

Central Oregon AA's

# CONSCIOUS CONTACT

AA HOTLINE - (541) 548-0440 / NOVEMBER, 2014

## OCTOBER 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.

Calling for volunteer AA members, who may be interested in helping spread the message to professional groups, who come

into contact with alcoholics. This is the CPC (Cooperation with Professional Committees) part of presenting AA to community groups. We have scripts and specific training ideas for presentations. If you are comfortable talking to groups and have at least one year of sobriety please contact Thom D. at 971-237-1373

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.

**Good News:** There's been a bit of a delay. The AA meetings that met at TEC (Trinity Episcopal Church) at 469 NW Wall Street in Bend will return to that location in January 2015.

BTW, the AA Hotline number is (541) 548-0440.

## INTERGROUP OFFICERS CHAIRPERSON

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chairperson@coigaa.org

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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 3<sup>RD</sup> 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

## NOVEMBER BIRTHDAYS



Sooz D.	11/01/05
John G.	11/02/97
Sandi L.	11/04/92
Robin A.	11/06/95
Eileen D.	11/07/06
Genevieve M.	11/09/94
Terry H.	11/10/00
Heather S.	11/10/11
Trina M.	11/13/12
Bev D.	11/14/02
Steve V.	11/17/13
Alina O.	11/21/13
Cathy B.	11/22/13
Angie I.	11/23/09
Maureen H.	11/25/88
Bruce L.	11/26/86
Pam G.	11/26/13
Shelle B.	11/28/88
Mike L.	11/28/03

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

## MEETING CHANGES

### REDMOND

*Thursday* 5:30 Sobriety Sisters, 12 and 12 Step Study (**W**). New location is at the Joseph house on the corner of 12th and Glacier. Enter at side door

### LaPINE

*Tuesday & Thursday* 10:00 AM First Things First location will be at Pentecostal Church 51491 Moroson Street

*Friday* 8:00AM - Kick Start, 52601 Coach Rd. (Jay Bird, Inc.) has been canceled

*Wednesday* 7:00PM Living Sober, Discussion; and 2nd *Wednesday*, Potluck 6:00PM, Speaker 7:00PM, will now be meeting at Community Church, 16565 Finley Butte Road.

*Saturday* 7:00PM - Living Sober **HUT**

*Sunday* 5:00PM - Sunday Serenity **HUT**

**HUT** = Huntington Hut, 52379 Huntington Road, LaPine

**MADRAS**

Saturday 8:00AM - Madras Women's Meeting - Has been changed to 10:00AM Saturday and is both Men and Women, and is still meeting at Jefferson library at 134 SE "E" Street, Rodriguez Annex.

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**6TH & 7TH STEP WORKSHOP**

November 8<sup>th</sup> - 10:00 am

Redmond Community Church  
237 NW 9th Street, Redmond

Lead by Terry L. - 43 years

Coffee and snacks provided

*For information contact*

Laura R. 541-420-2230 or Bob R. 503-348-5314

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**CALL FOR SERVICE WITH CPC**

Calling for volunteer AA members, who may be interested in helping spread the message to professional groups, who come into contact with alcoholics. This is the CPC (Cooperation with Professional Committees) part of presenting AA to community groups. We have scripts and specific training ideas for presentations. If you are comfortable talking to groups and have at least one year of sobriety please contact Thom D. at 971-237-1373

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**STEP 11:** *Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

Step Eleven is such a powerful step for me right now. All the steps are powerful, of course, in their own time and their own way. Right now I am struggling to put Step Eleven into practice. I do pray regularly. Sometimes, though, it feels like I'm just going through the motions. "Fake it 'til you make it," I guess they call that. My meditation practice is practically non-existent, and yet I do believe in the practice of meditation. I know that it works to stop the chatter in my head.

The last time I prayed fervently was last week. I had worked myself up into quite a state. Having NOT gotten what I wanted, I was convinced that my husband was to blame (he wasn't). Nonplussed, he took the blame (anything to get some peace, I think he figured). I railed and ranted, and only felt worse. On top of being in a state, I was now feeling guilty and stupid for railing at him. I knew there was something I needed, and it wasn't until I left the situation, desperate, that I realized what: contact with God. Outside, alone, I prayed. I think my prayer was something like "Help! Boo hoo hoo." And once I asked for help, I received immediate solace: a good cry, by myself, sheltered in God's care. I stood up, dusted myself off, made amends to my husband, and moved on.

What's frustrating yet funny to me about this is that I sometimes have to get into a state in order to ask for help. Why don't I ask for help every day? What, do I think God doesn't have enough power to help me? Do I think I can handle things better? Somehow, I seem to think "I've got this." Like I'm God's assistant, struggling to do everything I can from letting the boss have to deal with problems. Co-dependence, much? Somehow I think God is reserved for "real" problems. But, what constitutes real problems to God? I think, well, if I get cancer, or can't find work for a year, or if my husband leaves, or my kid gets sick, then I'll have real problems. Those are real problems.

The reality, though, is that I already have real problems. I have a real problem asking for help. I have a real problem keeping things in perspective. I have a problem with identifying my feelings, feeling them, and letting them go. I have a problem with trying to control situations and people. I have a problem with impulse control. These are not luxury problems. These things will cause me to drink, eventually.

When I reach out to my HP, through prayer and meditation, I do get help with whatever problems I have. When I surrender my will, I feel relief. I may have at least some of those "real" problems someday. Changes in my life may hurt, and I will need to reach out with prayer. For now, I'm grateful for the life I have. Right now, with the problems I can identify, I already get help when I reach out. At a minimum, I get peace -- a priceless gift. Often there is more -- doors open, people I need come into my life, I figure out solutions -- if I just ask.

Claire A.

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**Eleventh Tradition** Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films.

OUR BOOK *Twelve Steps and Twelve Traditions* reminds us of the reason for the origin of Tradition Eleven: to discourage the power-driver, the status-seeker. No one knows this better than I do, having achieved a position of some stature in my part of the country. During my drinking days, my ego combined with alcohol placed me squarely in the middle of skid row. There, thank God, I received some ego-deflation at depth. I saw for myself what "self-will run riot" could do. By the grace of God and the principles in our Twelve Steps, I have been able to rise to a position of dignity and service to my fellowman, both in the Fellowship and outside it. The Tradition of anonymity has safeguarded me from feeling that this AA outfit could not operate without me. Maybe we could call it humility or self-knowledge based on truth.

Anonymity at the public level is our assurance to newcomers that their membership in AA will not be disclosed by others, nor will they ever be required to disclose it themselves. It will be up to them to tell those they think should know, when and if they choose. More importantly, in the long run, the principle of personal anonymity helps discourage drives for power, profit, and prestige, which could divert us from our primary purpose: *staying sober and helping other alcoholics achieve sobriety*. Thus, anonymity at the public level assures us that no individual AA member will be publicly acknowledged as a spokesman or leader. Within our Traditions, members do not use their membership to further their careers, to promote their products or services, or to give weight to their arguments in public controversy.

As our Traditions remind us, anonymity is more than a denial of self-seeking; it is a constant and practical reminder that personal ambition has no place in AA. I feel that-any digression from the original motive for this Tradition cannot be justified on any grounds, least of all that we must keep abreast of changing times. The active alcoholic of today is the same as the poor, suffering alcoholic of yesterday. So I believe we should safeguard a Tradition that has been tried and proven good. It may well be the one principle that can prevent us from becoming wheeler-dealers.

P. A. G. W.  
Oakville, Ontario  
Grapevine, Sept. 1968

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## We are not a glum lot . . .

After long and solemn deliberation, Pat and Mike decided to swear off and were on their way to the priest's to take the pledge. En route they came to a saloon.

Said Mike to Pat: "Let's stop in for our last drink together."

Said Pat to Mike: "No, let's not. The Father might smell it on our breath. Better to wait until we come back."

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## SERENITY IN SISTERS

Women's 12 Step Spiritual Retreat

Saturday, November 15 – 7 am to 5 pm

The Ponderosa Lodge\*\*, 505 US Hwy 20, Sisters, OR

AA – Alanon – OA – NA

Presented by a panel of women in recovery. The hope is this retreat will enhance our individual spiritual 12 Step program in our daily lives.

### Format will include:

Inspiring conversations on Acceptance – Letting Go & Letting God. Focus on "Accepting Life on life's terms"; "One day at a time", with your Higher Power and/or God of your understanding, leading the way!

Small and Large group discussions sharing insights and experiences to enhance our individual spiritual growth and practices.

Open time for walking \* reflection \* socializing

Early registration by 11/10 \$20  
Registration after 11/10 \$25  
Includes light breakfast and full lunch  
*Scholarships Available*

\*\* Hotel available but not included – beautiful rooms include full breakfast at special rate of \$104 double occupancy (\$52/person). Contact hotel directly 541-549-1234.  
Rooms are reserved under "Serenity in Sisters"

Info: Evelyn 541-504-0162 or Debie 541-306-8502

# NOVEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Redmond Pot Luck and Speaker Mtg. 6-8:30 pm Redmond Community Church
2	3	4 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	5	6	7 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend Speakers: Matt C., Jane W.	8
9 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas)	10	11	12 LaPine Potluck Speaker 6 pm Park & Rec. 16405½ First St., LaPine	13	14	15
16 Entertainment Committee Meeting 4 pm St. Helen's Hall, Bend	17	18	19	20	21 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend Speakers: Dan T. Terry R.	22
23 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho	24 Step Sisters Speaker Mtg. 7pm. SHH Speaker:	25	26	27 Alcathon! 8 am start; 50 min. meetings on the hour. 7:00 pm speaker meeting. Dinner around 2 pm. Newport Church of Christ, 554 Newport Ave. Bend	28 CO Milestone Mtg. St. Helen's Hall 7 pm Speaker: Bruce L.	29
30	1	2	3	4	5	6

# DECEMBER 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 Environ- mental Center, 16 NW Kansas, Bend Speakers: Jennifer C., Richard C.	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 Environ- mental Center, 16 NW Kansas, Bend Speakers: Amy A., John A.	20
21 Entertainment Committee Meeting 4 pm St. Helen's Hall, Bend	22	23	24	25	26	27
28 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho	29 Step Sisters Speaker Mtg. 7pm SHH Speaker:	30	31	1	2 CO Milestone Mtg. St. Helen's Hall 7 pm Speaker: Lauren G.	3