

# Into Action!

Westside Central Office

May 2015

## What's Happening at the WCO?

The Westside Central Office hosted a business on Monday, May 4<sup>th</sup> 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 the scheduled May Board meeting did not happen because three of the four Directors were unavailable. The Board schedules 5 meetings a year in February, May, September, October, and November. Each meeting occurs at the WCO facility on the first Monday of the month at 6pm (one hour before the regular WCO business meeting).

Mark reminded everyone of our need for more office volunteers. All Saturday shifts are covered, but we can still use more alternates. An alternate volunteer fills in for the primary volunteer when they are unavailable to cover their shift. We suggest two or more years of sobriety for office volunteers. Interested individuals should contact us at [info@westsidecentraloffice.com](mailto:info@westsidecentraloffice.com).

Mark also reported that Spring 2015 printed meeting schedules will soon be available. In fact, as of this writing, they are now available at our office. The meeting schedules are free of charge. However, a voluntary donation of 50 cents per schedule is welcome to help cover printing costs.

Some groups have noticed that they are not listed in our meeting schedule. We only list meetings that have requested to be included in our meeting schedule. To check to see if your meeting is listed, visit <http://westsidecentraloffice.com/meetings> to look for your meeting. If you notice that it is not

listed or we have outdated information, then you can add/update your group's meeting information by visiting <http://westsidecentraloffice.com/meetings/addupdate-meeting-information/>.

In New Business, we entertained two motions that proposed changes to our Guidelines. The first motion requested that we add language to the Newsletter Chair, I.T. Chair, and I.T. Co-Chair that they are familiar or becoming familiar with Copyright Laws as they pertain to the use of third party images and other material in our newsletter and website. This motion was tabled until next month. The next motion proposed that we add language to the President job description that allows the President to act as Interim Office Manager when the Office Manager position is vacant. This motion was approved by the voters in attendance of the business meeting. You can view our Guidelines by visiting <http://westsidecentraloffice.com/about/archives/>.

WCO continues to look for A.A.s that are available to fill the following service positions: 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, 12<sup>th</sup> Step Call Chair. Please visit our web site ([www.westsidecentraloffice.com](http://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>

## 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](http://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

- **May 1935** – Dr. Bob and Bill meet in Akron
- **May 1938** – The Alcoholic Foundation, a trusteeship for A.A., is established.
- **May 1938** – Bill W begins writing the book, Alcoholics Anonymous.
- **May 1939** – First A.A. group forms in Cleveland, Ohio. This is the first group to call itself *Alcoholics Anonymous*, named after the big book mimeograph that had been circulating with the Akron groups at the time. Moreover, this was the first group not to affiliate itself with the Oxford Group. The group's meetings were only open to alcoholics and their families.
- **May 1, 1944** – The Alcoholic Foundation announces its new address, Box 459 in New York City. Box 459 will become the post office address and symbolic address of Alcoholics Anonymous.
- **May 30, 1944** - The first meeting of the Mill Creek Group at the Oregon State prison in Salem, OR is held. Mill Creek Group continues to meet today.
- **May 1949** – Scotland's first known A.A. groups are founded in Edinburgh and in Glasgow.
- **May 1949** – Bill addresses the American Psychiatric Association. His address marks the acceptance of A.A. by yet another major medical association.
- **May 1949** – The Central Advisory Committee, a predecessor to the Portland Area Intergroup, establishes a central office at the Alano Club located at 1932 NW Flanders Street in Portland. The Alano Club would serve as the Central Office's location until a permanent location was found in October 1949.
- **May 1987** – A.A. India holds first General Service Conference in Bombay (now Mumbai).

## Upcoming Events

**June 1, 2015** – 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](mailto:newsletter@westsidecentraloffice.com)

## Grapevine News

The Grapevine is A.A.'s meeting in print. This month's issue is the *Annual Prison Issue*. It includes stories on how A.A. brings hope to alcoholics behind bars. Visit [www.aagrapevine.org](http://www.aagrapevine.org) to subscribe to the Grapevine.

The Grapevine also recently announced the availability of *Language of the Heart* as an audiobook. The audiobook is available in two formats: CDs or downloadable MP3 files. Both formats feature 18 hours of listening time. Visit <https://store.aagrapevine.org/Showgroups.aspx> to purchase this audiobook. You can also listen to a free sample of the audiobook at <https://store.aagrapevine.org/includes/audio/CD23-LOH.mp3>

To contribute a story to the Grapevine, visit <http://www.aagrapevine.org/contribute> for Submission Guidelines and upcoming issue themes.

## 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](http://www.westsidecentraloffice.com/meetings)

**“When it comes to ego deflation, few Steps are harder to take than Five.”**

(Reprinted from [Twelve Steps and Twelve Traditions](#), page 55, with permission of A.A. World Services, Inc.)

# Get Involved!

## ***The Westside Central Office has the following 12<sup>th</sup> Step opportunities:***

**12<sup>th</sup> Step Calls** – Interested in going on a 12<sup>th</sup> Step Call? A.A. members are needed for the 12<sup>th</sup> 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 12<sup>th</sup> Step Call webpage at [westsidecentraloffice.com/service/twelfth-step-calls](http://westsidecentraloffice.com/service/twelfth-step-calls) or email the 12<sup>th</sup> Step Call Committee Chair at [12stepchair@westsidecentraloffice.com](mailto: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/](http://westsidecentraloffice.com/service/a-a-hotline/) or email the A.A. Hotline Chair at [hotlinechair@westsidecentraloffice.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.westsidecentraloffice.com). Direct all correspondence to: email: [info@westsidecentraloffice.com](mailto:info@westsidecentraloffice.com) phone: 503-684-0415 (extension 0) mail: Westside Central Office, P.O. Box 19911, Portland, OR 97280-0911.