



HOTLINE:
541-548-0440

**Central Oregon
Intergroup Office**
M - F 9:00 - 5:00
754 SW 11th Street
Redmond, OR 97756
541-923-8199
www.coigaa.org
Office Manager
Mikey 548-9686

Intergroup Officers

CHAIRPERSON
Mark L.
541.447.1577

VICE CHAIRPERSON
Mike W.
541.912.1962

SECRETARY
Mark S
541.325.1726

TREASURER
Dennis C
picturetrader@bendcable.com

ENTERTAINMENT CHAIR
Kevin K
541.610.3060

NEWSLETTER CHAIR
Theo G.
541.419.5439
Rachel H
541.390.2708
coaanewsletter@aol.com

SCHEDULE CHAIR
Shari A.
541.420.9831

HOTLINE CHAIR
Pat R. 541.420.4741

POTLUCK CHAIR
Bill L
buhbye38@hotmail.com
541.598.6184

WEBSITE CHAIR
Laurakay L.
aalaaurakay@gmail.com
541.350.0150

**DISTRICT COMMITTEE
MEMBER**

Chris N. 318-8908
**ADVISORY BOARD
COMMITTEE**
Sandi L. 541.419.9459
Pat M 541.390.7225
Stan E 541.593.1407
Darla B 541.447-8055



Central Oregon's

Conscious Contact

Volume 09 Issue 9

September 2009

Step Nine: So Much More Than Apologies

Growing up, I felt as though everyone else received some manual for how to live life; if there was such a book, my first few chapters were missing. My *modus operandi* for relationships was to selfishly seek what I wanted, to take it, and when others got upset, I cut them out of my life instantly. I found it easy to sever ties with people; I was always avoiding conflict and consequences.

Upon arriving at the doors of Alcoholics Anonymous, I was baffled by the language spoken in meetings, and even more confused as to how the Steps had anything to do with me not drinking. Powerlessness, sanity, inventory, amends: these words piqued my curiosity enough for me to stick around and see what AA was all about. After all, I had tried controlled drinking and my own feeble (and futile) attempts at mastering alcoholism. I figured I should give AA a fair

"Although I was apologetic for my actions, the true reason for seeking out those I had harmed was to see what I could do to right the wrongs committed."

shot before deciding it wasn't for me.

As days turned into weeks and months of continued sobriety, the fog began to lift and much of the "mystery" of AA became a part of my daily life. My sponsor walked me through the pages of the Big Book and the vital steps leading up to Step Nine. The first thing she drilled into my understanding was that Step Nine was *not about telling a person that I was sorry for my wrongs*; Step Nine was about making *amends*. Merriam-Webster defines the term **amend** as "to put right; to change or modify for the better." Although I was apologetic for my actions, the true reason for seeking out those I had harmed was to see what I could do to right the wrongs committed. To this day, when I hear the word "amend" I instantly think "to change."

We constructed a general script which I was to recite when approaching those I had harmed (names listed in Step Four's inventory and Step Eight's list). I was to say: "Thank you for agreeing to meet with me. I know that I harmed you by (stated my actions without sugar-coating or omitting). I am here today to tell you that I am sorry for the harm that I have caused, and am

Address Information

Oregon Area Treasury
1900 N.E. 3rd Street
Suite 106-172
Bend, OR 97701

District 5
P. O. Box 7223
Bend, OR 97708

General Service Board
Grand Central Station
P. O. Box 459
New York, NY 10164-0371

willing to do everything within my power to set right these wrongs. What can I do to make amends for what I have done?" I was then to sit silently, listen carefully, and make note of their requests. The amends was not finished until I had completed their requests.

Per my sponsor's suggestion I aimed to complete one direct amends each day. Most people received my



"I was taught that, no matter what, my job was to clear the air, ask how I could repair the damage, and act accordingly."

words gratefully, replying that my amends to them was to stay sober and keep on a good path. Others did not receive me as well. One family member shared that, because of my actions, I was the first person they ever hated. I was taught that, no matter what, my job was to clear the air, ask how I could repair the damage, and act accordingly. Every day I carry out the requests made my those I've approached—I find such "living amends" to be proof that I'm not the same person I was before beginning the Twelve Steps.

While going from door to door, traveling thousands of miles, I became aware of two things: The healing essence of Step Nine, and my true reliance on the Higher Power Whom I met through Steps Two and Three. I can now say in retrospect that my journey through Step Nine left me feeling that the drink problem had truly been lifted; I had no more need to go back to that old way of life. This mysterious way of living was exactly what I needed and desperately wanted to pass on to others.

Jensine L. Bend, OR

August, 2009

Attitude Adjustment

A nice way to start the day

I am an alcoholic who has been sober and recovering for just over eight months now. What an incredible ride it has been. From the moment I pulled open the doors to my very first meeting, I felt something different, something good was going to happen. Those doors, which at the time I believed to be the heaviest ever made, allowed me to walk into a new way of life. I don't remember what exactly was said, nor do I remember any one person in particular, but I do remember the incredible feeling of positive power in that room. It certainly struck me hard enough to make me come back the next day, and I did. I chased that feeling from room to room, the same way I chased the seemingly wonderful effects of my first drunk. Every drunk got progressively worse. To my surprise, I found that same great feeling that I had in my first meeting in every room I



went to. Sometimes more powerfully than others, sometimes the same, but never less.

It hasn't been easy. My emotional bottom came in sobriety. Everything seemed to be going wrong, with one tragic occurrence after another. My life was suffering emotionally, professionally, and spiritually. I was mired in depression. It was awful. I lost weight and was slowly losing my mind. I actually had to sit and feel all of those feelings I worked so hard to drown out with alcohol. I knew that I couldn't drink anymore. It would only make things worse. I just had

to deal with those things called feelings. I guess I always had them, I just never felt them before. Too drunk to. Waking every morning, I would ask myself, What else could possibly go wrong today? I knew something would go wrong. Who knew what, but something would. Nice way to start the day, huh?

So, I made the decision to keep coming to the rooms. It was the only thing going right for me. I felt great when I was in a meeting. The "committee" in my head took a break when I was there. I laughed, smiled, and listened. Little by little, I got it. Then, one day, nothing went right, but nothing went wrong. It just went. I went with it. Then another day. Then another, but this time I smiled and even chuckled. The next one, I laughed. It seemed that the good feelings from the meetings were starting to carry over to the rest of my day. My days were actually getting better.

I was starting to feel joy. I was smiling on the inside. Gratitude, dare I say, was beginning to creep into my vocabulary. I shared those feeling with new comers. I felt better. I started working the Steps and felt better still. Sobriety, I realized, is also progressive.

Now, months later, I have a great deal of respect and gratitude for my disease. Without it, I would never have found this new way of life. I have become happy, joyous, and free. Don't get me wrong: my life isn't perfect. There are many situations that I'm working to resolve, but I don't pick up a drink a day at a time. Not picking up a drink creates infinite possibilities for me. What are those possibilities? I don't know, but I do know that when I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life! Nice way to start the day, huh?

Gee, New York, New York

A Younger Viewpoint

Don't Call Me Young

Learning to love oneself at any age

The last thing I wanted was to be seen as a "young person" in AA when I came in at twenty-seven. I was one of those who wanted to be forty years old with ten years of sobriety in the first week. Once I got to AA, after being beaten into submission by my disease, I was very clear on being powerless over alcohol, but I did not understand the second half of the First Step. I had so much pride that I could not admit my life was unmanageable.

Maybe that is why I could not be around the young people in my county; they could admit that they were not able to manage their lives. All I knew was that I was afraid. I thought by hanging around with people my age and younger, I would drink again for sure. So, I tried to be around the old-timers. This was in the day when a lot of them would tell people off and lecture a lot, but they were rock-solid sober and a far better bet for me.

I used to hear the "you are so lucky you got here so young" routine. I wanted to strike the people who said that. After all, I had my serious share of troubles for my thirteen years of drinking, including jails, guns, bad boys, gangs -- you name it. My mother got sober at forty-seven; my being twenty-seven was something she marveled at. But I did not feel young. I felt old inside, like the leathery skin I saw on the old-timers, and I wanted what they had: long-term sobriety.

The sponsor I found was a loving woman, about ten years older than I. She had been sober forever (eight years) and she was kind to me. I had never experienced kindness before and it was odd, but I really appreciated it. She told me that I was not unique in how I felt, but that I was special and my story would help someone, some day, young or old, and that was why I had the experiences I'd had. She told me I didn't need to have ten years sober in one day or to be forty when I was not. It all sounded so remote to me, but twenty-one years later, by working the Steps, the wisdom of what she said has proven true to me; my experiences have helped a lot of women. After countless inventories, I finally realized that I was so out of control on the inside that I was afraid to let people know who I really

was. I thought people my own age would see right through that.

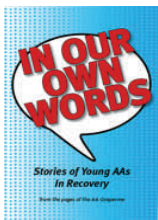
I felt like I needed my sponsors to be my "mothers," because I had a hard time growing up. They all said, "I am not your mother," but they helped me to grow up, and to practice love and tolerance of others. I had one of the "educational variety" of spiritual awakenings. It took a lot of work to get closer to God, to realize my internal life is unmanageable, and that I am one among others, a worker among workers, not someone set aside to be worse than everyone else.

At about nine years sober, I started working in the general service structure and I began to see I was a part of something really big -- young and old -- age did not matter. I heard an old-timer say, "There are no big shots or little shots in AA; one shot and we are all shot." That really leveled the playing field of pride.

I have worked with women who have the same fear of hanging out with their own age group. If they stay sober and work the Steps, then they, too, reach a point of saying, "Yes, I can be around people my own age and be okay." I am so grateful for patience, love, and tolerance from my sponsor and my posse of AA friends. I am too old to be a young person now, but I feel a lot younger at heart -- does that qualify me as a "young person in AA?" Probably not, but today, that is okay with me. "One shot and we are all shot" is all I have to remember.



Maryellen O., San Anselmo, California



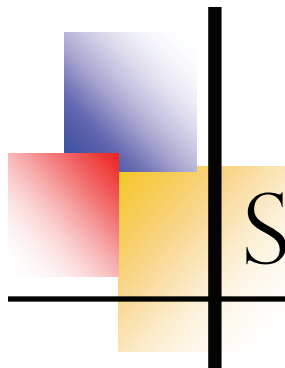
A collection of personal stories from the Grapevine that focuses on the difficulties faced by alcoholics who are young in years and the sober joys that await them. The book contains: honest accounts of drinking in the lives of young adults, how they managed to get and stay sober, the impact that practicing the principles of AA has had on their lives, and, the challenges and rewards of finally learning to live and to love, one day at a time. Available at aagrapevine.org/catalog/shop/books \$9.95

Young Peoples/Newcomers Meetings

Mondays	8:30pm	Bend/TEC
Tuesday	5:30pm	Bend/FUMC
Wednesday	5:30pm	Bend/TEC
Thursday	8:30pm	Bend/TEC

TEC - Trinity Episcopal Church
469 NW Wall Street

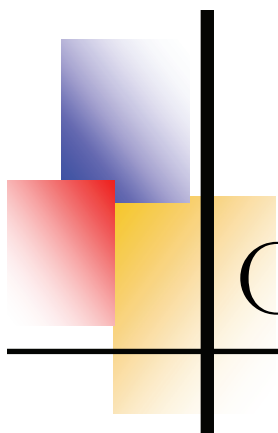
FUMC - First United Methodist Church
680 NW Bond, Entrance on Kansas St.



SEPTEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuesday night AA Speaker mtg-7 pm	2	3	4 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	5 Redmond potluck, speaker mtg—6 pm;
6	7	8	9	10	11 Tumalo speaker mtg-7 pm C.O. Women's Weekend	12 C.O. Women's Weekend
13 District 5 GSR mtg 4 pm C.O. Women's Weekend	14	15 Madras birthday Mtg-7:30 pm	16 4th Step Workshop LaPine Comm Ctr 6 pm potluck; 6:45 workshop	17	18 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	19 End of Summer Picnic, Cline Falls
20	21	22	23	24	25 Tumalo speaker mtg-7 pm; High Desert Round-Up Bend Birthday Mtg7pm TEC	26 Intergroup potluck speaker mtg-6 pm; High Desert Round-up
27 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm; High Desert	28	29	30			
Bend Birthday Meeting Central Oregon Speaker Meeting C.O. Women's Weekend District 5 GSR Meeting End of Summer Picnic High Desert Round-up Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting		Trinity Episcopal Church Environmental Center Camp Tamarack TEC Cline Falls Bend Armory TEC TEC St. Helen's Room La Pine Park & Rec Building St. Patrick's Church Redmond Community Church			469 NW Wall Street 6 NW Kansas, Bend Camp Tamarack 469 Wall Street, Bend Cline Falls 875 SW Simpson, Bend 469 NW Wall Street 469 NW Wall Street Idaho Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond	

Note: The Central Oregon Intergroup Newsletter is a monthly newsletter of the Central Oregon Intergroup Office. It is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended or should be inferred.



OCTOBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1		1	2 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	3 Redmond potluck, speaker mtg—6 pm;
4	5	6 Tuesday night AA Speaker mtg-7 pm	7	8	9 Tumalo speaker mtg-7 pm	10
11 District 5 GSR mtg 4 pm TEC	12	13	14 La Pine potluck/ speaker mtg-6 pm	15	16 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	17
18	19	20 Madras birthday Mtg-7:30 pm	21	22	23 Tumalo speaker mtg-7 pm; Bend Birthday Mtg 7pm TEC	24 Intergroup potluck speaker mtg-6 pm;
25 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg-5:30 pm; TEC	26	27	28	29	30 Tumalo speaker mtg-7 pm;	31
Bend Birthday Meeting Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Tuesday Speaker Meeting Tumalo Speaker Meeting		Trinity Episcopal Church Environmental Center TEC TEC TEC St. Helen's Room La Pine Park & Rec Building St. Patrick's Church Redmond Community Church Nazarene Church Fellowship Hall			469 NW Wall Street 16 NW Kansas, Bend 469 Wall Street, Bend 469 NW Wall Street, Bend 469 NW Wall Street, Bend Idaho Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo	

MEETING

ADDITIONS/CHANGES/DELETIONS

The Bend Sunday morning Spiritual meeting is back! New name: Sunday Morning Serenity, 10:00 am to 11:15, Sons of Norway Hall, 549 NW Harmon Blvd. Please join us!

NEW! Bend Birthday Meeting beginning Friday Sept 25th at Trinity Episcopal Church 7:00pm; every last Friday of each month. Come and celebrate your birthday!

Newsletter Announcements

The Conscious Contact newsletter would like to thank Liz T. for doing an outstanding job as the newsletter chair for the last 2 years. This service position has now been taken on by Theo G. and Rachel H. beginning with this issue.

We are always looking for articles, news regarding workshops, potlucks, meetings or anything else of interest to fellow A.A. readers.

Please send any submissions to: coaanewsletter@aol.com.

Deadline is the 3rd Monday of each month .

Thanks for your support!

Having a workshop?? A potluck/speaker announcement? Group birthdays? Please send info to: coaanewsletter@aol.com.

September SOBRIETY MILESTONES

ATTITUDE ADJUSTMENT

Mike B	09/02/85	24 Years
Geri C.	09/03/08	1 Year
Dale T	09/13/05	4 Years
Vera F.	09/18/89	20 Years
David P.	09/22/08	1 Year
Gary S.	09/23/91	18 Years
John M.	09/25/08	1 Year

NOT A GLUM LOT

Bonnie S.	09/07/93	16 Years
Mike M.	09/08/03	6 Years
Linda H.	09/11/06	3 Years
Mary O.	09/14/84	25 Years
Marg M	09/16/07	2 Years
Jane W.	09/23/81	28 Years
Jason	09/23/07	2 Years
Gary N.	09/28/07	2 Years

PRIMARY PURPOSE

Meredith J.	09/08/07	2 Years
Terry J.	09/13/88	21 Years
Kay R.	09/21/03	6 Years
Naomi	09/23/08	1 Year

SAFE HARBOR

Emily S.	09/15/04	5 Years
----------	----------	---------

SISTERS AA

Ray H.	09/16/XX
--------	----------

STEP SISTERS

Liane K.	09/04/99	10 Years
Susan B.	09/06/00	9 Years
Linda H.	09/11/06	3 Years
Donna B.	09/17/08	1 Year
Max H.	09/26/04	5 Years

STEPS TO SOBRIETY

Bob B.	09/06/08	1 Year
Dusty S.	09/26/08	1 Year
Spencer S.	09/30/96	13 Years

THURSDAY WOMEN'S NOON

Susan B.	09/06/00	9 Years
Linda H.	09/11/06	3 Years
Kip	09/12/02	7 Years
Marg H.	09/16/07	2 Years
Lisa P.	09/21/92	17 Years

Upcoming Events

September

Central Oregon Women's Weekend

Camp Tamarack
September 11—13.
Call Rachel 390-2708
See flyers for more information.*

End of Summer Picnic

Cline Falls, September 19.
See flyers for more information.



The 15th Annual High Desert Roundup,

Bend Armory
September 25, 26 and 27.
See flyers for more information.*

October

Pacific Women's Quest

Rockaway Beach
October 9-11
See flyers for more information.*

Southern Oregon Jamboree

Medford
October 15-18
SOJamboree.com

Potlucks: See calendar on pages 4 and 5 for potlucks. And, remember, bring food to share while fellowshiping.....

*This event is listed here solely as a service to readers, not as an endorsement by COIG.

754 SW 11th Street
Redmond OR 97756



Conscious Contact Subscription / Address Change Form (Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Check ☐ Renewal ☐ New Subscription ☐ Address Change

Subscription Rates: One Year \$10.00 Two Years: \$18.00
Make Checks Payable to: Central Oregon Intergroup and
mail to:
Newsletter 754 S.W. 11th Street, Redmond, OR 97756
Check ☐ Renewal ☐ New Subscription ☐ Address
Change