

Redmond Potluck, June  
6, Laura S., Speaker!



Summer Picnic,  
Cline Falls, June 20.

Ochoco Campout,  
June 11-13.



Summer Activities!!!! See Pages 4, 5, and 6!



HOTLINE:  
541-548-0440

**Central Oregon  
Intergroup Office**  
M - F 9:00 - 5:00  
754 SW 11th Street  
Redmond, OR 97756  
541-923-8199  
www.coigaa.org  
Office Manager  
Mikey 548-9686

### Intergroup Officers

**CHAIRPERSON**  
Mark L.  
541.447.1577

**VICE CHAIRPERSON**  
Mike W.  
541.912.1962

**SECRETARY**  
Mark S.  
541.325.1726

**TREASURER**  
Dennis C.  
picturetrader@bendcable.com

**ENTERTAINMENT CHAIR**  
Kevin K.  
541.610.3060

**NEWSLETTER CHAIR**  
Liz T.  
541.389.9276  
connayr@hotmail.com

**SCHEDULE CHAIR**  
Wendy L.  
541.420.9175  
541.382.7351

**HOTLINE CHAIR**  
Pat R. 541.420.4741

**POTLUCK CHAIR**  
Bill L.  
buhbye38@hotmail.com  
541.598.6184

**WEBSITE CHAIR**  
Laurakay L.  
aalaurakay@gmail.com  
541.350.0150

Continued on next page

### **Address Information**

Oregon Area Treasury  
1900 N.E. 3rd Street  
Suite 106-172  
Bend, OR 97701

District 5  
P. O. Box 7223  
Bend, OR 97708

General Service Board  
Grand Central Station  
P. O. Box 459  
New York, NY 10164-0371

**DISTRICT COMMITTEE  
MEMBER**  
Chris N. 318-8908  
**ADVISORY BOARD  
COMMITTEE**  
Sandi L. 419-9459  
Pat M 390-7225  
Open  
Open



Central Oregon's

# Conscious Contact

Volume 09 Issue 6

JUNE 2009

## **Resentments Can Get You Drunk**

Resentments will get you drunk again-resentment is the number one offender-I heard this again and again at meetings the year I got sober and I remember thinking - I am stronger than that and besides, I had a fierce and justified resentment of complete abandonment by someone who is supposed to love you the most when you are in your deepest darkest hour, your mother!!

"As time went along and this resentment continued, I remember thinking that so far, AA and the principles of the program had worked in every way to keep me sober so why did I continue to question and even reject the notion that a resentment could lead to another drunk?"

As time went along and this resentment continued, I remember thinking that so far, AA and the principles of the program had worked in every way to keep me sober so why did I continue to question and even reject the notion that a resentment could lead to another drunk? Did I trust the literature? Yes, I did and I knew I had to get to work on this very painful resentment.

My mother is a very strong woman and despite lack of any legal formalities was able to completely disassemble my life so that I would have nothing to come back to after she dropped me off to treatment in Eugene, Oregon. She sold my car, moved me out of my home, sold my washer, dryer, refrigerator and furniture in a yard sale in front of my house. She even moved my children to another city after first trying to get them into foster care and it was only the director of the local Serenity Lane office that convinced her that this was not in the best interest of the children. My mother even told my children they were not to contact me. I truly felt like I was witnessing my own death. And one week after arriving in treatment I was put back in the nursing unit because of my complete suicidal ideation and hopelessness.

## Resentments, continued

I witnessed families visiting their loved ones while in treatment and saw children visit parents. My roommates received mail and phone calls. I was completely alone and my isolation was complete.

But I stayed sober one day at a time and returned to Bend on April 17, 2004, to nothing. What I did to stay sober was to practice the 3<sup>rd</sup> step everyday and listen to my sponsor. And there were times when I stayed sober out of anger at my mother, because no one, NO ONE was going to ever take advantage of me again like that and I knew another drink could take me to that vulnerable place.

"When I was overcome with anger I went to a meeting, I hung out with sober women, I talked to newcomers, I cracked the Big Book and read another story. I did everything I knew how to do and then came the REAL work, I had to be a daughter."

I practiced the concepts of the program by praying for her and acting my way into believing that she did what she knew how to do, even though that was painful for me to swallow. When I was overcome with anger I went to a meeting, I hung out with sober women, I talked to newcomers, I cracked the Big Book and read another story. I did everything I knew how to do and then came the REAL work, I had to be a daughter. I struggled with even acknowledging Mother's Day. My sponsor told me to pray for the willingness to become willing to buy a card and that is exactly what I did. And I was able to send a Mother's Day card in May of 2007 - yeah, time takes time!!!! But that was a miracle for me. And my mother responded and slowly but surely I was able to actually be in the same room as she at family gatherings. This was another miracle.

I made my amend to my mother after working the 12 steps of Alcoholics Anonymous for the 3<sup>rd</sup> time in December of 2007 and it didn't go well. She was very abrupt and I was defeated after trying so hard to word it right and make my apologies and recommit to new behaviors. My deepest amend was about the worry and concern I had caused her during my drinking days. But I trusted that I had completed my amend and my intentions were in the right place and I truly believed that I

had done MY part and worked diligently at letting go of the outcome, as it wasn't as I had planned.

I continued to practice the AA program utilizing the 3<sup>rd</sup> step whenever life did not make sense and discouragement loomed. I have a very keen sense that God is in charge even when He is invisible to me. And I know I have to do the footwork-in service, in action and in prayer.

Two weeks ago was Mother's Day 2009 and I contacted my brothers and invited them to a dinner in my mother's honor. I told them this was just for her and her children-no spouses, no grandchildren, no nieces or nephews-just her and her 3 boys and one daughter (me!). We made the date and time and I contacted my mother to tell her and she responded with so much joy-she was almost speechless and told me that she was so grateful for this invitation and how thoughtful this was. OK, that is God doing for me what I could not do for myself.

We had a wonderful dinner and she was able to tell each of us how proud she was of us and how much she loved us. During this Mother's Day visit, my mother made a point to get together with me by myself and she made an amend to me. She told me that she did not know how to handle my entering treatment and how sorry she was for the way she handled things. I was able to tell her how painful and ugly that period of time was for me, I told her of my part-that my drunken behaviors were ugly and that time has healed that experience. What I know in my heart is that the program of AA has healed this resentment and that my mom admitted to what God had revealed to me early on, she did not know how to handle a drunken daughter in need of treatment. Her amend to me was an unexpected gift. Resentments are lifted when we stay sober and work the program of Alcoholics Anonymous and sometimes, sometimes loved ones make amends to us! That's a miracle!

Sherry L.  
5/25/09



Cover Photos by Joyce Balloons over Bend; Alvord Desert near Steens Mtn



## AA'S DECLARATION OF RESPONSIBILITY

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



Many of us “grew up” in AA reciting the declaration at meetings. Any time we open a copy of the Grapevine, there it is. Heck, any time we open the URL for our very fine Intergroup website, we see it right there, top front center. We all know how important it is. But where did it come from? How long has it been around?

The Declaration was written by a former editor of the Grapevine and AA trustee, Al S. He wrote it for presentation at the 1965 International Convention in Toronto. The theme of that convention, held in AA's thirtieth year was, not coincidentally, “Responsibility.” Here's an excerpt from the souvenir book for that convention:

*“...We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn't it?”*

Just ahead of that convention, Bill W. wrote a long and in some spots downright tough Grapevine article [July, 1965] about responsibility. What Bill wrote amounted to a searching and fearless inventory of AA! While the piece is stitched through richly with threads of deep gratitude for and amazement at the very miracle of AA's then thirty years of existence, it is unsparing. Here's a sampling of Bill taking a clear-eyed look at some of AA's failings along the way through those first three decades:

- “...we took a look at AA's Twelve Steps for recovery but many of us promptly forgot ten of them, as perhaps not needed.”*
- “...in the early days we were so timid that we were sure AA should be a secret society.”*
- “...we have boasted of AA as the know-all and do-all of alcoholism, so alienating our friends.”*
- “Quite understanding the perils of accumulated wealth, we have converted this fear into an alibi for failing to meet our trivial group, Intergroup, and World Service [now GSO] expenses.”*
- “By poor sponsorship we have sometimes failed the needs of newly arrived sufferers.”*

Bill goes on to remind us that there was an outcry against even publishing the Big Book...a lot of folks just couldn't see why it was needed. Same with the formation of the General Service Conference...there was fear it would never work and just might ruin AA!

The goal of this inventory was, of course, to hammer home the profound importance of....responsibility, the theme, as noted above, of the then-impending Toronto convention. Some of the specific aspects of responsibility Bill enumerates:

- the millions of suffering alcoholics need to be “brought within our reach by every resource of public information and word of mouth that will tell them exactly what steps they need to take in finding the road to recovery.”*
- “...intelligently and lovingly sponsoring each man and woman who comes among us asking for help...a million alcoholics have approached AA during the last thirty years. We can soberly ask ourselves what became of the 600,000 who did not stay. How much and how often did we fail all these?”*
- cooperation with agencies engaged in research, alcohol education, and rehabilitation [a happy aside here: the existence in AA today of Committees on Cooperation with the Professional Community]. Bill writes, “...how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies – whether they be good, bad, or indifferent. No alcoholic should go mad or die merely because he did not come straight to AA at the beginning.”*

There is not room here for all the points made in Bill's remarkable July 1965 Grapevine article on responsibility. To read it in full is an enriching experience...and a humbling one. It's available at the Grapevine digital archive [[www.aagrapevine.org/da](http://www.aagrapevine.org/da)]. Bill concludes the piece with these two thoughts, “Let us never fear needed change” and “The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever the responsibility.”

Forty-four years have now passed since the Toronto convention and Al S.'s penning of the Declaration. But absolutely nothing has diminished the vital importance of what Bill and Al set down as guides for all of us about our hand, the hand of AA, being there when anyone, anywhere, reaches out for help.

***Submitted by Bruce C***

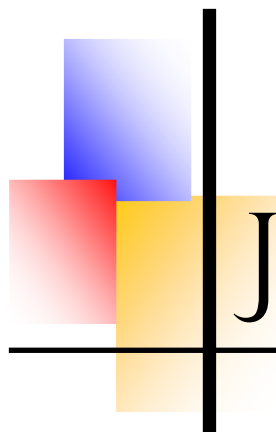
### **Once Over Lightly**

#### **Sense and nonsense on the road to recovery**

OUR OWN Paula C., managing editoress and resident den mother for the Grapevine, brings us the true story of a non-AA lady who has given up trying to explain the wonders of AA to other earth people. Returning from the impressive Toronto International Convention in 1965, she showed a friend a copy of the souvenir booklet, “AA 30,” and was floored when the friend, leafing through it, studied one photograph and said, “I'm sorry, my dear, but it's just as I've always thought. They do have such weak faces!”

She was, of course, looking at the only kind of face printed in AA publications—a photograph of our nonalcoholic trustees.

*Reprinted by permission from the Grapevine*

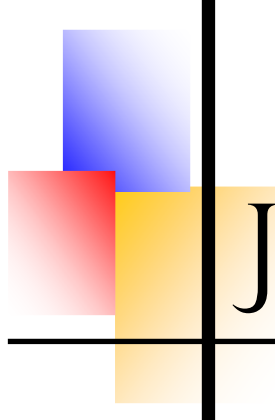


# JUNE

# 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Tuesday night Speaker mtg-7 pm	3	4	5 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	6 Redmond pot- luck, Laura S, Redmond, speaker—6 pm
7	8	9	10	11 Ochoco campout	12 Tumalo speaker mtg-7 pm Ochoco Campout	13 Ochoco Campout
14 District 5 GSR mtg 4 pm Ochoco Campout	15	16 Madras birthday Mtg-7:30 pm	17 La Pine potluck/ speaker mtg-6 pm	18	19 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	20 Summer Picnic, Cline Falls, mtg @ 10:00 am; pot- luck @ 12:00 pm
21	22	23	24	25	26 Tumalo speaker mtg-7 pm	27 Intergroup pot- luck speaker mtg- 6 pm
28 Intergroup advi- sory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	29	30				
Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Ochoco Campout Redmond Potluck Speaker Meeting Summer Picnic Tuesday Speaker Meeting Tumalo Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Park & Rec Building St. Patrick's Church Ochoco Group Campgrounds Redmond Community Church Cline Falls Nazarene Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras See flyers for directions 10 & Cedar, Redmond Cline Falls 1270 NE 27th, Bend Bruce Avenue, Tumalo	

**Note:** The Central Oregon Intergroup Newsletter is a monthly newsletter of the Central Oregon Intergroup Office. It is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended or should be inferred.



# JULY

# 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	4 Redmond potluck, speaker mtg-6 pm;
5	6	7 Tuesday night AA Speaker mtg-7 pm	8	9	10 Tumalo speaker mtg-7 pm Spirit Fest, Warm Springs Campout	11 Spirit Fest, Warm Springs Campout
12 District 5 GSR mtg 4 pm Spirit Fest, Warm Springs Campout	13	14	15	16	17 CO speaker mtg-7 pm Tumalo speaker mtg-7 pm	18
19	20	21 Madras birthday Mtg-7:30 pm	22 La Pine potluck/speaker mtg-6 pm	23 Suttle Lake Campout	24 Tumalo speaker mtg-7 pm, Suttle Lake Campout	25 Intergroup potluck speaker mtg-6 pm, Suttle Lake Campout
26 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm, Suttle Lake Campout	27	28	29	30	31 Tumalo speaker mtg-7 pm	
Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Spirit Fest Suttle Lake Campout Tuesday Speaker Meeting Tumalo Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Park & Rec Building St. Patrick's Church Redmond Community Church Warm Springs Campout Suttle Lake Nazarene Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond He He Long House, Warm Springs See Flyers 1270 NE 27th, Bend Bruce Avenue, Tumalo	

## Conscious Contact Subscription / Address Change Form (Please Print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Check ☐ Renewal ☐ New Subscription ☐ Address Change

Subscription Rates: One Year \$10.00 Two Years: \$18.00  
 Make Checks Payable to: Central Oregon Intergroup and mail to:  
 Newsletter 754 S.W. 11th Street, Redmond, OR 97756  
 Check ☐ Renewal ☐ New Subscription ☐ Address Change

## MEETING

### ADDITIONS/CHANGES/DELETIONS

New meeting, COFH, Bend, 7:00 am, Monday, Wednesday, Friday, "Mornings with Freedom."

Bend, Sunday Spiritual Breakfast, temporarily closed, until new location is found.

"Kids Can Come Too", Thursday, 10:30 am, Bend, has been cancelled.

Thursday Women's Noon Meeting now has childcare.

"Brown Baggers", Monday, Wednesday, Friday, 12:00 noon, Discovery Christian Church, Bend, new meeting.



## Open Positions

### INTERGROUP

Two Advisory Board positions are open. Two years sobriety required; two years service. Come to the next IGR meeting, June 28, St. Charles Medical Center, Redmond, Sage Room, or call Mikey at the Central Oregon Intergroup Office for more information.

# June SOBRIETY MILESTONES

### ATTITUDE ADJUSTMENT

Jason B	06/04/07	2 Years
Heidi F	06/23/07	2 Years
Frankie B	06/23/99	10 Years
Jim L	06/24/92	17 Years
Linda T	06/30/00	9 Years

### MADRAS OASIS

Dale C	06/29/88	21 Years
--------	----------	----------

### MENS BOOK STUDY

Andrew J	06/06/08	1 Year
Pete M	06/11/00	9 Years

### NOT A GLUM LOT

Anita	06/24/05	4 Years
Carolyn S	06/15/94	15 Years
Frank B	06/23/99	10 Years
Heidi F	06/23/07	2 Years
Jim I	06/06/90	19 Years
Joan V	06/18/06	3 Years
Kinesa M	06/07/08	1 Year
Liz G	06/12/07	2 Years
Matt M	06/29/05	4 Years
Patrick K	06/10/87	22 Years
Roxi K	06/25/03	6 Years

### REDMOND REBELS

Bryan	06/01/06	3 Years
Terry	06/05/76	33 Years
Debie	06/16/01	8 Years

### STEP SISTERS

Anita H	06/24/05	4 Years
April G	06/29/07	2 Years
Linda S.T.	06/30/00	9 Years

### STEPS TO SOBRIETY

Bobby C	06/22/08	1 Year
---------	----------	--------

### THURSDAY WOMEN'S NOON

Kinesa M	06/07/08	1 Year
Liz G	06/12/07	2 Years
Heidi F	06/23/07	2 Years
Anita H	06/24/05	4 Years

Having a workshop?? A potluck/speaker announcement? Group birthdays? Please send info to: [connayr@hotmail.com](mailto:connayr@hotmail.com).

# Upcoming Events

## June

**Ochoco Campout**, June 11—14. For more information, see flyers or contact: Kevin K—610.3060



**Summer Picnic**, June 20. Cline Falls. AA meeting starts at 10:00 am; potluck @ 12:00 pm. Hamburgers & hot dogs will be supplied. Last names that begin with:

A-P—salads or side dishes

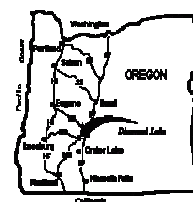
Q-Z—desserts

Volleyball & Croquet! Come join in the fun.



## July

**Men's Group Campout**, July 10 – 12, Diamond Lake. As Men See It, Thursday night AA group from Bend is hosting the camp out. If you are bringing an RV or want more info, call Scott M—815.5504



**14th Annual Spirit Fest**, 10th, 11th, 12th, He He Long House, Friday night potluck, Saturday night dinner provided, Sunday "Real Men Cook Breakfast." Registration: \$10 per person, includes two nights camping. Contact: Jamison @ 553.9326  
Lurlyne @ 504.1343  
Davis @ 475.7366.

**Suttle Lake Campout**, July 23-26. Contact: Kevin K—610.3060

TREASURER'S REPORT  
Submitted by Dennis C.

Treasurer's report Central Oregon Intergroup 2009	16-Apr to 15-May
<b>INCOME</b>	
Group Donations	1,173.49
Book & Coin Sales	1,780.90
Newsletter	(1.85)
Potluck	-
Entertainment	-
Interest Income	-
<b>Total Donations and Interest Income</b>	<b>2,952.54</b>
<b>EXPENSES</b>	
<b>General Checking</b>	
Rent	245.00
Advertising	61.71
Phone	149.89
Hotline	-
Newsletter	150.00
Purchases	641.14
Postage & Office Expense	100.46
Management Fee	800.00
Bank Charges	-
Web Site	-
Other/Misc ( )	-
Adjustment	-
Schedules	-
Portland Area	-
Alano Club Rent	-
<b>Total General Checking Expenses</b>	<b>2,148.20</b>
<b>Office Account</b>	
Office Supplies	50.97
Postage	-
Hotline	-
Purchases	921.70
Other	-
<b>Total Office Expenses</b>	<b>972.67</b>
<b>Net Revenue/Month</b>	<b>(166.33)</b>
<b>TRANSFERS</b>	
<b>General Checking</b>	
Deposits IN by Office	-
Transfers (OUT) to Office	942.67
Transfers IN from Savings	-
Transfers (OUT) to Savings	-
<b>Total General Checking Transfers</b>	<b>942.67</b>
<b>Savings (prudent reserve) Account</b>	
Transfers IN	-
Transfers (OUT)	-
<b>Total Savings Transfers</b>	<b>-</b>
<b>Office</b>	
Transfers IN	942.67
Transfers (OUT)	-
<b>Total Office Transfers</b>	<b>942.67</b>
<b>Petty Cash</b>	
Transfers IN	-
Transfers (OUT)	-
<b>Total Petty Cash Transfers</b>	<b>-</b>
<b>Cash Reconciliation</b>	
Treasurer's Book Balance	558.76
Prudent Reserve Account	5,015.16
Manager's Book Balance	1,200.00
Petty Cash	75.00
Potluck Balance	237.11
Entertainment Balance	2,262.35
<b>Total Cash on Hand</b>	<b>9,348.38</b>

DONATING GROUPS 2009 Group	16-Apr to 15-May
24 and Alive	90.00
ABC Group	
As Men See It	50.00
Attitude Adjustment	
Back to the Big Book	
Burning Desires	
Burns Group	
Central Oregon Speakers Mtg.	
Cresent Meeting	
Crooked River Ranch	
First things First	
Going to any Lengths	
Living in the Solution	
Madras Group	100.00
Make My Day	
Men's Book Study	
Men's Stag Meeting	
Monday/Wednesday 5:30	
New Beginnings	
New Horizon	76.94
Not a Glum Lot	484.62
Open Hand Fellowship	
Primary Purpose	
Redmond Rebels	
Rule 62 Group	
Safe Harbor	40.70
Saturday Morning Alive	
Saturday Nite Live	
Saturday Nite Living Sober	
Sisters High Noon	
Sisters Group	
Sober Desire	46.49
Sober Sunday	
Sobriety Maintenance	
S.O.S.	20.00
Spiritual Awakening	
Spiritual Breakfast	63.00
Springriver Book Study	
Step Sisters	201.74
Steps to Freedom	
Steps to Sobriety	
Sunday Serenity	
Sunriver Open Group	
The Nooner-Redmond	
Tuesday Nite AA-Bend	
Tuesday Nooner	
Thursday Women's	
Tumalo Friday Night	
Warm Springs Groups	
We Are Not a Glum Lot	
Wed. Living Sober	
Wednesday Stag Meeting	
WFS	
Women for Serenity	
Women at Work	
Anonymous	
COF	
District 5 - AFG Donations	
Potluck	
Entertainment	
Intergroup 7th Tradition	
<b>Total Contributions</b>	<b>1,173.49</b>



754 SW 11th Street  
Redmond OR 97756

