

Cascade Connection

A Newsletter for COIGAA
Summer 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.

District 5 to host May 2021 Assembly

Yes, District 5 has been given the honor of hosting the May Assembly next year! It will be held at Riverhouse in Bend. Lodging will be available at Riverhouse and nearby motels.

When we hosted the September 2016 Assembly, the members of District 5 stepped up and put on an Assembly to be proud of. We are going to do it again!

This is your opportunity to "give back" in the form of service work. Our first task is to fill to positions on the Host Committee. Some positions have already been filled. The Chair is Helen W., Co-Chair is Christine B., Treasurer is Valorie R., Registrar is Walt W., Facilities Chair is Bonnie C., and the Marathon Meeting Chair is Lauren S.

These positions are open: Secretary (Urgent need), Fundraising, Publicity, Accessibility, Dance/Entertainment, Hospitality, Volunteers, Speakers, Recap, Theme and Decorations, Archivist, Prayer Chair, Greeters. Please go to: <https://www.aa-oregon.org/area-assembly-planning/> . Download the "Host Committee Planning Guide" and "Assembly Planning Guide" for information and job descriptions.

Use assemblymay2021@gmail.com if you have questions or wish to submit a service resume (*please indicate which position you are applying for.*)

What is District 5?

District 5 serves Central Oregon Including: Bend, Burns, Chemult, Culver, John Day, LaPine, Madras, Metolius, Mt. Vernon, Prineville, Redmond, Sisters, Sunriver, Terrebonne, & Tumalo.

The District 5 committee meets monthly and coordinates AA news, events, service, and GSR communications from our local area to AA headquarters in New York among many other service functions.

Monthly District Meeting

Place: TEC 469 NW Wall Street, Bend, Oregon
Day: 2nd Sunday of each month
Time: 4:00-5:30 pm

HOTLINE
(541) 548-0440



Central Oregon Intergroup Office

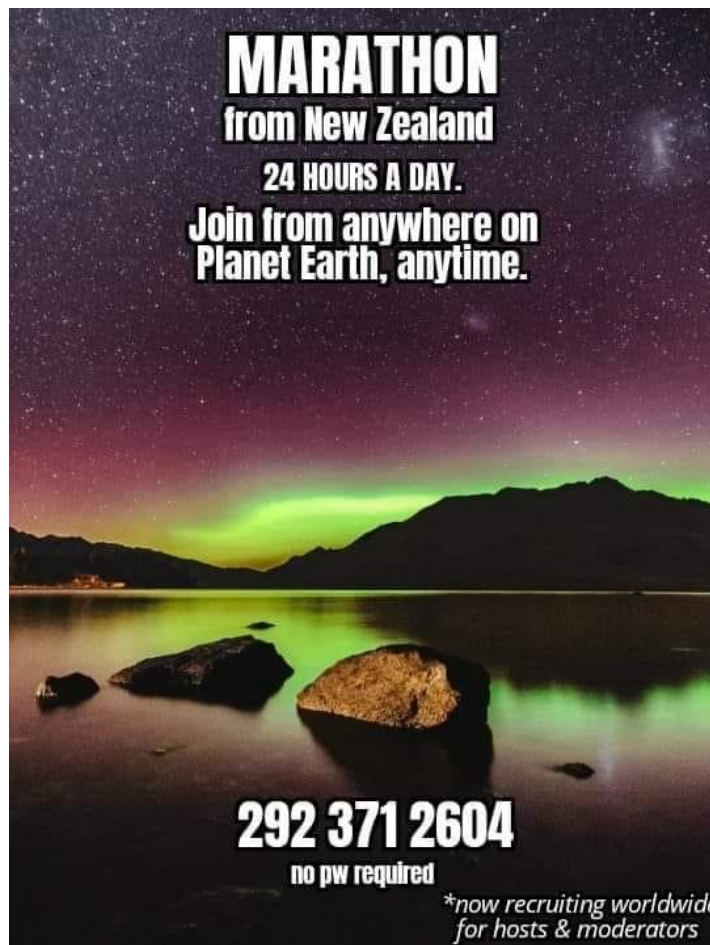
337 W. Antler Street
Redmond, OR 97756
(541) 923-8199

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

ONLINE EVENTS



Click on the image above to access online and phone meetings all over the USA!



**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



Coping with COVID-19

From a local member visiting the East Coast:

.....Spending as much time in nature with my family; both inside A.A. and out. We go to Folger Park for A.A. meetings every noon. We wear masks and social distance when taking walks around the Capitol. A normally powerful and very active city feels and sounds like a small country town. Church bells, singing birds, children's laughter are the sounds of DC. The trash is still being picked up, the US mail is still being delivered. We wave with appreciation and good will. I pray to trust God and love His children.

Keep It Simple.

Thank You!!!!

During this unprecedented time, our office manager and webmaster have been working tirelessly to update our website with all the online meetings (Zoom, call-in telephone meetings, etc.). We all appreciate your efforts and service to keep us all connected!

There is a new tab called "ONLINE MEETINGS" on the home page listing meetings and various options.

For newcomers, we have a new meeting on the last Saturday of the month with an introduction to AA, a speaker sharing what it was like as a newcomer, and a session for Q & A.

On Tuesdays at 5:30 PM, the Safe Harbor Zoom meeting reads the *Living Sober* book—a great tool for newcomers.

....."I love zoom meetings. I started one before most central Oregon meetings were required to shut down. Amazing to hear speakers from all over the world and have attendees from all over the world. Hearing different experience strength and hope.

"I LOVE ZOOM MEETINGS"

I love "going" to meetings in other places too. I attended a meeting in Panama which is said to be the oldest meeting in the West outside of the US!

Celebrated my sobriety birthday during quarantine. Friends had chips and flowers delivered and we had a special meeting. I may go to more meetings now. I view staying home as a way to be of service to my fellow AA's and community as a whole.

The connection in zoom meetings is intense. Lots of depth and honesty in the shares. "

— Allison J.



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

Please submit to:

newsletter@coigaa.org

Coping with COVID-19 (Can't)

How Steps 1-3 got this alcoholic through lockdown during Covid-19

It took about a week. I was eleven years sober and life was good. As one of my sponsors had pointed out, it was as if the steps were working me. Daily happenings went on with a delightful buzz of familiarity - doing work I loved, sitting in Starbucks with a sponsee, going to meetings.

"I hadn't realized how much I had depended on my hugs in the rooms."

There was this little voice out there getting louder about this thing called coronavirus, but frankly I wasn't paying attention. Some friends were already social distancing and staying home, and at first I thought, I'm sure like some of us, that they were overreacting. But then parking lots were vacant. Starbucks closed their doors. People were passing me by on the street with a wide berth.

Foreboding lurked behind my senses, and came to the surface as my weekly AA meetings began shutting down. I am a single person with no family close-by. I hadn't realized how much I had depended on my hugs in the rooms. And then the email came saying I was to shut down my massage practice.

I first got sober in 1999, but that ended in a suicide attempt and relapse in 2008. By God's grace, I got back into AA immediately. Since then, I stayed sober through the death of both parents and numerous friends, divorce, and financial insecurity. But this thing- Coronavirus. Pandemic. In one week my life all but stopped. To say I hit the proverbial wall is an understatement. In one week, it felt like I had lost everything.

A sickening sense of powerlessness overwhelmed me. Fear had me in a chokehold. The way my sponsor put it "the whole world was on step one at the same time." I resented the reminder that it was not all about me. (In retrospect it was that reminder that probably saved my life). With nowhere to go, and nothing to do, I cried for days and plummeted into self pity. I didn't want to drink but I did not want to live with reality, either.

But I attended zoom meetings (out of sheer loneliness at first) called my sponsor every day, and reached out to other alcoholics. I faced step one; my total powerlessness over the virus, my unemployment, but even more my powerlessness over my loneliness. I prayed and meditated, and grudgingly wrote a gratitude list. Even though it all felt hopeless, I was willing to have hope.

Maybe it was that willingness that ignited step two for me, because I started to feel a

little hope trickle in. But I was still angry and resentful. My sponsor told me to read page 417 on acceptance. Acceptance was not easy. I had to say the serenity prayer over and over. "Grant me the serenity to accept" implies serenity comes first, and by God's grace, it did. With a little serenity I was able to accept my life where it was and turn it all over to God.

Still in lockdown and unemployed, I can see today how truly blessed I am. I have learned that I had to grow my emotional sobriety and accept that I can't always have what I want. But AA has taught me that I always get what I need, and then some.

—Annie F.

**HOTLINE
(541) 548-0440**

...Some of the interesting/fun/helpful things I'm doing:

A book study with about eight women all over the United States who were my guides in my first year or two of sobriety and then became my good friends. Now in Southern California, San Francisco, Atlanta, Asheville North Carolina etc. it's really, really great. And I'm going to zoom meetings shared by one of my good friends who now lives in Las Vegas. So I'm getting acquainted with her new friends there in a meeting that's called after 50. All people with long long-term sobriety.

Ann, Bend OR

Home Group Poem



*Are you a Member or
an Attender?*

Are you an active member?
The kind who would be
missed?

Or are you just content that
your name is on the list.

Do you consistently reach out
to new people, regardless if
you're joyful or in pain?

Do you hold a service
position?
Or just sit on the sidelines,
criticize and complain?

Do you attend the business
meeting? To this there is no
trick.

Or leave the work to just a few,
and talk badly about the
clique?

Please *join* the group, and
help with hand and heart.

Don't be just an attender, but
take an active part.

Give this some consideration
and ask what more you can do

If we said " calling all
members" would that be
calling you?

*Poem about Home Group membership —
originally taken from the Dayton, Ohio
Intergroup Newsletter*

OSYPAA Conference

October 2020

This event has now been **CANCELED**.

The OSYPAA committee met recently and came to this
decision via group conscience.

The good news is now we have more time to line up
fund-raising events!
The conference has been rescheduled for October 2021.

The OSYPAA Conference is not just a conference for young
peopleit's a conference for our area and we want to
know how we can serve Central Oregon AA as a whole.

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

TECH CORNER

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

There is a new tab called
"ONLINE MEETINGS"
on the home page listing
meetings (Zoom & phone-in)
with passwords & options.



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

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

4. ***“Made a searching and fearless moral inventory of ourselves.”***

In this Step, we continue to eliminate opportunities for denial by taking an honest - *and sometimes uncomfortable* - look at ourselves, our behavior when drinking, and the effect it has on ourselves and upon others.

Why is this so important?

Before you can ever attempt to change your behaviors and attitudes, you have to know what needs changing. This inventory is not just about finding out your *weaknesses* - those things that need changing. It is also about uncovering your *strengths* - those positive traits that you can expand upon.

A personal inventory must be:

- Fearless - as you face truth about yourself that you may not like. But only by acknowledging your faults can you take steps to correct them.
- Searching - as you sincerely take time to examine your thoughts, words, and deeds. To this end, it is a good idea to write your inventory down.
- Moral - as you weigh those thoughts, words, and deeds against an objective standard of what is *right* against your own selfish desires.

When a person knows their strengths and weaknesses they can make better choices. For example, A person that knows they aren't good at math would never agree to be a treasurer. In the same way, a person that knows they can't control themselves when they drink has an easier time choosing to not drink.

5. ***“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”***

This Step is absolutely necessary after a moral inventory. A person who has taken an unflinching look at the harm that their alcoholic behaviors have done can sometimes be tormented by that knowledge. Without productive relief, that torment can lead to old, destructive ways of coping - drinking.

Talking to someone else can help alleviate negative feelings of shame and guilt. When you unburden yourself of the weight of your past, you free yourself up to move forward unimpeded.

Often, people will find that they are not so unique in their imperfection.

Additionally, discussing the things you've done wrong has lots of benefits. It can be hard to admit that you've done something wrong. But when someone keeps that inside it creates guilt. This guilt makes them want to drink more. That's one of the ways that the cycle of alcohol addiction continues.

The old saying is that *“confession is good for the soul”*, and this is especially true for us alcoholics.

6. ***“Were entirely ready to have God remove all of these defects of character.”***

This is one of the more difficult Steps of the 12 Steps of AA, because it is the culmination of everything that has come before. This is where you *let go* of those behaviors and attitudes that are holding you back.

The reason that this step is so difficult is because often, those behaviors and attitudes that are being let go have been the only ways to cope that you have ever known. Sometimes, it means re-learning a whole new way to interact with the world.

After all, alcohol shapes the world for many alcoholics. The nature of the disease means they're always thinking about alcohol. That means that changing requires hard work. People need to admit to themselves that they're ready for that hard work.

This Step is not about perfection - *it is about getting better*. Throughout the course of recovery, you will find yourself repeating the Sixth Step several times. That's because no one is perfect. But that doesn't mean that people shouldn't try to improve.

AA — The extra strength allergy relief medication

Important information pertaining to the use of AA:

- AA is an allergy relief program commonly used to treat and inhibit the use of alcohol and the common defects caused by alcoholism.

- AA is designed to reduce the symptoms commonly associated with alcoholism.

- When taken as directed AA is known to substantially reduce the negative side effects associated with alcoholism such as :
Misery, depression, despair, remorse, guilt, shame, physical, mental, and spiritual maladies, a mental obsession and a physical allergy commonly known as alcoholism.

- We do not recommend that you use AA unless you are capable of being honest and completely willing to give yourself to this simple program. AA is available for use by those who have a sincere desire to stop drinking.

- **CAUTION:** AA will impair your ability to consume alcohol. If you are on any other medications such as alcohol or any other mind-altering substance, we suggest that you discontinue use immediately as this will cause a substantial reduction in the effect caused by AA.

- Some of the most common side effects associated with AA are:

Honesty, Hope, Faith,
Courage, Integrity, Willingness,

**“If you're not enjoying your Sobriety
it's your own damn fault!”**

Humility, Brotherly love, Justice, Perseverance, Spirituality, and Service. A spiritual awakening and a psychic change have been reported in most cases.

- If you are experiencing a resurrection lasting more than four hours, you needn't seek medical attention, as you may be experiencing the initial effects of AA.

- AA has no negative side effects on pregnant women or women who are nursing.

- To reduce your risk of chronic relapse, a lifestyle change maybe recommended. In 9 out of 10 cases practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

- An increased risk of recovery and long term spiritual affects have been associated with AA. Consult your sponsor immediately when changes do occur.

- AA should be taken with plenty of open-mindedness and willingness. Do not take AA alone. Independent stud-

ies have shown that AA is most effective when working with others.

- Always remember it is important that you use AA only as prescribed:

1. Trust in God
2. Clean House
3. Help others

- **WARNING:** Do not skip doses or discontinue use as severe reoccurrence of fatal allergy symptoms may occur.

- AA is recommended for long-term daily use. Prodigious results have been found in those who continue long-term use of AA. As with all allergy relief medications some results may vary, sometimes quickly sometimes slowly.

- For more information and to learn more about the AA 12 step program of recovery and alcoholism we suggest you contact your local AA community directly, retain a sponsor, and read the Big Book of Alcoholics Anonymous.

—Gordon R.

Rule 62

Signs you drink too much coffee

- You answer the door before people knock.
- Juan Valdez named his donkey after you.
- You ski uphill.
- Your eyes stay open when you sneeze.
- You can jump-start your car without cables.
- You don't need a hammer to pound nails.
- You don't sweat, you percolate.
- You go to AA meetings just for the free coffee.
- People get dizzy just watching you.
- The Taster's Choice couple wants to adopt you.
- Starbucks owns the mortgage on your house.
- Instant coffee takes too long.
- When someone says, "How are you?", you say, "Good to the last drop."
- You want to be cremated just so you can spend the rest of eternity in a coffee can.
- Your birthday is a national holiday in Brazil.
- You're offended when people use the word "brew" to mean beer.
- You can thread a sewing machine, while it's running.
- You can outlast the Energizer bunny.
- You think being called a "drip" is a compliment.
- You don't tan, you roast.
- You help your dog chase its tail.

“Don't take yourself too seriously.”



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!