Into Action!

Westside Central Office

August 2018 – Volume 6 – Number 11

What's Happening at the WCO?

We are featuring a new section in this newsletter called *AA Group Sound Off!* It provides an opportunity for AA Groups to publicize any group news, events, format changes, etc. Hopefully this can become a regular section in this newsletter.

Our office will be closed Saturday, September 1, 2018 in observance of Labor Day. We will re-open on September 8, 2018 from 12noon-4pm.

Our next business meeting also has been rescheduled for Monday, September 17, 2018, 7pm-8pm in lieu of Labor Day. We will be holding elections for all our service positions at the next business meeting. A list of these service positions can be found on page 6 of this newsletter. For more information on our open service positions, email info@westsidecentraloffice.com or visit our website, www.westsidecentraloffice.com, and click on the *Help Wanted* link.

As we mentioned in the last newsletter, we are planning to have a group inventory for WCO. The inventory is scheduled for Saturday, October 13, 2018 from 12noon-2pm. We will hold the inventory at our office (10220 SW Park Way, Portland, OR 97225).

Everyone's welcome to attend our Group Inventory. Refreshments will be served. We will use the inventory questions found in the *A.A. Group* pamphlet. Although the scheduled time overlaps with our literature sales, one can still purchase literature during the inventory.

AA Group Sound Off!

Book Journey
Big Book Study
Monday nights at 7PM at Village Church Murray Blvd. just off Hwy 26
Small intimate and safe meeting open to all. Sorry no child care.
We celebrated an 18th birthday in July.

We are looking for someone who would like to lead a simultaneous Al-Anon meeting at the church in a different room. If you know anyone, or would be interested in starting one, please contact Julia M by phone 503-750-3950 or email jmarrocco333@gmail.com.

Saturday Reflections
Open meeting of A.A. Saturdays, 7am - 8am, at St. Anthony's Parish Center (12520 SW Grant AVE Tigard, OR). Big Book and 12x12 Study meeting.

See page 5 to learn how to list your group in this section.

Want this newsletter emailed to you each month? Then subscribe today by completing the online subscription form at: http://westsidecentraloffice.com/newsletter/#subscribe

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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 10220 SW Park Way Portland, OR 97225. 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

- **August 1934 -**Oxford Groups sober up Bill W's friend, Ebby T.
- **August 11, 1938 -** The Alcoholic Foundation (predecessor to General Service Board) is founded.
- **August 1939 -** Dr. Bob and Sister Ignatia begin working with alcoholics at St. Thomas Hospital in Akron. They will treat 5,000 alcoholics over a 10 year span.
- **August 6, 1944** – Carl S, Mr. B, Mr. K, and Cecil F from Portland's A.A. Group No. 1, visited Dr. Williams at the Oregon state hospital in Salem with the idea of starting an A.A. group in the hospital. However, A.A. groups in Salem had not yet formed and 12th Step Workers were not too plentiful at the time. Therefore, the hospital group would not get started until October 11, 1946.
- **August 8, 1946** – The first group in Astoria called the Central Group forms. This is the fourth A.A. group to form in Oregon. The first group was Portland's A.A. Group No. 1 (formed January 6, 1944), the second was the Mill Creek Group (formed inside the walls of the Oregon State Penitentiary on May 30, 1944), and the third was the Salem City Group (formed April 29, 1946).
- **August 1951 –** The Portland Area Intergroup's predecessor, the Central Advisory Committee, changed its name to the Central Committee.
- **August 1981 –** Distribution of the Big Book passes the 3 million mark.
- **August 2001** – A.A. takes root in China. China has three A.A. groups in existence – two in Beijing and one in Chanchun.
- **August 2012** – Westside Central Office moves its business meeting from the first Saturday of the month at 2pm to the first Monday of the month at 7pm.
- **August 2013** – Westside Central Office begins offering a printed meeting schedule.
- **August 1, 2016** – Westside Central Office approves a motion to move all WCO's September business meetings to the third Monday of the month in lieu of Labor Day.

Upcoming Events

September 14, 2018 – District 31 Step 11 Workshop, 6:45pm, Helvetia Community Church (11295 NW Helvetia RD, Hillsboro, OR 97124). More information is available at www.westsidecentraloffice.com/events/aa-announcements/.

September 17, 2018 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (10220 SW Park Way Portland, OR 97225).

September 21-23, 2018 – Area 58 Service Assembly, Resort at the Mountain (68010 E Fairway AVE, Welches, OR). More information is available at www.aa-oregon.org/upcoming-assemblies/.

September 29, 2018 – Frog Pond Golf Tournament and Picnic. Picnic is at 11am and Golf is at 1pm. Sandelie Golf Course (28333 SW Mountain RD, West Linn, OR 97068). Additional information (including cost) is available at www.westsidecentraloffice.com/events/aa-announcements/.

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, 10220 SW Park Way, Portland, OR 97225. 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

Step Eight "… is the beginning of the end of isolation from our fellows and from God."

(Reprinted from Twelve Steps and Twelve Traditions, page 82, 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.

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.

AA Group Sound Off!

Does your Group have any news that it wishes to share with the fellowship? Time/Place/Format Changes? Milestones? AA Birthdays of Home Group Members? Or do you just want to put in a plug for your Group?

Complete the form below and we will publish it in an upcoming issue of WCO's newsletter, *Into Action!*

Group Name:

Group Format:

When/Where Does It meet:

Group News:

Please return this form to the Newsletter editor at a WCO Business meeting or email the information to newsletter@westsidecentraloffice.com.

A.A. Service Opportunities at the Westside Central Office

The Westside Central Office (WCO), an A.A. Central/Intergroup Office serving the western Portland, Oregon metropolitan area, has the following service position opportunities:

Chair – Facilitates WCO business meeting; presents a quarterly report on WCO at each Area 58 Quarterly Assembly; emails business meeting minutes to Area 58 Archivist (4 or more years continuous sobriety suggested, serves through September 30, 2020).

Co-Chair – If Chair resigns or is unable to serve for any reason, the Co-Chair steps in and assumes Chair duties and responsibilities; records WCO business meeting minutes in absence of recording secretary (2 or more years continuous sobriety suggested, serves through September 30, 2020).

Recording Secretary – Records WCO business meeting minutes; distributes meeting minutes via email and at the start of each business meeting (1 year or more continuous sobriety suggested, serves through September 30, 2019).

Finance Chair - Receives and approves annual budget requests from committees; compiles itemized annual budgets into a report for the November WCO business meeting; monitors and documents WCO expenditures; reconciles expenditures to annual budget (2 years or more continuous sobriety suggested, serves through September 30, 2020).

Board of Directors – The WCO Board of Directors consist of three to seven individuals that act as the legal custodians of Westside Central Office, Inc. and oversee the day-to-day operations of WCO (4 years or more continuous sobriety suggested[1], serves through September 30, 2020).

12 Step Call Committee Chair - Maintains a list of 12th Step Volunteers for participating groups; receives calls from Hotline volunteers; and refers 12th Step volunteers to incoming calls (2 years or more continuous sobriety suggested, serves through September 30, 2019).

Activities Chair - Brings suggestions for WCO-sponsored events to Co Reps for approval; Organizes volunteers to host activities; Finds the facilities to host activities; Prepares flyers for distribution to A.A. community for events (2 years or more continuous sobriety, serves through September 30, 2019).

A.A. Hotline Committee Chair - Maintains a calendar of individuals and groups willing to answer the WCO phone (2 years or more continuous sobriety suggested, serves through September 30, 2019).

Cooperation with the Professional Community Committee Chair - Hosts A.A. presentations to professionals, such as health care workers, counselors, law enforcement, etc. who come into contact with active alcoholics (2 years or more continuous sobriety suggested, serves through September 30, 2020).

Corrections Committee Chair - Carries the A.A. message to alcoholics behind the walls of correctional institutions (2 years or more continuous sobriety suggested, serves through September 30, 2020).

[1] Non-alcoholic Directors may serve on the Board provided that the Alcoholic Directors out number the Non-alcoholics by at least a 2/3 majority. For example, if there are 3 Directors, then no more than one Director may be a Non-alcoholic.

Outreach Chair - Informs A.A. groups and members of the available services and opportunities for service at the WCO; Maintains the Westside Central Office Frequently Asked Questions (F.A.Q.) form (2 years or more continuous sobriety suggested, serves through September 30, 2019).

Public Information Chair – Informs the public on "what A.A. is" and "what A.A. is not" through literature, presentations, and public service announcements (2 years or more continuous sobriety suggested, serves through September 30, 2020).

Treatment Facilities Committee Chair - Contacts Treatment Centers and offers assistance in coordinating A.A. meetings and presentations at their facility (2 years or more continuous sobriety suggested, serves through September 30, 2020).

Newsletter Committee Chair - Publishes the Westside Central Office's monthly newsletter *Into Action!* (2 years or more continuous sobriety suggested, serves through September 30, 2019).

Office Volunteer Chair – Assists the Office Manager (or Board of Directors) with finding A.A.s to volunteer at the WCO facility (2 or more years continuous sobriety is suggested, serves through September 30, 2019).

Office Manager – Manages the Westside Central Office and its volunteers. 5 or more years continuous sobriety is suggested. Serves through September 30, 2020. *Note: Office Manager is appointed by the Board of Directors. Please email your serv*ice resume to info@westsidecentraloffice.com.

Individuals interested in these service positions are encouraged to attend the Westside Central Office business meeting. Additional information is available on our website, www.westsidecentraloffice.com (click on the Help Wanted link), by emailing info@westsidecentraloffice.com, or by phone at 503-684-0415 (extension 0).