

# Cascade Connection

A Newsletter for COIGAA

August 2022



“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. “12th Step” work is never to be paid for.”

Tradition Eight—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](mailto:coigoffice@coigaa.org)

Hours:

Monday 9 am—2 pm

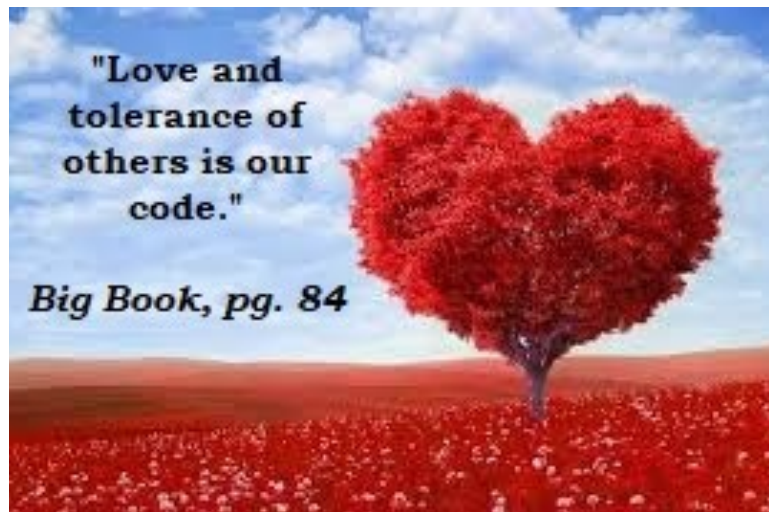
Tuesday 9 am—1 pm

Wednesday 9 am—1 pm

and 2—6 pm

Thursday 9 am - 2 pm

Friday 9 am—1 pm



## 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>



## 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 Vice Chair, Webmaster and a Potluck/Speaker Meeting Chair.

Contact Frank W. at [chairperson@coigaa.org](mailto: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](mailto: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](mailto:coigoffice@coigaa.org)



## Principle of the Month

### Love

The principle of love is about empathy and compassion and is in alignment with Step Eight of AA. Understanding and growing are important in recovery, but so is taking action! So, when we make a list of everyone we have harmed in our past and become willing to make amends, we are practicing the principle of love.

<https://www.jasonwahler.com/12-principles-of-aa/principle-eight-of-aa-alcoholics-anonymous-love>

Love is empathy and compassion, and Step 8 asks you to make a list of everyone you've wronged in your journey to where you are now. That's not all, though. You also have to be willing to make amends, which shows that you truly care for the people on your list.

Practicing your sobriety with the principle of love means that you're not just existing for yourself but in service to the people you care about.

<https://fherehab.com/learning/the-12-principles-of-aa/>

# Check Out These Meetings

Warm Springs  
Sundays at 11 am  
Warm Springs Group  
St. Kateri Catholic Church  
4190 Ben Ln., Warm Springs, OR

Redmond  
Mondays at 5:30 pm  
24 and Alive (O)  
Redmond Alano Club  
337 W Antler Ave, Redmond

Bend  
Tuesdays at 7:30 pm  
Rule 62  
First Presbyterian Church  
230 NE 9th St., Bend, OR  
Downstairs, Northside entrance

Redmond  
M-F at 7 am  
Redmond Early Risers (O)  
1113 SW Black Butte Blvd  
Redmond, OR

Burns  
Sundays at 7 pm  
FSC (O)  
Four Square Church  
74 S Alvord Ave., Burns, OR

John Day  
Wednesdays at 7:30 pm  
Let It Go  
St. Elizabeth Catholic Parish Hall  
111 SW 2nd Ave, John Day, OR

La Pine  
Saturdays at 7 pm  
Saturday Living Sober  
15746 Burgess Rd , La Pine, OR

Madras  
Tuesdays and Thursdays at noon (O)  
Madras Madness  
United Methodist Church  
49 NE 12th St , Madras OR

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

Bend  
Sundays at 7 pm  
Sober Desire (C)  
Saint Helens Hall  
231 NW Idaho Ave., Bend, OR

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

Sisters  
Fridays at 12 pm (O)  
Steps & Traditions  
Lutheran Church  
386 N Fir St., Sisters , OR

Tumalo  
Mondays at 6 pm  
Tumalo Book Study  
Fellowship Hall  
64671 Bruce Ave , Tumalo

Prineville  
Fridays at 6 pm  
Willing Openminded Women (WOW) (C,W)  
Rebels Roost  
703 N Main St., Prineville, OR

Terrebonne  
Mondays at 6 pm and Fridays at 4 pm  
The Ranch Refuge Group (O)  
Heritage House Senior Center  
6710 SW Ranch House Pl., Terrebonne , OR

Fossil  
Fridays at 7 pm  
Primary Purpose  
Fossil Methodist Church  
1004 Main St., Fossil, OR



### *Eighth Step Prayer*

*Higher Power,  
I ask Your help in making my list of all those  
I have harmed.  
I will take responsibility for my mistakes &  
Be forgiving to others as  
You are forgiving to me.  
Grant me the willingness to begin my  
restitution. This I pray.*




## **Step Eight: “Made a list of all persons we had harmed, and became willing to make amends to them all.”**

“We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to go do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*”

*A.A. Big Book, p. 76*

“This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.”

*Twelve Steps and Twelve Traditions, p. 77*



Crescent Lake Campout  
September 15—18, 2022



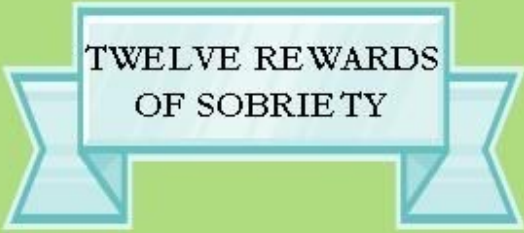
Save The  
Date!!

Contact Jim B. for more information: [entertainment@coigaa.org](mailto:entertainment@coigaa.org)

The Central Oregon AA Hotline is looking for relief volunteers— this is a great way to be of service, learn more about how to help others and share your experience strength and hope!  
Contact Lauren S. at [hotline@coigaa.org](mailto:hotline@coigaa.org).



**Love. Grow. Serve.**



## TWELVE REWARDS OF SOBRIETY

1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendships instead of loneliness.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of an alcoholic obsession.

# National A.A. Technology Workshop 2022

Moving Forward  
**Together**



## September 9th - 11th, 2022

Seattle (Tukwila), WA and online



### **In-Person Location:**

Hotel Interurban

223 Andover Park East, Tukwila, WA 98188

Room Rate: Two Queens \$139/night - One King \$129/night

Use Group Code **NAATW** when booking

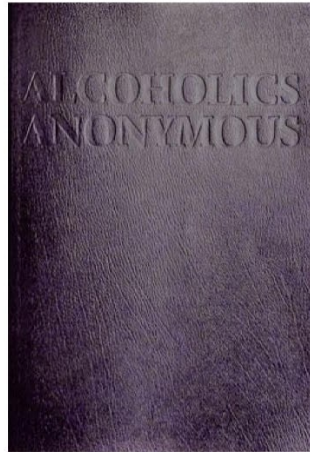
### **Registration:**

In-Person - \$75; Online - \$25

Onsite meal options available as add-on options. Friday buffet and Saturday box lunch

**For more info and to register visit [NAATW.org](https://NAATW.org)**

# *New Horizons Group Of Alcoholics Anonymous Wednesdays - Speaker/Discussion Mtgs*



**8/3 - Mike L. from the Out To Breakfast Grp Portland**

**8/10 - Jena C. from the NHG Bend**

**8/17 - Jona D. Mon Night Meditation Grp Düsseldorf Germany**

**8/24 - Dee G. from the 3Leg Grp Sebastian FL.**

**8/31 - Nick M. from S&W Mens Grp LaPine**

**9/7 - Todd H. from Steps To Sobriety Grp Prineville**

The New Horizons Group Meets  
**Mon-Tues-Wed-Thurs at Noon**  
At The Trinity Episcopal Church  
469 NW Wall St, Bend, OR 97703  
Visit [NewHorizonsGroupAA.com](http://NewHorizonsGroupAA.com)

**Mondays:** 11th Step Meeting  
**1st Monday:** Tradition Study  
**Tuesdays:** Big Book Study  
**Wednesdays:** Spk/Disc Meeting  
**Thursdays:** Beginners Meeting



Download past speakers  
here for free



# 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](mailto:dcm05@aa-oregon.org)

**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)

### 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 // **Needs Filled** // [dcm@district5aa.org](mailto:dcm@district5aa.org)

Access // **Needs Filled** // [dcm@district5aa.org](mailto:dcm@district5aa.org)  
Archives // Joe H. // [archives@district5aa.org](mailto:archives@district5aa.org)  
Correctional Facilities // Walt W. // [correctionalfacilities@district5aa.org](mailto:correctionalfacilities@district5aa.org)  
Literature // **Needs Filled** // [dcm@district5aa.org](mailto:dcm@district5aa.org)  
Grapevine // **Needs Filled** // [dcm@district5aa.org](mailto:dcm@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)



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

Here is the link to listen to Joe and Charlie share about Step 8: <https://youtu.be/HIBGTQllr9g>

hosted by:  
Area 69



**IN PERSON !**

[WWW.2022AAPACIFICREGFORUM.COM](http://WWW.2022AAPACIFICREGFORUM.COM)



**Sept. 16 - 18, 2022**

**PACIFIC  
REGIONAL  
FORUM**

Mariott Downtown @ City Creek  
75 W Temple St., Salt Lake City, Utah

**RECOVERY ELEVATED**

**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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**59TH INTERNATIONAL  
WOMEN'S CONFERENCE**  
DALLAS, TEXAS



**FEBRUARY 16-19, 2023**

RENAISSANCE HOTEL ADDISON/DALLAS  
[InternationalWomensConference.org](http://InternationalWomensConference.org)

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

**VOLUNTEERS**

✉ [VOLUNTEERS59IWC DALLAS@GMAIL.COM](mailto:VOLUNTEERS59IWC DALLAS@GMAIL.COM)

**FUNDRAISING**

✉ [FUNDRAISING59IWC DALLAS@GMAIL.COM](mailto:FUNDRAISING59IWC DALLAS@GMAIL.COM)

**GET OUR NEWSLETTER**



CHAIR, TERRI O: [CHAIRS9IWC DALLAS@GMAIL.COM](mailto:CHAIRS9IWC DALLAS@GMAIL.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](http://District5aa.org)

What's Happening Elsewhere?

## Oregon Area 58 September Service Assembly

September 9 - 11, 2022  
Hosted by District 22

Yamhill County Fairgrounds  
2070 NE Lafayette Ave  
McMinnville, OR 97128

<https://area58.wufoo.com/forms/oregon-area-58-september-service-assembly/>



**EASY DOES IT CAMPOUT** **FELLOWSHIP**  
AUGUST 5th- 7th 2022  
CANAL CREEK CAMPGROUND

From Waldport take 34E go 7 miles to Canal Creek campground sign. Turn right (south). Go 4 miles. Follow the Easy Does It campout signs. Turn left into campsite

NO POTABLE WATER!!  
Bring your own water

COFFEE!!  
NATURE

ROCKETED INTO THE 4TH DIMENSION

**MEETINGS:** FRIDAY- 7PM  
SATURDAY- 8am, noon, 7pm  
SUNDAY- 8am

**CAMPOUT STARTS 3PM-FRIDAY**

**DINNER:** SATURDAY- 5PM  
Bring food

Joe M. 541-999-7402  
Lindi D. 971-263-7713



**Oregon Area 58**

SAVE THE DATE

### Pacific Northwest Conference

A.A.'S THREE LEGACIES  
OUR COMMON SOLUTION

JUNE 23-25, 2023  
PORTLAND, OREGON

[www.PNC1948.org](http://www.PNC1948.org)

# Al Anon Events



The 2023 International Convention will be held on  
June 29–July 3, 2023  
At the Albuquerque Convention Center in Albuquerque, NM  
Registration will open November 1, 2022  
<https://al-anon.org/wso-events/2023-al-anon-international->

## *Al-Anon AWSC in Newport* Saturday, October 8, 2022 8am-5pm, PDT



### Hybrid meeting

All Al-Anon members welcome, only AWSC members have a vote & a voice.

In person at the coast  
Atonement Lutheran Church

2315 N Coast Hwy, Newport, OR, 97365

Water, coffee, tea and individual snacks provided

At this time, masks are required when not eating or drinking

Lunch 11:30 am on your own, a list of restaurants will be provided

or

Zoom meeting 780 157 0631

Passcode: Concept 4

Hosted by District 2, Lincoln County

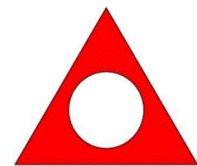
### Make room reservations early since it is a holiday weekend

Some Al-Anon home stays are available, contact Wendy.

Newport has many hotels of varying price ranges.

For charm, the historic Sylvia Beach Hotel has rooms inspired by authors  
Vacation rentals are located in the Newport area through VRBO, Vacassa, Airbnb  
or [www.oregonbeachvacations.com](http://www.oregonbeachvacations.com).

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

RSVP or for more information contact Wendy at [wendydistrict2@gmail.com](mailto:wendydistrict2@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	Valorie	<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	Open	
Al-Anon Liaison	Christina L.	
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](mailto:secretary@coigaa.org) for log on information

