Into Action!

Westside Central Office

August 2015

What's Happening at the WCO?

As Summer draws to a close, so does one year termed service positions at Westside Central Office. WCO will hold its election of one year termed positions at its next business meeting scheduled for 7pm on September 7th at our office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005). All positions serve through September 2016. Below is a summary of the positions we will elect:

- **Outreach Chair** – this position leads a committee that informs A.A. members and groups about what we do, what services we offer, and how A.A. members and groups can get involved. 2 or more years of sobriety is suggested.
- **Newsletter Committee Chair** – this position is in charge of publishing this newsletter. 2 or more years of sobriety is suggested.
- **Recording Secretary** – this position records minutes at each WCO business meeting and distributes electronic and hard copy versions to all meeting participants. 1 or more years of sobriety is suggested.
- **A.A. Hotline Chair** – this position seeks volunteers for our hotline and maintains the answering service that forwards calls to volunteers. 2 or more years of sobriety is suggested.
- **12 Step Call Chair** – this position maintains a list of 12 step call volunteers. 2 or more years of sobriety is suggested.
- **Activities Chair** – this position leads a committee that holds regular WCO sponsored events. 1 or more years of sobriety is suggested.
- **Office Volunteer Chair** – this position assists WCO Manager with finding A.A.s to volunteer at WCO facility. 2 or more years of sobriety is suggested.

Besides these 1 year service positions, we also have the following service positions that have a year left on their current term: Co-Chair, Public Information Committee Chair, Cooperation with the Professional Community Committee Chair, Corrections Chair, and Treatment Facilities Chair. More information on these positions is available by clicking on the *Help Wanted* link on our website (www.westsidecentraloffice.com).

The Activities Committee announced yet another schedule change to our Annual 7th Tradition Workshop. We have finally settled on Saturday, September 12th from 12noon – 2pm at the WCO facility (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005). Money is always a hot topic in A.A. and this particular topic is no exception! We will discuss what it takes for A.A. as a whole to be "fully self-supporting". Can A.A. sell Big Books at $3.00 each? Attend this workshop to learn the answer to that question as well as many others that pertain to our 7th Tradition.

Is the information we have for your home group correct? Please take a moment to check our meeting directory's accuracy by visiting www.westsidecentraloffice.com/meetings. To add or update meeting information visit www.westsidecentraloffice.com/meetings/addupdate-meeting-information/.

Want this newsletter emailed to you each month? Then subscribe today by completing the online subscription form at: http://westsidecentraloffice.com/newsletter/#subscribe

"A.A." and "Alcoholics Anonymous" are registered trademarks of A.A. World Services, Inc., used by permission.

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! You can purchase A.A. Literature on Saturdays from 12noon-4pm at our office located at 12705 SW Beaverdam RD Suite E Beaverton, OR 97005. A map to our office is available at http://westsidecentraloffice.com/map/

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

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.

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.
- **August 2013** – Westside Central Office begins offering a printed meeting schedule.

Upcoming Events

September 7, 2015 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

September 11-13, 2015 – 23rd Annual Mens Retreat at Camp Magruder (17450 Old Pacific Hwy, Rockaway, OR 97136). More information is available at www.westsidecentraloffice.com/events/aa-announcements/.

September 11-13, 2015 – 2nd Annual Couples in Recovery Retreat (Morison's Rogue River Lodge - 8500 Galice Rd, Merlin, OR 97532). More information is available at www.westsidecentraloffice.com/events/aa-announcements/.

September 12, 2015 – 4th Annual 7th Tradition Workshop, 12noon – 2pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

September 24, 2015 – 2016 Pacific Northwest Conference (PNC) Host Committee Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

September 25-27, 2015 – Sky Camp Men's Retreat (83930 Peninsula Rd, Fall Creek, OR 97438). More information is available at www.skycampmensretreat.com/.

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

Step Eight "… is the beginning of the end of isolation from our fellows and from God."

(Reprinted from Twelve Steps and Twelve Traditions, page 82, with permission of A.A. World Services, Inc.)

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.

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.