



Central  
Oregon's  
September 2016  
*Conscious  
Contact*

**AA Hotline— 541-548-0440**

**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.

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!!***

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:

- Tuesdays 5:00 p.m.– 9:00 p.m. (4 Hours)
- Wednesdays 1:00 p.m.– 5:00 p.m. (4 Hours)
- Saturdays 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



**Correction: Peggy R. had 23 Years on 8/11! (Previously published as 26 Years)**

**Megan M., your grateful Newsletter Editor, 2 Years on 9/1!**

**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!**

## Potluck Location Changes

Please Note! The September Central Oregon Potluck & Speaker Meeting will be held in Madras, and the October Meeting will be held in Prineville. Please contact the Potluck Chair with questions:

Dave W. 541-610-6624

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

*We hope to see you there!*



**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 Nine “*Made direct amends to such people wherever possible, except when to do so would injure them or others.*”**

### **The Road from Reno**

As the plane took off my father asked, “Is it going to bother you if I use these two free drink coupons on this flight?” He wasn’t going to drink them, but they were free and he was a frugal man. I was just about two years sober and the last thing he wanted to do was to put my sobriety at risk. At my first AA birthday he had asked my sponsor, “How much do I owe you?” That was the only way he knew how to say thank you. We are not wealthy by any means, and I had lived on my own for more than 20 years, but he was grateful for what AA had done for me and my family.

This trip was part of the process of making amends to my parents. My mother had asked me if I’d help drive a car back from Reno, Nevada. She had purchased it from her brother’s estate. I said yes, of course. I had my wife’s OK to go; she knew I needed to do it (thank God for Al-Anon).

In Reno everything happens around the casino. My uncle’s wife was part of a group of older ladies who ate breakfast in the casino, went back for lunch, and then, after a nap, went back for dinner to play a bit of keno. So I had to spend quite a bit of time in the casino. To my surprise, I never had a thought of drinking.

I escaped the temptations of the “Biggest Little City in the World,” and we drove back to our hometown of Memphis, Tenn. in Mom’s new car. It was a long trip, and I drove the biggest part of it. It was the least I could do for my parents; after all, they had rescued me time and time again. I even had them smuggling in food on the weekend, while I was in the penal farm, or as I lovingly called it, the Shelby County Country Club, where I did a one to three-year sentence for crimes related to my drinking. In other words, I owed them a lot more than I could ever pay back by driving from Reno to Memphis.

My father and I had had those frank and honest talks about what I had done and about how I could make it right. We both had admitted our faults, and I had done what was necessary to clean my side of the street. Of course, me staying sober was the biggest part as far as he was concerned. I was very grateful to have been able to get that one under my belt.

As we were driving back from Reno, Dad and I were in the front seat and Mom was in the back seat. Everything was just rolling along; life was good. I had talked to my wife and son back home and they were eagerly anticipating my return, all as a result of the new lease on life AA had given me. As the conversation in the front seat turned to the past, I thought maybe this was the right time to have that frank and honest talk with Mom about all of my faults and past misdeeds—to clear the air, so to speak. It seemed to be the perfect opportunity to make “direct amends” to her, so I launched into some of the details of my past transgressions, and said that, if I could, I’d go back and redo things. I added how much I regretted doing those things.

(Continued)

Then I looked into the mirror, and I saw the look in her eyes. I knew immediately that these things I was bringing up caused her to remember the dark days of the decades before I entered AA. I could see the pain that I was putting her through as she remembered those times when she didn't know if her baby was dead or alive. Not to mention the time when her youngest son was sentenced to the state penitentiary for the crimes he had committed while under the influence. And did I need to make her remember the time when she brought my two children from my first marriage to visit me at Christmas, in a gymnasium inside that penitentiary? Those were just a handful of the situations I had forced her to endure. I knew immediately I had no right to bring up those painful memories. Trying to right the wrongs of my past, I was causing her more pain.

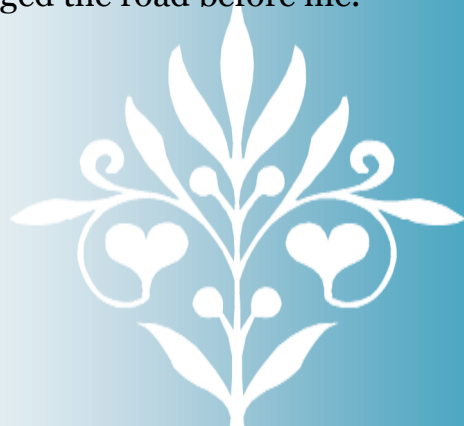
Thank God for good sponsorship, because Jack and I had discussed the Ninth Step and what it says about making "direct amends" to people, "except when to do so would injure them or others." The rule of thumb is: hard on us, easy on others. I don't have the right to hurt those people any more, and I have to bear the burden on my own two shoulders.

With Mom I have continued to make those amends by doing whatever I could to be of service to her. For many years, I called her every day and would go by whenever she needed something, or just whenever I thought I could help in any way—even when she didn't ask. Before my father died a few years ago, I was able to help Mom take care of him and make the arrangement for his funeral, like a good son should. And thanks to making amends to him, I was "square" with him and could say good-bye without any regrets.

Three years later, when my mom got sick, I was there for her too. The result of that was that she decided she didn't have to live alone. Finally, she consented to me building a wing for her on the back of my house and getting her out of the old neighborhood. I don't have the right to rob her of her independence to satisfy my need to know she is taken care of. Her apartment is totally self-contained, except for the laundry room, which we share. Mom has her own entry to a garden area and flowerbed, so she can do the gardening she loves so much. Her place has many windows, so she can have plenty of light to paint.

Some folks use the term making "living amends" when you can't have one of those frank and honest talks. But really, isn't changing the way we do things the true spirit of making direct amends? I'll never be able to undo my past, but I don't have to continue to be haunted by it if I just follow the path that has been laid out for me by those who trudged the road before me.

—Don A., Germantown, Tenn.



**Tradition Nine “AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”**

## **Behind the Scenes**

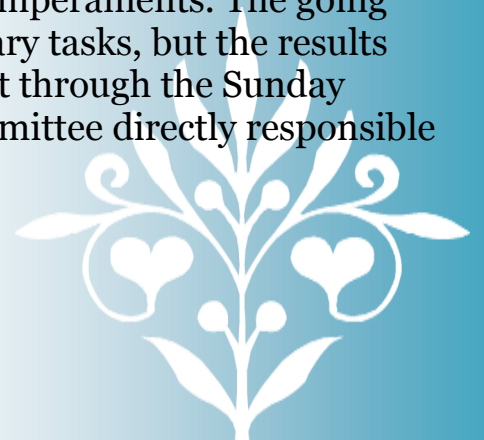
As my life got increasingly unmanageable during the last years of drinking, I withdrew more and more and became isolated from meaningful interactions with others. That this was happening in midtown Manhattan made life all the more lonely. So it was with amazement that in early sobriety I discovered AA’s meeting book for our greater metropolitan area.

While it was as confusing as a train schedule at first, I was like a kid with a new-found toy, running around town to meetings in a great many unlikely places at all hours of the day and night. Here was a listing that said a particular sort of AA meeting would be held at a certain time and place, and behold, there it was—and run by drunks that I would guess hadn’t always been reliable for keeping commitments. This world was a radically different place from where I’d so recently lived and drunk. A whole different set of principles were guiding these mostly sober folks who, while they seemed pretty laid back and casual, were well enough organized to be there when the meeting book said they would be.

A couple years later when doing a weekly stint as a telephone answering volunteer at our intergroup office, I was able to see how the information was gathered, updated and regularly published. The meeting lists hadn’t just happened miraculously. They were the result of well-organized effort and just plain hard work. At last I came to understand that while AA itself must never be organized, there were some jobs in AA that need to be well-planned.

As a member of our general service area, I found myself working on the planning committee for our annual area convention, and saw how AA members find strength in getting together to enjoy the broadest community aspects of our Fellowship. So our convention has become an annual custom that provides much joy in living and sharing. It needs a lot of careful planning and organizing to make it happen and to provide for the needs of an unbelievably diverse range of tastes, spirits and temperaments. The going was not always as smooth as we planned as we did the necessary tasks, but the results were beyond our wildest dreams. And we all stayed sober right through the Sunday morning meeting that closed the event. We had created a committee directly responsible to those who need our services.

—*Boyce B., Brooklyn, N.Y.*



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

It adds up

A young AA couple hadn't been coming to meetings in a while.

One evening they went to their local group and a friend said, "Well Mike, we haven't seen you two in a while. How are things going?"

"OK," he answered. "We don't come to meetings as often as we should, but at least we work all Twelve Steps."

"Really?" the friend said. "That's good to hear."

"Yeah," said Mike. "Sue works about seven. And I work the other five!"

Bob M., Green Valley, Ariz.

Heard at a meeting

"AA is the only organization where you can come in as a big shot and work your way up to servant."

Carol K., Sarasota, Fla.

Heard in court

A drunk named Joe showed up at a hearing for failure to pay child support. When it was his turn, he walked up to the judge and made his appeal: "Your honor, I'm in AA."

Judge: "Oh really? So what's the Third Step?" Joe: "I don't know."

Judge: "What's the Second Step?"

Joe: "Uh, I don't know." Judge: "Step One?"

Joe: "Hmm ... something about my life is unmanageable?"

Judge: "You're right about that. A hundred and eighty days!"

True story.



Glenn G., Racine,  
Wis.



INTERACTIVE WORKSHOP  
**4<sup>TH</sup> STEP, 5<sup>TH</sup> STEP &  
SPONSORSHIP**

WOMEN'S AA, NA, AL-ANON

---

**OCTOBER 15, 2016**

**9:00AM TO 1:00PM**

CHURCH OF THE NAZARENE

780 EAST 1<sup>ST</sup> STREET PRINEVILLE, OR 97754

---

Bagels, Coffee, and Lunch Provided

\$5.00 Registration Fee Cash only- Scholarships Available

CONTACT: RACHEL @ 541-306-1846 OR [STEPSTRADITIONS12@GMAIL.COM](mailto:STEPSTRADITIONS12@GMAIL.COM)

**SPONSORED BY SISTERS OFFERING SOLUTIONS**

# Need a Service Commitment One Day a Month?

Take a meeting to plant the seed of AA to people who need to hear it.



We desperately need volunteers to take the AA message into the Deschutes County Jail. Applications must be in by September 30, 2016. Application packet is on the website: [www.district5aa.org](http://www.district5aa.org)

Contact Marie for details at 310 941-5084



# Why Go to a Jail Meeting?

- Because you have a personal story and perspective that could plant a seed of AA to someone who could be hitting their bottom!
- It's Interesting service work!
- Learn about commitment?
- Opportunity to get to know other AA's in the fellowship!
- Enhance your sobriety, one more day!
- Opportunity for gratitude!
- *You get to leave without bail!*



# 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](mailto:duncbird@gmail.com)  
Please call or write with questions or input.

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



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

**September Speaker:  
Ed M., 26 Years**

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



# 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
18	19	20 Entertainment Committee Mtg 7pm (TEC)	21	22	23	24 CO Potluck & Speaker Mtg 6pm (Madras)
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)	

# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
2	3	4 Tues. Night AA Speaker Mtg (Church of Nazarene)	5	6	7 CO Speaker Mtg 7pm (Eastmont Church) Speakers: TBA	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: TBA	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					