



Central Oregon's

# CONSCIOUS CONTACT

AA HOTLINE - (541) 548-0440 February 1, 2016

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## FEBRUARY HAPPENINGS

Area Updates . . .

My commitment as Editor of the Conscious Contact ended December 31, 2015, but I have been asked and have agreed to fill in until a new Editor can be found.

Please consider this position. It is very gratifying and quite easy to do. Only real requirement is to be able to run Word. Takes about 2 hours per month and the online Grapevine website is an excellent resource for articles.

I have thoroughly enjoyed being the Editor. It kept me sober!

Would you like your birthday listed in the Conscious Contact? If so, please email me, Judy W., at [newsletter@coigaa.org](mailto:newsletter@coigaa.org), and let me know the month before and I'll be sure to include you!

## INTERGROUP OFFICERS

### CHAIRPERSON

Bill O. (541) 771-5145  
[chairperson@coigaa.org](mailto:chairperson@coigaa.org)

### VICE CHAIRPERSON

Mike S. (541) 815-7458  
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### SECRETARY

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### POTLUCK

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### DISTRICT COMMITTEE MEMBER

Glenn B. (541) 390-8959

### ADVISORY BOARD COMMITTEE

Reed K. (541) 771-8097  
Dan P. (541) 480-0571  
Cody M. (541) 420-0774  
Pattie O. (541) 771-5145

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**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](http://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: None at present.  
Expecting vacancies soon.

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: Mary B. (303) 368-0872

**FEBRUARY  
BIRTHDAYS**

Agnes C.	02/29/80
Annette C.	02/21/07
Carol N.	02/26/99
Dana B.	02/04/13
Emily M.	02/24/15
Jasmine F.	02/14/14
Jen H.	02/06/13
Kelly A.	02/04/10
Leslie C.	02/25/86
Michael P.	02/02/13
Susan H.	02/15/02
Vernita E.	02/16/08

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

**MEETING CHANGES****BEND**

*Tuesday* 9:00pm Young and Sober Candle light meeting has been CANCELED

*Saturday* 5:30pm A New Dawn has been CANCELED.

**MADRAS**

7:30 pm Madras Oasis Group Jefferson Library, 134 SE "E" St. Rodriguez Annex.  
This meeting has been CANCELED.

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Does anyone know who, how, and where Sisters AA meetings started? If you do, please contact Paulette L., District 5 Archives Chair, [pl4pets@msn.com](mailto:pl4pets@msn.com), 541-536-9684.

## **Step Two – Came to believe that a power greater than ourselves could restore us to sanity.**

AT a recent closed meeting someone asked: "Do I have to believe in God to stay sober?" The question took me back abruptly to the last couple of years of my drinking and to my early months in AA.

I recalled a typical weekend before AA. Friday evening I lugged two or three fifths of vodka to my apartment. Before getting stoned, I filled a couple of half-pint bottles with the stuff and hid them. (I have been unable to understand this--I lived alone.) Saturday, when I came out of the anesthesia, the fifths were empty and the hunt for the half pints began. At the end of ten frustrating minutes I was drenched with sweat, my mouth was dry, my legs ached, a thousand needles were in my back, and I could hardly stand upright. In agony I cried out: "Oh God! Where is it?" Finally I found one of the hidden bottles; the warm liquor went down (and sometimes stayed there), and the shaking slowly subsided. But with the calming drinks came black fear--I knew that I would get more booze, be drunk by day's end, and the whole dreary business would start again.

I saw nothing incongruous in calling out for God's help when I wanted that drink so badly, though I had denied His power to help me stay away from booze. Now I had always had some sort of belief in a God. Church had been the most profound emotional experience in my early life. But on that Saturday morning, as drops of vodka ran from the corners of my mouth, I denied that God could or would help me get sober. Nevertheless, I had cried out to Him for help.

I believe now that I denied God until I wanted to stop drinking. But when I wanted to stop, I was assailed with doubts. How should I ask for help? Why should He help me? And when there were no instant answers, I grew more impatient. It was then that a long-time member of our Fellowship invited my attention to the wording of the second and third Steps of our suggested program. He pointed out that Step Two said that we "came to believe" (not believed instantly) that a Power greater than ourselves could restore us to health, the root meaning of the word "sanity." And he said that restoration to health sometimes takes time, sort of a convalescent period in which we gain strength.

My friend pointed out that Step Three suggested only that we *make a decision* to turn our unmanageable lives and wills over to the care of the God or the Higher Power we understood at that time. He expressed the opinion that no one, alcoholic or otherwise, could turn his life and will over to God in an instant; that the decision to do so was implemented by the Eleventh Step, and there was a lot of work and time involved between Steps Three and Eleven. I bought what he said--but because I was and am somewhat self-willed and confused, I backed into Step Three by starting right out with Step Eleven. Perhaps that is not a bad way in any case.

I think, too, that my denial of God's help did not stop Him from helping me. I am sure that otherwise I would not have recovered. I am sure also that God will help me whether I ask Him or not but now--in my continuing search for serenity--I seem to get comfort by asking Him.

B. M.  
Englewood Cliffs, New Jersey

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## **Tradition Two – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

During the first year I was sober in AA, about a half dozen regular members abandoned my home group over a dispute about the group conscience. The process was frightening; the outcome reassuring.

At issue was the fate of one of our members who had lost a considerable chunk of the group treasury on a slow pony. The group decided that he must pay the money back, but--as the weeks went by--he didn't.

Then followed a business meeting. Tempers flared, friends fought, order barely prevailed. Finally the group conscience followed the wisdom of those who said that it was not a requirement that our members stop gambling and pay their debts: We voted not to expel the liable one.

However, there were those who felt the group unity was threatened, that we were renegeing on a responsibility to be self-supporting, that we were enabling a member to continue non-sober behavior. And some of them took their resentments and left the group. I was reassured by the fact that the gambler stayed sober, AA proved big enough to welcome the wanderers into other rooms, and the group survived.

Ours is a rambunctious group, not for everyone. We're one of our city's "intake" meetings and newcomers are encouraged to share there. We have a two-part plan to deal with disruptions--both parts depend on a vote by the group. First, the group conscience decides whether or not to warn the person causing the disturbance. Then, if the disruption continues, the group conscience is called again to vote on temporary expulsion, usually for the length of the meeting.

And what *is* a disruption in a large meeting where business as usual includes people talking in the kitchen, at least one active drunk, a couple of regulars who can't or won't, sit still and be quiet? Well, throwing a coffeepot once merited expulsion. Refusing to stop yelling at the speaker did too. Of course the very few times one person laid a hand on another he or she got booted, but so did the person who launched a verbal attack.

Lest a reader get the idea that there is a free-for-all going on, I must say that--no matter how out of control the offender--rarely in ten years have I known people to try to stay after the group conscience decided they must leave. Most leave with no more than a parting word or two.

And it was at my home group that I learned to trust the experiences of the early groups with meetings. We have a Traditions meeting once a month and when I was new and heard the Traditions read out loud, the experiences of the early AA meetings gave me the first notion that real people--drunks like me--started this program.

In fact, it was easier at first to accept a higher power for my personal recovery in the form of a "Group of Drunks." Until very much later, turning over my individual will to a caring God was difficult (and often still is). But I knew that our coming together to stay sober was a spiritual act. When I rotated into service beyond the group and became a district committee member I was once present at a large meeting that expanded my understanding of "spiritual leadership."

We fought through three ballots trying to agree on the person who would represent our area at the General Service Conference. All of the candidates had put in many years of service and had their champions. Tempers were getting warm. Then the secretary announced that it was time for the Higher Power to decide and the three names went into a hat. Some of us were flabbergasted. This really was too silly, we said to each other.

However, the name drawn out of the treasurer's fedora was accepted at once. And the huge hall hushed for a long moment before hundreds of us boomed out the Serenity Prayer. We modern folks were not even embarrassed to be moved by that process.

Angela D.  
New York, New York

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## We are not a glum lot . . .

A man is sitting in the coach section of a flight, biting his fingernails and sweating profusely. Noticing his disturbed expression, a flight attendant says, "Sir, can I get you something from the bar to calm you down?"

The man nods yes while shaking terribly. Seconds later she comes back with a drink. He downs it quickly and seems to calm down.

Ten minutes later, the flight attendant sees him biting his nails again. She brings him another drink, which he gulps down. A half hour later she returns to see him shaking uncontrollably and almost in tears.

"My goodness," the flight attendant says, "I've never seen someone so afraid to fly."

"I'm not afraid of flying," says the man.

"Then what's the matter?"

"I'm trying to give up drinking."

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The annual Florida State Convention was held in a swank beach hotel, complete with all the luxuries. On the third day of the convention, a charming lady, seeking accommodations, was having a slight argument with the manager, since she wanted to bring her pedigreed poodle with her. The manager finally convinced her that the hotel would not take pets and, as she left in somewhat of a huff, she was overheard to mutter, "No dogs, but alcoholics?!"

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A grade-schooler told his friend about his newly recovered mom, who'd gotten a speeding ticket.

"Mom was rushing us to school so she could make her AA meeting, and we got pulled over," he said. "When the cop came over, Mom started apologizing. She said she was stressed out, trying to make it to her AA meeting on time.

"Well, I'm in AA, also," the cop said, "and I'm going to take your inventory!" He gave her this piece of paper and took off."

"What's an inventory?" the other child asked, puzzled.

"I don't know," said the first, "but it cost us \$200 to get it back!"

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"I knew I was beginning to get well when my car broke down . . . and instead of calling the suicide hotline, I phoned a mechanic".

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A woman brought her son to an AA meeting. Later, as they were leaving, the mother complained about the hard seats, how long people had talked and how the chair didn't follow guidelines. Finally the little boy said, "Mommy, I thought it was pretty good for a dollar!"



calling all artists!

We are looking for artists to donate their work for the 2nd annual silent art auction. All proceeds will go to support the 2016 Area Assembly hosted by district 5.

Get those creative juices flowing! Auction will be held May 7, 2016

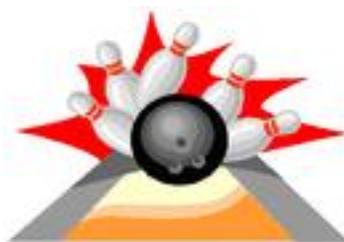
For more information contact Bonnie at [theartfulbird@gmail.com](mailto:theartfulbird@gmail.com)

*Central Oregon Intergroup*

*Entertainment Committee*

Presents

## **Valentines Day Bowling**



**Sunday, February 14**

**Lava Lanes**

(off Greenwood and 15<sup>th</sup>, Bend)

**7pm – 9pm (registration at 6:45) Lanes 1-8**

**\$18 per person**

(all ages welcome with supervision)

**Two games, shoes and Prizes included**

(we can use the lanes for 2 full hours!!)

Fellowship at Shari's North following the event



# Al-Anon District 5 Spaghetti Feed Fundraiser February 6, 2016

St. Thomas Catholic Church 1720 NW 19th  
Street, Redmond

“Just For Today...”



Doors open at 4:30/Dinner is at 5:30/Speakers at  
6:30

\$8 per person, \$15 a couple, \$2 children under  
12

Al-Anon Speaker: TBA

AA Speaker: Bruce C.



## Can & Bottle Drive



Support Our 2016  
Oregon Area Assembly

**Drop Off Location: Phoenix Framing**

1404 NE 3rd Street, Bend

541-382-6293

Across from the Red Lion

Hours:      Mon/Fri 10:00 to 6:00      Sat. 9:30 to 1:30

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## **SERVICE OPPORTUNITY**

Are you looking for a "serious" service commitment? Please consider the jail program. This is certainly not meant to degrade any form of service in AA, but going into the jail to conduct meetings is quite serious. You are sharing your experience, strength and hope with folks that may be at the lowest point of their lives. And yes, we have people in this program whose lives have been changed and have changed those of others.

Do you want to know more? Please contact Duncan L at 541-213-8883 or request an application by email [duncbird@gmail.com](mailto:duncbird@gmail.com)



# PANCAKE BREAKFAST

# SPEAKER MEETING

# DAVE H.

SATURDAY FEB 6, 2016

9:30-NOON

Enjoy a short stack for a Tall cause

You are invited to a Pancake Breakfast/Speaker Meeting Fundraiser to support District 5 hosting the September 2016 Oregon Area Assembly at the Deschutes County Fairgrounds



**\$10.00**

FOOD FUN  
FELLOWSHIP

BREAKFAST @ 9:30  
SPEAKER @ 10:30

EGGS, PANCAKES,  
SAUSAGE, COFFEE,  
TEA

PROCEEDS  
BENEFIT 2016 OR  
AREA ASSEMBLY

TEC/BROOKS HALL  
469 NW Wall St.  
Bend, OR 97701

*Central Oregon Intergroup*

*Entertainment Committee*

Presents

♣ **St Patrick's Day** ♣  
**Corned Beef & Cabbage**

Vegetarian Soup may be substituted

**March 19<sup>th</sup>**

**Calvary Baptist Church-Prineville**

(2241 N Main Street)

**Dinner 6pm      Speaker 7pm**

**Bingo 8-10pm**

**Adults \$10** (Ages 6-12 \$5, 5 and under free)

**Pre-sale tickets**

(call 541.410.3481 for ticket holders)

Please Bring a Dessert to Share



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

**February speaker: Doug M.**  
**16 years sobriety**

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

# FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	3	3	5 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Lindsey T. 8 yrs Vera F. 26 yrs	6 Pancake Breakfast Speaker Meeting 9:30 am – noon. Brooks Hall. \$10  Al-Anon Spaghetti Feed - 1720 NW 19th, Redmond Dinner 5:30 pm, Speakers 6:30 pm \$8/person; \$15/couple; \$2 children under 12  Redmond Potluck/ Speaker meeting. Food at 6 pm; speaker at 7 pm
7	8	9	10 LaPine Potluck Speaker Mtg. 6 pm La Pine Community Church. The Finley Butte Rd. LaPine	11	12	13
14 6:45 to 9 pm Valentine's Day Bowling! Lava Lanes. \$18 (2 games, shoes, prizes included)  District 5 GSR Mtg. 4 pm. TEC	15	16 Entertainment Committee Meeting 7:00 pm TEC	17	18	19 CO Speaker Mtg. 7pm, Eastmont Church. Speakers: Steve M. 13 yrs; Bridget M. 3 yrs	20
21	22	23	24	25	26 Bend Birthday Meeting. 7:00 pm Church of the Nazarene. Speaker: Doug M.	27 CO Potluck and Speaker Meeting Food 6:00 pm Speakers 7:00 pm Brooks Hall, Bend
28 IGR Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	29 Step Sisters Speaker Mtg. 7pm TEC					

# MARCH 2016

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:	5 Redmond Potluck/ Speaker meeting. Food at 6 pm; speaker at 7 pm
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:	19 St. Patrick's Day Corned Beef & Cabbage. Calvary Baptist Church, 2241 N Main Street, Prineville Dinner 6 pm Speaker 7 pm. \$10; Children 6- 12 \$5; under 5 free. Pre-sale tickets available; call 541.410.3481
20	21	22	23	24	25 Bend Birthday Meeting. 7:00 pm Church of the Nazarene. Speaker:	26 CO Potluck and Speaker Meeting Food 6:00 pm Speakers 7:00 pm Brooks Hall, Bend
27 IGR Advisory Board Mtg. 5-5:30 IGR Mtg. 5:30 pm TEC	28 Step Sisters Speaker Mtg. 7pm TEC	29	30	31		