

*Two Great Events Coming this Month (see inside)*



Volume 14 Issue 3

March 2012



**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

### **A NEW SET OF RAILS TO RUN ON**

**Alcohol took everything from me.**

**On October 10<sup>th</sup> 2006 I got my 5<sup>th</sup> DUI. In the drunken tank I thought to myself, "What's a nice guy like me doing in a place like this?" Words that I would soon read. I got home and fell to my knees and prayed "God please help me". My journey to sobriety began — although I drank that day, October 11<sup>th</sup>.**

**Ken H. who was 13 years sober knew me well (You know what I mean, as one alkie can recognize another ). He told me, "There Is A Solution". Now these were more familiar words, ones I had heard before. (I had a brief stint of sobriety earlier in life). He took me to a meeting that night, the 12<sup>th</sup> of October.**

**We walked into a men's meeting. It was VERY smokey; you could cut the smoke with a chainsaw. Coffee?.... there was coffee alright... I bet a spoon would have stood straight up in it! There was no cream, no sugar.... this was a rough bunch, and they were sober and serious about Alcoholics Anonymous. Once again, I drank after the meeting.**

**I had previously made contact with another man to go to a 7:00 am meeting the next morning ,October 13<sup>th</sup>. I didn't want to go, but I wanted to quit drinking. Now I realize at that time I was at the "jumping off place".**

**I came to that AA meeting red faced and puffy, with pie eyes that looked like a road map: I was one grumpy, immature man.**

**I walked into that meeting and saw a bunch of ummmmm, well, ... AA people. One man was on oxygen, another obviously living on the streets, a guy who had a reputation as a fighter, a woman who glared at me (so I thought), and a blind girl. —→**

### **Intergroup Officers**

#### **CHAIRPERSON**

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

#### **VICE CHAIRPERSON OPEN**

#### **SECRETARY**

Patti O.  
541-771-5452

#### **TREASURER**

Linda  
541-408-5086

#### **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**

Sherrill H. 504-717-6175  
hotline@coigaa.org

#### **POTLUCK CHAIR**

Alan  
541-948-0341  
potluck@coigaa.org

#### **WEBSITE CHAIR**

Mark  
webmaster@coigaa.org

#### **DISTRICT COMMITTEE MEMBER**

Kim A. 541-420-9722

#### **ADVISORY BOARD COMMITTEE**

Bill B 541.633-6640  
Shari A. 541-420-9831  
Doug 610-864-1976  
Steve G 541-385-7827

### **Address Information**

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

District 5  
P. O. Box 7241  
Bend, OR 97708

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

"I am learning the sky is the limit (and beyond) in Alcoholics Anonymous."

Of course there were many others, and they all seemed to take note of me. (Me and my damn ego) I began to wonder what the H E double hockey sticks I am doing here. They were fond of saying "If you want what we have, be willing to go to any lengths", "keep coming back it works" --- I really wasn't sure I *wanted* what they had! I was doubtful this bunch could help! It was in that 7:00 am meeting I got sober.

A few days passed, and I began to feel better. I thought hmmm, "Maybe there *is* something to this AA." A few more days passed, and I discovered the pleasure of eating (my previous diet consisted of 5- \$1 burgers at a fast food chain every week for the last few years) and the rejuvenating feeling of a good nights sleep. I cannot describe how those two things meant so much to me; I was soon to learn that these things were just an inkling of what sobriety would give me.

I began to enjoy getting up in the morning. I learned to pray, I learned the 3<sup>rd</sup> step prayer, the 7th step prayer, the serenity prayer. I was learning to meditate ( and still am). I was reading an AA approved piece of daily inspiration, I was reading pages 86, 87, and 88 of the Big Book. I discovered the 12 and 12. I looked in the mirror one morning and the thought "I DO NOT HATE MYSELF ANY-MORE" ran through my head.

I kept going to the 7:00 am meeting and the fog was starting to clear more and more. I could actually listen to what people were sharing, and process it in my brain. I was watching people get their families back, and their driver's licenses back, people were saying they were reacting differently to life situations, they even said things were getting better in their financial affairs -- I wanted these things!

I got a sponsor; the man I mentioned who was on oxygen became my sponsor Jay R. I developed a relationship of trust with this man like I had never had before. He began to take me home after the meeting and we began working steps. THAT is when my life was "rocketed into the 4<sup>th</sup> dimension".

→

Instantaneously upon starting the steps, my life changed. I started to feel some balance with my spiritual, mental, physical and emotional states. My *total surrender with complete abandon* to my Higher Power and to the diligent disciplined practice of the 12 steps of Alcoholics Anonymous was working. My life was changing. I had a new set of "Rails To Run On".



John P. in that 7:00 am meeting loaned me money to purchase a bicycle. I didn't ask him, it just somehow happened. I began to ride my bicycle everyday to that 7:00 am meeting. One day riding to the meeting a car turned left in front of me and I ended up on the hood, bounced off the windshield and landed on the street. I heard the sounds of the sirens of police cars and ambulances as they arrived ... but not before the lady whom I mentioned was "glaring at me" in my first meeting. She bent over me and asked "Honey are you alright"? I felt the love of AA for the first time. Eleven more people from that 7:00 am meeting stopped. This changed me forever.

The "man obviously living on the streets" continued to relapse. I burst into tears one day at the end of the meeting while we were saying the Lord's Prayer over his inability to stay sober; I felt sadness. The "guy who had a reputation as a fighter" was taken by our disease; I felt remorse. The "blind girl" and I became friends, and I helped her in and out of the meeting nearly every day; I felt compassion. I was identifying my emotions.... The Next Frontier! I became one of those "well ummmmm AA people".

In true alcoholic form in my first year I decided to take a new job (here in Central Oregon), get into a new relationship, and move. I was truly worried that the sobriety in Central Oregon could not compare to what I had found in the valley.

**I WAS WRONG.**

I met "Eliza-bling" and "Doc" Charlie at my first meeting in Central Oregon at a noon meeting in Sunriver... I was instantly inspired and it was in that meeting I knew sobriety here was going to be beyond anything I could have ever hoped for. The same week I met Bruce L. and Sandy L. at an AA meeting ; He just happened to be going to the 7:00 am daily at TEC.

→

**I found my new home group. Maui John became my sponsor. I went through the steps with him vigorously and thoroughly -- there was no other way with Maui John, he said that method would produce "the maximum effect" .....it worked for me. I went through some major life changes. I promptly ran him out of town to Arizona :) Bruce C. became and still is my sponsor. I have also worked the steps with him, and he has helped me to learn how to meditate and become a better man.**

**Monkey Monk Dan taught me to love those in my family as if they were newcomers. Leopard Shari taught me that sobriety is gift that it needs to be nurtured and protected. Gwen W. pointed me in the direction of a meeting instead of the bar.**

**I did get my family back. I went on a 9<sup>th</sup> step journey to Chicago and Texas in October of 2010. For financial reasons (my excuse) I tried to get out of going and I couldn't (I tried to get a refund on my plane tickets on a technicality; it didn't happen). Bruce C. chuckled and suggested that maybe it was Gods will I go.....he was right. My mother in Chicago and sister in Texas looked at me incredulously as I cleaned my side of the street. "I have never had it so good" Frankie B. drove me to the DMV and other places and helped me get my driver's license back. I use the steps to help me react to challenging life situations now. (I am not always successful, as I DO have a COUPLE of character defects remaining). Fear of financial insecurity HAS left me.**



**There are no coincidences for me anymore.**

**I have for some reason developed a passion for the traditions and the history of Alcoholics Anonymous. Vera F. and Wisconsin Mike also share this passion, we meet to learn more and get deeper into this life of spirituality. I am learning the sky is the limit (and beyond) in Alcoholics Anonymous.**

**I love Alcoholics Anonymous and how it works. It HAS changed my life. I was told early on if I put Alcoholics Anonymous first in my life everything else after that would be first class.**

**"Now there is a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the "Keys of the Kingdom".**

**Alcoholics Anonymous has given me everything.**

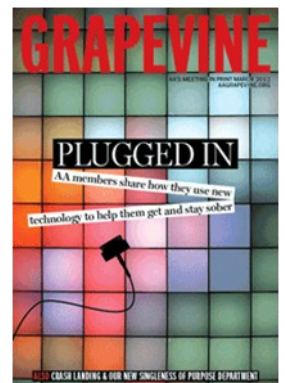
**Bill B.**

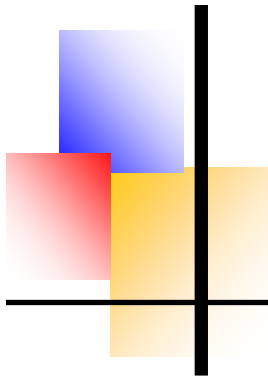
## **The March 2012 Issue has Arrived!**

We are lucky nowadays to have so many new ways to communicate with each other, to stay connected and to reach out to help our fellow alcoholics. Smart phones, email, texting, social networking sites ... what would Bill and Bob have thought of all this? In this issue, we feature stories about how AA members are using the various new forms of technology to get and stay sober.

In the story, "[Room Service](#)," a lonely, drunken woman in a hotel turns on her laptop and finds a website that saves her life. An alcoholic in Australia gets speakers from around the world to speak—and appear—at his AA meeting through technology in "[Screen Saver](#)." Old sober buddies meet again in their original meeting space after finding each other on a social networking site in "[Click, Click, Reunion!](#)" Also, check out our new Singleness of Purpose department.

You can find these stories and many more on the [AA Grapevine Web site](#)

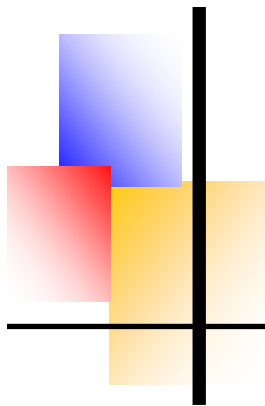




# MARCH 2012

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 St Patty's Day Corned Beef Dinner 6pm Prineville
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 BOWLING Fundraiser Prineville 12:30 IGR Advisory Board mtg-5 pm IGR mtg-5:30	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.



# APRIL 2012

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





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. [theartfulbird@gmail.com](mailto:theartfulbird@gmail.com)

## St Patty's Day Corn Beef and Cabbage Dinner

Saturday, March 17th



Dinner Tickets  
\$10.00

Dinner starts at 6 pm  
Speaker from 7—7:30 pm  
Bingo 7:30—9:00 pm

Calvary Baptist Church  
2241 N Main St (Cross Rd 4th)  
Prineville, OR

Information :

Heidi S 541-728-5463  
Lurlyne B 541-504-1343  
Kevin K 541-610-3060  
Mark L (541) 447-1577

## MARCH Sobriety Milestones

### Attitude Adjustment

Amy L	3/08/10	2 years
Mark M	3/03/08	4 years
David Y	3/22/10	2 years
Ian D	3/20/10	2 years
Joe M	3/11/01	1 year
John H	3/29/07	5 years
Larry M	3/20/00	12 years
Liz T	3/27/02	8 years
Matt B	3/23/10	2 years
Paul V	3/17/08	4 years
Spurge C	3/10/85	27 years
Steve T	3/20/86	26 years
Tavia	3/07/09	3 years
Wildog	3/12/80	32 years

### W F S

Walter G	3/12/08	4 years
Mike S	3/31/09	3 years

### Primary Purpose

Debbie D	3/03/03	9 years
Vaughn B	3/12/09	3 years
Charlie A	3/23/87	25 years
Pat M	3/29/87	25 years

### New Horizons

Carrie B	3/25/10	2 years
Harvey R	3/12/86	26 years
Gayle L	3/15/99	13 years
Nancy	3/15/10	2 years
Jeannie B	3/7/87	25 years

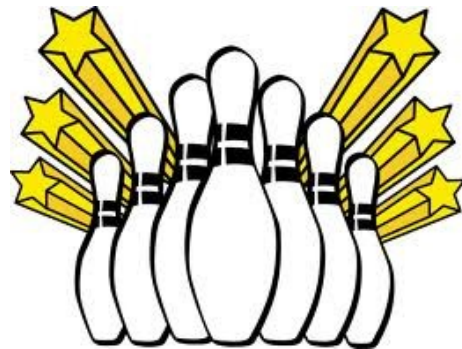


**"The quality of your recovery is proportional to the quality of your surrender."**

## Upcoming Events

FUND RAISER for September 2012 Service Assembly in Bend

### "Let's Set 'Em Up" Annual A.A. Bowling Tournament



Sunday, 3/25/12  
12:30 pm

\$15.00 per person  
3 games of bowling  
Free shoe rental  
Balls supplied by the lanes

Teams not required! Come Join the Fun and Fellowship!!!

Rimrock Lanes  
2353 SW High Desert Dr

Information and Registration:

Papa Dow 541-788-5480  
Ann S. 541-815-8875

# TREASURER'S REPORT DONATIONS SUMMARY



2012 Group	15-Jan to 14-Feb	Year to Date
24 and Alive	115.00	265.00
As Men See It		60.00
Attitude Adjustment	76.00	89.00
Back to the Big Book		-
Burns Group		-
Chicks with Chips	45.00	141.80
Culver Nuts & Bolts	6.00	6.00
Eastside Earlyrisers		274.05
Easy Does It		-
First things First		-
Going to Any Lengths		-
High Noon	-	-
Home Away From Hope		-
Issues & Tissues	16.66	16.66
Living in the Solution		17.00
Madras Oasis Group	50.00	150.00
Make My Day		-
Meditation Meeting		-
Men's Book Study		-
Men's Stag Meeting	50.00	50.00
Men's Straight Talk		-
New Horizon	100.00	142.25
Not a Glum Lot		510.00
Primary Purpose		84.32
Redmond Rebels		-
Rule 62 Group		-
Safe Harbor		169.69
Saturday Morning Alive		-
Saturday Nite Live		-
Sisters in Sobriety		187.58
Sober Desire		-
Serenity group	50.00	50.00
S.O.S. Group	40.00	40.00
S.O.B. Group		-
Spiritual Awakening		-
Step Sisters	78.15	78.15
Steps to Sobriety		100.00
Sunriver Open Group		-
Terrebonne Trudgers		40.00
The Serenity Group		-
Tuesday Nite AA-Bend	24.00	24.00
Wednesday Stag Meeting		-
WFS		-
Anonymous		200.00
		-
		-
		-
<b>Total Contributions</b>	<b>650.81</b>	<b>2,695.50</b>
<b>Potluck</b>	<b>64.55</b>	<b>295.92</b>

## How to Support Grapevine

Give a Gift

Subscribe

Renew

Use GV in meetings

Pass it on

Try i-Poll

Submit your story or art

*Thank you for your continued support.*

*Grapevine strives to be self-supporting through the sale of Grapevine items and subscriptions*

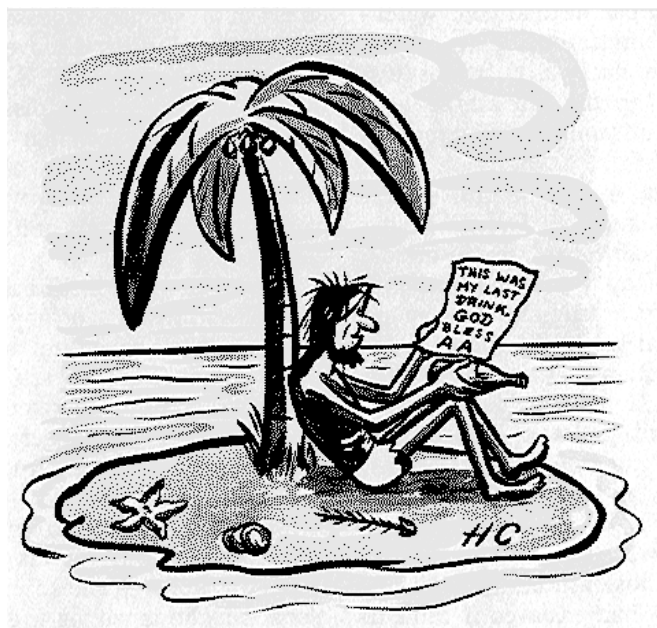
### Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, The battle is between two 'wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment Inferiority, lies, false pride, superiority and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith." The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed.





754 SW 11th Street  
Redmond, OR 97756



**Conscious Contact Subscription / Address Change Form (Please Print)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Check ☐ Renewal ☐ New Subscription ☐ Address Change

Subscription Rates: One Year \$10.00 Two Years: \$18.00  
Make Checks Payable to: Central Oregon Intergroup and  
mail to:  
Newsletter 754 S.W. 11th Street, Redmond, OR 97756  
Check ☐ Renewal ☐ New Subscription ☐ Address  
Change