Into Action!

Westside Central Office

December 2018 - Volume 7 - Number 3

What's Happening at the WCO?

We wish you all a joyful holiday season! If you are looking for a sober holiday event, then check out the *Upcoming Events* section of this newsletter. Also check out the *A.A. Related Announcements* section of our website, www.westsidecentraloffice.com, for the latest event listings.

We held a business meeting on December 3, 2018. The meeting attendance was close to capacity for our office space. We were also pleased to see several new faces at our business meeting. Many thanks to the following individuals who were elected to service positions: Charity B (Recording Secretary), Jeremy H (CPC Committee Chair), and Bailey P (Outreach Committee Chair).

For those who don't know, CPC stands for Cooperation with the Professional Community. It's a committee that reaches out to professionals who encounter alcoholics as part of their work. These professionals include attorneys, clergy members, counselors, educators, judges, healthcare workers, police officers, etc. CPC's primary goal is to explain to these professionals what A.A. is and what A.A. is not. If you are interested in getting involved with the CPC Committee, visit www.westsidecentraloffice.com/service/cooperation-with-the-professional-community/ or email Jeremy at cpc@westsidecentraloffice.com.

The Outreach Committee visits A.A. Groups on the Portland Westside and informs them about the services WCO provides as well as encourage participation by these Groups at WCO. Individuals who would like to get involved with Outreach, can contact Bailey at outreach@westsidecentraloffice.com.

We approved our 2019 budget at the December 3rd business meeting. You can view the approved budget at www.westsidecentraloffice.com/wp-content/uploads/2018/12/WCO-2019-Approved-Budget.pdf.

Also, at our recent business meeting, Allan F from Top of the Hill Group, asked for donations of Big Books for the men at Tigard Recovery Center (TRC). Top of the Hill Group sponsors a men's A.A. meeting at TRC. The voting members approved a motion to donate some Big Books to the men at TRC. If other groups or individuals are interested in donating Big Books to the men at TRC, they can contact Allan F at 971-246-6346. Allan also indicated that they can use more A.A. men to help facilitate the men's meeting at TRC. The meeting is held each Wednesday, 7pm to 8pm at TRC, which is located at 10362 SW McDonald ST, Portland, OR 97224.

We are working on our Winter 2019 printed meeting schedule. You can add/modify your group's meeting information by visiting www.westsidecentraloffice.com/meetings/addupdate-meeting-information/.

Our office will be closed Saturday, December 29, 2018 in observance of New Year's Day. We will be open all other Saturdays this month.

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

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Season's Greetings and Happy New Year from WCO!

We wish you all joy and serenity this holiday season! Celebrations outside the rooms of A.A. go hand in hand with the holidays. Of course many of these celebrations include alcohol. As the Big Book reminds us, we need not avoid places where there is drinking provided that 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 (available at www.westsidecentraloffice.com). And remember, you're not alone this holiday season. If you need to talk, give us a call at 503-684-0415.

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.

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

- **December 1934:** Bill has his spiritual experience in Towns Hospital.
- **December 1934**: Bill works with other alcoholics, but none of them stay sober.
- **December 1937**: Bill, Dr. Bob, Dr. Silkworth, and some group members from Akron and New York meet with John D. Rockefeller Jr. Their hopes for financial backing from the philanthropist were squashed when it was pointed out that money could spoil the movement's purpose. The meeting reaps welcome enthusiasm and moral support, but no funds. This experience would later form the basis of A.A.'s Seventh Tradition.
- **December 1938:** Twelve Steps are written.
- **December 1939:** The first A.A. group in a mental institution is established at New York's Rockland State Hospital.
- **December 5, 1943:** Bill and Lois arrive in Portland Oregon as part of their Pacific Northwest tour.
- **December 6, 1943:** Bill and Lois attend a meeting arranged by early Portland A.A. pioneers, Dr. Clarence W.H. and Dan G. The meeting attracts over 100 people thanks to advertisements placed in The Oregonian and The Oregon Journal newspapers. Bill would speak on his experience, strength, and hope for one hour. After hearing Bill's story, twenty-two men register their phone numbers and express a desire to attend another meeting.
- **December 1943:** A week after the meeting with Bill and Lois, interested individuals begin meeting at the YMCA in Downtown Portland. By January 1944, these informal meetings would grow into the first A.A. Group in Portland, as well as Oregon.
- **December 1948:** Dr. Bob gives his last major talk before a crowd of A.A.s in Detroit, Michigan.
- **December 22, 1995**: The General Service Office in New York launches the website www.aa.org

Upcoming Events

(More information for the following events is available on the web at: www.westsidecentraloffice.com/events/aa-announcements/)

December 25, 2018 – Holiday Dinner, 1:00pm – 4:00pm, Portland Alano Club Basement (909 NW 24th Ave, Portland, OR 97210).

December 31, 2018 – Frog Pond New Year's Eve Party, 6pm, Meridian United Church of Christ (6750 Boeckman Rd, Wilsonville, OR 97070).

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).

January 7, 2019 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (10220 SW Park Way, Portland, OR 97225).

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

If you want to drink, that's your business. If you want to stop, that's ours!
Call 503-684-0415

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

"When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it."

(Reprinted from Twelve Steps and Twelve Traditions, page 106, 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 or to get involved.

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.

Books and Booklets for Sale at WCO

Item#	Description	Unit Price
B-0	75th First Edition of Alcoholics Anonymous	$12.00
B-1	Alcoholics Anonymous	$9.50
B-16	Alcoholics Anonymous Large Print	$10.30
B-30	Alcoholics Anonymous (soft cover)	$9.10
B-35	Alcoholics Anonymous (pocket edition)	$5.00
B-20	Experience Strength & Hope	$5.50
B-2	Twelve Steps & Twelve Traditions	$8.90
B-15	Twelve Steps & Twelve Traditions (soft cover)	$8.25
B-3	A.A. Comes of Age	$9.50
B-5	As Bill Sees It	$9.00
B-17	Twelve Steps & Twelve Traditions (pocket edition)	$6.50
B-18	As Bill Sees It (soft cover)	$8.60
B-7	Living Sober	$5.00
B-8	Doctor Bob and the Good Old-timers	$10.50
B-9	Pass It On	$11.00
B-12	Daily Reflections	$10.25
B-19	Daily Reflections (large print)	$10.75
B-6	Came to Believe	$5.00
BM-31	Service Manual/Concepts	$3.55
M-451	Corrections Workbook	$2.50
M-27I	Public Information Workbook	$2.50
M-48I	Accessibilities Workbook	$2.50
M-40I	Treatment Facilities Workbook	$2.50
M-44I	Archives Workbook	$2.50
M-41	CPC Kit	$18.00
M-411	CPC Workbook	$2.50

Grapevine Items at WCO

Item#	Description	Unit Price
MS03	"Man on the Bed" oil print	$3.00
MS05	"Serenity Prayer" calligraphy print	$2.00

Pamphlets for Sale at WCO

Item#	Description	Unit Price
P-1	This is A.A.	$0.15
P-2	F.A.Q. on A.A.	$0.25
P-3	Is A.A. for You?	$0.10
P-4	Young People and A.A.	$0.30
P-5	Women in A.A.	$0.30
P-8	Twelve Concepts Illustrated	$0.45
P-11	The A.A. Member-Medications and Other Drugs	$0.25
P-12	Jack Alexander Article about A.A.	$0.25
P-13	Do You Think You're Different?	$0.30
P-15	Q&A on Sponsorship	$0.15
P-16	The A.A. Group	$0.30
P-17	The A.A. Tradition – How it Developed	$0.30
P-18	Inside A.A.	$0.08
P-19	General Service Representative	$0.08
P-22	A.A. for the Older Alcoholic -- Never Too Late	$0.40
P-24	A Newcomer Asks	$0.10
P-30	Is There an Alcoholic in Your Life?	$0.25
P-35	Problems Other Than Alcohol	$0.15
P-36	Is A.A. for Me?	$0.25
P-37	Too Young?	$0.25
P-38	What Happened to Joe?	$0.25
P-39	It Happened to Alice	$0.25
P-41	A Member's Eye View	$0.25
P-42	A Brief Guide to A.A.	$0.15
P-43	Twelve Traditions Illustrated	$0.45
P-47	Understanding Anonymity	$0.25
P-54	Is There an Alcoholics in the Workplace?	$0.08
P-55	Twelve Steps Illustrated	$0.30
P-83	A.A. for Alcoholic w/ Special Needs	$0.40
P-84	Many Paths to Spirituality	$0.30

For information on available quantities, bulk discounts, and special orders, contact us at info@westsidecentraloffice.com or call 503-684-0415 and select menu option 2.