Into Action!

Westside Central Office

December 2024 - Volume 13 - Number 3

What's Happening at the WCO?

Chair Report:

This past month has been great. I got a chance to share what is going on at WCO at the Oregon Area Assembly, which went well.

We received an in-person patient request from Providence St. Vincent's which we were able to fulfill with two volunteers. That is always a win as it can be challenging to find people available to make a visit on such short notice as these usually are.

We need 12 Step Volunteers to get back to in-person/hospital visits.

The release of the Plain Language Big Book led to a higher than usual number of literature sales in November. We have about 23 copies at $11.00/each left as of this writing. AAWS sold out of this book within a week of its release. They hope to have more copies soon. If you would like to buy it from us, make an appointment by visiting

https://westsidecentraloffice.com/literature or emailing info@westsidecentraloffice.com.

IT task was adding the Gladstone and Oregon City meetings to our online meeting schedule. These meetings are now a part of our meeting schedule. I sent an email to the DCM of District 15 giving them the heads up that these meetings are now listed in our meeting schedule. We will probably also reach out to individuals listed in the Area 58 roster as Group Contacts as well.

Have a submission? Email newsletter@westsidecentraloffice.com

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

December 14, 2024 – 10 – 12:30pm Gifts of the 12 Steps, Speaker Event & Brunch. Riversgate Church Multnomah Village (see flyer below)

December 20, 2024 – Molalla Holiday Party 6:00 pm Potluck & Activities (see flyer below)

December 31, 2024 - District 31 NYE party at 494 E Main St Hillsboro, OR 7pm – Midnight (see flyer below)

January 6, 2025 – 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

Step 12: The Greater Good of AA
By Anonymous

It's never too early, nor ever too late,
To reach out a hand, to change someone's fate.
We all can do something, a spark to ignite,
For the greater good, for AA's light.

Humility stands as the key to the door,
Not shame or humiliation to endure.
It's not thinking less of yourself, that we confess,
But it's thinking of yourself less.

The paradox blooms, a contradiction that's clear:
The more we give, the more we endear.
In helping another, we find our own way,
The gifts of AA grow brighter each day.

Be of service, no matter how small—
A sponsor, a helper, a voice for the call.
At Group, District, Intergroup, or more,
Step forward in kindness; there's work to explore.

For active alcoholics are dying, lost in despair,
There's more of them than us, but we can still be there.
Each 12th Step action, a lifeline, a guide,
Helps carry the message and keeps hope alive..

"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.

DISTRICT 31

NEW YEAR'S EVE

RING IN RECOVERY

ANTIPASTO - ITALIAN DINNER - DESSERT
DANCING & MUSIC BY DJ TIM T.
50/50 RAFFLE & GIFT BASKET RAFFLE

SPEAKERS

8:30PM - KATHY S. - GRATITUDE GIRLS
10:00PM - RAY T. - PRIMARY PURPOSE

PLEASE CONSIDER MAKING A DONATION AT THE DOOR
FOR SERVICE OPPORTUNITIES CONTACT MIMI . 503.740.4983

DEC 31 | 7PM - MIDNIGHT
494 E MAIN ST HILLSBORO, OR 97123

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1

Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2

Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3

Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

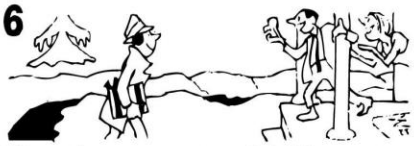
4

Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5

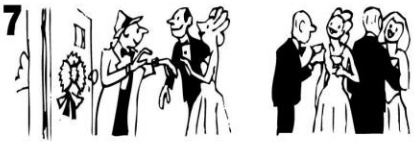
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8

Worship in your own way.

9

Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10

Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."

11

Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12

"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from *Box 459* with permission.

Happy Holidays

DISTRICT 36 PRESENTS A BRUNCH & SPEAKER EVENT

GIFTS OF THE 12TH STEP

"HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THE MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS."

DO WE REALLY HAVE TO WORK ALL 12 STEPS TO RECEIVE THE GIFTS?

HOW DO WE FACE LIFE'S STRUGGLES?

WHEN DO WE FIND THE GIFT OF INNER STRENGTH & PEACE?

HOW DO WE STAY "RIGHT SIZED"?

IS DOING "SERVICE" REALLY A GIFT?

Come join us for brunch & fellowship and stay for answers to your questions!

SATURDAY, DECEMBER 14
10 AM-12:30 PM
RIVERSGATE CHURCH
MULTNOMAH VILLAGE
3021 SW CANBY

TO RSVP:
SCAN THE QR CODE
OR TEXT "RSVP" TO
503-804-2549

Molalla AA Holiday Party

December 20, 2024

6:00 Dinner
Molalla Methodist Church
111 Mathias Rd.
Molalla, OR

Potluck - White Elephant Gift Exchange (For those 12 and up)

Karaoke Competition - Pie Baking Contest - Crafts & Gifts for those 11 and under

Prizes awarded for Karaoke and Pie Contest Winners

Please Bring Main Dish or a Side Dish

Everyone is Welcome!

WESTSIDE CENTRAL OFFICE - PROPOSED BUDGET FOR 2025

INCOME ESTIMATES**	**2025 Budget**	**2024 Budget**	
Literature Sales	$ 1,037.00		
Group Contributions	$ 6,661.00		
Member Contributions	$ 1,789.00		
Total	**$ 9,487.00**		
EXPENSES			
P.O. Box	$ 220.00	$ 200.00	
Rent for office*****	$ 4,000.00	$ 4,000.00	
Phone Service	$ 150.00	$ 150.00	
Web & E-mail	$ 630.00	$ 600.00	Wordfence increased by $30.00
Internet & WIFI	$ 720.00	$ 660.00	
Insurance	$ 350.00	$ 350.00	
Licenses & Gov't Fees****	$ 70.00	$ 70.00	
Chair	$ 20.00	$ 20.00	
Co-Chair	$0.00	$0.00	
Secretary	$0.00	$0.00	
Treasurer***	$ 20.00	$ 20.00	
Outreach Committee***	$ 20.00	$ 20.00	
PI Committee***	$ 20.00	$ 20.00	
CPC Committee***	$ 20.00	$ 20.00	
TF Committee***	$ 20.00	$ 20.00	
Corrections Committee***	$ 20.00	$ 20.00	
Newsletter Committee	$0.00	$0.00	
Hotline Committee	$0.00	$0.00	
12th Step Call Committee	$ 30.00	$ 30.00	
Area 58 Assemblies	$0.00	$0.00	
Literature Inventory Purchases	$ 2,000.00	$ 2,000.00	
Literature (expenses, miscellaneous)	$ 25.00	$ 25.00	
Literature (Meeting Schedules)	$ 150.00	$ 150.00	
Activities***	$ 20.00	$ 20.00	
Finance Committee	$0.00	$0.00	
Office Volunteer Chair	$0.00	$0.00	
Video Conferencing (Zoom)	$ 180.00	$ 180.00	
Office Improvement	$ 500.00	$ 500.00	
Literature to sell at PNC	$0.00	$0.00	
Literature for A.A. Support Call Committee	$0.00	$500.00	
Total	**$ 9,185.00**	**$ 9,575.00**	

** Income estimates are based on 2024 averages 1/1/24 - 10/31/24.

*** This line item represents seed money for an open service position.

**** $20 to DOJ and $50 to SOS

***** Rent based on estimated
$500/month due to possible move

Prudent Reserve is $2400
representing around 3 months of
expenses Proposed at the 12/2/2024
WCO Business Meeting