

Cascade Connection

A Newsletter for COIGAA

February 2022

"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 Newsletter is Back!

Whether you remember the COIGAA Newsletter as the "Constant Contact" or "Cascade Connection", we're back!

If you have an AA event, workshop, meeting update or message you'd like to share with the Central Oregon AA Community, please send the information to Alice at newsletter@coigaa.org by the **20th of each month** so that it can be added to the newsletter.

The Central Oregon Inter-group monthly newsletter is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended.

Want to join the Newsletter Committee?

To help collect information of interest to AA Members and participate in AA's Third Legacy—Service— contact the Newsletter Chair at newsletter@coigaa.org

Meetings?

Looking for a local Live or Virtual Meeting of Alcoholics Anonymous? Check out our website for meeting locations, login info and passwords:

www.coigaa.org

Or download the Meeting Guide App

<https://www.aa.org/meeting-guide-app>



HOTLINE
(541) 548-0440



Central Oregon Intergroup Office

337 W. Antler Street
Redmond, OR 97756

(541) 923-8199

coigoffice@coigaa.org

Hours:

Monday 9 am—2 pm

Tuesday 9 am—1 pm

Wednesday 9 am—1 pm

and 2—6 pm

Thursday 9 am - 2 pm

Friday 9 am—1 pm

Coigaa 

Central Oregon Intergroup of AA

12th Step Volunteers Needed

If you have an interest in joining our 12th Step Volunteer list, PLEASE contact our Hotline Chairperson, Lauren S., at hotline@coigaa.org

Entertainment Committee Meetings

If you are interested in helping plan Sober Events and support the Entertainment Committee, they meet twice a month at Market of Choice.

Contact Jim B at entertainment@coigaa.org

Open Positions

If you are looking for a service position at the Intergroup level, We are still looking for a Vice Chair and a Potluck/Speaker Meeting Chair.

Contact Frank W. at chairperson@coigaa.org
For more information.

Need Chips?
Need AA Literature?

You can get it at the office!

New Office Hours

Central Oregon Intergroup

541 923 8199

Office Hours as of 2/1/2022

Monday	9 a.m. – 2 p.m.
Tuesday	9 a.m. – 1 p.m.
Wednesday	9 am – 1pm & 2 - 6pm.
Thursday	9 a.m. – 2 p.m.
Friday	9 a.m. – 1 p.m.

Joan is also able to bring orders to Bend if you can't make it to the office.

Contact Joan at coigoffice@coigaa.org



DISTRICT 40 Area 78 West Edmonton
BTMWB ROUNDUP



Saturday Feb 5, 2022 doors open at 3:30 pm

Zoom Meeting ID: 842 743 5949

No Passcode

“...and to practice these principles in all our affairs” page 60 Big Book

4:00 pm Mountain Time - In the Family: Craig W., Sandy Hook, CT & Stephen M. (Alateen) - Sandy Hook, CT

5:00 pm Mountain Time - In AA: Dee G. - Sebastian, Florida

6:00 pm - Supper Break

7:00 pm Mountain Time - In Relationships: Mildred F. - Toronto, ON

8:00 pm Mountain Time - In Business: Don M. - Louisville, Kentucky

An Event You Won't Want to Miss!

FEBRUARY 2022

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

This month's featured section is for "Getting Through Tough Times." Members share hopeful stories about how they use the fellowship and the tools of the program to get through adversity



LA VIÑA

En nuestra edición especial de principio de año, miembros comparten sus experiencias, con la identificación con otros alcohólicos, así como también las diferentes formas en las que este principio nos ayuda a sobrellevar las dificultades inevitables de la vida.



PRAASA 2022 - MARCH 4TH - 6TH

55TH PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

Hosted by Oregon Area 58 of Alcoholics Anonymous

In the interest of safety, unity, and the common welfare of all the participating Areas in the region, we have made the difficult but important decision to facilitate the entire PRAASA 2022 as a virtual-only event. Though we wish we could see everyone in person, we plan to do our best to carry the message through remote meeting technology to bring the magic of PRAASA to all who wish to attend.

<https://praasa.org/registration>

PRAASA's Purpose

The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of AA.



NEW MEETING

Sundays 4pm at TEC

Traditions & Concepts Study
1st, 3rd & 5th Sunday each month

The **12 Steps** ARE our message
The **12 Traditions** PROTECT our message
The **12 Concepts** PERPETUATE our message

When:

4:00pm Sundays
1st, 3rd & 5th
Sundays of every
month

Where:

TEC (Trinity
Episcopal Church)
Downtown Bend
469 NW Wall St,
Bend, OR 97703

District5aa.org





Alcoholics Anonymous[®]

International Convention

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention people attend meetings, workshops, dances and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Next Convention: 2025 in Vancouver,
British Columbia, Canada**

More info to come!



What is a Home Group?

Speaker: John S.

From the 5th Tradition Grp. Atlanta GA.

The Home Group: The Heartbeat Of A.A.

**Wed Feb 16th
12:00pm Pacific**



**ID: 914 633 670
PC: 164164**

For easy Login Visit NewHorizonsGroupAA.com

AA Humor

Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not AA.

Me: Yeah, I was just explaining how my car got in the lake.



A girl working with her sponsor asked "Where can I read about my sex problems?"

Sponsor said, "That's covered on page 69."

Later at home the page number got jumbled as she tried to remember and she turned to page 96 for her sex problems.

"Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you."



Dear alcohol, we had a deal that you would make me prettier, funnier, and a better dancer. I saw the video... we need to talk.



The truth will set you free. But first, it will piss you off.



Central Oregon Intergroup Contacts

Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair.	Open	vicechair@coigaa.org
Secretary	Amy P.	secretary@coigaa.org
Treasurer	Erin	treasurer@coigaa.org
Newsletter	Alice S.	newsletter@coigaa.org
Schedules	Helen W.	schedule@coigaa.org
Hotline	Lauren S.	hotline@coigaa.org
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Entertainment	Jim B.	entertainment@coigaa.org
Website	Jordon H.	webmaster@coigaa.org
Al-Anon Liaison	Open	
Advisory Board Committee	Becky G.	
Advisory Board Committee	Diane W.	
Advisory Board Committee	Mark L.	
Advisory Board Committee	Michael H.	

Intergroup Meetings take place the fourth Sunday of each month at 5:30 PM. February will be held via Zoom only and in March we will resume meeting both live at TEC (Trinity Episcopal Church) and as a Hybrid Zoom Meeting as well.

469 NW Wall Street, Bend.

Observers are welcome to attend too!

Contact secretary@coigaa.org for log on information