Into Action!

Westside Central Office

October 2025 - Volume 14 - Number 1

What's Happening at the WCO?

As mentioned in the Treasurer Report, we spent $299 on "Office Improvement" this past month. The $299 was for a new Square Terminal for credit card transactions. The one we had is now obsolete and no longer supported by Square. We got a lot of use out of the old Square Terminal, and I expect we will get a lot of use out of the new one.

Terms for our 1-year service positions ended last month. Please consider standing for one of these open positions.

Our hotline consumed 111 minutes and received 85 calls during the last two billing cycles from July 16th through September 15th.

Our website had approximately 3400 users who viewed approximately 1800 web pages or 295 web pages per day on average between August 1st and September 30th.

Interim 12 Step Call Chair (OPEN): To volunteer to be a 12 Step Call Volunteer, fill out the questionnaire at:

https://westsidecentraloffice.com/service/twelfth-step-calls

WSCO Hotline: Fairly steady, nothing unusual. Two calls just wanting to talk with me. Strange the calls were not really looking for AA help or instruction.

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

Got a submission for the newsletter? Artwork? Poetry? Send it to newsletter@westsidecentraloffice.com

Want this newsletter emailed to you each month? Then subscribe today by visiting https://westsidecentraloffice.com/newsletter/

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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

- **October 1943** – A second A.A. Group forms in Canada when alcoholics begin meeting in Windsor, Ontario
- **October 1944** – Reader's Digest publishes an article titled, "Maybe I Can Do It Too" about how A.A. member Edward G got sober. For the next four years, this article would appear in translation in several of the publication's international editions.
- **October 1944** – The Yale School of Alcoholic Studies and the Oregon Alcoholic Education committee hold a meeting at the Portland Masonic Temple. The meeting is well attended, following which, three members of Portland A.A. Group Number 1 decide to start a new group on Portland's eastside.
- **October 11, 1946** – Oregon State Hospital Group (Salem, OR) forms.
- **October 1951** – Lasker Award is given to A.A. by American Public Health Association.
- **October 1954** – The "Alcoholic Foundation" becomes the General Service Board of A.A.
- **October 1956** – The first overseas General Service Board is established in London, England to serve A.A. Groups in Great Britain and Ireland.
- **October 1957** – *Alcoholics Anonymous Comes of Age* is first published.
- **October 1958** – Alcoholics Anonymous is called upon to play an advisory role in the October 1958 TV broadcast of "Days of Wine and Roses". The play, examining the lives of an alcoholic married couple seeking help from A.A., will reach an international audience when produced as a movie in 1962.
- **October 8-11, 1969** – First World Services Meeting is held in New York. Representatives from General Service Offices from around the world hold a meeting to exchange ideas on literature distribution, service structure, publishing, and finance. The countries in attendance were Australia, Belgium, Canada, Colombia, Costa Rica, Finland, France, Germany, Guatemala, Holland, Mexico, New Zealand, Norway, South Africa, United Kingdom, and United States.
- **October 1991** – 800 Native Americans from 100 tribes in U.S. and Canada attend the First Native American A.A. Convention in Las Vegas, NV.
- **October 2011** – The Westside Central Office establishes an A.A. telephone hotline (503-684-0415).
- **October 2012 –** The Westside Central Office begins publishing this newsletter, *Into Action!*

Upcoming Events

October 18, 2025 – 1-3pm. District 31 Sponsorship Workshop Calvary.937 NE Jackson School Rd RSVP: https://forms.gle/NoG51Ezg38bKYBH78 Questions and Day of Contact- 503.530.6019

October 25, 2025 – District 31 Halloween Party! First Congregational Church 5th/Main in Hillsboro. 5:00 pm-10:00 pm. Speakers Dawn W & Dave M Pizza and salad provided, bring a dessert. Raffle prizes and 50/50 with a dance.

November 3, 2025 – 7-8pm Westside Central Business Meeting. Zoom. Email info@westsidecentraloffice.com for login information.

November 7-9, 2025 - Camp Howard's Men's Retreat. 11010 Camp Howard Road, Corbett, OR

November 14-16, 2025. Oregon Area 58 Area Assembly Welches, OR. https://www.aa-oregon.org/assembly-information/

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. Our business meeting is held on the first Monday of the month, 7pm-8pm, online. Email info@westsidecentraloffice.com for an invitation to the meeting. We look forward to seeing your group's Co Rep there!

Grapevine News

October 2025

AA & Technology
This month's featured section is "AA & Technology." AA members share about the many new ways AA is using technology today.

"Learning daily to spot, admit, and correct [our] flaws is the essence of [Step Ten]."

(Reprinted from Twelve Steps and Twelve Traditions, page 95, 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.

AA Workshop: "How to Sponsor"

An AA Workshop for Those Ready to Give Back

Hosted by AA District 31

Facilitated by Eric S.

Saturday, October 18 **1-3pm**	***In-person or online via Zoom*** Calvary Lutheran Church, 937 NE Jackson School Rd, Hillsboro, OR 97124

Are you ready to carry the message and walk alongside someone on their recovery journey? This workshop is designed for AA members who are considering becoming sponsors or want to deepen their understanding of sponsorship.

Purpose of the Workshop

- Explore the role and responsibilities of an AA sponsor
- Learn how to share experience, strength, and hope effectively
- Understand boundaries, communication, and spiritual principles in sponsorship
- Hear real stories and insights from experienced sponsors

Benefits of Attending

- Gain clarity and confidence in your ability to sponsor
- Strengthen your own recovery through service
- Build deeper connections within the AA community
- Learn practical tools for guiding sponsees through the Steps

RSVP: https://forms.gle/NoG51Ezg38bKYBH78

Questions and Day of Contact- 503.530.6019

HOSTED BY DISTRICT 31
R.I.P
HALLOWEEN PARTY
OCTOBER 25TH 2025
5:00PM - 10:00PM
6:30PM SPEAKER - DAWN W. - BANKS
7:30PM SPEAKER - DAVE M. - HELVETIA
PLEASE CONSIDER MAKING A $5 DONATION AT THE DOOR
FIRST CONGREGATIONAL CHURCH
494 E MAIN ST
HILLSBORO OR. 97123

Camp Howard Men's Retreat 2025

November 7th Thru 9th

Genuine activities
- 12 Step Workshop
- Group Mediation
- Covered Basketball and Pickleball courts

Speakers

Bill C. and **Steve L.**

Los Angeles, CA

Roster of activities
- 13th Step Workshop
- Intimacy Panels
- more from Dan

COST: **$175.00** includes meals (Friday dinner through Sunday breakfast) and lodging

Full payment is needed to reserve your space.

ATTENTION

YOU MUST BRING YOUR OWN BEDDING: SLEEPING BAG, PILLOW, TOWEL, ETCETERA.

QUESTIONS: Please Contact:

Will T. 503 260 2918 | Harry W. 360 910 3980 | Geoff G. 503 806 0001

Looking forward to seeing you all in November!

Camp Howard
11010 Camp Howard Road
Corbett, OR 97019

Please remit registration via Venmo

or

Make Checks payable to Will Toogood and send to:
Will Toogood
PO Box 1928
Sandy, OR 97055