



Central Oregon's

# Conscious Contact

**AA HOTLINE (541) 548-0440**

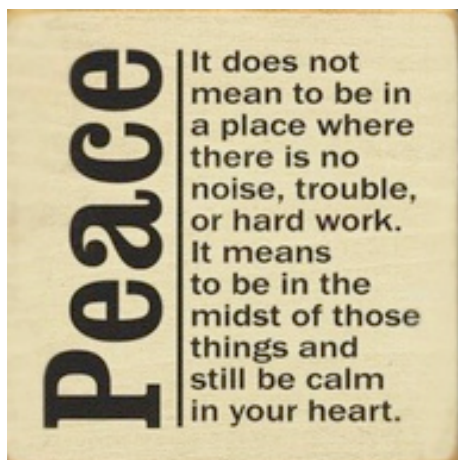
Question of the Month?

## Newsletter ...

One newsletter down... I hope everyone enjoyed the first newsletter. It is a work in progress; striving for progress not perfection. A theme tends to emerge as I pray about what the content will be for the month. I enjoy spending time scouring the internet for new content and am learning quite a bit about alcoholism from various sources across the web. There is a great deal of information out there on everything from new medical research about alcoholism; Bill's affairs, "Big Book", 12 x 12 with word search, articles written by many AAs, step workshops, cool coins and books, pictures of old timers... that's just a fraction of what I've found and I'm sure I have merely scratched the surface.

This is the best service position ever! I seriously cannot believe the position was open long enough for me to fill it. I feel selfish doing this job because I get so much out of it.

I was thinking about coming up with questions every month and asking people to write in responses. You can answer anonymously or not, your choice. Take a look at things from different perspectives; there is no right answer. So here goes, let's try it and see how it works.



### QUESTION OF THE MONTH:

**Is the mention of drugs an outside issue in a meeting? Why or why not?**

Shoot me an email or catch me at a meeting and tell me your opinion, I will publish the answers next month.

I have an amazing Big Book with quotes from AA members in our area I'd like to share with you. The book belonged to Jim S, and Carrie B. has loaned it me.

"The problem is me; the solution is God." - George 2006

"Self-Pity-Ville, population 1! Me, myself and I" - Vera

"I am powerless over alcohol, but I am NOT powerless over taking that first drink. That's why I come to these meetings." John

"I go to so many meetings and hear the same things over and over again because I have a quick forgetter."

Wally

Please send correspondence to:  
[newsletter@coigaa.org](mailto:newsletter@coigaa.org) constructive feedback is appreciated.

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

Jennifer C

### INTERGROUP OFFICERS

#### CHAIRPERSON

Vickie M (541) 410-3481  
[chairperson@coigaa.org](mailto:chairperson@coigaa.org)

#### VICE CHAIRPERSON

Your name could be here!  
Volunteer TODAY!

#### SECRETARY

Give of yourself! Come see what it's all about!  
[secretary@coifaa.org](mailto:secretary@coifaa.org)

#### TREASURER

Linda (541) 408-5086  
[treasurer@coigaa.org](mailto:treasurer@coigaa.org)

#### NEWSLETTER

Jennifer C (541) 610-6539  
[newsletter@coigaa.org](mailto:newsletter@coigaa.org)

#### SCHEDULES

Pete M (541) 280-2491  
[schedule@coigaa.org](mailto:schedule@coigaa.org)

#### HOTLINE

Sherrill H (541) 410-0186

#### POTLUCK

David W (541) 610-6624  
[potluck@coigaa.org](mailto:potluck@coigaa.org)

#### WEBSITE

Mark C (541) 410-1719  
[webmaster@coigaa.org](mailto:webmaster@coigaa.org)

#### AL-ANON LIAISON

Patty P (541) 788-7463  
[al-anon\\_liason@coigaa.org](mailto:al-anon_liason@coigaa.org)

#### DISTRICT COMMITTEE MEMBER

Kim A (541) 420-9722

#### ADVISORY BOARD COMMITTEE

Bill O (541) 771-5152  
Pattie O (541) 771-5452  
Doug M (610) 864-1976  
Steve G (541) 385-7827

#### OUR INTERGROUP OFFICE

**M-F 9:00-1:00**  
**337 W Antler Street**  
**Redmond, OR 97756**  
**541-923-8199**  
**[www.coigaa.org](http://www.coigaa.org)**

#### OREGON AREA TREASURY

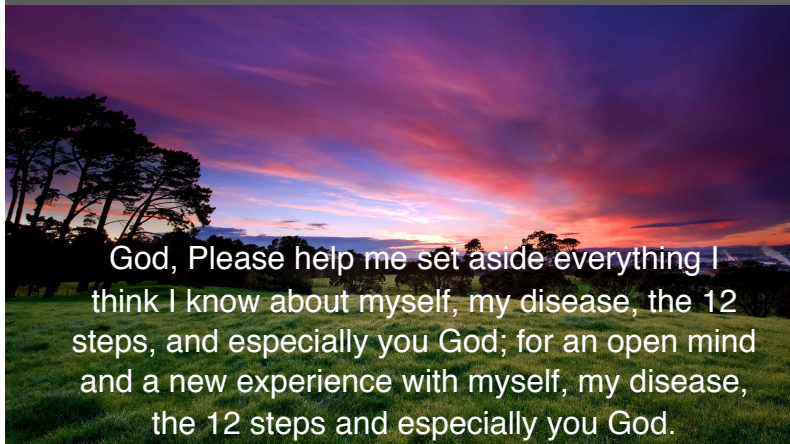
1900 NE 3rd Street  
Suite 106-172  
Bend OR 97701

#### District 5

P O Box 7241  
Bend OR 97708

#### GENERAL SERVICE BOARD

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



The Set Aside Prayer is based on several concepts referenced in the Big Book.

Pg 42, paragraph 2:

"It meant I would have to throw several lifelong conceptions out of the window"

Page 46, paragraph 1:

"We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves. We commenced to get results even though it was impossible for any of us fully define or comprehend that power which is God."

Pg 47, paragraph 4:

"Do not let any prejudice you may have against any spiritual terms deter you from honestly asking yourself what they mean to you."

Pg 47, paragraph 4:

"Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.

"It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were."

Page 49, paragraph 2:

"We who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion."

Page 58, paragraph 3:

"Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."

The prayer does not appear in any literature approved by the AA General Service Conference. Individuals and groups are not required to only use literature approved by the conference. There are a few different versions on the internet as well.



## The Serenity Prayer...

The Serenity Prayer is a familiar prayer and it originally was not intended for alcoholics finding freedom from substance abuse. It was composed during wartime by a 51-year-old pastor named Rienhold Niebuhr.

His daughter Elisabeth Sifton, author of *The Serenity Prayer, Faith and Politics in Times of Peace and War* wrote: "The Serenity Prayer addresses the inconsolable pain, loss and guilt that war inflicts on the communities that wage it; it goes to the heart of the possibilities and impossibilities of collective action for collective betterment—that is to say, to the heart of the possibilities for peace."

The first time the Serenity Prayer was prayed was 1943 during the height of the war against Germany. Union Church in remote farming village in Heath on a Sunday morning in the summer, Neibhur was the seasonal pastor. Originally the prayer was longer with a second verse that had more Christian references.

In "Alcoholics Anonymous Comes of Age" written by Bill Wilson, the Serenity Prayer was adopted as the unofficial mantra of Alcoholics Anonymous in the late 1950's. Ruth Hock, Wilson's secretary, saw the Serenity Prayer printed underneath an obituary. Hock asked a printer Henry S (AA member) to print wallet size cards and he printed 500 cards with the Serenity Prayer on them.

The Huffington Post asked Sifton what she would say to a room of AA members about her father's famous



words. In an e-mail response, she said, "I'd tell them that they're a step ahead of most everyone else, since they have acknowledged the need for daily, patient, modest work in building a good life—not everyone else has."

Before Niebuhr wrote the Serenity Prayer he once said "The problem we often face is often the choice between different kinds of inactivity rather than of choice between action and inaction."

The Serenity Prayer helps alcoholics in recovery by offering options of action with people places and things that can trigger a relapse. Take a moment to think about how often AA members join together and pray the Serenity Prayer around the world every day.



By Bill Wilson.

The A.A. Grapevine, January 1953

This is the substance of a revealing letter which Bill Wilson wrote several years ago to a close friend who also had troubles with depression. The letter appeared in the "Grapevine" January, 1953.

## EMOTIONAL SOBRIETY

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to

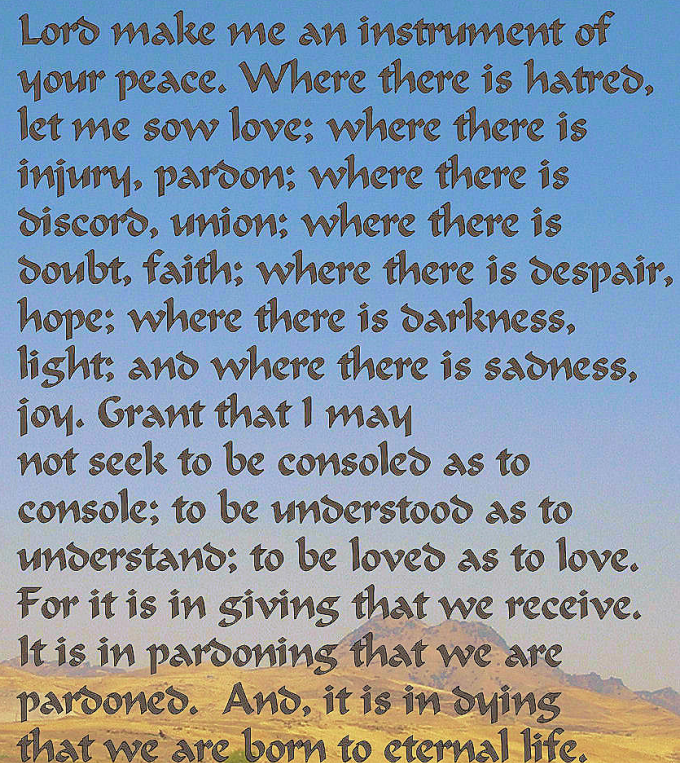
others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine."

Bill Wilson



**Lord make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. Grant that I may not seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And, it is in dying that we are born to eternal life.**

**Saint Francis**

THE TRICK IS TO  
 ENJOY LIFE.  
 DON'T WISH AWAY  
 YOUR DAYS  
 WAITING  
 FOR BETTER ONES  
 AHEAD.

~ MARJORIE RAY HINCKLEY

START  
 WHERE YOU ARE  
 & *just keep going*

And the day came when the risk to remain in a bud was more painful than the risk it took to blossom. ~ Anais Nin

## Relief Found in AA

I held my grandmother's hand. We were walking along her farm's field road. Grandpa had passed 3 years before. Her hand was rugged yet soft, strong yet gentle. My hair was free and loose and flowing with the back and forth swishing movement of a 4 year old toddler. And there it was! At eye level! My first encounter with a hummingbird. It was a joyful moment sharing that with my grandmother. We watched for what seemed and eternity as that tiny little creature moved from flower to flower harvesting that golden nectar. As I grew into a child, then a teenager and on to adulthood my grandmother passed, never again to hold or touch me.....

I quit drinking when I was 44. It wasn't planned ~ I really didn't know that I was an alcoholic, I just knew that I was tired of how my life was going. By this time, I was in my sixth marriage, had two children from different husbands, had found one in a motel with another woman, and tragically, lost one to suicide as a direct result of drugs and alcohol. I married alcoholics (with the exception of my first husband who I got engaged to at the age of 15) because they needed me to "save & fix" them. After seeking outside services and a lot of hard work, it was revealed to me that it was an inside job. I kept finding outside things to distract myself and once I was able to stop that repetitive behavior, I began to heal.

So what happened?? How did I get sober?? The night of my 44th birthday we went to our favorite bar/restaurant (well, we actually went there every night, lol). It was October 26, 2001 so I ordered my usual Minnesota fall drink, a tumbler of brandy. The bartender placed the drink in front of me. I sat and played with that drink, twisted the golden liquid around in the tumbler. I just couldn't put it to my lips! All of a sudden I felt a violent nausea wash over me. It was a Friday night, the perfect day of the week for a birthday, second only to Saturday night. I pushed that drink back to the

bartender and told my husband I was ill and needed for us to go home. He didn't want to leave, and so for the first time in the 11 years that we had spent together, I went home alone. I WAS DONE DRINKING!

That beginning of that journey was filled with so many emotions. Pain, anguish and the loss of that marriage filled the first year. And then I began to experience the joy of sobriety. At first I worked with my therapist to not drink. Then I went to treatment for my eating disorder and began understanding the relief that AA meetings brought to me. But it wasn't until I was 7 years sober that I was able fully understand that I was an alcoholic. I attended several meetings a week and it still took me that long to understand this disease and that it was a part of me.

In sobriety I have bought and sold businesses, lost my vehicle and my health. I lost my identity and much more. I was blessed to lose all this! I was the authentic "me" now that I had been stripped bare. And then God began bestowing beautiful gifts to me.....humility, love of others and myself, grandchildren and a repaired family of origin. And then the ultimate gift ~ 4 years ago God told me that I was to move to this amazing community of Bend. I had spent my entire life on the shores of Lake Superior in Northeastern MN.

My love of this program and my HP sustains me every day. I work with a sponsor who has a sponsor who has a sponsor. I sponsor women, attend meetings, hold service positions and stand in the middle of the herd so that my sobriety will always be protected!

"And acceptance is the answer to ALL problems today".....pg 217  
 BB

Yours in loving service and recovery,  
 Vickie M

# August 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Please see "ANNOUNCEMENTS" page as well				1	2  <b>CO Speaker Mtg 7 PM</b> Environmental Center, 16 NW Kansas Bend Speakers: Debra S & Tony Y	3  <b>Redmond Potluck Speaker 6 PM</b> Redmond Community Church, 10th & Cedar Redmond
4	5	6  <b>Tuesday Night Speaker 7 PM</b> Nazarene Church, 1270 NE 27th Bend	7	8	9	10
11  <b>District 5 GSR Mtg 4 PM</b> First United Methodist Church, 680 NW Bond (enter Kansas) Bend	12	13  <i>God Grant me the Serenity to accept the things I cannot change Courage to change the things I can And the wisdom to know the difference</i>	14  <i>Serenity FELLOWSHIP SURRENDER to win humility H.A.L.T. acceptance GRATITUDE</i>	15	16  <b>CO Speaker Mtg 7 PM</b> Environmental Center, 16 NW Kansas Bend	17  <b>Culver-Madras Potluck Speaker 6 PM</b> Culver Christian Church, 501 W 4th Ave
18	19	20	21  <b>LaPine Potluck Speaker 6 PM</b> Park & Rec, 16405 1/2 1st St, Lapine	23	23  <b>Bend Milestone Mtg 7 PM</b> (coigaa.org for details) <b>Suttle Lake Camp-Out</b> (see announcements)	24  ALATEEN - 7PM St Helen's Hall <b>Intergroup Potluck Speaker 6PM</b> St Helen's Hall, 231 NW Idaho Bend
25  <b>IGR Advisory Bd Mtg 4:30 PM</b> <b>IGR Mtg 5:30 PM</b> St Helen's Hall, 231 NW Idaho Bend	26	27	28	29	30	31

# SEPTEMBER 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3  <b>Tuesday Night Speaker 7 PM</b> Nazarene Church, 1270 NE 27th Bend	4	5	6  <b>CO Speaker Mtg 7 PM</b> Speakers  Environmental Center, 16 NW Kansas Bend	7  <b>Redmond Potluck Speaker 6 PM</b> Redmond Community Church, 10th & Cedar Redmond
Please see “ANNOUNCEMENTS” page as well						
8	9	10	11	12	13  <b>CO Women’s Weekend</b> , Suttle Lake ( See Announcement page)	14
<div>"Forgiveness' is giving up the hope that the past could've been any different." - Oprah</div>						
15  <b>District 5 GSR Mtg 4 PM</b> First United Methodist Church, 680 NW Bond (enter Kansas) Bend	16	17	18  <b>LaPine Potluck Speaker 6 PM</b> Park & Rec, 16405 1/2 1st St, Lapine	19	20  <b>CO Speaker Mtg 7 PM</b> Speakers  Environmental Center, 16 NW Kansas Bend	21  <b>Culver-Madras Potluck Speaker 6 PM</b> Culver Christian Church, 501 W 4th Ave
22	23	24	25	26	27  <b>Bend Milestone Mtg 7 PM</b> (check coigaa.org for details)	28  <b>Intergroup Potluck Speaker</b> Madras Christian Church, 115 SE "C" Street in Madras
29  <b>IGR Advisory Bd Mtg 4:30 PM</b> <b>IGR Mtg 5:30 PM</b> St Helen’s Hall, 231 NW Idaho Bend	30					

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.



# ANNOUNCEMENTS

## MEETING CHANGES:

### Tuesday

**Bend: Young & Sober:** time change 8 PM

**LaPine: Kick Start** 8AM- Discontinued

### Wednesday

**LaPine: Kick Start** 8AM- Time Change 10 AM

### Thursday

**LaPine: Kick Start** 8AM- Discontinued

**Warm Springs:** 12PM Counseling Building

1115 Wasco St - NEW MEETING

### Friday

**LaPine:** Kick Start 8AM

52601 Coach Rd. (Jay Bird, Inc.) – New Location

**Redmond:** Men's Meeting 7PM Duplicate  
meeting called For Fun and For Free - remove

### Saturday

**Crescent:** AA Book Study 7PM 136463 Main Street,  
1st Baptist Church – NEW MEETING

**Warm Springs:** Counseling Building 10AM  
1115 Wasco St. – NEW MEETING

## AA Hotline Help Needed!

Coverage needed:

Sunday: 9am to 1pm

Tuesday: 9pm to 9am

Friday: 1pm to 5pm

9pm to 9am

Saturday: 9am to 2pm

9pm to 9am



To qualify you must:

- have a working telephone
- have 6 months of sobriety
- have an AA sponsor
- be working the AA steps
- be attending AA meetings regularly
- participate in a brief training

If you are willing to give back what was so freely given to you please call:

Hotline Chairman: Sherrill H. at 541.410.0186

Intergroup Office Manager: Joan C. at IGR office 541 923 8199

**BYPAA**

**BEND YOUNG PEOPLE AA**

BYPAA (Bend Young People in Alcoholics Anonymous), has formed a committee to bid for OSYPA this October, in hopes of bringing the OSYPA 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](mailto:erinbutler44@gmail.com)

**28th Annual  
Central Oregon Women's  
Weekend**

Suttle Lake

September 13, 14, 15 2013

[www.cowomensweekend.com](http://www.cowomensweekend.com)

[cowwrecovery@gmail.com](mailto:cowwrecovery@gmail.com)



**BIRTHDAYS for August:**

Attitude Adjustment

Chris M. 8/10/93

Judy S. 8/30/09

Maureen M. 8/26/12

Rachel L. 8/20/03

Rachel Mavis 8/21/12

Make My Day, Redmond Alano

Peggy R. 8/11/93

Please send in your groups birthday's by the fourth Sunday of the month. [newsletter@coigaa.org](mailto:newsletter@coigaa.org)

## Please Join Us for the Suttle Lake Campout!

Thur 8/22 - Sun 8/25  
\$20 per person

Link Creek Campground  
Lake front campsites reserved this year!

Potlucks, Campfire meetings, fellowship  
Wakeboard, Tube, Hike, Bike

Each camper must have a ticket

Contact Heidi - 541-306-0987 or  
Kim - 541-480-1505

## 2013 OSYPA Conference

October 4,5,6th

Holiday Inn

(541) 284-0707  
919 Kruse Way  
Springfield, OR  
97477

speakers!  
Panels!  
Dances!  
Fellowship fun!

Make a  
reservation!

\$89 A night

Code: OSYPA

[www.osypaa.org](http://www.osypaa.org)

Visit our website for more information!

Please fill out this form and send it to 1430  
Willamette St. #506 Eugene, OR 97405

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

☐ I can be of service

☐ I want to help outreach OSYPA

☐ Interested in participating in variety show

Special needs: \_\_\_\_\_

Please make checks payable to OSYPA

☐ \$25 pre-register  
(\$30 at the door)

☐ \$25 Sponsor a newcomer!

Total amount enclosed: \_\_\_\_\_

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

## KICKBALL!

COME SUPPORT  
BEND YOUNG PEOPLE IN AA

**AUGUST 17TH**

- Speaker meeting 12PM @ TEC
- Kickball game 2PM @ Skyline Park
- Hot dogs, energy drinks and fun!!!