

# Into Action!

Westside Central  office

May 2020 – Volume 8 – Number 8

## What's Happening at the WCO?

After two months of shutdowns, we are now seeing most of Oregon entering Phase-1 of reopening. Columbia County reopened on May 15<sup>th</sup> and Clackamas County reopened on May 23<sup>rd</sup>. Washington County's application to reopen on June 1<sup>st</sup> was approved on May 29<sup>th</sup>. Multnomah County plans to apply for Phase-1 reopening on June 5<sup>th</sup> with the hope to reopen on June 12<sup>th</sup>.

With the reopening of Oregon, some A.A. Groups have resumed face-to-face meetings. Phase-1 restricts the size of in-person gatherings to 25 people, which may be too small for some of our larger Groups.

After 21 days in Phase-1, counties may enter Phase-2. Phase-2 increases the size of gatherings to 100 people with proper spacing. So, some of our larger Groups may want to wait until their county is in at least Phase-2 before restarting face-to-face meetings.

Groups that are interested in restarting face-to-face meetings should first talk to their meeting facility to find out their requirements. This may include requiring masks, maintaining a minimum of 6 feet spacing, sanitizing the meeting space, etc.

Groups should also follow local and statewide Guidelines. Oregon Guidelines are available at <https://govstatus.egov.com/reopening->

[oregon.](#)

Many states, including Oregon, have employed [contact tracers](#) to help control the spread of COVID-19. Contact tracers are public health officials that work with a COVID-19 patient to help them recall everyone they have encountered while they may have been infectious. The contact tracers then warn others of their potential exposure to COVID-19.

Because A.A. Groups meet in person, they should have a contingency plan in place if a member tests positive for COVID-19. Contact tracers will probably contact the church and/or the A.A. Group, so it is important that Groups be prepared ahead of time with a way to protect everyone's health and anonymity.

Below is one suggested contingency plan that protects our common welfare and maintains everyone's anonymity:

1. The Group appoints a contact person that maintains a list of meeting attendees' first names and phone numbers in a notebook. The Group could later destroy each list after enough time has passed.

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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. However, we are temporarily closed during the COVID-19 pandemic. You can still purchase A.A. literature at cost through A.A.W.S. by visiting their online bookstore at [www.aa.org](http://www.aa.org).

***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).

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2. If an A.A. member tests positive, he or she does not have to break anyone's anonymity when talking to contact tracers. They can say that they attend "spiritual meetings" or "community meetings" (or another generic term). They can then provide the meeting location and the phone number for the A.A. Group's contact person.

3. The contact tracer will then reach out to the Group's contact person. The contact person could then alert everyone on the list.

4. A Group member who suspects that they might have COVID-19 gets tested and informs the Group contact person. The Group contact person alerts the meeting facility and the other meeting attendees. The meeting attendees self-quarantine until at least the test results are known.

Our next business meeting is June 1<sup>st</sup> from 7pm to 8pm. Like last month's meeting, it will be held online. If you did not receive an invitation for the meeting, then email us at [info@westsidecentraloffice.com](mailto:info@westsidecentraloffice.com).

We do not yet have a date when our physical office will reopen. We will discuss our reopening further at the June 1<sup>st</sup> business meeting.

## 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!

## Upcoming Events

**June 1, 2020** – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (10220 SW Park Way, Portland, OR 97225).

**June 5-7, 2020** – Oregon Area 58 Quarterly Assembly. Note: This Assembly will be held online. See <https://www.aa-oregon.org/events/may-2020-service-assembly/> for more information.

To list A.A. related announcements in this section, email the announcement to: [newsletter@westsidecentraloffice.com](mailto:newsletter@westsidecentraloffice.com)

**“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 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](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.