

*Inside: Alcoholics Anonymous in Jail*



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## *The Good Ole Days*

My name is Bryan and I am an Alcoholic. I took my first drink when I was 2 years old and was hospitalized for alcohol poisoning. Things only went downhill from there. 38 years later, I had finally had enough. By suggestion from my therapist I went to a meeting of Alcoholics Anonymous. It was a women's meeting. My first thought was, why didn't I think of this sooner? This thing might be alright after all. Of course, they kicked me out. I'm not going to rant on about Tradition 3 or 5 right now (which in my opinion might have let me stay), but I will say I'm glad I gave it another try the next day.

In my second meeting two guys wrangled me and took me out to a restaurant after the meeting. They had a nice dinner and pleasant conversation while I convulsed, drooled, cried and heaved with the delirium trimmers. This was the first time I had left my house in a very long time, other than to work or get booze. I spent a lot of time alone. I also by this time had lost or would soon lose everything I ever owned. Mostly, I didn't care.

After drying out a little, going to a few meetings, getting a sponsor, reading the book and working some of the steps, I started to gain a little clarity. I was clear my life was a fu\*\*ing mess. I was also clear that there is something I could do about it. So I set to work doing it. In the 4ish years I've been a part of this program (two sobriety dates, y'know) I have been able to realize more sanity and avoid more insanity than the rest of my life. In short, They're finally playin my country song backwards. I got my car back. I got a house back. I got a job back,... ad infinitum.

I guess the bestest thing that has come from my getting and staying sober is my freedom, freedom to choose, freedom to be, freedom to live and freedom to believe. Looking back, I see all the things that I didn't do, or wouldn't do, or couldn't do as a direct result of my drinking. Looking forward I can't wait to do all the things that I haven't done, or want to do some more, and can do as a result of my not drinking.

Most of the meaningful things of my life have taken place in the last 4 years. Not only because now I can and will go do stuff, but also I'm a lot more cognizant when I'm doing that stuff. These days are the things that make life good. Essentially, I have a life and it is a good life. Yes some days are low and some days are great, but overall things are generally better. That, for me, is the gift of sobriety.



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"I have the power to be a part of the function of Alcoholics Anonymous."



### *The Good Ole Days, continued*

I also gain a great deal by helping others. You know, its funny. The day I called the hotline I got an answering machine. Go figure. The first AA function I attended most of the people chastised me for being a freak. I believe my hair was pink at the time, and I proudly wear my ink and piercings. Once I got sober and stayed sober I realized I have the power to change those things, being one of many instead of the many looking at just one. I have the power to be a part of the function of Alcoholics Anonymous. Not just in AA either. I also have the power to be the best human I can be in general life.

I would like to leave you with a bit of humor. This is a recollection of my ten favorite things I heard in a meeting of Alcoholics Anonymous.

1. Seriously, the world is a better place because I'm a member of Alcoholics Anonymous.
2. I didn't start drinking hard until I was 13.
3. If an alcoholic is drunk at a meeting they should be asked to leave.
4. We sought through prayer and medication.
5. Remember it's okay to look back, but don't stare.
6. The longer I'm sober, the drunker I was.
7. You know you'll be back, so why not just stay.
8. Any fool can criticize, and many of them do.
9. The steps are only suggestions.
10. The good news is that you never have to drink again. The bad news is, we are your new friends.

My name is Bryan and I am an alcoholic.



### ***Return from Relapse: KEEP COMING BACK !!***

Relapse has been a big part of my sobriety for the past 5 years. I first went into rehab in 1990. When I left there, I was a new person. I followed Good Orderly Direction and I was happy and fulfilled. I stayed close to the program for 5 years.

Then I got the good job, bought a house and had an expensive car. I forgot that AA enabled me to achieve these goals in the first place. I got really busy, and let my sobriety by the wayside for the following 10 years. I had not had a drink for 15 years, but I was a very dry drunk.

Five years ago I had my first relapse. Drove in many blackouts, even in a snow storm, to get my best friend, alcohol. I drank for 8 months and ended up in a lock down psychiatric ward. I was sober for another 3 years.

Then the obsession of the mind and the allergy of the body kicked in once again, and I was lost to King Alcohol once more. It was the same nightmare as I experienced before; I was off and running into my disease. It took me another year of this insanity and self destruction and I ended up in rehab once more. I just could not quit.

That was 6 months ago. I still haven't found a Sponsor yet. I've asked several woman, and I know that when God brings me to the right person, I will know. I'm really involved in AA now, and the cloud I was in has lifted. One day at a time I keep telling myself, *Just Keep Coming Back*.

Heidi F

*I hear and I forget. I see  
and I remember. I do  
and I understand.*

*Confucious*

# Alcoholics Anonymous in Jail



Statistics have shown that many individuals who go to jail are in some way influenced by alcohol and drugs. As AAs in recovery, so many of us are very fortunate to have avoided DUI, sidestepped arrest, or worse. Still others can testify that absolutely substance abuse led to jail or even prison.

Roberto is the District Chairperson for Corrections, for Deschutes, Jefferson and Crook Counties. He was interviewed regarding AA outreach in the jails, and how there is a great need for volunteers to help spread the message. Locally, AA is involved with county jails in Deschutes and Jefferson counties. These are usually persons serving sentences of 3 to 6 months, or are transient persons being transferred around. AA outreach to state prisons, such as Deer Ridge in Madras, is handled at a different level. Focus of this article is therefore describing the process for volunteering at the county level.

The goal of corrections outreach is to bring meetings where meetings are usually not available. Inmates are not forced to attend, and the way meetings are run are very different than on the outside. At present, two meetings are held one day per week, with back-to-back meetings from 7-8 pm and 8-9 pm. There used to be four meetings per week, but a state mandate regarding "free time" necessitated the decrease in meetings. In Deschutes county meetings can be co-ed, but in Jefferson county there are specific meetings for men and for women.

Meetings in jail generally involve group leaders sharing experience, strength and hope. There is no 7<sup>th</sup> tradition collection for obvious reasons, and hand-holding at the end of meetings has been banned or frowned upon, depending on the jail. The district provides funds for purchase of big books and literature to be brought into the jails. Any inmate who desires a big book is provided one. Motivation for meeting attendance is not always genuine, and some inmates engage in drunk-a-logs, hoping to one-up or shock others in the group. Volunteers for running the meetings are encouraged (and sometimes coached) on how to bring the discussion back to the solution, and hopefully focus on how substance abuse landed them in jail. Rotation and limited number of meetings assures that there are different folks at each meeting. Roberto states that it would be great to have a good number of pre-approved volunteers on the list, so that the many stories of AA can be shared. With a larger number of volunteers, there is only limited obligation to participate in jail meetings. Commitment could be as little as one meeting each 4-6 weeks.



So what does it take to become involved in jail outreach? One year of sobriety, and then an application process that involves a short orientation (for Jefferson County) and a slightly more involved process for Deschutes County. Both require a background check, and unless individuals have a pending felony or are otherwise "on paper", there should be no issue with approval. A bonus to Deschutes County volunteers is that the volunteer approval process qualifies individuals to participate at no cost in county based educational programs, such as "Skid Control Driving".

***At present, there is a strong need for female volunteers for Jefferson county.*** Applications are always accepted, and Roberto would be happy to speak with interested individuals. Roberto can be reached at 541-997-3073, or via email at [soberto58@yahoo.com](mailto:soberto58@yahoo.com).

In closing, Roberto says that the biggest benefit to corrections outreach is in reviving the "Art of 12 Stepping". The authentic alcoholic-to-alcoholic 12 step approach has been altered some by the dramatic increase in treatment centers. Bringing the message to the jails provides a captive audience, and the perfect opportunity to carry the message in its original form.

## Some Thoughts about AA in Jail:

"It doesn't matter if you've never been to jail or prison. We are not there to talk about how to go to jail or how to get loaded. They already know about that. We are there to carry the message of recovery in AA!"  
Joy R. Hill County Intergroup, Texas

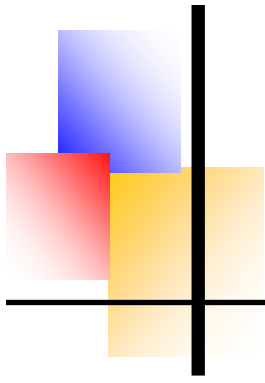
"Of the approximately 6.5 million offenders on probation or parole, 80 percent have a history of alcohol or substance abuse. A.A., with its extensive network of outside sponsorship programs to bridge the gap between A.A. meetings in prison and in the real world, is an outstanding resource. No research is available to measure its impact, because A.A. is an anonymous program, but anecdotally it is a strong presence."

Allen A., Trustee of AAs General Service Board



"It's best if you take it one day at a time."

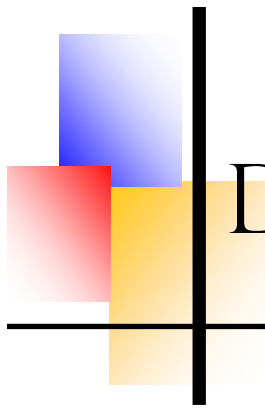




# NOVEMBER 2010

| Sun  | Mon | Tue  | Wed  | Thu  | Fri  | Sat   |
|--|-----|--|--|--|--|---|
|  | 1   | 2  | 3  | 4  | 5<br>CO speaker mtg-<br>7 pm<br><br>Tumalo speaker<br>mtg-7 pm   | 6<br>Redmond pot-<br>luck, speaker<br>mtg—6 pm; |
| 7  | 8   | 9<br><br>Tuesday night<br>Speaker mtg-7<br>pm  | 10   | 11   | 12<br>Tumalo speaker<br>mtg-7 pm   | 13  |
| 14<br><br>District 5<br>GSR mtg 4 pm<br>TEC  | 15  | 16   | 17<br>La Pine potluck/<br>speaker mtg-6 pm | 18   | 19<br>CO speaker mtg-<br>7 pm<br><br>Tumalo speaker<br>mtg-7 pm  | 20  |
| 21   | 22  | 23<br><br>Madras birthday<br>Mtg-7:30 pm   | 24   | 25<br>Thanksgiving<br>Alcathon all<br>day Brooks<br>Hall | 26<br>Tumalo<br>Speaker 7 pm   | 27  |
| 28 Intergroup<br>Advisory Board<br>mtg-5 pm Inter-<br>group IGR mtg<br>-5:30 pm; TEC   | 29  | 30   |  |  |  |   |
| Bend Birthday Meeting<br>Central Oregon Speaker Meeting<br>District 5 GSR Meeting<br>Intergroup Advisory Board Meeting<br>Intergroup IGR Meeting<br>Intergroup Potluck Speaker Meeting<br>La Pine Potluck Speaker Meeting<br>Madras Birthday Meeting<br>Redmond Potluck Speaker Meeting<br>Tuesday Speaker Meeting<br>Tumalo Speaker Meeting |     | Trinity Episcopal Church<br>Environmental Center<br>TEC<br>TEC<br>TEC<br>St. Helen's Room<br>La Pine Park & Rec Building<br>St. Patrick's Church<br>Redmond Community Church<br>Nazarene Church<br>Fellowship Hall |  |  | 469 NW Wall Street<br>16 NW Kansas, Bend<br>469 Wall Street, Bend<br>469 NW Wall Street, Bend<br>469 NW Wall Street, Bend<br>Idaho Street, Bend<br>16405 12 1st Street, La Pine<br>Madison & J Street, Madras<br>10 & Cedar, Redmond<br>1270 NE 27th, Bend<br>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.



# DECEMBER 2010

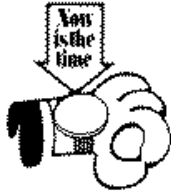
| Sun  | Mon | Tue  | Wed  | Thu | Fri  | Sat   |
|--|-----|--|--|-----|--|---|
|  |     |  | 1  | 2   | 3<br>CO speaker mtg-<br>7 pm<br><br>Tumalo speaker<br>mtg-7 pm   | 4<br>Redmond pot-<br>luck, speaker<br>mtg—6 pm;                 |
| 5  | 6   | 7<br><br>Tuesday night<br>Speaker mtg-7 pm   | 8  | 9   | 10<br><br>Tumalo speaker<br>mtg-7 pm   | 11  |
| 12<br><br>District 5 GSR<br>mtg 4 pm TEC   | 13  | 14   | 15<br><br>La Pine potluck/<br>speaker mtg-6 pm | 16  | 17<br>CO speaker mtg-<br>7 pm<br><br>Tumalo speaker<br>mtg-7 pm  | 18  |
| 19   | 20  | 21<br><br>Madras birthday<br>Mtg-7:30 pm   | 22   | 23  | 24   | 25<br><b>Christmas<br/>Alcathon All<br/>Day Brooks<br/>Hall</b> |
| 26 Intergroup<br>Advisory Board<br>mtg-5 pm Inter-<br>group IGR mtg-<br>5:30 pm; TEC   | 27  | 28   | 29   | 30  | 31<br><br>New Years Eve<br>Dinner and Dance<br>TBA   |   |
| Bend Birthday Meeting<br>Central Oregon Speaker Meeting<br>District 5 GSR Meeting<br>Intergroup Advisory Board Meeting<br>Intergroup IGR Meeting<br>Intergroup Potluck Speaker Meeting<br>La Pine Potluck Speaker Meeting<br>Madras Birthday Meeting<br>Redmond Potluck Speaker Meeting<br>Tuesday Speaker Meeting<br>Tumalo Speaker Meeting |     | Trinity Episcopal Church<br>Environmental Center<br>TEC<br>TEC<br>TEC<br>St. Helen's Room<br>La Pine Park & Rec Building<br>St. Patrick's Church<br>Redmond Community Church<br>Nazarene Church<br>Fellowship Hall |  |     | 469 NW Wall Street<br>16 NW Kansas, Bend<br>469 Wall Street, Bend<br>469 NW Wall Street, Bend<br>469 NW Wall Street, Bend<br>Idaho Street, Bend<br>16405 12 1st Street, La Pine<br>Madison & J Street, Madras<br>10 & Cedar, Redmond<br>1270 NE 27th, Bend<br>Bruce Avenue, Tumalo |   |



## IT IS THE PROCESS

On Oct. 2nd the WFS Group in conjunction with District 5 hosted a workshop at Brooks Hall on The Home Group. About 20 attended. As chairman, I, of course had wanted more to be there on a beautiful sunny Saturday after several weeks of cool showery weather. Yet I know the result lies in the doing: putting it together and the event itself. Thank you AA for providing the arena. Thank you to all those who put it together. Thank you to all who attended. It was a great workshop and brought out many ideas for "group growth". As the stone tossed into the water produces ripples expanding outward, ideas for group growth may reverberate throughout our AA community.

Steve G.



## ANNOUNCEMENT: Conscious Contact Subscribers:

Issues of the Conscious Contact are published and delivered free to ONE registered group each in the AA community. This should provide for all meetings to have at least one copy. It can also be found online. Additional copies may be purchased via subscription for \$10 per year, see subscription form on back page. Please note that due to unknown subscription end dates, individuals who have paid subscriptions need to notify Eileen of this fact at Eileen@aspennvocational.com. Anyone NOT notifying me of a paid subscription will be dropped as of December 31, 2010. It costs money to bring this newsletter; thanks for understanding !!

**Eileen F.**



## NOVEMBER Sobriety Milestones



### Attitude Adjustment

|             |          |          |
|-------------|----------|----------|
| Loni P      | 11/03/05 | 5 years  |
| Sandi L     | 11/04/92 | 18 years |
| Eileen F    | 11/07/06 | 4 years  |
| Jade W      | 11/08/05 | 5 years  |
| Michel M    | 11/08/06 | 4 years  |
| Meredith J  | 11/05/09 | 1 year   |
| Shannon     | 11/11/08 | 2 years  |
| Jessee M    | 11/13/09 | 1 year   |
| Stephanie B | 11/15/08 | 2 years  |
| Theo G      | 11/9/89  | 11 years |
| Shawn A.    | 11/22/03 | 7 years  |
| Patrick D   | 11/22/07 | 3 years  |
| Jimmie S    | 11/20/09 | 1 year   |
| Heidi C.    | 11/22/09 | 1 year   |
| Bruce L     | 11/26/86 | 24 years |
| John T (AZ) | 11/26/90 | 20 years |
| Ralph F     | 11/30/96 | 14 years |

### Steps to Sobriety

|          |          |          |
|----------|----------|----------|
| John G   | 11/2/97  | 13 years |
| Carrie L | 11/1/08  | 2 years  |
| Robin A  | 11/6/95  | 15 years |
| Daryl S  | 11/9/09  | 1 year   |
| Ruth N   | 11/20/83 | 27 years |
| Jerry H  | 11/27/89 | 23 years |
| Mike L   | 11/28/03 | 7 years  |

### Tuesday Back to the Big Book

|          |          |          |
|----------|----------|----------|
| Bev D    | 11/14/02 | 8 years  |
| Jan K    | 11/14/09 | 1 year   |
| Shiela S | 11/25/84 | 26 years |

### Eastside Early Risers

|         |          |          |
|---------|----------|----------|
| Gwenn W | 11/27/84 | 26 years |
|---------|----------|----------|

### Sisters in Sobriety

|         |          |         |
|---------|----------|---------|
| Bev B.  | 11/14/02 | 8 years |
| Lisa P. | 11/27/09 | 1 year  |

## Upcoming Events

### The Alcathons a'comin! The Alcathons a'comin !!

What is an Alcathon, you say??  
An alcathon is day-long fellowship, food, companionship and marathon meetings, held on THANKSGIVING and CHRISTMAS day.

Holidays are difficult for many alcoholics, and fellowship gathering can mean a world of difference for newcomers and old-timers alike.

Food and fellowship begin at 8 am, and hourly meetings are held throughout the day, sponsored by various groups. Holiday potluck items are brought by volunteers, and are available all through the day. The evening features a speaker from 8pm to 9pm.

Come for a while, or stay the whole day. Bring the family. Games, conversation, laughter, and true feeling abound. Brooks Hall, Upstairs TEC

**SEE YOU THERE !!!**



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

| <b>2010 Group</b>            | <b>16-Sep to 15-Oct</b> | <b>Year to Date</b> | <b>2010 Group</b>          | <b>16-Sep to 15-Oct</b> | <b>Year to Date</b> |
|------------------------------|-------------------------|---------------------|----------------------------|-------------------------|---------------------|
| 24 and Alive                 | 75.00                   | <b>520.00</b>       | Safe Harbor                | 181.37                  | <b>455.18</b>       |
| ABC Group                    | -                       | <b>40.00</b>        | Saturday Morning Alive     | -                       | <b>242.00</b>       |
| All Groups Speaker Mtg.      | -                       | -                   | Saturday Nite Live         | -                       | -                   |
| As Men See It                | -                       | <b>287.80</b>       | Saturday Nite Living Sober | -                       | <b>50.00</b>        |
| Attitude Adjustment          | -                       | <b>734.66</b>       | Sisters High Noon          | -                       | <b>90.00</b>        |
| Back to the Big Book         | -                       | <b>79.48</b>        | Sisters Saturday           | -                       | -                   |
| Burning Desires              | -                       | -                   | Sisters in Sobriety        | -                       | <b>81.40</b>        |
| Burns Group                  | -                       | <b>100.00</b>       | Sober Desire               | -                       | <b>89.00</b>        |
| Central Oregon Speakers Mtg. | -                       | -                   | Sober Sunday               | -                       | -                   |
| Crescent Meeting             | -                       | -                   | S.O.S.                     | -                       | <b>180.00</b>       |
| Crooked River Ranch          | -                       | -                   | Spiritual Awakening        | -                       | <b>329.37</b>       |
| Eastside Earlyrisers         | -                       | <b>300.00</b>       | Spiritual Breakfast        | -                       | -                   |
| Easy Does It                 | -                       | -                   | Step Sisters               | 141.90                  | <b>629.70</b>       |
| First things First           | -                       | -                   | Steps to Freedom           | -                       | -                   |
| Going to Any Lengths         | -                       | <b>125.00</b>       | Steps to Sobriety          | -                       | <b>966.00</b>       |
| Heppner Miracles             | -                       | <b>312.00</b>       | Sunday Serenity            | -                       | -                   |
| Let it Go Group              | -                       | -                   | Sunriver Open Group        | -                       | <b>60.00</b>        |
| Living Sober                 | -                       | <b>20.00</b>        | The Old Ranch House Grp    | -                       | <b>25.00</b>        |
| Living in the Solution       | -                       | <b>13.95</b>        | Tuesday Nite AA-Bend       | -                       | <b>285.00</b>       |
| Madras Oasis Group           | -                       | <b>250.00</b>       | Tuesday Nooners            | -                       | -                   |
| Make My Day                  | 170.12                  | <b>497.72</b>       | Thursday Women's           | -                       | <b>558.82</b>       |
| Meeting in Between           | -                       | -                   | Tumalo Friday Night        | -                       | <b>20.00</b>        |
| Men's Book Study             | -                       | <b>47.50</b>        | Warm Springs Groups        | -                       | -                   |
| Men's Stag Meeting           | 450.00                  | <b>600.00</b>       | Wed. Living Sober          | -                       | -                   |
| Mill Creek                   | -                       | -                   | Wednesday Stag Meeting     | -                       | -                   |
| Monday/Wednesday 5:30        | -                       | -                   | WFS                        | -                       | <b>583.77</b>       |
| New Beginnings               | -                       | -                   | Women for Serenity         | -                       | -                   |
| New Horizon                  | 827.13                  | <b>2,514.56</b>     | Women at Work              | -                       | <b>38.65</b>        |
| Not a Glum Lot               | -                       | <b>712.24</b>       | Anonymous                  | -                       | -                   |
| Open Hand Fellowship         | -                       | -                   | CD Sales                   | -                       | -                   |
| Out to Lunch Bunch           | -                       | -                   | COF                        | -                       | -                   |
| Primary Purpose              | 52.32                   | <b>416.62</b>       | District 5 - AFG Donations | -                       | <b>90.00</b>        |
| Redmond Rebels               | 19.95                   | <b>783.95</b>       | Potluck                    | -                       | -                   |
| Rule 62 Group                | -                       | -                   | Entertainment              | -                       | <b>500.00</b>       |
|                              |                         |                     | Intergroup 7th Tradition   | -                       | <b>58.00</b>        |
|                              |                         |                     |                            | -                       | -                   |
|                              |                         |                     | <b>Total Contributions</b> | -                       | -                   |
|                              |                         |                     |                            | <b>1,917.79</b>         | <b>13,829.14</b>    |



***Funny Money:***

∞ The minister tells his congregation, "I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

∞ After the church service, a little boy told the pastor he was going to give him a lot of money when he grew up. "Well, thank you," the pastor replied, "but why?" "Because my daddy says you're one of the poorest preachers we've ever had!"



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Check ☐ Renewal ☐ New Subscription ☐ Address  
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