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Volume 9 Issue 11

November 2009

Step 11 - Getting (More) Spiritual

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His-will for us and the power to carry that out.

11th Step Guidelines

The following summarizes the description of the 11th Step provided in *Alcoholics Anonymous* (primarily on pp. 86-88). This is supplemented by some suggestions [in brackets] that have found helpful.

Preparing for the Day Ahead

1. We ask God to direct our thinking, asking especially that it be divorced from self-pity, dishonest or self-seeking motives.
2. We consider our plans for the day. We can now use our mental faculties with assurance.
3. If we face indecision or we can't determine what course to take, we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy.
4. We pray to be shown all through the day what our next step is to be, that we be given whatever we need to take care of problems.
5. We ask especially for freedom from self-will.
[We might also pray for help with specific defects or problem areas, and review our 10th step corrective measures for the day ahead.]

Prayers to be of Use

6. We ask for guidance in the way of patience, kindness, tolerance and love especially within the family.
7. We pray as to what we can do today for the person who is still sick.
[We might also pray for specific people in need, or those with whom we're angry.]

Spiritual/Religious Exercises

8. If appropriate, we attend to our religious devotions, or say set prayers which emphasize 12 Step principles.
9. We may read from a spiritual book.

Practicing the 11th Step Throughout the Day

10. We pause, when agitated or doubtful, and ask for the right thought or action.
11. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done."



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Questions to think about when working Step 11

With help from the book, *Alcoholics Anonymous*

1. On awakening, do you think about the 24 hours ahead and consider your plans for the day?
 2. Before you begin, do you ask God to direct your thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives?
 3. Do you refrain from making requests for yourself only, except in cases where others may be helped?
 4. How do you handle indecision? Do you ask God for inspiration, an intuitive thought or a decision? Do you relax and take it easy, or do you struggle?
 5. Do you pray to be shown all throughout the day what your next step is to be, and that you be given whatever you need to take care of such problems?
 6. Do you ask for freedom from self-will?
 7. Do you refrain from making requests for yourself only, except in cases where others may be helped?
 8. Are you careful never to pray for your own selfish ends?
 9. If circumstances warrant, do you ask your spouse or friends to join you in morning meditation?
 10. Do you attend to your religious morning devotion?
 11. Do you pause when agitated or doubtful, and ask for the right thought or action?
- Do you remind yourself that you are no longer running the show, humbly saying to yourself many times each day, "Thy will be done"?

Serenity Prayer

[expanded version]

*God grant me **serenity**
to accept the things
I cannot change,
courage to change the
things I can, and the
wisdom to know the difference.*

*Living one day at a time;
Enjoying one moment at a time;
Accepting the hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it,
Trusting that He will make all things right
If I surrender to His Will;
That I may be reasonably happy in this life
And supremely happy with Him
Forever in the next.*

Collection of Thoughts on Step 11
submitted by Bob (Home Group: Attitude Adjustment)

Daily Recovery Checklist

Morning Prayer
Read daily meditation
Daily First Step
Exercise
Eat breakfast
Read Big Book
Read 12 x 12
Contact Sponsor
Attend AA Meeting
Eat lunch
Gratitude list
Prayer of thanks
One unknown kindness
Do the next right thing
Step 10 daily
Step 11 daily
Step 12 daily
Eat dinner
Play
Promptly admit wrongs
Make direct amends
Creative self-care
Cultural renewal
Parent self
Positive role model



Evil does not naturally dwell in the world, in events or in people. Evil is a by-product of forgetfulness, laziness or distraction: it arises when we lose sight of our true aim in life. When we remember that our aim is spiritual progress, we return to striving to be our best selves. This is how happiness is won.

There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

For me, AA is a synthesis of all the philosophy, all of it based on love. I have seen that there is only one law, the law of love, and there are only two sins; the first is to interfere with the growth of another human being, and the second is to interfere with one's own growth.

The Holidays are Here!

Take a holiday from expectations

If you're like me, (I'm never as unique as I like to think I am), the detail that Thanksgiving is next week came as a shock. I could, I suppose, blame this year's astonishment on the fact that I no longer have a TV. But the truth is every year the holidays sneak up on me. I'd like to think it's because I live in the moment, but my hunch is denial is closer to the truth.

Getting through the holidays is always a hot topic at meetings and over coffee this time of year. It's true, Thanksgiving, Hanukah, Kwanzaa, Christmas and New Years Eve tend to be emotionally loaded events.

They are loaded because of our memories and our expectations. If we had great celebrations as kids we tend to yearn for that kind of experience again; if our past experiences were anything but great, we tend to get stuck in expecting disaster again. It's as if everything conspires to keep us away from the present moment - the holy instant - and throws us into our pasts and our hopes.

Holiday Guidelines

There are, however, a few guidelines than can help us all make the most of this season:

- This year's holidays won't be like it was last years... or like those from our childhood.
- Each day is different, new and fresh and we can bring whatever attitude we choose to it, even if it's a traditional family gathering.
- You are not the same as you were last year or when you were 5 years old. And, truth be told, your family isn't the same either.
- You can't buy love, nor can you measure it by the gifts you receive, or don't receive. It's so tempting to over-spend this time of year, but if you avoid it, you'll save yourself real agony in the New Year.
- You don't have to do it 'their' way, or the way it's always done. One of the joys of recovery is we have been returned to choice and we can make the choices that serve us best.
- You can, if you choose, enjoy the holidays, no matter how you celebrate them or with whom. It truly is up to you to decide what to do, how to give and how to receive.

Mini-Inventory

If you find you're not looking forward to the holidays, try a mini-inventory. Write down what happened last year you didn't like. Now with great honesty and no guilt, look at that situation and ask yourself what part you played in the event. It may take some serious self-discipline to see your roll, but that's where you need to focus. Remember, you're the only one you can change.

Next, ask yourself what you'd like to be different this year. Spell it out in great detail. Then focus on what you might do to make it the way you want it this year. Let your mind soar to as many possibilities as you can think of in 10 or 15 minutes. It helps if you write them all down.

Take a break for an hour or a day and don't be surprised if some additional ideas occur to you. Write them down too.

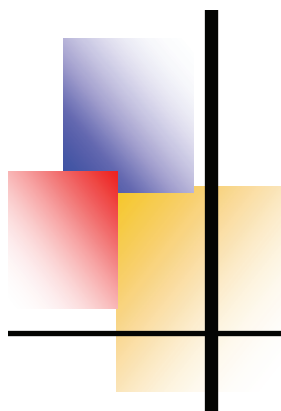
Now you have a whole collection of options. Obviously, some are better than others. Pick the one or two that please you the most and go for it.

Be of Service

Holidays are an ideal time to be of service, within the AA rooms and/or in the community. A few simple suggestions: attend a meeting that you don't normally attend and welcome a newcomer; volunteer at a local church event, help serve Holiday dinners to the homeless.

Alone for the holidays? May of us are - so ask around and put together a "misfit" party—invite all of those who either do not have families to spend the holidays with or simply want a safe environment to celebrate. It's a great opportunity for fellowship and getting to know people outside of the rooms.

Reprinted with permission by: Anne Wayman



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 potluck, speaker mtg—6 pm;
8	9	10 Tuesday night AA 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 potluck 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 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.



DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	5 Redmond pot- luck, speaker mtg—6 pm;
6	7	8 Tuesday night Speaker mtg-7 pm	9	10	11 Tumalo speaker mtg-7 pm	12
13 District 5 GSR mtg 4 pm TEC	14	15	16 La Pine potluck/ speaker mtg-6 pm	17	18 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	19
20	21	22 Madras birthday Mtg-7:30 pm	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 Intergroup pot- luck speaker mtg- 6 pm;
27 Intergroup Advisory Board mtg-5 pm Inter- group IGR mtg- 5:30 pm; TEC	28	29	30	31 NEW YEARS EVE		
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

Location Changes:

La Pine—Tues/Thurs 7:00pm

AGAPE Fellowship
52460 Skidgel Rd (off Burgess)

Madras—Sunday 7:30pm

Jefferson Cty Library
Rodriguez Annex, 134 S. "E" (NSOP)

New Meetings:

Christmas Valley

Sobriety in the Desert
Tues/Thurs 5:00-6:00pm
Northlake County Clinic

Canceled Meetings:

Christmas Valley

Dry Oasis Group— Saturday 7:00pm

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.

NOVEMBER Sobriety Milestones

Attitude Adjustment

Loni P	11/03/05	4 years
Sandi L	11/04/92	17 years
Eileen F	11/07/06	3 years
Jade W	11/08/05	4 years
Michel M	11/08/06	3 years
Theo G	11/09/89	20 years
Shannon	11/11/08	1 year
Stephanie B	11/15/08	1 year
Patrick D	11/22/07	2 years
Bruce L	11/26/86	23 years
John T	11/26/90	19 years
Gwenn W	11/27/84	25 years

Eastside Early Risers

Bill W	11/26/04	5 years
Cathy B	11/20/07	2 years
Judy A	11/06/91	13 years
Mark W	11/26/07	2 years

Sisters

Byrd	11/01/07	2 years
Hugh	11/20/68	41 years
Terri	11/11/02	7 years
Tim	11/06/98	11 years

Steps to Sobriety

Steve M	11/28/89	20 years
Jerry H	11/27/89	20 years
Carrie L	11/01/08	1 year
Troy C	11/16/05	4 years
Ruth N	11/20/83	26 years
Max G	11/22/86	23 years
Mike L	11/28/03	6 years
Robin A	11/06/95	14 years
John G	11/02/97	12 years

ANNOUNCEMENTS

MISSING!!!!

**District 5 is missing a
BLUE DISPLAY
TABLE and DRAPE.**

**If anyone was working on
a committee during the
last year and knows where
this might be,**

**PLEASE CONTACT:
Kathi C. at 541.280.0150**

Thank you!!!

ATTENTION SECRETARIES

Let's Celebrate Our Milestones!

Please remember to email your
home group member birthdays to

coanewsletter@aol.com

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



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

TREASURER'S REPORT
Submitted by Dennis C.

Treasurer's Report		
Central Oregon Inter-2009	16-Sep to 15-Oct	
INCOME		
Group Donations	930.59	
Book & Coin Sales	1,257.65	
Newsletter	-	
Potluck	-	
Entertainment	-	
Interest Income	-	
Total Donations and	2,188.24	
EXPENSES		
General Checking		
Rent	265.00	
Advertising	49.05	
Phone	158.86	
Hotline	-	
Newsletter	200.00	
Purchases	522.10	
Postage & Office Ex-	-	
Management Fee	800.00	
Bank Charges	-	
Web Site	-	
Other/Misc ()	-	
Adjustment	-	
Schedules	-	
Total General Check-	1,995.01	
Office Account		
Office Supplies	-	
Postage	51.60	
Hotline	-	
Purchases	-	
Other (website)	36.37	
Rent		
Total Office Expenses	87.97	
Net Revenue/Month	105.26	

<u>DONATING</u>	16 Sep to 15 Oct	Year to Date
2009		
Group		
24 and Alive		360.00
ABC Group		-
As Men See It		475.26
Attitude Adjustment	127.52	911.49
Back to the Big Book		171.05
Burning Desires		-
Burns Group		-
Central Oregon Speakers		-
Cresent Meeting		-
Crooked River Ranch		-
Eastside Early Risers		
Easy Does It		
First things First	20.00	20.00
Going to any Lengths		
Heppner Miracles		
IGR Meeting	15.00	
Living in the Solution		51.00
Madras Group		300.00
Madras Oasis	100.00	
Make My Day		155.67
Men's Book Study		150.00
Men's Stag Meeting		150.00
Monday/Wednesday 5:30		-
New Beginnings		-
New Horizon	316.48	1,966.94
Not a Glum Lot		744.62
Open Hand Fellowship		-
Primary Purpose	19.49	231.54
Redmond Rebels		450.00
Rule 62 Group		120.00
Safe Harbor		
Saturday Morning Alive		112.00
Saturday Nite Live		-
Saturday Nite Living Sober		-
Sisters High Noon		90.00
Sisters Group		-
S.O.B. Group		
Sober Desire	91.80	274.15
Sober Solution		
Sober Sunday		-
Sobriety Maintenance	25.00	
S.O.S.	20.00	200.00
Spiritual Awakening		194.63
Spiritual Breakfast		403.00
Springriver Book Study		-
Step Sisters		566.57
Steps to Freedom		-
Steps to Sobriety	160.00	677.20
Sunday Serenity		-
Sunriver Open Group		140.00
The Nooner-Redmond		-
Tuesday Nite AA-Bend		
Tuesday Nooner		-
Thursday Women's		254.42
Tumalo Friday Night		42.00
Warm Springs Groups		-
We Are Not a Glum Lot		
Wed. Living Sober		-
Wednesday Stag Meeting		-
WFS	34.80	638.53
Women for Serenity		-
Women at Work		74.77
		-
Anonymous		-
COF		-
District 5 - AFG Donations		90.00
Potluck		-
Entertainment		-
Intergroup 7th Tradition		-
		-
Total Contributions	930.59	12,090.46
		-
Miscellaneous		156.59
		-
		12,247.05

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