

Inside: The "Organization" of A.A.



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... A Desire to Stop Drinking

"But I don't wanna stop drinking!" the little voice inside told me at my first A.A. meeting. *"I just need to get back to where I can have a shot or two, feel the warm glow inside and then leave it alone for the rest of the night"*.

"That's all." *"Really, that's all."*

So, I tried again the next night:

"Huh! I finished my two shots a half hour ago. No buzz." the little voice remarked. *"Guess I'll have two more."* I thought to myself. *"Wait! Was that a half hour ago? Was that one shot, or two, or three? Who's counting???"*

The next day: *"It's just me and this little bit left in the bottle. Nothing else is going on, might as well finish this off tonight; I'll try again tomorrow night."*

After a few meetings of Alcoholics Anonymous I learned that this was a pretty common experience. *"But, these people say they're alcoholics! Surely they're worse off than my little habit!"* the little voice spoke. And some of them were. And some of them weren't. And I wasn't sure I wanted to fit in.

A review of my previous three and a half years (Or was it four? Or was it five?) revealed that I had picked up on the notion that a nightcap would let me sleep blissfully until the alarm clock rang. No more fretting at 3:30 am; what a slam dunk of a concept! Let's see, the nightcap would probably need about a half hour to become effective, right? My wife wouldn't have to know about this harmless little routine, either.

Sound familiar?



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Bend, OR 97701

District 5
P. O. Box 7223
Bend, OR 97708

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

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"The amazing thing is that all the while I was sipping this stuff, I kept telling myself that I could stop whenever I wanted to."



I remembered that somewhere along the way I was told that the guy who comes home to a five-o'clock cocktail every day is considered an alcoholic, because he has a habit that he just can't stop, and it involves alcohol consumption. *"Well, my little nightcap is nothing like his big cocktail, and besides, it's not a habit... I CAN QUIT WHENEVER I WANT TO!"* The little voice assured me I needn't be concerned with the thought of controlling my nightcaps. It even told me I could probably get by with TWO nightcaps and sleep even better yet!

The amazing thing is that all the while I was sipping this stuff, I kept telling myself that I could stop whenever I wanted to. I wasn't hurting anybody. It's my business, after all. And when my wife asked *"What's wrong with you???"* I'd brush it off as best I could. Because you know, that little voice assured me *"Don't worry; I'll feel better next week. Because I can stop **whenever I want to!**"*

Well, it turns out I couldn't stop. Not by myself. I'd make it a day, and felt convinced that I could stop. But, the stopping only lasted for that day. Will-power just went out the window when the next challenge appeared. There were nights I was afraid to fall asleep; what a mess! I was beginning to wonder if I *could* stop drinking whenever I wanted to.

Fast forward through the passing out in front of the liquor cabinet, the night at the hospital, the miserable, sobbing confession at the doctor's office, my stunned life partner, the 30-day "spin-cycle" rehab program, and my first A.A. meeting. And my second A.A. meeting. And my third A.A. meeting.



It took a long time for me to be convinced I was an alcoholic, but I am. I had to introduce myself as an alcoholic at many many meetings, many, many times before I allowed myself to actually consider this as a fact. The words weren't very comfortable, but they did get easier to say. It was difficult to allow myself to bond with the people, although none were stand-offish. In fact, they were downright friendly. Someone forced himself on me as a sponsor. Go figure. I'd even managed to taper off my consumption.

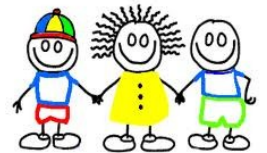
And then the miracle happened. I *liked* these people. We had a lot in common. I *liked* being sober again. I *liked* getting up in the morning. I liked going to meetings! I *liked* living. Of course it's taken a few years to come close to this almost peach-dandy status; it just doesn't happen overnight. I've learned a lot about myself and about living, thanks to the folks in the program.

You see, after A.A. wrapped its arms around me I was blessed with a desire to stop drinking and, just like the Third Tradition says, it's the only requirement for membership. So, I think I fit in.

I'm lucky to have A.A.

I'm lucky to be alive.

Dale T



Heard at Meetings.

"An alcoholic is a man with two feet firmly planted in mid-air."

"An alcoholic is a person who finds he has nothing in common with himself."

"Time heals all cuts; time also cuts all heels."

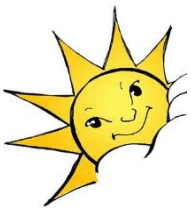
"The surest way to lose your health is to keep drinking to other people's."

"No man is ever *entirely* useless--he can always serve as a horrible example."

"Some minds are like concrete. . . all mixed up and permanently set."

"A halo only has to slip 11 inches to become a noose!"

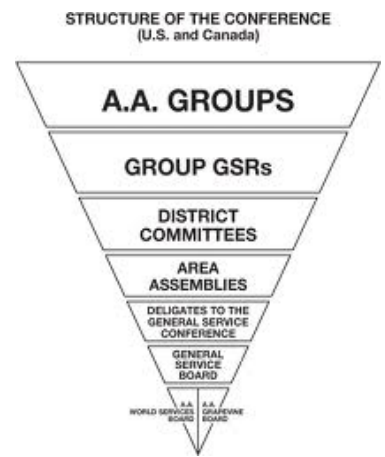
"*When you stop to think....* don't forget to start again"



The "Organization" of A.A.

Did you ever wonder what all those initials stand for? IGR, GSR, GSO?
Our Tradition Nine tells us:

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve"



That being said, there are many levels of service within Alcoholic Anonymous, all of which are vital to assuring our program remains alive and well, to reach out our hand to the still suffering alcoholic. Here are a few general definitions to help explain:

AA General Service Board (a.k.a. the Trustees)

A board composed of fourteen AA trustees and seven nonalcoholic trustees that serves to safeguard AA's Traditions and funds. The board has the responsibility of overseeing the General Service Office (GSO), AA World Services, Inc., and The AA Grapevine, Inc.

AA General Service Conference:

A conference linking the AA groups to the General Service Office and Board. It serves as the group conscience for AA as a whole. Although the conference only meets for six days a year, the 135 conference members are active in conference affairs throughout the year. Conference members are elected as representatives from each of ninety-one area assemblies. The assemblies themselves are elected by General Service Representatives (GSRs) from all AA groups.

AA General Service Office (GSO):

The 'main library' of AA's shared knowledge and experience. It helps AA fulfill its primary purpose by:

- 1) providing service, information, and AA experience to groups worldwide;
- 2) publishing and distributing AA books, flyers, fact sheets and pamphlets;
- 3) supporting the activities of the General Service Board;
- 4) carrying forward recommendations of the General Service Conference;
- 5) dealing with the general public.

AA General Service Representative (GSR)

A person who serves as an individual group's link to the General Service Conference. Sometimes called 'the guardians of the Traditions', GSR's are elected from each AA group to serve on area committees. Delegates from these area committees are then elected to serve as members of the General Service Conference.

AA Intergroup Representative (IGR)

A person who serves as an individual group's link to the Intergroup, which is a committee of individuals for a local service area (such as Central Oregon). This committee (intergroup) has chairpersons who spearhead local AA services such as Entertainment, Schedules, Web, Treasury, Potluck, Hotline, and Newsletter. IGRs attend these monthly meetings to provide input to the Intergroup regarding members views on group conscience issues.

Group Conscience:

The mechanism through which an AA group makes decisions about matters affecting the group as a whole. The group makes decisions expressed through a meeting held for that purpose immediately before or after a regular AA meeting. Every member of the group is entitled to vote, and everyone is a member who so declares himself or herself.

2011 High Desert Roundup – TOOL KIT OF SOBRIETY ***September 23-25, 2011***

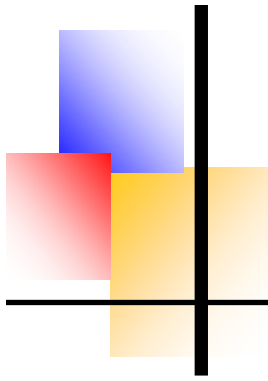


2010 High Desert Roundup Recap:

Thank you to all who participated in the 2010 High Desert Roundup! The turnout was tremendous, the speakers spectacular and the food fantastic, not to mention the fabulous fellowship. Financially it was a success and the committee has started to make plans for 2011! The committee is staying intact and will be recruiting co-chairs and lots of committee members. We had our first meeting in February and plan to start meeting monthly, generally on the 3rd Sunday, generally 3-4PM. The next meeting is: March 20, 2011 3PM TEC. We are looking at having some fundraising events throughout the year. Come join us!

Tax Relief Tacos - April 16, 2011 and 2nd Annual Softball Tournament - July 16, 2011

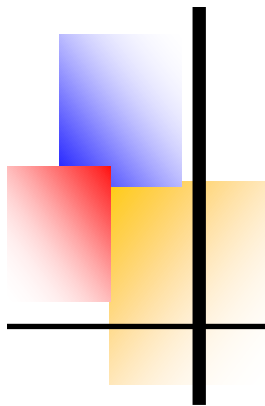
Contact Carrie 541-419-4159, if you would like to be involved in the planning ... we can use all the help we can get!



MARCH 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuesday night Speaker mtg-7 pm	2	3	4 CO speaker mtg- 7 pm AT OLD STONE CHURCH Tumalo speaker mtg-7 pm	5 Redmond pot- luck, speaker mtg—6 pm;
6	7	8	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 St Patricks Day Corned Beef Dinner Prineville 6pm
20 High Desert Round Up Planning Mtg TEC 3pm	21	22	23	24	25 Tumalo Speaker Mtg 7 pm Bend Milestone- Meeting TEC 7p	26 Intergroup Potluck Speaker mtg 6pm
27 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	28	29	30 La Pine Living Sober Birthday Mtg at P&R 7pm	31		
Bend Mileston 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.



APRIL 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CO speaker mtg-7 pm Tumalo speaker mtg 7 pm	2 Redmond potluck, 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 La Pine potluck/ speaker mtg-6 pm	14	15 CO speaker mtg-7 pm Tumalo speaker mtg 7 pm	16
17 High Desert Round Up Planning Mtg TEC 3pm	18	19 Madras birthday Mtg-7:30 pm	20	21	22 Tumalo speaker Mtg 7 pm	23 Intergroup Potluck Speaker mtg 6pm
24 Intergroup Advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm; TEC	25	26	27 La Pine Living Sober Birthday Mtg at P&R 7pm	28	29 Bend Milestone Meeting TEC 7 pm Tumalo speaker mtg 7 pm	30
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MEETING
ADDITIONS/CHANGES/
DELETIONS

NEW MEETINGS!!

Bend, Thursdays 8:30 pm
Nazarene Church 27th St
"Young and Sober"
(Open Discussion Focused on
Young People)



Prineville, Wednesdays 9am
Open Hand Fellowship
Rebel's Roost
(Open, Daily Reflections Meeting)



Culver, Saturday 6:30 pm
Culver Christian Church
501 W. 4th Street
"Culver Nuts and Bolts"
(Book/ Step Study, Open, One Hour Mtg)



ATTENTION GROUP MEMBERS:

We have a new Potluck Chair!! Now, we need groups to sign up for being monthly potluck sponsors. Check with your groups IGR about whether your group is signed up to sponsor one of the monthly potlucks. We need LOTS of help to make these wonderful monthly potlucks happen! Contact Alan at 541-948-0341 or email potluck@coigaa.org THANKS

MARCH
Sobriety
Milestones

Walter G	3/12/08	3 years
Mike S	3/31/09	2 years
Charlie A	3/23/87	24 years
David Y	3/22/10	1 year
Jill M	3/29/10	1 year
Wildog	3/12/80	31 years
Joe M	3/11/01	10 years
John H	3/29/07	4 years
Larry M	3/20/00	11 years
Spurge C	3/10/85	26 years
Liz T	3/27/02	9 years
Mark M	3/3/08	3 years
Steve T	3/20/86	25 years
Matt B	3/23/10	1 year
Paul V	3/17/08	3 years
Tavia	3/7/09	2 years
Gary M	3/25/83	28 years
Debbie D	3/3/03	8 years
Vaughn B	3/12/09	2 years
Darlene	3/21/09	2 years
Pat M	3/29/87	24 years
William W	3/29/09	2 years
Mark M	3/18/06	5 years
Dave F	3/20/06	5 years
Corey S	3/15/93	18 years
Tom M	3/7/94	17 years
Derek G	3/3/08	3 years
Justin O	3/6/09	2 years
Karen R	3/25/89	22 years
Kayla	3/12/10	1 year



Upcoming
Events



Saint Patrick's
Day Corned Beef
& Cabbage Dinner

Saturday
March 19, 2011

Dinner 6:00 pm
Speaker 7:00—7:30 pm
Bingo 7:30—9:00 pm



Calvary Baptist Church
2241 N Main Street
Prineville, Oregon

Dinner Tickets \$8.00

For more information call:
Heidi S. (541) 728-5463
Kevin K. (541) 610-3060
Lurlyne B. (541) 504-1343
Tony C. (541) 550-6279
Mark L (541) 447-1577

Fund Raising Events for the HIGH DESERT ROUND UP
coming September 23-25, 2011

Tax Relief Tacos: April 16, 2011
Second Annual Softball Tournament: July 16, 2011

See article page 3 for more details





TREASURER'S REPORT DONATIONS SUMMARY



2011 Group	16-Jan to 15-Feb	Year to Date
24 and Alive	150.00	300.00
ABC Group		
All Groups Speaker Mtg.		
As Men See It		
Attitude Adjustment	75.00	75.00
Back to the Big Book		81.42
Burning Desires		
Burns Group		
Central Oregon Speakers Mtg.		
Crescent Meeting		
Crooked River Ranch		
Eastside Earlyrisers		175.00
First things First		
Going to Any Lengths		
High Noon AA	145.00	145.00
Let it Go Group		
Living Sober		
Living in the Solution		
Madras Oasis Group	50.00	50.00
Make My Day		40.75
Meditation Meeting	30.67	30.67
Men's Book Study		
Men's Straight Talk	50.00	50.00
Mill Creek		
Monday/Wednesday 5:30		
New Beginnings		
New Horizon		
Not a Glum Lot		
Open Hand Fellowship		
Potluck	545.96	545.95
Primary Purpose		53.24
Redmond Rebels	16.16	50.56
Rule 62 Group		
Safe Harbor	77.92	77.92
Saturday Morning Alive	170.00	170.00

Saturday Nite Live		
Saturday Nite Living Sober		
Sisters High Noon		
Sisters Saturday		
Sisters Group		
Sisters in Sobriety	52.33	52.33
Sober Desire		
S. O B.	50.00	50.00
S.O.S.	20.00	40.00
Spiritual Awakening	-	
Spiritual Breakfast	-	
Step Sisters		159.00
Steps to Freedom	-	
Steps to Sobriety		
Sunday Serenity	-	
Sunriver Open Group	-	
The Old Ranch House Grp	-	
Tuesday Nite AA-Bend	101.00	101.00
Tuesday Nooners	-	
Thursday Women's	-	
Tumalo Friday Night		
Warm Springs Groups	-	
Wed. Living Sober	-	
Wednesday Stag Meeting	-	
WFS		141.84
Women for Serenity	-	
Women at Work	-	
Anonymous	-	
CD Sales	-	
COF	-	
District 5 - AFG Donations		
Potluck	-	
Entertainment	-	
Intergroup 7th Tradition	-	
Total Contributions	1534.04	2389.68



"Fr'en' o'mine went in there once an' nobody's seen him since!"

"Your wife tells me you might do better in the
'Don't Think' section."

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Redmond, OR 97756



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