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Step 12

Having Had a Spiritual Awakening as a Result of These Steps, We Tried to Carry This Message to Alcoholics, and to Practice These Principles in All Our Affairs

I spent the month of November being grateful. Grateful for all the gifts that the program and the fellowship of Alcoholics Anonymous has given me. Now that December has arrived, it is time for us to give back what has so freely been given to us. We can give hope to another alcoholic that still suffers. We can offer an easier, softer way. We can suggest steps that build a foundation that allows us to never have to pick up a drink again. We can offer a textbook that has a design for a happy, joyous, and alcohol free life. This all begins in step twelve.

I really didn't understand the concept of a spiritual awakening when first arriving in the rooms of Alcoholics Anonymous. My awakening, however, started at step one. I was powerless over alcohol, and my life had become unmanageable. My drinking pattern had proved this. The fact is that I was insane by trying to control my drinking. My ego convinced me to continue years of research proving that my will was greater than God's will for me.

My sponsor suggested that I turn my will and my life over to the care of God as I understood him. I wasn't really sure what this meant, but I made a decision to do it anyway. I had nothing else to lose. Taking my inventory made me accountable for my own actions. I could no longer blame others for why I drank, the way I drank, or the ensuing problems directly related to my drinking.

I was awakened by humility. I was far too proud and arrogant in my early days of sobriety to learn anything from Alcoholics Anonymous. After all, I was the one with the right answers. I was wrong. However, I was not prompt in admitting it.

Today, I like to let things happen, instead of making them happen. I no longer worry. I no longer enjoy conflict. I no longer expect things in return. I live in, and enjoy each moment. I feel connected with others. I have no interest in judging myself, or others. And for once in my life, I am no longer afraid to ask for help, I seek it out.

The core principle behind the twelfth step is that once we've experienced the benefits of working the steps, we will want to continue to strengthen our own recovery by helping others and by doing service work. We can then continue to practice and live by the principles in our everyday lives. We may not notice the changes in ourselves instantly, but others will. —————>

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The fact remains, anyone can do twelfth step work. I doesn't take much recovery to make coffee, greet people, or to clean up after a meeting. Besides, it's the best way to get to really know people whether you're a newcomer, or you have years of sobriety. You can't really give what you don't have is not always true. Each and every one of us has a story, and every story is worth sharing. If I can tell my story at a meeting, and reassure a newcomer so they might find a little more hope to stick with the program, and keep coming back. And for me to hear a newcomer's story in order for me to remember how bad it was, believe it or not, that is twelfth step work in itself.

I remember hearing "you've got to give it away in order to keep it." I didn't understand this concept either at first. After being in the program for awhile, I began to feel the gratitude, I was overwhelmed by the gifts, and by what others had so freely given of themselves to me. I began to realize how helping others revitalized and strengthened my own recovery. I need to help others as much for my own recovery as for their recovery as well.

A spiritual awakening is very different for each of us. The changes I have finally found in myself after working the steps have been deep and positive changes in the way I look at things and in the way I react to life. I am able today to live life on life's terms. I have gone from dependence to freedom. I am now able to let go, and find peace even when everything seems to be going in the opposite direction. I no longer have to try and control everything by myself, I now have the help of God and the fellowship of Alcoholics Anonymous.

Brent H.

Bend, OR



Keep It Simple

AA is sometimes called a simple program for complex people. This slogan reminds us to remember the basics: Don't drink. Go to AA meetings. Do the next right thing. Our problems can be solved one step at a time, one day at a time.

Free Sobriety Insurance

Service to alcoholics and to AA is a vital part of what keeps us sober. Through service, we find ourselves in the middle of AA, surrounded by the fellowship and other willing and happy servants. Being in the middle keeps us safe from ourselves, safe from apathy, safe from drifting away. We no longer feel we are not "a part of," because we are working with others and for others. We belong! We make new friendships with sober members, learn from them, and enjoy a new dimension of fellowship. It's a long way from the middle of AA to the edge or to the outside of AA. And after being of service for a while, we no longer want to be anywhere else!

In addition to the service positions available in meetings, working with others can take many forms. Here is a list of a variety of upcoming positions that are available to anyone who wants to support their program with service work.

Intergroup Representatives

This position requires attending a meeting the 4th Sunday of every month 5:30-6:30pm to provide input and gain information to report back to your home group – a home group/inter group liaison service position. Meetings are currently held at TEC in Bend. Requirement: 1 year sobriety – check with your home group for open positions.

Intergroup Board Positions

The following positions are available beginning in January. Voting into the position will occur at the Dec 27th Intergroup Meeting.

Vice President, Treasurer, Website Administrator, Advisory Board, Potluck Coordinator, Hotline Coordinator and Treasurer for the Entertainment Committee

All require 2 years of sobriety and are 2 year terms with the exception of the Potluck Coordinator-it is a 1 year term).

Entertainment Committee

Like to party? Have a great idea for getting together with other alcoholics? This is the committee for you. Help plan upcoming dances, campouts, get togethers, etc. for next year. Meetings are held monthly and your help is desperately needed! Contact Entertainment Chair: Kevin K at 541.610.3060 for meeting times and location.

Secure your Sobriety NOW
and volunteer for one
of these positions.
Stay connected within our community!

12 Holiday Survival Ideas

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

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

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

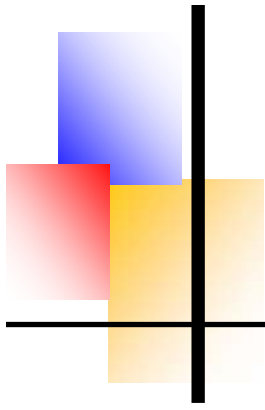
1. Don't drink. Sounds obvious...sounds basic. It is both. Don't drink...even if your jingle bells are falling off. And our next eleven tips will, we hope, help make this first and all-important tip a bit easier.
2. Get to as many meetings as possible. Be on the lookout for Christmas and New Year's Alka-Thons, day- [and night-] long runs of meetings...all in one place. Show up. Participate.
3. Got a cell phone? Load it up with speed-dial sobriety: sponsors and AA friends. Those numbers will come in mighty handy if you run smack into some serious holiday H-A-L-T or your alcoholic brain starts thinking, "Ooh...look at that pretty bowl of egg nog. Doesn't smell like there's anything bad in it." Time for some AA 9-1-1!
4. Don't isolate. Stay busy with other folks...plan lunches with Fellowship friends...or breakfasts...or dinners...or movies...or mix and match all of the above [and see #2 again: Alka-thons often include truly amazing quantities of great food and equally great camaraderie...and for sure there will be a big New Year's Eve sober celebration and dance].
5. Be of service. Right now would be a great time to sign up as a coffee maker, greeter, Hotline phone contact, chair setter-upper.
6. Holiday parties you simply can't avoid? Take your own car. Don't have a car or lost your license? Invite a sober friend to drive and go along. Then plan on arriving late and leaving early. As for holiday parties that could be slippery places for you and you really don't have to go...don't. "Thanks for thinking of me; I can't make it" is polite, friendly, and solves the problem.
7. Got the holiday blues or just plain cabin fever? Take a walk! Temperature hovering near zero? Did that stop you from getting out to the liquor store? Put on that parka and take that whirling dervish mind out for some fresh air. Take a friend...if you have one who'll go out walking with you in the dead of winter, you've got one more huge blessing to be thankful for!
8. Give! It is the season for giving. If you have it, kick in some extra bucks when 7th Tradition time comes around. And when you give, think outside the AA basket too. Check out a local toys-for-kids or feed-the-homeless effort. We talk...a lot...about service within the Fellowship but it's a principle Step Twelve reminds us to practice outside the rooms of AA as well.
9. Dig out a pencil and a pad of paper...or lay fingers on a keyboard...and...ready???...do a gratitude list! It's Christmas...count up the gifts of your sobriety. And speaking of pencil and paper: 'tis a good season for extra 4th Step work...taking stock as you hang your stocking!
10. Has a newcomer shown up in your home group recently? Have you given her/him your phone number? More than that, have you had a one-on-one conversation with that newcomer? Talk about a chance to give something of value in this season of giving...give yourself and get out of yourself all at once!
11. What does that number Eleven bring to mind? How about prayer and meditation? At this time of year, what better subject for meditation through the holidays than what this season is truly about: fellowship, sharing, giving, love. What better way to wrap up this list of things you might find useful as we head into the Christmas season than with a reminder of a prayer we say all the time at meetings...a prayer we can put to especially practical use when we run into the special challenges we all face during this very busy and often demanding time of year:

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

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

Submitted by Bruce Cummings/Attitude Adjustment Group/Bend

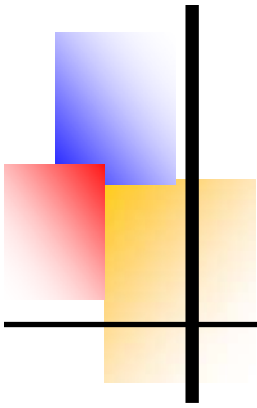




DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	5 Redmond potluck, speaker mtg—6 pm;
6	7	8 Tuesday night Speaker mtg-7 pm	9	10	11 Tumalo speaker mtg-7 pm	12
13 District 5 GSR mtg 4 pm TEC	14	15	16 La Pine potluck/speaker mtg-6 pm	17	18 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	19
20	21	22 Madras birthday Mtg-7:30 pm	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26
27 Intergroup Advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm; TEC	28	29	30	31 NEW YEARS EVE Dinner 7pm Dance 8:30pm See Pg 7 for info		
Bend Birthday Meeting 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		Trinity Episcopal Church Environmental Center TEC TEC TEC St. Helen's Room La Pine Park & Rec Building St. Patrick's Church Redmond Community Church Nazarene Church Fellowship Hall			469 NW Wall Street 16 NW Kansas, Bend 469 Wall Street, Bend 469 NW Wall Street, Bend 469 NW Wall Street, Bend Idaho Street, Bend 16405 12 1st Street, 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.



JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	2 Redmond pot- luck, speaker mtg—6 pm;
3	4	5 Tuesday night Speaker mtg-7 pm	6	7	8 Tumalo speaker mtg-7 pm	9
10 District 5 GSR Mtg 4 pm TEC	11	12	13 La Pine poluck/ speaker mtg-6 pm	14	15 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	16
17	18	19 Madras Birth- day Mtg-7:30 pm	20	21	22	23 Intergroup pot- luck speaker mtg-6 pm;
24 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	25	26	27	28	29 Bend Milestone Meeting 7pm Trinity Episcopal Church	30
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MEETINGS

ADDITIONS/CHANGES/DELETIONS

Location Changes:

Redmond Alano Club has **MOVED!**
337 West Antler
(corner of NW 4th and Antler)

La Pine—Tues/Thurs 7:00pm
AGAPE Fellowship
52460 Skidgel Rd (off Burgess)

Madras—Sunday 7:30pm
Jefferson Cty Library
Rodriguez Annex, 134 S. "E" (NSOP)

New Meetings:

Spanish Meeting
Bend—Wed 7-8:30pm
St. Francis Church 2450 NE 27th

Outlaw Step-Sisters
Sisters—Women's Step Study
Closed Meeting Noon-1:30pm
Sisters Coffee Co—Upstairs
273 W. Hood Avenue

Christmas Valley
Sobriety in the Desert
Tues/Thurs 5:00-6:00pm
Northlake County Clinic

Canceled Meetings:

Christmas Valley
Dry Oasis Group— Saturday 7:00pm

ATTENTION!!!!

INTERGROUP REPRESENTATIVES

Please attend December
Meeting on Sunday
Dec 27th at 5:30pm
TEC in Bend

Your vote is needed for
elections of board positions
that are currently open.
See page Two



DECEMBER Sobriety Milestones

Attitude Adjustment

Lori J	12/01/07	2 years
Shari A	12/01/86	24 years
Matt C	12/14/88	21 years
Brian K	12/21/05	4 years
Vance A	12/23/08	1 year
Kris KF	12/25/93	16 years

Sisters

Zoe	12/28/89	20 years
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Steps to Sobriety

Hans K	12/08/00	9 years
Annett C	12/31/96	13 years

Newsletter Announcements

The Conscious Contact newsletter
is looking for articles, news re-
garding workshops, potlucks,
meetings or anything else of in-
terest to fellow A.A. readers in
the Central Oregon area.

Please send any submissions to:
coanewsletter@aol.com.

**Deadline is the 3rd Monday of
each month .**

Thanks for your support!

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

ANNOUNCEMENTS

Holiday Gift Idea



2010 Grapevine
Calendars

What a great gift that
gives all year long!
Perfect for sponsor and/or spon-
see with a year full of beautiful
photography and inspirational
quotes.

\$10.00

For more info,
email anninbend@gmail.com



HOTLINE HELP NEEDED!!!

This time of year always
generates many opportunities
for service work.
Consider volunteering for
the Hotline.
Contact Pat R. 541.420.4741

Potlucks: See calendar on pages
4 and 5 for potlucks. And, remem-
ber, bring food to share while fel-
lowshipping.....



Keeping It Simple

Central Oregon Intergroup Entertainment Committee
Cordially Invites You to Come Join Us, And
Celebrate 2010



Thursday, December 31st 2009

@ Pine Forest Grange Hall

(63214 Boyd Acres Road, Bend, Oregon)

Dinner Starts @ 7:00 pm

Dance Starts @ 8:30 - 12:00 pm

Catered Dinner and Dance ~ \$25.00

(Limited tickets available)

Dance Only ~ \$10.00

(Unlimited tickets at the door)

Music By, D.J. ~ Rick Child !!

Kevin K. - 610-3060, Kim A. - 322-9700,
Heidi S. - 728-5463, Lurlyne B. - 504-1343



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