

Cascade Connection

A Newsletter for COIGAA

June 2022



“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 A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.—and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.”

Tradition Six, Long Form, 1946

HOTLINE
(541) 548-0440



Central Oregon Intergroup Office

337 W. Antler Ave., Ste B

Redmond, OR 97756

(541) 923-8199

coigoffice@coigaa.org

Hours:

Monday 9 am—2 pm

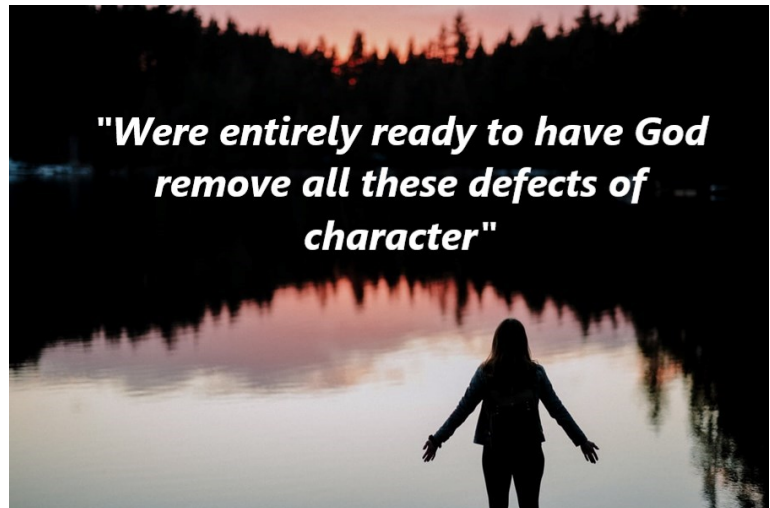
Tuesday 9 am—1 pm

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

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

Or download the
Meeting Guide App

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



Save The Date

**Ochoco Campout June 23 - June 26.
Flyer with details to follow**

**Contact Jim B. at
jms.bylund@gmail.com
If you have questions**

Think you might have a problem with alcohol?

Is AA For You?

Twelve questions only you can answer:

<https://www.aa.org/self-assessment>

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 Vice Chair, and a Potluck/Speaker Meeting Chair.

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



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

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



Principle of the Month

Willingness

Prompt to act or respond; accepted and done of choice or without reluctance.

“Were entirely ready to have God remove all these defects of character”

“The key words, ‘entirely ready’ underline the fact that we want to aim at the very best we know or can learn. How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty we can summon, is to try to have it.”

Pp. 65-66 Twelve Steps and Twelve Traditions

Sixth Step Prayer

Dear God,

I am ready for Your help

In removing from me the defects of character

Which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself and

Guide me toward spiritual and mental health.



Suggested Character Defects:

Resentment, Anger
Fear, Cowardice
Self pity
Self justification
Self importance, Egotism
Self condemnation, Guilt
Lying, Evasiveness, Dishonesty
Impatience
Hate
False pride, Phoniness, Denial
Jealousy
Envy
Laziness
Procrastination
Insincerity
Negative Thinking
Immoral thinking
Perfectionism, Intolerance
Criticizing, Loose Talk, Gossip
Greed

Step Six: “Were entirely ready to have God remove all these defects of character.”

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, everyone? If we still cling to something we will not let go, we ask God to help us be willing.

A.A. Big Book, p. 76

Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready.

From 12Step.org

***The rule of HALT is a reminder that can help us all
along the road to recovery - The Essence of AA
AA Grapevine February 1971***

AS ADJUNCTS to AA's spiritual program and meetings, there are clichés, systems, gimmicks, and a myriad of other tricks that have been used by AA members down through the years to maintain sobriety. I, for one, strongly uphold the application of the foremost of these, the "Rule of HALT," not only for the new member, but for the old-timer as well. Further, I sincerely feel this simple rule to be too often ignored or passed over lightly.

In the beginning, new members, as we all know, are usually confused and completely without direction. Some are sincere to the very bottom of their souls, while others are only lukewarm in their desire to "put the plug in the jug." Both sorts look to us for answers explaining how, and all too often they are disappointed. (This is understandable, for how many of us know how AA works?)

We have precious little to give our "babies" save encouragement, fellowship, and living proof that the program works--at least for us. Why not, then, pass on whatever practical information and instruction we can to each newcomer, to make his beginning more palatable and to enhance his chances of success should he choose to follow these instructions?

We are certain that most members of AA are aware of the "Rule of HALT," but to what degree we cannot be certain. To scrutinize the rule briefly may be helpful to the reader and will certainly be so to the writer, who has proved in reality that violation of it in part or in toto can, and often does, lead to relapse. Here, then, is the meat of the rule:

H

Don't get too Hungry. For a reason we cannot explain, there seems to be in the alcoholic, a peculiar psychophysiological relationship between hunger and the urge to drink.

On some occasions, we would eat a big dinner and then find that it had literally destroyed our desire to drink afterwards. Conversely, and eventually more often, we avoided eating because we knew it would interfere with our drinking.

Years ago, my sponsor told me that if I had a physical urge to take a drink, I should go out of my way to drink a milk shake. If this didn't work, he said, I should drink another. And another. I can testify that if you can drink liquor on top of two or three milk shakes, you aren't an alcoholic. You're nuts!

And so, when you are hungry, eat. Simple and important. (This writer eats little at one time, but may eat something as many as five times daily.)

Continues on next page→

A

Don't get too Angry. Wow! Of all things to tell an alcoholic! But we don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it.

Borrowing from Father John Doe: "Let the other guy get mad! If somebody calls me an SOB, either I am or I ain't. If I am, so what? And if I ain't, why should I make myself one by getting mad about it?" "We can't afford to get angry--especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where anger leads: to resentment. And brother, do we know what resentment brings!

Rule of thumb? Well, as the young folks say in this age, "Cool it, baby. Cool it."

L

Don't get too Lonely. Nonalcoholic members of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is any one thing that must be included in the alcoholic's life before he can once again become a whole man, it is worthwhile activity. This may be Twelfth Step work, his vocation, his avocation, or anything else. But we feel such activity must be present in order to fulfill his existence and eliminate loneliness.

We must also consider the loneliness brought about because the newcomer lives alone. But this is easily rectified. It takes only a phone call or a visit to an AA-oriented social club. Or, for the AA Loner, far from other members, the Big Book or a letter to an AA pen pal may suffice.

Under any conditions, loneliness is the mother of self-pity, and the ultimate end is resentment and drinking.

The rule of thumb? Do something!

T

Don't get too Tired. In its effect, the last ingredient or direction in our rule is not too different from the first. Physical fatigue will affect both our bodies and our minds adversely and will thereby lower our defenses against the urge to drink if there is any possibility at all of such a desire being present, consciously or subconsciously.

And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said Easy Does It?)

So there it is: **HALT--Hungry, Angry, Lonely, Tired.** This rule, when coupled with meetings and living our day-by-day lives according to AA principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink, for any one of them could be the first step to a drunk.

BBQ



SPRING FLING BBQ THING

**WHEN: JUNE 4TH @4 PM FOLLOWED BY
SPEAKER DISCUSSION MTG @ 7 PM**

WHERE: THE SPOT @

15746 BURGESS RD LAPINE OR

WHY: FOOD FUN FELLOWSHIP

WHO: SPEAKER IS NONNI M.

*HOT DOGS HAMBURGERS PROVIDED POTLUCK
STYLE BRING YOUR FAVORITE SIDE/DESSERT*


GAMES RAFFLES AND 50/50

\$10.00 SUGGESTED CONTRIBUTION

KIDS EAT FREE ALL ARE WELCOME!!!!

CONTACT INFO MISTIE M 541-550-8578

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

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

District 5 A.A. Website // 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

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



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



Hi Central Oregon A.A.! Come join the fun, be part of and get involved!!
 We had a great first committee meeting tonight! Thank you to all who attended!
 Our next event planning committee meeting will be **Friday June 3rd at 3:00pm**
 in the District 5 Zoom room — ID: 869 0310 1724 PC: 164
 Join Zoom Meeting <https://us02web.zoom.us/j/86903101724?pwd=YUdJV1VGSDBFtJyOEJGT1VaalV4UT09>

Delegate report back event on Sat July 16th at TEC in Brooks Hall Volunteer Opportunities:

- Greeter**— least one parking lot greeter, and at least one door greeter and equip them with raffle tickets and instructions.
- Clean up Crew**
- Set up** — arrive early and set up chairs and tables.
- Speaker Host - Open** You will be assisting the delegate with whatever she needs from passing out fliers, to getting her refreshments, water...
- Refreshments** — Set up and clean up food and drinks, ice, cooler, napkins, plates, plastic-ware, cups etc...

Contact District 5 DCM if you'd like to be of service! Carrie B. 541-788-7276

What's Happening Elsewhere?



THE CASTRO COUNTRY CLUB
IN COLLABORATION WITH
FENDING FELLOWSHIP
NORCAL CMA
WESTERN ROUNDUP LEVING SOBER 2022
PRESENTS
SF Pride Sunday
June 26, 2022
Sober Space
look for the
HEART shaped
GOLD balloons
on the Civic Center
Lawn area.
To volunteer to set up contact:
Estunton@castrocountryclub.org

Register Now!
Limited In-Person Attendance!



59TH INTERNATIONAL WOMEN'S CONFERENCE
DALLAS, TEXAS

FEBRUARY 16-19, 2023
RENAISSANCE HOTEL ADDISON/DALLAS
InternationalWomensConference.org

TO JOIN THE VOLUNTEERS OR PROVIDE SILENT AUCTION OR SCHOLARSHIP CONTRIBUTIONS, CONTACT:

VOLUNTEERS
✉ VOLUNTEERS59IWCDALLAS@GMAIL.COM

FUNDRAISING
✉ FUNDRAISING59IWCDALLAS@GMAIL.COM

GET OUR NEWSLETTER

IWC INTERNATIONAL WOMEN'S CONFERENCE
The Language of the Heart will be Spoken Here

CHAIR, TERRI O. CHAIR59IWCDALLAS@GMAIL.COM

JULY 8 - 10, 2022

UNITY & SERVICE

An A.A. Conference Focused on
Applying the 12 Traditions & 12
Concepts in All Our Affairs

**ATTEND IN PERSON - \$45 REGISTRATION
OR ONLINE - \$35 SUGGESTED REGISTRATION**

**THE HILTON - CONCORD, CA
SPECIAL HOTEL ROOM RATES**

FRIDAY NIGHT MEET & GREET NACHO BAR
SATURDAY NIGHT SPEAKER BANQUET
SUNDAY CONCEPTS BREAKFAST
ADDITIONAL FEE FOR MEAL OPTION EVENTS



**SPACE IS LIMITED!
REGISTER TODAY
SCAN CODE OR VISIT:**

WWW.UNITYANDSERVICECONFERENCE.ORG

info@unityandserviceconference.org
(925) 222-5639



SPEAKERS

LINDA CHEZEM

CLASS A TRUSTEE, GSB CHAIR

JIMMY D.

AA MEMBER RIGHTS &
RESPONSIBILITIES
Dallas, TX

CHUCK & BETH H.

3 LEGACIES IN RELATIONSHIPS
Destin, FL

REILLY K.

12 CONCEPTS
Winston, OR

KAREN C.

SPONSORSHIP
Oakland, CA

ANDREW S.

Marin, CA

**WITH AL-ANON
PARTICIPATION**

More speakers to be announced...

Presented by
the Love & Service Group of A.A.

4th
Annual

Emotional Sobriety Conference

June 25 & 26, 2022

This is a ZOOM ONLY event.

Meeting ID: 857 8022 4372

Passcode: 1K1z2L

**Free to
attend!!**

All times shown are in Eastern Standard

Saturday's Lineup

| | | | |
|----------------------------------|-----------------------|-----------------------------------|---------------------|
| Opening Statements | 8:45 am | Rena K., Punta Gorda, FL | 1:00-1:50 pm |
| Harold L., St. Louis, MO | 9:00-9:50 am | Steps 4 & 5 | |
| Opening Speaker | | Penny P., Livermore, CA | 2:00-2:50 pm |
| Henry B., St. Charles, MO | 10:00-10:50 am | Steps 6 & 7 | |
| Step 1 | | Joshua G., Los Angeles, CA | 3:00-3:50 pm |
| Sloan B., Waukesha, WI | 11:00-11:50 am | Steps 8 & 9 | |
| Steps 2 & 3 | | Sharon M., Burbank, CA | 4:00-4:50 pm |
| Friends Around The World! | 12:00-12:50 pm | Step 10 | |
| | | Mary T., Tampa, FL | 5:00-5:50 pm |
| | | Step 11 | |

Sunday's Lineup

| | |
|--------------------------------|-----------------------|
| Opening Statements | 9:45 am |
| Jack W., Carbondale, CO | 10:00-10:50 am |
| Step 12 | |
| Jennifer H., Plano, TX | 11:00-11:50 am |
| Closing Speaker | |

Donations Accepted

Venmo: @emotionalsobrietygainesville

PayPal & Zelle: emotionalsobrietygainesville@gmail.com

45th Annual Summerfest July 29, 30, 31, 2022 “A Spiritual Awakening”

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

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



Spirit Fest

July 29, 30 & 31st
Warm Springs Campout
Supporting Sobriety in Central Oregon
Friday Night Potluck, Saturday Night Dinner Provided, Sunday “Real Men Cook Breakfast!” and clean up too!

No RV Hookups — Running water and toilets available
Register early, as we need a head count.

Registration: \$10.00 per person

Includes 2 nights camping, meetings, Salmon Dinner, Saturday and Sunday
Breakfast

Shirts—\$20 each (L, XL, XXL, XXXL)

For More Information contact:

Janice Smith

jansmith1946@icloud.com

Or mail Check and contact info to:
PO Box 86, Warm Springs, OR 97761

*Located at the HeHe Long House
18 Miles N. of Warm Springs at Simnasho/HeHe Jct.
Hwy. 26, turn west at milepost 85 and follow road to the Long House.*



***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.

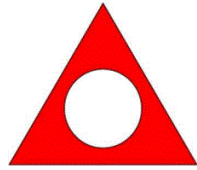
We will have souvenir hats for sale!

Questions? pncchair2022@area72aa.org



Al Anon Events

Save
The
Dates



August 5th, 6th, & 7th, 2022



10th 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

2022 Spotlight on the Steps, Traditions, and Concepts

Come join the
Friday Back To Basics Group
as we
host the month of June

Step 6, June 3rd
Tradition 6, June 10th
Concept 6, June 17th

Fridays at 10am Pacific Time

Zoom 878 648 776
PW 031435

We will be using *Paths To Recovery* as our
Conference Approved Literature guide

The intent is to have members who would like to experience
the principles associated with the
Steps, Traditions, & Concepts
be able to attend a meeting each month with this focus.

Volunteer your group to host a month by
contacting Lorraine at lmforti@yahoo.com

2023 Al-Anon International Convention with A.A. Participation

June 29 – July 2, 2023
in Albuquerque!

AA Humor

Program of Action



Greg B.



Central Oregon Intergroup of AA
Coigaa 



Central Oregon Intergroup Contacts

| | | |
|--------------------------|------------|--|
| Chairperson | Frank W. | chairperson@coigaa.org |
| Vice Chair. | Open | vicechair@coigaa.org |
| Secretary | Amy P. | secretary@coigaa.org |
| Treasurer | Valorie | treasurer@coigaa.org |
| Newsletter | Alice S. | newsletter@coigaa.org |
| Schedules | Helen W. | schedule@coigaa.org |
| Hotline | Lauren S. | hotline@coigaa.org |
| Potluck | Open | potluck@coigaa.org |
| Entertainment | Jim B. | entertainment@coigaa.org |
| Website | Jordon H. | webmaster@coigaa.org |
| Al-Anon Liaison | Open | |
| Advisory Board Committee | Barry J. | |
| 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

WHAT CHARACTER DEFECTS?

fineart
america