

District 5 Oregon Area 58

Meeting Minutes

February 12th, 2023

Meeting was opened with the Serenity Prayer at 4pm.

Attending: Carrie B (DCM), Jamie S (ADCM), Christine B (Secretary), Will D (Treasurer), Nancy B (Access), Ron B (CPC), Brian W (Treatment Facilities), Walt W (Corrections), Jessie C (Grapevine/La Vina), Trisha M (Literature), Brian R (Public Information), Dawna A (GSR - 24 & Alive), Chris M (GSR - Attitude Adjustment), Carmack M (GSR - Men's Book Study), Mario H (GSR - New Horizons), Beth (AGSR - New Horizons), Charles K (GSR - Not A Glum Lot), Helen W (AGSR - Not A Glum Lot), Nick M (GSR - Young At Heart), Katie H (GSR - Sisters In Sobriety), Brandon C (GSR - Weathering The Storm), Anders W (WFS - GSR), Christina (Al-Anon Liaison), Mike L

Welcome to new GSRs: Katie H (GSR - Sisters In Sobriety),

Tradition 2 Presentation:

For our group purpose there is but one ultimate authority... a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants... they do not govern.

<https://docs.google.com/document/d/1Yz1ky1OmsZefrxrKMzDmleT9bKZW9bHHHAXwvLnTjIA/edit?usp=sharing>

Concept 2:

When, in 1965, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.

District Secretary – Christine B.

Good afternoon. My name is Christine. I am an alcoholic and your District Secretary.

My thanks to those of you who let me know that you do not have a report this month. It is appreciated.

The year is passing and rotation will happen. I would like to encourage all of you to consider making yourselves available for the District Officer and Committee Chair positions coming available at the next election in October. Now is a good time to learn more about those positions. I would be happy to spend some time with any of you thinking about stepping up to be of service.

Our groups have some great and growing representation. I will be sending out an updated copy of the D5 Roster with the February Minutes.

Thank you for the opportunity to be of service,

A motion was made to accept the January Meeting Minutes by Brian W and was seconded by Anders W. **Motion Passed.**

Treasurer Report – Will D.

Greetings District 5

My name is Will, and I am your District 5 treasurer. Thank you for allowing me to be of service.

We started January with \$8,450.82
Group Contributions in January were \$675.20
Expenses in December were \$304.79

Leaving us with a balance on January 31 of \$8,821.23

We are currently behind in group contributions by \$859.38 YTD.

I would like to encourage all of our committee chairs to use their budgets to carry the message in Central Oregon. If any committee chairs need help gaining access to funds please do not hesitate to reach out, I am happy to help. You are welcome to call/text: [REDACTED] email: treasurer@district5aa.org

Group conscious decision to maintain 6 months of budget to be reserved, which for 2023 would be \$9,200. We are currently \$379 short of this reserve.

To achieve the requisite contributions for the 2023 budget and finish the year with prudent reserves for 2024, we need group contributions to be: \$1,612/per month.

Thank you for allowing me to be of service.

In unity-
Will D.

District 5 Treasurer

A motion was made to accept the January Treasurer's report as delivered by Nick M and was seconded by Chris M. **Motion Passed.**

DCM Report – Carrie B.

Good Afternoon District 5!

District 5: What have I done this last Month! Well, The Recover at Your Own Risk Group invited me to come present on Tradition One at the beginning of their Business meeting. I presented some literature for 5 minutes then we did Q&A for 5 minutes. They had some GREAT questions and comments! It was Super fun and I believe they are

having me back monthly to do this. I'm also still presenting a Tradition a month at the Page 21 Group in Prineville on the Last Monday of the Month at their Monthly Speaker Meeting.

The Alt DCM and I attended the Sober Sisters Group out in Sisters Oregon and took their new GSR Anne through District 5 Orientation. Elizabeth the New GSR for the Redmond Nooners Group also met us out there in Sisters for Orientation that day. Katie, new GSR for the Sisters in Sobriety Group here in Bend met up with me at TEC, where her group meets, and we went through Orientation as well. It was Great to meet the new GSRs and get to know them a bit! I also met up with a potential new Alt GSR for the Tummalo group. Howard from the Tumalo Group is doing his research before standing for this position. What a great example!

Guess what?! We have a new District 5 Literature Chair! Please help me welcome to the D5 committee Trisha from the Steps To Sobriety Group in Prineville who will be serving the District with us as our new Literature Chair!

We held the Big 12 Steps and 12 Traditions weekend Workshop. Over 600 in attendance and amazing feedback! Thank you to all who helped on the committee! If you were not able to attend this workshop and would like to listen to the recordings you will be able to download them for free at District5AA.org after next week. Enjoy!

I attended the COIG business meeting and gave the district 5 report. I also invited them to come give an intergroup report at the District meeting.

I had a conversation with Jan at TEC. Utilities cost is going up, therefore their standard cost of rent for brooks hall has just increased. If your group meets in a church that allows you to set your own rent cost, for your group, you may want to consider raising the amount you pay for rent. Please do not make donations to any Church for utilities, snow removal, a new roof, etc. Just simply consider upping the cost you pay for rent in the spirit of the 7th Tradition.

Oregon Area 58: I attended Oregon Area Orientation on Saturday the 14th ALLLLL Day on line, which included DCM School as well as Assembly Planning and motion writing. Wow! What a LOT of information!

The First Weekend in March is coming up FAST! If you have never been to a PRAASA I highly encourage you to attend this! It is a HUGE conference and a lot of fun! Please get those fliers out to your Group and invite as many people as you can! It is in Southern Calif this time and is always a GREAT event! Super Cheap flights! Your voices are important at this event, wanted, and needed! I will be attending as your DCM, have already booked my flight (Only \$250 round trip, so book now!) and I will commit to attending and participating in at least 6 events and/or sessions during this weekend. I look forward to spending time with those of you attending!

<https://praasa.org/>

After that is the Oregon Area Quarterly Assembly, March 31-April 2 being held at the Holiday Inn Portland Airport. If you haven't already done so, please be sure to register!!

Last but not least, is the Pacific Northwest Conference, June 23-25 which is also being held at the Holiday Inn Portland Airport!

Speaking of Assemblies, District 5 will be hosting the May assembly right here in Central Oregon! At the Redmond fairgrounds. Although we will now not be asking the groups for additional financial support, we will need lots of physical support in hosting this event here locally. Volunteers are needed! The more the better!

GSO/AAWS: The General Service Conference is coming up QUICKLY! The final Conference Agenda Item List is not technically out yet, but I have a link to review it here, and as soon as the background material is released, you as the General Service Representatives of your home groups will need to either set up a time to go over these items together, or we can do one big one with the entire District. However, because the pre-conference assembly is scheduled so closely to the general service conference, we are going to need to have all of our opinions, thoughts, and feelings on the agenda items discussed with our groups before the pre-conference assembly so that we can give our delegate an adequate picture of the way our groups feel. This is the purpose of the pre-conference assembly. So everyone's goal should be to have your conference agenda sharing session completed before the next Oregon area assembly. If you don't know how to do this, please let me know. As your DCM, I am here to help support you in this. There are many different ways to get your group's conscience on these agenda items and none of them are wrong.

Yours in Fellowship & Service, District 5 DCM <http://district5aa.org/>

Carrie B. 541-788-7276

Please announce at your Home Group

Alternate DCM Report- Jamie S.

Greetings District 5,

I stated last month that I am in the process of putting together a list for other 12 step fellowships for when a non alcoholic comes into your homegroup looking for help with a problem other than alcohol. I was really happy to find a meeting of Gamblers Anonymous in Bend! I have added that info to the list of resources.

It has been brought to my attention that several committee members have not received their kit and workbook. I sent a request to The General Service Office that they be sent out. As of right now I did find out that they are out of Corrections and Cooperation With Treatment Facilities workbooks. I was able to pass on a link to both Walt and Brian W so they still have access to that until they get back in stock.

I want to thank all who attended and made the weekend workshop happen that was held last month! It was a wonderful weekend going through The 12 Steps and 12 Traditions. For those who missed it you may listen to the recordings on the home page of the District 5 Website.

And lastly, I owe the district an amends. After much consideration and talking to my sponsor I have decided to step down from my Alternate DCM position. When I took this position, I knew full well I had a full time job and could not serve the District in this capacity. Since taking the role, In addition to my full time job, I have made the decision to get married. My fiance and I are closing on our new house in Madras on the 15th of next month and my plate is about to become even more full. That being said, this will be my last report, and I will not be attending the Area Assembly.

Thank you for allowing me to serve, Jamie S

dcm05-alt@aa-oregon.org

971 297 5419

Unfinished Business

- Should the meeting on April 9th (Easter) be rescheduled? Discussion to be resumed with minority opinion, Will to begin... (**Motion failed:** to move the April D5 Business Meeting by Mario H, second by Will D).
- Discussion resumed. Motion to revote by Carmack M, second by Brian W. **Motion Passed.** Revote on original motion. **Motion Passed.** April meeting rescheduled for April 16th.

Committee Reports

Assembly Host Committee: Christine B.

Greetings! My name is Christine. I am an alcoholic and your May 2023 Assembly Host Committee Chair.

Three month countdown to the May Assembly on the 19th, 20th, and 21st! We are currently signing up volunteers and working to firm up information with the venue in order to distribute event details. The venue is still in the midst of renegotiating contracts with the food cart vendors and others. We have flyers and a card handout with a QR code that can be scanned to get to a volunteer signup page and that will evolve into an information page. As there will be no fundraising, the committee has voted to use the remaining mugs as gifts for volunteers.

The position of Volunteer Chair has become available due to unavoidable circumstances. Lisa H is moving forward with the planning however we need to find a person to lead and direct on the weekend of the event. The person who accepts this position should be involved sooner rather than later and needs to be present for the full weekend.

The committee position of Dance/Entertainment remains vacant. However, our Alt Chair Val N looked into, and has arranged for, the band for the entertainment we are calling a "Music and Mingle" on the Saturday night following the dinner time speaker. The committee did vote to move forward with this plan. We agreed that the word dance might well discourage some people, though dancing will certainly be one of the options. The band is Sweet Motor and includes some of our very own AA friends.

Our venue is one breakout room short and so we are looking to borrow an RV to be used to stage a hospitality area out of. We do have permission to park said RV just outside the venue and picnic tables for the area have been arranged.

The planning continues to firm up. Please contact me with any questions at christine.db42@gmail.com. Thank you for the opportunity to be of service!

Access Committee: Nancy B.

Good afternoon everyone!

So, after attending a couple of hybrid meetings at Attitude Adjustments, I realize that their set-up is pretty amazing AND their hybrid meeting equipment is available to rent! The equipment is all owned by Barry of Attitude Adjustments. It is also the same set-up that Intergroup rents.

As the new Access Chair, I came into the role with the assumption that purchasing our own equipment was the only option available and I moved forward with the steps required for procuring it. Once I found out that equipment was available to rent, that both Attitude Adjustments and Intergroup rent the same equipment and that renting equipment would not go against any of our Traditions, I pursued this option as the solution for District 5's hybrid meeting solution. I discussed this with Carrie and also shared this solution with Christine and Jamie.

So, all of this to say, District 5 will be renting Barry's hybrid equipment at the rate of \$10/meeting. This solution does require us to have our own computer, which we now have. Carrie suggested that a \$10/meeting rental fee, instead of the \$1/meeting currently charged to Intergroup and Attitude Adjustments, would be more aligned with the idea of AA paying our own versus the \$1/meeting charged to Intergroup. Regarding the recently approved hybrid equipment budget, I have only used \$389.99 of the \$800 budget for the hybrid equipment set-up. I don't have any plans currently to use the remainder of the budget. There will be a monthly \$10 equipment rental fee to be added to the Access Chair budget.

I spent the past couple of weeks learning how to set-up and run the equipment. I also have access to the cabinet where the equipment resides in the TEC. Chris, Attitude Adjustment's Alternate GSR has offered to assist me in setting up the equipment for our upcoming District meeting and help troubleshoot any problems I may encounter. They also told me that if I need a back-up, that Chris, Walt, Barry and Alice are all available to be a back-up. I will also work on identifying back-up technical support.

This brings me to the location of the meeting. Going forward, we will return to holding all of our district meetings at the TEC basement meeting room. This will make it consistent for people who wish to attend in person, and the hybrid equipment is already set-up for the meeting room. Regarding the internet at TEC, we have found that using the ethernet wire instead of the wireless connection makes for a consistent and strong broadband connection.

A separate unrelated open item that I would like to share is that I have still not received any workbook from GSO. I know that Jamie reached out to GSO on Jan 19. I had notified them of my new role as the Access Chair on August 30 of 2022.

Thank you for allowing me to be of service!

Nancy
408-482-8099

Archives: Joe H.

No report.

Cooperation with the Professional Community (CPC): Ron B.

No report,

Treatment Facilities (CTF): Brian W

Greetings District 5,

Since the last District business meeting, we have not had a Treatment committee meeting, but we have had some great accomplishments:

- Our Treatment Social Mixer event is scheduled! I booked a room at Pappy's Pizza in Redmond on 4/21 from 6-8pm. Hopefully within the next few days I'll have a flyer together and will either mail or hand-deliver to every treatment facility I can locate within the district. The room seats up to 50 people, so D5 committee representation will be kept to a minimum - just the treatment committee, DCM, and a few select invitees. This is not meant to exclude, but to keep the focus on connecting treatment facilities to the right representatives from D5.
- We have grown to a committee of nine representatives along with myself as chair, with our most recent additions being Ron in Madras and Jerry in Redmond. With help from Carrie, we've helped bring nearly everyone with orientations. Next on my list to visit are meetings in Warm Springs, Sisters, and La Pine. Now I have to get more binders from the office supply store!
- Clients of our panels are interested in more literature. I've brought boxes of pamphlets up to Bestcare Redmond and Bestcare Bend.
- We have another panel open at Bestcare in Bend! I delivered some pamphlets on Friday and spoke with the program director and one of the counselors there, and we hope to have them paired up with one of our committee members soon
- Another member of our committee, Heidi, has also established contact with Bestcare Prineville, something I have been unsuccessful in doing. Once we have the door open there, we'll pair them up with Joy to run a panel and take care of their clients. Heidi has also made contact with New Possibilities, another treatment facility in Redmond.
- In order to make our contact with Treatment Facilities more streamlined, I started assembling a "Treatment Professional Packet", centered around the "P-46 If You Are A Professional" packet to provide information for counselors and directors on who we are and what we do. This will build on the success of an initial meeting with a counselor or facility director to open dialogue.

One request I would like to make for the group is for an updated District 5 Roster to be made available. As I conduct District business, I occasionally need to contact committee chairs and

GSRs from other meetings. If the secretary could send an updated roster with phone numbers and emails for the District, that would make things much better for our operations.

Thanks for letting me be of service

Brian D. W
818-317-1248
ctf@district5aa.org
Chair - Cooperation with Treatment Facilities Committee
District 5 AA - Area 58
www.District5AA.org

Corrections: Walt W.

No report.

Grapevine / La Vina: Jessie C.

Hi, my name is Jessie and I am the District 5 Grapevine/La Viña Chair. Parking Lot Ladies is my home group.

My main priority continues to be gathering the information of all the Grapevine/La Viña reps across the district. GSRs, if your home group has a GV/LV rep, please give them my contact information so they can be on my committee. My email is Grapevine@District5aa.org. (Three additional committee members would be great).

I attended the Sunday Morning Serenity group and made my announcement asking to connect with their Grapevine Rep. They do not have one yet.

Thank you to Carrie for writing up an information sheet describing the role and responsibilities of the Group Grapevine Rep. I will be printing these out to have with my display and to meetings to share with groups.

Literature: Trisha M.

I am a recovered alcoholic as described in the first forward of the Big Book and I have a genuine alcoholic history.

My home group is the Steps to Sobriety group in Prineville, Oregon.

My sobriety date is 3/14/2003 and I have an AA sponsor who knows she's my sponsor.

I am not service sponsored yet but I'm putting thoughtful consideration into that and I have no problem with asking others for direction, insight and inspiration until I'm service sponsored.

I am able to attend the monthly District meetings and I have a working knowledge of the 12 Traditions and strive to learn more.

Other positions I've held;

- CTF for District 25 for two terms

- Treasurer and alt treasurer at District and group level

- Secretary for both District and my Home group

- GSR for my group but not carried out to full term

- Coin and literature person

- Coffee and supply person

- Birthday person

- Meeting secretary for multiple meetings

- Intergroup rep

- Chair for different AA events including;

 - Fundraiser chair for Area assembly

 - Picnic chair for the district

 - Workshop chair and/or co-chair for various AA workshops

 - Wild and Sassy women's day thang (recovery event)

Various positions for a variety of events and workshops including the most recent 12 steps and 12 traditions workshop.

My favorite position of all: unofficial cup washer when I first came in.

Most recent service commitment was Archives chair for District 25 in which I served one full 4 year term and another partial term due to moving out of the district.

What has AA service done for me?

When I got to AA as miserable and desperate as I'd ever been, I couldn't look anyone in the eye, let alone talk to them. At a couple of weeks sober I started washing the coffee mugs after the meeting as a way to stay for the meeting after the meeting and not feel awkward just standing around and I got to listen to the laughter and chatter that gave me hope that I could feel different.

At 2 months sober I was asked to be the Friday Night Candlelight meeting Secretary. This forced me to talk to people and I gained a small bit of confidence to do the next jobs (birthday person, supplies, coins and lit and such). After some time I was asked to participate on different committees until years later I would myself, chair these same committees.

We were a busy District and I stayed close to the middle.

Taking the steps has given me a clear picture of who I am and a desire to be who I could become, and the beginning of a sense of self worth and esteem.

Being of service to my Home Group and District as well as sponsoring has given me a purpose.

Doing both, taking the steps and being of service gives me an opportunity to become usefully whole.

Happy, joyous and free

Very early in sobriety, I heard someone say, if I'm not feeling part of, it's probably because I'm not participating. So today, I participate in my own recovery.

Sincerely,
Trisha M.
Grateful home group member

Outreach: Vacant - Learn More

As you know this position is still available. Please continue announcing this open D5 Committee Chair position in your Home Group as well as at the meetings you attend that are not a part of a group and do not have a GSR. Please see Outreach committee guidelines here: [D5 Outreach Committee Guidelines](#) or look them up on District5AA.Org under the Outreach Committee Thank you everyone for your service!

Carrie D5 DCM 541-788-7276



OUTREACH CHAIR POSITION

**DO YOU ATTEND A
LOT OF MEETINGS?
ARE YOU WILLING TO
MAKE ANOUNCMENTS?
DO YOU HAVE MORE
THAN A YEAR SOBER?
WOULD YOU LIKE TO
GET INTO GENERAL
SERVICE?**

**A.A.
NEEDS
YOU!**



For more information or
to apply for this service
position send an email
to the DCM at:
dcm05@aa-oregon.org

**SUPER
EASY
AND FUN
POSITION!**

Public Information (PI): Brian R.
Hi District 5!

I was traveling for a month but now I'm back. I understand we are having PI email issues and I have talked with John and he is working on it. Pamphlets and schedules have been going out. I have given out a ton of PI cards to members to distribute. We are going to have a PI meeting on Feb 18th at 2pm. I will put it on the district website when I get the room reserved at the library.

If GSR's can take back to their group that I could use more committee members that would be great.

If any of you hear of any community health or wellness events that are going to take place please let me know, it would be nice to have an AA presence at those events.

Short report: I just got back home a few days ago.

Thank you for letting me be of service,
Brian R

Website: John S.

No report.

GSR Reports

We Are Not A Glum Lot (Charles K - GSR)

My name is Charles, an alcoholic. My home group is We Are Not a Glum Lot. We meet MWF, 12 Noon, 554 Newport, Bend, Church of Christ.

Last Monday at our business meeting, we filled the only remaining service position, Alternate Treasurer. For "the first time in 10 years," as an old timer put it, we have filled ALL our service positions in this group !!

We have appointed a Phone List Chair, and the question arose, "do we cull the names of people who have left town long ago?" We had to table that topic until next month, framed as "What is the point of the Phone List?" Evidently, our group is not alone in having this dilemma.

More importantly, in filling ALL our service positions the past few months, there have been occasions when a person already holding a service position has offered.....to take a second one. Verbally, they were told that a person can hold only one service position at a time.

However, a search of years of past Minutes revealed no such Policy had ever been created. It was just a hunch. So, we ended up having a long discussion about filling positions, and about holding more than one position. We discussed the "spirit of rotation," and we discussed the problem of announcing an empty service position for up to one year— which has happened.

In the end, a Motion was made, and it passed, that we have a "One Person—One Service Position" policy as a group conscience, and it's now official. We will have the "patience" to announce empty service positions indefinitely, as that may ultimately encourage someone to step up. We also discussed the pitfall of fewer and fewer people holding all the service positions—a result we want to avoid. So, our group conscience found a way, in the spirit of rotation.

In service,
Charles K, GSR, We Are Not a Glum Lot
ctk787@gmail.com

Tuesday Night AA (Jake M - GSR)

My name is Jake and I am an Alcoholic.

My home group is Tuesday Night AA. Our group meets Tuesday nights at 7pm at Bend Church of the Nazarene. The church is located on 27 th just south of Neff. We are an open, one hour discussion meeting most weeks. On the first Tuesday of every month we have a speaker meeting. We serve coffee and we have dums dums :P.

We have been seeing twentyish people at our meetings recently. We have not been seeing many newcomers, but we have been seeing a good amount of non homegroup members joining us. We always appreciate seeing other members of the community.

In grateful service,

Jake M

GSR

Tuesday Night AA

jmarshal51@yhaoo.com

Page 21 (Joy H - GSR)

Greetings District 5, My name is Joy and I am an alcoholic. My home group is the Page 21 Group in Prineville. Our group continues to meet every Monday at 11:30 for social time followed by a Big Book study from 12 to 1. We meet in the warm, cozy basement of the Prineville Christian Church located at 1685 Lynn Blvd. Last month I met with our TF Rep. Brian to discuss and join the TF team. I will be meeting with our DCM Chair this month for further orientation.

February is an exciting month for our group!. Our fellow AA member Jakob from the United Kingdom and a member of the Modem to Modem Gr. will be here, yes in Prineville! on Monday Feb. 20th. to share his experience, strength and hope with us. Then on Monday Feb. 27th. our group will be welcoming our D-5 DCM Carrie B. whom will be sharing with us a short presentation on tradition 2 followed by any questions that were added to the Ask it Basket on this tradition. Our speaker of the month is our good friend Ron B, from the New Horizons Gr. sharing with us his experience, strength and hope. At 1p.m, we will gather for a hot meal and special dessert. Please come join us this month to welcome our guest speakers on the 20th & 27th. share a meal and enjoy the camaraderie.

In loving service, GSR Joy

Young At Heart (Nick M - GSR)

My name is Nick and I'm an alcoholic. My home group is now called Young At Heart, and we meet at turning points recovery on Monday nights at 7:00 PM.

Since we last met, we have changed our script to be more specific that we are an AA meeting, and it has worked out really well!!! We are currently working on the script a little bit more, just fine tuning really.

We talked about the gender neutral phone list topic and decided that we would all have our names on the same phone list, to be available for any alcoholic that needs to talk. We came to the realization that it's not a "sponsor" list. It's just a phone list.

We are also currently working on bringing some organization to the business meeting as it can be quite the show, and drag on because of it.

Thank you!
In Service,
Nick M.
GSR
Young At Heart Group
Nicholasmarcos84@gmail.com
541-731-6289

Attitude Adjustment (Chris M - GSR)

Attitude Adjustment meets @ 7AM Monday-Friday at TEC. All meetings are also HYBRID and very well attended.

Tuesday is an As Bill Sees It meeting, Thursday is a Big Book Study with the last Thursday of each month being a Traditions meeting. M/W/F are open topic with the exception of the last Wednesday being a Grapevine meeting.

Our group passed a motion last weekend to raise our rent each month to the church (TEC) as they are experiencing some increases in utilities.

Attitude Adjustment will also be sponsoring the February Intergroup potluck on the 25 th .

Thanks for letting me be of service!
Chris M.
GSR Att Adj

Steps To Sobriety (Todd H - GSR)

Howdy District 5

Steps to Sobriety is proudly hosting a newcomers meeting now on Saturday nights at 8pm please come on out and support our meeting secretary Joey. Remember that on the last Friday at 5:30 it's our birthday night. Come celebrate with our home groups members another miracle of 365 continuous days of sobriety.

Also keep in mind if you're a weekend road-trip person grab a sponsee and hit the road for a nooner with John or James on Saturday and Sunday at the Rebels roost. Thanks for my sobriety!

Todd H
Gsr
Steps to Sobriety
3/25/94

Sunrise Group (Tim C - GSR)

The Sunrise group meets at the First Presbyterian Church Monday through Friday at 7am. Each day is guided by AA approved literature. Our attendance has stayed steady. We are seeing some days with 20 or more. We continue to contribute to GSO, Area 58, D5 and COIG. After much discussion our Bylaws are coming together and we now have safety guidelines in place.

Thank you for letting me be of service,

Tim C

Men's Thursday Night Book Study (Carmack M - GSR)

My name is Carmack and I'm an alcoholic. My home group is the Men's Thursday Nite Book Study.

We just voted at our last business meeting to continue our virtual/hybrid meetings we meet on Thursday nights at 7:00 at first presbyterian church on 9th st.

Thanks for letting me be of service,
Carmack

Rising In Recovery (Lynn H - GSR)

My name is Lynn H. and I am an alcoholic. My home group is RIRG, an online only group and we meet 7:00-8:00 a.m. Mon.-Fri. on Zoom. Our last business meeting was Feb. 3rd which covered events in January. (Progress being made with communication/rebuilding. Feeling connected again).

Oregon Area 58: I confirmed with Tim F. that March service assembly in Portland will also be hybrid.

Regarding what's happening in our Area with the new online district. I received a response from our new area registrar Kristen L. on Feb. 1 st . She reached out to the DCM of the virtual district established in Area 48, New York. She is asking advice or guidelines the N.Y. district may have followed for getting their virtual district up and running. So we wait....and are patient ...in this very slow process.

Kristen shared "that a DCM will be needed in order to conduct business meetings for a virtual district we establish in the Oregon Area." She suggested getting the message out there about the need for a DCM. However, she pointed out, it may be a large hurdle because currently there are several regular in-person Districts in the Oregon Area that do not have a DCM and are not conducting district business.

Quarterly board report from the General Service office arrived yesterday. The attachment "pog" is the Ad Hoc Committee reporting on the Participation of Online Groups in US/Canada. Its easy reading and affirming that other Areas are voicing similar questions/concerns. I can learn a lot from this report to report back to my group.

Dist 5: I am communicating with the Hospitality chairperson, Lisa to learn what exactly Hospitality needs volunteers to do, so I can be of service in the May assembly in Redmond.

Home Group: I took on a service commitment as Announcement coordinator and discovered that my PC email on my outlook program refused to send out my info. It took me a few hours to individually add a semicolon, space after each of those addresses (8 pages) that were supposedly ready to copy and paste into the email recipient line. Anyone know about mass e-mailing?

Business meeting went smoothly, tech team is communicating with group, we are problem solving together and feeling connected. 7 th traditions funds are now divided as original group conscious prior to covid.

I attended the all weekend workshop on 12 Steps/12 Traditions, liked the format, loved the speakers. Unfortunately, I got "hives" from sitting so long. Would prefer not more than 3 hr. segments spread over a week. It felt like an area assembly at warp speed. Took tons of notes.

Some in my group are trying to understand Concept 3 and how it might be used to overstep authority.

Looking forward to the March service sponsor meeting.

In gratitude and service,
Lynn H. GSR
Rising In Recovery Group

Weathering The Storm (Brandon C - GSR)

My name is Brandon and I'm an Alcoholic. Thank you for allowing me to be of service.

My Home Group is "Weathering The Storm"

Our Group meets at Miller's Landing Park, Monday – Friday at 7:00am:

- o Monday = 12 & 12
- o Tuesday = Big Book
- o Wednesday = AA Approved Literature
- o Thursday = "As Bill Sees It"
- o Friday = Speaker

With winter here, our daily attendance averages (15)

We had our monthly business meeting on Friday, February 3rd, as is scheduled on the first Friday of every month. Pertinent topics discussed included:

1. Service Positions: a. We are actively looking for Tuesday and Thursday Secretaries
2. 7th Tradition:
 - a. Our Group Conscience decided to move to submitting contributions based on a quarterly schedule
 - b. In our next Business Meeting we will vote on our contributions breakdown
3. Environment:
 - a. Since we meet outdoors year-round we have equipment to regularly maintain
 - b. Often our business meetings are dominated with discussion around nurturing our Group's physical environment, general livelihood and personality.

In Service,
Brandon C.
GSR "Weathering The Storm"
(971) 267-7017
Bsidethelegend@hotmail.com

New Horizons (Mario H - GSR)

My name is Mario and I am an Alcoholic. My group is New Horizons. Our group meets Monday - Thursday at noon at TEC (Trinity Episcopal Church) 469 NW Wall St, Bend, Oregon.

Monday 11 step study and first Monday of the month is a tradition presentation, Tuesday Big Book study, Wednesday Speaker meeting, and Thursday Beginners meeting. It has been a great month! We had seen an increase of attendance in all of our meetings. Today in honor to our brother, friend and member of New Horizons that we lost last month I want to read one of his favorite passages: Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. My dear Kail my life has a new

meaning, you are always going to be a member of New Horizons, thank you for everything.

For more information regarding our meetings, updates, and upcoming events, visit our website:
NewHorizonsGroupAA.com.

Yours in Service,

Mario H
New Horizons Group GSR
541 948 2220
billsfriendmario@gmail.com

Liaison Reports

Intergroup: No Report

AI-Anon: Christina L.

In the spirit of cooperation and not affiliation, District 5 AI-Anon has the following updates:

- Alateen Central Oregon is getting restarted. Are you a dual member of AA and AI-Anon? Do you feel called to support teenagers affected by the family disease of alcoholism? An AMIAS is someone certified to work with Alateens. If you or anyone you know is interested, reach out to me and I'll connect you with Emily, the Alateen Coordinator.
- AI-Anon's annual Spaghetti Feed took place last night! It was fabulous to host it in-person after a three year hiatus. (It was a smashing success).
- We'd like to thank District 5 AA for your wonderful support and assistance spreading the word about the Spaghetti Feed. We really appreciate your cooperation and help.

Thank you for inviting me to your monthly business meeting!

Christina
AI-Anon Liaison

New Business

- What is happening with the online district in Area 58? If an online group that isn't connected to a district joins, then does the DCM connect them to the General Service Office? Do online groups without a geographic area even need a GSR? Thank you.
- Hi D-5, After rent, supplies, prudent reserve monies are met our group has \$78. How should this money be divided? Thank you, GSR Joy
- How do I get a service sponsor?
- TEC - Cleanliness - we need to work on it.

Closing Announcements / Questions

- Open Service Positions: Alt DCM, Outreach.

Motion to adjourn: Nick M

Motion Seconded: Brian W

Motion passed.

Meeting was closed with Why Do We Need A Conference?, from page 40 of the service manual at 5:32pm.

Tools for GSRs

D5 Ask-it-basket:

<https://docs.google.com/forms/d/e/1FAIpQLSeLmZpf2ID4qdx14XVkyYpxq2-NvnLPQdUm6aT7gEB1vrcLw2g/viewform?vc=0&c=0&w=1&flr=0>

[GSR report ideas for District report \(1\) \(2\).pdf](#)

[Sample GSR Report to your Group \(1\) \(1\).pdf](#)

[Service Resume Ideas: Service Resume for DISTRICTS \(5\).pdf](#)

GSR Pamphlet: [P-19 - GSO General Service Representative](#)