



Central Oregon AA's

CONSCIOUS CONTACT

AA HOTLINE – (541) 548-0440

AUGUST 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 CC. You can right about anything regarding alcoholism.

NOTE: Judy is hoping for an article on both Step 9 and Tradition 9 for the September newsletter. Please send articles to jwoodfill@quiltwombat.com.

If you or someone you know is having a birthday in the month following this issue, please let Judy W. know at least a week before the end of the current month.

We have a new Entertainment Committee Chair: Teryce K.

Thanks so much Teryce for stepping up for this service. The Entertainment Committee Meeting (3rd Sunday) will be held August 24th @ 5:30 at St. Helen's Hall. Also, an End of Summer event is being planned for Sept. 13. Details to come.

Good News: The AA meetings that met at TEC (Trinity Episcopal Church) at 469 NW Wall Street in Bend will return to that location in November.

INTERGROUP OFFICERS CHAIRPERSON

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

VICE CHAIRPERSON

Reed K (541) 771-8097
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SECRETARY

Cody M (541) 420-0774
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TREASURER

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NEWSLETTER

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SCHEDULES

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HOTLINE

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POTLUCK

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WEBSITE

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ENTERTAINMENT

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AL-ANON LIAISON

Patty P (541) 788-7463
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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

AUGUST BIRTHDAYS



Linda T.	8/03/92
Teryce K.	8/13/09
Krystal S.	8/14/12
Rachel L.	8/20/03
Rachel M.	8/21/12
Maureen M.	8/26/11
Maria R.	8/27/08
Debra S.	8/28/95
Daryl L.	8/30/06
Judy S.	8/30/09

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

MEETING CHANGES

All COFH meetings: Now meeting at 755 N.E. 3rd Street.

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.

CENTRAL OREGON WOMEN'S WEEKEND 2014

When:	September 19-21, 2014
Where:	Suttle Lake Camp
Registration:	\$125

Women's meetings have registration forms available - scholarships available.

<http://www.cowomensweekend.com>

OREGON STATE YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

OSYPAA conference is being held in Bend, October 3-5 at the Shilo Inn. Registration fee is \$30. People can register at osypaa2014.org

THE NEED TO GO DEEPER – STEP 8

Uncovering all the harm he caused in his drinking days restored his compassion for others.

Looking back, it is probably safe to say that I harmed many people whom I came in contact with during my drinking days.

My first stab at an Eighth Step list began easily enough, since I had sort of a head start by simply referred back to my Fourth Step inventory. But if I were going to be thorough, I knew I would need to go deeper – much deeper!

As a newcomer, it wasn't too difficult to list most of the ways and persons I had harmed, because many were obvious and still on the surface. Easily found were injuries of money or property for which I would need to become willing to make amends. Then there were those impending legal dooms, simple to summon up, because the negative consequences loomed so large they were impossible to forget. Willing or not, I would be forced to take care of those.

Although I had a promising start on Step Eight, I quickly learned about damages that were not so obvious. These were not errors I had conveniently forgotten, but instead were slights obscured by the armor of selfishness and self-centeredness, which is typical of our common condition. We only see what we are able to see when we can see it. Only after clearing the surface, and continuing to look deeper, was I able to see more.

One such harm was that, by my actions, I had crushed virtually all the hopes of a close family who were helplessly witnessing me destroy the potential and great promise they saw in a strapping lad like me. I would hear the oft-repeated mantra: "The sky is the limit to what you can do with your life, boy, if you use the gifts you were given." But I vanquished those hopes one by one, as I drank myself out of one golden opportunity after another.

It wasn't only my family caught up in my destructive path. At many meetings I hear it often said that many an alcoholic is an "egomaniac with an inferiority complex." That certainly applied to me, since I pretty much had a problem with everybody, which allowed for the potential to harm anyone I had anything to do with, directly or not. I rarely, if ever, saw eye to eye with anyone. Feeling better than and/or less than are also defining traits of many an ego-driven alcoholic with an inferiority complex such as myself. Thus, the importance of a deeper list came within view.

Digging beneath the surface of my conscious mind, I began to uncover even more harms that were not so obvious and yet cut others so deeply. If I was truly going to get any better, I had to find and keep the right tools to help me to enlarge and improve upon this newly found freedom I was handed by the Fellowship and program of AA. One such tool is a principle quite often ascribed to Step Eight: the principle of brotherly love – or what I would rather call human compassion.

If I am truly going to grow along spiritual lines, I'm going to have to walk with the truest spirit of human compassion for others I can muster in all of my affairs. I believe now that rigorous action coupled with conscious reflection and human compassion will gain me new opportunities for greater hope and harmony with all those I deal with – even ones with whom I disagree. As I continue to see the inherent worth and dignity in every human being, I will continue to live on a more level playing field with everybody. True human compassion is a tool that naturally facilitates daily inventories; it quickly uncovers actions I take that require amends to correct damage done to the harmony other others.

More important perhaps, I believe applying the principles of true human compassion and true brotherly love will continue to give me the daily serenity, acceptance, courage and strength to view myself and others with loving, patient, tolerant and compassionate eyes that reveal unlimited opportunities to help myself and others along this road of happy destiny.

Richard D.
Schreveport, La.
Grapevine, Aug. 2012

JUST A DRUNK – TRADITION 8

A member uses caution when advice comes his way.

My alcoholic drinking career lasted nearly 35 years. Drinking led to my becoming a liar and thief constantly living in fear of being found out. Uncontrollable fits of boozing saw me fired, jailed, dishonored, suffering intolerably, going into hospitals, treatment programs and AA. With a few variations, I repeated that performance over and over for about 19 years. Over a year of my life was wasted in treatment because no one could see that my real problems were a nagging wife, nasty bosses, and people who were out to get me. My way of asking for help was, “Here I am, turkeys, fix me! If you had my problems, you’d drink too.”

I sincerely hope that my final treatment program and AA renewal was in 1978. This time around I was lucky to find a sponsor who was strong on the AA program outlined in the Big Book. That program has a noteworthy track record, so he saw no need to put together a custom-made special-purpose program, as I had tried to do so often in the past. His idea of carrying the message was like one beggar showing another where he finds the bread, not becoming their baker. Problems have been constant companions, but I have had a sober and reasonably contented life since I've tried to practice the AA program to the best of my ability (emphasize tried).

Alcoholics are like to enter AA more eager to hear advice on how to straighten out their personal lives than how to learn to live sober, troubles and all, one day at a time. Because we are naturally protective of newcomers, a growing number of AA members are just as eager to offer explicit advice about resolving personal difficulties. In so doing, aren't we putting out work on a service plane, rather than sharing out “experience, strength, and hope”? “Working With Others” in the Big Book states:

“We simply do not stop drinking so long as we place dependence upon others ahead of dependence on God.” I have been down that long road. Here are key lines from “Whose Responsibility?” in *As Bill Sees It*: “... an AA group, as such, cannot take on all the personal problems of its members ... the solutions of all his problems of living and growing rests squarely upon the individual ... teaching and practice of AA’s Twelve Steps, is the sole purpose of the group.”

The first part of AA’s Eighth Tradition reads: “Alcoholics Anonymous should remain forever nonprofessional ...” in general, AAs simply take this to mean that AA is a society of amateurs, that nobody gets paid for Twelfth Step work. But professionalism has a much deeper meaning. True professionals are highly educated individuals such as physicians, professors, psychiatrists, research scientists, and others, not merely people who are paid for working. There are professionals who are also alcoholics, but the idea of a professional alcoholic is far-fetched.

In some AA groups there is no escape from would-be experts on alcoholism, sociology, psychology, pharmacology, or you name it. An AA newcomer who innocently asks a question may be inundated with snap judgment directions and advice from those well-meaning gurus. A newcomer has no reason not to regard those unqualified AAs as “pros,”: but disastrous results are possible. I wonder where I’d be today if I had followed some strong advice that led me to seriously consider separating from my wife. She supported me and paid the bills during long periods when I was incapable of working. After a suicide attempt, it was my wife who saved my life. And who in AA is qualified to urge another to discontinue taking medications?

I pray that I will stay humble and not forget that I am just a drunk, sober today through the grace of God and the AA program. The net time I feel that urge to “help” some poor soul, I hope to remember the meaning of Tradition Eight. I have much personal experience to share, but a “learned professional” I ain’t, nor do I bake another’s bread.

Jack. F.
Aurora, Ill.
Grapevine, Aug. 1992

ROBERTS BAY CAMPOUT

Highlights:

PRINEVILLE RESERVOIR

NO CHARGE

FAMILIES WELCOME

POTLUCK & SPEAKER SATURDAY NIGHT

Thursday-Sunday, August 7, 8, 9, 10

Directions:

Take Alfalfa Market East to US 27, turn left. Continue on US 27 until pavement ends. Go approximately 2 more miles. Turn left on SE Salt Creek Road. Continue on SE Salt Creed Road until Robert's Bay. Signs will be posted at location.

If event needs to be cancelled due to fires in the area, notice will be posted to website by 8/3.

DELEGATE'S REPORT & BBQ

Hosted by District 5



August 17, 2014

12-3 pm

Compass Park, NW Crossing, 2500 NW Crossing Drive, Bend

Will AA have a new pamphlet on Mental Illness? Will the next Big Book have the Circle and Triangle logo? Come hear Gus P., our Oregon Area 58 Delegate, give his Post Conference Report.



Burgers, dogs and drinks provided, bring sides and desserts.

Kids welcome!

For more information contact: Vera F. at DCM05@AA-OREGON.ORG



BEGINNING OF THE TRAIL AA GROUP

FOURTH ANNUAL

ELKAHOLIC

SPAGHETTI FEED

Date: September 20, 2014

**United Church of Christ Lower Level
110 S. Church St., Condon, OR**

Dinner: 6:00 p.m.

**Spaghetti, Bread and Beverage will be
provided**

A-L: Please bring a side dish

M-Z: Please bring a dessert

Speaker Meeting: 7:00 p.m.

**Speaker: Kristine M.
from Hood River, OR**

Raffle!

HOME MADE QUILT AND MANY
MORE RAFFLE ITEMS!!

Raffle!!!

**Contact Persons:
541.980.0652 - Earl A.**



**RAFFLE DONATIONS
GLADLY ACCEPTED**

OSYPAA RIVER FLOAT

DON'T MISS THIS!



WHEN: August 2nd

WHERE: Farewell Bend Park
1000 SW Reed Market Road
Bend, OR 97702

MEETING AT 2:00 PM

FLOAT AT 3:00 PM

BRING YOUR OWN TUBES, FLOATIES, RAFTS, WATER WINGS, DRINKS AND SNACKS

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 OSYPAA River Float
3	4	5 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	6	7 Roberts Bay Campout	8 Roberts Bay Campout	9 Roberts Bay Campout
10 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas) Roberts Bay Campout	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 St. Helen's Hall Bend Delegates Report & BBQ, 12-3 Bend	18	19	20	21	22	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 Central Oregon Milestoner St. Helen's Hall 7 pm Speaker: Brenna	30
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SEPTEMBER 2014

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