

# Cascade Connection

A Newsletter for COIGAA

May 2022

**"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."**

Fifth Tradition, Long Form, 1946

**You Are Not Alone!**

"Until we talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God."

*Twelve Steps, Twelve Traditions, pg. 57*



**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

Coigaa Central Oregon Intergroup of AA

## 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 Treasurer, Vice Chair, Advisory Board Person 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

### Integrity/Honesty

The quality or state of being complete or undivided; soundness.

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

**“The first paragraph of ‘How It Works’ in Alcoholics Anonymous three times affirms the importance of ‘Honesty’... If you can practice stringent honesty and courageously develop a lifestyle of transparency, not only will you remain sober, you’ll be utterly and totally emotionally free.”**

## 5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. AA p75



## Happy 60th Anniversary to the 12 Concepts!

[https://www.aa.org/sites/default/files/literature/assets/p-8\\_the12concepts.pdf](https://www.aa.org/sites/default/files/literature/assets/p-8_the12concepts.pdf)

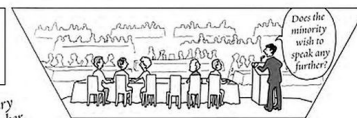
### Concept V

Throughout our service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinions will be heard and that petitions for the review of personal grievances will be carefully considered.

Newcomers to AA's General Service Conference are often surprised at the pains taken by the Chair of Conference to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a substantial unanimity is reached, those opposed are asked individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed its previous decision.

This is AA's Right of Appeal in action and it is said that this principle should apply to meetings of our groups, intergroups, regions and boards. On an issue of grave importance, the minority has the actual duty of presenting its views.

The Right of Appeal recognizes that minorities frequently can be right. Even when they are not, they still perform a most valuable service when they compel a thoroughly-going debate on important issues. The well-learned minority, therefore, is one that petitions against an unwise, unkind, hasty or angry majority. According to Bill, trusted servants do for the groups what the groups cannot or should not do for themselves. In exercising their Right of Decision for Concept 12, trusted servants are almost always a small but truly qualified



Every member has a voice!



minority, whether in the form of regional committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, to their own meetings, to pay special deference to the minority voice.

This Concept also warns us of the tyranny of the majority and points out that in AA, a simple majority is seldom sufficient basis for a decision. That's why we usually require at least a two-thirds majority. Lacking this, it is preferable to delay the decision or, in the case of an election following the Third Step Procedure, to "go to the ball".

The Right of Appeal also permits any person in the service structure, whether paid or volunteer, to petition for redress of a personal grievance. He or she can complain directly to the General Service Board, without prejudice or fear of reprisal.



60 wonderful years of love, tolerance, patience and decision-making!

## Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, 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. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

Intergroup is looking for relief people for the hotline. And, we are also looking for 12th Step Call list people—these are individuals that are willing to be contacted by those answering the hotline when some is needing to speak or meet while members to help them get to a meeting.

Please notify Lauren S. at: [lds19461977@gmail.com](mailto:lds19461977@gmail.com). Or sign up at your Homegroup!

## **HOTLINE**



**AA**

**IF YOU WANT TO BE OF SERVICE**

**THERE ARE COUPLE OF THINGS YOU CAN DO**

**PUT YOURSELF ON THE 12 STEP LIST**

**AND OR**

**BE A RELIEF FOR SOMEONE WHO IS ON THE HOTLINE.**

**LAUREN S.  
EMAIL ADDRESS  
[LDS19461977@GMAIL.COM](mailto:LDS19461977@GMAIL.COM)**

# May 2022 Oregon Area Assembly

Hosted by District 14 in the beautiful Columbia River Gorge

## FORT DALLES READINESS CENTER

402 E SCENIC DRIVE

THE DALLES, OREGON 97058

MAY 20, 21, & 22, 2022

Assembly Chair: Aaron V. 541-340-9449 aaronvareberg@gmail.com

Registration Committee: John S. 509-439-0849 jshinn@me.com

Online registration: <https://tinyurl.com/May2022Registration> Last day to pre-register is May 13<sup>th</sup>. Last day to mail registration is May 13<sup>th</sup>. Make Checks Payable to: 2020 Assembly, P.O. Box 1251, The Dalles, OR 97058. Please pre-register. Merchandise purchases help to support the assembly. The last day to purchase merchandise is May 13<sup>th</sup>.

REGISTRATION					
Name:		Merchandise:	Qty & Size:	Cost:	Sub Total:
Address:		Men's T-Shirt		\$17.00	
City/State/Zip:		Women's T-Shirt		\$17.00	
Email:		Zip-up hoodie		\$42.00	
District:	<input type="checkbox"/> DCM	Pull-over hoodie		\$37.00	
Name on badge:	<input type="checkbox"/> Alt. DCM	Voluntary Contributions		\$	
Accessibility Needs:	<input type="checkbox"/> GSR	Grand Total:		\$	
<input type="checkbox"/> ASL	<input type="checkbox"/> Alt. GSR	WHEN YOU'RE HERE, ANYWHERE...			
<input type="checkbox"/> Hearing Impaired	<input type="checkbox"/> AA Member				
<input type="checkbox"/> Wheel Chair	<input type="checkbox"/> Host Committee				
Attendance:	<input type="checkbox"/> Area Committee				
<input type="checkbox"/> Online	<input type="checkbox"/> Past Delegate				
<input type="checkbox"/> In Person	<input type="checkbox"/> Trustee				

UNITY



Oregon Area 58

## Oregon Area 58

### Quarterly Assembly

May 20<sup>th</sup>- 22<sup>nd</sup>, 2022

Hosted by District 14 at Fort Dalles Readiness Center

**When anyone, anywhere...**

<b>Friday, May 20, 2022</b>			
<b>Time</b>	<b>Event</b>	<b>Location</b>	<b>Host</b>
See Schedule*	<b>A.A. Marathon Meetings</b>	2 <sup>nd</sup> Floor	Host Committee
4:00 pm- 10:00 pm	<b>Archives Display</b>	Classroom 111	James J./Lisa C.
4:00 pm- 10:00 pm	<b>Grapevine &amp; La Viña Display</b>	Main level Lobby	LinMarie D.
6:30 pm- 9:00 pm	<b>Finance/Treasury Room</b>	Conference 108	David N./Crystal H.
4:00 pm- 10:00 pm	<b>Hospitality</b>	2 <sup>nd</sup> Floor Café	Kenny D.
4:00 pm- 10:00 pm	<b>Registration</b>	Main level Lobby	John S.
5:00 pm – 6:15 pm	<b>Area Service Committee Sharing Session</b>	Assembly Hall	Gabriel K.
6:30 pm – 7:30 pm	<b>GSR School</b>	Assembly Hall	Penny H.
6:30 pm – 7:30 pm	<b>DCM School</b>	Classroom 109	Amber N.
7:45 pm – 8:45 pm	<b>Concepts Workshop</b>	Assembly Hall	Past Delegates
9:00 pm – 9:50 pm	<b>Assembly Bid/Planning Workshop</b>	Assembly Hall	Joe S.
<b>Saturday, May 21, 2022</b>			
See Schedule*	<b>A.A. Marathon Meetings</b>	2 <sup>nd</sup> Floor	Host Committee
7:00 am – 5:00 pm**	<b>Archives Display</b>	Classroom 111	James J./Lisa C.
7:00 am – 5:00 pm	<b>Grapevine &amp; La Viña Display</b>	Main level Lobby	LinMarie D.
8:00 am – 2:00 pm	<b>Finance/Treasury Room</b>	Conference 108	David N./Crystal H.
7:00 am – 5:00 pm	<b>Hospitality</b>	2 <sup>nd</sup> Floor Café	Kenny D.
7:00 am – 5:00 pm	<b>Registration</b>	Main level Lobby	John S.
8:00 am – 9:15 am	<b>District/Intergroup/YPAA Reports</b>	Assembly Hall	Joe S.
9:30 am – 11:00 am	<b>GSR Sharing Session</b>	Assembly Hall	Joe S.
9:30 am – 11:00 am	<b>DCM Sharing Session</b>	Classroom 109	Gabriel K.
11:15 am – 12:45 pm	<b>Post Conference Delegate's Report</b>	Assembly Hall	Amber N.
<b>LUNCH BREAK</b>			
2:00 pm – 3:45 pm	<b>Area Service Committee Presentations</b>	Assembly Hall	Service Committees
4:00 pm – 5:00 pm	<b>Ask It Basket</b>	Assembly Hall	Past Delegates
<b>Sunday, May 22, 2022</b>			
7:00 am – 7:50 am	<b>A.A. Marathon Meetings</b>	2 <sup>nd</sup> Floor	Host Committee
7:00 am – 11:00 am	<b>Hospitality</b>	2 <sup>nd</sup> Floor Café	Kenny D.
7:00 am – 7:50 am	<b>Registration</b>	Main level Lobby	John S.
8:00 am - 12:00 pm	<b>Oregon Area Business Meeting</b>	Assembly Hall	Gabriel K.


\* See registration packet for schedule

\*\* Except during lunch break

**May Quarterly Assembly Information:** Quarterly Assemblies are to be service oriented. The agenda has been developed to encourage participants to appreciate and be involved in AA service responsibilities. One of the main things at the May Assembly is the Post-Delegate Conference report which fully informs participants on what happened at the conference so this information can be brought back to the groups. These questions may include: What happened at the Conference? How the Preamble change has impacted our A.A. Fellowship? How to address anonymity on social media?

Questions? Contact Joe S., Oregon Area 58 Alt-Chair, at 503.380.3963 ([chair-alt@aa-oregon.org](mailto:chair-alt@aa-oregon.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 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>

**Take this flyer with you!**  
 Announce at your Home Group! Thank you

# District 5 AA Needs YOUR Help!



**Is Your Home Group in Central Oregon?**

- Grapevine/LaVina Chair
- Literature Chair
- Access Committee Chair

*These are 2 year commitments. See full Position descriptions at: [District5aa.org](http://District5aa.org)*

**Would you like to be of service to your District?**

**Get your Service resume in today!**

**email, text or call**



**District 5 DCM**  
**541-788-7276**  
[dcm@district5aa.org](mailto:dcm@district5aa.org)



## Did you know you can listen to AA speakers on YouTube?!?!

Here is the link to listen to Clancy I. talk about our Primary Purpose: [https://www.youtube.com/watch?v=-cfc\\_O8MpTU](https://www.youtube.com/watch?v=-cfc_O8MpTU)

# What's Happening Elsewhere?

## 45th Annual Summerfest July 29, 30, 31, 2022 "A Spiritual Awakening"

This years conference features AA and Al-Anon speakers, as well as on-site vendors, social opportunities, raffles and events. It is being held at the Valley River Inn in Eugene, OR.

<https://aa-summerfest.org/>

## A.A. Desert Pow Wow

Thursday , June 9th 2022 thru Sunday , June 12th 2022 for meetings, panels, sporting events and more at the newly-renovated Renaissance Esmeralda Resort & Spa located at 44400 Indian Wells Lane, Indian Wells 92210. Registration for room rates by 5/24/22

### Convention Activities Include

- Speaker Meetings
- Topic/Discussion Meetings
- Al-Anon Meetings
- Longtimer's Meeting
- History of A.A. Meeting
- Stag Meetings
- Young People's Meetings
- A.A. Banquet
- Al-Anon Luncheon
- Sunday Breakfast
- Golf Tournament
- 2 Mile Fun Run/Walk
- DJ Dances
- Karaoke
- Ice Cream Socials

<https://www.desertpowwow.com/registration.php>



# TRI-STATE 37TH ANNUAL ROUNDUP 2022T

May 19 - 22nd, 2022

THE TRI-STATE ROUNDUP IS THE AA CONVENTION FOR ARIZONA, CALIFORNIA AND SOUTHERN NEVADA. THE SAME GREAT LOCATION AT THE RIVERSIDE HOTEL AND CASINO IN LAUGHLIN, NV ON THE BEAUTIFUL COLORADO RIVER WILL BE FILLED WITH MEETINGS, FINE FELLOWSHIP, INSPIRING AND HUMOROUS SPEAKERS, AND MORE FUN THAN EVER. IF YOU HAVE NEVER BEEN, YOU OWE IT TO YOURSELF TO COME. IF YOU HAVE ATTENDED IN THE PAST, PLEASE COME AGAIN AND ADD TO THE CELEBRATION.

<https://www.tristate-roundup.com/>

## The 20th Annual Rogue Valley Women in Recovery Brunch

"The Bright Spot of Our Lives"

page 89 of Alcoholics Anonymous

AA Speaker  
 **Tina A.**  
Los Angeles, CA



AI-Anon Speaker  
**Carol M.**  
Applegate, OR 

**Saturday ~ June 11, 2022**  
**10:00 am - 2:30 pm**

**Ashland Hills Hotel & Suites**

2525 Ashland St. Ashland, OR

Hotel Reservations (855) 482-8310 - Request rates for "Rogue Valley Women in Recovery". The deadline for making reservations at the discounted rate, \$155 (+tax) for double queen rooms or single king, is April 30th, 2022

Coffee Served at 9:45 ~ Breakfast Closes at 10:45 ~ Raffle to Follow

**Registration \$30.00 & MUST be submitted or postmarked by May 18, 2022**

This is an event for Women only. Please no children.

- **ADVANCED REGISTRATION REQUIRED!**
- Registration **MUST** be postmarked by May 18, 2022
- **NO TICKETS AVAILABLE AT THE DOOR!**
- To ensure the health & safety of our fellowship of women, all Oregon guidelines pertaining to masks will be followed.

Questions: Trish T. (541) 621-8101  
ptrefren@gmail.com

Registration not refundable, but transferable



Help us keep it simple - one registration form per person please

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

AA \_\_\_\_\_ AI-Anon \_\_\_\_\_ Other \_\_\_\_\_

**Registration \$30.00**

Registration **MUST** be submitted or postmarked by May 18, 2022

Please make check  
payable to:

RVWIR

PO BOX 8755

Medford, OR 97501



Hover over QR code with  
camera to register online



***SAVE  
THE  
DATE***

## **Pacific Northwest Conference**

**June 24 – 26, 2022 - Zoom**

**One of A.A.s oldest** continuing service focused conferences, the PNC provides an opportunity for Pacific Northwest AA's to gather together to share, learn, reach out and have fun. The conference includes speakers, panels, a workshop, and will reflect current themes from the General Service Conference.

### **Register Online**

<https://www.pnc1948.org/> (starting Jan 2022)

*\*If you don't want to register online, we'll gladly take a check.*

### **Venue**

Once again friends, this will be a virtual event via Zoom.

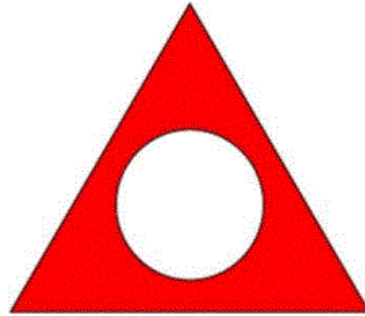
**We will have souvenir hats for sale!**

*Questions? [pncchair2022@area72aa.org](mailto:pncchair2022@area72aa.org)*



# Al Anon Events

**Save  
The  
Dates**



**August 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup>, 2022**



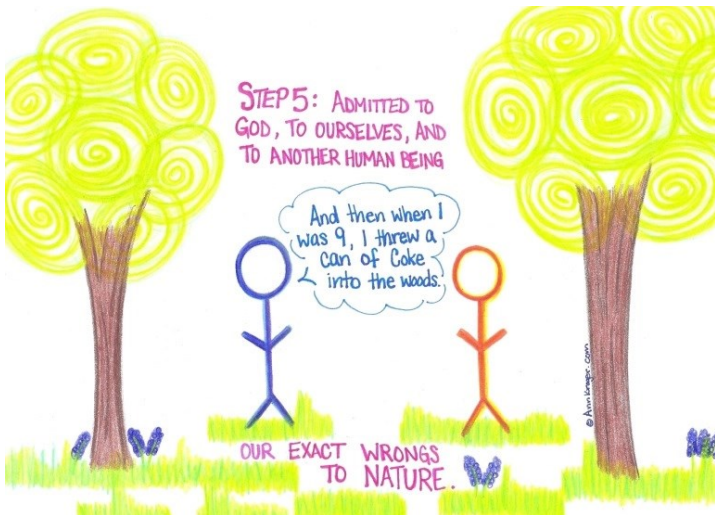
**10<sup>th</sup> Annual  
Oregon  
Alateen  
Conference**

All teens between ages 12 to 19 who have a problem with alcoholism in a relative or friend are welcome.

To Be Held At:  
Molalla Retreat Center  
36208 S. Molalla Forest Rd.  
Molalla, OR 97038

Contact:  
The OAC Committee:  
[OAC.Oregon@gmail.com](mailto:OAC.Oregon@gmail.com)

## AA Humor



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	Open	<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	Open	
Advisory Board Committee	Diane W.	
Advisory Board Committee	Mark L.	
Advisory Board Committee	Michael H.	



### GRAPEVINE CAPTION CONTEST

Below is the winner of last month's caption contest. Visit our website at [www.aagrapevine.org](http://www.aagrapevine.org) to see previous winners or to submit a caption!



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

***Congratulations to Rondi V. from Gresham, OR on winning the Grapevine Caption Contest!***