



Central Oregon's

CONSCIOUS CONTACT

AA HOTLINE - (541) 548-0440



JULY HAPPENINGS

Area Updates . . .

DISTRICT 5 GSR

MEETINGS are held on the second Sunday of each month at 4:00 pm at the First United Methodist Church (Community Room on Kansas) 680 NW Bond, Bend. All are welcome.

PI/CPC is recruiting new members to help distribute literature; re-contacted members involved in local media; continuing to develop contacts at public and private radio stations; connecting with Deschutes County prevention staff for local schools to receive schedules and literature; Ads in the Source weekly and Bend Bulletin with the AA Hotline phone number.

Judy W., Editor of the Conscious Contact, is soliciting articles for

the newsletter. Choose a step to write about, or anything else related to your experience, strength and hope regarding alcoholism.

NOTE: Judy is hoping for an article on both Step 8 and Tradition 8 for the August newsletter. Please send articles to Judy at jwoodfill@quiltwombat.com.

New meeting schedules are now available.

Looking for a new Entertainment Committee Chair: 2 years sobriety/2 year commitment. Anyone wanting the position should show up to July's **Intergroup Meeting**. Meeting will be held July 27th @ 5:30 at St. Helen's Hall. BTW, the Entertainment Committee meeting is moving to Bend! Also, an End of Summer event is being planned for Sept. 13.

INTERGROUP OFFICERS

CHAIRPERSON

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

VICE CHAIRPERSON

Reed K (541) 771-8097
vicechair@coigaa.org

SECRETARY

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

TREASURER

Dan P (541) 480-0571
treasurer@coigaa.org

NEWSLETTER

Judy W (541) 706-9327
jwoodfill@quiltwombat.com

SCHEDULES

Pete M (541) 280-2491
schedule@coigaa.org

HOTLINE

Samantha R (541) 604-5319
hotline@coigaa.org

POTLUCK

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

WEBSITE

Steve G (541) 385-7827
webmaster@coigaa.org

ENTERTAINMENT

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 (541) 408-7470

ADVISORY BOARD COMMITTEE

Bill O (541) 771-5152

Pattie O (541) 771-5452

Mike S (541) 815-7458

Peggy R (541) 480-4019

OUR INTERGROUP OFFICE
M-F 9:00 am -1:00 pm
337 Antler St., Suite 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

AA HOTLINE



Coverage needed, especially in La Pine

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

JULY BIRTHDAYS



Jeannette B.	7/5/10
Kate M.	7/7/88
Angie	7/10/13
Stephen P.	7/11/13
Lisa M.	7/11/11
Mark F.	7/18/05
Tony E.	7/20/02
John M.	7/24/09
Penny G.	7/24/09
Tim S.	7/25/12
Ann M.	7/25/08
Debra M.	7/31/09

(Let us know when your birthday is, and you'll be in the newsletter. Ed.)

MEETING CHANGES

Monday night 8:00 pm meeting at COFH has been cancelled.

Tuesday, Prineville "Back to Basic" Step Study will now meet at 5:30 pm. RR.

Thursday, as of July 3, the "Chicks with Chips" 5:30 meeting will move to NAZ.

Thursday, "Young & Sober" meeting at 7:00 pm, has changed its name to "Salty Bunch".

Friday, Primary Purpose has added a meeting at 5:30 pm at St. Helen's Hall

Saturday, as of July 1st, the Attitude Adjustment Group will consist of only Mon.-Fri. meetings. The Saturday 8:00 am meeting has become its own new meeting, named KISS (Keep It Simple Saturday) SONS.

Sunday, Redmond 4:00 pm "Woman to Woman" meeting is located at 676 NE Negus Way.



Meet our New Intergroup Office Manager – Renee H.

Renee H. is the new Office Manager at Intergroup in Redmond. Renee’s sobriety date is 3/23/87; she got sober in Bozeman, Montana. Renee was born and raised in Montana then moved to the Seattle area. Later, she moved to Bellingham, Washington, where she met her husband, Todd, also a member of AA. She has a great love and passion for AA and is enthusiastic about meetings. She is also a big believer in the steps and traditions; she says they saved her life. Renee and her family moved to Redmond about 2 years ago. She is excited about her job as Office Manager for COIG, and looks forward to learning a lot and meeting new people. There is lots of AA literature, pamphlets, coins, and cards at the Intergroup office. Please stop in and say Hi to Renee.

=====

Thank you, Bend, and farewell, for now.

I knew there was something wrong with me when, a few months shy of my 12th birthday, I drank a beer, disliked the taste, chugged it anyway, felt some effects, threw up, and thought ‘I did it wrong’. I then proceeded to try to get it right. I consider my trying a failure as I never did get it right, yet kept on trying for 7 years. I switched from beer to scotch; maybe that was the problem. Friends told me I had a problem when I only drank for effect/oblivion, and they thought my solution was messed up when I told them I’d just get new friends.

At 15, after emergency gall bladder surgery, I started feeling withdrawal effects 2 days into my hospital stay. I knew the solution was to tell everyone I was healing well and that I wanted out of the hospital. All just so that I could get another drink. Bumping into walls in my drunken stupors, I told my parents my bruises were a direct result of a depth perception problem caused by poor eye sight. The optometrist wondered why I was sitting in his chair when my eyesight was 20/20. Didn’t like my parents insanity of wanting me home by midnight, so my solution was to move out, after dropping out of school. By 20, I couldn’t function without alcohol. Many friends and a job or two later, a self imposed distance from my family by virtue of my disease, something had to give. By God’s grace, I stopped drinking. I’d never have said it back then, and only came to realize it years later. Fourteen months later, I was under the delusion that my ‘dry’ time meant I could try again, and sure enough, almost drank myself to death in an ego driven drinking challenge to a 250 lb. male worker who outweighed me by 125 pounds. Had it not been, again by God’s grace, that had me praying to the porcelain throne for two days to rid myself of the 16 shots of scotch, I would have died from alcohol poisoning. Thankfully, that’s what it took. On June 17, 1988, I had my last tango with alcohol - at least I hope so!

Many years passed with my ego still intact, secure in the knowledge that to drink was to die, I had a successful career, and an overall good life. My defects became my constant companions. They comforted me when I was angry, when I wanted you to understand how right I was, when I wanted things my way, when no one else could do anything right. I had never spoken to anyone about any feelings and denied them even to myself. For years, I was guided by my self will, propelled in many different directions to do it all myself. That deeply rooted sense of self starter to unravel. My sense of who I was always tied to what I did, what you thought of me, or how important it was to seem like I knew it all, and it started to wear on me. I reached a breaking point where a drink started to look like a possibility. The self loathing and lack of self esteem was reaching an unbearable level. I later learned in AA speak that my behaviors were referred to as a dry drunk. Well, I mastered that. I was to be the

best dry drunk there was for, of course, if I was to do anything it was to over do it all. That breaking point brought me into the room at TEC on August 18, 2009, 18-1/2 years after my last drink and after years of 1-3 meetings a week in a sister program, dealing with the 'problem de jour' and still being unwilling to be sponsored, face my real demons, read the literature, or do any step work. I thank a woman who kept me in my first meeting in 2007; when I heard myself utter the second step while I was reading it, I wanted to flee at mention of the phrase "a power greater than myself" let alone the word God when I read the 3rd step.

Something clicked that fateful day in 2009, many years after knowing I had a drinking problem but never realizing I had a thinking problem. Even when in 2007 at a random meeting, I read the line in the book that spoke these things, and the phrase "to drink is to die". I thought that was my own head's phrase; I'd heard it in my head for years.

The people at TEC welcomed me so openly. Heard my cries, heard me announce as an 'addict in recovery' still too afraid to say "I am an alcoholic and my name is Deanne". That was to come a few months later when I said exactly that and burst into tears. I'll never forget a member, who's since left this earth, wave and say hello to me from across the room, and I literally looked behind me convinced she was saying hi to another person. I'll never forget that someone who became my best friend, someone who's presence in my life enriched me beyond compare. Hearing my story from another and asking her to be my sponsor and after so many years, facing myself fully, and embarking on a process of change, hasn't stopped since.

The people of Bend AA and AA around the country throughout my travels have shown me a new way of life with the book of Alcoholics Anonymous, learning to practice the principles in all my affairs, working the steps until the steps work me and continuing on this life long journey of recovery and, above all, coming to believe. I did not come in looking for a higher power, in fact, I pushed that away for two years and only came to see so differently in April of 2010 when I felt the depth of emotional pain and couldn't see any other way out. My belief may have come slowly over time, the educational variety I came to learn, but when it hit it hit hard and now I can't imagine life any other way.

My changes offered me many different opportunities. One of which was to travel this beautiful country. About 22,000 miles into my travels, I found myself clear over in the Florida Keys. I have found this to be where I want to stay for now. I have a new life because I made a decision many years back and only because I chose a life of recovery and of willingness to see things from a different perspective. Though I embrace many new things in my life today, that is not to say that I do so readily at first. I told a sponsor a few years back that I'd done all the traveling in my life that I needed to. She patiently and lovingly accepted my words and stayed with me. She is one of the people in my close circle who continues to offer me so much. She who knows how funny that statement was, when now, over 30K miles into my new life journey, I gratefully rely on an amazingly helpful sponsee who is packing my belongings, selling what's to be sold, and shipping the remainder while I remain here in Florida.

Thank you, Bend AA. Thank you to all the men and women who have made room in their lives for me. Thank you for offering me so many wonderful opportunities to see myself. Some have offered me painful experiences from which I've grown beyond anything I could grow. Some offered me the most joyful experiences from which I've seen how loving and kind people can be. Thank you to the women who have offered me their sponsorship as well as the sponsees who have given me the opportunity to freely share what's been given to me. I plan to continue keeping in touch with all of you who have a place in my heart and who keep me in yours. I may be back, for in my life today I have learned to never say never, and even when I do say it, I know there is a part of me that always now knows that there is no never anymore because everything is possible. God has seen to it that my path continues to be my path and the difference today is that I can better see it when offered, and be more receptive and open and live my life through the eyes of gratitude. I have been taught that love and gratitude are both words of action.

This June 17 marks 26 years without a drink. It is an important day for me, but what AA and God have taught me is that every day is an important day and that all I have is today. My cup of gratitude runneth over. Thank you, God, for all the people whose paths have intersected with mine and all they have offered. I am blessed beyond belief.

In gratitude and with love, Deanne A.

CENTRAL OREGON WOMEN'S WEEKEND 2014

When:	September 19-21, 2014
Where:	Suttle Lake Camp
Registration:	\$125
Pre-Registration (before 7/1/14)	\$110

Women's meetings have registration forms available.

Mail Call: Step Seven

What are our shortcomings? Was it just drunkenness? No, that was just one of the many other character defects with which we are burdened. Among them are conceit, arrogance, selfishness, dishonesty, intolerance and worst of all the searing and caustic tongue with which we whiplashed ourselves and others, some of whom have tried to help us.

How can we expect God as we understand Him to remove these shortcomings when we are too small and prideful to admit them? These things must be brought out into the open, must be admitted and then exposed to the cleansing effect of the sunlight of humility and honesty.

A humble person in true humility does this without reservations, he doesn't do it partially, he does it wholly, even though it might hurt. Why? For the same reason that a surgeon excises a cancer totally – he take out the whole evil mess because then there is no chance of a recurrence. Why shouldn't we do the same? It takes a little more effort and is a lot more painful to our ego, but the cure is more apt to be permanent.

The expression of true humility is the willingness to serve others without expectation of reward, prestige or recognition for our services to them. It should be done in a spirit of cheerfulness and joy.

We must at all times be willing to subordinate ourselves to a Power greater than ourselves. We should neither by thought nor expression be critical of others or their opinions. We must be big enough to give the other fellow the right of expression, give credit where credit is due, be a doer instead of a critical wisher. In short, be of AA and not just in it.

This above all: to thine own self be true. And it must follow, as the night the day; Thou canst not then be false to any man.

Ernie
Chicago, Illinois
November 1949 Grapevine

BASKET CASE – Tradition Seven

Not wanting to be short-changed, a member considers tossing in another dollar or two.

I'm not going to write about how poor I was when I showed up at AA's doorstep. Neither is my purpose to preach from some moral high ground. What I do want to reveal, though, is evidence of my own flawed thinking when it comes to money and value, in the hope that some of my fellows might relate.

I've always been pretty good about putting my dollar in the basket at meetings. This is partly because I felt a sense of reasonable obligation, and partly due to a sense of shame if I didn't pitch in. Besides, what if people noticed and talked about me? Yes, I could see the obvious benefits of AA in my life. And putting a dollar in the basket was important if for no other reason than for the sheer entertainment value of the meetings. But when I saw other members put in two or even three dollars, I would think, sure, that's fine for them, they have more to give than I have. Or, I give by putting time in at my service position. That kind of thinking works fine until you see another member with a service position contributing multiple dollars to the basket.

So I began to actually "shine a light" on this defect, as one of our members likes to say. In examining my defect, I had to ask myself why it was that I felt such an aversion to the idea of adding another dollar to my contribution. Immediately, my old friend, fear-based rationalization, chimed in (or other, *clanged* in): "Not now! I can't afford it. I only just recently started working full time. It wouldn't be prudent!" But the smaller voice of reason, seeking equal time, said, "Doesn't the program have something to do with the fact that I *am* employed full time and I *can* make it to work every day?" I couldn't argue with that. "Still," the blatant, dishonest voice of justification argued, "almost everybody else only gives one dollar, and some don't give anything." Eewwww!" as my daughter would say. I heard myself. Then the voice of sobriety countered back, "Aren't you grateful that you're in a position to be able to contribute more?" Yes, I was, but . . . oh darn it, I got tired of arguing with myself! I had to concede.

So now that I had surrendered to reasonable thinking, I began to do some research to support it. I wanted some facts to bolster the argument against my own rationalization. According to the Consumer Price Index calculator (available through the U.S. Dept. of Labor), one dollar pitched into the basket in 1950 was equivalent to \$9.67 in 2013. In 1984, I was court-ordered to attend AA (it didn't stick; or I should say, I didn't stick). Donating a dollar at that time (which most of us did) would be like putting 45 cents in today. Forty-five measly cents! I also thought about how much money I spent in bars and liquor stores, and more important, how much money I've saved since I came into AA.

By employing honest introspection, one of the tools from my AA toolbox, I was able to see that I was once again trying to get "more bang for my buck" than I probably deserved, and most likely short-changing myself in the process. Because I believe I get out of AA what I'm willing to put into it – and vastly more.

So, a couple of months ago, without telling anyone, even my sponsor, I decided to double my standard one dollar contribution at each meeting I attend. You might wonder, after all the soul-searching and research I have done, why I don't increase my donation to three dollars. It's a good question, but the answer is familiar; "Not now. I can't afford it. It wouldn't be prudent."

Casey K.
Castle Rock, Colo.

OREGON STATE YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

OSYPAA conference is being held in Bend, October 3-5 at the Shilo Inn. Registration fee is \$20 until July 1st, after that it goes up to \$30. People can register at

osypaa2014.org

JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	2	3	4 CO Speaker Mtg 7 pm Environmental Center, 16 NW Kansas, Bend	5 Redmond Pot Luck and Speaker Mtg. 6-8:30 pm Redmond Community Church
6	7	8	9 LaPine Potluck Speaker 6 pm Park & Rec. 16405½ First St., LaPine	10	11	12
13 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas)	14	15	16	17	18 CO Speaker Mtg 7pm Speakers Environmental Center, 16 NW Kansas, Bend	19
20 Entertainment Meeting 4 pm Redmond Alano Club	21	22	23	24	25 CO Milestoner St. Helen's Hall 7 pm. Speaker: Rivka (5 years)	26 Intergroup Potluck Speaker Meeting 6:45 Potluck 7:30 Speakers Church of Christ 544 NW Newport
27 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho, Bend	28	29	30	31		

AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CO Speaker Mtg 7 pm Environmental Center, 16 NW Kansas, Bend	2 Redmond Pot Luck and Speaker Mtg. 6-8:30 pm Redmond Community Church
3	4	5 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	6	7	8	9
10 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas)	11	12	13 LaPine Potluck Speaker 6 pm Park & Rec. 16405½ First St., LaPine	14	15 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend	16
17 Entertainment Meeting 4 pm Redmond Alano Club	18	19	20	21	22 Central Oregon Milestoner St. Helen's Hall 7 pm	23 Intergroup Potluck Speaker Meeting 6:45 Potluck 7:30 Speakers Church of Christ 544 NW Newport
24 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho	25	26	27	28	29	30
31						