Into Action!

Westside Central Office

January 2025 – Volume 13 – Number 4

What's Happening at the WCO?

Messages from WCO Board President:

I can't believe it has been one year since we moved into our Tigard office space. It still feels like a new location to me. I suspect the slow literature sales last year was partially due to the move. We had a great month in December with literature sales. This was mostly due to the high demand of the Plain Language Big Book, but we sold other literature as well. Hopefully, December is the start of a new trend with literature sales at WCO. Big thank you to Dylan for handling most of the literature sales last month.

2025 brings another exciting year for WCO, including WCO's 15 th Anniversary next month! I can't believe it's been 15 years already!

As most of you know, we added Oregon City and Gladstone meetings to our online meeting schedule. They will also be a part of our next printed meeting schedule. We published one last Fall, so it may be Spring, at the earliest, when we print another edition.

I let the DCM of District 15 know that we are now including Oregon City and Gladstone meetings in our schedule. He informed District 15 GSRs about the change and would like to have us give a presentation at a future District 15 business meeting. They will reach out to us when they are ready for a presentation.

As we reported last month, AAWS sold out of Plain Language Big Books 2 weeks after it was released. The initial printing was 70,000 copies. I believe there will be a second printing available at the end of this month or in early February. We were running low on our stock of Plain Language Big Books when Portland Area Intergroup offered to sell us some more at cost. We bought 50 more copies. 16 copies were made available for resale and 34 copies for the Hospitals. Big thank you for Portland Area Intergroup for selling us these Plain Language Big Books at cost.

At last month's meeting, we talked about trying out the Plain Language Big Book at the Hospitals. Let's make that happen sooner rather than later. That way, we will know if we can buy back for resale some of the Hospital Committee's Soft Cover Big Books or the Plain Language Big Books. We also have 20 Spanish Big Books available for the Hospitals too.

And finally, I hope we can hold a workshop this year too. Perhaps a Hotline and 12 th Step Call Workshop at our office location, in the conference room, would fit the bill. We held one of these many years ago and it was well received. This workshop may help us attract more Hotline and 12 th Step volunteers as well.

Input or need more info? Please contact info@westsidecentraloffice.com

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Grapevine News

January's Grapevine is on Spirituality and Prayer. This month's featured section is "Spirituality and Prayer," with powerful stories by members about their journeys with finding a Higher Power and the many ways they use prayer.

VANCOUVER 2025

90 YEARS AÑOS ANS ™

Language of the Heart
Lenguaje del corazón
Le langage du cœur

The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

For more information:
https://www.aa.org/international-convention

This Month in A.A. History

- **January 6, 1944**: The first regular meeting location for A.A. in Oregon is established at the Downtown Portland, Oregon YMCA. Although A.A. in Oregon was first established in March 1943 by Co-founders Doc H and Dan G, a regular meeting location had not yet been established until now. 27 people would attend the first meeting. From this meeting, 13 men expressed a desire to become members. A committee was elected and the first group in Portland, as well as Oregon, was established. This group would continue to meet here for two years before starting the 10th Street Clubroom.
- **January 3, 1949**: The first A.A. meeting in Albany, Oregon is held in the chamber of commerce building. The meeting was sponsored by the Salem (Oregon) Group.
- **January 1957:** First A.A. Group in India forms in New Delhi.
- J**anuary 1958:** As a service to its readers, the January 1958 issue of the Grapevine prints a chart outlining A.A.'s services and the Conference structure. Text in the top box of the chart indicates that there are over 7,000 groups registered with the "General Service Headquarters". This includes 500 in institutions (i.e., hospitals, prisons, and other institutions), and 760 overseas.
- **January 1959:** After years of failed attempts, a stable A.A. Group in Colombia forms.
- **January 1960:** First A.A. Group in Guatemala forms.
- **January 1962:** The (Portland Oregon) *Central Committee* changes its name to the *Portland Area Intergroup*.
- **January 24, 1971:** At the age of 75, A.A. Co-founder Bill W dies at the Miami Heart Institute in Miami Beach, Florida.
- **January 2006:** A Japanese General Service Board forms in Tokyo. At this time an estimated 3,500 to 4,000 members are meeting in 290 A.A. Groups in Japan.
- **January 2010:** The Intergroup Exploratory Committee holds its last meeting and approves the creation of the Westside Central Office.

Upcoming Events

Oregon Area 58 Committee Meetings:
https://www.aa-oregon.org/find-a-meeting/#oregon-58-events

Winter Workshop
When: Feb 8 1-4pm Traditions 1-6
When: Feb 22 1-4pm Traditions 7-12
Where: Unitarian Universalist Congregation 710 Sixth St Oregon City, OR 97045

Oregon Area 58 Pre-Conference Quarterly Assembly
When: Mar 14-16
Where: Zoom
Register: https://www.aa-oregon.org/register-mar/

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

Reader Submission!

What is a Reasonable AA Request?

by Mark L

When I first came to AA, my sponsor told me not to turn down a reasonable AA request. However, since I was new and my life was unmanageable, I best bounce ideas off my sponsor first because my best thinking got me into the rooms of Alcoholics Anonymous.

Early on in my sobriety, I did not know what a reasonable AA request was. If I was asked to be of service in AA and my first thought was "No", my sponsor told me it was better to just say, "Let me talk to my sponsor first".

In the beginning, I assumed my sponsor would tell me to just say "Yes" to all AA requests. However, he understood that part of working the program is to learn to live outside the rooms of AA too. That means developing a life plan of balance between AA and daily living. This is especially true if you have a job and a family (or want to obtain a job and a family).

AA is still first in my life, but family, friends, and job are a close second. AA is first because it helps me to be a better husband, father, son, brother, friend, and employee. After 22 years of sobriety, my sponsor still plays a vital role in helping me balance life with AA requests. And that's just one more reason why I keep coming back. I still enjoy the benefits of AA today.

Get Involved!

The Westside Central Office has the following 12th Step opportunities:

Public Information – Volunteers are needed to help inform the public on what A.A. is and what A.A. is not. 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. Email tf@westsidecentraloffice.com for more information.

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.

Corrections – Volunteers are needed to help carry the A.A. message to those behind bars. Email corrections@westsidecentraloffice.com for more information.

Need A.A. Literature?

The Westside Central Office sells A.A. Conference Approved Literature at cost! You can purchase A.A. Literature at our office. We are open by only. Visit www.westsidecentraloffice.com/literature to request an appointment.

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.

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 virtually. Email info@westsidecentraloffice.com for an invite.

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

Saturday Reflections

An open meeting of Alcoholics Anonymous

Start your weekend with a dose of reflection and recovery!
Join us to read the Big Book and 12x12!

Enjoy our participation meeting where Big Book reading, understanding, and sharing are the basis of this group.

Saturday mornings 7:00 a.m. - 8:00 a.m.
St. Anthony's Church
12520 SW Grant Ave Tigard, OR 97233

Or join us on Zoom:
https://us02web.zoom.us/j/85186060965

SUBURBAN SURVIVORS

Please Join Us

Saturday @ Noon

A great, open AA meeting in SW Portland.

When:

Every Saturday at 12:00 Noon

Where:

Vermont Hills Church (downstairs, back door)

6053 SW 55th Dr, Portland, OR 97221

(**next to Pendleton Park on SW Iowa Street**)

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.