



Central
Oregon's
April 2016
*Conscious
Contact*

APRIL HAPPENINGS

Area Updates . . .

I am so pleased to be your new Editor for the Conscious Contact newsletter! Central Oregon AA has so much to offer, and I am honored to be a part of it.

There are several events in the month of April that support the upcoming 2016 Oregon Area Assembly—artist donations are being collected for the Silent Art Auction in May, the Can & Bottle Drive is still happening at Phoenix Framing, and there will be Live Music & Dancing at TEC on Friday, April 9th! Read on for details...

Would you like your birthday listed in the Conscious Contact? If so, please email Megan M., at newsletter@coigaa.org, and let her know the month before and you'll be included!

The Entertainment Committee is in need of more members who can give their time and efforts to help make more fun events possible. There is also a need for help on individual events. Please contact Entertainment Committee Chair, Vickie M. at (541) 410-3481 for more information, or attend the Entertainment Committee meeting held the 3rd Tuesday of the month at 7:00 pm at TEC.

AA Hotline— 541-548-0440

Intergroup Officers

Chairperson— Bill O. 541-771-5145

chairperson@coigaa.org

Vice Chairperson— Mike S. 541-815-7458

vicechair@coigaa.org

Secretary— Lauren G. 541-420-7705

secretary@coigaa.org

Newsletter— Megan M. 503-740-2150

newsletter@coigaa.org

Schedules— Joan C. 541-550-0568

schedule@coigaa.org

Hotline— Mary B. 303-368-0872

hotline@coigaa.org

Potluck— Dave W. 541-610-6624

potluck@coigaa.org

Website— Austin M. 828-505-6052

webmaster@coigaa.org

Entertainment— Vickie M. 541-410-3481

entertainment@coigaa.org

Al-Anon Liaison— Kristel M. 541-350-7845

al-anon_liaison@coigaa.org

District Committee Member

Glenn B. 541-390-8959

Advisory Board Committee

Reed K. 541-771-8097 Dan P. 541-480-0571

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:

Tuesdays 1:00 p.m.– 5:00 p.m. (4 Hours)

Mondays 9:00 p.m.– 9:00 a.m. (12 Hours)



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

If you are willing to give back what was so freely given to you, please call:

Hotline Chair: Mary B. (303) 368-0872



April Birthdays!

Alison J.- April 13th, 25 Years

Jay K.- April 15th, 15 Years

Cody M.- April 19th, 6 Years

Priscilla H.- April 28th, 48 Years

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

Meeting Changes

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
LaPine 7:00 p.m. Candlelight Meeting @ HUT	Bend 7:00 p.m. Tuesday Night AA, 1st Tues. is Speaker Meeting Bend 9:00 p.m. Young & Sober– Cancelled LaPine 5:30 p.m. Back to Basics @ HUT (location change)	Bend 7:00 p.m. Sober & Out– Meeting on <u>Thurs-</u> <u>days</u>	Bend 7:00 p.m. Sober & Out @ TEC	Burns 11:00 a.m. Sagebrush AA, Tape & Discussion @ 557 W. Washington (small conference room in hospital) Fossil 7:00 p.m. Primary Purpose @ Fossil Methodist Church (1004 Main St.) Madras 7:30 p.m. Madras Oasis– Cancelled

Step Four- “Made a searching and fearless moral inventory of ourselves.”

The Steps at Sea

A dispute on an isolated, ocean-going ship led him to turn to the Fourth Step for a spiritual solution

I work on ocean-going ships. There is a great deal of beauty in this as well as loneliness. The money is good and the daily savings provided by free food and lodging has a multiplier effect. It's what I have done for my adult life. The stresses of possible call-outs at any hour, difficulties with foreign languages and the workers we meet, the extremes of climate, as well as lack of meetings are all a part of this life. Of course the personalities we meet are as challenging as in any other occupation, perhaps more so as there are no weekends away from the office.

Recent troubles with a co-worker have placed me where alcohol once did. I must accept spiritual help or fight on towards a bitter end without it. It's funny how after many years we can still experience a knee jerk fight or flight emotional reaction. I await the day when my first and only response is, "let me demonstrate a spiritual program of action."

The Big Book says, "These resentments must be mastered but how?" Then the answer is presented clearly. Now it was up to me to follow directions. I took out a pen and paper and worked the Fourth Step as it is explained on page 65. Doing the Fourth Step is a solitary affair, accomplished when we set it down on paper. There is something that happens. Wise men of psychiatry have called this phenomenon catharsis, for in this process things from our guts, our hearts and our minds seem to flow down our arm to our hand where they leave the body.

I listed the reasons I am resentful at J. There were two instances within the last 48 hours that triggered my animosity. I put tags on these. I discovered that these behaviors affected my self-esteem, pride and security. I cobbled together a prayer from page 67: "God, J. is sick. How can I be helpful? God save me from being angry and thy will be done. Amen."

Then I put out of mind J.'s offences and looked at mine. I had not been a perfect shipmate towards J. Beyond that I looked at my life pre-recovery. That was humbling. The way I treated loved ones as well as employers and co-workers left miles for improvement. In J. I am just meeting an earlier version of myself, full of pride and ego, and careless of the feelings of others. (Continued)

How can I be helpful to J.? How can I practice tolerance, pity, patience and cheerfulness toward J.? God has to work with me to open these avenues in the remainder of this voyage. However, I don't want to be a doormat so I called a meeting with my immediate supervisor and J. and laid out two examples that I felt showed arrogance and contempt. What will become of this meeting remains to be seen however, one thing that is sure: I am not stuffing my feelings. Furthermore, I expressed my displeasure coolly and rationally. Perhaps J. will learn something about treating colleagues, perhaps not. But it certainly is a way I might be helpful to J.

I didn't take a drink today and haven't since April 6, 1992. I struggled for years to get sober while working with some fine sponsors. A sponsor named Chuck suggested I read the Big Book. I did that. I read it cover to cover. Shortly after that I found myself drunk. When Chuck asked me, "Why did you get drunk?" I said "It was over anger and resentments. These are the luxury of others." Chuck asked, "What did you drink?" "Vodka," I answered.

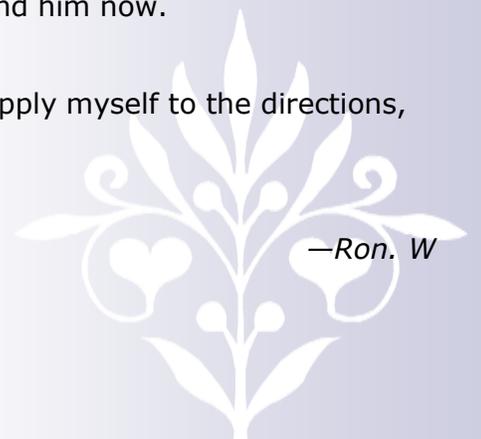
Chuck broke it down for me: "You got drunk because you put vodka in your mouth and swallowed it." He gave me several examples of events from his business life as well as family life that were much more traumatic than the little speed bump I had gotten drunk over. "The difference is I didn't get drunk. Sometimes I carried them a little longer than I should have but as soon as I worked that Fourth Step my burden became lighter."

After working the Fourth Step I felt better. I dimmed the lights in my cabin and read some of the selections in As Bill Sees It. ABSI is my home group and my home group members email me the week's topic. I study that topic for the week while I am at sea. This week it was "faith." I am also a longtime Grapevine subscriber. I pack Grapevine issues in my sea bag and savor them on my ocean crossings.

That night, I settled into a comfortable position in my recliner and reflected on something I had read. This turned into a breathing meditation. As I breathed, I thought the words: There is one who has all, power. That one is God. May we find him now.

The Steps are an answer to all my problems. The sooner I apply myself to the directions, the problem begins to lessen. I love my toolkit!

—Ron. W



Tradition Four: “Each group should be autonomous except in matters affecting other groups or AA as a whole.”

Autonomy-not Self-will

A political science professor at the University of Missouri once said, "The reason that the Constitution of the United States has been so successful for more than 200 years is that it is so general and so flexible that people don't feel they have to change it every time they have an argument." I have come to believe that there might just be some of that flexibility in our Traditions, particularly Tradition Four.

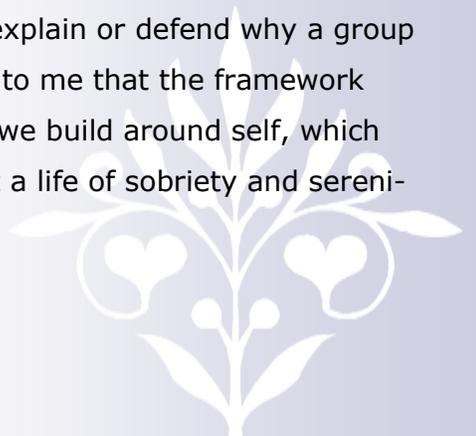
Through the years I have learned to take arguments about the Traditions, or instances of using a given Tradition to support a personal position, with a little grain of salt. As Bill W. explains Rule 62 in *Twelve Steps and Twelve Traditions*, let's not take ourselves too damn seriously.

I've learned to laugh just a little through the years because I have been around long enough now to hear some pretty good cases on both sides of any given controversy. I've heard the same Tradition used as support for arguments on both sides of the question.

This is the real beauty in the Traditions. They have survived intact, even more so than the U.S. Constitution, in spite of the many ways we as individuals have used and misused them on our AA travels.

Many other times I have heard an argument supported with one part of a Tradition while the second part is completely ignored. This phenomenon seems to occur quite often in Tradition Four: "Each group should be autonomous except in matters affecting other groups or AA as a whole."

Autonomy most often seems to be used as an argument to explain or defend why a group ought to do what a certain member wants it to do. It occurs to me that the framework that we build around autonomy is the same framework that we build around self, which the Big Book warns us we must get rid of if we are to expect a life of sobriety and serenity. In other words, we often use autonomy to get our way.



He went so far as to say that when a group sits down to discuss a given controversy and to have an informed group conscience, that everyone should have the right to know that the meeting is taking place and to say anything they want. But, he said, the group should not feel that it has to take a vote--usually, the group conscience just emerges. If a group is really striving for a group conscience, they won't even be talking about the controversy after a few minutes. They'll be discussing how each of them is so important to the other, and how much they would be willing to sacrifice of "their own way" to preserve the unity of the group.

And so it is with Tradition Four, I believe. It should not be used so much to strike home the point that a group can do anything it darned well wants to. It should also remind us to ask ourselves, in the context of all the Traditions: "Is this decision good for all the groups around us? Will we hurt someone? Are we helping the AA Fellowship as a whole?"

It just appears sometimes that our old habits of trying to concentrate on what makes us different still prevails over concentrating on what makes us similar, what will give us unity, and what will aid in the survival, growth, and well being of the Fellowship.

It seems to me that the biggest part of AA's growth and success in its almost fifty-five years has been that it has clung firmly to its singleness of purpose, and has not tried to be all things for all people. Because of that, even though groups from different parts of the United States and Canada may have different local customs, they are still basically carrying the same and single message of AA recovery to the newcomer.

Through trial and error, we AAs have found two very important facts about ourselves and about Tradition Four. First, we have discovered that we must take responsibility for ourselves if we are to recover and have complete freedom, or autonomy within our groups. So we cannot use autonomy for selfish means.

Second, we must depend on each other or die alone. No heritage from our AA predecessors is so precious and so clear. We cannot look inward when we talk about autonomy. We must look always to the greater good. There is no one else who will care for the survival of the Fellowship if we do not. We know our own lives depend on the well-being of all the groups and all the members of the Fellowship and its members are to survive.

I believe any document, whether it's the Constitution or the Traditions of our Fellowship, which has survived all trials and remained for the common good of many people, is spiritual in its nature and its origins. Tradition Four exemplifies in its true meaning this spiritual foundation of our Society.

Taken in this context, all that we do and say should be for the good of the greatest number. The future of the Fellowship and our own futures depend on it.

On a Lighter Note...

It's a Miracle

A pastor is stumbling across a parking lot looking for his car, when a cop sees him. The officer walks up to him and asks, "Have you had anything to drink tonight sir?"

"No," the pastor replies.

"So, what's in that cup?" the cop asks.

"Water sir, take a look!" he says.

Looking in the cup, the officer says, "This isn't water, it's wine!"

Gasping, the pastor exclaims, "He did it again!"

—Barry O., Albuquerque, N.M.

Double Trouble

A drunk stumbles up to the only other patron in a bar and asks if he could buy him a drink. "Why, of course," the guy replies.

Drunk 1: "Where are you from?"

Drunk 2: "I'm from Ireland."

Drunk 1: "Hey, I'm from Ireland too. Let's have another round to Ireland!" Then with a curious look, he asks, "Where in Ireland?"

Drunk 2: "Why, Dublin!"

Drunk 1: "I can't believe it, me too! Lets have a round for Dublin!"

Drunk 2: "Of course! Hey, what school did you go to?"

Drunk 1: "Saint Mary's. I graduated in '62."

Then both drunks yell in unison: "Me too! This is becoming unbelievable!"

About that time, one of the regulars strolls in and sits down at the bar. "What's up?" he asks the bartender. "Oh, nothing much," replies the bartender. "The O'Malley twins are drunk again."



"I had a layover in Omaha ... which led to a hangover in Des Moines."

—Anonymous

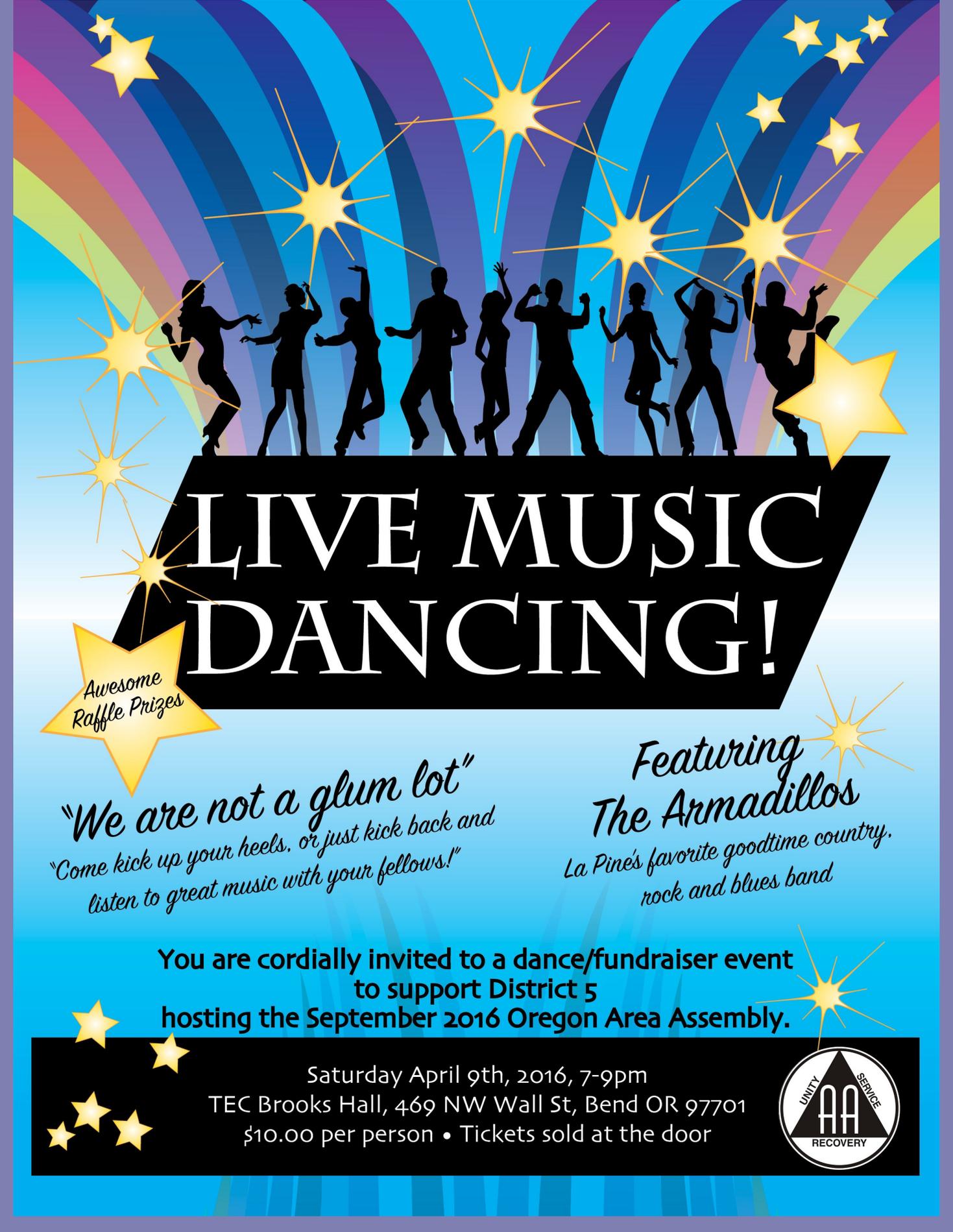
A composite image featuring a man in a suit shouting into a megaphone on the left, a large pencil pointing diagonally across the top, and a colorful abstract painting on the right. The text 'calling all artists!' is overlaid on the pencil.

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



LIVE MUSIC DANCING!

*Awesome
Raffle Prizes*

*"We are not a glum lot"
"Come kick up your heels, or just kick back and
listen to great music with your fellows!"*

*Featuring
The Armadillos
La Pine's favorite goodtime country,
rock and blues band*

**You are cordially invited to a dance/fundraiser event
to support District 5
hosting the September 2016 Oregon Area Assembly.**

Saturday April 9th, 2016, 7-9pm
TEC Brooks Hall, 469 NW Wall St, Bend OR 97701
\$10.00 per person • Tickets sold at the door





Can & Bottle Drive



Support Our 2016
Oregon Area Assembly

Drop Off Location: Phoenix Framing

1404 NE 3rd Street, Bend

541-382-6293

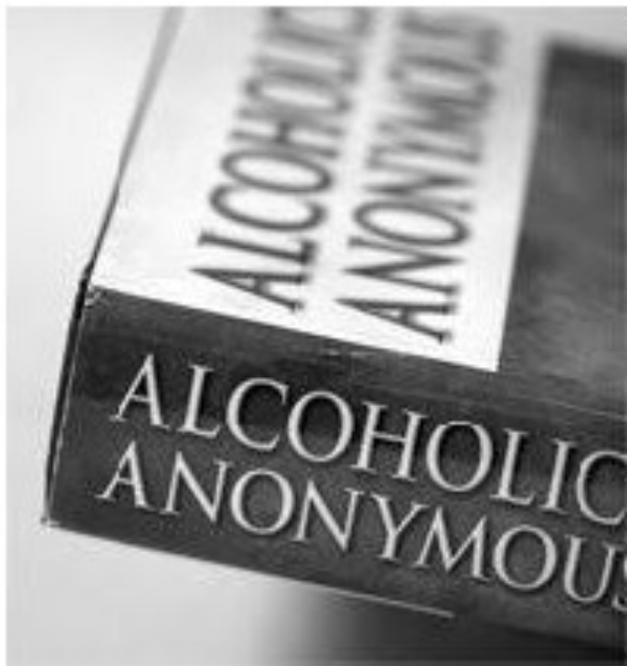
Across from the Red Lion

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

How, Where, When, & Who Started AA in Sisters, Oregon?

AA was started in Sisters around 1979 or 1980 by Bruce Leonardy. Bruce had been an owner of the B Bar B Saloon in Sisters with his wife, Bobbie. They were the second owners of the establishment. The only meeting was on Thursdays at 7:00 p.m. at the Episcopal Church of the Transfiguration. The meetings remained quite small, with sometimes only the Secretary in attendance, but Bruce persevered. Bonnie M. was the Secretary of that meeting for three years in the late 1980's. Bruce passed away when there were two established AA Meetings in Sisters.

Tuesday Meetings were added first, followed by Saturday, Sunday, Monday, and now Wednesday.



**THE CENTRAL OREGON
SPEAKER MEETING**
brings you decades of
experience, strength, & hope

Join us

Friday, April 1, 2016

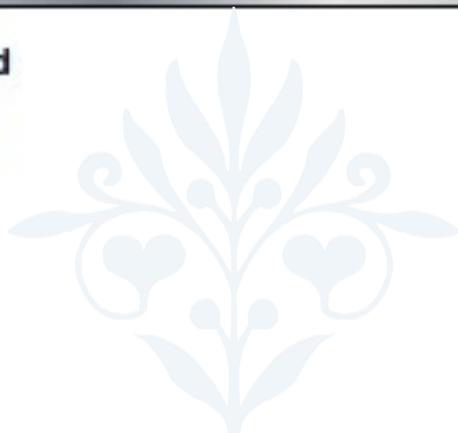
at 7:00pm

TRIMBLE ~ 47 yrs

JOHN J. ~ 41 yrs

TERRY L ~ 43 yrs

62465 Eagle Road
Bend, Oregon



*“They know what the
illness feels like – and
they have learned how to
recover from it in AA”*

Church of the
Nazarene
1270 NE 27th
Street
Bend, Oregon



Birthday Speaker Meeting!

Last Friday of Each Month at
7:00 p.m.

April Speaker:
Allison J., 25 years

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



Carry the AA message into treatment facilities.

Share your story in order to help others!



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.

*District 5 CTF committee meeting will be held at the **Bend public Library** at **5:30 pm Tuesday April 5th** in the upstairs conference room. (The Hutchinson room)*

If you are currently leading a facility panel, or wish to adopt one, it is very important that you make this committee meeting as they are only once every 3 months.

Contact CTF Chair Carrie B. for more info or to adopt a panel

541-788-7276 or CTF@District5AA.Org



April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Trimble 47 yrs; John J. 41 yrs; Terry L. 43 yrs.	2 Redmond Potluck/ Speaker meeting. Food at 6pm, speaker at 7pm (Redmond Community Church)
3	4	5 Tues Night AA Speaker Mtg 7pm (Church of Nazarene) District 5 CTF Com- mittee Mtg 5:30pm (Downtown Library)	6	7	8	9 Dance/ Fundraiser for 2016 As- sembly 7- 9pm (TEC)
10 District 5 GSR Meeting 4pm (TEC)	11	12	13 LaPine Potluck/ Speaker Meeting 6pm	14	15 CO Speaker Meeting 7pm (Eastmont Church) Speakers: Vivian M. 28 yrs; Ben L. 17 yrs	16
17	18	19 Entertain- ment Committee Meeting 7pm (TEC)	20	21	22	23 CO Potluck and Speaker Meeting 6pm (Brooks Hall)
24 IGR Advisory Board Meet- ing 5- 5:30pm IGR Meeting 5:30pm (TEC)	25 Step Sisters Speaker Meeting 7pm (TEC)	26	27	28	29 Bend Milestone Mtg 7pm (Church of Nazarene) Speaker: Allison J. 25 yrs	30

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 CO Speaker Meeting 7pm (Eastmont Church) Speakers:	7 Redmond Potluck/ Speaker Meeting Food at 6pm; Speaker at 7pm
8 District 5 GSR Meeting 4pm (TEC)	9	10	11 LaPine Potluck/ Speaker Meeting 6pm	12	13	14
15	16	17 Entertainment Committee Meeting 7:00pm (TEC)	18	19	20 CO Speaker Meeting 7pm (Eastmont Church) Speakers:	21
22 IGR Advisory Board Meeting 5-5:30pm IGR Meeting 5:30pm (TEC)	23	24	25	26	27 Bend Milestone Meeting. 7pm (Church of Nazarene) Speaker:	28 CO Potluck/ Speaker Meeting Food 6pm Speakers 7pm (Brooks Hall)
29	30 Step Sisters Speaker Meeting 7pm (TEC)	31				