



Central Oregon's

CONSCIOUS CONTACT

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

SEPTEMBER HAPPENINGS

Area Updates . . .

The Entertainment Committee has a new, safe trailer for taking all the necessities to functions. A long overdue and welcome addition to help with the fun things the committee comes up with. On that note, there is a need for volunteers on the Entertainment Committee. All the work has been done by the same few people for quite a long time now and the time has come for some new, enthusiastic, creative blood. Give Teryce a call (number/email listed at right) or, better yet, show up at the monthly Entertainment Committee meeting on the 4th Sunday of the month at 3:15 pm at TEC.

Also, the Entertainment Committee has elections next month for Treasurer, Recording Secretary and Supplies. All

positions are 2 year sobriety requirement, 2 year commitment.

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
chairperson@coigaa.org

VICE CHAIRPERSON

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vicechair@coigaa.org

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WEBSITE

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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 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



Shifts available: Friday 9pm to 9am, and
Saturday 9pm to 9am

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

SEPTEMBER BIRTHDAYS



Austin M.	9/09/13
Becky H.	9/06/13
Carolyn L.	9/08/75
Courtney B.	9/30/14
Diane W.	9/03/99
Donna B.	9/17/14
Edie S.	9/25/13
Emily A.	9/06/95
Emily S.	9/15/04
Jenny T.	9/30/95
Marg M.	9/16/07
Maria H.	9/04/12
Megan M.	9/01/14
Pam W.	9/07/11

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

MEETING CHANGES

BEND

NEW First meeting 8/3. Monday 7:00-8:30 pm - The Fundamentals of Sobriety. Big Book study. Open. Co-ed. COFH Hall.

NEW Thursday 7:00 pm, Sober & Out. Open literature discussion. LGBTQ, TEC.

Tuesday Young and Sober Meeting has moved to Epikos Church at 222 SE Reed Market #200, at 9 pm.

PRINEVILLE

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.

LOGO AND THEME CONTEST
for SEPTEMBER 2016 AREA ASSEMBLY
at DESCHUTES COUNTY FAIRGROUNDS

OPEN TO ALL MEMBERS OF AA
IN CENTRAL OREGON

WINNER WILL RECEIVE CHOICE OF 1 YEAR
GRAPEVINE OR ALL MEALS AT SEPTEMBER 2016
AREA ASSEMBLY

CONTEST DURATION:
SEPTEMBER 1 TO NOVEMBER 1, 2015

CONTACT: JOHN M. – CHAIRMAN OF SEPTEMBER 2016 AREA ASSEMBLY

541-647-0982 pl4pets@msn.com

Just on Time

I never thought I would end up in Alcoholics Anonymous. In fact, at 19, I could barely tell you what an alcoholic was, let alone identify as one.

I will start with the generalization that I hear in just about every meeting: I have always felt different. As cliched as that sounds, it is absolutely true. I was a shy, quiet kid; neither a leader nor a follower. Fitting in was painful, and I couldn't understand how to make friends. Eventually, I became a loner, retreating to my room to escape in the world of music, films and alcohol.

I can't tell you when I took my first drink, but I do remember exactly how drinking made me feel. Alcohol gave me the sense of ease and comfort that I had been searching for my entire life. Never really a social drinker, I believe I was born an alcoholic. From the very beginning, I drank with purpose. Simply put, I drank to get drunk.

My drinking started out fun. There were never any grand parties or social events, but those things did not interest me. I was finally able to escape. I lived in my own little fantasy world, and for a while, I was happy. On some occasions, I would blackout, but that was just because I overshot the mark. My drinking was not a problem. I thought I had everything under control.

As time progressed, my drinking turned from a desire into a necessity. When I woke up in the morning, my first thought would be, "I need a drink". My entire day would then be ruled by my quest for alcohol. I cared nothing for my family, job or school. I had lost the ability to control my drinking.

I was still living at home with my parents, and they were starting to lose patience with me. Shortly before my nineteenth birthday, I got fired from my job for drinking. A month later, I nearly got arrested for stealing alcohol on a cruise ship. These things didn't phase me, however. I saw them as only a sign of bad luck, and figured I just had to be more careful. My parents, on the other hand, thought differently. They were fed up with my drinking, and knew they needed to take action.

I was admitted into my first treatment center shortly after that birthday. I was young, scared and confused, but still convinced that I did not have a problem. In treatment, I met heroin addicts, convicts, transients and "real" alcoholics; people I could not relate to. They were the ones that really had problems, not me. I focused on the differences instead of the similarities. I had never been arrested, gone to jail or gotten a DUI. How could I have a problem? Besides, I was too young to be an alcoholic.

I was still not ready for recovery, but the seed was beginning to be planted. I can happily say that Alcoholics Anonymous successfully ruined my drinking, which raised my bottom and brought me to my knees much quicker.

After my release from two consecutive treatment centers, I managed to stay sober for a period of time on will power alone. However, the feeling of anxiety and discomfort returned, and I decided to find relief at the bottom of a bottle of whiskey. For the next two and a half years, I bounced in and out of Alcoholics Anonymous. I knew the program worked, for I had seen men and women stay sober for years, but I still wasn't ready to do the work.

I was searching for the magic solution to life's problems. This time, I thought I would find it in a bottle of pills. After several months of popping pills that were supposed to alleviate pain, I was in the greatest pain of my life. Materially, I had not lost much, because I did

not have much to lose. I had hit a spiritual low so painful that death was beginning to look like my only solution. I was filled with anger, anxiety, fear, loneliness, depression and remorse, yet I still felt completely empty. This was my bottom.

I had been trying unsuccessfully for months to come back to Alcoholics Anonymous, but could not gather the courage to identify as a newcomer again. On June 5, 2010, God intervened in my life, and I was finally ready to surrender. I stumbled into a meeting of Alcoholics Anonymous, stood up to take a newcomer chip, and mumbled, "Brian, Alcoholic." It was painful, yet relieving. I was greeted by alcoholics who happily welcomed me back. I was tired and scared, but somehow I knew that everything would be alright.

I was 22 years old when I finally surrendered. I always thought I was too young to get sober, but now I am grateful I made it to the program when I did. Today, I am 27 years old, and I have been sober for over 4 years. I used to think that I was missing out on life by getting sober at such a young age. I realize today that if I were to continue drinking, my life would continue to get worse. Each day of sobriety gives me the opportunity to lead a better life. I no longer have to live in fear. The fact that I am sober today is truly a miracle. I know that I can have a great life if I am willing to take a few simple Steps. I have learned that it's never too early to get sober, but if you keep waiting, it might be too late.

Brian C., Orange, CA

Step Nine – Made direct amends to such people wherever possible, except when to do so would injure them or others.

THIS is the Step in which we do our best to put right past wrongs. Before getting into any of my own ideas and experiences, I'd like to touch briefly on some points the Big Book makes about the Step, which have been useful to me. A.) We don't recover and then take the Ninth Step. We take the Step in order that we might recover. B.) There is more danger in waiting too long to take it than there is in taking it too soon. The early members of AA didn't wait ten months or three years before they started making amends. Dr. Bob spent the first day of his sobriety personally seeing his patients and making the very difficult amends an alcoholic physician would have to make. C.) The purpose of the Ninth Step is 'to clean our side of the street. We don't criticize or take the other man's inventory. D.) The amend in the situation involving wrong on both sides is as important for us to make as the one in which we are totally wrong.

The Ninth Step is a spiritual process but, in some respects, it is a lot like getting in condition to play a sport or having an infection drained. The end result of each process is a healing or strengthening, and in each case we have to sit still for a controlled, limited amount of pain before we can enjoy the result. Before getting into serious Ninth Step work it is well to understand something of the results of this process and the difficulties. The results are these: peace of mind; the ability to look the world in the eye and weather life's storms one day at a time--and sobriety.

Now, the difficulties:

Interestingly, all that suffers in this process is the ego, my oversensitive little image of me--nothing else. The statement, "Boy, that Ninth Step sure is tough!" is only a half truth. It is tough on the ego, and is intended to be so. All of us as alcoholics are too wrapped up in petty self-concern. Possibly the basic purpose of the Twelve Steps is to reduce this excessive *egocentricity*. So the Ninth Step is not unique; it is just perhaps a bit more

obvious than some of the others in its action of assaulting and reducing this harmful false self-absorption. When it comes to the real self, though, this Step is the opposite of rough. It releases us from the prison of our false selves and gives us the freedom to get sober, get sane, get closer to God, and get interested in trying to help someone besides ourselves.

Discretion is necessary in approaching certain touchy amend situations, but this is a razor's edge because it can so easily degenerate into an excuse for procrastination. Since there are no pat formulas, the advice of a sponsor or another experienced AA friend in the confusing situation is usually the best way to a good solution.

The help of my sponsor and other AA friends has meant more to me on the Ninth Step than any other Step. When I became willing to make amends, I had some very definite ideas as to how I should go about it. My ideas seemed quite plausible to me. In each case, I had thought them out carefully. Yet, often my ideas were wrong. Had I stuck to them, I might still be in deep trouble. One of these amends was a money amend. Under false pretenses, I had taken several hundred dollars from an employer. My idea was to send the employer an elaborate letter of apology. I did, and he sent me a short reply indicating his willingness to accept monthly installments of eighteen dollars as an alternative to prosecuting me. My ego's tail feathers were ruffled by such a cold, unfeeling answer. He didn't *understand* the extenuating circumstances, the stringency of my present financial position. Nevertheless, I started to pay. Then and only then did relief come from the guilt, confusion and resentment to which this situation had given birth.

Of all the amends I owed when I first came into the program, in only one case did I really *want* to make the amend. The people involved had been injured by my selfishness and phoniness. As soon as I started to get on my feet in the program, I wanted in the worst way to contact them somehow and explain away my actions on the basis of my "disease." When I discussed the matter with my sponsor, he made two points. First, because of the nature of the difficulty, there was no way I could re-enter these people's lives without causing them further pain and, second, the basis of my urge to get in touch with them was not so much a desire to put right past wrongs as it was that my ego was hurting because I supposed these people (quite naturally) thought me a first-class heel for the way I had acted, and I wanted them to think well of me. What my sponsor said went down hard, but it was true. In facing this truth, though, I found relief from the pain of this situation. I also learned that even where direct amends are not in order, very effective indirect amends can be made by praying for the people involved and remaining open to make further amends if circumstances should ever permit.

As one whose life before AA was subject to periodic depressive spells and who still has to watch this tendency in himself, I am deeply grateful for the relief, comfort and strength which have come into my life as a result of working with the Ninth Step.

T. P., Jr.
Hankins, New York

POTLUCK CHAIR OPEN FOR NOMINATIONS AND ELECTION

This 2-year service position recently became open for the rest of the duration, through December, 2016.

Potluck Coordinator builds a committee of 2 or 3 or more to help provide for this highly attended and long standing monthly event. He/she provides a monthly social gathering where members of A.A. and Al-Anon can "break bread together" and hear speakers tell their stories.

The coordinator arranges for groups to host the monthly gathering and provide the speakers. In addition, it provides an opportunity for members of the Fellowship to serve according to the Third Legacy.

Two year sobriety requirement. Come to the next IGR meeting (September 27 at 5:30 pm at TEC) if you are interested.

Tradition Nine – AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Two flaked-out fellows were shown in a popular William Steig cartoon a few years ago. The caption was something like "One of these days we've got to get organized around here."

I remember expressing the same sentiment while drinking. I not only said it, I did it. To me, getting organized meant getting things arranged in a highly systematic manner, in preparation for getting them done. (You don't necessarily pay your bills, but you do make a neat list of creditors.) During self-enforced droughts, I would zealously overorganize everything in sight in round-the-clock spurts--only to blow it all later in a flood of ethanol.

And so I welcomed the idea of an "organization" --which I supposed AA was --for getting something done about the trouble I was having with my drinking.

I approached AA in Manhattan 26 years ago in total darkness as to how it did things. (How often is it approached any other way?) I guess I expected to find a written constitution, bylaws, dues, and paid sergeants of some kind trained to discipline the backsliders. After all, there was a telephone listing, and I had been invited to come to an office. That sounded pretty organized to me.

But the first members I met unwittingly sowed confusion by using familiar terms in an unfamiliar context. Such words as "member," "join," "meeting," "officer," and "committee" do not mean the same in AA as outside it, but how was I to know that?

My confusion grew as I heard and saw AA people behaving differently from each other, saying wildly disparate things, sometimes contradicting each other. Some even drank!

I asked about the president of AA, and they said there wasn't any; yet they had a chairman, a secretary, and elections. There was no ritual for joining, they said; yet the secretary usually announced, "If you want to join this group, see me after the meeting."

They said there were no musts, but that to do certain jobs one must have been sober at least three months. They insisted they were alcoholics, not ex-alcoholics; yet most never touched a drop.

Obviously, I was seeing only the lowest-grade members of this outfit, I became pretty sure. I kept nosing around to find the generals, so I could get the real score. I never found any top brass.

But despite the vast ignorance of the noncom troops, AA got things done. The telephone got answered; meetings were held, with pre-arranged programs; coffee got served; a book and pamphlets were distributed. So AA must be systematized in some way, I had to conclude. But how? Was there a secret hierarchy of authorities who enforced the statutes by making members do things?

Such were the expectations--shaped, of course, by the experiences of my non-AA lifetime-

-with which I arrived at the door of the Fellowship. With growing delight, and often chagrin, I have learned how mistaken I was.

Now I am convinced that one sure way to destroy AA would be for us to set up a rigid organization patterned after the non-AA societies we all know. Yet we cannot be a laissez-faire body, willing always to "let George do it". Instead, each of us is expected, it seems to me, to assume enough personal responsibility on his own for the Fellowship to get its major function (Tradition Five) accomplished.

What giant problems our first members faced! They had to find ways to get things done without slipping into either the bedlam of unlimited autonomy or the trap of over-organizing and under-accomplishing. The dilemma could easily have overwhelmed them, in my opinion. Organizing can itself be addictive, my personal experience indicated. It's easy to get so fascinated with the process of organizing that I can lose all sight of what I am organizing for. I marvel that any of the first ten years' members stayed sober at all.

Tradition Nine describes the masterful solution worked out during the first ten years of AA experience. Since so many alcoholics rebel against authority in human form, we just dispense with it altogether. The first seven words of Tradition Nine say that we have no bosses--echoing Tradition Two.

But the last fourteen words describe the system and orderliness necessary for our outfit to get things done.

My personal AA life illustrates both the problem and its solution. Like a tantrum-throwing four-year-old, I figuratively stamped my foot and refused to pay attention to the Twelve Steps. I mistakenly believed them to be rules for staying sober, instead of a simple description of how our first members actually did recover. After enough slips, however, I saw that in AA I had the freedom to try out, on my own, the Steps suggested as a program of recovery. But I had to make myself do them, because no one in AA could force me to.

I tried to be bossy in AA, and I got drunk. I learned to empty ashtrays for the group, and I began staying sober.

A few years back, we floundering fathers of a certain Greenwich Village group found ourselves about to be replaced. To make life easier for our successors than it had been for us, we wrote out what each steering-committee member (trusted servant) had done, exactly how, when, and where. (This was before the General Service Office published its excellent pamphlet "The AA Group.") We bound these information sheets in a notebook for our new secretary-treasurer.

About three months later, we learned that the group was behind in "gifts" to our landlord (a church) and had not paid its intergroup pledges nor several GSO bills for literature.

Swift to find a scapegoat, we turned on Ernie, the new secretary-treasurer, and demanded, "Why didn't you pay those things?"

Indignantly, he told us, "Because I didn't know I was supposed to, and I don't know where to pay them, anyhow."

In my most tolerant bleeding-deacon voice, I said, "But Ernie, exactly what is to be paid, and when, and to whom, is all spelled out for you in that book."

"What book?" he asked.

"That black notebook we gave you."

"Oh, that!" Ernie replied with disgust. "I've never opened it," he announced proudly.

"Nobody in AA is going to tell *me* what to do!"

Several chronic beginners tipsily applauded.

That nutty contretemps puts the AA organization problem into a beautiful nutshell, it seems to me. How, on the one hand, do we avoid offending each other with government--which inevitably means giving some members authority over others--and still, on the other hand, escape chaos? As the late Bernard Smith so eloquently put it at our 1970 International Convention in Miami Beach, the answer is in the way our Ninth Tradition insures AA against anarchy while at the same time insulating us against any form of AA government. Ernie, working with the other new officers of the group, later came upon that answer himself.

My fellow group founders and I had had our feelings hurt when somebody had first suggested there might be a better arrangement than our paternalistic one, and the new officers took over. We finally realized, though, that the AA custom of rotation in office can be a healing experience for those who can take it and understand the spirit behind it. Rotation is not spelled out in any Step or Tradition. (Neither are many other good AA ideas, such as the twenty-four-hour plan, going to meetings, significance of the first drink, etc.) But it mercifully helps solve the seniority problem we older members can inflict on newer ones, and I think it is within the spirit of Traditions Two and Nine, if not in their wording.

The genius embodied in the Tradition Nine phrase "responsible to those they serve" escaped my detection for a long time, because it sounded too noble and elegant to be more than a truism. When I worked on some AA committees, however, it came to life for me, and I now consider it an astonishing and challenging notion.

What if those of us who professionally serve others outside of AA--whether we are doctors, taxi drivers, professors, or secretaries--had to report, not simply to some boss or professional association with punishment powers, but instead to our clients? In effect, that is the case with AA officers and committees, isn't it?

Once, an AA committee I belonged to heard of a member who was representing himself as an AA official and collecting money thereby. We instantly launched into a discussion of what to do to him. Think about that. . .

It took us an hour or so to realize that we had only the right to pray for him, not the authority to punish him. It was an exciting realization, and I continue to stand in awe of this principle: no matter how much you or I may misbehave, no matter how bad a member one of us may be, there is no one in AA with formal authority to fine us, censure us, or kick us out of the Fellowship. That seems to me a clear implication of both Traditions Nine and Three.

I've learned, too, that I can misuse this Tradition, as I have several others, to excuse my own failings. When I foul up, I can shrug my shoulders and say, "After all, we're not supposed to be well organized." But that's just a cop-out, I fear; Number Nine does not say we ought to be inefficient, lazy, dishonest, or irresponsible. Of course, the lack of authority in Alcoholics Anonymous can exasperate high-pressure types. I think of one of our most popular AA pamphlets, "What Happened to Joe?" The actual writing and production of it took less than four months. But before that, discussions of it had lasted fourteen years! Interminably, committees worried about whether to do it at all, then about how to do it, what it should say and not say, and on and on.

The process would have been much more efficient if some boss had made the decisions

and given the orders. But that is not the AA way. In order to be responsible to those they serve, AA servants work carefully, coolly, prayerfully. An AA pamphlet should be based on such preparation, it seems to me, if it is to represent responsibly the entire Fellowship, as all those published by AA World Services, Inc., do.

If Alcoholics Anonymous were organized the way other outfits are, we could move faster, but would the result be more beneficial to all of us, both present members and those yet to come? For our simple stated purpose, our exasperatingly patient committees and boards are ideal, in my opinion. If we took on additional functions--such as managing buildings, providing shelter or medical services, running cafés--an entirely different kind of organizational system would, of course, be needed.

If we tried to organize in the conventional, orthodox ways, we could well become totally disorganized. If we had to thresh out complete agreement on such issues as rules and authority and power and money, we'd split apart. Instead, we let each man hold his own ideas, discipline himself, and march to his own drumbeat. And in our joint determination to do this, we stay truly united after all.

It has been said that, if we want personal recovery, we owe this to AA's future: "to place our common welfare first; to keep our Fellowship united. For on AA unity depend our lives and the lives of those to come."

B. L.
Manhattan, New York

Adopt a Treatment Panel today!

This is a **GREAT** Service opportunity!

Carrying the message to alcoholics in treatment is basic Twelfth Step work—sharing experience, strength and hope—giving it away in order to keep it!

Take a trip to Prineville once every 6 weeks and carry the message of Alcoholics Anonymous by sharing your story with the residents. This is a Residential Treatment treatment facility for minors

Qualifications needed to serve on Treatment Committees:

- *Two years solid sobriety
- *A working knowledge of the 12 traditions
- ***Absolute** dependability

Contact Carrie B. CTF Chair at 541-788-7276 for more info.

SERVICE OPPORTUNITIES!



District 5 Elections for:

District Committee Member (DCM)
Alternate District Committee Member
District Treasurer
District Recording Secretary

will be held during the September 13, 2015 District meeting
4:00 pm at TEC, Bend

2 years sobriety, 2 year commitment

If interested, contact Vera F. for job descriptions

lunarhoops2@gmail.com or 541-408-7470

Bend AA has gone to the dogs!

This is a New AA Meeting
for people with dogs. All are welcome!



Format: Discussion meeting followed by dog walking with old or new friends or let them play in the off leash park. Meeting lasts no longer than 1 hour and shorter if shares are complete.

When: Sundays at 8 AM-Effective immediately UFN.

Where: Pavilion at the **Bend Pine Nursery**. Use Purcell entrance one block north of Empire next to Ponderosa Elementary. Pavilion is straight in on the left with parking on the right.

Facility: The Bend Pine Nursery has trails for walking your dog along with two off-leash dog parks. One park is for small dogs under 25 pounds and the larger for all dogs. *(If another group has booked it or someone else is there first, we will meet on the grass immediately to the right (East) of the pavilion.)*

What to bring: Lawn chair in case the pavilion is in use, your canine friend and a dog waste bag.

Organizer: Duncan Laing 541-213-8883 or duncbird@gmail.com. Please call or write with questions or input.

We are not a glum lot . . .

A STUDY WAS PUBLISHED by one of the many research companies. This group has proven beyond a reasonable doubt that people will drink more in pubs with mirrors. Evidently, drunks enjoy drinking in company.

TWO ELDERLY LADIES HAD BEEN friends for many decades. Although they once tore up the town, drinking and carousing, they now met only a few times a week for a quiet card game.

One day, while playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I can't think of your name! I've thought and thought, but I just can't remember it. Please tell me what your name is."

Her friend glared at her for at least three minutes. Finally she said, "How soon do you need to know?"

We the willing, led by the unknowing, are doing the impossible for the ungrateful. We have done so much for so long with so little, we are now qualified to do anything with nothing.

AN ATTRACTIVE GENTLEMAN, in his nineties, walks into an upscale cocktail lounge. He's very well-dressed, smells of good aftershave, has a flower in his lapel, and presents a very cultivated image. Seated at the bar is a lady in her middle eighties, also well-groomed and attractive. The gentleman notices the lady, makes a beeline for the stool next to her, orders a drink, takes a sip, turns to her and says, "So, tell me, do I come here often?"

A POLICE OFFICER PULLS OVER a man who's been weaving in and out of traffic lanes. He goes up to the driver's window and says, "Sir, I need you to blow into this breathalyzer."

The man says, "I'm sorry, officer. I can't do that. I'm asthmatic. If I do that, I'll have a really bad asthma attack."

"Okay, fine," the officer answers. "Then come down to the station to give a blood sample."

"Oh, no. I can't do that either" the man answers. "You see, I'm a hemophiliac. If I do that, I'll bleed to death."

"Well, we'll need a urine sample from you."

"I'm so sorry, officer, I also can't do that. I am a diabetic. If I do that, I'll get really low blood sugar and the results will be off."

"Fine, then. I need you to come out here and walk this white line."

"Oh, I can't do that, officer."

"And why not?"

"Because I'm drunk."



NEW LOCATION!

Church Of The Nazarene

1270 NE 27th St, Bend, OR

September's Featured Birthday

Speaker:

Jack K. Of Redmond Rebels

Celebrating 32 years Sober!

Birthday Cake, Raffle, Sober Swag and more!

Finishing with a sobriety countdown of total years represented by all the attendees!

NEW LOCATION!

Friday September 25th @7 pm, 1270 NE 27th Street

Attention

End of Summer Picnic

Brought to you By Central Oregon Intergroup

Entertainment Committee

A Full Potluck Picnic

Bring your own Grubb and some to share

AT

CLINE FALLS STATE PARK

McKenzie Hwy – 126 , West of Redmond Before Eagle Crest Exit

Just before you cross the Deschutes River Bridge

Saturday, September, 12th 2015

Meeting Starts at 10:00 am

(Hosted by "Spiritual Awakening" of RDM)

Picnic @ 12:00 Noon

InterGroup will provide: Paper Plates, Glasses and Utensils

And of course Bochy Ball

Bring your own chair the meeting is in the grass by the River

SEPTEMBER 2015

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. 7pm, Eastmont Church. Speakers: Alan A. 23 yrs., Bend. Levy No. 6 yrs. Redmond	5 Redmond Potluck and Speaker Meeting. Food at 6:00; speaker at 7:00.
6	7	8	9 LaPine Potluck Speaker Mtg. 6 pm Park & Rec. 16565 Finley Butte Rd., LaPine	10	11	12 End of Summer Picnic Potluck. Meeting at 10:00; Picnic at 12:00. Cline Falls Park. Sponsor: Spiritual Awakenings, Redmond.
13 District 5 GSR Mtg. 4 pm. TEC	14	15	16	17	18 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: John M. 25 yrs. La Pine. Jim Mc. 2 yrs. Bend	19 Culver/Madras Potluck and Speaker meeting. 501 4th Avenue, Culver. Meeting at 6:00; potluck at 7:00.
20	21	22	23	24	25 Bend Birthday Mtg. Church of the Nazarene, 1270 NE 27th St., Bend 7 pm Speaker: Jack of the Redmond Rebels	26 COIG Potluck, 115 SE "C" Street, Madras. Food at 6:00. Speakers at 7:00.
27 Entertainment Committee Meeting 3:15 pm TEC IGR Mtg. 5:30 pm TEC	28 IGR Advisory Board Mtg. 5-5:30 at TEC. Step Sisters Speaker Mtg. 7pm TEC	29	30			

OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CO Speaker Mtg. 7pm, Eastmont Church. Speakers:	3 Redmond Potluck/ Speaker meeting. Food at 6:00; speaker at 7:00.
4	5	6 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	7	8	9	10
11 District 5 GSR Mtg. 4 pm. TEC	12	13	14 LaPine Potluck Speaker Mtg. 6 pm Park & Rec. 16565 Finley Butte Rd., LaPine	15	16 CO Speaker Mtg. 7pm, Eastmont Church. Speakers:	17
18	19 Culver/Madras Potluck and Speaker meeting. Meeting at 6:00; potluck at 7:00.	20	21	22	23	24 Intergroup Potluck Speaker Meeting 6:00 Food 7:00 Speakers Calvary Baptist Church on Main St. Prineville
25 Entertainment Committee Meeting 3:15 pm TEC IGR Mtg. 5:30 pm TEC	26 IGR Advisory Board Mtg. 5-5:30 TEC Step Sisters Speaker Mtg. 7pm TEC	27	28	29	30 Bend Birthday Mtg. Church of the Nazarene, 1270 NE 27th St., Bend. 7 pm Speaker: Beth M. (25 years)	31