Into Action!

Westside Central Office

August 2014

What's Happening at the WCO?

The Westside Central Office hosted a business meeting on Monday, August 4, 2014 from 7pm-8pm at its office located at 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005. Below are the highlights from this meeting:

The WCO Chair, Nick F, informed everyone that next month's business meeting (September 1, 2014) will include elections of all service positions. You can see a list of all available service positions by clicking on the *Help Wanted* link on WCO's website (www.westsidecentraloffice.com).

The Board President, Mark L, reported that we are still looking for volunteers who are available to work all or part of a 12-4pm shift at the Westside Central Office one Saturday per month. Two or more years of sobriety is suggested. Duties include selling A.A. literature and answering questions/providing information on A.A. to anyone who stops by the office. We currently need volunteers for the third and fourth Saturday of the month.

The Activities Committee Chair, Joe S, reminded everyone of the upcoming 7th Tradition Workshop scheduled for Saturday, August 23rd from 2-4pm at the New Thought Center for Spiritual Learning (1040 C Ave, Lake Oswego, OR 97034). The event will include food and panelists from WCO, A.A. District 23, and the Portland Area Intergroup.

Public Information (PI) Committee Chair, Derek T, reported that he has continued meeting with a member of Al-Anon who is interested in seeing how A.A. and Al-Anon can cooperate and collaborate on some service work. They are currently looking into possibly adding an Al-Anon component to PI's presentation at Beaverton Schools' *Insight Class*. Students that violate Beaverton Schools' drug and alcohol policy are required to attend the Insight Class. The PI Committee also finalized a day and time for their upcoming workshop: Saturday, October 11, 2014 from 11am-1pm at the Westside Central Office. Food will be provided.

The Corrections Committee Chair, Josh S, reported that the committee has connected with two members of A.A. in Tillamook who expressed interest in helping out with the South Fork Inmate Camp activity. The committee continues to take meetings to the South Fork camp twice a month. Individuals that are interested in getting involved are encouraged to email Josh at corrections@westsidecentraloffice.com. Josh also reported that the committee has begun reaching out to youth facilities.

In Old Business, the tabled motion to increase the prudent reserve failed.

In New Business, a motion by the Finance Committee to increase the 2014 *License & Government Fees* budget line item by $10.00 passed. A motion by the Ad-Hoc Committee to approve job descriptions for an Office Volunteer Chair and for Office Volunteers was tabled.

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WCO Now Has An Office!

The Westside Central Office has secured a physical office location as of March 4th, 2014. The office is located at 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005 (behind the Curiosities Vintage Mall). We will hold our next business meeting at the new office on **Monday, August 4, 2014 from 7pm-8pm.** Everyone's welcome to attend. A map to our office is available at http://westsidecentraloffice.com/map/.

Stay tuned for more details on office hours. Anyone interested in volunteering at the office is encouraged to email us at info@westsidecentraloffice.com.

Are you looking for a meeting?

Or would you like to read today's *Daily Reflection*, the *Big Book,* or *Twelve Steps and Twelve Traditions* book online? These are just a few of the A.A. resources available on our website. Visit today by pointing your browser to www.westsidecentraloffice.com.

Need A.A. Literature?

The Westside Central Office sells A.A. Conference Approved Literature at cost! Visit www.westsidecentraloffice.com/literature or call 503-684-0415 (extension 2) to order literature.

If you want to drink, that's your business. If you want to stop, that's ours! Call 503-684-0415

This Month in A.A. History

- **August 1934 -**Oxford Groups sober up Bill W's friend, Ebby T.
- **August 11, 1938 -** The Alcoholic Foundation (predecessor to General Service Board) is founded.
- **August 1939 -** Dr. Bob and Sister Ignatia begin working with alcoholics at St. Thomas Hospital in Akron. They will treat 5,000 alcoholics over a 10 year span.
- **August 6, 1944** – Carl S, Mr. B, Mr. K, and Cecil F from Portland's A.A. Group No. 1, visited Dr. Williams at the Oregon state hospital in Salem with the idea of starting an A.A. group in the hospital. However, A.A. groups in Salem had not yet formed and 12th Step Workers were not too plentiful at the time. Therefore, the hospital group would not get started until October 11, 1946.
- **August 8, 1946** – The first group in Astoria called the Central Group forms. This is the fourth A.A. group to form in Oregon. The first group was Portland's A.A. Group No. 1 (formed January 6, 1944), the second was the Mill Creek Group (formed inside the walls of the Oregon State Penitentiary on May 30, 1944), and the third was the Salem City Group (formed April 29, 1946).
- **August 1951 –** The Portland Area Intergroup's predecessor, the Central Advisory Committee, changed its name to the Central Committee.
- **August 1981 –** Distribution of the Big Book passes the 3 million mark.
- **August 2001** – A.A. takes root in China. Two GSO staff members and Nonalcoholic trustee, Dr. George Vailliant, travel to China to meet with medical practitioners and attend China's three A.A. groups in existence at the two – two in Beijing and one in Chanchun.

Upcoming Events

August 4, 2014 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

August 7, 2014 – Public Information Committee Meeting, 7:30pm-8:30pm. Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

August 21, 2014 – Corrections Committee Meeting, 6:30pm-8:00pm. Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

August 23, 2014 – 7th Tradition Workshop, 2pm – 4pm. *New Thought Center for Spiritual Learning* (1040 C Ave, Lake Oswego, OR 97034).

August 28 – September 1, 2014 – 19th Annual AA in the Woods Camp Out. Fisherman's Bend (River RD SE, Mill City, OR). More information is available at westsidecentraloffice.com/events/aa-announcements/.

To list A.A. related announcements in this section, email the announcement to:
newsletter@westsidecentraloffice.com

Does your Home Group have a WCO Rep?

A Central Office Rep (CO Rep) serves as the liaison between the A.A. Group and the Westside Central Office (WCO). Co Reps attend the WCO business meeting and vote their group's conscience on Central Office matters. By electing a CO Rep, your group not only helps the Central Office help the alcoholic who still suffers, but your group also creates another service position for a home group member. Our business meeting is held on the first Monday of the month, 7pm-8pm, at the Westside Central Office, 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005. We look forward to seeing your group's Co Rep there!

Is There an Alcoholic Looking for Your Meeting?

Each day, we are contacted by A.A. newcomers and visitors from out-of-town in search of a meeting. You can help us find a meeting for these individuals by listing your home group's meeting(s) in our meeting directory. To list your group, complete the online form at: www.westsidecentraloffice.com/meetings

Making a Seventh Tradition Contribution

Besides contributing time and energy to the Westside Central Office (WCO), A.A. members and groups may also make a financial contribution. The WCO is funded exclusively by the voluntary contributions of A.A. groups and members. No contribution is too small. Please make checks payable to Westside Central Office, P.O. Box 19911, Portland, OR 97280-0911.

Get Involved!

The Westside Central Office has the following 12th Step opportunities:

12th Step Calls – Interested in going on a 12th Step Call? A.A. members are needed for the 12th Step Call Committee. We suggest that volunteers have at least 1 year of sobriety, a sponsor, a home group, and have worked all twelve steps at least once. Visit the 12th Step Call webpage at westsidecentraloffice.com/service/twelfth-step-calls or email the 12th Step Call Committee Chair at 12stepchair@westsidecentraloffice.com for more information.

A.A. Hotline - Do you like talking on the phone and helping people? Volunteers are needed to answer the Westside Central Office phone, day and night. Phone shifts last about 2 hours and calls can be forwarded to any cell phone or landline. To learn how you can help, visit the Hotline webpage at westsidecentraloffice.com/service/a-a-hotline/ or email the A.A. Hotline Chair at hotlinechair@westsidecentraloffice.com.

Public Information – Volunteers are needed to help inform the public on what A.A. is and what A.A. is not. Activities include putting on presentations at area schools, dropping off meeting schedules at hotels/motels, donating Big Books to public libraries, taking out ads with the A.A. hotline phone number in local newspapers, etc. The Public Information committee carries the message to the alcoholic who may not yet know about A.A. Email pi@westsidecentraloffice.com for more information.

Activities – Interested in putting on social or service oriented events? Then join the activities committee. Email activities@westsidecentraloffice.com for more information.

Treatment Facilities – Volunteers are needed to help contact treatment centers and offer assistance in coordinating A.A. meetings and presentations at their facility. The type of organizations this committee works with includes inpatient/outpatient treatment centers; detox centers, hospitals, institutions, nursing homes, etc. Email tf@westsidecentraloffice.com for more information or to get involved with the Treatment Facilities Committee.

Professionals – Volunteers are needed to help carry the A.A. message to professionals, such as health care workers, counselors, law enforcement, etc. who come into contact with active alcoholics. Email cpc@westsidecentraloffice.com for more information or to get involved with the Cooperation with Professionals Committee.

Corrections – Volunteers are needed to help carry the A.A. message to those behind bars. Email corrections@westsidecentraloffice.com for more information or to get .

What It Takes

By, John W.

In many AA meetings, the "length of continuous sobriety" is celebrated with medallions and cakes. The more years ya got, the closer you must be to reaching the high plains of serenity. Good thing that the Romans designated the letter "L" for 50, because our coins couldn't accommodate any more ""X's"! At the other extreme is the Old Timer who responds by asking, "What time did you get out of bed this morning?" -- Thereby exhibiting a keen understanding of the importance of taking life "one day at a time." (And typically delivered in a tone of voice that pisses off newcomers).

I've been asked how I got nearly 20 years. My answer is that I don't know. What I know is how I got one day. I got one day by being willing to surrender my will and my life over to a Higher Power; giving up my position on the debating society. In doing so, I did what the guy's who surrounded me & welcomed me suggested:

- Attend lots of meetings
- Buy and read the Big Book
- Get a Sponsor who has worked the steps & has something you want (usually something like "happiness")
- Oh yeah, and don't drink between meetings
- Decide on a "Home Group"
- Take a service position in your home group
- WORK THE STEPS (1 through 12, in order) with a Sponsor, as outlined in the Big Book.
- Develop a daily pattern of prayer & meditation to facilitate your spiritual growth\

Of course I wasn't able to do all of the above in one day, or each day, but I was shown how to develop the habit of doing some of the work each day & as I got to it, carefully reading pages 83 - 88 in the Big Book. These pages gave me a picture of the quality of life available to me if I would "completely give myself to this simple program".

So I have followed this guideline for something like 7,100 days now. Each day brings new experiences, temptations, and challenges. But the ISSUE remains the same, day after day. Don't drink. And in order to avoid that first drink I do the same things each day that I did when I first got here.

Alcoholism is a "subtle foe", patiently waiting for an opportunity to jump back in and control my life. For this reason, I pay close attention at meetings to members who have let their guard down. I have yet to hear the story of someone's "delightful" relapse! But I am grateful to those who have come back and shared with us the results of their research. So, that silly phrase we chant at the close of our meetings really IS important:

Keep Coming Back, It Works!!

(OR, if you want to add an educated, medical tone -- Continue Attending, It's Efficacious!!)

A.A.W.S. Announces Literature Price Increases

Literature prices help cover the costs of the General Service Office (GSO) in New York. As GSO strives to become more self-supporting, it has become necessary for A.A.W.S. to raise literature prices to maintain the level and quality of those services and the financial health and stability of GSO. Below is the adjusted literature pricing schedule:

A.A.W.S. Literature Price Increase as of October 1, 2014

Item Number	Title	Current Price	New Price
B-1	Alcoholics Anonymous (4th edition)	$ 8.00	$ 9.50
B-30	Alcoholics Anonymous - Portable	$ 7.60	$ 9.10
B-16	Alcoholics Anonymous - Large Print	$ 8.30	$ 10.30
B-24	Alcoholics Anonymous - Large Print Abridged	$ 6.00	$ 6.00
B-35	Alcoholics Anonymous -Pocket Size	$ 4.00	$ 5.00
B-20	Experience, Strength & Hope	$ 5.00	$ 5.50
B-2	Twelve and Twelve	$ 7.40	$ 8.90
B-4	Twelve & Twelve - Gift Edition	$ 7.25	$ 8.25
B-15	Twelve & Twelve - Soft-cover	$ 7.00	$ 8.25
B14	Twelve & Twelve - Large Print	$ 7.75	$ 8.25
B-17	Twelve & Twelve - Pocket-sized	$ 5.50	$ 6.50
B-3	A.A. Comes of Age	$ 8.50	$ 9.50
B-5	As Bill Sees It	$ 8.00	$ 9.00
B-18	As Bill Sees It - Soft-cover	$ 7.60	$ 8.60
B-27	As Bill Sees It - Large Print	$ 8.50	$ 9.50
B-8	Dr. Bob and the Good Oldtimers	$ 9.50	$ 10.50
B-9	"Pass it On"	$ 10.00	$ 11.00
B-10	Boxed set Dr. Bob and "Pass It On"	$ 19.50	$ 21.50
B-11	Boxed set Big Book/ESH	$ 13.00	$ 15.00
B-12	Daily Reflections	$ 8.25	$ 10.25
B-19	Daily Reflections - Large Print	$ 8.75	$ 10.75
B-13	A.A. In Prison	$ 2.25	$ 2.50
B-6	Came to Believe	$ 4.25	$ 5.00
B-26	Came to Believe - Large Print	$ 4.75	$ 5.25
B-7	Living Sober	$ 4.25	$ 5.00
B-25	Living Sober - Large Print	$ 4.75	$ 5.25

A.A.W.S. is pleased to announce that shipping and handling charges on some orders will decrease. Below are the new shipping and handling charges:

A.A.W.S. Shipping and Handling Charges as of October 1, 2014

Order Amount	Current Rate	New Rate
Up to $50	$10	$10*
$51 - $250	19%	15%
$251 - $500	16%	12%
Over $500	No Charge	No Charge*

Into Action! is published monthly by the Westside Central Office. The Westside Central Office is an Intergroup/Central Office serving the A.A. community in the Western Portland Oregon metropolitan area. Our primary purpose is to serve our A.A. groups and members by helping them carry the message to the alcoholic who still suffers. More information is available at www.westsidecentraloffice.com. Direct all correspondence to: email: info@westsidecentraloffce.com phone: 503-684-0415 (extension 0) mail: Westside Central Office, P.O. Box 19911, Portland, OR 97280-0911.