Into Action!

Westside Central Office

June 2014

What's Happening at the WCO?

The Westside Central Office hosted a business meeting on Monday, June 2, 2014 from 7pm-8pm at 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005. Below are the highlights from this meeting:

Board President, Mark L, reported that we are looking for A.A.s that would like to volunteer one Saturday a month from 12-4pm at the Westside Central Office. Interested individuals are encouraged to email info@westsidecentraloffice.com or call the office at 503-684-0415 (menu option 0). Mark also announced that the slightly larger office next door (Suite E) is available at the same rent that we are currently paying.

The Activities Chair, Joe S, is in discussions with District 23 to see if they would like to co-host our annual 7th Tradition Workshop this summer. Joe also is working on a possible "open house" potluck for our new office.

The PI Committee (PI) Chair, Derek T, reported that the committee participated in Beaverton Schools' *Insight Class* last month. Students that violate Beaverton Schools' drug and alcohol policy are required to attend the Insight Class. The committee continued planning a PI workshop tentatively scheduled for October of this year.

The Corrections Committee Chair, Josh S, reported that he now has clearance to escort others into Tillamook's South Fork Camp facility without requiring them to go through a lengthy pre-clearance process. Individuals interested in getting involved can contact Josh at corrections@westsidecentraloffice.com.

In New Business, the body voiced their approval of moving into the office next door (Suite E).

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.

Want this newsletter emailed to you each month? Then subscribe today by sending an email with the subject "subscribe" to news@westsidecentraloffice.com

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WCO Now Has An Office!

The Westside Central Office has secured a physical office location as of March 4th, 2014. The office is located at 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005 (behind the Curiosities Vintage Mall). We will hold our next business meeting at the new office on **Monday, July 7, 2014 from 7pm-8pm.** Everyone's welcome to attend. A map to our office is available at http://westsidecentraloffice.com/map/.

Stay tuned for more details on office hours. Anyone interested in volunteering at the office is encouraged to email us at info@westsidecentraloffice.com.

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

This Month in A.A. History

- **Summer, 1934 –** Dr. William D. Silkworth pronounces Bill W a hopeless alcoholic.
- **June 10, 1935** – Dr. Bob has his last drink. Alcoholics Anonymous is founded.
- **June 1941** – *The Serenity Prayer* is published in the New York Herald Tribune. A.A. members in New York and elsewhere all immediately feel the prayer's relevancy to A.A.'s principles. Soon the prayer is printed on cards and passed out to A.A. members everywhere.
- **June 1944** – The *AA Grapevine* begins publishing. 1200 copies of the first edition are sent out to 165 subscribers.
- **June 1947** – *The A.A. Preamble* first appears in the June 1947 edition of the AA Grapevine.
- **Summer 1948** – Dr. Bob learns he has terminal cancer, leading him to shut down his office and retire from his medical practice.
- **June 1949** – After forming in May 1949, the first regular election of officers for the Portland Central Office (renamed the Portland Intergroup in 1962) is held. Jerry Mc was elected chairman and May S was elected secretary.
- **June 17, 1949** – The first A.A. meeting in Klamath Falls, Oregon is held.
- **June 1953** – The book *Twelve Steps and Twelve Traditions* is published.
- **June 1978** – AA Grapevine's circulation reaches 100,000.
- **June 2004** – AA Grapevine achieves 60 years of continuous publication. Grapevine is now 64-page magazine with over 110,000 subscribers worldwide.
- **June 2014** – AA Grapevine celebrates 70 years as AA's meeting in print!

Upcoming Events

July 3, 2014 – Public Information Committee Meeting, 6:30pm-7:30pm. Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

July 7, 2014 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

July 17, 2014 – Corrections Committee Meeting, 6:30pm-8:00pm. Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

July 18-20, 2014 – 37th Annual Summerfest Conference. Hilton Hotel, 66 E 6th AVE, Eugene, OR 97401. More information is available at http://aa-summerfest.org/.

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

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.

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 .

At Twelve Years Sober I Finally Got To Go To Prison

By, Josh S.

The last year and a half has been a bit challenging for me. I walked thru the dissolution of a long term relationship, took some risks in business, and found myself sponsoring fewer people than I had during most of my sobriety. This was surely the darkest period of sobriety I have experienced. I never seriously considered drinking, but there were times when my feet got pretty heavy. I was begrudgingly moving forward. I am so pleased that I have been surrounded by people in AA that understand that I am in fact my problem. I have had it deeply engrained in my psyche that if I am collapsing inward, my only hope is to turn outward towards my fellows and try to be useful. Thankfully, towards the beginning of this period I had committed to join some fellow alcoholics in a step study. I also made myself available for a Chair position on the Corrections Committee for Westside Central Office.

I have had some enthusiasm for corrections work for some time. My drinking career included roughly 30 arrest cycles. It is quite easy for me to trace my frequent run-ins with the law, to my inability to leave whiskey alone. You can see how I might have a special place in my heart for those who are incarcerated. Due to my own legal troubles however, I have not been allowed to go into facilities for most of my sobriety. But seeing the opportunity to facilitate a committee, knowing I was capable of helping, I made myself available and was elected.

As our corrections committee got started trying to figure out where our work ought to be done, one of our committee members came in contact with South Fork Forest Camp in Tillamook. She found out the work camp run by the Corrections Department was desperately seeking some help getting AA into the facility. As luck would have it, I was the only person on the committee who was off paper long enough to be allowed in! So I started the process to be allowed behind bars. After several finger printings and background checks, I was approved to go to prison!

I began carrying a meeting into the facility a couple times per month. I have been approached by several of the inmates to thank me for finally getting some AA in there. There is a lot of enthusiasm for the group. Many of the guys have approached me to talk about various ways they might be able to work the steps. I have been able to pass on my experience and suggestions about how they might most effectively navigate thru the process which has saved so many lives.

As I walked thru the steps again with the step group I had joined, kept reaching out to new guys, and started doing some work for the inmates in this facility, the darkness I had been in lifted. I started to feel lighter. My focus turned back outward towards my fellows.

Due to my alcoholism and experience in recovery, I can help the guys behind bars with their drinking in ways that no non alcoholic can. The meeting in South Fork Forrest Camp is currently in its infancy. I don't know what the future holds for the group or the guys who choose to attend. I do know that they have been given access to our basic text. They have been offered the message of hope and recovery outlined in that text. I know that in playing my small role in this process, I have moved out of myself. I have grown a little closer to those around me, and a little closer to God.

And as a result of these things, I have been granted yet another day free from the obsession to drink.

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.