Into Action!

Westside Central Office

August 2020 – Volume 9 – Number 11

What's Happening at the WCO?

We hope you all are enjoying the last part of Summer. Since Labor Day lands on the first Monday of the month, we schedule our September business meeting on the third Monday in September. This year, our September business meeting will be held on September 20th.

The September business meeting is also an election business meeting. This year, just the one-year positions are rotating at the end of September. A list of these positions, as well as our other open positions, is on pages 6-7 of this newsletter. Please share these open positions with anyone who might be looking for something to do in A.A.

Our A.A. Hospital Peer Visitation Committee continues to visit patients at St. Vincent's Hospital. Unfortunately, the recent COVID-19 restrictions at the hospital have prevented in person visits the last couple of weeks. Instead, the committee members have been visiting patients through video conferencing. Hopefully in person visits can resume soon.

If you would like to join the Hospital Peer Visitation Committee, then complete the form at https://westsidecentraloffice.com/service/twelfth-step-calls.

Besides visiting with patients, the Hospital Visitation Committee also provides literature such as a soft cover Big Books and pamphlets to the patients. We will soon need to replenish the literature for this activity. So, if your Group or District has a surplus of funds, then please consider making a donation that is earmarked for this effort. You can email info@westsidecentraloffice.com to learn how to make a literature donation for the Hospital Visitation Committee.

We continue to see Groups resume face-to-face meetings and shut down their Zoom meetings. While we understand that the Zoom meetings might be cost prohibitive for some Groups, we hope those Groups that can afford it, consider hosting hybrid meetings. There are still some individuals out there that cannot otherwise get to an A.A. meeting.

As a reminder, please keep us posted on the status of your Group's meeting(s). If something changes, then please update us on our website at https://westsidecentraloffice.com/meetings2/addupdate-meeting-information.

Also, contact us if your Group needs literature. You can request an appointment to purchase literature at https://westsidecentraloffice.com/literature or by calling 503-684-0415 and select option 2 from our automated telephone service menu.

Want this newsletter emailed to you each month? Then vist http://westsidecentraloffice.com/newsletter/#subscribe

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

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! Our office, located at 10220 SW Park Way, Portland OR 97225, is currently open by appointment only. Visit https://westsidecentraloffice.com/literature to request an appointment.

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 17-19, 2021 – Area 58 Service Assembly. More information is available at https://www.aa-oregon.org/upcoming-assemblies/.

September 20, 2021 – Westside Central Office Online Business Meeting. Email info@westsidecentraloffice.com for an invitation.

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

Grapevine News

A new book from the Grapevine titled Prayer and Meditation will be available in September.

To learn more, visit, https://aagrapevine.org/prayer-and-meditation-book

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.~~ online. Email info@westsidecentraloffice.com for an invitation to our business meeting. 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:

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 years continuous sobriety suggested, serves through September 30, 2022).

Recording Secretary – Records WCO business meeting minutes; distributes meeting minutes via email and at the start of each business meeting (1-year continuous sobriety suggested, serves through September 30, 2022).

Treasurer – The Treasurer position is open. The Treasurer would need to be elected to the WCO Board of Directors and then appointed by the Board. (4 years continuous sobriety suggested[1], serves through September 30, 2022).

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 continuous sobriety suggested, serves through September 30, 2022).

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 continuous sobriety, serves through September 30, 2022).

A.A. Hotline Committee Chair - Maintains a calendar of individuals and groups willing to answer the WCO phone (2 years continuous sobriety suggested, serves through September 30, 2022).

Corrections Committee Chair - Carries the A.A. message to alcoholics behind the walls of correctional institutions (2 years continuous sobriety suggested, serves through September 30, 2022).

[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 continuous sobriety suggested, serves through September 30, 2022).

Treatment Facilities Committee Chair - Contacts Treatment Centers and offers assistance in coordinating A.A. meetings and presentations at their facility (2 years continuous sobriety suggested, serves through September 30, 2022).

Newsletter Committee Chair - Publishes the Westside Central Office's monthly newsletter *Into Action!* (2 years continuous sobriety suggested, serves through September 30, 2022).

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, 2022).

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, by emailing info@westsidecentraloffice.com, or by phone at 503-684-0415 (extension 0).