



HOTLINE:
541-548-0440

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



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Whether 'tis Nobler in the Mind

As I was walking up the stair
I met a man who wasn't there
He wasn't there again today
Oh how I wish he'd go away



This little rhyme from childhood echoes in my head and continually summons watchfulness when I think about alcohol, alcoholism and even my passage to recovery.

It stirs in me the long ago memories of nights I cannot recall no matter if I scream or whisper for their return. It calls attention to my fear that there are phantoms lurking on my doorstep which causes me to look over my shoulder often – especially in my dreams.

It admonishes me about the years I wasted pushing life away wallowing in total denial about my drinking. I would convince myself – "Of course my problems were not in any way related to my drinking – my drinking gives me a reprieve from my very difficult circumstances and how unfair it all is, et cetera, et cetera..."

Oh what a tangled web of deceit and denial I was able to weave.

It revives in me the truth that alcohol is cunning and baffling and will haunt me forever; that alcoholism is a disease that must be confronted, fought and overcome – with help – on a daily basis. The man who isn't there still causes my skin to crawl with dread at his presence.

Pretty powerful little rhyme I'd say.



Intergroup Officers

CHAIRPERSON

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

VICE CHAIRPERSON

Vicki M.
541-410-3481

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
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 spent most of my life as a norm-y. Didn't drink until college where I did do some binge drinking – but mostly in safe places with friends. After college I began my new life and career. My work was quite demanding – lots of clients – lots of travel – but never a problem delivering projects and programs, running strategic meetings and writing marketing plans – it was after work that I was expected to entertain the clients and make sure they all were safe and back in their hotel rooms so we could do it all again the next day. I usually drank with them – but had to keep my wits about me because I was responsible for paying the bills and my boss would kill me if I lost one of my clients. When I was home - I drank at ball games and after participating in club sports. I would usually have a drink before dinner and sometimes a glass of wine – but rarely if ever – finished a bottle of wine on my own.

I was able to maintain this “norm-y” status even through the death of my father when I was 29, the death of my mother at 39, my divorce at 39 and 4 job changes. And then – I don't know why – somehow, something shifted in my nature and in my soul. I now entered a dark domain of anger and doubt – of unfulfilled expectations and resentments, of deciding the world and everyone in it owed me something for all my hard work and suffering. I was also lonely, tired and sad.

The job that coincided with this shift required quite a bit of drinking – especially with my boss and because of him (or so I firmly believed). By this time I was a gold flyer on many airlines and had been to every major city in the US at least once. I was familiar with about 80% of the Airline Board Rooms around the country. I discovered much to my delight – that I could drink for free for hours on the ground, when upgraded and while I traversed the country. Unfortunately, one day after throwing up in garbage cans in the airports of Portland, Chicago, and DC – all in one day - I began thinking there might be a problem.



The next day, my hands were shaking so badly I could not even control the mouse on my computer to run through a PowerPoint presentation. I chalked it up to low blood sugar. As my protective shields and excuses began to disintegrate it became desperately apparent that I needed help. →

I found AA. I could not afford a Treatment Center. At my wits end, I walked into the basement of a church in the early morning of a sunny brisk day and found a refuge. Serendipity had escorted me, providence provided the map, and sparkling points of illumination -those already acquainted with the sunlight of the spirit – welcomed me with open arms. I think they had been expecting me. I was plucked by the chords of authenticity - of the genuine people and the simplicity of the message. They showed me how I could open the gateway towards hope, with a continued journey to health, a renewed spirituality, and just plain life on life's terms.

AA is the most remarkable organization I have ever encountered or had the good fortune to be a part of. I am awe-struck by the warmth, the welcoming, and the forgiveness that shines inside the rooms. The relief I felt just knowing there were more people who were just like me, who suffered the same character defects, who had also been pummeled by the disease of alcoholism. I was among friends and compatriots. They taught me that willingness is the key to begin – and my Higher Power will be my guide – not only through recovery to alcoholism but to repairing and retrieving my soul.

Perhaps they have also seen the man who isn't there.

I close with a quote from Shakespeare's Hamlet – somehow it brings to mind our human condition, the courage and the strength we at AA bring to each other as we all face the same question.....

*Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune,
Or to take arms against a sea of troubles, and by opposing, end them.*

I wasted enough of my life suffering the slings and arrows of resentment, self-pity and self-doubt. With the help of my higher power and AA – I have been given the courage and fortitude to oppose my demons – and at least for today – end them.

Shawn L.



What are the origins of the Serenity Prayer?

It was debated for years who wrote the Serenity Prayer, and its origins are still somewhat murky, but it seems most likely to have been written by Dr. Reinhold Niebuhr, a well-known theologian who served for many years as Dean and Professor of Applied Christianity at the Union Theological Seminary in New York City. G.S.O.'s Archives can provide more information about this prayer's historical origins upon request.

Alcoholics Anonymous became aware of the Serenity Prayer in 1941, when it was discovered printed in the New York Tribune newspaper. Ruth Hock, AA's first secretary and a non-alcoholic, was immediately taken with it. The headquarters staff thought of printing the prayer on a card to distribute to AA members.

On June 12, 1941, Ruth wrote Henry S., a Washington, D.C.-based AA member and printer by profession, saying:

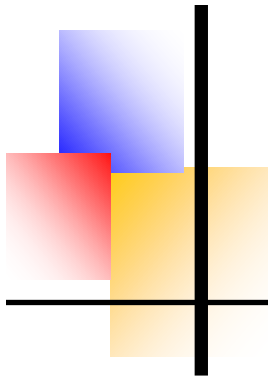
"One of the boys up here got a clipping from a local newspaper which is so very much to the point and so much to their liking, that they have asked me to find out from you what it would cost to set it up on a small card, something like a visiting card, which can be carried in a wallet... here it is...would appreciate it if you would let me know right away."

Henry answered back immediately and enthusiastically:

"...Your cards are on the way and my congratulations to the man who discovered that in the paper. I can't recall any sentence that packs quite the wallop that that does and during the day shown it to the A.A.'s that dropped in and in each case have been asked for copies. I sent you 500 copies in as much as you didn't say how many you wanted. If you need any more, let me know. Incidentally, I am only a heel when I'm drunk, I hope, so naturally there could be no charge for anything of this nature."

Ruth responded again on June 17, and wrote:

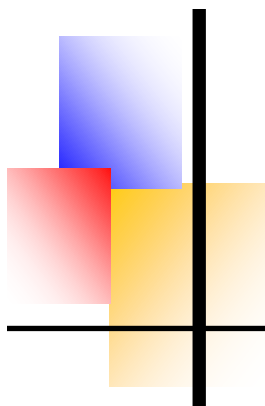
"Your generous response to my request for the little cards is certainly much appreciated by us all up here. Glad so many of you down there liked it too, for it backs me up in my feeling that it really has 'something.'"



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 Womens Retreat Camp Tamarack	15 End of Summer Picnic Womens Retreat Camp Tamarack
16 Womens Retreat Camp Tamarack	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 La Pine Speaker Pot Luck	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						
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.



OCTOBER 2012

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

MEETING CHANGES

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.



Redmond - Tuesday Night 7:00 pm - Rainbow Recovery will now meet on the 1st and 3rd Tuesday only.



Saturday Night 7:00 pm - Rainbow Recovery meeting is discontinued.

GRAPEVINE NEWS

The 2013 wall calendar is now available. I have a few or you can order yours at aagrapevine.org. The fellowship is invited to send photos for the 2014 calendar. Deadline for submissions is December 1, 2012. Go to www.aagrapevine.org/photocontest for details.

The AAGrapevine.org website is now optimized for viewing on all mobile devices, bookmark Grapevine to access voices of AA on your phone or tablet anytime or anywhere.



The Grapevine display will be at our September Assembly at the fairgrounds in Redmond. I'm looking for GVR's or any members interested in doing service, to help man the table. Please contact me at vyfarrell@yahoo.com.

I am also available to bring the Grapevine display to your home group.

Vera F

September Sobriety Milestones

Attitude Adjustment

Vera F	9/18/89	23 years
Dale T	9/13/05	7 years
Sue H	9/4/07	5 years
Evan T	9/19/09	3 years
Tricia C	9/26/09	3 years

New Horizons

Amanda D	9/1/2010	2 years
Donna B	9/17/08	4 years
Jeane R	9/3/81	31 years
Ashley C	9/27/11	1 year
Leah F	9/7/11	1 year
Sherrill H	9/17/06	5 years

Ryan B	9/3/2010	2 years
Steve H	9/19/93	19 years
Kirk R	9/3/11	1 year
Ethan	9/17/01	11 years

Redmond SOS

Erik K	9/10/11	1 year
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24 and Alive

Alberta C	9/25/06	6 years
Shannon C	9/29/11	1 year

New Horizons

Terry J	9/13/88	24 years
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27th annual AA and Al-Anon
Camp Tamarack (Suttle
Lake) Women's Weekend,
September 14th-16th, 2012

Questions....Please email:
cowwrecovery@gmail.com



Upcoming Events

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 End of Summer Picnic @ Cline Falls

Saturday September 15th



~AA meeting starts @ 10am~
~Potluck starts @ 12pm~

For more info please call:
Heidi S (541) 728-5463
Kevin K (541) 610-3060
Lurlyne B (541) 504-1343
Mark L (541) 350-5194

TREASURER'S REPORT

DONATIONS SUMMARY



July 16th - August 15th 2012

		Group	16-Jul 15-Aug	Year to Date
Ordinary Income/Expense				
Income				
601 Book & Coin Sales	1,757.75	24 and Alive		515.00
610 Contributions Received	1,908.77	As Men See It	200.00	390.00
620 Newsletter	0.00	Attitude Adjustment	143.50	718.50
640 Potluck	74.00	Back to the Big Book		113.00
650 Interest Income	0.00	Burns Group		-
Total Income	3,740.52	Chicks with Chips	147.18	419.77
Expense		Culver Nuts & Bolts		6.00
701 Purchases/Inventory	786.05	Eastside Early Risers	185.18	729.68
810 Management Fee	936.00	Easy Does It		40.00
820 Rent	250.00	First things First		-
821 Advertising- dex/go daddy	134.78	Going to Any Lengths		-
835 Phone/internet	7.41	The Nooner		300.00
838 Utility Water/Electric	50.00	High Noon BB		50.00
850 Postage & Office Supplies	30.30	Issues & Tissues		16.66
851 Bank Charges	0.00	Living in the Solution		17.00
854 Other/Misc IRS	0.00	Madras Oasis Group		350.00
855 Schedules	0.00	Make My Day		84.00
860 Potluck Expense/6 mo rent	14.65	Meditation Meeting		-
881 Newsletter 5-30-12	98.97	Men's Book Study	120.00	195.00
895 Special Events /World Srv	0.00	Men's Stag Meeting		50.00
		Men's Straight Talk		40.00
		New Horizon	17.50	216.60
		Not a Glum Lot	320.00	1,110.00
		Outlaw Step Sisters		-
		Primary Purpose	36.50	136.99
		Redmond 24 and Alive		100.00
		Rule 62 Group		25.32
		Safe Harbor	156.69	464.59
		Saturday Morning Alive		-
		Sobriety Maintance- Sisters	48.38	48.38
		Sisters in Sobriety		282.76
		Sober Desire		242.09
		Serenity Group		50.00
		S.O.S. Group		80.00
		S.O.B. Group		12.50
		Sunriver Open		54.00
		Step Sisters	119.50	312.12
		Steps to Sobriety		225.00
		Sisters High Noon		75.00
		Terrebonne Trudgers		40.00
		Thursday Womens Group	50.34	2,191.51
		Tuesday Nite AA-Bend	82.00	226.00
		Wednesday Stag Meeting		-
		WFS	180.00	270.00
		Anonymous	2.00	213.75
		C.O. Speaker Meeting	100.00	250.00
		Sisters -Sat Morning AA		180.00
		Total Contributions	1,908.77	7,133.59
		Potluck	\$ 74.00	633.30
		Total	1,982.77	7,591.57
ASSETS				
Current Assets				
Checking/Savings				
BOTC 4023-Prudent Saving	2,001.22			
BOTC 4023-Treasurer's	1,424.33			
Total Checking/Savings	3,425.55			
Total Current Assets	3,425.55			
TOTAL ASSETS	3,425.55			
LIABILITIES & EQUITY				
Equity				
Opening Bal Equity	6,468.02			
Net Income	1,432.36			
Total Equity	3,425.55			
TOTAL LIABILITIES & EQUITY	3,425.55			



**“Prayer is not an idle woman’s amusement.
Properly understood and applied, it is the most
potent instrument of action.”**

Mahatma Ghandi

**“There are two ways to live your life
One as though nothing is a miracle
The other is though everything is a miracle”**

Albert Einstein