



Volume 14 Issue 10

October 2012



**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

### **Intergroup Officers**

#### **CHAIRPERSON**

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

#### **VICE CHAIRPERSON**

Vickie 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

## To Hit Bottom, You Have to Quit Digging

The first AA meeting I attended was filled with warm, welcoming women and a message I just couldn't quite grasp. I was filled with fear, desperation, fear, separateness, fear, and closed mindedness toward the word "God." Determination to figure out this little drinking issue on my own was renewed—I would just quit drinking, but there was no way I would go to another meeting. This God stuff was not for me. And if I could quit drinking, maybe I wasn't really an alcoholic.

Today, I am grateful for the seed planted in that first meeting. When I picked up a drink again, almost two years later, the progression downhill was swift and hard. It became clear that my best intentions of not drinking and not repeating the daily demoralization were useless—could it be true that just maybe "I am an alcoholic?" That last bottom was not the lowest or the one with the most damaging drinking, but it was the one where I quit digging. The desire to not drink was strong, I just couldn't seem to not drink no matter how much I *wanted* to be done. The concession to my innermost self that I am powerless opened the door just far enough for a beginning of a reliance on a power greater than myself to take hold. I have not had to drink since.

Drinking took an awful lot of energy—planning, doing, cleaning up any mess, and managing my life to ensure that drinking did not appear to be any problem—mostly to convince myself it was not a problem. College was where things took off—blackouts were a regular occurrence.

**Problem:** Coming out of a blackout behind the wheel

**Answer:** Live within walking distance of favorite watering holes.

**Concern:** Impact of drinking on school

**Solution:** Add second major so any drop in grades would be justified. →



### **Address Information**

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

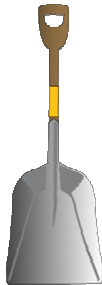
District 5  
P. O. Box 7241  
Bend, OR 97708

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

This game playing continued throughout my drinking career—minimizing consequences and convincing the world that alcohol wasn't the problem.

The first bottom came by my mid-twenties, with the heaviest drinking and most physical damage. The wildland fire crew I was part of was loaded with others who worked hard and drank hard—14 to 17 hour work days. Stay at the bar 'til closing, repeat the following day. My big wake-up call was coming out of a blackout while being physically assaulted. Somehow the message came through that something needed to change. I was given the gift of a reprieve (kind of hitting bottom, but bouncing)--about eight years where drinking did not present much of a problem. I could drink an occasional beer with dinner, or at family gatherings, but not the obsession I came to know.

There was some craving the next day (about three o'clock in the afternoon), but my thought was "Oohhhhhh, this is when I would drink if I were an *alcoholic*." Just more proof that I was *not* an alcoholic, because I wasn't drinking! Do people who aren't alcoholic really ever even entertain such thoughts? I guess this is when they say my disease was doing push-ups, and gaining strength. When alcohol once again become the solution to life's pain, I found myself sitting in that pit and at some point I picked up the shovel and started digging again.



Making it to the second AA meeting made all the difference. The shovel was gently removed from my hands and I was told to keep coming back—we have *other* tools for you to use. I heard that my anger toward "God" didn't have to keep me drunk, that my Higher Power could take any form that made sense to me—as long as I quit trying to run the show and stayed connected to other alcoholics. I have an opportunity through the steps to develop a trusting relationship with a power greater than myself, to take responsibility for my thoughts and actions, and to be of service to others and with others.

What a relief to quit digging!

Emily S.



## Heard Around the Rooms:

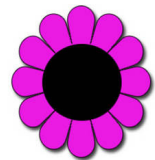
"This program is not a change in what I see, but in how I see it"



"As an alcoholic, I find that I am the only one who can lie to myself, KNOW that I am lying, and believe it anyway"

"Worry is not preparation"

"We're all here because we're not all there"



"When I was new I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about."

"If you want to quit drinking, you're going to have to quit drinking."

From a newcomer reading the Promises for the first time: "We will comprehend the word cemetery, and we will know peace."

"It's not old behavior if I am still doing it"





# 15 Ways to Stay Sober Throughout the Holidays



Hang up the decorations! Spend time with family and friends! Bring out the alcohol? It's true, all of you recovering alcoholics must once again face the pressures of drinking as the holiday season comes once again. With Halloween, Thanksgiving, Christmas, and New Years just months (days!) apart, who has the determination to stay sober through all four? Family fun, parties with co-workers, and special evenings with friends can all be a lot of fun, but may be stressful for those who don't want to drink.

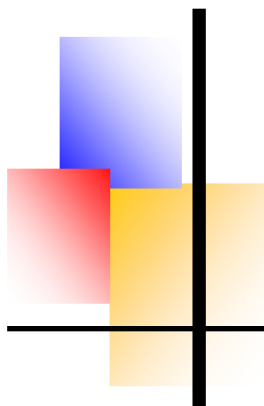
How can recovering alcoholics and those who have other alcohol-related problems make it through this tough time of the year sober? The following tips may prove helpful:

1. **Tell a reliable person about your desire to stop drinking.** This may hinder you from sneaking away to have a drink.
2. **Stay busy.**
3. **Bring your own non-alcoholic drinks.** This is important to remember if you think that only alcoholic drinks will be served.
4. **Choose only to attend parties you will really enjoy.** This can limit the stress of not drinking and will reduce the chances that you will.
5. **Avoid attending parties with alcohol.**
6. **Let someone know where you will be.** Tell your sponsor or a trusted friend when you attend a holiday get-togethers and have them call you to check up.
7. **Take along a friend.** An A.A. friend, sponsor or someone else you trust will help in keeping you from drinking alcohol.
8. **Tell the host you may have to leave early.** If you are worried about feeling awkward leaving a party early, tell the host ahead of time that you may not be able to stay the entire night.
9. **Show up at a later time.** If you have been invited to a dinner party, showing up shortly before dinner may limit the amount of pressure to drink beforehand.
10. **At parties, choose a non-alcoholic drink like water or soda.** Alcohol is not required to enjoy the holidays.
11. **Ask if any food dishes contain alcohol, especially if it is uncooked alcohol.**
12. **Have a backup plan.** Call a friend and let them know you may need a ride or someone to hang out with that evening if the party you are attending is too tempting.
13. **Attend an A.A. meeting or party (Try the Alka-Thon!)** so that you can find support in fellow members.
14. **Schedule other plans.** Figure out something else to do on the nights you are invited to parties where alcohol will be served. This will keep you from deciding to go last minute!
15. **Remember that choosing not to drink is not rude.** Forcing someone to drink is rude.

So what is the Alcoholics Anonymous Alka-Thon? Usually held at TEC Brooks Hall, these day-long events run on Thanksgiving and Christmas day, from 7 am to 7 pm. Folks gather for food and fellowship, with marathon meetings on-the-hour. Others gather to play games, visit, or pass the time, helping fellow members stay sober. Families are welcome, and potluck offerings round out the holiday Turkey and Ham, supplied by the Central Oregon Intergroup.

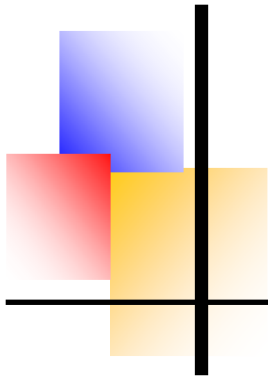
**Hope to See you There !!!!!**





# 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	10	11	12	13
14 District 5 GSR mtg 4 pm TEC	15	16 Madras birthday Mtg-7:30 pm	17 La Pine Potluck Speaker Mtg	18	19 CO speaker mtg- 7 pm	20 Culver-Madras Potluck and Speaker Meeting 6 pm
21	22	23	24	25	26 Bend Milestone meeting 7 pm	27 Intergroup Potluck PRINEVILLE
28 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	29	30	31			
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	



# NOVEMBER 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	7	8	9	10
11 District 5 GSR mtg 4 pm TEC	12	13	14	15	16 CO speaker mtg- 7 pm	17
18	19	20 Madras birthday Mtg-7:30 pm	21 La Pine Speaker Pot Luck	22 Thanksgiving Alka-Thon ALL DAY	23	24
25 IGR Advisory Board mtg-5 pm IGR mtg- 5:30	26	27	28	29	30 Bend Milestone Meeting TEC 7p	
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 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

### MEETING CHANGES

**New:** Women's Meeting in MADRAS  
Saturdays, 10 am, Jefferson  
Library Rodriguez Annex

**Cancelled:** Chemult Friday night  
meeting at the Firehouse; Tuesday  
noon at Nazarene Church in Bend.

A few clarifications for the  
monthly calendar:

Every **THIRD** Tuesday is the  
speaker meeting in Madras.

Every **THIRD** Wednesday is the La  
Pine Potluck Speaker Meeting.

The first **TUESDAY** of each month  
is the speaker meeting at the  
Nazarene Church.

Central Oregon Speaker meetings  
are held on the **FIRST** and **THIRD**  
Fridays of each month.

The Redmond potluck speaker  
meeting is the **FIRST** Saturday of  
each month.

Potluck gatherings are held the  
**FOURTH** Saturday of the month, at  
TEC Brooks Hall. In October, the  
potluck is in PRINEVILLE.

During the months of **NOVEMBER**  
and **DECEMBER** there is no inter-  
group potluck, due to the Alka-  
Thon gatherings.

**UNITY** is a key  
legacy of our  
fellowship. Come  
celebrate !!!!



## October Sobriety Milestones

### Attitude Adjustment

Walt W	10/7/06	6 years
Bill B	10/13/06	6 years
Brad B	10/10/09	3 years
John J	10/21/10	2 years

### New Horizons

Brie S	10/8/12	1 year
Louanne M	10/10/03	9 years
Michael A	10/11/01	11 years
Mark B	10/14/09	3 years
Beth M	10/22/90	22 years
Vickie M	10/26/01	11 years

### Prineville STS

Wes J	10/4/99	13 years
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Are you creative? Would you  
like a fun and rewarding  
service position?

The Conscious Contact  
Newsletter Editor position is  
coming up, beginning  
January 1st. Two year  
sobriety requirement, two  
year commitment.

If interested,  
please attend  
the IGR meet-  
ing on Sunday,  
October 28th,  
5:30 pm



## Upcoming Events

Intergroup Potluck will be  
held in PRINEVILLE this  
month

Nazarene Church  
780 East 1st street  
Prineville, OR

Come join the  
fellowship !

A-K main dish  
L-R desserts  
S-Z salads



6:00 dinner 7:00 speakers

A A speaker: Bill O  
Alanon speaker: Kris, Prineville

For more information:  
Cathy N (541-447-1572)  
Roy F (541-977-2592)



# Central Oregon Intergroup Council Profit & Loss

August 16 through September 15, 2012

Aug 16 - Sep 15, 12

## Ordinary Income/Expense

### Income

601 Book & Coin Sales	1,030.45
602 Pot Luck Contributions	111.21
610 Contributions Received	1,369.19
650 Interest Income	0.13

<b>Total Income</b>	<b>2,510.98</b>
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### Expense

701 Purchases/Inventory	1,050.57
810 Management Fee	936.00
820 Rent	250.00
821 Advertising	71.45
835 Phone/Internet	141.76
837 Utility Water/Electric	50.00
852 Office Supplies	54.00
860 Potluck Expense	250.00

<b>Total Expense</b>	<b>2,803.78</b>
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<b>Net Ordinary Income</b>	<b>-292.80</b>
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<b>Net Income</b>	<b>-292.80</b>
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## Monthly Office and Hotline Report August 16, 2012 – September 15, 2012

### Telephone Activity

Reason for Call	Office	After Hours Hotline
Meeting Information	41	71
12 <sup>th</sup> Step/Help	01	14
Alanon	04	20
Other	38	07
<b>Total</b>	<b>84</b>	<b>112</b>



### Ongoing efforts to update 12<sup>th</sup> Step Lists

Sherrill and others are passing around 12<sup>th</sup> Step Sign up sheets in Bend and other towns in Central Oregon. Jack and Joan are making calls from office to update previous information from 2010.

### Office Visitors

Purchases	40
Other	32
<b>Total</b>	<b>72</b>

### Income

Books and Literature	\$ 512.35
Coins and Misc.	\$ 518.10
Donations	\$1,369.19
Potluck	\$ 111.21
Deposits	\$2,510.85

Book Orders	\$715.57
Coin Orders	\$316.00

<b>DONATIONS</b>	<b>8/16/12 – 9/15/12</b>	<b>Year to Date 9/15/12</b>
Anonymous	\$ 33.00	\$ 246.75
<b>Bend</b>		
ABC Group		
Acceptance Is The Answer		
As Bill Sees It – Study		
As Men See It		\$ 390.00
Attitude Adjustment	\$112.00	\$ 830.50
Back to the Big Book	\$ 38.00	\$ 151.00
Central Oregon Speaker Meeting	\$100.00	\$ 250.00
Chicks With Chips		\$ 419.77
Eastside Early Risers	\$171.00	\$ 900.68
11 <sup>th</sup> Step Meditation		
Emotional Sobriety & Spiritual Awakening		
Firing Line, The		
Men's Book Study		\$ 195.00
Milestone Meeting		
Monday Nite		
New Beginnings		
New Horizons		\$ 316.60
Not A Glum Lot, We Are		\$ 1,110.00
Primary Purpose Group		\$ 136.99
Rule 62 Group		\$ 25.32
Safe Harbor Group	\$ 45.15	\$ 509.74
Serenity Group		\$ 50.00
Sisters In Sobriety		\$ 282.76
Sober Desire		\$ 242.09
Step Sisters		\$ 312.12
Sunday Morning Serenity		
Topics 257		
Tuesday Night AA		\$ 226.00
Thursday Women's Meeting	\$104.01	\$2,295.52
W-F-S Group	\$300.00	\$ 570.00
<b>Burns</b>		
As Bill Sees It		
Burns Meeting		
Four Square Church		
Women's AA		
<b>Christmas Valley - Sobriety In The Desert</b>		
<b>Crescent</b> - Tuesday Night At The Baptist Church	\$ 30.00	\$ 30.00
<b>Culver</b> - Nuts & Bolts		\$ 6.00
<b>John Day</b> - Girlfriends, The		
Let It Go Group		
<b>LaPine</b>		
Big Book Study		
Empty Bucket Group		
First Things First		
Issues & Tissues	\$ 59.73	\$ 76.39
Kick Start		

## DONATIONS SUMMARY

These are ALL of the registered groups of Alcoholics Anonymous in the Central Oregon Area.

Donations are those funds that are “passed upward” to the Central Oregon Inter-group. Each individual group decides for itself how much to send upwards. 7th tradition income is at the discretion of each group. For more information, please see the pamphlet “Self Support: Where money and spirituality Mix”. The pamphlet can be found at most meetings in the information center, or on the internet at this address:

[http://www.aa.org/pdf/products/f-3\\_selfsupport.pdf](http://www.aa.org/pdf/products/f-3_selfsupport.pdf)





<b>LaPine</b>		
LaPine Men's Meeting		
LaPine Wed. Night Living Sober		
Living Sober		
SOS Group		
Sunday Serenity		
<b>Madras</b>		
Madras Oasis	\$ 50.00	\$ 400.00
SOB (Sober on the Book)		\$ 12.50
Spanish Meeting		
<b>Metolius</b> – Society of Sobriety		
<b>Mt. Vernon</b> - Outlaw Group, The		
<b>Prineville</b>		
Back to Basics		
Going To Any Lengths	\$ 5.00	\$ 5.00
Men's Meeting- Straight Talk		\$ 40.00
Open Hand Fellowship		
Sisters Offering Solutions		
Steps to Sobriety	\$150.00	\$ 375.00
<b>Redmond</b>		
All Group Speaker Meeting		
Candlelight Meeting		
Living in the Solution		\$ 17.00
Make My Day		\$ 84.00
Men's Stag Meeting		\$ 50.00
Monday Night Living Sober		
Nooner, The	\$150.00	\$ 450.00
Open Meeting at Best Care		
Rainbow Recovery		
Rebel Women		
Redmond Rebels	\$ 21.30	\$ 21.30
SOS Group, 12 x 12 Study		\$ 80.00
Spiritual Awakening		
Steps to Peace		
Sunday Big Book Meeting		
24 and Alive		\$ 615.00
Woman to Woman		
<b>Sisters</b>		
Easy Does It		\$ 40.00
High Noon Big Book Study		\$ 125.00
Outlaw Step Sisters		
Saturday Morning Alive		\$ 180.00
Sobriety Maintenance		\$ 48.38
<b>Sunriver</b> - Sunriver Open Group		\$ 54.00
<b>Terrebonne</b> – Terrebonne Trudgers		\$ 40.00
<b>Tumalo</b> – Tumalo Friday Night Speaker Mtg.		
<b>Warm Springs</b> – Family Resource Bldg.		
<b>SubTotal</b>	<b>\$1,369.19</b>	<b>\$12,210.41</b>
<b>Potluck</b>	<b>\$ 111.21</b>	<b>\$ 744.51</b>
<b>Total</b>	<b>\$1,480.40</b>	<b>\$12,954.92</b>

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Every new beginning comes from some other beginning's end. When you can no longer think of a reason to continue, you must think of a reason to start over. There's a big difference between giving up and starting over in the right direction. And there are three little words that can release you from your past regrets and guide you forward to a positive new beginning. These words are: "From now on"