



Central  
Oregon's  
May 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

Happy Birthday WFS!!!  
Come Celebrate 57 years with us!  
May 10 2017 6pm Potluck & Speaker  
Discovery Christian Church



## AA HOTLINE

Saturday 9a-2p (Hours)

Please sign up for a shift!!!!



working

To qualify you must:

- ⇒ Have a 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](mailto:newsletter@coigaa.org) your name and sobriety date, and we will include it in upcoming newsletters!

## 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



<b>OUR INTERGROUP OFFICE</b> M-F 9:00 am -1:00 pm 337 Antler St., Suite B Redmond OR 97756 (541) 923-8199 <a href="http://www.coigaa.org">www.coigaa.org</a>	<b>OREGON AREA TREASURY</b> 1900 NE 3 <sup>RD</sup> Street Suite 106-172 Bend OR 97701	<b>DISTRICT 5</b> P. O. Box 7241 Bend OR 97708	<b>GENERAL SERVICE BOARD</b> Grand Central Station P.O. Box 459 New York NY 10164-0371
--	---	--	---

# **Tradition Five “*Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.*”**

From the June 1970 Grapevine magazine.

## Fifth Tradition Checklist

Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?

Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?

Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?

Am I willing to twelfth-step the next newcomer without regard to who he is or what is in it for me?

Do I help my group in every way I can to fulfill our primary purpose? Does my group carry the message, or do we expect people to come get it?

Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

-- B. L.

Manhattan, New York



**Step Five *“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs”***

**From As Bill Sees It Page 126**

***“Admitted to God...”***

**Provided you hold back nothing in taking the Fifth Step, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of a great moment is apt to occur.**

**Twelve and Twelve P. 62**



# May 2017 Events

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 am - WFS Birthday Potluck + Speaker Meeting (Discovery Christian Church) 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 – Erin B (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

---

## ***At Wits End...***

### **A Fine Wine**

**When it came to wine, I was very particular about what I bought.**

**There were two things I looked for before making my selection: First, the word “wine must appear somewhere on the label. Second, I always looked for a sign that said : “On Sale”**

*Dave H. Davies , Fla*

### **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*





Start planning your 2016, [Download/View all Coigaa Entertainment Committee Events here.](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
4	5	6	7	8	9	10 6:00 pm - Redmond Potluck/Speaker Meeting (Redmond Community Church)
11 4:00 pm - Monthly GSR Meeting (TEC)	12	13	14 6:00 pm - LaPine Potluck & Speaker Meeting (TBA)	15 Ochoco Campout	16 Ochoco Campout  10th Annual As Men See It Campout  7:00 pm - Central Oregon Speaker Meeting: Dustin G - Bend + Ann K - Bend (upstairs) (Eastmont Church)	17 Ochoco Campout  10th Annual As Men See It Campout
18 Ochoco Campout  10th Annual As Men See It Campout	19	20 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	21	22	23	24 6:00 pm - Intergroup Potluck and Speaker Meeting (Brooks Hall)
25 5:00 pm - Intergroup Advisory Board Meeting (TEC)  5:30 pm - Intergroup IGR Meeting (TEC)	26	27	28	29	30 7:00 pm - Milestone Meeting (First Presbyterian Church)	1

# 10th Annual As Men See It Campout June 16th-18th 2017



## Simax Campground Crescent Lake, Oregon

By group conscience this campout is for men only. Parking is limited Car pooling is highly recommended

RV's space is Unlimited, if you can drive it, show up in it. Preregistration is encouraged, you must register by June 15th to get the preregistration price. From Bend, travel 48 miles south on Hwy 97, then 17 miles east on Crescent Cutoff Rd. Please register for a dish to share for the Saturday night pot luck. The dish sign up will be at the AMSI meeting. There are dump station, showers, and a small store on site. Bring firewood.

**Come join us!!**

**PREREGISTRATION is \$25 per camper for the weekend.**

**REGISTRATION at the campout is \$35**

-----  
*Fill this out and give it to our treasurer or mail registration form and fee to:*

As Men See It 910 SE Wilson Ave Suite A-3, Bend OR 97702

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Number of men in your party: \_\_\_\_\_

Bringing an RV? (trailer, motor home, etc.)      Yes      No

(Optional) Shirt

Shirt Size:    Small            Medium            Large            X-Large            2Xlarge            3Xlarge

*Central Oregon Intergroup Entertainment Committee*

Presents

# Crescent Lake Campout

Simax Group Sites B & C

**SEPT. 7-10, 2017**

Must have ticket in advance to Camp

Tickets: Adult \$25.00

13 to 17 \$5.00 – 12 and under free



**Saturday Potluck/Speaker Meeting 6 pm**

For ticket info please call Intergroup Office (541) 923-8199



**AA Cooperates with the Professional Community,**  
**and is looking for members to serve on the**  
**District 5 CPC Committee.**

Qualifications: \*Must have a working knowledge of the Twelve Traditions.

To inquire about serving in this way, please contact Carrie B. CPC Chair, or show up for the Committee meeting on **Saturday May 13th at 12:30pm** at the Downtown **Bend Library**, upstairs in the Hutchinson Room.

Please make sure this important upcoming committee meeting is being announced at your home Group. And thank you everyone for doing your part in responsibly helping to get our community better acquainted with Alcoholics Anonymous.



*Carrie B. CPC Chair [541-788-7276](tel:541-788-7276)  
or email CPC from the District 5 website.*



## Back in the Day .....

Alcoholics Anonymous Co-operates with the Professional community. Sister Ignatia & St Vincent Charity Hospital in Cleveland.

1949

Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the “Angel of Alcoholics Anonymous.”

Originally a musician, Sister Ignatia was transferred by her order, the Sisters of Charity of Saint Augustine, to St. Thomas Hospital in Akron to work in their admissions office. It was in that capacity that she first met and worked with Dr. Bob. In an interview with Bill W., Sister regaled the co-founder with cherished recollections of Dr. Bob and their work with drunks at St. Thomas:

*“Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary.... Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking.”* (Recording of Sister Ignatia, 1954)

Her work in helping alcoholics was done with much dignity and modest distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her for the A.A. Fellowship for her untiring efforts with alcoholics in Akron. In March 1961, Sister Ignatia received a letter of acknowledgment for her pioneering contributions from the White House (President Kennedy), which she shared with Bill W. The letter read:

Dear Sister Mary Ignatia:

Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and, more recently, at St. Vincent’s in Cleveland.

He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation.

In response to receiving a copy of the President’s letter, Bill responded to Sister Ignatia and wrote:

We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal.