

Cascade Connection

A Newsletter for COIGAA
Spring 2020

"Nothing matters more to AA's future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination."

- BILL W.



HOTLINE
(541) 548-0440



Central Oregon Intergroup Office

337 W. Antler Street
Redmond, OR 97756
(541) 923-8199

Hours:
M - F 9:00 - 5:00
www.coigaa.org

Bend Young People win bid for conference

Young and Young-at-Heart

OSYPAA (Oregon State Young People in Alcoholic Anonymous) wins bid to host annual Young People's Conference here in Bend!

OSYPAA Conference Dates **October 30 – November 1**

"OSYPAA Facts, Aims and Purposes

OSYPAA was created in 2011 by a group of young people in Eugene, OR. Roughly a year after hosting OSYPAA, the young people's committee was struggling to find a purpose. No longer acting as a bid committee for OSYPAA, the unity among YPAA's in the area had dwindled considerably. Looking to unify the area, and ultimately the entire state, the group then known as EASYPAA (Eugene and Springfield Young People in Alcoholic Anonymous) would vote to disband. They immediately reformed as the first ever OSYPAA host committee.

Oregon State Young People in Alcoholic Anonymous is a committee whose intent is to have a yearly conference in Oregon that will enrich and strengthen the young people's fellowship across the state. OSYPAA's aim is to reach young people in sobriety and carry the message of AA's Twelve Steps while demonstrating that life as a young sober person is both exciting and worthwhile."

— **OSYPAA Host Committee Packet**

Questions? Contact OSYPAA Conference Chair — Rachel B. (775) 223-9276 or better yet, please come to the next conference committee meeting Sunday March 15th (the third Sunday of the month from 12-3 PM at 888 Hill Street, Bend). If you are **Young or Young-at-Heart**, we would love your support!

Young People's AA Weekly Meeting "Are We Done Yet?"
SAT 7:30 pm First Presbyterian Church 230 NE 9th St., Bend OR

EVENTS

MARCH 2020

Friday 3/6 — 7:00 pm

Central Oregon Speaker Meeting
at Mission Church

Thursday 3/12 — 5:00 pm

Central Oregon Intergroup
Entertainment committee (MOC)

Friday 3/20 — 7:00 pm

Central Oregon Speaker Meeting
at Mission Church

Sunday 3/22

5:00 pm - Intergroup Advisory
Board Meeting (TEC)

5:30 pm - Intergroup IGR
Meeting (TEC)

OSYPAA Conference Meeting

Sunday March 15th
12-3 PM at 888 Hill Street, Bend

The upcoming OSYPAA
Conference is not just a
conference for young people
....it's a conference for our
area and we want to know
how we can serve Central
Oregon AA as a whole.
If you have ideas and/or
suggestions we hope you
can bring them to our
committee meeting.

Questions? Contact OSYPAA
Conference Chair — Rachel B.
(775) 223-9276



Do you have an event?
Please submit to:
webmaster@coigaa.org

ST. PATRICK'S DAY

Corned Beef & Cabbage



Speaker Meeting
AA and Al'Anon Speakers
50/50 Drawing
and Dessert Potluck

BINGO NIGHT



SATURDAY, MARCH 14, 2019
At Calvary Baptist Church
2241 North Main Street Prineville
Dinner 5:00 • Speaker Meeting 6:00 • Bingo 7:00-9:00

Tickets
Adults \$12.00 | Under 12 FREE
Youth 12-17 yrs \$5.00

Upcoming Events:
Campouts - Ochoco, Ogden,
Crescent Lake
see COIGAA.org Events



Brought to you by the
COIGAA Entertainment Team
Volunteer to assist with this event:
541-419-9487 Sandy for more info

OSYPAA PRESENTS

SHAKIN' & SHAMROCKIN'

DANCE PARTY+ MILKSHAKE BAR

CO-HOSTS: ORCYPAA, ROSYPAA, SAYPAA, SORYPAA

WITH AL-ANON PARTICIPATION

FAMILY- FRIENDLY

\$10 SUGGESTED CONTRIBUTION

SATURDAY, MARCH 21ST

BROOKS HALL AT TEC

469 NW WALL ST | BEND, OR 97703



6:00 PM SPKR MTG

**AL-ANON OPENER: LINDA C
AA SPEAKER: JACOB S (PDX)**

EVENTS (Continued)

Announcing Intergroup Potlucks

Intergroup Potluck Events are held on the fourth Saturday of each month

April 25th
Intergroup Potluck will be hosted by Prineville groups at the Calvary Baptist Church

May 23rd
Intergroup Potluck will be hosted by Step Sisters group at Trinity Episcopal Church, upstairs in Brooks Hall

June 27th
Intergroup Potluck will be hosted by the WFS group at Trinity Episcopal Church, upstairs in Brooks Hall



**Do you have an AA event
you'd like to post?**

By sending in your event, we can publish it in the newsletter, **AND** it can be added as an announcement on the COIGAA website, **AND** it can be sent out via e-mail if you have signed up for updates on our home page <https://www.coigaa.org>

Questions?
newsletter@coigaa.org

*Central Oregon Inter-Group of Alcoholics Anonymous
Presents the*

March 2020

Intergroup Potluck

Hosted by

**Tumalo Friday Night
Speaker Meeting**

*Potluck def.: a meal or party to which each of the attending guests
contributes a dish.*

Saturday March 28th

6pm-8pm

Ala-non and AA Speakers at 7 pm

Trinity Episcopal Church, Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

All are Welcome!! Handicap Accessible

Volunteers always appreciated! Set-up begins at 5pm

Questions or comments: Alan S.- Potluck Chair (541) 647-9174



CENTRAL OREGON SPEAKER MEETING

WHEN

First & Third Friday of Every Month
7:00 pm to 8:30 pm

WHERE

Mission Church

61303 S. Hwy 97

Bend, Oregon 97702

South of Powers Road next to Goodwill

Across 3rd Street from the Factory Outlet Stores

JOIN US FOR

Local Speakers • Out-of-Town Speakers • Experience •
Strength • Hope • Unity • Service • Recovery • Fellow-
ship • Fun

Mar. 6th

15 Min Speaker

Ian C.

("Mellow" Ian)

18 Months

Bend, OR

45 Min Speaker

Jane L.

("New York" Jane)

29 Years

Bend, OR

Mar. 20th

15 Min Speaker

Jonae S.

("189-day" Jonae)

6 Months

Bend, OR

45 Min Speaker

Jim M.

("Cowboy" Jim)

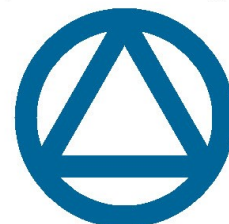
6 Years

Bend, OR

Raffle

Great raffle prizes!

Ticket purchases support the meeting.



A Step Poem



I took Step One, began to moan
I can't do this one on my own.

I took Step Two, began to pray
Restore me God, please now, today.

I took Step Three, gave up my will
maybe God could love me still.

I took a Fourth, I looked inside
Nothing more would I hide.

And on the Fifth, I said aloud
I've done some wrong, and I'm not proud.

I took Step Six, and got prepared
To lose the defects, I was scared.

Now I'm at Seven, take them away
My God, for this I do pray.

And on Eight, the list was long
Amends to make for all the wrongs.

I took Step Nine, put down my pride
Amends made, I will not hide.

Step Ten I take, each day I pray
I make amends along the way.

And on Eleven I pray to know
Each day His Will, which way to go.

I take Step Twelve, I'm like a bird
To others now, I spread the word....

*We accept personal stories,
poems, art work, cartoons, jokes
or anything that has helped you
on your journey.*

Please submit to:
newsletter@coigaa.org

Prayer by St. Theresa of Avila

May today there be peace within.
May you trust God that you are exactly where you
are meant to be.
May you not forget the infinite
possibilities that are born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones,
and allow your soul the freedom to sing,
dance, praise and love.
It is there for each and every one of us.

TECH CORNER

What's APP????

Meeting Guide APP

Download this **FREE APP**
to find meetings on the go!



Meeting Guide



Did you know???

Don't miss out - on upcoming
events, announcements,
changes in schedules, special
activities and workshops and
all the goings on right here in
Central Oregon.

Sign up on the home page at
www.coigaa.org

SUBSCRIBE FOR UPDATES

And receive new posts right to
your e-mail inbox



The AA Grapevine website has
e-books available for Apple
ibooks, NOOK and Kindle:

<https://store.aagrapevine.org/ebooks>

Steps One, Two and Three for Newcomers

1. WE ADMITTED WE WERE POWERLESS OVER ALCOHOL- THAT OUR LIVES HAD BECOME UNMANAGEABLE.

If you continue your alcoholism, do you think it will continue to create more problems in your life?

Then why haven't you quit permanently?

Step One involves two parts:

- a) admitting powerlessness and
- b) admitting that your life is unmanageable.

Although admitting these things is frightening, denying them won't bring you any closer to solving your problems.

Maybe you feel guilty or ashamed of your drinking, and you've isolated yourself from your friends and family. Perhaps your physical and mental health are suffering, or you're dealing with legal or financial consequences. Or maybe your spiritual health is suffering and you're behaving in ways that go against your values and morals. If you relate to any of these, your life has become unmanageable.

It's instinctual to resist the idea of powerlessness, but the more you try to exert your willpower to stop, the worse the alcoholism will become. Eventually, you're completely consumed by it to the point where you feel the compulsion to drink despite being aware of the consequences.

People who've struggled with alcoholism rarely recover without any resources. Self-reliance isn't useful in overcoming alcoholism, and admitting powerlessness and relying on outside help offers a way out. Surrendering means you're willing to become teachable.

1

2

3

2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

The thought behind Step Two is that you can't cure your alcoholism on your own. There is something more significant than ego and self-discipline, and it lies within a Higher Power - however you choose to define that Higher Power.

Step Two is not an attempt to change someone's belief system.

Instead, it requires you to continue to surrender and be willing to try something new. An open mind, humility and faith in something bigger than yourself, whether that's God or the collective knowledge in your 12-Step group, can establish a foundation for you to keep working the steps.

3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

When you admit that you have a problem greater than yourself, you may start to realize you need a power greater than yourself to solve it.

A good way to get started on this step is by staying the Step Three prayer: "God, I offer myself to Thee - to build me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

(Big Book, page 63)

Your concept of a Higher Power doesn't need to be like anyone else's. By attending 12-Step meetings, you're already demonstrating the willingness to surrender and accept the guidance of the program. It shows you're willing to consider your ideas and recognize that some of the ideas from the 12-Step program may be better than your own.

How will your Higher Power give you the strength you need? You just have to be willing to let your Higher Power do it. As you adopt the principles into your life, you'll start to feel your Higher Power's presence grow stronger within you, and that's how you develop the strength to live a sober life.

— An Anonymous Member

Rule 62

A long time AA member named Joe R has lived to a very old age and one morning God appears to him, as Joe lies in bed.

Joe: What have you come for God?

God: Well Joe, I've come with some good news and some bad news, what do you want first?

Joe (being an optimist): I like to start the morning with good news

God: I have come to tell you that we have AA meetings in heaven

Joe: Alright - that's great! So what's the bad news?

God: You're chairing the meeting tonight....



I had to take my dog to AA the other day....He couldn't control his licker.

“Don't take yourself too seriously.”

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

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Advisory Board Committee Lauren	
Advisory Board Committee Lanelle D.	
Advisory Board Committee Alice H.	
Advisory Board Committee Frank W.	

Intergroup Meetings take place the third Sunday of each month at 5:30 PM at TEC (Trinity Episcopal Church)

469 NW Wall Street, Bend. All are welcome to attend!