



Central
Oregon's
December 2016
*Conscious
Contact*

AA Hotline– 541-548-0440

Intergroup Positions Available!*

There are several service positions available starting in December 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 December's IGR Meeting at 5:30 p.m. on Sunday 12/18 at TEC.

- Intergroup Vice Chair
- Entertainment Committee Chair
 - Potluck Chair
 - Secretary
 - Schedules Chair
- Advisory Board Member

*All positions require 2 years of sobriety

Intergroup Officers

Chairperson– Mike S. 541-815-7458

chairperson@coigaa.org

Vice Chairperson– Vacant

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– Edie

entertainment@coigaa.org

Al-Anon Liaison– Max

al-anon_liaison@coigaa.org

District Committee Member

Glenn B. 541-390-8959

AA HOTLINE

Shifts Available:

Friday 1p-5p (4 Hours)

Saturday 9p-9a (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



Evan B. 12/8, 1 Year

Jason S. 12/14, 1 Year

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

Tuesday New Meeting: 7:00p Redmond Una Dia A La Veza (Spanish Speaking)

Sunday WFS: New Location, Environmental Center

Sunday Sober Desire: New Location, St. Helen's Hall



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 Twelve “*Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.*”

Office Party Gone Bad

I once worked for this calm, strange gentleman named Owen. He never got very upset and he had some peculiar items scattered around his office. There was a plaque with a prayer about God granting serenity and knowledge and wisdom. He had a pen holder with praying hands, a small model camel and even a picture on his wall with the words, “Think Think Think.” I didn’t understand why he had that strange stuff. But he was the boss so I put up with it.

One Friday evening, the office held a party at a local restaurant and there was plenty of food, drink and loud conversations—like those days of “conviviality, companionship and colorful imagination” mentioned in the Big Book. At the time, I was an alcoholic still working on my story. I drank to excess yet again. The evening ended with me in jail and most of the rest of my coworkers quietly and comfortably at their homes.

When I eventually returned to work, Owen called me into his office. I figured that he was going to fire me for what I had done. Instead, he told me that he used to drink like I did. He said he used to get into the same kind of trouble I got into but that he didn’t get into it anymore. If I wanted help, he said, he was available. The whole conversation took less than a minute.

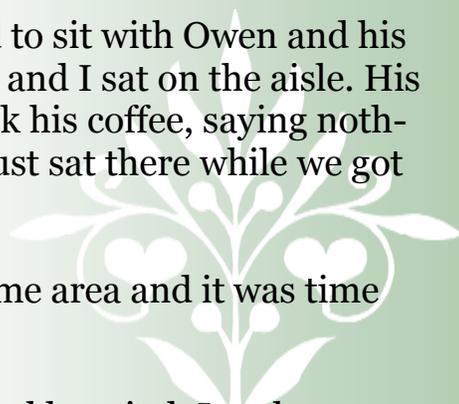
My immediate reaction to Owen’s offer was that I was too young, too pretty and too well-educated to be an alcoholic. And besides, this jail thing was just a bad break, a misunderstanding among the restaurant manager, the police and me.

However, strange things happened over the next eight years. I used to keep an address book and update all the information to a new book every year around New Year’s Day. In the intervening years, both Owen and I changed jobs and moved to different towns and yet, for some reason, I always had Owen’s current address and phone number updated in my address book.

On one occasion, on a flight home from Las Vegas, I happened to sit with Owen and his wife. His wife was in the window seat, Owen sat in the middle, and I sat on the aisle. His wife and I drank our mutual favorite, whiskey, and Owen drank his coffee, saying nothing about our drunken state. It was a four-hour flight and he just sat there while we got drunk, loud and generally obnoxious.

Finally, in October 1980, both Owen and I were back in the same area and it was time for me to surrender and try this program.

It was a Saturday and I was admitted into a detox ward in a local hospital. I took out my address book and dialed Owen’s number. He answered and all I said was, “Hi, Owen. You will never guess where I am.” (Continued)



“You’re probably at the hospital,” he replied. “They have a meeting there tomorrow afternoon. I’ll see you there.” Then he hung up.

I’ve been sober and recovering in AA since that day. I’ve had the opportunity to pass our message on to many others who might want our program of recovery. I follow the lesson Owen showed me those many years ago. Plant the seed and let it go.

Some seeds germinate and flower quite quickly, while others, such as me, are not so quick. All those seeds will flourish in God’s time. But if I dig at the seed, poke it, nag it and try to do God’s part of the job, my efforts will usually fail. When I try the plan that Owen gave me, all goes well. Owen died two years ago with 46 years of recovery and many flowering testimonials to his quiet and patient way of living and passing on our wonderful program.

-- Mark E.

Lebanon, Ohio, USA.

On a Lighter Note...

Holiday drink

In June of 1972, after only two years of sobriety, I had to make a business trip from Winnipeg to Kansas City. When the flight attendant rolled her booze wagon down the aisle of the plane, she looked at me and asked, “Sir, would you like something from the bar?”

My answer? “No thanks, I’ve got to be home for Christmas!” True story!

Ralph C., Winnipeg, Manitoba

Hug a bug

At my home group one day, a woman who had often snubbed me went out of her way to give me a big hug before the meeting. I was surprised by her gesture and wondered what had initiated her change of heart.

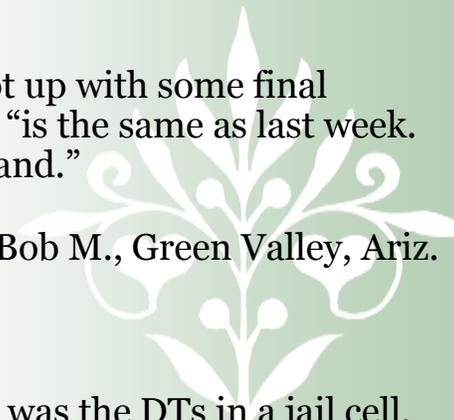
I got my answer at the end of the meeting. The chairperson got up with some final words. “Group, your suggestion for next week,” he instructed, “is the same as last week. I want you to go out there and hug somebody you just can’t stand.”

Bob M., Green Valley, Ariz.

Low tech

Before I got to AA, I didn’t have a PC or a cell phone. All I had was the DTs in a jail cell.

Roger S., Redwood City, Calif.



Tradition Twelve “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

“I Heard You Don’t Drink”

After settling down on my towel, ready to check out the endless parade of guys on this humid, scorching Miami afternoon, I was caught a little off guard. Not by some of the sights on the beach, although there were a few of those too, but by the conversation I was having with a somewhat gregarious acquaintance of mine named Luca. We always say hello when we see each other, but for the most part our conversations are quite superficial—movies, TV shows or new restaurants—just small talk mainly. But on this day, he had something a little more substantial on his mind.

“Hey Cole, how’s it going?” said Luca, as he walked up. “I was just talking about you the other day.”

“Oh really?” I responded, somewhat surprised.

“Yeah, I hear you don’t drink,” he said.

I looked at him. “Is that a statement or a question?” I asked.

Luca hesitated then said, “Well ...”

Feeling a little annoyed, I responded, “No, I don’t drink!”

“Why not?” he asked. “You used to.”

“Where did that come from, Luca?” I said. “What do you know about what I used to do? I didn’t used to know you.”

“I remember seeing you out at the bars years ago,” he said. “I never had the nerve to talk to you then. Anyway, I’m just asking. My friend Hector saw you and me talking the other day and asked how I knew you. He’s in AA and thinks he’s seen you at some meetings.”

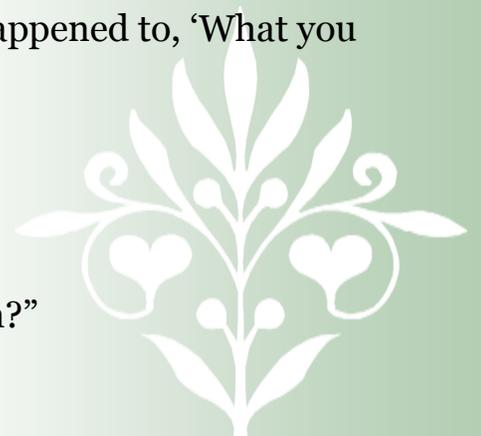
“Oh really?” I said, surprised. “That’s interesting. Whatever happened to, ‘What you hear here, who you see here, let it stay here?’”

“What does that mean?” he asked.

“Oh, never mind,” I said.

“What’s the big deal, Cole?” he responded. “Is there a problem?”

(Continued)



“No,” I replied. “No problem. But if I had a drink, there would be a problem cause I’d probably be cussin’ you out right now. As for your friend Hector, I don’t even want to think about what I would have said to him for violating my privacy. Yes, I was out of control when I drank. I got loud and obnoxious. So no, there’s no problem as long as this alcoholic doesn’t drink.”

Luca looked puzzled. “Alcoholic?” he said. “Don’t you think that’s a bit harsh? I mean, to call yourself an alcoholic, Cole?”

“It may be harsh for you,” I said, “but for me, it is what it is.”

That’s where the conversation ended, as Luca became distracted by a group of guys waving and yelling his name. It was the perfect time to exit.

After he left, I sat there on the sand, smirking yet fuming inside. On the one hand, I was a little proud of being so candid and honest about my alcoholism, but also ticked off that a “friend of Bill” had so nonchalantly given up my anonymity. Aren’t the rooms supposed to be a safe place to share our experiences as drunks without the fear of being exposed? I take the “anonymous” in AA very seriously.

Alcoholism is still very much a stigma in many professional settings and can be career-limiting for many in the rooms. There have been a few occasions since I got sober when my not drinking raised questions by curious colleagues. In those situations I could still get a little anxious, but after six years of sobriety, I’ve learned to handle them better. If someone offers me a drink, I simply say, “Thank you, but I don’t drink,” with the kind of confidence that says, “I don’t drink and don’t ask me why.” Usually that’s enough.

However, there was that time when one of my colleagues, Risa, had too much to drink at our company Christmas party. Seated at the table with me and about seven other coworkers, Risa kept digging and whining. “Cole, I don’t understand why you don’t drink,” she said loudly. “Why? Just have a drink with me!”

Finally I said, “Risa, I don’t drink because I’d be acting like you are right now, slurring my words, stumbling around the room and yelling across the table.” Needless to say, all of my colleagues burst into laughter and Risa quickly got up and left, staying away from that side of the restaurant the rest of the evening.

I’ve had many situations where my “not drinking” has been questioned, and given the circumstances, I’ve chosen different responses. “I” is the operative word here. It’s not always possible to be forthcoming about being an alcoholic. For friends and family, breaking my anonymity hasn’t been an issue. But in business—or even dating—when or if I divulge my alcoholism can be a little tricky. One thing for sure, in order for all of us to feel safe, especially newcomers, anonymity must be respected. It’s part of our common welfare.

-- Rodney D.

Fort Lauderdale, Florida, USA.

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



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

**December Speaker:
Shari B., 30 Years**

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



Christmas 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. & 5:00 p.m.

Speaker Meeting starts at 7:00 p.m.

Questions?

Contact Dave W., 541-610-6624

potluck@coigaa.org



December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Greg H. & 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 IGR Advisory Board Mt 5pm (TEC) IGR Mtg 5:30pm (TEC)	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 Christmas Day Alcathon	26	27	28	29	30 Milestone Mtg 7pm (First Presbyterian)	31 New Year's Eve Dance

January 2017

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