



Central
Oregon's
March 2017
*Conscious
Contact*

AA Hotline– 541-548-0440

Open Service Commitment:

Conscious Contact Newsletter Editor!

The Conscious Contact Newsletter Editor position is currently available! This is an excellent way to give service to the Central Oregon AA Community. This service commitment is available immediately and ends in December of this year.

There is a two year sobriety requirement for this position. If you are interested or have any questions, please contact Megan M. at newsletter@coigaa.org, or 503-740-2150.

Intergroup Officers

Chairperson– Mike S. 541-815-7458

chairperson@coigaa.org

Vice Chairperson– Mark D.

vicechair@coigaa.org

Secretary– Susan

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

Friday 9p-9a (12 Hours)
Saturday 9p-9a (12 Hours)
Saturday 9a-2p (5 Hours)
Sunday 9a-2p 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



**Agnes C., March 1st with
37 Years!**

**Charlie A., March 23rd with
30 Years!**

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 Madras Oasis Group: 7:00 p.m. at Jefferson Library

Sunday Redmond Beginners Meeting: 5:30 p.m. at RAC

Tuesday Madras Oasis Group Big Book Study: 7:00 p.m. at Jefferson Library

Thursday Madras Oasis Group 12x12 Study: 7:00 p.m. at Jefferson Library

Friday Metolius Society of Sobriety: 5:00 p.m. at FFC

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 Three “*Made a decision to turn our will and our lives over to the care of God as we understand Him.”*

Turning Point

A few months ago, an old friend in the program called me and asked if I would speak at a Step meeting in another town. My sponsor made the trip with me. As I was instructed, I shared my story and recovery with emphasis on the Third and Eleventh Steps. Then I opened the meeting up to sharing.

About halfway through the second part of the meeting, a distraught young man sitting in back raised his hand. I called on him. Fighting back tears, he said this was his first meeting. The day before he had crashed his car into a tree, critically injuring his best friend, who had been in the front seat.

He said he was charged with DUI and he was terrified his friend would die. The whole room became dead silent.

His share flashed me back instantly to another meeting years before that profoundly influenced my sobriety. A big part of what got me in the rooms was fear of a DUI. I didn't worry so much about killing or hurting someone (I rarely thought of anyone but myself) as I did of being rendered unemployable (I needed a driver's license to work).

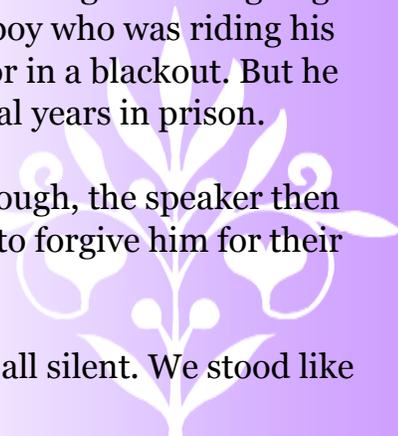
That AA meeting took place years earlier, when I was quite new to sobriety. It started as usual, with a bunch of us “smoking and joking” outside before the meeting started.

When the meeting convened, there were the usual waves and handshakes as latecomers took their seats. The chair introduced a speaker who none of us recognized. The speaker proceeded to tell his story. As he progressed through a fairly typical drunkalog, his voice became somber and slowed to a near stop as he described a day of drinking at his company's picnic. He told about the ride home, which he remembered vividly. Then his speech became choppy and the sentences were replaced by words and phrases: “Kid on a bike ... dusk ... steep driveway ... couldn't see.”

I could feel the entire room holding its collective breath. I remember thinking: he's not going to say that. But he did. He told us how he struck and killed a 10-year-old boy who was riding his bike home from the picnic. The speaker said he had not been weaving or in a blackout. But he had been legally drunk. He was arrested and convicted and spent several years in prison.

The room that moment became deafeningly quiet. As if that weren't enough, the speaker then told in painstaking detail how the boy's parents came to see him in jail to forgive him for their son's death. At this point, there was not a dry eye in the room.

Outside at the break, no one said a word. The smokers and jokers were all silent. We stood like zombies for five minutes before filing back into the room.



Though I continued my regular meeting attendance, the power of that meeting alone, I believe, kept me sober for a year. I began to think about my own path to AA and recovery and how I had been spared that guy's nightmare through no virtue of my own. The only difference between me and him was that no child happened to glide in front of me at dusk on one of the thousand or so times I drove drunk.

When I came into the rooms, I realized how close I had come to losing my livelihood. But I never realized how close I had come to losing my freedom and being saddled with the guilt of hurting or killing someone.

When I was drinking, I could never benefit from the experiences of other people, not when they conflicted with my worldview. I knew everything. In recovery my Higher Power managed to show me another way. I can learn from what other people do, right and wrong. He has also shown me, time and again, how fortunate I am to be sober.

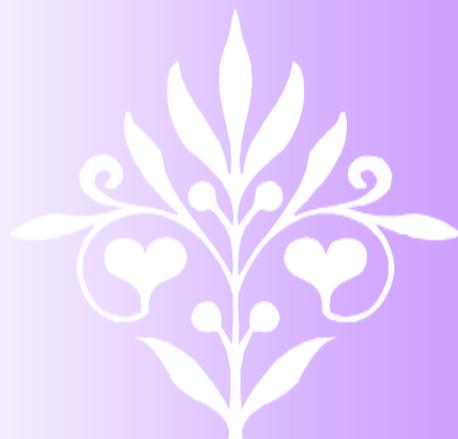
This is, I think, what started my practice of Step Three.

For me, the Third Step was, and continues to be, a constant realization that I am probably not seeing the whole picture, that the gifts of sobriety are still being revealed, even though I may not recognize them. More will be revealed, as my sponsor constantly tells me.

By the time I got to him, the kid who spoke up at the meeting was already mobbed by regulars. "They're in a better position to help him," my sponsor said, and we headed home. "Did you get anything out of the meeting?" he asked.

As I sit here and write this five years later, I have to say, yes, I think I did.

-Bill O., Chalfont, Pennsylvania



Tradition Three *“The only requirement for AA membership is a desire to stop drinking.”*

One Requirement

My home group is a Thursday night speaker meeting. It was the first meeting I ever attended and is a critical part of my sobriety. Although I feel at home there, it wasn't an easy start.

On my first day sober in August 2012, a demanding group of women who were visiting the meeting surrounded me and explained that the only way I could stay sober was to follow their directions. One of their directions was the “people, places and things” rule.

They explained that I was not allowed to go anywhere that served alcohol. I was not to spend time with anyone who drank alcohol and I was not to do anything that involved alcohol.

I was desperate and wanted sobriety, but these rules were too much for me. In my desperation, I took some woman's phone number and called her the next day. She refused to help me if I wouldn't agree to obey the “people, places and things” rule.

I knew I needed AA but I couldn't grasp the idea of never doing anything social or professional again. I rejected the rule they gave me but kept going to meetings even though I thought I was unwelcome, since I was unwilling to follow their direction.

A couple of days later, I went to a meeting and saw a woman I knew from outside of AA. I had known she didn't drink but I had no idea she was in the program.

I was so relieved to see a familiar face. I confessed my fears to her and asked her to be my sponsor. She sat down and explained the Third Tradition to me. She told me that it would take sober time for me to find my appropriate place in society. She explained that I only needed a desire to stop drinking to be a member of AA. The only thing she would ask of me, she said, was to stay sober and work the Steps out of the Big Book and the “Twelve and Twelve.”

In working the Steps, she told me, she might have suggestions. But my decisions and actions were mine alone. She said it would probably be a good idea not to go to bars and I should definitely not try to live vicariously through others' drinking. But that was my decision to make. It was not by any means a requirement of AA.

Now, when anyone tries to tell me what I must do to be a sober member of AA, I live by the Third Tradition. I try to openly reflect on others' advice, be willing to change and take action where necessary. But I don't let advice—even when it is called “direction”—push me out of my position as a member of AA. I am so thankful for the Third Tradition because I'm desperate for continuous sobriety and will openly admit I am jaded to human demands.

Maintaining my desire to not drink is an easy request because my alcoholism left me dead on the inside and my sobriety is now showing me the kind of love and peace I never thought possible.

When I talk to others in the program, I remember to live the Third Tradition. I make sure to let them know that if they want sobriety, AA is their home, as it is for me. I try to be the hand of AA for anyone looking for sobriety. I thank my Higher Power, this program and the fellowship I have today for a life worth living and a heart capable of giving.

-Kelsey R., Indiana

On a Lighter Note...

Fool-proof diet

My friend Gale sent me her new pasta diet for alcoholics ...

- 1) Walk pasta da bar.
- 2) Walk pasta da liquor store.
- 3) Walk pasta da beer case in the grocery store.
- 4) Walk pasta da fridge where your wife keeps her wine.

-Bob M., Green Valley, Ariz.

Vintage newcomer

Q: What's an AA newcomer's favorite wine?

A: Ugh, I have to call my sponsor every day?

-Will H., Los Angeles, Calif.

Road show

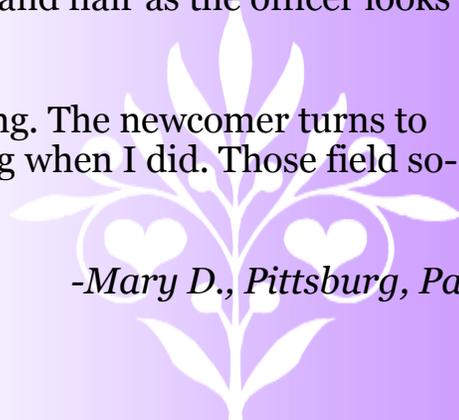
A cop pulls a car over for speeding. As he walks up to the car, he sees that the back seat is full of machetes and axes. There's also a chainsaw. He asks the driver where he's going in such a hurry, and what's the meaning of the dangerous items.

The driver tells the officer that he's late for work, and that he's a circus juggler. The cop says, "OK, show me your act and maybe I'll let you off with a warning."

The driver gets out and starts juggling the machetes and axes and finally the chainsaw, keeping them all whirling through the air with incredible skill and flair as the officer looks on in amazement.

Meanwhile, two AA members drive by on their way to a meeting. The newcomer turns to his sponsor and exclaims, "Wow, thank God I stopped drinking when I did. Those field sobriety tests are getting tougher all the time."

-Mary D., Pittsburg, Pa.



Central Oregon Intergroup Entertainment Committee
Presents



CORNED BEEF AND CABBAGE !

Vegetarian Soup Also Available

SATURDAY, MARCH 18th

Calvary Baptist Church
2241 N. Main Street, Prinville

Dinner at 6pm
Speaker Meeting at 7pm
Michael G. 40 years

Bingo from 8 – 10pm

Adults \$10 ~ 6-12yrs \$5 ~ under 5 free

Tickets at the door or call Jim at 541-550-9194

PLEASE BRING A DESSERT TO SHARE



The following District 5 service positions will be available starting immediately!

Cooperation w/ Professional Community (CPC) (Service position ends this September but we could use someone to help get this Committee established and ready for the next Committee Chair to take over)

Grapevine Chair (Service position still has 18 months left and is ready now!)

Cooperation w/ Professional Community (CPC)

Cooperation with the Professional Community Committee (CPC): The purpose is to provide information about AA to those who have contact with alcoholics through their profession. This group includes, among others, doctors, clergy, judges social workers and law enforcement. Information is provided about where we are, what we are, what we can and cannot do. .

- Generally as described in the AA service Manual
- Attend and report at monthly District meetings
- Helpful to refer to the GSO “yellow sheets” guidelines
- Make AA literature available upon request at community events
- Attend November Area Assembly
- Two year term rotating on odd number years

Grapevine Chair

The purpose of the District Grapevine Chair is to act as advocate for the Grapevine/La Viña at the district and group level, alerting the groups to the use of the GV publications as recovery tools.

- Generally as described in the AA service Manual
- Attend and report at monthly District meetings
- Visit groups and talk about the Grapevine both at group level and meeting level as the group will allow
- Attend November Area Assembly
- Two year term rotating on even number years

If you are interested please prepare a written or oral service resume and contact me with the contact information below.

Glenn B.
District 5 DCM
(541) 390-8959
dcm@district5aa.org

**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!**



March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CO Speaker Mtg 7pm (Eastmont Church) Lauren S. & Bruce C.	4
5	6	7	8 LaPine Potluck & Speaker Mtg 6pm	9	10	11 Redmond Potluck/ Speaker Mtg 6 pm (Redmond Community Church)
12 GSR Mtg 4pm (TEC)	13	14	15	16	17 CO Speaker Mtg 7pm (Eastmont Church) Dustin W. & Bobbye R.	18 Corned Beef & Cab- bage Feed/ Speaker Mtg 6pm (Calvary Baptist Church, Prine- ville)
19	20	21 Entertainment Comittee Mtg 7pm (TEC)	22	23	24	25 CO Potluck & Speaker Mtg 6pm
26 IGR Adviso- ry Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	27	28	29	30	31 Milestone Mtg 7pm (First Presbyterian)	

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 No Speaker Mtg This Week Only	8 Redmond Potluck/ Speaker Mtg 6pm Redmond Community Church
9 GSR Mtg 4pm (TEC)	10	11	12 LaPine Pot- luck & Speaker Mtg 6pm	13	14	15
16	17	18 Entertainment Committee Mtg 7pm (TEC)	19	20	21 CO Speaker Mtg 7pm (Eastmont Church) Manya W. & Bob D.	22 CO Potluck & Speaker Mtg 6pm (Brooks Hall)
23 IGR Adviso- ry Board Mtg 5pm (TEC) IGR Mtg 5:30pm (TEC)	24	25	26	27	28 Milestone Mtg 7pm (First Presbyterian)	29
30						