

Cascade Connection

A Newsletter for COIGAA

October 2022



“No A.A. group or member should ever, in such a way as to implicate A.A., 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.”

Tradition 10 –Long Form, 1946



HOTLINE
(541) 548-0440



“Continued to take personal inventory and when we were wrong promptly admitted it.”

Step 10, “Twelve Steps and Twelve Traditions”, p. 88

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



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

Needs You!

Jim has planned our campouts for the coming year and is ready to train someone to take over for the rest of the fun!

If you are interested in helping plan fun Sober Events, we have a trailer full of supplies and some funds in the entertainment account.

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, Entertainment Committee 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

Perseverance

Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.

“When we arrive at principle ten and step ten in our Alcoholics Anonymous program of recovery, we are putting what we have learned into daily action. The payoff of this “persistence in doing something despite its difficulty” is a life beyond our wildest dreams.”

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

“Step 10 establishes self-examination as a healthy and routine part of your daily life. It stems from the principles of honesty, perseverance, and self-discipline—you’re committing to regularly checking in with your emotional and spiritual well-being, and honestly admitting to any mistakes or triggered reactions you find there.”

~ Lauren Hannula



10th Step Prayer

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.



Step Ten: “Continued to take personal inventory and when we were wrong, promptly admitted it.”

“This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit .”

A.A. Big Book, p. 84

“Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek..”

Twelve Steps and Twelve Traditions, p. 95

“Self-searching is the means by which we bring new vision, action, and grace to bear up on the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step. We will want to go further.”

As Bill Sees It, p 10

Steps To Sobriety Grp Presents: What: Speaker Meeting When: Fridays at 5:30pm Where: The Rebels Roost 703 N. Main St. Prineville Or.

Upcoming Speakers:

Sep 16th Ed M. from the ABC Grp
Sep 23rd Laura R. Redmond Earlyrisers
Sep 30th Mike K. & Tami W. Steps to Sobriety
Oct 7th Marti R. Eastside Earlyrisers
Oct 14th Carrie B. from NHG
Oct 21st Arlene R. from 24 And Alive



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.



Love. Grow. Serve.

Speaker Meetings Are Back!

COI9AA SPEAKER MEETING



DOORS OPEN AT 6:30 PM
MEETING STARTS AT 7 PM

OCTOBER 22, 2022

BROOKS HALL @ TRINITY EPISCOPAL
CHURCH

469 NW WALL ST. BEND

HOSTED BY WFS
AA AND ALANON SPEAKER

Intergroup Members Share!



I have found that we are all meant to do something in AA, but no one is meant to do EVERYTHING. :) It took me a while to figure this out.

Turns out my specific piece of the big AA puzzle would be the Traditions?? WHO KNEW!!?! NOT ME!

When I first came in, if I would accidentally show up at a Traditions study, I would just straight up turn around and leave. But NOT before telling you WHY I was leaving and who's fault it was.

When I started to observe how things work in AA, I was sure I would be a speaker. I couldn't read, or write... Plus, I love attention! I always have. I was always the class clown. The trouble maker. Rule breaker... Very social. I thought for sure my role was going to be telling my story. (Talking about myself) BOY DID GOD HAVE OTHER PLANS!

I NEVER guessed I would be the briefcase packing, pamphlet pushing, AA geek who can tell you where in our literature to find the answer to almost any question you have about our 12 Traditions. Ewww! What?? But, I failed history, got kicked out of high-school, and the only book I ever read in my life before AA, was "Ramona the Great" in 3rd grade!

Well, in the beginning, I DID start speaking. Actually quite a bit. I can be very entertaining, (and inappropriate) and that's what people liked. I was very "popular" in my local fellowship. Everyone loved me. I was invited to every party, BBQ, social event... I was invited to speak at every meeting. By the time I was 2 years sober/dry, I was behind the podium almost every week. I'm not going to lie, I LOVED IT.

I started working with a new sponsor (the sponsor I have now). As I got further into the steps with her, into the Big Book, and started learning about the Traditions, a perfect storm occurred. I had a spiritual awakening as the result of the steps, was in just enough self inflicted pain and had fallen in love with Alcoholics Anonymous. I had started to see through the inventory process that my behavior, my motives, the way I carry the message in AA, was very self-serving and NOT in alignment with what I had begun learning about the Traditions.

I tried to ignore it the best I could (that pesky conscience), but my road was becoming narrower whether I liked it or not. I started to hear things come out of my mouth from the podium, things that I had said dozens of times before, but that didn't feel right anymore. And in fact, things that were so extremely opposed to what I was learning, that I started choking on my words while speaking. I couldn't even get words out before long. I started to stutter during my talks. MAJOR STUTTERS, then nothing would come out at all. I realized I had almost nothing to say that was in alignment with the 2nd set of spiritual principles.

By the time I was on my 8th step, it had become clear that ALCOHOLICS ANONYMOUS should be on that list. I had been grossly disrespecting and even abusing the very fellowship that saved



my life!

I was at a crossroads. A dead stop at a crossroad.

Continues.....

As I sat there with my sponsor that day, as she looked across the table at me, right into my eyes, we both knew it was time for me to make a choice. I could either continue down the path of popularity - being wanted and loved by all in AA. The path my ego was screaming at me to take. It would still be doable to just stop learning anymore about the Traditions and go back to blissful ignorance. OR, I could listen to my Higher Power's very clear message and for the first time in my sobriety, in my life, make a choice to do God's will, and NOT my own.

I would like to say this was an easy decision for me :(It was not! I have a STRONG WILL and I like doing what feels good. My sponsor reassured me that she would support me in whatever choice I made, but that we both knew I had a decision to make. She told me to go home, pray about it and make my choice after some prayerful consideration. I had a lump in my throat the size of a golf ball, my tummy hurt and my eyes felt like swimming pools. If I truly took my third step, and was sincere in six and seven, I knew what I had to do. It was clear. I didn't need time to consider. I was ready to start making amends with AA.

Since that day, I have probably studied every piece of our literature. Our history, even started an "AA Comes Of Age" book study at my house. I've taken the time to take many people through the Traditions, and passing on what was so freely shown to me in our 2nd Legacy. Now I am in general service, doing the behind the scenes work that allows other members to carry the message.

I'm not popular today in my local fellowship. In fact, not only do I not have many "friends", some around here don't care for me. It can be a lonely place standing up for what's right in AA. I just have to remind myself that I can't take it personally and to continue to remember being new to AA and feeling the way I felt about those in the role I now have. I avoided them. Again, It's not the role I would have chosen for myself, but I don't get to be the director anymore. I get to play the role he assigns me.

I do have friends in AA. They are the other AA geeks. I get to see them at assemblies, conferences, workshops and other events.

I'm no-longer behind the podium all the time, but when I am, it's to talk about the Traditions and the mistakes I've made in AA. I still have to be conscious and mindful all the time about ego feeding propositions when it comes to how I serve in Alcoholics Anonymous. I am a committed member of my home group. I don't have to take service positions at other groups because "I'm so needed" — I try my best not to make exceptions for myself. To remember my case is not different. I am one among many.

We all have strengths and weaknesses, and even circumstances (which could even include our career choices) that put us where we fit. (Or keep us out of the positions that are possibly a better fit for someone NOT in those circumstances) I just need to remember that Self Sacrifice and Anonymity are what the Twelve Traditions repeatedly asks of me. Sacrificing personal ambition for the common good.

It really is a beautiful design. It takes all of us doing our own individual part, as one among many

for this beautiful AA puzzle to come together.



~ *Carrie B.*

YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the "young" alcoholic who has yet to come to A.A.

BE CREATIVE AND HAVE FUN!

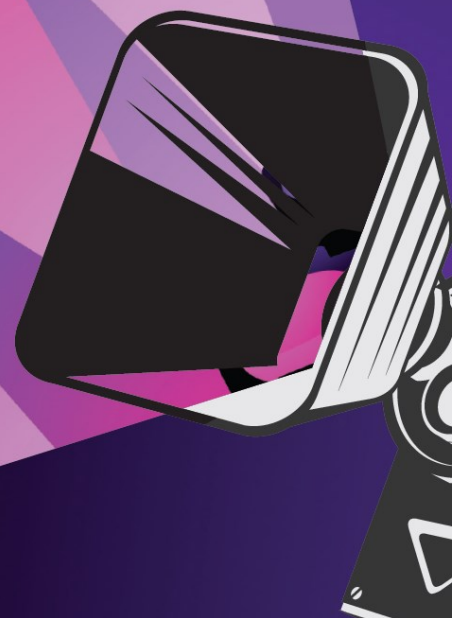
Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at publicinfo@aa.org.



Scan me!

www.aa.org





TENTH TRADITION

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.



“ Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that’s quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.”

~ Twelve Steps and Twelve Traditions, pg. 180

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

(The foundation of this inventory is from the A.A. Tradition’s Checklist first published in the [A.A. Grapevine](#))

DISTRICT 5 A.A. PRESENTS:
"THE HOME GROUP"

DOWNTOWN BEND LIBRARY
601 NW WALL ST

SAT OCT 22ND
11:00AM - 2:00PM

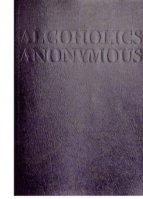


DISTRICT5AA.ORG

Come share in unity about your Home-group with the rest of your local A.A. community, exchanging ideas and getting to know members from other groups!

FOR MORE INFO OR TO ASK HOW YOU CAN BE OF SERVICE
EMAIL DCM@DISTRICT5AA.ORG

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



9/21 - Trisha M. Steps To Sobriety Grp. Prineville

9/28 - Fred S. TNAA Grp.

10/05 - Sarah B. New Horizons Grp.

10/12 - Mario H. New Horizons Grp.

10/19 - Rob L. Mens Thursday Night Big Book Grp.

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

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

Sign up to volunteer for this **IN PERSON** event here:

https://docs.google.com/spreadsheets/d/1bcuf0IKSRsDqwzDDfR_eBuizbAnIKcNZj6FADsVA9_I/edit?usp=sharing

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 Joe and Charlie share about Step 10: https://youtu.be/S9_0P7iOyGY

Save the Date



November 17-19, 2023
Sheraton Orlando North

VOLUNTEERS NEEDED

For more information email:
chair.ssasa7@gmail.com



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

✉ VOLUNTEERS59IWC DALLAS@GMAIL.COM

FUNDRAISING

✉ FUNDRAISING59IWC DALLAS@GMAIL.COM

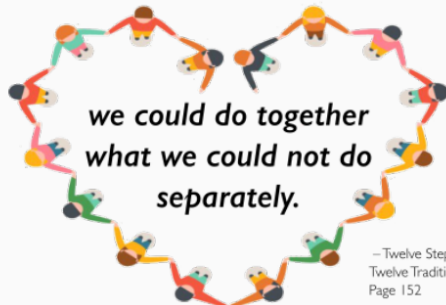
GET OUR NEWSLETTER



CHAIR, TERRI O: CHAIRS9IWC DALLAS@GMAIL.COM

OREGON AREA 58 QUARTERLY ASSEMBLY NOVEMBER 18-20, 2022

I insisted that
few drunks
could ever
get well
on their
own steam,
but that in
our groups ...



Area 58 Assembly November 18-20, 2022 Ashland, OR

Round Table Assembly

Hosted by District 16

Ashland Hills Hotel & Suites
2525 Ashland St., Ashland, OR 97520
855-482-8310
ashlandhillshotel.com

Mention "Oregon Area General Service Committee" or Group No. 463934 for special rates. Rate is \$105 for a king, \$109 for a double queen, \$115 for a premium king, and \$169 for a junior suite. Hot breakfast included with reservation. Cutoff date for special rates is Oct. 14.

Online reservations: Individuals are also welcome to book their rooms online by taking these 3 easy steps:

- Visit our booking site at <https://www.reseze.net/servlet/WebresResDesk?hotelid=1512>
- Enter the date of their stay and number of nights
- Enter your GROUP ID NUMBER: 463934 in the Group ID field.

Please make checks payable to:
District 16 November Assembly Mail to: November 2022
Assembly, District 16, PO Box 4751, Medford, OR 97501
Mail-in registration cutoff date: Nov. 1, 2022. Online registration
opens: Sept. 9, 2022 at www.aa-oregon.org
Online registration closes: Nov. 13, 2022

Questions?

Shane C., Registration Chair, (603) 759-1825,
assembly.18.regist@gmail.com
Michael M., Committee Chair, (541) 621-9629

What's Happening Elsewhere?

“On anvils of experience,
the structure of
our Society
was hammered out.”



Bill Wilson: 12 Steps and 12 Traditions
Tradition One; Pg 131

district 16 TRADITIONS/ CONCEPTS CLASS

We will be tackling one Tradition and one Concept per month, corresponding to the month in which it is presented

Third Wednesday of each month • 6-6:50pm
followed afterward at 7pm with our monthly business meeting
Smullin Center • 2825 E. Barnett Rd. Medford

! “We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room.”

Bernard B. Smith: GSO Trustee, opening the 1954
General Service Conference; AA Service Manual • Pg 520



ALCOHOLICS ANONYMOUS
DISTRICT 16 | ROGUE VALLEY, OREGON
www.medfordareaa.org

Crazy Christmas Fun!

December 10th, 2022
Twin Falls Fellowship Hall

Hybrid
Traditions 1-4 Workshop Panel Format
1:30 p.m. - 4:30 p.m.
Hosted by:
District 2

Zoom ID: 203.295.4778
PW: serve

Ugly Sweater Contest

Followed by
Pizza & Ice Cream Party!

Dawn C Alternate DCM
(208) 309-3789
1972newchapter@gmail.com

“We are not a Glum Lot!”

SAVE THE DATE

Pacific Northwest Conference

**A.A.'S THREE LEGACIES
OUR COMMON SOLUTION**

JUNE 23-25, 2023
PORTLAND, OREGON

www.PNC1948.org

Round-up of Recovery

October 8 & 9, 2022

Colville Ag Trade Center
317 W. Astor Ave
Colville, WA

GREAT EVENTS WILL COME TO PASS

Join us all day Saturday and Sunday morning for workshop and speaker poker, dinner, a skit, speakers, raffle and 50/50

Speakers:

- AA - Linder W., Vancouver, BC
- AA - Ginger R-B, Mesa, AZ
- Al-Anon - John P., Spokane, WA

Saturday dinner \$30.00 Choice of Chicken with Apricot Glaze or Ball Tip stuffed with garlic.
Includes: Mac & Cheese, Ceasar Salad, Green Beans with Bacon, Garlic Mash Potatoes, and Cheese Cake
Sunday breakfast \$12.00 Breakfast Burrito, Fruit, Juice

Lodging: Benny's Colville Inn, Comfort Inn, Selkirk Motel, Fairgrounds RV & Camping
Contacts:

Kathy P 509-939-8095 kathyp105@gmail.com
Erin G 509-675-2984 eringna@gmail.com

Registration and Meals

Make checks to and mail to Round-Up of Recovery, P.O. Box 1161, Colville, WA 99114

Name(s) _____ \$25.00 per person x _____ = \$ _____
Address _____
Phone _____ Email _____

Saturday dinner - Chicken with Apricot Glaze	\$30.00 x _____ = \$ _____
Ball Tip stuffed with garlic	\$30.00 x _____ = \$ _____
Sunday breakfast - Breakfast Burrito	\$12.00 x _____ = \$ _____
Total amount enclosed	\$ _____

Please have your meal confirmation returned by October 1, 2022.

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.

RSVP or for more information contact Wendy at wendydistrict2@gmail.com

**2022 Washington Area
Speaker Convention
October 21-22, 2022**

FINDING THE
PATH TO
FREEDOM
TOGETHER

Speakers/Workshops/Fellowship
South Puget Sound Community College, Lacey, WA
Email [waspeakers2022@gmail.com](mailto:waspakers2022@gmail.com) for more info

venmo
Accepting donations and fundraising
contributions via Venmo

WA Area Al-Anon Family Groups

AA Humor



I prefer not to think before speaking. I like being just as surprised as everyone else by what comes out of my mouth.



your e cards
someecards.com

Coigaa

Central Oregon Intergroup of AA

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
Speaker Mtg.	Open	potluck@coigaa.org
Entertainment	Jim B.	entertainment@coigaa.org
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 at 5:30 pm on the 4th Sunday of each month January through October.

November and December Intergroup meetings take place on the 3rd Sunday.

The meetings are Hybrid. Taking place at Trinity Episcopal Church in person, and on ZOOM

Contact Joan at the COIG office for help connecting—secretary@coigaa.org

469 NW Wall Street, Bend, OR 97703

Observers are welcome to attend too!