



# Cascade Connection

A Newsletter for COIGAA

December 2022

“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

Tradition 12 –Long Form, 1946



**HOTLINE**  
**(541) 548-0440**



*“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*

*Step 12*



## 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>



## Open Position

If you are willing to be of service, the Intergroup is looking for a Vice Chair.

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



Thank you, Mark L. and Michael H., for your service as Advisory Board Members these past two years and....

Welcome to Valorie R., our new Treasurer, Marty D., our new Website Chair, Alan S., our Potluck Chair, and to Lanelle D. and Jane L., our incoming Advisory Board members!



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

### Service

*“Service - A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.”*

“The final Step of AA is to pay it forward. You’ve worked your way through the entire process of growing and setting yourself up for success in sobriety, and now you have the opportunity to guide less experienced members through their own journey. Living with the principle of service means it’s your responsibility to help others as you were helped when you first started to work the 12 steps.”  
~ FHE Health

*“Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.”*  
~ Bill W.  
A.A.’s Legacy of Service

***Central Oregon Intergroup of Alcoholics Anonymous***

***Presents***

**Winter 2022**

**Alca-thon and Potluck**

***throughout the day***

**Sunday December 25th**

**8am to 8pm**

**@**

**Trinity Episcopal Church (TEC), Brooks Hall**

**469 NW Wall Street Bend, Oregon**

***(enter on corner of Wall Street, upstairs)***

**All are Welcome!!**

**Please bring your favorite food item!**

***(side dish, casserole, meat/veggie entrée, dessert, beverage, ...)***

**AA meetings on the hour 8 am – 6 pm**

***(in the church library upon entering on the left)***

**AA and Al-Anon Speakers at 7 pm**

***Turkey and Ham provided by Intergroup***

**Volunteers needed to help throughout the day**

***Questions or comments:***

***Alan S.- Potluck Chair (541)647-9174 Or Joan at Intergroup Office (541)923-8199***



## Step Twelve:

**“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail.”**

*~Alcoholics Anonymous, p. 89*

**“THE joy of living is the theme of A.A.’s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress.**

**Here we experience the kind of giving that asks no rewards.**

**Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.”**

*~Twelve Steps and 12 Traditions, p. 106*

## The principles of the 12 steps can be very difficult or very simple to understand.

This is an effort to simplify the meaning of the principles of the 12 steps for those who may be having difficulty. These are the principles that are incorporated into our daily lives as 'we walk the walk'. Employing each of these behaviors will help to rebuild a life of increased self esteem and self confidence. So, in my never ending quest to keep it simple, here are the action principles behind the twelve steps:

1. **Honesty** - The operative principle behind step 1 is honesty. If you cannot get honest about the scope of your problem, and honest about a sincere effort to resolve it you will not succeed. How about a definition of honesty as the absence of the intention to deceive? Who do we try to fool? Ourselves
2. **Hope** – In order to engage in a course of addiction recovery, we must have hope of success. If there is no hope, why try? Perhaps we have failed on our own, how about enlisting some help? A way to instill hope is to realize recovery is not a question of ability; after all there are millions in recovery, but rather persistence and application.
3. **Faith** – This stage of action is to begin to employ the recovery skills being learned. You can seek out help, but it is also necessary to utilize it. Our job is to become willing to do the right thing. A simple way to view the 'next right thing' is don't engage in your behavior. Have faith it will work.
4. **Courage** - This step is really about courage to honestly (see step 1) look at ourselves. Take a look at how our behavior has become warped to justify our continued behavior. We are here to take an honest assessment of ourselves.
5. **Integrity** - If we have truly done a thorough job of introspection and evaluation of our assets and shortcomings do we have the integrity to own up to it? It can be very difficult to be open and honest about our past behaviors. We accept the need for a dose of humility.
6. **Willingness** – Now that we have accomplished an inventory of the good and no so good aspects of our character and behavior, are we willing to change them? All of them? The important part in this 12 step principle is the willingness to let go of old behaviors.
7. **Humility** – Here we move further into action, in step 6 we became willing to as let go of our old behaviors, now we ask for help in actually letting go. Can we learn to forgive ourselves?
8. **Discipline and Action** – We are continuing to remove the barriers that can block forward sober growth. We are getting ready to sweep our side of the street clean. Make a list of all those people we have harmed both through actions and not being present to live up to obligations.
9. **Forgiveness** – Asking for the forgiveness of those we have intentionally or unintentionally injured is the order of the day. A key point here is to try to correct those injuries through action, not just words. It is highly recommended that guidance and help is utilized here. Asking forgiveness is not a gift to the other person, but rather an act of kindness to you.
10. **Acceptance** - To be human is to make mistakes. Hopefully our journey has led us to the point where we can readily admit mistakes and accept ourselves for being imperfect. We must also learn not to judge others but accept them for who they are, not our vision of who they should be.
11. **Knowledge and Awareness** – Here we search and become aware of following our path being aware of our purpose in life and actively pursuing it. I view this principle as just being aware, not being got up in the rush of life, making conscious effort to do the right thing and to be at peace.
12. **Service and Gratitude** - Having brought about a personality change sufficient to remain in recovery; we are empowered to demonstrate the new principles by which we live, in our daily life through example. We seek out and are available to help others in need.

There you have it. Simple actions you can practice each and every day to improve the quality of your life in addiction recovery and those people you come in contact with. These are the simple one word action principles of the 12 steps.

~Molly

Hosted by the Madras Oasis Group  
Jefferson County Fairgrounds, 4H Building  
430 SW Fairgrounds Rd  
Madras, OR 97741

## **AA CHRISTMAS POTLUCK**

**PLEASE JOIN US!!**

**12/11/2022**

**Doors Open: 5pm**

**Dinner: 6pm**

**Speaker: 7pm**

**Fairgrounds 4H Building**

Roast will be provided. Please bring a side dish, dessert or refreshments of your choice. We will need volunteers to stick around and help clean up. All are welcome!!



## The Finest Gift of All by Bill Christmas, 1955

Each of us in AA has received the gift of sobriety. All of us have found a new usefulness and most of us have found great happiness. This adds up to the gift of life itself—a new life of wondrous possibility.

What then are we going to do with this great gift of life?

Because our experience has taught us, we are quite sure that we know. We shall try to share with every fellow sufferer all that has been so freely given us. We shall try to carry AA's message to those who need and want it, wherever in the world they may be. We shall daily re-dedicate ourselves to the God-given truth that "It is by self-forgetting that one finds; it is by giving that one receives."

For us of AA, this is the Spirit of Christmas. This is the finest gift of all.

Lois joins me in our warmest greetings. May the New Year of 1956 be the greatest time of giving and of receiving that we in AA have ever known.



# Grapevine/La Vina

**FREE SHIPPING!**

November 1-  
December 31  
Books  
& other items

Gift Certificates,  
Subscriptions  
& eBooks  
also available

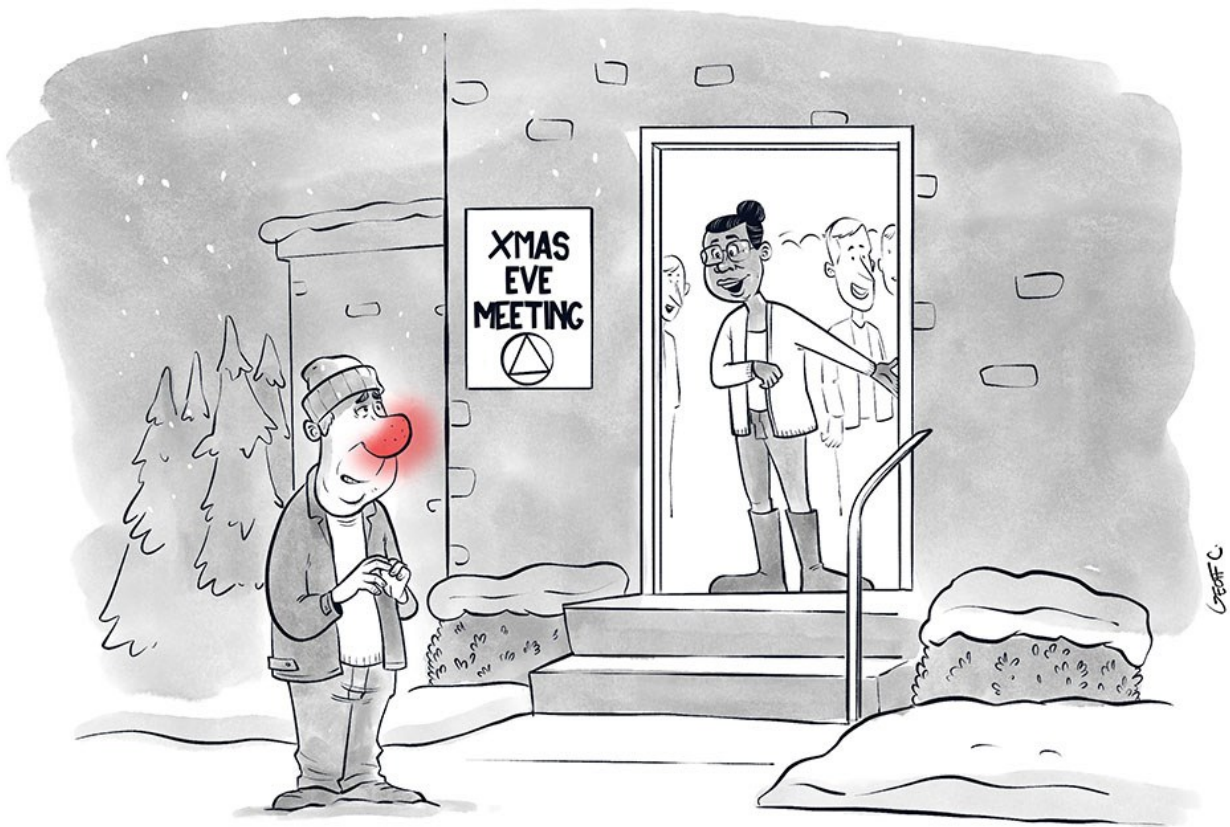
**STORE.AAGRAPEVINE.ORG**  
(800) 631-6025



*Holiday Gifts*

**FREE SHIPPING!**

## At Wit's End



"Rudy, with your nose so bright, won't you join our meeting tonight"

By: Geoff C.



# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to AA friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your AA telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

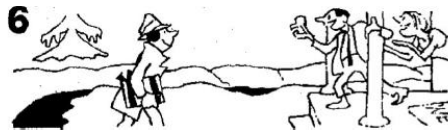


**4** Find out about the special holiday parties, meetings, or other celebrations

**5** given by groups in your area, and go. If you're timid, take someone newer than you are.



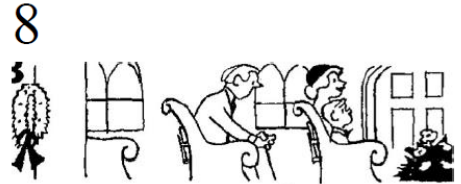
**5** Skip any drinking occasion you are new to. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



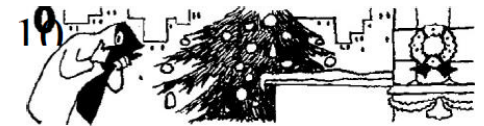
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a ... No need to spell out the Twelfth Step here, since you already know it.



## OUTREACH CHAIR POSITION

DO YOU ATTEND A  
LOT OF MEETINGS?  
ARE YOU WILLING TO  
MAKE ANOUCNMENTS?  
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](mailto:dcm05@aa-oregon.org)

SUPER  
EASY  
AND FUN  
POSITION!

**The Twelfth Tradition:** *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

Anonymity in this tradition means; **"Sacrificing personal ambition for the common good"**

The spiritual substance of anonymity is **sacrifice**. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all. *(12X12 Trad 12)*

AA teaches us that we are to be one among many. For most A.A.s, membership in a home group is one of the keys to continuing sobriety. Having one home group, they accept service responsibilities and learn to sustain friendships. The home group affords individual A.A.s the privilege of voting on issues that affect the fellowship as a whole; it is the very basis of the service structure. As with all group conscience matters; each member has one vote. *(12 concepts service manual)*

*Hence, having but one Homegroup. Attending meetings outside of the home group, affords the AA member the opportunity to be a guest, and practice respecting group conscience decisions of other groups and meetings. Again, the spiritual substance of anonymity is sacrifice. Humility, and self sacrifice is what Tradition 12 is really about. (The pamphlet "The A.A. Group" provides extensive information on group organization and opportunities for service.)*

Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the Twelve Steps to recover from alcoholism, we are **each** trying to achieve real humility... When we use the Twelve Traditions to work together in A.A., we are **all** trying to achieve humility; as individual members, by recognizing our true place in A.A.; as a fellowship, by recognizing A.A.'s **true place in the world.**

*(The TWELVE TRADITIONS Illustrated)*

## 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 // Will D. // [dcm@district5aa.org](mailto:dcm@district5aa.org)

Access // Nancy B. // [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 // **Vacant** // [literature@district5aa.org](mailto:literature@district5aa.org)  
Outreach // **Vacant** // [outreach@district5aa.org](mailto:outreach@district5aa.org)  
Grapevine // Jessie C. // [grapevine@district5aa.org](mailto:grapevine@district5aa.org)  
CPC // Ron B. // [cpc@district5aa.org](mailto:cpc@district5aa.org)  
Public Information (PI) // Brian R. // [pi@district5aa.org](mailto:pi@district5aa.org)  
Treatment Facilities (CTF) // Brian W. // [ctf@district5aa.org](mailto:ctf@district5aa.org)  
Website // John S. // [webmaster@district5aa.org](mailto:webmaster@district5aa.org)



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

Here is the link to listen to Joe and Charlie talk about Step 12: <https://www.youtube.com/watch?v=v3svwa35mB0>

# What's Happening Elsewhere?

## 46th San Diego Spring Roundup



April 6-9, 2023



Contact - Mark B, Chair SDSRU 442-264-4160  
[sandiegospringroundup.com](http://sandiegospringroundup.com)

**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](mailto:1972newchapter@gmail.com)

"We are not a Glum Lot!"

**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)

**PRAASA**  
**2023**

March 3-5,  
2023

AREA 05 SOUTHERN  
CALIFORNIA  
Área 05 Sur de  
California

<https://praasa.org>



March 2 - 5, 2023  
Best Western Agate Beach Inn  
Newport, Oregon  
**REGISTRATION OPENS DECEMBER 12th**

## “Celebrating 40 Years of Recovery”

*Conference Events and Registration Information:* REGISTER EARLY! Registration opens Monday, 12/12/22 at [oregonw2w.com](http://oregonw2w.com).

- 1) Onsite conference is \$120.00 and includes coffee, all meetings and workshops, Saturday night buffet, Sunday morning brunch, and commemorative items. The first 160 to register for onsite will receive a commemorative gift. Our hospitality room features healthy snacks and goodies. You must be registered to attend any functions. Registration does NOT include accommodations. See below for Best Western Agate Beach Inn conference rates.
- 2) **ZOOM only** registration is \$25 (please visit [oregonw2w.com](http://oregonw2w.com) to register).

*Meetings and Workshops:* Meetings and workshops focus on the conference theme of “Celebrating 40 Years of Recovery”. They begin Thursday evening at 7:30 pm and continue throughout the conference. If you would like to lead a meeting, please indicate that when registering and provide your complete contact information.

*Conference Apparel:* A long sleeve sweatshirt can be purchased for \$22.00 when you either register for in person or zoom attendance on the website starting December 12<sup>th</sup>. **All orders must be placed at time of registration.**

*Hospitality and Onsite Check-in:* Hospitality and onsite check-in opens Thursday at 4:00 pm.

*Table Reservations:* Sign up in the hospitality room, 6th floor, Suite 614, to reserve seating for the Saturday evening banquet. Tables accommodate parties of eight. Seating is not reserved Sunday morning.

*Scholarships:* We have a limited number of work-exchange (2 hours) full scholarships available. This does not include transportation or accommodations. To see if a scholarship is available, contact Tana B. [tanabrown1@gmail.com](mailto:tanabrown1@gmail.com) by email or phone (541) 206-9789 (please leave a detailed message including your phone number).

*E-mail:* [oregonw2w@gmail.com](mailto:oregonw2w@gmail.com) - Website: Visit to register online - [oregonw2w.com](http://oregonw2w.com). To receive annual registration information by email, you are encouraged to add [contact@oregonw2w.com](mailto:contact@oregonw2w.com) to your contacts.

*NO REFUNDS or discounts available at any time. You may transfer your registration by contacting the registrar, Tana B. [tanabrown1@gmail.com](mailto:tanabrown1@gmail.com) by email or phone (541) 206-9789.*

*For accommodations, please CALL:*

Best Western Agate Beach Inn  
3019 N. Coast Hwy. Newport, OR 97365  
(541) 265-9411

[MAP](#)

RATES PER NIGHT — Hillside Room (\$120.00) or Ocean View room (\$140.00). Reservations must be made BEFORE February 1, 2023 in order to get the conference rate and attendees must identify as participants in the W2W conference. Conference rate and pet rooms are limited.

### Speakers:

- Thursday Kickoff Meeting 7:30 pm — Tricia S., Eugene, OR
- Friday Speaker Meeting: 7:30 pm — Stacey D., Eugene, OR
- Saturday mid-day speaker 1:30 pm — Tracey N., Eugene, OR
- Saturday Banquet Speaker Meeting: 6:30 pm — Chelsea T., Eugene, OR
- Sunday Brunch and Closing Speaker: 8:30 am — Juanita H., Portland, OR

**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**

**1:30 ET / 10:30 PT  
Fridays**

**ALCOHOLICS  
ANONYMOUS**

*Comes of Age*



**MEETING ID:  
452-100-1634**

**PASSCODE:  
31236**

**BY PHONE:  
+1-929-205-6099**

*a brief history of A.A.*

**This is a closed meeting of Alcoholics Anonymous.**

# 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](mailto:pdx.thursdaynightyp@gmail.com)

Jan – Mar  
Slogan Discussion

Apr – Jun  
Daily Reader Discussion

Jul – Sept  
Wheel Of Serenity

Oct – Dec  
Step 11 Workshop

### Has Your Life Been Affected By Someone Else's Drinking?

If someone close to you, such as a family member, friend, coworker, or neighbor, has or has had a drinking problem, Al-Anon may help.

To help you decide if Al-Anon could help you, we offer three simple self-assessment quizzes:

1. For **adults** who have been affected by someone else's alcoholism
2. For **adults who grew up with** and affected by someone else's alcoholism
3. For **teens** who have been affected by someone else's alcoholism.

**The questions in these quizzes are not meant to judge anyone or to assign labels to important people in our lives. The purpose of the questions is simply to help decide whether Al-Anon or Alateen might be able to help.**

<https://al-anon.org/newcomers/self-quiz/>

## AA Humor



### The senility prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



The  
Godsponsor

Someday, I will call on you to do a service for me. I may ask you to make coffee. I may ask you to lead a meeting.



### 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	Alan S.	<a href="mailto:potluck@coigaa.org">potluck@coigaa.org</a>
Entertainment	Jim B.	<a href="mailto:entertainment@coigaa.org">entertainment@coigaa.org</a>
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](mailto:secretary@coigaa.org) for log on information