



Central Oregon's

CONSCIOUS CONTACT

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

OCTOBER 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.

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

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

SECRETARY

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secretary@coigaa.org

TREASURER

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

NEWSLETTER

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newsletter@coigaa.org

SCHEDULES

Joan C (541) 550-0568
schedule@coigaa.org

HOTLINE

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

POTLUCK

Position open
potluck@coigaa.org

WEBSITE

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

ENTERTAINMENT

Teryce O (541) 390-5320
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AL-ANON LIAISON

Kristel M (541) 350-7845
al-anon_liason@coigaa.org

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

OCTOBER BIRTHDAYS



Alice H.	10/15/11
Bill B.	10/13/06
Jennifer S.	10/29/08
Kelly J.	10/19/11
Lynne G.	10/21/78
Michelle C.	10/15/07
Vicki S.	10/31/14
Vickie M.	10/26/01

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

MEETING CHANGES

BEND

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

CULVER

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



AND HALLOWEEN COSTUME CONTEST

**Saturday, OCT 31st 2015, Doors open @ 5:30 PM,
\$7 Adults \$3 Children**

Get your costumes, crockpots and recipes ready and come support
the September 2016 Assembly Host Committee



**Fundraiser for
September 2016
Assembly at
Deschutes Co.
Fairgrounds**

**Prizes for Best
costume, Scariest
costume and Best
A.A. theme
costume**

**Chili tasting @
6PM**

**Costume contest
@ 7PM**

BROOKS HALL TEC

469 NW Wall St
Bend, OR

District5aa.org

Oct 31st 2015
5:30-8

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



SOBER & OUT

Lesbian, Gay, Bisexual and Transgender
AA Members Share Their Experience,
Strength and Hope

"And please don't assume that we dilute the message by having a "specialty" meeting. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

Jim S. New York
A Plea for Love & Tolerance
April 1999 (From *Dear Grapevine*)

Sober & Out is an Open AA
literature discussion meeting.
All are welcome.

7pm Thursdays @ TEC



SATURDAY OCT 10 ASSEMBLY 2016 FUNDRASIER

MOVIE NIGHT

When Love Is Not Enough: The Lois Wilson Story

Biographical story profiles Lois Wilson (Winona Ryder), co-founder of Al-non and her husband, Bill(Barry Pepper), co-founder of Alcoholics Anonymous



**Doors open at 5:30
movie starts at 6:00**

**\$5 for Adults, \$2 for
children -admission
includes a bag of
popcorn**

**Fundraiser for
September 2016
Assembly at
Deschutes Co.
Fairgrounds**

**Refreshments
available for sale**

District 5

BROOKS HALL TEC

469 NW Wall St.
Bend, OR 97701

district5aa.org

Step Ten – Continued to take personal inventory and when we were wrong, promptly admitted it.

IN GETTING an apartment ready for a new tenant, who also happened to be an AA and a real friend of mine, I "salvaged" three full gallon cans of paint from the partially decorated confines of that apartment and hid them in my own place. My scheme was to sell the new tenant the three gallons to finish the badly needed painting, for a total of fifteen bucks.

After sleeping on that plot--or not sleeping, but tossing--I awoke early feeling upset about something that I couldn't figure out. Facing the uneasiness squarely, I began to search the Twelve Steps with a desire to understand the problem. After just one inventory of the previous day's dealings, I came up with the awareness that my old con tactics were recurring; I had tricked myself into thinking I could be comfortable with making a lousy fifteen dollars by cheating and lying to another AA member.

Now, being aware of what I had done, was I going to continue to let this bug me to distraction? Or should I use the honesty of the rest of the Tenth Step and ask for forgiveness? I decided that the best way was to approach my friend with what I had done, and take the consequences. Whether they were good or bad, I would feel clean of the garbage.

I proceeded to ask my friend if I could take a Tenth Step. And I did. His answer was beautiful: "Thank you for being honest. We all have character defects, and they trigger us back to the old habits that drove us to drink, because we weren't measuring up to what we thought we should be." It was out! Thank God, it came from one who was able to forgive another human error.

That's what the Tenth Step did for me today. Without the promptness of the admission, I wouldn't have had only one sleepless night; it could have been nights upon end. This AA way of life has many rewards if we search for the honest way to live it. I'm very happy with the continuing rewards that I am aware of. If only we can see what is making our lives uncomfortable! Try the Tenth Step again, buddy. I'm glad I tried it today.

J. M.
Rantoul, Illinois

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 Ten – Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

One of the things I have noticed over the last few year--and see as a sign of growth--is that I do not have to have an opinion on every issue there is in the world. Earlier in recovery I was quick to have answers for everything and was pretty sure what the right course of action would be in any situation. I think this attitude was based on insecurity and on fear masked as arrogance. It was impossible to say, "I don't know where I stand on this issue" or "Why would I have an opinion on this?" As I have mellowed as a result of working the Steps, I have a less urgent need to take a stand on things that don't concern me, of which there are plenty. It is nice not to have to be God.

AA's early members were aware of the value of impartiality in outside matters. They knew about the Washingtonian Society which, in the nineteenth century, started out as a self-help group for alcoholics, had more than 100,000 members at its peak, and perished quickly after getting involved in political issues such as temperance and abolition.

In my own time, Tradition Ten has often helped to clarify things, both in my personal and my Fellowship life. A few years ago I told a new friend about my alcoholism and my membership in AA. She was most interested. At one point she asked whether AA lobbied Parliament for things like higher penalties for drunk driving, and I explained that we did not and why we did not. Through that conversation I realized that my disease and my recovery are not about alcohol and its availability, but about a sick soul that needs healing by a power greater than any human power, including my own. This recovery is available regardless of outside circumstances, and that is the only message I can carry to another person with a drinking problem.

It must have been this knowledge that prevented the Fellowship in Great Britain from stepping into a debate that we had a couple of years ago. In England, the availability of alcohol has always been governed by strict laws--where and when you can buy it and where and when it can be served. Until recently, pubs had to close every day from 3 P.M. to 5:30 P.M. and close for the night at eleven. Then the British government decided to loosen the restrictions and for months a debate raged through the national press whether alcoholism and alcohol consumption would increase if pubs were allowed to be open all day. Absolutely everyone in the field was interviewed and quoted--except Alcoholics Anonymous. (In any event, we know that no licensing laws could have aggravated or could have stopped our drinking.)

There are plenty of outside issues. Therapy is my pet hate. To me, speakers who share how they stopped drinking by attending meetings and go on about how they get well through therapists or counselors, never even mentioning God and the Steps, are breaking Tradition Ten. Also, I have seen books which mentioned the author's membership in AA on the dust covers while the contents described the program in a distorted way. In one instance, the author, a qualified psychologist, described the benefits of the program as "limited" and declared that additional therapy (his particular brand, of course) was needed for full recovery.

Equally, I believe that religion is an outside issue. I remember a group where the Bible was read. When I queried this, I was told, "Oh, it's all the same thing." Not to me. I don't like the little that I know about Christianity, and I certainly would not understand my God the

way God is described in the Bible. If a member or group insisted on reading the Koran in a meeting, I am sure that controversy would be inevitable. Our unity would be endangered and Alcoholics Anonymous would stop getting drunks sober.

Eva M.
London

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.

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.

What's so funny about the things we say in AA?

Newcomers often express surprise at the levity in AA, especially as a response to harrowing tales of drunken deeds. What is so funny about bone-chilling close calls, unthinkable public humiliation and widespread personal rejection? A lot.

One reason our alcoholic escapades strike people in AA as funny is because so many of us can relate to the insanity and sheer stupidity that sets about the chain of events that results in our train wrecks. Many of us have followed the same ridiculous logic and illogic, so we see it coming a mile away. We laugh at each other's calamities because we recognize ourselves at our most idiotic, and we share a moment where our collective absurdity creates a hilarious effect. Three stooges are funnier than one. Thirty are better still.

Normal people do not find our stories funny. They shake their heads and furrow their brows and say things like: "Oh my, that's so troubling." When they hear an entire room of us explode into laughter as the speaker talks about waking up in another city and not remembering how he got there, many normies suspect that alcohol was the least of our problems.

Even the program of Alcoholics Anonymous is not spared our barbs. Using the term "the Thirteenth Step" to describe romantic advances upon a newcomer is irreverent to say the least. We even take liberties with the concept of God when we allow "group of drunks" to be used as a substitute. There are a number of well-known AA slogans, but many more unofficial ones. "You can't save your face and your backside at the same time" is one of my favorites. Some others include: "I may not be much, but I'm all I think about."

Laughter is a survival skill for us. We have to keep our dark past fresh enough in our minds not to forget what could happen if we drink again. Remembering helps prevent the self-delusion that can creep in the healthier we get. We also need to remember the bad times so we can help newcomers deal with theirs, and not be crushed by them. Because there is so much looking back that's necessary to maintain sobriety, we have to find some way to make it fun.

Laughter also helps us define, and own, our status as recovering people. If we come together in groups and share our personal stories, and frequently laugh throughout the process, we cannot be made the object of someone else's pity. Nor do we come across to the newcomer as the White Knuckle Society, where nobody would want to be. With our laughter, we make a statement to ourselves, to those who want what we have, and to the outside world. "Yes, we have a problem with alcohol; so we don't drink. But did you hear the one about the fireman who walks into a bar?" We accept our condition, but we do not mourn it. We actually kind of like it.

For me, laughter is different as a sober person than it was when I was drinking. Before coming to AA, I was convinced I was very funny all the time, and especially so when intoxicated. I tried my humor on everyone. Some laughed because they were so drunk everything was funny to them. Others smirked, knowing how big a fool I was making of myself. Others gave me this pained, fake smile, which really meant they found me pathetic and a tad frightening, and looked for the nearest exit or excuse to walk away. I was apt to explain my humor if it did not elicit the desired response. Worse yet, I would retell the same joke a slightly different way, hoping that version would be a hit with the ones who did not get it the first time. As the night wore on, I was more and more inclined to tell crude jokes in front of the wrong people, or to use humor that directly offended someone in my circle.

Nor was my alcoholic ego willing to let others be funny. Nobody wanted to take me to a comedy club because (a) I would be smashed before the show even started; (b) I would order so many drinks the waiter had to return to our table many times during the show; (c) I insisted on sitting in the front row and (d) surprise, surprise, I heckled the comedian and ended up getting raked over the coals, or thrown out of the club. In sobriety, I have developed a healthy respect for people who really are pretty damned funny. One of the greatest gifts of sobriety is that others' attention is no

longer a precious commodity to me. It is an enormous relief to be able to enjoy other peoples' humor, and to giggle at the naughty things they may say, without having to be the one everyone is watching.

The things that strike me as funny have changed a lot, too. Before I found AA, a joke was not a joke unless it was as politically incorrect as possible. Humor was a like a spear, it cried out for a target. Something is different about humor for me now. Instead of being a thing I manufacture and launch, it is more of a lens I can use to see the world and its inhabitants. When my sober heart looks around, it sees so much that is funny. And humor expresses a wider range of experience for me now: everything from absurdity to silliness to irony to outrageousness and more.

When I first contemplated a life of sobriety, I did not believe that I would ever again laugh to the point of tears, or be doubled over and unable to breathe. But I have been this way in sobriety, even when surrounded by a crowd of tipsy friends who were only vaguely aware that something funny had occurred. It seems to me that I am often the person having the most fun at many occasions. Not always, but often. It is not only a source of joy and inspiration for my own sobriety, but it offers a positive image of sobriety to others. Not only are we not a "glum lot," we are cracking up. For problem drinkers who have not yet hit anything resembling a true bottom, the barrier to seeking sobriety is mainly a fear that life will no longer be fun, that there can be no spirit without spirits. I love to be a living demonstration to the contrary.

My sobriety chip says on the back, "To thine own self be true." I also see an invisible line that says, "Do not take thine own self too seriously," and yet another one that says, "Make thine own self laugh." In pursuit of these mottos, I try to talk out loud when I am alone, saying funny things to myself, as if I had a friend standing there. I try to do more than the usual self-sarcasm such as "Nice one, Einstein." I say things that would be funny if someone else heard them. Like a tree falling in an empty forest, it is my way of claiming joy and making it portable. Whenever my thoughts drift to endless "to do" lists and accumulated obligations, I can find the voice of my inner stand-up. Two drink minimum—keep the ginger ales coming!

—Suzan C., San Francisco, CA

We are not a glum lot . . .

A DRUNK WAS DRIVING DOWN THE STREET. He was nervous and anxious because he was due to appear in court, but couldn't find a parking place. Raising his eyes to the heavens, he cried, "God, take pity on me. If you find me a parking place, I will go to church for the rest of my life, I will be kind to my family, and I will give up drinking."

Miraculously, a parking place appeared immediately. The drunk again looked up and said, "Never mind. I found one."

TRUE STORY:

Recently, an older AA member went to see her physician. As part of a medical procedure, she needed to have her blood drawn. Having a difficult time finding a vein, the nurse asked, "When was your last drink?" The AA promptly replied, "Thirty-four years ago." Smiling, her daughter said, "Mom, she meant, 'When was your last glass of water?'"

SEEN ON A BUMPER STICKER:

One tequila, two tequila, three keteela, floor.



NEW LOCATION!

Church Of The Nazarene

1270 NE 27th St, Bend, OR

October's Featured Birthday Speaker:

Beth M.

Celebrating 25 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 October 30 @7 pm, 1270 NE 27th Street

OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Paulette 32 yrs., La Pine, and Emily E. 2 yrs. Bend	3 Redmond Potluck/ Speaker meeting. Food at 6:00; speaker at 7:00.
4	5 District 5, CTF committee meeting Bend public Library upstairs (<i>The Hutchinson room</i>) 6:00 pm	6 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	7	8	9	10 <i>Movie Night</i> , Brooks Hall. 5:30 for movie at 6:00. \$5 includes bag of popcorn.
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: Charlie H. 39 years, Henderson NV. Carrie B. 5 years, Bend	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 Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	26 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

NOVEMBER 2015

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22 Entertainment Committee Meeting 3:15 pm TEC IGR Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	23 Step Sisters Speaker Mtg. 7pm TEC	24	25	26 Thanksgiving Alcathon. Meetings start at _____ and end at _____. Brooks Hall at TEC.	27 Bend Birthday Mtg. Church of the Nazarene, 1270 NE 27th St., Bend. 7 pm Speaker:	28
29	30					