

Cascade Connection

A Newsletter for COIGAA

March 2023

“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Tradition 3 Long Form— p.189 Twelve Steps and Twelve Traditions



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

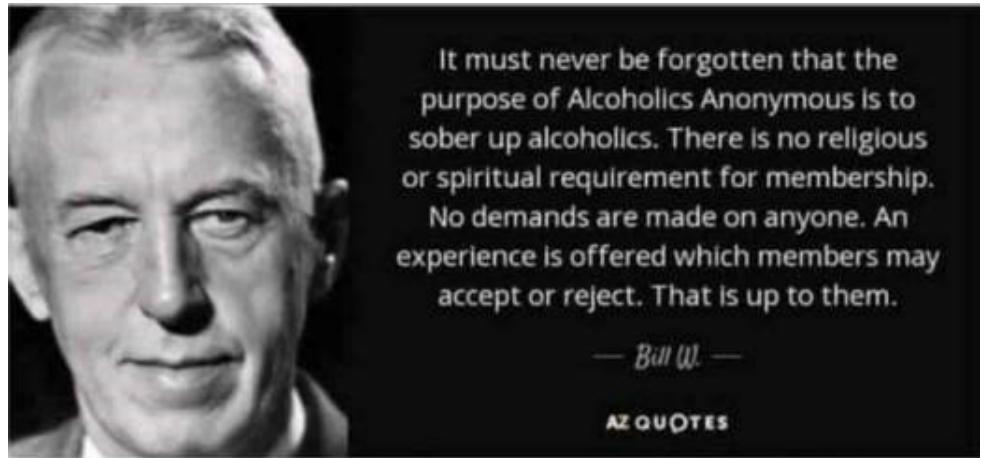
Tuesday 9 am—1 pm

Wednesday 9 am—1 pm

and 2—6 pm

Thursday 9 am - 2 pm

Friday 9 am—1 pm



*“ Made a decision to turn our will and our lives over to the care of
God, as we understood Him ”*

Step 3 of Alcoholics Anonymous



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 all the members who contribute to the monthly newsletter!

*Remember, this is COIGAA's newsletter, for us, by US!
Contribute to:
newsletter@coigaa.org*

Welcome to Kimberly B., our new Intergroup Office Worker!

Thank you to All the Homegroups stepping up to host our Monthly Potluck Speaker Meetings!

Thank you to the Entertainment Committee for hosting some many wonderful events!



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

Membership/Identity

“The problem faced by this Tradition isn't just past A.A. history. It keeps coming up—for instance, when a group debates whether to exclude alcoholics who have problems other than alcohol or have differing lifestyles. The Tradition mentions no such additional requirements, no demand that prospective members must not have a history of drug abuse, a certain lifestyle, or an institutional background. All alcoholics are welcome. What about the group that seems to impose extra requirements, beyond “a desire to stop drinking”? This might be a “special interest” group or collection of groups in which, for example, each member must be a physician—or a young person, a man, a woman, a priest, or a law-enforcement officer. By their own account, those attending special interest groups consider themselves A.A. members first. They attend general-membership meetings as well as those that fill their other individual needs, and they remain devoted to A.A.'s primary purpose. These “special interest” groups offer only one instance of the diverse and inclusive membership within our Fellowship. Our Traditions allow unparalleled freedom, not only to every A.A. member, but to every A.A. group.”

~The Twelve Traditions Illustrated

Intergroup News



Hotline Help Wanted

Hello Everyone!

If you are interested in being of service and do not know what you want to do, here is a suggestion:
The AA Hotline needs people.

We have open slots on: Sunday 9 am to 2 pm and Wednesday 1 pm to 5 pm.

Also, we need relief people for the hotline. The requirement is 6 months of continuous sobriety.

AND we need people to do 12th Step calls. This is support to people who want to talk to someone. Mostly they are phone calls; sometimes it is an in person visit. If you do make a 12th Step visit, bring along another AA.*

Men work with Men and Women work with Women.

These areas have very few people or none signed up to do 12th Step calls.

La Pine, Prineville, Sisters, Sunriver, Tumalo, and Warm Springs.

The requirement is 1-year continuous sobriety.

It is helping another alcoholic.

Please pass this information to the meetings you attend. Thank you.

To contact me: hotline@coigaa.org

In Fellowship and Service

Lauren S., Hotline Chairperson.

* <https://www.aacle.org/twelfth-step-call-tips/>

Entertainment Committee

Come support our Entertainment Committee!

Tuesdays at 7 pm at Market of Choice Upstairs!

entertainment@coigaa.org

Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

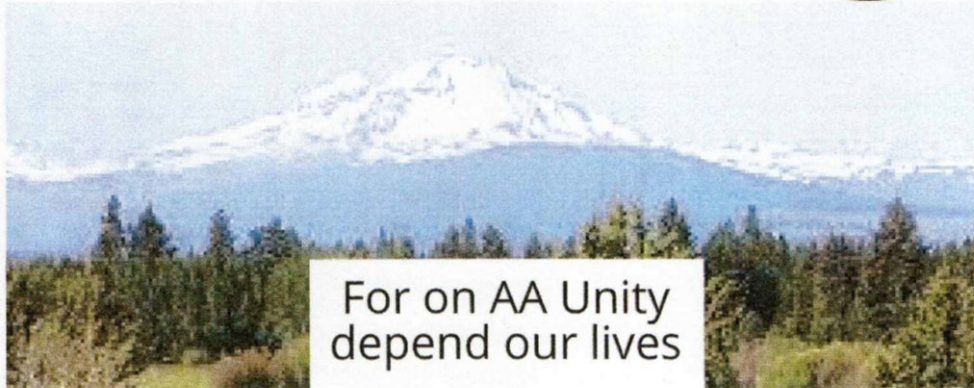
When: Fridays at 5:30pm

Where: The Rebels Roost

703 N. Main St. Prineville Or.

Upcoming Speakers:

- 🏆 March 3rd - Doug M. Fleeting Thoughts
- 🏆 March 10th - Eldred VW Member at large
- 🏆 March 17th - Bob R. 24 And Alive Grp.
- 🏆 March 24th - Tenley S. NHG
- 🌐 March 31st - STS Home Group Speakers & Birthday Night!
- 🏆 April 7th - Becky C. New Horizons Grp.
- 🏆 April 14th - Bobbie S. Redmond Early Risers
- 🏆 April 21st - Jena C. NHG
- 🌐 April 28th - STS Home Group Speakers & Birthday Night!



For on AA Unity
depend our lives

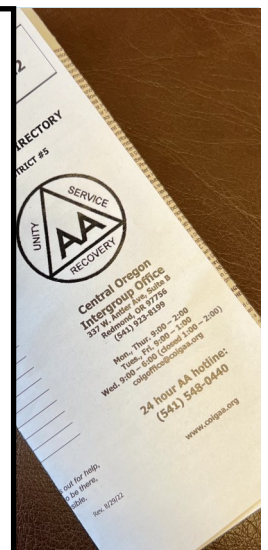
2nd Quarter Schedules Coming Soon!

Schedules will be ready in April for the 2nd Quarter—

Is Your Home Group Listed?
Is Your Listing Up To Date?

Contact Helen if you need to submit changes —
before the next printing!

schedule@coigaa.org



Central Oregon Intergroup of Alcoholics Anonymous

Presents

March 2023

Intergroup Potluck

&

Speaker Meeting

Hosted by

Fleeting Thoughts Group

@

Trinity Episcopal Church (TEC),

Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

Saturday March 25th

6pm-8pm

Speakers at 7pm

All are Welcome!! Handicap Accessible

Volunteers needed to set up at 5 and clean up at 8.

Questions or comments:

COIGAA office (541) 923-8199 or Potluck Chair (541) 647-9174

Nick M. Young At Heart

Becky E. NAG

Tuesday Night A.A. Group

A.A. Spk Mtg

7:00p March 7th

1270 NE 27th St, Bend Or. 97701
(Around back of the Nazarene Church)



COIGAA entertainment committee

Friday 17th of March

TRINITY EPISCOPAL CHURCH
BROOK'S HALL
469 NW WALL ST. BEND, OR

ST. PATRICK'S DAY

Speaker meeting

Halie D. & David G.

Corned beef feed & Live Irish Music

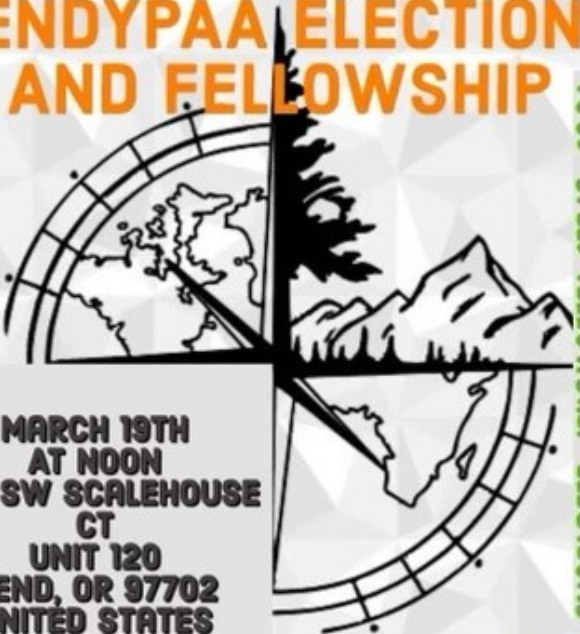
Come and fellowship with Central Oregon AAs as we celebrate St. Pattys 6-9

TRUDGE THE ROAD OF HAPPY DESTINY




BENDYPAA ELECTIONS AND FELLOWSHIP

FOOD-SPEED FELLOWSHIP-ELECTIONS



MARCH 19TH AT NOON
389 SW SCALEHOUSE CT
UNIT 120
BEND, OR 97702
UNITED STATES

HOSTED BY: SORYPAA


PAGE 21 GRP OF ALCOHOLICS ANONYMOUS

MONDAY MARCH 27TH

SPEAKER MEETING

DAVE G.

(FROM THE EARLY RISERS GRP)




WHEN: MONDAY MARCH 27TH 12:00 NOON
WHERE: 1685 SE LYNN BLVD PRINEVILLE OR.

(PRINEVILLE CHRISTIAN CHURCH)

ALCOHOLICS ANONYMOUS

Join us every Monday @ 12pm for a Big Book Study Snacks & Fellowship at 11:30 On the last Monday of each month we have a short Tradition study with the DCM from District 5 followed by a guest speaker!



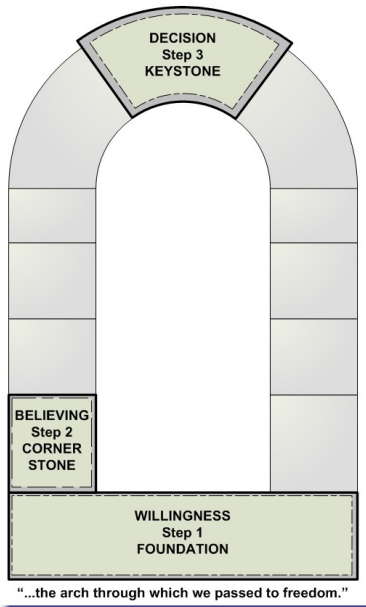
Members Share



Our group — Redmond Early Risers — wanted to share this picture of our room set up and ready for our Monday - Friday 7 am meeting. The room is usually open and coffee ready at 6 am.

Big Book Display from the 59th International Women's Conference in Dallas, TX in February 2023





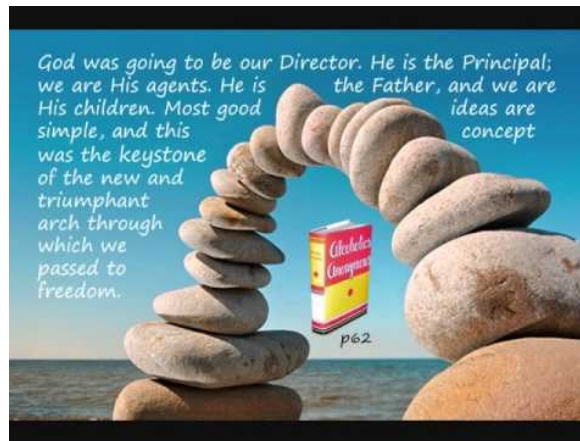
12stepping.org

3rd Step Prayer of AA

God, I offer myself to Thee,
to build with me,
and to do with me as thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy power,
Thy love, and Thy way of life.

May I do Thy will always.

-Alcoholics Anonymous, the Big Book Page 63



Step Three:

“Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness.”

~Twelve Steps and 12 Traditions, p.34

“This is the how and why of it. First of all, we had to quit playing God. It didn’t work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.”

~Alcoholics Anonymous, p. 62

District 5 is looking for an Outreach Committee Chair!

Please look over the position and announce it to your Home Groups!

 District 5 Alcoholics Anonymous
District5AA.Org



OUTREACH CHAIR POSITION

DO YOU ATTEND A LOT OF MEETINGS?
ARE YOU WILLING TO MAKE ANNOUNCEMENTS?
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!**



RECOVERY, UNITY
and SERVICE
in a time of *change*

DISTRICT 5 - CENTRAL OREGON | MAY 2023 ASSEMBLY

AA SERVICE ASSEMBLY
May 19-21, 2023 at the
Deschutes County Expo Center

stepup

SERVICE OPPORTUNITIES

- Lead marathon meetings
- Hospitality room
- Greeters
- Entertainment
- Floaters



"We daily see such members render prodigies of service, and receive great joys in return."

-12&12, p.120

If you are interested in being of service, please contact:

LISA H., Volunteers Chair
TEXT: 541.788.2278
EMAIL: hartisa410@gmail.com

information:

<https://linktr.ee/Dist5>



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 // Tricia M. // 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 Barry L. speak about Tradition 3: <https://www.youtube.com/watch?v=JY7-Dih6rvw>



Deschutes County Jail to Resume in person AA Meetings

Before Covid AA Members would conduct meetings once a week in the Deschutes County Adult Jail (DCAJ) and the Work Release Facilities. When Covid hit all meetings were stopped. Meetings resumed for the DCAJ online, AA members on tablets in the Work Release Facility online with inmates on tablets in the main jail.


The Sheriff's Dept has just announced that they are moving towards resuming in person meetings by accepting new volunteer applications and scheduling an orientation.

The District 5 website has not yet been updated with the new information and application, but you can email correctionalfacilities@district5aa.org for additional information.

(email link can also be found on the District 5 Website).

This is a very rewarding service opportunity.

The deadline for submitting new applications is March 17.



District 5 would like to invite COIG to send in an intergroup report even if neither of the chairs are physically able to attend the district meeting. It will be included in the District minutes and published on the website. The General Service Conference is coming up QUICKLY! The final Conference Agenda is out. Your GSR should have already given you a copy. I hope everyone has had a chance to look it over and your group is planning their conference sharing session. If your GSR has not passed this onto you yet, I have enclosed a link to review the items [here](#). After everyone has had an opportunity to review it, the GSR of your home group will be looking for a good time to go over these items together, or we can do one big one with the entire District. If your group doesn't understand how to do this, please let me know. As your DCM, I am here to help support you in this. There are many different ways to get your group's conscience on these agenda items and none of them are wrong. For more information, or to request a workshop for your home group, presentation, or a group inventory call me directly or visit **District5AA.org**

Yours in Fellowship & Service, District 5 DCM <http://district5aa.org/> Carrie B. 541-788-7276

Check this out! You can listen to recorded workshops courtesy of District 5 AA

District 5 A.A. Presents: "12th Step & Sponsorship Workshop" - March 19, 2022

<https://drive.google.com/file/d/1RMv0Q3LmKjvHNv5zCKUSnO-y29dPLLO/view>

District 5 A.A. Presents: "12 Steps and 12 Traditions in One Weekend"

January 21-22, 2023—Steps 2/3 and Traditions 2/3

<https://drive.google.com/file/d/1AEFRyc7SqLt3z0RA0JqFiTQBplWgOb3d/view>



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



That moment in the business meeting when you realize you weren't on mute. By: Geoff C

What's Happening Elsewhere?

March 24, 25 & 26

2023 Columbia River Gorge



The fun starts Friday at 4:00 pm.

Join us for Men's, Women's, Al-Anon & Candlelight Meetings, Parenting in Recovery Panel, Workshops, Raffle & Speakers. Hospitality Finger Foods and Beverages Included, **Optional Dinner Saturday Evening.**

New Venue!!
The Dalles Civic Auditorium
 525 E. 4th Street, The Dalles, OR, 97058
 Discounted hotel rate available at The Dalles Inn (W. 2nd Street, The Dalles, OR, 97058)
 \$70/night plus tax for King Suites and Double Fulls. Group Rate available **until March 11th**
 Call 542-296-9107

"We Stood at the Turning Point."
 - Alcoholics Anonymous Pg 59

-----Coming Soon - Facebook Event Page-----

Limited seating. ALL PARTICIPANTS MUST be registered

Mail Registration with Check Payable to: Columbia Gorge HOW-L PO Box 973 Hood River, OR, 97051

NAME(S) _____	EMAIL _____
ADDRESS _____	CITY/STATE/ZIP _____
HOW MANY REGISTRATIONS _____ @ \$60.00 \$ _____	
SATURDAY DINNER ADD ON(S) _____ @ \$35.00 \$ _____	Regular _____ Vegetarian _____
SCHOLARSHIP DONATION (Thank You) _____	
TOTAL INCLUDED \$ _____	

Volunteers Needed! If you are interested in a 2-hour commitment, please leave your phone number.

Thank You!
 Conference Chair: Liz Siller email: elizabethsiller@gmail.com
 Registration: Chelsea Marlon email: How2023@yahoo.com

WE ARE BUT TRUSTED SERVANTS

Oregon Area 58 Quarterly Assembly

MARCH 31ST - APRIL 2ND 2023
HOSTED BY DISTRICTS 23 AND 37

Holiday Inn Portland Airport
 8439 Columbia Blvd,
 Portland, OR 97220
 (503) 249-8686
 Block code: Q58
 Room rates: \$99.00

For voluntary contributions and paper registration, please make checks payable to:
 February 2023 Assembly
 PO Box 161
 Tualatin, OR 97062

Mail in registration cut-off date: March 1st, 2023
 Online registration cut-off date: March 24th, 2023

Questions?
 Tim F. [Committee Chair] (503)840-7312
 Area58MarchAssembly@gmail.com

***** PLEASE PRE-REGISTER *****

Name _____	E-mail _____
Address _____	City _____ State _____ ZIP _____
Phone _____	Name on Badge _____
Voluntary Contribution Amount: _____	

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

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

Pacific Northwest Conference

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

JUNE 23-25, 2023
 PORTLAND, OREGON
 HOLIDAY INN, PORTLAND AIRPORT
 RESERVATION CODE: PNC2023

www.PNC1948.org

AA Convention with Al-Anon Participation

15th ANNUAL SPRING FLING CONVENTION

"Rocketed Into a Fourth Dimension"
April 21 - 23, 2023

ACTIVITIES

FRIDAY
 BBQ & Washer Games
 Young People's Meeting
 Ice Cream Social
 Games w/prizes

SATURDAY
 Banquet
 Table Trivia
 Speaker Panel
 Speaker Workshop
 Games w/prizes
 DJ & Dancing

Hilton St. Louis Airport
 Special Room Rate \$95
 Mention Spring Fling code: **SPR**
 Reserve before 3/22/23 for reduced room rate

10330 Natural Bridge Rd
 St. Louis, MO 63134
 314-426-5500

www.springflingstl.com

Spring Fling Chair - Emily S. 314-760-7151
 Registration Chair - Zoya R. 636-259-0720
springflingconvention@yahoo.com

FREE PARKING

PLEASE REGISTER EARLY!!!

To register, get information or sign up for Service: www.springflingstl.com

CONVENTION REGISTRATION FORM

📌 Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126

📌 Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.

📌 Make checks/money orders payable to Spring Fling Convention

📌 To sit together, please submit together - 10 people per table

Name: _____	AA <input type="checkbox"/> Al-Anon <input type="checkbox"/>	Pre-Registration or PayPal	\$20 _____
Phone: _____		Door Registration	\$25 _____
Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.		Friday Night BBQ	\$15 _____
Email: _____		Friday Night Ice Cream Social	\$7 _____
Address: _____		Al-Anon Luncheon Saturday	\$25 _____
City _____ State _____ Zip _____		Banquet Saturday Night	\$40 _____
		Sunday Breakfast Buffet	\$15 _____
		Hospitality / Scholarship Donation	_____
		Total Amount to be Paid	_____

Please list any special needs here: _____

Cut-off for mail-in registration is April 8, 2023
 Flyer revised 9-16-22



UNITY IN ACTION

HOSTED BY
ON AWAKENING ONLINE GROUP
SALEM, OREGON

A 12-WEEK
TRADITIONS
WORKSHOP

PRESENTED BY
DEE G
THE3LEGGROUP
SEBASTIAN, FL

2:30PM PT; 5:30PM ET;
4:30PM CT; 3:30PM MT; 8:30PM GMT

ID: 890 8856 8173
Passcode: 744711

SUNDAYS
FEB. 26 -
MAY 14, 2023

I am responsible... When anyone,
anywhere, reaches out for help, I
won't be there. I am always to be
there. And for that, I am responsible.

47TH ANNUAL ROGUE ROUND UP



May 4 - 7, 2023
Grants Pass, Oregon

Speakers, Meetings, Service,
Fellowship, Fun

Live and on Zoom

For registration and information
www.rogueroundup.com

32nd Annual

Nothin' Sacred Men's Retreat

March 9th 10th 11th & 12th

Fun & Fellowship in Sobriety

*** Limited Scholarships Available***

For those with less than 6 months

Please Register Before Feb. 28th For Scholarship

Meetings Fellowship and Friends

Food, Fishing, Bowling, and Golf

Registration:

\$30 if received on or before 2/28

\$40 if received after 2/28

Go to or click here: <https://nothin-sacred-mens-retreat.cheddarup.com>

Or scan



For Schedule of events or Questions? Contact us: princeton.rod@nothin-sacred.org

Registration: John Y. 503-995-1429 arkansasj@outlook.com

Scholarships: Reed L. 509-250-3546 rlinthe92@gmail.com

Ride Coordinator: Marc B. 541-961-5379 bah00435@gmail.com



60TH INTERNATIONAL WOMEN'S CONFERENCE
 PORTLAND, ME | FEBRUARY 8TH - 11TH, 2024
 AT THE HOLIDAY INN BY THE BAY
 & ONLINE

REGISTER FOR THE CONFERENCE

344 18 01 57
 DAYS HOURS MINUTE SECONDS

<https://internationalwomensconference.org/register/>

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





New Al-Anon Meeting in Tumalo

“Opening our Hearts”

Tuesdays at Noon

Starting March 7, 2023

Tumalo Community Church

64671 Bruce Ave. Tumalo, Oregon 97703

- Recovery through the [Twelve Steps](#)
- Unity through the [Twelve Traditions](#)
- Service through the [Twelve Concepts of Service](#)



AA Humor



AA Humor from Grapevine March 2023

Honestly, I did

Q: What's the second most common greeting heard at an AA meeting after, "My name is _____ and I'm an alcoholic"?

A: "Hi, I almost called you today!"

Jim S.
Woodside, N.Y.

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

