Into Action!

Westside Central Office

March 2020 - Volume 8 - Number 6

Staying Sober During the Pandemic

We hope you all are staying safe and healthy during this COVID-19 pandemic. It's amazing how much our world has changed since our last newsletter! Now we are all self-isolating and maintaining our distance from others!

For most of us, self-isolation was what we did when we drank. So, naturally it's important that we stay safe at home but keep in touch with others. Fortunately, we are blessed with technology that allows us to maintain a safe distance but stay in contact with other A.A.s.

Picking up the telephone is the most obvious way to keep in touch. Whether it's calling a sponsor, another alcoholic in the program, or the A.A. hotline, support is just one phone call away. In fact, if you're home and available to talk to someone about A.A. and recovery from alcoholism, then consider volunteering for our A.A. hotline or 12th Step Call Committee. Page 4 of this newsletter has more information on these committees.

Besides the telephone, there are online meetings. Most A.A. Groups in our area are now offering online meetings. You can access these meetings from the comfort of your home by visiting https://westsidecentraloffice.com/online-a-a-meetings. If you can't find a local online meeting at a particular hour, the Online Intergroup (https://www.aa-intergroup.org/) has links to A.A. meetings happening at all hours all over the world.

Besides online meetings, the Internet brings us a whole library of A.A. literature thanks to AAWS. You can visit www.aa.org and read electronic versions of the Big Book and 12x12 online. AAWS also has electronic versions of all their pamphlets online too. Various sites, including YouTube, have recordings of A.A. speakers as well.

It's also important to remember that this is not the first time that members of our fellowship had their sobriety tested by a major event. The first test was when the U.S. entered World War II. Members of A.A. entered the armed forces and were scattered all over the world. "Would they be able to take discipline, stand up under fire, and endure the monotony and misery of war? Would the kind of dependence they had learned in A.A. carry them through? Well, it did…." thanks to A.A. and their dependence upon a Higher Power [1].

In the wake of the September 11, 2001 attack on the World Trade Center in New York, A.A. members who were among the first responders had their sobriety tested. The rescue and clean-up left many A.A. members among firefighters, police, and clean - up crews exhausted and needing access to A.A. meetings near Ground Zero.

The Red Cross provided a room just southwest of the site with its door bearing a circle and triangle. To accommodate everyone, a second room just north was provided. A.A. meetings were organized by Southeast New York Area 49 and the New York Intergroup.

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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 normally sells A.A. Conference Approved Literature at cost! However, due to the COVID-19 pandemic, our office is temporarily closed. You can still purchase A.A. literature at cost from G.S.O. by visiting www.aa.org.

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.

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

- **March 1940:** Works Publishing moves from Newark to a small office at 30 Vesey Street in lower Manhattan. Though something of a financial gamble, the move means that for the first time the Fellowship has a headquarters of its own.
- **March 1941:** Saturday Evening Post article on A.A. causes great national expansion and recognition of the fellowship. Membership in 1941 jumps from 2,000 to 8,000 at year's end.
- **March 18, 1944**: The first reported women's prison group meets at Clinton Farms in Clinton, NJ.
- **March 30, 1945:** Three A.A.s from Portland, Oregon visit a Salem minister, Dudley Strain, for the first time. After receiving A.A. literature from the Portland members, Dudley helps bring meetings into local prisons.
- **March 10, 1948:** Freck G, the father of Group Number 1 in Albany, Oregon, is admitted to the Oregon State Hospital for alcoholism. After getting sober at the hospital, Freck and his wife would attend meetings in Salem for the next 10 months before starting the first meeting in Albany on January 3, 1949.
- **March 1950:** Portland, Oregon radio station, KWJJ, runs a series of 15-minute broadcasts on A.A.
- **March 6, 1960:** Oregon Area secretary, Ed D, suggests that the secretary send out periodical updates to all Oregon groups. This practice would lead to the publication of the Oregon Area A.A. newsletter beginning in April, 1960.
- **March 1966:** First A.A. group in Ecuador founded.
- **March 18, 1974:** First known meeting in Uruguay is held in Montevideo.
- **March 1978:** The A.A. Grapevine's circulation reaches 100,000.
- **March 1992:** G.S.O. moves their offices to 475 Riverside Drive in Uptown Manhattan. G.S.O. occupies the entire 11th floor and Grapevine occupies the 12th floor. Interestingly, this building was built by the Rockefeller Family who played an important role in A.A.'s early history.
- **March 3, 2012:** At the March 2012 Westside Central Office (WCO) business meeting, group representatives and trusted servants approve the creation of WCO service committees such as Public Information, Cooperation with the Professional Community, Corrections, Treatment Facilities, etc.
- **March 4, 2014:** Westside Central Office leases its first physical office space.

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The rooms became places where A.A.s can meet, rest, talk and meditate. To show their appreciation, Members of the A.A. Meeting at Ground Zero crafted the iron plaque, shown below, and presented it to G.S.O. and the A.A. Intergroup in New York [2].

If World War II Soldiers and 9/11 first responders can remain sober during their ordeal, then we most certainly can during the pandemic. This is a "We" program, not a "Me" program. We are all in this together. And like the soldiers and first responders, we have the opportunity to show future members of A.A. that they too can persevere and stay sober no matter what might be on the horizon.

References:

[1] Twelve Steps and Twelve Traditions page 38.

[2] https://www.aa.org/pages/en_US/aa-timeline 2001.

April 6th Business Meeting will be Online

Due to the COVID-19 pandemic, we are hosting our April 6th business meeting online in lieu of a face-to-face meeting. The business meeting will start at 7pm and end by 8pm. Everyone's welcome to attend. This is a great opportunity to check out our business meeting if you have never attended it before!

You can use the following link to join the business meeting with a computer, tablet, or smart phone:

https://meet.google.com/dtf-wuwz-rwm

To join by telephone call, (US)+1 636-495-1662 and when prompted, enter PIN 730 985 080#.

Questions? Email info@westsidecentraloffice.com

Twelve Traditions Play is Postponed

The Twelve Traditions Play that our Activities Committee was going to host on April 4th has been postponed due to the pandemic. The Committee will reschedule it after the end of the pandemic. Stay tuned!

Step Three "… was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once."

(Reprinted from Alcoholics Anonymous, page 63, 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.