

Cascade Connection

A Newsletter for COIGAA

April 2023

“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.”

Fourth Tradition, 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

Hours:

Monday 9 am—2 pm

Tuesday 9 am—1 pm

Wednesday 9 am—1 pm

and 2:15—6 pm

Thursday 9 am - 2 pm

Friday 9 am—1 pm



“Made a searching and fearless moral inventory of ourselves.”

Step 4 of Alcoholics Anonymous

Reprinted from Twelve Steps and Twelve Traditions, with permission of Alcoholics Anonymous World Services, Inc.



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

Do you live in Madras, La Pine, Sisters, Tumalo, Sunriver, Prineville or are you willing to travel there?

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

We also need a Hotline person for Wednesdays from 1 pm-5pm and relief volunteers to cover shifts!



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

Thank you, Alan S., for breathing life back into our Potluck/Speaker Meetings!

Thank you, to the volunteers who stepped up this past month to help support Meetings, Panels and COIGAA Events!

Welcome to our new Intergroup Trusted Servants: Emily (IGR Sisters in Sobriety), Carol (IGR Rising in Recovery), Rebekah (Alt. IGR Primary Purpose), and Jenni (Entertainment Comm. Interim Chair)



The Intergroup Needs You!

We are looking for an Entertainment Committee Chair and a Web Chair (2 yr. sobriety requirement)

Contact Frank or Joan at coigoffice@coigaa.org



Need Chips?
Need AA Literature?

You can get it at the office!

Office Hours

Monday & Thursday 9am – 2pm

Tuesday & Friday 9am – 1pm

Wednesday 9am – 1pm &
2:15pm – 6pm

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

Autonomy

“Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened...”

We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: ‘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.’

This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action...

Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.”

~Excerpts from *The Twelve Steps and Twelve Traditions*, pgs 146—147

Reprinted from *Twelve Steps and Twelve Traditions*, with permission of Alcoholics Anonymous World Services, Inc.

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: Wednesday from 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 Chairperson Needed!

Entertainment Committee Chair Sobriety Requirements: Minimum of two (2) years continuous and current sobriety.

General Requirements: Active membership in an AA Group in Central Oregon. Shall have previously served as a Group Recording Secretary, Group Chairperson, or Group Representative, i.e. GSR/IGR., Shall perform all duties necessary for position being held or/and obtain committee members to fulfill duties.

Position Duties:

1. Provide quality family entertainment and recreation opportunities for Central Oregon AA Intergroup.
2. Create and manage a committee that is open to all members of the Fellowship of AA for the purpose of providing sober fun activities.
3. Provide opportunities for members of the Fellowship to serve according to the Third Legacy ("Service").

Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

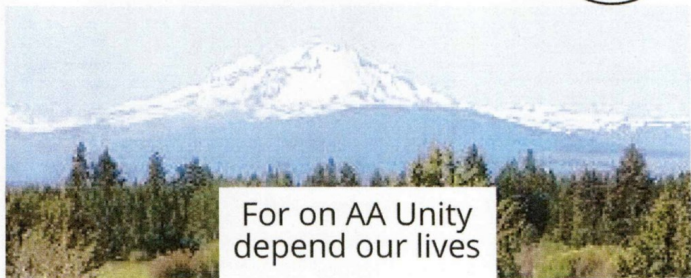
When: Fridays at 5:30pm

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 - Texley 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

Page 21 Group of Alcoholics Anonymous

Speaker Meeting

Emily Ann
from

24 and Alive
Group
Shares

Experience,
Strength and
Hope



Fellowship
from 11:30am

April 24

12-1

Prineville
Christian Church,
1685 SE Lynn
BLVD,
Prineville,
Oregon

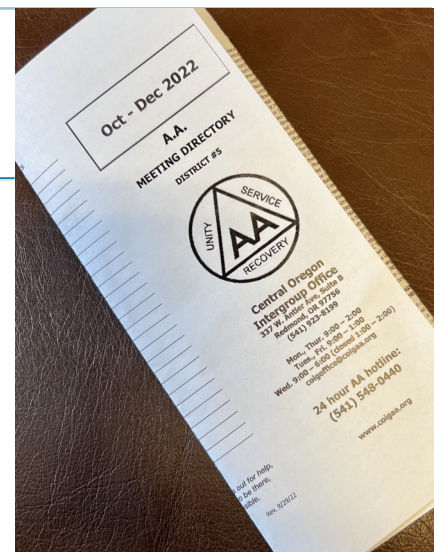
Page 21 Group of A.A. Prineville, Oregon

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!
coigoffice@coigaa.org



You can make contributions to COIGAA via PayPal

https://www.paypal.com/donate?token=F4YKky4jVbFly6DbWLC98e7b4sStbyZHaJuw2JgQ3B9GosqYToFtrqt3VkxJv69WTNlnWS_i7mv1UJX4

Central Oregon Intergroup of Alcoholics Anonymous

Presents

April 2023

Intergroup Potluck

&

Speaker Meeting

@

Calvary Baptist Church

2241 N. Main St

Prineville

Saturday April 22nd

6pm-8pm

Potluck at 6pm

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

New Horizons Group
Of Alcoholics
Anonymous

Tuesdays at Noon
Speaker/Discussion
Meetings



Tuesday Spk/Discussion Mtgs

4/4 - Walt W. from Attitude Adjustments

4/11 - Joy H. from The Page 21 Grp

4/18 - Mike J. from New Horizons

4/25 - Jason M. from Fleeting Thoughts

5/02 - Larry S. from the Tummalo Grp

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: Beginners Mtg.
Last Monday: Birthday Mtg. 🎂
Tuesdays: Spk/Discussion Mtg
Wednesdays: Big Book Study
Thursdays: 11th Step Mtg.
1st Thursday: Tradition Study

"Frequent contact with newcomers and with each other is the bright spot of our lives." BB pg. 89

SPRING FLING

SPEAKERS
LANELLE D. AND NICK M.
APRIL 15, 2023
Brooks Hall (IEC)
469 NW Wall St.
Bend, Oregon

Potluck

Bring a dish to share

5-7 POTLUCH
7-8 SPEAKER MEETING
8-10 MUSIC & MINGLE

- SPRING THEMED CRAFTS
- GAME TABLE W/ PRIZES
- DANCE LESSONS & MUSIC

\$5 suggested contribution
no one will be turned away because of lack of funds, scholarships provided

Carmack M.
Men's BB
Study

Robin B.
Steps To
Sobriety

Tuesday Night A.A. Group

A.A. Spk Mtg

7:00p April 4th

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

COIGAA Events

Save The Dates:

COYPAA Brunch
4/23 at 10 am
389 SW Scalehouse Ct.

Bonfire Meeting
at
Tumalo State Park
5/14 from 5—9 pm

Members Share

Newsletter Items shared by
members of COIGAA's
local meetings!

Page 64 in the Big Book starts by comparing a personal inventory to a business inventory. In the first full paragraph of page 64, it says, "Therefore, we started upon a personal inventory. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret."

"The whole point of a business inventory is to identify a company's liabilities and its assets. They identify their liabilities (those things that are no longer selling – or working for them) so they can remove them from the shelves to make room for more assets (those things that will sell – or work for them). Taking a personal inventory is no different. We searched out the flaws in our make-up which caused our failure. Being convinced that self (not alcohol but self), manifested in various ways, was what had defeated us, we considered its common manifestations. We had to get down to causes and conditions.

A solid Fourth Step inventory where we take stock of the manifestations of self-will is divided into three (3) parts:

- 1.) Our Resentments (or "grudge list" as Bill calls it)
- 2.) Our Fears
- 3.) Our Sex Conduct (and harm done toward others in this area)

The Fourth Step is NOT about finding out who we ARE, it's about finding out who we are NOT, so with God's help, we can be rid of it and who we ARE will then shine through. That's another reason why "self-knowledge avails us nothing." We need to find out what GOD wants us to be.

In our Fourth Step inventories we will discover, for the most part, that our troubles were of our OWN making. We will see how we played a part in every resentment and fear we've ever had and how our conduct has harmed others. These are the very things that have blocked us from God, which is the ONLY Power that can remove the alcoholic obsession."

Excerpt from "Take the 12" <https://takethe12.org/s4/>



The Wisdom of Surrender — Resistance Equals Persistence

Resistance tends to strengthen the energies it attempts to oppose by giving them power and energy to work against.

We all know the feeling of being repeatedly haunted by the same issue, no matter how we try to ignore it, avoid it, or run away from it. Sometimes it seems that we can get rid of something we don't want by simply pushing it away. Most of the time, the more we push away, the more we get pushed back. There are laws of physics and metaphysics that explain this phenomenon, which is often summed up in this pithy phrase: That which you resist persists.

Resistance tends to strengthen the energies it attempts to oppose by giving them power and energy to work against. Additionally, resistance keeps us from learning more about what we resist. In order to fully understand something, we must open to it enough to receive its energy; otherwise, we remain ignorant of its lessons. There is a Tibetan story of a monk who retreats to meditate in a cave only to be plagued by demons. He tries everything—chasing, fighting, hiding—to get the demons out of his cave, but the thing that finally works is surrender. He simply lets them have their way with him and only then do they disappear.

Now, this wisdom must be applied practically. We are not meant to get ourselves physically injured. Instead, this story speaks of how, in essence, our demons are inside of us. What plagues and pursues us on an inner level has a way of manifesting itself in our environment in the form of people, events, and issues that appear to be beyond our control. But all these external expressions are reflections of our insides, and it is inside ourselves that we can safely experiment with surrendering to what we fear and dislike. It may feel scary, and we may find ourselves in the company of a lot of resistance as we begin the process of opening to what we fear. But the more we learn to surrender, and the more the demons that plague us disappear in the process, the more courageous we will become.



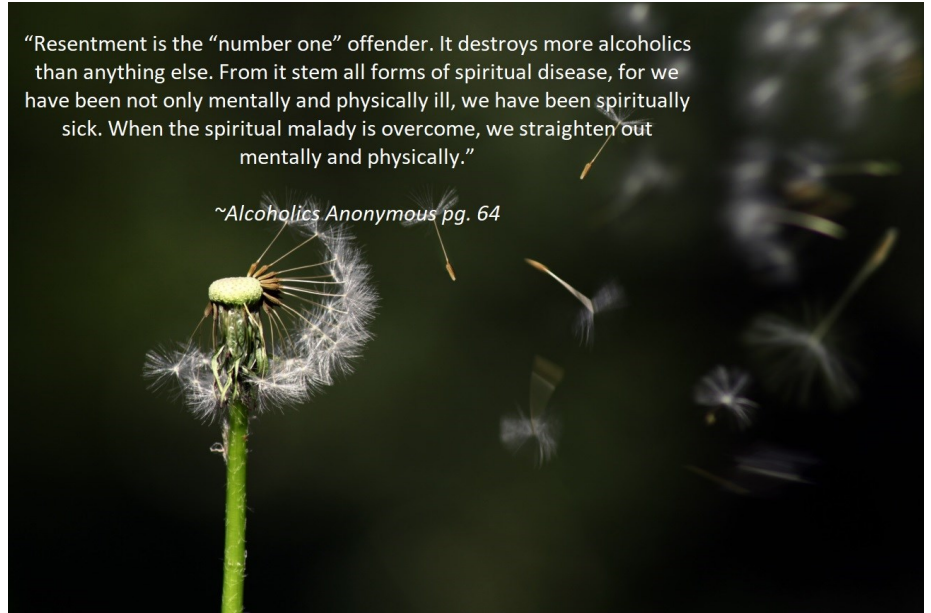
FOURTH STEP PRAYER

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs. But I will also include that which is good. I pray for the strength to complete this task.



"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically."

~Alcoholics Anonymous pg. 64



Step Four : "Made a searching and fearless moral inventory of ourselves."

"We thought 'conditions' drove us to drink, and when we tried to correct these conditions and found that we couldn't to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were."

~Twelve Steps and 12 Traditions, p.47

"Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions. Therefore, we started upon a personal inventory. **This was Step Four.**"

~Alcoholics Anonymous, p. 64

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!**

District 5 A.A. Info



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 Bob D. speak about Spiritual Principles and 12 Traditions of AA :
<https://www.youtube.com/watch?v=WCoL9QsKouI>

A.A. World Services News

Alcoholics
Anonymous®
www.aa.org

Alcoholics Anonymous World Services, Inc.

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

General Service Conference Delegates
Intergroup and Central Offices
International General Services Offices

Date: February 15, 2023

Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).


Some of you have indicated that you anticipated the need for an increase. For historical reference, the last price increases were made in 2014 (18.75%) and 2009 (33.3%). The decision to raise prices in 2023 resulted from prudent fiscal planning with the goal of longer-range stability. Alcoholics Anonymous is not immune from the changes that are impacting all businesses, and one of the greatest to us has been a notable drop in the margins associated with the sale of our literature. To be specific, prior to the SARS-CoV2 pandemic, the costs associated with the production, material, warehousing, and shipping of literature, collectively known as the cost of goods sold, hovered between 31-34% of sales. These same costs have fluctuated from 42-56% of sales in the last two years, resulting in a revenue loss that is greater than \$1.2 million each year. We do not expect this change in the cost of goods sold to resolve in our favor, and the impact is great when considering that the General Service Office is supported through both voluntary contributions and this revenue associated with the sale of literature. We continue to monitor and trim expenses where possible, being mindful of the immense significance of each 'nickel in the basket' sent to the General Service Board.

Because we appreciate that there may be high demand in ordering leading up to the increase, we will be taking steps to ensure that purchasing not be monopolized by large buyers during the transition. We will maintain the reduced shipping charges schedule that was adopted in 2022 and the mixed-title quantity discount schedule that was adopted at the close of 2022. The new pricelist, [which can be found here](#) will be reflected on the online store as the increase goes into effect. We anticipate issuing a revised and updated literature catalog in digital and print versions in the coming months.

With gratitude as we await spring,



Deborah K.,
AAWS Board Chair



Bob W.,
General Manager of the General Service Office

■ REMINDER

OUR CONTRIBUTIONS
ADDRESS HAS CHANGED

We now have a separate post office box that has been established for Seventh Tradition contributions only. Please send contribution checks payable to "General Service Board" to:

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

This dedicated PO box enables us to process contributions much more efficiently and at a significant savings to the Fellowship. You also can continue to make contributions online at www.contribution.aa.org using a major credit card or PayPal.

For more information or assistance, contact our Member Services team at memberservices@aa.org or 212-870-3023.

General Service Office Information

Box 4-5-9 is published quarterly by the General Service Office of Alcoholics Anonymous, 475 Riverside Drive, New York, NY 10115, copyright © 2022 by Alcoholics Anonymous World Services, Inc.

Mail address: P.O. Box 459, Grand Central Station
New York, NY 10163

G.S.O.'s A.A. Website: www.aa.org

Subscriptions: Individual, \$3.50 per year; group, \$6.00 for each unit of 10 per year. Check—made payable to A.A.W.S., Inc.—should accompany order. To have issues delivered directly to your inbox, register your email on the A.A. Digital Subscription Service on G.S.O.'s Website.

Note on anonymity: From time to time in this publication full names and/or pictures of G.S.O. employees, Class A trustees and other nonalcoholics are used. The anonymity of A.A. members is maintained, as they are identified throughout by first name and last initial only.

Grapevine/La Vina At Wit's End



"Before you say something we'll both regret, I suggest you call your sponsor." By: Geoff C reprinted from April 2023 Grapevine

Traditions Checklist

AA GRAPEVINE

www.aagrapevine.org

*These questions * were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.*

Tradition One:

Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as "just for the sake of discussion"?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA as a whole in every way I can, or just the parts that I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Tradition Two:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I often feel the need to "save face" in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with AA chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?

Tradition Three:

The only requirement for AA membership is a desire to stop drinking.

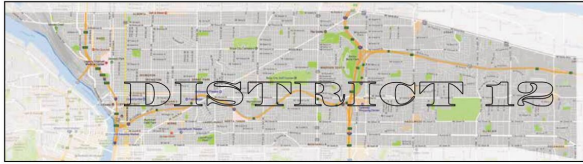
1. In my mind, do I prejudge some new AA members as those who likely will not make it?
2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or not?
4. Do I let language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

Tradition Four:

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA "as a whole"?
3. Do I judge or criticize other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don't do things how I believe AA should be done?

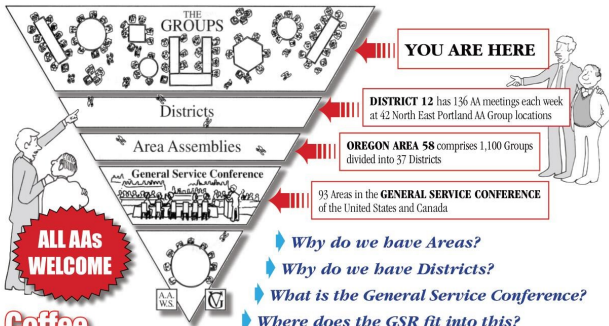
What's Happening Elsewhere?



District 12 Open House

Join Us for our AA District 12 General Service Meeting
April 29th at 1:30pm

at the Samuel Johnson Memorial Hall 433 NE 76th Avenue, Portland



ALL AAs WELCOME

Coffee, Beverages, Charcuterie & snacks available!

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA to be there, and for that I am responsible.

Any questions contact: dcm12@aa-oregon.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 Al-Anon

Phone: _____

Pre-Registration or PayPal \$20 _____

Door Registration \$25 _____

Friday Night BBQ \$15 _____

Friday Night Ice Cream Social \$7 _____

Al-Anon Luncheon Saturday \$25 _____

Banquet Saturday Night \$40 _____

Sunday Breakfast Buffet \$15 _____

Hospitality / Scholarship Donation _____

Total Amount to be Paid _____

City _____ State _____ Zip _____

Please list any special needs here: _____
Flyer revised 9-16-22

Cut-off for mail-in registration is April 8, 2023

SOBERFEST 2023 April 21 & 22

Salem KROC Center
1865 Bill Frey Dr
Salem, Or 97301

AA, Al-Anon and YPAA Speakers
Friday Night Speaker: Stacy G.
Home Town Speaker: Jim T.
Saturday Night Key Note Speaker: JR H.
YPAA Speaker: Krystal M.
Al-Anon Speaker: Colleen G.



Platinum Pkg : Registration, all 4 meals, 2 day passes for facility usage, dance and karaoke	\$ 100.00	
Gold Pkg: Registration, lunch and dinner for 4/22	\$ 70.00	
Just Registration for entrance including Karaoke/Dance	\$ 30.00	
AA: _____ YPAA: _____ BOTH: _____ AlAnon: _____		
Registration Scholarship(Give Soberfest to another AA or YPAA)	YES	NO
*Need a scholarship?	YES	NO

MEALS (last day to purchase meals will be April 13th)

Soberfest Questions? Contact:
Millie S. Text/phone 971-720-8647 or email : letsgetbeautiful1wmillie@gmail.com or
Sherri B. Text/phone 503-428-9984 or email : asoberlady2002@gmail.com
Send completed Registration to "Soberfest" WVI Central Office, 687 Cottage St NE, Salem, Or 97301
Register online at www.salemsoberfest.com



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

<https://aasalem.org/wp-content/uploads/2023/01/Soberfest-2023-English-1.pdf>

AND SERVICE

UNITY THROUGH LOVE

51ST NORTH SHORE ROUND UP

AA SPEAKERS:

Adam T - Los Angeles, CA
Cyndi M - Louisville, KY
Mike S - Riverside, CA
Theresa F - Hollywood, CA

AL-ANON SPEAKER:

Maggie B - San Francisco, CA

April 7-9, 2023

VANCOUVER CONVENTION
CENTRE - EAST 999 CANADA PL

\$50 Early Bird \$45 before
March 1, 2023

Host Hotel: Pan Pacific | Group Room Rate \$229
Reservation ID: NSRU423 | Call: 1.800.663.1515
REGISTRATION OPENS 2:00PM
Early Bird Panel Meetings 2:30PM

WWW.NORTHSHOREROUNDUP.COM

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



Another 24 Potluck & AA Speaker Meeting

With *Chelsea T.*
from Eugene, OR
Saturday, April 8th
5:30 pm Potluck
6:30 pm Speaker

Christ Lutheran Church
15029 2nd St NE
Aurora, OR
Chris 971-940-5242



NO Open Fires

34th Annual

Celilo AA Spring Gathering

When:

May 11th 12th, 13th, 14th, 2023

Where: Celilo Campground

Exit 97 off I-84

10 Miles East of The Dalles, OR

Bring your Experience Strength & Hope

For Camping: Tent, Sleeping Bag, Camping gear, Food to Eat, Food to Share, Water, Wood

Activities: Men, Women & Children's Sweat Lodge; AA meetings; Teen Meetings; Women's Talking Circle; Moon Lodge, & Sunday Spiritual Breakfast and Giveaway.

AA Meetings 7:30 ^{am} every morning

Speaker Meeting Thursday @ 8pm

All weekend @ 8pm AA Meetings

Women's Meeting Saturday @ 3pm

Need Info?

Call Kathy K 503.890.6270

Nancy C 360.600.4003

Pet's ok on
leash, scoop
your poop

Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada



July 3-6, 2025



Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Please check the convention webpage at www.aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.



Let's celebrate sobriety together in Vancouver in 2025!

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
Sheraton Portland Airport Hotel
833-425-0931
8235 NE Airport Way, Portland, OR 97220



Register by Mail or Register Online Using Our
Eventbrite Page (search [Portland, NAAC](#))

There will be speakers, workshops, and cultural activities throughout the weekend. This event is hosted by the Oregon Area Al-Anon Family Groups. Everyone is invited.

We have special room rates of \$109 a night for the event, but you must reserve a room before April 13th, 2023 and inform the hotel that you're with the Native American Al-Anon Conference.

[Book your group rate for NAAC](#)

For more info: nativeamericanalanonconf@gmail.com

Registration Fees: \$30 for registrations post marked by April 20th
\$35 for registrations postmarked after April 25th and at the door
\$10 for Alateens regardless of registration date.
\$60 for Saturday Dinner Banquet Tickets

Name _____

Address _____

Phone Number _____ Email _____

Tribal Affiliation (optional) _____

Number of Al-Anon and AA Registrations: ____ Alateen(s) Registration ____

Banquet Tickets _____

Total amount Enclosed: _____ (Make Checks Payable to NAAC)

Mail Registration and Payment to: **NAAC, Attn: Nicole, 4016 SE Crystal Springs Blvd. Portland, OR, 97202**

**OREGON ALATEEN CONFERENCE
2023 FUNDRAISER**
Baked Potato Bar & Auction
Hosted by the Oregon Alateen Conference



Help support the Oregon Alateen Conference raise funds for teen scholarships to attend OAC.

Suggested \$5.00 donation at the door.
Please bring an item for the auction or potluck dish to share.

Food, Auction & Speakers
All are welcome: AA, Al-Anon & Alateens

Where: Oak Grove United Methodist Church
14700 SE Rupert Drive, Oak Grove, OR 97267
When: April 15th, 2023 at 5:00 pm

Questions contact: OregonAlateenConference@gmail.com



Town Hall Meeting

Accepting Electronic Meetings into the Oregon Area

April 4, 2023 7:00-9:00 PM
Zoom Meeting: 780 157 0631
Password: Concept4
Dial in +1 253 215 8782

The Task Force on Electronic Meetings in the Oregon Area is holding an open forum to discuss how to proceed in developing a policy and process for registering Electronic Meetings and admitting them into the Oregon Area Service Structure.

The committee really wants to hear your ideas, opinions, and feedback.

All Al-Anon and Alateen members are welcome to join.

Contact: alternateoregon-delegate@oregonal-anon.org

Sponsored by Oregon Area Al-Anon



**Thursday
Night Young
People Speaker
Meeting AFG**

Jan - Mar
Slogan Discussion

Apr - Jun
Daily Reader Discussion

Jul - Sept
Wheel Of Serenity

Oct - Dec
Step 11 Workshop

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



**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](#)



**Al Anon Family Groups
District 5
Central Oregon
Is looking for an
Archives Coordinator!**

Contact District Rep. at
district-5@oregonal-anon.org

AA Humor

Actual Photo of my 4th Step



Grapevine April 2023

At Wits End Humor

Heard at a meeting

“I never repeat gossip, so you better listen the first time!”

Lynne D. ~ Carbondale, Ill.



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	Open	entertainment@coigaa.org
Website	Marty D./Open	
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

Q-TIP



Quit Taking It Personally