

# Cascade Connection

A Newsletter for COIGAA

March 2022

*Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.*

Third Tradition, Long Form, 1946

## Meeting Makers Make It!

### New Meeting!

**Queer to Stay**  
meets on Thursdays  
at 5:30 pm at  
888 NW Hill Street

This is an LGBTQ+,  
closed,  
discussion meeting  
that lasts 1 hour.

The meeting space is  
mostly accessible—  
there are no stairs  
and the bathrooms  
are wide, but have no  
security bars.

The entrance is right  
under the “888” on  
the corner of Hill St.  
and Irving St.



### 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](http://www.coigaa.org)

Or download the  
Meeting Guide App

[https://www.aa.org/  
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](mailto: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

## The Newsletter is Back!

# Thank you!

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](mailto:newsletter@coigaa.org) by the **20th of each month** so that it can be added to the newsletter.

*The Central Oregon Intergroup 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](mailto:newsletter@coigaa.org)

Thank you to Molly C. for her contributions to the Newsletter and for her service as the past Newsletter Chairperson!

Thank you to Carrie B. for her collaborative spirit and her contributions to the Newsletter!

Thank you to the IGRs, Alt. IGRs, Intergroup Officers and Committee Chairs who continue to show up and help keep Central Oregon AA meetings united and supported in their common primary purpose!

Thank you,

## Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

—Step Three

Step Three identifies the spiritual illness of alcoholism and suggests a simple, effective remedy. Success with this or other Steps is not a matter of chance but of right thought and motive practiced daily.

Knowledge and treatment of our physical and mental health are vitally important to alcoholics, but lasting, contented sobriety is maintained only by surrender of our lives and will to God as we understand Him.

The first three Steps are a composite AA package. Conceived of meditation and experience, they are a basic recovery prescription. Taken with proper timing and in correct proportion they immediately arrest our alcoholic illness. These Steps complement each other, but they fail to work if any of them are omitted.

Steps One and Two are the premise upon which we decide to surrender our alcoholic lives to God. Step Three calls for this decision. Honesty, faith, and prayer spark our success.

A complete knowledge of the physical, mental, and spiritual injury we have suffered at the hands of “John Barleycorn” is indispensable to the honest, far-reaching decision we wish to make. Deliberation born of necessity and a desperate need for help will inspire us to seek our understanding of God.

This inspiration is from [The Little Red Book](#)

Quoted from the app [Inspirations](#).

Find recovery resources at [Hazelden Publishing](#).

## Twelve Warnings

The book Alcoholics Anonymous contains a series of propositions and proposals, the successful outcome of these depends upon the actions of the reader.

The book directs us as to what we must start doing, what we must stop doing, what happens when we fulfill the propositions and proposals and what will happen if we fail to fulfill them.

These are the Twelve Warnings as to what will happen if we fail to heed the directions.

1. For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. (p14)
2. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. (p17)
3. Above everything, we alcoholics must be rid of this selfishness, we must, or it kills us! God makes that possible. (p62)
4. Though our decision (Step 3) was a vital and crucial Step, it could have little permanent effect unless at once followed by a strenuous effort to face and be rid of, the things in our lives which had been blocking us. (p64)
5. It is plain that a life, which includes deep resentment, leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and with us to drink is to die. (p66)
6. Concerning sex. Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned a lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts about our experience. (p70)
7. If we skip this vital Step (5), we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. (p.72)
8. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them. (p78)
9. We feel that a man is unthinking when he says that sobriety is enough. (p.82)
10. It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. (p.85)
11. Our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't. You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I a good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you have answered these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead! (p.101)
12. The head of the house ought to remember that he is mainly to blame for what befell his home. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress, it never preceded. (p127)

## 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](mailto: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](mailto: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](mailto: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](mailto:coigoffice@coigaa.org)



## Principle of the Month

### Faith

This stage of action is to begin to employ the recovery skills being learned. You can seek out help, but it is also necessary to utilize it.

Our job is to become willing to do the right thing. A simple way to view the 'next right thing' is don't engage in your behavior.

Have faith that it will work.

*"Hope is praying for rain, but faith is bringing an umbrella." -Unknown*





FIFTY-FIFTH ANNUAL SERVICE ASSEMBLY

# SAVE THE DATE MARCH 4-6, 2022

**WHAT IS PRAASA?** It is 3 day program which includes panel presentations on the General Service Conference theme and agenda items, roundtable discussions for members to network with others who share their service position, open mic sharing, questions and Al-Anon participation.

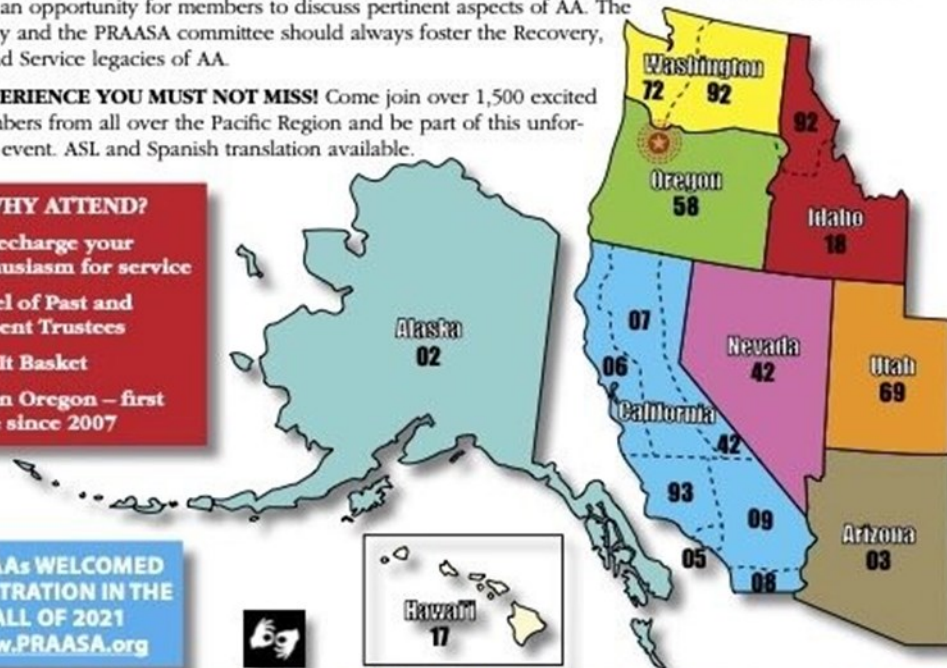
**WHAT IS PRAASA'S PURPOSE?** The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee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

**AN EXPERIENCE YOU MUST NOT MISS!** Come join over 1,500 excited AA members from all over the Pacific Region and be part of this unforgettable event. ASL and Spanish translation available.

## WHY ATTEND?

- To recharge your enthusiasm for service
- Panel of Past and Present Trustees
- Ask It Basket
- It's in Oregon – first time since 2007

ALL AAs WELCOMED  
REGISTRATION IN THE  
FALL OF 2021  
[www.PRAASA.org](http://www.PRAASA.org)



05 CALIFORNIA NORTHERN COASTAL 02 ALASKA 09 MID-SOUTHERN CALIFORNIA 09 UTAH 05 SOUTHERN CALIFORNIA

02 WASHINGTON STATE EAST 03 CENTRAL CALIFORNIA 08 ARIZONA 06 OREGON 04 NEVADA 07 HAWAII 06 IDAHO

07 CALIFORNIA NORTHERN INTERIOR 73 WESTERN WASHINGTON 03 SAN DIEGO/SOUTHERN CALIFORNIA

Registration ends March 5, 2022 – Second day of the Assembly

<https://praasa.org/component/eventbooking/2022-praasa-registration/individual-registration?Itemid=>



# Al Anon Events

## Native American Al-Anon Conference

April 29, 30, May 1, 2022

Sheraton Portland Airport Hotel

833-425-0931

8235 NE Airport Way, Portland, OR 97220



**Register by Mail or Register Online Using Our  
Eventbrite Page (search [Portland, NAAC](#))**

There will be speakers, workshops, and cultural activities throughout the weekend. This event is hosted by the Oregon Area Al-Anon Family Groups. Everyone is invited.

We have special room rates of \$109 a night for the event, but you must reserve a room before April 15th, 2022 and inform the hotel that you're with the Native American Al-Anon Conference.

For more info: [nativeamericanalanonconf@gmail.com](mailto:nativeamericanalanonconf@gmail.com)

**Virtual Spaghetti Feed—Saturday, March 12, 2022 6—8 pm pst.**

**Join Central Oregon Al-Anon with A.A. participation, for an evening of  
“Harmony, Unity & Gratitude—H.U.G.”**

**Contact: [discoveringchoicesafg.bend@gmail.com](mailto:discoveringchoicesafg.bend@gmail.com) for more information and  
login details.**

**AA Speaker—Chandra S.**

**50/50 Raffle—Al Anon, Alateen and AA Speakers — Virtual HUGS**



District 5 Alcoholics Anonymous Presents:  
**Central Oregon's 2022  
12 Step Workshop!**

**\*12 Step Calls      \*Sponsorship**



**Saturday  
March 19th  
6:00pm (90 Min)**

**Zoom ID:  
869 0310 1724  
Passcode: 164**



For More Information Visit [District5aa.org](http://District5aa.org)

**District 5 AA Needs YOU!**

District GV/LaVina  
Chair Open Now 



**AA GRAPEVINE**  
The International Journal of Alcoholics Anonymous

**LA VIÑA**

- \*Make Grapevine literature available upon request to groups, at District 5 sponsored workshops and at community events
- \*Attend and report at monthly District meetings
- \*Submit written report to the District Secretary for inclusion into the minutes monthly
- \*This is a 1 year Or 3 year commitment
- \*Recommended 2 years of continuous sobriety
- \*Have a working knowledge of the Twelve Traditions or a service sponsor
- \*Must be an active member of a Home Group in District 5

Send your Service Resume  
to: [dcm@district5aa.org](mailto:dcm@district5aa.org)

For more information about this  
position or any other District Service,  
reach out to your DCM or visit  
[District5aa.org](http://District5aa.org)

**District 5 Contact info:**

DCM // Carrie B. // [dcm@district5aa.org](mailto:dcm@district5aa.org) // (541)788-7276  
Alt DCM // Jamie S. // [altdcm@district5aa.org](mailto:altdcm@district5aa.org) // (971)297-5419  
D5 Secretary // Christine B. // [districtsecretary@district5aa.org](mailto:districtsecretary@district5aa.org)  
D5 Treasurer // Kimber J. // [treasurer@district5aa.org](mailto:treasurer@district5aa.org)

Access // Mike S. // [access@district5aa.org](mailto:access@district5aa.org) // (541)815-7458  
Archives // **Vacant-Learn More** // [archives@district5aa.org](mailto:archives@district5aa.org)  
Correctional Facilities // Walt W. // [correctionalfacilities@district5aa.org](mailto:correctionalfacilities@district5aa.org)  
Grapevine // **Vacant-Learn More** // [grapevine@district5aa.org](mailto:grapevine@district5aa.org)  
CPC // Ron B. // [cpc@district5aa.org](mailto:cpc@district5aa.org)  
Public Information (PI) // Artha P. // [pi@district5aa.org](mailto:pi@district5aa.org)  
Treatment Facilities (CTF) // Rob L. // [ctf@district5aa.org](mailto:ctf@district5aa.org)  
Website // John S. // [webmaster@district5aa.org](mailto:webmaster@district5aa.org)

District 5 A.A. Website // [district5aa.org](http://district5aa.org)  
Local events calendar // <http://district5aa.org/calendar>





## 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!

## Monthly Focus on the Traditions

Tradition Three "The only requirement for A.A. membership is a desire to stop drinking."

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself." To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?"

(Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (p. 139). AA



# ROCKETED

into a 4th Dimension

MARCH 18-20, 2022

**Want to  
Travel  
Virtually  
To Canada  
for a Wild  
Ride to the  
4th  
Dimension??**

# ROCKETED

into a 4th Dimension

**AA PROGRAM** (all AA meetings ASL signed)  
**zoom: 917 8933 1953 pw: orc2022**

## FRIDAY MARCH 18, 2022

7:00 pm Billy N. Palm Beach Gardens, FL

## SATURDAY MARCH 19, 2022

9:00 am Pushan V. Mumbai, India.  
11:00 am Trish N. Vancouver (Class B Trustee)  
Nancy McCarthy Missouri (Class A Trustee)  
1:30 pm Family Panel Scott C. (AA) Meredith C. (Al-Anon)  
Wyatt C. (Alateen) Los Angeles, California  
3:30 pm Ash S. Austin TX.  
5:00 pm Paul McQ. Rockaway Beach, NY.  
7:30 pm CeCe G. Atlanta, GA.

## SUNDAY MARCH 20, 2022

11:00 am Brian D. Harrisburg, PA.  
1:00 pm Gratitude Countdown  
1:15 pm Don C., Colorado Springs, CO.  
Closing

## AL-ANON / ALATEEN PROGRAM

**zoom: 927 4464 1386 pw: orc2022**

## FRIDAY MARCH 18, 2022

6:30 pm Wally C. Nova Scotia (Delegate)  
Barb M. Nova Scotia  
8:00 pm Anne K. Saskatchewan

## SATURDAY MARCH 19, 2022

9:00 am Thérèse L. S. Quebec (Trustee)  
10:30 am Jazlyn W-L Ontario (Alateen Speaker)  
12:30 pm Amy C. Ontario  
2:00 pm Barb E. British Columbia  
Owen H. British Columbia (Delegate)  
4:00 pm Carol H. Manitoba  
6:00 pm Sandra & Greg J. Newfoundland and Labrador

## SUNDAY MARCH 20, 2022

9:00 am Carole D. New Brunswick  
10:30 am Lorraine F. Alberta (Trustee)  
12:00 pm Cheryl B. Prince Edward Island  
Jordan B. Prince Edward Island  
Reta K. Prince Edward Island

**Ontario Regional Conference**

[www.aaorc.ca](http://www.aaorc.ca)

**March 18 - 20 2022**



# District 5 AA IN PERSON WORKSHOP

*Food, Fun, Fellowship FREE!  
All are Welcome!*



*Have you ever considered getting  
into District Service? How about  
Central Oregon Archives or  
Grapevine/LaViña Chain*



**AA GRAPEVINE**  
The International Journal of Alcoholics Anonymous

**LA VIÑA**

*Vena F.  
Past Area 58 Delegate*

*LinMarie D.  
Area Grapevine Chain*

**Saturday April 2nd  
2:00pm (2 hours)**

**601 NW Wall St, Bend, OR 97703  
Downtown Bend Library Brooks Room**

For more information email: [dcm@district5aa.org](mailto:dcm@district5aa.org) or visit [District5aa.org](http://District5aa.org)



AA Humor

# THE GIFTS OF



# RECOVERY



# THERE'S NO PLACE LIKE HOMEGROUP

SO THIS IRISHMAN  
WALKS OUT  
OF A BAR...

NO, REALLY, IT CAN HAPPEN



Central Oregon Intergroup of AA  
**Coigaa**

## Central Oregon Intergroup Contacts

Chairperson	Frank W.	<a href="mailto:chairperson@coigaa.org">chairperson@coigaa.org</a>
Vice Chair.	Open	<a href="mailto:vicechair@coigaa.org">vicechair@coigaa.org</a>
Secretary	Amy P.	<a href="mailto:secretary@coigaa.org">secretary@coigaa.org</a>
Treasurer	Erin	<a href="mailto:treasurer@coigaa.org">treasurer@coigaa.org</a>
Newsletter	Alice S.	<a href="mailto:newsletter@coigaa.org">newsletter@coigaa.org</a>
Schedules	Helen W.	<a href="mailto:schedule@coigaa.org">schedule@coigaa.org</a>
Hotline	Lauren S.	<a href="mailto:hotline@coigaa.org">hotline@coigaa.org</a>
Potluck	Open	<a href="mailto:potluck@coigaa.org">potluck@coigaa.org</a>
Entertainment	Jim B.	<a href="mailto:entertainment@coigaa.org">entertainment@coigaa.org</a>
Website	Jordon H.	<a href="mailto:webmaster@coigaa.org">webmaster@coigaa.org</a>
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](mailto:secretary@coigaa.org) for log on information