



# June

PLEASE JOIN US -

## Intergroup Pot Luck and Speaker Mtg.

# Hosted by: Step Sisters

AA Speaker: Leslie C.

Al-anon Speaker: Patty B

**Where: Brooks Hall, Bend**

**When: July 22, 2017**

**Time: 6:00 pm – 8:30 pm**

Central  
Oregon's  
June 2017

*Conscious  
Contact*

Intergroup Officers

Chairperson– Mike S. 541-815-7458

[chairperson@coigaa.org](mailto:chairperson@coigaa.org)

Vice Chairperson– Mark D.

[vicechair@coigaa.org](mailto:vicechair@coigaa.org)

Secretary– Susan

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Schedules– Pat F. [schedule@coigaa.org](mailto:schedule@coigaa.org)

Hotline– Mary B. 303-368-0872

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District Committee Member

Glenn B. 541-390-959

Advisory Board Committee

Jerry C., Lauren M., Dan P. 541-480-0571

Cody M. 541-420-0774

## AA HOTLINE

Saturday 9a-2p (Hours)

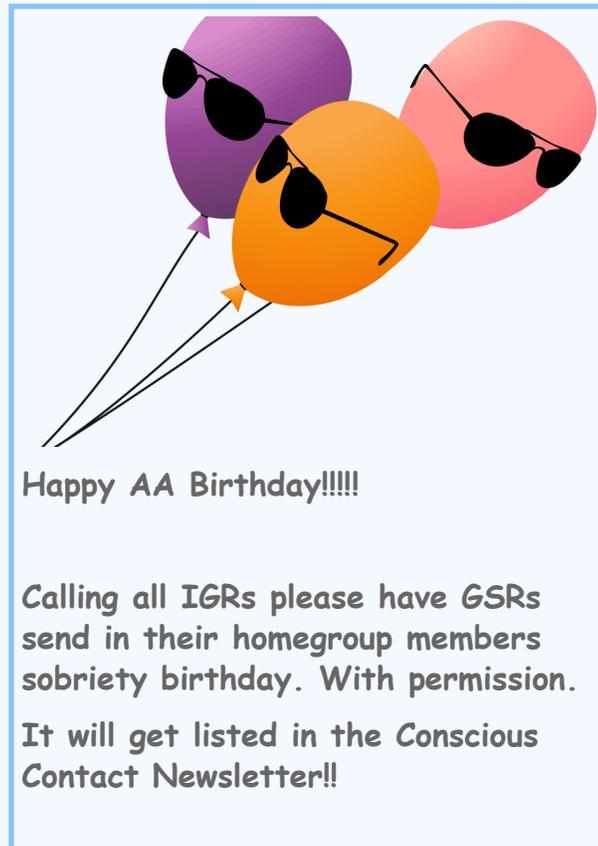
Please sign up for a shift!!!!



To qualify you must:

- ⇒ Have a working telephone
- ⇒ Have 6 months of sobriety
- ⇒ Have an AA sponsor
- ⇒ Be working the AA steps
- ⇒ Be attending AA meetings regularly

If you are willing to give back what was so freely given to you, please call: Hotline Chair Mary B. (303) 368-0872



Happy AA Birthday!!!!

Calling all IGRs please have GSRs send in their homegroup members sobriety birthday. With permission.

It will get listed in the Conscious Contact Newsletter!!

## Meeting Changes

- Tuesday Bend New Meeting 2:00pm Tuesday @TEC
- Sunday Redmond Beginners Meeting: 5:30 p.m. at RAC
- Tuesday Madras Oasis Group Big Book Study: 7:00 p.m. at Jefferson Library
- Thursday Lapine Thursday Meeting changed from 10:00am to 9:30am
- Friday Metolius Society of Sobriety: 5:00 p.m. at FFC



<b>OUR INTERGROUP OFFICE</b> M-F 9:00 am -1:00 pm 337 Antler St., Suite B Redmond OR 97756 (541) 923-8199 www.coigaa.org	<b>OREGON AREA TREASURY</b> 1900 NE 3 <sup>RD</sup> Street Suite 106-172 Bend OR 97701	<b>DISTRICT 5</b> P. O. Box 7241 Bend OR 97708	<b>GENERAL SERVICE BOARD</b> Grand Central Station P.O. Box 459 New York NY 10164-0371
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“An AA group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

The sixth of our Twelve Points of AA Tradition is deemed so important that it states at length the relation of the AA movement to money and property.

This Tradition declares in substance that the accumulation of money, property, and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an AA group must ever be on guard.

Tradition Six also enjoins the group never to go into business nor ever to lend the AA name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the AA name; that they ought to be separately incorporated and managed by those individual AAs who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the AA movement to its sole aim, and ensure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

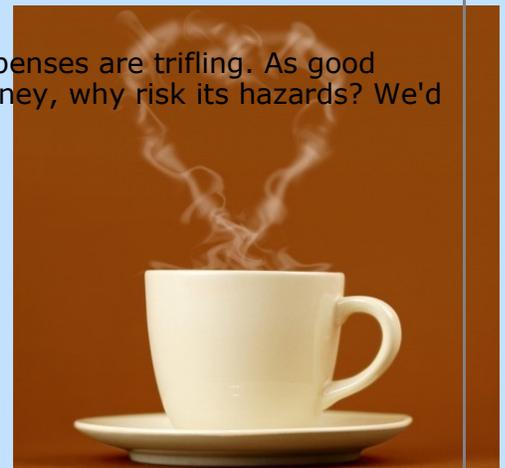
Thank God, we AAs have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property, and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well-meaning donor present an AA group with a sizable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bankroll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not AA?"

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their lifeblood. But money is not the lifeblood of AA. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The core of our AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, *our* expenses!

Nowadays, the AA group answers its well-wishers saying: "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

-- Bill W. 1948 Grapevine



**When a defect arises, she tries to release it like a balloon and let it float up to the sky. It feels so much lighter when it's gone**



For a long time I thought Step Six meant doing nothing, just waiting around and being ready. I wondered why it had to be a separate Step. Why not just go ahead to Step Seven and ask?

But one day, during my morning meditation, I was plagued by one of my defects and realized there is an action to take in Step Six. Being entirely ready means letting go. That's my part. Right in the middle of a bad thought or attitude or action—if I recognize it—I can stop it right then, without completing it, without giving myself that satisfaction. And I might have to do this over and over. I might have to because certain defects are, in some strange way, comfortable, familiar, even pleasurable.

Maybe I'm the only one who nurses some of my defects—but I don't think so, from what I've heard at my AA meetings. It seems like we all do it. Isn't there a song with the lyric, "Hurts so good"? That's what I'm talking about.

Somehow when it comes to me, though, my defect always seems so understandable, absolutely justified: No one cares about me. My feelings are hurt. Poor me. Why does this always happen to me? Why does everyone do this to me?

As I once heard at a recovery retreat, the way to deal with a defect is to break in and say "Stop it!" when I am obsessing on it. Just stop—and let it go. Easier said than done, of course.

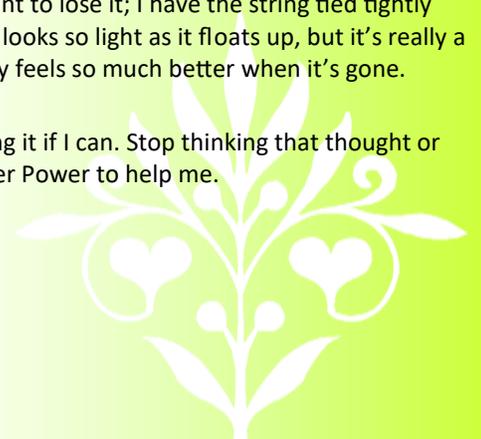
I sometimes think of letting go as releasing a colorful balloon into the sky. Like a child, I don't want to lose it; I have the string tied tightly around my finger. But if I want to be free, I have to let that cherished thing float up to the sky. It looks so light as it floats up, but it's really a heavy harness on my neck, keeping me tethered to old ways that don't work anymore. It actually feels so much better when it's gone.

So here's where I try to do my part. I say to myself, "Stop it. Let it go," right in the middle of doing it if I can. Stop thinking that thought or talking about that person for the millionth time. Stop dragging myself down. Then I ask my Higher Power to help me.

I can't say that I ever do this perfectly. But like the rest of us, I keep trying.

-- Lynne D.

Carbondale, Illinois, USA





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	29	30	31	1	2 7:00 pm - Central Oregon Speaker Meeting: Amy R- 8 yrs, Bend + Jay L- 28 yrs, Los Angeles (Eastmont Church)	3 10:00 am - Sponsorship Workshop (Grace Gate Church)
4	5	6	7	8	9	10 12:30 pm - CPC Committee Meeting (Bend Downtown Library - Hutchinson Room) 6:00 pm - Redmond Potluck/Speaker Meeting (Redmond Community Church)
11 1:30 pm - 12 Tradition Sharing Session & PI/CPC Presentation (TEC) 4:00 pm - Monthly GSR Meeting (TEC)	12	13	14 6:00 pm - LaPine Potluck & Speaker Meeting (TBA)	15 Ochoco Campout	16 Ochoco Campout 10th Annual As Men See It Campout 7:00 pm - Central Oregon Speaker Meeting: Cancelled this week only (Eastmont Church)	17 Ochoco Campout 10th Annual As Men See It Campout
18 Ochoco Campout 10th Annual As Men See It Campout	19	20 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	21	22	23	24 6:00 pm - Intergroup Potluck and Speaker Meeting (Brooks Hall)
25 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	26	27	28	29	30 7:00 pm - Milestone Meeting (First Presbyterian Church)	1



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25 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	26	27	28	29	30 7:00 pm - Milestone Meeting (First Presbyterian Church)	1
2	3	4	5	6	7 7:00 pm - Central Oregon Speaker Meeting Alex G - 10 yrs, Bend + Marie M - 34 yrs, Bend (Eastmont Church)	8 6:00 pm - Redmond Pollock/Speaker Meeting (Redmond Community Church)
9 4:00 pm - Monthly GSR Meeting (TEC)	10	11	12 6:00 pm - LaPine Pollock & Speaker Meeting (TBA)	13	14	15 10:00 am - Beginning of Summer Picnic (Cline Fall's State Park)
16	17	18 7:00 pm - Central Oregon Intergroup Entertainment Committee (TEC)	19	20	21 7:00 pm - Central Oregon Speaker Meeting: Jennine P - 16 yrs, Powellville + Isaac R - 25 yrs, Los Angeles (Eastmont Church)	22 6:00 pm - Intergroup Pollock and Speaker Meeting (Brooks Hall)
23 5:00 pm - Intergroup Advisory Board Meeting (TEC) 5:30 pm - Intergroup IGR Meeting (TEC)	24	25	26	27	28 7:00 pm - Milestone Meeting (First Presbyterian Church)	29
30	31	1	2	3	4 7:00 pm - Central Oregon Speaker Meeting: Dustin G - 10 yrs, Bend + Ann K - 26 yrs, Bend (Eastmont Church)	5

# 10th Annual As Men See It Campout June 16th-18th 2017



## Simax Campground Crescent Lake, Oregon

By group conscience this campout is for men only. Parking is limited Car pooling is highly recommended

RV's space is Unlimited, if you can drive it, show up in it. Preregistration is encouraged, you must register by June 15th to get the preregistration price. From Bend, travel 48 miles south on Hwy 97, then 17 miles east on Crescent Cutoff Rd. Please register for a dish to share for the Saturday night pot luck. The dish sign up will be at the AMSI meeting. There are dump station, showers, and a small store on site. Bring firewood.

**Come join us!!**

**PREREGISTRATION is \$25 per camper for the weekend.**

**REGISTRATION at the campout is \$35**

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*Fill this out and give it to our treasurer or mail registration form and fee to:*

As Men See It 910 SE Wilson Ave Suite A-3, Bend OR 97702

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Number of men in your party: \_\_\_\_\_

Bringing an RV? (trailer, motor home, etc.)      Yes      No

(Optional) Shirt

Shirt Size:    Small            Medium            Large            X-Large            2Xlarge            3Xlarge

*Central Oregon Intergroup Entertainment Committee*

Presents

# Crescent Lake Campout

Simax Group Sites B & C

**SEPT. 7-10, 2017**

Must have ticket in advance to Camp

Tickets: Adult \$25.00

13 to 17 \$5.00 – 12 and under free



**Saturday Potluck/Speaker Meeting 6 pm**

For ticket info please call Intergroup Office (541) 923-8199





[Home](#) [2020 International Convention](#)

## 2020 International Convention of Alcoholics Anonymous

**July 2-5, 2020 Detroit, Michigan**

The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme "Love and Tolerance is our Code." A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and Detroit, our host city, will be provided.

This website will be updated as more information becomes available. Also watch for articles in Box 4-5-9 that is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and is also posted on the website.

Information about Convention registration and housing reservations will be available in fall 2019. All necessary information will be included in the registration packet which will also be available in the fall of 2019. This packet will list numbers to call for answers to specific questions about housing, the program, etc. The information will be mailed to A.A. groups, offices and contacts around the world and posted on the website.

**We look forward to seeing you in Detroit!**

## New from Grapevine!!!!!!

### *Making Amends*

Making Amends features 55 candid, firsthand stories from AA Grapevine magazine of members' experiences with Step Nine of the AA program. The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and coworkers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."

[Order your copy today.](#)

