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Volume 09 Issue 5

MAY 2009

"We cannot solve our problems in the same frame of mind that created it."
Albert Einstein



How many vain attempts to quit, or try it on my own? Following a year or so of meetings, I was still doing it my way. My rebelliousness was alive and well because I was so unique. The one suggestion that I did follow from the big book was to try control drinking. I convinced myself that I was outwardly successful in controlling my drinking, but inwardly I was absolutely miserable. Living in the secrecy of my disease, I didn't know how to understand my feelings or know what I needed. That is when I became familiar with the gift of desperation. That is when the courage to change finally overpowered the fear of staying in my head.

"So much of my thoughts, words and actions are gifts of the program. Through working the steps, my words and actions are consistent with a life of which I am proud."

When I got honest and admitted that I had drank (but in fact, had been drinking), a wise person asked a simple question: "Why didn't you call someone?" Why indeed? Picking up the phone had not occurred to me. I know now that it is far easier to make the calls *before* I need to. Keeping connected for me means more than just going to meetings. It is having a sponsor – and calling on a regular basis.

Knowledge did not get me sober, nor will it keep me sober. I knew plenty, so I thought. Slowly but surely, I finally became teachable. So much of my thoughts, words and actions are gifts of the program. Through working the steps, my words and actions are consistent with a life of which I am proud. My thoughts may still try and convince me otherwise, but I have learned to not follow those thoughts. I had always desired to stop drinking. It just took the miracle "as a result of these steps" to stay stopped.

Submitted by Gwenn W

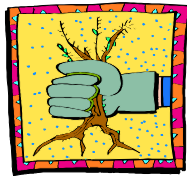
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Bend, OR 97708

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

Food for Thought



As I look outside and observe the changing season, the miracle of life is visible everywhere, from the buds of the trees to the birds singing the song of spring. For me, recovery reminds me a lot of my little garden. If I don't tend to it, it will grow wild and be filled with weeds.

It is not exactly easy to grow a vegetable garden in Central Oregon, but like recovery, it can be done if you follow certain steps and suggestions. And it really helps to work with others who have done it successfully before.



"Turning my will and life over to the care of God, as I understand him, is like turning over the soil and trusting that good things will come, if I work for them."

To begin with, I had to accept my situation. My little plot was unmanageable, neglected and full of weeds. It was necessary to cultivate and feed the soil, trusting that my efforts could and would produce positive results. Turning my will and life over to the care of God, as I understand him, is like turning over the soil and trusting that good things will come, if I work for them.

Removing those pesky little weeds was like doing a fourth and fifth step. Unless I removed them by the roots, they were bound to come back. I had to be willing to let go. If I didn't pay attention, they would again take over and dominate the healthy food and plants that I desired in my garden. Sometimes it is hard to recognize what is a weed and what I should keep. Better to ask an experienced gardener (or sponsor) than just guess.

While living sober, I get to choose what seeds I want to plant, nurture and grow in my life. An important ingredient of a bountiful garden is fertilizer. Meetings can be a great way to feed the soil of my recovery. If something is missing and I am lacking growth, I can usually find the inspiration I need from new comers and old timers alike. I just need to be willing to let go of old ideas that no longer work or serve a purpose (steps six and seven).

Pruning and thinning out a garden is as important as doing the eighth and ninth step. Last year, I focused on the quantity of my vegetables which diminished the quality of my crop. The directions clearly said to plant only so many and so far apart and to thin out the extras so the others could thrive. My old "more is better" voice thought it knew better and I now know from experience that pruning and forgiving is necessary for healthy growth.



Despite all the work and preventative measures, weeds return and like a tenth step are best dealt with immediately. It was my responsibility to keep my garden clean and healthy. There are many forces of nature that come our way in the course of life. Prayer and meditation help to create a great consciousness, peace and direction. If you've ever tried to grow a garden, undoubtedly you've relied on prayer for protection. Improving that conscious contact is similar to providing the water needed and soaking up the natural and consistent strength of the sun. Also, resting at night cannot be overlooked as a vital ingredient.

I know very little about gardening and trust so much in God's natural process to pollinate a little seed into something that can nourish me and be shared with others. Working with others is a gift that I get to both give and receive. Gardens, like recovery, require attention, care and dedication. When the seasons change, you get to start anew and continue to grow in the sunlight of the spirit.

Submitted by Gwenn W



Ham on Wry

NERVOUS ABOUT HEARING HIS FIRST FIFTH STEP, a young priest asked an older priest to sit in on the session. After the AA member had described a few of his experiences, the older priest motioned the young one to step out into the hall.

"Cross your arms over your chest and rub your chin with one hand like this," the older priest directed him. The young priest tried it. "Good," said the older priest. "Try saying 'I see. Yes, go on.' And, 'I understand. How did you feel about that?'" The young priest complied. "Now don't you think that's a little better than slapping your knee and saying, 'No way! What happened next?'"

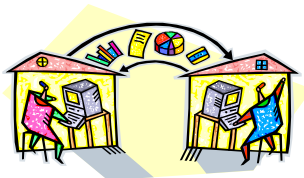
Reprinted by permission from *The Grapevine*
Shirlene H.
Bountiful, New Hampshire

Cover Photos by Joyce Fort Rock; Tumalo Falls



E-MAIL ETIQUETTE

Recently questions were raised by a member of Step-Sisters (Mondays, 7:00 pm, TEC, women's meeting) the proper way to use a group e-mail list. Questions such as *"Are we prohibiting all personal invitations using the email addresses emanating from the Step-Sisters' list? Or are we only prohibiting invitations sent out for personal profit? What about donations for un-related non-profit groups? What about sending out solicitations for our businesses in general?"*



These are great questions, and we assume other groups probably had some of the same questions. These guidelines were written by the Step-Sisters current secretary and long-time member, Debra S.

E-mail Lists are to be used for AA-related purposes such as:

1. a. AA-related events (Round-Ups, Conventions, Alka-thons, Workshops)
b. AA social functions (Dances, Potlucks, Sobriety Celebrations, Memorial Services)
c. Anything that affects our AA groups or our sobriety.
2. E-Mail Lists are not to be used for: product/home party invitations like Tupperware parties, solicitations, non-profit organization news (other than AA), jokes, forwards, individual business newsletters or any other unsolicited e-mails.
3. Make a clear-cut policy for your group about your e-mail distribution lists and include it in your meeting announcements.
4. If you receive an inappropriate or unsolicited e-mail, return it to the sender and ask that they not send any future e-mails, unless they're AA related.
5. If you don't want any unsolicited e-mails, don't put your e-mail address on a group list.
6. Use good judgment whenever you send out an e-mail. Just because you find something interesting doesn't mean everyone else necessarily will.
7. The 6th Tradition is pretty clear on this even though Bill W. didn't use e-mail at that time!

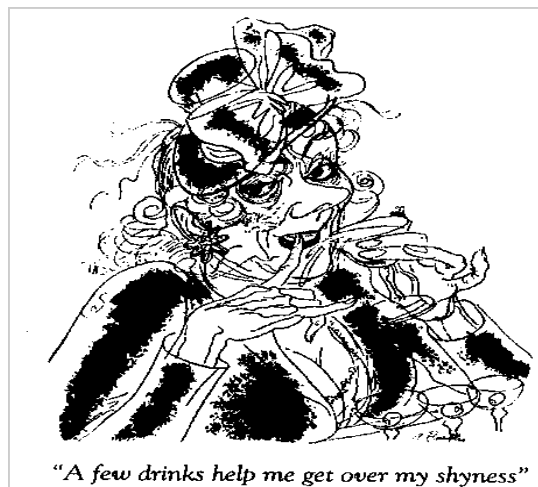
Comments on this article or any others in the Conscious Contact can be e-mailed to: connayr@hotmail.com.



More e-mail suggestions....from an e-mail from Chris N

- Be appropriately considerate and courteous in your communications. Take care with the use of capitals, italics and exclamation points!
- Speak for yourself only.
- Use a subject line when possible.
- Delete what is unnecessary.
- Reply to e-mail to acknowledge receipt of e-mail.
- Getting attached. Make sure to mention the attachment in the e-mail.
- Use bc's and cc's when appropriate.
- Do not answer if you are in H.A.L.T. mode.— hungry, angry, lonely or tired.

These are a few **suggestions only**. Each AA group needs to have their own set of guidelines and abide by them.



Cartoon reprinted with permission from The Grapevine

New Position for District 5

Archives do not only preserve our sense of history but help us not to reinvent the wheel all of the time. (Not that that will ever stop completely...what fun would that be?) It also engages and inspires the members who read them. I remember fondly the wonder and enthusiasm that I felt reading Dr. Bob and the Good Old Timers, Pass it On, and AA Comes of Age.

The following are suggestions for what an archivist would actually be responsible for:

- Gather
- Organize
- Catalogue
- Preserve
- Inform

Display
Present
Pass it on
Make it available to the body

Call Chris N, 318.8908

Submitted by Chris N.



MAY

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	2 Redmond potluck, speaker mtg-6 pm;
3	4	5 Tuesday night AA Speaker mtg-7 pm	6	7	8 Tumalo speaker mtg-7 pm	9
10 District 5 GSR mtg 4 pm	11	12	13	14	15 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm Spring Fling	16
17	18	19 Madras birthday Mtg-7:30 pm	20 La Pine potluck/ speaker mtg-6 pm	21	22 Tumalo speaker mtg-7 pm	23 Intergroup potluck speaker mtg-6 pm, As Men See It, Bend host
24 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	25	26	27	28	29 Tumalo speaker mtg-7 pm	30 7th Tradition Workshop, 12:00 noon
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 Seventh Tradition Workshop Spring Fling Tuesday Speaker Meeting Tumalo Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Park & Rec Building St. Patrick's Church Redmond Community Church St. Helen's Hall Sons of Norway Nazarene Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond Across from TEC, Bend 549 NW Harmon Blvd, Bend 1270 NE 27th, Bend Bruce Avenue, Tumalo	

Conscious Contact Subscription / Address Change Form (Please Print)

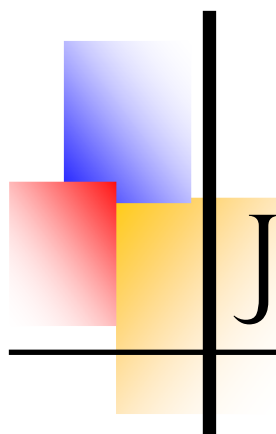
Name: _____

Address: _____

City, State, Zip: _____

Check ☐ Renewal ☐ New Subscription ☐ Address Change

Subscription Rates: One Year \$10.00 Two Years: \$18.00
 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



JUNE

2009

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 Ochoco Campout	13 Ochoco Campout
14 District 5 GSR mtg 4 pm Ochoco Campout	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 Summer Picnic
21	22	23	24	25	26 Tumalo speaker mtg-7 pm	27 Intergroup pot- luck speaker mtg- 6 pm
28 Intergroup advi- sory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	29	30				
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 Ochoco Campout Redmond Potluck Speaker Meeting Summer Picnic Tuesday Speaker Meeting Tumalo Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Park & Rec Building St. Patrick's Church See flyers Redmond Community Church Kline Falls Nazarene Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras See flyers 10 & Cedar, Redmond Kline Falls 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.

A DEFINITION OF OPEN/CLOSED MEETINGS

A continuation of this topic from last month's *Conscious Contact*.

From: Information on Alcoholics Anonymous (a PI/CPC sheet)

Paragraph titled: *What Does A.A. Do?*
Item #3 This program is discussed at A.A. Group meetings.

- Open speaker meetings — open to alcoholics and non-alcoholics. (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members "tell their stories." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.
- Open discussion meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up. (Closed meetings are for A.A.s or anyone who may have a drinking problem.)
- Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A.s only.

Our thanks, again, to Kathi C for submitting this information on the question of, "What is an Open and/or Closed meeting?"

MEETING

ADDITIONS/DELETIONS

Cancellation, Burns, Saturday, 7:00 pm.

7th Tradition Workshop

Saturday, May 30, 12:00—2:00 p.m., St. Helen's Hall. The theme of workshop is PIES and PIE CHARTS. See flyers for further information.

APRIL SOBRIETY MILESTONES

ATTITUDE ADJUSTMENT

John S	05/06/06	3 Years
Steve P	05/09/05	4 Years
Kim A	05/14/06	3 Years
Jennifer C	05/15/90	19 Years
Jim L	05/20/02	7 Years
Carlos W	05/23/89	20 Years

MADRAS OASIS

Darlene	05/07/07	2 Years
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MENS BOOK STUDY

Dennis P	05/10/03	6 Years
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NOT A GLUM LOT

Amy F	05/03/07	2 Years
Catherine R	05/07/96	13 Years
Christine C	05/13/94	15 Years
Debbie R	05/09/95	14 Years
Jennifer C	05/15/90	19 Years
John T	05/05/07	2 Years
Marie M	05/15/83	26 Years
Naomi H	05/17/86	23 Years
Reed	05/31/97	12 Years
Susie	05/28/03	6 Years

REDMOND REBELS

Tom	05/10/00	9 Years
Reed	05/31/97	12 Years

STEP SISTERS

Sue M	05/20/07	2 Years
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STEPS TO SOBRIETY

Shelia	05/13/08	1 Year
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THURSDAY WOMEN'S NOON

Shery	05/01/04	5 Years
Kathryn R	05/07/96	13 Years
Debbie R	05/09/95	14 Years
Marie M	05/10/83	26 Years
Cassie	05/12/08	1 Year
Christine C	05/13/94	15 Years
Kim A	05/14/06	3 Years
Jennifer C	05/15/90	19 Years
Naomi H	05/17/86	23 Years
Sue M	05/20/07	2 Years
Suzanne	05/29/80	29 Years

Having a workshop?? A potluck/speaker announcement? Group birthdays? Please send info to: connayr@hotmail.com.

Upcoming Events

May

Spring Fling Dance, Friday, May 15, Bend Community Center, 8:30—11:30 pm. \$5 per person, at door, snack and coffee included. *Dance with Rick the D.J*

For more info:

Kevin K—610.3060

Sarah R—408.4080

Mark L—350-5194

Lurlyne B—504-1343

Linda R—923-8628



June

Ochoco Campout, June 12—14. For more information, see flyers or contact: Kevin K—610.3060

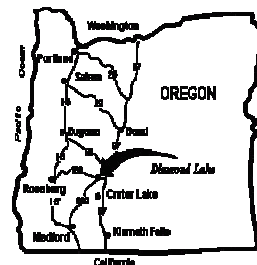


Summer Picnic, June 20. Cline Falls, for more information, see flyers.



July

Men's Group Campout, July 10—12, Diamond Lake. As Men See It, Thursday night AA group from Bend is hosting the camp out. For more info: Scott M—815.5504



TREASURER'S REPORT
Submitted by Dennis C.

Treasurer's Report	16-Mar
Central Oregon Intergroup	to
2009	15-Apr
INCOME	
Group Donations	1,306.04
Book & Coin Sales	2,583.35
Newsletter	(19.24)
Potluck	(20.00)
Entertainment	-
Interest Income	2.47
Total Donations and Interest Income	3,852.62
EXPENSES	
General Checking	
Rent	245.00
Advertising	34.13
Phone	172.94
Hotline	-
Newsletter	150.00
Purchases	174.10
Postage & Office Expense	-
Management Fee	800.00
Bank Charges	-
Web Site	-
Other/Misc ()	-
Adjustment	-
Schedules	-
Electricity	55.88
Alano Club Rent	-
Total General Checking Expenses	1,632.05
Office Account	
Office Supplies	20.24
Postage	56.48
Hotline	-
Purchases	2,546.38
Other	-
Total Office Expenses	2,623.10
Net Revenue/Month	(402.53)
TRANSFERS	
General Checking	
Deposits IN by Office	-
Transfers (OUT) to Office	2,638.38
Transfers IN from Savings	-
Transfers (OUT) to Savings	-
Total General Checking Transfers	2,638.38
Savings (prudent reserve) Account	
Transfers IN	-
Transfers (OUT)	-
Total Savings Transfers	-
Office	
Transfers IN	2,638.38
Transfers (OUT)	-
Total Office Transfers	2,638.38
Petty Cash	
Transfers IN	-
Transfers (OUT)	-
Total Petty Cash Transfers	-
Cash Reconciliation	
Treasurer's Book Balance	866.57
Prudent Reserve Account	5,015.16
Manager's Book Balance	1,230.00
Petty Cash	75.00
Potluck Balance	11.57
Entertainment Balance	2,390.62
Total Cash on Hand	9,588.92

DONATING GROUPS	16-Mar
2009	to
Group	15-Apr
24 and Alive	45.00
ABC Group	
All Groups Speaker Mtg.	
Anna Nimatee	
As Men See It	
Attitude Adjustment	
Back to the Big Book	171.05
Burning Desires	
Burns Group	
Central Oregon Speakers Mtg.	
Crescent Meeting	
Crooked River Ranch	
Eastside Early Risers	
Easy does it	50.00
First things First	
Going to Any Lengths	47.00
Heppner Miracles	200.00
Linda R. 12 yrs	
Living in the Solution	5.85
Madras Group	
Make My Day	66.53
Meeting in Between	
Men's Book Study	150.00
Men's Stag Meeting	
Mill Creek	
Monday/Wednesday 5:30	
New Beginnings	
New Horizon	111.86
Not a Glum Lot	
Open Hand Fellowship	
Out to Lunch Bunch	
Primary Purpose	12.70
Redmond Rebels	
Rule 62 Group	
Safe Harbor	17.32
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	96.00
Springriver Book Study	
Step Sisters	
Steps to Freedom	
Steps to Sobriety	87.20
Sunday Serenity	
Sunriver Open Group	140.00
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	85.53
Women for Serenity	
Women at Work	
Anonymous	
COF	
District 5 - AFG Donations	
Potluck	
Entertainment	
Intergroup 7th Tradition	
Total Contributions	1,306.04



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