

HOTLINE:
541-548-0440



Volume 08 Issue 12

December 2008

LEARNING AND GIVING BACK

As I was readying for retirement I had to let go of all those outside responsibilities I had taken on – chairman of this, secretary of that, section leader over here, driver over there, trainer at work (where I had been a supervisor at one time), a general handyman. “Don’t you know those things will get done without you?” “Well”, I thought to myself, “I suppose they will...But I’ve got the knowhow and the time. And it’s all stuff I really enjoy!” And it was all stuff I really enjoyed. But, we’d be moving to another town, I’d be losing my employment, and it just made sense to wean myself of all that go-go and let someone else take over. Well, OK. I always said: “If I can do it, anybody else can.” Damn! Somebody else DID, and it all worked out just fine. Hmmm...Without me(!)



“So I listened some more. WOW! And I kept going to meetings, and those signs on the wall started to tweak my brain. I learned I was lucky to still HAVE a brain.”

Somewhere during that time I picked up the quiet art of The Nightcap. (I didn’t want anyone to know about THAT, of course.) The Nightcap grew, and I got quiet, and it grew some more, and I got quieter, and it grew some more... and I thought no one knew.



Eventually, I made it to AA. “What the hell am I doing here???” ran through my mind. But in the back of my mind, waaaaaaay in the back, I hoped that AA was where I could find a way out of the corner into which I had backed myself. I’m happy to say: “it’s working!” What I heard at those meetings, and still hear, were words and phrases like “Control Freak, Pity Pot, Worthlessness, Resentments, Denial, Ego, Passive Suicide,” and I’d think “not ME,” and that voice waaaaaaay in the back of my mind said: “Wanna bet?”

So I listened some more. WOW! And I kept going to meetings, and those signs on the wall started to tweak my brain. I learned I was lucky to still HAVE a brain. I also learned that I was lucky to still be alive. “One Day At A Time; Let Go, Let God; Easy Does It” and other sayings have proved quite useful. Try them out sometime. They’re just damn handy.

Continued On Next Page



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An absolutely fine fellow guided me through the steps and oh, how this stuff just fascinated me. It still does, and he's still my sponsor, and I love him dearly. Actually, I think I love just about everybody in AA dearly. ("Pink cloud" is another one of those phrases; watch out – you know that 'what goes up must come down').

So! How can I repay this outfit that's taught me The Serenity Prayer and so much more? SERVICE! That's how. (Good ol' sponsor prods me along. I try to return the



"So! How can I repay this outfit that's taught me The Serenity Prayer and so much more? SERVICE! "

favor.) This place seems to run itself, just keeps rollin' along, with a little help from its friends. Another WOW! Early on I was amazed that there's no Grand Leader – that all the responsibilities rotate. This keeps everyone involved, and humbles some of us who desire the position of Grand Leader. A little teamwork feels good. Be a Greeter, make the coffee, GET the coffee, be a Greeter, run the meeting, CHAIR the meeting, be a Greeter, stack the chairs, GET the chairs, be a Greeter, take the minutes, help with the potluck, be a Greeter, there must be something I can do here...be a

Greeter! And there's more to do, if you stick around long enough. Gosh. Pretty soon you might even consider yourself useful. Surprise, you ARE! Probably the most rewarding would be a sponsor – to share what you've been given with someone who wants to grow in AA. (Not to mention how it will improve your patience). Now, not all of us can be sponsors, but there are plenty of other opportunities. Remember, *WE CAN BE GREETERS!*

After a year or so of testing the waters of service in AA, you could try some outside volunteer work. It feels good, especially when it's something you enjoy anyway. It's a win-win! Then maybe try some of the AA business meetings, hotlines, etc.. because there IS an organization that keeps AA going, and we all need to keep it alive. It needs volunteers. It's kind of like 12-stepping. It's giving to others.

We all can grow in AA. Just keep comin' back and returning the favor. It's good stuff. And it's ours *if we want it.*

Dale T.

Heard At MEETINGS.....

"Service work in AA is like a football game: 20,000 spectators--who might benefit from a little exercise--are watching 22 players badly in need of rest."

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Preparations for a Party



The Holiday Season can be a slippery slope for me. I love a party, but I must be properly prepared if I am going to be around friends, family or acquaintances who are drinking. First my sponsor and I need to agree that I am spiritually fit. Beyond that, there are some practical things I can do: Have a telephone number in my pocket of someone who knows my whereabouts and that I am certain I can contact. Provide my own transportation so I can leave when I want/need to. (I park where I will not be boxed in). Take my own beverage and put it in a location away from the alcohol. (We all know how to hide a bottle). Notice the other non-drinkers and socialize mainly with them. Arrive late and leave early. When I first got sober, I would last at a party about 15 minutes. Today I stay a reasonable time. But I still take all of the precautions.

Gary S

Step Twelve, Continued from Page 3

Having been humbled into the program's precious gem of 12th step work I find myself lucky. In meetings I spend time trying to see into people; the disease can be hidden by outer appearances. There was a man with the good appearance – a suit, tie, shiny shoes, and apparently a job. But his eyes were withdrawn and lost. He left the meeting early so I followed him outside and introduced myself. We talked for awhile about the disease's impact on our lives and since he only had 30 days, I got his phone number. I called him often to see how he was doing and he was always reassuring that all was well. The reason for our meeting didn't become apparent until a few months later. This man was a supervisor for a large manufacturer and had people working under him. When one of his employees came to him wanting to go to treatment for alcoholism, he stated, "I have a place we can go, TEC's 5.30pm AA meeting". So that afternoon he brought what was to be my new friend to his first AA meeting. We never know when our reaching out will grasp someone.

Pat R



"Pardon me, is this where I get the message?"

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"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs."

I e-mailed several sober friends asking them to write in five sentences or less what their most memorable 12th Step experience was. Or, if they preferred, explain the importance of the 12th Step in their life. I hope these experiences touch you as much as they touched me. Liz T

"Our AA literature overflows with passages that reflect the struggles, the challenges, the dangers, and, yes, the incredible gifts and satisfactions of recovery. Each of us has his or her favorite paragraph, page, anecdote, or story: the Promises, "A Vision for You," the Doctor's Opinion, "How It Works." The list is long and rich. One of mine is the opening paragraph of the discussion of Step Twelve in the Twelve and Twelve: **"The joy of living is the theme of AA's Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implications, it is really talking about the kind of love that has no price tag on it."** To me, it says it all about recovery in AA: joy and action...extending the hand of AA...striving to practice all the Steps...and love that expects nothing in return."

Bruce C

"My most memorable 12th Step Experience would have to be my own. My California Sobriety Sisters did for me what I could not do for myself. They heard and saw my cry for help as I spiraled out of control on doctor prescribed pain medication at almost 20 years of continuous sobriety. They called me on it and they told me they loved me anyway and reminded me that I was powerless over drugs and alcohol. They told me that I didn't have to face this cunning, baffling, and powerful disease on my own. They reminded me that "I CAN'T" but "WE CAN" stay clean and sober one day at a time! Thanks to their willingness to practice the 12th Step I am living again clean and sober!"

Donna B

"I was at the Spiritual Breakfast meeting and an announcement was made that one of our brothers who had relapsed was trying to get sober and needed drunks to sit with him as he detoxed at his home. I relieved another drunk that had completed his "shift". Before going and leaving me to sit through my "shift" he gave me a bottle of vodka to slowly ween our charge off through the detox period or to administer it to him in the event of DTs or convulsions. This was serious and really "old school". Detoxing from alcohol can be fatal. I was amazed that someone would trust me with that kind of responsibility. I watched as the poor drunk shook and dry heaved and sweated through sheet after sheet. I knew just

how he felt. I had been there myself. That gentleman eventually died from active alcoholism. I was very sad but I never forgot. He and other drunks who walk in to the rooms in really bad shape keep me sober by keeping the memory of what it was like fresh in my mind."

Chris N

"I was out on a deadly run of using alcohol and other drugs. I had left home one more time – chasing the high that would keep me totally out of it. After being told by my oldest son, "I am afraid I am going to find you dead", I knew I had to get sober again. I headed to Portland to go to detox at "Hooper". I stayed four days, felt better and left. I again started drinking and using and repeated this phrase to myself "This will be the last time". I did not believe I would ever get sober again. I had not seen my husband in about three months and did not believe I ever would. The miracle was, through all the booze and drugs; I realized I had left a shirt at the detox center. That shirt became an obsession, even more important than the drink, and I had to have it back. I took a cab to the detox center and as I was leaving I looked up and there was my husband. He had been sitting at the corner in the car just waiting for three hours "for what he was not sure". He later told me he was just inspired to go there by his Higher Power. He looked at me asked "Do you want to come home?" I knew I only had two choices – keep blotting out the world or accept spiritual help. I got in the car with him. Thank you, God."

Linda L

"I was 12 stepped years ago in San Francisco while in the depth of my coke addiction (masking my alcoholism). I was in outside sales and a particular customer of mine seemed to take a real interest in me and I would talk freely with him about my social activities. One time he invited me to coffee (that threw me! I wanted to have a "drink" with him) and pretty much told me his story of being a bartender and doing huge lines of coke on the bar itself and one day found himself living in the alley with no home, no job, etc. He didn't mention AA but he talked about finding sobriety. I had *no idea* what the point of his story was. In fact, I was puzzled that he would have ended up that way and now was a contributing member of society. I went on my merry way and lost touch with him and ended up with my own bottom almost 20 years later! Sheesh. Now I know what he meant and I'd love to contact him again. "

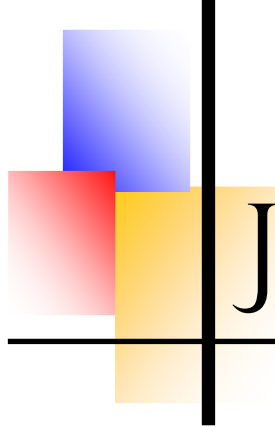
Meri R

Continued on Page 2

Announcements, see page 6!

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 New Year's Dinner and Dance 6:00 pm			
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 New Year's Dinner & Dance Madras Birthday Meeting Redmond Potluck Speaker Meeting Tuesday Speaker Meeting Tumalo Speaker Meeting		TEC Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage R, TEC La Pine Community Park Pine Forest Grange Hall St. Patrick's Church Redmond Community Church Nazarene Church Fellowship Hall			469 Wall Street, Bend 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 63214 Boyd Acres Rd, Bend Madison & J Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo	



JANUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	3 Redmond pot- luck, speaker mtg—6 pm
4	5	6 Tuesday night AA Speaker mtg-7 pm	7	8	9 Tumalo speaker mtg-7 pm	10
11 District 5 GSR Mtg 4 pm	12	13	14	15	16 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	17
18	19	20 Madras birthday Mtg-7:30 pm	21 La Pine potluck/ speaker mtg-6 pm	22	23 Tumalo speaker mtg-7 pm	24 Intergroup potluck speaker mtg-6 pm
25 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	26	27	28	29	30 Tumalo speaker mtg-7 pm	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 Tuesday Speaker Meeting Tumalo 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 Nazarene Church Fellowship Hall			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	

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

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. 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

Saturday, Counseling Center, Warm Springs, 10:00 am.

Friday, St. Pat's, Madras, Noon, Women's new meeting.

Saturday, 10:30 pm, COFF Hall.

Thursday, Christian Life Center, 21720 E Hwy 20, 11:00 am, Big Book Study, Women's' new meeting.

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

DECEMBER SOBRIETY MILESTONES

ATTITUDE ADJUSTMENT

Brian K	12/12/2005	3 Years
Bruce H	12/25/1986	22 Years
Karin T	12/15/1989	19 Years
Kris K	12/25/1993	15 Years
Michael H	12/14/1988	20 Years
Wendy L	12/28/1986	22 Years

NOT A GLUM LOT

Dan A	1/15/1995	13 Years
Dorothy L	12/20/1999	9 Years
Earl K	12/15/2007	1 Year
Emily Y	12/20/2007	1 Year
Kathy M	12/22/1983	25 Years
Karin T	12/15/1989	19 Years
Laurel	12/19/2007	1 Year
Joyce	12/4/2002	6 Years
Vicki S	12/23/1996	12 Years

Safe Harbor

Pat R	12/20/2001	7 Years
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STEP SISTERS

Candy O	12/29/2002	6 Years
Karin T	12/15/1989	19 Years
Kris F	12/25/1993	15 Years
Vicki S	12/23/1996	12 Years

STEPS TO SOBRIETY

Hans K	12/8/2000	8 Years
Jennie H	12/30/2006	2 Years
Annett C	12/31/1996	12 Years
Pat C	12/28/1985	23 Years



"I'M TOO BUSY FOR 12TH
STEP WORK"

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Upcoming Events

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.



New Year's Eve Dinner & Dance. Pine Forest Grange Hall, 6:00 pm.

"Living By Design in 2009," December 31. Dinner @ 6:00 pm. Catered by "Any Occasion Catering," Dance @ 8:00 pm, with live band, The Substitutes. Tickets \$25.00 for dinner; dance \$10.00 at the door. Raffle prize, 50/50 raffle. Contact information:

Kevin K (610-3060)
Kim A (420-5722)
Lurlyne B (404-1343)



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

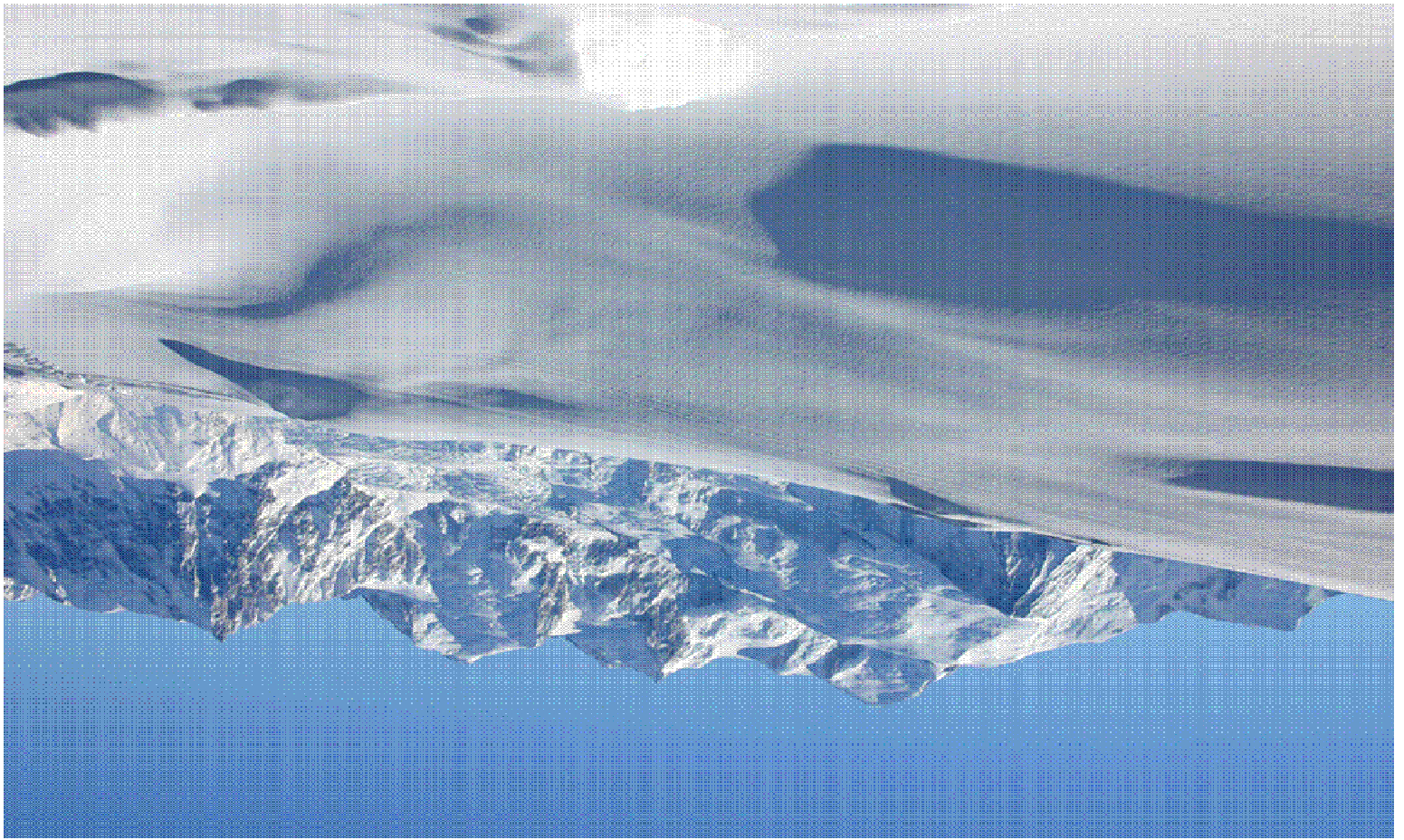
Submitted by Margot T.

Treasurer's Report Central Oregon Intergroup 2008

	16-Oct to 15-Nov	YTD	AVERAGE MONTHLY BUDGET
INCOME			
Group Donations	1,438.72	15,114.57	1,374.05
Books & Coin Sales	1,944.60	18,553.44	1,686.68
Newsletter	46.01	147.04	13.37
Potluck	(50.00)	202.53	18.41
Entertainment	-	(254.88)	(23.17)
Interest Income	-	18.79	1.71
Total Donations and Interest Income	3,379.33	33,781.49	3,071.04
EXPENSES			
General Checking			
Rent	245.00	2,695.00	245.00
Advertising (Dex West)	46.00	502.97	45.72
Phone	166.74	1,851.82	168.35
Hotline	-	-	-
Newsletter	150.00	1,510.00	137.27
Purchases	73.11	5,747.44	522.49
Postage & Office Expense	-	19.64	1.79
Management Fee	800.00	8,800.00	800.00
Bank Charges	-	23.89	2.17
Other/Misc	-	1,390.24	126.39
Donations (GSO & Oregon Area)	-	4,500.00	409.09
Schedules	-	-	-
Electricity (bal. due after refund)	44.17	459.07	41.73
Total General Checking Expenses	1,525.02	27,500.07	2,500.01
Office Account			
Office Supplies	-	259.21	23.56
Postage	-	83.00	7.55
Hotline	-	-	-
Purchases	795.44	11,332.45	1,030.22
Web Site	-	95.40	8.67
Other	-	72.93	6.63
Total Office Expenses	795.44	11,842.99	1,076.64
Net Revenue/Month	1,058.87	(4,575.96)	-
TRANSFERS			
General Checking			
Deposits IN by Office	3,507.42	34,281.57	
Transfers (OUT) to Office	(795.44)	(11,251.16)	
Transfers IN from Savings	-	1,020.95	
Transfers (OUT) to Savings	-	(1,000.00)	
Total General Checking Transfers	2,711.98	23,051.36	
Savings (prudent reserve) Account			
Transfers IN	-	1,000.00	
Transfers (OUT)	-	(1,020.95)	
Total Savings Transfers	-	(20.95)	
Office			
Transfers IN	795.44	11,251.16	
Transfers (OUT)	-	-	
Total Office Transfers	795.44	11,251.16	
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	1,422.76		
Prudent Reserve Account	5,009.59		
Manager's Book Balance	1,200.00		
Petty Cash	75.00		
Potluck Balance	231.95		
Entertainment Balance	3,276.59		
Total Cash on Hand	11,215.89		

DONATING GROUPS

2008 Group	16-Oct to 15-Nov	Year to Date
24 and Alive		480.00
ABC Group		-
As Men See It		585.00
Attitude Adjustment		892.50
Back to the Big Book	188.30	476.71
Big Book Study (LaPine)		-
Burns Group		-
Eastside Early Riders		400.00
Easy Does It		
Empty Bucket		
First Things First		-
Going to Any Lengths	50.00	
Happier Miracles	200.00	200.00
High Noon Big Book Study		297.50
Living in the Solution		98.55
Madras Oasis Group		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		2,264.81
Open Hand Fellowship		
Primary Purpose	24.61	438.61
Redmond Rebels		880.00
Rule #2 Group		-
S.O.S. Group (Redmond)	20.00	270.00
S.O.B. Group (Madras)	45.00	
Safe Harbor		
Saturday Morning Alive		171.00
Sisters Group		50.00
Sisters High Noon	105.00	105.00
Sober Desire		272.29
Sober on Sunday		50.00
Sobriety Maintenance		86.36
Spiritual Awakening	270.47	470.47
Spiritual Breakfast	127.00	1,000.50
Springriver Book Study		-
Step Sisters		594.97
Steps to Sobriety	160.60	440.60
Sunday Serenity		-
Survivor Open Group		120.00
The Nooner		-
Thursday Women's Meeting		183.17
Tuesday Night AA		90.00
Tuesday Night Survivors		15.00
Tumalo Friday Night		34.80
We are not a Glum Lot		1,238.67
W-F-S Group	110.54	278.45
Women at Work		162.96
Women in Serenity		-
Mail		
Anonymous	15.00	15.00
CD Sales		-
District 5 - AFG Donations	122.20	228.77
Potluck		75.00
Entertainment Comm.		306.00
COIG Croust Speaker Mtg		58.00
Total Contributions	1,438.72	15,114.57



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