



Central
Oregon's
January 2017
Conscious
Contact

AA Hotline— 541-548-0440

Intergroup Secretary Position Available!

This is a great way to give service to your local AA Community! For more information or to stand for the Secretary position, please attend January's IGR Meeting at 5:30 p.m. on Sunday 1/22 at TEC.

Central Oregon Al-Anon Spaghetti Feed & Speaker Meeting

Date: February 11th, 2017

Time: Doors open at 4:30 p.m.

Location: St. Francis Church

Please Register in Advance:

<http://centraloregonal-anon.org/2017-spagetti-feed/>

See enclosed flier for more details!!

Intergroup Officers

Chairperson— Mike S. 541-815-7458

chairperson@coigaa.org

Vice Chairperson— Mark D.

vicechair@coigaa.org

Secretary— Lauren G. 541-420-7705

secretary@coigaa.org

Newsletter— Megan M. 503-740-2150

newsletter@coigaa.org

Schedules— Pat F. schedule@coigaa.org

Hotline— Mary B. 303-368-0872

hotline@coigaa.org

Potluck— Alyssa T. potluck@coigaa.org

Website— Allison J. 323-333-6366

webmaster@coigaa.org

Entertainment— Brian C.

entertainment@coigaa.org

Al-Anon Liaison— Max

al-anon_liaison@coigaa.org

District Committee Member

Glenn B. 541-390-8959

Advisory Board Committee

Jerry C., Lauren M., Dan P. 541-480-0571

Cody M. 541-420-0774

AA HOTLINE

Shifts Available:

Saturday 9a-9p (12 Hours)

Sunday 2p-9p (7 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



Kate S. 1/2

Heidi S. 1/25

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

Saturday Culver Meeting Cancelled

Saturday Redmond Potluck/Speaker Mtg Change: 2nd Saturday of Each Month

Saturday Redmond Potluck/Speaker Mtg: No February Meeting



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 One “*We admitted we were powerless over alcohol— that our lives had become unmanageable.*”

Liquid Misery

As I sat in a meeting recently, I learned of another friend’s death during a relapse. I thought of the other AA members I knew who had died after relapsing. My memories of them were still fresh in my mind. I had talked and shared with them. Some of them I had known for years.

One member used to walk to meetings and pick up trash. He was down-to-earth and wanted to help keep his town clean. Another had been in and out of the program for 19 years. Like me, a lot of friends around the tables still missed him.

Yet another was a newcomer, a college girl with her whole life ahead of her. Her parents were left to pick up the pieces.

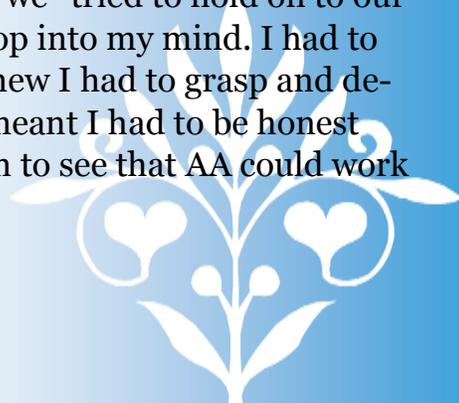
These people who relapsed were just like me. We can’t drink like other people, even though we think we can. I thanked my Higher Power that I hadn’t died when I relapsed and wondered whether there was anything I could have said or done to prevent my friends’ relapses.

I talked about relapse in meetings. I prayed and meditated on it. I thought back on my own relapse. I had struggled for about four months to stay sober. I felt that I wasn’t getting any better. I was full of guilt, shame and self-pity. I just wanted to feel better, so I took a drink. I lifted a bottle to my mouth and down it went. It was liquid misery. The misery went down my throat, into my stomach and veins, and throughout my body. I didn’t feel better. I remember standing in the street, every cell in my body screaming for a drink, and the words, “half measures availed us nothing,” came to my mind from “How It Works” in the Big Book. Somehow I asked for help. My Higher Power answered, and I ended up at a meeting.

Before that relapse, AA had been working for me, maybe not like I wanted it to, but I had felt better. So this time I went back to AA with a new attitude. This time I had a spark of hope. I remember reading “How It Works” now with new meaning. The words stayed with me.

I worked the Steps again; I knew I had to be fearless and thorough, from Step One all the way through. When life’s problems came up, which they did, the words, we “tried to hold on to our old ideas and the result was nil until we let go absolutely,” would pop into my mind. I had to learn a new way of dealing with my resentments and problems. I knew I had to grasp and develop “a manner of living which demands rigorous honesty.” This meant I had to be honest with others and myself. No more lying or telling half-truths. I began to see that AA could work for a drunk like me.

-- Jeff H. Sturgeon, Missouri



Tradition One “*Our common welfare should come first; personal recovery depends upon A.A. unity.*”

“What’s Good for the Group”

At first glance, unity seemed pretty simple. But after many years and much observation, for me it’s not so simple. Almost all of my actions can reflect on that. If I’m not open-minded enough to investigate the things I propose to my AA group and examine all the pros and cons, but instead just try to push an idea through—without regard for the outcome—then I’m not interested in unity. I’m only trying to get my way. This happens far too often in the business meetings I’ve seen.

A prime example of lack of unity is the old fable that all it takes is a coffeepot and a resentment to start a new meeting. All we wind up with is two groups with resentments. And resentments are a dubious luxury that alcoholics can’t afford. Often what happens is one or both groups eventually fade away.

Part of the education I’ve received in AA has shown me how to work out my problems by means of reasonable discussion. If I have a disagreement with my home group, there should be a calm discussion and an atmosphere of give-and-take, instead of belligerent disagreement and discord. This has also helped me learn to deal with things outside of AA.

Here are other ways that a group can help with unity: If we’re planning an event, we could check and make sure we’re not interfering with another group’s activity. We try not to pick a date for an event without investigating first. Consideration is a key to unity. Also, if we see a need to start a new meeting, we look at the time and locations near someone else’s meeting and try not to interfere with that.

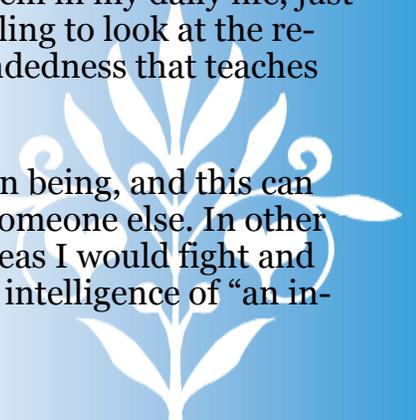
In early sobriety, I had a lot of really good ideas that would have made AA work better. Thank God for strong sponsorship: My ideas got shot down and AA survived. With a wounded ego, I would go off and lick my wounds. What I learned from these experiences is that most of my great ideas came from the same brain that got me into AA, and that I was often only interested in being the most brilliant shining star in the room.

If we as sponsors try to teach that unity is the key to the survival of AA, not only will the program survive and flourish, but so will we alcoholics. In AA we learn the pitfalls of contempt prior to investigation, as well as the benefits of investigation prior to contempt.

I found that when I started studying the Traditions and began to use them in my daily life, just as I worked the Steps, it made living with others simpler. When I’m willing to look at the results of compromise, it brings about a degree of humility and open-mindedness that teaches me to play well with others, in and out of AA.

The biggest reward I will ever have in AA is to work with another human being, and this can only be achieved by an exchange of ideas, not by pushing my ideas on someone else. In other words, for the common good it might be time to give up on those old ideas I would fight and die for, and instead examine the ideas of others. No one person has the intelligence of “an informed group” of people.

-- Dan W. Eatonville, Washington, USA



On a Lighter Note...

One fur the road

A penguin and a skunk walk into a bar. After having several rounds, the skunk looks over and asks the penguin, "Is my suit on backwards?"

Sara D. Nine Mile Falls, Wash.

The Parking God

An alcoholic was late for his court appearance and he was circling the courthouse, desperately looking for a parking spot. Finally, out of desperation he looked up and said, "God please let me find a spot to park and I swear I'll never drink again!" Right then someone pulled out right in front of him, and he happily parked. The guy got out of his car and looked up and said, "Never mind, I found one myself."

John L. Woonsocket, R.I.

Tonight's speaker

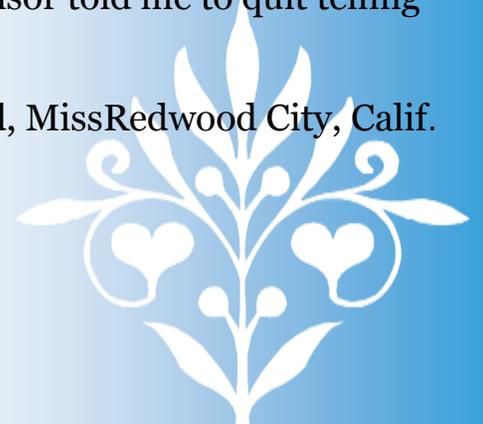
One Saturday night, an AA speaker got up to tell his story ...

"I graduated from Harvard Law School," he told the crowd. "I was appointed Ambassador to China, was awarded the Nobel Peace Prize for my diplomacy and then the Pulitzer Prize for my book."

There were two old-timers in the back row and one leaned over and said to the other, "By golly, now we got somebody."

Then the speaker continued, "... then I joined AA and my sponsor told me to quit telling lies."

Harry B. Leland, MissRedwood City, Calif.





WHEN

February 11th, 2017
Doors Open at 4:30
Dinner at 5:30
Speakers at 6:15

WHERE

St. Francis Church
2450 NE 27th Street

CENTRAL OREGON AL-ANON SPAGHETTI FEED & SPEAKER MEETING

PLEASE REGISTER IN ADVANCE

\$10 Adults
\$2 Children
**\$20 Family (2 Adults +
Children)**

<http://centraloregonal-anon.org/2017-spagetti-feed/>

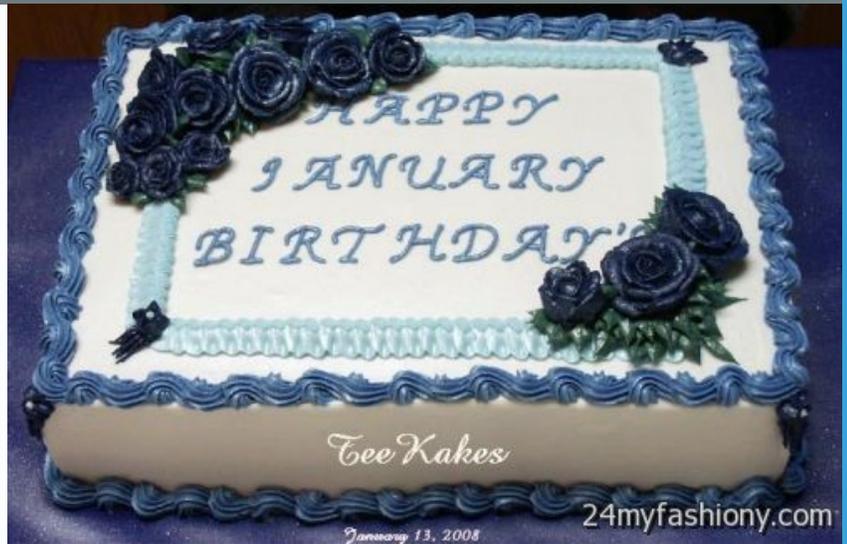
Or contact Ali J:
webmaster@coigaa.org

SPEAKERS

AA Speaker: John J.

Al-Anon Speaker: Kristin T.

First Presbyterian
Church
230 NE 9th Street
Bend, Oregon



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

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



January 2017

Sunday

Monday

Tuesday

Wednesday

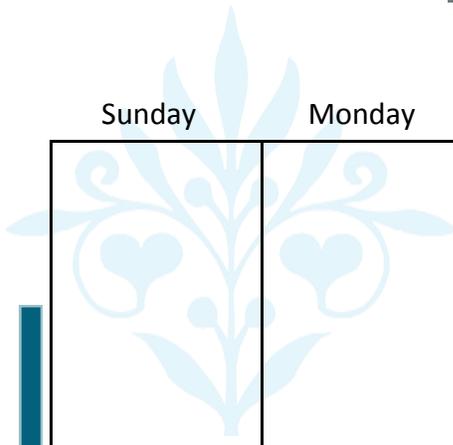
Thursday

Friday

Saturday

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|-----------------------------------------------------------------------------|----|----------------------------------------------------------------|----------------------------------------------|----|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Evan, Clancy I. | 7 |
| 8 | 9 | 10 Tues. Night AA Speaker Mtg (Church of Nazarene) | 11 LaPine Potluck & Speaker Mtg 6pm | 12 | 13 | 14 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church) |
| 15 GSR Mtg 4pm (TEC) | 16 | 17 Entertainment Committee Mtg 7pm (TEC) | 18 | 19 | 20 CO Speaker Mtg 7pm (Eastmont Church) Speakers: Lisa H., Bend & Jay W., L.A. | 21 |
| 22 IGR Advisory Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC) | 23 | 24 | 25 | 26 | 27 Milestone Mtg 7pm (First Presbyterian) | 28 CO Potluck & Speaker Mtg 6pm |
| 29 | 30 | 31 | | | | |

February 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------|--------|----------------------------------------------------------------|---------------------------------------------------------------------------------------|----------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------|
| | | | 1 | 2 | 3 CO Speaker Mtg 7pm (Eastmont Church) | 4 |
| 5 | 6 | 7 | 8 LaPine Potluck & Speaker Mtg 6pm | 9 | 10 | 11 Central OR Al-Anon Spaghetti Feed & Speaker Mtg 4:30p (St. Francis Church) |
| 12 GSR Mtg 4pm (TEC) | 13 | 14 Tues. Night AA Speaker Mtg (Church of Nazarene) | 15 | 16 | 17 CO Speaker Mtg 7pm (Eastmont Church) | 18 |
| 19 IGR Advisory Board Mt 5pm (TEC) IGR Mtg 5:30pm (TEC) | 20 | 21 Entertainment Committee Mtg 7pm (TEC) | 22 Culver/Madras Potluck/ Speaker Mtg 6pm (Culver Christian Church) | 23 | 24 Milestone Mtg 7pm (First Presbyterian) | 25 CO Potluck & Speaker Mtg 6pm (Brooks Hall) |
| 26 | 27 | 28 | | | | |