

Central Oregon Intergroup Meeting Minutes for **August 2024 4:00pm**
TEC, downstairs **469 NW Wall St, Bend, OR 97703**

4:00 Chair opens the meeting with Chairperson [script](#)

- Our DCM gave a **5 minute Tradition of the Month Presentation August Printout - Tradition Eight: The Eighth Tradition**: Alcoholics Anonymous should remain forever non-professional. ***We define professionalism as the occupation of counseling alcoholics for fees or hire.*** But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. **"12th Step" work is never to be paid for.** -*Tradition 8 Long form*

"This does not mean, of course, that the idea of turning professional has never entered any A.A.'s mind. In the lean years, Bill W. did think of becoming a lay therapist to earn money through his experience in helping alcoholics. But, with a strong nudge from the group conscience... ***It became clear to the early members that no A.A. should ever ask or accept payment for "carrying this message to somebody else, person to person and face to face.*** -*The TWELVE TRADITIONS Illustrated*

"Tradition 8 says that *"Alcoholics Anonymous should remain for a non-professional, but our service centers may employ special workers."*

*Alcoholics Anonymous will never have a professional therapeutic class. We have gained some understanding of the ancient words "Freely you have received freely give." For our purpose, we have discovered that at the point of professionalism money and spirituality do **not** mix. We do not describe professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our 12th step, the result has been exactly the same; our single purpose has been defeated.*

You remember how I was told by A.A.'s group conscience that I could not work for Charlie towns as a professional therapist, and that was right. Early in the game we discovered that under no conditions should an AA be paid for taking or carrying this message to someone else, person to person and face to face. That was out. If professionalism ever invaded us at that level, we were doomed. -A.A. Comes Of Age pg 114-115

"None of us makes a sole vocation of this work, nor do we think its effectiveness would be increased if we did." (Vocation: career or occupation)

- Big book page 19

(No one had questions)

Take Attendance: Quorum? (8+) yes

In attendance:

Officers: Chair - Mike, Vice Chair - Hilary, Treasurer - Will, Secretary - Carrie

Advisory: Lanelle, Heidi, Helen

Service Chairs: Tyler (IT Chair), Alan S. (Potluck SpkMtg), Rachel (Entertainment Chair)

IGRs and Alt IGRs: Kate S. Attitude Adjustments, Eric G. WFS, Mike S.-Lapine Thurs Mens, Mark O.-Lapine Thurs Mens, Russ H. New Horizons Grp., Douglas A.- Sunday Morning Serenity, Jamie D.- Sunday Morning Serenity, Lisa H.-We are Not a Glum Lot, Karen Z. - Primary Purpose, Jason M. Fleeting Thoughts, Steve W. - Men from the park, Jan C. Thursday Womens Meeting, Misti M. Lapine Serenity Seekers, Emily E. 24 and Alive, Denis J. - Madras Madmas, Sarah B. Sunday Sober Sisters, Tyler P. Rule 62 Grp., Francesco G. Thursday Night Men's Book Study, Reed K. Redmond Earlrirsers, Emily E. 24 and Alive. Scott B. - Redmond Nooner, Al S. Redmond Rebels, Carly - Breaking Chains, Mary O. - Sunrise

Liaisons: Nick M. D5 DCM, Christina - Alanon Liaison

Observers: Steve G., Christine B.,

30 Total in attendance (With one online)

Approved [July 2024 COIG minutes.docx](#)

No Amendments to Minutes. Carly made a Motion to approve and Mary seconded the motion. Minutes were approved unanimously.

Board Reports:

- **Treasurer Report:** Will [July COIG Treasurer.pdf](#)

Greetings Intergroup Service Board, Central Oregon Intergroup, and Members of our community. I have attached the financial Statements for July 2024.

- July 7th Tradition: \$3,911.18
- July Sales: \$604.35
- Expenses: \$2,537.05
- July 1st Cash on hand: \$3,697.23 (Net of Entertainment, Potluck, and Payroll liabilities).
o (\$5,956.74 including liabilities.)
- July 31 Cash on hand: \$5,675.97 (Net of Entertainment, and Potluck liabilities)
- The following information is for illustrative purposes only. WE still do not have an approved budget, so it is impossible to determine our thresholds.
o High Threshold computed with Central Office pro-forma Budget: \$15,162.03
Placing us at 37% of high threshold and \$1,905.04 below low threshold.
o High Threshold computed without Central Office pro-forma Budget: \$3,303.33
Placing us at 170% of high threshold

Bank accounts:

Lanelle, Mike S., and Will D. are the three signers on the accounts. We received new checks and are still awaiting receipt of Debit Cards for the three of us.

We have closed the Central Office, Entertainment, and Potluck checking accounts. The original reason to have separate "Entertainment" and "Potluck" accounts was to enable those committee chairs to have debit cards. For the committee chairs to have a debit card they would need to be individually added/removed from the accounts and the debit card issued in their name only. At this

time, we did not find this to be a useful expenditure of our trusted servant's time. I urge any committee chair needing access to funds in advance of an event to please contact me and we will ensure your financial needs are met.

The ledgers for the Entertainment and Potluck will be kept separate from Intergroup and the balance of their accounts are shown as liabilities on our Balance Sheet.

Budget:

I would like to thank our Potluck Chair Alan S. for being the only chairperson/committee member to submit a proposed budget. As it stands, I have updated the pro-forma budget that was introduced last month with the Potluck Committee numbers, however the remainder of the proposed budget is still a shot in the dark as I have yet to receive any substantive data from committee members.

(I have included the updated pro-forma budget for everyone's review and input.)

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Yellow/White Pages:

I paid off the remaining balance of the contracts for the Yellow/White pages, to the tune of \$736, and instructed Thryv not to renew our account.

Phone:

I owe Frank, and all an amends. When transferring the phone from the Alano Club to our own independent Intergroup account, I did not do my due diligence to ensure that the service would remain the same. This oversight missed the change that Century Link has made to their offerings. Century Link no longer offers Remote Call Forwarding (RCF), this was not discovered until it was too late. I would like to thank Frank for his hard work in finding a service provider that would work for our needs. I will allow Frank to report on his findings and the status of the Hotline.

Thank you for allowing me to be of service.

Will D.

08/17/2024

*Carly made a motion to approve the Treasurer's report. Russ Seconded. **Treasurer report was unanimously passed.***

- **Chair report:** Mike [August 2024 Board Minutes.docx](#)

First off I want to **thank the Board** for allotting me time off to get some much needed time to deal with personal issues. **I am grateful to Hilary** for stepping up and leading the board in my absence. I have gotten much needed things done and spent time with my wonderful grandkids. I am not fully healed but in a much better place in my recovery from my operation and such.

Thank you Christine B. for all the hard work you did last month for the board in figuring out the past insurance confusion and helping us to avoid insurance fraud. To be clear, the groups are not covered under the Central Oregon Intergroup policy and never were. Carrie will be taking care of the rest of this confusion at the national Intergroup conference this weekend. Hopefully other intergroups have not been affected.

Speaking of the Intergroup conference, I am anxious to hear the report from our secretary Carrie when she returns from her service in Las Vegas. The board would like to make sure that we properly pay her expenses for representing us at the conference. As such, I would like to propose and ask the groups to approve the motion made and passed at the Advisory board meeting to cover Carrie's expenses. This is an annual conference that we have always in the past paid full expenses to attend and to represent Central Oregon Intergroup.

Shout out to Nick for the invaluable help with moving everything from the Redmond Alano club to our new storage. It was a daunting task but we got it done in one afternoon.

I look forward to hearing other reports and getting caught up in what's been going on.

Yours in love and service,

Michael A. Seeley

541-815-7458

Mike asked the floor to approve reimbursement for this year's Intergroup Conference. Carly made a motion to approve the Intergroup Conference costs. Misty seconded the motion. 15 were in favor, with one extension.

Reimbursement was approved.

- **Vice Chair Report:** Hilary

Good afternoon, Hilary Alcoholic

At the last COIG meeting we heard all the IGR reports submitted but left no time even with a time extension to to discuss even the motion on the floor from the previous month let alone hear other motions submitted.

It was really a case of what do we do? Who do we upset? It was impossible to hear everything due to time constraints.

Thank you, Carrie, for sending out a poll to move the meeting to 4pm start. Hopefully we can now hear both the IGR's reports and have time for motions, discussion, and where applicable voting. This should make space for a calmer, less rushed meeting where we can all focus.

If any of the new IGR's or alternate IGR's are new and would like an orientation to Intergroup I would be happy to arrange this, please see me after the meeting.

We do have a busy meeting ahead of us and I am very happy to be able to hand the reins back to Mike and to say a heartfelt "welcome back".

Yours in service

Hilary

Vice-chair Intergroup

- Mike got a sense of the body and took a vote as to if everyone would like an indefinite meeting time change. From 5 to 4pm. Overwhelming yes. Chair/and the body made a decision to move the meeting to **4pm from now on**.

Committee Reports: 2 min timed - With respect to the limited time. Only those who sent in a written report will be heard. (This is to ensure those who did send in their report on time, have an opportunity to read it)

- **IT Committee Chair: Tyler**

Everything is going well with the IT committee. People have been sending information to it@coigaa.org as requested, and we have been able to update the website within 3 days of requests consistently. We were able to get the computer from the office, log into zoom, and ensure that we are able to host a zoom meeting. We still need to obtain an IGR ethernet cord and microphone if we would still like to help ensure long term stability of the online meeting. As a result, this weekend we will be able to restart hybrid meetings. I have also discussed putting the IGR meeting information back up on the website. We will also get the information for the zoom meeting on the site as well unless security concerns arise. We are still looking to add another member to the committee, as I wanted to make sure everything was going well with setting up the zoom meeting myself before reaching out to anyone about service.

Thanks,

Tyler

- **Potluck Chair: Alan S.**

Committee Chairperson: Alan Sawyers coigaa.potluck@yahoo.com (541) 647-9174

Greetings to all members of the Intergroup Committee and Intergroup Representatives.

The August 2024 monthly Speaker/Potluck Meeting which would have been hosted by the Steps to Sobriety Group was cancelled. Calvary Baptist Church increased the rent fee the week before the event to \$300 + \$100 deposit which would be forfeited if we were not cleaned up and out by 8pm for their cleaning people. The previous cost for the facility was \$100. Usually we are out

by 9p after we clean up from the event. There was not enough time to coordinate another location and get the new information out to our fellowship without confusion. I conferred with the group representative as well as our Intergroup Secretary Carrie B.

The upcoming September Intergroup Potluck and Speaker meeting was to be at Trinity Episcopal Church but because the church double booked Brooks Hall we were bumped off their schedule. This information came in last week. After comms with the hosting group we are looking at various locations with the Unitarian Universalist facility as our first choice. The rent cost is expected to be about \$250 and we do not know if the location is even available for our date.

While a budget for the Intergroup committees is in the making, we are hopeful that the rent amount will be acceptable. This event will be hosted by the Step Sisters in Sobriety Group and Jan C. their IGR and I have been in communication regarding the details. Moving forward, the October Potluck as well as the Thanksgiving Day and Christmas Day Alcothons are scheduled at Brooks Hall at TEC with assurance from the office manager that we will not be bumped again.

Please consider joining in helping the Potluck Committee. There will be a planning meeting Wednesday September 11th @ 5:30pm upstairs at the Market of Choice in Bend. Or just show up to the event early for setup or stay for a few minutes after to help clean up. Or contribute financially directly at the event as we have been consistently struggling to cover the costs to make this monthly self supporting. An idea would be to drop a \$5 bill in the basket instead of a \$1 or \$0. Expenses are increasing at the facilities we utilize as well as the cost of necessary supplies. It's been proven by many experiences that service is an essential aspect to our AA recovery program .

And I thank everyone and every group that contributes to make these events a reality.
Your friend,
Alan S

IGR Reports:

- **Fred S. TNAA**

Fred Alcoholic, Home group Tuesday Night AA

We meet 7pm Tuesday nights, First Tuesday of the month is our speaker meeting.

At our business meeting we discussed the closing of the Central Office in Redmond. We feel the closing of central office could have been done with a little more compassion to all involved. After putting emotions and personal feelings aside, placing principles before personalities. We voted for the closing of the central office. The money saved could be used to better carry the message of AA.

Fred S

IGR - Tuesday Night AA

- **Reed K. Redmond Earlyrisers**

My Name is Reed K. I'm an Alcoholic. Home group is Redmond Early Risers, we meet Monday thru Friday 0700 to 0800 , At the Zion Lutheran Church, 1113 SW Black Butte Blvd. Redmond, Oregon. I have recently taken over as the IGR for Redmond Early Risers.

1. Yes, there have been some adjustments to our contribution, percentages for financial distributions. I will have more details, in my next IGR report.
2. No new Service positions, or updates to our bylaws.
3. Meetings times and places are all the same.
4. No major decisions or changes at last business meeting.
5. No events planned currently.
6. No safety concerns at this time

In Service

Reed

IGR

Redmond Early Risers

541-771-8097

tugmun@gmail.com

- **Cody D. Fleeting thoughts**

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. Our average meeting attendance has waned a bit during the hot summer days. We have been averaging about 25 people with individual meetings ranging from 15 to 40 people. We did not hold a business meeting for the month of August as we had cancelled it in anticipation of the campout which was also cancelled.

Our group did not take the opportunity to discuss options for the intergroup office/store and will wait to see what other groups propose and discuss in our next business meeting, which will not be until September. I will not be able to attend this month's Intergroup meeting as I will be on the Oregon Coast celebrating my 23rd Wedding anniversary. Our group's alternate IGR is also unavailable for work reasons.

Gratefully Yours in Service,

Cody D.

Fleeting Thoughts Intergroup Representative

- **Mike So. Lapine Mens Grp**

We are located at the La Pine Community Church, 16565 Finley Butte Road and meet Thursdays at 5:30pm. We host a pot luck on the first Thursday of the month which starts at 4:30pm. We hold our business meeting on the 3rd Thursday after the meeting. We filled our one open service position this month. Thank you, Wes, for stepping up to be our new secretary. We

created a new position to have a recording secretary take notes of the business meetings and present the minutes to the group. We then filled that position. It is hopeful that this will reduce confusion as to what the group conscious is month to month. The annual group campout at Crain Prairie was Wet! Aside from that it was full of good fellowship and good food.

Yours in Service,

Mike So

La Pine Thursday Men's Group IGR

541-520-3221

- **Doug Sunday Morning Serenity**

My name is Douglas and I am an alcoholic. My group is Sunday morning serenity. Our group meets at 10:00 a.m. every Sunday morning located 549 Northwest Harmon boulevard.

1) we have no changes to the contributions or percentages. No contributions were made this month. 2) New service position. Douglas A. Assistant coffee person. 3) the group is in process of getting more information about a group inventory from our DCM.

Old business. 1) Group inventory: DCM visit to give us information on what an inventory is and how it can be done. A motion was made and approved to invite our DCM next month to give us the information.

New business: 1) following discussion, a motion was made and approved to have the following literature available at our meeting.

3 Big books alcoholics anonymous. 2 12 and 12 steps and traditions. 2 daily reflections. 1 as Bill sees it. 2 living sober.

It was also mentioned that our literature is available in audible form. Connor will make a poster about the literature for our group. It is very important to be sure The literature is coming from AAWS (AA world services) which is the publishing section of AA. That is to ensure the correct message and to better help GSO financially as we serve AA worldwide. 2)

Discussion on what to do/how to use our phone list. That the contact list be used for home group use that it be edited by the phone list chairperson. This was approved.

3) Motion to only have home group members allowed to vote on all home Group related issues. (Jim Watson). This motion was removed by the maker until after we do a group inventory.

4) Discussion of disbursement of contributions. 5) Tradition reading from the IGR meeting, to be shared at the group business meeting. In

service, Douglas Aus. IGR. FOR SUNDAY MORNING SERENITY meeting. dmaus25@gmail.com.

- **Russ NHG**

Hello, I'm Russ H the New Horizons Group IGR. New Horizons still meets Monday - Thursday in this very room at noon. Every Mondays are our newcomer meetings, Tuesdays are our speaker meetings: In September we have - 3 Sep Brian L speaking and celebrating his first Birthday; 17 September Jena C from the Firing Line; and 24 Sep Pete B from the Madras Madness Group Speaking. Wednesdays is our Bigbook Study; Thursdays is our Rotating meeting. This coming Thursday being the 5th Thursday of the month, is our Concepts Study with _____ presenting on Concepts ____ through 12. Then beginning 5 September will be a Tradition 9 presentation, then Steps 10, 11 and 12 on 12, 19 & 26 September. We hope to see you all there.

Russ H.

New Horizons Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

September 2024

Tuesday 9/3 - Brian L. NHG

Thursday 9/5 - Tradition 9 Presentation w/Q&A

Tuesday 9/10 - Stephanie W. Attitude Adjustments

Tuesday 9/17 - Jena C. Firing Line Grp.

Tuesday 9/24 - Pete B. Madras Madness Grp.



New Horizons Group Meets
Mon-Tues-Wed-Thurs at Noon
At The Trinity Episcopal Church
469 NW Wall St, Bend, OR 97703
Visit NewHorizonsGroupAa1.com

Mondays: Beginners Mtg.
Last Monday: Birthday Mtg.
Tuesdays: Spk/Discussion Mtg
Wednesdays: Big Book Study
Thursdays: Steps 10, 11 & 12

- Daryl Steps To Sobriety

Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

When: Fridays at 5:30pm

Where: The Rebels Roost

703 N. Main St. Prineville Or.



Upcoming Speakers:

Sep 6th - Mike S. Thursday Night Lapine Mens

Sep 13th - Scott P. We are Not a Glum Lot

Sep 20th - Samantha R. 24 and Alive

Sep 27th - Home Group's Bday Celebration Night!

Oct 4th - Jensine P. Powell Butte Grp.

Oct 11th - Jennifer B. Powell Butte Grp.

Oct 18th - Sarah B. New Horizons Grp

Oct 25th - Home Group's Bday Celebration Night!



For on A.A. Unity
depend our lives

Liaison Reports:

- **Al Anon:** *Christina (Only the Elected Al-Anon Liaison)*

In the spirit of cooperation and not affiliation, I have the following four updates:

- It was a bummer that last night's Speaker Potluck was cancelled, but the Al-Anon speaker who was slated to be the speaker last night can indeed be the Al-Anon speaker for September's potluck
- The Oregon Al-Anon Area recently added a new district, District 18, for permanent electronic meetings:
<https://www.oregonal-anon.org/find-a-meeting> The creation of electronic Districts has been a topic of much discussion at the national and global level for the past few years.
- On the note of electronic meetings, did you know that there are global electronic Al-Anon meetings that occur almost anytime day or night? These can be a safe, accessible way for people to check out Al-Anon:
<https://al-anon.org/al-anon-meetings/>
- Central Oregon District 5 Al-Anon's service terms are three years and will be rotating in January 2025; I believe Al-Anon rotates District leadership on the opposite year of District 5 AA

Thank you for your awesome cooperation, and for being an essential part of my recovery in Al-Anon!

Christina

- **District 5:** *Nick or Carmack (Only Elected DCM or Alt)*

What's up Central Oregon Intergroup!! I'm an Alcoholic and my name is Nick. Upcoming Local General Service events are as Follows:

- We are on week 7 of our 13 week Tradition Workshop in the District 5 Zoom room on Tuesday's from 6-8 pm. This workshop will be interactive with the GSR's and will help us achieve some goals that came out of our District Inventory. I've seen some IGR's pop in and it is awesome to see some of your committee joining us!! We can all learn from each other!!
- Each month I bring up that one of my goals is to do a better job of cooperating with Intergroup to carry A.A.'s message. Several District Committee members weren't very clear on all of Intergroups function and so I thought it would be a cool idea to have a Cooperation Not Affiliation workshop with both the District and Intergroup Committee members to learn not only what each entity's function is, but also how we could work together to help those suffering from Alcoholism. We have yet to decide to move forward on that and would love some feedback from you guys. Please let me know what you think.
- We had a pamphlet highlighting party at the Redmond Alano Club on Saturday August

10th. It had very low attendance. I was hoping to bring an event to one of the other towns besides Bend. Only one member from Redmond showed up. There were a couple members from Prineville and a member from Crooked River Ranch, which was awesome. I bought way too much pizza. I won't give up on trying to get participation, but I do need help from the fellowship. There's lots to do in Alcoholics Anonymous, and I would love to see ALL of you at our events.

- We will be having another Newcomer packet stuffing event, and will keep you guys in the loop. Hope to see you all there.
- I have been facilitating group inventories left and right, so if your GSR hasn't brought that option to the business meeting, then put them to shame and bring it to your business meeting yourself!! Just like the importance of continuing to take our personal inventory, group inventories can help us to see how we can improve, to help better carry the message to those Suffering Alcoholics. There is always something we are missing or can improve on!!
- We continue to try to encourage and inspire participation in our local Committee work. Both our Treatment and PI/CPC Committees have monthly meetings and would love more participation. They are both doing an amazing job, but need more participation in order to do more. Corrections could use some new blood and are gearing up to go back in person. Please reach out to our Committee Chairs to get involved. ctf@district5aa.org d5aa.cfc@gmail.com d5aa.pic@gmail.com
- Lastly, I want you and your groups to know that the District is here to help in this time of change. I am very familiar with ordering online and am here to help!! I am more than happy to help all the groups with getting literature!! My email and phone number are on the bottom of this report.

Yours in Fellowship & Service,
District 5 DCM <http://district5aa.org/> Nick M. 541-731-6289

Unfinished Business:

- Central Office Motion Part 1 - Russ [Central Office Motion #1](#) *Tabled from July, June*

Central Oregon Intergroup Motion

Submitted by: New Horizons Grp **Contact Name:** Russ H
Phone Number : **Email:** Big.Russ62@gmail.com

Motion:

I move that the Central Office remain closed.

Intent/Purpose:

- Resolve our current situation of not being able to afford to run a store.
- Divest ourselves of the largest drain of our resources in COIG
- Free-up Intergroup contributions / funds to support the other committees and services that are needed.

Current Practice:

In 2023 Intergroup spent \$47,606 to sell less than 1,200 books / Pamphlets. Making the average cost of the sales over \$47 per book sold. Since the books were sold at cost, the \$47 price tag was purely overhead expenses. This has left several committees without needed funds. It has virtually drained our prudent reserve. At the same time, many of the groups have stopped using the Central Office finding it easier and cheaper to order the literature on-line from AA.org.

Budgetary Impact:

- Closing the store would free-up funds for use by other committees. And allow the Central Oregon Intergroup Service Committee to get back to the business of helping the suffering alcoholic.
- It would reduce Intergroup's expenses by over \$40,000 per year.

The motion maker restated his motion. More discussion was had. The body took a vote. The motion received 11 in favor of the motion, and 7 opposed. 2 abstentions. Meaning the motion did not get 2/3 majority so the motion failed.

The non prevailing voices were heard. Chairperson asked if the non prevailing voice changed anyone's mind. The answer was yes. Because someone changed their mind on the prevailing side, discussion was reopened.

At 5:10 Misty made a motion to extend the meeting to finish business. Erik seconded the motion. Majority was in favor of extending the meeting.

More discussion and deliberation was had regarding the motion. The re vote was taken this time 17 votes in favor for the motion and six votes opposed. ***The motion passes with substantial unanimity. The Central Office will remain closed.***

At 5:30: Russ Motions to close. Carly seconded. All were in favor.

Russ Closed us out with the ***Declaration Of Unity*** that can be found on the back side of any A.A. conference approved pamphlet.

Respectfully Submitted,

Carrie B. COIG Secretary

541-788-7276 / JandCBlake@Gmail.com