Into Action!

Westside Central Office

November 2023 - Volume 12 - Number 2

What's Happening at the WCO?

We hope you all had a safe, sober, and wonderful Thanksgiving! This month marks our 6-year anniversary at the Cedar Hills Shopping Center location. As we have been reporting, Cedar Hills Shopping Center is up for sale. Our latest information is that the sale is expected to close and we will need to move to a new office by sometime next Spring. Any suggestions and/or help with finding a new location is appreciated. Email info@westsidecentraloffice.com to get involved with the new office search committee.

The Finance Committee presented a proposed budget for 2024 at this month's business meeting. The budget was submitted this month so Groups can review it before ratification at the December business meeting. You can view the proposed budget here (page three of the November Business Meeting Minutes). If you or your Group would like input on this budget, then please attend our December 4th WCO business meeting.

In October, the A.A. Support Call Committee only had one Hospital related 12th Step Request. This is the lightest month in terms of 12th Step Requests. The Committee will reach out to the Hospital Staff to make sure our 12th Step service is being made available to all their alcoholic patients. The A.A. Support Call Committee sent out a survey to those who signed up to see if they are still available. Some individuals signed up but have yet to attend one of the training sessions. The Committee is planning to host another training session in December or January. WCO also receives traditional 12th Step Call requests through its Hotline. Volunteers are also needed to talk to those who request a 12th Step Call through our hotline. If you are available to help us with 12th Step Calls, visit https://westsidecentraloffice.com/service/twelfth-step-calls to sign up for our 12th Step Call Committee.

WCO has other great service positions besides the A.A. Support Call and 12th Step Committees. You can view all our open positions on pages 6 and 7 of this newsletter or by clicking on the *Help Wanted* link on our website, www.westsidecentraloffice.com.

Grapevine News

The Grapevine is A.A.'s meeting in print. This month's theme is "Remote Communities and Sober Holiday Stories." which features stories of AA members learning to be grateful. Visit www.aagrapevine.org to subscribe to the Grapevine.

The Grapevine will offer 20% off on all books and free holiday shipping on all its products from November 1st through December 31st. Visit www.aagrapevine.org for more information.

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.

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.

Upcoming Events

December 4, 2023 – Westside Central Office Online Business Meeting, 7:00pm-8:00pm. Email info@westsidecentraloffice.com for an invitation.

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

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. During the COVID-19 pandemic, we hold our business meeting online each first Monday of the month, 7pm-8pm. Email info@westsidecentraloffice.com for an invitation to the 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

"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.

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, 2024).

Treasurer – Prepares and submits to each business meeting WCO's financial statement which includes a summary of income, expenses, and budget balances. Some business/accounting experience is recommended. 4 or more years of continuous sobriety is suggested. The Treasurer is elected as a Board member and appointed by the Board. (4 years continuous sobriety suggested, serves through September 30, 2024).

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, 2024).

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, 2024).

Cooperation with the Professional Community Committee Chair - Hosts A.A. presentations to professionals, such as health care workers, counselors, law enforcement, etc. who come into contact with active alcoholics (2 years continuous sobriety suggested, serves through September 30, 2024).

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, 2024).

Public Information Chair – Informs the public on "what A.A. is" and "what A.A. is not" through literature, presentations, and public service announcements (2 years continuous sobriety suggested, serves through September 30, 2024).

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, 2024).

Newsletter Committee Chair - Publishes the Westside Central Office's monthly newsletter *Into Action!* (2 years continuous sobriety suggested, serves through September 30, 2024).

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, 2024).

Office Manager – Manages the Westside Central Office and its volunteers. 5 or more years continuous sobriety is suggested. Serves through September 30, 2024.Note: Office Manager is appointed by the Board of Directors. Please email your service resume to info@westsidecentraloffice.com.

Assistant Office Manager –Assists the Office Manager in their duties. 3 or more years continuous sobriety is suggested. Serves through September 30, 2024. Note: Assistant Office Manager is appointed by the Board of Directors. Please email your service resume to info@westsidecentraloffice.com.

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).