



Central
Oregon's
July 2016
*Conscious
Contact*

JULY HAPPENINGS

Calls for Service

Accessibilities Chair: The 2016 Area Assembly Host Committee Needs an Accessibilities Chair for the September 16th, 17th, & 18th 2016 Assembly held at Deschutes County Expo Center. There is a two year sobriety requirement. This service position includes attending Assembly Meetings on July 9th and 23rd at Starbucks South (9:30-11:00 a.m.), two meetings in August, and one meeting in September. The Accessibilities Chair will help members with hearing or mobility impairments register for the Assembly and provide any necessary assistance such as seating arrangements or sign language interpreters.

Entertainment Committee Chair: The Entertainment Committee is seeking a new Chairperson effective immediately. If you are interested, please attend the July IGR Meeting on July 24th at 5:30, at TEC. If you have questions about the Committee Chairperson service position, contact Vickie M., Vickie M. 541-410-3481, entertainment@coigaa.org.

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–

al-anon_liaison@coigaa.org

District Committee Member

Glenn B. 541-390-8959

AA HOTLINE

Shifts Available:

Saturdayss 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 your name and sobriety date, and we will include it in upcoming newsletters!

Meeting Changes

Sunday It's back! Outdoor dog-friendly meeting, 8a at Pine Nursery in Bend

Thursday Time Change: Sober Chicks Mtg, 5:30p at the HUT in La Pine

Thursday New Meeting: Women's AA, 12p in Burns

Thursday Name Change: As Bill Sees it in La Pine, formerly Empty Bucket

Saturday Cancelled: July 2nd Speaker Mtg/Potluck in Redmond

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

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

Drama Queen

It took a run-in with his daughter and wife to see he had a little more Step work to do

When I got to AA, I thought if I could just stop drinking it would solve all my problems. Drinking alcoholically certainly was my most glaring defect; but over time, others rose to the surface. It has taken time for me to see how my character defects and shortcomings negatively affected my sobriety. However, now I’ve discovered that with alcohol removed, anger leads the parade.

Today, I’ve been sober almost half my life, and I’m grateful for the progress and growth I have experience in Alcoholics Anonymous. But growth has been slow in many areas. I have learned my “old ideas” are the place where my defects of character reside. For them to be removed, I must humbly seek and act on our spiritual solution.

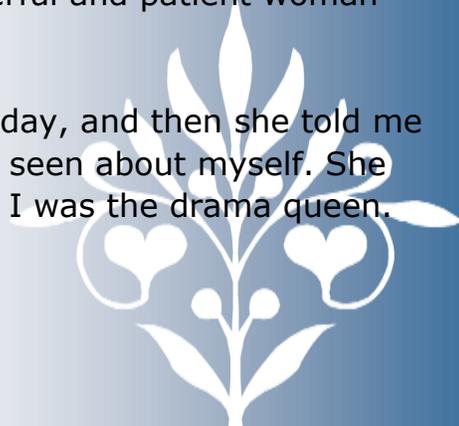
Only a few years ago, I was able to begin making headway with anger. Certainly I wanted my anger and the consequences of anger to be gone, but I kept exerting my willpower rather than relying on our Steps. Humiliation brought me to the threshold of Steps Six and Seven, and humility allowed me to cross over. Powerlessness forced my surrender.

An argument with my daughter was the catalyst that awoke me to a spiritual experience. Having the right motives paired with bad behavior just does not work. The damage spread as phone calls and voice messages were left for other family members. Finally, I paused and went for a walk, shaking with anger. It took a long time to calm down enough so I could begin to see my mistakes.

First I prayed, and then I called my sponsor. Whenever I talked to him about a problem his first question was always, “Did you pray about this?” Filled with humiliation, I made more phone calls, attempting to make amends.

Several hours later my wife called from work, exhausted from all the phone calls left by our daughters and me. Words of wisdom came from this wonderful and patient woman who had become an innocent victim of her husband’s anger.

Calmly and dejectedly, she told me how this had disrupted her day, and then she told me something that hit me between the eyes, a truth that I had not seen about myself. She said I complained about others being “drama queens,” but that I was the drama queen. Quietly, I agreed. (Continued)



After the phone call, I got on my knees and truly took Steps Six and Seven concerning anger. Steps Six and Seven were not about me acting out or working on eliminating these defects, which I had tried over and over. It became necessary for me to realize my powerlessness and the unmanageability surrounding all my defects of character, and then to seek God's help in removing these defects. Humility was required as I asked him to remove my anger. My sponsor has told me many times that humility is the heart of AA. On that day, I began to not only experience it, but to develop a better understanding of what it means to turn my difficulties over to God.

How I wish that my anger was completely gone. A vast improvement has been made, though. When I remember to pause, and pray to have anger removed, I seem to do OK. Doing the right thing keeps me out of self-imposed dilemmas.

—A. S., Rio Rancho, N.M.

On a Lighter Note...

Double dilemma

A newcomer told his sponsor that he was engaged in a major custody battle. His wife doesn't want him ... and his mother won't take him back! —Bob M., Green Valley, Ariz.

Humbly submitted

Dear Grapevine, please find the attached short submission for your consideration:

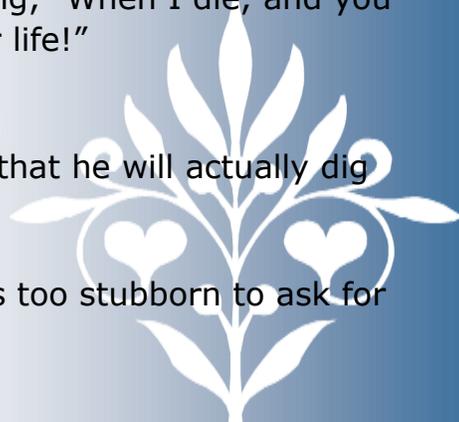
Me, me. Me, me. —Jeff M., Hollywood, Calif.

Good orderly direction

A long-time married couple, both alcoholics, were known for their nightly brawls, during which the husband often loudly threatened his wife by screaming, "When I die, and you bury me, I will dig myself up and haunt you for the rest of your life!"

The wife eventually got sober, but not the husband. A few days after he died, a neighbor cautiously asked her, "Are you afraid that he will actually dig himself up and come back to haunt you?"

"No," she replied serenely. "I buried him upside-down, and he's too stubborn to ask for directions." —Paul C., Oceanside, Calif.



Tradition Seven- “Every AA group ought to be fully self-supporting, declining outside contributions.”

One for Mom and one for Harv

It was April 2010 and I was in Connecticut visiting my mother, Ann. She was dying of lung cancer. It was a crazy time. My stepdad, Harv, had passed away suddenly and unexpectedly in February while my mother was in the middle of cancer treatment. Now she knew she was terminal and did not have long to live.

On this trip, I helped her get her affairs in order. It was such a sad time and yet my mother amazed me again and again. She and my stepdad were active members in AA and both had sponsors and sponsees. They both went to meetings right up until the end. My mother couldn't drive a car but insisted that she be “with her peeps,” as she liked to call her sponsees. “They understand me,” she would say.

She knew, even though she was on medication and oxygen, that an AA meeting was where she needed to be.

So my mother and I went to a meeting at her home group. At the time, neither of us knew that this would be our last AA meeting together. At the end of the meeting, while the Seventh Tradition basket was being passed, I watched as she counted out three \$1 bills and placed them in the basket.

Later, while driving home, I asked, “Why do you put so much in the basket?” I will never forget her response: “Well, I put one in for my original sponsor, because without her I wouldn't be sober today. The next one is for Harv, because he would put one in if he were here. And the last one is for me.” She said, “I can never repay Alcoholics Anonymous for the wonderful life I have had since being sober.”

I was amazed to see such gratitude despite the fact that she was dying. She explained that, “It's great therapy for an hour and less than the price of a drink. How can you beat that?”

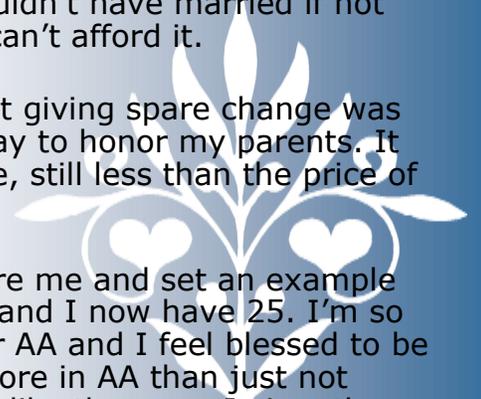
Later in the trip, I asked her what I could do for her after she passed that would mean the most to her. Without missing a beat she answered, “Put a dollar in the basket for Harv and me. It would be a great way to honor our sobriety and a way you can take us to the meeting with you. It will be our way of still being able to give to AA even after we are gone.”

I still cry when I recall her telling me this. She passed away less than three weeks later.

Now I am happy to report that, three years later, I continue to fulfill her wish, but with my own little added twist. When the basket is passed, I gratefully put in a \$5 bill. One dollar is for my mother; one is for Harv; one is for my husband, who I wouldn't have married if not for AA; one is for me; and one for the alcoholic in the room who can't afford it.

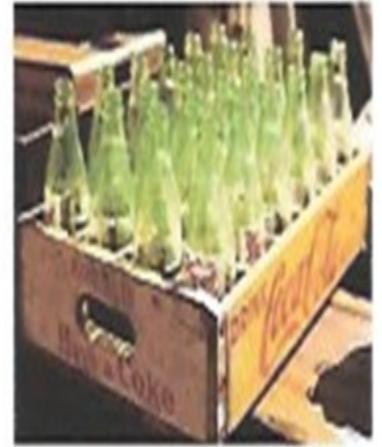
When I first arrived in AA, my financial situation was so pitiful that giving spare change was the best I could do. So my \$5 contribution has become a great way to honor my parents. It also is the cheapest hour of therapy I will ever get, and, I imagine, still less than the price of a drink.

I am truly grateful for those members of AA who have come before me and set an example of what responsibility is all about. My brother has 31 years sober and I now have 25. I'm so proud to celebrate with him. I wouldn't have the life I do if not for AA and I feel blessed to be able to give back on behalf of all of us. I have learned so much more in AA than just not drinking. Today I have a life beyond my wildest dreams. It seems like the more I give, the more I get. —Mary Ann A., Fuquay-Varina, N.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

WE NEED YOUR HELP!!!

Calling all Central Oregon AA Members!

District 5 is in much need of your help and stewardship in assisting our new Public Information (PI) Committee Chair Brad L.

Here is a brief description of the problem; our previous Committee Chair suddenly stepped down from the position, changed his phone number, deleted his email address and cannot be contacted. He has all our/your (thanks to your 7 tradition donations) PI literature and just as importantly, the contact and facilities servicing information.

What we are asking for you to do is email Brad L. at pi@district5aa.org if you know of any public facility that has a PI Literature Rack, even if it looks stocked, so it can be included in our list. Report any and all and Brad will sort out the redundancies. Also, if you think there is a public facility that, by us providing a PI Literature Rack, could assist a still (or not still) suffering alcoholic to find an AA meeting or better understand alcoholism, please include that in your email to Brad.

Additionally, our Corrections Chair Duncan L. is in need of at least two women to that can facilitate a woman's jail meeting in Madras on Tuesday nights. It is crucial that we get the message to the ladies soon and often. You can reach Duncan at: (541) 213-8883 or email him at correctionfacilities@district5aa.org

If you have any trouble reaching these Committee Chairs or have any questions regarding this request, please feel to email, text or call me.

Thank you for your consideration in these matters,

[Glenn B.](#)

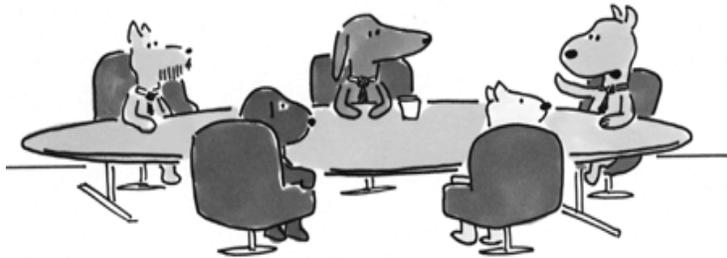
District 5 DCM

(541) 390-8959

dcm@district5aa.org

Central Oregon AA has gone to the dogs!

This is a seasonal outdoor AA Meeting that accommodates dog owners. This is an open meeting and all are welcome even if you don't own a dog!



Format: Discussion meeting followed by dog walking with old or new friends or let them play in the off leash park. The meeting at the pavilion lasts no longer than 1 hour and will be shorter if shares are complete.

When: Sundays at 8 AM-Effective immediately UFN.

Where: The Pavilion at the **Bend Pine Nursery**. Use Purcell entrance one block north of Empire Blvd immediately south of Ponderosa Elementary. Pavilion is straight in on the left with parking on the right. *(If someone else is there first or the pavilion is reserved, we will meet on the grass immediately to the right (East) of the pavilion.)*

Facility: The Bend Pine Nursery has trails for walking your dog along with two off-leash dog parks. The park to the north is for small dogs, under 25 pounds, and the larger park to the south is for all dogs. Observers and guests are always welcome.

What to bring: Lawn chair in case the pavilion is in use (optional), your canine friend and a dog waste bag.

Organizer: Duncan Laing 541-213-8883 or duncbird@gmail.com
Please call or write with questions or input.

Central Oregon Intergroup Entertainment Committee

Presents

Crescent Lake Campout

Simax Group Sites B & C

July 28 - 31

Must have ticket in advance to Camp

Tickets: Adult \$25.00

13 to 17 \$5.00 – 12 and under free



Saturday Potluck/Speaker Meeting 6 pm

For ticket info please call Intergroup Office (541) 923-8199

GENERAL SERVICE OFFICE OF ALCOHOLICS ANONYMOUS
475 RIVERSIDE DRIVE, NEW YORK, NY 10115 (212) 870-3400

(Between 119th and 120th Streets)

GENERAL SERVICE OFFICE

Please direct all communications to:

GRAND CENTRAL STATION
P.O. BOX 459
NEW YORK, NY 10163
FAX# 212-870-3003

MEMORANDUM

June 10, 2016

To: All General Service Conference Members

From: Albin Zezula, chair of the trustees' Literature Committee

Re: Call for stories to update the pamphlet "Young People and A.A."

In response to the 2016 General Service Conference recommendation that the pamphlet "Young People and A.A." be revised to "better reflect the experiences of young people in A.A. today," the trustees' literature committee is seeking current sharing from young people in A.A.

Please encourage young members in your area to write their personal stories for possible inclusion in the revised pamphlet "Young People and A.A." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

Manuscripts should be 500-800 words, double spaced, in 12-point typeface. The words "Young People and A.A." should appear on the top of the first page of the manuscript. The author's complete name, address and email/telephone information should be included with the submission.

Submissions can be emailed to: Literature@aa.org with "Young People and A.A." inserted in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for all submissions is December 30, 2016.

The anonymity of all authors will be observed, whether or not his or her story is selected for publication.

Thank you for your participation in this process.

**JULY MEETING
LOCATION TBD**



Birthday

Speaker Meeting!

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

July Speaker:

Leslie S. with 21 Years!

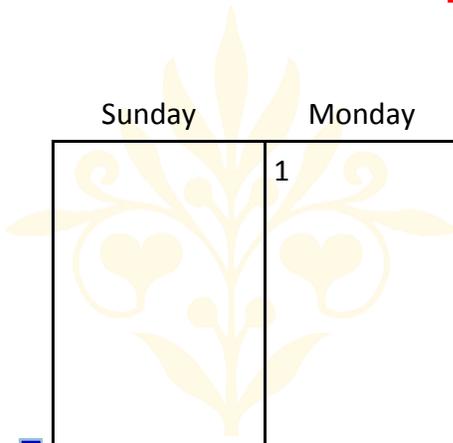
**Birthday Cake, Raffle, Sober Swag,
and More! Finishing with a sobriety
countdown of total years represented
by all the attendees!**



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
3	4	5	6	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 LaPine Potluck & Speaker Mtg 6pm	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	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 Milestone Mtg 7pm (Church of Nazarene)	30

August 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 CO Speaker Mtg 7pm (Eastmont Church) Speakers: BJ S., 23 Yrs; Lisa P., 24 Yrs	6 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
7	8	9	10 LaPine Pot- luck & Speaker Mtg 6pm	11	12	13
14 GSR Mtg 4pm (TEC)	15	16 Tues. Night AA Speaker Mtg (Church of Nazarene) Entertainment Committee Mtg 7pm (TEC)	17	18	19 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Chuck R., 14 Yrs; Skye T., 11 Yrs	20
21	22	23 Culver/ Madras Pot- luck & Speaker Mtg 6pm (Culver Chris- tian Church)	24	25	26 Milestone Mtg 7pm (Church of Nazarene)	27 CO Potluck & Speaker Mtg 6pm (Brooks Hall)
28 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	29 Step Sisters Speaker Mtg 7pm (TEC)	30				