

WHAT A.A. DOESN'T DO

1. A.A. is not a religious organization and does not push any religious beliefs.
2. A.A. does not affiliate with any other organization, institution or agency.
3. A.A. does not deal with drug addiction, but we may cooperate with other 12 Step fellowships.
4. A.A. does not make medical diagnoses or tell you if you are alcoholic.
5. Does not provide drugs, detox, or other medical treatment.
6. Does not provide domestic or vocational counseling.
7. Does not provide jobs, housing, transportation or money.
8. Does not charge dues or fees for membership.
9. Does not recruit—we're here if you want us.
10. Does not judge, blame or shame—we've been there.

Experience with alcohol is one thing all A.A. members have in common. It is misleading to hint or give the impression that A.A. solves other problems or knows what to do about drug addiction.

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HOW TO FIND ALCOHOLICS ANONYMOUS

A.A. World Services
aa.org

Oregon Area 58
aa-oregon.org

District 5 (Central Oregon)
district5aa.org

Central Oregon Intergroup
coigaa.org

24 HOUR HELP LINE
541-548-0440



Free Meeting
Guide App



District 5
Website



Local Meetings



Am I Alcoholic?



ALCOHOLICS ANONYMOUS

(Central Oregon District 5)

If you want to drink and can,
that's your business -
If you want to stop and can't,
we can help.

Call the local Hotline
541-548-0440

*District 5 Alcoholics Anonymous
email: dcm@district5aa.org*

*For a local meeting directory
or to request more pamphlets visit:
www.coigaa.org/meetings
or district5aa.org/contact*

WHAT IS AA?

Alcoholics Anonymous® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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TYPES OF MEETINGS

Not All meetings are the same.

- **Speaker Meetings:** Come hear an A.A. member tell their story.
- **Big Book Studies:** A study of A.A.'s program of action. (The 12 Steps)
- **Discussion Meetings:** A topic is read from A.A. literature, then members share on that topic.
- **Beginner Meetings:** Geared toward people new to A.A. offering basic information. Often an opportunity for Q&A.

Find In-Person, Virtual, or Hybrid.

- **In-Person meetings** are easy to find with the address provided. Some have an A.A. sign on the door.
- **Virtual meetings** are held online and usually requires downloading an app.
- **Hybrid meetings** are attended by some in person and others online at the same time.

All Meetings are either Open or Closed.

- **"Closed meetings"** are for A.A. members only, or for those who have a drinking problem and have a desire to stop drinking.
- Nonalcoholics may attend **"Open meetings"** as observers.

THREE THINGS WE SUGGEST IN ADDITION TO MEETINGS

1. The Book "Alcoholics Anonymous"
- The first 164 pages of this book contains the program of recovery. Feel free to ask the Chairperson at any A.A. meeting to help you get a copy of the book. You will also hear the book Alcoholics Anonymous most frequently referred to as the "Big Book".

2. A Sponsor - A sponsor in A.A. is someone who has recovered through the 12 Steps of Alcoholics Anonymous as outlined in the Big Book, and is willing to take someone else through the same work.

3. A Home Group - Most A.A. members attend many different meetings but belong to one group that they call their "Home Group". This is the group where they accept service responsibilities. With membership comes the right to vote on issues that affect the group and might also affect A.A. as a whole. As with all group-conscience matters, each A.A. member has one vote; this is voiced through the home group.