



Central Oregon's

# CONSCIOUS CONTACT

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

## NOVEMBER HAPPENINGS

### Area Updates . . .

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 4<sup>th</sup> Sunday of the month at 3:15 pm at TEC, before the Advisory Committee meeting.

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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### HOTLINE

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### POTLUCK

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### WEBSITE

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### ENTERTAINMENT

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### AL-ANON LIAISON

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### DISTRICT COMMITTEE MEMBER

Glenn B. (541) 390-8959

### 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



Shifts available: Friday 1pm to 5 pm

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



Angie I.	11/23/09
Becky D.	11/08/03
Bev D.	11/14/02
Beverly D.	11/26/76
Cathy B.	11/22/13
Courtney W.	11/29/14
Eileen D.	11/07/06
Genevieve M.	11/09/94
Laurie P.	11/14/14
Loni P.	11/03/05
Maureen H.	11/25/88
Shelle B.	11/28/88
Sooz D.	11/01/05

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

## MEETING CHANGES

### BEND

*Friday* 7:00 pm. Bend Downtowners has moved from the Environmental Center to TEC.

### CULVER

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

### FOSSIL

*Friday* 7:00 pm. Fossil Methodist Church, 1004 Main Street. The name of the meeting is "Primary Purpose."

# Thanksgiving Alcathon

## November 26, 2015



### **Brooks Hall, TEC**

First marathon meeting starts at 8:00 am.

The last is a 7:00 pm speaker meeting

Breakfast (Biscuits and Gravy) will be around 8:30 am.

Turkey dinner around 2:00 pm.

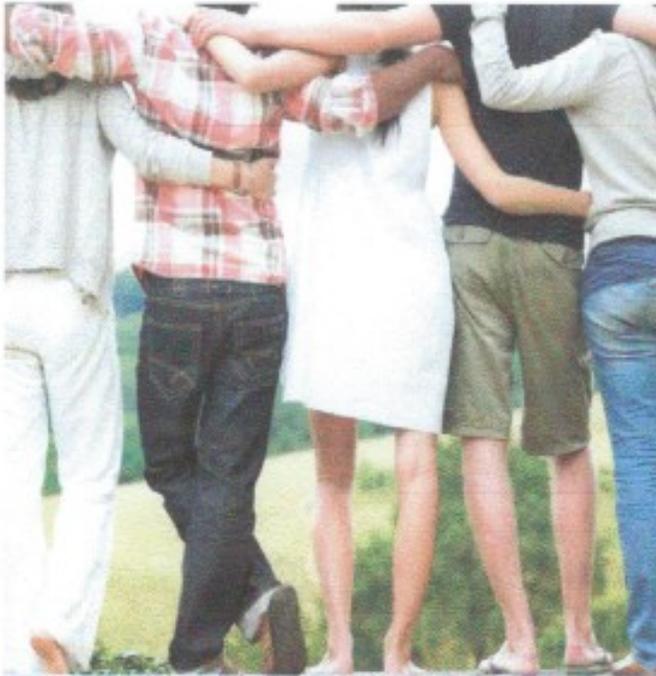
Intergroup will be providing 2 Turkeys and a Pork Roast

*There are 2 time slots (4:00 & 5:00 pm) remaining for marathon meetings.*

*Contact Dave W. 541-610-6624*

*We can always use volunteers throughout the day  
and especially at the end of the day to clean up.*

*Please bring food for meals and/or snacks for the day.*



## 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**

## **Step Eleven – 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.**

I had heard the last half of the Eleventh Step many times in meetings: ". . . praying only for knowledge of His will for us and the power to carry that out," yet I often wondered just how one can learn about God's will.

One day during an Eleventh Step meeting someone spoke of "tuning in" to God's will through regular periods of prayer and meditation. A picture of the TV set at home flashed across my mind. I saw myself twisting the knob to change channels, and with this came a new approach (for me) to this part of the Eleventh Step.

When I want to pick up the picture from a television station, I don't start by asking the station engineer to tune the signal to the place on the dial where my TV is set. Instead, I turn the knob at home to find the channel that carries that broadcast signal. In other words, I adjust to the station's setting instead of expecting it to comply with mine. Might not the same thing be true for the signals that come from my Higher Power?

Viewed this way the entire purpose of prayer and meditation becomes that of focusing on God's will for me instead of asking for this or that according to my will at the moment. Instead of expecting my Higher Power to change things to suit me (the equivalent of asking a TV station to move its signal to the channel where my dial is set), I need to focus my daily period of quiet meditation on creating a condition within myself that opens me up to, and accepts, God's will for me. The first step in seeking God's will is that of becoming receptive to it!

Since that day when the image of the TV set came to mind I've felt so much more in tune with the entire purpose of the Eleventh Step. The act of focusing on God's will--as we are told to do in the second part of the Step--increases my success with the first portion that deals with improving my conscious contact with God as I understand him.

The "Twelve and Twelve" tells us that when we catch a glimpse of God's will for us, and focus on the real and eternal things of life such as love and truth, we are no longer deeply disturbed by many smaller things that surround us in our daily affairs. Tuning in to a Higher Power truly leads to greater serenity--and to a much richer way of life!

George B.  
Alexandria, Virginia

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

I HAVEN'T MADE a good old-fashioned sweeping statement in a long time. I would like to make one now and say that nothing on earth could ever have promoted me out of drunkenness into sobriety. Not family, friends, or lovers. Not a jail, a mental institution, or a psychoanalyst. Not threats of violence, actual fistfights, or suicide attempts. There just never was enough reason or incentive in the sober life to win me over.

Never, that is, until I came to my first Alcoholics Anonymous meeting, in the summer of 1960.

I had my last drink in the fall of that year, and I owe my sobriety largely to the fact that AA members made sobriety very attractive. Subtly, without fanfare, they drew me into their midst. Never once did they pressure me or interrogate me. About the only questions I was ever asked in those days were whether I would like to help set up the meeting room and what meeting I was going to the next night. Or they might ask if I was feeling better. Come to think of it, aren't those the essentials in the AA way of life--service, fellowship (unity), and personal recovery?

In the early days of AA, we were very much a secret society. Meetings were held in private homes and were hard to find. Our pioneers were understandably cautious, not only because of the stigma of alcoholism, but also because they did not know what kinds of people would seek them out. "Wrong" kinds, they feared, might ruin the fragile experiment.

In the AA film *Bill Discusses the Twelve Traditions*, our co-founder says of those early times that "if you posed the question of attraction versus promotion, the idea of attraction would be to sit on the front porch and wait for some drunks to come along asking for help."

As it turned out, the seeds of AA have been planted in many different ways. It was a psychiatrist who planted the seed in my imagining. Not only did he recommend AA, but he lent me a copy of the Big Book and put me in touch with a member who took me to my first meeting. It was a smooth, attractive action that he set in motion, and a desire for sobriety was kindled in me.

The power of example is perhaps the strongest attraction Alcoholics Anonymous has going for it. The public can hear how AA works and see it in action by attending any of our open meetings (in this area, three-speaker meetings). When I came in, open meetings were still being called the showcase of AA. Indeed, that was the original intention behind open speaker meetings. Non-AAs are specifically invited to the public information meeting, another source by which the public can view firsthand the attractions of sobriety. At this type of meeting, the AA talks may be followed by a question-and-answer session.

Speakers at those meetings at which the public is welcome usually honor the spirit of the Traditions by using only their first names. However, they are not in violation of Tradition Eleven if they choose to use their full names, since the meeting is not on radio, film, or TV. Reporters and all other non-AAs present are asked to respect our Tradition. The thrust of anonymity in Eleven is quite clearly a public relations policy.

Bill W., in a personal letter in 1961, said that although some principles in the Traditions are subject to interpretation, anonymity *at the public level* requires 100 percent compliance.

The question that faced me in the beginning had nothing to do with press, radio, or films. It was whether to tell my family and my boss. I blurted it out eventually and was fortunate to find acceptance with both. Many AAs think it a good idea to discuss the matter with their sponsors before disclosing their AA membership. As for the boss, he or she might not understand alcoholism, but it is a fact that business and industry do not argue with improved production.

As I understand it, the anonymity principle, as stated in this Tradition, was never intended as a concealment so that we AA members would not know one another. In my beginnings, however, my sense of shame could be assuaged only by the group's assurance that nobody--in or out of AA--would have to know my identity.

A part of the Tradition that still causes some argument is the meaning of "promotion." I have belonged to AA groups where, periodically, a wave of discussion would rise questioning the extent to which the message was being carried into institutions. Some members contended that it was all right to go into those institutions where we already had meetings, but to take on any more institutions would constitute a promoting of AA. It was a confusion of terms and ideas and embodied the same fear felt by our pioneer members, that if we became *too* inclusive--if the AA message was shared with too many people--we would spread ourselves thin and run the risk of destroying ourselves from within.

The attractiveness of AA does not depend for its effectiveness upon members, geography, or climate. And the message is the same now as it was in the beginning. Whether it is given to a newcomer stumbling down the stairs of the local group, or to the newcomer caught up in the midst of a sprawling International Convention (see "Super Meeting," October 1980 Grapevine), it is the same, undiluted message for one person as it is for one million.

I had occasion to revamp my thinking about this Tradition in the summer of 1980 at our 45th Anniversary International Convention, in New Orleans. There we were, some 22,500 of us coming and going, with our badges that read Jim A., June B., or Bill H. The city was open to us; we went from hotel luncheon meetings to panel discussions at the Superdome, to the alkathons that ran day and night at hotels and civic centers, and back to the Superdome. The people of New Orleans were made aware every day through wide media coverage that the city was ours. Our badges meant only one thing: our AA membership.

I had to wrestle with the feeling that by wearing my badge on the street I was violating Traditions. So I asked myself: Was my picture, complete with badge, printed in the local paper or a national magazine? Did I appear, with my badge, on TV or videotape? Was I interviewed on radio, where I stated my full name and the fact of my AA membership? Those questions and others like them could be answered with only one word--no.

From a practical viewpoint, I should add that the heart of the city was deserted by many of its citizens over that holiday weekend. Of the New Orleans people I met, not one looked at my badge twice. Since I could easily have taken the badge off, I had to conclude that my problem was not with anonymity but rather with a resurgence of the old alcoholic guilt.

I have the Steps to help me deal with my feelings, but a thing I have to watch closely in myself is that I not use the anonymity Traditions (or any of the others) as weapons, and that I not parade them whenever I think I can impress a fellow AA. For instance, it takes no thinking at all for me to toss out an expression like "ought never be organized," "one ultimate authority," or "attraction rather than promotion."

It is equally improper of me to wave weapons at my non-AA friends. When I interject AA jargon and fragments of AA literature into my conversation with non-AAs, with no end in view other than self-promotion, I tend to do the very thing I want most not to do. I make a badge out of my anonymity. Non-AAs are not particularly interested in my way of life. They have their own ways of life.

Anonymity in this Tradition, as I understand it, applies only to "the level of press, radio, and films" and TV. In sharing with my fellow AAs, on the other hand, I don't want to withhold my identity--I want to celebrate it. Why not? Before AA, I had none. But I also want to be careful--exceptionally careful--to protect and cherish the anonymity of my fellow AAs who may be at different stages of recovery and may not yet feel the same way about openness.

Let us all put on badges of gratitude and celebrate the very real personal identities that stand firmly behind our public image of anonymity.

W. H.  
Manhattan, New York

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## 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 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](mailto:duncbird@gmail.com). Please call or write with questions or input.

## We are not a glum lot . . .

"I used to love drinking at dive bars, and up the street a bit was a neighborhood bar that was convenient to swill beer in. As I'd walk through the door with my head slightly down, I knew I wasn't as good as those guys inside. They were superior to me in all areas of life and I felt inadequate comparing myself to them.

"I'd belly up to the bar and order my drink, and after a couple of beers, I knew I was as good as those guys.

"After a few more, I knew I was better than them.

"And after a couple of more, I thought they should know."

\* \* \* \*

Humility is sharing the funniest thing you ever thought of and having absolutely no one in the room even crack a smile.

\* \* \* \*

A gardener and an architect are discussing which of their vocations is the most ancient, while a drunk is listening nearby. The gardener comments, "My vocation goes back to the Garden of Eden, when God told Adam to tend the garden." The architect comments, "My vocation goes back to the creation, when God created the world itself from primordial chaos." They both look curiously at the drunk, who asks, "And who do you think created the primordial chaos?"

\* \* \* \*

An old man who lived alone wanted to hoe his potato garden, but the work was getting too hard on his aging body. His only son used to help, but had gotten into trouble while drinking and was now in prison. The old man wrote to his son.

"Dear Son, It looks like I won't be able to plant my potato garden this year; I'm getting too old to be digging. If you were here, I know you would help hoe the plot for me. Love, Dad."

A few days later, he received a letter from his son: "Dear Dad, For Heaven's sake, don't dig up the garden! That's where I buried the guns!"

At 4 A.M. the next day, a dozen FBI agents and local police showed up and dug up the area. They didn't find any guns, so they apologized and left.

The same day, the old man received another letter: "Dear Dad, Go ahead and plant the potatoes now. It was the best I could do under the circumstances."

\* \* \* \*

A drunk hated his wife's cat and decided to get rid of it by driving it twenty blocks from his home and leaving it at the park. But as he was getting home, the cat was walking up the driveway.

The next day, he decided to drive the cat forty blocks away. He let it out of the car and headed home. Driving back up his driveway, there was the cat!

He kept taking the cat further and further and the cat would always beat him home. At last, he decided to drive a few miles away, turn right, then left, past the bridge, then right again, and another right, until he reached what he thought was a safe distance from his home and left the cat there. Hours later the man called home to his wife: "Honey, is the cat there?"

"Yes," his wife answered. "Why do you ask?"

Frustrated, the man answered, "Put the cat on the phone. I'm drunk, I'm lost, and I need directions!"



**NEW LOCATION!**

**Church Of The Nazarene**

**1270 NE 27th St, Bend, OR**

November's Featured Birthday Speaker:

*Wayne S.*

*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 November 27 @7 pm, 1270 NE 27th Street**

# NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	4	5	6 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: David O. 15 years; Keri O. 17 years; both from Canby, OR	7 Redmond Potluck/ Speaker meeting. Food at 6:00; speaker at 7:00.
8 District 5 GSR Mtg. 4 pm. TEC	9	10	11 LaPine Potluck Speaker Mtg. 6 pm La Pine Community Church. The Finley Butte Rd. LaPine	12	13	14
15	16	17	18	19	20 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Dave P. (Los Angeles), Samantha (Bend)	21
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: Wayne S., 32 years.	28
29	30					

# DECEMBER 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: Laura R. 28 years (Redmond) Kendra J. 5 years (Redmond)	5 Redmond Potluck/ Speaker meeting. Food at 6:00; speaker at 7:00.
6	7	8	9 LaPine Potluck Speaker Mtg. 6 pm La Pine Community Church. The Finley Butte Rd. LaPine	10	11	12
13 District 5 GSR Mtg. 4 pm. TEC	14	15	16	17	18 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: David H. 25 years (Bend)	19
20	21	22	23	24	25 Christmas Alcathon Meetings start at _____ and end at _____. Brooks Hall at TEC.  NO Bend Birthday Meeting this month due to Christmas Alcathon	26
27 Entertainment Committee Meeting 3:15 pm TEC  IGR Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	28 Step Sisters Speaker Mtg. 7pm TEC	29	30	31 New Year's Eve Dance		