



Central
Oregon's
November 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 11/27 at TEC.

- 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

New COIGAA Webmaster!

We are excited to announce that Central Oregon Intergroup has a new Webmaster! Allison J. has accepted this service position effective immediately. Thank you for your service, Allison!

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— Allison J. 323-333-6366

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

Advisory Board Committee

AA HOTLINE

Shifts Available:

Monday 1:00-5:00 p.m. (4 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 Bend Dog-Friendly Meeting 8:00a CANCELLED

Saturday Redmond Potluck/Speaker Meeting 6:00p rescheduled to the second Saturday of each month **effective January 2017**



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 Eleven *“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Spending Time with God

For the first year of my sobriety, I could only whisper a short, “Please help me stay sober today” and finish my day with a simple “Thank you.” On days when I was feeling especially powerless over my alcoholism, I resorted to begging God to help me not drink for the next five minutes, hour, or afternoon. I often said emergency prayers and tried using God to save the day. I said a lot of prayers that really were orders in disguise for God to give me what I wanted or thought I needed and deserved.

While some old-timers said I needed to “try harder to talk to God,” this was all I could muster at the time. I lived in fear and rolled my eyes at the members who spoke of their “deep conversations with God.” What a joke, I thought. All the while, a pit in my stomach longed for a more direct linkage and connection to something greater.

I’m grateful it was suggested that I take the Steps in order. This allowed me to begin to understand what I needed in a Higher Power and what that could look like. Initially, God was very limited in my finite mind to a spirit that could simply love me unconditionally and keep me safe. As I progressed through the Steps, I began to trust in something outside of myself. I began to have a book of God moments and God signs that made it harder to doubt that there was something else out there.

One of my biggest dilemmas the first time through the Steps was how afraid I was of prayer and meditation. I had long been a perfectionist, which worked quite well when I was in the world of academia. But this long-standing personality trait (or defect) was keeping up a high wall between the God of my understanding and me. I had immense fear that I would pray “incorrectly” and God would not be able to hear me. I truly believed that other AA members had access to some sort of secret prayer and meditation manual that instructed them how to properly pray, meditate, talk to and hear direction straight from God. My ego interfered with my ability to ask questions of how other members performed Step Eleven in their daily lives. And I was afraid to share with my friends what prayer and meditation looked like for me—in case I was doing it “wrong.”

The best part about Step Eleven is that there is no wrong way to do it. Step Eleven encourages me to speak to God through prayer and listen to God via meditation. There is no magical formula, book or equation on how to achieve this. I’ve found a way that works for me, and in return I’m able to find God no matter where am in my day. God and I have frequent chats, apart from a formal recitation of prayers or elaborate readings from my meditation books. Instead, it’s just a conversation about my fears, my excitement, my concerns and my stories that take place while walking into coffee shops, driving my car, sitting on my bed, or swimming laps. I’ve had to make God bigger over the years, so that he could be more involved and enter into all areas of my life. (Cont.)

I've learned that I cannot just ask God to reveal his will to me, but I also have to listen closely to hear the answer. Today, I'm able to ask God to use me how he wants. Prayer is no longer about trying to get God to change his will to make me happy. Rather, it's about finding out what his will is so that I can align myself with his purpose for me in the world. I now have a deep trust and faith in my Higher Power. It gives me great comfort in knowing that for today, I'll be provided with everything I need.

Emily G., Paradise Valley, Ariz.

On a Lighter Note...

Ruff day

Dad was suffering from a huge hangover when little Cindy arrived home from school and started practicing her saxophone.

The family dog joined in and began to howl along with every song Cindy played. Finally Dad grumbled, "Hey! Can't you play something the dog doesn't know?!"

Terry B., Albany, N.Y.

It's the truth!

Everyone in the office was startled when Robert clutched his chest and fell over. He was rushed to the hospital. The paramedics in the ambulance began getting him ready for the emergency room.

"Do you smoke?" a medic asked him. Robert: "No, I stopped smoking three years ago."

Medic: "Do you drink alcohol?" Robert: "No, I don't drink anymore."

Medic: "When did you stop drinking?" Robert: "Around 7:30 this morning."

Dusty B. , Hancock, Maine

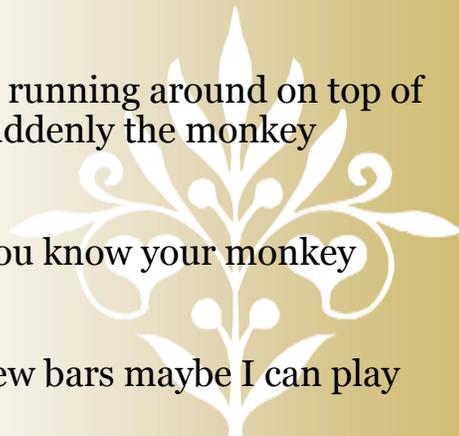
Monkey business

A man was playing piano in a bar one night with a pet monkey running around on top of his piano. A drunk walked up and sat his beer on the piano. Suddenly the monkey dragged his tail through the man's beer.

The old drunk looked at the piano player and said, "Hey! Do you know your monkey dragged his tail through my beer?"

The piano player look at him and said, "No, but if you hum a few bars maybe I can play it."

Mark C.



Tradition Eleven “*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*”

Before I Act

At a recent discussion meeting, the topic of anonymity came up. I was disturbed by hearing how many members believed that this was no longer an important issue today.

Some at the meeting agreed that celebrities should not divulge their AA membership but thought it was perfectly OK for regular members to do so at the local level. Their rationale was that everyone had known them as drunks and now that they're sober they should not be ashamed or hide their recovery. Upon checking with friends in other districts, I discovered that this attitude seems to prevail.

It's not a violation of the Eleventh Tradition to admit that one is an alcoholic or even an alcoholic in recovery. But it is a violation to identify oneself as a member of AA at the level of press, radio and film. I might include the internet to that list. Once you identify yourself as an AA member on the internet, people may assume that any and all persons you correspond with are also AA members.

Early on, I was taught the importance of the Traditions for the survival of AA. These were developed through a process of trial and error. In the beginning, there was no concept of anonymity. Many early members were anxious to spread the news and promote this new idea. In some cases, there was a positive outcome. Eventually, though, the negative results far outnumbered the positive.

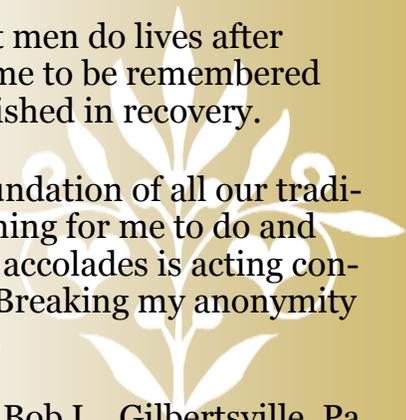
We were lucky. In those days, there seemed to be an unwritten agreement that the press would not publish negative articles about AA and its members. Today all that has changed. Everyone and everything is fair game.

There's a saying in Twelfth Step work, reminding me that I may be “the only Big Book a suffering alcoholic may come in contact with.” When I disclose my AA membership to the general public, I become the voice and face of AA. If I relapse, then it becomes proof to naysayers that the program doesn't work. If I stay sober, but on occasion display some of my character defects, that may reflect on the program as well.

William Shakespeare wrote, in his play “Julius Caesar” ... “The evil that men do lives after them; the good is oft interred with their bones.” It would be easier for me to be remembered for my drunken behaviors than for the “normal” things I have accomplished in recovery.

The Twelfth Tradition reminds me that, “Anonymity is the spiritual foundation of all our traditions.” I stay sober and work the program of AA because it's the right thing for me to do and the right way for me to live. Breaking my anonymity to seek praise and accolades is acting contrary to my spiritual program. I must think before I act, speak or post. Breaking my anonymity is not an isolated act. It affects AA as a whole, as well as every member.

Bob L., Gilbertsville, Pa.





Thanksgiving Day Alcathon Meetings & Potluck

Location:

Brooks Hall (TEC) 469 NW Wall Street

Time:

8:00 a.m. Meetings & Potluck begin

7:00 p.m. Speaker Meeting

Details:

Meetings and Potluck all day, bring a dish to share!

Meetings begin every hour between 8:00 a.m. and 5:00 p.m.

Speaker Meeting starts at 7:00 p.m.

Questions?

Contact Dave W., 541-610-6624

potluck@coigaa.org



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



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

**November Speaker:
Beverly D., 40 Years**

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



GRAPEVINE News

From the Executive
Editor/Publisher

What's New For November 2016

Holiday Gifts and Free Shipping

*This is a great time to carry the message with Grapevine.
There are many ways to pass it on.*

Here's what's available:

Free Shipping 11/1-12/31

Choose from 25 books

2017 Wall Calendar

2017 Pocket Planner

The Language Of the Heart in audio

Gift subscriptions

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Read a collection of stories from AA members writing about their experience with AA's Twelve Traditions



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Updated



Carry the message and learn about Grapevine at the same time

HOW TO PLAY

Learn more at: aagrapevine.org/GYG

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 Thanksgiving Alcathon 8am- 8:30 pm (Brooks Hall) Speaker Mtg at 7pm	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			

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Teryce O. &	3 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
4	5	6	7	8	9	10
11 GSR Mtg 4pm (TEC)	12	13 Tues. Night AA Speaker Mtg (Church of Nazarene)	14 LaPine Potluck & Speaker Mtg 6pm	15	16 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Wayne S. & Traci J.	17
18	19 Step Sisters Speaker Mtg 7pm (TEC)	20 Entertainment Committee Mtg 7pm (TEC)	21 Culver/Madras Potluck/ Speaker Mtg 6pm (Culver Christian Church)	22	23	24 CO Potluck & Speaker Mtg 6pm (Brooks Hall)
25 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	26	27	28	29	30 Milestone Mtg 7pm (First Presbyterian)	31