

**HOTLINE:**  
541-548-0440



# Central Oregon's Conscious Contact

Volume 09 Issue 2

February 2009

## First Step. No Sweat!!!

*[When my friend Don (co-sponsor) asked me to share a story about the first step of AA, I thought "no sweat". Then he added, "Your own experience with the First Step." That made the task much more difficult.]*



After finding an ad for Alcoholics Anonymous in the Oakland Tribune, I called the AA central office in Oakland, California. I was hung over—very sick. I told Ellen, the woman who answered the phone, that I simply could not stop drinking. Ellen gave me a number to call. I called Marvin K and together we read the 5<sup>th</sup> chapter of the Big Book. He asked if that interested me. I said yes and he DIRECTED me go to a meeting that night. I call Marvin my first sponsor; I did not know that he was dying of cancer and would pass away two months after our first meeting.

"The invitation to come back was welcome and I felt for the first time in my life that maybe there were people like me – that I was not so different after all."

Keeping my alcoholism a secret was a priority with me. But even so, I had reached what I later learned was called my "bottom" and did as Marvin had directed me to do and attended my first meeting that night. (I had been recently transferred to a large Naval hospital as a Health Care Administrative Officer having successfully drunk my way from an enlisted man to a Commander. I was frightened the Navy would find out about "my problem". I was soon to find out that I was no "closet drunk".)

Although I was in withdrawal from a three-day binge, I remembered some sayings I heard at that first meeting, such as – "if you want what we have" and "keep coming back". I had no idea what they had that I wanted except to not drink. The invitation to come back was welcome and I felt for the first time in my life that maybe there were people like me – that I was not so different after all.

Continued on next page →

**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

## Intergroup Officers

CHAIRPERSON  
OPEN

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541.447.1577

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541.325.1726

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ADVISORY BOARD  
COMMITTEE  
Mike W. 912-1962  
Sandi L. 419-9459  
Pat M 390-7225  
Darla B 447-8055

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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

## FIRST STEP!! NO SWEAT, cont.

I did go to 90 meetings in 90 days as was suggested to me. During this time, I did Step One. As a new member of AA, I heard the word “we” in the First Step – “WE admitted WE were Powerless over alcohol and that OUR lives had become unmanageable.” I felt safe in being included in the WE and OUR. I was not alone, or so different from others. Being different from others was a feeling I had experienced most of my life. As I listened to others sharing, I became more aware that WE had similar experiences, similar problems and were driven to AA by a “bottom”.

After a few weeks I started to share some of my



“...it was only after 21 meetings, that on a night in 1972, I finally mumbled the words, ‘My name is Joe and I am an alcoholic.’ I had a sense of relief after making the **first step** of the **first step**.”

experiences in meetings and gradually I came to accept my powerlessness over alcohol. And, even though anyone who knew how I drank would have told you that it was out of control for 20 years, it was only after 21 meetings, that on a night in 1972, I finally mumbled the words, “My name is Joe and I am an alcoholic.” I had a sense of relief after making the **first step** of the **first step**. After having heard the stories at each meeting, I could no longer deny that I was an alcoholic. It became clear that when I drank I lost all control over the predictability of my behavior, violating my moral, spiritual and personal values.

One important lesson I learned over a few 24 hours was to not rush newcomers into completing Step One. As we share our experience, strength and hope with each other with honesty and sincerity, and invite new members to speak, they will be ready to do the Step One in their own timeframe. It worked well for me and I believe will work well for others.

At first I thought that the second part of Step One “...our lives had become unmanageable” would be an easy task to accomplish. After all, I had already given up drinking and I had been relieved of my desire to drink. Managing my life sober and with the help of AA should be no sweat. Wrong! Within a short time I came to realize that due to years of drinking I had no idea how to manage anything other than my work. I slowly realized that I had lived my life trying to make fantasy become a reality. This always failed, as I would emotionally rage at my past brutal childhood. And now not drinking projected all that on to others, to those trying most to help. It was maybe a more subtle problem than when drinking, but it was still a significant problem in my life.

Help came in the form of an honest, **caring sponsor**. He gave my life new meaning as he guided me along a path of understanding. Without criticism he pointed out how my attempt to manage was an attempt to control and make my world safe. And through control, I was attempting to avoid pain and the reality of the damage caused by my addiction to alcohol. As I worked this part of the First Step slogans such as “Easy Does It”, “Think, Think, Think” and “Let Go and Let God” became etched in my memory forever. This made Step One become real to me. Step Two, “Came to believe...”, taken with a sponsor, was now awaiting me because I had made the admission and the acceptance of my problem.

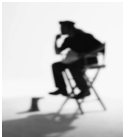
Luvinrecovery Joe



“Think,  
Think,  
Think”

## THE DIRECTOR LEARNS TO TAKE DIRECTION

I first got sober July 12, 1986. I was in San Francisco at the time. By the time I moved up to Petaluma, which is 35 miles north of the Golden Gate Bridge, I really thought I had AA down pat. I hadn’t been drinking for 5 years and so I thought I was an expert on most everything. You know, the director of the play. In fact, at that time my sponsor who was Terrence R. used to call me “The Director”. I stayed in Petaluma for 14 more years. I managed to make a lot of friends and I made plenty of enemies too. The theme here is the EGO; or in this case – my EGO.



“I hadn’t been drinking for 5 years and so I thought I was an expert on most everything. You know, the director of the play.”

When the company I worked for let me go in 2004, I had 24 years with them. I decided it was time to get my knee operation. I had twisted the knee more than once and it was pretty much hurting all the time. After my operation, my sister came and helped me for a week. Nice of her, huh? The doctor also prescribed pain pills to help manage the post operation symptoms. However, I started taking the pills the way I wanted to take them not as prescribed. When you hear in meetings that you must be extra careful about this kind of thing, you had better pay attention. I was able to stop after a period of time and, thank God, I did not drink. But in my mind, I was having a tough time deciding if I was really sober or not. Ah, the EGO, we make lots of decisions based on it.

*Continued on next page* →

### Conscious Contact Subscription / Address Change Form (Please Print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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Make Checks Payable to: Central Oregon Intergroup and mail to:  
Newsletter 754 S.W. 11th Street, Redmond, OR 97756

Check ☐ Renewal ☐ New Subscription ☐ Address Change

## Practice these Principles

### The Director, Continued,

For some reason I started using again when I moved to Bend. I was telling everyone about the 21 years of sobriety I had. But then the day came when I could no longer keep up this pretense, and I told two women in AA the truth. These women came over to my house and helped me. My new sobriety date was 2/14/07.

I had less than two years of sobriety and I just went out again. This time (and hopefully the last time!) my sponsor, Greg M. made me work hard on the Twelve Steps. I gave him many written pages of information. I believe that through this process, I have finally had my EGO somewhat smashed. It only took about 20 years.

Here is my advice to anyone struggling with their sobriety. Beware if you are not working the steps. [I believe] you are giving in to the disease. Those two women and Greg M. helped me to see what I could not see by myself. This is the exact reason we have sponsors. If you don't have one, get one. If you are not working the steps, start working the steps with your sponsor. If your sponsor is too busy then get another sponsor. You don't need someone with lots of time but I would recommend that your sponsor have a sponsor and have recently worked the steps.

I know now that my EGO had controlled my life for many years. I can't go back and re-write history. I can recognize my mistakes and go forward armed with the new information. (And, you can, too!) I can't tell you how many times I got in arguments with people because I, the director, knew the RIGHT answers. After all I had plenty of sobriety. Wrong. I did help people, I did not drink, and I did make amends to as many people as I could. I became a much better person as the result of AA, but it was not enough. I let the disease run part of my life but I did not see it. It may be hard for some of you to understand that I was blind to this fact. Just don't let it happen to you.

Submitted by Fred B



"Whose life has become unmanageable?"

Submitted by Mike M  
IGR - Thursday Mens Book Study

Recently both of my sponsee's talked with me at length about getting angry and upset about the day to day issues in their life. I shared my experience with both of them and it seemed to help them. I thought I'd write it down in hopes it will help someone else too.

My experience centers on coming to understand that even though I'm sober, life around me has not changed. When first sober I believed that by simply not drinking everything would be fine. Once the pink cloud lifted I found myself right smack in the middle of my life – relying on the only instincts I had built to get me through life's challenges – those instincts that I had developed over the course of my adult drinking life. I continued to get life "wrong" a lot in early sobriety. While I didn't go back to drinking, I nonetheless suffered emotional and spiritual relapses with some frequency. When the pain was great enough I had to decide to either drink it away, or to change my behavior. I have come to understand that these moments fueled my spiritual experience – how I go about changing how I react to life.

But how do I do go about building new instincts so I can continue to change how I react to life, and maybe even find some peace? Simply put – by actually *practicing* our principles. For me, I cannot simply go to meetings and expect to stay sober. I must constantly work toward building completely new instincts in order to shed my old ones. This is not an easy process – it involves suffering through constant humility. However, through practice I have come to see humility as something to strive for, not to avoid. I have found a true sense of peace by not needing to have life go my way all the time, not to constantly be the center of attention.

I have found that the only way for me to build these new instincts is to go through life as usual, and build them along the way. I cannot read about them in a book and expect new instincts to simply appear. I need the life part (much of what we encountered while drinking) to happen in order to a) notice my old instincts and behaviors, and b) build new ones.

This is a painful process at first, as it turns out. I need to remind myself though – I'm a work in progress. That's why I cannot afford to sit around for long and simply go to meetings. I face life each moment of each day, so I have a constant opportunity to learn new life skills and build new instincts, and practice them from them on. It's my opportunity to *practice* our principles, not just read them or have them read to me.

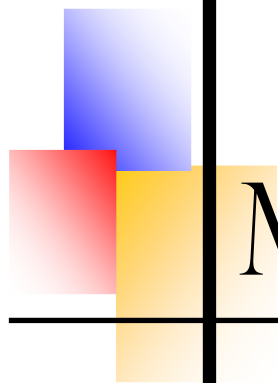
Like anything (skiing, biking etc.) this all gets easier with practice. That's why we say "practice these principles". I need to constantly practice them in order to embed new instincts, which lead to new found peace and serenity.



Announcements, see page 6!

# FEBRUARY 2009

| Sun  | Mon | Tue  | Wed  | Thu | Fri  | Sat   |
|--|-----|--|--|-----|--|---|
| 1  | 2   | 3<br>Tuesday night<br>Speaker mtg-7 pm   | 4  | 5   | 6<br>CO speaker mtg-<br>7 pm<br>Tumalo speaker mtg-<br>7 pm  | 7<br>Redmond potluck<br>speaker, mtg--6 pm<br>Speaker—Kay from<br>Redmond |
| 8<br>District 5 GSR<br>Mtg 4 pm  | 9   | 10   | 11   | 12  | 13 Tumalo speaker<br>mtg-7 pm  | 14  |
| 15   | 16  | 17<br>Madras birthday<br>Mtg-7:30 pm   | 18<br>La Pine potluck/<br>speaker mtg-6 pm | 19  | 20<br>CO speaker mtg-<br>7 pm<br>Tumalo speaker mtg-<br>7 pm   | 21<br>District 5 PI Com-<br>mittee Meeting, see<br>Page 6 for more info   |
| 22<br>Intergr advisory<br>Board mtg-5 pm<br>Intergroup IGR<br>mtg-5:30 pm  | 23  | 24   | 25   | 26  | 27<br>Tumalo speaker mtg-<br>7 pm  | 28<br>Intergroup potluck<br>speaker mtg-6 pm                              |
| Central Oregon Speaker Meeting<br>District 5 GSR Meeting<br>District 5 Public Information Mtg<br>Intergroup Advisory Board Meeting<br>Intergroup IGR Meeting<br>Intergroup Potluck Speaker Meeting<br>La Pine Potluck Speaker Meeting<br>Madras Birthday Meeting<br>Redmond Potluck Speaker Meeting<br>Tuesday Speaker Meeting<br>Tumalo Speaker Meeting |     | Environmental Center<br>TEC<br>Bend Library<br>St. Charles Medical Center, Ponderosa Rm<br>St. Charles Medical Center, Sage R,<br>TEC<br>La Pine Park and Rec Building<br>St. Patrick's Church<br>Redmond Community Church<br>Nazarene Church<br>Fellowship Hall |  |     | 16 NW Kansas, Bend<br>469 Wall Street, Bend<br>Wall Street, Hutchinson Room, Bend<br>1253 NW Canal, Redmond<br>1253 NW Canal, Redmond<br>469 Wall Street, Bend<br>16405 1/2 1st Street, La Pine<br>Madison & J Street, Madras<br>10 & Cedar, Redmond<br>1270 NE 27th, Bend<br>Bruce Avenue, Tumalo |   |



# MARCH

# 2009

| Sun   | Mon | Tue  | Wed  | Thu | Fri   | Sat   |
|---|-----|--|--|-----|---|---|
| 1   | 2   | 3<br>Tuesday night<br>AA<br>Speaker mtg-7 pm   | 4  | 5   | 6<br>CO speaker mtg-<br>7 pm<br>Tumalo speaker<br>mtg-7 pm  | 7<br>Redmond pot-<br>luck, speaker<br>mtg—6 pm<br>Speaker, Eldrit<br>from Redmond |
| 8<br>District 5 GSR<br>mtg 4 pm   | 9   | 10   | 11   | 12  | 13<br>Tumalo speaker<br>mtg-7 pm  | 14  |
| 15  | 16  | 17<br>Madras birthday<br>Mtg-7:30 pm   | 18<br>La Pine potluck/<br>speaker mtg-6 pm | 19  | 20<br>CO speaker mtg-<br>7 pm<br>Tumalo speaker<br>mtg-7 pm   | 21  |
| 22<br>Intgr advisory<br>Board mtg-5 pm<br>Intergroup IGR<br>mtg-5:30 pm   | 23  | 24   | 25   | 26  | 27<br>Tumalo speaker<br>mtg-7 pm  | 28<br>Intergroup<br>potluck speaker<br>mtg-6 pm                                   |
| 29  | 30  | 31   |  |     |   | 31  |
| Central Oregon Speaker Meeting<br>District 5 GSR Meeting<br>Intergroup Advisory Board Meeting<br>Intergroup IGR Meeting<br>Intergroup Potluck Speaker Meeting<br>La Pine Potluck Speaker Meeting<br>Madras Birthday Meeting<br>Redmond Potluck Speaker Meeting<br>Tuesday Speaker Meeting<br>Tumalo Speaker Meeting |     | Environmental Center<br>TEC<br>St. Charles Medical Center, Ponderosa Rm<br>St. Charles Medical Center, Sage Rm<br>TEC<br>La Pine Park & Rec Building<br>St. Patrick's Church<br>Redmond Community Church<br>Nazarene Church<br>Fellowship Hall |  |     | 16 NW Kansas, Bend<br>469 Wall Street, Bend<br>1253 NW Canal, Redmond<br>1253 NW Canal, Redmond<br>469 Wall Street, Bend<br>16405 12 1st Street, La Pine<br>Madison & J Street, Madras<br>10 & Cedar, Redmond<br>1270 NE 27th, Bend<br>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

### **INTERGROUP POSITIONS FILLED**

Thanks go to Bill L for stepping up to take the position of potluck chair. This position is for two years and takes a lot of hard work and planning, so if you get a request from Bill to help, please try to.

Our new schedules chair is Bruce H. We'll depend on Bruce to add new meetings and delete old meetings; make changes in time and place. Bruce is responsible for quarterly distribution of schedules. If you know of any meeting changes/deletions/additions, please contact Bruce at:  
geehaw@peak.org or 541.207.2185, or Mikey at Central Office.

### **DISTRICT 5 PUBLIC INFORMATION (P.I.)**

#### **COMMITTEE MEETING:**

Do you know how easy it is to anonymously carry the message of recovery to the still suffering alcoholic? We carry the message by getting in touch with the media, schools, industries, and other organizations which can convey the purpose of A.A. and what it can do for alcoholics. As always, "Our public relations policy is based on attraction rather than promotion."

As our co-founder, Bill W., wrote: "Public Information takes many forms - the simple sign outside a meeting place that says "A.A. meeting tonight;" listing in local phone directories; distribution of A.A. literature; and radio and television Public Service Announcements (PSAs). Whatever the form, it comes down to "one drunk carrying the message to another drunk," whether through personal contact or through the use of third parties and the media."

Please come to learn more about P.I. and how you can be of service. It can be as easy as dropping off schedules at a school or doctor's office.

**Saturday, February 21, 11:00 - noon  
At the Bend Library in the Hutchinson  
Room (upstairs)**

If you are interested and/or can't make the meeting, please call Gwenn 541.948.9633.

## **FEBRUARY SOBRIETY MILESTONES**

### **ATTITUDE ADJUSTMENT**

|          |          |          |
|----------|----------|----------|
| Kathi C  | 02/03/88 | 21 Years |
| Mike A   | 02/06/06 | 3 Years  |
| Paul G   | 02/08/08 | 1 Year   |
| Chris I  | 02/12/92 | 17 Years |
| Susan G  | 02/14/04 | 5 Years  |
| Sherry L | 02/24/04 | 5 Years  |

### **PRIMARY PURPOSE**

|         |          |         |
|---------|----------|---------|
| Susan H | 02/14/03 | 6 Years |
|---------|----------|---------|

### **REDMOND REBELS**

|         |          |         |
|---------|----------|---------|
| Ashley  | 02/12/07 | 2 Years |
| Roberto | 02/15/07 | 2 Years |

### **SAFE HARBOR**

|          |          |          |
|----------|----------|----------|
| Beth A   | 02/25/08 | 1 Year   |
| Pattie O | 02/18/94 | 15 Years |
| Terry P  | 02/03/08 | 1 Year   |
| Toni G   | 02/23/07 | 2 Years  |

### **STEP SISTERS**

|         |          |        |
|---------|----------|--------|
| Julie H | 02/29/08 | 1 Year |
| Kayla A | 02/19/08 | 1 Year |
| Molly S | 02/02/08 | 1 Year |

### **STEPS TO SOBRIETY**

|           |          |          |
|-----------|----------|----------|
| Richard D | 02/14/99 | 10 Years |
| Tom W     | 02/28/86 | 23 Years |
| Sandy W   | 02/28/82 | 27 Years |
| Tony C    | 02/23/07 | 2 Years  |

### **THE MADRAS OASIS GROUP**

|           |          |          |
|-----------|----------|----------|
| Evron S   | 01/13/83 | 26 Years |
| Carl C    | 02/25/96 | 13 Years |
| Rudolfo B | 02/25/04 | 5 Years  |
| Marie M   | 02/03/07 | 2 Years  |

### **THURSDAY MEN'S BOOK STUDY**

|       |          |          |
|-------|----------|----------|
| Jim B | 02/02/75 | 34 Years |
|-------|----------|----------|

### **WE'RE NOT A GLUM LOT**

|           |          |          |
|-----------|----------|----------|
| Les G     | 02/22/82 | 27 Years |
| Mike S    | 02/22/94 | 15 Years |
| Steve D   | 02/26/07 | 2 Years  |
| Tiffany L | 02/08/08 | 1 Year   |

THE INTERGROUP CHAIR position has not been filled. If you are interested in this position, call:  
Mark S at 541.325.1726 or  
Mikey at Central Office.

## **2009 Calendar of Events**

**March 21 St. Patties Day  
Corn Beef (Prineville)**

**May 2 Cinco de Mayo Dance**

**June 20 Beginning of Summer  
Cline Falls Picnic**

**June 12-14 Ochoco Group  
Campout**

**July 10-12 Hee Hee Long  
House Campout**

**July 24-26 Suttle Lake  
Campout**

**Aug 13-16 Newberry Crater  
Paulina Campout**

**Sept 19 End of Summer Cline  
Falls Picnic**

**Oct 30/31 Family Halloween  
Party with COFH**

**Dec 31 New Year's Dinner  
and Dance**

*(please note that some of these dates  
may be subject to change)*

**Kevin K. 610-3060**

**Kim A. 420-9722**

**Linda R. 923-8626**

**Mark L. 447-1577**

**Lurlyne B. 504-1343**



# TREASURER'S REPORT\*\*

Submitted by Dennis C.

## Treasurer's Report Central Oregon Intergroup 2009

16-Dec  
to  
15-Jan

### INCOME

|  |                 |
|--|-----------------|
| Group Donations                            | 953.00          |
| Book & Coin Sales                          | 1,651.65        |
| Newsletter                                 | (10.44)         |
| Potluck                                    | (500.00)        |
| Entertainment                              | -               |
| Interest Income                            | 3.10            |
| <b>Total Donations and Interest Income</b> | <b>2,097.31</b> |

### EXPENSES

#### General Checking

|  |                 |
|--|-----------------|
| Rent                                   | 245.00          |
| Advertising                            | -               |
| Phone                                  | 170.06          |
| Hotline                                | -               |
| Newsletter                             | 150.00          |
| Purchases                              | -               |
| Postage & Office Expense               | -               |
| Management Fee                         | 800.00          |
| Bank Charges                           | -               |
| Web Site                               | -               |
| Other/Misc ( )                         | 18.17           |
| Adjustment                             | -               |
| Schedules                              | -               |
| Portland Area                          | -               |
| Alano Club Rent                        | -               |
| <b>Total General Checking Expenses</b> | <b>1,383.23</b> |

#### Office Account

|                              |              |
|------------------------------|--------------|
| Office Supplies              | 28.44        |
| Postage                      | -            |
| Hotline                      | -            |
| Purchases                    | -            |
| Other                        | -            |
| <b>Total Office Expenses</b> | <b>28.44</b> |

#### Net Revenue/Month

**685.64**

### TRANSFERS

#### General Checking

|   |          |
|---|----------|
| Deposits IN by Office                   | -        |
| Transfers (OUT) to Office               | -        |
| Transfers IN from Savings               | -        |
| Transfers (OUT) to Savings              | -        |
| <b>Total General Checking Transfers</b> | <b>-</b> |

#### Savings (prudent reserve) Account

|                                |          |
|--------------------------------|----------|
| Transfers IN                   | -        |
| Transfers (OUT)                | -        |
| <b>Total Savings Transfers</b> | <b>-</b> |

#### Office

|                               |          |
|-------------------------------|----------|
| Transfers IN                  | -        |
| Transfers (OUT)               | -        |
| <b>Total Office Transfers</b> | <b>-</b> |

#### Petty Cash

|                                   |          |
|-----------------------------------|----------|
| Transfers IN                      | -        |
| Transfers (OUT)                   | -        |
| <b>Total Petty Cash Transfers</b> | <b>-</b> |

### Cash Reconciliation

|                                 |                  |
|---------------------------------|------------------|
| Beginning Balance from 12/15/08 | -                |
| Treasurer's Book Balance        | 2,302.17         |
| Prudent Reserve Account         | 5,012.69         |
| Manager's Book Balance          | 1,150.00         |
| Petty Cash                      | 25.00            |
| Potluck Balance                 | 81.90            |
| Entertainment Balance           | 3,276.59         |
| <b>Total Cash on Hand</b>       | <b>11,848.35</b> |

## DONATING GROUPS 2009 Group

16-Dec  
to  
15-Jan

|                                 |               |
|---------------------------------|---------------|
| 24 and Alive                    | 45.00         |
| ABC Group                       |               |
| All Groups Speaker Mtg.         |               |
| Anna Nimatee                    |               |
| As Men See It                   |               |
| Attitude Adjustment             | 277.98        |
| Back to the Big Book            |               |
| Burning Desires                 |               |
| Burns Group                     |               |
| Central Oregon Speakers Mtg.    |               |
| Crescent Meeting                |               |
| Crooked River Ranch             |               |
| Eastside Early Risers           | 290.00        |
| First things First              |               |
| Heppner Miracles                |               |
| Linda R. 12 yrs                 |               |
| Living in the Solution          | 16.00         |
| Madras Group                    |               |
| Make My Day                     |               |
| Meeting in Between              |               |
| Men's Book Study                |               |
| Men's Stag Meeting              |               |
| Mill Creek                      |               |
| Monday/Wednesday 5:30           |               |
| New Beginnings                  |               |
| New Horizon                     | 39.48         |
| Not a Glum Lot                  |               |
| Open Hand Fellowship            |               |
| Out to Lunch Bunch              |               |
| Primary Purpose                 | 23.68         |
| Redmond Rebels                  |               |
| Rule 62 Group                   |               |
| Safe Harbor                     | 43.14         |
| Saturday Morning Alive          |               |
| Saturday Nite Live              |               |
| Saturday Nite Living Sober      |               |
| Sisters High Noon               |               |
| Sisters Saturday                |               |
| Sisters Group                   |               |
| Sober Desire                    |               |
| Sober Sunday                    |               |
| S.O.S.                          | 20.00         |
| Spiritual Awakening             |               |
| Spiritual Breakfast             |               |
| Springriver Book Study          |               |
| Step Sisters                    | 197.72        |
| Steps to Freedom                |               |
| Steps to Sobriety               |               |
| Sunday Serenity                 |               |
| Sunriver Open Group             |               |
| The Nooner-Redmond              |               |
| Tuesday Nite AA-Bend            |               |
| Tuesday Nooner                  |               |
| Thursday Women's                |               |
| Tumalo Friday Night             |               |
| Warm Springs Groups             |               |
| Wed. Living Sober               |               |
| Wednesday Stag Meeting          |               |
| WFS                             |               |
| Women for Serenity              |               |
| Women at Work                   |               |
| Anonymous                       |               |
| COF                             |               |
| District 5 - AFG Donations      |               |
| Potluck                         |               |
| Entertainment                   |               |
| <b>Intergroup 7th Tradition</b> |               |
| <b>Total Contributions</b>      | <b>953.00</b> |

\*\*January's Treasurer's report was presented at the monthly intergroup meeting but was not approved yet.



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