

Cascade Connection

A Newsletter for COIGAA

July 2022



“The A.A. 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, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.”

Tradition Seven—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>



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

Humility

Humility is simply having a realistic sense of oneself. A humble person accurately acknowledges both their strengths and limitations.

“Humbly asked Him to remove our shortcomings.”

“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility.”

Pp. 76 Twelve Steps and Twelve Traditions

Check Out These Meetings

**BEGINNING
TUESDAY JULY 12TH**

**THE FIRING LINE GROUP OF
ALCOHOLICS ANONYMOUS
WILL BE MOVING TO:
389 SW SCALEHOUSE CT.
(IN THE TURNING POINTS BUILDING)**

**Tuesday Nights
} 7:30pm {**

**7:30 EVERY TUESDAY NIGHT
AA LITERATURE STUDY
LAST TUESDAY EACH MONTH SPK MTG**

Redmond
Sundays at 9 am
Sober Sisters (W)
Redmond Alano Club
337 W Antler Ave, Redmond

Redmond
Fridays at 6pm
Overcomers Group (O)
Church of God 7th Day
205 NW 4th St, Redmond

Bend
Thursdays at 7 pm
As Men See It (M, Closed)
Nativity Lutheran Church
60850 Brosterhous Rd, Bend

La Pine
Wednesdays at 7 pm
2nd Wednesday, Potluck 6:00, Speaker 7:00
La Pine Wed. Night Living Sober
La Pine Community Church
16565 Finley Butte Rd, La Pine

Madras
Daily at 7 pm
Oasis Group
(1st Tuesday of the month 7:30P.M to 8:30P.M)
Good Shepard Lutheran Church
395 SE C St, Madras

Bend
Sundays at 10 am
Sunday Morning Serenity (O)
549 NW Harmon Blvd., Bend

Sunriver
Mondays at 7 pm
Sunriver Monday Night Hybrid
Sunriver Nature Center
57245 River Rd, Sunriver

Crescent
Tuesdays at 7 pm
Tuesday Night
Crescent Church
136463 Main St., Crescent

Tumalo
Fridays at 7 pm
Tumalo Friday Night Speaker
Meeting
64671 Bruce Ave , Tumalo

Prineville
Mondays at 5:30 pm
Steps to Sobriety
Rebels Roost
703 N Main St., Prineville

Sisters
Thursdays at 7 pm
Easy Does It
Episcopal Church
68825 Brooks Camp Rd, Sisters

Warm Springs
Saturdays at 11:00 am
Meeting Book Study
St. Kateri Church
4190 Hwy. 26, Warm Springs

Terrebonne
Tuesdays at 5:30 pm
Terrebonne Trudgers, Big Book
Smith Rock Community Church
8344 11th St, Terrebonne

Seventh Step Prayer

My Creator,
I am now willing that You should have all of me,
good and bad.
I pray that You now remove from me
every single defect of character which stands in the way
of my usefulness to You and my fellows.
Grant me strength, as I go out from here,
to do Your bidding, Amen



STEP SEVEN AND HUMILITY: THE MISUNDERSTOOD VIRTUE.

"Humility is the solid foundation of all virtues." - Confucius

When it comes to working your seventh step, the quality of humility really breaks down to having a reasonable perspective of yourself. It is quite simply seeing the truth of your life and your place in the world. In AA terms it is the practiced art of being "right-sized." When you humbly ask your Higher Power to remove your shortcomings you are recognizing that you are neither too big nor too small. Gone is your self-entitlement or grandiosity; as is your shame, regrets or unworthiness.

You've actually already taken your very first act toward humility, by admitting your powerlessness and unmanageability. Typically, when practicing step seven, recovering addicts realize that humility is not a state of being in despair or groveling, but a state of peace, serenity, and acceptance of "life on life's terms."

In The Twelve Steps and Twelve Traditions it is stated, "the attainment of greater humility is the foundation principle of each of AA's twelve steps." The seventh step of AA is an ongoing opportunity for us to embrace the pursuit of humility as a fundamental aspect of staying sober.

<https://www.jasonwahler.com/12-steps-of-aa/step-seven-of-aa-alcoholics-anonymous>

Step Seven: "Humbly asked Him to remove our shortcomings."

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

We have then completed *Step Seven*.

A.A. Big Book, p. 76

Step 7 is similar to step 3. It is more specific, however, because now I have completed my personal inventory and so I have a better idea of the roots of my addictive behaviors. I do my best to not play games about these defects of character. In this step I surrender to the "surgery of God" and ask God to remove these defects of character. I do this with a sincere and humble heart, knowing that only in such a way can I find my path to true sanity and peace.

This may also mean action on my part in getting rid of sources that lead me to addictive behaviors. If it is my pride that makes me believe that I can still live with these sources of temptation, then the sources need to go along with my pride. I rid my life of those things, people or situations that are causing me to fall or stumble as far as I can do so in a responsible manner.

From 12Step.org

12 Steps in Reverse - Road to Relapse

12. Having detached ourselves spiritually as a result of ignoring these steps, we let our fellow alcoholics fend for themselves and practiced these principles sporadically.
11. Let our conscious contact with God as we understood him lapse by praying only in emergencies for our will to be carried out.
10. Slacked off on personal inventory and when we were wrong, denied or hid it.
9. Reasoned that no one had been hurt by us more than we had been hurt by them and called it even.
8. Made a game of rationalizing the harm we had done others.
7. Sang "I've Gotta Be Me".
6. Decided that our defects of character were too much fun to give up.
5. Denied to ourselves, to God and to everybody else that we had ever done anything harmful.
4. Quickly cast a weak flashlight over our moral inventory and decided it was more fun to take yours.
3. Made a decision to keep our will and our lives totally in our own control.
2. Came to believe that since our troubles were of our own making, we would have to solve them without outside help.
1. We decided that we could control alcohol, that our lives were manageable after all.

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.

National P.I. & C.P.C. Working Group

Public

P.I.

Information

DISCOVERED

Ensuring A.A. Is Found By Those Who Need It

SAT, JULY 9, 2022

9:00 AM Pacific 12:00 PM Eastern



Who Is Responsible?

How Are We Reaching Those Still Suffering?

zoom Mtg ID: 878-0311-3474

Password: 411

Contact: Picpceastbay@gmail.com

GRAPEVINE STORY NIGHT!

Pajama Party

DISTRICT 5 A.A. ONLINE WORKSHOP

SATURDAY AUGUST 6TH AT 6PM


Get comfy in your PJs and slippers and zoom in to hear authors of Grapevine stories read their published articles. Ask your questions about writing for the Grapevine, and even ask one of the authors to help mentor you through getting your own article published!

*Bring your own
Pop Corn & Hot Cocoa!*



Zoom
869 0310 1724
Passcode: **164**


For more info or to volunteer to be of service email dcm05@aa-oregon.org

 **Access Chair
Needed ASAP**

**Do you have experience:
With Zoom?
Setting up hybrid meetings?
Helping others to get connected?**

DISTRICT 5 A.A. NEEDS YOUR HELP!

Contact D5 DCM
541-788-7276
dcm@district5aa.org
District5aa.org



*Please help us to fill this position by
taking a picture of this flier and announcing at all meetings*

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 // **Needs Filled** // dcm@district5aa.org

Access // **Needs Filled** // dcm@district5aa.org
Archives // Joe H. // archives@district5aa.org
Correctional Facilities // Walt W. // correctionalfacilities@district5aa.org
Literature // **Needs Filled** // dcm@district5aa.org
Grapevine // **Needs Filled** // dcm@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



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

Here is the link to listen to Chris share about Steps 6 and 7: <https://youtu.be/gaZI7NAtRBU>

SATURDAY
JULY 16TH
12:00 NOON
BROOKS HALL
TEC BEND

Save THE Date

2022 General Service
Conference Report Back



EVERYONE WELCOME!
Our Delegate will be
coming to District 5 to
report to us what happened
at this years General Service
Conference!
**FOOD - FUN - FELLOWSHIP
ALL FREE!**



Time Until ICYPAA
62 Days | 17 Hours | 10 Minutes | 05 Seconds

Room Rates Start at \$139 Per Night

62nd ICYPAA, New Orleans, LA

Sept 1-4, 2022 at
the [Hyatt Regency](#)
New Orleans

Pre-Registration:
30.00



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REGISTRATION OPEN: PENNSCYPAA XXXIII

JOIN US IN WILLIAMSPORT, PENNSYLVANIA
JULY 15-17, 2022

REGISTER ONLINE:
WILLPOYPAA.COM

BOOK YOUR ROOM AT THE GENETTI

\$109/NIGHT (SINGLE/DOUBLE)
MENTION PENNSCYPAA

BOOK YOURS AT
www.GenettiHotel.com
OR CALL 570-326-6600

FOR MORE INFO CONTACT US AT:
WILLIAMSPORTPAYPAA@GMAIL.COM
WILLPOYPAA.COM



DISTRICT 5 A.A. MEETING SUNDAYS 4PM ON ZOOM

TRADITIONS & CONCEPTS STUDY 1ST & 3RD SUNDAYS

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

When:
4:00pm
1st & 3rd Sundays
Every Month

Where:
ID: 869 0310 1724
Passcode: 164



District5aa.org

What's Happening Elsewhere?



Register Now!
Limited In-Person Attendance!

59TH INTERNATIONAL WOMEN'S CONFERENCE
DALLAS, TEXAS

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

WEBSITE

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

VOLUNTEERS
 VOLUNTEERS59IWCDALLAS@GMAIL.COM

FUNDRAISING
 FUNDRAISING59IWCDALLAS@GMAIL.COM

GET OUR NEWSLETTER 

NEWSLETTER

 INTERNATIONAL WOMEN'S CONFERENCE

CHAIR, TERRI O. CHAIR59IWCDALLAS@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.*

AA Humor



Wait...
One day at a time...
Like, FOREVER?!?



R

ROTTEN CARDS

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

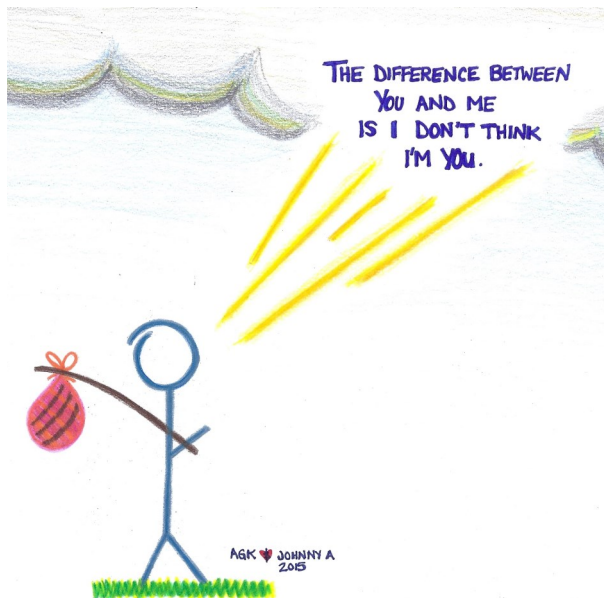
Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair.	Open	vicechair@coigaa.org
Secretary	Amy P.	secretary@coigaa.org
Treasurer	Valorie	treasurer@coigaa.org
Newsletter	Alice S.	newsletter@coigaa.org
Schedules	Helen W.	schedule@coigaa.org
Hotline	Lauren S.	hotline@coigaa.org
Potluck	Open	potluck@coigaa.org
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



Humility is not thinking
less of yourself,
but thinking
of yourself less.

- C.S. Lewis