



Central Oregon's

Conscious Contact

AA HOTLINE (541) 548-0440
NOVEMBER - VERY IMPORTANT INFO

For your upcoming Home-Group Meetings

Happy November! Exciting changes happened for Central Oregon AA ... **We have a new Intergroup Vice Chairperson, Reed K** was voted in. He has 16 years of sobriety and has held many service positions including four years as the IGR for Redmond Rebels. Welcome Reed and a HUGE Thank you!!

The Intergroup meeting will be VERY IMPORTANT November 24 at 5:30 PM.

COIG positions are available and there will be nominations ... Please come if you would like to be of service for the positions of Treasurer, Webmaster, or Hotline. There are also 2 Advisory Board Member positions open. There is a two year commitment, two year sobriety requirement. Please check the web site for descriptions: <http://coigaa.org/about-intergroup/intergroup-position-descriptions/>

Also, the third amendment to the COIG Bylaws will be voted on at the November meeting as well. You can find them here:

Original: <http://coigaa.org/files/Intergroup%20Bylaws.pdf>

Amended: <http://coigaa.org/files/INTERGROUP%20BYLAWS%20Amendment%203.pdf>

CIOG Reps turned over sorting the details with the **Entertainment Committee**

to Advisory Board several months ago. There was a meeting held between the two groups and amazing things happened! The Entertainment Committee is back under the Intergroup and we will be having sober fun! They are looking for committee members and ideas November 16th, 4 PM at the Redmond Alano Club.

Thanksgiving Day Alcañon will be held at Family Kitchen at TEC. It starts at 7 AM and runs all day. There is no a kitchen for use. Please bring prepared dishes and serving utensils.

CO Intergroup Treasurer would like to thank groups for donations and remind them the office stays open on a month to month basis. Please keep the donations rolling in. The Intergroup Office is crucial to carrying the message.

Bend Young People in AA was awarded the Oregon Young People in AA's conference for 2014. They will be having a meeting Sunday November 3, 9 AM at St Helen's Hall for committee member elections.

Please send correspondence to: newsletter@coigaa.org 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

Reed K

SECRETARY

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

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treasurer@coigaa.org

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newsletter@coigaa.org

SCHEDULES

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schedule@coigaa.org

HOTLINE

Sherrill H (541) 410-0186

POTLUCK

David W (541) 610-6624
potluck@coigaa.org

WEBSITE

Mark C (541) 410-1719
webmaster@coigaa.org

AL-ANON LIAISON

Patty P (541) 788-7463
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 St. Ste B
Redmond, OR 97756
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

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

Are We Being All Inclusive Within our Service Structure?

I am a member of Alcoholics Anonymous and I have had the privilege of being of service in many capacities throughout my sobriety. I would like to take this opportunity to talk about how the "spirit" of the Traditions has helped me over the years. Not only in protecting our primary purpose in Alcoholics Anonymous, but also in protecting Alcoholics Anonymous from one or two individuals who may try from time to time to play GOD. I have been a culprit of that myself, so I feel experienced enough to talk about this issue.

The most important thing I've learned recently has been that informed communication is so vital to our committee's and groups. One of the many things the Intergroup in Central Oregon does is provide a way for sober alcoholics to learn to have fun in sobriety through various committees as part of the service structure. Recently, we thought we had lost part of that structure. To many I've spoken with, it was like losing a limb. After an emergency meeting between the Intergroup Advisory Board and the Entertainment Committee, a spiritual solution was found using Tradition Two*

allowing the service structure of the Intergroup to become whole again.

[*Tradition Two: "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants.]

We all rely on the Groups in Central Oregon to announce various upcoming events to ensure as many people as possible will be informed about the activities they may want to attend.



Over the past few years, I've noticed that some groups will not announce certain events due to the fact that it may not be sponsored by Alcoholics Anonymous. Along with another Alcoholic, I did some research and found that the General Service

Office's (GSO) Newsletter (Box 459) announces many functions that are happening throughout the country, i.e., Conferences, Conventions, Retreats, Roundups, etc. In addition, there is a document published by GSO entitled Guidelines for Conferences, Conventions, and Roundups.

I believe we have so much information available to us these days. Unfortunately, many of us aren't as informed as we think. We pass along what we know in each group and someone says "We've always done it this way" and might even go as far as pointing out which Tradition is behind it. When I started this story, I spoke about the spirit of the Traditions. I truly believe they are all spiritual and all inclusive.

We use the traditions to determine the correctness of our actions in making decisions in Alcoholics Anonymous. Unfortunately, sometimes, we use the precise wording of the Traditions to condemn ideas prior to understanding the spiritual nature of the idea. We all want Alcoholics Anonymous to survive and prosper by adhering to the Traditions. I feel that it is a spiritual action that all useful events and information is communicated to the entire fellowship. I'm hopeful that all Groups, Committees and fellow Alcoholics in service will look for the spirit of our Traditions and our Primary Purpose; one Alcoholic helping another Alcoholic so that we may both stay sober. Sharing how to enjoy life and have fun through these service committees is just one of the many spiritual actions we can pass along to one another.

A Trusted Servant



THANKSGIVING DAY ALCATHON

SAINT HELEN'S HALL

**FOOD & FELLOWSHIP - FAMILY KITCHEN MEETINGS
- UPSTAIRS**

---> There will be NO access to the kitchen <---

***** please bring prepared dishes with serving utensils *** INTERGROUP WILL
PROVIDE TURKEY & HAM MEETINGS START AT 7 AM
SPEAKER MEETING AT 7PM**

GO DIRECTLY TO JAIL, DO NOT PASS GO!!

If you have over two years sobriety and it's been over two years since you've been in jail & you miss it & want to go back, OR, You've never been to Jail and always wanted to go/be there, We could get you back into Jail within 10 days to a month!!



Help us bring the AA message of hope to our less fortunate brothers & sisters incarcerated

in Deschutes(Bend) and Jefferson(Madras) County Jails! We need Men & Women to Volunteer for just one Tuesday night meeting a Month! Contact our new District Corrections Chair-David W. (650)218-0222 to get an application for either or both counties! It's great Service!!

Bend Young People in AA Mission Statement:

We, the members of Bend Young People in Alcoholics Anonymous have adopted A.A.'s primary purpose: to stay sober and help other alcoholics achieve sobriety. All alcoholics are welcome to participate. BYPAA's practical goals are derived from A.A.'s three legacies. We strive to:

1. Support alcoholics in their recovery through the 12 steps of A.A.
2. Promote unity among alcoholics of all ages.
3. Encourage young members of A.A. to participate in A.A.'s General Service Structure.

COME JOIN OUR COMMITTEE!

NOVEMBER 3, 2013

ST HELEN'S HALL

9 AM

more information on how to get involved with the BYPAA committee please contact us @ 971-554-6829.

BIRTHDAYS for November:

Attitude Adjustment

Bruce Landolt 11/26/86
Eileen Fredrickson 11/7/06
Fred Bullard 11/25/11
John S 11/24/09
John S 11/24/09
Loni P 11/3/05
Marina K. 11/4/11
Michel M 11/8/06
Michelle Baker 11/28/09
Sandi L 11/4/92
Shawn A 11/22/03
Shawn W 11/19/10

Chicks With Chips

Shanda W 11/02/12
Erica H 11/06/11
Genevieve M 11/09/94
Angie I 11/23/09

Steps to Sobriety

Ruth N. 11/20/83
Mike L. 11/28/03
Robin A 11/6/95
John G 11/2/97
Katrina M 11/13/12

Sisters in Sobriety

Bev D 11/14/02

Please send in your groups birthday's by the fourth Sunday of the month.
newsletter@coigaa.org

AA Hotline

Coverage needed: Call

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

Sobriety delivers everything that alcohol promised



NOVEMBER 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<p>Print entire newsletter for your group... there is lots of area info in the whole thing...</p>					<p>1 CO Speaker Mtg 7 PM Speakers Ken P & Kate M Environmental Center, 16 NW Kansas Bend</p>	<p>2 Redmond Potluck Speaker 6 PM Speaker: Eldrit Redmond Community Church, 237 NW 9th & Cedar Redmond</p>
<p>3 Bend Young People Committee Meeting 9 AM SHH</p>	4	5	6	7	8	9
<p>10 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend</p>	11	12	<p>13 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine</p>	14	<p>15 CO Speaker Mtg 7 PM Speakers Sarah R & Franchot T Environmental Center, 16 NW Kansas Bend</p>	<p>16 Culver-Madras Potluck Speaker 6 PM Culver Christian Church, 501 W 4th Ave</p>
<p>17 COIG Entertainment Meeting 4 PM Redmond Alano Club</p>	18	19	20	21	22	<p>23 Intergroup Potluck Speaker</p>
<p>24 IGR Advisory Bd Mtg 4:30 PM IGR Mtg 5:30 PM St Helen's Hall, 231 NW Idaho Bend</p>	25	26	27	<p>28 Thanksgiving Day Alcathon Starts at 7 AM Speaker at 7 PM</p>	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.

DECEMBER 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	7 Redmond Potluck Speaker 6 PM Speaker: Redmond Community Church, 237 NW 9th & Cedar Redmond
8	9	10	11 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine	12	13	14
15 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend	16	17	18	19	20 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	21 Culver-Madras Potluck Speaker 6 PM Culver Christian Church, 501 W 4th Ave COI Entertainment Meeting 4 PM Redmond Alano Club
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	28 Intergroup Potluck Speaker
29	30	31	January 1	2	3 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	4