



Central  
Oregon's  
October 2016  
*Conscious  
Contact*

**AA Hotline— 541-548-0440**

## **Intergroup Positions Available!\***

There are several immediate and upcoming service positions available with Central Oregon Intergroup. This is a great way to give service to your local AA Community! For more information or to stand for a position, please attend October's IGR Meeting at 5:30 p.m. on Sunday 10/23 at TEC.

- COIGAA Webmaster: Available immediately
- Intergroup Chair: Available in November, 14 month commitment
- Advisory Board Member: Available in November, 14 month commitment
- Advisory Board Members (2): Available in January, 2 year commitment

\*All positions require 2 years of sobriety

### 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— Max

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

### District Committee Member

Glenn B. 541-390-8959

### Advisory Board Committee

## AA HOTLINE

Shifts Available:

Tuesday 5:00-9:00 p.m. (4 Hours)

Sunday 9:00 a.m.-2:00 p.m. (5 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!

## Meeting Changes

- Sunday Bend Sober Desire 7p new location: Saint Helens Hall (Upstairs)  
Redmond 5:30p new name: "Came to Believe Beginners", one hour & 15 minutes
- Monday Bend Fundamentals of Sobriety 7p CANCELLED  
Redmond Back to Basics 1:30p CANCELLED
- Thursday New Meeting: Redmond Girls Gone Sober 7p: RAC



<b>OUR INTERGROUP OFFICE</b> M-F 9:00 am -1:00 pm 337 Antler St., Suite B Redmond OR 97756 (541) 923-8199 <a href="http://www.coigaa.org">www.coigaa.org</a>	<b>OREGON AREA TREASURY</b> 1900 NE 3 <sup>RD</sup> Street Suite 106-172 Bend OR 97701	<b>DISTRICT 5</b> P. O. Box 7241 Bend OR 97708	<b>GENERAL SERVICE BOARD</b> Grand Central Station P.O. Box 459 New York NY 10164-0371
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## Step Ten *“Continued to take personal inventory and when we were wrong promptly admitted it.”*

### Pause Button

I recently went on a sober vacation in a beautiful paradise-like setting. And yet, despite the wonderful surroundings, I found myself in the position of having to practice the Tenth Step not once, but twice.

First, I had to apologize to a woman whom I'd never even met before because I was quite rude to her almost as soon as I arrived. I was talking with the trip organizer about the fact that I had been assigned the wrong room. This woman joined the conversation. As we had who no idea who she was, I said in a voice just dripping with sarcasm, “And you are?” She promptly answered that she was the organizer's wife. She then stormed off, calling back to her husband that she would see him later.

I gave her no thought in the moment. My focus was on getting the right room because that trip was all about me. It was my vacation.

But as the day wore on, my behavior wore on me. I didn't like what I saw or felt myself doing. I saw the woman alone that night waiting for the meeting to begin. I took a deep breath and made my Tenth Step move.

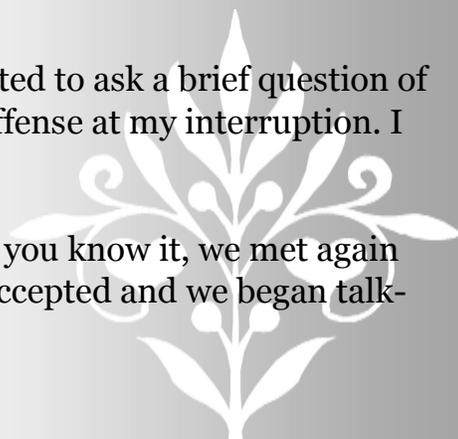
I reminded her who I was, which turned out to be unnecessary. She remembered exactly who I was. I apologized to her for my earlier rude behavior. Her whole face changed, as did her demeanor, and she said that my apology meant a lot to her. In that moment, I could see that I had really hurt her feelings. Who knew I had that much power over a stranger? But words can wound both stranger and friend.

Thinking all was now well, I held out my hand. I said, “So, friends?” To which she replied, after a long pause, “It's a start.” That was all I could ask for.

The second Tenth Step opportunity that I created occurred at the airport on the way home. The trip was hot and hectic from the start. By the time we got to our flight connection, everyone's nerves were frayed.

Two women were in front of me at the customs desk, but I interrupted to ask a brief question of the customs agent. Hey, it's all about me, right? The women took offense at my interruption. I nastily replied, “Oh, so what.”

This time I immediately felt bad. Still, I kept walking. But wouldn't you know it, we met again on the line for our connecting flight. I apologized, they graciously accepted and we began talking like we were old friends. (Continued)



For me, the Tenth Step is really two parts. First, I ask whether I was wrong. Back when I was drinking, the words, “when we were wrong promptly admitted it,” were completely foreign to me. They might as well have been written in another language. My default when in the wrong was to lash out with angry words and place the blame anywhere but with me. It was a way I used to let off steam when under pressure. I realize now, in sobriety, there are better ways to let off steam.

Second, I admit I was wrong. When I was active, I was never wrong. In sobriety, I find I am indeed wrong sometimes, and it’s not the end of the world as I know it. This amend can be tricky because I’m never sure how the person will react to an apology. Will they be gracious and forgiving like the women in the airport? Will they be unforgiving and cold? I’ve decided it doesn’t really matter how the person reacts. I’ve done my part by apologizing. That’s all I can do.

I can rationalize my way out of feeling the need for a Tenth Step action. It’s easy to justify conduct that was hurtful, wrong, dishonest or inappropriate. But if I have to rationalize my behavior away, chances are good an apology is necessary.

I may try to justify my actions by saying I had good reason to do what I did. I may say he or she had it coming. But do my motives and reasons for what I did really matter when I know my actions have hurt someone? If I step on someone’s toe and say I’m sorry, their toe still hurts and needs attention.

When I promptly admit I was wrong, I help myself feel better by not stewing in guilt or suffering the pain of delay. I prevent the wrong I’ve done from taking up space in my head and dragging me down.

In practicing Step Ten, I learn behavior that can prevent the need for future apologies. I begin to cultivate a pause button, so to speak, and allow for a pause between the thought and the action or words.

After seeing that woman’s face change so much that day, I do believe there’s magic in the Tenth Step—for everyone involved.

Dorothy G., Staten Island, N.Y.



## **Tradition Ten “*Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.*”**

### **My Vote: No Opinion**

When I was in very early sobriety, a woman who always had an amazing way of sharing attended my home group. She was funny, sharp and always seemed to say something I identified with and needed to hear. It was as if my Higher Power cleverly had her say words just for me.

At that time, the country was heavily focused on a presidential election. News organizations covered it nonstop. Many of my conversations with my family centered on the presidential debates and the candidates. The election was almost impossible to avoid.

During one of our home group meetings one day, the woman I so dearly loved to listen to spoke up. She talked about one of the two candidates and that candidate’s political party. It just so happened that I supported the opposing party. Not only did I not agree with her point of view, but I felt offended by her words.

I didn’t speak at that meeting but later I told my sponsor about what had happened. We had a lovely discussion about acceptance and the Tenth Tradition. I felt that if this woman had truly understood the full scope of Tradition Ten and the impact of her words, she would have spoken differently.

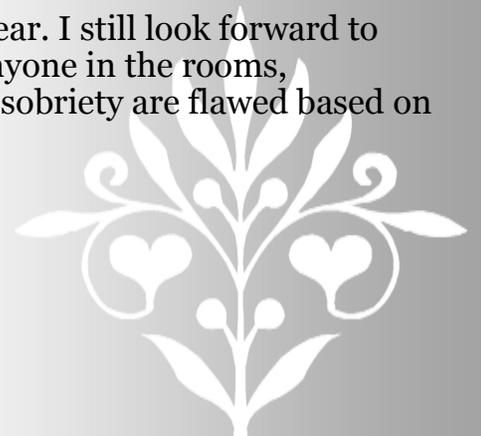
Now when she shared, I found flaws in everything she said. I even hoped that at meetings she wouldn’t be called on to speak. I no longer heard any message of recovery in her words.

My sobriety has progressed over the years. I don’t put as much stock in what other people say in meetings about their personal beliefs. I can easily discard words I don’t agree with or dislike. We all can learn from the example of the many once hugely successful Washingtonians, whose demise strongly influenced our Tenth Tradition.

As with everything I find offensive, I need to look at myself and see what I can learn from the experience of feeling offended. I take special care not to voice my political opinions or my view on other controversial topics at meetings or with my sponsees. Recently I asked one of my long-time sponsees if she knew which political party I support, now that we’re barreling into another presidential election that will undoubtedly be contentious.

She said she had no clue. That’s exactly the response I wanted to hear. I still look forward to hearty political discussions with my family but I don’t ever want anyone in the rooms, especially newcomers, to think that what I say in meetings and my sobriety are flawed based on my personal opinions on outside issues.

Jenine M., Atlanta, Ga.



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

### **The graduate**

The bank manager was in the final stages of hiring a cashier and was down to two final applicants, one of whom would get the job.

The first person interviewed was from a small college in upstate New York. A nice young man, but a bit timid. After interviewing him, the manager called the second applicant, an alcoholic named Jim Johnson.

Up stepped a burly young man who seemed quite sure of himself. He looked like he could take care of any situation, thought the manager, so he decided, there and then, to hire him.

The bank manager turned to the first applicant and told him he could go and they would let him know.

Then turning to Johnson, he said, “Now Jim, I like the way you carry yourself—that’s an important asset for the job as cashier. However, you must be precise. I noticed you did not fill out the place on the application where we asked for your formal education.”

Jim looked a little confused, so the manager said, “Where did you get your financial education?”

“Oh,” replied Jim, “Yale.”

“That’s very good ... excellent actually,” the manager replied. “You’re hired!” Then he paused and added, “So now that you’re working for us, what do you prefer to be called?”

Jim looked at him and said, “Oh, I don’t care ... Yim ... or Mr. Yonson. I used to work at Yo’s Bar. I drank a lot there too before I went to Yale.”

Bob M., Green Valley, Ariz.



(Read from p. 20 in the service manual)

## **The Birthday Plan**

Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A.A. message is carried around the world. The services that the G.S.O. provides the A.A. groups cost more than \$7 per member per year. Members customarily contribute \$1 or \$2 per year for each year of sobriety –others may give a penny a day for each day of their sobriety. For example, I turned 6 in March. At that time I just took my pre-addressed birthday envelope, put \$6 in it (\$1 for each year AA has given me) and dropped it in the mail. Done.

Some groups started giving out birthday cards decades ago when these birthday contribution envelopes first came out. Originally, the reason why we started giving out birthday cards in the home-group was a. to wish the member a happy sober birthday from their group, but mainly, b. they would also get a pre-addressed birthday envelope in the card. My home-group does it this way.

I have a friend whose home-group collects cash contributions from members of his group celebrating birthdays throughout the month and then at the end of the month, the treasurer sends in the monthly contribution envelope of all the groups birthdays combined for that month. That's another way to do it.

However, that way is a bit less anonymous and I should mention, that I believe what you choose to contribute is between you and your higher power.

For more information about the birthday plan to request birthday contribution envelopes for your group, visit the following link:

[http://www.aa.org/pages/en\\_US/request-birthday-contribution-envelopes](http://www.aa.org/pages/en_US/request-birthday-contribution-envelopes)

-Contributed by a member of Central Oregon AA



# **Is YOUR Home Group SAFE?**

**Safety in A.A. Workshop  
October 29th 11am-3pm  
Snt Helen's Hall TEC Bend**

***Featuring Madeline P.  
(Past Trustee of the General Service Office)***

**Everyone Welcome to attend  
No Cost \* For Free and for Fun \***

***Hosted By The New Horizons Group***

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



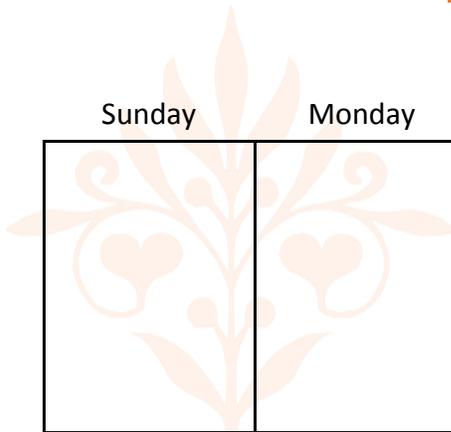
**Birthday  
Speaker Meeting!  
Last Friday of Each Month at  
7:00 p.m.**

**October Speaker:  
Bill B., 10 Years**

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



# October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
2 Movie Meetup! 1pm Regal Cinema (Old Mill)	3	4 Tues. Night AA Speaker Mtg (Church of Nazarene)	5	6	7 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Anne K., Bend & Angie P., Bend	8
9 GSR Mtg 4pm (TEC)	10	11	12 LaPine Potluck & Speaker Mtg 6pm	13	14	15
16	17	18 Entertainment Committee Mtg 7pm (TEC)	19	20	21 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Mark L., Prineville & Hans, Prineville	22 CO Potluck & Speaker Mtg 6pm (Prineville)
23 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	24 Step Sisters Speaker Mtg 7pm (TEC)	25	26	27	28 Milestone Mtg 7pm (First Presbyterian)	29
30	31					

# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 CO Speaker Mtg 7pm (Eastmont Church) Speaker: Carol H., Bend & John H., Bend	5 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
6	7	8 Tues. Night AA Speaker Mtg (Church of Nazarene)	9 LaPine Potluck & Speaker Mtg 6pm	10	11	12
13 GSR Mtg 4pm (TEC)	14	15 Entertainment Committee Mtg 7pm (TEC)	16	17	18 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Spurge C., Tumalo & Mark, Red- mond	19
20	21 Step Sisters Speaker Mtg 7pm (TEC)	22	23	24	25 Milestone Mtg 7pm (First Presbyterian)	26 CO Potluck & Speaker Mtg 6pm
27 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	28	29	30			