

Inside: Hotline! Hotline! Hotline!



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Volume 13 Issue 1

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REDEMPTION RIVER One Man's Journey

"My name is Jon and I am an alcoholic" ... I said this for the first time at a meeting of Alcoholics Anonymous on January 28th 2009. I would probably never have ever said this statement if it was not for a life changing event. On September 16th of 2008 my wife of 10 years told me that she was "Done" with us, and she no longer found me attractive. Of course I was no longer attractive.... with a Beer Belly, continuously smelling of alcohol, and not working, unless it was on a buzz. So my life continued on, into "pitiful and incomprehensible demoralization".

My life between my separation from my family up until I found the program of AA was spiraling out of control. My colorful drinking career was coming to an end, and it was not pretty. With thoughts and wishes for my life to end, and no support system in sight, only an act of GOD could save my life.

That act came in the form of an unlikely meeting with an AA member on January 27th 2008. This member happened to be of the opposite sex, and cute, to boot. While I was clearly in a drunken stupor, and after many refusals of my advances she finally said"If you want to see me...you can see me at an AA meeting". I did not know or care what type of a meeting this would be, all I cared about was that it was a date. The AA meeting happened to be the next evening. So needless to say, I went to the meeting, but did not get the "date" that I was looking for. What I did get was a sobriety date....1/28/09.

I continued my journey into sobriety with another meeting the next day, and the next day, and the next. For the next four months I went to many meetings, often 3 meetings a day. As luck would have it (or GOD), I only lived a few blocks from the TEC meeting place. I dove right in to the program, and quickly forgot about the selfish reason that brought me into these meetings. All I cared about was becoming a healthy member of society, as well as healthy father to my children. My three young daughters became my main goal for achieving sobriety; you see, not only did I have a drinking problem, but my soon to be ex-wife did also. Knowing that I could not control what they witnessed while in her care, I could make good and sure that I showed them a better way to live while in my care. It took me awhile to grasp the whole meaning of this AA program, but I journaled and read every bit of AA approved literature I could get my hands on. In fact, I journaled so much that some in the program thought I was doing some sort of study on these Alcoholics and their meetings. ...So did I think I had this program down, or what??



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P. O. Box 459
New York, NY 10164-0371

Within 3 months I was almost done with all of my steps....Sans Sponsor!! I really had no clue, I was just doing as they say....."Fake it till you make it". I continued to go to meetings and journal. Finally at one evening meeting I heard a member sharing about the promises. "What are these promises?" I asked a gentleman next to me; " Why don't you put down the pen, pick up the BIG Book and learn instead of writing so much," he replied. So after 157 days of continuous journaling at meetings, I put the pen down and picked up the BIG Book; My program had really begun. The gentleman next to me at that meeting became my sponsor, and I started working the 12 steps of Alcoholics Anonymous.

Until that point, I really hadn't finished any of the steps, but he was willing to walk me through them one by one... (Until I became unwilling to continue at step 8! -- more about that later). So with spring approaching, my work as a fishing guide was about to begin: "How can I work on the river around all of these other guides and customers who drink (alot) as part of the river trips"? My first sober trip on the river came early in the spring of 2009. It was a training trip for a local fly shop I work for... 13 guys/guides for three days... So my journey on Redemption River began. The first night, with evening falling and the liquor flowing amongst the guides, I crawled into my tent with my BIG Book of AA as the crowd around the camp fire really started getting "Wet", it was also raining. "WOW!" Did it sound like fun out there, or what? I made it through that first night, to awake to a still smoldering fire, and no one else up to see the beautiful sunrise. One by one. the moans and groans came from each tent. The somber faces and agonizing stories at breakfast of the "Hidden Beers" and bartering for the few remaining cigarettes told the tale of just how much fun that group had. I grabbed my fly rod and went fishing while the rest of the group nursed their "Hidden Beers" and hangovers....I HAD MADE IT (another 24 hours)!!

After the trip I drove back to town, and raced to an evening meeting to share how proud I was to have made it through the first river trip in over ten years of guiding without a drink! I am happy to say that I have now made it through two seasons of fishing trips, and tons of rafting trips since that first trip down Redemption River, All the while staying sober *One Day at a Time*. Now I can row my boat through class 4 rapids without anxiety, turn down the drinks offered to me with pride, be the first one up and on the river and guide with much more enthusiasm and professionalism. I have even had some of the guides and customers ask me about the AA program.

Best of all I spend FANTASTIC quality sober time with my 3 young daughters, and I always try to include them in my now sober adventures on the river. Just this year I was able to teach them how to kayak, stand up paddle board, took them rafting, and now get to "guide" them on our own fishing trips.



Back to my program of Alcoholics Anonymous.....I was making great progress with my program and was at step 7 when my divorce was finalized. Around that time I had a year and a half of sobriety. This event set me back spiritually, mentally and emotionally. I also was not able to attend as many meetings as the previous year, due to my getting back to work on the river. I could not find the strength to continue on with my step work as suggested by my sponsor. So I began to learn the hard way what working the program of AA means... Believing in a Higher Power, taking it one day at a time, suiting up and showing up to as many meetings as possible, not getting into another personal relationship for at least a year of sobriety, talking with your sponsor every day, working the 12 steps, and practicing the principals of AA in all of your affairs, but most important of all..... keeping that "date" (Sobriety Date).

So now with my 2 year sobriety date just around the corner, I am excited to get on with my program so that I can finish my step work and carry the message of Alcoholics Anonymous to the still suffering Alcoholics on my journey down Redemption River....

Jon W. Bend Oregon



*"I don't want to trudge the Road of Happy Destiny -
I want to sprint it."*



The 4-1-1 on the Hotline



The original concept of a "hotline call" was initiated by Bill W himself in 1935. On May 11, 1935, Bill found himself in a place many alcoholics do; torn between "the gaiety of the bar" and wanting to JUST NOT DRINK. In the lobby near the bar of the Mayflower Hotel in Akron, Ohio, Bill W. called Walter Tunks who told him to call Henrietta Siberling who introduced him to Dr. Bob. And thus began the relationship that founded A.A.

The hotline today continues to be a vital resource to the struggling alcoholic. It is also a vital resource to out of town visitors, newcomers, oldcomers, or just about anyone who needs to find a meeting, connect with other alcoholics, find out about local AA events, or just needs a friendly sober voice to talk to. Wayne S. is the present Hotline Chairperson for Center Oregon Intergroup, and was interviewed about our local hotline.

Interestingly enough, Wayne was the original hotline chair when in 1992 the intergroup was formed, and group conscience dictated that a formal hotline service should begin. Prior to this, AA engaged an answering service. At the time, oldtimers used to dole out 12 step calls, to willing (or even unwilling) members of AA. The difficulty with having non-AA persons answering the phone was that the membership connection was unavailable, and anonymity often lost.

Wayne was the hotline chair for about two years. During that time there was a small office located in Central Oregon Fellowship Hall. Since cell phones did not yet exist, and technology did not yet allow forwarding, a "diverter" was needed to send calls to member's home phones. Those volunteering for the hotline needed to stay put for duration of their shift. Members manned the phones 24-7, as there was no central office or paid office manager. For locating a meeting, there were only about 14 options throughout all of Central Oregon, and members frequently would travel to meetings, down to LaPine, over to Prineville, or up to Redmond or Madras.

Today, the hotline is very different. Mikey is our paid office manager at the Redmond Central Office for intergroup, and he handles the phones Monday through Friday, 9am to 5 pm, except for holidays. Mikey originally volunteered for this very key position, and later it was agreed to pay him a nominal salary for his exceptional and dependable service. Hotline volunteers man the phones Monday through Friday from 5 pm to 9 pm, 9pm to 9am, and shifts on Saturdays and Sundays from 9 am to 2 pm, and 2pm to 9pm, in addition to the 9pm to 9am shifts. There are presently 17 individuals on the active list, and members remain active for a period of six months, then rotate to the reserve list. Range of service is presently January to June, however there are a few members who require a 3 month shift. Wayne is very willing to work with folks, realizing that life happens, and commitments change. The reserve list has about 20 individuals, and Wayne would like to see this increase to about 30. The idea is to have about double the numbers of active volunteers.

The process for volunteering is simple. Call or email Wayne, for more information. Wayne has assembled a step-by-step hotline manual, which covers everything from "What AA is, and what it does (and does not) do", to how to handle different types of calls and the importance of outsourcing to appropriate agencies. With the amazing technology of the modern day, the hotline calls come directly to your cell phone, so life can continue while providing a very valuable service.

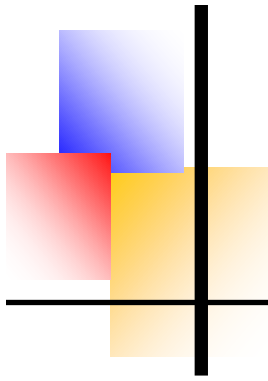
Incoming calls are about 70% looking for a meeting, 20% are 12 step calls, and 10% for other needs (al anon, outreach resources). Volunteers could have no calls per shift, or as many as 8-10 calls per shift. Call logs are kept, to track types and numbers of calls. Time of year and day of week will also affect numbers of calls. The average is 2-3 calls per shift, but it is not uncommon to have several shifts with no calls at all.

We are very blessed to have a rich and active AA community in the Central Oregon area. Members have access to more than 100 meetings per week, and sober help is just a phone call away. Our Twelfth Step states: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs", and our Fifth Tradition states: "Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.". As Bill W. used to say, "Pass It On"... — sign up to be a hotline volunteer! Wayne S. can be reached at 541-410-9437 or via email: hotline@coigaa.org



"I am responsible anytime someone reaches out for help; I want the hand of AA to be there. For that I Am Responsible."

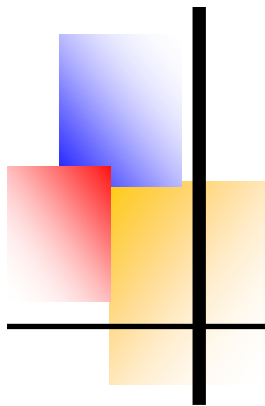
"So I'm powerless over alcohol! What makes you think my life has become unmanageable?"



JANUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	8 Redmond pot- luck, speaker mtg—6 pm;
9 District 5 GSR mtg 4 pm TEC	10	11 Tuesday night Speaker mtg-7 pm	12	13	14 Tumalo speaker mtg-7 pm	15
16 Bowling Fun- Raiser for PNC, Prine- ville 12-3 pm	17	18 Madras birthday Mtg-7:30 pm	19 La Pine potluck/ speaker mtg-6 pm	20	21 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	22
23 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	24	25	26	27	28 Tumalo Speaker Mtg 7 pm Bend Birthday Meeting TEC 7p	29
30	31					
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 Pine Forest Grange Hall (PFGH)		Trinity Episcopal Church (TEC) Environmental Center TEC TEC TEC St. Helen's Room La Pine Park & Rec Building Jefferson Cnty Library Rodriguez Annex Redmond Community Church Nazarene Church Fellowship Hall PFGH			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 134 S.E. E Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo 63214 Boyd Acres Road, Bend	

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.



FEBRUARY 2011

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 Madras birthday Mtg-7:30 pm	16 La Pine potluck/ speaker mtg-6 pm	17	18 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	19
20	21	22	23	24	25 Tumalo Speaker 7 pm Bend Birthday Meeting TEC 7p	26
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MEETING

ADDITIONS/CHANGES/DELETIONS



NEW MEETING IN LA PINE !

"Issues and Tissues"
Women's Closed Meeting
Monday, 9 to 10 am

16035 Leona Road (Off Day Road)

Sunriver: Wednesday Noon Meeting Cancelled



NEW MEETING IN REDMOND !

Treatment Meeting,

Best Care Administration Building
676 NE Negus Way, Redmond

SUNDAY 9:30 am

The Bethlehem Inn Meeting Needs Support!!!

Recovery is challenging in the best of environments. Bethlehem Inn is a community supported emergency shelter, to provide for families, men and women with nowhere else to go. Sobriety is enforced by drug and alcohol testing done on site.

AA meetings are held each Thursday evening, at 7 pm. Help deliver the message to those who need it most!

Location: 3705 N. Hwy 97 , Bend
THURSDAYS 7 pm

DECEMBER Sobriety Milestones

Attitude Adjustment

Barbara C	1/19/93	18 years
Bruce C	1/6/82	28 years
Carrie	1/19/03	8 years
David M	1/30/97	14 years
Elizabeth A	1/7/79	32 years
Jerome J	1/17/99	12 years
Joel K	1/2/09	2 years
Jon W	1/28/09	2 years
Karen H	1/1/08	3 years
Larry S	1/2/03	8 years
Neal P	1/4/07	4 years
Pete M	1/2/06	5 years
Tim B	1/1/85	26 years
Tim L	1/15/08	3 years
Tom M	1/14/10	1 year

Sisters in Sobriety

Rynda C	1/1/88	23 years
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Redmond SOS Group

Brian K	1/28/92	19 years
Mikey L	1/6/01	10 years

A B C Group

Heidi S	1/25/07	4 years
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**HAPPY
NEW YEAR**

Upcoming Events

Pacific Northwest Conference

FUN-RAISER EVENT !!!!

The Pacific Northwest Conference (PNC) is the oldest continually occurring conference in AA. 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.

Our first fun-raiser, the CHILI COOK OFF and COSTUME CONTEST was a great success, bringing in over \$300!

JOIN US IN BOWLING FOR FUN, Sunday, January 16th 12:00 to 3:00 pm

Rimrock Lanes, 2653 SW High Desert Drive, Prineville

\$15.00 per person, plus shoes
Four person teams forming
now. FUN!! FUN!! FUN!!



Contact: Kim A (541) 420-9722
Kathi C. (541) 280-6980
PaPa Dow (541) 788-5480



TREASURER'S REPORT DONATIONS SUMMARY



2010 Group	16-Nov to 15-Dec	Year to Date		
24 and Alive	150.00	820.00	Saturday Nite Live	- 100.00
ABC Group	-	40.00	Saturday Nite Living Sober	- 50.00
All Groups Speaker Mtg.	-	-	Sisters High Noon	- 90.00
As Men See It	-	367.80	Sisters Saturday	- -
Attitude Adjustment	54.90	1,042.29	Sisters Group	- 100.00
Back to the Big Book	-	79.48	Sisters in Sobriety	- 81.40
Burning Desires	-	-	Sober Desire	88.50 365.75
Burns Group	125.00	225.00	Sober Sunday	- 20.00
Central Oregon Speakers	-	-	S.O.S.	20.00 434.90
Crescent Meeting	-	-	Spiritual Awakening	- 329.37
Crooked River Ranch	-	-	Spiritual Breakfast	- -
Eastside Earlyrisers	-	300.00	Step Sisters	- 629.70
First things First	-	-	Steps to Freedom	- -
Going to Any Lengths	-	125.00	Steps to Sobriety	100.00 1,069.30
Heppner Miracles	-	90.00	Sunday Serenity	- -
Let it Go Group	-	222.00	Sunriver Open Group	- 60.00
Living Sober	-	20.00	The Old Ranch House Grp	- 25.00
Living in the Solution	100.00	113.95	Tuesday Nite AA-Bend	- 375.00
Madras Oasis Group	50.00	300.00	Tuesday Nooner	- -
Make My Day	-	327.60	Thursday Women's	- 558.82
Meeting in Between	-	170.12	Tumalo Friday Night	70.00 90.00
Men's Book Study	-	47.50	Warm Springs Groups	- -
Men's Stag Meeting	-	150.00	Wed. Living Sober	- -
Mill Creek	-	450.00	Wednesday Stag Meeting	- -
Monday/Wednesday 5:30	-	-	WFS	- 583.77
New Beginnings	-	-	Women for Serenity	- -
New Horizon	-	1,687.43	Women at Work	- 38.65
Not a Glum Lot	284.37	1,823.74	Anonymous	- -
Open Hand Fellowship	-	-	CD Sales	- -
Out to Lunch Bunch	-	-	COF	- -
Primary Purpose	-	364.30	District 5 - AFG Donations	32.20 122.20
Redmond Rebels	-	1,111.07	Potluck	- -
Rule 62 Group	166.00	185.95	Entertainment	- 500.00
Safe Harbor	-	273.81	<u>Intergroup 7th Tradition</u>	- 58.00
Saturday Morning Alive	-	423.37		- -
			Total Contributions	- -
				1,240.97 16,484.04

An old man was on his death bed, and wanted to be buried with his money. He called his priest, his doctor and his lawyer to his bedside. "Here's \$30,000 cash to be held by each of you. I trust you to put this in my coffin when I die so I can take all my money with me."

At the funeral, each man put an envelope in the coffin. Riding away in a limousine, the priest suddenly broke into tears and confessed, "I only put \$20,000 into the envelope because I needed \$10,000 to repair the roof of the church."

Well, since we're confiding in each other," said the doctor, "I only put \$10,000 in the envelope because we needed a new X-ray machine for the pediatrics ward at the hospital which cost \$20,000."

The lawyer was aghast. "I'm ashamed of both of you," he exclaimed. "I want it known that when I put my envelope in that coffin, I enclosed a check for the full \$30,000."

754 SW 11th Street
Redmond OR 97756



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