Into Action!

Westside Central Office

August 2026 – Volume 14 – Number 11

What's Happening at the WCO?

We recently found out that our contact at Providence St. Vincent's Behavioral Health Intervention Team has left their position. Luckily, the new person heading that team reached out and we will be scheduling a call soon to talk about the Hospitals Service Call Committee to ensure we continue to be available to alcoholics who are admitted at the hospital.

Next month is the WCO elections. We have many positions rotating, including the chair position which our current chair, Andrew is stepping down from after 3 years of service. We need your help getting the word out. Please share with your groups, AA friends, and more that we have a lot of great service opportunities available.

We ALWAYS need 12 Step Volunteers to further expand in- person/hospital visits. Please signup for our training, in-person is a great 12 th Step experience!

We decided to host a potluck. District 23 and WCO will provide hot dog and hamburgers. Everyone else is encouraged to bring a dish to share. The latest flyer has a QR code to a potluck sign up form. You can also view the responses to see what others are bringing. You can also find the sign-up form by visiting our website. The direct link is https://westsidecentraloffice.com/wco-district-23-picnic-and-7th-tradition-workshop

Sunday, September 13th from 2pm to 4:30pm, District 15 is hosting their "Gift of Service" event. We will have a presence there.

As a reminder, we meet on the third Monday of the month in September in lieu of the Labor Day Holiday. So, our next meeting will be held on Monday, September 21, 2026, at 7pm.

Our hotline has 22 calls and consumed 6/300 prepaid minutes during the June 16 – July 15 billing cycle.

Our website this past month had approximately 1300 users who viewed approximately 6900 web pages or 223 web page per day on average. Compared to June, we had 2.5% less visitors but 6.8% more viewed web pages.

The Service rewards are huge! Being available to people struggling and needing an AA Member to talk to. Please give thought to these rewards of Sobriety, for you, and the person you are helping!

Thinking about becoming an AA Hotline Volunteer? Find out more at the link below.
https://westsidecentraloffice.com/service/a-a-hotline

http://westsidecentraloffice.com/newsletter/#subscribe

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August Grapevine!

Sober Travel

The August issue is "Sober Travel!" featuring fun, helpful stories by AA members about getting out and going places in sobriety, and the many ways we stay sober while on the road and in the air.

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

- **August 1934 -**Oxford Groups sober up Bill W's friend, Ebby T.
- **August 11, 1938 -** The Alcoholic Foundation (predecessor to General Service Board) is founded.
- **August 1939 -** Dr. Bob and Sister Ignatia begin working with alcoholics at St. Thomas Hospital in Akron. They will treat 5,000 alcoholics over a 10-year span.
- **August 6, 1944** – Carl S, Mr. B, Mr. K, and Cecil F from Portland's A.A. Group No. 1, visited Dr. Williams at the Oregon state hospital in Salem with the idea of starting an A.A. group in the hospital. However, A.A. groups in Salem had not yet formed and 12th Step Workers were not too plentiful at the time. Therefore, the hospital group would not get started until October 11, 1946.
- **August 8, 1946** – The first group in Astoria called the Central Group forms. This is the fourth A.A. group to form in Oregon. The first group was Portland's A.A. Group No. 1 (formed January 6, 1944), the second was the Mill Creek Group (formed inside the walls of the Oregon State Penitentiary on May 30, 1944), and the third was the Salem City Group (formed April 29, 1946).
- **August 1951 –** The Portland Area Intergroup's predecessor, the Central Advisory Committee, changed its name to the Central Committee.
- **August 1981 –** Distribution of the Big Book passes the 3 million mark.
- **August 2001** – A.A. takes root in China. China has three A.A. groups in existence – two in Beijing and one in Chanchun.
- **August 2012** – Westside Central Office moves its business meeting from the first Saturday of the month at 2pm to the first Monday of the month at 7pm.
- **August 2013** – Westside Central Office begins offering a printed meeting schedule.
- **August 1, 2016** – Westside Central Office approves a motion to move all WCO's September business meetings to the third Monday of the month in lieu of Labor Day.

Upcoming Events

August 16, 2026 – Portland Area Intergroup Picnic. 11:00 am to 5:00 pm. Raffle Prizes and Games. Potluck. Oaks Amusement Park.

August 22, 2026 – D23 and WCO Picnic & 7th Tradition Workshop 1:00 pm to 4:00 pm. Waluga Park East, 15505 Quarry Road, Lake Oswego.

September 1, 2026 – District 31 AA Grapevine Workshop. 6:00 to 7:30 pm. Kaiser Permanente Building. 10315 NW Tanasbourne Dr. Conference Room B. Hillsboro.

September 13, 2026 – Gift of Service AA Workshop. 2:30 pm to 4:30 pm. Unitarian Universalist Congregation. 710 Sixth St, Oregon City.

September 21, 2026 – Westside Central Office Business Meeting. 7:00 pm to 8:00 pm. Email info@westsidecentraloffice.com for zoom link and password.

October 2 to 4 – Menucha Fall Women's Retreat. Email fallmenucharetreat@gmail.com for registration and more details.

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 our business 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

Step Eight "… is the beginning of the end of isolation from our fellows and from God."

(Reprinted from Twelve Steps and Twelve Traditions, page 82, with permission of A.A. World Services, Inc.)

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.

RAFFLE PRIZES & CASH

HUGE POTLUCK

PORTLAND AREA INTERGROUP PICNIC

Just what the doctor ordered.

PLEASE BRING A DISH BY LAST NAME FOR THE POTLUCK

A-H: APPETIZER
I-N: DESSERT
O-Z: SIDE DISH

BINGO.
BBQ.
CORNHOLE.
RIDES.
FUN.

OAKS AMUSEMENT PARK

SUNDAY, AUGUST 16
11AM-5PM

FOR MORE INFO OR TO ORDER RIDE BRACELETS, TSHIRTS, HOODIES & RAFFLE TICKETS:
503.223.8569 | PDXAA.ORG

YOU'RE INVITED

District 23 & WCO Picnic

+ 7th Tradition Workshop

DATE
Sat, Aug 22, 2026

TIME
1:00 – 4:00 PM

LOCATION
Waluga Park East, Lake Oswego
15505 Quarry Rd, Lake Oswego, OR 97035

AA District 23 and the Westside Central Office (WCO) are teaming up for an afternoon of sunshine, fellowship, and fun. All members of AA and their families are welcome — bring a blanket and a friend!

We Need YOU!

This picnic runs on volunteer power. Setup, food, games, greeting new faces — every pair of hands helps make it a warm, welcoming day for our AA community.

Sign Up to Volunteer →

Scan the QR code or visit the link below to grab your spot

westsidecentraloffice.com/wco-district-23-picnic-and-7th-tradition-workshop

Scan to Volunteer

Point your camera here

Grill & Setup Crew | Food & Drinks | Games & Activities | Welcome Table | Cleanup Crew

Let's Make Recovery Fun in the Sun

District 31 Presents
AA Grapevine
Writer's Workshop Special Edition

AAGRAPEVINE

Ever wanted to publish your story in Grapevine?
Got a good original joke or cartoon?
This workshop will guide you through the steps needed to submit your work to the national magazine.

Food and drinks will be provided.
Paper and Pens will be available, but bring a laptop if you like.

Tuesday, September 1st, 6-7:30PM

In Person:
Kaiser Permanente Medical and Dental Office's Building
10315 Northwest Tanasbourne Drive
Conference Room B
Hillsboro, OR 97124

Online:
https://www.pdxaa.org/meetings/sunlight-of-the-spirit/
https://zoom.us/j/223146905

For more information, email:
reoportland@yahoo.com

THE GIFT OF SERVICE
AN AA WORKSHOP

Hear inspiring stories from our speakers, past delegate **Amber N.** and **Rick H.** on how service work has transformed their lives. *Engage* in a Service Bingo activity and *Discover* how your service journey can grow or begin!

Date: Sunday, September 13th
Time: 2:30-4:30pm
Location: Unitarian Universalist Congregation at Willamette Falls
710 6th Street Oregon City, OR 97045

- Snacks
- Prizes
- Speakers

Service Bingo
A fun way to explore different roles and service opportunities!

REGISTER NOW

For Questions, Please contact:
Shauna: (503)833-2015 | Shaunacarter79@gmail.com
Abigail: (503)421-8038 | Abigail.renee38@gmail.com

MENUCHA FALL WOMEN'S SPIRITUAL RETREAT

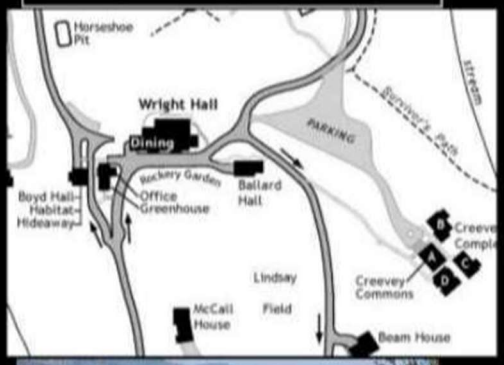
Oct 2,3,4 2026

Registration

$240

email fallmenucharetreat @gmail.com for link

REGISTER NOW,MORE INFO OR ALTERNATE REGISTRATION METHODS EMAIL FALLMENUCHARETREAT@GMAIL.COM



Lodging, Bedding,Towels,Activities, and Meals Included. Inspirational Speakers, Empowering Workshops, Engaging group activities,Serene Nature Walks, Safe and Supportive Space for Authentic Sharing and Reflection

All Recovery Paths Welcome

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:

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, 2028).

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, 2028).

Recording Secretary – Records WCO business meeting minutes; distributes meeting minutes via email and at the start of each business meeting (1 year continuous sobriety suggested, serves through September 30, 2027).

Finance Chair - Receives and approves annual budget requests from committees; compiles itemized annual budgets into a report for the November WCO business meeting; monitors and documents WCO expenditures; reconciles expenditures to annual budget (2 years continuous sobriety suggested, serves through September 30, 2028).

Board of Directors – The WCO Board of Directors consist of three to seven individuals that act as the legal custodians of Westside Central Office, Inc. and oversee the day-to-day operations of WCO (4 years continuous sobriety suggested, serves through September 30, 2028).

12 Step Call Committee Chair - Maintains a list of 12th Step Volunteers for participating groups; receives calls from Hotline volunteers; and refers 12th Step volunteers to incoming calls (2 years continuous sobriety suggested, serves through September 30, 2027).

Activities Chair - Brings suggestions for WCO-sponsored events to Co Reps for approval; Organizes volunteers to host activities; Finds the facilities to host activities; 1 Non-alcoholic Directors may serve on the Board provided that the Alcoholic Directors out number the Non-alcoholics by at least a 2/3 majority. For example, if there are 3 Directors, then no more than one Director may be a Non-alcoholic. Into Action! 2 Prepares flyers for distribution to A.A. community for events (2 years continuous sobriety, serves through September 30, 2027).

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, 2027).

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, 2028).

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, 2028).

Outreach Chair - Informs A.A. groups and members of the available services and opportunities for service at the WCO; Maintains the Westside Central Office Frequently Asked Questions (F.A.Q.) form (2 years continuous sobriety suggested, serves through September 30, 2027).

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, 2028).

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, 2028).

Newsletter Committee Chair - Publishes the Westside Central Office's monthly newsletter *Into Action!* (2 years continuous sobriety suggested, serves through September 30, 2027).

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, 2027).

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).