

Cascade Connection

A Newsletter for COIGAA

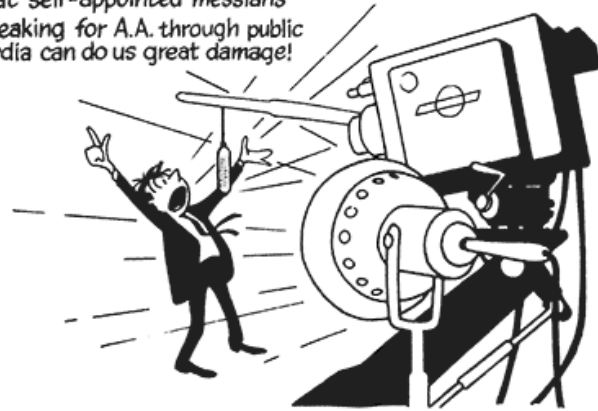
November 2022



“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.”

Tradition 11 –Long Form, 1946

But we must ever be aware that self-appointed messiahs speaking for A.A. through public media can do us great damage!



HOTLINE
(541) 548-0440



“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of his will for us and the power to carry that out.”

Step 11

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

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

Or download the
Meeting Guide App

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





Open Positions

If you are willing to be of service, the Intergroup is looking for a Vice Chair and two Advisory Board Members.

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

12th Step Volunteers Needed

If you are willing to join our 12th Step Volunteer list, PLEASE contact our Hotline Chairperson, Lauren S., at hotline@coigaa.org

Christmas Alcathon Co-ordinator

If you have an interest in organizing the efforts of other groups to host an hour and coordinate the food for the Christmas Day Alcathon, contact Frank at chairperson@coigaa.org or Joan at coigoffice@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

Spirituality

“Spirituality is the broad concept of a belief in something beyond the self.”
~VeryWellMind.com

“The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity.”
- Bill W

“Most of us think the awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it “God-consciousness”. Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.”
~Alcoholics Anonymous, p. 568

STEP ELEVEN

We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry it out.



“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

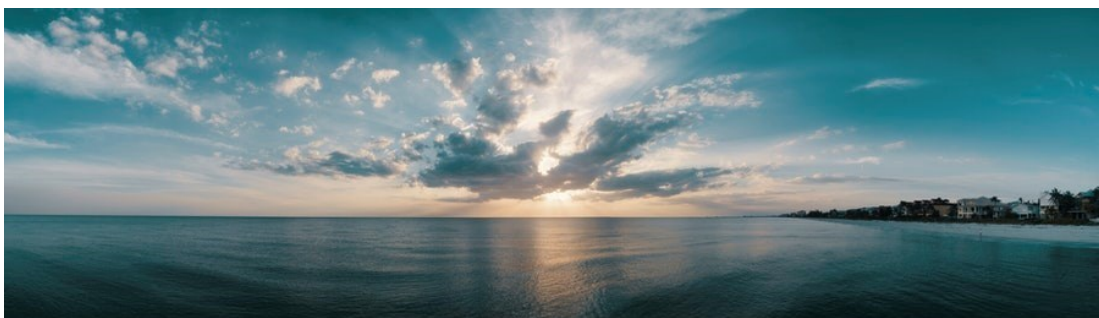
Step Eleven:

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

~Alcoholics Anonymous, p. 85

“Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God’s will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.”

~Twelve Steps and Twelve Traditions, p. 105



Central Oregon Intergroup of Alcoholics Anonymous

Presents

The 2022 Thanksgiving Alcathon

Thursday November 24th

@

Trinity Episcopal Church (TEC), Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

All are Welcome!!

Breakfast Served @ 8 am

AA meetings on the hour 8 am – 6 pm

(in church library by entry)

AA and Ala-non Speakers at 7 pm

Potluck All Day

Bring Your Favorite Dish or Dessert

Turkey and Ham provided by Intergroup

Volunteers needed to help throughout the day

Questions or comments: Alan S. (541) 647-9174

Alcathons Are Back!

Hello Central Oregon Intergroup!

Holiday Alcathons Are Back!

And we need your help!

Kitchen/Server Shifts are available from 7:30 am—8:30 pm

**Meeting Marathon Shifts are available in 1 hr blocks
from 11 am—6 pm.**

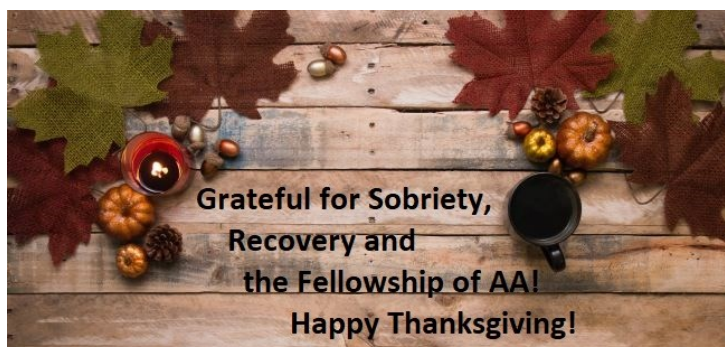
**Contact Joan at 541-923-8199 if you have questions or would
like to volunteer for a shift!**

**This event for Thanksgiving will take place at Brooks Hall,
located upstairs at Trinity Episcopal Church (TEC) on
Wall Street on November 24th, 2022.**

**The first meeting starts at 8 am and there will be a Speaker
Meeting at 7 pm featuring an AA and an Al Anon speaker.**

**Please bring a dish to share, if you can— but take time and
come join the fellowship on the holidays!**

**Come and support your homegroup, come for yourself or
come to help those who need our support on the holidays!**



“Today’s Gift”—A Hazelden Reflection

Making Progress

Bring the body, the mind will follow.

~Anonymous

Progress is a word of action, but for us it must never be hurried. We are told, “the idea is to make improvement, not finish first at a destination.” There’s no need to rush. We can take time to think about the direction we’re going. Sometimes spiritual progress may seem slow to us, but if we honestly work the program, that progress is sure.

We can also take the time to examine the progress we have made. When we realize how far we have come, it makes it possible for us to continue. Practicing the Eleventh Step will help us slow down and calm our urgent need to always be rushing around.

I must never stand still. Even when I stop and look at my progress, that is an action that gives me the courage to continue.



Intergroup Members Share!

Good Morning Higher Power of My Understanding

GRANT ME

Serenity to accept that I am an Alcoholic
and that I am helpless and powerless over alcohol.

Courage, willingness and the ability to change my thinking,
my attitude and actions concerning alcohol
and not drinking – Today!

Wisdom to know that You are my Higher Power
and only with Your help, am I able to not take that
“first drink” today and stay sober today!

Grant me Your Grace

To accept I am powerless to not drink on my own will.
And the Wisdom to know that after my “First Drink”,
I am not the same person who promised . . .
“I will not drink today”! I will continue to drink and drink.

It Is . . . Only One Day at a Time!

Today ... I will not drink that “First Drink”

MY LORD GOD,

I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

"Thoughts in Solitude" Thomas Merton

Announce at your Home Group! Thank you

Would you like to take an A.A. speaker panel into a treatment facility?



Is Your Home Group in Central Oregon?

Have you been through the Steps and Traditions?

Would you like to be of service?

Panel facilitators and panel speakers wanted! Interested in knowing more about either, schedule an orientation today!

email, text or call



District 5 Treatment Chair
818-317-1248
ctf@district5aa.org

District 5 Alcoholics Anonymous
District5AA.Org



OUTREACH CHAIR POSITION

DO YOU ATTEND A LOT OF MEETINGS?
ARE YOU WILLING TO MAKE ANOUNCMENTS?
DO YOU HAVE MORE THAN A YEAR SOBER?
WOULD YOU LIKE TO GET INTO GENERAL SERVICE?

A.A. NEEDS YOU!



For more information or to apply for this service position send an email to the DCM at:
dcm05@aa-oregon.org

SUPER EASY AND FUN POSITION!

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 // Will D. // dcm@district5aa.org

Access // **Vacant** // dcm@district5aa.org
Archives // Joe H. // archives@district5aa.org
Correctional Facilities // Walt W. // correctionalfacilities@district5aa.org
Literature // **Vacant** // dcm@district5aa.org
Grapevine // Jessie C. // dcm@district5aa.org
CPC // Ron B. // cpc@district5aa.org
Public Information (PI) // Brian R. // 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 Bob D. from 2016 Talking about Step 11: <https://www.youtube.com/watch?v=25Hd-IOhgIY>

District 5 A.A. Central Oregon



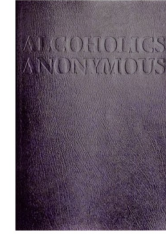
NOVEMBER ASSEMBLY ORIENTATION

**SUNDAY NOVEMBER 13TH
3:00PM**

**D5 ZOOM ROOM
ID: 869 0310 1724
PW: 164**

All Are Welcome!

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



11/2 - William G. Primary Purpose Grp.

11/09 - Francesco G. from the Thursday Night Big Book Grp.

11/16 - Matthew G. from the NHG

11/23 - Artha D. from the We Are Not a Glum Lot Grp.

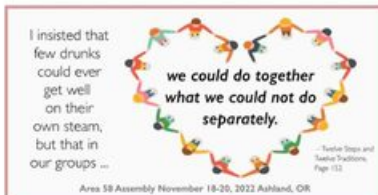
The New Horizons Group Meets
Mon-Tues-Wed-Thurs at Noon
At The Trinity Episcopal Church
469 NW Wall St, Bend, OR 97703
Visit NewHorizonsGroupAA.com



Mondays: 11th Step Mtg
1st Monday: Tradition Study
Tuesdays: Big Book Study
Wednesdays: Spk/Discussion Mtg
Thursdays: Beginners Mtg

Download past speakers here for free

OREGON AREA 58 QUARTERLY ASSEMBLY NOVEMBER 18-20, 2022



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.reserve.net/servelet/WebResDesk?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

PLEASE PRE-REGISTER

Name	Email		
Address	City	State	ZIP
Phone	Name on badge		

- District #
- 1st Assembly
- GSR/Alt.
- DCM/Alt.
- AA
- Al-Anon
- Past Delegate
- Trustee
- Area Committee

- Accessibility Needs
- ASL Interpreter
 - Hearing Impaired
 - Wheel Chair
 - Other

MEAL OPTIONS

ITEM	MEAL	QTY	PRICE	TOTAL
Saturday lunch	Build your own sandwich & salad bar		\$19	
Saturday dinner	Baja taco buffet		\$29	
Voluntary contribution				
TOTAL				

Save the Date: Jan 21st-22nd Weekend-long Online Event Limited Space Available

All 12 Steps w/Chris R. from TX
All 12 Traditions w/past Trustee Billy N.
IN ONE WEEKEND!



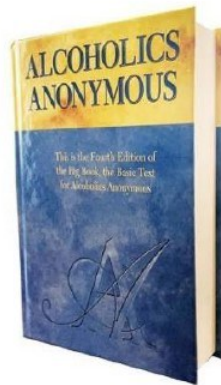
Registration opens soon...
Stay informed at district5aa.org/calendar

Hosted By:
Districts 5 & 9
Oregon Area 58



A.A. Districts 5 & 9
invite you to zoom in
for a weekend guaranteed to
change your recovery forever!

Announcing: Hardcover Jacketless Format Big Book and Twelve Steps and Twelve Traditions



We are delighted to announce a new hardcover format of our most popular books:

- A new jacketless format of the hardcover *Big Book, Alcoholics Anonymous* (Item B-1)
- A new jacketless format of the hardcover *Twelve Steps and Twelve Traditions* (Item B-2)

These new formats will become available for ordering in late November 2022.

This jacketless format will replace the jacketed version for the foreseeable future. The new format is the result of our ongoing efforts to more effectively extend the hand of A.A. to our members and the still suffering alcoholic via our literature — specifically our beloved basic text, the *Big Book, Alcoholics Anonymous*, along with our co-founder Bill W.'s much admired *Twelve Steps and Twelve Traditions*.

Press Release from AA.ORG

The Alcoholics Anonymous (A.A.) General Service Office offers support and publications in Spanish for members and anyone seeking help for a drinking problem.

(NEW YORK, October 21, 2022) Members of the Hispanic community find help and support to get and stay sober every day in meetings across the United States and Canada. Those whose first language is Spanish also have available to them an array of A.A. books, pamphlets, and other materials in Spanish—including the book *Alcoholics Anonymous* (“the Big Book”).

The A.A. [Meeting Guide app](#) also allows users to search for Spanish-speaking meetings in their area or online.

What's Happening Elsewhere?

46th San Diego Spring Roundup



Oregon Coast Woman to Woman

March 2-5, 2023

Theme: Celebrating 40 Years of Recovery

The Oregon Coast Woman to Woman Conference, held in Newport, Oregon, seeks to unite alcoholic women in recovery who are working the steps and are dedicated to the program of Alcoholics Anonymous. We aim to provide an environment that is conducive to relaxation and peace as we meet and share the AA program of recovery with other alcoholic women. If you are looking for this kind of content, you have come to the right place.

REGISTRATION OPENS 12-15-22

<https://oregonw2w.com/>

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->

Thursday Night Young People Speaker Meeting AFG

A young person focus Monthly Speaker Meeting. All ages are Welcome! Alateens interested in being a speaker? Have your AMIAS (Al-Anon Member Involved in Alateen Service) email the group.

4th Thursday Every Month including Holidays
Room Opens 7:15pm PST w/Music Meeting at 7:30pm PST
Fellowship after the Meeting
Meeting ID: 857 4398 5964
Passcode: 162766
Closed Captioning Available

Email:
pdx.thursdaynightyp@gmail.com

Jan – Mar
Slogan Discussion

Apr – Jun
Daily Reader Discussion

Jul – Sept
Wheel Of Serenity

Oct – Dec
Step 11 Workshop

OREGON AREA AFG ASSEMBLY

2022 NOVEMBER 19 & 20

Saturday, Nov. 19 8:30 AM – Sunday, Nov. 20, 12:00 PM

Gregory Forum, Clackamas Community College
19600 S. Molalla Avenue, Oregon City, OR 97045

*Enhancing Our Recovery Through
Abundance, Unity & Understanding*

- Hybrid Assembly, both in-person and via Zoom (details on back)
- Registration begins at 8:00 am on Saturday.
- \$10.00 Voluntary Registration Fee in support of Assembly costs.
- Saturday and Sunday morning light refreshments will be provided.
- Literature sale courtesy of Portland AIS; cash & checks only
- See additional pages for directions, area hotels and catering information



Hybrid Assembly
Hosted by
District 17

All Al-Anon &
Alateen
members are
invited to attend

Calling all Oregon
Area Group
Reps!

Only you have voice &
vote at Assembly!

Friday Evening
Welcome AFG
Meeting

Serenity Trails; 6:30-
7:30 PM; Fellowship
following; at St. John
the Apostle Church
office bldg.: 417
Washington St.,
Oregon City

Questions?
Contact District
17 Rep Emma at

District-17@OregonAl-Anon.org

AA Humor



"YOU DON'T WANT TO GO TO THE PICTURES, YOU DON'T WANT TO GO TO THE WHISTDRIVE — WHAT DO YOU WANT TO DO?"



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
Potluck	Open	potluck@coigaa.org
Entertainment	Jim B.	entertainment@coigaa.org
Website	Marty D.	
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, except in Nov. and Dec. when they meet on the third Sunday. Held 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