Into Action!

Westside Central Office

November 2018 - Volume 7 - Number 2

What's Happening at the WCO?

We hope you all had a safe, sober, and wonderful Thanksgiving! Of course, Thanksgiving marks the beginning of the holiday season. For some of us, that means getting invited to holiday parties where alcohol may be served. As the big book reminds us, we need not avoid places where there is drinking if 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 Twelve Tips on Keeping Your Holiday Season Sober and Joyous. And remember, you're not alone this holiday season. If you need to talk, give us a call at 503-684-0415.

This month marks our 1-year anniversary at the Cedar Hills Shopping Center location. As we mentioned throughout this past year, Cedar Hills Shopping Center appears to be a good location for us. Visitors to our office are having an easier time finding us compared to our old Beaverton location. This is further indicative by our literature sales. Our 2018 literature sales through 11/1/2018 are up 62% compared to our 2017 literature sales through 11/1/2017.

At our November 5th business meeting, the Finance Committee passed out a proposal for next year's budget. We will discuss and possibly vote on the 2019 budget at the December 3rd business meeting. You can view the proposed budget by visiting the following link:

www.westsidecentraloffice.com/wp-content/uploads/2018/11/WCO-2019-Proposed-Budget.pdf.

We plan to publish a Winter 2019 printed meeting schedule in December. Please confirm your group's meeting information with us. You can view your group's meeting information on our website at www.westsidecentraloffice.com/meetings. You can add or change meeting information online at www.westsidecentraloffice.com/meetings/addupdate-meeting-information/.

The results from our October 13th Group Inventory are now available on our website. You can view the results at www.westsidecentraloffice.com/wp-content/uploads/2018/11/WCO-Group-Inventory-Mtg-Min-10-13-18-final.pdf. The purpose of the inventory was to assess how we are doing as an Intergroup. If you or your AA Group wishes for us to act on anything mentioned in the inventory, then please stop by one of our business meetings to discuss it.

The PI and CPC Committees of AA Districts 10, 12, 23, and 37 are sponsoring an AA Public Service Announcement (PSA) advertisement in the following newspapers: Lake Oswego Review, West Linn Tidings, Tigard Tualatin Sherwood Times, and the Wilsonville Spokesman. The PSA runs through 12/26/2018 and includes WCO's phone number and web address. Thank you to Districts 10, 12, 23, and 37 for their service to AA!

Want this newsletter emailed to you each month? Then subscribe today by visiting www.westsidecentraloffice.com/newsletter/#subscribe.

"A.A." and "Alcoholics Anonymous" are registered trademarks of A.A. World Services, Inc., used by permission.

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.

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! Visit www.westsidecentraloffice.com/literature or call 503-684-0415 (extension 2) to order literature.

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

- **November 1934** – Ebby T visits Bill and tells him his story.
- **November 1937** – First realization of success. Dr. Bob and Bill W, while meeting in Akron, note forty sober cases among the early fellowship.
- **November 1950** – Peru's inaugural A.A. Group is founded.
- **November 16, 1950** – Dr. Bob dies of cancer. Dr. Bob had 15 years of sobriety when he died. During this time, he and Bill W created a fellowship that transformed the lives of over 100,000 men and women.
- **November 1, 1953** – First German A.A. Group founded in Munich by U.S. Servicemen stationed there.
- **November 1975** – A.A. Archives open at the General Service Office.
- **November 1986** – First paperback edition of the Big Book is published.
- **November 2001** – The fourth edition of the Big Book is released.
- **November 2006** – South Africa celebrates 60 years of A.A. in Johannessburg. The event is marked with a mini rally with over 300 people in attendance.
- **November 2012** – The first Spanish A.A. Public Service Announcement (PSA) produced by AAWS begins airing on Spanish TV. The PSA is titled "Tengo Esperanza" ("I Have Hope").
- **November 1, 2014** - The Westside Central Office begins offering open office hours on Saturdays from 12noon – 4pm. A.A. members and the general public can visit during open office hours to obtain information on A.A. and to purchase A.A. conference literature at cost.
- **November 18, 2017 –** WCO moves its office location to Cedar Hills Shopping Center.

Upcoming Events

November 30 - December 2, 2018 – Oregon State Young People in A.A. (OSYPAA) 6 Conference, Double Tree by Hilton (1000 NE Multnomah ST, Portland, OR 97232). More information is available at https://westsidecentraloffice.com/events/aa-announcements/.

December 3, 2018 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (10220 SW Park Way, Portland, OR 97225).

December 31, 2018 – A.A. District 31's Annual New Year's Eve Party, 7pm, First Congregational Church (494 East Main Street, Hillsboro, OR 97123). More information is available at https://westsidecentraloffice.com/events/aa-announcements/.

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

Grapevine News

The Grapevine is A.A.'s meeting in print. The theme for this month's issue is "Staying Sober During the Holidays". A.A. members tell how they stay sober and do service during the December holidays. This issue also features stories from remote communities. To subscribe to the Grapevine, visit www.aagrapevine.org.

The Grapevine is also offering free shipping on most items through December 31st. This includes 25 different books, the 2019 Wall Calendar, the 2019 Pocket Planner, the audio version of The Language of the Heart, gift certificates, and gift subscriptions. Visit grapevine.espstores.com/ for more information.

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 (in Cedar Hills Shopping Center). 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

"The other Steps can keep most of us sober and … functioning. But Step Eleven can keep us growing."

(Reprinted from The Language of the Heart, page 240, with permission of AA Grapevine, 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 or to get involved.

AA Group Sound Off!

Does your home group have news it wishes to share with the fellowship?

Any group events, milestones, format changes, or AA birthdays of home group members?

Or do you just want to put in a plug for your home group?

If so, send us your group news and we will publish it in an upcoming issue of WCO's newsletter, Into Action!

Email group updates to:
newsletter@westsidecentraloffice.com

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.