



Volume 14 Issue 2

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24 / 24

Anger, fear, worry, depression, frustration and misunderstanding. Dishonest, hopeless, unwilling, proud, greedy, slothful. NICE resume, but that is what I brought with me to Alcoholics Anonymous.

I drank in the beginning to fit in but mostly to escape my feelings. I decided I enjoyed the taste and certainly sought the effect. Throwing up and bad hangovers were just 'details'. At first beer was the ticket. As time progressed I added rum and cokes, flavored vodkas, mixed drinks, champagnes and tequilas. Mmm, mmm. My behavior changed. I was irritable, restless and discontent. Locating the next party or who had access to liquor eased the feelings because I knew I would be able to lay my hands on some of the magic potion. I became familiar with blackouts when I was 17 years old. They could have began prior to that but the first time I "came out of a blackout" was at 17. Those can be some rather rude or scary times. Who am I with? How did I get here? Where am I? How do I get back to my car or house? And then I couldn't wait to drink again.

If I happened to be a bit depressed when I began drinking I would inevitably end up embarrassing those around me when I started in on the crying jags. If I happened to be happy when I began drinking who knew what would end up transpiring. I and two Marines I was with ended up being escorted out of Jack Murphy Stadium in San Diego. At the ball game the guys in front of us were being obnoxious drunks and my part in it was to begin a fight with them earning me getting a couple of glasses of beer thrown over me. Fancy that... Those fellas were arrested and we were just escorted.



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"We cannot outgrow the program of Alcoholics Anonymous"

In my corporate career, drinking was an accepted and encouraged activity. I excelled in that arena. I usually had very enabling and co-operative peers who, if we had drinks at lunch, would stay with me to make sure I didn't get in to trouble. More than once superiors would track us down to make sure we were ok but I never got written up.

Then God began to get involved doing for me what I could not do for myself. For employment reasons I ended up moving to a state where I did not know a soul. Feelings of loneliness, isolation, inadequacy and to be honest some gut level fear became my playmates. I was hitting the bottom of my rope quickly in all areas of my life. I gained over 30 pounds in a month and other harmful behaviors were no longer easy to hide. People were noticing there were some serious issues but I would deny any thing was wrong.

Fate, a miracle or God's gentle hand put me in a place where a woman was speaking. The rest of the audience seemed to dissolve as I listened to her. Our stories were not the same but there was enough Language of the Heart being spoken that I knew I needed to speak with her. She became my sponsor and took me to my first AA meeting that night. Although I had flunked out of a different 12 Step program previously, when I got to Alcoholics Anonymous I have not had to go back to test the waters or do more research regarding drinking. She and I began doing the 12 Steps of Alcoholics Anonymous from the Twelve and Twelve right away. She took me to or met me at lots of different meetings. I was finally getting to be ok in my own skin.

I have learned about honest, hope, faith, courage, integrity, willingness, humility, forgiveness, justice, perseverance, spiritual awareness, and a spiritual life by applying and trying to live the principles of Alcoholics Anonymous. I am no longer lost, alone and purposeless. I know and understand courtesy, kindness, justice and love. I am one in a family, a friend among friends, a worker among workers and a useful member of society.

→

We receive the Three Legacies of Service, Unity and Recovery in Alcoholics Anonymous.



Having Three Legacies I have three elements of my own sobriety. At first the 12 Steps took my entire attention and focus to gain Recovery from the disease of alcoholism. Unity became critical because I needed the meetings of Alcoholics Anonymous and I needed the people in the meetings for my recovery and my sanity. Service to the Fellowship of Alcoholics Anonymous is one third of my recovery. I have had many service jobs including greeter, coffee maker, secretary, treasurer, speaker getter, sponsor, home group business meeting secretary, GSR, DCM and now Oregon Area PI South.

We can not outgrow the program of Alcoholics Anonymous. Continued spiritual growth, continued practice of the 12 Steps of Alcoholics Anonymous, continuing to sponsor women, continuing to be a guardian of the Traditions and making sure I have a service job in Alcoholics Anonymous keeps the program green for me. I certainly don't do it perfect and I am always taking my own inventory but my honest efforts 24 hours a day have brought me to 24 years of continuous sobriety in Alcoholics Anonymous on February 3rd.

Blessings to each of you for continuing to 12 step me.

Kathi C.



A selfish portrait.



The Subtlety of Ego

A short time ago I was speaking with a member of the fellowship and during the course of our conversation he said to me “I feel like my life has been as series of failures”. We talked about it at some length, and after he left the notion stuck with me. A week or so later I found myself talking to the same fellow so I said to him “you know, if you simply remove your ego from that statement you made to me, your life will have been a series of experiences, not failures”. His eyes got wide and he got quiet. I hope the idea helped him. I *know* it helped me.

After he left I found myself thinking about the role of ego in my life today. The more I thought about it and the more honest I was with myself, the more I realized that my ego is still very much alive, residing just under the surface of my life every moment of every day. Perhaps it will always live there. What’s worse I came to realize, is that it still rears its ugly head ever so subtly, often without my being conscious of it at the time, then recedes back into the depth of my mind awaiting a fresh opportunity to bathe in the light of the day. Trouble is – until now I hadn’t thought about this much and *certainly* hadn’t been aware of this happening – but it has. I realized at that moment that there are so many things that I still say or do that are driven by misguided ego. Things that I think, do and say still fall prey to the wrong use of my ego and I usually don’t notice it until it’s too late.

As a result of the conversation with my AA friend I have found the need to examine the motives behind some things I’ve done recently. When I met with my sponsor last week one of our topics led to our discussing my competitiveness. As with so many times in my life I found myself defending/explaining my position to him. I’ve rarely cared whether I “beat” someone at something, and yet have always been driven to push myself to be the best that I can be at many different things. Anyway, after our talk I started thinking and came to realize something about myself that I hadn’t recognized to this point in my life.

I often yearn to have someone be proud of me.

I think its something that most people get naturally from their parents, but since I didn’t have any, I never got this. So when I thought about why I’ve done some of the things I’ve done recently it was clear to me that this yearning was my real motive. I wanted someone to pat me on the back and tell me I was doing well. Unfortunately, the root of this is still ego based and therefore something I need to work on. It seems I’ll need learn how to accomplish a sense of self worth that is somehow NOT ego driven. It seems like a tall order at the moment but I’ll bet the solution is probably pretty simple.

This line of thinking had stayed with me for several days and I found myself thinking about ego and its role in my life as I walked my two dogs in the crisp air of a Sunday morning in February. While thinking about things I tried to understand what drove this desire to have people be proud of me. It occurred to me at that moment that perhaps *if I was simply proud of myself* maybe I wouldn’t need to seek out the approval of others and therefore need to call on my ego to fuel my self worth. One of the more insane aspects of my thinking is the co-existence of this need from others living side by side in my mind with daily self loathing. I am the first one to down-play my own accomplishments yet I seem driven to have someone else acknowledge them. So as I walked along I wondered out loud, “Perhaps if I were simply proud of *myself*, I wouldn’t need to selfishly seek out the feeling from others”. Was I on to something? Could it be that simple? I thought hard about what my motives were - trying desperately to expose whether the wrong use of my ego was once again rearing its head. Was being proud of myself still driven by ego?

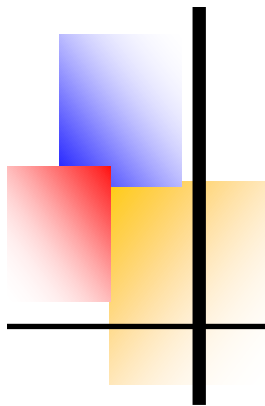
So as I walked my dogs on this February morning I asked myself “is there anything really wrong with me being proud of myself?” I’ve never really done it – and yet that may be the solution for me. Can I embrace the notion of being proud of myself and still be humble? I recalled reading in our AA literature that God gave us instincts to use, but we were the ones who distorted them. Was this new idea an appropriate use for pride? I walked cautiously through my thinking, trying to ensure that I was not once again being taken in by ego. But the more I thought about it the more I came to realize that it seemed OK to feel proud of myself for my hourly, daily and lifetime accomplishments. Maybe I am a worthwhile person after all. Maybe if I felt proud of myself I could be of better use to others, offering something for a change instead of subconsciously asking for something from them all the time. Maybe I could instinctively and appropriately *feel good about me*, instead of needing to put myself down all the time.

As I walked along pondering the notion about feeling good about myself and being proud of my daily accomplishments I sensed a tingling feeling come over me. I’ve only noticed this feeling a few times in my life and one of the more poignant ones was two days before my last drink. Back then I had tried everything I could think of to stop drinking and nothing had worked. I was in a field back then too - walking my dog – feeling absolutely desperate to quit drinking when this tingling feeling overcame me for the first noticeable time. I stopped dead in that field, looked up toward the sky and said out loud “OK - I give in. You win. Show me what to do”. That feeling stayed with me for several moments. I stood there, realizing for the first time in my life that a higher power truly existed and that I was in its presence at that very moment.

As I said, this morning as I walked through a different field with a dog on each side of me this tingling feeling suddenly came over me again. I had just learned a valuable life lesson and also something important about myself. I had gone through a growth opportunity filled with pain, I had come through it with new tools and new instincts, and I didn’t have to drink over any of it. I somehow *knew* that my higher power was with me in that field at that moment. This time I didn’t stop walking, I just smiled. I found myself saying out loud, “there you are – its nice to see you again. Thank you for helping me as you so often have”. I walked quietly back to the car with the dogs and the thought occurred to me that for the first time in a long time, there were once again two sets of footprints in the sand behind me instead of one.

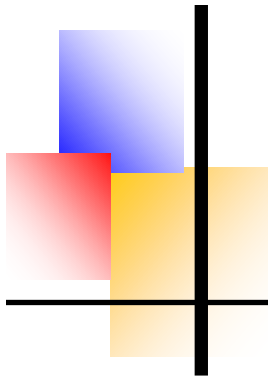
Mike M, Bend, OR





FEBRUARY 2012

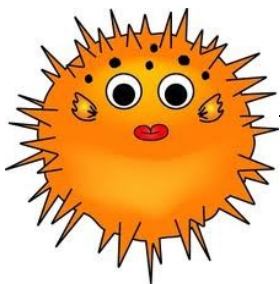
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg- 7 pm	4 Redmond pot- luck, speaker mtg—6 pm;
5	6	7 Tuesday Night Speaker Mtg 7 pm	8	9	10	11
12 District 5 GSR mtg 4 pm TEC	13	14	15 Potluck Speaker Meeting, La Pine 6 pm	16	17 CO speaker mtg- 7 pm	18
19	20	21 Madras birthday Mtg-7:30 pm	22	23	24 Bend Milestone meeting 7 pm	25 AL-ANON Spa- ghetti Feed 5 pm Intergroup Pot- luck TEC Brooks Hall 6pm
26 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	27	28	29			
Bend Milestone 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 St. Helen's Room La Pine Park & Rec Building Jefferson Cty Library Rodriguez Annex 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 134 S.E. E Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo	



MARCH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CO speaker mtg- 7 pm	3 Redmond pot- luck, speaker mtg—6 pm;
4	5	6 Tuesday night Speaker mtg 7pm	7	8	9	10
11 District 5 GSR mtg 4 pm TEC	12	13	14	15	16 CO speaker mtg- 7 pm	17
18	19	20 Madras birthday Mtg-7:30 pm	21 Potluck Speaker Meeting, La Pine 6 pm	22	23	24 Intergroup Pot- luck TEC Brooks Hall 6pm
25 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	26	27	28	29	30 Bend Milestone- Meeting TEC 7p	31
Bend Mileston Meeting Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meet- ing 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.



ANNUAL PHOTO CONTEST

Each year, Grapevine holds a competition for photographers to be featured in our Wall Calendar. We'd love to see your most striking photographs that reflect the joy of living, serenity and other sobriety themes. Contributors of selected photos will receive complimentary copies of the 2013 Calendar and Pocket Planner.

- Entries must be received by March 1, 2012. They cannot be returned and may be considered for magazine illustrations.
- Submit digital images on CDS, along with printouts, or email to gveditorial@aagrapevine.org. Include contact information. Please note: Digital files must be high resolution—300 dps minimum.
- Mail entries to:
Art Editor, Grapevine,
475 Riverside Dr
New York, NY 10115
- For more information, visit aagrapevine.org



An Art Gallery Show will be a Spring Fundraiser for the September 2012 AA Quarterly Assembly, hosted by District 5 at the Deschutes County Expo Center. For additional details please contact Bonnie C. at theartfulbird@gmail.com

FEBRUARY Sobriety Milestones

Attitude Adjustment

Rick P	2/25/10	2 years
Arthur C	2/16/05	7 years
Curt R	2/1/11	1 year
Dan J	2/10/07	5 years
Doug M	2/19/00	12 years
Gary P	2/5/07	5 years
Jeff L	2/2/93	19 years
Kathi C	2/3/88	24 years
Sherry L	2/24/04	8 years

Primary Purpose

Lon D	2/25/09	3 years
Kelly A	2/4/10	2 years
Susan H	2/24/03	9 years
Mike S	2/22/94	18 years

New Horizons

Alissa F	2/23/11	1 year
Kirt	2/13/07	5 years
Wayne S	2/1/83	29 years
Valerie	1/14/11	1 year
Delilah	2/17/11	1 year

W F S

Bill O	2/25/94	18 years
Lindsey T	2/5/08	4 years
Painter	2/9/11	1 year
Richard S	2/20/08	4 years

Safe Harbor

Patti O	2/18/94	18 years
Jeff L	2/2/93	19 years



Upcoming Events

Al-Anon Yearly Fundraiser:

SPAGHETTI FEED Saturday, Feb 25th



\$8 per person
\$12 couples
\$2 children < 12
\$20 family

St Francis Catholic Center
Doors open 4:30, dinner 5:00

For more information, contact:
Janet Miick
541-382-7096

ENTERTAINMENT COMMITTEE

Call to Action !!!!



The Central Oregon
Intergroup committee for entertain-
ing alcoholics throughout the year
needs your help!

Help plan fun activities and be a
part of demonstrating SOBER fun.
No minimum sobriety requirement.
Call Heidi at 541-728-5463 or
entertainment@coigaa.org

TREASURER'S REPORT

DONATIONS SUMMARY



2012 Group	15-Dec to 14-Jan	Year to Date
24 and Alive	150.00	150.00
As Men See It	60.00	60.00
Attitude Adjustment	13.00	13.00
Back to the Big Book		-
Burns Group		-
Chicks with Chips	96.80	96.80
Culver Nuts & Bolts		-
Eastside Earlyrisers	274.05	274.05
Easy Does It		-
First things First		-
Going to Any Lengths		-
High Noon		-
Home Away From Hope		-
Issues & Tissues		-
Living in the Solution	17.00	17.00
Madras Oasis Group	100.00	100.00
Make My Day		-
Meditation Meeting		-
Men's Book Study		-
Men's Stag Meeting		-
Men's Straight Talk		-
New Horizon	42.25	42.25
Not a Glum Lot	510.00	510.00
Primary Purpose	84.32	84.32
Redmond Rebels		-
Rule 62 Group		-
Safe Harbor	169.69	169.69
Saturday Morning Alive		-
Saturday Nite Live		-
Sisters in Sobriety	187.58	187.58
Sober Desire		-
Sobriety Maintenance		-
S.O.S. Group		-
S.O.B. Group		-
Spiritual Awakening		-
Step Sisters		-
Steps to Sobriety	100.00	100.00
Sunriver Open Group		-
Terrebonne Trudgers	40.00	40.00
The Serenity Group		-
Tuesday Nite AA-Bend		-
Wednesday Stag Meeting		-
WFS		-
Anonymous	200.00	200.00
		-
		-
		-
Total Contributions	2,044.69	2,044.69
Potluck	231.37	231.37

DAVE'S SUGGESTIONS

Dave S., the author of "Anonymity on the Internet" compiled some tips for anonymity-protected usage of social networking sites:



DON'T join any group with "Alcoholics Anonymous" in its name, even if there is a disclaimer.

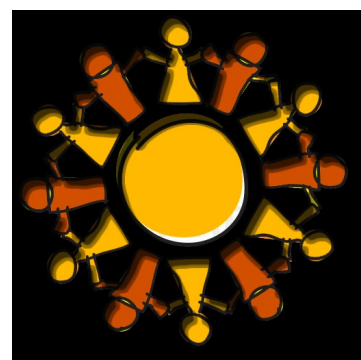
DON'T disclose that you are an AA member if you choose to join a group for people in recovery. Talk in general terms about meetings, recovery and Steps.

DON'T post a message on someone's "wall" regarding meetings, sobriety or AA.

DON'T publish pictures from AA functions with your friends in them, unless you have their permission. Make sure that these pictures are viewable by your friends only.

DO If you choose to "out" yourself on your profile page, make sure the page is accessible only to your friends, not the general public.

DO When creating an AA-related "event" on the site, make sure that it is private so that invitees don't have their anonymity broken when they decide to attend. Make the guest list of an AA-related event hidden.



"I had no idea what time I'd left, how I'd gotten home, who'd been up here, and how long he, she, or they had stayed. Another night, added to the hundreds that had gone before, shrouded in mystery. Really, when you thought about it, it was creepy. My own life was a secret to me."

— Heather King, Parched



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