

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



Central Washington Central Office Newsletter



December 2011

CWCO Meeting Schedule

<u>Date</u>	<u>Meeting</u>	<u>Time</u>
12/5	Roundup Committee	6pm
12/7	CWCO Board Meeting	6pm
12/12	Corrections Committee	6pm
12/13	Treatment Committee	6pm
12/15	District 6 Meeting	6pm
12/19	District 20 Meeting	6pm
12/20	Service Workshop	6pm
12/26	PI/CPC Committee	5:30pm
11/27	Treatment & PI/CPC Training Panel	6pm
12/28	Group Rep/CWCO Volunteer Meeting	6pm

Step Eight by The Book

“We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past.” -A.A. *Big Book* p.76

Upcoming Service and Fellowship Events

WSEA 92 Standing Committee Workshop – Lewiston, ID. December 3, 2011 10:00 AM-3:00 PM. Contact Carol at arolee@cablone.net for more information.

47th Annual Prosser Potluck – Saturday December 3, 2011 12 Noon, Sacred Heart Catholic Church 1905 Highland Dr, Prosser Wa. Bring side dishes, salads, vegetables and desserts. Meat, rolls, potatoes and beverage provided. Speakers Brian H (AA) and Shereen H. (Alanon)

Friends of Bill W. Speaker meeting - Tuesday December 6, 2011 at 7:00 PM, Selah United Methodist Church, 1061 Selah Loop Rd, Selah, Wa. Speaker will be Bruce H. with 21 years.

Meeting Notice

Sunday Morning Breakfast Club is now meeting at CWCO 518A N. 20th Ave. Yakima, Sunday 9:00 am to 10:30 am “BYOB”, bring your own breakfast. Contact: Lynn N 901-2061.

Birthdays for December

Moonshiners Group 12/17/1986 25 Years
Daybreak Group 12/29/1999 12 Years

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 news letter, please make your submission prior to the 23rd of the month to aa_admin@yakima1.com.

**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.**

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

CWCO

Central WA Central Office
518A N. 20th Avenue, Yakima

Hours

Monday – Friday 11:00 AM to 8:00 PM

*Financial reports for Central Washington
Central Office are available by request at the
office*

Go to ANY LENGTH

A – A.A. Saved my life

N – Nothing can be fixed by taking a drink

Y – Yesterday will never happen again;
neither will today

L – Learn to share in meetings

E – Energize your spirituality everyday
through prayer and mediation

N – Nothing better than going to bed at night
knowing I did the best I could that day

G – Go to a meeting today!

T – Today, as usual, I have a lot to do at
work. I need to stay consciously aware that
it's not healthy to allow myself to become
overwhelmed or obsessed.

H – Home group – a bunch of folks who
know all about you but still speak to you.

Mikey A., Sarasota Florida

Twelve Tips on Keeping your Holiday Season Sober and Joyous

1. Line up extra AA activities for the holiday season. Take newcomers to meetings, answer phones.
2. Be host to AA friends, especially newcomers. Take someone to diner and spring for coffee.
3. Keep your AA telephone list with you all the time. If a drinking urge or panic comes- postpone everything else until you've called AA.
- 4 Find out about the special holiday parties, meetings or other celebrations given by groups.
5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.
6. If you have to go to a drinking party and can't take an AA with you, keep some candy handy.
7. Don't think you have to stay late. Plan in advance and "important date" you have to keep.
8. Worship your own way. Work on your spiritual growth daily.
9. Don't sit around brooding. Catch up on those books, museums, walks and letters.
10. Don't start now getting worked up about all those holiday temptations. Remember – "One day at a time."
11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts – but this year, you give love.
12. "Having had a..." No need to spell out the twelfth step here, since you already know.

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