

Cascade Connection

A Newsletter for COIGAA
Winter 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.

2020—Hindsight

A Year to Count Blessings!

Fellow AA's from near and far recount love, learnings and lessons from a year of grace and surrender with the unprecedented, unknowing and unpredictable:

"This year I am grateful to have learned to enjoy being alone. I always felt left behind or that I was missing out. Now I treasure the silence."

— Ines

"Let go, and let God."

— Ondi

Since starting this quarantine I have reconnected with a group of ladies that were part of "my village" while raising my children. We are now spread across the country but we meet weekly for coffee, reminiscences and good conversation.

"Friendship regifted"

—Beth A

"Freedom is on the inside."

— Carly

"Perseverance"

— Bill W

ZOOM!!! Om gosh. A saving grace for AA and the fellowship. Some of my days thru this pandemic have been filled with unconditional love and friendship. I can and have started my day at 9am at 12 Coconuts Waikiki! One of my favorite places: tropical beaches. Then at 12:15pm the Cartel meeting in Las Vegas! One of the best! At 4:30 pm I can be in Ft. Lauderdale for a book study at a sponsee's home group, as a visiting member from across the country!

Truly Amazing and only by God's Grace and the fellowship of the spirit!

— Paul C.

"Freedom is on the inside"

"2020 has been a year of new discoveries: Book kiosks around town led to new adventures, authors and dreams. The peaceful unbusyness bringing more time for meditation and appreciation."

— Molly C.

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

*"With what I had
Though sad, it is very true
The tears I shed were tears of
shame
That's all I knew to do.*

*Fear engulfed my every
breath
I was hollow to the bone
Being faced with a cold
reality
knowing I couldn't solve
on my own*

*With no direction in which to
turn
I got down on my knees
I asked to be relieved of this
obsession
Dear God, help me please.*

*He guided me to the
rooms of change
that taught me how to live
and showed me the secret to
a happier life
What I was given, I would
freely give.*

*My life now is Amazing
But what I really want to say
To Dr. Bob, Bill W. and the
rest of you
Is THANK YOU for my life
today."*

—CB

*"Sometimes you will never
know the value of a moment
until it becomes a memory."*

Theodor Seuss Geisel: WRITER,
CARTOONIST, ANIMATOR

— per Sue W.

Open position: Newsletter Chair
2 years sobriety with a 2 year
commitment.

Join us Sunday December 20th at
5:30 for the Intergroup monthly
meeting on Zoom or email
newsletter@coigaa.org

Registration Now Open!



2021

12 Steps



12 Traditions

Weekend Workshop

.... —————

This year we will be on zoom

February Fri 5th - Sun 7th

Going through all

12 Steps w/ Chris R.

12 Traditions w/ Billy N.

In one Weekend!

REGISTER AT

NewHorizonsGroupAA.com/upcoming-events

"Quality conversations with loved ones"

— Yvonne H

*"Expansion of future travel plans to meet new friends, in
person, whom I've grown to Love in A.A. Zoom Meetings."*

— Meredith L

AA: Accept & Adapt

— Ish

*"For me, this has been a year of surrender and acceptance
that has led to my continuing spiritual and emotional
growth. I am very grateful for that. Blessings."*

— Cindy

Virtual Meeting Archetypes

How do YOU Zoom?

By Chuck L.



THE "ONE IN CHARGE"



THE "FOREHEAD"



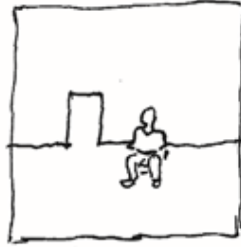
THE "CAR"



THE "NAME"



THE "TOO CLOSE"



THE "FAR AWAY"



THE "FAKE BACKGROUND"



THE "NOT THERE"



THE "COUPLE"



THE "PET"



THE "LOUNGER"



THE "OBSCURE
BODY PART"



THE "SMOKER"



THE "CLUTTER"



THE "GREAT OUTDOORS"



THE "VISITOR"



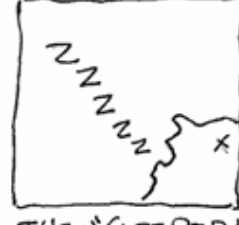
THE "BACKLIT"



THE "STYLISH"



THE "NOSTRILS"



THE "SLEEPER"

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

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*



Wishing YOU a Wonderful New Year!

In our recovery, it is important to release our illusion of control and surrender to a Higher Power, whose will for us is better than anything we can con, manipulate, or devise for ourselves. If we realize that we are trying to control outcomes and are feeling afraid of the future, there is action we can take to reverse that trend. We go to our Second and Third Steps and look at what we have come to believe about a Higher Power. Do we truly believe that this Power can care for us and restore us to sanity? If so, we can live with all of life's ups and downs - its disappointments, its sorrows, its wonders, and its joys.

Anonymous



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

ALCOHOLICS ANONYMOUS

This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous



Zoom ID: 840 3911 3545
Password: 164164
NewHorizonsGroupAA.com

Attention Professionals: Judicial, Clergy, Medical, Corrections, Treatment, Education, Social Workers... **You are Invited!**

Information about A.A. 60 minute Panel Presentation with Q&A

If you have patients, residents, clients, or students with a drinking problem, Alcoholics Anonymous is here to help. A.A. can be a complement to virtually any treatment or support you offer a problem drinker. Come learn more about what Alcoholics Anonymous is, and is not.

Saturday Dec 26th
10:30am Pacific / 1:30pm Eastern

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 Ten, Eleven and Twelve

10. *“Continued to take personal inventory and when we were wrong, promptly admitted it.”*

The tenth Step of the 12 Steps of AA is about continued growth and vigilance. In essence, is about laying the foundation for our future. When we are continually honest with ourselves, it is much easier to recognize triggers, behaviors, and attitudes that could result in a relapse.

This step helps to reinforce the lessons and practices of the other steps. People constantly try to improve themselves instead of giving up. It also helps prevent people from making justifications to drink again.

Everyone's familiar with these justifications. "I've been sober for 3 weeks, so I can have a drink." This mindset isn't possible with a constant moral inventory. Instead, the self-assessment helps people see when they're wrong *before* they act, rather than afterwards.

These justifications can lead to a slippery slope. "I can have one drink because I've been sober for three weeks" becomes "Two drinks isn't that bad." This can easily lead to "Well, I'll just party tonight and stop again tomorrow."

This situation is especially true for alcoholics. Alcohol distorts our thinking and hurts decision making. Once someone has some alcohol in them, they're more likely to make decisions that serve only themselves. That can lead to relapse.

Admitting when we are wrong allows us to continue moving forward in humility, without the denial and self-deception that alcoholism brings about. This type of honesty is essential to recovery. After all, if a person has a problem, then ignoring that problem won't make it go away. Just like ignoring a leaky roof won't keep water out of the house.

10

11

12

It also prevents us from accumulating more emotional baggage that can slow down our recovery. It encourages people to always try to be their best self. They may not always succeed. But just trying makes their lives better and makes the world around them better.

Perhaps the best thing that an ongoing personal inventory does is keep us "on track". It keeps us from straying too far from our path of recovery. It gives people a way to focus on improving themselves. This approach means they're less likely to fall back into alcohol abuse. That's because they focus on getting better instead of trying to numb their pain.

11. *“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

This is a spiritual Step, but people who have reached this point have usually come to terms with the "God" language the 12 Steps of AA contains. In other words, they have already formed their own personal concept of a Higher Power.

For some, GOD is an acronym that stands for "Good Orderly Direction" - the path that they want their life to take. For others, it can even stand for a "Group Of Drunks" - the fellowship they receive from others in their AA meetings.

“Improve our conscious contact with God as we understood Him”

"Prayer and meditation" means making a *conscious effort* to improve our understanding of the path that our Higher Power has for us.

To be more specific, *prayer* means TALKING to our Higher Power - sharing our burdens, admitting our wrongs, asking for help, and expressing our gratitude.

Meditation, on the other hand, means LISTENING to that same Higher Power - putting aside our own egos and desires in order to understand what we should be doing.

Steps ten, Eleven and Twelve (Continued)

12. "Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

This Step of the 12 Steps of AA is at once *self-serving AND selfless*.

For yourself, there are few things that you can do that can better serve your own sobriety than by working with others who are still struggling.

Being of service to others has many benefits:

- It reminds you of where you once were and where you no longer want to be.
- It helps hold you accountable.
- It gives you a sense of purpose.
- It keeps you from becoming complacent in your recovery.
- It enhances your fellowship with others.

But on the other hand, it allows you to be of benefit to other struggling alcoholics :

- Sometimes, a still-suffering person will trust you above others, because you understand what they are going through.
- You have insights that may allow you to help when no one else can.

When you share your story, others may be inspired by your successful ongoing recovery - to the point that they are finally able to regain their own sobriety.

"You have insights that may allow you to help when no one else can"

It is important to understand that alcoholism is incurable and lifelong. Recovery requires vigilance and work, one day at a time, for the rest of your life. You'll find yourself repeating the 12 Steps of AA over and over again as a means of safeguarding your sobriety.

No, the 12 Steps of AA are not a cure for your alcoholism - they are guiding principles is that allow you to restore sobriety, sanity, and serenity to your life.

— An Anonymous Member



Young Peeps!!!!

OSYPAA has been postponed to Fall 2021!

If you are **Young (or Young-at-Heart)**, we would love your support!

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

The Knots Prayer

Dear God,
please untie the knots
that are in my mind,
my heart and my life.
Remove the have nots,
the can nots and
the do nots
that I have in my mind.

Erase the will nots,
may nots, and
might nots that find
a home in my heart.

Release me from the
could nots,
would nots and
should nots that obstruct
my life.

And most of all, dear
God,
I ask that you remove
from my mind,
my heart, and my life
all of the am nots
that I have allowed to
hold me back,
especially the thought
that I am not good
enough.

Amen.

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

Please submit to:
newsletter@coigaa.org

Holiday greetings from Bill Wilson 1944 and 1955

TO ALL MEMBERS

Greetings on our Tenth Christmas
1944

Yes, it's in the air! The Spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least, are loved by God; when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a Greater Power Who is Love, Who is Just and Who can be Trusted.

Nor can men and women of AA ever forget that only through ing did they find enough humility to enter the portals of a New World. How privileged we are to understand so well the paradox that strength rises from weakness, that humility goes before resurrection; that pain is not only the price the very touchstone of spiritual rebirth.

Knowing its full worth and purpose, we can no longer fear pity: we have found prosperity where there was poverty; and joy have sprung out of the very midst of chaos.

Great indeed, our blessings!

And so -- Merry Christmas to you all -- from the Trustees, Bobbie and from Lois and me.

Bill Wilson



The Finest Gift of All by Bill Christmas, 1955

Each of us in AA has received the gift of sobriety. All of us have found a new usefulness and most of us have found great happiness. This adds up to the gift of life itself—a new life of wondrous possibility.

What then are we going to do with this great gift of life?

Because our experience has taught us, we are quite sure that we know. We shall try to share with every fellow sufferer all that has been so freely given us. We shall try to carry AA's message to those who need and want it, wherever in the world they may be. We shall daily re-dedicate ourselves to the God-given truth that "It is by self-forgetting that one finds; it is by giving that one receives."

For us of AA, this is the Spirit of Christmas. This is the finest gift of all.

Lois joins me in our warmest greetings. May the New Year of 1956 be the greatest time of giving and of receiving that we in AA have ever known.



Rule 62



"And to think of all the holiday fun you missed sitting in the bar!"

www.aagrapevine.org

**Wishing you a Sober
Holiday Season and a
Joyful New Year**

Joy

**"Don't take yourself
too seriously."**

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

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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!