Volume 09 Issue 1

Upcoming Events! Page 6, a new year, a time to grow in your sobriety!

Central Oregon's

Election Results... Page 2



January 2009



HOTLINE: 541-548-0440

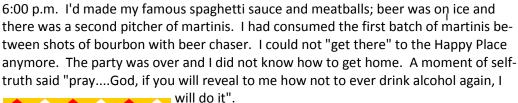
Central Oregon **Intergroup Office**

M - F 9:00 - 5:00 754 SW 11th Street Redmond, OR 97756 541-923-8199 www.coigaa.org Office Manager Mikey 548-9686



SHE RECEIVED THE GIFT AND NOW PASSES IT ON Submitted by Elizabeth A.

I remember looking at the clock, 5:30 p.m. on Saturday, January 6, 1979. Friends were coming for dinner around



A moment of self-truth said "pray....God, if you will reveal to me how not to ever drink alcohol again, I will do it."

The Divine Message was "go to Alcoholics Anonymous". My friend of many years made the call to AA and took me to my first meeting the next morning. I had my usual going-out-of-the-house courage; a tumbler of gin straight and a half-pack of cigarettes. Maybe, just maybe, I could sit long enough to find out if AA could help me. I had become a "sipper", a maintenance drinker who went into withdrawal if I tried to space my drinks.

That was Sunday, January 7, 1979, the date of my first meeting and my last drink. I have received so much more than just stopping drinking. Finding out that I am an alcoholic was the first gift of AA. After that miracles became a daily experience and it continues to this day.

I've been given many opportunities to "stand still and hurt" at times, and the elation of a daily reprieve, knowing that with both sorrow and joy, "this too will pass".

Continued on Page 2



Address Information

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

Intergroup Officers

CHAIRPERSON **OPEN**

?????s call Pat M at 390-7225 or e-mail her at: ripley@bendbroadband.com

VICE CHAIRPERSON Mark L. 447-1577

> **SECRETARY** Mark S 541.325.1726

TREASURER Dennis C picturetrader@bendcable.com

ENTERTAINMENT CHAIR Kevin K 610-3060

NEWSLETTER CHAIR Liz T. 389-9276 connayr@hotmail.com

SCHEDULE CHAIR **OPEN**

HOTLINE CHAIR Pat R. 420-4741

POTLUCK CHAIR **OPEN**

WEBSITE CHAIR Laurakay L. aalaurakay@gmail.com 350-0150

DISTRICT COMMITTEE **MEMBER** Chris N. 318-8908 ADVISORY BOARD COMMITTEE Mike W. 912-1962 Sandi L. 419-9459 Pat M 390-7225

Darla B 447-8055

The 12 Steps, a sponsor and "meetings, meetings, meetings" give me the ability to change my delusional nonsensical thinking to sensible thinking. My Higher Power, "GOD", gives me the ability to love, cherish and be grateful for each day to be of service. My spiritual life is kept simple; "kind words and kind actions".

Wherever you are in our Fellowship, keep coming back to meetings...Jump into the dark, we'll catch you and offer you a soft place to land. Come and receive "The Gift".

December Intergroup Elections

The following positions were filled at the December 28th Intergroup meeting:

Secretary—Mark S Advisory Board—Pat M Advisory Board—Darla B

The following positions were NOT filled at the December 28th Intergroup meeting but have interested people who will be at the January Intergroup meeting:

Schedules Chair —Open but there is a person who has expressed interest and will be at next meeting

Pot Luck Chair—Open but there is a person who has expressed interest and will be at next meeting

CHAIRPERSON—OPEN

This position is an important position but the outgoing chair, Pat M, assures us that it is not that difficult. Please call Pat at 541.390.7225, if interested.

A special thanks to all those people who had filled these positions, most of them for the last two years. These positions all take a lot of hard work and dedication. However, if you ask any of them, they will tell you the rewards far outweigh any of the hardships (which is probably too harsh a word) of these positions. I am especially grateful to them, as I was the new kid on the block (intergroup position) when I began working on the newsletter in September 2007. They were warm and welcoming, and as with most recovering alcoholics filled with advice — some of which I took and some which I didn't.

Thanks to Pat M, Chairperson; Loni P, Secretary; Gloria C, Schedule Chair; Darla B, Potluck Chair.

First Quarter 20009 Schedules are in! Call Mikey at Central Office, 923.8199.





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1st Step

We admitted we were powerless over alcohol. . .that our lives had become unmanageable.

January 1970 Vol. 26 No. 8

BEFORE I came to AA, I took Step One slowly, over a period of years. It was not AA people who helped me with it. Instead, it was all the nonalcoholics who misunderstood and mistreated both me and my disease. In retrospect, I am grateful for their harshness. It forced me to AA, twenty-five years ago this month

That first faltering step I took to AA recovery was not placed exactly in the First of the twelve footprints left us as a guide by the earliest AA members. But before I came to AA I had begun to realize that my drinking was causing me trouble. This, of course, was hard to believe; so many other people who drank did not get into trouble. My life presented a tough sequence of problems, yes; but I argued (with myself) that drinking surely was not the cause. Fate had just handed me unfair breaks: my family, my love life, my bosses and jobs, my unsteady finances, my friends, my insomnia, my nervousness.

To give up drinking would mean turning into the bluenosed, narrow-minded, Puritan type. "

So I desperately kept trying to prove that drinking was not one of my problems. If I was a failure at drinking, rather than a success, it wasn't for lack of trying! Looking back, it is not so hard to understand now why it was difficult for me, as it has been for others, to accept this inability to drink (for which pharmacological addiction provides a simple explanation). The rewards, pleasures, and gratifications of drinking were so overpoweringly great. Drinking was easy to do, and it worked almost instantaneously, anesthetizing any discomfort as if by magic. It was socially acceptable; my whole social life, all the activities I considered fun, were accompanied by drinking.

The idea of *not* drinking was so unfamiliar to me that it was frightening. If I thought of a nondrinking life at all, I thought of it as a cheerless existence devoid of grace and charm. To give up drinking would mean turning into the bluenosed, narrowminded, Puritan type.

It is important now for me to remember that my entire style of life was at stake, not just the apparent benefits of alcohol. Lying to people and sinking into gloomy self-pity were habits neither unfamiliar to me nor frightening. I was thoroughly comfortable with them--even, in a way, found them enjoyable. Besides, "I was drunk at the time" was a marvelous excuse to have when I did shameful things.

Giving up drinking, then, looked like an unpleasant, unendurably long-term proposition. Anyhow, it wouldn't be necessary, would it, *if* other people would just change?

But they didn't. They got worse. My family, in their displeasure with me, pointed clearly to drinking as the source of my troubles. Friends who expressed concern and bosses who fired me helped drive home that truth. Kind strangers and bartenders who shook their beads while being helpful all said, in effect, "You should not drink." A cop who jailed me for being drunk and disorderly, a doctor who scolded me for drinking too much, a grocer who wanted his money, and a bouncer who shoved me out a tavern door all reinforced the lesson.

My repeated solo failures to "do better" kept building an interior despair which finally crushed my false reasoning and false pride. Hung there at the edge of madness, I read a newspaper story about AA.

"For me, the hardest part of that First Step has been in the implications of the statement that my life had become unmanageable."

And so, on the day 1 first telephoned AA, I was not struggling too hard against the mountains of undeniable proof that my life was one awful mess because of my drinking. I had also already admitted, unwillingly, that I could not handle alcohol.

Those admissions of mine are not necessarily identical to scientific diagnosis of the disease of alcoholism, of course. Any well-trained physician, alcoholism counselor, or other professional familiar with Dr. Jellinek's classic list of the symptoms of alcoholism, can correctly determine whether or not a given drinker has the symptoms.

But such diagnosis by another person is not a step toward recovery for the drinker--until he himself takes the First Step. I took it blindly at the start, and that was not the best way for me, although any beginning is better than none. In subsequent AA years, through conscious, systematic efforts to understand and practice all the Steps, I have found that they repeatedly come to have new and surprising values.

For me, the hardest part of that First Step has been in the implications of the statement that my life had become unmanageable. With the effects of booze a bit behind me, I could see more plainly than ever what a mess my life was, what a job lay before me. And it became clearer than ever that, in order to stay sober, I had to undertake a mammoth overhaul of myself in many aspects which, at first, seemed unrelated to drinking.

In short, stepping into the first footprint that led from the dismal swamp of alcoholism toward the sunlight of sobriety would not take me far enough. Would I muddle along on some little trail of my own in the weeds, vaguely paralleling the clearly marked AA road? Or would I choose to follow in the exact footsteps of the AAs who had preceded? The choice was up to me. I could do either, but I had to cover the whole trail if I wanted to get where the others were. Since I had already taken Step One, I could decide to stop right there. I could just dry up, period. I could survive like a raisin the rest of my life.

Going the whole route looked too hard--until someone said to me, "One step at a time." So I looked ahead, along the path marked by the footprints of hope, commitment, and action. All around me were many happy, sober people who had walked that path. Listening intently to their stories, I heard some more horrifying than mine, others less so. But it was plain that all these alcoholics had once *felt* the same hopelessness, fear, pain, and anger I had experienced. It was also obvious that people with drinking troubles like mine could come out of them and--unbelievable as it seemed at first--laugh at them! It was evident, too, that these people had much knowledge of alcoholism that I did not have. They knew that it was an illness, that it could deceive its victims, that the danger lay in the first drink.

They had some magic or information, secrets or power which I lacked, but which might get me out of the fix I was in. I had to believe what I saw: that some power wiser, stronger, or greater than mine could restore me to health. Next came a decision I did not even notice making at the time: to try this AA plan of theirs, even though I did not understand it. Some said it was God doing the good work, but I saw unbelievers like me being helped, too. So what had I to lose by going along?

Beginning with the First Step, I have found the following Steps out of alcoholism to be true and benevolent. I still know of no other suggestions more effective as a program of recovery.

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Announcements, see page 6!

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
Intergroup IGR 1 Intergroup Potluck La Pine Potluck Madras Birthday	Meeting Gory Board Meeting Meeting Ck Speaker Meeting Speaker Meeting Meeting Meeting K Speaker Meeting Meeting Meeting Meeting		Environmental Center TEC St. Charles Medical Center TEC La Pine Community Past. Patrick's Church Redmond Community Nazarene Church Fellowship Hall	nter, Sage Rm urk	16 NW Kansas, F 469 Wall Street, F 1253 NW Canal, 1253 NW Canal, 469 Wall Street, F Finley Butte Road Madison & J Stre 10 & Cedar, Redr 1270 NE 27th, Be Bruce Avenue, Tu	Bend Redmond Redmond Bend I, La Pine et, Madras nond nd

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.

Announcements, see page 6!

FEBRUARY2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Tuesday night Speaker mtg-7 pm	4	5	6 CO speaker mtg- 7 pm Tumalo speaker mtg- 7 pm	7 Redmond potluck speaker mtg6 pm
8 District 5 GSR Mtg 4 pm	9	10	11	12	13 Tumalo speaker mtg-7 pm	14
15	16	17 Madras birthday Mtg-7:30 pm	18 La Pine potluck/ speaker mtg-6 pm	19	20 CO speaker mtg- 7 pm Tumalo speaker mtg- 7 pm	21
22 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	23	24	25	26	27 Tumalo speaker mtg- 7 pm	28 Intergroup potluck speaker mtg-6 pm
Intergroup IGR M Intergroup Potluc La Pine Potluck S Madras Birthday	leeting ory Board Meeting Meeting Ek Speaker Meeting Speaker Meeting Meeting Meeting k Speaker Meeting Meeting Meeting Meeting		Environmental Center TEC St. Charles Medical Ce St. Charles Medical Ce TEC La Pine Community Pa St. Patrick's Church Redmond Community Nazarene Church Fellowship Hall	nter, Sage R, ark	16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Red 1253 NW Canal, Red 469 Wall Street, Bend Finley Butte Road, L Madison & J Street, I 10 & Cedar, Redmon 1270 NE 27th, Bend Bruce Avenue, Tuma	i Imond Imond i a Pine Madras d

VOLUNTEER

YOUR SERVICE CAN BENEFIT OTHERS



Hotline: Person needed for Thursday, 9:00 p.m. through 9:00 a.m. Also, hotline people are still needed for the 12 Step phone list. And, if you are available to drive those people needing rides to meetings, please call Pat R—541.420.4741.

MEETING

CHANGES/ADDITIONS/ DELETIONS



Friday, Noon, St. Patrick's, women's meeting, **Madras**.

Saturday, Counseling Center, Warm Springs, 10:00 a.m..

Saturdays, 5:00 to 7:00 pm, St. Francis of Assisi Church, 2450 NE 27th Street, Bend, **Spanish speaking** meeting.

Tuesday/Thursday, 10:00 a.m., First Things First, new location—Park & Red Bldg, 16405 1/2 1st Street, **La Pine**.

Wednesday, 7:00 p.m. Living Sober, new location—Park & Red Bldg, 16405 1/2 1st Street, **La Pine**.

Tuesday, 7:00 p.m., Four Square Church, **Burns**; Thursday/Friday meetings, discontinued.

JANUARY SOBRIETY MILESTONES

٨٠٠	TUDE ADJUSTM	ENIT	
Bruce C	01/06/82	27 Years	
Larry S Mark P	01/02/03	6 Years	
	01/02/07	2 Years	
Steve C	01/31/00	9 Years	
Tim B	01/01/85	24 Years	
PF	RIMARY PURPOS	E	
Debbie B	01/19/07	2 Years	
Debbie R	01/15/01	8 Years	
Doris T	01/22/92	17 Years	
Elizabeth A	01/07/79	30 Years	
Jerry F	01/08/08	1 Year	
Kevin K	01/18/06	3 Years	
Larry S	01/02/03	6 Years	
Neal P	01/04/07	2 Years	
Tom H	01/20/00	9 Years	
RI	EDMOND REBEL	ς	
Dave L	17/17/70	39 Years	
Trimble	01/26/69	40 Years	
Heidi T	01/21/97	12 Years	
Jim B	01/25/03	6 Years	
John H	01/29/02	7 Years	
Kay	01/17/91	18 Years	
Mike A	01/17/91	15 Years	
	SAFE HARBOR		
Karen H	01/01/08	1 Year	
Heidi S	01/25/07	2 Years	
	STEP SISTERS		
Barbara C	01/13/93	16 Years	
Denise T	01/07/08	1 Year	
Elizabeth A	01/07/79	30 Years	
Trisha I	01/04/01	8 Vaars	

Trisha L	01/04/01	8 Years
	STEPS TO SOBRIETY	Y
Lynn L	01/04/03	6 Years
Bud J	01/01/03	6 Years
Jeanna S	01/11/00	9 Years
Mark L	01/19/87	22 Years
THURS	DAY MEN 'S BOOK	STUDY

01/07/99

01/24/95

01/06/07

10 Years

14 Years

1 Year

Jerome J

Norm O

Phil M

WE'RE NOT A GLUM LOT					
Bruce V	01/12/87	22 Years			
Elizabeth A	01/07/79	30 Years			
Pete M	01/02/06	2 Years			
Doug C	01/16/84	25 Years			
Kirk R	01/23/93	16 Years			
Larry S	01/02/03	6 Years			
Lyn M	01/14/07	2 Years			
Marilyn	01/03/08	1 Year			
Rachel H	01/07/08	1 Year			
Rynda	01/01/88	21 Years			
Sharon A	01/08/95	14 Years			
	ABC GROUP				
David M	01/31/97	12 Years			

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



If you think all the fun AA events are over, think again. We have a plethora of potlucks each month. To expand your network of recovering alcoholics, consider attending a new potluck. There are also various speaker meetings throughout each month.



January 3 — Redmond Potluck/Speaker Meeting, 6:00 p.m., Redmond Community church, 1- & Cedar, Redmond.

January 21 — La Pine Potluck/Speaker Meeting, 6:00 p.m., La Pine Community Park, Finley Butte Road, La Pine.

January 24 — Intergroup Potluck/ Speaker Meeting, 6:00 p.m., Safe Harbor hosting, TEC, 469 Wall Street, Bend.

TREASURER'S REPORT Submitted by Dennis C.

Treasurer's Report	16-Nov	0011000	AVERAGE
Central Oregon Intergroup	to	GROUPS	MONTHLY
2008	15-Dec	YTD A	BUDGET
INCOME			
Group Donations	1,108.52	10,223.09	1,351,92
Books & Coin Sales	1.526,45	20,079.89	1,673.32
Newsletter	4.47	151 51	12.63
Potluck Sale Title	(25.00)	177.53	14.75
Entertainment	8:	(254,88)	(21.24
Interest income		18,79	1.57
Total Donations and Interest Income	2,514.44	36,395.93	3,032.96
EXPENSES			
General Checking			
Rent	245.00	2,940.00	245.00
Advertising (Dex West)	48.00	546.97	45.75
Phone	183,50	2.035.62	169.64
Hotine	***	entigeto.	AVIII A
Newsletter Purchases	150.00 441.59	1,660.00 6 189.33	138.33
Postage & Office Expense	25 30	44.64	3.72
Management Fee	800 00	9,600.00	800.00
Bank Charges		23.89	1.99
Other/Misc (Assmby-Mark Luckey)	150,00	1,540.24	128.35
Donetions (GSQ & Oregon Area)		4.500.00	378.00
Schedules		0.5000	mon .
Electricity (bal due after refund)	53 01	512.08	42.67
Total General Checking Expenses	2.094.70	29 594.77	2,466.23
Office Account			
Office Supplies	29 98	289 19	24.10
Postage	ej.	83 00	6.92
Hotline	80	in more than	Commence of the
Purchases	490 00	11,822.45	985.20
Web Site	65	95,40	7.95
Other Dh.08		72.93	6.08
Total Office Expenses	519 98	12.382,97	1,030.25
Net Revenue/Month	(0.24)	(4,576.20)	Djesma
TRANSFERS			
General Checking			
Deposits IN by Office	2,661 02	38,942.59	
Transfers (OUT) to Office	(469,98)	(11,721.14)	
Transfers IN from Savings		1,020,95	
Transfers (OUT) to Savings	*((1,000.00)	
Total General Checking Transfers	2,191.04	25,242.40	
Savings (prudent reserve) Account			
Transfers Hi		1,000.00	
Transfers (OUT)		(1.020.95)	
Total Savings Transfers		(20.95)	
Office	5.000000	Survivors	
Transfers IN	469,98	11 721.14	
Transfers (OUT) Total Office Transfers	489.98	11,721.14	
Petty Cash		53,514	
Transfera IN			
Transfers (OUT) Total Petty Cash Transfers	-	(5.65)	
Cash Reconciliation Beginning Belance from 12/15/07			
Yreasurer's Book Balance	1,519.10		
Prudent Reserve Account	5,009.59		
Manager's Book Balance	1,150.00		
Petty Cash	75.00		
712.4311			
Pottuck Balance Entertainment Balance	208.95 3.276.59		

DONATING GROUPS 2008		16-Nov to	
		15-Dec	Year to Date
Group 24 and Alive	-	90.00	540.00
ABC Group		30.00	540.00
As Men See It			585.00
		447.00	1,310.48
Attitude Adjustment		417.98	
Back to the Big Book			476.71
Big Book Study (LaPine)			**************************************
Burns Group			
Eastside Early Risers			400.00
Easy Does It			
Empty Bucket			
First Things First			2
Going to Any Lengths			
Heppner Miracles			200.00
High Noon Big Book Study			297.50
Livng in the Solution			98.55
Madras Oasis Group			300.00
Men's Book Study			100.00
Vien's Stag Meeting			400.00
Monday Downtown			75.00
Monday/Wednesday 5:30			284.70
New Horizons		99.14	2,363.75
Open Hand Fellowship		55.14	2,000.10
Primary Purpose			438.61
Redmond Rebels		250.00	1,100.00
		250.00	1,100.00
Rule 62 Group		20.00	200.00
S.O.S. Group (Redmond)		20.00	290.00
S.O.B. Group (Madras)		200	
Safe Harbor		50.40	
Saturday Morning Alive			171.00
Sisters Group			50.00
Sisters High Noon			105.00
Sober Desire			272.29
Sober on Sunday			50.00
Sobriety Maintenance			86.35
Spiritual Awakening			470.47
Spiritual Breakfast		86.00	1,095.50
Springriver Book Study			(/ # \)
Step Sisters			594.97
Steps to Sobriety			440.60
Sunday Serenity			
Sunriver Open Group			120.00
The Nooner			120100
Thursday Women's Meeting			163.17
			90.00
Fuesday Night AA			
Tuesday Night Survivors		70.00	15.00
Tumalo Friday Night		70.00	104.80
Ved, Night Living Sober		25.00	
Ve are not a Glum Lot			1,238.67
V-F-S Group			278.45
Vomen at Work			152.96
Nomen in Serenity			
/lail			25.00
Anonymous			15.00
CD Sales			
District 5 - AFG Donations			225.77
Potluck			75.00
Entertainment Comm.			300.00
COIG Circuit Speaker Mtg			58.00



754 SW 11th Street Redmond OR 97756



અક્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર ઍક્ષ્મ બફ્ષેષ્ટ્ર બફ્ષેષ્ટ્ર બફ્ષેષ્ટ્ર એક્ષ્મ અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ્ર અફ્ષેષ્ટ