

HAPPY HOLIDAYS

Central Oregon's

CONSCIOUS CONTACT

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

DECEMBER HAPPENINGS

Area Updates . . .

Very little news to report except for new meetings and changes to meetings which you can find on the next page . . .

There are vacancies in service commitments at the Intergroup level (Chair, Vice Chair, Treasurer, Hot Line chair, Newsletter Chair, Two even year Advisory Board Positions, Webmaster) coming up for filling; nominations will be taken at the November IGR meeting. Nominations can be taken up to the election meeting in Dec. Job descriptions and sobriety requirements can be found on the home page under the Intergroup Tab.

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

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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
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(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: Monday 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

DECEMBER BIRTHDAYS

Amy Y.	12/21/08
Ann B.	12/08/99
Bree J.	12/01/10
Candy O.	12/29/02
Karin E.	12/22/82
Meredith L.	12/21/86
Rosa P.	12/05/14
Sandy J.	12/05/78
Shari B.	12/01/86

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

MEETING CHANGES**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."

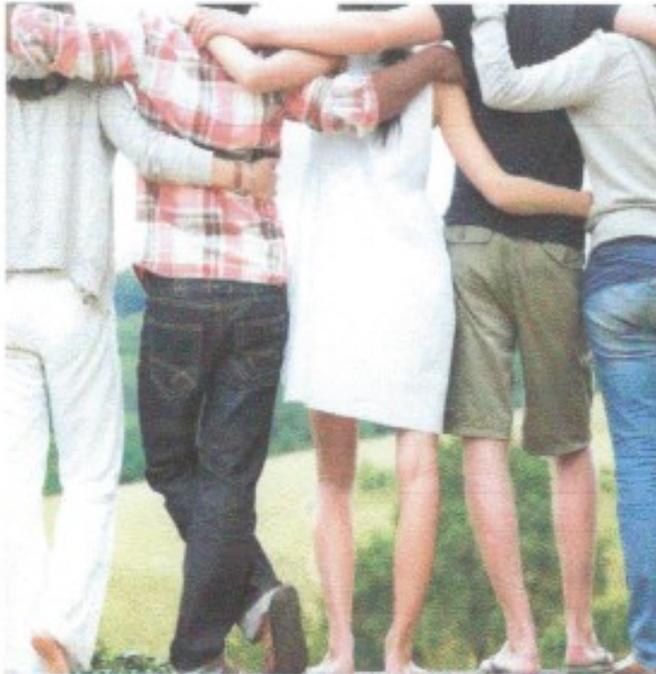
LA PINE

Friday 9:30 am. *NEW.* Sober Chicks, Huntington Hut, 52379 Huntington Road, La Pine.

Bend AA has gone to the dogs!

This meeting is taking a break until next Spring.

Even the dogs don't want to go out in this weather!



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

Christmas Alcathon

December 25, 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

*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.

Fundraiser for 2016 Assembly



DECEMBER 12

Doors open at 5:30 pm

Meeting at 6:00 pm

Speaker: Tricia M.

Bingo 7:00 pm to 9:00 pm

Refreshments available for purchase

St. Helen's Hall

469 NW Wall Street

Step Twelve – Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

FOR THIS ARTICLE, my AA library remains untouched. It would be an easy matter to refresh my mind with the writings of other members, to freshly assimilate their thoughts and present a rich pudding packed with stolen plums. That's called research. But the Twelfth Step is too important a part of my life for me to let this article contain any thoughts except my own. That means, of course, that it will carry the thoughts of others, but only those thoughts and ideas that have become a part of me and my way of sobriety.

The Twelfth Step is the capstone of the AA program. It announces itself as being such with its opening phrases, "Having had a spiritual awakening *as the result of these Steps. . .*" Whatever is to follow those words is the result of all that went before. But first let's examine the opening words.

Few of us experience the "wind. . .of spirit" described by Bill W. Indeed, very few of us experience a sudden, startling spiritual experience of any kind. Usually, the change is gradual. Yet it is no less a spiritual awakening. Whether we awaken with a bound or after much stretching, we awaken. When there is a spiritual awakening, self-centeredness, fear, and frustration are supplanted by helpful friendliness, happiness (perhaps even a touch of serenity), and fulfillment.

During my first, wonder-filled months, I concocted a description of my feeling about most open and closed meetings. I said that the total effect was greater than the sum of its individual parts. To put it another way, a list of the people at a given meeting and a recap of everything said were not enough to account for the height of my elation. The human element alone could not have lifted me so high. There was a mysterious, indefinable "x" factor, which I choose to call spiritual.

That there was nothing sudden about this, no bolt of lightning, no rumble of thunder, is evident from the fact that for several years I could not bring myself to go and speak in a prison. One day, as though a veil were torn away, I realized that I *could* speak in jails and prisons. I would not be going beyond the locked gates in order to identify with the men as prisoners. Perhaps some of them would consider me an amateur for not having lost my liberty, but that would be their hang-up, not mine. Since then, I've had good AA conversations with a number of prisoners--as fellow alcoholics.

That leads right into the next phase of the capstone Step: ". . .we tried to carry this message to alcoholics." What message? Hope. Example. The way out. The way back. A handful of simple principles to unravel most of our snarled-up problems. A touch of humor--not taking ourselves so damned seriously. Meetings. Availability. Talk, talk, talk. The willingness to listen with understanding as the still-suffering alcoholic thrashes his way out of his mental mire. Tolerance. Guilelessness. The honesty to face situations and people, not go around them by the old, familiar route of sneakiness and subverted honesty. "Carrying the message" is all these things.

And the list could go on and on. There are the specifics of baby-sitting, housecleaning, and other chores that so many AA women have performed for shaky newcomers. There are the specifics of slogging through a snowstorm to answer a call for help, or driving a guy to a state hospital to keep him from winding up in jail. Practicing the Twelfth Step docs not allow for questioning the merits of, or probable "returns" on, these actions. They are the

philosophy of the Twelfth Step made manifest. When we do these things, we are carrying the message with a sense of responsibility.

It is precisely at this point in the AA program that a member's depth of understanding is plumbed. "We tried to carry the message" is a saying so battered out of shape by steady use that the deep humility of its intent is frequently lost from sight. This single saying is the basis for calling a visit to an active alcoholic a "Twelfth Step call." We know that speaking at meetings is a form of Twelfth Step work. Occasionally, we learn that we have fortuitously performed a Twelfth Step activity--helped someone without being aware of it at the time. It is the Twelfth Step in action which, to a large degree, keeps AA self-regenerative. Every meeting is an experience in sharing, but Twelfth Step activity is a more personal--and can therefore be a more deeply felt--form of sharing.

Being more personal, Twelfth Step work can become ego-oriented. Like the missionary who believes he is saving the pagans rather than himself, the egocentric member believes he is saving the other person rather than fortifying his own sobriety. Nonsense! The member is merely being given an opportunity to exercise his grasp of the program. Anyone who would take the credit for sobering up another person must also take the blame for failing to salvage those who don't sober up promptly, by the numbers and according to the book. Bunk! Let's remember that a Twelfth Step call is a visit, not a visitation.

Speaking of calling on the suffering alcoholic, it is frequently stated that "When a person wants sobriety badly enough, he'll come to AA." (The statement is often fortified with the remark "That's what *I* did," which makes it the word of God, of course.) *That* is carrying the message? I don't believe it. I didn't know enough to look for AA. Someone brought the message to me. Over seventeen years ago.

You and I know members who, having "caught" the program themselves, find the repeating drunk someone to avoid. I have heard from more than one repeater that some member has told him he cannot return to AA. Imagine one lush excommunicating another! *That* is carrying the message?

You and I have called on drunks whose remorse and frustration were founded principally on their not having done what the self-righteous member had told them to do. They felt beyond the pale.

The last two examples are spoiled fruit of the ego tree. The poor drunk who can't immediately catch fire from Ardent Member's magic words is discarded as unworthy. "He isn't *trying*," says Ardent Member. On what profound knowledge does he base his opinion? So far as I know, there was only One with the power to say, "Go and sin no more."

We have seen old-timers founder. And we have seen old experimenters finally succeed--because someone held the door open. When we close the door, we are really saying, "You have tested my tolerance and won. Your ability to go on drinking and living threatens my sobriety." So, if we can't give someone the hope implicit in the capstone Step, let's not blame the sick alcoholic. Let's admit that the case is beyond our personal ability to translate the message of AA into terms he can understand. Trying to find new translations is a great way to strengthen our own sobriety. Closing the door to the constant repeater, on the other hand, is an admission of our own lack of tolerance or self-belief.

The last clause of the last Step advises us "to practice these principles in all our affairs." To me, the last four words have shed one of the most penetrating lights of all AA's illuminating suggestions and ideas for living. I interpret "in all our affairs" to mean that we

can have a sane, sober, rewarding life outside our AA meetings. We do not have to be introverted AAs, safe from the lurking horrors only when among fellow alcoholics.

AA is our serum, our antitoxin. The last part of our last suggested Step tells us that AA will guard us through meetingless days. It even tells us that sobriety, like all good news, is communicable.

W. S. R.
South Norwalk, Connecticut
October, 1971

Tradition Twelve – Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Anonymity in this tradition means sacrificing personal ambition for the common good.

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all. (*12 Steps and 12 Traditions, Trad. 12*)

AA teaches us that we are to be one among many. For most A.A.s, membership in a home group is one of the keys to continuing sobriety. Having one home group, they accept service responsibilities and learn to sustain friendships. The home group affords individual A.A.s the privilege of voting on issues that affect the fellowship as a whole; it is the very basis of the service structure. While most A.A. members attend other groups regularly, their home group is where they participate in business meetings and cast their vote as part of the group conscience of the Fellowship as a whole. As with all group conscience matters; each member has one vote. (*12 Concepts Service Manual*) The adherence to a single home group affords us the opportunity to practice Tradition 12, and the concept of being “one among many” which is the spiritual essence of anonymity in this tradition. This practice also affords us the opportunity to respect the 4th tradition of group autonomy at other meetings we attend but are not a part of. Trusting in the process can be a wonderful experience in growth. We learn that we don't need to have a say in every group we attend. This can be a difficult concept for some A.A.s, but again, the spiritual substance of anonymity is sacrifice. Humility, and self-sacrifice is what Tradition 12 is really about.

As Tradition Twelve reminds us, we have something stronger than our human personalities to rely on. Our principles come first—and they are not our own invention. They reflect eternal spiritual values. With this Tradition, both as individuals and as a fellowship, we humbly acknowledge our dependence on a power higher than ourselves. (*The Twelve Traditions Illustrated*)

In conclusion, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity. (*12 Steps and 12 Traditions, Trad. 12*)

Carrie B.
Bend

WE AGNOSTICS

This meeting's purpose is for us to stay sober and to help other alcoholics achieve sobriety. This is meant to be a safe place where alcoholics feel comfortable with any higher power they choose. Members are encouraged to share their personal spiritual experience or lack thereof, without having to accept anyone else's beliefs or having to deny their own. Again, this meeting's focus is recovery from alcoholism rather than anti-anything.

Wednesdays, 7:00 pm, TEC

Open topic/discussion meeting.

All are welcome.

We are not a glum lot . . .

It was their 20th wedding anniversary and Bob was hungover, as usual. Tired of being ignored, his wife decided to shock him into reality. She said softly, "I'm having an affair." Holding his head, Bob replied, "Are you having it catered?"

At my home group one day, a fellow announced he was visiting from out of town. After the meeting, I introduced myself. We got to talking, and I asked him what type of meeting his home group was. "It's a naked Step meeting," he replied.

"You're kidding!" I said. "Naked Step meeting?"

"Yes," he said. "After we read the Preamble, everyone takes off their clothes. We read the Step, share on it, and then we get dressed at the end of the meeting. Everyone's nakedness promotes honesty far beyond regular meetings."

Several months went by, and this man again visited my home group. I asked him how his naked Step meeting was going.

"Oh," he said, with disappointment. "The meeting broke up."

"Why? What happened?"

"Well," he replied, "people started to compare rather than identify."

I really want to thank you for sticking with me through all the years of drinking, and the first five years of my sobriety," said the AA to her spouse on her fifth-year anniversary. "But I'm curious. If I started drinking again, would you still love me?"

After pondering the question for just about a tenth of a second, her husband responded, "Of course I would still love you. I'd miss you, but I would still love you!"

The wife of a lush showed off her new Sobriety Ring to a neighbor. She explained: "When he's sober, it turns green. When he's drunk, it leaves a red mark on his forehead."

A young newcomer attended an AA meeting where the topic was "to practice these principles in all our affairs." When the discussion came around to her, she said, "I have never had an affair, so I am going to pass."

I went to a party when I was seventeen and the next thing I knew, I was thirty-five!

A cop was patrolling his beat and came upon a drunk trying vainly to shove a door key into a lampost. Feeling humorous, the officer said, "It's no use, fella. There's no one home."

"Ah, but you're wrong," replied the drunk. "There's a light on upstairs."



Church Of The Nazarene
1270 NE 27th St, Bend, OR

**There will be NO December meeting
since it falls on the same day as the
Christmas Alcathon.**

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

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 Entertainment Committee Meeting 7:00 pm TEC	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 8:00 am and last meeting will be at 7:00 pm. Brooks Hall at TEC. NO Bend Birthday Meeting this month due to Christmas Alcathon	26
27 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		

JANUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 There will be NO CO Speaker Mtg. tonight.	2 Redmond Potluck/ Speaker meeting. Food at 6:00; speaker at 7:00.
3	4	5 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	6	7	8	9
10 District 5 GSR Mtg. 4 pm. TEC	11	12	13 LaPine Potluck Speaker Mtg. 6 pm La Pine Community Church. The Finley Butte Rd. LaPine	14	15 CO Speaker Mtg. 7pm, Eastmont Church. Speakers:	16
17	18	19 Entertainment Committee Meeting 7:00 pm TEC	20	21	22	23
24 IGR Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	25 Step Sisters Speaker Mtg. 7pm TEC	26	27	28	29	30
31						