

“ACCEPTANCE AND FAITH ARE CAPABLE OF PRODUCING 100 PER CENT SOBRIETY.”

- FROM AA WORLD SERVICES, INC., AS BILL SEES IT, P. 6

“NOTHING MATTERS MORE TO AA’S FUTURE WELFARE THAN THE MANNER IN WHICH WE USE THE COLOSSUS OF MODERN COMMUNICATION. USED UNSELFISHLY AND WELL, IT CAN PRODUCE RESULTS SURPASSING OUR PRESENT IMAGINATION.” - **BILL W.**

CENTRAL OREGON

INTERGROUP

JANUARY 2019

NEWSLETTER

Central Oregon Intergroup

Alcoholics Anonymous
(COIGAA) Office
Open Monday-Friday
9 a.m.-1 p.m.
337 Antler Street, Suite B
Redmond, OR 97756
(541) 923-8199
WWW.COIGAA.ORG



ABOUT COIGAA

Central Oregon Intergroup, Inc. (Intergroup) is a nonprofit public interest corporation organized for the purpose of providing and encouraging mutual support and cooperation between the Alcoholics Anonymous groups/meetings – referred to as “Groups” – in Central Oregon. Its sole function is to aid the AA Groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

COIGAA business meetings are held monthly on the fourth Sunday of each month at TEC at 5:30 p.m. Advisory Board Meetings are held immediately prior to business meetings, monthly on the fourth Sunday at Trinity Episcopal Church, 469 Wall St. Bend, OR at 5:00 p.m. All AA members are welcome and encouraged to attend Intergroup meetings.

**A Declaration of Unity
“This we owe to AA’s future:
To place our common welfare first:
To keep our fellowship united.
For on AA unity depend our lives
And the lives of those to come.”**

July 3-5, 1970, Miami Beach, FL

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COIGAA TRUSTED SERVANTS

Chairperson: Jerry C.
Vice-Chairperson: Vacant
Secretary: Frank W.
Treasurer: Stu F.
Newsletter: Vacant
Schedules: Vacant
Website: Barry J.
Potluck: Vacant
Hotline: Mac F.
Entertainment: Sandy J
Al-Alnon Liason: Katrina
Advisory Board Committee members (2): and Frank W.

chairperson@coigaa.org
vicechair@coigaa.org
secretary@coigaa.org
treasurer@coigaa.org
newsletter@coigaa.org
schedule@coigaa.com
webmaster@coigaa.org
potluck@coigaa.org
hotline@coigaa.org
entertainment@coigaa.org
al-anon_liason@coigaa.org
dcm@district5aa.org

D5 COMMITTEE OFFICERS

DCM: Brad L. 435.612.2449
ALT. DCM: Bonnie C.
District Secretary: Lisa H.
District Treasurer: Lauren S.

dcm@district5aa.org
altdcm@district5aa.org
districtsecretary@district5aa.org
treasurer@district5aa.org

COMMITTEE CHAIRS

Archives: Valarie R.
Correction Facilities: Walt W.
Grapevine: Mike C.
CPC: Brenna L.
Public Information: Donn C.
Treatment Facilities (CTF): Tim C.
Website: John P.

archives@district5aa.org
correctionalfacilities@district5aa.org
grapevine@district5aa.org
cpc@district5aa.org
pi@district5aa.org
ctf@district5aa.org
webmaster@district5aa.org

What's Next for the Newsletter?

For the April 2019 COIGAA newsletter, please submit articles by February 25, 2019 to newsletter@coigaa.org. We accept personal stories, poems, art work, cartoons, jokes or anything that has helped you on your journey.

Intergroup is looking for newsletter volunteers and a Newsletter Chairperson! For more information, please attend the next COIGAA meeting on January 27, 2019 at 5:30 p.m. at TEC in Bend. The Chairperson position is a two year commitment and requires two years of sobriety. Intergroup members must vote to approve any interested person for the position. Any AA can serve on the committee.

HOTLINE: 541-548-0040

Hotline Help Wanted!

Please contact the Hotline Chair, Mac F. at 650-388-8555 to sign up for shifts!

To qualify you must:

- Have 6 months continuous sobriety
 - Have an AA sponsor
 - Be working the AA steps
 - Be regularly attending AA meetings
 - Have a working telephone
- Additional resources are available for all volunteers.

HOT OFF THE HOTLINE

*“One day at a time, together
we roll. Peace.”*

Earlier this summer I had a health scare that required me to be on bed rest for an unknown amount of time. Not only did I have to put my job and most of my life on hold, I needed to resign my position as Tuesday secretary for my home group. In working with my sponsor, I expected to get a hall pass on all things program related — unity, recover and service — despite having heard over and over again that anything we put before our sobriety we can expect to lose. My sponsor had none of it and worked with me to figure out how to stay connected despite what was happening in my life.

My last Sunday meeting before checking in to the hospital, it was announced that the AA hotline was looking for volunteers. I tapped Mac on the shoulder during a break. “I’m in,” I said. “What do I need to do?” Mac assigned me a 9 PM – 9 AM shift, sent me information about how to field calls, answered all of my questions and walked me through what to expect. I was off to the proverbial races.

One night, after months in the hospital and with a brand new baby at home, the phone rang just as she started to cry. I was pissed. I was annoyed. I was so very tired. The last thing I wanted to do was answer the phone, an unknown drunk on the other end of the line, at 11 PM. My husband picked up our daughter and

I hit the green button on my phone.

“Hello.” It was more of a statement than a greeting. “Um, hi.” “Oh, uh, this is the AA hotline,” I said. “Can I help you?” “I think I might have a problem with alcohol and I think I might need help.”

“Why don’t you tell me a little bit about yourself and how I can be of service to you.”

He started to talk. There was a full moon out the window casting light and shadows on the street outside. It was beautiful. He started talking and as he did so a familiar feeling came over me. I gave a side-line, half-joking, half-snide, half-okay-okay look to my higher power. Each sentence that came out of his mouth was my story. He told me about how he wanted to stop drinking and would do anything at all but AA — including fail. Then, it turns out, failing to stop drinking was no longer an option either. He told me about his problems with the language in the Big Book. He told me that the program might work if he could just find the right sponsor. Anything, anything at all except surrendering and trying to work the actual program for real. I thanked my HP for the help in not leaving before the miracle happened. I took a very deep breath and understood. Maybe my words helped him, but I definitely needed to hear the words that proceeded to come out of my mouth. “It doesn’t really matter how smart we are. If we want to recover from the hopeless state of mind and body, we need to work the program. Being smart won’t help us here.” The conversation was not a long one. I asked him if he was willing to not drink before going to a meeting in the morning. I asked him if he wanted a ride. I helped him find a meeting to go to. I said that we are here for him if he wants to get sober. There is a whole community of people who are here

to and need to help those willing to accept it.

The words that came out of my mouth that night were, or are, not mine. They are the words passed down through generations of alcoholics helping other alcoholics. They belong to all of us. Repeating those words I remembered who I was and who I am now, how much has changed for me in so little time. Repeating those words left me with the “fall to my knees” gratitude that I get to walk this path to recovery with all of you here in Central Oregon and, really, the world. Our global community. And, as with so much in AA, at a time in my life when I desperately needed to be of service, the hotline was there for me. The hotline served as my lifeline to the heart of AA. Someone once told me that every day he says a prayer for anyone who needs it. The AA hotline is the living, breathing practice of that prayer. May all who need us find us as it is we, also, who need them. And, lastly, thank you for the opportunity to write this story. It is helping me stay sober today so that I have the opportunity to stay sober tomorrow. One day at a time, together we roll. Peace. — **Margi H.**

Where Can I Find a List of Meetings?

Meeting information is available via mobile Meeting Guide App. Flyers for all January-March 2019 are available at the COIG office, at any AA meeting, or online at www.coigaa.org/meetings For more information, or to request approval of or inclusion of a new AA meeting in the next published schedule, contact Pat F. at 908-334-8008 or schedule@coigaa.org

CROSS-TALK

This behavior has gotten so prevalent where I attend meetings that people aren't even aware they are doing it, or that its inappropriate? They seem to have forgotten what cross-talk is?

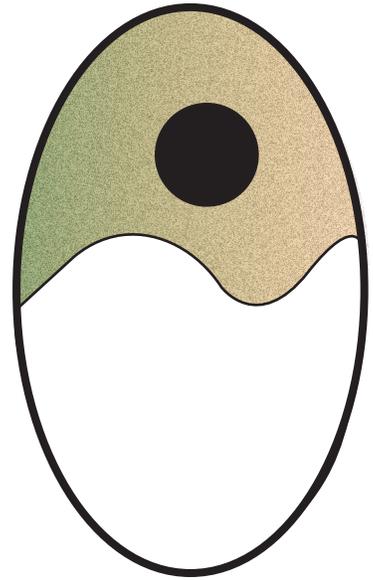
If you call someone by name when you share following their share, that could be crosstalk. If you direct your share in response to what another person has shared, that could be cross-talk. If you dispense even the most relevant, appropriate, thoughtful loving advice to another during your share, that also could be Cross-talk...

What could be the ramifications of unlimited cross-talk?

A couple of things could happen. Some perceived as positive and some perceived as negative. One positive thing could be that feeling of unity and understanding that may make someone feel they are being acknowledged by their fellows and part of something wonderful. The other possibility could be fear that their share would be judged and commented or, and therefore, they

don't share at all?

So, as someone who has been coming to meetings for a long while and who has seen the Traditions melting away in groups I wonder what obligation we have? Should we be trying to acknowledge the purposes of the traditions at meetings regarding protocol and purpose or do we just sit back and hope it all works out? God usually slaps his hand over my mouth, but it sure is something that concerns me. - **Anonymous**



HEARD AT MEETINGS

"The most important thing to do in solving a problem is to begin."

"A bad attitude is like a flat tire... you can't go anywhere until you change it."

The happiest people don't have the best of everything... they just make the best of everything."

"If it is important to you, you will find a way. If not, you will find an excuse."

"We have three choices in life: give up, give in, or give it all you've got."

"A man who believes he can and a man who believes he can't are both right."

"With every choice you make, you create your life."

"When you're going through hell, keep going."

"I'm not much, but I'm all I ever think about."

RESPONSIBILITY STATEMENT

**"I AM RESPONSIBLE.
WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP,
I WANT THE HAND OF AA
ALWAYS TO BE THERE.
AND FOR THAT: I AM
RESPONSIBLE."**

What is all this “Crosstalk” business anyway?



This article is combined from several different sources regarding the issue of “crosstalk” . We have all heard it mentioned at the start of meetings, sometimes forbidding it, sometimes encouraging it, but what exactly is “crosstalk” and what does it have to do with our primary purpose?

The word has been with us at least since 1887. Webster’s 10th edition defines crosstalk as “unwanted signals in a communication channel caused by transference of energy from another circuit” — as when, for instance, two members sitting side by side at an A.A. meeting carry on a private, yet not so quiet, conversation... or when one member interrupts another rudely or inappropriately. But this is not the type of crosstalk members are asking about; specifically it is traceable to a list of guidelines for behavior at A.A. meetings — *erroneously* attributed to “World Service” that appears in 1992 in a central office newsletter and has since been reprinted and circulated more widely.

The guidelines state, in part, that “Any comments, negative or positive, about another’s share, experience, life, program, or remarks are crosstalk—that is interference.” “The only appropriate comment about anyone else’s share — a speaker’s or another member’s, is “Thank you for your share”. “A member may talk about his or her own experience as it relates directly or indirectly to another share, but should not refer to that person’s share. Even comments such as ‘When you talk about... it reminded me of my own experience..’ are possibly inappropriate.”

The so-called guidelines did NOT emanate from the General Service Office. What random investigation reveals is that they may have filtered into some A.A. groups through members who also attend other Twelve Step recovery groups. Other such groups include printed literature with “suggested announcement regarding crosstalk and feedback”, and other organization asks attendees “to please not interrupt someone else’s sharing, not to make comments about other people’s statements.., and to talk only about yourself” . Says Anne T, of Rome, NY who belongs to A.A. and also attends meeting of another fellowship “From the very beginning, one drunk talking to another has made the A.A. program go round. But in the meetings (of the other fellowship), I feel, it makes sense to refrain from crosstalk. People are trying to free themselves from extraordinary shame. When someone shares in response to something I’ve said, that’s okay, but only so long as there’s not even a hint of censure, belittlement, scolding or preaching, all under the guides of sharing. Knowing there’s no risk of judgment makes me feel safe.”

So what does this mean in relation to crosstalk in meetings? Generally speaking, there is no rule in A.A. against “crosstalk” although it is avoided as a matter of strong custom in many areas. Typically crosstalk refers to people speaking out of turn, interrupting someone while they are speaking or giving direct advice to someone in a meeting. How it is accepted and dealt with varies from group to group and region to region. The ultimate arbiter of the subject is the individual group which is free to follow its own customs. What is considered quite proper in one meeting may cause quite a stir in others, but there is no rulebook for it.

Locally, this topic has come up at business meetings, in relation to whether to include comments or suggestions about crosstalk in meetings. Interestingly, the topic has elevated discussion on many levels, from considering learning about crosstalk being akin to learning manners, to having a comprehensive definition of crosstalk given at the same time it is discouraged, so that members understand. The topic has been tabled for further discussion twice, due to lengthy responses and need for further consideration.

The Big Book does give some good advice on not giving advice, and explains why people should consider sticking to their own experience and not lecture others. From page 125:

We find it better, when possible, to stick to our own stories. A man may criticize or laugh at himself and it will affect others favorably, but criticism or ridicule coming from another often produces the contrary effect. Members of a family should watch such matters carefully, for one careless, inconsiderate remark has been known to raise the very devil. We alcoholics are sensitive people. It takes some of us a long time to out-grow that serious handicap.

So the jury is still out, apparently, as to exactly what crosstalk is, and whether or not it is appropriate to allow or censure it in meetings. It is clear, however, that each group has the right to define and enforce handling of crosstalk as they wish. It is also clear that the General Service Office is NOT the source of, nor the judging party for, taking a stand on the issue of crosstalk. Perhaps the most amusing take on crosstalk comes from past Chicago delegate Don B: “When I came to A.A. in 1981, I joined a group led by an oldtimer who was nearly 20 years sober at the time. There were two basic ‘guidelines’ — only we called them rules:

- (1) You cannot interrupt the guy who is interrupting.
- (2) If you look up and you are the only one left, lock the door when you leave. You talked too long.”



MARK YOUR CALENDARS FOR THE 13TH ANNUAL AREA 58 ORIENTATION

This message is to remind you that Saturday, January 19th, 2019, will be our 13th annual Area Orientation. Please keep the date open and start making your plans to attend. The flyer is available on our Area Website. The Agenda for this year's Orientation will be available on our Area Website.

The annual Area Orientation continues to be one of our Area's best efforts to help our new leadership in assuming their responsibilities. The Orientation is also an excellent opportunity for new DCM's with their Alternates, new Area Officers, Service Committee Chairs and anyone else interested in Area Service to learn how to be involved in being of service to Oregon Area 58. Please feel free to bring along anyone you know who might be susceptible to catching the Area Service Bug.

The day begins at 9 AM and will wrap up at 4:30 pm. Morning-type snacks and beverages will be served.

Lunch is on your own and available at several nearby eateries. Area Committee members (this includes DCM's) should plan on attending and staying all day to gain the maximum benefit from this event. Even if you have heard some of this 'learning content' before, you may find it beneficial to hear it again.

We are excited about the upcoming Orientation and what it offers for new DCM's, we believe it will be well worth your District's funds for you to attend.

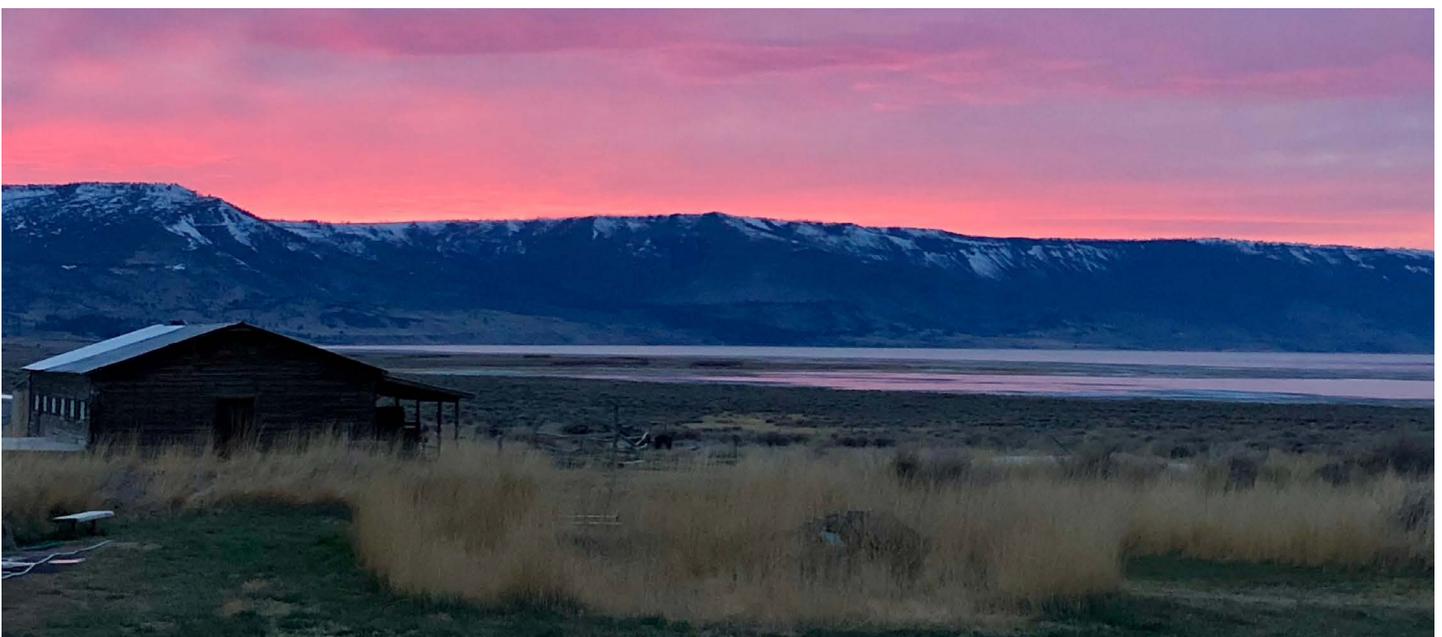
All Area Service Committee members should plan to attend, (even if your Committee has no new members). The individual Service Committee Breakout Sessions will be a wonderful opportunity for Service Committee Chairs to review their respective workbooks with new Committee Members and share things like: how they do district presentations, what works, what doesn't, what parts of the workbook did they find useful, how to create displays for your presentations and other information you wish to share!

This is a time to learn, grow and work together as a Committee, so please try to carve out a little Committee

time for yourselves and please bring your workbooks! You should use your Area travel budget for reimbursement of some of your travel expenses. The Area Finance Committee will be on hand to help you if you've not done this before. If you do not have a travel budget, please see the Finance Committee for reimbursement from the Orientation Budget. The Orientation Budget is, however, limited, and is not intended to provide full mileage reimbursements to all who participate, but is rather intended to help offset expenses.

If you have any questions at all, please call us, Ron or Jim. We're hoping to see all of you on January 19th.

Please note that we are returning to the location we were at last year. The First Christian Church located at 1166 E. Oak Street in Eugene. There are two parking lots available; The parking lot on 12th & Oak St (directly in front of the church) is FREE. The parking lot behind the church (Willamette St.) is available for a fee of \$7 for the day. - In Love and Fellowship Jim F. Oregon Area 58 Alternate Delegate.



DISTRICT 5, ALCOHOLICS ANONYMOUS NEEDS YOUR HELP

At the December District meeting, we started reviewing the results from the District inventory that we did a few months ago. My biggest takeaway from that discussion thus far is that while we have started to work on doing some of the many things that came out of that inventory there is much more we could do if only we had the hands to help. In an effort to help attract more members to lend a hand I have created the attached flyer for you to use in spreading the message that there are a lot of unreached alcoholics right here in our own district and we need help to reach them.

There are so many opportunities to reach out and spread the message of Alcoholics Anonymous with our friends who can help us if they

understand what the message is and what the message is not. Just a few examples are, retirement homes, assisted living facilities, schools, clergy, doctors, lawyers, policemen, firemen, hospitals, teachers, counselors, and therapists. Literature racks can be set up in any place that will accept them and then they need to be maintained. Some opportunities are motels/hotels, doctors offices, police stations, treatment facilities, and libraries to name a few. We can bring panels and meetings into treatment facilities, retirement homes, jails, and hospitals. There are health fairs and events where Alcoholics Anonymous can have a presence. This is a great way to open a whole new world to your sponsees and introduce them to Alcoholics Anonymous outside of the

home group.

Let's do our very best to make sure that the hand of AA is there when anyone, anywhere reaches out for help.

We can do a lot as a fellowship if all of us do just a little as individuals.

BRAD L, DISTRICT DCM
DCM05@AA-OREGON.ORG
435-612-2449

**VISIT THE DISTRICT 5 WEBSITE
FOR MORE INFORMATION
AND JOB DESCRIPTIONS FOR
SERVICE OPPORTUNITIES.**
WWW.DISTRICT5AA.ORG

UPCOMING ALCOHOLICS ANONYMOUS EVENTS

February 15 General Service Conference Committee Background Material Released

February 22-24 Pre Conference Assembly in Medford, OR

March 1-3 PRAASA in Irvine, CA

May 17-19 OR Area Assembly in Klamath Falls

May 19-25 69th General Service Conference in NYC, NY

June 21-23 Pacific Northwest Conference in Portland, OR

The International Convention 2020 in Detroit Michigan is rapidly approaching. The ability to register and reserve rooms will be coming available in the summer of 2019. Stay tuned!

INTERGROUP POTLUCK AND SPEAKER MEETINGS

- Fourth Saturday of January, February, May, June, July and August at TEC 6:00 p.m.
- Fourth Saturday of March, April and October at CBC, 2241 N. Main Street, Prineville, OR, 6:00 p.m.
- Fourth Saturday of September at Madras Christian Church, 115 SE "C" Street, Madras, OR
- Alkathons in November (Thanksgiving) and December (Christmas) at TEC



UPCOMING AA EVENTS

In addition to the events in this newsletter, stay up to date by visiting www.coigaa.org/events for full details on AA speaker meetings, entertainment events and potlucks.

If you are involved in an upcoming event, let us help you get the word out. Email or call us at coigoffice@coigaa.org or (541) 923-8199.

Intergroup is looking for potluck volunteers and a Potluck Chairperson! For more information, please attend the next COIGAA meeting on January

27, 2019 at 5:30 P.M. at TEC in Bend. The Chairperson position is a two year commitment and requires two years of sobriety. Intergroup members must vote to approve any interested person for the position. Any AA members can serve on the committee.

AREA 58 PRE-CONFERENCE SERVICE ASSEMBLY FEBRUARY 22-24, 2019 INN AT THE COMMONS 200 N. RIVERSIDE AVENUE MEDFORD, OR

Alcoholics Anonymous District 5
P.O. Box 7241
Bend, OR 97708
Business Meetings: Second Sunday
of each month 4:00 p.m. Trinity
Episcopal Church (TEC), 469 Wall
Street, Bend
www.district5aa.org

**Oregon Area General Service
Committee**
1900 NE 3rd Street, Suite 106-172
Bend, OR 97701
www.aa-oregon.org

**Alcoholics Anonymous General
Service Board**
Grand Central Station
P.O. Box 459
New York, NY 10164-0371
www.aa.org