

HOTLINE:
541-548-0440



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November 2008

A SOBER MEMBER OF ALCOHOLICS ANONYMOUS

Submitted by Frankie B

My early experience in sobriety came in southern California. At the meetings I attended there, each person introduced himself/herself. This is a story about one of those meetings and a person who brought home what AA could do for me.

This man always introduced himself with his full name and as a sober member of Alcoholics Anonymous. At this time in my sobriety, I could not relate to the confidence he seemed to feel at being able to identify himself in this manner. It was difficult for me to even identify myself as an alcoholic. And, each time I said, "My name is Frank; I am an alcoholic" I would have to consider whether I was being honest or not. But time has passed, and I just celebrated my ninth birthday. And, I have found myself a changed person in many ways.

I continue to be amazed with the power that is in the process of Alcoholics Anonymous. There are many parts of the process that inspire me but I love the idea of "progress not perfection". That seems like an attainable goal for an alcoholic of my type. The process works for me in this way—I just don't drink. No matter what. And, as I have heard many times in the rooms of AA, not drinking is the only part of the program that I have done "perfectly". I also try and raise my level of gratitude and lower my level of expectation. I participate in meetings and with my home group. I am available for service in and out of the rooms of Alcoholics Anonymous.

When I do all these things, the idea of being identified as an alcoholic doesn't seem as important. Today, I see myself as being as a sick man who is trying to get better. Today I am a sober member of Alcoholics Anonymous. I have no desire to drink and I've never had it so good.



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Position Open

Service Helps Keep Us Sober

By Pat M

As I enter my last months as Intergroup Chair, I can't say enough about what service has meant to my sobriety.



My sobriety date is March 29, 1987, and my journey in AA service began in my first six months in Alameda, California. My sponsor suggested I volunteer to wash coffee cups and clean ashtrays after the late Saturday afternoon Steps & Traditions meeting. The coffee cups weren't so bad, but those ashtrays – ugh! Especially as I'd quit smoking some 12 years previously. But I did as suggested. Shortly afterwards, the secretary position for this meeting opened up, and again, my sponsor suggested I volunteer. Soon, I was leading those weekly meetings.



NOW, I got to make coffee – and if you doubt AA's have opinions, try making coffee for a meeting! The meeting topic was one week a Step, the next a Tradition. This was my first real exposure to the Traditions, and leading the meetings helped me learn more about them.

In November that year, my home group was notified that we would have to find a new meeting place. The Park Street Group had been meeting in that location for many years, so this was quite a shock to



"I was asked to coordinate the move, and since I was told never to say 'No' to an AA request, I agreed. Luckily, all I really had to do was coordinate people to help with the move, and the whole thing amazingly came off without a hitch! "

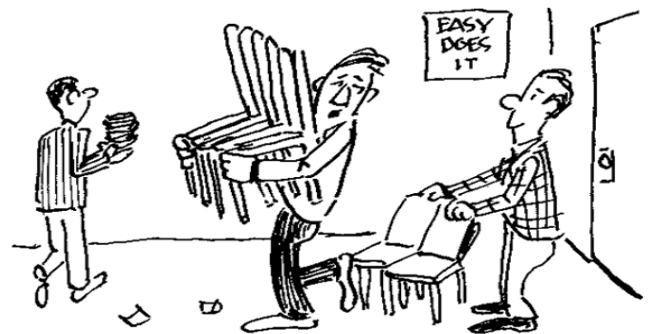
the fellowship. But a new building was found a few blocks away. We had to move by a few days before Christmas. I was asked to coordinate the move, and since I was told never to say 'No' to an AA request, I agreed. Luckily, all I really had to do was coordinate people to help with the move, and the whole thing amazingly came off without a hitch! Everyone thanked me, but I knew that without the volunteers, it never could've happened. This experience again enabled others in the fellowship to get to know me, and I got to know and find friends in AA. I will never forget our first meeting in the new hall on Christmas Eve – a standing-room-only

candlelight meeting, with gratitude the topic, and the meeting continued until everyone had a chance to share (there were probably 200 AA members present). It was an incredibly moving experience. And the Park Street Group is STILL at that location 21 years later!

Over the ensuing years, I've held numerous service positions in AA. I've been a meeting secretary, a group treasurer, a GSR, a sponsor, and I've taken meetings into the local jail. Every service position has allowed me to pay something back to AA without which I probably wouldn't be here today.

About two years ago, I decided to work with the Central Oregon Intergroup. I didn't have a lot of experience there – I'd once served as an Alternate IGR and gone to a few Intergroup meetings. Since I knew desktop publishing, I opted to stand for the Schedules Chair and was elected. Joel S. was the Intergroup Chair, and his position was up for election, but no one volunteered. A couple weeks later, I asked Joel what the Chair position required – basically, create agendas for the Advisory Board and regular Intergroup meetings and lead those meetings the 4th Sunday of every month. Also, some knowledge of Robert's Rules of Order! Joel said if I would take the Chairperson's position, he would be Vice Chair and help me out.

So, at the January 2007 Intergroup meeting, I stood for Intergroup Chair and was elected, and Gloria C. took over as Schedules Chair. Both of our positions, as well as Secretary and Potluck Chair, are up for election this December. I've learned a lot about how AA works, and I hope I've made a little contribution to Intergroup. Overall, I certainly recommend service – in whatever capacity you choose – as it really does help keep us sober!



"If I was getting paid for this, I'd quit!"

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TWELVE AND TWELVE: STAYING SOBER, SANE, AND SERENE FOR THE HOLIDAYS

Submitted by Bruce C

Note: This article was printed last December in the Conscious Contact. We found it so informative we decided to run it again. Please share with others who may need help getting through what can be a rewarding but difficult time of year especially for those trying to maintain their sobriety.

The Christmas season is upon us: a time for joy, exchanging of gifts, a break from work, celebration, and for some, spiritual reflection. For many of us AA's, it can also be a time of stress as we deal with office parties, holiday shopping, long and occasionally difficult travel, reunions with distant [sometimes in more ways than one] family members, and other "'tis the Season" realities that can add up to challenges to our sobriety, emotional if not physical. What to do?

The Program comes to us in Twelves. Twelve Steps. Twelve Traditions. Twelve Concepts. And now here we are heading into the Twelve Days of Christmas. All those lords a-leaping and pipers piping are great but we really don't want to have any of us drunks a-drinking, now do we? So here, with thanks to fellow AA's and friends Kathi C., Shari A., Mary S., Gary S., Bruce L., and Pat K. for sharing what works for them, are Twelve Tips for Sober Holidays:

1. Don't drink. Sounds obvious...sounds basic. It is both. Don't drink...even if your jingle bells are falling off. And our next eleven tips will, we hope, help make this first and all-important tip a bit easier.
2. Get to as many meetings as possible. Be on the lookout for Christmas and New Year's Alka-Thons, day- [and night-] long runs of meetings...all in one place. Show up. Participate.
3. Got a cell phone? Load it up with speed-dial sobriety: sponsors and AA friends. Those numbers will come in mighty handy if you run smack into some serious holiday H-A-L-T or your alcoholic brain starts thinking, "Ooh...look at that pretty bowl of egg nog. Doesn't smell like there's anything bad in it." Time for some AA 9-1-1!
4. Don't isolate. Stay busy with other folks...plan lunches with Fellowship friends...or breakfasts...or dinners...or movies...or mix and match all of the above [and see #2 again: Alka-thons often include truly amazing quantities of great food and equally great camaraderie...and for sure there will be a big New Year's Eve sober celebration and dance].
5. Be of service. Right now would be a great time to sign up as a coffee maker, greeter, Hotline phone contact, chair setter-upper.
6. Holiday parties you simply can't avoid? Take your own car. Don't have a car or lost your license? Invite a sober friend to drive and go along. Then plan on arriving late and leaving early. As for holiday parties that could be slippery places for you and you really don't have to go... don't. "Thanks for thinking of me; I can't make it" is polite, friendly, and solves the problem.

7. Got the holiday blues or just plain cabin fever? Take a walk! Temperature hovering near zero? Did that stop you from getting out to the liquor store? Put on that parka and take that whirling dervish mind out for some fresh air. Take a friend...if you have one who'll go out walking with you in the dead of winter, you've got one more huge blessing to be thankful for!

8. Give! It is the season for giving. If you have it, kick in some extra bucks when 7th Tradition time comes around. And when you give, think outside the AA basket too. Check out a local toys-for-kids or feed-the-homeless effort. We talk...a lot...about service within the Fellowship but it's a principle Step Twelve reminds us to practice outside the rooms of AA as well.

9. Dig out a pencil and a pad of paper...or lay fingers on a keyboard...and...ready???...do a gratitude list! It's Christmas...count up the gifts of your sobriety. And speaking of pencil and paper: 'tis a good season for extra 4th Step work...taking stock as you hang your stocking!

10. Has a newcomer shown up in your home group recently? Have you given her/him your phone number? More than that, have you had a one-on-one conversation with that newcomer? Talk about a chance to give something of value in this season of giving...give yourself and get out of yourself all at once!

11. What does that number Eleven bring to mind? How about prayer and meditation? At this time of year, what better subject for meditation through the holidays than what this season is truly about: fellowship, sharing, giving, love.

12. What better way to wrap up this list of things you might find useful as we head into the Christmas season than with a reminder of a prayer we say all the time at meetings...a prayer we can put to especially practical use when we run into the special challenges we all face during this very busy and often demanding time of year:

God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.

Here's wishing you a joyous, peaceful, sober holiday season.

Planning, Not Projection

As the chaotic world of the drinking alcoholic is replaced by one of stability in sobriety it becomes apparent that plans can be made to encourage positive living. For example; planning holidays, dental appointments and the household budget. We cannot plan that it will be the best holiday ever, that no dental work is required, or that our monetary fortunes will remain the same; that would be projecting. We plan plans, not results.

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Announcements, see page 6!

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 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	24	25	26	27 Thanksgiving Alka-thon	28 Tumalo speaker mtg-7 pm	29
30						
Alka-thon 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		See flyers! 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			See flyers! 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	

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.



DECEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Tuesday night 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
21	22	23	24	25 Alka-thon	26 Tumalo speaker mtg-7 pm	27 Intergroup potluck speaker mtg-6 pm
28 Intergroup advi- sory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	29	30	31			
Alka-thon 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 Tuesday Speaker Meeting Tumalo Speaker Meeting		See Flyers Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage R, TEC La Pine Community Park St. Patrick's Church Redmond Community Church Nazarene Church Fellowship Hall			See Flyers 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 1270 NE 27th, Bend Bruce Avenue, Tumalo	

VOLUNTEER

YOUR SERVICE CAN
BENEFIT OTHERS

December Intergroup Elections

The following positions will be voted on at the December 28th Intergroup meeting :

Chair

Secretary (1 year term)

Schedules

Potluck

Advisory Board, 2 positions

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

Contact Pat M at 390-7225 or Mikey, Intergroup Office Manager, at 923-8199 for more information regarding these positions. Also please read Pat M's article on Page 2 regarding service work. Service is a great way to grow personally and in AA.



Hotline people are still needed for the 12 Step phone list. Call Pat R—420-4741.

MEETING

CHANGES/ADDITIONS/DELETIONS

Wednesday/Friday, SOS, Redmond, new location—1108 W. Antler.

Thursdays, Christian Life Center, 21720 E Hwy 20, 11:00 am, Big Book Study, Womens' new meeting.

Monday—Saturday, Redmond, Make My Day, 7:00 am, added meeting on Saturdays.

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

NOVEMBER SOBRIETY MILESTONES

ATTITUDE ADJUSTMENT

Bruce L	11/26/86	22 Years
Corley C	11/17/06	2 Years
Eileen L	11/07/06	2 Years
Jade W	11/08/05	3 Years
John S	11/25/90	18 Years
John T	11/20/06	2 Years
Loni P	11/03/05	3 Years
Lynne C	11/25/84	24 Years
Michele B	11/28/05	3 Years
Mike M	11/29/96	12 Years
Sandy L	11/24/92	16 Years
Tom R	11/27/07	1 Year

OPEN HAND FELLOWSHIP

Robin A	11/06/95	13 Years
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REDMOND REBELS

Becky	11/08/03	5 Years
Debi	11/22/07	1 Year
Jason Z	11/03/96	12 Years
Valentino	11/04/05	3 Years

Safe Harbor

Mike M	11/29/96	12 Years
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STEP SISTERS

Angela M	11/13/07	1 Year
Bev D	11/14/02	6 Years
Beverly D	11/26/76	32 Years
Cathy L	11/06/05	3 Years
Danielle W	11/05/07	1 Year
Debra M	11/30/06	2 Years
Jennifer E	11/28/04	4 Years
Karen R	11/01/06	2 Years
Mona H	11/06/06	2 Years
Nicole S	11/22/06	2 Years
Sandi L	11/04/92	16 Years
Sooz D	11/01/05	3 Years
Susan D	11/01/05	3 Years

STEPS TO SOBRIETY

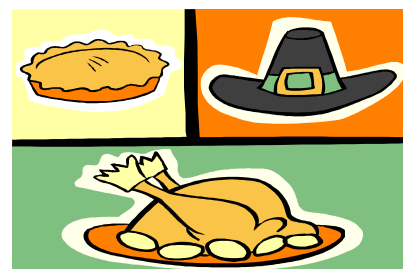
Clint A	11/23/04	4 Years
Jerry H	11/27/89	19 Years
John G	11/02/97	11 Years
Max G	11/22/86	22 Years
Mike L	11/28/03	5 Years
Robin A	11/06/95	13 Years
Rule N	11/20/83	25 Years
Steve M	11/28/89	19 Years

Share your group's monthly birthday list with us! E-mail it to connayr@hotmail.com.

Upcoming Events

November

Thanksgiving Alka-thon. Groups, please contact Darla at 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.



December

Christmas Alka-thon. Groups, please contact Darla at 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.



If you have upcoming AA events that you would like printed in the Conscious Contact, please e-mail the information to: connayr@hotmail.com.

TREASURER'S REPORT

Submitted by Margot T.

Treasurer's Report Central Oregon Intergroup 2008	16-Sep to 15-Oct	YTD	AVERAGE MONTHLY BUDGET
INCOME			
Group Donations	1,296.65	13,675.85	1,367.59
Books & Coin Sales	1,574.89	16,608.84	1,660.88
Newsletter	7.09	101.03	10.10
Potluck	(75.00)	252.53	25.25
Entertainment	-	(254.88)	(25.49)
Interest Income	4.42	18.79	1.88
Total Donations and Interest Income	2,808.05	30,402.16	3,040.22
EXPENSES			
General Checking			
Rent	245.00	2,450.00	245.00
Advertising (Dex West)	45.30	456.97	45.70
Phone	167.02	1,685.08	168.51
Hotline	-	-	-
Newsletter	150.00	1,360.00	136.00
Purchases	1,616.58	5,674.33	567.43
Postage & Office Expense	3.57	19.64	1.96
Management Fee	800.00	8,000.00	800.00
Bank Charges	-	23.89	2.39
Other/Misc	-	1,390.24	139.02
Donations (GSO & Oregon Area)	-	4,500.00	450.00
Schedules	-	-	-
Electricity (bal. due after refund)	40.76	414.90	41.49
Total General Checking Expenses	3,068.23	25,975.05	2,597.51
Office Account			
Office Supplies	68.92	259.21	25.92
Postage	-	83.00	8.30
Hotline	-	-	-
Purchases	1,027.60	10,537.01	1,053.70
Web Site	-	95.40	9.54
Other	-	72.93	7.29
Total Office Expenses	1,096.52	11,047.55	1,104.76
Net Revenue/Month	(1,356.70)	(5,634.83)	-
TRANSFERS			
General Checking			
Deposits IN by Office	3,703.83	30,774.15	
Transfers (OUT) to Office	(1,096.52)	(10,455.72)	
Transfers IN from Savings	-	1,020.95	
Transfers (OUT) to Savings	-	(1,000.00)	
Total General Checking Transfers	2,607.31	20,339.38	
Savings (prudent reserve) Account			
Transfers IN	-	1,000.00	
Transfers (OUT)	-	(1,020.95)	
Total Savings Transfers	-	(20.95)	
Office			
Transfers IN	1,096.52	10,455.72	
Transfers (OUT)	-	-	
Total Office Transfers	1,096.52	10,455.72	
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	235.80		
Prudent Reserve Account	5,009.59		
Manager's Book Balance	1,200.00		
Petty Cash	75.00		
Potluck Balance	281.95		
Entertainment Balance	3,276.59		
Total Cash on Hand	10,078.93		

DONATING GROUPS 2008 Group	16-Sep to 15-Oct	Year to Date
24 and Alive	45.00	450.00
ABC Group		-
As Men See It		585.00
Attitude Adjustment		892.50
Back to the Big Book		288.41
Big Book Study (LaPine)		-
Burns Group		-
Eastside Early Risers		400.00
Easy Does It	30.00	
Empty Bucket		-
First Things First		-
Heppner Miracles		-
High Noon Big Book Study		297.50
Living in the Solution	13.00	98.55
Madras Oasis Group	100.00	300.00
Men's Book Study		100.00
Men's Stag Meeting		400.00
Monday Downtown		75.00
Monday/Wednesday 5:30		284.70
New Horizons	117.73	2,264.61
Open Hand Fellowship		
Primary Purpose		414.00
Redmond Rebels	250.00	850.00
Rule 62 Group		-
S.O.S. Group (Redmond)	20.00	250.00
Safe Harbor	53.24	
Saturday Morning Alive		171.00
Sisters Group		50.00
Sisters High Noon		-
Sober Desire	76.29	272.29
Sober on Sunday	50.00	50.00
Sobriety Maintenance	20.65	86.35
Spiritual Awakening		200.00
Spiritual Breakfast		882.50
Springriver Book Study		-
Step Sisters		594.97
Steps to Sobriety		280.00
Sunday Serenity		-
Sunriver Open Group		120.00
The Noonier		-
Thursday Women's Meeting	163.17	163.17
Tuesday Night AA	90.00	90.00
Tuesday Night Survivors	15.00	15.00
Tumalo Friday Night		34.80
We are not a Glum Lot	139.00	1,238.67
W-F-S Group		167.91
Women at Work		152.96
Women in Serenity		-
Mail	25.00	
Anonymous		-
CD Sales		-
District 5 - AFG Donations	13.57	103.57
Potluck	75.00	75.00
Entertainment Comm.		300.00
COIG Circuit Speaker Mtg		58.00
Total Contributions	1,296.65	13,675.85



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