

Central Oregon Intergroup Meeting Minutes for **January 28, 2024**

5:31 Opened the meeting with the Serenity Prayer

In attendance:

Officers: Chair - Mike, Vice Chair - Hilary, Treasurer – Walt

Advisory: Lanelle, Heidi, Helen, Jane

Service Chairs: Frank- *Hotline Chair*, Alan- *Potluck*, Alice- *Newsletter*, Marty- *Website*, Rachel- *Entertainment*

IGRs and Alt IGRs: Terry- Redmond Earlyrisers, Fred S.- Tuesday Night A.A., Kate S.- Attitude Adjustments, Eric G.- WFS, Heidi T.,-Tumalo Grp., Emily E.- 24 & Alive, Russ- NHG, Mike So.-Lapine Thurs Mens, Jan C. -Thursday Noon Womens, Steve W.- Men from the Park, Douglas A.- Sunday Morning Serenity, Diane R.-We are Not a Glum Lot

Liaisons: Nick M. D5 DCM, Christina- Al-Anon Liaison, Lanelle- YPAA

Observers: Joan C., Kimberly B., Carrie B.

Quorum = Yes (6+) *Chair reiterated that observers do not participate.*

Chairman welcomed new IGRs and made clear that “You can’t represent a group that’s not yours” One IGR said “Yes you can” and pointed out that every group is autonomous. Chair agreed that “every group has the right to be wrong, but that this would affect other groups”

Secretary’s Report and Approve Minutes - Lanelle read minutes from last month, Alice motioned to accept the minutes, motion passed, minutes approved.

Chair’s Report: Mike

First off I want to thank the IGRs for your trust in electing me as your Chair for the next 2 years. And a special thanks to the Advisory board for all of their extra effort and time they have put in this month. It feels like we are off to a productive start with a solid foundation for these next 2 years because of their efforts.

Before the pandemic, this room was not occupied at 6:30 on Sunday nights, therefore when needed, we were able to extend the meeting to finish business. Because the room is now occupied at 6:30, It was discussed at a recent advisory board meeting to move the meeting up 30 minutes. Please make a note for yourselves that next month the Intergroup meeting will be held from 5:00 to 6:15 with an opportunity to extend when needed and ideally, everyone who turned in a report will have the opportunity to read it.

As part of preparation for this 2 year term, I reached out to the Service Chairs and introduced myself. Asked how their service was going, how the committees were doing and let them know that they can reach out anytime and that Hilary and I are here for them for anything they need. In those conversations there were issues brought to my attention that were clearly a shared concern with most of the Service Chairs. Mainly

some frustration and confusion around roles and responsibilities of the Central Office in Redmond, and the Intergroup Service Committees.

The A.A. principle in play here is *Concept X*

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by Tradition, by resolution, by specific job description or by appropriate charters and bylaws .

"An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are. Unless these attributes are well defined and unless there exists some definite means of interpreting and deciding doubtful situations — then personal clashes, confusion, and ineffectiveness will be inevitable." -Concept X, AA Service manual

As the newly elected chair I didn't feel comfortable trying to come up with the solution on my own or even to make necessary corrections without consulting the board, so Hilary and I held a board meeting at 5:30 PM Thursday, January 4th. Along with all board members, in the spirit of trying to remain humble and willing to ask for help and guidance from others who might have more experience with the Concepts than I, I also invited our DCM, Past Pacific Regional Trustee Madeline P. (Who also has extensive experience with Westside Central Office in Portland), and my sponsor, past Oregon Area Delegate Bruce L.

With respect for our limited time at this meeting and in an attempt to keep my report as brief as possible, I will suggest reading the advisory board meeting minutes for a more detailed description of the following synopsis.

- Job description for The Central office manager was discussed and some small corrections were agreed on by everyone present. *(see attached)*
- The Office Manager is to manage the Central Office in Redmond only, and has no responsibility to help the Intergroup Service Chairs. Service committees are directly responsible to those they serve. *(The Intergroup. Not the Central Office)*
- The Intergroup chair will be appointing an ad hoc committee to bring all the service position descriptions back into one place, ideally the bylaws instead of there being 3 position description documents as there are at present.
- The web chair will be solely responsible and accessible to all service chairs who will be posting information. This is not the Central office manager's job.

- The difference between The Central Office in Redmond, and the Intergroup service committee was discussed and agreed on. The Central Office is a business that has a physical address in Redmond and sells literature. The Intergroup has no location and is a service body made up of service committees and a representative from each group.
- The Central Office Manager agrees to discontinue helping out with any intergroup service committees, and to just simply continue managing the Central Office in Redmond. If the intergroup service committee chairs need any help or assistance they will be able to contact their Chair and Vice Chair.
- Joan (*Who is a paid employee*) is delighted to be freed of perceived additional Intergroup service committee responsibilities and to simply run the Central Office in Redmond Oregon and once a month give an office report at the Advisory board meeting.

As per Concept 3, each of the Service Committee Chairs we elect have full right of decision to run their committees however they see best. Within the guardrails of the 12 Traditions. Their oversight is you. The groups.

Service Chairs, to be clear, when you are elected by the body, you are granted “The right of decision” that comes with your responsibility. This means you get to decide when to have committee meetings. You get to appoint your own committees. They can be made up of Just you and one other, you and 20 others, you and your home group, you and your sponsees... The right of decision should not be an excuse to not report, but so long as you are turning in reports about what you're doing, you get to do what you feel is best for your committee. If you need any help or guidance, or for questions or concerns, Hilary and I are both here to support you as Chair and Vice Chair in any way we can. If you have anything to post on the Website, please send it directly to the Website Chair. If you have a meeting change, please send it directly to the schedule chair. Also the treasurer, Walt, is here if you need reimbursement or if you need to make a deposit. Walt is also here every month at these meetings to collect contributions if your group would like to send their checks with their IGR. If anyone has any questions about finances, please reach out directly to Walt.

If anyone has any questions or concerns about the Central Office, please reach out to Myself, Hilary, or Lanelle (*Who has agreed to be the office liaison*)

Thank you for allowing me to serve,

Yours in love and service,
 Michael A. Seeley
 541-815-7458

Vice Chair: Hilary

Good evening, Hilary Alcoholic

The Board met 4th January to address concerns from the service chairs.

As a result of this meeting Mike and I met Joan (office manager) on 5th January. These concerns and the office manager's job description and responsibilities were discussed.

This was followed up by a full report of the very productive meeting.

However more questions/concerns now appear to have been raised. I look forward to being part of a followup meeting to address these concerns if necessary.

Thank you for letting me be of service.

Treasurer's Report: Walt

Started the month w/ \$1,674.31 and ended w/\$3,897.50. Still trying to figure out Quickbooks. [Treasurer Report December 2023.pdf](#)

Russ (NHG) motioned to accept treasurer report, Mike S (Mens Lapine Grp) seconded the motion, all in Favor... Passed.

Unfinished Business:

- **Secretary Election:** Carrie B. (From NHG) made herself available and gave a statement of availability.
 - *I decided to make myself available for recording secretary after having been attending the intergroup meetings for the last 2 years as District 5 DCM. I have also served in the past as Vice chair of Intergroup for about a year as an interim position and feel like I have a pretty good grasp on the way things function as well as the bylaws.*
 - *I have given prayerful consideration to this and have talked to my sponsor and my service sponsor about it, and because I am no longer currently serving any other position in either the inner group or the district, I have both of their support as well as my families.*
 - *I've committed to blocking out the remaining 23 Sundays of this term to make sure I am in town, present, and not on vacation or away in another capacity.*
 - *Also because I already have to be at the area assemblies for my area level position, if Hillary should ever not be able to make one of the area assemblies, and the Intergroup sends me in her place, it could save the Intergroup money considering I am already funded, and would be able to split the cost for those trips.*
 - *My organization skills are pretty good and I feel like I would be a good fit. Thank you for considering me.*

[Intergroup Secretary Election Questions](#) Vote: 11 out of 12 voting members in favor - one abstention. Carrie is our new Secretary

Lanelle handed minute taking over to Carrie

New Business:

- Where would we like to place responsibility for setting up and running the Zoom portion of the meetings?

Discussion had for 9 minutes, Jan C. moved to create a new committee called **“Information Technology” Or (IT Committee)**. Steve W. seconded the motion. All in favor- unanimous, all oppose- 0, all abstain- 0.

It was decided that the Chair would appoint an ad hoc committee to construct a possible service position description that would basically add to the current Website Committee the task of setting up and running the in-meeting digital/virtual equipment. Changing the name to “IT Committee”. This position description to be presented for approval at the next committee meeting.

Newsletter Chair:

My name is Alice and I am an Alcoholic,

I am also the Newsletter chair and want to thank everyone who sends in items to add to the newsletter and to encourage each group and individual members to share items that may be of interest to others and that helps support our primary purpose, to carry the message of recovery.

You can email items to me at alicesbend@gmail.com

Thank you for letting me be of service,
Alice

Potluck Chair:

COIGAA Potluck Committee Report - January 2024

Xmas/December Alcahthon - @ TEC, Brooks Hall

A great day of fellowship and service! I spoke with so many folks who expressed their gratitude and appreciation.

For the monthly potlucks and alcahthons. A great opportunity to meet with others, attend an hourly meeting (or 2), or help out in the dining hall or kitchen. Thanks to generous contributions by groups and individuals we were able to provide many main course items as well stock up on supplies. After feeling the expense of disposable table covers, I was finally able to purchase a full set of reusable table covers. TEC has been so gracious to our fellowship in providing the hall at a very reasonable cost and now allowing us to use their dishware, silverware, and glassware. This allows us to create much less waste and save significantly in our expenses. Big thanks to the many members who contributed their efforts in keeping the event going through the day. Our speakers Christina (Al-Anon), Joan C. and Paul T. (AA) had great messages of personal stories of recovery and service. Through a Contribution Can, 50/50 raffles, and meeting 7th tradition

funds the event was self sustained and even provided additional funding to COIGAA. Joan gathered all of the funds, so she has the exact accounting information.

January 2024 Monthly Potluck – @ TEC, Brooks Hall

It was so nice to have so much help from member volunteers who showed up early to setup and others stayed to the end for closing cleanup duties. There were full food tables and we kept bringing out more chairs to accommodate those who came later for the meeting portion.

Financially, 7th tradition 138. Rent and supplies purchased 120.

February 2024 Monthly Potluck – TEC, Brooks Hall

This potluck will again be hosted by the COIGAA Potluck Committee

The speakers are John from Sunday Serenity Group and Diane from Not a Glum Lot.

As always please announce this event Potluck Committee. The Potluck Committee seeks participants for planning the monthly potluck/speaker events. Please contact me for Information. If your group is interested in hosting a Monthly Potluck the 4th Saturday of the month, please contact me.

Thanks to COIGAA for this enjoyable service opportunity!

Your friend,

Alan S.

coigaa.potluck@yahoo.com

(541) 647-9174

Entertainment Chair:

Old Business

1. Review and approve December Minutes
2. Christmas Alca Thon was a big success a big thanks to everyone that helped
3. New Years eve party report

A total of \$292.00 came in from event \$56 from raffle total expenses including rent is \$256.90 a net total of \$35 & change. We had a large crowd for the speaker meeting and potluck. Big thanks to Val N. For sharing her experience, strength, and hope. It was a tremendous success with 22 people for the meeting after midnight. Thank you to all that helped.

New Business

1. Karaoke Night in the future
2. Movie night in January or February
3. Valentines' day is a Wednesday is year
4. St. Patricks' day is a Sunday Corned beef cookoff we will provide the potatoes, carrots, and cabbage. Keep costs low (make it annual event with a fun trophy)
5. Book major holidays now for the coming year so no venue issues

Hotline Chair:

Hotline Report - Jan 28, 2024
Frank W. - Hotline Chair

Transition of the Hotline Chair role is complete. Thank you Lauren!

The Hotline Schedule list is updated and there are **7** open slots. Currently I am logging in at those times and while there does seem to be a slow down in calls I still fielded several calls in the last 10 days, one of which was a young guy trying to get into his first mtg after release from treatment earlier that day on an ice night (the one he picked didn't happen due to ice). We found a solution for him and he is sober 31 days today!

Please see the attached and have anyone call me that is interested in taking a time slot. Also attached are the Men's and Women's 12 step list (those that are available for 12 step calls) and there are several needs you can see on both lists but especially women. Again, if you have an interest please call me. If you see your name on one of these lists and see a needed correction or you do not want to continue please let me know.

Thank you for trusting me with this service responsibility.

Attached is an updated Hotline coverage list with openings in red. There are 10 in total

They are as follows:

Sunday 9a - 2p and 2a - 9p
Monday 9p - 9a
Tuesday 9a - 1p and 9p - 9a
Thursday 9p - 9a
Friday 9a - 1p and 1p - 5p
Saturday 9p - 9a

If someone is willing to cover or just interested in learning what is involved please call me!

Frank W.
Hotline Chair
972-834-3080

To print for your Home Group and bring back to Frank at the next COIG Mt [Group Hotline Rep.pdf](#)

Web Chair:

No report sent, but Marty said he's been doing this for a couple years and is willing to keep doing it until we find someone else.

Schedule Chair:

COIG Schedule Chair report - January 28, 2024

First of all, I want to extend thanks to outgoing schedule chair Helen W. for taking so much time and care in training this incoming alcoholic to fill her shoes.

We have new printed schedules that are current as of January 1. All IGRs should please take a bundle back to your meetings. Please eliminate the previous schedules at your meetings so that people are only getting the current meeting schedules.

The online meeting schedule at coiggaa.org is current as of today. Whenever we get a request to add a new meeting, or make changes to an existing meeting, those changes are made very quickly, so that our online schedule is always kept current.

Come the end of March, we will incorporate all updates and changes into the next printed schedule which we'll have for distribution at the April COIG meeting.

Other than here at COIG monthly meetings, printed schedules are stored in abundance at Central Office, where they are freely available.

Lastly, I ask that every IGR please pore over this schedule and make certain your meetings are accurately included (Meeting Name, Type of meeting, etc.). Please let me know of any changes we should make at pgpr12@gmail.com

Thank you for letting me be of service.

*Paul G.
Schedule Chair
Central Oregon Intergroup of AA
pgpr12@gmail.com*

IGR Reports:

The WFS Group:

WFS Group Report for the January 28, 2024 Central Oregon Intergroup of AA Meeting
WFS meets Wednesday, Friday, and Sunday each week from 7-8 pm in a hybrid format, both in the basement of TEC and on Zoom. The link to our Zoom meeting can be found on the COIGAA.org meeting section or our Facebook page (WFS Group – Bend, Oregon). Wednesdays and Sundays meetings are topic based discussion . Fridays are a books study/discussion meeting using the “Big Book” and “12 & 12”. All our meetings are open to anyone interested in Alcoholics Anonymous’s program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

Our monthly business meeting is held on the first Sunday of the month from 5:15 to 6:30 pm at TEC and on Zoom. The next business meeting is February 4, 2024. We have

several service positions available in February with sobriety requirements ranging from 24 hours to two years and corresponding service terms from three months to two years. Our new GSR, Ashleigh C., began her role this month. We recorded 249 people attending our meetings in December (195 in person, 54 online). These numbers are almost identical to November and represent a return to average after a late summer through fall lull in attendance.

At our December business meeting concerns about Central Oregon Intergroup finances were revisited and the WFS Homegroup is hoping for clarification and treasurer's reports that are distributed to the IGR's in the near future so that the financial state of COIG can be reviewed more easily. Several members have offered ideas like conducting a COIG group inventory and possibly having an external auditor to support getting the accounting in order. In general, WFS members have faith that the finances are sufficient to keep the doors open for those seeking help about their alcoholism in Central Oregon and that reconciling the accounting is a reasonable request and a responsibility of the intergroup.

As we say every night at WFS, if you would like to become a home group member, we would love to have you. Just go to a meeting and talk to the Birthday Person or the Secretary to get signed up...or come to a business meeting and pick up a service position.

Thank you for letting me be of service,

*Erik G., Alcoholic
WFS Intergroup Representative*

The Fleeting Thoughts Group:

Report for COIGAA Intergroup Meeting - January 28, 2024

Fleeting Thoughts meets seven days a week at 5:30 p.m. at the Turning Points Recovery Center located at 389 SW Scalehouse Ct #120 in Bend.

Thursday through Tuesday are discussion meetings where a chosen discussion leader reads a selection from AA literature of their choosing and then shares on that and selects a topic for the discussion.

Wednesday is our newcomer's meeting where we read from Living Sober or Came to Believe and the discussion centers around the 1st step or early sobriety.

In a change made at our last business meeting, our business meetings will now be held on the first Saturday every month at 4pm rather than bi-monthly. We typically serve food to attendees of the business meeting beginning at 3pm. Our next business meeting is February 3rd. We hope that the monthly meetings will help us make more timely

group decisions since our numbers have grown so rapidly in the last few months.

Our average meeting attendance in the past month has edged up to approximately 35 people with individual meetings ranging from 20 to 46 people. We continue to get many newcomers and have been pleased to welcome a larger number of more experienced members as well.

Gratefully Yours in Service,

Cody D.

Fleeting Thoughts Intergroup Representative

Liaison Reports:

District 5:

What's up Central Oregon Intergroup!! I'm an Alcoholic and my name is Nick. I just rotated in as DCM for District 5 and I'm excited to work together, with Intergroup in the spirit of cooperation, to better carry the Message to the suffering Alcoholic.

Upcoming Local General Service events are as Follows:

- PRASSA 2024 will be in San Francisco **March 1st-3rd**. I am including a link that will hopefully go out in the minutes as well. <https://praasa.org/> This is Our Pacific Regional Service Assembly. Oregon is one of 14 Areas that make up our region. This is a great annual event for anyone who has not experienced it. It is a must not miss!
- Then March 22nd-24th is the Quarterly Area Assembly in Klamath Falls. This is another really great event to try to get to, especially if you are new or thinking about making yourself available to serve your group as GSR or Alternate GSR. This will give you a fun peek behind the curtains as to what Oregon Area Service is all about!
- We are waiting on the Conference Agenda items, and will be having a sharing session with District 9 to better prepare ourselves for the next Assembly.
- A pole has been sent out to the GSR's to help figure out our first workshop. We will make the flier available as soon as we have one.
- We will be conducting a District Inventory after the first Quarterly Assembly to look at ourselves and see how we can better reach out to the suffering Alcoholic

I would like to bring to Intergroup the thought of having a discussion around changing the title of Hotline Committee to Hotline and Accessibilities Committee. I have spoken to Frank, your Hotline Chair, and it has been agreed upon that the Hotline Committee

already fills the role of Accessibilities.

Yours in Fellowship & Service,

District 5 DCM

<http://district5aa.org/>

Nick M.

541-731-6289

[Please announce at your Home Group](#)

Al Anon:

In the spirit of cooperation and not affiliation, I have the following three updates for you:

- Attached is the most current Al-Anon meeting schedule for Central Oregon
- Al-Anon's annual Spaghetti Feed will be on March 9 at the Unitarian Universalist Church on Skyliners in Bend
 - Alice is the Spaghetti Feed Chair, please reach out to her if you are an Al-Anon member and would like to volunteer
- Alateen just had its fourth meeting in Central Oregon
 - Alateen is for teenagers ages 12-19 whose lives have been affected by someone else's drinking
 - There are always two AMIAS present at each meeting. AMIAS = Al-Anon Member in Alateen Service
 - It's been a slow start with only 1-2 teens at the first couple of meetings, but the recent meeting had 4 teens
 - Thursdays at 5:30pm Nativity Lutheran; there happens to be an Al-Anon and an AA meeting at that church at the same time
 - The most common way for teens to join is by hearing about Alateen through a parent who is in AA, so we highly encourage AA members to share this info with teenagers they know
 - Attached is an Alateen flyer to share; please help us spread the word!

Thank you for being an essential part of my recovery!

[District 5 - Meeting Schedule - 1.6.24.pdf](#)

[Thurs Night Alateen Flyer \(Print 2 sided\).pdf](#)

Christina

YPAA: -The Oregon Statewide Bid for WACYPAA was not successful, we did not get the conference. The conference is going to Colorado. BUT with that we reformed and are fired up to bid again for 2026. If anyone is interested in joining the committee and/or has any interest in knowing what it takes to bid for a conference please join us monthly via zoom. We are a committee filled with people all over the state of Oregon and would love to have new people join. Feel free to reach out to me at any time.

Unwritten Reports, announcements and reminders:

Reminder: Next month the Intergroup meeting will be held from 5:00 to 6:15

At 6:32: Russ motioned to adjourn the meeting. Jan seconded. Motion passes unanimously.

Closed with the Declaration Of Unity

*Respectfully Submitted,
Carrie B.,
COIG Secretary
541-788-7276
JandCBlake@Gmail.com*