

# Cascade Connection

A Newsletter for COIGAA

September 2022

“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or inter-group committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness. Tradition Nine—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

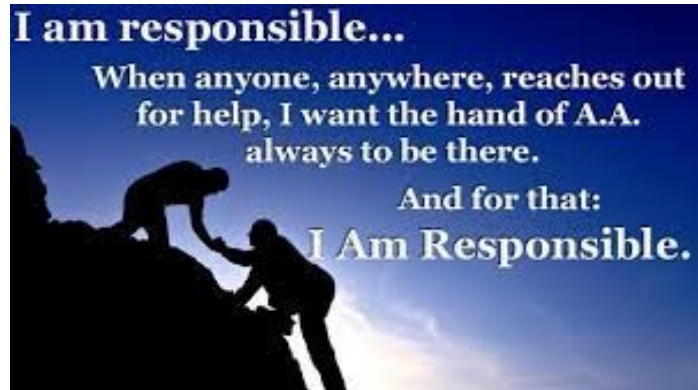
Friday 9 am—1 pm

**I am responsible...**

When anyone, anywhere, reaches out  
for help, I want the hand of A.A.  
always to be there.

And for that:

**I Am Responsible.**



Central Oregon Intergroup of AA  
**Coigaa**

## 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

### Responsibility

*“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

By Step 9, you've forgiven yourself for your past. Now you need to make amends to others so that you can start fresh with them as well.

The principle of responsibility is reflected directly in this step, and practicing in life is clear: If you hope to remain close with those around you, you must be honest and open about your mistakes that impacted them.

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



## Ninth Step Prayer

Higher Power,

I pray for the right attitude to make my amends,  
Being ever mindful not to harm others in the process.

I ask for Your guidance in making indirect amends.

Most important, I will continue to make amends

By staying abstinent, helping others and

Growing in spiritual progress.



## **Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

*A.A. Big Book, p. 79*

“Good judgement, a careful sense of timing, courage, and prudence— these are the qualities we shall need when we take Step Nine .”

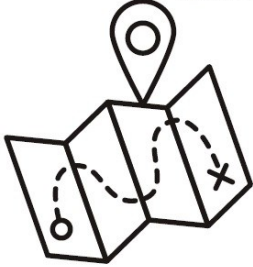
*Twelve Steps and Twelve Traditions, p. 83*

*“Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”*

*Twelve Steps and Twelve Traditions, p. 87*



# CRESCENT LAKE CAMPOUT!



## WHEN:

SEPTEMBER 15-18

## WHERE:

SIMAX GROUP CAMP B AND C  
RV TRAILER AND TENT SPACES

SOUTH ON 97  
TURN RIGHT ON CRESCENT CUTOFF RD (IN THE TOWN OF CRESCENT)  
TURN RIGHT ON OR. 58W.  
LEFT ON 4295  
RIGHT ON NF60 FOR ABOUT ANOTHER MILE  
CAMPGROUND ON RIGHT.

## TICKETS:

\$20 PER PERSON FOR 3 NIGHTS.  
KIDS ARE FREE

## SCHEDULE:

SATURDAY EVENING POTLUCK  
AA AND ALANON SPEAKER MEETING TO FOLLOW

for tickets and information contact:

robin: 541-408-1978

jim b.: 541-550-9194



CENTRAL OREGON AA INTERGROUP ENTERTAINMENT COMMITTEE



## THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us- sometimes quickly, sometimes slowly. They will always materialize if we work for them.

**The Big Book- Pages 83-84**



# COIGAA Speaker Meeting

Saturday Sept 24, 2022

**\*Doors open @6:30 pm**

**\*Meeting starts @ 7 pm**

Brooks Hall @ Trinity

Episcopal Church

469 NW Wall St. Bend



**\*Coffee & Snacks provided**

Hosted by Step Sisters



Alcoholics  
Anonymous®

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

## General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

**Please direct all  
communications to:**

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

### 2025 INTERNATIONAL CONVENTION VANCOUVER, BC JULY 3-6, 2025 *90 Years – Language of the Heart*

#### MEMBER ENGAGEMENT SURVEY

As many of you may know, planning is already underway for the 2025 International Convention that will be held July 3-6, 2025, in Vancouver, B.C., Canada.

Given the impact and uncertainty of the Covid-19 virus, it is vital that we obtain feedback from the Fellowship as it relates to domestic and international travel, attendance at large events, and thoughts regarding an in-person event with a partial, limited virtual component, and incorporate the feedback in our planning. We anticipate that the following survey will be one of several dispatched during the planning process so that we may remain current with the thoughts of the Fellowship.

Kindly take a few minutes and answer the questions below. Your responses are of great value in helping us to better plan for the International Convention. (All responses are anonymous.) **Please respond by October 31, 2022.**

<https://survey.zohopublic.com/zs/UhCs6p>


Thank you for your participation.  
Follow us on <https://www.aa.org/international-convention>

We hope to see you in 2025!

2025 International Convention Planning Team  
[2025IC@aa.org](mailto:2025IC@aa.org)

Alcoholics  
Anonymous® | [www.aa.org](http://www.aa.org)



  
**A.A.**  
**Adventures**  
**In The 12**  
**Traditions**

*Sundays*  
*1:30pm*  
*Pacific*

**ID: 465 458 005 PW: 284630**  
**Literature Presentation followed by participation**

**ACCESSIBILITY**  
**FOR ALL**  
**ALCOHOLICS**  
**LITERATURE**



**AREA 29**  
**MARYLAND**  
**GENERAL SERVICE**  
**ACCESSIBILITIES**  
**COMMITTEE**

CONTACT  
 Accessibilities@MarylandAA.org

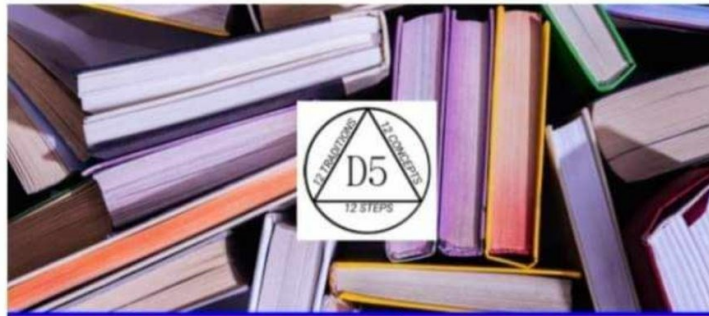
**Accessibility – Wednesday Literature**

- Access Workbook
- Cooperation with Elder Community
- Special Needs & Accessibility Toolkit
- Access to AA Pamphlets
- Guidelines
- And Others

**Area 29 Accessibility Committee meets every Wednesday at 6:30 p.m. EDT to review the AA Accessibilities Literature**

**ID: 850 5142 7009, PW: 836652**





## 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

### 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>

# Local Events

Come join us!!

Please bring your favorite BBQ side dish or dessert. Hamburgers and Hot Dogs are provided.

Don't forget your blanket or chair!

Potluck & Meeting

09/10/2022

10am-4pm

Round Butte- Overlook Park

Sponsored by

Madras Oasis AA

## Steps To Sobriety Grp Presents:

What: Speaker Mtg

When: Friday Sep 16th at 5:30p

Where: The Rebels Roost

703 N. Main St. Prineville Or.

Speaker: Ed M from the ABC Grp

*"For on A.A. Unity depends our lives, and the lives of those to come"*



**Speaker Meeting at  
Brooks Hall on Saturday,  
September 24th at  
7 pm!**

**Hosted by Step Sisters  
Doors open at 6:30 pm  
speakers begin at 7**

**Al-Anon and  
AA Speakers!**

**This will not be a "pot  
luck" but there will be  
refreshments served!**

What's Happening Elsewhere?

hosted by:  
Area 69



**IN PERSON !**

**WWW.2022AAPACIFICREGFORUM.COM**



**Sept. 16 - 18, 2022**

**PACIFIC  
REGIONAL  
FORUM**

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

**RECOVERY ELEVATED**

**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)

2022  
**26th**  
ANNUAL  
CAMP OUT

- Covered pavilion
- Small Dining Hall and Kitchen
- 2 Bunk Huts - 6 bunks each
- Toilets - Showers nearby
- Columbia River access
- Boat Launch nearby
- **Bring Your Own Food**
- **Bring Your Own Camping Equipment**
- **No Dogs - No Exceptions - Sorry!**
- RVs allowed - No hookups
- Quiet generators allowed
- 4 acre site - plenty of room
- COVID rules apply
- <https://parks.state.wa.us/474/>  
Beacon-Rock

**Guest Speaker**

**Aaron Z.**

**Saturday 7:00pm**

**For more info:**

Roger W. (503) 277-8444  
Paul K. (503) 270-9060  
Gordon N. (206) 731-9731  
Christie W. (503) 764-5603  
Rob H. (727) 871-3268  
Mike S. (503) 807-4628

**AA IN THE WOODS CAMPOUT**

*Absolute Fun, Fellowship & Recovery*

*Tuesday, 9/6/2022 to*

*Monday, 9/12/2022*

**\$35**

*Kids free*

**Beacon Rock State Park**

**Guest Speaker: Aaron Z Saturday 7:00 pm**

34841 State Road 14, Skamania, Washington 98648

GPS Coordinates: <-122.0253, 45.62318 >

**Group Site G1 - check-in at 2:30 pm**

Discover Pass not required for campout

**Daily.....Meetings 9:00am & 7:00pm**

**Friday.....Evening Potluck - Chicken provided**

**Saturday.....Hike & Potluck Dinner**

**Sunday.....Hike & Potluck Dinner**

**Every Evening.....Jam Session**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Number of Persons 18 & over \_\_\_\_\_, \$35 full weekend per person = Amount enclosed: \_\_\_\_\_

Number of Children (under 18 years of age No Charge) \_\_\_\_\_

**Registration Checks Payable to & Mail to: Paul Knox P.O. Box 2892 Clackamas, OR 97015**

Or pay on-site upon arrival

Scholarships Available Upon Request - no cash, come camp anyway!!





# Al Anon Events



## *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),

RSVP or for more information contact Wendy at [wendydistrict2@gmail.com](mailto:wendydistrict2@gmail.com)

Please direct all  
communications to:

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

## **STORY SOLICITATION**

Fifth Edition of the Book *Alcoholics Anonymous* —Big Book

**Deadline for submissions: October 31, 2022**

**Online submission: [aa.org/submit-bigbook-english-5th](http://aa.org/submit-bigbook-english-5th)**

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The Preface to the Second Edition of the Big Book explains that revisions to the personal history section of the book were made in order “to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more Alcoholics.”

In that spirit, the 2021 General Service Conference recommended that “a Fifth Edition of the Big Book, *Alcoholics Anonymous*, be developed, including an update of stories to better reflect the current membership, keeping in mind the 1995 Advisory Action:

*“The first 164 pages of the Big Book, Alcoholics Anonymous, the Preface, the Forewords, ‘The Doctor’s Opinion’, ‘Dr. Bob’s Nightmare’, and the Appendices remain as is.”*

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth edition of the book *Alcoholics Anonymous*, the trustees’ Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees’ Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities, all stories are of value. As Bill writes on page 29 of the book *Alcoholics Anonymous*: “Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, ‘Yes, I am one of them too; I must have this thing.’”

It is the Literature Committee’s shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth edition.

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish. If you have any questions, please write to [5BBStory@aa.org](mailto:5BBStory@aa.org).

Instructions for submitting your manuscript:

**Deadline:** Please submit on or before October 31, 2022.

**Online:** [aa.org/submit-bigbook-english-5th](http://aa.org/submit-bigbook-english-5th)

**Email:** [5BBStory@aa.org](mailto:5BBStory@aa.org)

**Subject Line:** Fifth Edition of the Book *Alcoholics Anonymous*

**Postal Mail:** Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

**On the envelope:** The word "5<sup>th</sup> Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

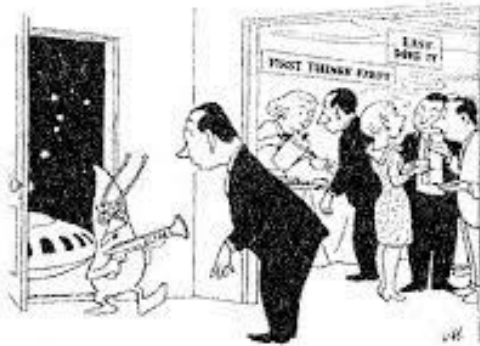
Thank you to all who are participating in this process!





# AA Humor

From [www.aagrapevine.org](http://www.aagrapevine.org)



"We don't have leaders. Will a trusted servant do?"



# Coigaa

Central Oregon Intergroup of AA

## 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

