

Inside: Clinical Study shows that AA Works!



Volume 14 Issue 8

August 2012



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The AA Continuum

Like many in AA-based recovery, my drinking career had three phases: before, during, and after.



And, like many others in our program the shift from 'before' to 'during' happened the first time I got drunk! It was a backyard sleepover, just my pal and I. I had no idea what to expect, neither of my parents drank at all and the only person I'd ever seen drunk was Otis on Mayberry RFD.

The concept of being invited to participate was powerful, I felt honored and privileged to be asked since it seemed an affirmation of true friendship. Stealing warm beer from my friend's dad was exciting, I loved the stealth and rebelliousness of it. And at the same time it felt like a rite of passage, now I was one tangible step closer to being a big kid. And, no authority figure was going to stop me or take this away from me because we were in a safe, sheltered, and private place. All of these associations meant a lot, because of my family unit and its context in the town I grew up in.

Among the things I remember about that evening were the adrenaline rush provided by the adventure and my final thoughts before trying to go to sleep. I suddenly realized I didn't know how long this buzzed feeling would last, and it scared me a bit to think it might be permanent. That would almost certainly mean we'd get caught...

From this point forward, I was someone that liked to get drunk. And for me, getting drunk carried the same associations as above, although they morphed as I got older and my interests changed. It wasn't enough to belong among the cool guys, I usually had to be drinking as fast or faster than any one of them so I could be extra cool – a leader. Often the alcohol was the entire focus, other times (when I was with my girlfriend) it acted as a social enabler and accelerator, but it was usually part of the →

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New York, NY 10164-0371

evening's entertainment on a Friday or Saturday night.

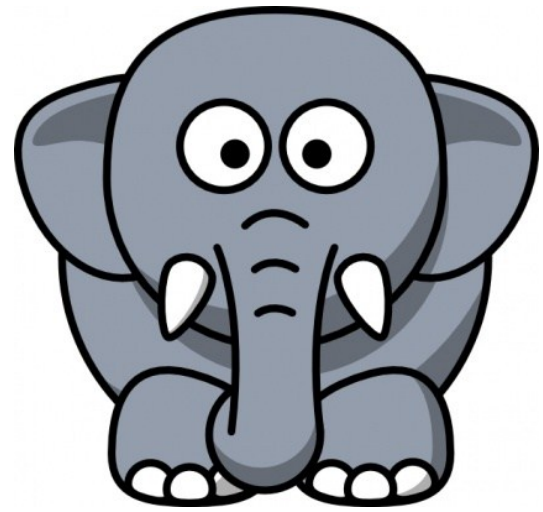
Two significant changes happened in the 'during' phase. First, after college my peers figured out that drinking too much had consequences they'd rather not deal with anymore. They matured in their day-in day-out social skills, but I still identified myself as one who liked to party. Eventually I decided to keep to myself, because when I drank among friends now I would lose them as friends. Instant romance became a thing of the past, because the girls now wanted more than the promise of just one night. Instead, I chose to stay put and carry on – and to wait for the excitement I craved to find me. Until then, I still had the feeling of superiority and "having arrived" when I drank in private, and that was enough.

The second change happened years later, as the final stages of my drinking began. Being drunk was my new normal, being sober felt strange and was to be avoided or overcome. I went from thinking I should stop drinking to not caring about staying sober. From this point forward, "progressive" was an understatement in describing my regular drinking pattern. Now I understood the concept of suicide, and why it seemed like an option worthy of consideration.

The transition to the 'after' phase happened while I was being given a field sobriety test on my front porch at 4:00 in the afternoon. I had to accept I that my days of hiding were over. I decided to do whatever it took to stop drinking, no matter how much suffering was involved. I knew that I had to accept that getting a sponsor and working the steps were no longer "below me," since clearly they now represented a big step up in the world. Fortunately, I knew where to go and that the AA resources I could find could support a life-changing solution – if I let it.

Now, a few years into my post-drunk period, AA works for me. In catch-up mode, I often stumble. But now I can appreciate that everyone stumbles. And that the best long-term choice is to get up, start watching for bumps, and see how long I can go before stumbling the next time. Sometimes quickly, sometimes slowly, but if I pay attention the work I do pays off.

Tom R.



A sponsor is someone who sees through you, but still sees you through.

When it comes to gratitude, my mind is like Teflon. When it comes to resentments, my mind is like flypaper.

Q. How can you tell the difference between a sponsor and a therapist?

A. The only time a sponsor uses the word "closure" is before the word "mouth."

There's no harm in having nothing to say. Just try not to say it out loud.

Definition of an alcoholic: Someone who refuses to give up a life of failure without a fight!



A.A. Works Best, Study Says: Experts Unsure Why Alcoholics Anonymous Is More Effective

By [Buddy T.](#), About.com Guide Updated July 16, 2006

Individuals who were encouraged to cut down on their drinking by fellow Alcoholics Anonymous members were three times more likely to be abstinent a year after their first treatment for alcoholism, compared to individuals who received no support, a new study reports.

Individuals who received similar support from non-AA members, however, had nearly the same chance of being abstinent as if they had received no support at all, according to Lee Ann Kaskutas, P.D., of the Alcohol Research Group in Berkeley, Calif., and colleagues. "This suggests that AA members offer types of social support that differ from those typically offered by nonmembers," Kaskutas says. The study by Kaskutas and colleagues examined the relationship between AA involvement, social support and alcohol use in 722 adults a year after their first treatment for alcohol or drug abuse.

Although AA involvement did help many of these individuals cut down on their drinking, the program's influence was reduced by a third when the individuals also had relationships with people who were heavy or problem drinkers or who encouraged drinking, say the researchers. The study was published as part of a special collection of research on the ways AA involvement may influence behavior in the March 2003 issue of *Alcoholism: Clinical and Experimental Research*.

"We still have a poor understanding of what AA-exposed individuals actually do and how prescribed AA-related practices may mobilize and sustain behavior change," says J. Scott Tonigan, Ph.D., of the University of New Mexico.

Among the other findings reported in the issue:

There is no direct connection between the increased "spiritual awakening" reported by some AA participants and abstinence, but spiritual changes may lead to behavior changes that promote abstinence, according to a study by Tonigan. "In essence, spiritual beliefs may promote a code for living that is concordant with abstinence and discordant with alcohol," he says.

Many of the patients in his study who participated in therapy programs other than AA still attended AA meetings and read AA literature up to three years after their initial treatment for alcohol abuse.

"Clearly, clients voted with their feet regarding the desirability of AA three years after treatment," Tonigan says.

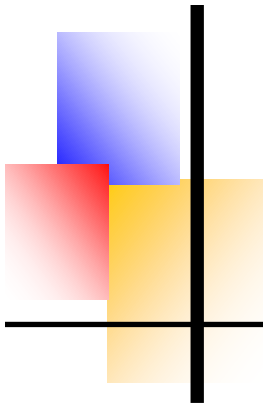
A study of 112 AA members found that all aspects of AA, including meetings, meditation and prayer and sponsorship, were related to the likelihood of abstinence a year after treatment for alcohol abuse. The study suggests that AA may influence lifestyle changes, such as avoiding places where drinking is common, that lead to abstinence.

But AA's influence on how individuals respond to life events like divorce or a family death is not related to the likelihood of abstinence, say Patricia L. Owen, Ph.D., of the Butler Center for Research at the Hazelden Foundation and colleagues.

Source: The study was published in the March 2003 issue of

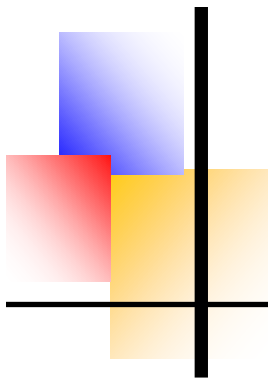
[Alcoholism: Clinical and Experimental Research](#).





AUGUST 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 7pm	8	9	10	11
12 District 5 GSR mtg 4 pm TEC	13	14 Madras birthday Mtg-7:30 pm	15 Potluck Speaker Meeting, La Pine 6 pm	16 SUTTLE LAKE CAMPOUT	17 CO speaker mtg- 7 pm SUTTLE LAKE CAMPOUT	18 SUTTLE LAKE CAMPOUT
19 SUTTLE LAKE CAMPOUT	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	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 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	



SEPTEMBER 2012

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

SEVERAL MEETINGS HAVE MOVED



The **Central Oregon Fellowship Hall**, location of some Meetings in Bend, has moved to 1835 NE 2nd St. (Bend), which is around the corner from the former location — about a block west and a block south.

La Pine **Kick Start**, meeting Tuesday through Saturday at 8am, has moved from Jay Bird Ink to the office next door. The street address is the same as it has been: 52379 Huntington Rd (La Pine)

La Pine **SOS Group**, meeting Monday evening at 7pm, has moved to the same office next door to Jay Bird Ink, 52379 Huntington Rd (La Pine)

Redmond's **Woman to Woman**, meeting Sunday at 4pm, has moved to the Best-Care Administration Building, 676 NE Negus Way (Redmond)

As previously announced, the **Young and Sober** Group has moved to a new location and meets on a new day: The Journey Church, 70 NW Newport Avenue, Bend, and now meets on Tuesdays, still at 8:30pm.

August Sobriety Milestones

Attitude Adjustment

Judy S	8/30/09	3 years
Maureen M	8/26/11	1 year
Tyler T	8/18/11	1 year
Rachel L	8/20/03	9 years

New Horizons

Richard F	8/1/96	16 years
Mike H	8/1/89	23 years
Kevin T	8/5/09	3 years
Mel C	8/8/07	5 years
Jullie L	8/10/10	2 years
Dan G	8/11/05	7 years
Mike N	8/19/03	9 years
Patrick W	8/22/11	1 year
Brian G	8/24/09	3 years
Daryl L	8/30/06	6 years

Redmond SOS

Dawn K	8/17/11	1 year
Chris M	8/18/11	1 year



**WE LOVE TO CELEBRATE
SOBRIETY MILESTONES**

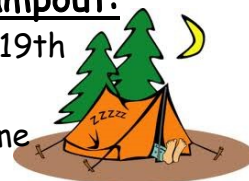
**Send in those Anniversary
Dates! Talk to your IGR !!**

Upcoming Events

Suttle Lake Campout:

August 16th to 19th

Camp, or just come
Up for the day!



Families invited. Potluck and speaker meeting on Saturday evening.

Q's, contact Erik J. 541-993-4979

High Desert Round Up

Sept 28, 29, 30

"The Age of Miracles"



At the Bend
Armory 875 SW
Simpson Avenue

Meetings, Fellowship, Recovery !
Q's, Contact Bill O. 541-771-5145

General Service Assembly

The Area Assembly is a meeting of G.S.R.'s and committee members to discuss area affairs and to elect officers and a delegate to the General Service Conference, held in New York. This year it is in BEND. September 21-23rd at the Deschutes County Fairground.

The position of Intergroup Vice Chairperson is open and available for a qualified AA member who would like to do some service to the local AA community. The term runs from now (technically it started at the beginning of this year) until the end of 2013.

Qualifications/Requirements:

Minimum 2 years sobriety

Active membership in an AA Group in Central Oregon

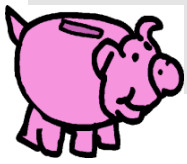
Previous service as Intergroup Representative, Intergroup Committee Chair, or on the Intergroup Advisory Board

Position Duties:

Perform the duties and responsibilities of the Chair at the Intergroup Meetings if the Chair is absent

Represent Central Oregon Intergroup at Oregon Area Assemblies

If you're interested in this service position, attend the next monthly Intergroup Meeting, to be held July 22 (Intergroup Meetings are held the 4th Sunday of each month). For more information, contact Intergroup Chairperson Jerry R., 541-408-0627



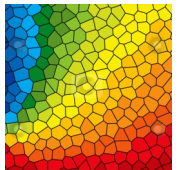
TREASURER'S REPORT DONATIONS SUMMARY

2012 Group	16-Jun to 15 Jul	Year to Date
24 and Alive		515.00
As Men See It	60.00	190.00
Attitude Adjustment	224.00	575.00
Back to the Big Book		113.00
Burns Group		-
Chicks with Chips		272.59
Culver Nuts & Bolts		6.00
Eastside Earlyrisers		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
Livng in the Solution		17.00
Madras Oasis Group	100.00	350.00
Make My Day	84.00	84.00
Meditation Meeting		-
Men's Book Study		
Men's Stag Meeting		50.00
Men's Straight Talk		40.00
New Horizon		199.10
Not a Glum Lot		790.00
Primary Purpose		100.49
Redmond 24 and alive	100.00	100.00
Rule 62 Group	25.32	25.32
Safe Harbor		307.90
Saturday Morning Alive		-
Saturday Nite Live		-
Sisters in Sobriety	95.18	282.76 242.09
Sober Desire	110.30	-
Serenity Group		50.00
S.O.S. Group		40.00
S.O.B. Group		12.50
Sunriver Open		54.00
Step Sisters		192.63
Steps to Sobriety		225.00
Sisters High Noon	75.00	75.00
Terrebonne Trudgers		40.00
Thursday Womens Group	36.48	2141.17
Tuesday Nite AA-Bend		144.00
Wednesday Stag Meeting		-
WFS		90.00
Anonymous	10.00	211.75
CO Speaker Mtg	50.00	150.00
Sisters Sat Morn AA	180.00	180.00
		-
Total Contributions	1,150.28	7,133.59
Potluck	\$ 39.82	559.30
Total	1190.10	7,692.89

There is a monster who lives in my head,
He talks to me softly he wants me dead.
He tells me this time I'll stay in control.
He tells me not to let anyone know.
He convinces me that no one cares,
He whispers the pain is too much to bear.
He tells me how wonderful I will feel.
He tells me he loves me and it is real.
He tells me not to call anyone, My heart starts
racing, he tells me it will be fun.
He tells me not to think of past times,
He promises I can do it just once this time
Who is this monster who calls me by name,
RELAPSE, he's waiting to start the game.

Written while in detox 02-22-2002 by a addict named Darla

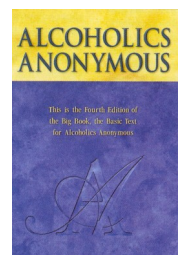
"People are like stained glass windows,
they sparkle and shine when the sun is
out, but when the darkness sets in,
their true beauty is revealed only if
there is a light with in"



I Can Breathe Again

By Elizabeth - 2010

I can breathe again
Whispers in the wind
Telling me
That our lives can
Be lived Sober and Free
From all the pain and anguish
That consumed our lives
I can breathe again
No more pain
Inflicted on you
From me....
Having to break those vows
Of life
For What? Why?
Through those steps
In that Big ass book
You and I will learn
To Breathe Again





Be Blessed In Your Recovery

We open our eyes each day
To hope, to serenity, to reaching out to help a fellow
alcoholic

Be Grateful
For no more hangovers, no more sodden apologies

Instead
Enjoy the breeze, listen to the wind, reach outward and
upward

Our continued sobriety counts on our ability to share
the message

CENTRAL OREGON A A ROCKS !!!!!!!

Eileen F.

