

# Cascade Connection

A Newsletter for COIGAA

April 2022

*“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.”*

Fourth Tradition, Long Form, 1946

## Meeting Makers Make It!

### Saturday Nights? They're Alright in Central Oregon! Come and Get a Belly Full of AA

**HOTLINE**  
**(541) 548-0440**



#### Central Oregon Intergroup Office

337 W. Antler Ave., Ste B  
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

5:00 pm	<a href="#">Sisters in Sobriety Online</a> Women	Trinity Episcopal In-person and Online	231 NW Idaho Ave
5:00 pm	<a href="#">Sisters in Sobriety Live</a> Women	Trinity Episcopal Church/ Down Stairs back room	SW Wall St
5:30 pm	<a href="#">Open Hand Fellowship</a>	Rebels Roost Hall	703 N Main St
5:30 pm	<a href="#">24 &amp; Alive</a>	Redmond Alano Club	337 W Antler Ave
5:30 pm	<a href="#">Fleeting Thoughts Meeting</a>	Turning Points Recovery	389 SW Scalehouse Ct #120
7:00 pm	<a href="#">Saturday Living Sober</a>	undefined	15746 Burgess Rd
7:00 pm	<a href="#">Madras Oasis Group</a>	Good Shepard Lutheran Church	395 SE C St
8:00 pm	<a href="#">ABC Group</a>	Church of Christ	554 NW Newport Ave

Central Oregon Intergroup of AA  
**Coigaa**

### Looking for Other Meetings?

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

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

Or download the  
Meeting Guide App

<https://www.aa.org/meeting>



## 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

### Courage

**Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.**

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

**Living with courage means that you can start fresh without forgetting your past completely.**



## 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](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)

## Willing To Go To Any Length Award

*Weathering The Storm*

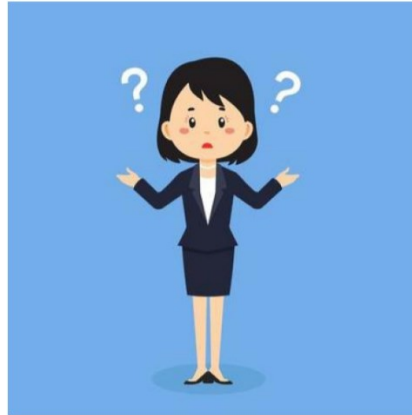
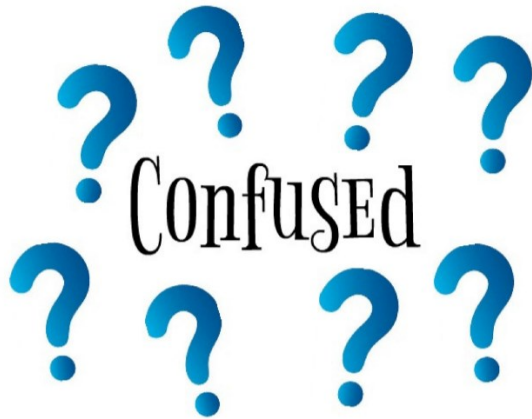
*M–F at 7 am at Miller’s Landing*



### Step Four: “Made a searching and fearless moral inventory of ourselves.”

“Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values. We did exactly the same thing with our lives. We took stock honestly.”

# New To AA?



## **Big Book Study:**

A Study of the AA Basic Text  
*(Some Groups also read the stories in the back)*

## **Discussion Meeting:**

A topic is read from A.A. Literature then members share on that topic  
*(Usually a closed meeting)*

## **Speaker Meeting:**

One or more preselected A.A. members are invited to speak  
*(Usually an open meeting)*

## **Speaker / Discussion:**

Half the meeting is a speaker, the other half is shares from the floor

## **Newcomer Meeting:**

Topic is usually around a pamphlet or on steps One, Two or Three

## **Beginner Meeting:**

Geared toward people new to AA offering basic information  
and often an opportunity for Q&A

## **Business Meeting:**

Groups have a special monthly meeting for Home Group members  
to get together and organize the business of their group

***Closed meetings are for A.A. members only,  
or for those who have a drinking problem and have a desire to stop drinking.  
Non-alcoholics may attend open meetings as observers.  
Read more from the Pamphlet "The A.A. Home Group" page 13***

# 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)

MONDAYS  
April 4th - July 11th



8pm Eastern  
7pm Central  
6pm Mountain  
5pm Pacific

# Unity in Action

Zoom ID: 864-1284-1158 PC: 659453

In this 15 week workshop you will receive weekly assignments to learn how to take others through The 12 Traditions & The 12 Concepts. Please email [DeeA1506DCM@gmail.com](mailto:DeeA1506DCM@gmail.com) to be added to the list.

## Mondays at 5pm Pacific! April 4th - July 11th

**The main purpose of this workshop:** It is the goal that at the end of these sessions you will not only have learned more about the Traditions, (*Our 2nd legacy*) but you will have **working knowledge** of A.A.s 12 Traditions, how they came to be, and a deeper understanding of why each one is important. You will also learn how to use AA pamphlets, and how to take others through the Traditions. You will be provided with print-outs and literature references that will enable you to pass on AAs Second Legacy easily and effectively to those you sponsor. There will also be a brief introduction to the history of Alcoholics Anonymous and our General Service Structure preparing you to learn about the 12 Concepts. (*The 3rd Legacy*)

## 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>



## Did you miss the 12th Step and Sponsorship Workshop in March?!?!

Here is the link to listen to event: <https://drive.google.com/file/d/1RMv0Q3LmJkfvHNv5zCKUSnO-y29dPLLO/view>

district5aa.org

## District 5 Online AA Workshop

**Saturday  
April 16th**

**10:00am  
(90 Minutes)**

# WHAT ARE THE 3 LEGACIES?!

**12 Steps  
12 Traditions  
12 Concepts**



**Q&A and  
Presenter:  
Past Delegate  
Craig W.  
Sandy Hook CT.**

**Oregon  
Area 58 D5  
Zoom Room:  
869 0310 1724  
PC: 164**

For more info contact the DCM at: [dcm@district5aa.org](mailto:dcm@district5aa.org)

## Twelve Suggested Points of AA Tradition

by Bill W. Grapevine, April 1946

[Bill's first General Presentation of the Traditions to the Groups]

Nobody invented Alcoholics Anonymous. It grew. Trial and error has produced a rich experience. Little by little we have been adopting the lessons of that experience, first as policy and then as Tradition. That process still goes on and we hope it never stops. Should we ever harden too much, the letter might crush the spirit. We could victimize ourselves by petty rules and prohibitions; we could imagine that we had said the last word. We might even be asking alcoholics to accept our rigid ideas or stay away. We never stifle progress like that!

Yet the lessons of our experience count for a great deal -- a very great deal, we are each convinced. The first written record of AA experience was the book "Alcoholics Anonymous." It was addressed to the heart of our foremost problem -- release from the alcohol obsession. It contained personal experiences of drinking and recovery and a statement of those divine but ancient principles, which have brought us a miraculous regeneration. Since publication of "Alcoholics Anonymous" in 1939 we have grown from 100 to 24,000 members. Seven years have passed; seven years, of vast experience with our next greatest undertaking -- the problem of living and working together. This is today our main concern. If we can succeed in this adventure -- and keep succeeding -- then, and only then, will our future be secure.

Since personal calamity holds us in bondage no more, our most challenging concern has become the future of Alcoholics Anonymous; how to preserve among us AAs such a powerful unity that neither weakness of persons nor the strain and strife of these troubled times can harm our common cause. We know that Alcoholics Anonymous must continue to live. Else, save few exceptions, we and our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion.

Almost any AA can tell you what our group problems are. Fundamentally they have to do with our relations, one with the other, and with the world outside. They involve relations of the AA to the group, the relation of the group to Alcoholics Anonymous as a whole, and the place of Alcoholics Anonymous in that troubled sea called modern society, where all of humankind must presently shipwreck or find haven. Terribly relevant is the problem of our basic structure and our attitude toward those ever pressing questions of leadership, money, and authority. The future way well depend on how we feel and act about things that are controversial and how we regard our public relations. Our final destiny will surely hang upon what we presently decide to do with these danger-fraught issues!

Now comes the crux of our discussion. It is this: Have we yet acquired sufficient experience to state clear-cut policies on these, our chief concerns? Can we now declare general principles which could grow into vital Traditions -- Traditions sustained in the heart of each AA by his own deep conviction and by the common consent of his fellows? That is the question. Though full answers to all our perplexities may never be found, I'm sure we have come at least to a vantage point whence we can discern the main outlines of a body of Tradition; which, God willing, can stand as an effective guard against all the ravages of time and circumstance.

Acting upon the persistent urge of old AA friends,(Ed. Note - Particularly Earl T. from Chicago) and upon the conviction that general agreement and consent between our members is now possible, I shall venture to place in words these suggestions for an Alcoholics Anonymous Tradition of Relations -- Twelve Points to Assure Our Future. (Continues on next pg.)



Our AA experience has taught us that:

1. Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.
2. For our group purpose there is but one ultimate authority -- a loving God as he may express himself in our group conscience.
3. Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group.
4. With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the trustees of the Alcoholic Foundation [now the General Service Board]. On such issues our common welfare is paramount.
5. Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose -- that of carrying its message to the alcoholic who still suffers.
6. Problems of money, property and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to AA should be separately incorporated and managed, thus dividing the material from the spiritual. An AA group, as such, should never go into business. Secondary aids to AA such as clubs or hospitals which require much property or administration, ought to be so set apart that, if necessary, they can be freely discarded by the groups. The management of these special facilities should be the sole responsibility of those people, whether AAs or not, who financially support them. For our clubs, we prefer AA managers. But hospitals, as well as other places of recuperation, ought to be well outside AA -- and medically supervised. An AA group may cooperate with anyone, but should bind itself to no one.
7. The AA groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous; that acceptance of large gifts from any source or of contributions carrying any obligation whatever is usually unwise. Then, too, we view with much concern those AA treasuries which continue, beyond prudent reserves, to accumulate funds for no stated AA purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.
8. Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fee or hire. But we may employ alcoholics where they are going to perform those full-time services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But personal Twelfth Step work is never to be paid for.

(Continues on next pg.)

9. Each AA group needs the least possible organization. Rotating leadership is usually the best. The small group may elect its secretary, the larger group its rotating committee, and the groups of a large metropolitan area their central committee, which often employs a full time secretary. The trustees of the Alcoholic Foundation are, in effect, our general service committee. They are the custodians of our AA Tradition and the receivers of voluntary AA contributions by which they maintain AA general Headquarters and our general secretary at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal publication, the AA Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and experienced servants of the whole. They derive no real authority from their titles. Universal respect is the key to their usefulness.

10. No AA group or members should ever, in such a way as to implicate AA, express any opinion on outside controversial issues -- particularly those of politics, alcohol reform or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

11. Our relations with the outside world should be characterized by modesty and anonymity. We think AA ought to avoid sensational advertising. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

12. And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a truly humble modesty. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of him who presides over us all.

May it be urged that while these principles have been stated in rather positive language they are still only suggestions for our future. We of Alcoholics Anonymous have never enthusiastically responded to any assumption of personal authority. Perhaps it is well for AA that this is true. So I offer these suggestions neither as one man's dictum nor as a creed of any kind, but rather as a first attempt to portray that group ideal toward which we have assuredly been led by a Higher Power these ten years past.

*Bill W.*

*Grapevine, April, 1946*

**New Meeting in Prineville!**  
**Every Monday starting March 21,2022 from 12-1 p.m.**  
**Location is Prineville Christian Church -**  
**1685 S.E. Lynn Blvd. Prineville**

# What's Happening Elsewhere?

*Live and on Zoom*

## Rogue Roundup

April 29, 30 & May 1,  
2022

Speakers, Meetings, Service,  
Merchandise, Food, Fellowship  
& FUN!



[www.RogueRoundup.com](http://www.RogueRoundup.com)  
for updates & Registration

*The mission of the Rogue Roundup is to continue to provide a place where alcoholics and their families can come together for meetings, to listen to speakers, have fun and carry the message to alcoholics who still suffer.*

Salem Soberfest Δ April 22-23, 2022  
Scottish Rite Center, 4090 commercial St. S, Salem, OR

Speakers, Meetings & Raffle

Activities include: Potluck, Ice Cream Social with Games, Prize Raffle,  
Ask-it-basket, Breakfast, Lunch & Dinner!

**COST: \$20**

Soberfest Questions? Contact Sherri B: Phone/Text: [503-375-6061](tel:503-375-6061) or  
Email [sheswiser@yahoo.com](mailto:sheswiser@yahoo.com)

<https://www.salemsoberfest.org/>

# Al Anon Events

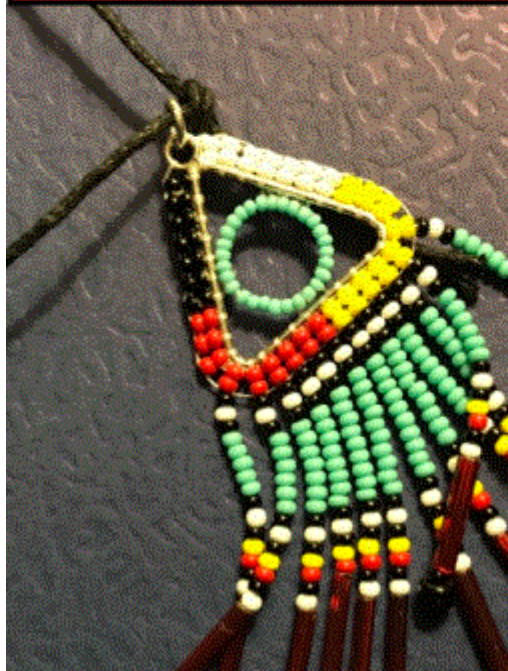
## Native American Al-Anon Conference

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)**

The celebration of the remarkable 70-year history of Al-Anon Family Groups continues in the *Al-Anon Family Groups Mobile App* starting in August and continuing through November!

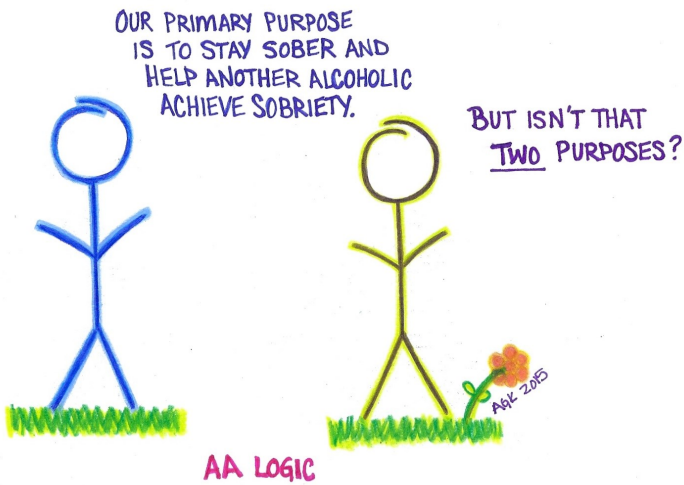
Each one-hour session will include recordings of both speakers. Up to 300 attendees per language (English, French, and Spanish) will be able to join the 70<sup>th</sup> Anniversary Replay meetings in the Mobile App on a first come, first serve basis, giving you more opportunities to listen on your own or with a group of Al-Anon friends.

Below is the schedule of replays to accommodate our worldwide fellowship. We hope that one of these times will work for you:

- Thursday, August 19, 2021 @ 2 am EDT
- Tuesday, September 21, 2021 @ 8 am EDT
- Saturday, October 9, 2021 @ 2 pm EDT
- Wednesday, November 17, 2021 @ 8 pm EST

Find out how to get the *Al-Anon Family Groups Mobile App* at [al-anon.org/mobileapp](http://al-anon.org/mobileapp)

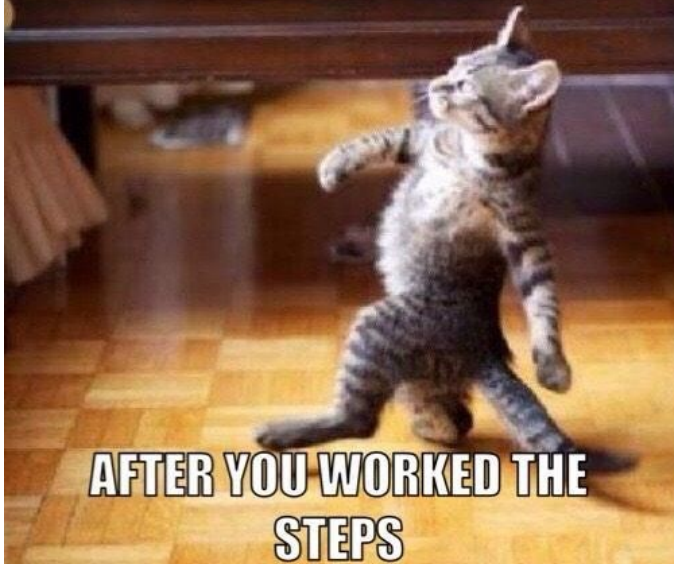
## AA Humor



Central Oregon Intergroup of AA

# Coigaa

WALKING INTO A MEETING



### 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

