



Central Oregon's July 2017 Conscious Contact Newsletter

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

Inside this issue:

Check it out: The Delegates are throwing a BBQ and request everyone attend to hear Reilly K give the Post conference Report !!

See how Bill W walked his way toward Serenity in a letter he wrote in 1960

We all know how important home group participation is, so Please & Thank You!!

Inter Group Representative's please have General Service Reps send in home group members AA Birthdays so the newsletter can celebrate them!!

newsletter@coigaa.org

AA HOTLINE

Saturday 9a-2p (Hours)

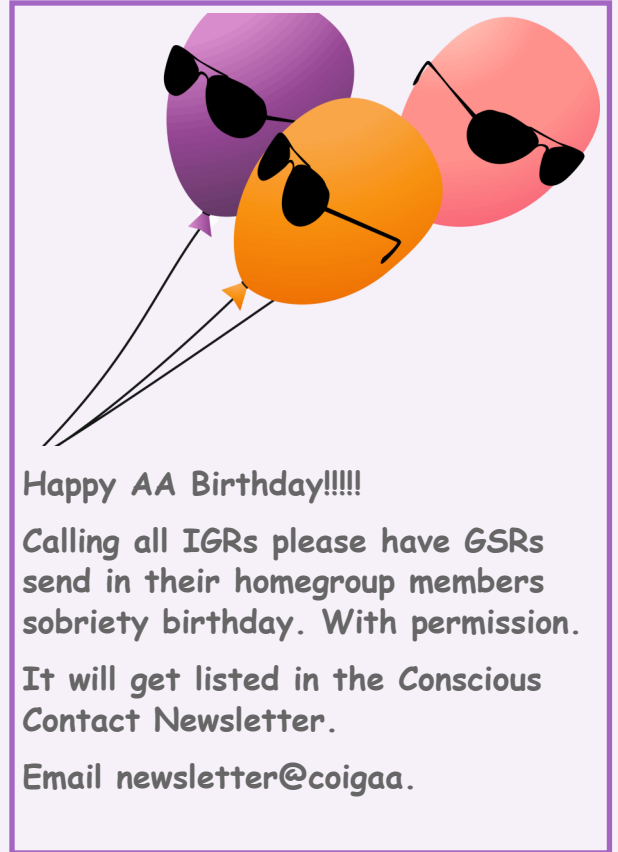
Please sign up for a shift!!!!



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



Happy AA Birthday!!!!

Calling all IGRs please have GSRs send in their homegroup members sobriety birthday. With permission.

It will get listed in the Conscious Contact Newsletter.

Email newsletter@coigaa.

Meeting Changes

<u>Tuesday</u>	Bend New Meeting 2:00pm Tuesday @TEC
<u>Sunday</u>	Redmond Beginners Meeting: 5:30 p.m. at RAC
<u>Tuesday</u>	Madras Oasis Group Big Book Study: 7:00 p.m. at Jefferson Library
<u>Thursday</u>	Lapine Thursday Meeting changed from 10:00am to 9:30am
<u>Friday</u>	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

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 - Shane C (First Presbyterian Church)	1
2	3	4	5	6	7 7:00 pm - Central Oregon Speaker Meeting: Alex G - 10 yrs, Bend + Emily A - 21 yrs, Bend (Eastmont Church)	8 6:00 pm - Redmond Potluck/Speaker Meeting (Redmond Community Church)
9 4:00 pm - Monthly GSR Meeting (TEC)	10	11	12 6:00 pm - LaPine Potluck & Speaker Meeting (TBA)	13	14	15 10:00 am - Beginning of Summer Picnic (Cline Falls State Park)
16	17	18 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	19	20	21 7:00 pm - Central Oregon Speaker Meeting: Jenessine P - 16 yrs, Powell Butte + Isaac R - 25 yrs, Los Angeles (Eastmont Church)	22 6:00 pm - Intergroup Potluck and Speaker Meeting: Leslie C and Patty B (Brooks Hall)
23 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	24	25	26	27	28 7:00 pm - Milestone Meeting (First Presbyterian Church)	29
30	31	1	2	3	4 7:00 pm - Central Oregon Speaker Meeting: Dustin G - 10 yrs, Bend + Ann K - 26 yrs, Bend (Eastmont Church)	5

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4 7:00 pm - Central Oregon Speaker Meeting: Dustin G - 10 yrs, Bend + Ann K - 26 yrs, Bend (Eastmont Church)	5
6 12:00 pm - Delegates Report and BBQ (Compass Park, NW Crossing)	7	8	9 6:00 pm - LaPine Potluck & Speaker Meeting (TBA) 6:00 pm - CPC Committee meeting (All welcome) (Bend Downtown Library - Hutchinson Room)	10 Ogden Campout	11 Ogden Campout	12 Ogden Campout 6:00 pm - Redmond Potluck/Speaker Meeting (Redmond Community Church)
13 Ogden Campout 4:00 pm - Monthly GSR Meeting (TEC)	14	15 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	16	17	18 7:00 pm - Central Oregon Speaker Meeting: Rue M - 3 yrs, Bend + John J - 43 yrs, Sisters (Eastmont Church)	19
20	21	22	23	24	25 7:00 pm - Milestone Meeting (First Presbyterian Church)	26 6:00 pm - Intergroup Potluck and Speaker Meeting (Brooks Hall)
27 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	28	29	30	31	1 7:00 pm - Central Oregon Speaker Meeting: Brennon M - 8 yrs, Bend + Laura - 35 yrs, Tumalo (Eastmont Church)	2



DELEGATE'S REPORT & BBQ

Come hear Reilly K. (our Oregon Area 58 Delegate) give her Post Conference Report.

Sunday, August 6th 2017 - Compass Park - NW Crossing
2500 NW Crossing Dr., Bend, Or. 97701 12-3pm

*****BBQ RIBS & CHICKEN +DRINKS PROVIDED!! PLEASE
BRING SIDES AND DESSERTS. KIDS WELCOME!*****

Hosted by District 5
Contact Glenn B. @ (541) 390-8959 dcm@district5aa.org

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



Step 7

Were entirely ready to have God remove all these defects of character.

From the July 1948 Grapevine Magazine.

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

We Humbly Ask

The 7th Step, I believe expresses most completely that attitude which appears to be the final basic requirement

for our recovery from alcoholism--humility.

Christ described the door to the Kingdom of Heaven as a narrow door, and He said that few would find it.

Could it be that our 7th Step marks that door?

Would it be easier to discover that door if we stopped looking for an entrance into the Kingdom of Heaven and

looked instead for an exit--a door leading out of the dark unventilated cell which is self?

When we ask God humbly as in the 7th Step to remove our shortcomings, are we not, in addition, seeking God

as we understand Him? Further than that, are we not knocking at a door, trying, not necessarily to get in

anywhere, but to get out of these private one-celled prisons called self-centeredness? Here every wall is filled,

and every corner is stacked to the ceiling with twisted attitudes, the little crimes and ugly debris of our

shortcomings.

-- D.G.

Chicago, Illinois

Tradition 7

“Every A. A. group ought to be fully self-supporting, declining outside contributions.”

From the July 2017 Grapevine

How one group learns about the spirit of rotation and service as it struggles to make decisions about money and rent

for several years, I attended a weekly men’s We were a small group, eight to 10 regular members. We were able to pay our rent, have (instant) coffee and cookies and send a little money to the local intergroup every now and then. For unknown reasons, attendance started to increase, eventually doubling our regular membership. This raised an issue for the group. We had grown accustomed to each member having an opportunity to share in each meeting. With more people, this was no longer possible.

At a business meeting, one member proposed expanding the meeting from 60 to 90 minutes. A hand shot into the air. An old-timer, a founding member of the group, objected. “I only need 60 minutes to get sober!” he said. As the proposal continued to be debated, the old-timer grew visibly agitated. He took out a cigarette. He didn’t light it, although he waved it around like he had.

“Enough!” he blurted out. “We don’t have the money!”

By this time, one member had done some quick math on the back of a pamphlet. Increasing our rent by 50 percent to add 30 minutes to our meeting seemed financially possible. We asked the old-timer, who was our long-serving treasurer, to explain why it wasn’t possible. “The answer is no!” the old-timer said flatly.

One member suggested a trial period. “If it looks like we can’t afford a 90-minute meeting, we can switch back,” he proposed. “What I say goes!” the old-timer announced. “I pay the bills around here.”

It then came out that our group had never taken in enough money to pay the rent, let alone anything else. At the end of each month, the old-timer had been kicking in nearly three times the actual amount that had been going into the basket. The group ended up voting to expand the meeting anyway, admittedly with some defiance. The old-timer walked out.

That night, we had a big turnout at the diner after the meeting. From the comments at the table, most members thought the old-timer’s motives had been good. “The problem’s usually someone taking money out of the basket,” one said.

Another member, who had only recently joined the group, didn’t think the Seventh Tradition prohibited anyone from putting more than the usual \$1 or \$2 in the collection. “There’s a problem, however, when the amount gets so high the member gets the idea he deserves more ‘say’ in the group,” he said.

I had to cop to voting to re-elect the old-timer again and again mostly because it was a job I didn’t want to do. I conveniently didn’t worry about the Second Tradition. If we had practiced rotation of service, we might have had to deal with our money problems years earlier and without the bad feelings we had now.

We also talked about how we were going to have to make 60 minutes work financially, let alone 90. One member wondered if we should put off the expansion until our financial house was in order.

At our next meeting, we rescinded our vote to expand. We also elected a new treasurer (I still didn’t step up) and imposed term limits. We had to dip into the prudent reserve for a few months, now that we didn’t have the old-timer’s contribution.

As the months passed, our regular collection grew steadily as members kicked in a few extra dollars each week. It helped that the meeting added a few more regular members. By the end of the year, we could afford to expand to 90 minutes. The old-timer eventually came back. I think he realized that he was not the only person who loved the meeting too.

This was over 10 years ago. The meeting is still 90 minutes long.

-- Michael M.

As Bill sees it

Walking Toward Serenity

“When I was tired and couldn't concentrate, I used to fall back on an affirmation toward life that took the form of simple walking and deep breathing. I sometimes told myself that I couldn't even do this –that I was too weak. But I learned that this is the point at which I could not give in without becoming still more depressed.

“So I would set myself a small stint. I would determine to walk a quarter of a mile. And I would concentrate by counting my breathing — say, six steps to each slow inhalation and four to each exhalation. Having done the quarter —mile, I have found that I could go on maybe a half-mile, more. Then another half mile , and maybe another .

“This was encouraging. The false sense of physical weakness would leave me (this feeling being so characteristic of depressions). The walking and especially the breathing were powerful affirmations toward life and living and away from failure and death. The counting represented a minimum discipline in concentration, to get some rest from the wear and tear of fear and guilt.”

LETTER, 1960

