



HOTLINE:
541-548-0440

**Central Oregon
Intergroup Office**
M - Sat 9:00 - 1:00
337 W Antler Street
Redmond, OR 97756
541-923-8199
www.coigaa.org

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
Erik J. 541-993-4979
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
541-410-1719
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



Central Oregon's Conscious Contact

Volume 14 Issue 7

July 2012

SAVING GRACE

I was not sober at my first AA meeting and I was not impressed either. I'm not sure if I had been drinking at my second AA meeting but I definitely drank after it. Both times I went those meetings "to support someone else." You see, "she had a drinking problem", not me. She was my girlfriend at the time. A few years later, homeless, unemployed and blessed with the gift of desperation I found myself back in the rooms of Alcoholic Anonymous. I arrived there via Rancho Laguna Sega, a recovery house (in San Jose, CA) that took us to meetings. A couple of times a week they would load up folks in a van and head into town for an AA meeting. Since no one was coming to visit me (and the liquor stores didn't deliver!), I went along for the ride. Little did I know that I was in for the ride of my life! Now the first month or so on the ranch I figured they would help me find a job and an apartment and I'd go on my merry way. I thought I'd give up all drugs except pot and drink a little. That was my plan but my Higher Power had a different plan in mind. One day I was restless, irritable, discontent and generally complaining about the state of the world (mine) and how the folks who were running the Ranch weren't doing their job. One of the staff heard me and said that "this facility is not the program." She said "the program is in the Big Book and if you want to learn how to recover from the disease of Alcoholism you better read it!" She went on to say, "this facility is merely a place for you to learn what is in the book and practice it." Crap, I thought. You mean you guys are not going to "fix it?" So with nothing better to do I started reading the Big Book. At first I saw my girlfriend in those pages, then I saw my stepfather, then I saw myself!



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

Address Information

"I began to be ok in this world and life without alcohol has been amazing."



Meantime, speakers were coming in to share at our in-house AA meetings, and I heard things like "If you don't take the first drink you won't get drunk", "I haven't had a drink in 2 years", "bring the body and the mind will follow", "think the drink through", "call someone if you feel like drinking", "put the plug in the jug and go to a meeting". Some of these things made sense to me and some did not. I also learn about the phenomenon of craving; that curious quirk in my body that **DEMANDS** more alcohol once I take that first drink. And the mental obsession that tells me alcohol is the solution when it is not. In "The Doctor's Opinion" it states, "the body of the alcoholic is quite as abnormal as his mind." I learned how and why I am different from non-alcoholics. As I continued to go to meetings and listen to other alcoholics (sometimes I even talked to them), I began to believe that perhaps there was a way to live without drinking. I wasn't *totally* bought in, but I was willing to give it a try.

The unconditional love I experienced in the fellowship had a profound effect on me. You see where I came from nothing was unconditional, there were strings attached to everything! The Ranch was outside of the city limits yet AA members routinely offered and gave me rides to and from meetings. I was invited to coffee after the meeting. They called them "the meeting after the meeting". At first I would say no because I was so uncomfortable in my own skin and I didn't have any money. Eventually I did go and was told not to worry about the money. It was suggested that I could eventually do the same thing for a newcomer when I was able.

Learning to socialize without alcohol was really hard; before AA, I never went anywhere without a drink. Alcohol was my social lubricant. It helped me to loosen up, fit in and be a part of.



Members of Alcoholics Anonymous knew what I was going through, and they made it easy for me to fit in. After a while I started to become willing to change so at 3 months sober I found a sponsor and began working the steps. In Step One I got honest about my drinking and my inability to control it. I didn't have a problem admitting the unmanageability in my life. Spending time in jail, dumpster diving for a living, lost jobs and no place to call home took care of that!

I was ready for something different and after spending time in meetings and with clean & sober people I began to believe that maybe I could live without alcohol. I remember hearing old timers say "if you don't do the Fourth Step you'll get drunk." This was a motivating factor for me. Having been convinced that I could not drink successfully ever again, I did my Fourth Step. Step Five was an amazing process; telling another human being my deepest darkest secrets, (that's what it felt like at the time) my fears, my resentments, how angry I was and why, was like the release of a huge weight. My sponsor helped me to see my patterns of behavior that were rooted in fear, dishonesty, selfishness, self-pity and other defects of character. I saw how I used resentments to place blame on people, places and things thereby absolving myself of any responsibilities around my drinking or anything else for that matter. As we continued working Steps 6-12, I became willing to practice new behaviors, to work on righting wrongs I'd done to others and to strengthen my relationship with my Higher Power. I began to be ok in this world and life without alcohol has been amazing. I continue to use the Twelve Steps in sobriety; they are my blueprint for living life one day at a time.

Today I am extremely grateful for **Alcoholics Anonymous**. The Twelve Steps and the people who took the time to teach them to me saved my life. I do my best to repay them by giving away what was so freely given to me.

Vera F.



SEVENTH TRADITION: One buck, or TWO?



With the economy having such great ups-and-downs, there has been a dramatic decrease in contributions all throughout the area. While there are “no dues or fees”, our seventh tradition does state “We are self supporting through our own contributions”. This article is meant to help our membership understand what happens with basket contributions, and to consider just what it takes to be “self supporting”.

Where Does It Go?

Money contributed at A.A. meetings belongs to the group, so that it may serve A.A. as a whole. Group funds are used in a number of ways throughout the Fellowship, always with the aim of making more and better Twelfth Step work possible. From A.A.'s earliest times members have been providing financial support to make sure that individual groups survive, that newcomers have a way of contacting A.A., and that accurate information about A.A. reaches prospective A.A. members. When an A.A. member puts money "in the basket" it helps to ensure that A.A. groups will be able to maintain a meeting space, that telephones will continue to be answered at intergroups and central offices, that prisoners will get Big Books, Loners will get letters, newcomers will get pamphlets and meeting books, and that professionals interested in alcoholism will get answers to their questions about A.A.

First, the group's basic needs are met, such as providing for rent, refreshments, literature, insurance, and any other relevant expenses approved by the group conscience. Then the group can participate in the financial support of the Fellowship as a whole by sending money to various A.A. service entities: their local intergroup or central office, the General Service Office, their area and district, and whatever is appropriate in their locality. This amount is decided by each group, usually in their business meeting.

These service entities do much of the work of A.A. and, like the group itself, need money to function and survive. These entities utilize contributions in a number of different ways, always with the aim of carrying the A.A. message. For Central Oregon, the Intergroup funds the hotline, printing of the schedules, rent and functioning of the central office (where groups can purchase coins and literature), the newsletter, the potluck, and works cooperatively to provide entertainment functions. If groups do not pass 7th tradition amounts “up the chain”, these services are in danger of GOING AWAY.

As co-founder Bill W. wrote in 1957, "Our spiritual way of life is safe for future generations if, as a society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every A.A. member out to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and our bills paid."

Some things to consider: Alcoholic Anonymous was founded in 1935. Here is a comparison of costs then, and now:

	1935	1970	1990	2009
Loaf of Bread	8 cents	25 cents	70 cents	\$2.79
Lb of hamburger	11 cents	70 cents	89 cents	\$3.99
Gallon of Gas	10 cents	36 cents	\$1.34	\$2.05
Basket Donation	?	\$1.00	\$1.00	\$1.00 HOW ABOUT \$2??



Now, statistics vary, but a cup of coffee used to be about 15 cents. Today, a latte can cost up to \$5.00!

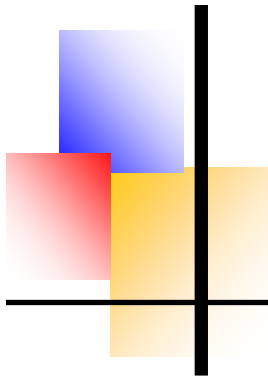
Our intergroup is financially in trouble. We have cut costs where possible, including STOPPING hard copy printing of this newsletter. The newsletter will still be published, but will only be viewable online. Individual IGRs will need to copy and print the calendar portion of the newsletter for their individual groups reference. The intergroup funds the hotline, the schedules, the central office, entertainment, the newsletter, and monthly potlucks.

Per the treasury report, it costs about \$1400 per month for the intergroup to function. Last month, contributions to intergroup from individual meetings totaled \$750. Refer to the paragraph above about where the 7th tradition money goes. It first goes to meet the needs of each individual meeting/group. THEN each individual group decides how much to donate upward, to the intergroup. These contributions are reflected on the “donations” section in the newsletter. Donations are WAY down. Some groups do not donate AT ALL. But we all benefit from the services.

We are self supporting through our own contributions. How about putting MORE than \$1 in the basket, if you can afford it? Put in \$1 for a friend or newcomer. Tell your sponsees and newcomers that suggested donation is \$2. If you can't afford to pitch in for a while, pitch in more, later, when you can. Change is okay, too. I've started reaching into my purse for that loose change on the bottom.

Lets keep the message alive!!!!

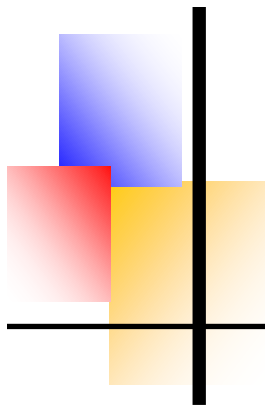
Yours in service, Newsletter Chair and Member of Alcoholics Anonymous, Eileen F.



JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Tuesday night Speaker mtg 7pm	4	5	6 CO speaker mtg- 7 pm Speakers: Bill B/ Shari A	7 Hee Hee Spirit Fest Warm Springs Redmond pot- luck, speaker mtg—6 pm;
8 District 5 GSR mtg 4 pm TEC	9	10	11	12	13 As Men See It Campout	14 As Men See It Campout
15 3rd Annual Softball Tour- nament	16	17 Madras birthday Mtg-7:30 pm	18	19	20 CO speaker mtg- 7 pm Speakers: Carrie B/ Darla B.	21
22 IGR Advisory Board mtg-5 pm IGR mtg-5:30	23	24	25 Potluck Speaker Meeting, La Pine 6 pm	26	27 Bend Milestone- Meeting TEC 7p	28 Intergroup Pot- luck TEC Brooks Hall 6pm
29	30					
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.



AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg- 7 pm Speakers: Jack and Marie M.	4 Redmond pot- luck, speaker mtg—6 pm;
5	6	7	8	9	10	11
12 District 5 GSR mtg 4 pm TEC	13	14 Madras birthday Mtg-7:30 pm	15	16	17 CO speaker mtg- 7 pm Speakers: Sunny (Portland) and Vera	18
19	20	21	22	23	24	25 Intergroup Pot- luck TEC Brooks Hall 6pm
26 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	27	28	29 Potluck Speaker Meeting, La Pine 6 pm	30	31 Bend Milestone meeting 7 pm	
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	

More Announcements

Intergroup Office MOVED:

337 W Antler Ave
Redmond (in the
Alano Club)



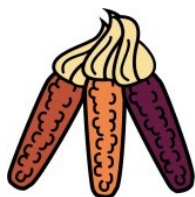
Joan C is the new office manager
hours are Monday to Saturday 9
am to 1 pm. Jack M will be help-
ing out on Fridays and Saturdays.

VOLUNTEERS NEEDED to help out
with the intergroup office. Please
call 541-923-8199 if you would
like to help!!

As Men See It Campout July 13-15th



July 13th Hee Hee Spirit Fest



Mid Summer Campout:
July 26—30th



For more information:
Erik J, Entertainment Chair
541-993-4979

JULY Sobriety Milestones

Attitude Adjustment

Ann M	7/25/08	4 years
Shannon M	7/23/09	3 years
John M	7/24/09	3 years
Penny G	7/24/09	3 years
Debra M	7/31/09	3 years

New Horizons

Dan P	7/2/11	1 year
Julia J	7/4/06	6 years
Karen L	7/7/93	19 years
Alan S	7/12/10	2 years
Rivka G	7/12/09	3 years
Jeremiah M	7/19/02	10 years
Tinker M	7/20/10	2 years
Mike C	7/23/10	2 years
Joel S	7/23/02	10 years

24 and Alive

Patsy T	7/25/09	3 years
Lexie J	8/08/09	3 years
Sandie C	7/28/08	4 years



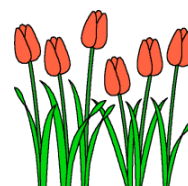
ANNOUNCEMENT:

Conscious Contact to be ONLINE only

The intergroup has voted to
discontinue printing the Con-
scious Contact (CC), to save
money. This is the last
PRINTED CC. IGRs will need
to print the CC from the PDF
file posted to the COIGAA
website each month for their
homegroup's use. Anyone
can download the CC for free
at www.coigaa.org

Upcoming Events

3rd Annual Sober Softball Tournament and Picnic



Sunday July 15th, 2012

Skyline Park, off Mt Washington

9 am to 6 pm

Hamburgers, Hot Dogs and Condiments

Bring the Whole Family !!

For More info: Bill O 541-771-5145



New Date and Time for the

Young and Sober Group

Tuesdays, 8:30 to 9:30 pm

Journey Church
70 NW Newport Avenue, Bend

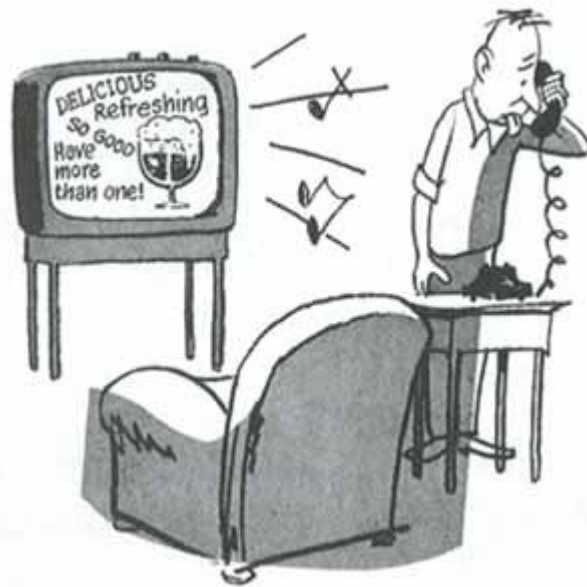


Come Join Us !!



TREASURER'S REPORT DONATIONS SUMMARY

Group	15-Jun	Year to Date
24 and Alive		515.00
As Men See It		130.00
Attitude Adjustment	91.00	351.00
Back to the Big Book	70.00	113.00
Burns Group		-
Chicks with Chips	-	272.59
Culver Nuts & Bolts		6.00
Eastside Earlyrisers	270.45	544.50
Easy Does It		40.00
First things First		-
Going to Any Lengths		-
The Nooner		300.00
High Noon BB		50.00
Issues & Tissues		16.66
Living in the Solution		17.00
Madras Oasis Group		250.00
Make My Day		-
Meditation Meeting		-
Men's Book Study		75.00
Men's Stag Meeting		50.00
Men's Straight Talk		40.00
New Horizon		199.10
Not a Glum Lot		790.00
Outlaw Step Sisters		-
Primary Purpose	16.17	100.49
Redmond Rebels		-
Rule 62 Group		-
Safe Harbor	37.12	307.90
Saturday Morning Alive		-
Saturday Nite Live		-
Sisters in Sobriety		187.58
Sober Desire		131.79
Serenity Group		50.00
S.O.S. Group		80.00
S.O.B. Group		12.50
Sunriver Open	54.00	54.00
Step Sisters		192.62
Steps to Sobriety		225.00
Sunriver Open Group		-
Terrebonne Trudgers		40.00
Thursday Womens Group	108.09	2,104.69
Tuesday Nite AA-Bend		144.00
Wednesday Stag Meeting		-
WFS		90.00
Anonymous	1.75	201.75
C.O. Speaker Meeting		100.00
Young & sober		-
Total Contributions	648.58	7,133.59
Potluck	\$ 61.50	519.48
Total	710.08	7,591.57



Participate with Grapevine

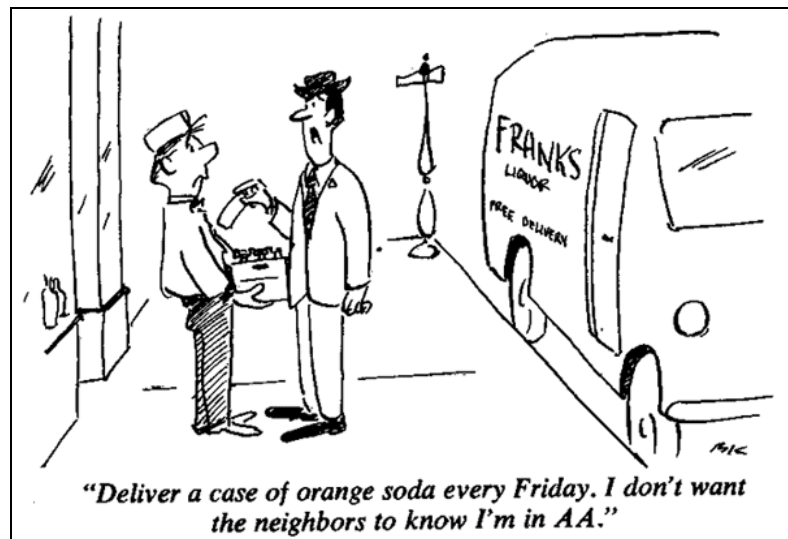
Flex your funny bone

If a great caption springs to mind when you look at this picture, submit it for possible publication on our humor page. Or just vote for your favorite caption!

Share Your Story With Us

We are always looking for stories on special topics as well as for departments such as Emotional Sobriety, Sponsorship, Newcomers, Youth Enjoying Sobriety, Old-Timers and Home Group, and the Twelve Steps and Twelve Traditions.

All This and MORE! Check out what The Grapevine has to offer: www.grapevine.org





337 W Antler Street
Redmond, OR 97756



FINAL printed edition of this newsletter. Future newsletters will be found ONLINE at www.coigaa.org.