

*Inside: Entertaining the Alcoholic!*



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Central Oregon's

# Conscious Contact

Volume 10 Issue 10

October 2010

## THE SUNNY SIDE OF THE STREET



I got sober in March of 2009, and the last years of my drinking were not fun! I was a low bottom alcoholic who ended up homeless by the LA River, thoroughly hopeless and convinced I could not stay sober. I had surrendered to the disease, and simply given up.

Long story short, I had a moment of clarity, gifted through my Higher Power and my Labrador, Sam. When I got out of the streets of LA and went to Detox in Oregon, I was beat into willingness; So I did what I heard you guys had been telling me what to do: Work the Steps, Get A Home Group, Do Service Work, Lots of Meetings and - shocker, IT WORKED!!

Enjoying sobriety is very important to me; my opinion is that if you can't enjoy something, What's the Point? It has not been a bed of roses for me; In my first year, my dog Sam (who helped get me sober) died; I went to jail for wreckage of my past (accountability from step 8 list), I got a job and also lost a job. Bottom line, I stayed sober through it all! And because of that, I have enjoyed, and continue to enjoy sobriety immensely.  
(We aren't a glum lot !)

We cannot subscribe to the belief that this life is a veil of tears, though it once was just that for many of us. We absolutely insist on enjoying life; last winter I skied for the first time in 5 years. Skiing is a passion of mine I had given up. It was amazing, being up in the mountains again that first day. I bought a pass, and got 38 days that winter! I also started trail running again, another



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New York, NY 10164-0371

**"We know each other in that special way that only fellow alcoholics do."**



old passion of mine I had given up! It is a huge factor in my sobriety, a cheap healthy outlet. I have done 4 races since I have been sober and completed a 28+ mile run in a day!

Reading tons of books has been another enjoyment of mine, and I can't count the number of books I have read since I got Sober. I love reading, and yes, a lot of the books I have read are AA or spiritual in nature. I was NOT reading a lot when I was drinking!

I have a host of friends who are members of AA and have really enjoyed our fellowship together; we know each other in that special way only fellow alcoholics do. Also, my friendship with my sponsor has been a great enjoyment, since he has seen me grow over time in AA, and we know each other well through working the steps. I have gotten back into mountain biking again, another great outlet in sobriety and a fun way to fellowship.

All this and much more I owe to AA, and conversely it helps me enjoy sobriety by being grateful. I now enjoy life the way God intended; without a bottle! I am truly Living the Dream!!!

Eric W.



**Bill was once asked if he could describe the Program of Alcoholics Anonymous in simple terms. He replied, "I certainly can. It is a complete mystery shrouded in utter simplicity"**



### **Fr. Mychal's Prayer**

**Lord,**

**Take me where You want me to be;**

**Let me meet who You want me to meet;**

**Tell me what You want me to say,**

**And keep me out of the way.**

**Amen**

Father Mychal Judge was the Chaplain of the NY Fire Dept. He was a sober member of Alcoholics Anonymous. He lost his life in the September 11, 2001 WTC tragedy, trying to help others.



# Entertaining the Alcoholic

Hey!!! Did you know there is an **ENTERTAINMENT COMMITTEE?** This is a group of fellow alcoholics, who gather monthly and plan fun events for our fellowship. Funded only through income raised from events (not from the 7th tradition funds), this group plans many fun get-togethers to sustain fellowship, build friendships, encourage newcomers, and spread the message of sober living.

Heidi S., the entertainment committee chair, was interviewed about the many events throughout the year. Here is a summary of yearly events:

**St. Patrick's Day** - Corned Beef and Cabbage dinner, in Prineville. Dinner, speaker and bingo, held the Saturday nearest to March 17th each year.

**Beginning of Summer Picnic, Oline Falls.** Morning meeting, followed by a potluck, with hot dogs and hamburgers provided by the fellowship. Volleyball, piñata for the kids, fun for all.

**Ochoco Campout**—Early June, outside of Prineville. The campout is held Thursday through Sunday, and fellow AAs can stay for the camping, or just visit during the day. There is an impromptu meeting Thursday nite, regular meeting Friday nite, and a potluck with speaker meeting on Saturday nite. Sunday morning hosts the “Real Men Cook Breakfast” tradition. Nice!

**Spirit Fest at the He-He Longhouse**—Mid July. The Native American Community has invited AA fellowship to the Warm Springs reservation, to take part in a salmon bake, and spiritual celebration. Drums, music, fellowship. Camp, or just visit. Amazing.

**Newberry Campout at Paulina Lake.** Held at the end of July, this campout is similar to the Ochoco one, but offers more water based activities, such as boats and canoeing. Low speeds only allowed on the Lake. Held Thursday through Sunday, fishing, camping, fun!

**Suttle Lake Campout**, 3rd week in August. End of the year campout, with plenty of lake activities including waterskiing, canoeing, jet skiing, and general camping fun. Come for the whole weekend, or join in for the day. AA reserves a set portion of the upper campground.

A **Halloween Dance** is usually sponsored, however this year it was decided to instead support the Chili Cookoff and Costume contest, raising funds for the Pac-West conference next June. See announcement below.

Finally, there is a **New Year's Celebration** every December 31st, with a catered dinner, dance, and just after midnight, the *first meeting* of the new year!



Want more fun? Join the Committee! Volunteers have been sparse, and maybe YOU can make the difference. With more creative minds involved, there could be bowling tournaments, game nights, talent contests, or winter events such as ski clubs, snow shoe groups, etc.

CALL HEIDI S. at 541-728-5463, or via email: heidiinbend@yahoo.com

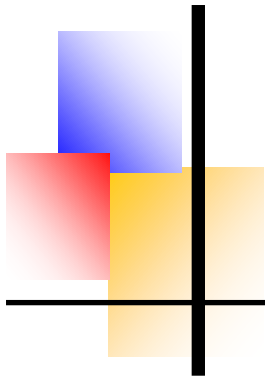
## CHILI COOK-OFF AND COSTUME CONTEST

Saturday, October 30th  
6:00—10:00 pm  
TEC—Brooks Hall



Buy a ticket and help select the winning recipe!  
Prizes for best and most original costume.

Fund Raiser for the Pac-West Conference, to be held in Bend on June 24-26, 2011  
For more info: Call Kim A (541) 420-9722  
or Kathi C. (541) 280-6980

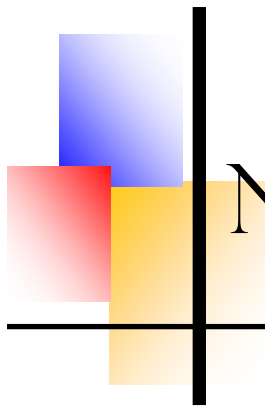


# OCTOBER 2010

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
17	18	19 Madras birthday Mtg-7:30 pm	20 La Pine potluck/ speaker mtg-6 pm	21	22 Tumalo Speaker 7 pm	23 Intergroup potluck speaker mtg-6 pm; Prineville
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	30 Chili Cook Off and Costume Contest Brooks Hall 6pm—10 pm
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.





# NOVEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 CO speaker mtg- 7 pm  Tumalo speaker mtg-7 pm	6 Redmond pot- luck, speaker mtg—6 pm;
7	8	9  Tuesday night Speaker mtg-7 pm	10	11	12  Tumalo speaker mtg-7 pm	13
14 District 5 GSR mtg 4 pm TEC	15	16	17 La Pine potluck/ speaker mtg-6 pm	18	19 CO speaker mtg- 7 pm  Tumalo speaker mtg-7 pm	20
21	22	23 Madras birthday Mtg-7:30 pm	24	25 Thanksgiving Alka-Thon All day Brooks Hall	26 Tumalo Speaker 7 pm  Bend Birthday Meeting TEC	27 Intergroup pot- luck speaker mtg- 6 pm;
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## OCTOBER Sobriety Milestones

### Attitude Adjustment

Sarah C	10/08/07	3 years
Bill D	10/08/07	3 years
Brad M	10/10/09	1 year
Phil F	10/10/97	13 years
Bill B	10/13/06	4 years
Alice L	10/11/02	8 years
Barbara B	10/17/07	3 years

### Steps to Sobriety

Wes J	10/04/99	11 year
Brad N	10/14/09	1 year
Katen B	10/25/09	1 year

### Tuesday Back to the Big Book

Gayle T	10/25/84	21 years
Patty W	10/10/88	22 years

### W F S

Mike W	10/24/08	2 years
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## Taken From "101 Ways to Annoy People"

- Claim that you must always wear a bicycle helmet as part of your "astronaut training."
- Declare your apartment an independent nation, and sue your neighbors upstairs for "violating your airspace".
- Finish all your sentences with the words "in accordance with the prophesy."
- Wear a special hip holster for your remote control.
- Adjust the tint on your TV so that all the people are green, and insist to others that you "like it that way."
- Set alarms for random times.

## Upcoming Events

### Pacific Northwest Conference

In February of 1948, Bill W. was in Seattle and spoke to a standing-room only crowd of AA'ers and their families. Following the meeting, Bill and some other members from Seattle were driving to Vancouver, B.C. when Bill elaborated on his plan for a world conference.

The Pacific Northwest Conference (PNC) convened in Vancouver, B.C. Canada Area 79 in May of 1948. The oldest continually occurring conference in AA still provides an opportunity for AA's from all over the northwest to gather together and share, learn, reach-out and have fun!

For 2011, BEND has been selected as the site of this long standing conference! Planned for June 24, 25, and 26th, 2011, this event needs LOTS of help from the AA community. Registration will be announced soon. Please see the announcement for the CHILI COOK OFF and COSTUME CONTEST that will be our first fundraiser. To volunteer or get more information, please contact Kathi C at [peaceinbloom@gmail.com](mailto:peaceinbloom@gmail.com)



## WHEN IF MEETS MUST

If we can fight together, we must strive together  
If we can play together, we must pray together  
If we can plan together, we must stand together  
If we can cry together, we must try together  
We must strive together, if we can fight together  
We must pray together, if we can play together  
We must stand together, if we can plan together  
We must try together, if we can cry together  
The future of man is built on a plan  
Of working together whenever we can  
So "if" must stand so tall  
And "must" alone, cannot fall  
For together, forever we bring  
The best, the good of it all

James Weldon Lane

## ATTENTION GROUP TREASURERS:

"All Group Treasurers, I need your assistance please. Email DCM, Kathi Cullen with your Group Name and GSO number. We have some groups not showing as registered, and a couple of groups showing in a different District. Please contact Kathi C. [peaceinbloom@hotmail.com](mailto:peaceinbloom@hotmail.com) Reference GSO number. Thanks for your cooperation."

## WOMEN VOLUNTEERS NEEDED

Service opportunity for sharing the message of hope to women inmates in Jefferson County.

Meetings are held at the Jefferson County Jail on Tuesday evenings, 7-8 pm. There is an immediate need for assistance.

One year of sobriety is required,. Please contact Roberto at 541-977-3073, or via email at [soberto58@yahoo.com](mailto:soberto58@yahoo.com)



**TREASURER'S REPORT**  
**DONATIONS SUMMARY**



Seventh Tradition: We  
are Self Supporting  
Through Our Own  
Contributions

<b>2010 Group</b>	<b>to 15-Sep</b>	<b>Year to Date</b>
24 and Alive	100.00	<b>445.00</b>
ABC Group	-	<b>40.00</b>
All Groups Speaker Mtg.	-	-
As Men See It	-	<b>287.80</b>
Attitude Adjustment	117.01	<b>734.66</b>
Back to the Big Book	41.77	<b>79.48</b>
Burning Desires	-	-
Burns Group	50.00	<b>100.00</b>
Central Oregon Speakers Mtg.	-	-
Cresent Meeting	-	-
Crooked River Ranch	-	-
Eastside Earlyrisers	-	<b>300.00</b>
Easy Does It	100.00	<b>100.00</b>
First things First	-	-
Going to Any Lengths	-	<b>125.00</b>
Heppner Miracles	222.00	<b>312.00</b>
Let it Go Group	-	-
Living Sober	-	<b>20.00</b>
Livng in the Solution	-	<b>13.95</b>
Madras Oasis Group	-	<b>250.00</b>
Make My Day	-	<b>327.60</b>
Meeting in Between	-	-
Men's Book Study	-	<b>47.50</b>
Men's Stag Meeting	-	<b>150.00</b>
Mill Creek	-	-
Monday/Wednesday 5:30	-	-
New Beginnings	-	-
New Horizon	361.05	<b>1,687.43</b>
Not a Glum Lot	313.24	<b>712.24</b>
Open Hand Fellowship	-	-
Out to Lunch Bunch	-	-
Primary Purpose	99.64	<b>364.30</b>
Redmond Rebels	114.00	<b>764.00</b>
Rule 62 Group	-	-
Safe Harbor	-	<b>273.81</b>
Saturday Morning Alive	-	<b>242.00</b>
Saturday Nite Live	-	-
Saturday Nite Living Sober	-	<b>50.00</b>
Sisters High Noon	-	<b>90.00</b>
Sisters Saturday	-	-
Sisters in Sobriety	-	<b>81.40</b>
Sober Desire	-	<b>89.00</b>

Sunday Serenity	-	-
Sunriver Open Group	-	<b>60.00</b>
The Old Ranch Houe Grp	-	<b>25.00</b>
Tuesday Nite AA-Bend	-	<b>285.00</b>
Tuesday Nooner	-	-
Thursday Women's	-	<b>558.82</b>
Tumalo Friday Night	-	<b>20.00</b>
Warm Springs Groups	-	-
Wed. Living Sober	-	-
Wednesday Stag Meeting	-	-
WFS	-	<b>583.77</b>
Women for Serenity	-	-
Women at Work	-	<b>38.65</b>
Anonymous	-	-
CD Sales	-	-
COF	-	-
District 5 - AFG Donations	-	<b>90.00</b>
Potluck	-	-
Entertainment	-	<b>500.00</b>
<u>Intergroup 7th Tradition</u>	-	<b>58.00</b>
<b>Total Contributions</b>	-	-

**1,538.71      11,911.35**



**DISTRICT 5 STILL has the following SERVICE POSITIONS Available:**

**Come serve as a committee chair and experience the gift of service** ***GOT SOBRIETY? WANT TO KEEP IT?***

**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



754 SW 11th Street  
Redmond OR 97756



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