

Central Oregon's

Conscious Contact



AA HOTLINE (541) 548-0440

September

Newsletter Announcements...

Thank you for the feedback on the past two newsletters. Nothing but positive things were said; gotta love that!

A few house keeping notes:

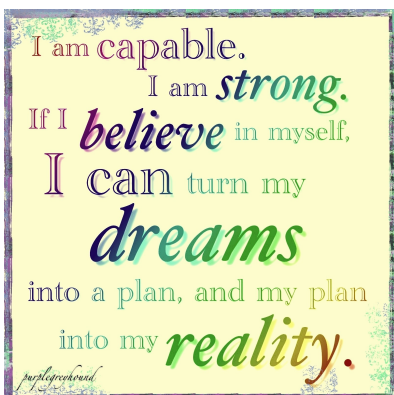
1. Have birthdays in by the fourth Sunday of the month. (name, date and home group)
2. Remember to print the Announcements pages as well as the calendar.
3. If there are any errors on the calendar let me know right away.

On another note the position of Recording Secretary has been filled! A huge THANK YOU to Cody M for stepping up and being of service to the Advisory Board and Intergroup!!!

Also, if anyone knows who is in charge of the Bend Milestone Meeting please have them contact Joan at the office.

Next month the Intergroup

Potluck will be in Madras! The IGR for the Madras area says the location is wonderful and they are very excited to host the potluck. It is a good time to meet and mingle with our entire community. See Announcements page for more information.



There was an amazing rally last month for Hot Line help! People stepped up and filled many time slots. There is only one opening Wednesday 5 PM to 9 PM.

Intergroup has put together an ad hoc group, to update the IGR bylaws. Once the ad hoc group is done they will be presenting their changes to the Inter Group for review and approval. This is a important task and the ad hoc group is spending a lot of time in service for all of us.

Thank you to all the groups who donate to Intergroup, without your support the hand of AA wouldn't be as affective in Central Oregon. If you would like to know what your group has donated it's on the last page of the newsletter.

I have changed the calendar ... Let me know what you think. Email a simple "Yes I like the new calendar" or "No I like the old calendar" in the subject line.

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

INTERGROUP OFFICERS

CHAIRPERSON

Vickie M (541) 410-3481
chairperson@coigaa.org

VICE CHAIRPERSON

Your name could be here!
Volunteer TODAY!

SECRETARY

Cody M (541) 420-0774
secretary@coifaa.org

TREASURER

Linda (541) 408-5086
treasurer@coigaa.org

NEWSLETTER

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SCHEDULES

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HOTLINE

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DISTRICT COMMITTEE MEMBER

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ADVISORY BOARD COMMITTEE

Bill O (541) 771-5152
Pattie O (541) 771-5452
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Steve G (541) 385-7827

OUR INTERGROUP OFFICE

M-F 9:00-1:00
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541-923-8199
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

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New York NY 10164-0371

In AA's First Five Years

Lois W., wife of AA's co-founder, Bill W., recalls the time in AA when there were few members and no Big Book.

In the early days of AA things were really different. For five years there was no Big Book. The only way to communicate with other people was to go and tell them, so that's what we did. Of course, all of the meetings were held in people's homes, the homes of those who were lucky enough to have them. Anybody who had one made it wide open to whomever the boys brought in. Our houses, Dr. Bob's in Akron and ours in Brooklyn, were just filled with drunks, either drinking, or stopped temporarily, or well on the way to real sobriety.

Yes, AA was quite different in those days for many reasons. One was that there were no people in AA except those who had gone to the very bottom. Only these would listen to the story that one drunk was telling another. When AA first started, before there was a book, it was more anonymous than it is now, because even the Fellowship was without a name. AA didn't have a name until the book was written. Before that it was just a bunch of drunks trying to help each other, a bunch of nameless drunks. They had to be worked with over and over; families and everybody did what they could to help.

There were many, many sad things that happened, many very humorous things, and inspirational things, too.

Several are coming to mind right now. Bill, as you know, came from Vermont and someone sent him some maple syrup from there. It came in a whiskey bottle. One of the boys saw this attractive container in the kitchen and he was so drunk at the time that he gulped the whole bottle of syrup, thinking it was whiskey.

We had a rule that no one could come into the house when he was drinking. One night one of the boys came home drunk. We wouldn't let him in so he pried open the coal chute and slid into the cellar. Since he was very fat it was surprising that he could slide down it, yet somehow he made it. But this same fat man did get stuck one night in the washtubs. He lived in the basement apartment. Old city houses used to have stationary tubs in the kitchen. He thought he'd try to take a bath in one. But after getting in he couldn't get out so one of us (and I think it was I) had to pull him out.

There were many other things...a man committed suicide in our house after having pawned our dress clothes, left over from more prosperous days. These included Bill's dress suit and my precious evening cape. We have never owned such articles again.

AA was always thrilling. The families were included in all of the meetings; wives and parents (there weren't many alcoholic women then), and the children came too. The children were vitally interested in everything that went on. They would inquire about all the members and want to know how they were. They'd learn the Twelve Steps and really try to live by them. I don't think youngsters can be too young to be thrilled by the AA program and be helped by it.

One of the first women who came in was the ex-wife of a friend of Bill's. She had been in Bellevue and had come from there to our house. At that time there was a wonderful man - I think he was the fourth or fifth AA - who was trying to start a group in Washington, D.C. This woman went down to help him and she stayed sober for quite a long time. Then she married a man they were trying to bring onto the program. He really didn't go along with the idea himself and used to say to her every once in a while, "Florence, you look so thirsty." And so she did something about that, Florence disappeared. Everybody

looked for her everywhere and couldn't find her. After a couple of weeks they found her in the morgue.

At that time each group used to visit every other group. New York members would go to New Jersey or Greenwich, Philadelphia or Washington or even Cleveland or Akron. Those were the groups I recall were in existence in the first five years.

If anybody had a car a bunch of us would pile in and we'd go wherever we knew there was a meeting. Families were just as much a part of AA as the alcoholics and we did feel we belonged.

But after a while the AA's thought that they should have an occasional meeting - at least one every week - of just alcoholics so that they could really get down to business. When this occurred the wives thought they'd meet together, too, at the same time. At first these little gatherings of wives didn't have any particular purpose. Sometimes we'd play bridge and sometimes we'd gossip about our husbands.

Then a few of us began to see that we really needed the AA program just as much as the alcoholics. The famous case of my throwing a shoe at Bill started me wondering about myself and realizing that I needed to live by the Twelve Steps just as much as he did. He was getting way ahead of me. I always thought of myself as being the moral mentor in the house, but Bill, who never was a mentor, was certainly growing spiritually while I was standing still. Or perhaps there is no standing still - if I wasn't going ahead, I must be going backwards.

I decided I'd better live by the Twelve Steps. Annie S. and a number of other people had come to the same conclusion. So, whenever we visited another group, we would tell the wives and families how we found that we, too, needed to live by the Twelve Steps of AA. Little groups of wives and families all over the country began to feel the same need for something to help overcome their frustrations and help them become integrated human beings again.

That's the way Al-Anon started. We followed the AA program in every principle. I want to thank AA's so very much for showing us the way. Without your leading us we would still be the unhappy folks we were.

In our meetings we tell our own experiences just as AA's do. We tell how we came to find that we needed Al-Anon and what Al-Anon has done for us. And we seek to help other families that were, or are, having the same sort of experience.

In 1950 Bill traveled all over Canada and the United States to see how AA's would react to the idea of a general conference for Alcoholics Anonymous, and in doing so he discovered quite a few types of groups of the family of alcoholics. He thought that they should have a Central Office here in New York, just as AA did, so that they could be unified in their use of the Twelve Steps and Twelve Traditions - a place where inquiries could be received, literature prepared and the public informed so that those in need would know where to turn.

A good friend and I started a small office in Bedford Hills. By then AA had had eighty-seven inquiries from wives or groups who wished to register. As AA was not equipped to handle the families of alcoholics it handed over this list to us and we wrote to them. Fifty groups responded and were registered with us. That was in '51. Today (1967) there are over 3,000 Al-Anon groups.

The numerical potential of Al-Anon is greater than AA's because it is composed not only of mates of alcoholics, but children, parents and other relatives and friends. It is estimated that five people are seriously affected by one alcoholic.

Though we have barely scratched the surface, the future is bright, thanks to you AA's for your wonderful example and inspiration.

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Responsibility

IN AA we must learn to stop expecting others to do as we think they should. We are responsible only for our own conduct: If we take care of our own affairs well, we have enough to do.

We can give the best example to another by living so that he will seek to emulate our life. This silent method of helping him is infinitely more forceful than that of pointing to our own virtues and hoping to have him imitate them.

A great reform would take place in the world if we should try to live truth instead of trying to preach it. After all, our friends are interested in seeing that truth work; they care.

How often we feel that we must regulate the life of another person. The person may know more about life than we do, but still we subject him to criticism because he does not conform to our code surprisingly little for theory of conduct.

Robbie., Kansas City, Missouri
June 1950 AA Grapevine

2011 AA Member Survey Trends

A Newsletter for Professionals ... About AA

I found this very interesting information on the current trends in AA membership, taken in 2011 with more than 8000 members participating who were randomly selected from the US and Canada. You can find the article here: http://www.aa.org/lang/en/en_pdfs/E-13_fall12.pdf

The key characteristics of AA and its members according to their findings. the typical member is 49 years old, has been sober almost 10 years, attends two-and-a-half meetings per week, belongs to a home group, and has a sponsor that was most often obtained in their first 90 days of sobriety. Men outnumber women (65% to 35%), the single largest category in occupation was "retired" (17%).

What is a One Year Chip Worth?

After 35 years of alcoholism, I came into the program of AA, being "forced" to go to meetings a drug and alcohol treatment facility.

The week prior to entering that treatment facility, this had occurred in my life: My wife of 37 years began consulting with a local divorce attorney, my oldest son, who had hired me to "help him in his business" fired me, my youngest son had quit returning e-mails and was not answering my phone calls, my daughter-in-law politely informed me that if I ever had another drink, I would never be

welcome in their home to see my 2 beautiful grand kids again. Any remnants of pride or self esteem had been long shattered. I was totally lost Spiritually, directionless and scared to my core

So I entered treatment in January 2011, and began attending AA meetings. A hard-core agnostic at the time...OK bordering on atheist, I hated ritual or any other "symbolic" activities, avoiding churches my entire life. Throughout my life, sitting for one hour in a meeting of any kind was an excruciating effort. Nothing could be worth my hour-long attention! During my first several AA meetings, when it came to the "chip" ceremony, I clearly thought "How stupid! Last thing I want is one of

those stupid chips and a hug from some alcoholic I don't even know, and certainly don't want to know. All this is dumb".

Well once the AA doors swung open to this long-lost soul, God (with help from his loving AA workers) begin His work quickly. Everything I heard was scary and complex, except those simple words "The only requirement for A.A. membership is a desire to stop drinking". So comforting to this lost soul!

I admit I don't remember who handed me my 24-hour chip. I must have gotten a hug, I assume. But I clearly remember anticipating (and cherishing) my 30-day chip, and those couple chips that somewhat quickly followed. Next I clearly remember feeling sorry for myself, having to wait an entire 90 days between receiving my 3 month chip, and "earning" my 6-month chip. There are a huge number of "one days at a time" in that stretch! Challenging and scary for sure!

Then I fondly remember the intense feeling I had receiving my 9 month chip. Realizing I was now only? 3 more months from my 1-year chip was invigorating. And challenging. And motivating. And still scary! That clearly was a long 3 months!

Then finally, I earned my 1-year chip! What a wondrous feeling of accomplishment! Proud? You bet! Way proud! And maybe just beginning to feel Gratitude at that 1-year milestone.

On my one year anniversary I was staying at a place on a river not far from the AA office where I received my chip. I decided to walk out on the deck, extending my left hand out over the deck, with my 1-year chip in that hand. Holding my phone camera in my right hand somewhere behind

my head, I took a picture of my left hand and chip to savor in the future. To my amazement, in that picture were "rays of light" being filtered through a Cypress tree standing next to my deck above that river. It clearly looked to me like God was smiling on my extended hand, that beloved and hard-earned chip, and the flowing river below that deck. I am proud to share that picture, and it is attached.

So what is that one-year chip worth to this recovering alcoholic?

Now 2 1/2 have years into recovery, the accomplishments that led to receiving that 1-year chip, began a series of events that now include:

- Numerous weekly one-hour meetings all seem too short
- Both of my sons are now back in my life, and we speak every week. "Proud" of their Dad, trust is being re-built.
- My wife and I just celebrated our 40th wedding anniversary. What an angel!
- After running in a 1/2 Marathon in LA with my daughter in law 9 months into recovery, my wife and I took our grand kids to Disneyland
- This year, I again ran a 1/2 marathon with both my son and daughter-in-law in San Diego, and spent the next day "recovering" with the grand kids at the San Diego Zoo
- I have eagerly joined some strong and helpful friends in a weekly Bible Study group
- I am grateful for two "sponsees", who admittedly might be helping me more than I

perceive I am helping them. The program was designed to work that way, I think. But we don't keep score. We just stay sober together.

So that one year chip simply symbolizes "life" to this grateful alcoholic. Life with God ever-present! I was a dead man. Emotionally and spiritually dead for sure, and nearly physically as well. In early January, 2011, I had nothing. That chip means everything to me. God "smiling"

on my hand and chip that day is a picture I look at and cherish forever.

I just wanted to share my thoughts, my gratitude, and "God's smiling" picture with my AA community that has made an immeasurable difference in this old man's life.

I just can't wait for the day I have earned yet one more chip, and one more eagerly anticipated hug. Stay strong my friends, and God Bless you and yours.

Ralph H

"Change the way you look at things, and the things you look at change"



SEPTEMBER 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6 CO Speaker Mtg 7 PM Speakers Patti O & Bill O Environmental Center, 16 NW Kansas Bend	7 Redmond Potluck Speaker 6 PM Redmond Community Church, 10th & Cedar Redmond
Please see “ANNOUNCEMENTS” page as well						
8 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend	9	10	11	12	13 CO Women’s Weekend, Suttle Lake (See Announcement page)	14
15	16	17	18 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine	19	20 CO Speaker Mtg 7 PM Speakers Sandy L & Bruce L Environmental Center, 16 NW Kansas Bend	21 Culver-Madras Potluck Speaker 6 PM Culver Christian Church, 501 W 4th Ave
22 IGR Advisory Bd Mtg 4:30 PM IGR Mtg 5:30 PM St Helen’s Hall, 231 NW Idaho Bend	23	24	25	26	27 Bend Milestone Mtg 7 PM (check coigaa.org for details)	28 Intergroup Potluck Speaker Madras Christian Church, 115 SE "C" Street in Madras
29	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.

Let's try something different ... even though alcoholics in general don't like change, let's see if this is more efficient.

DATE/TIME	EVENT	LOCATION
SEPTEMBER		
September 6 - 7 PM	Central Oregon Speakers Meeting Speakers: Patti O & Bill O	Environmental Center, 16 NW Kansas Bend
September 7 - 7 PM	Redmond Potluck Speaker	Redmond Community Church 10th & Cedar Redmond
September 7 - 10 AM	End of Summer Picnic Entertainment	Cline Falls State Park Redmond
September 8 - 4 PM	District 5 GSR Meeting	First United Methodist Church 680 NW Bond (enter Kansas) Bend
September 13 - 15	Central Oregon Women's Retreat www.cowomensweekend.com cowwrecovery@gmail.com	Suttle Lake
September 18 - 6 PM	LaPine Potluck Speaker	Park & Rec, 16405 1/2 1st St, Lapine
September 20 - 7 PM	Central Oregon Speakers Meeting Sandy L & Bruce L	Environmental Center, 16 NW Kansas Bend
September 21 - 6 PM	Culver-Madras Potluck Speaker	Culver Christian Church, 501 W 4th Ave
September 22 - 4:30 to 5:30 - 5:30 to 6:30	Advisory Board & Intergroup Meeting	St Helen's Hall 231 NW Idaho Bend
September 28 - 7 PM	1st Annual Intergroup Potluck in Madras!! Al-anon Speaker: Katrina T AA Speaker: Kyle	(check coigaa.org for details) Madras Christian Church 115 SE C Street downstairs in the fellowship hall Information: Scott H (541) 419-8385
OCTOBER		
October 4 - 7 PM	Central Oregon Speakers Meeting	Environmental Center, 16 NW Kansas Bend
October 5 - 6 PM	Redmond Potluck Speaker	Redmond Community Church 10th & Cedar Redmond
October 5, 6, & 7	Oregon Young People in AA Conference Bend caravan to Eugene (see flyer below)	Bend Caravan to Eugene Contact Carly: 917.554.6829
October 18 - 7 PM	Central Oregon Speakers Meeting	Environmental Center, 16 NW Kansas Bend
October 19 - 6 PM	Culver-Madras Potluck Speaker	Culver Christian Church, 501 W 4th Ave
October 20 - 4 PM	District 5 GSR Meeting	First United Methodist Church 680 NW Bond (enter Kansas) Bend
October 26 - 7 PM	Intergroup Potluck is in Prineville	Check back for location
October 27 - 4:30 - 5:30 - 5:30 - 6:30	Advisory Board & Intergroup Meeting	St Helen's Hall 231 NW Idaho Bend

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other Announcements

MEETING CHANGES:

Tuesday

Bend: 8:30 pm Young and Sober - time change to 8:00pm

LaPine: 8:00 am Kick Start - *Discontinued*

Redmond: 9:30 am Rebel Women, Name Change to Sisters 4 Serenity

Wednesday

LaPine: 8:00 am Kick Start - time change to 10:00 am

7:00 pm LaPine Wed. Night Living Sober - Potluck/Speaker Meeting is changed to the 2nd Wednesday of each month at 6:00pm

Thursday

Bend: Chicks with Chips 5:30 PM - New location: 61215 Brosterhous Rd. Bend, OR 97702 (Tuesday will continue to be held at Nazarene Church)

LaPine: 8:00 am Kick Start - *Discontinued*

Redmond: 9:30 am Sisters 4 Serenity - *New Meeting, COG7, (W)*

Warm Springs: 12:00 pm Counseling Building, 1115 Wasco St - *New Meeting*

Friday

Bend: 5:30 pm Primary Purpose Group, *Discontinued*

LaPine: 8:00 am Kick Start, *New Location* 52601 Coach Rd. (Jay Bird, Inc.)

Redmond: 7:00 pm Men's Meeting - *Remove from schedule* (it is the same meeting that is called For Fun and For Free.)

Saturday

Crescent: 7:00 pm AA Book Study, 136463 Main Street, 1st Baptist Church - *New Meeting*

Madras: 10:00 am Madras Women's Meeting, Location & Time Change - New Time is 8:00 am at the Jefferson Library, 134 SE "E" Street, Rodriguez Annex

Warm Springs: 10:00 am Counseling Building, 1115 Wasco St. - *New Meeting*

AA Hotline Help Needed!

Coverage needed:

Friday: 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

Bend Caravan to Eugene for this event

Contact Carly: 917.554.6829

2013 OSYPA Conference

October 4,5,6th

Holiday Inn

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97477

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www.osypaa.org

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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

BYPAA

BEND YOUNG

PEOPLE AA

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
Carly if you would like to
join our meetings on
Sundays, or if you have
any questions. Call
541-977-2784

BIRTHDAYS for September:

Attitude Adjustment

Mike B 9/2/85
Dale Thoreen 9/13/05
Evan Turner 9/19/09
Vera Y Farrell 9/18/89

Chicks With Chips

Diane W 9/3/99
Pam W 9/7/11
Cindee O 9/18/56
Becky C 9/24/91

Sisters in Sobriety

Emily A 9/6/95
Emily S 9/15/04

Steps to Sobriety

Spencer S.	9/30/96	17 years
Bob B	9/06/08	5 years
Candie L	9/01/99	14 years
Linda L	9/4/12	1 Year
Daryl L	9/30/06	7 year

Please send in your groups birthday's