



Central  
Oregon's  
June 2016  
*Conscious  
Contact*

**AA Hotline-- 541-548-0440**

## JUNE HAPPENINGS

### Area Updates . . .

June is an exciting and busy month for Central Oregon AA! We have fun events coming up every weekend in the month of June, including a Bingo Fundraiser on Saturday the 4th, the Ochocho Campout the weekend of the 10th, 11th, and 12th, the Beginning of Summer Picnic on Saturday the 18th, and the Central Oregon Potluck Speaker Meeting on Saturday the 25th. There is something for everyone, so get out and get involved!

In addition to these special events, we also have our monthly Friday Night Speaker Meetings (June 3rd and 17th), the June Milestone Meeting (June 24th) and of course lots and lots of weekly meetings to choose from... read on for details and the upcoming calendars!

The Entertainment Committee is still seeking volunteers to assist with clean up on Sunday for the Ochocho Campout, and clean up after the End of Summer Picnic. This is a great, short term opportunity to be of service, so contact Vickie M. to volunteer your time- ([entertainment@coigaa.org](mailto:entertainment@coigaa.org)).

### Intergroup Officers

Chairperson-- Bill O. 541-771-5145

[chairperson@coigaa.org](mailto:chairperson@coigaa.org)

Vice Chairperson-- Mike S. 541-815-7458

[vicechair@coigaa.org](mailto:vicechair@coigaa.org)

Secretary-- Lauren G. 541-420-7705

[secretary@coigaa.org](mailto:secretary@coigaa.org)

Newsletter-- Megan M. 503-740-2150

[newsletter@coigaa.org](mailto:newsletter@coigaa.org)

Schedules-- Joan C. 541-550-0568

[schedule@coigaa.org](mailto:schedule@coigaa.org)

Hotline-- Mary B. 303-368-0872

[hotline@coigaa.org](mailto:hotline@coigaa.org)

Potluck-- Dave W. 541-610-6624

[potluck@coigaa.org](mailto:potluck@coigaa.org)

Website-- Austin M. 828-505-6052

[webmaster@coigaa.org](mailto:webmaster@coigaa.org)

Entertainment-- Vickie M. 541-410-3481

[entertainment@coigaa.org](mailto:entertainment@coigaa.org)

Al-Anon Liaison--

[al-anon\\_liaison@coigaa.org](mailto:al-anon_liaison@coigaa.org)

### District Committee Member

Glenn B. 541-390-8959

## AA HOTLINE

Shifts Available:

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

Mondays 1 p.m.– 5:00 p.m. (4 Hours)

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

Wednesdays 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



Do you have an upcoming sobriety celebration? Email [newsletter@coigaa.org](mailto:newsletter@coigaa.org) your name and sobriety date, and we will include it in upcoming newsletters!

## Tuesday Night AA Needs Your Support!

The Tuesday Night AA Meeting needs support and attendance from our local community. This meeting is located at Church of the Nazarene (1270 NE 27th Street, near the hospital), and starts at 7:00 p.m. Please support our fellow Central Oregon AA members and come for a meeting! You can never attend too many...

### **Our Responsibility Statement:**

I am Responsible. When anyone, anywhere, reaches out for help, I want the hand

**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

# Step Six “Were entirely ready to have God remove all these defects of character.”

## Step Six: Obligated to Go Forward

Step Six has always seemed to me to be the most theoretical of the Twelve Steps. What, exactly, do we mean by "entirely ready"? What if I am only a little bit ready? Halfway ready? Seventy-five percent ready? Can I still approach Step Six? I think the answer is yes, and I'd go further: despite the degree of readiness I might or might not possess on a given day, I am obligated to go forward.

My first pass at Step Six occurred within the first few months of my sobriety. I had completed Steps Four and Five, and when I got to the Sixth Step, my sponsor asked me to read one paragraph a day--no more--of the essay in the "Twelve and Twelve." That took about three weeks. When I was finished, he suggested that I do the same thing again. I think now he was preparing me for the glacial pace at which we become ready to have any given defect of character removed.

At this point in my development, I was unclear about what a character defect was, never mind my readiness to have it removed. When members alluded to "character defects" in meetings, what they often referred to was the manifestation of these defects. Smoking is not a character defect. Playing the lottery is not a defect of character. Eating chocolate, which one well-meaning member assailed for about fifteen minutes when she spoke on this Step, is not a defect of character. Like this woman, I was confronting my shortcomings such as I understood them at the time. But nothing much needed to be done about them. The responsibilities and commitments of my new sober life were considerably more than I was used to, but they didn't amount to much, and so my own defects of character weren't really in the way of what I was seeking to accomplish. This was about to change.

As a natural result of my attempts to practice the principles of the program, my life got bigger. I married a beautiful girl. We were blessed with a daughter. My career appeared to be moving forward--and the manifestation of my character defects persisted. In particular, the one that our literature tells us leads the parade: Pride.

I can offer a couple mundane examples: After our daughter was born, my wife went back to grind it out at her nine-to-five while I took to the local playgrounds with our bouncing baby girl. Even in a city thought to be on the cutting edge of social change, most of the playground parents were moms. I felt out of place, alienated, distant, ostracized. I should note that nobody *made* me feel anything. I manufactured these emotions on my own.

The small talk among folks I became acquainted with--I saw them sometimes twice a day--naturally centered on child care and education. I discovered right away that my own opinions veered wildly from the playground standard, and I took every opportunity (often forcing opportunities where they didn't exist) to articulate those distinctions. It was all about me being right, of course, and them being wrong.

I felt compelled to make it clear that I was destined for big things, great things; my ambition surpassed anything as pedestrian as raising a child. So when the subject of what I "did" came up (and it often would), I outlined in great detail the number of exciting projects I had in the works. One sympathetic mom asked me how I was doing; I gave her a resume. My aim was to make sure that everyone--in some cases a total stranger--was acutely aware that I was not merely a goateed, bespectacled child-care provider of the progressive new breed; I was a mover and a shaker with his eyes on the prize. I would keep talking until the person turned away, bored or offended. I became embarrassed on two counts: Number one, the person was not necessarily impressed, and number two, I was informing her of my career arc, letting her know who I thought I was, out of pure pride. As Bruce Willis asked Ving Rhames in *Pulp Fiction*, "You feel that sting, big boy? That's pride."

I felt that sting. I became painfully aware of that defect of character and duly mentioned it, with great specificity, to the Higher Power. I let him know that he ought to remove it just as soon as possible. I had become, according to me, entirely ready.

Guess what? The next time I was asked how I was doing on the playground, I answered in precisely the same manner. Pushing my daughter's swing with my left hand, gesticulating with my right, I expounded on all my plans for the immediate future. My target's reaction was also the same. Her eyes glazed over while she looked frantically for something else to occupy her time.

"Entirely ready" took on a new meaning. I had created as much willingness as I could on my own. The continued manifestation of this defect helped me realize that the remaining willingness--the short hop between the end of Step Six and the beginning of Step Seven--was in the hands of God alone. That was the point when my relationship to the Step, and to that nasty defect of character, pride, evolved yet again for the better. Today, on the playground, when somebody asks me how I'm doing, I say, "I am very well, thank you. How are you?" Period. If somebody inquires about what I do, I tell them. In one word. Pressed. I say, "Oh, I've got a lot going on." And that statement is truer now than it has ever been in my life.

-Pete P., New York

# **Tradition Six- “An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert use from our primary purpose.”**

## Tradition Six: Enthusiasm Unbounded

I was a little over a year sober when I began answering phones with my sponsor at our local intergroup. During one shift, he overheard a conversation in which I waxed poetic about the virtues of AA and then tried to help the caller with other problems. After the call, he calmly asked, "Have you ever read the Traditions in the 'Twelve and Twelve?'"

My only exposure to the Traditions had been grumbling attendance at a few Traditions meetings.

"No," I answered.

"Well, if you are going to do more service," he said, "you might want to read about them. They're kind of . . . important."

Although I was insulted and defensive--my first reaction to many of his suggestions--I realized that he had about twenty more years of experience than I, so I'd better take the suggestion.

I'm so glad I did. I loved reading about the trials, errors, and misadventures that the early AAs had while developing the Traditions that guide our Fellowship today. I realized that early AAs were just as fallible and, occasionally, as misguided as anyone else. But, by returning to a primary purpose, obstacles could be overcome, and the Fellowship would survive.

As I've continued to do service at the group level and beyond, I've witnessed how our Traditions help the Fellowship navigate through all sorts of situations. It's not always pretty, either, so I really started to appreciate the wisdom that came from the experience of those in the early days.

One Tradition that I've grown grateful for is the Sixth Tradition. At first, it took me a while to see how a Tradition that deals with specific issues--money, endorsement, lending out the AA name--could apply to my own recovery. But the more service I've done over the years, the more I've come to realize how this Tradition really helps our Fellowship to keep it simple.

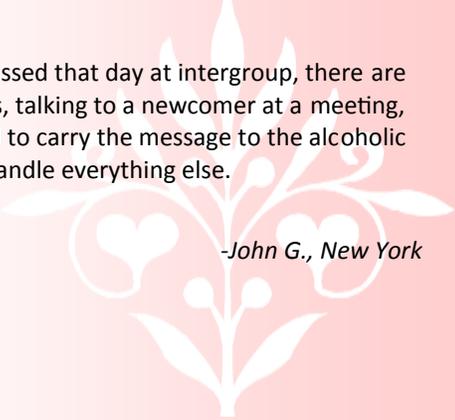
For a number of years, I took an AA meeting into a detox every other Friday night. The detox is part of a hospital and is run, like many hospital detoxes, by a trained, professional staff.

Early on in my commitment, a patient showed up after the meeting started. She apologized profusely and began telling me why she was late. I realized that because I was leading the meeting, some detox patients might assume that I work for the hospital.

I told her that I appreciated the apology, but it wasn't necessary. From that point on, I made sure I explained, at the beginning of each meeting, that I was neither a member of the hospital staff, nor a professional in the field of alcoholism treatment. I told them that I was simply a drunk, just like them, who found a solution in Alcoholics Anonymous. The speaker and I were there to share our experience in the hopes that it might help another alcoholic--we wanted to give back what had been so freely given to us. We had nothing to do with the hospital, we weren't there to enforce any rules, make money, or sell anything. I found it helpful to make this clear from the beginning, both for the patients and for myself. It helped define the meeting's primary purpose, and it also, perhaps, made it easier for the patients in the detox to see me as a peer, not as a counselor or a doctor.

In my own recovery, Tradition Six reminds me not to overstep my bounds. As my sponsor witnessed that day at intergroup, there are times I get excited and try to fix things I have no business fixing. Whether I'm answering phones, talking to a newcomer at a meeting, or working with a sponsee, my only purpose is to share my experience, strength, and hope, and to carry the message to the alcoholic who still suffers. There are plenty of competent professionals, more qualified than I, who can handle everything else.

*-John G., New York*



## ***On a Lighter Note...***

### **Clear country skies**

While meditating in the country, a poet noticed a farmer looking at him curiously.

“Ah,” said the poet, “perhaps you, too, have seen the golden-red fingers of dawn speeding across the eastern sky, tethered stained superfluous islets floating in a lake of wine in the west, the ragged clouds at midnight, blotting out the shuddering moon?”

“Uh, no,” replied the farmer, “not lately. I’ve been on the wagon for more than a year.”

—Bob M., Green Valley, Ariz.

### **Pigeon duty**

I have 43 years in the program. On going through some of my old papers from 1975, I came across an old phone message from my 12-year-old daughter, Julie. I thought it was clever and wanted to share it.

The note said: “The AA office called. You’re on duty for pigeons from 5:00 to 7:00 p.m., so bring your binoculars and a bird cage. Love, Julie.”

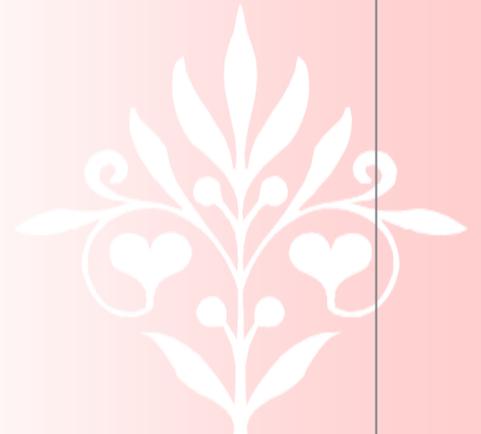
—Rae C., Oakville, Ontario

### **The breathalyzer**

When I first came around, I told my sponsor that I drank vodka because you couldn’t smell it on my breath, and that I ate mints just in case.

My sponsor asked me if I knew what vodka and breath mints smelled like. I said, “No, what?” He said, “Vodka and breath mints.”

—Ken K., Lowell, Mich.



**MONDAY NIGHT LIVING  
SOBER  
IS MOVING!**

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***WHERE?***

*FULL CIRCLE  
OUTREACH  
CORNER OF  
II<sup>TH</sup> AND  
DESCHUTES  
REDMOND*

When?

June 1st

We hope you will join us for  
our living sober book study!

*Central Oregon Intergroup Entertainment Committee*

Presents



## **Ochoco Camp Out**

**June 9 – 12**

**FREE EVENT**

**SAT POTLUCK/SPEAKER MTG 6 PM**

From Prineville travel 16 miles E on Hwy 26. Turn right at the junction to Walton Lake and Big Summit Prairie ( Co Rd 23) and travel 9 miles to Ochoco Ranger Station. Turn left just past the Ochoco Ranger Station office onto FS Road 2610, proceed across small bridge and take a right into the Ochoco Forest Campground. Proceed straight past the fee station and campground loop and continue through the gate in to the Pavilion site.

Central Oregon Intergroup Entertainment Committee

Presents

# BEGINNING OF THE SUMMER PICNIC

JUNE 18

**10 am Meeting - Festivities to Follow**

Bring your own chair the meeting is in the grass by the River



## Cline Falls State Park

7100 Hwy 126

Just north of the Deschutes River bridge about 4 miles west of Redmond

Hot Dogs, Hamburger, Veggie Burgers and all the fixings along with Beverages will be provided. Please bring a side share.

ALL PROCEEDS GO TO  
FUND THE SEPTEMBER 2016

AREA ASSEMBLY

HOSTED BY

DISTRICT 5



# BINGO/SPEAKER FUNDRAISER



BINGO PRIZES

AWESOME RAFFLE PRIZES

WHEN? SATURDAY, JUNE 4, 2016

SPEAKER AT 6:00 PM

JACK K. FROM REDMOND

BINGO FOLLOWING THE SPEAKER

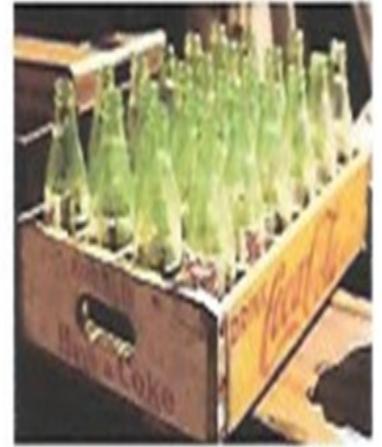


WHERE? TRINITY EPISCOPAL CHURCH (TEC)

469 NW WALL STREET



# 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

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

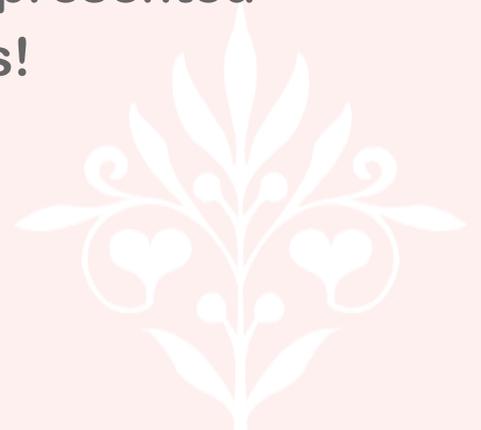


**Birthday Speaker  
Meeting!**

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

**June Speaker:  
Annie Y., One Year!**

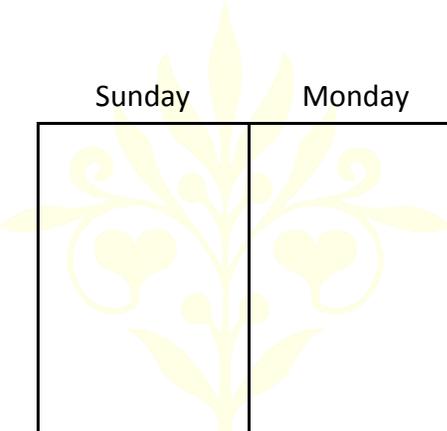
**Birthday Cake, Raffle, Sober Swag,  
and More! Finishing with a sobriety  
countdown of total years represented  
by all the attendees!**



# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Mark L., 29 Years; Trina, 3 Years	4 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church) Bingo/Speaker Fundraiser 6pm (TEC)
5	6	7	8 LaPine Pot- luck & Speaker Mtg 6pm	9 <i>Ochoco Campout</i>	10 <i>Ochoco Campout</i>	11 <i>Ochoco Campout</i>
12 GSR Mtg 4pm (TEC) <i>Ochoco Campout</i>	13	14 Tues. Night AA Speaker Mtg (Church of Nazarene)	15	16	17 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Maureen H., 28 Years; Tim W., 26 Years	18 Beginning of Summer Picnic 10a (Cline Falls State Park)
19	20	21 Culver/ Madras Pot- luck & Speaker Mtg 6pm (Culver Chris- tian Church) Entertainment Committee Mtg 7pm (TEC)	22	23	24 Milestone Mtg 7pm (Church of Nazarene) Speaker: Annie Y.	25 CO Potluck & Speaker Mtg 6pm (Brooks Hall)
26 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	27 Step Sisters Speaker Mtg 7pm (TEC)	28	29	30		

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Jack M., 34 Years; Linda T., 16 Years	2 Redmond Potluck/ Speaker Mtg- Food 6pm; Speaker 7pm (Redmond Community Church)
3	4	5	6 LaPine Potluck & Speaker Mtg 6pm	7	8	9
10 GSR Mtg 4pm (TEC)	11 District 5 CTF Committee Mtg 5:30pm (Bend Library, Hutchinson Room)	12 Tues. Night AA Speaker Mtg (Church of Nazarene)	13	14	15 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Jane W., 34 Years; Agnes C., 35 Years; Leslie S., 20 Years	16
17	18	19 Culver/ Madras Pot- luck & Speaker Mtg 6pm (Culver Chris- tian Church)  Entertainment Committee Mtg 7pm (TEC)	20	21	22 Milestone Mtg 7pm (Church of Nazarene)	23 CO Potluck & Speaker Mtg 6pm (Brooks Hall)
24 IGR Advisory Board Mtg 5pm (TEC)  IGR Mtg 5:30pm (TEC)	25 Step Sisters Speaker Mtg 7pm (TEC)	26	27	28	29	30