



Central Oregon's

Conscious Contact

AA HOTLINE (541) 548-0440

December Happenings

AA Service

Right from the beginning in AA, it is suggested we start trying to adopt an attitude of service and a what-can-I-contribute approach in all areas of our lives. It is vital we carry the message of AA's program of recovery on to suffering alcoholics.

There are service positions available and unless they are filled in important ways we carry the message here in Central Oregon will STOP.

The time is now to step up and be a part of Intergroup. One member stood for and was nominated for 1 of the 2

Advisory Board

openings. One member stood for and was nominated for Treasurer. **The Webmaster Chair and Hotline Chair are open with no nominations.**

The advisory board budget committee is coming up with a budget and it will be voted on in January.

The Christmas day alcathon does not have a location yet. Watch the web site coigaa.org for details.

They will be posted as soon as a location is known.

If there are meeting changes make sure to get them in before December 5th. New schedules come out in January.

OSYPAA Committee Meetings: December 8th we will meet at the Nativity Lutheran Church at 1:30 PM and will continue the second and fourth Sunday of every month.

Please send correspondence to: newsletter@coigaa.org

Thank you for the opportunity to serve this amazing Group Of Drunks.

Jennifer C

*The will of
God will not
take you
where
the grace of
God cannot
keep you.*

INTERGROUP OFFICERS

CHAIRPERSON

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

VICE CHAIRPERSON

Reed K

SECRETARY

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secretary@coifaa.org

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treasurer@coigaa.org

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newsletter@coigaa.org

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HOTLINE

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POTLUCK

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potluck@coigaa.org

WEBSITE

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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

Applying AA's Traditions to My Life

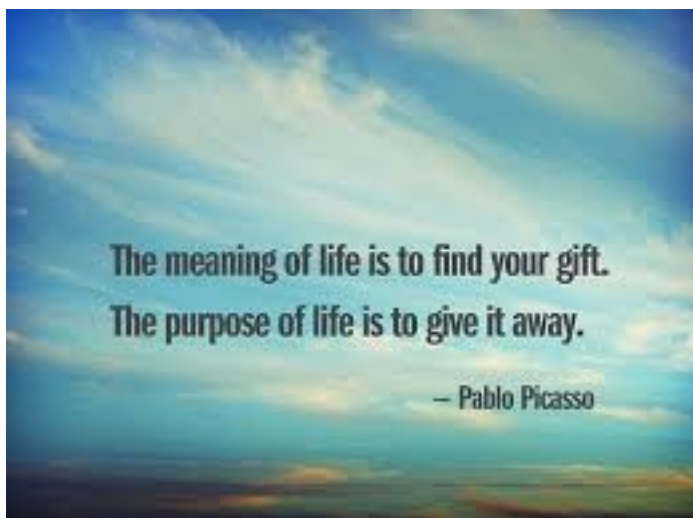
Tradition 12 - Anonymity is the spiritual foundation of all of our traditions, ever reminding us to place principals before personalities.

This tradition was not divinely inspired, it was developed over a number of years of observations of what happens without this type of personal sacrifice. My intention here is not to retell the history of the development of this tradition, that is accomplished in AA Comes of Age. Nor is it to expand on what the details of this tradition truly are, see The Twelve Steps and Twelve Traditions. My intention is to share my experience on the application of this tradition in my life.

By the time I was 20 days sober I knew I was ready for the speaker circuit. I had found a way out and I was ready to spout it off to anyone who would listen. I had no idea that I basically had nothing of substance to share. I knew how to get loaded and that was about it and everyone in AA already had that down. I was a talker though and had I been given the opportunity I would have been at the podium or, god forbid, in front of a camera. Luckily god knew better than to let that happen.

I went to my first men's retreat when I was about 40 days sober and continue to go about every 6 months. I didn't know I was going to be exposed to in-depth experience, strength, and hope from some truly inspiring men and many would expand into the traditions. At my second retreat a speaker discussed his feelings regarding anonymity and how he felt many in AA were taking it too far. He felt anonymity was for outside of AA not in the meetings and amongst AA members. The situation that he mentioned that changed my behavior was what if I was in the hospital, how would you find

me? If I disappeared from the rooms, could you look me up in a phone book? (This was back in those days.) What if I really needed the hand of AA and no one could find me? Fear, you say? Absolutely! I'm a real alcoholic and I was scared to death that I would wind up back in a bottle because I'd seen me do it. That day I started giving my last name when I speak in AA meetings. Then, because I was scared you may not be able to find me when I



needed you. Now, for the same reason plus I know the hand of AA is on my wrist and I want you to be able to find me if I can help another alcoholic. This is my experience with MY anonymity NOT at the level of press, radio, and film. This, I feel, is the type of disclosure described in AA Comes of Age (p133): "Though not within the strict letter of anonymity, these communications were well within the spirit."

I have been discussing my anonymity. There is something far more precious and that is your anonymity. This is a promise made in every facet of this organization, so important it is our title. What we are saying to the world is "you are safe with us." My story is mine to tell and yours is not. You get to decide how open you want to be with us. You do not have to tell us anything you do not want to. As

Tradition Three states: The only requirement for AA membership is a desire to stop drinking.

This aspect of Tradition Twelve, I bent and absolutely broke on a regular basis when I was newer. Why? because I wanted to be helpful. It seemed like a good idea. I didn't understand the concept of the good being the enemy of the best. How did I do it? When someone started to share and didn't start by giving their name I joined the crowd barking "what's your name!" Of course they just forgot. I'm helping them. I didn't see that there is a chance this person didn't want to give their name out. And worse yet, that same person under the stress of being on-the-spot and in front of a crowd my have done it. And what about the person in their first meeting, in the back, that works with children, or in politics, or wherever they feel it can't be known that they are one of us, that sees this interchange and leaves never to return because they fear for their anonymity.

I take this one step further when I chair a meeting. If I am given a list of names of people that have agreed to read for us I will not ask the person by name to read when the time comes, instead simply asking "could we have the AA Preamble, please?" Many well intentioned secretaries will try to make people they don't know or don't recognize feel "a part of" by asking them to read. Countless times I've seen people in their first meeting reading "How It Works" to the group. It is uncomfortable for the group and can be horrifying to the newcomer. What if that guy quietly told the secretary his name but had no idea it was going to be blasted to the group. What if someone who most days doesn't mind giving his name has had a change of circumstances that day? It is my job to protect every individual's choice as to the level of their anonymity on any given day.

I have violated this as well as most of the other traditions at one time or another and the good news is AA is fine. I remember when I was about 5 years sober and a friend was hitting his 2 year bleeding deacon phase and he called me livid over a tradition violator. I remember telling him "Thank God people keep breaking those Traditions. If they stopped we might stop talking about them." Every time you break a tradition it gives a guy like me the opportunity to open a book and back-up my self-righteous argument. When handled properly it leads to a greater understanding of the traditions and we both end up with more substantial experience to pass on to the next generation.

Joel S. Bend, OR

(See "S." this is a publication, "press, radio and films." ;D)



CHRISTMAS DAY ALCATHON

Please check coigaa.org for location



MEETINGS START AT 7 AM
SPEAKER MEETING AT 7PM

Matt C - Alanon
Dave H - AA

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!!



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

BIRTHDAYS for December:

Sunday of the month.
newsletter@coigaa.org

Attitude Adjustment

Sisters in Sobriety

Chicks With Chips

Shari A 12/01/86

Jennifer C 12/07/12

Tina M 12/09/12

Laura C 12/12/12

Steps to Sobriety

Please send in your groups birthday's by the fourth



DECEMBER 2013

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5 Cut off for schedule changes Jan, Feb, March	6 CO Speaker Mtg 7 PM Speakers Ed M & ? Environmental Center, 16 NW Kansas Bend	7 Redmond Potluck Speaker 6 PM Speaker: Redmond Community Church, 237 NW 9th & Cedar Redmond
8 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend	9	10	11	12	13	14
15 COI Entertainment Meeting 4 PM Redmond Alano Club	16	17	18 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine	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
22 IGR Advisory Bd Mtg 4:30 PM IGR Mtg 5:30 PM St Helen's Hall, 231 NW Idaho Bend	23	24	25 CHRISTMAS DAY ALCATHON Location TBD 7 AM - 7 PM Speakers: 7 PM Alanon-Matt C AA - Dave H	26	27	28
29	30	31 New Year's Dance Pine Forest Grange Hall in 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.

January 2014

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	4 Redmond Potluck Speaker 6 PM Speaker: Redmond Community Church, 237 NW 9th & Cedar Redmond
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