



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

A PATH TO FOLLOW

A former employer opened my desk drawer one day and stuck his finger on some sharp object there and asked me, "How does a nice girl like you have such a dangerous thing here?" Well, that is what I began to ask myself as my drinking progressed. How can I be doing these things? Why can't I moderate my drinking? Why do I drink every day when I decided the night before to "skip" a day?

I was a quiet, shy, rather studious person, and had decided not to follow in my mother's footsteps; I would *never* drink. And in high school, I didn't, perhaps because my two best friends had alcoholic fathers! We had a wonderful time working on the school paper and with the debate squad. And we all went off to college and "lived happily ever after." Well, not exactly. In college, I began studying German, and, of course, we had to drink beer frequently at the Ratskeller in Seattle. I was soon coming home, drunk, climbing in windows, and thinking how fun it all was.

My mother persuaded me to study Spanish by offering a trip to Mexico, and soon we were off on the Greyhound heading for summer school in Mexico City. Of course, we couldn't drink the water so my beer consumption went up. I was working my way through college and had only minor problems until I left home with a scholarship to study in Guatemala. My first efforts to make friends were foiled until I joined the university chorale. I think my Higher Power even then was guiding me safely through the disease that was to become more and more apparent. Our chorale sang for concerts, but also for parties and weddings. It's amazing how many Guatemalan women do not drink; I was happy to oblige and we frequently switched glasses, so I could help them out!



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

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

Intergroup Officers

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541-408-0627
chairperson@coigaa.org

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Vickie M.
541-410-3481

SECRETARY

Patti O.
541-771-5452

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541-408-5086

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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

I made a sudden decision to return home for Christmas; training for the Bay of Pigs invasion in Cuba was partly done in Guatemala and didn't sit well with the students I knew, including my friends in the chorale. So I took a break. A casual friend from the States learned that I was returning to Guatemala. Since she was at loose ends, we drove back down together. Soon, I was in an apartment with her, having friends over for parties and establishing what became my pattern.

I always found people who liked to drink. When I returned to the States, I migrated to California sun, found a job, an apartment cum swimming pool and joined a ski club. My drinking took some great leaps forward. Since I really loved skiing, I decided that having summer vacations wasn't so good. I took a leave of absence and went off, hot in pursuit of a fellow who had gone to pilot oil field workers (and the then King) in Benghazi. I did actually ski on the trip, when I returned through Austria. I thought German beer was wonderful, too!

I think that's a pretty good picture of what it was like! Next I decided that my drinking problem, now slightly worrisome, would best be solved by marriage and responsibility. So I married my drinking buddy, Tom. Had a baby. Began to drink daily. After 3 years, we left California for his new job in New York. But we lived in New Jersey, and I had 12 hours a day by myself with two children. I still feel I became an alcoholic when I crossed the Jersey State Line. After Tom left for work, I had a morning drink to help plan my day. A few more drinks, as I made decisions and phone calls, then trips for more beer. By now, I had decided *wine and stronger spirits were the problem*. No more whisky sours, unless Tom was home.

When the blackouts and hangovers became troublesome, I thought I needed help, but was afraid to tell Tom. Once I called a hotline, but it was 3 years later that I actually called the AA hotline. Tom was out of town and I could finally drink, as I wanted. It wasn't a pretty sight. The worst was not being a good mother to our two girls. →



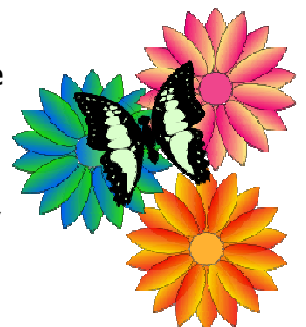
Two women called me on June 7, 1976, and one could go to a meeting with me if I could pick her up. Rita must have been one of the bravest women in AA! Both Rita and Kay, whom I called every day for the 4 years that we remained in New Jersey, understood what I needed to do to stay sober. They taught me step by step how I could have a beautiful new way to live. They said that we would do it one day at a time, go to meetings, have a home group and get active. They gave me a path to follow. I put my number on the AA hot line, grateful for a chance to be there for someone else. It is still on it today. I still have a home group, Monday-At-A-Time, in Portland, and the 7 am Attitude Adjustment meeting at TEC in Bend!



The promises continue to come true for me, made possible by my Higher Power's daily guidance. When I realized that God wants good for me, I came to accept the spiritual help that is available to all of us. Who could deal with life as it comes any other way? I thought I wouldn't be able to, but my sponsors helped me through a second miscarriage, my young daughter's surgery, my own cancer treatment, and 3 years ago the death of my brother. One of the most amazing changes that I see in me is being hopeful that all will work out. Recently, when my sister-in-law had cancer surgery in Seattle, Tom and I were able to locate the house that my dad built north of Seattle. It was an area of cow pastures, Victory Gardens, and now is jammed with new homes. When we spoke with the owners, they took us inside, and we talked about life as I knew it until 4th grade. And I told them, I had a happy childhood! I no longer thought about the fights, police calls, getting my mom out of jail and wrecks.

Today my husband, my children and my friends make my life a joy. I can truly say that AA has blessed my whole life experience, not just the 36 sober years of my 75! And **that's** a miracle!

With love, Ann P.



The Eleventh Step: One Woman's Perspective.....

"Sought through Prayer and Meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us, and the power to carry that out"

If we've gotten this far it's safe to assume that we've made a pretty good effort at turning our will and our lives over to the care of some sort of Creative Intelligence. Now, as the second in the so-called maintenance Steps (the first being Step Ten), we have the opportunity to deepen that connection and begin to live our lives on a spiritual plane.

Which doesn't mean we have to give up all desires for material goods, great sex and the work we long to do! Far from it – in fact, this Goddess of our understanding wants far more for us than we can possibly imagine.

A conscious contact is just that, awareness that there is something more to life than what's in our face at the moment. There's more to life than what our parents taught us, and what we see on TV news and what society as a whole tells us.



How you express that awareness, how you practice it, is up to you. Although the founders came from a Christian background, they worked hard not to limit 12 Step spirituality to that tradition. They went so far as to include an atheist and to take copies of the Big Book in draft form to as many religious leaders as they could find in order to be sure they didn't restrict belief. (The story is told that, when a Buddhist monk looked over the manuscript he nodded and said something like, "...we would have preferred the word 'good' to the word 'God'...")

The point, of course, is to find your own way, which may take some experimentation and will most likely change over time. Step 11 points to discipline – a regular practice of some sort, formal or not. Such a practice may be as simple as a quick 'make me a channel' type of prayer said with your first cup of coffee, doing some sort of meditation daily, or almost daily, joining a religious organization of one sort or another and worshiping in that manner... the list of possibilities is endless.

If you're not sure how you want to practice your spirituality, experiment. Ask others, both in and out of Program. Read, shop for a church, try a meditation or two. This is truly a case of 'ask and you shall receive,' with willingness the only key you need.

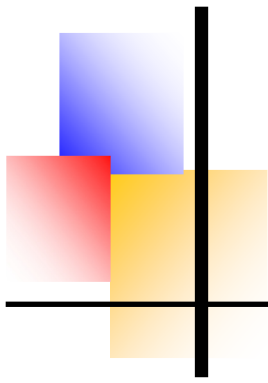
Of course the biggest question with Step 11 is how can we know what God's will is for us? Like all things dealing with faith, there isn't any single or certain way. We're on the right track if we're being honest with others and ourselves. Watching out for fear, anger building to resentment and not getting to Hungry, Angry, Lonely or Tired (HALT). It helps if we learn to plan without demanding, or even expecting, a particular outcome. Some call it personal responsibility – others simply say it's growing up.

Working with some sort of regular practice (yes, that word again) can go a long way toward helping us see ourselves and our world clearly – a definite move toward Powerful Recovery.

Love, peace and abundance,

Anne

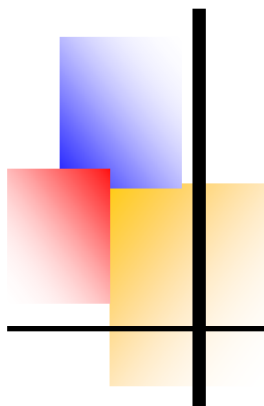




NOVEMBER 2012

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 Speakers Laura S and Bob R	17
18	19	20 Madras birthday Mtg-7:30 pm	21 La Pine Speaker Pot Luck	22 Thanksgiving Alka-Thon ALL DAY Brooks Hall	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 Mtg 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 TEC Brooks Hall 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.



DECEMBER 2012

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

SERVICE POSITIONS AVAILABLE!

There are several positions now open on the Central Oregon Intergroup. All positions require two years sobriety and two year commitment.



Opportunities Are:

Chairperson
Secretary
Schedules Chair
Potluck Chair
Newsletter Chair
(2) Advisory Board positions

These positions are VITAL to our Central Oregon AA Community.

Remember: Service Keeps Us Sober!

If interested, please attend the IGR meeting on Sunday, November 25th, 5:30 pm

LA PINE MEETING CHANGES:

Meetings are now held at Huntington Hut, 52379 Huntington Road, LaPine OR

Address Change:

Issues & Tissues, 9am Monday, is now meeting at Huntington Hut

New Meetings:

Monday, Wednesday, Friday –
Lunch Bunch Meeting, 12pm,
at Huntington Hut

Time Change: Saturday 8am Kick Start Meeting has changed to 10am. Location is the same, Huntington Hut.

November Sobriety Milestones

Attitude Adjustment

Loni P	11/3/05	7 years
Sandi L	11/4/92	20 years
Shawn A	11/22/03	9 years
Bruce L	11/26/86	26 years
Jade W	11/08/05	7 years
Eileen F	11/07/06	6 years
Michel M	11/08/06	6 years
John S	11/24/09	3 years
Michelle B	11/28/09	3 years
Marina K	11/04/11	1 year
Fred B	11/25/11	1 year

Primary Purpose

Robin P	11/14/93	19 years
Cindy T	11/16/97	15 years
Bill D	11/24/94	18 years

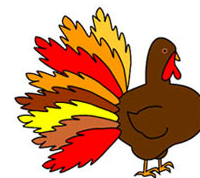
Redmond Steps to Sobriety

Ruth N	11/20/83	29 years
Mike L	11/28/03	9 years
Robin A	11/06/93	19 years
John G	11/2/97	15 years
Carrie L	11/1/08	4 years
Jeannie S	11/15/10	2 years



Upcoming Events

Alka-Thon Information



Thanksgiving
11.22.12

There will be TWO Alka-Thon gatherings this year, one in Bend, and one in Prineville

BEND:

Brooks Hall, TEC
7 am to 7 pm, Speaker @ 7 pm
Marathon hourly meetings
Fellowship, games, fun!
Turkey and Ham Provided, bring potluck dish to share

PRINEVILLE:

Location: Rebels Roost 296 NE 2nd
(Cross the street from back side of Crook County Jail and Court House)
Prineville, Oregon

Meetings Hourly
10:00 am to 6:30 pm
(NA Meeting at 7:00 pm) Turkey and dressing provided;
Bring your favorite holiday dish to share



Hosted By Steps to Sobriety
Call Mark L for information
541-447-1577 or 541-350-5194

“THE RECIPE”

One night a sponsor got a call from one of his sponsees. The sponsee complained the same old complaints of being restless, irritable and discontent. The sponsor asked him if he was reading his Big Book and the sponsee said that he was reading it daily and that it wasn't helping! The sponsor then instructed his new friend to find a cookbook. He came back to the phone with the cookbook and was instructed to read the recipe for chocolate cake. So he read to him all the ingredients, how hot the oven was to be and when he was through his sponsor told him to read it again. By now the sponsee is a little upset and asks what this has to do with staying sober, with a laugh, his sponsor told him to humor him! So he read it again, all the ingredients, oven temperature, and after he had read it to him the second time, the sponsor asked him for a piece of cake. The sponsee told him he could not give him any cake and the sponsor asked him why? "Because, I haven't gone through the action of making the cake." With a laugh, the sponsor told his sponsee that that was why he wasn't getting any results from reading the Big Book! Reading the book alone will not keep you sober, but, the action of following the directions in it will!

Central Oregon Intergroup, Inc.

Monthly Office and Hotline Report

September 16, 2012 – October 15, 2012

Telephone Activity

Reason for Call	Office	After Hours Hotline
Meeting Information	42	52
12 th Step/Help	06	13
Al-Anon	01	10
Other	42	04
Total	91	79

Ongoing efforts to update 12th Step Lists

Sherill will send information to Joan for updating previous lists.

Jack and Joan continue making calls from office to update previous information from 2010.

Office Visitors

Purchases	46
Meeting Information	12
Other	30
Total	88



Income

The Central Oregon Intergroup Office
will now close on Saturdays
due to lack of interest/support.

The new Office Hours are Monday through Friday, 9am to 1pm.

Our hope is to accommodate groups in the most effective way possible.

Please keep in mind that Joan C., the COIG Office Manager,
Is willing to accommodate your group and help with scheduling concerns.

Call Joan at 541 923 8199 to make arrangements.



DONATIONS	9/16/12 – 10/15/12	Year to Date 10/15/12
Anonymous - Includes a 125.00 group donation	\$ 145.00	\$ 266.75
Bend		
ABC Group		
Acceptance Is The Answer	\$ 90.00	\$ 90.00
As Bill Sees It – Study		
As Men See It		\$ 390.00
Attitude Adjustment	\$ 182.00	\$ 1,012.00
Back to the Big Book		\$ 151.00
Central Oregon Speaker Meeting		\$ 250.00
Chicks With Chips	\$ 115.50	\$ 535.27
Eastside Early Risers	\$ 361.25	\$ 1,261.93
11 th 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	\$ 46.17	\$ 183.16
Rule 62 Group		\$ 25.32
Safe Harbor Group		\$ 509.74
Serenity Group		\$ 50.00
Sisters In Sobriety		\$ 282.76
Sober Desire	\$ 125.87	\$ 367.96
Step Sisters	\$ 132.93	\$ 445.05
Sunday Morning Serenity		
Topics 257		
Tuesday Night AA	\$ 75.00	\$ 301.00
Thursday Women's Meeting	\$ 52.98	\$2,348.50
W-F-S Group		\$ 570.00
Burns		
As Bill Sees It		
Burns Meeting		
Four Square Church		
Women's AA		
Christmas Valley - Sobriety In The Desert		
Crescent - Tuesday Night At The Baptist Church		\$ 30.00
Culver - Nuts & Bolts		\$ 6.00
John Day - Girlfriends, The		
Let It Go Group		
LaPine		
Big Book Study		
Empty Bucket Group		
First Things First		
Issues & Tissues		\$ 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 Intergroup. 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



DONATIONS	9/16/12 – 10/15/12	Year to Date 10/15/12
LaPine Men's Meeting		
LaPine Wed. Night Living Sober		
Living Sober		
SOS Group		
Sunday Serenity		
Madras		
Madras Oasis	\$ 100.00	\$ 500.00
SOB (Sober on the Book)		\$ 12.50
Spanish Meeting		
Metolius – Society of Sobriety		
Mt. Vernon - Outlaw Group, The		
Prineville		
Back to Basics		
Going To Any Lengths		\$ 5.00
Men's Meeting- Straight Talk		\$ 40.00
Open Hand Fellowship		
Sisters Offering Solutions		
Steps to Sobriety		\$ 375.00
Redmond		
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		\$ 450.00
Open Meeting at Best Care		
Rainbow Recovery		
Rebel Women		
Redmond Rebels	\$ 34.10	\$ 55.40
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		
Sisters		
Easy Does It		\$ 40.00
High Noon Big Book Study	\$ 75.00	\$ 200.00
Outlaw Step Sisters		
Saturday Morning Alive		\$ 180.00
Sobriety Maintenance		\$ 48.38
Sunriver - Sunriver Open Group		\$ 54.00
Terrebonne – Terrebonne Trudgers	\$ 35.00	\$ 75.00
Tumalo – Tumalo Friday Night Speaker Mtg.		
Warm Springs – Family Resource Bldg.		
SubTotal	\$1,570.80	\$13,781.21
Potluck	\$ 35.00	\$ 779.51
Total	\$1,605.80	\$14,560.72

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You can never cross the ocean unless you have the courage to lose sight of the shore.

- Christopher Columbus

The weak can never forgive. Forgiveness is the attribute of the strong.

- Mahatma Gandhi