Into Action!

Westside Central Office

December 2013

What's Happening at the WCO?

Happy Holidays from the Westside Central Office! We hope you had a wonderful *Gratitude Month* (November) as well as a wonderful Thanksgiving. This month's meeting was held on December 2nd at the Beaverton First United Methodist Church (12555 4th ST, Beaverton, OR 97005). Here are some of the meeting's highlights:

Public Information Committee Chair, Derek T, reported that the PI Committee will be putting on a presentation at Beaverton Schools' *Insight Class* this month. Students that violate Beaverton Schools' drug and alcohol policy are required to attend the Insight Class. Derek also reported that he will be reaching out to more schools this month to see if they would like a presentation on A.A.

Our new Corrections Committee Chair, Josh S, brought flyers advertising the time and place of the new monthly Corrections Committee meeting. The Corrections Committee will meet, at least in the short term, on the Third Thursday of each month, 6:30pm, at Starbucks Coffee (10010 SW Barbur BLVD, Portland, OR 97219). Everyone who's interested in carrying A.A.'s message to those behind bars are encouraged to attend.

In Old Business, the body approved the Proposed Budget for 2014.

In New Business, a motion to increase the prudent reserve from $600 to $750 was tabled. The prudent reserve is currently set at 3 months at $200 per month in anticipation of some day renting a physical office for Westside Central Office. The intent and purpose of the motion is to bring the prudent reserve to a more realistic level based on market conditions for office spaces. A second motion requesting authorization to secure a physical office space was also tabled.

Seasons Greetings from the WCO

We wish you all joy and serenity this holiday season! With the holidays comes many celebrations outside the rooms of A.A. 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 the *Twelve Tips on Keeping Your Holiday Season Sober and Joyous* below. And remember, you're not alone this holiday season. If you need to talk, give us a call at 503-684-0415.

Seasons Greetings and Happy New Year from your *Westside Central Office*!

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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.

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.

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

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 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 .

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

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 involved with the Corrections Committee.

Upcoming Events

December 31, 2013 – A.A. District 31's Annual New Year's Eve Celebration, 7pm – 12am, Hillsboro First Congregational United Church of Christ (494 E. Main St., Hillsboro, OR 97123). For more information contact Wayne at 971-226-3803 or download the flyer at http://westsidecentraloffice.com/events/aa-announcements/

January 2, 2014 – Westside Central Office Public Information Committee Meeting, 6:30pm-7:30pm, St. Barnabas Church (2201 SW Vermont ST, Portland, OR 97219)

January 6, 2014 – Westside Central Office Business Meeting, 7pm-8pm, First United Church of Beaverton (12555 SW 4th ST, Beaverton, OR 97005).

January 16, 2013 – Westside Central Office Corrections Committee Meeting, 6:30pm-7:30pm, Starbucks Coffee (10010 SW Barbur Blvd, Portland, OR 97219).

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 Beaverton First United Methodist Church, 12555 4th ST, Beaverton, OR 97005. We look forward to seeing your group's Co Rep there!

Sober For The Holiday's

One member's story…

Christmas time has always been an exciting time of the year for my family. I would enjoy watching Christmas movies, spending time with family, and eating a lot of food. Whichever side of the family we would celebrate the holiday with; drinking was one of the first topics brought up. "Would you like a beer, or a glass of wine," Was usually one of the first questions, as we would walk through the door. Granted, I was underage at the time so these questions were aimed at my parents. I poached the extras after everyone went to bed and the caps to the bottles were put back on, temporarily in my eyes. I remember one Christmas, my Grandmother on my Mom's side of the family, didn't know what to get my Dad for Christmas. He received a wrapped fifth of Wild Turkey. Let the good times begin!

I was 17 when I started my journey of sobriety. My Mom followed 6 months later, along with my Dad, but the program was unneeded for him. We all have been sober, God willing, for what will be our 6th Christmas this year. At our 3rd Christmas we decided to go up to Seattle to see my Dad's side of the family. One topic of discussion had been brought up was drinking. We knew it would be prevalent and that our daily reprieve could not be forgotten about. The big book talks about going to places and events that involve drinking after being sober and how we should have a legitimate reason to be there, but to not live through others drinking. We had been granted the gift of sobriety so it was time to show up in our families lives as well. In the past I may have been there physically, but not mentally or emotionally. I was not going to recoil from a Drink like a hot flame, my mental obsession had been removed and I was to be indifferent.

We all arrived in Seattle around noon Christmas day. I prayed in the morning and asked for any obsession to be removed we had lunch with my Aunt's family whose house that the get-together was held at. The other parts of the family started to show up in the afternoon and the drinking was starting. I was 20 at this point so I was still underage. The hosts started up their little mini bar and mixing drinks. We all continued to mingle and have a good time. My Uncle offered my parents a drink which they declined. He then looked at me and asked if I would like something to drink. I quickly declined with a, "No thank you." I next thought, *"Why didn't this happen when I was actually drinking?"* I then looked around and saw my underage cousins with drinks in their hands. I chuckled to myself and continued being present for my family and having a good time. The night came and went. No drinks were had by my family, other than my normal brother. I had no idea that it was the last Christmas to be had with those Grandparents, whom both have passed away in the past 3 years since then. I put my disease aside, and was able to show up in my family's lives and be there for them. For that, I am grateful.

Merry Christmas and Happy Holidays,
Derek T.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1

Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2

Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3

Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4

Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5

Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6

If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7

Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8

Worship in your own way.

9

Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10

Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."

11

Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12

"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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.