



Central Oregon's

Conscious Contact

AA HOTLINE (541) 548-0440

Advisory Board & Intergroup Newsletter ...

The fourth Sunday in May I showed up early for the Advisory Board meeting before the Intergroup meeting and sat through an interesting process of discussions. I was impressed by the amount of sobriety in the room and their ability to discuss issues for all of AA in Central Oregon while sticking to the traditions and continually questioning their decisions through following the by-laws set fourth by past experienced members. The group as a whole was conscious of their duty and with humility discussed issues keeping the greater good for all in mind.

The Intergroup members began to arrive the next hour for their meeting. Much of what is discussed is repeated. The diligence of the group remained and text was checked and read allowed to ensure the traditions and guidelines were continued to be followed. Old business was of course the position of the newsletter and with a few days short of six months I was voted in to fill the position.

I am excited about the leadership in Central Oregon AA. These are a group of people truly setting aside their own ego's and serving our community as a whole. I enjoy the meetings and the entire process watching different people from all walks of life gather to make things better for all of us while following the traditions.

This newsletter is another tool we can use for communicating and coming together as a unified organization. Our unification is the key to our survival. Placing the greater good before each individual keeps the doors and hands open for those still suffering, for that I am grateful.

A few rules about what can and cannot be published as I understand them:

1. If a function does not include a "meeting" it falls under tradition six which states; "*An A.A.*

group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." and is outside AA and will be listed without AA in it's title.

2. Any group changes or announcements can be posted.
3. Stories, articles and cartoons related to Alcoholism, AA, sobriety, traditions, concepts, literature are

welcomed.

Please send correspondence to:

newsletter@coigaa.org constructive feedback is appreciated.

I thank you for the opportunity to serve this amazing **Group Of Drunks**.

Jennifer C


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VICE CHAIRPERSON

Your name could be here!
Volunteer TODAY!

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Give of yourself! Come see what it's all about!

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Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations...

Pages 419-420

Alcoholics

Anonymous

Acceptance was the Answer

...Then, one day in A.A., I was told that I had the lenses in my glasses backwards; "the courage to change" in the Serenity Prayer meant not that I should change my

marriage, but rather that I should change myself and learn to accept my spouse as she was. A.A. has given me a new pair of glasses. I can again focus on my wife's good qualities and watch them grow and grow and grow.

I can do the same thing with an A.A. meeting. The more I focus my mind on its defects—late start, long drunkalogs, cigarette smoke—the worse the meeting becomes. But when I try to see what I can add to the meeting, rather than what I can get out of it, and when I focus my mind on what's good about it, rather than what's wrong with it, the meeting keeps getting better and better. When I focus on what's good today, I have a good day, and when I focus on what's bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases.

Today Max and I try to communicate what we feel rather than what we think. We used to argue about our differing ideas, but we can't argue about our feelings. I can tell her she ought not to think a certain way, but I certainly can't take away her right to feel however she does feel. When we deal in feelings, we tend to come to know ourselves and each other much better.

It hasn't been easy to work out this relationship with Max. On the contrary, the hardest place to work this program has been in my own home, with my own children and, finally, with Max. It seems I should have

learned to love my wife and family first; the newcomer to A.A., last. But it was the other way around. Eventually I had to redo each of the Twelve Steps specifically with Max in mind, from the First, saying, "I am powerless over alcohol, and my home-life is unmanageable by me," to the Twelfth, in which I tried to think of her as a sick Al-Anon and treat her with the love I would give a sick A.A. newcomer. When I do this, we get along fine.

Perhaps the best thing of all for me is to remember that my serenity is inversely

proportional to my expectations. The higher my expectations of Max and other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my "rights" try to move in, and they too can force my serenity level down. I have to discard my "rights," as well as my expectations, by asking myself, How important is it, really? How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level - at least for the time being.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me.

I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for A.A.!



Write an article for the newsletter. It is one way to get involved. It can even be anonymous. I surely cannot come up with all the content for this newsletter. I NEED YOUR HELP! Send it today! newsletter@goiaa.org

- Have an idea, question or comment
- Service Work
- Why your home group is the best
- What your experience is traveling and staying sober
- Meditation
- Step experience
- Sponsorship
- Ah ha moments and self discovery
- Your experience strength and hope
- Quotes from people around town (ask for permission to use)

"I let go of what I create and accept what comes my way." - Cody M

- "I realized self consciousness is not the same as self awareness. - Dean P

By William Duncan Silkworth, M.D.

The A.A. Grapevine, January 1947

Slips and Human Nature

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "there is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well -that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simple human nature.

It is very wrong to consider many of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics too. Actually they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different, somebody special, with unique tendencies and reactions. Many psychiatrists, doctors, and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from those of all other diseases.

At the same time, many of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. Slips usually occur in the early stages of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. technique and A.A. philosophy to give him a solid footing. But slips may also occur after an alcoholic has been a member of A.A. for many months or even several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact - the cause is often the same as the cause which leads to slips for the alcoholic.

It happens this way: When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful instructions for the way he is to live when he gets home. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.

For the first several months, perhaps for several years, the patient follows directions. But as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until ten o'clock. When he does this, nothing untoward happens. Soon he is disregarding the directions given him when he left the sanitarium. Eventually he has a relapse.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise such as walking upstairs, quits smoking, and leads a Spartan life. Eventually, though, there comes a day, after he has been feeling good for months or several years, when he feels he has regained his strength, and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or he decides to go to a party - or do just a little smoking - or take a cocktail or two. If no serious aftereffects follow the first

departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse.

In both cardiac and tubercular cases, the acts which led to the relapses were preceded by wrong thinking. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from his knowledge of the fact that he had been the victim of a serious disease. He grew overconfident. He decided he didn't have to follow directions.

Now that is precisely what happens with the alcoholic -the arrested alcoholic, or the alcoholic in A.A. who has a slip. Obviously, he decides to take a drink again some time before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a slip.

There is no reason to charge the slip to alcoholic behavior or a second heart attack to cardiac behavior. The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions.

For the alcoholic, A.A. offers the directions. A vital factor, or ingredient of the preventive, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions - not because he is alcoholic, but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of A.A. however, is positive and provides ample sustained emotion — a sustained desire to follow directions voluntarily.

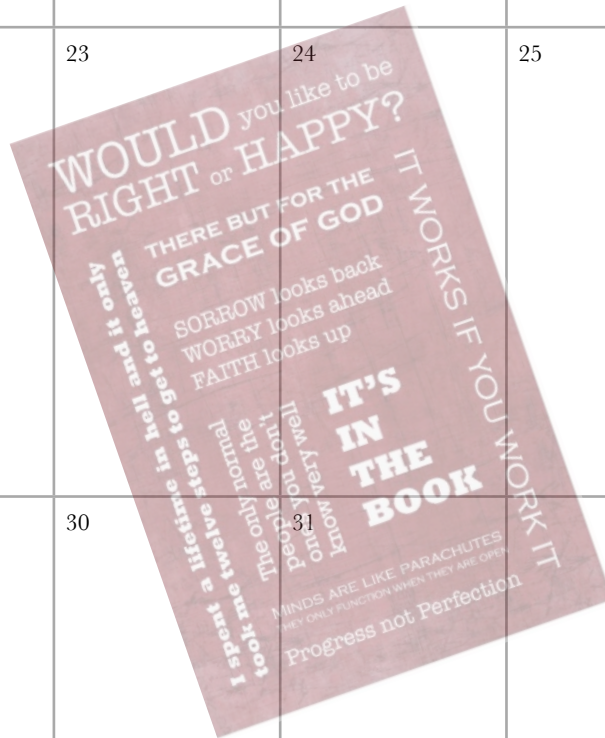
In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to try to describe something called "the cardiac mind" or the "TB mind."

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being - afflicted with human nature.



JULY 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2 Tuesday Night Speaker 7 PM Nazarene Church, 1270 NE 27th Bend	3	4	5 CO Speaker Mtg 7 PM Speakers David W & Griff Environmental Center, 16 NW Kansas Bend	6 Redmond Potluck Speaker 6 PM Redmond Community Church, 10th & Cedar Redmond
7	8	9	10	11	12	13
14 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend	15	16	17 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine	18	19 CO Speaker Mtg 7 PM Speakers Susan H & ? Environmental Center, 16 NW Kansas Bend	20 Culver-Madras Potluck Speaker 6 PM Culver Christian Church, 501 W 4th Ave
21	22	23	24	25	26 Crescent Lake Campout 26th-28th (Kim 480-1505, Heidi 306-0987) Bend Milestone Mtg 7 PM (coigaa.org for details) ORCYPAA Camp Out 26th-28th	27 Intergroup Potluck Speaker St Helen's Hall, 231 NW Idaho Bend
28 IGR Advisory Bd Mtg 4:30 PM IGR Mtg 5:30 PM St Helen's Hall, 231 NW Idaho Bend	29	30	31			



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.

August 2013

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				1	2 CO Speaker Mtg 7 PM Environmental Center, 16 NW Kansas Bend	3 Redmond Potluck Speaker 6 PM Redmond Community Church, 10th & Cedar Redmond
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ANNOUNCEMENTS

MEETING CHANGES:

Tuesday Young & Sober: meeting time changed to 8 PM

Crescent Lake Campout!

Thursday 7/25 - Sunday 7/28

\$20 per person

Simax Group Camp

Showers & flushing toilets!

Potlucks, Campfire meetings, fellowship

Wakeboard, Water ski, Tube

Each camper must have a ticket

Contact Heidi - 541-306-0987 or

Kim - 541-480-1505

BYPAA

BEND YOUNG PEOPLE AA

year. We would love to see B BYPAA (Bend Young People in Alcoholics Anonymous), has formed a committee to bid for OSYPAA this October, in hopes of bringing the OSYPAA Conference to Bend next end unite in this event, and everyone is welcome to be a part of the committee. Contact Erin if you would like to join our meetings on Sundays, or if you have any questions. Call 541-977-2784 or email erinbutler44@gmail.com

2013 OSYPAA Conference

October 4,5,6th

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☐ Interested in participating in variety show

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☐ \$25 Sponsor a newcomer!

Total amount enclosed: _____

Need more info? Brennan V.: (541)232-7945 or
Kieley N.: (541) 912-2358

28th Annual Central Oregon Women's Weekend

Suttle Lake

September 13, 14, 15 2013

www.cowomensweekend.com

cowwrecovery@gmail.com

ORCYPAA CAMP OUT

JULY 26, 27, 28 2013

**Matching Calamity with Serenity
Oregon Regional Conference of Young People
in AA**

Campout at Indian Mary Park, Galice OR

Registration \$15

For information visit: ORCYPAA.COM

Registration: registration@orcypaa.com

The Purpose of ORCYPAA is to build and strengthen unity among all young people in Alcoholics Anonymous in Oregon.