Into Action!

Westside Central Office

January 2015

What's Happening at the WCO?

The Westside Central Office hosted its first business meeting of 2015 on Monday, January 5th 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 Board President, Mark L, reported that *Winter 2015* Meeting Schedules are now available at the office. Meeting schedules are free of charge, however, a voluntary contribution of 50 cents per schedule helps cover printing costs.

We continue to look for an office volunteer to serve each 4th Saturday of the month from Noon to 4pm. The term is one year with two or more years of sobriety suggested. Contact us at info@westsidecentraloffice.com or by phone at 503-684-0415 (menu option 0) if you are interested.

The Activities Chair, Joe S, passed out flyers for the 11th Step Meditation Workshop scheduled for Saturday, January 24, 2015 from 10am to 12noon at the WCO facility.

WCO Chair, Derek T, reported that he gave an A.A. presentation at the Beaverton Health and Science School this past month. Another presentation at this school is scheduled in March. Derek is looking for young people in A.A. that are available to help with this presentation. Contact Derek at chair@westsidecentraloffice.com for more information or to volunteer for this 12th Step opportunity.

12th Step Committee Chair, Daphne, reported that two new people signed up for this committee. The 12th Step Call Committee consists of A.A.s that are available to talk to individuals about A.A. and recovery from alcoholism. Interested A.A.s can visit the 12th Step webpage at http://westsidecentraloffice.com/service/twelfth-step-calls/ for more information and to sign up.

Hotline Chair, Josh S, reported that he called all hotline volunteers to see if they are still available for their assigned shifts. Josh got a hold of all but one volunteer. The volunteer that he did not get a hold of was removed from the schedule. Josh also added one new volunteer. So, the number of hotline volunteers did not change. A.A.s that would like to help out with the Hotline can sign up for shifts by visiting http://westsidecentraloffice.com/service/a-a-hotline/.

Nancy W stepped down as Outreach Chair. We really appreciate the service she brought to the position. During her tenure, she put together an attractive WCO information display that we can use at future A.A. events. She also helped spread the word on our Saturday Office Hours.

WCO has the following service openings: Co-Chair, one Board member position, Public Information (PI) Committee Chair, Cooperation with the Professional Community (CPC) Committee Chair, Corrections Chair, Treatment Facilities Chair, Outreach Chair, and Newsletter Committee Chair. Please visit our web site (www.westsidecentraloffice.com) and click on the *Help Wanted* link for more 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

Grapevine News

The Grapevine is A.A.'s meeting in print. This month's issue focuses on Sponsorship with stories about how members use the special one-on-one bond of A.A. Sponsorship.

The Grapevine is now accepting stories for their "Annual Prison Issue" (due Feb. 5), "Sober Travel" (due March 5), "Technology and Anonymity" (due April 5), and "Letting Go of Resentments" (due May 5). Visit www.aagrapevine.org/contribute to submit your story.

This Month in A.A. History

- **January 3, 1949**: The first A.A. meeting in Albany, Oregon is held in the chamber of commerce building. The meeting was sponsored by the Salem (Oregon) Group.
- **January 1957:** First A.A. Group in India forms in New Delhi.
- J**anuary 1958:** As a service to its readers, the January 1958 issue of the Grapevine prints a chart outlining A.A.'s services and the Conference structure. Text in the top box of the chart indicates that there are over
  7,000 groups registered with the "General Service Headquarters". This includes 500 in institutions (i.e., hospitals, prisons, and other institutions), and 760 overseas.
- **January 1959:** After years of failed attempts, a stable A.A. Group in Colombia forms.
- **January 1960:** First A.A. Group in Guatemala forms.
- **January 1962:** The (Portland Oregon) *Central Committee* changes its name to the *Portland Area Intergroup*.
- **January 24, 1971:** At the age of 75, A.A. Co-founder Bill W dies at the Miami Heart Institute in Miami Beach, Florida.
- **January 2006:** A Japanese General Service Board forms in Tokyo. At this time an estimated 3,500 to 4,000 members are meeting in 290 A.A. Groups in Japan.

Upcoming Events

February 2, 2015 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

February 27-March 1, 2015 – Oregon Area 58 Pre-Conference Assembly. Marylhurst University (17600 Pacific HwyLake Oswego, OR 97036). More information is available at http://westsidecentraloffice.com/events/aa-announcements/

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

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.

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

"Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection."

–Twelve Steps and Twelve Traditions, p. 68

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.