



Central Oregon's

CONSCIOUS CONTACT

AA HOTLINE (541) 548-0440

January Happenings

Thank you ...

Exciting announcements! All positions have been filled for Intergroup and Advisory Board! New Advisory Board members are Mike S and Peggy R. The new treasurer is Dan P. ... Samantha R. is the new Hotline Chair and Steve G. is the new Web Master! A big round of applause for their service!!

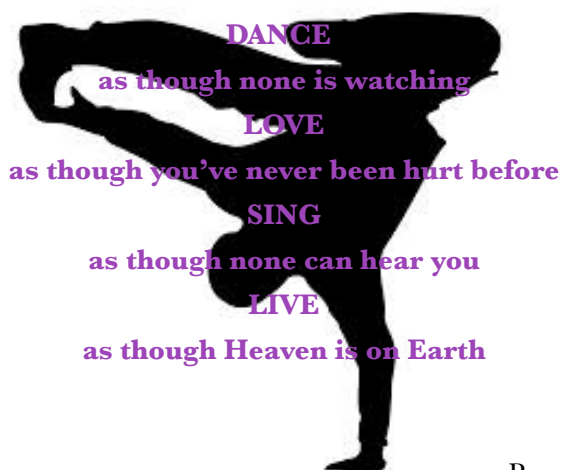
I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

The proposed budget was handed out for IGR's to take back to their groups for approval in January. This is the first budget in many years. Remember this is a working copy and they are looking for changes and such.

The bylaws have been approved and signed. Great work on a much needed

project. The Intergroup is getting things done and working very hard for our fellowship.

There is a proposal by Attitude Adjustment meeting for a Central Oregon wooden chip to be given out as 24 hour chips and to visitors. Let your IGR know if you think this is a good idea.



The New Years dance was a lot of fun! A great turn out. The new year was started off with the first meeting of year for Central Oregon at 12:15 and Aaron the Entertainment shared his experience, strength and hope.

Personally ... I am looking forward to the coming year. It is nice to have sober memories from the year before.

Please send correspondence to: newsletter@coigaa.org with subject line *newsletter* ... Thank you for the opportunity to serve this amazing Group Of Drunks.

Jennifer C.

INTERGROUP OFFICERS

CHAIRPERSON

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chairperson@coigaa.org

VICE CHAIRPERSON

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vicechair@coigaa.org

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hotline@coigaa.org

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potluck@coigaa.org

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webmaster@coigaa.org

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Aaron D (541) 420-0937
entertainment@coigaa.org

AL-ANON LIAISON

Patty P (541) 788-7463
al-anon_liason@coigaa.org

DISTRICT COMMITTEE MEMBER

Vera F vyfarrell@yahoo.com

ADVISORY BOARD COMMITTEE

Bill O (541) 771-5152
Pattie O (541) 771-5452
Mike S (541)
Peggy R

OUR INTERGROUP OFFICE

M-F 9:00-1:00
337 W Antler St. Ste B
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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

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

Finally I gave in...**Samantha R.**

I had been trying to get sober over half my life. The first time I discovered alcohol I was 10 years old. Some “friends” and I stole a case of 40 oz Miller High Life and drank all night in the baseball field behind one of the middle schools in town. I did not realize it at the time but I was in love.

As I got older, this love affair progressed into other substances, an obsession and dependence. When I was 17 my mom and step-dad had finally had enough and gave me the option to go to rehab or get out of their home. I knew that I needed help but I was terrified. I could not imagine life with or without the substances I had come to rely upon. I tried outpatient, but failed miserably. I would go intoxicated or get intoxicated after. Finally, I gave in. I packed my belongings, crying the whole time, and one of the counselors drove me 45 minutes away from everything I knew. During my 28 days, I read something that hit me like a ton of bricks. “A master knows that she has tried those jeans on before and they do not fit.” I wanted to master my Self. I wanted desperately to be solid in who I was. I wanted to be confident. I wanted to say no. I was exhausted by the way I had been living. I was constantly participating in the same behaviors expecting different results. But, regardless of desire that rehab was not my last. I spent many more years conducting research trying to make that love affair work. I was going to make those jeans fit.

Almost 13 years later from the first encounter with intoxication I had gone through numerous opportunities, 3 rehabs, burned several bridges, made multiple geographics, no friends and family and I was a complete wreck. At age 23, after waking up in a bed I did not know, I decided I was done, or so I thought. I had 10 days sober and it was New Years Eve. Barely hanging on to my job, dating someone I knew was all wrong for me and settling for less in every aspect of my life, I knew sobriety was the first step. In the midst of the loneliness and chaos I was experiencing with my “boyfriend”, I decided I was going out, I was not going to drink and that I was

going to start the new year off right: with conviction. My brother was performing at a local bar in town and I felt I could go out with certain people and not drink. I was getting ready and getting excited thinking about the familiar faces, the laughs and the celebration I was about to experience. As I finished getting

Alcoholics Anonymous is one hundred percent effective for those who faithfully follow the rules. IT IS THOSE WHO TRY TO CUT CORNERS WHO FIND THEMSELVES BACK IN THEIR OLD DRUNKEN STATE.

AA Manual 1940

ready, my half-ass boyfriend called and said he was out front. Reluctantly, I went with him.

Of-course he was already drunk and the desire to drink, the insanity of alcohol returned. There were several moments where I thought to myself I could just go home. I could stop this nonsense and do something different, but it was too late. I was already on that train and it wasn't stopping. I bought a bottle of vodka and began drinking. I remember following that bottle around like it was my life force; that without it I'd surely be nothing. I looked at the clock; it was 11:34 pm and the bottle was gone and so was I. I don't remember what happened after that. I woke up in my bed at home. I looked at my phone to find text messages that didn't make sense. I thought about calling my boyfriend or anyone in my call log to ask questions about what happened and then it hit me. Everything slowed down and my life flashed before me. The details didn't matter. This is what always happened. Those jeans did not fit. They never would.

I have not had a drink or any other substance since. (January 1st, 2010)

I immediately jumped into the program of Alcoholics Anonymous. I had been given the gift of desperation and a moment of clarity and this time I wasn't going to throw it away. I went to many meeting and did what was suggested. Not perfectly, but I participated to the best of my ability. I got a sponsor, I

reached out to other women, I got

service positions, I worked my steps, found God and found relief from the insanity that alcohol use to ease.

Alcoholics Anonymous gave me a solution. It gave me a “set of rails to run on”. I now live an amazing life, filled with friends and family I only dreamed of having and a God that continues to “enter my heart in a way which is indeed miraculous”. I owe my life to Alcoholics

Anonymous and I spend my days giving back what was so freely given to me.

I found the jeans that fit. And I am everything I've ever wanted to be and more. I am free.

Samantha R.



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: Samantha R. 541-604-5319

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



The Milestoner



Because Sobriety is Something to Celebrate!

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!!

BIRTHDAYS for January:

Attitude Adjustment

- Heidi S. 1/25/07
- Jordon H. 1/23/11
- Larry S. 1/2/03
- Mike C. 1/17/11
- Mike H. 1/11/13
- Steve C. 1/11/11
- Toni L. 1/19/12

Steps to Sobriety

- Lynn L. 1/04/03
- Jeanna S. 1/11/00
- Mark L. 1/19/87
- Bud J. 1/01/03
- Rob D. 1/01/91
- Larry C. 1/15/77
- Kathy V. 1/18/12
- Fred G. 01/17/12
- Lorain. 1/13/11

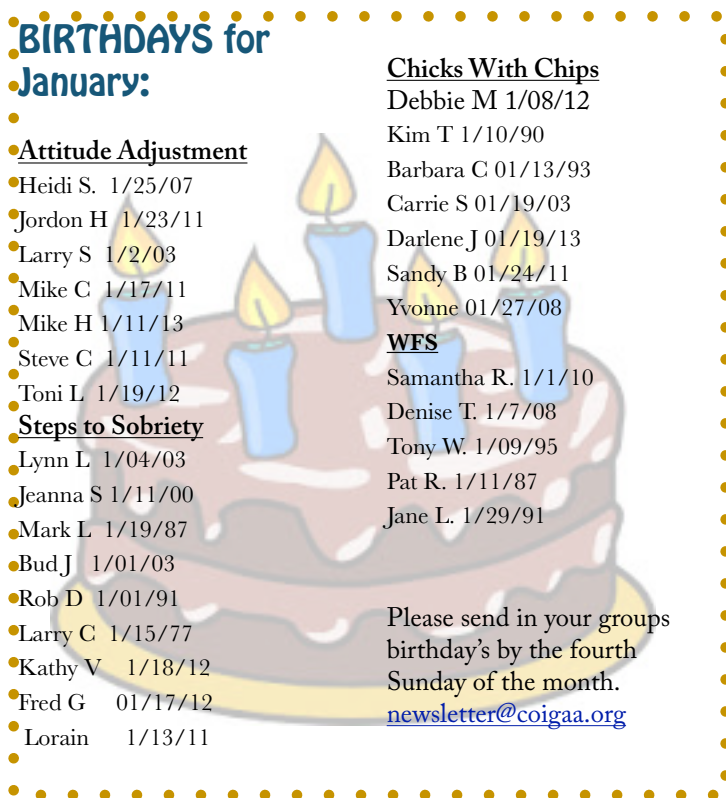
Chicks With Chips

- Debbie M. 1/08/12
- Kim T. 1/10/90
- Barbara C. 01/13/93
- Carrie S. 01/19/03
- Darlene J. 01/19/13
- Sandy B. 01/24/11
- Yvonne. 01/27/08

WFS

- Samantha R. 1/1/10
- Denise T. 1/7/08
- Tony W. 1/09/95
- Pat R. 1/11/87
- Jane L. 1/29/91

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



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
5	6	7	8	9	10 BINGO 7 PM Meeting OSYPAA Fundraiser SHH	11
12 District 5 GSR Mtg 4 PM First United Methodist Church, 680 NW Bond (enter Kansas) Bend	13	14	15 LaPine Potluck Speaker 6 PM Park & Rec, 16405 1/2 1st St, Lapine	16	17 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	18 Culver-Madras Potluck Speaker 6 PM Culver Christian Church, 501 W 4th Ave COI
19 Entertainment Meeting 4 PM Redmond Alano Club	20	21	22	23	24	25 Intergroup Potluck Speaker Meeting 7PM SHH
26 IGR Advisory Bd Mtg 4:30 PM IGR Mtg 5:30 PM St Helen's Hall, 231 NW Idaho Bend	27	28	29	30	31 Central Oregon Milestoner St Helen's Hall 7 PM	

February 2014

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1 Redmond Potluck Speaker 6 PM Speaker: Redmond Community Church, 237 NW 9th & Cedar Redmond
2	3	4	5	6	7 CO Speaker Mtg 7 PM Speakers Environmental Center, 16 NW Kansas Bend	8
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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.