

Cascade Connection

A Newsletter for COIGAA
Fall 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.

The New Norm

COVID-19 Updates

We have seen lots of things change, evolve and expand throughout these past six months; we are surviving and in some cases thriving!

To Zoom or not to Zoom? Here in Central Oregon many of our local meetings are now on Zoom, while others have remained ongoing, and others have moved outside.

Please check our website for online meetings, passwords and login information:

www.coigaa.org

OUTDOOR MEETINGS

We now have meetings every day at 12 NOON in Pioneer Park (1525 NW Wall Street at Portland Ave.) in Bend. There are outdoor meetings in Prineville, Redmond, Tumalo, LaPine and Sisters — please check the website for listings.

AA.org now has a wonderful resource center called OIAA (Online Intergroup of AA).

Browse the [Directory](#) of Online Meetings

The OIAA Directory features 1,000+ online AA meetings worldwide, ranging from video or telephone conferences to email or chat groups in many languages, available 24/7. Browse the next available or search for the right one for you.



Choose from dozens of times, formats, languages, type of meeting and more (Newcomer, Big Book, Women, Men, Closed, Meditation, Speaker, Discussion and many more options).

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



Virtual

5th Annual Unity & Service Conference

of Concord, California

"Applying our 12 Traditions & 12 Concepts to Real Life"



ASL Interpreted For The Deaf

Labor Day Weekend - All Times PDT

Saturday, September 5

Sunday, September 6

8:45 am

**Welcome!
Serenity Prayer & Kickoff**

9:00 am

Memoirs of a Judge that Nudged

*Rogelio Flores, Santa Barbara, CA
Retired Judge & Past Class A Trustee*

Contempt Prior to Investigation?

**The 12 Concepts -
"A Spiritual Experience"**
Jennifer D., Wilmington, NC

10-Minute Tradition or Concept Vignette Before Each Main Speaker

10:30 am

Service Panels

Panel 1 - **Young People**
Panel 2 - **Bridging the Gap**
Panel 3 - **Corrections (H & I)**
Q&A

Service Panels

Panel 1 - **Public Info & Cooperation with Professionals**
Panel 2 - **Intergroup/Hotline**
Panel 3 - **General Service**
Panel 4 - **Sponsorship**
Q&A

12:00 pm

Break

12:30 pm

Finance & Romance in AA's Digital Age

Jennifer D., Wilmington, NC

Anonymity and Outside Issues: Rights vs. Responsibilities

Roger W., Vine Grove, KY

10-Minute Tradition or Concept Vignette Before Each Main Speaker

2:00 pm

The Three Legacies and Relationships

Chuck & Beth H., Cary, NC

10-Minute Tradition or Concept Vignette
from an Al-Anon Speaker

*This 2 Hour and 15-Minute Session Includes
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm*

Ask It Basket with Speakers

*Rogelio, Jennifer, Don, Roger,
Chuck & Beth*

3:00 pm

Break

Close with Responsibility Statement

4:30 pm

Unity vs. Conformity in the Home Group

Don L., Bellingham, WA

10-Minute Tradition or Concept Vignette to Open

6:00 pm

Close with Responsibility Statement

Online Event!

Space is Limited.....

Pre-Register Today!



Registration Link & Contact Info: Unityandserviceconference.org

925.222.5639

DISTRICT 5 TO HOST MAY 2021 AREA ASSEMBLY!



**BE OF
SERVICE!**

May 14 -16, 2021

RIVERHOUSE ON THE DESCHUTES, BEND OR

FOR MORE INFORMATION ABOUT
POSITIONS OR SEND SERVICE RESUMES TO:
DCM05@AA-OREGON.ORG

**HOST COMMITTEE
SERVICE
POSITION OPENINGS**

**ARCHIVES CHAIR
VOLUNTEER CHAIR
GREETERS CHAIR
RECAP CHAIR**

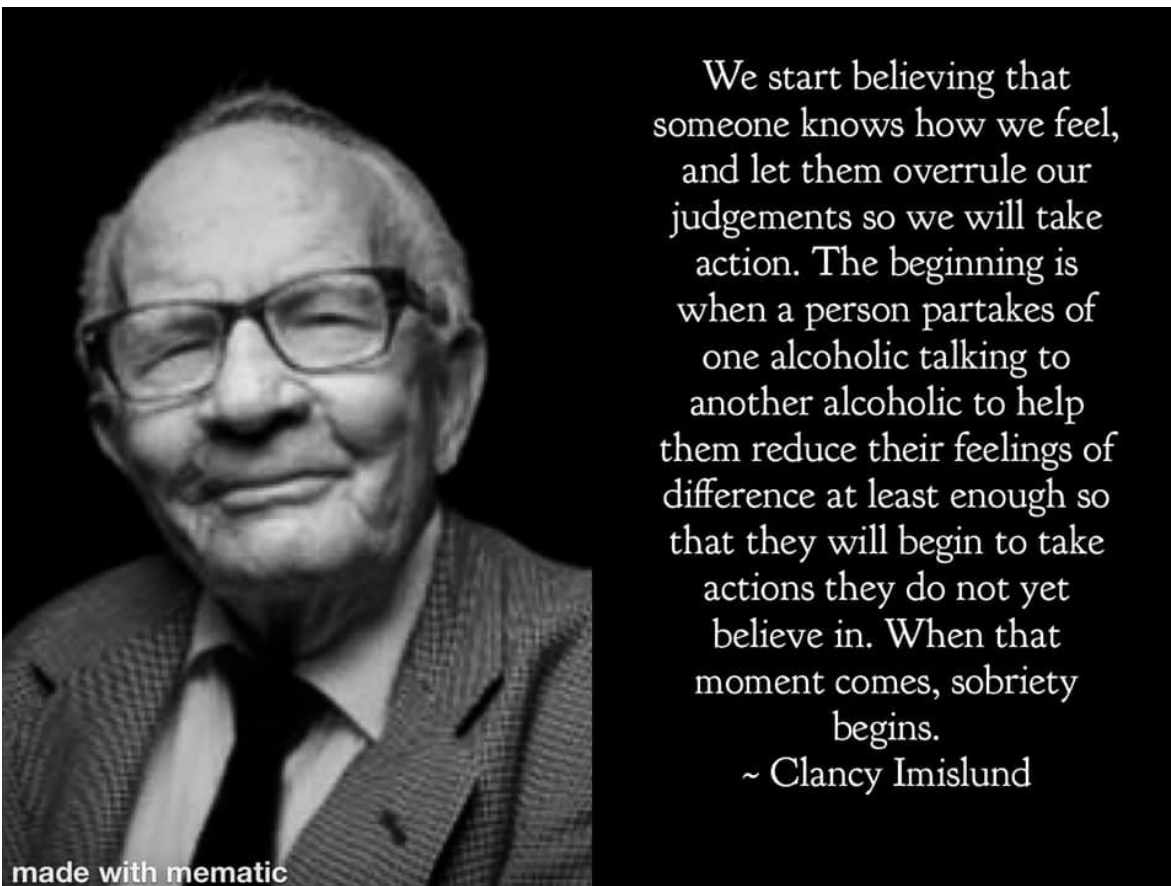
Or call Bonnie C. at 435-612-2449

In Memorium

"We are heartbroken at the passing of our managing director and beloved friend Clancy Imislund. He has been the heart and soul of The Midnight Mission since joining the organization in 1974. Clancy's profound impact and influence have transformed the course of countless lives worldwide. For 46 years, he worked relentlessly helping disenfranchised people in Skid Row find a pathway to self-sufficiency. As a leader in the 12-step community for more than 61 years, Clancy's legacy has reached the farthest corners of the world. Today, we grieve this enormous loss with his family and friends and pray for their comfort. RIP Clancy. Thank you for your love and service".



Thank you Clancy!



Stories (*members near and far*)

NO ONE IS MORE IMPORTANT

I use to open every share with "*If you're new or nearly new, welcome, you are the MOST IMPORTANT PERSON in the room*"

My sponsor eventually sat me down and explained why that's not true, and how we are all *equals* and while it's perfectly fine to welcome the newcomer, no one alcoholic is more important than another in the rooms of Alcoholics Anonymous. That's the entire idea of placing principles before personalities.

Also Tradition One, our "common" welfare should come first. Tradition one makes clear, that the welfare of the Group should come *BEFORE* any one individual. The group comes before me, before you, before the old-timer, and yes, even before the newcomer! (Who knew!)

Tradition Two makes clear that an informed group conscience should come before any one individual, and also that no one individual comes before another. We are all equals. We all have an equal voice.

Another mistake I used to make. In addition to putting the newcomer before anyone else, I would also place other minorities in an elevated position. Any minority in fact.

I considered their voice more important than anyone else's in the room. I always treated that person "*special*". Giving them *MORE* time to share, listening *MORE* carefully to them than I did anyone else.

I have a transgender friend who one day pointed out to me that all of this special treatment and special consideration did not make him feel one of many. I was not treating them as equals. I was putting personalities before principles.

I hope I never treat people differently in AA again. And I hope that I can remember that no one voice in AA is any more important or less important than another.

Signed,

.....Still learning to grow in effectiveness



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

HOPE

A new year with perfect vision. "I can see clearly now the rain is gone, I can see *most* obstacles in my way" with the help of the steps and my sponsor that is. If my words can be of service I'm happy to reach someone.

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Came: to a meeting.

Came to: woke up

Came to believe: there's something or someone out there (or even inside us) that could restore us to sanity.

From the depths of despair that alcohol and drug addiction brings, to being happy, joyous and free?

From powerlessness to letting go of our fears we walk into the sunlight of the spirit.

This is what Step 2 promises: hope

I'm living proof of that. Six months of my late teens and early twenties were spent in an assortment of psych wards in two states, thanks to being under the influence of drugs and alcohol. Ok, maybe some of that is bipolar disorder which exists in our family's genetics. And alcoholism didn't help. I had dropped out of college by then, and was completely lost and drifting.

These episodes brought me to

Stories (Continued)

HOPE (Continued)

California in the late seventies, determined “NOT TO GO BACK TO THE PSYCH WARD”. I left behind my sweet 2 year old son Albert by my first marriage at 21 years. I made a decision to surrender custody to his father that left me broken-hearted and giving me more reasons to drink and drug myself into oblivion.

A family tragedy brought me to AA, but not right away.

My brother was almost killed at the hands of my violent and alcoholic boyfriend. The knife came very close to my brother's heart. I felt I had to choose between the two men, and I chose my boyfriend who later became my husband. I can't describe the crippling guilt and shame I lived with for so many years. Together we drank up and down the Coast, from San Francisco to San Diego and back. We stayed in run-down hotels complete with cockroaches, drinking until we passed out. I felt like a fugitive - on the run with a would be murderer and cast out of the family I loved so much.

And we had a son together! My twisted thinking was that this child would make up for losing Albert and this time I wouldn't lose custody. After five or so years of dragging Billy along with us on our drunken adventures, we settled for a one bedroom apartment — a huge step up for us. And I got a look at the lives we were leading, still managing to hold down jobs, and I came into recovery through Al-Anon. I was through with drinking, and now I could focus on getting my husband sober. After several hundred Al-Anon meetings, I realized I had one finger pointing at my husband and three fingers pointing back at me. I started attending AA meetings. That husband never got sober and eventually died of cirrhosis. We had divorced by that time and I lost track of him. A social worker called me to tell me he'd died and was buried at Holy Cross Cemetery in San Francisco.

And I continue to come to meetings, and I continue to believe, and I hope you find the sanity and health I've found in these rooms.

And a postscript: I have a continuing relationship with my first son Albert, and attended his wedding. My second son Billy and I also have a very close relationship. And I'll be attending my nephew's wedding this March. I've just retired from the school district. And I was able to buy a little cottage up near Mt. Shasta. All these gifts of the program! I hope you find the sanity and health I've found in the rooms of Alcoholics Anonymous. Beyond your wildest dreams!

— Barbara S., San Francisco

Announcing

NEW

Beginners Meeting

The last Saturday of each month

Are you getting first time AA members to your group?

Would you like to offer them an Orientation into AA?

Central Oregon's first ever Beginner's meeting/panel, offered to anyone new to AA! This takes place the last Saturday each month **at 12:00 noon**.

Please announce at your Home Group, report at your Business Meeting, put this information into your newcomer packets, or let your sponsorship reps know to offer first time members this informative orientation style beginners meeting. The format includes:

- An introduction to Alcoholics Anonymous
- A 20 minute speaker sharing about their beginning into the program
- And 20 minutes of Q&A, where they may ask questions.

(There is no such thing as a bad question)

Zoom info as follows:

Meeting ID: 914 633 670

Password: 164164

GUIDE ME

Thank You, Higher Power, for this beautiful day, for strength, for health.

Help me to live this day for You. Place in my path some way to serve others.

Help me to know that no other walks in my shoes; that there is something that only I can do today.

Guide my thoughts and deeds that I may feel Your presence today and in all the tomorrows.



Things to Give

Today I pray I may give:

To my enemy:	Forgiveness
To my opponent:	Tolerance
To my customer:	Service
To a friend:	Kindness
To all people:	Charity
To my family:	My heart
To every child:	A good example
To myself:	Respect

— Excerpts above from the 12 Step Prayer Book



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



This member is going to any lengths to stay sober —attaching chairs to the bike rack for meetings on the go!!!

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 Seven, Eight and Nine

7. "HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS."

This Step is very much like the Third Step, but it is more specific. Now that a moral inventory has been completed, we see ourselves as we truly are, both the good and the bad.

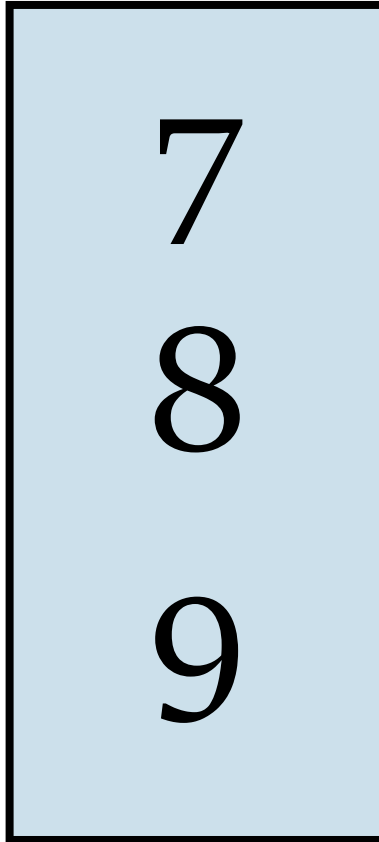
The truth is many of our shortcomings are intertwined with our alcoholism. And, because we are powerless over alcoholism, we are often just as powerless to overcome our shortcomings on our own.

This is where the key concept of Step Seven of the 12 Steps of AA - *humility* - comes in.

When we are humble, we admit when our way of doing things isn't working and when we need help to overcome specific problems in our lives.

There are three reasons why humility is so important in Step 7:

- *It allows us to recognize the severity of our defects.* Without that humility, it is possible that we will underestimate or minimize the impact of our actions.
- *It allows us to recognize our own limits.* We have to be humble enough to understand that alone, our intellect, our reasoning, and our willpower are not enough to overcome our alcoholism.
- *It allows us to comprehend the enormity of our Higher Power's ability to transform our lives.* Humility allows us to come to the realization that there is something greater than both ourselves AND our alcoholism. And, because it IS greater, that Higher Power can restore us to sanity.



"But when a person sees a list of the times that their drinking has hurt someone, it gives them more motivation to change"

8. "MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

The Fourth Step was about *personal* house cleaning, but the Eighth Step of the 12 Steps of AA is about *social* house cleaning. It is about recognizing the wreckage that you have left in your wake while you were active in your disease.

In order to continue moving forward, you have to acknowledge the role you may have played in hurting others. When you become willing to repair the damage you have done, you again reduce the destructive pain, anger, hurt, and resentment that alcoholism causes.

This step also helps people work on the guilt they feel. Remember, guilt can cause people to turn back to drinking. Confronting that guilt makes it easier to stay sober. It also helps remind people of the harmful effects of their drinking.

Making a list of the wrongs someone's committed helps them to understand the importance of changing. It's easy to overlook one or two events. But when a person sees a list of the times that their drinking has hurt someone, it gives them more motivation to change.

In this way, the Steps work together again. Understanding the effects that a person's drinking has on those around them helps them make decisions based on overall good. That's instead of making decisions based only on themselves. This helps stop the cycle of addiction.

It is the *willingness* to make amends that is important, because as you will see in the Ninth Step, it is not always possible to make reparations...

Steps Seven, Eight and Nine (Continued)

9. “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Like so many other interlocking Steps, the Eighth Step of the 12 Steps of AA was chiefly about *contemplation*, while this Step is about *action*. Now that we know *what* we have done and *who* we have done it to, we have to take action to right our wrongs.

This is a difficult, but necessary Step. Difficult, because “direct” means face-to-face and in person. This may seem strange in a world dominated by text messages and email. People need courage to ask forgiveness. Asking forgiveness in person requires even more courage.

We have to face those we have wronged, take responsibility for the harm we have caused, and try to make up for that harm in some tangible way. Making amends is more than just apologizing. It also means trying to undo the damage. That means repaying old debts, whether they’re monetary or otherwise.

It is necessary because it starts to clean up the messes we have left behind. Since recovery is all about moving forward, making amends for the wrongs we have done lets us “balance our books”, so we owe nothing from our addicted past. It allows us to have a *fresh start*.

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

Please submit to:

newsletter@coigaa.org

A word about “wherever possible”-

Sometimes, reconnecting personally with someone we have harmed in the past can reopen old wounds or cause difficulties in someone else’s current life. For example:

- Seeing an ex in person can cause them embarrassment or problems in their current relationship.
- A person you may have physically harmed might be traumatized by your presence. Confessing to some criminal act you may have committed does not mean implicating others. In such instances, it may be better to write a letter acknowledging the past harm, expressing the willingness to make amends the other person may deem necessary, and asking for forgiveness.

This Step requires that we (1) apologize, (2) try to repair our wrongs, and (3) ask for forgiveness. It does NOT require that the other person *grant* that forgiveness.

In fact, some people may not be willing to forgive. A recovering alcoholic needs to accept that. This is one of the ways that the steps work together. When someone is comfortable with another person’s right to refuse forgiveness they demonstrate that they’re able to cope with the world.

When we are sincere, but direct amends for forgiveness are not possible, we should simply “let go” of the burden we have been carrying around and resolve to do better in the future in our interactions with others.

This shows how the steps work together. The Ninth Step directly relates to the Tenth Step. Instead of dwelling on past mistakes that can’t be fixed, people need to continue to try and be their best selves.

— An Anonymous Member



AA Poem

Thank you God for another day
Please lead me as I go on my way

On my own I am lost
On my own I know the cost

If there are storms that darken my path
I know trust in you will weaken their wrath

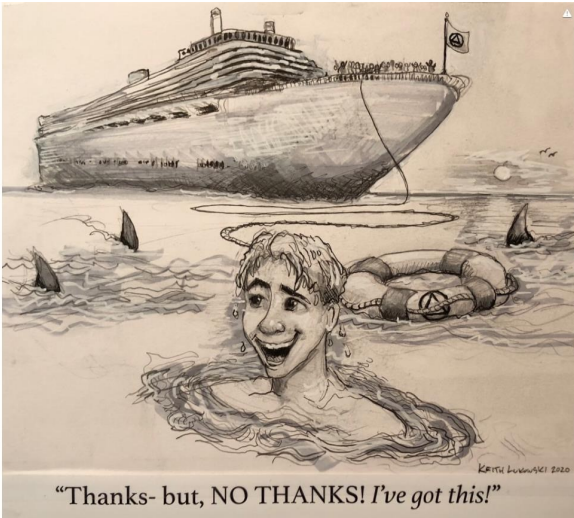
I ask for love and tolerance for all
In this endeavor let me not stall

When I take back the reins as I know I will
Help me to pause and be still

And once again may Your hand guide me along
As my faith in You keeps me strong

— Bill D

Rule 62



AA is like an adjustable wrench. It fits every nut.



A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured." Slowly a hand raises in the back and a man says "what happens if you take two?"



AA is so great because anyone with a desire can join - unlike AlAnon, where you've got to know someone.



Did you know the game show JEOPARDY was invented by a newcomer?
Who else would start with all of the answers and none of the questions?



What would you call a drunk who works at an upholstery shop?
A recovering alcoholic.

"Don't take yourself too seriously."

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

Chairperson	Pat F.	chairperson@coigaa.org
Vice Chairperson	Helen W.	vicechair@coigaa.org
Secretary	Stephanie M.	secretary@coigaa.org
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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!