

Cascade Connection

A Newsletter for COIGAA

January 2023

Happy
New Year



“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

Tradition 1 –Long Form, 1946

Recovering Alcoholic

An alcoholic desperate enough to look for something else, hopeless enough to try something else, and fortunate enough to be blessed with something else.

IT WORKS IF YOU WORK IT...
IT WON'T IF YOU DON'T!

HOTLINE
(541) 548-0440



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

“We admitted we were powerless over alcohol — that our lives had become unmanageable.”

Step 1

Coigaa Central Oregon Intergroup of AA

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>



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



Thank you to Alan and to all those who volunteered to create an AMAZING Alcathon event on December 25th !



Thank you, Valorie and Joan for all the work you do to keep our Intergroup Office and services financially sound!

Thank you to All the new IGRs stepping up to represent their Home Groups!

Thank you, to everyone who became a "Faithful Fiver"!!!

All our Intergroup positions are currently filled!!!



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

Honesty

"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"

"Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest." ~ Bill W.

Alcoholics Anonymous, p. 58

EMOTIONAL SOBRIETY

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God. Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven. Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted." Here was the formula, all right, but why didn't it work? Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever. Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life. Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me. While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me. This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety. Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine."

Bill Wilson



Step 1 Prayer

"Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. "

There Is A Solution

© 2017 AAWS.org

Step One:

“Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.”

~Alcoholics Anonymous, p. 30

“WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us .”

~Twelve Steps and 12 Traditions, p. 21

District 5 Annual Al Anon Spaghetti Feed...

It's Back!!!

Better Late Than Never



"Keep Coming Back"

Please join D5 Al Anon for their only annual fundraiser

The 2023 Spaghetti Feed and Speaker Meeting

Saturday, February 11th from 6—8 pm

Unitarian Universalist Fellowship

61980 Skyline Ranch Rd, Bend, OR 97703

Doors Open at 5:30 for Fellowship

Dinner and Fellowship from 6:00- 6:30

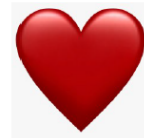
Alateen, Al Anon and AA Speakers from 6:30 - 8:00

Basket Raffles and 50/50 Raffle Drawn at 7:20 pm

Adults—\$15 Couples—\$25

Families of 4 (2 adults, 2 children 5-12 yrs) - \$30

Children 5 -12 — \$5 Ages 4 and under — Free



Al Anon Spaghetti Feed 2023
Raffles
Speakers
Good Food
Great Fellowship
7th Tradition
Service
Recovery!



Oregon
Al-Anon/Alateen
Family Groups

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:

Jan 6th Christine B. From Redmond Earlyrisers

Jan 13th Dan B. From the MSM Grp

Jan 20th Doug M. From Fleeting Thoughts

Feb 3rd Carrie B. From New Horizons

Feb 10th Cody D. From Fleeting Thoughts

Feb 17th Alan S. From Primary Purpose



For on AA Unity
depend our lives

January 2023 Orientation for DCMs and New Committee Members

January 14, 2023 from 9:00 am—5:00 pm via Zoom

[https://us06web.zoom.us/j/89719923651?
pwd=M0NYIYVLTmtRaE5ubjRRVTJxZjN1Zz09](https://us06web.zoom.us/j/89719923651?pwd=M0NYIYVLTmtRaE5ubjRRVTJxZjN1Zz09)

Meeting ID: 897 1992 3651

Passcode: 061035

Come join in at this fun learning day for DCMs and Area Committee members!

There will be presentations, speakers, and interactive opportunities to help General Service trusted servants learn about their jobs at the District and Area level.



Grapevine/La Vina

Carry The Message Project

The Carry The Message Project focuses on getting Grapevine and La Vina subscriptions to alcoholics in need.

It's not necessary to know the recipient!

Sponsor a subscription for someone behind bars, in a treatment facility, nursing home, or homebound.

Give A Gift Today!

<https://www.aagrapevine.org/carry-the-message>



At Wit's End



“It turns out what I had was a thinking problem.” ~Jan G.

DISTRICT 5 A.A. CONTRIBUTION INFORMATION



**QUESTIONS?
TREASURER@DISTRICT5AA.ORG**

<http://www.district5aa.org/contributions-form>

 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 // Nancy B. // dcm@district5aa.org
Archives // Joe H. // archives@district5aa.org
Correctional Facilities // Walt W. // correctionalfacilities@district5aa.org
Literature // **Vacant** // literature@district5aa.org
Outreach // **Vacant** // outreach@district5aa.org
Grapevine // Jessie C. // grapevine@district5aa.org
CPC // Ron B. // cpc@district5aa.org
Public Information (PI) // Brian R. // pi@district5aa.org
Treatment Facilities (CTF) // Brian W. // ctf@district5aa.org
Website // John S. // webmaster@district5aa.org



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

Here is the link to listen to Clancy I. talk about Step 1: <https://www.youtube.com/watch?v=Jukrjzg66n4>

What's Happening Elsewhere?



January 13, 2023 5-8 pm
Spaghetti Feed and Fundraiser
Keizer Senior Center
930 Plymouth Dr NE
Keizer Or 97303

There will be a Dessert Contest -winner will receive Soberfest Registration

Bingo starts at 6pm cards are 3 for \$5 and 1 for \$2

Soberfest 2023 coffee cups will be available for purchase for \$15

The price for dinner will be \$10 for adults, \$5 for children 6-12 yrs. children under the age of 5 eat free (beverages included)

Dinner will be served at 5pm

DISTRICT 15 PRESENTS

Sponsorship And Service Sponsorship Workshop

Four 15 Minute Speakers:
Joe H., Aurora - Anne M., Oregon City
Anna W., Oregon City - Seth T., West Linn

Question & Answer Session
"Ask it" Basket
Snacks, coffee and tea will be served.

January 14, 2023, From 2pm to 4pm
Unitarian Universalist Church, the "Pink Church"
710 Sixth Street, Oregon City (in the basement)

**BRING A FRIEND, SPONSEE, SPONSOR,
OR JUST YOURSELF!**

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

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.

- 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 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 12th. **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 by email or phone (541) 206-9789 (please leave a detailed message including your phone number).

E-mail: oregonw2w@gmail.com - Website: Visit to register online - oregonw2w.com. To receive annual registration information by email, you are encouraged to add 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 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.

**12 Steps & 12 Traditions
Weekend Workshop**

JANUARY 21-22, 2023

9:00am-5:00pm PT | 12:00pm-8:00pm ET

**24 SPIRITUAL PRINCIPLES
IN ONE WEEKEND**

GUARANTEED TO CHANGE YOUR RECOVERY FOREVER

ALL
12 STEPS
W/ CHRIS R.
(FROM TX)

ALL
12 TRADITIONS
W/ BILLY N.
(PAST TRUSTEE)

HOSTED BY OREGON AREA 58
DISTRICT 5 (CENTRAL OREGON) | DISTRICT 9 (NW/SW PDX)

ZOOM ID: 869 0310 1724 PC: 164

TO REGISTER

AND GET SOME COOL WORKSHOP SWAG SHIPPED TO YOU FOR FREE!!

EMAIL: DCM05@AA-OREGON.ORG

FOR MORE INFORMATION:

CALL OR TEXT TRISHA AT: 503-505-0565

Area 58 March Assembly Registration

OREGON AREA 58 February (March/April)
2023 Assembly

"We are but trusted servants"

Hosted by Districts 23 and 37
Oregon Area Service Assembly

March 31-April 2 2023

<https://area58.wufoo.com/forms/area-58-march-assembly-registration/>

Holiday Inn Portland Airport
8439 Columbia Blvd
Portland, OR 97220
(503) 256-5000

<https://www.ihg.com/holidayinn/hotels/us/en/portland/pdxap/hoteldetail>

**CONTACT THE HOTEL DIRECTLY FOR
LODGING RESERVATIONS**

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->

11th Annual OAC



Save The Dates
August 4th, 5th, 6th, 2023



Oregon
Alateen
Conference

To Be Held At:
Molalla Retreat Center
36208 S Molalla Forest Rd
Molalla, OR 97038

Contact:
OregonAlateenConference@gmail.com

NATIVE AMERICAN AL-ANON CONFERENCE

APRIL 28-30, 2023

SAVE THE DATE!



SHERATON PORTLAND AIRPORT HOTEL
8235 NORTHEAST AIRPORT WAY
PORTLAND, OR 97220

**ALL ARE INVITED: AL-ANON, ALATEEN, AND AA
MEMBERS ALIKE!**

LEARN HOW TO START AL-ANON/ALATEEN IN YOUR
COMMUNITY!
HELP FAMILIES IN RECOVERY!
NEW FRIENDS AND FELLOWSHIP!
HEAR PERSONAL STORIES OF FAMILY RECOVERY!

FOR MORE INFORMATION, PLEASE EMAIL
NATIVEAMERICANALANONCONF@GMAIL.COM



AA Humor



We will comprehend the word
Serenity
and we will



NO PEAS



Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair	Sally B.	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	Alan S.	potluck@coigaa.org
Entertainment	John T.	entertainment@coigaa.org
Website	Marty D.	
Al-Anon Liaison	Christina L.	
Advisory Board Committee	Barry J.	
Advisory Board Committee	Diane W.	
Advisory Board Committee	Lanelle D.	
Advisory Board Committee	Jane L.	

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

