



Volume 14 Issue 12

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Intergroup Office**
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It all started in a '64 Nova

I never gave alcohol a thought until one night in my '64 Nova, in Shreveport, Louisiana. I never saw alcohol in my house nor did I ever see anyone in my family drink. Really! It wasn't until much later that I even knew my parents drank.

That night is still very clear – Jimmy and I sharing a six-pack of Bud or Old Milwaukee – definitely red and white cans. It was Jimmy's idea as it was also his idea to buy a pack of Marlboros – not on the same night, of course. Funny, I don't remember getting high on those beers but I do know this. Those beers put me on one long, long drinking spree.

Whatever you heard about Louisiana and drinking is true. We got our driver's license at 15. If you could drive, you could go to the drive-through. I only know of one blackout in my entire drinking career (at least I don't recall any others). I don't remember what I did that day but my friends sure told me. Odd that my girlfriend at never brought up the fact that I was screaming at her at the top of my lungs in front of all our friends. We had been drinking all day.



I drank my way through the remainder of high school. I was kicked out of Interact Club for drinking. The school principal came up with a real lame excuse to kick me off of the cheerleading squad but I am sure it was my reputation that got me canned. We even went to the local pizza joint on Senior Day at seven in the morning and went to school drunk. Not a word was said. What I do find odd though is that my parents never, I mean never, talked to me about drinking. Even when we had a Christmas party with my friends where we exchanged fifths of booze, did they say a thing. That night we went to Christmas mass and I ended up puking in the church's bushes.

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

I moved on to college and dropped out after one semester and proceeded to enlist in the Air Force (before I got my lucky number from Uncle Sam). As it turned out, I probably wouldn't have had to go in but Uncle Sam paid for my college and I spent my tour in sunny, warm Florida. For those of you that were in the service, you may recall how cheap booze and smokes were – real cheap. I remember sitting in the airman's club with literally heaps of beer cans – twenty-five cent beers on the expensive nights and twenty-five cents for a pack of smokes. Ah, what the life.



College was mellow-yellow. I was married, worked 30 hours a week and went to school full time. Yeah, we drank a lot of beer but we were young and I was one of those people that didn't wake up with a killer hangover. While in college, I had a spiritual experience. Funny, from that point on, I knew there was a God but I never "listened" to him.

Now the real trouble started. After college, my career threw me right into the "happy hour crowd." I routinely stopped off for a few before I went home and, oh boy, watch out for Friday after work (or even Friday at noon for that matter). My marriage was suffering – my social life was more important and my wife was just too needy. That marriage ended up on the rocks and I proceeded to hit the bars hard every night after work.

I ended up in Oregon, met my wonderful wife, and eventually started travelling – calling on accounts, staying in nice hotels, three martinis at dinner, going to trade shows and even flying was fun. This was my ticket to freedom – an expense account and a lot of people that liked to drink. I can recall showing up at an account's office smelling like booze and looking like a train had just run over me. I thought I bluffed my way through but in retrospect, I am sure those "normies" saw right through me. To this day I see people in my industry that still look at me in that "funny way" – you know what I mean.



I was one of those guys that if you went into the hotel bar at 5:05 p.m., I was sitting there by myself waiting for something or somebody. Hotels can be very lonely places and my home away from home was the hotel bar. I never had room service by myself (until I quit drinking). I crashed a wedding at a hotel. I snuck into some trade association's annual meeting and lifted someone else's badge and got free drink tickets. I have walked around big cities at three in the morning looking for open bars and gotten so damn lost! I would come home from business trips smelling rotten and looking worse than I smelled but I hadn't hit bottom – yet. I came home feeling so bad once, that I quit drinking for a year and a half. No program, no sponsor, no A.A. – just quit. All it took was one little nudge and I was right back in the thick of things.

Finally, it got to the point where one of my co-workers told my boss that she (I still don't know who "she" is) would not travel with me alone. He called me into his office and asked if I needed help – of course not. From that point on, I could not drink at any company function. I was hitting the bars every night and drinking all weekend – no bottom – yet. I did try to quit again during this time – I think I got my three-month coin. I didn't get a sponsor, barely opened the book, and I was cured. I could start drinking again – just socially mind you. Hahaha.

Then, all hell broke loose. Problems with the kids, my wife was always wrong and constantly nagging me, and I was no longer employed. By God, I deserved some time off. After all, I had been working since I was 12! Well, that "free" time allowed me to drink just about whatever and whenever I wanted. I embarrassed my family and made an ass out of myself in front of long-time family friends. I was becoming the laughing stock of our friends. I couldn't look some of them in the eye. I actually had to call and make apologies for my actions. I was drinking every minute I was awake. I was sick, real sick.

Because none of these problems were mine, my resentments continued to build and my denial patterns were getting worse (or better depending on how you looked at it). Finally, I had had it. It was time to leave. I was heading to Mexico – by myself. I told the family of my intentions. Odd that they just sat there and listened.



A week later, my wife asked me if we could talk. Oh no, another "talk." You know what I mean. To my surprise it was a talk. An honest, open discussion as to why I felt the way I did and why I really wanted to leave. Afterwards, I went to my "secret" place, had a couple of drinks and smokes and started to drive home. Only God knows why I ended up in the Serenity Lane parking lot. Needless to say, three days later I was in treatment. I know this will sound crazy but I loved being there. Even my counselor asked if it felt like I was on vacation. Something happened to me the day I drove into that parking lot. I know with all of my heart and soul that it was God that came back into my life that day. I also know that I have problem with alcohol and that if I drink – I will die.

Thank God for A.A., the fellowship, my sponsor, my wife, and what I call the Super Three (Bill W., Dr. Bob, and Dr. Silkworth) and the Magnificent 100 (the first members of A.A.).

Thanks for letting me share,

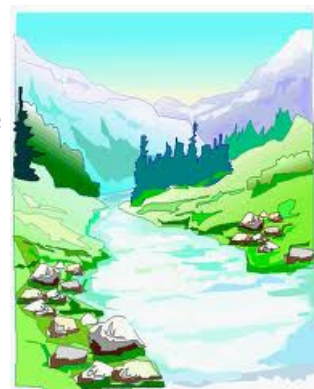
Curt R.



Goodbye to Alcohol

"In my dream, I was in a beautiful valley, green and lush with flowers and blossoming fruit trees. A friend offered me a gift. I took it willingly. It was easy to carry but, at times, especially in the mornings, it felt like a burden.

I found a well-worn path in the valley. It followed a river that disappeared into the faraway hills. I followed that path. The gift was getting harder to bear. The valley turned into rolling hills. For the most part, the walk was easy but at times it felt like the gift was holding me back. I couldn't put my finger on it. I continued on my path – just my gift and me.



The hills turned into mountains. The path became a vertical climb. The gift was heavy and became a real burden. I couldn't turn back – just couldn't. Couldn't stop – had to keep going - the burden getting heavier and heavier. I could barely stay on the path. It was dark and lonely. I was scared. My burden had to go but I just couldn't leave it behind. Barely making any progress, continually cussing at my burden, I knew I was going to die – cold, dark and lonely – my gift and I.

I hate this thing on my back. Oh, just to make it to the top of the mountain. On my bloody hands and knees, burden on my back like a big, fat monkey, I made it to the end of the path - a cliff. Below was that beautiful, verdant valley – green with those lush flowers and blossoming trees. Oh, how I missed that valley.

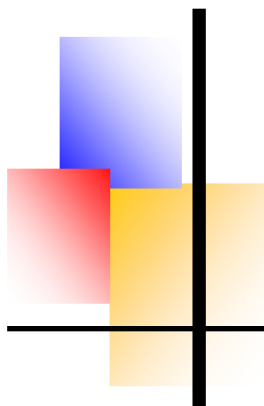
The only way down was an old, frayed rope. 'No way I can go down this rope with this monkey on my back,' I said. 'It has to go,' was my only thought.

I tried to pull it off. It wouldn't budge. Crying out loud to God I said "God, please lead the way. Free me of this hideous thing." Slowly it came lose. As I threw it over the cliff I joyously screamed 'Goodbye, forever.'

It was a slow but joyful descent into that valley. Peace and serenity was mine again.

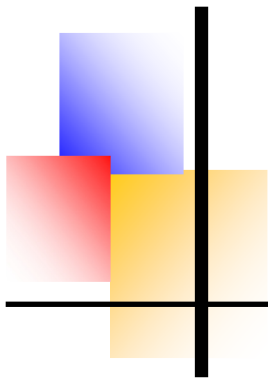
I'm still having that dream."

Curt R.



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 Speakers Jack and Marie	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 Speakers Tyler and Katie	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	



JANUARY 2013

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

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, December 23rd, 5:30 pm



LA PINE MEETING CHANGES:

Meetings scheduled for Monday Wednesday and Friday noon at Huntington Hut, are **CANCELLED**



REDMOND MEETING CHANGES:

New Womens Meeting 12 x 12 book study, Thursday 6 pm 1055 SW Deschutes Ave

Steps to Peace 6pm meeting at the Redmond Alano Club—meeting is actually at **5:30 pm**

Keep Coming Back !!

December Sobriety Milestones

New Horizons

Mac B	12/1/10	2 years
Dawn H	12/4/10	2 years
Stephanie S	12/4/11	1 year
Paul T	12/6/03	9 years
Robin K	12/07/03	9 years
Amy Y	12/21/08	4 years
Kris F	12/25/93	19 years

Prineville Steps to Sobriety

Hans K	12/8/00	12 years
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The way it used to be:

A drunk phoned police to report that thieves had been in his car. "They've stolen the dashboard, the steering wheel, the brake pedal and even the accelerator!" he cried out.

However, before the police investigation could start, the phone rang a second time with the same voice over the line. "Never mind" he said with a hiccup, "I got in the back seat by mistake".

Upcoming Events

Alka-Thon Information

Christmas
12/25/12



TWO CHOICES:

Brooks Hall

Trinity Episcopal Church, Bend
7 am to 7 pm, Speaker @ 7 pm
Marathon hourly meetings
Fellowship, games, fun!
Turkey and Ham Provided, bring pot luck dish to share

Rebel's Roost

296 NE 2nd, Prineville
10 am to 8 pm
Meetings on the hour. Turkey/Ham provided, bring pot luck to share
Hosted by Willing to go to Any Lengths
Mark 541-350-5194 or
Linda 541-663-5493

Bring in the New Year with friends!

Pine Forest Grange Hall

Monday night,
December 31st



8pm-9:30
Appetizers, drinks, socializing
9:30 Dj spinning background sounds
10 ish Raffle fundraiser for summer Activities

THEN:

Dj pumps up the volume for dancing in the New Year!
\$10 per person at the door

Check out the sign in 'sheets' from years past ; sign the 'sheet' for this year, make your mark!



Opportunities for service available
Contact:
Yvonne L - 541-480-5073
Kim T - 541-480-1505

Central Oregon Intergroup, Inc. Monthly Office and Hotline Report

October 16, 2012 – November 15, 2012

Telephone Activity

Reason for Call	Office	After Hours Hotline
Meeting Information	29	67
12 th Step/Help	05	11
Al-Anon	04	15
Other	28	3
Total	66	96

Ongoing efforts to update 12th Step Lists

Waiting for updated information from Others.

Please call Intergroup Office at 541 923 8199 if you are willing to be on the 12th Step List

Office Visitors

Purchases	41
Meeting Information	6
Other	24
Total	61

Income

Books and Literature	\$ 768.65
Coins and Misc.	\$ 504.95
Donations	\$1,228.44
Potluck	\$ 92.73
Deposits	\$2,594.77

Book Orders	\$1,121.50
Coin Orders	\$ 352.77
	\$1,474.27



7:35 AM
11/21/12
Cash Basis

Central Oregon Intergroup Council
Profit & Loss
January 16 through November 15, 2012

	Jan 16 - Nov 15, 12
Ordinary Income/Expense	
Income	
601 Book & Coin Sales	13,256.88
602 Pot Luck Contributions	872.24
610 Contributions Received	15,009.65
650 Interest Income	1.61
Total Income	29,140.38
Expense	
640 Potluck	0.00
701 Purchases/Inventory	7,646.61
810 Management Fee	9,146.00
820 Rent	2,540.00
821 Advertising	1,938.96
835 Phone/Internet	1,474.35
837 Utility Water/Electric	674.51
839 Fees/Licenses	30.00
850 Postage	130.30
851 Bank Charges	49.85
852 Office Supplies	857.96
854 Other/Miscellaneous	-93.19
855 Schedules	954.89
860 Potluck Expense	941.54
881 Newsletter	723.91
Total Expense	27,015.69
Net Ordinary Income	2,124.69
Net Income	2,124.69

7:33 AM
11/21/12
Cash Basis

Central Oregon Intergroup Council
Balance Sheet
As of November 15, 2012

	Nov 15, 12
ASSETS	
Current Assets	
Checking/Savings	
BOTC 4023	2,803.51
Prudent savings in 4023	2,000.00
Total Checking/Savings	4,803.51
Total Current Assets	4,803.51
TOTAL ASSETS	4,803.51
LIABILITIES & EQUITY	
Equity	
Opening Bal Equity	6,468.02
Retained Earnings	-6,175.78
Net Income	4,511.27
Total Equity	4,803.51
TOTAL LIABILITIES & EQUITY	4,803.51

DONATIONS	10/16/12- 11/15/12	Year to Date 11/15/12
Anonymous		\$ 266.75
Bend - ABC Group		\$ 125.00
Acceptance Is The Answer		\$ 90.00
As Bill Sees It – Study		
As Men See It	\$200.00	\$ 590.00
Attitude Adjustment	\$157.50	\$ 1,170.00
Back to the Big Book		\$ 151.00
Central Oregon Speaker Meeting		\$ 250.00
Chicks With Chips		\$ 535.27
Eastside Early Risers		\$ 1,261.93
11 th Step Meditation		
Emotional Sobriety & Spiritual Awakening		
Firing Line, The		
Men's Book Study	\$120.00	\$ 315.00
Milestone Meeting		
Monday Nite		
New Beginnings	\$ 10.00	\$ 10.00
New Horizons		\$ 316.60
Not A Glum Lot, We Are		\$ 1,110.00
Primary Purpose Group		\$ 183.16
Rule 62 Group		\$ 25.32
Safe Harbor Group		\$ 509.74
Serenity Group		\$ 50.00
Sisters In Sobriety		\$ 282.76
Sober Desire		\$ 367.96
Step Sisters		\$ 445.05
Sunday Morning Serenity		
Topics 257		
Tuesday Night AA	\$ 80.00	\$ 381.00
Thursday Women's Meeting	\$ 70.22	\$2,418.72
W-F-S Group		\$ 570.00
Young and Sober	\$147.34	\$ 147.34
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	10/16/12 – 11/15/12	Year to Date 11/15/12
LaPine Men's Meeting		
LaPine Wed. Night Living Sober		
Living Sober		
SOS Group		
Sunday Serenity		
Madras		
Madras Oasis		\$ 500.00
SOB (Sober on the Book)	\$35.00	\$ 47.50
Spanish Meeting		
Metolius – Society of Sobriety		
Mt. Vernon - Outlaw Group, The		
Prineville		
Back to Basics		
Going To Any Lengths	\$5.00	\$ 10.00
Men's Meeting- Straight Talk		\$ 40.00
Open Hand Fellowship		
Sisters Offering Solutions		
Steps to Sobriety	\$200.00	\$ 575.00
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	\$101.25	\$ 156.65
SOS Group, 12 x 12 Study		\$ 80.00
Spiritual Awakening		
Steps to Peace		
Sunday Big Book Meeting		
24 and Alive	\$82.13	\$ 697.13
Woman to Woman		
Sisters		
Easy Does It		\$ 40.00
High Noon Big Book Study		\$ 200.00
Outlaw Step Sisters	\$20.00	\$ 20.00
Saturday Morning Alive		\$ 180.00
Sobriety Maintenance		\$ 48.38
Sunriver - Sunriver Open Group		\$ 54.00
Terrebonne – Terrebonne Trudgers		\$ 75.00
Tumalo – Tumalo Friday Night Speaker Mtg.		
Warm Springs – Family Resource Bldg.		
SubTotal	\$1,228.44	\$15,009.65
Potluck	\$92.73	\$ 872.24
Total	\$1,321.17	\$15,881.89

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http://www.aa.org/pdf/products/f-3_selfsupport.pdf





Insist on yourself. Never Imitate.

- Ralph Waldo Emerson

We are either progressing or retrograding all the while; there is no such thing as remaining stationary in this life.

- James Freeman Clarke