



Central
Oregon's
August 2016
*Conscious
Contact*

AA Hotline– 541-548-0440

AUGUST HAPPENINGS

The end of Summer is already drawing near, and Central Oregon AA has three big events coming up to wrap up the season in style!

The District Five Assembly is happening September 16-18th, see the article on page three for details.

Our End of Summer picnic is scheduled for Saturday, September 10th. More details to come...

And finally, the Ogden Camp Out is happening in just three weeks, August 25th through 28th! See the flyer enclosed for more information.

Enjoy the beautiful Summer weather, sobriety style!

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– Max

al-anon_liaison@coigaa.org

District Committee Member

Glenn B. 541-390-8959

AA HOTLINE

Shifts Available:

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

Saturdays 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



Peggy R., 8/11, 26 Years!

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
- Monday Grace Community Church 7p in Redmond beginning August 1
- Tuesday Primary Purpose 5:30 in Bend is now an Open Meeting
- Wednesday Primary Purpose 5:30 in Bend is now an Open Meeting
- Thursday Sober & Out Meeting CANCELLED
- Saturday 10:00a Meeting in Madras CANCELLED



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 3 RD 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
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2016 District 5 Assembly, September 16-18

Anticipation and excitement is building as the Assembly Host Committee ramps up its efforts to prepare for the September 2016 Assembly, hosted by District 5 at Deschutes Co Fairgrounds.

Please save the dates of Sept 16-18 and come join us! If you have never attended an assembly and have some curiosity about it (mild or otherwise!) Having one right here in our backyard provides you a wonderful opportunity to check it out!! You do not have to have a service position to attend. All A.A members are welcome, in fact encouraged to attend. However, only GSRs, DCMs, and Area Committee members have a vote.

This is a service-oriented, weekend-long gathering. Typically, between 200-300 GSRs, DCMs, Area Officers, area service committee members (Corrections, Treatment, Hospitals, Grapevine, Website, Archives to name a few), the delegate and past delegates are present There are presentations, sharing sessions and a Business Meeting where motions are presented and voted upon.

Throughout this past year fundraising efforts for this event has provided our District opportunities for Fun, Fellowship, and Unity! Attending the September assembly will extended that feeling!! Imagine meeting and talking with A.A members from Coos Bay, Pendleton, and Scappoose sharing their experiences, strength and hope and how they are carrying the message of A. A. in their neck of the woods. Like our groups, Districts practice autonomy (Tradition 4). So while processes and procedures may be different, our common goal remains the same..... Carrying the message to the Alcoholic who still suffers. It's possible you will hear some ideas that can be used to better our own District or your group.

By attending the September Area Assembly, you will become more familiar with things happening in the larger world of A.A. through the reports given by our delegate, area officers, their alternates, area service committee chairs and the DCM's reports. ***This will also be a chance to see your GSRs & DCM in action!!***

In Oregon, Quarterly Assemblies are held on the third weekends of May and November. In February it is the 4th weekend. The third weekend of September is the annual General Assembly where the election of our delegate, alternate delegate, area officers and their alternates occurs; ***(odd-numbered years for Delegate, Chairperson and their Alternates and even-numbered years for Treasurer, Alternate Treasurer, Secretary and Registrar)***. At the September General Assembly, the business agenda and the elections will be conducted simultaneously on Saturday. So who gets to vote? Well in terms of voting think of the Assembly like a home group. Home Group members vote at their home group's business meeting. It's like that at assemblies.....all GSRs or their alternates, all DCMs or their alternates, Area Committee Officers and Area Committee chairs and their alternates are voting members. (Continued)

Oregon Area votes according to Third Legacy procedure in the AA Service Manual. If you haven't seen the Third Legacy Procedure in action... Here's your chance to have a spiritual experience!!

At Assemblies we conduct such business as may affect the entire area. Most, but not all, of these activities are offered at every Assembly:

- Informing the delegate of the sense or conscience of the area.
- Receiving from the delegate the sense or conscience of and report from the Conference.
- Discussing issues that may be introduced and/or voted upon during the Area Assembly Business Meeting.
- Conducting workshops and roundtables on all aspects of general service work.
- Receiving reports from all our area officers, area service committee chairpersons and DCMs regarding their activities and concerns.
- Presenting training or orientation sessions for new GSRs, and short workshops on the Twelve Traditions of Unity and the Twelve Concepts of Service.
- Sharing sessions for GSRs and DCMs.
- Taking an Area Inventory.
- Reviewing area budgetary matters.

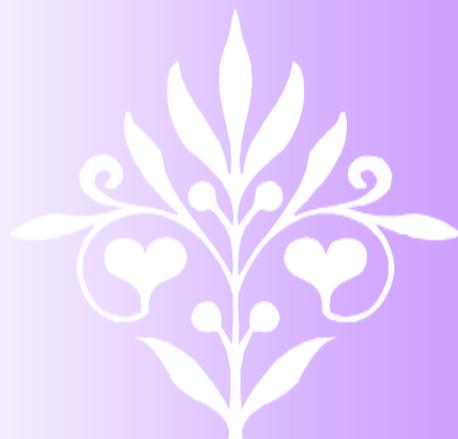
I have attended many Area Assembly in both OR and CA (where I got sober). For me the experience of one alcoholic talking to another is like no other. Especially when we are trudging the road of service to Alcoholics Anonymous. I am inspired by the commitment and the passion of countless trusted servants I have met along the way. I hope you accept my invitation to join us!!

Yours in Gratitude & Service,

Vera F.

Alternate Delegate

OR Area 58



Step Eight “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Desert Storm

How a woman left out in the wild to die found the willingness and forgiveness to consider a most unimaginable amend

The first time I got drunk was at my sister’s wedding. I was 8 years old. My first blackout came when I was in third grade. By the time I quit high school and joined the Air Force at 17, I was well on my way to being a full-fledged alcoholic.

I was 18 when the Air Force sent me to my first permanent duty station, which happened to be Las Vegas, Nevada. In the late ’70s, Las Vegas was probably the best or the worst place for me to be stationed, depending on your point of view.

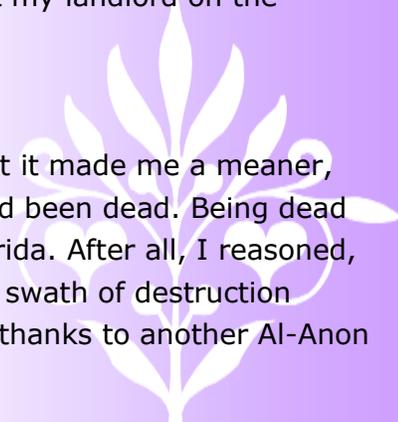
I was tough and strong and knew how to fight. I quickly established a routine in my favorite bar. I would watch for the men who came in to harass women in the bar. I would humiliate these men, toss them out and then drink for free for the rest of the night as the “unofficial bouncer.” It felt like a win-win situation—until one Saturday night.

I followed my old routine. This time however, when I left the bar at about 4 a.m., the guy I had tossed out earlier was waiting for me outside with four of his friends. I distinctly remember thinking that this was the first time that alcohol was a problem for me. I knew how to fight, but my body didn’t do the things I wanted it to. So I lost. I wound up beaten, raped, stabbed in the back and left for dead in the desert, not far from the bar.

But God had other plans for me. I came to Sunday afternoon, staring up at a construction truck that I’d been left under. I made my way back to the bar, got into my truck and drove myself home. I remember lying down in the bathtub so I wouldn’t bleed all over the apartment and lose my security deposit.

At that same moment, 3,000 miles away, my mother, the Al-Anon of the family, “knew” that something wasn’t right. She started making calls to Las Vegas. Eventually she got my landlord on the phone and convinced him to check on me. He found me and got me to a hospital.

The experience of being beaten and left for dead did not sober me up. In fact it made me a meaner, nastier drunk than I ever imagined I’d become. And now, I had no fear. I had been dead. Being dead didn’t hurt; living hurt. I left the Air Force and Las Vegas and headed for Florida. After all, I reasoned, nothing good ever happens west of the Mississippi. And I proceeded to cut a swath of destruction across my life for the next several years. Eventually, I found my way to AA, thanks to another Al-Anon member who also saved my life. (Continued)



My last drink was in 1986 and I attended meetings on and off for the next dozen years. One of the things I did was to be of service. It helped me feel better. I would go to "Take Back The Night" events where I would teach simple self-defense skills as a practicing black belt. I would then share my story of nearly being beaten to death.

The message I tried to teach was that no matter how tough or fast or smart you think you are, if you're in the wrong place at the wrong time, chances are bad things will happen. My hope was that I could make a difference for some young college kid, and perhaps I did.

At almost 20 years sober, I was working on my Eighth Step. My Big Book sponsor said we should put everyone from our Fourth Step onto our amends list. The guys back in Las Vegas were still on my list. There was no way on earth I could see that I owed an amends to them but I followed directions and put them down.

Soon after, I started having memory flashbacks. I would see myself back in the desert fighting for my life, and I knew how that story ended. The last thing I would see was someone kicking me in the head before the lights went out. I would wake up in a cold sweat.

But one night something different happened. I woke up and clearly heard myself say, "The guy who kicked me in the head saved my life." If I had kept fighting, they would have killed me for sure. But by knocking me out, the man had saved my life. And how can you hate someone who saved your life? I didn't know the man who had kicked me. I didn't know any of them. So how could I hate any of them? And if that was true, how could I hate myself?

Now, for me, the opposite of anger is not love. The opposite of anger is peace. That night, God showed up—again—and did something I had never imagined.

I played a part in my own beating. I was alone. I was outnumbered. I was unarmed. I was drunk. But I was there fighting anyway. I placed huge value in the idea that I was someone who would rather fight and die than lose and live.

But God had other plans. And I did live. But if I couldn't hate the guys who beat me, I couldn't hate myself, either.

Now, for me, the opposite of anger is not love. The opposite of anger is peace. That night, God showed up—again—and did something that I had never imagined. God brought me peace. In that one night, the process of making a list and being willing to make amends healed a chapter of my life that I had never expected to see closed. God did for me what I could not do for myself.

A few weeks ago, while sharing my story in a Big Book workshop, I realized that there's a good chance that some of those men from so long ago may have made it to the rooms of AA also. And if so, I would actually like the chance to meet them. Because somewhere, for almost 40 years, someone may be living with the thought that he left a dead body in the desert of Las Vegas that night. And I would like to let him know that God had other plans.

-Ruth B., Schenectady, N.Y.

Tradition Eight “*Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*”

Big Shoes to Fill

Her grandmother led her to Alcoholics Anonymous, but she followed her mom into the world of special workers.

I grew up with an alcoholic mom. She drank heavily on a daily basis, just as her mother had when my mother was growing up.

My first exposure to AA was in the mid-1970s when we pressured Mom to go to meetings. She went. And though she was never stone-cold sober after that, neither was she falling-down drunk. She went to meetings to get us off her back, not to save her own life. But the AA seed was planted. And when she later hit her bottom, she went to treatment and dove into AA.

A few years earlier, her mother had literally drunk herself into a stroke and nearly died. She would never walk, speak or feed herself again, the doctors told us. But they didn't know our Grandma Maggie. She returned to a normal quality of life. She was told that to drink was to die, so she abstained on her own until she began to join Mom at some of her AA meetings.

They both loved and appreciated AA. Over time, our family became the kind of stable family-unit it had never been before. With Mom sober, my younger brothers had a mother, not a sister, to raise them. The youngest was a toddler and grew up going to AA meetings, shaking hands and learning the prayers. He is a very spiritual man today. Although he is not afflicted with alcoholism, he knows what a gift AA is to those who need and want it.

Mom got involved in service work at our local Intergroup office and she gradually worked her way up to office manager. She held that position for years until cancer took her from us in 2000. She maintained her sobriety despite tragedies like my alcoholic and drug-addicted sister taking her own life and Maggie's death from cancer. AA survives and prospers on the efforts of many dedicated servants and there are some who raise the bar for the rest of us. Mom was one of those. She had a capacity to love and an ability to help drunks that was amazing.

My Grandma Maggie had subscribed to Grapevine, and evidently, before she died, she paid for a multi-year subscription. I was blessed with the opportunity to buy her house out of her estate. For the first four years that I lived there, I was a full-blown alcoholic, and Grandma's Grapevines kept coming. I kept them all, reading them occasionally.

After a while, I became sick of myself and my life. In essence, Maggie had Twelfth-Stepped me from the grave with those magazines. Yet I was sure that all my problems stemmed from everything other people had done to me. So I began to go to Al-Anon meetings, where I soon found out that I was my problem. Someone suggested to me that my drinking might have more to do with my unhappiness and unmanageability than I was willing to admit.

I am still learning the job. But I'm forever amazed at the love, help and support that I have received from so many. Every day as I drive to work, I am blown away that

I get to do this job. (Continued)



So I finally surrendered in May of 1983. I began to make my own way in AA. I worked hard to stay sober and not feel as though I was living in Mom's shadow. She and I were not close at that time. I found that it was going to take a lot of effort on both our parts to build a loving relationship. We received help from other folks in AA and our respective sponsors, and especially from our Higher Power. Eventually, Mom became my best friend, my confidante and my heart. And when she died, I was devastated. I never considered leaving AA, but had trouble going to meetings and encountering people who wanted to talk to me about Mom.

Now, it has been 12 years since Mom went to the "big meeting" in the sky. Recently my dear friend June, who was Mom's sponsor, informed me that our central office manager was leaving the job. She said that applications were being taken for his replacement. I didn't respond. But June pursued the issue and suggested that I apply. I told her that I couldn't see myself in that job. It was Mom's job, not mine. After more conversation and serious consideration, speaking with my partner and my sponsor, I applied just under the deadline.

Knowing there had to be more qualified people in AA than me, I assumed I would never be hired. Much to my surprise, within a month of applying, I had my first interview. Then I had a second interview, and before long, I was offered the position. I was told that I had been in training for the job for many years. This is another example of how I never know what God has in store for me

The office I work in is in a different building than the one Mom worked in, which made it easier for me when I started. On the wall across from my desk is a picture of Mom at her desk with the phone to her ear.

It has been almost a year since I started. I am still learning the job. But I'm forever amazed at the love, help and support that I have received from so many. Some of the same volunteers from Mom's time are still here. Every day as I drive to work, I am blown away that I get to do this job. For many years I was envious of my parents for having jobs that they felt such passion for. Now, I have such a job.

The many trusted servants who have had this job before me did the job with the best interest of AA and the still-suffering alcoholic uppermost in their minds. I pray to be able to do the same.

-Patty B., Columbus, Ohio

Albany, N.Y.



On a Lighter Note...

Oldie but goodie

A badly hungover husband sat at the breakfast table, his eyes half shut and his tongue feeling as though he had been licking a dusty rug.

Moodily toying with his food, he complained, "These eggs taste funny."

"Of course your eggs taste funny," snapped his spouse. They're pancakes."

Wrecked

Did you hear about the new auto insurance product for alcoholics? It's called "My Fault."

-Terry B., Albany, N.Y.

Doctor's orders

A doctor told Mrs. McMurphy to give her husband one pill a day and one drink of whiskey to improve his stamina.

A month later, when Mrs. McMurphy came in for another visit, the doctor asked, "How are we doing with the pill and the whiskey?"

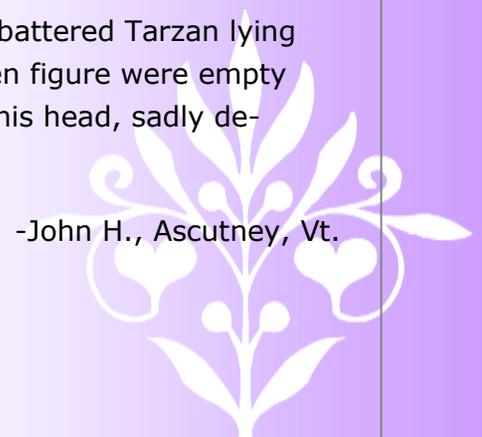
"Well, he's a little behind with the pills," she answered, "but he's about six years ahead with the whiskey."

-Bob M., Green Valley, Ariz.

Tarzan slips

Two very concerned medicine men were staring down at a bruised and battered Tarzan lying unconscious at the base of a giant jungle tree. Scattered about the fallen figure were empty bottles of hooch. Turning to the other medicine man, the first, shaking his head, sadly demurred, "He must've missed that last Grapevine."

-John H., Ascutney, Vt.





Can & Bottle Drive



Support Our 2016
Oregon Area Assembly

Drop Off Location: Phoenix Framing

1404 NE 3rd Street, Bend

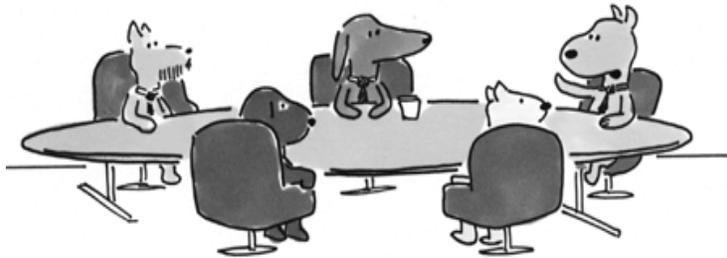
541-382-6293

Across from the Red Lion

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

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

Ogden Group Campout

Located on Paulina Creek with close access to Paulina and East Lakes



August 25-28

Camping Fees will be collected onsite
\$10 Adults \$5 Age 13-17 Free 12 & under

Saturday Potluck/Speaker Meeting 6 pm

From Bend travel 23.5 miles south on Highway 97, then 2.8 miles east on County Road 21

www.ogdengroupsite or contact Kim A @ 541.420.9722 for more info

**First Presbyterian
Church
230 NE 9th Street
Bend, Oregon**



**Birthday
Speaker Meeting!
Last Friday of Each Month at
7:00 p.m.**

August Speaker: TBA

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



August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tues. Night AA Speaker Mtg (Church of Nazarene)	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 Delegates Re- port & BBQ 12 -3pm (Compass Park)	8	9	10 LaPine Potluck & Speaker Mtg 6pm	11	12	13
14 GSR Mtg 4pm (TEC)	15	16 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	24	25 Ogden Camp Out	26 Ogden Camp Out Milestone Mtg 7pm (First Presbyterian)	27 Ogden Camp Out CO Potluck & Speaker Mtg 6pm (Brooks Hall)
28 Ogden Camp Out IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	29 Step Sisters Speaker Mtg 7pm (TEC)	30				

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CO Speaker Mtg 7pm (Eastmont Church) Speaker: Irene P., 29 Yrs, Las Vegas	3 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
4	5	6 Tues. Night AA Speaker Mtg (Church of Nazarene)	7	8	9	10 End of Sum- mer Picnic
11 GSR Mtg 4pm (TEC)	12	13	14 LaPine Potluck & Speaker Mtg 6pm	15	16 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Cathy M., 33 Yrs, Bend	17
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25 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	26 Step Sisters Speaker Mtg 7pm (TEC)	27	28	29	30 Milestone Mtg 7pm (First Presbyterian)	