

# Cascade Connection

A Newsletter for COIGAA

May 2023

“Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.”

Fifth 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](mailto: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

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”  
Step 5 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](http://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](mailto:hotline@coigaa.org)

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

**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](mailto:coigoffice@coigaa.org)



### COIGAA IGR Meeting

May 28, 2023

5:30 pm at TEC and via Zoom

This is a Closed Hybrid Business Meeting  
ZOOM Meeting ID - 961 1009 6966 Password - 061935

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](mailto:coigoffice@coigaa.org)



## Principle of the Month

### Primary Purpose

“A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to **stay sober and help other alcoholics to achieve sobriety.**”

~Excerpt from *The A.A. Preamble*.

“‘Shoemaker, stick to thy last!’... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.”

“‘My sponsor sold me one idea, and that was sobriety. At the time, I couldn't have bought anything else.’”

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



## FIFTH STEP PRAYER

Higher Power,  
My inventory has shown me who I am,  
Yet I ask for Your help  
In admitting my wrongs to another person & to You.  
Assure me, & be with me, in this Step,  
For without this Step I cannot progress in my recovery.  
With Your help, I can do this, & I do it.

### 5<sup>th</sup> Step Promises

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

~Alcoholics Anonymous, pg. 75

**Step Five : "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."**

**"What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we've always had. Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong... Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God."**

*~Twelve Steps and 12 Traditions, p.57*

**"We must be entirely honest with somebody if we expect to live long or happily in this world."**

*~Alcoholics Anonymous, p. 73-74*

# BONFIRE MEETING

**FUN – FOOD & FELLOWSHIP  
AROUND THE CAMPFIRE.**

Event is at Tumalo State Park group camp A. Camping is available at no charge. Speakers are Forrest and Jessica. S'mores, potluck appetizers, and activities.

Contact : Alan S. 541-647-9174

Or Donn C. 541-241-4820

Saturday May 13th – 6:00  
– 10:00pm





## Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

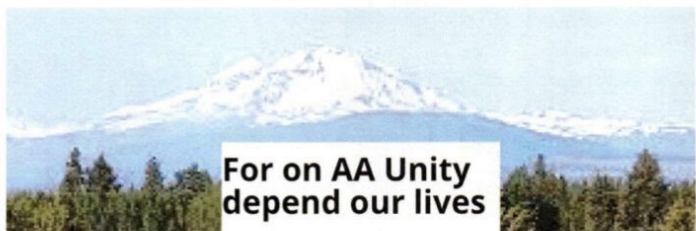
When: Fridays at 5:30pm

Where: The Rebels Roost  
703 N. Main St. Prineville Or.



### Upcoming Speakers:

- May 5th - John H. from the 24 & Alive Grp
- May 12th - Katrina T. from Sunday Sober Sisters
- May 19th - Paulette L. from LaPine Sober Chicks
- May 26th - Home Group's Birthday Celebration Night!
- June 2nd - Joan C. from Eastside Early risers
- June 9th - Mark T. from the Men in the Park Grp
- June 16th - Al S. from the Men in the Park Grp
- June 23rd - David G. from the New Horizons Grp
- June 30th - Home Group's Birthday Celebration Night!



For on AA Unity  
depend our lives

Todd L.  
Men's BB  
Study

Tenley H.  
New  
Horizons

Tuesday Night A.A. Group

**A.A. Spk Mtg**

7:00p May 2nd

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

The  
**Central Oregon Intergroup**  
of  
**Alcoholics Anonymous**  
[www.coigaa.org](http://www.coigaa.org)

Presents

The

**May 2023 Intergroup Potluck**  
**Saturday May 27th**  
**5pm - 8pm**

Hosted by

**WFS Group**

*Celebrating 63rd anniversary as an AA group in Bend*

@

Trinity Episcopal Church (TEC), Brooks Hall  
469 NW Wall Street Bend, Oregon  
*(enter on corner of Wall Street, upstairs)*

**Speakers @ 7pm**

**Billye F. (45 years) \* Amy H.**

**All are Welcome!!**

**Handicap Accessible**

Questions or comments: COIGAA office (541) 923-5199

New Horizons Group  
Of Alcoholics  
Anonymous

Tuesdays at Noon  
Speaker/Discussion  
Meetings



**Tuesday Spk/Discussion Mtgs**

5/02 - Larry S. from the Tumalo Grp

5/09 - Kyle R. from Tuesday Night AA Grp

5/16 - Halie T. from Weathering The Storm

5/23 - Beth M. from the New Horizons Grp

5/30 - Brian R. from Primary Purpose

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](http://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

**OREGON AREA 58 ALCOHOLICS ANONYMOUS**

# **POST-CONFERENCE DELEGATE REPORT**

**OUR DELEGATE WILL BE REPORTING  
ON WHAT HAPPENED AT THIS YEAR'S  
GENERAL SERVICE CONFERENCE!**

**SATURDAY  
MAY 20TH | 1:15-3:15PM**

**JOIN US**

**IN-PERSON  
DESCHUTES  
COUNTY  
FAIRGROUND  
REDMOND, OR**

**ONLINE  
ZOOM  
MEETING ID:  
857 1621 2794  
PC: 061035**



## 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](mailto: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](mailto:hartisa410@gmail.com)

**information:**  
<https://linktr.ee/Dist5>



## District 5 Contact info:

DCM // Carrie B. // [dcm@district5aa.org](mailto:dcm@district5aa.org) // (541) 788-7276  
Alt DCM // **Open** // [altdcm@district5aa.org](mailto:altdcm@district5aa.org) //  
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 // Tricia M. // [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 Jim talk about the 5th Tradition: <https://www.youtube.com/watch?v=RmlRSgqRjL4>

## April 2023 District 5 Report to COIGAA

Hello Central Oregon Intergroup!

District 5 will be hosting the next Oregon Area Service Assembly. At the Redmond fairgrounds. We will need lots of volunteers and groups willing to help in hosting this event here locally. Again, Volunteers are needed! The more the better! This is a post Conference Assembly and I highly encourage everyone to come hear our Delegates report back from the General Service Conference! There will be lots of Big News! If you have never been to a service Assembly, or are considering becoming a GSR this will be a great opportunity for you to come learn more about how the Service Structure works! [Register Here](#)

District 5 Public Information Committee has come out with some Local Public information Flyers for the fellowship to distribute. These Fliers have the COIG Hotline Phone number on them. This is how we get the word out to the public that if someone is looking for help with their drinking problem, we have a hotline and a local meeting directory. I have attached the PI Fliers to keep stocked and on hand at the local Central Office so that our members may post and distribute to the community. Good places to post the PI fliers would be Bulletin Boards, Laundromats, Hotels, Grocery Stores, Libraries, State Offices, and anywhere else you can think of where an alcoholic may be. We also just got another Shipment of PI Cards in as well. Please give the members of your group an opportunity to help get these public service announcements out to the public. For more information or what more your group can do to help contact Public Information Chair Brian at 541-640-3035

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 [dcm05@aa-oregon.org](mailto:dcm05@aa-oregon.org)**

**Carrie B. 541-788-7276**

[https://docs.google.com/document/d/17NVZFZgrEJTPBNCtsJJCheOCSU0ZexVWAyy0E4kJ3\\_M/edit?usp=sharing](https://docs.google.com/document/d/17NVZFZgrEJTPBNCtsJJCheOCSU0ZexVWAyy0E4kJ3_M/edit?usp=sharing)

PI Fliers For Central Office COIG

[Male PI Flier](#)

[female PI Flier](#)



# A.A. World Services News

Alcoholics  
Anonymous®

[www.aa.org](http://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

## Announcing: Ebook adjusted list pricing

April 3, 2023

Dear A.A. Friends,

In our continued efforts to best serve the Fellowship, offering our items of literature to all purchasers with an emphasis on fairness, parity and implementing normalized pricing across our various formats of each item, we have updated our suggested list prices for ebooks effective April 3, 2023 to align as closely as possible with our print pricing.

To view the new suggested list prices, [click here](#).

### ***A note on selling prices***

Just as the cost to purchasers of our print formats are subject to quantity discounts and other special offers, our ebooks are subject to routine discounting and special offers across vendors. This means that the cost to purchasers in most cases is less than our suggested listed price for each ebook item downloaded.

To view our selection of A.A.W.S. ebooks, or to place orders, [click here](#).

Please feel free to contact us with any questions at [publishingnews@aa.org](mailto:publishingnews@aa.org).

With all best A.A. wishes,



Deborah K.  
Chair, A.A.W.S. Board



Cathi C.  
Chair, A.A.W.S. Finance Committee

Alcoholics  
Anonymous®

[www.aa.org](http://www.aa.org)

## Share Your Group Experiences with GSO

Let the General Service Office know of any experiences or challenges your group faces or has solved. This sharing is combined and shared when requested, so we all can learn from each other.

<https://www.aa.org/contact-gso>

**Alcoholics  
Anonymous®**

General Service Office Information

## [A.A. ON YOUTUBE](#)

This is the official YouTube channel for Alcoholics Anonymous World Services, Inc. (A.A.W.S.) and is maintained by the General Service Office (G.S.O.) of the U.S. and Canada. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. For more information about Alcoholics Anonymous, please visit our website at [www.aa.org](http://www.aa.org)

<https://www.youtube.com/channel/UC2nfvf9DeDA7QYvLeq4pQ-w>

# Grapevine/La Vina At Wit's End



“My dog Twelfth Stepped me.”

By: Zinc reprinted from May 2023 Grapevine

# What's Happening Elsewhere?

**BRUNCH!  
SPEAKERS!  
FELLOWSHIP!**

JOIN DISTRICT 36 FOR A  
FUN EVENT FOCUSING  
ON THE JOYS OF  
FELLOWSHIP AND  
SERVICE IN ALCOHOLICS  
ANONYMOUS

**CIRCLES OF  
LOVE & SERVICE**

SATURDAY, MAY 6, 2023  
10:30 AM -12:30 PM

AA IS MADE UP OF  
CIRCLES OF PEOPLE  
WITHIN THE FELLOWSHIP,  
WHO WORK TOGETHER TO  
CARRY AA'S MESSAGE  
OF HOPE.

PLEASE RSVP!  
Scan the QR  
code or text your  
name and # of  
guests to  
503-298-3043



RIVERSGATE CHURCH | 3021 SW CANBY ST. | PORTLAND

**G.S.R.**  
General Service  
Representative

**ORIENTATION**

**ID:452-100-1634  
PC:31236**





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

**JUNE 3 SATURDAY  
10 AM-NOON  
Pacific**

Your group's link  
to A.A. as a whole

This is A.A. General Service Conference-approved literature.



**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](http://www.PNC1948.org)

Questions  
&  
Answers  
on  
Sponsorship  
with **Debbie D.**  
from **Concord, CA**  
**Friday May 5th**  
**5:00pm Pacific**

**ID:452-100-1634  
PC:31236**





**Wednesdays**  
**9:00 a.m. Pacific**

**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.

**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](http://www.rogueroundup.com)

**"OUR GREAT RESPONSIBILITY"**

*District 16 Service Fair*

**Sat. June 3rd, 2023 • 12 - 4pm**

Medford First Christian Church • 1900 Crater Lake Ave. • Medford, OR 97504



**It's a Big Tent...  
Learn more about Service!**

**Singleness of Purpose Service!**



**ALCOHOLICS ANONYMOUS**  
DISTRICT 16 | ROGUE VALLEY, OREGON  
[www.mdfirstcraaa.org](http://www.mdfirstcraaa.org)

**NQ Open Fires**

**34th Annual**  
**Celilo AA Spring Gathering**

**When:**

May 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 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](http://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!**

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.



## WEST CENTRAL REGIONAL FORUM

August 25-27, 2023  
Hilton Garden Inn, Missoula, MT

*You are invited to the West Central Regional Forum!*

### PURPOSE OF REGIONAL FORUMS

- ▶ Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance communication and participation between A.A. members, the General Service Board, and staff and directors from the General Service Office and AA Grapevine.

### PROGRAM

- ▶ Your West Central Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past trustees.
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions that will allow you to comment and ask questions of the board and staff. A sample program is posted on [aa.org](http://aa.org) under the Regional Forums tab.
- ▶ The event will take place on Friday from 6 p.m. – 10 p.m., Saturday from 9 a.m. – 9 p.m., and Sunday from 9 a.m. – 12 p.m.

### REGISTRATION INFORMATION

- ▶ Registration is **FREE** and will open online at [www.aa.org](http://www.aa.org) on May 26, 2023.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.

### HOTEL INFORMATION

Hilton Garden Inn  
3720 N. Reserve St., Missoula, MT, 59808  
Phone: (888) 728-3027

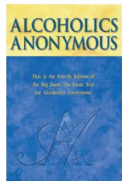
- ▶ Hotel reservations: <https://www.hilton.com/en/book/reservation/deeplink/?cityhocrn=MSOGIGI&groupCode=WCR&arrivaldate=2023-08-24&departuredate=2023-08-27&cid=OM,WWW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKIDIRECT>

Last day to book August 4th

- ▶ Rate: Double Occupancy, \$139 per night US or Canadian
  - To receive the group rate, reference the event.

*We look forward to seeing you in Missoula!*

## Online Step Study



**Come Study The 12 Steps Online!**

**Mondays 10am PT / 1pm ET**  
**ID:869 0310 1724 PC:164**

For more information, please contact, Regional Forums Staff Coordinator, at [regionalforums@aa.org](mailto:regionalforums@aa.org) or call (212) 870-3120

# 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->

## 11<sup>th</sup> Annual OAC



Save The Dates  
August 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 2023



Oregon  
Alateen  
Conference

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

Contact:  
[OregonAlateenConference@gmail.com](mailto:OregonAlateenConference@gmail.com)

**MANY FACES OF AL-ANON**  
CELEBRATING 72 YRS OF AL-ANON 1951 - 2023  
WITH ALATEEN & YPAA PARTICIPATION

**SPONSORED BY: THURSDAY NIGHT YOUNG PEOPLE SPEAKER MEETING AFG**

**YOUNG PEOPLE/NEWCOMER MARATHON MEETING EVENT**

**SATURDAY MAY 20TH 2023**

**A meeting on the hour every hour**  
This is a Young People Newcomer Focus Marathon Meeting Event. A Meeting on the hour every hour with 15 min breaks in between. Topics is Young People and Newcomers based on the reading from Chapter 1 Many Faces of Al-Anon from How Al-Anon Works.

**6:00PM PST - MIDNIGHT MEETING SCHEDULE TBA**

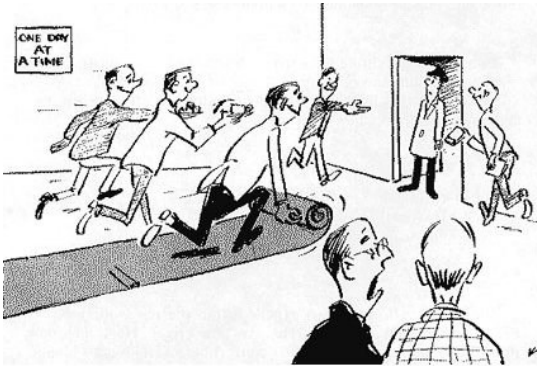
**Zoom Meeting ID & Password**  
**873 8115 5121**  
**PW: 950245**

**Contact**  
email: [pdx.thursdaynightyp@gmail.com](mailto:pdx.thursdaynightyp@gmail.com)

AL-ANON, ALATEEN, AA AND NEWCOMERS TO AL-ANON ARE WELCOME. THIS IS A FREE EVENT. 7TH TRADITION WILL BE COLLECTED AT THE EVENT BENEFITING THE THURSDAY NIGHT YOUNG PEOPLE SPEAKER MEETING PRUDENT RESERVE. THOSE WHO IDENTIFY AS AL-ANON/ALATEEN MEMBERS MAY ONLY CONTRIBUTE. NEWCOMERS TO AL-ANON ARE NOT EXPECTED TO CONTRIBUTE.



## AA Humor



"You give him unrealistic expectations. I'll start working on tearing his ego apart."

### IT HAPPENED TO ALICE

IS THAT WHAT YOU THINK?... THAT I AM A HOPELESS DRUNKEN BUM?



A complete set of the 1968-1974 Alcoholics Anonymous

I Give unto you, Moses,  
these Ten commandments.  
Take what you want  
and leave the rest.



Happy Sober Mother's Day!



Central Oregon Intergroup of AA  
**Coigaa**

### Central Oregon Intergroup Contacts

Chairperson	Frank W.	<a href="mailto:chairperson@coigaa.org">chairperson@coigaa.org</a>
Vice Chair	Sally B.	<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	Open	<a href="mailto:entertainment@coigaa.org">entertainment@coigaa.org</a>
Website	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](mailto:secretary@coigaa.org) for log on information