Into Action!

Westside Central Office

May 2026 – Volume 14 – Number 8

What's Happening at the WCO?

The WCO Chair Position will be opening up in September. Andrew W. Has been our fearless leader for 2.5 years and we thank him for his Service. In the honor of Rotation, Andrew has been serving WCO as "Interim Chair" since last elections in September 2025, and will officially step down in September 2026. We encourage anyone looking for an amazing group of AAs in Service to our AA community to attend the WCO Business Meeting held on the first Monday of the month to see who we are and how much Service you can lead us in.

The Hospitals Service Call Committee Chair is still open and is very important. This Chairperson will be coordinating the effort to bring AA volunteers to the hospitals and work with the OR Area 58 Hospitals Committee. The Hospitals 12 Step Calls service is not new, we just need a chairperson to take the reins.

Anyone interested in taking on either position, there will be a description posted on the WCO Website and in the WCO Newsletter, shortly. Your help spreading the word in your Groups will be greatly appreciated!

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Very light month activity wise, for phone calls. Took some calls from Groups wants to learn more about us. Hopefully we will see more participation in the near future.

We filed annual report to Oregon DOJ. It cost $20 and it will appear on next month's treasurer report.

Our Hotline had 23 calls and consumed 15/300 prepaid minutes during the last billing cycle. In April our website had 1.4K users who viewed 6.8K web pages or approximately 227 web pages per day on average. April's activity had 47.4% fewer users and 9.1% fewer web pages viewed compared to March which was an outlier for number of users. 1.4K is more in line with a typical month lately.

Last month we discussed some ideas for a WCO workshop. Does anyone have any more ideas? Please email them to info@westsidecentraloffice.com

OPEN and Interim Positions:
Chair, Treatment Facilities Chair, Corrections Chair, Activities Chair, PI Chair, CPC Chair, Outreach, 12-Step Call Chair, Hospitals Service Call Committee Chair.

Please bring these open service positions back to your groups, sponsee's and fellows.

Want this newsletter emailed to you each month? Then subscribe today by completing the online subscription form at: 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. However, we are currently open by appointment only. You can request an appointment by clicking here or by emailing info@westsidecentraloffice.com.

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

- **May 1935** – Dr. Bob and Bill meet in Akron
- **May 1938** – The Alcoholic Foundation, a trusteeship for A.A., is established.
- **May 1938** – Bill W begins writing the book, Alcoholics Anonymous.
- **May 1939** – First A.A. group forms in Cleveland, Ohio. This is the first group to call itself *Alcoholics Anonymous*, named after the big book mimeograph that had been circulating with the Akron groups at the time. Moreover, this was the first group not to affiliate itself with the Oxford Group. The group's meetings were only open to alcoholics and their families.
- **May 1, 1944** – The Alcoholic Foundation announces its new address, Box 459 in New York City. Box 459 will become the post office address and symbolic address of Alcoholics Anonymous.
- **May 30, 1944** - The first meeting of the Mill Creek Group at the Oregon State prison in Salem, OR is held. Mill Creek Group continues to meet today.
- **May 1949** – Scotland's first known A.A. groups are founded in Edinburgh and in Glasgow.
- **May 1949** – Bill addresses the American Psychiatric Association. His address marks the acceptance of A.A. by yet another major medical association.
- **May 1949** – The Central Advisory Committee, a predecessor to the Portland Area Intergroup, establishes a central office at the Alano Club located at1932 NW Flanders Street in Portland. The Alano Club would serve as the Central Office's location until a permanent location was found in October 1949.
- **May 1987** – A.A. India holds first General Service Conference in Bombay (now Mumbai).

Grapevine News

MAY 2026

HOW THE STEPS CHANGED MY LIFE

THE MAY ISSUE IS "HOW THE STEPS CHANGED MY LIFE," FEATURING POWERFUL STORIES BY AA MEMBERS ABOUT THE MANY WAYS THE STEPS IMPROVED THEIR SOBRIETY AND CHANGED THEIR LIVES.

Upcoming Events

May 15-17 2026 – Oregon Area 58 Post Conference Assembly. Springfield, OR Elks Lodge. https://www.aa-oregon.org/register-may/

May 23, 2026 – District 10 BBQ noon – 6pm at Gabriel Park. See flyer

June 20, 2026 – District 31 Safety Workshop. Details to come.

June 26 – 28, 2026 – Pacific Northwest Conference in Vancouver, WA Heathman lodge. www.pnc1948.org for more information.

July 11, 2026 – 11:00am to 1:00 pm. District 31 Summer Picnic. Rood Bridge Park. 50/50 raffle, speaker. Potluck.

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, via zoom. Email info@westsidecentraloffice.com to get the link to join in!

Have a submission? Email newsletter@westsidecentraloffice.com

To get it in next month's newsletter!

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.

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.

Cooperation with the 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.

Hospitals Service Call Chair -
Maintains a list of 12 step call volunteers that are available for in-person and/or over the phone 12th Step calls with hospital patients. Receives 12 step call requests from participating hospital staff. When possible, match up 12 step call requests to 12 step call volunteers based on their
gender and age.

Chair – Facilitates WCO business meeting; presents a quarterly report on WCO at each Area 58 Quarterly Assembly; emails business meeting minutes to Area 58 Archivist (4 years continuous sobriety suggested, serves through September 30, 2026).

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 or more years continuous sobriety suggested, serves through September 30, 2026.

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, serves through September 30, 2026.

Office Volunteer – Job duties include opening and closing the office, selling literature, and answering questions about A.A. to anyone who stops by the office. 2 or more years continuous sobriety is suggested. Note: This is an appointed position. Please email your availability to **info@westsidecentraloffice.com** or call us at 503-684-0415 (menu option 0).

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 2026
annual
Summer
BBQ/POTLUCK
BURGERS, HOT DOGS, DRINKS & ROOT BEER FLOATS PROVIDED!
BRING A SIDE TO SHARE
ROOD BRIDGE PARK: 50/50 raffle, speaker 12pm Sierra M. Dry Noon
SAT JULY 11TH
11AM-1PM
4000 SE ROOD BRIDGE RD
HILLSBORO, OR 97133
CONSIDER MAKING A $5 DONATION AT THE TABLE
Volunteers needed!
Text Collette for service opportunities
503-999-7870

A.A. District 10
MEMORIAL DAY
WEEKEND
BBQ EXTRAVAGANZA
May 23rd, 2026 Noon-6PM
Gabriel Park - Picnic Area C
SW 45th Avenue and Vermont Street,
Portland, OR 97219
BBQ - 50/50 Raffle - Guest Speaker
To RSVP or Volunteer email activities1@oregondistrict10.org