



Happy Spring Everyone!!

**Prineville Rebels Roost Hall has
moved**

**It will now be located at 703 N.
Main**

**New Open AA Meeting at TEC On
Tuesdays at 2:00 pm**

**In need of Service? The
Newsletter is looking for folks !!**

Email newsletter

Central
Oregon's
April 2017
*Conscious
Contact*

Intergroup Officers

Chairperson— Mike S. 541-815-7458

chairperson@coigaa.org

Vice Chairperson— Mark D.

vicechair@coigaa.org

Secretary— Susan

secretary@coigaa.org

Newsletter— Katy M

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. 541-390-959

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 9a-2p (Hours)

Please sign up for a shift!!!!



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!

April 13 Alli J 26 years

April 12 Alex G 10 years

April 28 Priscilla H 49 years

Meeting Changes

Tuesday Bend New Meeting 2:00pm Tuesday @TEC

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 Lapine Thursday Meeting changed from 10:00am to 9:30am

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 Four made a searching and fearless inventory of ourselves. ”

From the February 1949 Grapevine

Mail Call for A.A.s at Home and Abroad

YES, I can truthfully say that I have taken a searching and fearless moral inventory of myself. The procedure I used was as follows: Shortly after I attended the first A.A. meeting in my life I was informed that one of the steps toward the goal of sobriety was the above mentioned Step. I reviewed that Step over and over again in my mind and then asked several questions regarding it, not during the meeting but later, when I had a chance to talk privately with some of the A.A. members here in camp. They were very instrumental in clearing that question for me and then I began to take action. I immediately began taking personal inventory as I definitely knew there was plenty of inventory to take. I shamefully began writing on paper all of my faults, bad habits and wrong thinking which I knew they needed to be abolished and done away with. No--it wasn't easy to write all of them. I felt that I had to go all the way with A.A. or A.A. wouldn't go all the way with me. After I completed making a thorough search of myself and I do mean thorough, I then took this piece of paper and journeyed to a near-by hill here in camp. Standing up there alone with the Catalina Mountains all around me, I felt as if this wonderful Power, so much greater than myself was standing there with me. I then slowly re-read my shameful and disgusting personal inventory--making sure that I had everything down. Humbly I bowed my head and breathed an earnest prayer, asking my own Higher Power to forgive me for those shameful acts and thoughts of the past and increase the encouraging and brighter factors of my life. The final act of my inventory was when I lit a match to this piece of paper that contained my fearless personal inventory and there, in the presence of my Higher Power and myself--we watched it turn to ashes.

-- Ade Tucson, Arizona



Tradition Four “*Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*”

On group autonomy

The June 1986 Grapevine included an article by R. W. of Berea, Ohio which I feel must be responded to.

R. W. ought to read our Traditions before being too judgmental about "specialty" groups. Tradition Four states "each group should be autonomous except in matters affecting other groups or AA as a whole."

A closed meeting for AAs means that the group conscience has decided that some members want their anonymity protected. That a non-AA visitor was asked to depart is unfortunate in itself, but the method by which it was accomplished reveals disrespect and certainly poor manners. The person(s) could/should easily have been referred to another meeting.

More and more people are recognizing the validity of warnings about the hazards of breathing smoke, directly or indirectly. With this in mind, the "smoke-free" meeting might be the more healthful, especially for those individuals whose lung and heart conditions prohibit them from attending many "regular" meetings. An increasing trend of new nonsmoking meetings is emerging. I feel that the overall quality of the Fellowship is being enhanced, not restricted.

-- R. M.

Fairview Park, Ohio



Central Oregon Intergroup Entertainment Committee

presents

2017 Summer Events

June 15-18	Ochoco Campout
July 15	Summer Picnic
Aug. 10-13	Ogden Group Campout
Sept.7-10	Crescent Lake Campout

Watch www.coigaa for new events!!



On a Lighter Note...

It makes sense to me

A drunk was standing before a judge. The judge said,

“You’ve been brought here for drinking.”

The man looked at the judge and said,

“OK , so lets get started!”

-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.

Who’s from outer space

A Martian landed at an AA meeting, looked around and said

“Take me to your Leader”

Just then a newcomer turned to him and said,

“Hey, you’re in the right place, buddy. I said the same thing last week.

-Will H . Los Angeles , Calif



May 2017 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5 7:00 pm - Central Oregon Speaker Meeting: Brenna L – Bend + Candy F – Los Angeles (Eastmont Church)	6
7	8	9	10 6:00 pm - LaPine Potluck & Speaker Meeting (TBA)	11	12	13 6:00 pm - Redmond Potluck/Speaker Meeting (Redmond Community Church)
14 4:00 pm - Monthly GSR Meeting (TEC)	15	16 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	17	18	19 7:00 pm - Central Oregon Speaker Meeting: Jay K – Bend + Jane W – Bend (Eastmont Church)	20
21	22	23	24	25	26 7:00 pm - Milestone Meeting (First Presbyterian Church)	27 6:00 pm - Intergroup Potluck and Speaker Meeting (Brooks Hall)
28 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	29	30	31	1	2 7:00 pm - Central Oregon Speaker Meeting: Amy R – Bend + Jay L – Los Angeles (Eastmont Church)	3

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!**



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	1 Saturday
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) Meeting And Potluck	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						

Pacific Region Alcoholics Service Assembly 2017

Here are some of the presentations and discussions that stood out this year at PRAASA

2017 • Will Our Challenges Overcome Our Complacency? • Sammy H. talked on

When Do I Speak Up in My Home Group, and When is it Appropriate to Practice Restraint of Tongue? The answer Sammy gave was simply to "Always" speak up. As each AA member becomes an active guardian of our fellowship. Each Home group member becomes an active guardian of his or her group. "A thorough business meeting is better than a quick one." • Wade J. talked about ensuring our future through educating ourselves about our past. If I want the Hand of A.A. Always to be there, It is by what I do today, and how I practice the traditions that ensure the life saving message for future generation alcoholics. • Marilyn H. – Service Sponsor. Will a Service Sponsor help you Grow? While some sponsors who are involved in General service are well equipped to work through all three legacies with sponsees and study the history. Some sponsors simply don't have that experience and while some make great recovery sponsors, if you choose to serve in General Service your sponsor may not have the experience to offer, regarding our third legacy. You may choose to ask if they have a background in service or a passion for the traditions, you may consider putting yourself out there as a service sponsor yourself. • Joel's Report Pacific Regional Trustee Report to the Assembly. Funds are up. Groups are contributing, and members are participating in the birthday plan more now that it is available online.

Thank you for the opportunity to grow and learn in service. Carrie B