



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

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STEP ONE

The Spiritual Principle for Step One is HONESTY

Step One is the first of 3 decision steps.

While I was active in my alcoholic disease, honesty was not a spiritual principle I gave much thought to other than "I bought the last round, so this one is your turn" or "I did NOT say that about so and so (when I probably had)". My actions and behaviors were not honest. While I was hitting bottom and bouncing along I began to get a few moments of clarity – having a true glimpse of who I had become under the influence of alcohol. Life was not working the way I wanted it to, people were not behaving the way I wanted them to and none of it was my problem. DUH.

When my first sponsor brought me to my first meeting of Alcoholics Anonymous I felt safe, I felt comfortable sitting in a chair and not having to say anything, I heard the language of the heart but couldn't tell you the words of it. Step One is the only step we can work perfectly. The other eleven steps of the program of Alcoholics Anonymous are ideals to which we should strive toward.

The decision for Step One is *Do I want God's mercy or to continue with the merciless obsession?* After reading the Doctor's opinion in the Big Book of Alcoholics Anonymous, reading Step One in the Twelve by Twelve with my sponsor then looking at the unmanageability of my life and the consequences of my actions the decision became easier to make. I did not want the merciless obsession any longer. It took my several more weeks to read the complete first 164 pages of the Big Book of Alcoholics Anonymous then to have the head to heart drop to actually believe I was a real alcoholic.

Now, having many days and years of sobriety to reflect upon, Step One continues to serve me on a regular basis with the daily business of living even though alcohol has been out of the picture for some time. I can take ANY situation that I have allowed me to be in a state of restless, irritability and discontent and apply Step One followed by the rest of the steps and come to a place of freedom once again. —→

Intergroup Officers

CHAIRPERSON
Mark L.
541.447.1577

VICE CHAIRPERSON
Laurakay L.
aalaurakay@gmail.com
541.350.0150

SECRETARY
Mark S
541.325.1726

TREASURER
OPEN

ENTERTAINMENT CHAIR
Kevin K
541.610.3060
NEEDS Committee Help

NEWSLETTER CHAIR
Theo G.
541.419.5439
Rachel H
541.390.2708
coaanewsletter@aol.com

SCHEDULE CHAIR
Shari A.
541.420.9831
shariabell@hotmail.com

HOTLINE CHAIR
OPEN

POTLUCK CHAIR
Tom R.
ronerz@hotmail.com
541.330.3903

WEBSITE CHAIR
Corey
Contact Info to Follow

DISTRICT COMMITTEE
MEMBER
Kathi C. 541.280.6980

ADVISORY BOARD
COMMITTEE

Pat M 541.390.7225
Stan E 541.593.1407
Darla B 541.447-8055
Terri J Info to Follow

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

The steps continue to be a 'way of life' and I use them all regularly. At first I took the steps, learning to walk in sobriety and now I enjoy the dance of the steps and see which one applies at the moment. Cha-Cha, waltz or boogie down – 2010 will be a present to unwrap one day at a time and a dance to dance.

Kathi C.
Bend, OR



Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

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Practice These Principles . . .

Tradition One: *Our common welfare should come first; personal recovery depends upon AA unity.*

- Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
- Am I a peacemaker? Or do I, with pious pre-udes such as "just for the sake of discussion," plunge into argument?
- Am I gentle with those who rub me the wrong way, or am I abrasive?
- Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
- Am I as considerate of AA members as I want them to be of me?
- Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

December Intergroup Elections

A special thank you to the outgoing committee members who have fulfilled their service commitments for the last two years. These positions take a lot of hard work and dedication, while being in service to fellow members. However, I am sure that each of them will say that the rewards and gratitude far out weigh the amount of time devoted to each job.

Outgoing Intergroup Committee Members:

Vice Chairperson—Mike W
Treasurer—Dennis C
Hotline Chair—Pat R.
Potluck Chair— Bill L.
Website Chair—Laurakay L.
Advisory Committee Member—Sandi L.

Incoming Intergroup Committee Members

Vice Chairperson—Laurakay L.
Potluck Chair—Tom R.
Website Chair—Corey
Advisory Committee Member—Terry J.

OPEN Positions

to be Voted on at January 31st Meeting

Treasurer
Hotline Chair

Each of these positions is vitally important to our Intergroup Committee and requires a minimum of two years of sobriety and is a two year commitment. If you are interested, please contact Chairperson, Mark L at 541.447.1577 for further information.

BEING OF SERVICE = STAYING SOBER!!!

ON A LIGHTER NOTE.....



Alcoholic Alzheimers is a kind of dementia that can be experienced by alcoholics where we forget everything EXCEPT our resentments.

Alcoholics Anonymous does not work in theory— It only works in practice!

Your mind is like a bad neighborhood— you should never go there alone.

***God grant me the laughter
To help me see the past with perspective,
Face the future with hope,
And celebrate today—
Without taking myself too seriously.***



You Can Do It - One Day at a Time

ns

You Make a Start

You have just made what is possibly the most important decision of your life. You've taken Step One and said to yourself, "Yes, I'm powerless over alcohol. My life is unmanageable. I can't stop drinking, and I want help."

In order to stop drinking, and stay stopped, there are a few simple principles that you will need to apply to your life: AA's program of recovery as outlined in our Twelve Steps. They can work as effectively for you as they have worked for countless others. Here are some additional suggestions which we feel can be helpful to you on your path to recovery.

Live One Day at a Time

AA is a "one day at a time" way of living. We try to break life into small pieces that we can handle. We stay sober one day at a time, or when necessary, one hour at a time. We do our jobs one task at a time. We solve our problems one problem at a time; we clean up our past one mess at a time.

Go to Meetings

All over the Central Oregon area there are meetings: 365 days a year, morning, noon and night. The schedule for these meetings may be found in our meeting directory, available at every group or from our office, or on the website www.coigaa.org. Take in as many meetings as you can: many long-sober AAs suggest jump-starting your program by attending ninety meetings in ninety days.

Get a Sponsor

A few members may tell you that they stay sober without the aid of a sponsor, and having one is indeed not a requirement. However, our AA experience tells us that you will have a much better chance with a sponsor than without one. In fact, you will probably find that communicating with your sponsor is a vital part of your participation in the AA program. Your sponsor will listen to you and make suggestions based on his or her experience. S/he will not serve as a financial advisor, marriage counselor or psychologist, however. Sponsors are but experienced guides to the AA program of recovery: the Twelve Steps. Some AA groups will help you find a temporary sponsor; if you are not certain about your group's practices regarding sponsorship, simply ask the chairperson or secretary after a meeting.

Have a Home Group and Get Involved

For most of us, one particular AA group has become a unique haven for our sobriety, a place where we have many friends, where we can feel particularly safe in sharing exactly what's going on with us today. This special place is known throughout the AA fellowship as the Home Group, often referred to as "The Heartbeat of AA". In the Central Oregon area there are a number of large AA groups that meet several times each day, and there are smaller groups that meet from once to five times per week. You are encouraged to visit groups of different types before deciding where you feel most at home. Ultimately, involvement at the group level will be more important to you than the size of the group or how often it meets. Our AA experience tells us that giving away what we have been so freely given is fundamental to our continued sobriety, and we can always find many varied ways to be of service in our home groups.

Family Matters

It is said that the average practicing alcoholic affects the lives of at least five other people. Many of these are family members, and there are ways that you can share your recovery with them.

Open Meetings

Most AA groups have a varied program of open and closed meetings. Closed meetings are for alcoholics, but family members may go along to open meetings with the AA member. Many weekend speaker meetings are open meetings. We have indicated the meeting type on our group meeting schedules.

AA Conferences

Weekend conferences are held throughout the year in various locations; these offer activities for both AA members and their families. Often, Al-Anon and Alateen meetings are held at these conferences as well. Information about these events may be found on group bulletin boards, our Intergroup newsletter, The D.I.A. Log or AA's national magazine, The Grapevine". We also list some of them on this website.

Al-Anon

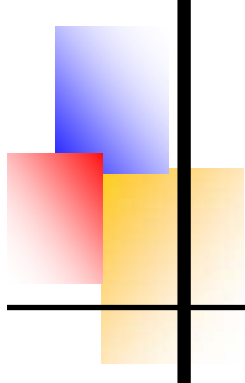
The Al-Anon Family Groups, designed for members of the alcoholic family, hold meetings just as AA groups do. Al-Anon is a separate organization which uses AA's Twelve Steps to effect the recovery of non-alcoholic family members. For more information you may call the Central Oregon Al-Anon Central Office at (541) _____.

When You Travel

You will find that AA is in almost every city and town in the United States and Canada, as well as most urban areas throughout the world. Directories of meetings in the US, Canada and the rest of the world are available at your Dallas Intergroup office. Furthermore, frequently updated information about meetings in other localities may be obtained through links to independently operated websites.

Your New Beginning

You've made a new beginning. If you are like most of us, there may be times that you feel terribly frightened and lonely. If you are willing to use the tools that AA offers, you will never have to be alone again. You are among people who have been where you've been, felt what you've felt, thought what you've thought. Use those phone numbers and email addresses you've been given and join us on the path to recovery from our common problem - alcoholism. We can do together what we can't do by ourselves.



JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO Speaker Mtg - 7 pm Environ Center Tumalo Speaker mtg-7 pm	2 Redmond Potluck/ Speaker mtg. 6 pm Community Church
3	4	5 Bend Speaker Mtg 7 pm Nazarene Church	6	7	8 Tumalo Speaker Mtg 7 pm Fellowship Hall	9
10 District 5 GSR mtg 4 pm TEC	11	12	13 La Pine Potluck/ Speaker Mtg. 6 pm Park & Rec Bldg	14	15 CO Speaker Mtg - 7 pm Environ Center Tumalo Speaker mtg—7pm Fellowship Hall	16
17	18	19 Madras birth- day Mtg. 7:30 pm St. Patricks Church	20	21	22 Bend Milestone Mtg 7pm Trinity Church Brooks Hall	23 Intergroup Potluck/ Speaker Mtg 6 pm— St. Helens
31 Intergroup Advisory Board mtg 5 pm TEC Intergroup IGR mtg- 5:30 pm; TEC	<p style="text-align: center;">ATTENTION SECRETARIES!!!! Please read announcements found on Page 5 of this newsletter at your meetings. Please help us spread the word about upcoming events and service positions.</p>					
Bend Milestone Meeting Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Mtg Intergroup IGR Meeting Intergroup Potluck Speaker Mtg La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Mtg 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 or should be inferred.

MEETINGS

ADDITIONS/CHANGES/DELETIONS

Location Changes:

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

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

Time/Location Changes:

Redmond—Tues "Rebel Women"
now meets at 9:30am

Madras—Following now meeting
at Rodriguez Annex/Jeff. Library
Monday/Wed—Noon
Tues/Thurs—7:30pm

JANUARY Sobriety Milestones

Attitude Adjustment

Karen H	01/01/08	2 years
Larry S	01/02/03	7 years
Pete M	01/02/06	4 years
Neal P	01/04/07	3 years
Bruce C	01/06/82	28 years
Rachel H	01/07/08	2 years
Barbara C	01/13/93	17 years
Tim L	01/15/08	2 years
Jon W	01/28/09	1 year
David M	01/30/97	13 years

East Side Early Risers

Jim L	01/01/91	19 years
Paul S	01/05/09	1 year
Elizabeth A**	01/07/79	31 years
Carrie	01/19/03	7 years
Michael M	01/21/93	17 years

Steps to Sobriety

Lynn L	01/04/03	7 years
Jeanna S	01/11/00	10 years
Mark L	01/19/87	23 years
Bud J	01/01/03	7 years
Kim G	01/14/08	2 years
Rob D	01/??/??	Awhile



ATTENTION!!!!

INTERGROUP REPRESENTATIVES

Please attend January
Meeting on Sunday
Jan 31 at 5:30pm
TEC in Bend

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

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

2010 Area Orientation

Saturday, January 30th
9am to 6pm

St Mary's Episcopal Church
166 E 13th Ave
Eugene, OR

New to the Job? Get Hands on Experience!
Been in the Job Awhile?
Come Share Your Experience!

Contact: Chase B. Area Alternate Delegate
delegate-alt@aa-oregon.org

Resources for Working With Wet Drunks

In Alcoholics Anonymous, Chapter Seven, "Working With Others," contains specific recommendations and suggestions on how to best carry the message to wet drunks, such as:

"You will be most successful with alcoholics if you do not exhibit any passion for crusade or reform. Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked for you. Offer him friendship and fellowship. Tell him that if he wants to get well you will do anything to help."

Today, it remains the basic script for AAs carrying the message to other alcoholics. To read Chapter Seven, "Working With Others," visit www.aa.org.

AAs have found that when experience is shared, good results often follow. Wanting to increase Twelfth Step efforts and avoid missteps, the St. Paul, Minneapolis Intergroup offered "Tips On Making Twelfth Step Calls" in their May 2001 newsletter, Lifeline. Among the suggestions offered: When making a Twelfth Step call, arrange for another AA member to accompany you. Congratulate the prospect on wanting to do something about his drinking problem. Give him some AA literature. Tell him what you used to be like, what happened, and what you are like now. And note what the Big Book says on page 96: "We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself." Below is the list in full. You may also wish to contact your local area or intergroup to find more information about how AAs in your area make Twelfth Step calls and work with wet drunks.

REPRINTED FROM **LIFELINE**, May 2001, Volume 34, Issue 5: THE NEWSLETTER FOR Alcoholics Anonymous ST. PAUL AND SURBURBAN AREA INTERGROUP CENTRAL OFFICE

Tips on Making Twelfth Step Calls

When a Twelfth Step call is received, we begin with the assumption that another human being's life is at stake -- literally. This means that, without delay, this call is to be answered at once.

1. Arrange for another AA member to go with you.
 2. Have a quiet time, read Chapter Seven in the Big Book.
 3. Maintain anonymity.
 4. Talk to the prospect alone, if possible. (That is, without his family and friends there.)
 5. Congratulate him on wanting to do something about his drinking problem.
 6. Give him some AA literature.
 7. Note well what the Big Book says at the bottom of page 94: "On your first visit tell him about the Fellowship of Alcoholics Anonymous. If he shows interest, lend him your copy of this book."
 8. Each of you tell him "what you used to be like, what happened, and what you are like now."
 9. If he wants to talk, let him.
 10. At the top of page 95, it advises, "Give him a chance to think it over. . . . Sometimes a new man is anxious to proceed at once, and you may be tempted to let him do so. This is sometimes a mistake. If he has trouble later, he is likely to say you rushed him. . . . If he is sincerely interested and wants to see you again, ask him to read this book in the interval (at least ask him to read the first 164 pages). After doing that (reading the book), he must decide for himself if he wants to go on .
 11. When you are ready to leave, tell him you will call on him the following day if he wants, and he will have had time to read the first 164 pages, or had time to think about your conversation.
 12. Note that the second paragraph on page 96 says, "Suppose you are now making your second visit to a man. He has read this volume, and he is prepared to go through with the Twelve Steps of the program of recovery." At this point you review the Twelve Steps with him, and arrange to bring him to your group meeting. If he does not want to go on, or feels that he can do it some other way, pick up your copy of the Big Book and invite him to call on you again if he changes his mind and decides that AA can be of help.
- Finally, note how the Big Book, at the top of page 96 says, "We find it a waste of time to keep chasing a man who cannot, or will not, work with you. If you leave such a person alone, he may soon become convinced that cannot recover by himself."

Gail W., Kansas City



2010 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS

The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme “A Vision for You.” A.A. members and guests from around the world will celebrate A.A.’s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

Registration opens in the Henry B. Gonzalez Convention Center on Wednesday June 30, 2010 at 8:00 a.m. Registration will continue Wednesday, Thursday and Friday, from 8:00 a.m. to 8:00 p.m., and Saturday from 8:00 a.m. to 6:00 p.m. The opening Party in the Park starts at approximately 8:00 p.m. Thursday evening, July 1 and ends at midnight.

Marathon meetings will begin at midnight on Thursday, and run around the clock until Sunday morning. Meetings start at the Convention Center on Friday at 9:00 a.m. and continue until 5:00 p.m., with the same schedule on Saturday.

Friday night and Saturday night from 8:00 to 10:00 p.m., we gather in the Alamodome stadium for Big Meetings. The Flag Ceremony will take place before the meeting on Friday night, and Saturday we will have an oldtimers meeting, where A.A.s with more than 40 years of sobriety will share.

The closing meeting will take place in the Alamodome on Sunday from 9:00 – 11:00 a.m.

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