Into Action!

Westside Central Office

December 2015 - Volume 4 - Number 3

What's Happening at the WCO?

The 19th Western Area Conference of Young People in A.A. (WACYPAA) will be held Thursday, December 17th through Sunday December 20th, at the Lloyd Center Double Tree Hotel. We are excited to be a part of this event. WCO will have a table with information on our organization, opportunities for service, and some free goodies. Be sure to stop by and say "Hi".

Registration for WACYPAA is just $30 with some registration scholarships available to those who would not otherwise be able to attend. You can register online at www.wacypaaxix.org.

The main program begins at 10am on Friday, November 18th. Panels are about an hour long and include topics such as "Safety in A.A.", "Working with Street Culture and Wet Drunks", "Humility Versus Ego", "Emotional Sobriety for the Hangover Afterwards", and several others. The panels on Friday and Saturday run from 10am until 5pm. Sunday goes from 10am to 11am. The evening events on Friday and Saturday include a main speaker. They begin at 7pm and take place at the Oregon Convention Center. WACYPAA will then conclude on Sunday with a main speaker that runs from 11:30am to 1:30pm in the Lloyd Ballroom at the Double Tree.

Several fellowship events are scheduled including a Thursday night "Portland Spirit" Cruise, a special screening of "Star Wars: The Force Awakens" on Friday, and a dance on Saturday. You can download the complete schedule of events at www.wacypaaxix.org/site/wp-content/uploads/2015/12/P-Full-R.pdf.

At our business meeting held December 7th, Cooperation with the Professional Community (CPC) Committee Chair, Nick F, reported that he has a presentation lined up with individuals that deal with drug, alcohol, and DUII offenses at the Beaverton Municipal Court. They are very excited to receive a presentation and indicated to Nick that no one from A.A. has ever contacted them before. Way to go, Nick!

WCO Outreach Chair, Renee K, reached out to a number of groups in the Tigard-Tualatin area last month. Many of the groups signed-up for inclusion in the WCO Meeting Schedule. Some members also invited Renee to their business meeting. Renee spoke with Jim T, the new DCM of District 18 (Columbia County). He expressed interest in setting up an A.A. Hotline similar to ours. Renee forwarded the inquiry to the WCO I.T. Committee. If your group would like a presentation on WCO, email Renee at outreach@westsidecentraloffice.com.

WCO President, Mark L, reported that a group in Marin County California (near San Francisco), is exploring the creation of an additional Intergroup Office in their area. They are interested in learning how we got started. Charles P, the Chair of their Exploratory Committee, will be in town on December 10th to discuss WCO's formation with Mark and others.

In Old Business, we approved the 2016 WCO budget. Our total budget for 2016 is $7,920.00. You can view the complete 2016 budget at www.westsidecentraloffice.com/about-2/archives.

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Season's Greetings and Happy New Year from WCO!

We wish you all joy and serenity this holiday season! Celebrations outside the rooms of A.A. go hand in hand with the holidays. Of course many of these celebrations include alcohol. As the Big Book reminds us, we need not avoid places where there is drinking provided that we have a legitimate reason for being there (Chapter 7, *Working with Others*, page 101).

That still does not mean an urge to drink will not come up in these social gatherings. To help arm you with some tips on what to do in these situations, take a moment to review Twelve Tips on Keeping Your Holiday Season Sober and Joyous (available at www.westsidecentraloffice.com). And remember, you're not alone this holiday season. If you need to talk, give us a call at 503-684-0415.

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.

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

- **December 1934:** Bill has his spiritual experience in Towns Hospital.
- **December 1934**: Bill works with other alcoholics, but none of them stay sober.
- **December 1937**: Bill, Dr. Bob, Dr. Silkworth, and some group members from Akron and New York meet with John D. Rockefeller Jr. Their hopes for financial backing from the philanthropist were squashed when it was pointed out that money could spoil the movement's purpose. The meeting reaps welcome enthusiasm and moral support, but no funds.
- **December 1938:** Twelve Steps are written.
- **December 1939:** The first A.A. group in a mental institution is established at New York's Rockland State Hospital.
- **December 5, 1943:** Bill and Lois arrive in Portland Oregon as part of their Pacific Northwest tour.
- **December 6, 1943:** Bill and Lois attend a meeting arranged by early Portland A.A. pioneers, Dr. Clarence W.H. and Dan G. The meeting attracts over 100 people thanks to advertisements placed in The Oregonian and The Oregon Journal newspapers. Bill would speak on his experience, strength, and hope for one hour. After hearing Bill's story, twenty-two men register their phone numbers and express a desire to attend another meeting.
- **December 1943:** A week after the meeting with Bill and Lois, interested individuals begin meeting at the YMCA in Downtown Portland. By January 1944, these informal meetings would grow into the first A.A. Group in Portland, as well as Oregon.
- **December 1948:** Dr. Bob gives his last major talk before a crowd of A.A.s in Detroit, Michigan.
- **December 22, 1995**: The General Service Office in New York launches the website www.aa.org

Upcoming Events

December 17-20, 2015 – 19th Annual Western Area Conference of Young People in A.A. The Double Tree Hotel, 1000 NE Multnomah ST, Portland, OR 97232. More information is available at www.wacypaaxix.org/site/.

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

December 31, 2015 – Frog Pond CARE Group Annual New Year's Eve Party, 7:00pm-Midnight, Meridian United Church of Christ (6750 Boeckman Rd, Wilsonville, OR 97070). More information is available at http://westsidecentraloffice.com/events/aa-announcements/

January 4, 2016 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

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

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

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

"When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it."

(Reprinted from Twelve Steps and Twelve Traditions, page 106, 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 or to get .

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.