

Tax Relief Tacos This month !!



Volume 14 Issue 4

April 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

The chicken or the egg?

Was I an alcoholic from the moment of birth - predestined for alcoholism or did I create my own alcoholism? If I did make myself an alcoholic, when did I step over that line from abusing alcohol to becoming an alcoholic? I don't know the answers to these questions and most likely never will. What I do know is - I am an alcoholic and will remain an alcoholic. However, on March 27, 2012, I celebrated 10 years of continuous sobriety and as I have heard so often - this includes weekends, birthdays, 9 super bowls, births, deaths and sometimes hardest of all - daily life.



When I first began alcohol treatment (before AA meetings), it was difficult for me to tell my story. Not because my life had been so difficult - but because my life had not been so difficult. I heard horror stories of alcoholic parents and families and blackout drinking beginning at age 7. I heard stories of sexual abuse, physical abuse and psychological abuse beginning at a very early age. Women living in poverty and when they were no longer abused by family members then boyfriends, husbands and sometimes children took over the abuse. Or stories of people who just felt like they never fit in - or who went into a blackout after their very first taste of alcohol often at a very early age. I could understand these people becoming alcoholics - but, I just didn't have a good reason for me becoming one.



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

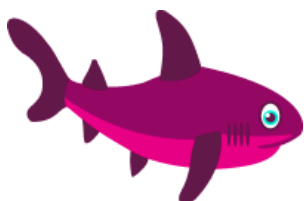
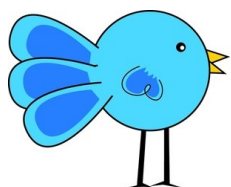
Oregon Area Treasury
1900 N.E. 3rd Street
Suite 106-172
Bend, OR 97701

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 grew up in an average family in a small farm community. We certainly did not have much money but my childhood was a great one. I loved school from the start and did well academically and socially. Alcohol was not part of my growing up at all - maybe a six-pack of beer shared with four adults at a picnic, but that was the extent of alcohol in my childhood that I can remember. I married almost straight out of high school, which was common in that area. My first child was born a few months before my 21st birthday. I was a stay-at-home mom while my husband worked part time and finished college. Up until this point alcohol was not really a factor in our life. We certainly had no extra money or even the inclination to drink often. But, occasionally we would drink wine with pizza or with a holiday dinner. But then my husband reached the "big time." It was drinks with his co-workers, drinks with working dinners and drinks while traveling for work. It took me awhile to catch on (or up) but I found out that I could loosen up and become just like all those fun "important" people if I had a few drinks.

Again I did not drink when I was pregnant with my second child - and it was not a problem. But, soon after I not only had a couple of drinks with friends, but we had drinks most nights of the week, and really cut loose on the weekend. We didn't have any rules regarding the consumption of alcohol. And I think that was the beginning of some real problems for both my husband and me. I got my first DUI when I was 28. By then we knew quite a few "important" people and I got my hand slapped but that was about it. We did decide that maybe alcohol might be a problem for us. We tried all the different little tricks - no alcohol for a few weeks; church; more "family" time; no hard liquor; wine only at dinner - I can't even remember all the ways we sought to change our unhappiness with each other and alcohol. Somehow we stumbled through our 30's somewhat successfully. But, then I lost my job - for drinking on the job. What a shock. I went to counseling and on his advice went to AA. I even had a sponsor who I met with - one time. I quit AA after a few months and in all that time I never got to know one person. I did manage to stay sober for 5 years. They were good years too. But I had none of the tools we talk about in meetings and when things got a little tough I picked up that first drink and kept right on going.....



We moved to California where people didn't know my drinking. That was fun, for a few minutes. The first few months included pool parties, drinks after work and at lunch with co-workers (including the boss). They could all drink a glass of wine or two and stop - but not me. I drank before, during and after. My marriage finally fell completely apart and I could not figure out how I would ever support myself to the life style I had come to expect. I moved back to Bend and almost immediately got another DUI. This time there were repercussions but my parents helped me get through it. I got my license back after three months and I didn't drink for 10 months. But, this time I didn't even bother saying I was an alcoholic or that I wasn't going to drink again because I knew I would and I had no one I was responsible for or to.



I began drinking again but after several months I was finally getting to a pretty good place in my life. I had a great person I was sharing my life with, a house we shared and a job I was content with but I just couldn't stop drinking. We tried drinking only when we went out to dinner. This worked pretty well for Bill but not for me; and we sure went out to dinner *a lot* during this time. Then Bill stopped drinking. He was sick of the rollercoaster ride (mine). He was ready to kick me out of his house when I got my last (ever!) DUI. This time it was serious. For a couple of days I hid out at the house ducking work, parents, and life in general. Bill (who was still kicking me out of the house) called me the morning of March 26, 2002, and told me he had made an appointment for me at Serenity Lane - would I go? I thought a minute and agreed to go. He told me not to drink any more (there was no question whether I had been or not). We met with the director and I answered his questions honestly - that was new. He said if I didn't drink over the weekend (it was Friday afternoon), I could go into out-patient treatment. We got home and the first thing I planned on doing was finding that one last bottle I had hidden.



However, Bill had a different idea and asked me to bring out all my hidden bottles. I hesitated - almost lied - but instead gave it to him. What a relief! That was the beginning of my road to recovery.

I went to out-patient treatment for 10 months. I learned a lot and still have some great friends who went through it with me and will also soon be celebrating 10 years. I stumbled on a terrific home group, found a remarkable sponsor who helped me go through the steps, and I do service work. I love my life of sobriety and sometimes wonder why it took me so long to find it. This year my husband and I are celebrating our 10th anniversary, his 70th birthday, my 60th birthday and my 10th sobriety birthday.

The chicken or the egg? I may never have the answer to that but it's enough for me to know that I am a sober woman in recovery.

Liz T



PRAASA UPDATE:

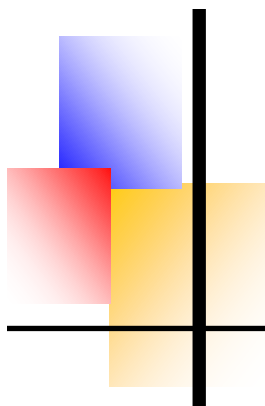
This month I attended the Pacific Region Alcoholics Anonymous Service Assembly (fondly known as PRAASA) in Bellevue, WA. PRAASA -- is a yearly assembly held in different parts of the Pacific Region of Alcoholics Anonymous. The purpose of PRAASA is to develop greater unity among the members, groups, and areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. So for me to have the opportunity to hear GVR's from the Pacific Region share what they are doing in their area was totally awesome! I'm looking forward to using what I learned from them. The Grapevine Executive Editor/Publisher (from GSO), Ami Brophy was there too! I spoke 1-1 with her several times and found her to be knowledgeable (over 25 years in the publishing business) and committed to the future of the GV. At the GV roundtable discussion, Ami reported the GV is no longer operating at a deficit; in fact the GV is \$22,000 in the black. This is due to a combination of things: an increase in subscriptions (printed and digital), sales of books, CD's, calendars and other GV publications and cost saving measures in other areas. This news suggests that the fellowship DOES support the GV and sees value in it. ***Ami also shared that the GV is working on a way for people to be able to submit their stories by phone! If you want to submit a story but you feel like you are not a writer or can't write, this would be a way to do it!*** I also met a past trustee from Japan; she gave me a copy of March 2012 GV written in Japanese. I was very excited and deeply touched by her gesture. This will be added to our districts' GV display. I came away from that experience with a renewed commitment to my service position, a reaffirmation of my love for Alcoholics Anonymous, and gratitude.

I will continue to work with GVR's from various groups, submit GV information to the Conscious Contact, and bring GV publications to meetings. I will also encourage folks to submit their stories, art work, photos, and jokes to the GV, because after all the GV is Alcoholics Anonymous. The Grapevine is about us, it is for us and done by us. In fact several members from our district submitted photos to GV's annual photo contest. Please join me in carrying the message of recovery via the GV and GV publications. Does your home group have a GVR? If not, why not get one! At the very least please include GV information for your group with your existing literature.

How about the next time you are asked to lead a meeting, read a story from the GV and use that as your topic for discussion. I have attended 2 meetings recently where this was done using the March 2012 issue "Plugged In". These are some of the ways we can help introduce the newcomers to the GV, and perhaps re-introduce a few old timers as well. Of course, I am available to bring "The Grape" to your meeting. You can reach me at lunarhoops@yahoo.com

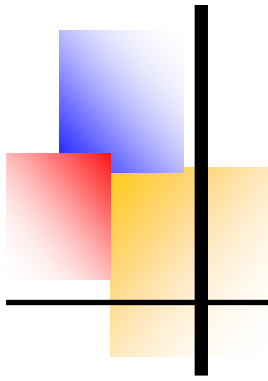
Yours in Love & Service ,
Vera F., District 5 Grapevine Rep.





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 District 5 GSR mtg 4 pm TEC	9	10	11	12	13	14 TAX RELIEF TACO FEED
15	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 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	23	24	25	26	27 Bend Milestone meeting 7 pm	28 Intergroup Pot- luck TEC Brooks Hall 6pm
29	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	



MAY 2012

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

More Announcements



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

25th Annual Men's International Conference

"Singleness of Purpose"
April 19 - 22, 2012
Orleans Hotel and Casino
4500 W. Tropicana Ave.,
Las Vegas, NV 89103

Register online at
<http://www.iaamclasvegas.org>

APRIL Sobriety Milestones

Attitude Adjustment

Bob C	4/5/06	6 years
John B	4/22/07	5 years
Lori J	4/1/08	4 years

24 and Alive

Cheryl	4/1/04	8 years
--------	--------	---------

New Horizons

Karen B	4/25/06	6 years
Lisa T	4/09/11	1 year
Allen W	4/29/11	1 year
Alex G	4/12/07	5 years



WE LOVE TO CELEBRATE
SOBRIETY MILESTONES

Send in those Anniversary
Dates! Talk to your IGR !!



Upcoming Events

FUND RAISER for the High Desert Round Up coming this September !!

Tax Relief Tacos

All you can
eat Taco
Dinner



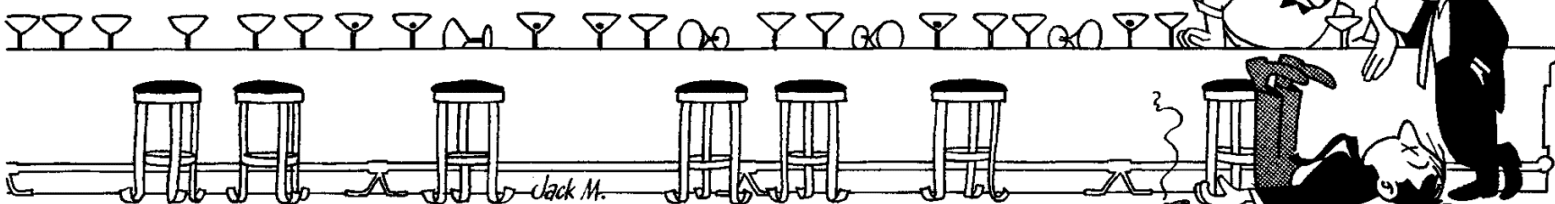
Saturday April 14th

Masonic Lodge
1036 NE 8th Street
(Behind the 7-11 on Greenwood
and 8th street)

Tacos—Refried Beans—Rice —
Nachos — Sopapillas
\$8 per person

Enjoy good food and FUN
entertainment, our very own
theatrical AAers perform

"The Sponsoring Game" based on
the 1970's "The Dating Game"



"See! It wasn't the first drink at all!"

TREASURER'S REPORT
DONATIONS SUMMARY



2012 Group	14-Feb to 15-Mar	Year to Date
24 and Alive	130.00	395.00
As Men See It		60.00
Attitude Adjustment	133.00	222.00
Back to the Big Book	43.00	43.00
Burns Group		-
Chicks with Chips		141.80
Culver Nuts & Bolts		6.00
Eastside Earlyrisers		274.05
Easy Does It	40.00	40.00
First things First		-
Going to Any Lengths		-
The Nooner	300.00	300.00
Home Away From Hope		-
Issues & Tissues		16.66
Living in the Solution		17.00
Madras Oasis Group		150.00
Make My Day		-
Meditation Meeting		-
Men's Book Study		-
Men's Stag Meeting		50.00
Men's Straight Talk	40.00	40.00
New Horizon	56.85	199.10
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
S.O.S. Group		40.00
S.O.B. Group	12.50	12.50
Spiritual Awakening		-
Step Sisters		78.15
Steps to Sobriety		100.00
Sunriver Open Group		-
Terrebonne Trudgers		40.00
Thursday Womens Group	1,881.74	1,881.74
Tuesday Nite AA-Bend		24.00
Wednesday Stag Meeting		-
WFS		-
Anonymous		200.00
		-
		-
		-
Total Contributions	2,637.09	5,332.59
Potluck	\$ 34.70	330.62
Total	2,671.79	5,663.21

What Alcoholics Anonymous DOES NOT Do:

1. Furnish initial motivation for alcoholics to recover
2. Solicit members
3. Engage in or sponsor research
4. Keep attendance records or case histories
5. Join "councils" of social agencies
6. Follow up or try to control its members
7. Make medical or psychological diagnoses or prognoses
8. Provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment
9. Offer religious services or host/sponsor retreats
10. Engage in education about alcohol
11. Provide housing, food, clothing, jobs, money, or any other welfare or social services
12. Provide domestic or vocational counseling
13. Accept any money for its services, or any contributions from non-A.A. sources
14. Provide letters of reference to parole boards, lawyers, court officials, agencies, employers, etc



"I've discovered I'm unique — just like everyone else!"



754 SW 11th Street
Redmond, OR 97756



© 2004 www.davidbrinnen.com

Conscious Contact Subscription / Address Change Form (Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Check ☐ Renewal ☐ New Subscription ☐ Address Change

Subscription Rates: One Year \$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