

Upcoming Events: Retreats, Picnics and More !!



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Steps Eight and Nine: Forgiveness

"The unexamined life is not worth living" Socrates 399 BC

"...we consider how, with our newfound knowledge of ourselves, we may develop the best possible relationship with every human being we knew."

12 x 12, pg 77 (Beginning of 8th step)

I am human. I am susceptible to a malady of the soul, common to modern man. In my life, I have had three severe existential crises of this type. The first time I was nine years old; my brother almost drowned. I lost grace, and took the mark of Cain. I acted out in school. I was sent to a shrink. I drank for the first time. No one ever talked with me about the real problem; I had buried it deep. I slowly found balance: athlete – cheat, scholar – liar, boy scout – thief. I found my major refuge in reading. That nine year old boy and his thirty five year old mother would show up on my list fifty years later.

"My creator, I am now willing that you should have all of me, good and bad"
Alcoholics Anonymous, page 76.

The second time, the hole in my soul was a little deeper. I was seventeen and my Father died. I was afraid. I misused myself and others. I spent time with unsavory people. I became an unsavory person. On spring break, I partied, drank and fought. One night in a drunken fit of moral turpitude and unhappiness, I pushed a car down a road towards a cliff then ran away. I never checked to see what had happened. I was unable to take responsibility for my actions.



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Over the years, that event went from being a great stunt of adolescent bravado, to a study of my reckless youth, to an unbelievable story of unsavory friends, to a shameful recollection of sadness. Finally, it went onto my eighth and ninth step list.

"Remember it was agreed at the beginning that we would go to any length..." Alcoholics Anonymous, page 76.

I missed my Father. How could he die and leave me alone? I felt ashamed for not having been a perfect son. That seventeen year old boy and my dead father were on the list. It took me four years to find balance. This time it was the study of spirituality and a commitment to live a better life that settled me down. That hole in my soul, however, felt bigger and more powerful. Just waiting, and waiting some more. My life of Good and Evil in a dynamic tension balanced out. I had a good run of thirty years based on the love of my children and service.

I suffered my third, and almost fatal, atonement: The classic midlife crisis. Children gone, bad marriage, health issues, loss of Alpha Male status, impending mortality. The problem was that I had never healed my soul – not from the beginning. And now I knew loneliness, as few men do. I was at the jumping off point.

Luckily, when I jumped towards oblivion, I landed in Alcoholics Anonymous. Meetings, literature, sponsor, steps, service, fellowship.

"...the readiness to take full consequence of our past acts, and to take responsibility for the well being of others at the same time is the very spirit of step nine." 12 x 12, page 87.

"For me, AA is the synthesis of all the philosophy I've ever read, all of the positive good philosophy, all of it based on love.... I have seen that there is only one law, the law of love. And there are only two sins; the first is to interfere with the growth of another human being and the second is to interfere with one's own growth." Alcoholics Anonymous, Third Edition, page 542

"The problem was that I had never healed my soul — not from the beginning."



It is through working the steps that I have come to forgive myself and others. That existential hole is still there. But it is far less strong and much less scary if I follow this simple program

Bob C.

**EVERY
THING
HAPPENS
FOR A REASON**

(AMERICAN PROVERB)



On the Internet, no one knows you're a grouper.



Sharing the Message

Learning to share is one of the toughest skills to master, especially when you are a toddler. Usually, this involves sharing your toys, or your snack, or perhaps the family puppy.

Sharing in the AA sense means a plethora of other things. One can share individually, such as through a sponsor-sponsee relationship, or as a friend in the program. Sharing can mean giving words of encouragement to the nameless person at the other end of a twelve-step call. Sometimes sharing means being vulnerable in a meeting, bonding with your homegroup through voicing painful life events.

A more global way of sharing is through attending speaker meetings and conferences. Speaker meetings involve having one or possibly two fellow alcoholics share their experience, strength and hope with (usually) small groups. Tumalo offers speaker meetings every Friday evening, and the Central Oregon Speaker meeting is held every other Friday. There are two Tuesday groups that offer speaker meetings one time per month. Monthly potluck meetings also offer speakers. All of these demonstrate sharing.

Conferences are a widely known, but little understood, concept. To better explain the upcoming Roundup, I have asked one of the event volunteers to explain.....

Eileen F.

Reflections of My First Year:

The last few weeks before I became sober were ones of loneliness, isolation and confusion. The feeling that life was out of control, yet where could I turn? The feeling like I couldn't confide in anyone — the real feelings of being stuck. Those around me knew something was askew. They asked me to make decisions, yet for the life of me, I was baffled at every turn.

I found AA and step by step, my life started to improve. I was helped by a sponsor and those in the fellowship. After several weeks, I began to reach out to people, exchanging phone numbers. I knew I could call on these people during rough times. At the worst moments, there were always the phone numbers. Just knowing they were there gave me the confidence to move through any pain.

I realized that once I started to reach out, others came forward to introduce themselves to me. How exciting this was for one who had been in total isolation! AA has helped me on so many fronts. My life has settled down from living in crises. It seemed I was rushing around "in search of" and it was right before my very eyes. I could now see that I was creating these crises and all I needed to do was stop and settle in. Hard to do for someone with a lot of energy!

So as I celebrate my 1st year in recovery I am blessed with a distinct group of people who understand what it feels like to be sober and celebrate it!

Harriet K.



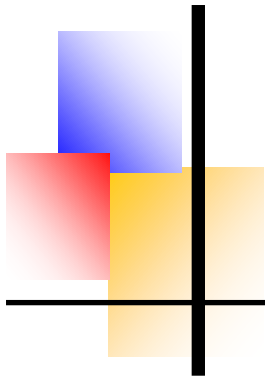
UNITY IN ACTION
16th Annual
High Desert Roundup
Sept 24,25,26, 2010

Several people have asked "What is a Roundup?" and "What do you do there?" The High Desert Roundup Committee would like to offer a quick overview and encourage folks to show up and experience it for themselves. The term Roundup is used interchangeably with Conference, Convention, and Jamboree. Simply put, it is an AA get-together that provides an opportunity for RECOVERY, FELLOWSHIP and FUN. The general format of the High Desert Roundup is an AA speaker meeting on Friday night, an AA speaker meeting on Saturday morning, a lunch with an ALANON speaker, some sort of afternoon activity, a dinner followed by an AA speaker meeting and later there is a dance or other entertainment. Sunday morning offers breakfast and yet another AA speaker meeting. During the times that there is not a speaker there are open AA or ALANON meetings or time to hang out with friends, new and old.

The speakers are invited from around the country and may occasionally be local. There are raffle prizes donated by individuals or groups, a 50/50 raffle and a sobriety countdown. T-Mar Tapes records the event and the recordings are available at the end of the weekend. There is also an outside vendor with AA/ALANON items for sale. The Roundup is organized by a committee of "trusted servants" and is self-supporting through registrations, fundraisers and the raffles. This years' High Desert Roundup theme is UNITY IN ACTION — see the enclosed registration forms for cost...bottom line is you can register and do all three meals for \$50!

Carrie S.

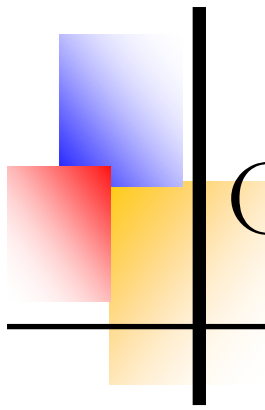




SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	4 Redmond pot- luck, speaker mtg—6 pm;
5	6	7 Tuesday night Speaker mtg-7 pm	8	9	10 Tumalo speaker mtg-7 pm Camp Mcgruder Mens fall retreat	11
12 District 5 GSR mtg 4 pm TEC	13	14	15 La Pine potluck/ speaker mtg-6 pm	16	17 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	18 Kline Falls End of Summer Picnic 10 am speaker meeting potluck noon
19	20	21 Madras birthday Mtg-7:30 pm	22	23	24 Tumalo Speaker 7 pm	25 Intergroup pot- luck speaker mtg -6 pm;
26 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg -5:30 pm; TEC	27	28	29	30	31 Tumalo Speaker Mtg 7 pm Bend Birthday Meeting TEC	
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 or should be inferred.



OCTOBER 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	14	15 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	16
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24 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC 31	25	26	27	28	29 Tumalo Speaker Mtg 7 pm Bend Birthday Meeting TEC 7 pm	30
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MEETING

ADDITIONS/CHANGES/DELETIONS

LEARN THE BOOKS BETTER!
(It really is How It Works!)

BIG BOOK MEETINGS:

Sunday, 5:30 pm Redmond

Monday, 7 am Early Risers

Monday, 5:30 pm Primary Purpose

Monday, 5:30 pm Prineville

Tuesday, noon, FBC

Tuesday, 7:30 pm Madras Oasis

Tuesday, noon, Sisters

Thursday, 7 am Attitude Adjustmt

Thursday 7 pm Mens Group TEC

Friday 7:30 pm Bend WFS

Friday, 7 pm La Pine



September Sobriety Milestones

Attitude Adjustment

Matt C 09/01/09 1 year

Mike B 09/02/85 25 years

Geri C 09/03/08 1 year

Tony M 09/07/09 1 year

Evan T 09/19/09 1 year

Gary S 09/23/91 19 years

Dave S 09/15/09 1 year

Steps to Sobriety

Bob B 09/06/08 2 years

Spencer S 09/30/96 14 years

Tuesday Back to the Big Book

Jane W 09/23/81 29 years

New Horizons

Sherrill H 09/17/06 4 years

Greg E 09/18/09 1 year

Safe Harbor

Emily S 09/15/04 6 years

Primary Purpose

Terry J 09/13/88 22 years

Upcoming Events

* End of Summer *
* Picnic !! *
*
* Cline Falls *
* Saturday, Sept *
* 18 *
* Speaker/ Mtg *
* 10 am *
* Potluck Noon *



Taken From "101 Ways to Annoy People"

- Sing the Batman theme incessantly.
- If you have a glass eye, tap on it occasionally with your pen while talking to others
- Stomp on little plastic ketchup packets
- Reply to everything someone says with "that's what YOU think."
- Insist on keeping your car windshield wipers running in all weather conditions "to keep them tuned up."
- Follow a few paces behind someone, spraying everything they touch with Lysol.
- Name your dog "Dog."
- Invent nonsense computer jargon in conversations, and see if people play along to avoid the appearance of ignorance.
- Forget the punchline to a long joke, but assure the listener it was a "real hoot."

Stay tuned for more in future issues.....

Central Oregon 16th Annual High Desert Round Up

September 24, 25, 26 2010

UNITY IN ACTION

Sign up to Help!
Call Patti 541-771-5452 or
Carrie 541-419-4159

(see article page 3)

TREASURER'S REPORT

We finally have a new Treasurer!

This month reflects donations only; next month will reflect a more detailed report.

More Announcements



Service keeps us sober!

DISTRICT 5 has the following SERVICE POSITIONS Available:

Come serve as a committee chair and experience the gift of service

Grapevine Chair – Attends area potlucks, conventions and other special functions with Grapevine displays, literature and/or make a presentation. Support Group Grapevine Representatives.

Intergroup Liaison – Responsible for keeping communication lines open between the District and Area Intergroup. Attends both Intergroup and District Meetings. A knowledge of District structure and how it works would be helpful.

Public Information (PI) – Like all of A.A., the primary purpose of members involved with Public Information service is to *carry the A.A. message to the alcoholic who still suffers*. Enlist other members to help distribute schedules and literature in designated areas throughout the district.

Cooperation with Professional Community (CPC) – Members of these committees' provide information about A.A. to those who have contact with alcoholics through their profession. Information is provided about where we are, what we are, what we can do, and what we cannot do

If you, or someone you know is interested, please contact District 5 DCM, Kathi C
KathiC@peaceinbloom@hotmail.com All positions require 2 years of sobriety, and are a 2 year commitment



2010 Group	16-Jul to 15-Aug	Year to Date
24 and Alive	100.00	245.00
ABC Group	-	40.00
All Groups Speaker Mtg.	-	-
As Men See It	-	287.80
Attitude Adjustment	104.30	513.27
Back to the Big Book	-	79.48
Burning Desires	-	-
Burns Group	-	50.00
Central Oregon Speakers Mtg.	-	-
Crescent Meeting	-	-
Crooked River Ranch	-	-
Eastside Earlyisers	-	300.00
First things First	-	-
Going to Any Lengths	-	125.00
Heppner Miracles	-	90.00
Let it Go Group	-	-
Living Sober	-	20.00
Living in the Solution	-	13.95
Madras Oasis Group	100.00	190.00
Make My Day	119.25	208.35
Meeting in Between	-	-
Men's Book Study	-	47.50
Men's Stag Meeting	-	150.00
Mill Creek	-	-
Monday/Wednesday 5:30	-	-
New Beginnings	-	-
New Horizon	-	1,326.38
Not a Glum Lot	-	399.00
Open Hand Fellowship	-	-
Out to Lunch Bunch	-	-
Primary Purpose	73.08	191.60
Redmond Rebels	-	650.00
Rule 62 Group	-	-
Safe Harbor	78.51	197.30
Saturday Morning Alive	-	242.00
Saturday Nile Live	-	-
Saturday Nile Living Sober	50.00	-
Sisters High Noon	-	30.00
Sisters Saturday	-	-
Sisters Group	100.00	-
Sisters in Sobriety	-	81.40
Sober Desire	-	99.00
Sober Sunday	-	-
S.O.S.	20.00	140.00
Spiritual Awakening	-	329.37
Spiritual Breakfast	-	-
Step Sisters	-	487.50
Steps to Freedom	-	-
Steps to Sobriety	-	966.00
Sunday Serenity	-	-
Survivor Open Group	-	40.00
The Old Ranch House Gp	-	25.00
Tuesday Nile AA-Bend	75.00	210.00
Tuesday Nooners	-	-
Thursday Women's	-	598.82
Tumalo Friday Night	-	20.00
Warm Springs Groups	-	-
Wed. Living Sober	-	-
Wednesday Stag Meeting	-	-
WFS	449.04	134.73
Women for Serenity	-	-
Women at Work	-	38.65
Anonymous	-	-
CD Sales	-	-
COF	-	-
District 5 - AFG Donations	90.00	-
Potluck	-	-
Entertainment	500.00	-
Intergroup 7th Tradition	-	58.80
Total Contributions	1,857.24	8,615.40

754 SW 11th Street
Redmond OR 97756



Conscious Contact Subscription / Address Change Form (Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Check ☐ Renewal ☐ New Subscription ☐ Address Change

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