Central Office or e-mail Darla at [xlxdinky@hotmail.com](mailto:xlxdinky@hotmail.com).



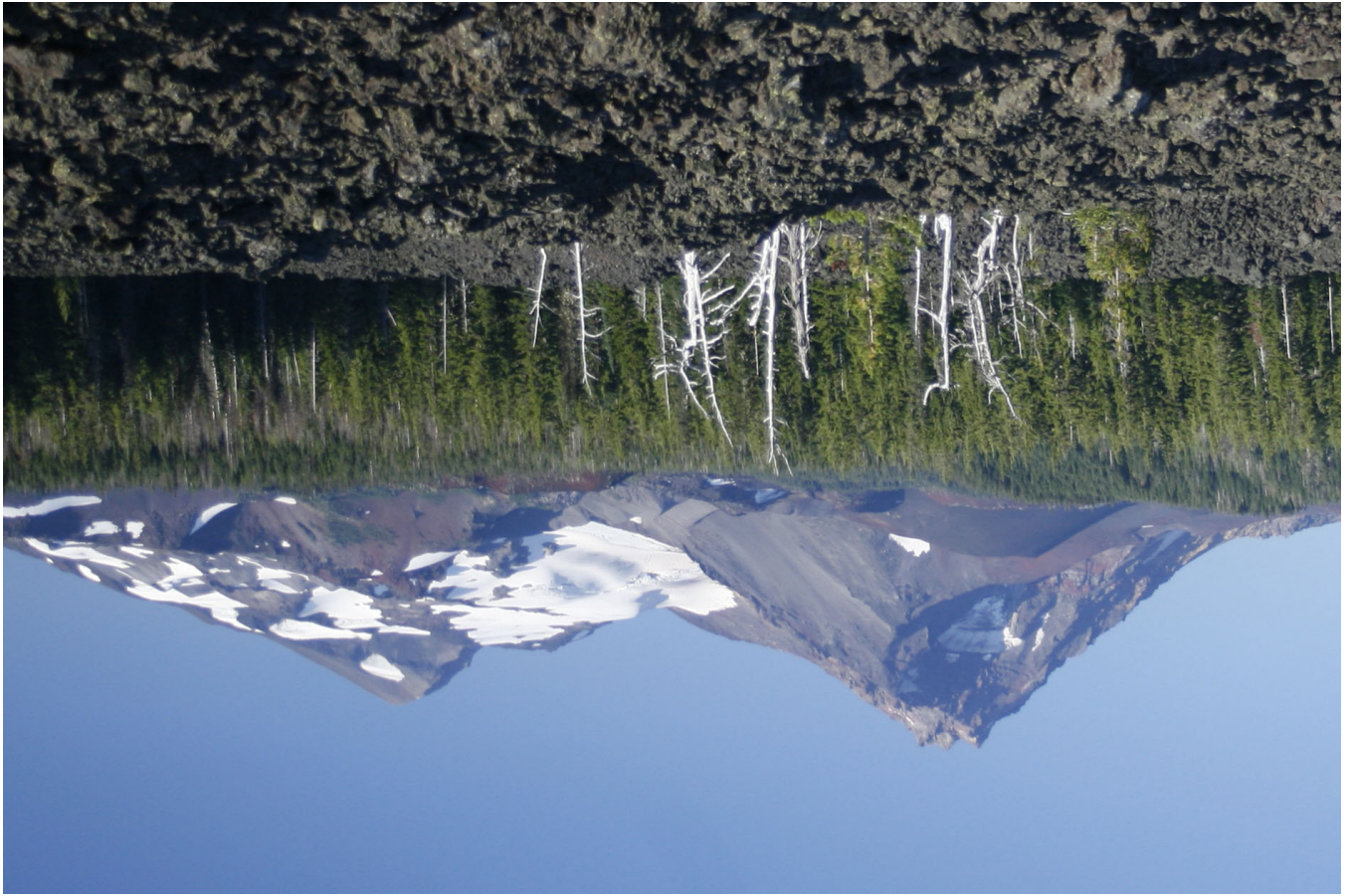
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# TREASURER'S REPORT

Submitted by Margot T.

<b>Treasurer's Report</b>	<b>16-Aug to 15-Sep</b>	<b>YTD</b>	<b>AVERAGE MONTHLY BUDGET</b>
<b>Central Oregon Intergroup 2008</b>			
<b>INCOME</b>			
Group Donations	1,128.88	12,379.20	2,863.28
Books & Coin Sales	2,283.10	15,033.85	2,505.66
Newsletter	34.32	93.94	15.66
Potluck	128.83	327.53	84.89
Entertainment	-	(254.88)	(42.48)
Interest Income	-	9.20	1.53
<b>Total Donations and Interest Income</b>	<b>3,555.03</b>	<b>27,588.94</b>	<b>4,598.16</b>
<b>EXPENSES</b>			
<b>General Checking</b>			
Rent	245.00	2,205.00	245.00
Advertising (Dex West)	92.70	411.87	88.61
Phone	168.49	1,518.08	253.01
Hotline	-	-	-
Newsletter	160.00	1,210.00	201.67
Purchases	522.55	4,057.75	676.29
Postage & Office Expense	-	16.07	2.68
Management Fee	800.00	7,200.00	900.00
Bank Charges	-	23.89	3.98
Other/Misc (Reimb Mark L-May Assembly)	150.00	1,390.24	231.71
Donations (GSO & Oregon Area)	-	4,500.00	750.00
Schedules	-	-	-
Electricity (bal. due after refund)	47.80	374.14	62.36
<b>Total General Checking Expenses</b>	<b>2,178.54</b>	<b>22,906.82</b>	<b>3,295.39</b>
<b>Office Account</b>			
Office Supplies	-	190.29	31.72
Postage	42.00	83.00	13.83
Hotline	-	-	-
Purchases	685.50	9,509.41	1,584.90
Web Site	95.40	95.40	15.90
Other	-	72.83	12.16
<b>Total Office Expenses</b>	<b>802.90</b>	<b>9,951.03</b>	<b>1,658.51</b>
<b>Net Revenue/Month</b>	<b>576.59</b>	<b>(4,283.30)</b>	<b>-</b>
<b>TRANSFERS</b>			
<b>General Checking</b>			
Deposits IN by Office	2,528.88	27,070.32	
Transfers (OUT) to Office	(1,458.00)	(9,359.20)	
Transfers IN from Savings	-	1,020.95	
Transfers (OUT) to Savings	-	(1,000.00)	
<b>Total General Checking Transfers</b>	<b>1,070.88</b>	<b>17,732.07</b>	
<b>Savings (prudent reserve) Account</b>			
Transfers IN	-	1,000.00	
Transfers (OUT)	-	(1,020.95)	
<b>Total Savings Transfers</b>	<b>-</b>	<b>(20.95)</b>	
<b>Office</b>			
Transfers IN	1,458.00	9,359.20	
Transfers (OUT)	-	-	
<b>Total Office Transfers</b>	<b>1,458.00</b>	<b>9,359.20</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	698.72		
Prudent Reserve Account	5,000.00		
Manager's Book Balance	1,200.00		
Petty Cash	50.00		
Potluck Balance	356.95		
Entertainment Balance	3,276.59		
<b>Total Cash on Hand</b>	<b>10,680.28</b>		

<b>DONATING GROUPS</b>	<b>16-Aug to 15-Sep</b>	<b>Year to Date</b>
<b>2008 Group</b>		
24 and Alive	90.00	405.00
ABC Group		-
As Men See It		585.00
Attitude Adjustment	175.00	892.50
Back to the Big Book		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		85.55
Madras Oasis Group		200.00
Men's Book Study		100.00
Men's Stag Meeting		400.00
Monday Downtown		75.00
Monday/Wednesday 5:30	102.70	284.70
New Horizons	233.10	2,146.88
Open Hand Fellowship		-
Primary Purpose		414.00
Redmond Rebels		600.00
Rule 62 Group		-
S.O.S. Group (Redmond)	20.00	230.00
Safe Harbor	64.96	-
Saturday Morning Alive		171.00
Sisters Group		50.00
Sisters High Noon		-
Sober Desire		196.00
Sober on Sunday		-
Sobriety Maintenance		65.70
Spiritual Awakening		200.00
Spiritual Breakfast	150.50	882.50
Springriver Book Study		-
Step Sisters	292.72	594.97
Steps to Sobriety		280.00
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		1,099.67
W-F-S Group		167.91
Women at Work		152.96
Women in Serenity		-
Anonymous		-
CD Sales		-
District 5 - AFG Donations		90.00
Potluck		-
Entertainment Comm.		300.00
COIG Circuit Speaker Mtg		58.00
<b>Total Contributions</b>	<b>1,128.98</b>	<b>12,379.20</b>



754 SW 11th Street  
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