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Volume 10 Issue 2

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STEP TWO

**Came to believe that a Power greater than ourselves
could return us to sanity.**

The Spiritual Principle for Step Two is HOPE

After working the first step and realizing that I truly was powerless over my alcoholism and my life had become COMPLETELY unmanageable, I was humbled. For some reason I had a feeling of finality. I was hoping that there was something, somewhere that could provide me relief, and give me some "rails to run on".

When I worked the second step is it then I feel I embarked upon my "spiritual experience" and journey into a different life.

Power... that is what I lacked! I needed a Power that could provide me a safety net from the first drink which would AGAIN lead me to a place I didn't want to return to. I "came to believe" that no human power could provide me a defense from the first drink. I began to accept with an open mind that this defense might come from a Higher Power of my choice.

There is a solution. I love how AA works. My first higher power was my home group. I was safe there from the first drink.. I kept coming back and I started to feel safe in the outside world. I saw first hand how this belief in a Higher Power was working in others lives. I watched people mend relationships, families come back together, peoples lives were actually changing right before my eyes! That's when I decided "I WANTED WHAT THESE PEOPLE HAD".

Sanity is a legal term denoting that an individual is of sound mind and therefore can bear legal responsibility for his or her actions. I didn't feel very sane when I entered the rooms of AA. My life was on that downward spiral. Part of my insanity was for years and years **I didn't care.** INSANITY!

The final hurdles. Defiance, self-righteousness, ego, loss of faith and hope, intellectualism, relying on self, and many more. I had to let go of these in order to get what these people in AA had.

I opened my mind, I became willing. That's when it all began to happen. It felt good to have a power to rely on. I had a new friend. One that I could share openly with and HONESTLY with. A power that knew me better than I knew myself. I began to have a feeling of spirituality and I am returning to a more sane state of mind (I guess that depends on who you talk to) .



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The thing that I find incredible is ...the life I wanted and was chasing while I was out there "researching" I have found beyond my wildest dreams in recovery.

Lao Tzu stated "The journey of a thousand miles begins with one step". I have found 12 that have changed my life.

Bill B
Bend, OR



TRADITION 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Group decisions are just that, group decisions. After a discussion of all aspects of a given situation, including the minority opinion, the group votes on the issue and an agreement is reached with the majority vote. This vote is called a "group conscience."

Each group is a fellowship of equals. No matter what an individual member's background, education, or professional expertise, no member has authority "over" the group. In this way, the fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of "belonging" to all members.

But there are leaders...

This tradition has been misquoted many times as, "we have no leaders." But it clearly states that each group **does** have its leaders, they just have no authority over the rest of the group. Whether they be the group's representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to **serve** the group, not make decisions for it.

Groups clearly have other "leaders" also. There are those, who by sharing their wisdom and strength in the meetings, who are quietly recognized by the group as "spiritual leaders." There are those members, who are so well founded in the principles and traditions of the program, the group turns to when questions arise involving possible violations of those principles and traditions. These too are leaders, but they also do not govern.

AA Slogans— Great Meeting Topics

Bring the Body and the Mind Will Follow

But for the Grace of God

Do the Next Right Thing

Don't Drink and Go To Meetings

Don't Quite Before the Miracle Happens

Easy Does It

Fake It Till You Make It

First Drink Gets You Drunk

First Thought = Wrong

How Important Is It?

Hungry, Angry, Lonely, Tired (HALT)

I Am Responsible

Keep It Simple

Let Go and Let God

Live and Let Live

Meeting Makers Make It

No Pain, No Gain

One Day At a Time

Principles Before Personalities

Progress, Not Perfection

Restless, Irritable and Discontent (RID)

Think, Think, Think

This Too Shall Pass

Time (Time Takes Time)

To Thine Own Self Be True

You Can Do It - One Day at a Time

Relationships and Recovery

Relationships in recovery can be a tricky thing. In fact, most people probably don't realize it, but relationships are the number one problem when it comes to relapse. Nothing else has the same amount of power to create such turmoil in our lives.

Think about it: your life is made up of nothing but relationships. If you were living on a deserted island, with no one else, your life would be very different indeed. At the very least, your level of stress would certainly be lower. This points out the true nature of relationships in our recovery: they are both a blessing and a curse. They bring us great joy, but they can also cause us a lot of grief. As such, they must be handled with care and approached in an intelligent way.

There are essentially 3 types of relationships in your life: one with yourself, one with your higher power, and one with a significant other. There are also dozens of other relationships in your life, such as with your coworkers or your friends, but those are the 3 big ones. Let's take a look at them in more detail.

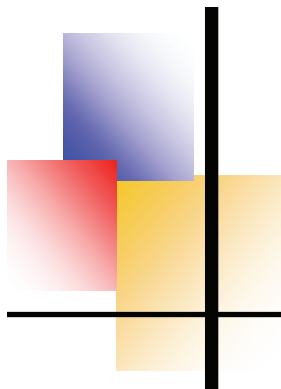
Relationship with yourself - This is the first relationship that you must cultivate and repair in early recovery, because it forms the basis for all other relationships. For most recovering addicts and alcoholics, this means forgiving yourself. What does this mean? It means that you have to let go of all of the emotional baggage that you are carrying around with you and give yourself a break. Now that you're in recovery you're trying to do something different. You need to forgive yourself and allow yourself to live again.

Relationship with your higher power - Again, most addicts and alcoholics in early recovery need to do some work in this area. When we first get clean and sober, we are usually far removed from our connection with our higher power because we've been essentially ignoring God for so long. Getting back in touch with our spiritual side is critical for success in early recovery. There is a hierarchy here with relationship building. Start out by connecting with yourself and with your higher power, and this will lead to better relationships with others. As you get more in tune with your own spiritual side, your ability to connect and empathize with others will increase.

Relationship with your significant other - This can only flourish if you have nailed the other two relationships. In early recovery, there is a danger in rushing out and finding a new relationship with a significant other. The reason this is so dangerous is because a new relationship will create a temporary and false spiritual connection, one that replaces any need to cultivate and nurture the other two relationships (with yourself and with your higher power). Those other two relationships are the ones that will keep you clean and sober, not the relationship with a significant other. But there is a strong tendency to use a new relationship as a recovery strategy without even realizing it, and many newcomers relapse because of this.

Remember that relationships are a double-edged sword. They can bring us great joy, but at the same time, they can be extremely dangerous for the newcomer.

Patrick M.
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FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 CO Speaker Mtg- 7 pm Environ Center Tumalo Speaker Mtg-7 pm	6 Redmond Potluck, Speaker Mtg—6 pm
7	8	9 Bend Tuesday Night Speaker 7 pm Nazarene Church	10	11	12 Tumalo Speaker Mtg- 7 pm Fellowship Hall	13
14 District 5 GSR Mtg 4 pm TEC	15	16	17 La Pine potluck/ speaker mtg 6 pm Park/Rec Bldg	18	19 CO speaker mtg- 7 pm Environ Center Tumalo speaker mtg-7 pm	20
21	22	23 Madras Birthday Mtg-7:30 pm St. Patrick's Church	24	25	26 Bend Milestone Mtg 7pm Trinity Church Brooks Hall	27 Intergroup Potluck/Spkr Mtg 6pm Trinity Church Brooks Hall
28 Intergroup Advi- sory Board mtg- 5 pm Intergroup IGR mtg-5:30 pm;						
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 or should be inferred.

MEETINGS

ADDITIONS/CHANGES/DELETIONS

Location Changes:

Redmond Alano Club has *MOVED!*
337 West Antler
(corner of NW 4th and Antler)

New Meetings:

Redmond—"24 and Alive"

Thurs 5:30

Redmond Alano Club—Conf Room

Time/Location Changes:

Sunriver—Wed Noon

Now meets at Sunriver Fire Station

John Day—Let It Go Group

Now meets at Catholic Church

John Day—Fri 7:30pm

CANCELLED

Chemult—Thursday meeting has
been moved to Fridays; same place
and time.

FEBRUARY Sobriety Milestones

Attitude Adjustment

Kathi C	2/03/88	22 years
Arthur C	2/16/05	5 years
Fred B	2/16/07	3 years
Doug M	2/19/00	10 years
Sherry L	2/24/04	6 years
Bill O	2/25/94	16 years



Secretaries: Submit your Home Group birthday lists
to coaanewsletter@aol.com
by the 3rd Monday of the month to be
included in the next month's issue

Central Oregon AA Website

Thanks to our new Website Chair
the site has been totally revised!

Check it out!
Your source for up to date info

coigaa.org



2010 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS

www.aa.org

The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme “A Vision for You.” A.A. members and guests from around the world will celebrate A.A.’s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

Registration opens in the Henry B. Gonzalez Convention Center on Wednesday June 30, 2010 at 8:00 a.m. Registration will continue Wednesday, Thursday and Friday, from 8:00 a.m. to 8:00 p.m., and Saturday from 8:00 a.m. to 6:00 p.m. The opening Party in the Park starts at approximately 8:00 p.m. Thursday evening, July 1 and ends at midnight.

Marathon meetings will begin at midnight on Thursday, and run around the clock until Sunday morning. Meetings start at the Convention Center on Friday at 9:00 a.m. and continue until 5:00 p.m., with the same schedule on Saturday.

Friday night and Saturday night from 8:00 to 10:00 p.m., we gather in the Alamodome stadium for Big Meetings. The Flag Ceremony will take place before the meeting on Friday night, and Saturday we will have an oldtimers meeting, where A.A.s with more than 40 years of sobriety will share.

The closing meeting will take place in the Alamodome on Sunday from 9:00 – 11:00 a.m.



District 5 PI/CPC presents
a Service Workshop on:
*Public Information and
Cooperation with the
Professional Community*

Saturday February 20th
Noon – 3:00 pm

Redmond Alano Club 337 W. Antler (corner of 4th & Antler)

Lunch potluck begins at 12:00

Bring your favorite lunch items to share. Beverages will be provided

Like all of A.A., the primary purpose of members involved with **Public Information and Cooperation with the Professional Community** service is to carry the A.A. message to the alcoholic who still suffers. Working together, members of local PI/CPC convey A.A. information to the general public, by distributing literature, schedules, and/or speaking to targeted audiences.

Come learn how YOU can be of service in your communities. A simple yet important service opportunity.

If interested and unable to come, please contact Gwenn at 948-9633

A special thanks to the 7am "Make My Day" for sponsoring this event. Please come join in this service event.

PUBLIC INFORMATION, COOPERATION WITH THE PROFESSIONAL COMMUNITY, TREATMENT FACILITIES AND CORRECTIONAL FACILITIES

The following descriptions of the responsibilities of P.I., C.P.C., T.F. and C.F. committees are given for purposes of clarification.

P.I.—The purpose of P.I. service work is to provide accurate A.A. information to the public when requested. P.I. committees visit schools, businesses and community meetings for this purpose. They also serve as resources for our friends in the local media, emphasizing our Traditions of anonymity, singleness of purpose and nonaffiliation, as well as offering A.A. public service announcements to radio and television stations.

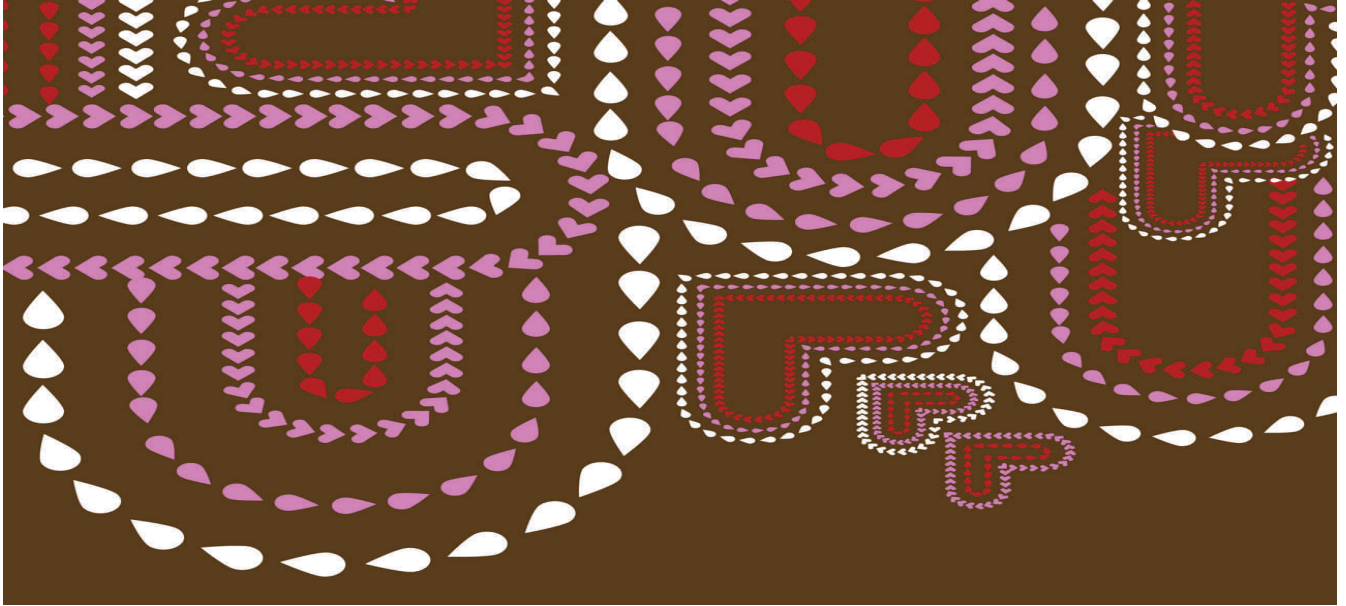
C.P.C.—Members of these committees provide information about A.A. to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, members of the clergy, lawyers, social workers, union leaders, and industrial managers, government officials, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do.

C.F. and T.F.—The purpose of C.F. or T.F., or combined institutions committees, is to coordinate the work of individual members and groups who are interested in carrying our message of recovery to alcoholics in hospitals, alcoholism treatment and rehabilitation centers, and correctional facilities.

In many areas, liaisons have been established among these committees— i.e., C.F., T.F., institutions and P.I. committees send a liaison to C.P.C. committee meetings. There are many instances of overlapping responsibilities. It should be clearly established that A.A. committees are not in competition with each other. Local circumstances determine who does what.

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