

****Available online at www.yakimaAA.com****



Central Washington Central Office Newsletter



October 2011

CWCO Meeting Schedule

Date	Meeting	Time
10/3	Roundup Committee	6pm
10/4	Treatment Committee	6pm
10/10	Corrections Committee	6pm
10/17	District 20 Meeting	6pm
10/18	Treatment & PI/CPC Training Panel	6pm
10/20	District 6 Meeting	6pm
10/24	PI/CPC Committee	5:30pm
10/26	Group Rep/CWCO Volunteer Meeting	6pm

REQUESTS FOR WRITTEN SUBMISSIONS

The CWCO Newsletter is in need of material from the AA Community in and around Yakima. If you have an article, story, news item or upcoming event you'd like printed in this newsletter, please make your submission prior to the 23rd of the month to make the next publication to our website: www.yakimaAA.com or drop them off at the Newsletter mailbox located at Central Office on 20th Ave.

New Meetings in our area:

Keep It Simple (Open)

Thursday Evenings at 7pm
Bethel Church of Nazarene
Yakima (corner of Pleasant and Mead)

Veterans' AA Meeting (Open)

Thursday Evenings 8pm – 9pm
Central WA Central Office
518A N. 20th Avenue, Yakima



Top 12 Things
That Get Alcoholics into Trouble

12. Relationships
11. "Knowing" stuff
10. Really good ideas
9. Authority
8. Authority figures
7. Relationships
6. Thinking too much
5. Not thinking at all
4. Thinking in general
3. Having no money
2. Having lots of money
1. Did I mention relationships?

Relationships and Sobriety

A traditional view concerning relationships being new in sobriety is not to make any big changes for the first year. Consult your sponsor and other trusted fellows in the program. Don't rush. The promises in chapter five "How It Works" says things will materialize sometimes quickly, sometimes slowly if we work for them. Trust God, He's got your back!

Getting sober will not necessarily repair a relationship of any kind. Page 82 in chapter six "Working with others" describes the alcoholic as a tornado roaring his way through the lives of others. This section touches upon the idea that some of us new in sobriety felt entitled to be forgiven, as though sobriety is enough to make reparation for damage done.

Page 98 contains the phrase "wife or no wife, job or no job". Dependence on God must be put before any human relationship otherwise we will not stay sober. Loneliness is an issue for many of us. Once again, dependence upon a power greater than ourselves is essential; but all of us as human beings need human contact. Isolating is something common for many of us. Unity is important here. The fellowship of Alcoholics Anonymous is an essential part of recovery (as well as willingness, honesty and open-mindedness!). Besides that, lots of us want a partner...in one form or another.

Members of AA are in romantic relationships. Caution is recommended for the sake of putting no one above God. A person will have a much more fulfilling relationship when there is a healthy balance between intimacies with each another while putting God first.

The Family Afterward, chapter 9, talks about balancing family with recovery. Page 125 says that many alcoholics are enthusiasts and tend to "run to extremes". Some become zealous with their recovery, going to tons of meetings, involved with every event every day all the time, just going, going, going, determined to stay INCREDIBLY sober. Neglecting the family, being unavailable in many senses, only creates more problems. Resentments may grow. Chapter nine helps out in this area.

By Grace B.

Upcoming Service and Fellowship Events

District 6 Elections – October 20th at 7pm at Central Office. Positions open are DCM (District Committee Member) Alternate DCM, Secretary, Treasurer, Archivist and all Standing Committees.

23rd Annual Mt. Baker Roundup – October 28th – 30th. Registration forms available at www.mountbakerroundup.org

2011 Annual Ocean Shores Jamboree – Ocean Shores Convention Center, November 11th – 13th. Registration forms available at Central Office

Birthdays for October:

Friends of Bill W
October 3, 1994 17 years

Sunday Night Serenity
October 24, 1999 12 years

Next Issue: In A.A. November is Gratitude Month

Step Six By The Book: "Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection. The remaining eleven Steps state perfect ideals ...goals...measuring sticks by which we estimate our progress. The only urgent thing is that we make a begin-ning, and keep trying."—**Twelve Steps and Twelve Traditions**, pg. 68

**I am responsible. When anyone,
anywhere, reaches out for help,
I want hand of AA always to be there.
And for that, I am responsible**