

*Inside: Preserving the History of A.A.*



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**HOTLINE:**  
**541-548-0440**

**Central Oregon  
Intergroup Office**  
M - F 9:00 - 5:00  
754 SW 11th Street  
Redmond, OR 97756  
541-923-8199  
www.coigaa.org

## **I Could Not Do It On My Own**

I was raised in South Minneapolis in a Christian, nondrinking home. There was no alcoholism in my family. I guess there is a first time for everything. My parents did not drink, there was never alcohol in my home and there was never any alcohol at family events. Apparently I was bound and determined to change that. I never drank during High School. I was a champion wrestler so I took care of myself. But after graduation I became a binge drinker. I thought "that is what you were supposed to do with alcohol, party until you puke." I did much of that. My first drunk was on wine, and after being sick for several days. I vowed to never do that again. After a few weeks of not drinking I felt better, so I went out and did it again! That would set up my behavior for my just-developing drinking career.

I learned from treatment about denial patterns, and mine were minimizing, comparing, and flight into health. I never got a DUI, I was never fired nor told I would be fired if I did not quit drinking, I never went through a divorce nor did I have many of the problems associated with alcohol abuse. I was just flat lucky. I did get into some scrapes because of alcohol abuse, so I would quit drinking completely for three to nine months and then convince myself it was ok to drink again. I would drink somewhat responsibly for a period of time and then my drinking would deteriorate into binge drinking. I would wake up with a hangover and drink to alleviate the symptoms. If one beer was good two must be better and that would lead to four and that would lead to six and then 12. This would go on for a few days and then I would quit, go through several days of self detoxification then when I felt better I would decide to try drinking again; I always told myself that *this time* it would be different. My behavior was the true definition of insanity: Doing the same thing over and over again expecting a different result. My efforts always ended in failure.

I had known about Alcoholics Anonymous from the church I attended in Minneapolis. The pastor counseled alcoholics. Many members of the church were in recovery and would come and talk to our high school classes. I listened to their stories and then say to myself: *this will never happen to me*. Because of this influence, at least I knew where to find help if and when I was ready to quit for real. After about 12 years of drinking I finally had enough and found an AA meeting to go to. There were several



## **Intergroup Officers**

### **CHAIRPERSON**

Jerry R.  
541-408-0627  
chairperson@coigaa.org

### **VICE CHAIRPERSON**

Laurakay L.  
541-350-0150

### **SECRETARY**

Patti O.  
541-771-5452

### **TREASURER**

Liz T  
541-389-9276

### **ENTERTAINMENT CHAIR**

Heidi S.  
541-728-5463  
entertainment@coigaa.org

### **NEWSLETTER CHAIR**

Eileen F.  
541-408-7073  
newsletter@coigaa.org

### **SCHEDULE CHAIR**

Shari A.  
541.420.9831  
schedule@coigaa.org

### **HOTLINE CHAIR**

Wayne S. 541.410-9437  
hotline@coigaa.org

### **POTLUCK CHAIR**

Alan  
541-948-0341  
potluck@coigaa.org

### **WEBSITE CHAIR**

Cory S.  
webmaster@coigaa.org  
541.408-1055

### **DISTRICT COMMITTEE MEMBER**

Kathi C. 541.280.6980

### **ADVISORY BOARD COMMITTEE**

Bill B 541.633-6640  
Shari A. 541-420-9831  
Stan E 541-593-1407  
Mark S 541-325-1726

## **Address Information**

Oregon Area Treasury  
1900 N.E. 3rd Street  
Suite 106-172  
Bend, OR 97701

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

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

*This meeting after the meeting runs the gamut from serious deliberation to out and out gut-busting laughter....*



people my age in the group as well as the Old Guard. I sobered up, kept going to meetings and found a good church to attend. It was in the church where I met and married my wife. We were blessed with three children and had a great sober life together. Then in November of 1987, my wife was diagnosed with cancer. It was fourth stage and there was no cure. She fought and lived until September 2, 1988. We were together right up to the very end.

When the cancer patient dies it is a relief. The cancer patient is finally out of pain, and the family is finally over the emotional and financial burden that long term illness brings. All of the stages of the grieving process have been gone through, the healing process begins, and now life can go on. I was looking forward to the challenge and blessing of raising my daughter and two sons. Then on September 29, 1988, just 27 days after my wife's death, my 11 year old daughter was killed by a classmate in a shooting accident. That goes beyond explanation. People who had been so supportive and loving during my wife's long illness and death now turned away in shock and horror. My attitude about life went from enthusiasm to the depths of despair. There was no explaining this or ever getting over it.

I did not go back to drinking right away, although nobody would have blamed me if I did. I had two boys to take care of. One was five years old and the other not yet two years old. I would come home at night after work and my two boys would climb on my lap and just cling to me. We would sit and zone out in front of the TV. After about a year they got too big and we no longer fit in the chair, so those times became less and less. I began dating and socializing. It was not long before I decided I was boring to be around so I began drinking again. Nobody told me I was boring, it was just an excuse to start drinking again. Eventually my previous drinking patterns began to re-emerge. I would awaken with a minor hangover and decide to finish off the one or two beers in the refrigerator.



I would fall asleep and wake up with a worse hangover so I would go out and get more alcohol. My drinking pattern soon became that of drinking, passing out, waking up and drinking some more. Again my denial patterns of minimizing, comparing and flight into health came into play. I again convinced myself that I was not as bad as the other guy, I never got into trouble or was questioned about my drinking and I still participated in a hard core exercise program. There were many times while on a drunk I would look at myself in the mirror and tell myself I was an alcoholic and needed to get help. A few days later I felt better and convinced my self I was not really an alcoholic and that the next time would be different.

This insane, stubborn behavior went on for many years. I prayed to God to give me strength to get help. With the strength that He gave me I checked into a treatment center. I have been sober for two years now, thanks to the fellowship of Alcoholics Anonymous and Celebrate Recovery. I have many new friends and it still amazes me to see so many smiling, happy people at a 7:00 AM meeting. After the meeting I join other attendees for coffee at a local coffee shop. This meeting after the meeting runs the gamut from serious deliberation to out and out gut busting laughter. I am sure that at times we may be disruptive to the other patrons but now it is out of sobriety not drunkenness. I am a very happily married man and feel blessed to have a sober, supportive wife. I have been restored to my two sons. Sobriety is great, life is good, an attitude of acceptance has healed me and taking life one day at a time works.

Larry G.



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### Some Snippets of Wisdom:

- ∞ We are hardest to love when we need love the most
- ∞ You hit bottom when you stop digging the hole!

# ARCHIVES AND HISTORY



*"We are trying to build up extensive records which will be of value to a future historian..."*

*"It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion..."*

*"We want to keep enlarging on this idea for the sake of the full length history to come..."*

— Bill W., 1957

The idea for organizing an historical collection of the Fellowship's records came from A.A. co-founder Bill W. in the early 1950s. Bill was becoming increasingly concerned that *"the history of Alcoholics Anonymous is still veiled in the deep fog."* Knowing that the office correspondence was loosely maintained in the drawers at the General Headquarters, he set out to arrange our historical records.

He personally recorded oldtimers' recollections in the Akron/Cleveland area; he sent out boxes of blank tapes to others, encouraging them to record their recollections. Bill's far-reaching vision outlined an archival message that is still sound today. As he said: *"Every one of the new and unexpected developments (in A.A.) has, lying just underneath, an enormous amount of dramatic incident and experience—stories galore.... It isn't hard to prepare a fact sheet of what happened—that is, dates when people came in, groups started and so forth. The hard thing to lay hold of is the atmosphere of the whole proceedings and anecdotal material that will make the early experience alive."*

After many decades of tireless organizing and arranging, the G.S.O. Archives room was opened with a formal ribbon-cutting ceremony in November 1975.

Since then, the G.S.O. archivists and the trustees serving on the Archives Committee of the General Service Board have encouraged the importance of archival service, which is vital to the survival of the Fellowship. As a result of that work, today almost all areas have set up archival collections, and there is a significant growth at the district level.

Historical records help us to sift through our day-to-day experience in recovery and reach back for the shared experience from the past. As we sort out the myth from the facts, we ensure that our original message of recovery, unity and service remains the same in a changing, growing, expanding Fellowship that constantly renews itself.

*From Alcoholics Anonymous World Services, 2010*

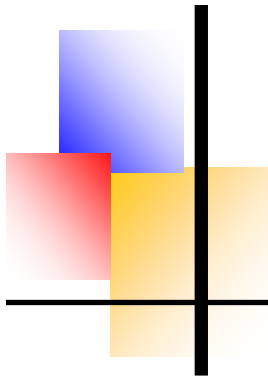


## Calling All Old-Timers!!!!!!

District 5 -Central Oregon's A.A. Archives is in need of Your Support! Help us to gather and record your memories of Who-When-and Where our Meetings were started. Central Oregon A.A. has recently elected an "Archivist" who will gather and document pertinent historical facts and events for the benefit of all.

Pictures, stories, "I remember when", experiences on committees, at AA functions, how meetings have grown and changed, we want to hear it ALL! If You are interested in helping with this Wonderful Service for "ALL" of US -- then Please contact me, Daryl Lee - District 5 A.A. Archivist @ 541-848-8092 Or via email: ranchdaryl@gmail.com. Bless You!!



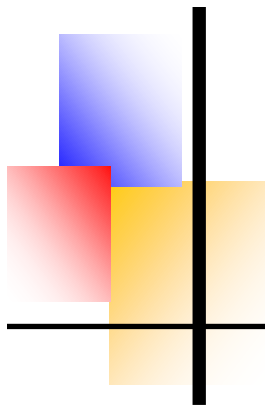


# MAY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Tuesday night Speaker mtg-7 pm	4	5	6 CO speaker mtg- 7 pm  Tumalo speaker mtg-7 pm	7 Redmond pot- luck, speaker mtg—6 pm; ABC mtg joins Sat Nite live/ TEC
8 District 5 GSR mtg 4 pm TEC	9	10	11	12	13  Tumalo speaker mtg-7 pm	14
15 High Desert Round Up Planning Mtg TEC 3pm	16	17 Madras birthday Mtg-7:30 pm	18 La Pine potluck/ speaker mtg-6 pm	19	20 CO speaker mtg- 7 pm  Tumalo speaker mtg-7 pm	21
22 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	23	24	25 La Pine Living Sober Birthday Mtg at P&R 7pm	26	27 Tumalo Speaker Mtg 7 pm  Bend Milestone- Meeting TEC 7p	28 Intergroup Potluck Speaker mtg 6pm
29 I	30	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.





# JUNE 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg-7 pm Tumalo speaker mtg 7 pm	4 Redmond potluck, speaker mtg—6 pm;
5	6	7 Tuesday night Speaker mtg-7 pm	8	9	10 Tumalo speaker mtg 7 pm	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
19 High Desert Round Up Planning Mtg TEC 3pm	20	21 Madras birthday Mtg-7:30 pm	22	23	24 Tumalo speaker Mtg 7 pm Bend Milestone meeting 7 pm PACIFIC NW CONFERENCE	25 Intergroup Potluck Speaker mtg 6pm  PACIFIC NW CONFERENCE
26 Intergroup Advisory Board mtg-5 pm Intergroup IGR mtg-5:30 p PACIFIC NW CONFERENCE	27	28	29 La Pine Living Sober Birthday Mtg at P&R 7pm	30		
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## MEETING ADDITIONS/CHANGES/ DELETIONS

### MEETING CHANGES !!

*Warms Springs Wednesday noon  
CHANGE to Tuesday noon*

*Bend Thursday 6:30 pm "Sober  
Sensations" CANCELLED*

**NEW MEETING**  
*Bend, Sunday noon, "Topics 257"  
1443 NW 7th St (residence)*



### IN MEMORIAM:

Rich F., a long time member of the Sunriver Monday night group has attained what so many of us hope for. He died sober on Sunday April 10<sup>th</sup>, with fifty one years of continuous sobriety. He got sober in Los Gatos California August 3<sup>rd</sup>, 1959, and moved to Central Oregon in 1982. If you did not know Rich, it could only be because you didn't attend meetings in Central Oregon before his health got so bad he couldn't attend them himself. Those of us who have been around the fellowship a little longer knew him as the guy who opened the spiritual breakfast meeting for a couple years. Or we went into the jail meetings with him for many years. Before that he was the guy who for several years opened up the Sunday Potlucks. Even further back he was that fellow who called us to go into the middle schools to do talks for the kids. You may be one of the tons of men he sponsored, or one of the many people who always got a call from Rich on your AA anniversary. If, like me, you wanted what he had, you needed to train hard, because he set his own bar quite high when it came to paying back what was given to him by AA. Thanks Rich for all you did to help our fellowship. You are so missed.

Bruce L.

## MAY Sobriety Milestones

### Attitude Adjustment

Amy F	5/3/07	4 years
Carlos	5/23/89	22 years
Jennifer C	5/15/90	21 years
Jensine L	5/9/01	10 years
Jim L	5/20/02	9 years
Kim A	5/14/06	5 years
Steve P	5/9/05	6 years

### Redmond SOS Group

Molly Z	5/1/04	7 years
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### As Men See It

J J	5/1/07	4 years
Joshua C	5/15/07	4 years
Jack M	5/20/80	31 years



### TEMPORARY MEETING CHANGE:

Once again, the ABC Meeting on Saturday, May 7th at 8 pm will be joining with the Saturday Night Live meeting at TEC, due to inavailability of meeting space. ABC will return to the Environmental Center on May 14th. .



## Upcoming Events

### PACIFIC NORTHWEST CONFERENCE

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 available using either downloadable PDF file or 'online' at [www.pnc1948.org](http://www.pnc1948.org)

***We need your assistance to  
host a fantastic Conference!***  
**SERVICE opportunities:**

Hospitality Room—contact  
Lindsay (701) 610-6158

Registration—contact  
Walter (541) 610-6530.

Any additional questions,  
contact Kathi C. 541-280-6980

**SERVICE KEEPS US SOBER!!**  
Grab another AAer and sign up.  
Encourage your sponsees!  
Together we make this happen!



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

**SECOND ANNUAL SOFTBALL TOURNAMENT**  
July 16, 2011 Teams Forming NOW  
Call Bill O. for more info: 541-771-5145





## TREASURER'S REPORT DONATIONS SUMMARY

2011  
Group

March 16 -  
April 15, 2011

Year to Date

24 and Alive	150.00	600.00
ABC Group		-
All Groups Speaker Mtg.		-
As Men See It		-
Attitude Adjustment	32.00	192.00
Back to the Big Book	56.00	137.42
Burning Desires		-
Burns Group		-
Central Oregon Speakers Mtg.		-
Cresent Meeting		-
Crooked River Ranch		-
Culver Nuts & Bolts	35.00	35.00
Eastside Earlyrisers		345.70
Easy Does It	100.00	200.00
First things First		45.00
Going to Any Lengths		-
Heppner Miracles		-
High Noon		145.00
Let it Go Group		-
Living Sober		-
Livng in the Solution		-
Madras Oasis Group	100.00	150.00
Make My Day		40.75
Meditation Meeting		30.67
Meeting in Between		-
Men's Book Study		92.40
Men's Stag Meeting	125.00	125.00
Men's Straight Talk		50.00
Mill Creek		-
Monday/Wednesday 5:30		-
New Beginnings		-
New Horizon	81.50	236.50
Not a Glum Lot		177.60
Open Hand Fellowship		-
Out to Lunch Bunch		-
Primary Purpose	16.28	111.77
Redmond Rebels		63.52
Rule 62 Group		-
Safe Harbor	161.72	239.64
Saturday Morning Alive		170.00
Saturday Nite Live	100.00	100.00
Saturday Nite Living Sober		-
Sisters High Noon		-
Sisters Saturday		-
Sisters Group		-
Sisters in Sobriety		52.33
SOB Group		50.00
Sober Desire	81.00	81.00
Sober Sunday		-

S.O.S.	20.00	80.00
Spiritual Awakening	194.98	194.98
Spiritual Breakfast		
Step Sisters	83.89	242.89
Steps to Freedom		-
Steps to Sobriety	56.00	206.00
Sunday Serenity		-
Sunriver Open Group		-
The Old Ranch House Grp		-
Tuesday Nite AA-Bend		101.00
Tuesday Nooner		-
Thursday Women's		-
Tumalo Friday Night		-
Warm Springs Groups		-
Wed. Living Sober		-
Wednesday Stag Meeting		-
WFS		251.85
Women for Serenity		-
Women at Work		-
Potluck	76.57	118.57

Total Contributions	1,469.94	4,666.59
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### AA In A Nutshell : An AA wonders how it works

Alcoholics Anonymous is a fellowship designed and administered by a bunch of ex-drunks whose only qualification for membership is that we finally realized that we couldn't hold our liquor and wanted to stop trying to impossibly learn how to hold it successfully. It has no rules, dues, or fees, nor anything else that any sensible organization seems to require. \*\*\* At meetings, the speaker starts on one subject, winds up talking about something entirely different, and concludes by saying he doesn't know anything about the program, except that it works. \*\*\* The groups are often broke, yet always seem to have money to carry on. We are always losing members, but seem to grow. We claim AA is a self-ish program, but always seem to be doing something for others.

\*\*\* Every group passes laws, rules, edicts, and pronouncements, which everyone blithely ignores. Members who disagree with anything are free to walk out in a huff, quitting forever, only to return as though nothing happened, and be greeted accordingly.

\*\*\*Nothing we discuss in AA is planned in advance, yet great results are born from the things we share with each other, and our lives get better.

How can we survive like this?

Perhaps it's because we have learned to live and laugh at ourselves and with each other. God made us. He made laughter, too. Perhaps he is pleased with our disorganized efforts and makes things right no matter who pushes the wrong buttons. \*\*\* Maybe God is pleased with our simple yet sincere efforts to do what's right for us and others. Maybe he is pleased with our trying to be nobody but ourselves. We don't know how it works, but it does, and members keep receiving their dividend checks from their AA investments.

It is wise to be sober, and it is much easier, my friends, to stay sober than it is to get sober.

Anonymous



"I promptly admitted I was wrong and got fined \$200!"

754 SW 11th Street  
Redmond, OR 97756



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