



Central Oregon's

# CONSCIOUS CONTACT

AA HOTLINE – (541) 548-0440 July 1, 2015

## JULY HAPPENINGS

### Area Updates . . .

The definition of a closed meeting on the website and in schedules is being changed to “Closed meetings are for A.A. members only, or for those who have a drinking problem and have a desire to stop drinking.”

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.

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

## INTERGROUP OFFICERS

### CHAIRPERSON

Vickie M (541) 410-3481  
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### VICE CHAIRPERSON

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### SECRETARY

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### DISTRICT COMMITTEE MEMBER

Vera F (541) 408-7470

### ADVISORY BOARD COMMITTEE

Mike S (541) 815-7458  
Peggy R (541) 480-4019  
Cody M (541) 420-0774  
Samantha R (541) 604-5319

### 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



The Hotline has two positions available.  
Monday 5 pm to 9 pm and Tuesday 9 pm to 9 am

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



Chandra S.	7/05/14
Cindy M.	7/30/07
David W.	7/04/92
Elizabeth R.	7/27/00
Harry F.	7-29-14
Jeannette B.	7/05/10
Jen B.	7/08/13
Julia J.	7/04/06
Kate M.	7/07/88
Linda B.	7/27/10
Lisa M.	7/11/11
Pauline L.	7/07/92
Rivka G.	7/12/09
Whitney S.	7/02/14

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

## MEETING CHANGES

### BEND

*NEW Wednesday* 7:00 pm We Agnostics, Open discussion, TEC

*NEW Friday* 7:00 pm Bend Downtowners, Open discussion, Environmental Center, 16 Kansas Avenue

### PRINEVILLE

*NEW Friday* 5:00p.m. Sisters Offering Solutions, Women's Big Book Study. Our Saviors Lutheran Church - 695 NW 3rd Street. Children's room available, shared childcare. Parking and entry in the back of church.

### CULVER

*Wednesday* 6:30p.m. Nuts & Bolts, now meets at Culver Christian Church, 501 4th Ave.

## Step Seven – Humbly asked Him to remove our shortcomings.

THE SEVENTH is the shortest Step. It should be so simple to practice it and be granted true relief, leading to serenity. However, I have found this Step to be extremely painful and frightening.

If I want a shortcoming removed, what price am I willing to pay to effect its removal? Need I merely consult my Higher Power and have instantaneous, positive action? Not in

my case. I have to encounter pain and suffering to achieve the growth that ultimately leads to removal of the defect. Often, I do not learn the first time, and must repeat this painful process one or more times before growth takes place.

Some examples to clarify my point follow:

The defect: being unable to accept help from others. The growth opportunity: breaking my foot and having it stitched up, so I was forced to accept help.

The defect: not feeling love. The growth: losing a loved one.

The defect: impatience. The growth: going through periods of craziness and anxiety.

The defect: being unable to accept defeat. The growth: being told I could not now or ever obtain the particular job I was applying for, because I had used hard drugs.

The defect: dishonesty. The growth: being honest at the cost of my job.

The list grows as the period of my sobriety lengthens. I came to a point where even the thought of practicing the Seventh Step would send shivers of fear down my spine. What was the answer to my dilemma? I wanted an easy way out, so I turned to the Big Book and started quoting in prayer an appropriate passage: "Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life." Again, these words were simple to say. But then, I started thinking: What would I have to go through to have my difficulties removed?

The answers to my fears are contained in the Twelve Steps and the AA program. I have been taught that God never gives me more than I can handle at any one time. That has proved to be true no matter what the situation has been in my life of sobriety. I have been taught, "Thy will be done, not mine." Practicing the Third Step has brought sanity and order into my previously chaotic and unmanageable existence.

I am told that in all likelihood, the more pain I go through, the more I will grow. If that is God's will (and I know I am in much better shape if he is in control), then I have faith I can handle that pain for ultimate good and removal of my character defects. My strength to handle pain will come through continued application of Step Eleven, together with the Serenity Prayer.

The Steps, the fellowship of AA members, and the strength I gain through listening at meetings help me to be happy and keep smiling, one day at a time. I thank my Higher Power for the difficult and painful Seventh Step.

H. V.  
Kodiak, Alaska

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## **Tradition Seven – Every AA group ought to be fully self-supporting, declining outside contributions.**

Within a week of having my last drink, I found my way into a meeting of Alcoholics Anonymous. Because of chronic alcoholism, I had lost my teeth, my ability to read, and control over most of my bodily functions. I couldn't stop shaking. I was at the end of the road; I had nowhere else to go, and despite my best efforts, I couldn't die.

I was welcomed at the doors of AA by a man who several years earlier had asked me to leave a rather shoddy bar because of my inappropriate behavior. I figured if it was all right with him, then I would probably be allowed to stay. I don't remember much about that

meeting except that I was given hope that maybe I didn't have to drink again. No one told me to believe in God or tried to sell me anything. I was encouraged to just show up and use what I wanted. It had been a long time since I'd felt welcome anywhere. Here were people who understood where I had been and where I was now. I did what was suggested, got a sponsor, and started on the road of recovery. My life changed.

During the initial meeting with my first sponsor, he asked if I had a Big Book. When I said no, he bought me one. I told him I'd pay him back, and he said he expected nothing less. The day I received my first paycheck from a not-so-good job, I did pay him. I also started contributing to the Seventh Tradition basket. I really wanted to be part of this thing. That first night, he told me I couldn't keep what I didn't give away and that I couldn't give away what I didn't have. He started me on my journey through AA's Twelve Steps of recovery and got me into group service as the greeter for the eight o'clock meetings.

Shortly afterward, I went to my first steering committee meeting and was astonished to learn that our treasurer had lost a great deal of the group's money. He had bought a new car and left the group. We were in severe financial trouble, but no one felt it was appropriate to seek legal recourse. The group members were concerned he might drink. They realized that they needed to be more careful when electing trusted servants. They believed that they had let the man down by putting too much pressure on his short-term sobriety and had let the group down by not having the foresight to see potential problems. I thought they were just nice people; I had no idea that what I was witnessing was a greater understanding of a Higher Power at the group level. I came up with the incredibly wonderful idea of seeking help from a local charitable organization to get us through this dilemma. That's when my sponsor began teaching me about our Twelve Traditions. Once again, my life changed.

While studying the Seventh Tradition, I learned that self-support is more than money in the basket. It's the participation by individual members within the group as well as group participation by elected members in local service work and in AA as a whole. I found out that he who pays the bills calls the shots. At first, the most important thing to me was that our group was autonomous and made all our own decisions. As my mind cleared, I realized that with freedom there is responsibility, and that if the group didn't pay its way, no one would.

The Seventh Tradition became very important to me; it meant that I could belong. I could be a small part of a great whole, something I had never been before. It also meant that I could earn a living and start making financial amends in order to pay back the many debts that had built up through the years. It meant that I had a chance to be free one day.

I became involved in my home group and did service with our local Hospitals and Institutions Committee. I went to places I'd never dreamed of going to help carry a message of hope to the hopeless. The history of Alcoholics Anonymous became very important to me, as did serving this sober group of drunks that had given me life. I started to put Alcoholics Anonymous in front of my own wants and needs.

In addition to giving much of my time, as I was able to secure better jobs I began to put more money in the basket at meetings. Sometimes, I was rather showy in my contribution. However, maturing through service and living within the principles embodied within the last three Steps, I realized that if the Seventh Tradition were just about money, the haves could, and certainly would, support the have-nots. Then we would likely become a society wracked with perilous wealth and power, and the voice of Alcoholics Anonymous would not be heard through group participation but only through those who, in Bill's words, "paid the freight." The Fellowship had to be supported through a broad base of groups, and the

group had to be supported through a broad base of individual members. Therefore, I should give my fair share but not more.

I learned that I would serve best as an example of leadership, not as someone filled with the false pride that comes with carrying the group, either financially or through self-appointed positions of importance. I came to realize this was a Fellowship made up of the dregs of society who have found freedom and happiness in a power greater than themselves through the Twelve Steps of Alcoholics Anonymous. Serving it and trying to carry its message would be the highest goal I ever attempted.

In the early days of Alcoholics Anonymous, the groups of newly sober men and women came up with all kinds of ideas to bring money into the Fellowship. Most ideas involved relying on ways to squeeze even a few pennies from former spendthrifts who became miserly once they got sober. Great amounts of money were dreamed of and sought after, so that the miracle of Alcoholics Anonymous could be spread as quickly as possible.

It took time and wisdom for Alcoholics Anonymous members to see that the Fellowship must be self-supporting or the entire movement could be lost forever. As AA grew in numbers and maturity, it became apparent that what we had was truly a gift from God. One of the surest ways to maintain the existence of our marvelous Fellowship was to ensure that it remain self-supporting and refuse outside gifts, no matter how compelling the need or how loving the offer.

In 1937, during discussions concerning possible financial support from the Rockefeller Foundation, Albert Scott, an early friend of Alcoholics Anonymous, asked, "Shouldn't we be most careful *not to do anything*, which might lead to a *professional or propertied* class within your ranks?"

This profound statement is one of the cornerstones that has kept our Fellowship in the unique position of actually practicing corporate poverty, out of harm's way. When all was said and done, the Rockefeller Foundation had helped in a very minor financial way, but its spiritual contribution was immense. It became evident that we would have to make do with our own efforts. As we know, shortly afterward the Big Book of Alcoholics Anonymous was published, and our life as a Fellowship changed. When members of the media saw that we ex-problem-drinkers were making self-support part of our foundation of recovery, they became some of our most valued friends.

Throughout those early years and after the inception of the General Service Conference, discussions of the wise use of funds have continued. These talks have offered us some of our greatest opportunities for spiritual growth. Sales of literature have always been key in paying for needed services. Occasionally it appeared that group contributions would support all our services except for the cost of publishing. There have been times when we have gone to great lengths to accomplish that goal, but the concept has thus far stayed out of our reach. Maybe it should remain that way since literature pricing can be the throttle that keeps us on an even keel while we attempt to maintain a balanced operation of the Reserve Fund. We need to encourage groups to continually contribute to our various service entities, not only to ensure that those services will be adequate, but also to afford the freedom of each group the benefits of our Second Legacy.

In November 1957, Bill wrote in the Grapevine that "our spiritual way of life is safe for future generations if, as a society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility--one that every member ought to understand. We cannot skip when the treasurer of our group passes the hat. Our groups, our areas, and Alcoholics Anonymous as a whole will not function unless our services are

sufficient and their bills are paid."

With this commentary, Bill makes it clear that the Seventh Tradition is money in the basket, but it's also participation at the group and area service levels.

Self-support is the very essence of Alcoholics Anonymous. As the result of paying our own bills, the Fellowship will be here for all the years to come when hopeless drunks walk into AA meetings looking for sobriety and a new way of life.

Jim M.  
Shingletown, California

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## We are not a glum lot . . .

SINCE SOBERING UP THIRTEEN YEARS AGO, I have yet to go through a sobriety checkpoint. When I was drinking, I tried to avoid them at all costs, since I usually wound up in jail after encountering one. Recently, however, I read that the local police would be setting up a sobriety checkpoint at a specific location. Well, naturally, I made plans to attend.

I was so excited; I was sober, legally licensed, insured, and registered. When I was drinking, none of these things occurred at the same time. I asked the trooper if he'd do me a favor and ask me how long it had been since my last drink.

He said, "Okay, ma'am, how long has it been since your last drink?"

"June 30, 1992!" I replied.

"Congratulations! May 5, 1986."

I gave him a big grin and a thumbs up. It was the best traffic stop I'd ever had.

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A group of us AA members gathered in a small conference room on the first day of an Alaskan cruise for a "Friends of Bill W." meeting. A gentleman stood outside the door, keeping his eye on us. Those inside had exchanged first names and had shaken hands--a sure sign we knew why we were there. When we asked the gentleman at the door if he would like to join us, he looked at us rather suspiciously and said, "I don't know. My name is Bill Wilson, and I would like to know who my friends are."

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A NEWLY SOBER HUSBAND finishes a (non conference-approved) book about how to be the man of the house and the king of the castle. He closes the book, puffs up his chest, and struts up to his wife. Waving a finger in her face, he says, "From now on, I want you to know that I am man of this house, and my word is law! To begin with, I want you to prepare a home-cooked gourmet meal this evening, topped off by a sumptuous dessert. After dinner, you'll draw me a bath. And, when I'm finished with my bath, guess who's going to dress me and comb my hair?"

"The funeral director," replied his wife.

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July's Featured Birthday Speaker:

**Alan S.**

*of New Horizons*

Birthday Cake, Raffle, Sober Swag and more!  
Finishing with a sobriety countdown of total  
years represented by all the attendees!

**Friday July 31 - 7pm St Helens Hall, TEC**

**469 NW Wall St, Bend, OR 97701**

# JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CO Speaker Mtg. 7pm, Eastmont Church Speakers: Bruce C. 32 yrs.; Linda T. 15 yrs.	4
5	6	7 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	8 LaPine Potluck Speaker 6 pm Park & Rec. 16565 Finley Butte Rd., LaPine	9	10	11
12	13	14	15	16	17 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Jane W. 33 yrs.; Jennie B. 4 yrs.	18
19 District 5 GSR Mtg. 4 pm. TEC	20	21	22	23	24	25 COIG Potluck, Brooks Hall, 6 pm Potluck; 7 pm Speakers. Sponsor: Eastside Early Risers
26 Entertainment Committee Meeting 3:15 pm TEC  IGR Advisory Board Mtg. 4:30 IGR Mtg. 5:30 pm TEC	27 Step Sisters Speaker Mtg. 7pm TEC	28	29	30	31 Bend Birthday Mtg. TEC, St. Helen's Hall. 7 pm Speaker: Alan S. (5 years)	

# AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	5	6	7 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: John A. 19 yrs Bend; Chris A. 40 yrs Scottsdale Arizona	8
9	10	11	12 LaPine Potluck Speaker Mtg. 6 pm Park & Rec. 16565 Finley Butte Rd., LaPine	13	14	15
16 District 5 GSR Mtg. 4 pm. TEC	17	18	19	20	21 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Jeff C. 23 years Portland Teri O. 10 yrs. Portland	22
23 Entertainment Committee Meeting 3:15 pm TEC  IGR Advisory Board Mtg. 4:30 IGR Mtg. 5:30 pm TEC	24 Step Sisters Speaker Mtg. 7pm TEC	25	26	27	28 Bend Birthday Mtg. TEC, St. Helen's Hall. 7 pm Speaker: Richard (15 years)	29 COIG Potluck, Brooks Hall, 6 pm Potluck; 7 pm Speakers. Sponsor Group: ABC
30	31					