Into Action!

Westside Central Office

August 2016 – Volume 4 – Number 11

What's Happening at the WCO?

At the August business meeting, the voting members approved a motion to schedule all September business meetings, beginning with next month's business meeting, on the third Monday of the month. All other business meetings will continue to occur on the first Monday of the month. The reason for the change is that the first Monday in September is always Labor Day. Since we usually hold elections for many of our service positions at the September business meeting, we felt it would allow those who may be unavailable on Labor Day an opportunity to still stand for a position in September.

Our next business meeting is therefore scheduled for Monday, September 19, 2016, 7pm, at our office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005). Most of our one and two year service positions will be up for election at this meeting. A summary of these service positions is on page 5 of this newsletter. Complete job descriptions are available in the WCO Guidelines (available at www.westsidecentraloffice.com/wp-content/uploads/2011/02/wco-guidelines-9-7-2015.pdf).

Our office will be closed Saturday, September 3, 2016 in observance of Labor Day. However, our hotline (503-684-0415) will still be available for anyone seeking information on A.A

Last month's newsletter mentioned that our summer printed meeting schedule was delayed due to an error with our order by the printing company. We are happy to report that the problem has been resolved and summer meeting schedules are now available at our office. Meeting schedules are free. However, a voluntary 50 cent donation per schedule helps defray printing costs. You can pick up meeting schedules by stopping by our office on Saturdays from 12noon-4pm or during one of our monthly business meetings.

While on the subject of meeting schedules… 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/.

Nick F, the Chair of the Cooperation with the Professional Community (CPC) Committee reported at this month's business meeting that a quarterly CPC meeting is tentatively scheduled for September. The exact day and time is forthcoming. The quarterly CPC meeting is a gathering of all CPC Committees in the Portland metropolitan area. At the last quarterly meeting, the committees decided to target the clergy. They will decide on a new target audience at the next quarterly meeting.

John H who chairs our 12th Step Call and Hotline Committees reported a need for more volunteers at this month's business meeting. As a result, a number of attendees signed up for one or both committees after the business meeting. Thank you to those who signed up! Anyone interested in getting involved with one or more committees at WCO, can visit our A.A. 12th Step Opportunities page at westsidecentraloffice.com/events/12th-step-opportunities/ for more information.

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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 2012** – Westside Central Office moves its business meeting from the first Saturday of the month at 2pm to the first Monday of the month at 7pm.
- **August 2013** – Westside Central Office begins offering a printed meeting schedule.

Upcoming Events

September 10, 2016 – Meet the Delegate and Waffle Bar! A.A. Post Conference Report and free waffles. Hosted by Districts 15, 23, 36, and 37. Good Shepherd Lutheran Church (3405 SW Alice ST, Portland, OR 97219). 11:00am – 1:00pm.

September 16-18, 2016 – Oregon Area 58 General Service Assembly. Deschutes County Fairgrounds (3800 Airport Way Redmond, OR 97756). More information is available at www.aa-oregon.org/events/september-2016-area-58-service-assembly/.

September 19, 2016 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

September 23-25, 2016 – 2016 Menucha Annual Women's Retreat. Menucha Retreat and Conference Center (38711 Historic Columbia River Hwy, Corbett, OR 97019). More information is available at www.westsidecentraloffice.com/events/aa-announcements/.

September 23-25, 2016 – 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.

A.A. Service Opportunities at the Westside Central Office

The Westside Central Office (WCO), an A.A. Central/Intergroup Office serving the western Portland, Oregon metropolitan area, has the following service position opportunities:

Chair – Facilitates WCO business meeting; presents a quarterly report on WCO at each Area 58 Quarterly Assembly; emails business meeting minutes to Area 58 Archivist (4 or more years continuous sobriety suggested, serves through September 30, 2018).

Co-Chair – If Chair resigns or is unable to serve for any reason, the Co-Chair steps in and assumes Chair duties and responsibilities; records WCO business meeting minutes in absence of recording secretary (2 or more years continuous sobriety suggested, serves through September 30, 2018).

Recording Secretary – Records WCO business meeting minutes; distributes meeting minutes via email and at the start of each business meeting (1 year or more continuous sobriety suggested, serves through September 30, 2017).

Finance Chair - Receives and approves annual budget requests from committees; compiles itemized annual budgets into a report for the November WCO business meeting; monitors and documents WCO expenditures; reconciles expenditures to annual budget (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Board of Directors – The WCO Board of Directors consist of three to seven individuals that act as the legal custodians of Westside Central Office, Inc. and oversee the day-to-day operations of WCO (4 years or more continuous sobriety suggested[1], serves through September 30, 2018).

12 Step Call Committee Chair - Maintains a list of 12th Step Volunteers for participating groups; receives calls from Hotline volunteers; and refers 12th Step volunteers to incoming calls (2 years or more continuous sobriety suggested, serves through September 30, 2017).

Activities Chair - Brings suggestions for WCO-sponsored events to Co Reps for approval; Organizes volunteers to host activities; Finds the facilities to host activities; Prepares flyers for distribution to A.A. community for events (2 years or more continuous sobriety, serves through September 30, 2017).

[1] Non-alcoholic Directors may serve on the Board provided that the Alcoholic Directors out number the Non-alcoholics by at least a 2/3 majority. For example, if there are 3 Directors, then no more than one Director may be a Non-alcoholic.

A.A. Hotline Committee Chair - Maintains a calendar of individuals and groups willing to answer the WCO phone (2 years or more continuous sobriety suggested, serves through September 30, 2017).

Cooperation with the Professional Community Committee Chair - Hosts A.A. presentations to professionals, such as health care workers, counselors, law enforcement, etc. who come into contact with active alcoholics (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Corrections Committee Chair - Carries the A.A. message to alcoholics behind the walls of correctional institutions (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Literature Chair - Reaches out to groups and districts on the Westside to provide literature; maintains stock of the WCO literature, purchasing as needed; coordinates purchases of literature by groups or districts through WCO website or WCO hotline (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Outreach Chair - Informs A.A. groups and members of the available services and opportunities for service at the WCO; Maintains the Westside Central Office Frequently Asked Questions (F.A.Q.) form (2 years or more continuous sobriety suggested, serves through September 30, 2017).

Public Information Chair – Informs the public on "what A.A. is" and "what A.A. is not" through literature, presentations, and public service announcements (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Treatment Facilities Committee Chair - Contacts Treatment Centers and offers assistance in coordinating A.A. meetings and presentations at their facility (2 years or more continuous sobriety suggested, serves through September 30, 2018).

Newsletter Committee Chair - Publishes the Westside Central Office's monthly newsletter *Into Action!* (2 years or more continuous sobriety suggested, serves through September 30, 2017).

Individuals interested in these service positions are encouraged to attend the Westside Central Office business meeting. Additional information is available on our website, www.westsidecentraloffice.com, by emailing info@westsidecentraloffice.com, or by phone at 503-684-0415 (extension 0).