



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

Volume 9 Issue 10

October 2009

Step 10: Continued to take personal inventory...

I have a drinking problem. While I was drinking I had an obsession of the mind. My alcoholic life seemed the only normal one. I was restless, irritable, and discontent unless I could experience the sense of ease and comfort which came from taking a few drinks. Every time I drank, the phenomenon of craving was reinforced. I had very little hope of recovery. Self knowledge and will power did not overcome my drinking. I couldn't imagine life with or without alcohol. I came to a jumping off place; not sure I wanted to continue living if nothing was going to change but not knowing how to change.

I also have a thinking problem. I could not see how *I* could change my life and I hadn't learned to ask for help. I wasn't told that I couldn't ask, but in the environment I grew up in, it was quite apparent that communication was tricky. If I wasn't careful it could backfire making my life very uncomfortable. Out of fear, I quit trying to communicate early on; I decided that I needed to figure things out on my own and I hid within myself. Then, around age 8 or 9, I be-

*By applying the AA 12 steps to my life, I'm making a living amends
to everyone I've ever harmed.*

gan altering my consciousness. I've heard that emotional growth stops when we start drinking or using and this seemed true for me. I arrived in AA at age 38, missing 30 years of emotional development. I now have nine plus years of sobriety, which makes me 17 or 18 emotionally. I am early in my development and I'm not perfect; but I'm still learning.

This is not my first attempt at sobriety. I tried many times before reaching AA. I tried drinking beer only, never drinking during business hours, switching from tequila to vodka, swearing it off forever and more physical exercise. The first time I came to AA, on November 2, 1996 at my wife's suggestion. I went to meetings, and chose which of the 12 steps I liked. I wrote a personal mission statement listing the character traits and principals I wanted in my life, I read the Bible, prayed and didn't drink.

Life got better, but I did not stay sober. It wasn't a bad day, it wasn't a good day; it was just another day. I left work, went to a meeting, left the meeting and ended up in the bar where I used to drink. Page 24 of the Big Book explains the insanity behind our thinking when we choose to drink again despite previous experience. We may rationalize the insane decision to pick up, "Or perhaps he doesn't think at all." the big book says. That was my story that evening.

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

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
shariabell@hotmail.com

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

"The thought of those almost certain consequences did not crowd into my mind to deter me".

That first day, I just had **a** beer and went home. I told my wife I had stopped for a beer. I'm not sure what she thought; maybe that AA was working, since I only had **one** beer! But it's not about how much I drank, or when I drank, but **why** I drank. I drank for



With Step 10's continued inventory, I've spotted these defects creeping back in and I continue to ask my Higher Power to remove them.

the effect produced by alcohol. It loosened the knot in my stomach, the knot that had been there since childhood when I learned to hold my tongue and figure things out on my own.

After experiencing many negative consequences, in February of 2000 I was court ordered to treatment which required AA participation. I was not excited and had no real hope of change. My outpatient treatment was on Monday evening, so I drank all week long, stopped on Sunday and went to a Sunday night AA meeting. After treatment on Monday I would start drinking again. Sunday, March 19th I drank most of the day then went to the WFS meeting. For the first time in my life, the illusion that I would get things under control was replaced by the realization that things were not going to get better. During the "burning desires" time, I spoke up. I don't remember what I said, but afterward God did for me what I could not do for myself. I asked someone to be my sponsor and I have not had a drink since.

My sponsor said he was willing to help, if I was willing to go through the Steps with him. We set a time to get together which was the beginning of my journey in sobriety. My home group is WFS; the format we read at each meeting states that sobriety is freedom from alcohol through the teaching and practice of the 12 Steps and 12 Traditions. That is my experience.

Step 10 says we "Continued to take personal inventory..." This suggests that I have learned about inventory taking in previous Steps. One of the differences between my first time in AA and this time, is that I no longer carry the shame and guilt from my past behavior. Taking inventory, sharing it with my Higher Power and another human being, becoming willing for my Higher Power to remove my defects of character, asking Him to remove them, becoming willing to make amends to those I've harmed, and making those amends has given me freedom from alcohol. Step 10 helps me make the 12 Steps a working part of my life. It is a commitment to my-self, to my emotional growth and wellness, to honesty and to remaining teachable.

Step 10 is also an active part of Step 9; my decision to make direct amends wherever possible. By applying the AA 12 steps to my life, I'm making a living amends to everyone I've ever harmed. Somehow, I had

acquired the ability to take YOUR inventory, but prior to sobriety, I did not know how to be honest with myself. I had honed the tools of justification and rationalization, but Step 10 reminds me that **I** am the problem. Every time I am disturbed, no matter what the cause, there is something wrong with me. I've become better and quicker at seeing my part in things, but I still need an unbiased person (my sponsor) to help me to see my true self. I naturally tend to exist on the negative side of ego. My mind tells me that I am less than, but Step 10 reminds me to include the things that I've done well in my daily inventory for a complete and accurate appraisal of where I am at this moment.

The Big Book suggests that I pause when agi-

tated or doubtful, to ask for the right thought or action. It suggests a spot check inventory. I do this when I am feeling something, before acting or reacting, which saves myself and others from a "tornado". The 12 and 12 says that one unkind tirade or willful snap judgment can ruin a relationship. Before sobriety, I was good at this. I was very afraid and quiet; I hadn't learned how to tell you what I was thinking or feeling. As I grew older, I learned to mask my fear with anger and rage. I became exactly what I didn't want to be; loud and intense. I had several disagreements with people about my definition of yelling. I tried to explain to them that I was far from my full volume, that I was just passionate or that they were not listening. Through practicing Step 10, I've gotten better about my tone and volume. At times in sobriety, I've started falling back into silence or giving the cold shoulder. With Step 10's continued inventory, I've spotted these defects creeping back in and I continue to ask my Higher Power to remove them. I'm learning to communicate honestly, and my relationships are improving.

Step 10 helps me look at myself honestly. I like how George used to say that he did not make mistakes, he just had learning experiences. I don't need to beat myself up, I just need to be mindful of the true motives for my behavior, and change my actions. I cannot do this on my own. The Big Book says that after making my review, I ask God's forgiveness and inquire what corrective measures to take. I see that Step 10 leads right to Step 11. In reviewing my shortcomings, I pray, asking for forgiveness. I then enter my day mindful of the challenges I create for myself and others. This knowledge and a High Power to redirect my thinking; give me a good chance of not running into myself! Practicing step 10 helps me face life without that knot in my stomach.

It works-it really does!

Larry M.
Bend, OR

October 2009



A Younger Viewpoint

Stress In the City **A student thrives with support**

I have often heard that sobriety and school do not mix well. We students are faced with the pressure of a full schedule of classes, extracurricular activities, hours of homework, and impossibly long research papers. We're expected to create and maintain an active social life, and to find time to eat and sleep somewhere in a twenty-four-hour day that's already bursting at the seams.

In high school, I had several healthy outlets for this stress. I loved music and participated in orchestras, choirs, and jazz bands. I also took dance, art, and acting classes. Alcohol, however, was the only remedy that seemed to work. When I was drunk, I didn't care about stress. I didn't care about anything. I was so good at not caring that I stopped going to school altogether! Alcohol, and the consequences of abusing it, consumed every minute of my day, and demanded my full-time attention.

My parents were horrified at the thought of my being a high school dropout. My inability to stay sober, however, prevented me from completing my freshman year. Not knowing what else to do, they sent me to a treatment facility/boarding school for "at-risk teens." I spent the next three years there, and was immediately introduced to Alcoholics Anonymous.

In addition to going to school and keeping up with extracurricular activities, I was expected to work a program, attend meetings, sponsor, and be sponsored. I thought this was ridiculous. I thought, This place is supposed to help me get sober! Don't they know I am overwhelmed already? How is adding more responsibility going to help me?

They told me to try: "Make this program an experiment. If it doesn't work, you can always go back to your way." That sounded reasonable enough. What did I have to lose, anyway?

This "experiment" made some things apparent to me. First of all, I couldn't reap the benefits of sobriety with abstinence alone. Being dry didn't make me get any better, and certainly didn't mean that my stress level would decrease. I still procrastinated, manipulated, lied, and cheated my way through life and school. Secondly, these added "responsibilities" (today I prefer to call them "necessities") of meetings and Step work forced me to plan my day in order to get everything done. It's amazing how a little time management boosted my grades, as well as my self-esteem.

AA taught me to do these things by teaching me to hold myself accountable, and I found that I didn't need to lie, cut corners, or cheat my way through anything any more. Lastly, I realized that working this program to the best of my ability created a change in my character. In three years, I had grown from a strung-out and scared little girl into a sober woman ready to take on the world outside of treatment. I had been transformed from a high school dropout to the valedictorian of my senior class.

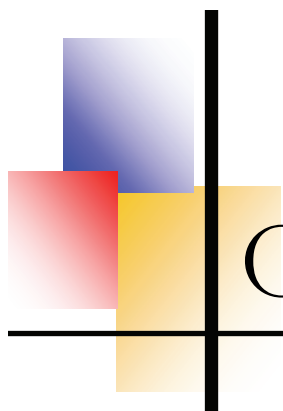
I was accepted into a college in New York City, and I received some negative feedback about my choice to enroll. Some people told me I was headed for a relapse; that I should have applied to a small liberal arts school in the country, rather than a huge university known for its partying in a big city. I found myself scared and confused about my decision, and took my dilemma to the rooms of AA.

Someone approached me after the meeting, and said that although New York City has a lot of drunks, a lot of bars, and a lot of temptation, it also has a lot of meetings, and a lot of sober people, young and old, willing to help me get past any obstacles I might find in my path. I can't even begin to express how grateful I am for those words. I have watched so many of the friends I made in treatment go back to drinking. I can't help but wonder if the lack of meetings near their colleges played any part in their relapses.

A few years ago, a friend of mine called me almost every day during her freshman year in college, desperately wanting to get sober, but unwilling to travel an hour to the closest meeting. She is still drinking today. Although I know that her lack of willingness is part of the reason she is still drunk, her example makes me feel extremely lucky that I can find such a wide variety of meetings at any time of day, any day of the week, just a few blocks from my apartment.

In my college career, I have run into many of the same roadblocks that fed my alcoholism in high school, regardless of the large support network I had available to me in New York City AA. In sobriety, and in college, I have cut numerous classes, cheated on tests, faked illnesses, fabricated "family reunions," and had at least eleven grandparents "pass away." I snuck a cat into my "no pets allowed" dormitory, plagiarized a research paper, and was nearly expelled. It was around this time that my sponsor made it clear that she did not want me changing my brand of toilet paper without her permission.

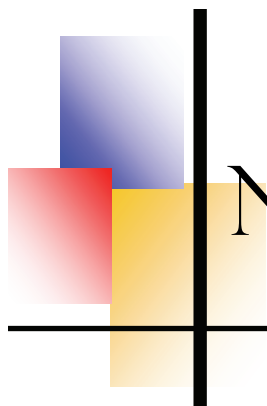
Continued on Page 7



OCTOBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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 Halloween Party Details not available at press time.
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	

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.



NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	7 Redmond pot- luck, speaker mtg—6 pm;
8	9	10 Tuesday night Speaker mtg-7 pm	11	12	13 Tumalo speaker mtg-7 pm	14
15 District 5 GSR mtg 4 pm TEC	16	17	18 La Pine potluck/ speaker mtg-6 pm	19	20 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	21
22	23	24 Madras birthday Mtg-7:30 pm	25	26 THANKSGIVING	27 Tumalo speaker mtg-7 pm; Bend Birthday Mtg 7pm TEC	28 Intergroup pot- luck speaker mtg- 6 pm;
29 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	30					
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 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

Sunday Morning Serenity, 10:00 am to 11:15, Sons of Norway Hall, 549 NW Harmon Blvd. Please join us!

NEW! Bend Milestone Meeting at Trinity Episcopal Church 7:00pm; every last Friday of each month. Bring family and friends and celebrate your birthday with us!

Newsletter Announcements

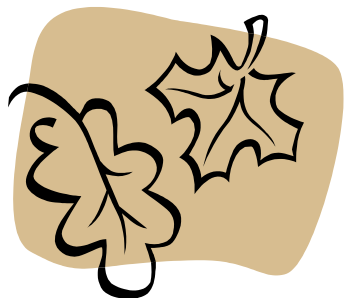
The Conscious Contact newsletter is looking for articles, news regarding workshops, potlucks, meetings or anything else of interest to fellow A.A. readers in the Central Oregon area.

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



OCTOBER SOBRIETY MILESTONES

ATTITUDE ADJUSTMENT

Sarah C.	10/8/07	2 Years
Bill D.	10/8/07	2 Years
Mason H.	10/9/08	1 Year
Phil F.	10/10/97	12 Years
Alice L.	10/11/02	7 Years
Bill B.	10/13/06	3 Years
Tom R.	10/14/08	1 Year
Tim L.	10/15/07	2 Years
Barbara B.	10/17/07	2 Years
Bill T.	10/19/87	22 Years

SISTERS AA

Pam E.	10/12/08	1 Year
Alex W.	10/22/05	4 Years

STEPSISTERS

Elena J.	10/5/07	2 Years
Ann K.	10/14/90	19 Years
Alison M.	10/19/90	19 Years
Michelle W.	10/28/07	2 Years



ATTENTION SECRETARIES

Let's Celebrate Our Milestones!

Please remember to email your home group member birthdays to

coanewsletter@aol.com

by 3rd Month of Month so we can include them in the newsletter!

Upcoming Events

October

Pacific Women's Quest

Rockaway Beach

October 9-11

See flyers for more information.*

Southern Oregon

Jamboree*

Medford

October 15-18

SOJamboree.com

Central Oregon Hi Desert Round Up Follow Up

Thanks to all of the volunteers and committee members for bringing some great speakers to CO.

What a great Event!

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.

TREASURER'S REPORT
Submitted by Dennis C.

DONATING GROUPS 2009 Group	16-Jun to 15-Jul
24 and Alive	
ABC Group	
As Men See It	10.00
Attitude Adjustment	170.60
Back to the Big Book	
Burning Desires	
Burns Group	
Central Oregon Speakers Mtg.	
Cresent Meeting	
Crooked River Ranch	
Eastside Early Risers	
Easy Does It	
First things First	
Going to any Lengths	
Living in the Solution	
Madras Group	
Make My Day	89.14
Men's Book Study	
Men's Stag Meeting	
Monday/Wednesday 5:30	
New Beginnings	
New Horizon	189.00
Not a Glum Lot	
Open Hand Fellowship	
Primary Purpose	46.17
Redmond Rebels	200.00
Rule 62 Group	
Safe Harbor	29.17
Saturday Morning Alive	
Saturday Nite Live	
Saturday Nite Living Sober	
Sisters High Noon	
Sisters Group	
S.O.B. Group	
Sober Desire	
Sober Solution	74.12
Sober Sunday	
Sobriety Maintenance	
S.O.S.	20.00
Spiritual Awakening	
Spiritual Breakfast	
Springriver Book Study	
Step Sisters	167.11
Steps to Freedom	
Steps to Sobriety	
Sunday Serenity	
Sunriver Open Group	
The Nooner-Redmond	
Tuesday Nite AA-Bend	
Tuesday Nooner	
Thursday Women's	254.42
Tumalo Friday Night	
Warm Springs Groups	
We Are Not a Glum Lot	
Wed. Living Sober	
Wednesday Stag Meeting	
WFS	120.00
Women for Serenity	
Women at Work	
Anonymous	
COF	
District 5 - AFG Donations	90.00
Potluck	
Entertainment	
Intergroup 7th Tradition	
Total Contributions	

1,459.73

**AA Members are funny;
they want the front
of the bus, the middle of the road,
And the back of the meeting.**

++*+*+*+*+*+*+*+*+*+*+*+*+*+*

**Opportunity may knock once, but temptation
bangs on your front door forever.**

++*+*+*+*+*+*+*+*+*+*+*+*+*+*

**Coincidence is when God
chooses to remain anonymous.**

++*+*+*+*+*+*+*+*+*+*+*+*+*+*

Continued from Page 3.

I did all of these things while going to meetings every day, holding service positions, and spending every minute of my free time hanging out with sober friends. I had forgotten the lesson of balance I had learned in high school. I put all my energy into service and the Fellowship, but none into my schoolwork and recovery. I had stayed sober so far, but my future didn't look so good. I was completely overwhelmed. My sponsor took me through the Steps again so that I could inventory the mistakes I made and learn from them. I'm happy to say that going through the Steps of Alcoholics Anonymous has never failed me. Since my last Fourth and Fifth Step, I have recommitted myself as a student and have been enjoying my last few semesters in college. I've made amends to teachers, roommates, and classmates. I go to my classes, and get good grades, too! I have relearned how to balance my AA life and my school life, and I've surpassed my goals and expectations in both fields.

I continue to rely on my home group and the fellowship I find there. For every friend I have in college who drinks, whether socially or heavily, I have at least twenty in AA. This ratio helps me to find better things to do on the weekends than drink cranberry juice at the bar while my college friends get wasted.

If I had to do it all over again, I don't think I would change anything. I have learned much by making many mistakes and by staying sober through it all. It will be interesting to see what happens when I graduate, since all of my sober reference has been in school, so far. I look forward to learning how to balance AA with my future career, future family, and future aspirations.

Then again, there is always grad school.

Laura S., Brooklyn, New York

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