



Cascade Connection

A Newsletter for COIGAA

July 2023

“The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.”

Seventh Tradition, Long Form, 1946



HOTLINE
(541) 548-0440



“ Humbly asked Him to remove our shortcomings. ”

Step 7 of Alcoholics Anonymous

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

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



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, Warm Springs, 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 lds19461977@gmail.com

We also need a Hotline volunteer to cover the Monday 9am-1 pm shift!

The Intergroup Needs You!
We are looking for a new Vice Chair for the Central Oregon Intergroup
(2 yr. sobriety requirement)

Contact Frank or Joan at coigoffice@coigaa.org

Let's Go To La Pine!

Support COIGAA and The Spot Group on July 22nd for the July Potluck!

**16565 Finley Butte Rd.
La Pine, Oregon**



COIGAA IGR Meeting

July 23, 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



Principle of the Month

Self-Supporting

“Self-Supporting alcoholics? Who ever heard of such a thing? Yet we find that’s what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us.”

~*Twelve Steps and Twelve Traditions* pg. 161

“On every lip were the words ‘You can’t mix A.A. and Money. We shall have to separate the spiritual from the material’. We took this violent new tack because here and there members had tried to make money out of their A.A. connections, and we feared we’d be exploited.”

~*Twelve Steps and Twelve Traditions*, pg. 162.

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

“We, too, should be self-supporting through our own contributions. Not only is it a responsibility of sobriety, it is essential to our self-esteem.”

~*The Spiritual Principles Of The 12 Traditions*, Jack D (The Home Group)

AA World Services New Price List – April 3, 2023

Big Books

<u>Hard Cover</u>	<u>\$12.00</u>
<u>Soft Cover</u>	<u>\$11.00</u>
<u>Large Print</u>	<u>\$12.00</u>
<u>Abridged</u>	<u>\$ 6.00 Lg & Sm</u>
<u>75th Anniversary 1st Ed.</u>	<u>\$12.00</u>

12 X 12

<u>Hard Cover</u>	<u>\$11.00</u>
<u>Soft Cover</u>	<u>\$10.00</u>
<u>Large Print</u>	<u>\$11.00</u>
<u>Pocket</u>	<u>\$ 8.00</u>
<u>Gift Edition</u>	<u>\$11.00</u>

<u>As Bill Sees It</u>	<u>\$11.00 HC & SC</u>
<u>AA Comes of Age</u>	<u>\$12.00</u>
<u>AA Service Manual</u>	<u>\$ 4.00</u>
<u>Big Book & 12x12 Dictionaries</u>	<u>\$ 6.00</u>
<u>Came to Believe</u>	<u>\$ 6.00 Lg & Sm</u>
<u>Daily Reflections</u>	<u>\$12.50 Lg & Sm</u>
<u>Dr Bob & the Good Oldtimers</u>	<u>\$12.00</u>
<u>Pass It On</u>	<u>\$12.00</u>
<u>Experience Strength Hope</u>	<u>\$ 6.00</u>
<u>Language of the Heart</u>	<u>\$17.00</u>
<u>Living Sober</u>	<u>\$ 6.00 Lg & Sm</u>
<u>Our Great Responsibility</u>	<u>\$12.00</u>
<u>Visual History of AA</u>	<u>\$12.00</u>



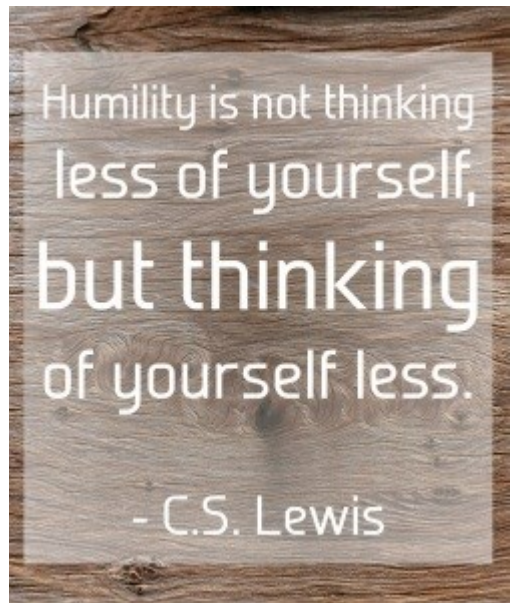
SEVENTH STEP PRAYER

My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding.

Amen



Step Seven : “Humbly asked Him to remove our shortcomings.”

“Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all.”

~Twelve Steps and 12 Traditions, p.70

“We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all— every one? If we still cling to something we will not let go, we ask God to help us to be willing.”

~Alcoholics Anonymous, p. 76

COIG.AA

(Central Oregon Intergroup of Alcoholics Anonymous)

www.coigaa.org

Presents the

**July 2023
Intergroup Potluck & Speaker
Meeting**

**Saturday July 22nd
5pm - 8pm**

@

**La Pine Community Church
16565 Finley Butte Rd
La Pine, Oregon**

All are Welcome!!

Hosted by

The Spot Group-La Pine

Potluck and Fellowship 5pm-7pm

Al-Anon & AA Speakers @ 7pm

Handicap Accessible

Questions or comments: COIG.AA office (541) 923-8199

Artha P.
We Are Not
A Glum Lot

Daryl L.
Steps To
Sobriety

Tuesday Night A.A. Group

A.A. Spk Mtg

7:00p July 4th

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

New Horizons Group
Of Alcoholics
Anonymous

Tuesdays at Noon
Speaker/Discussion
Meetings



Tuesday Spk/Discussion Mtgs

July 2023

7/4 - Jeff E. New Horizons Grp

7/11 - Brittany N. New Horizons Grp

7/18 - John M. LaPine Men's Grp

7-25 - Robin B. Steps To Sobriety

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

Central Oregon Intergroup Entertainment Committee

LET'S GO CAMPING



Ogden Campout July 27th thru July 30th

Celebrate mid-summer in Central Oregon with fellowship and fun in the woods.

Ogden Group Campground Site B is located just outside of Newberry Crater recreation area. (To enter the National Park, you need a Northwest Forest pass or pay \$5 per car. This is not needed for camping at Ogden.)

Saturday night potluck at 6pm

Speaker meeting at 7pm.

THERE IS NO DRINKING WATER ON SITE. Bring plenty of H2O for all your needs. Vault toilets are available. Cell service is available. Cost of camping is \$10 suggested donation per person. Check in @ 2pm 7/27 Check out @ 12pm 7/30

- From Bend, drive south on Highway 97 for 22 miles. Head east (take left) on Road 21 (Paulina Lake Road) for 3 miles. Ogden Group B is on the left.
- From Lapine, drive north on Highway 97 for 6.8 miles. Head east (take right) on Road 21 (Paulina Lake Road) for 3 miles. Ogden Group B is on the left.

EAT AND SPEAK

PAGE 21 GROUP OF ALCOHOLICS ANONYMOUS SPEAKER MEETING

DAVE G. FROM
THE EARLY
RISERS GROUP

MEETING FROM 12-1PM
FELLOWSHIP AT 11:30
HOT LUNCH
PROVIDED

MONDAY JULY 31ST

1685 SE LYNN BLVD
PRINEVILLE
CHRISTIAN CHURCH

Members Share

"I no longer pray to have my fear removed.
Today, I pray that my love grows bigger
than my fear and that my humility becomes
greater than my shame."



20 minute talk - Tradition 7 with Lisa G.

<https://drive.google.com/file/d/1ZuEB6HSTCVT6SyuGORS8WmQTyJlvHY3N/view?usp=sharing>

Billy N. Great Short clip

https://www.youtube.com/watch?v=h41IZ5fM4SE&index=8&list=PLIX39kln0t_9BNn7SGkY3RZLVxlxVwZdc

Three minute Clip on Tradition 7 with Craig W

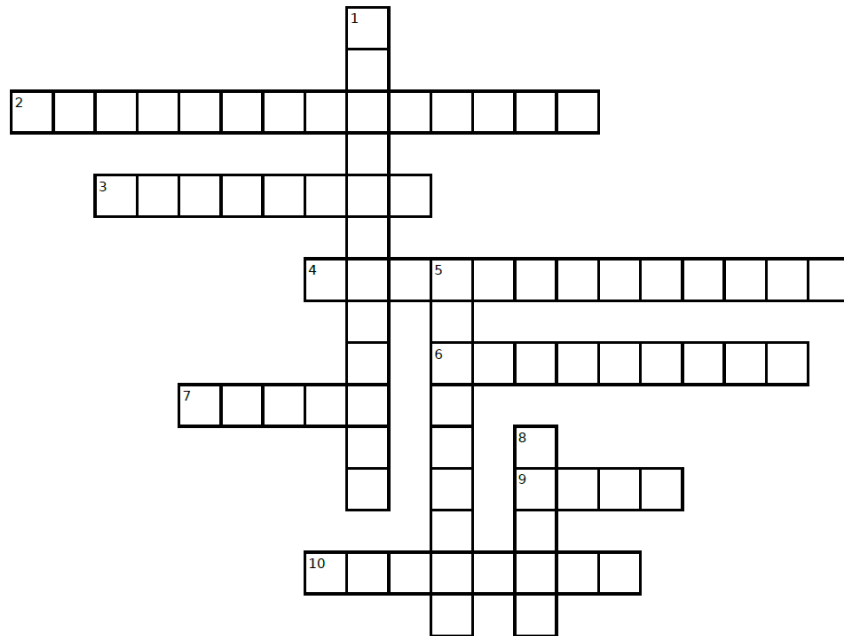
<https://drive.google.com/file/d/1uKh8ta2QxRez1bekqmwOD6uSLvSp2I9X/view?usp=sharing>

Three min Tenley clip on Trad 7

<https://drive.google.com/file/d/1bNMHwKPEQTIDKySoaNStmtca9J7kld-n/view?usp=sharing>

We Are Not A Glum Lot

Crossword Puzzle



Down:

1. Character defects
5. A custom or practice of long standing
8. Inquired

Across:

2. Principle of Tradition 7
3. Being right-sized
4. Voluntary giving
6. Unidentified
7. 3+4
9. One of a sequence of actions taken in order to achieve a goal
10. Restoration to a better condition

District 5 A.A. Info

COME SIGN UP TO BE OF SERVICE AND HELP PLAN DISTRICT 5 EVENTS! THERE'S SOMETHING FOR EVERYONE!



EVENT PLANNING MEETING & SERVICE OPPORTUNITY SIGN UP!

- 2PM SUNDAY
- JULY 2ND
- DOWN TOWN LIBRARY



District5aa.org

BACK BY POPULAR DEMAND...

DISTRICT 5 A.A. PRESENTS:
"THE HOME GROUP"

469 NW WALL ST. BEND OR.
TRINITY EPISCOPAL CHURCH
BROOKS HALL (UPSTAIRS)

SAT AUG 5TH
11:00AM - 2:00PM



Pot Luck:
Bring a dish to share
All are welcome!
Breakout discussion sessions
Bring your home group members!
Free Giveaways
Talent Show, Games, Prizes, Sharing
FOOD - FUN - FELLOWSHIP - FREE!!

DISTRICT5AA.ORG

Come share in unity about your Home-group with the rest of your local A.A. community, exchanging ideas and get to know members from other groups!

TO SIGN UP FOR THE TALENT SHOW, FOR MORE INFORMATION OR TO ASK HOW YOU CAN BE OF SERVICE EMAIL DCM@DISTRICT5AA.ORG OR CALL 541-788-7276

WOULD YOU LIKE TO JOIN THE DISTRICT 5 A.A. PUBLIC INFORMATION COMMITTEE?

Wednesday July 19th, 5:00 pm Downtown Bend Library Upstairs in the Hutchinson Room

Alcoholics Anonymous in your Community

Just simply show up and sign up! We could use 1 member from each A.A. Group in Central Oregon on this committee!

Members serving on the Public Information (PI) of Alcoholics Anonymous (AA) Committee help carry the message of recovery to the still suffering alcoholic. Working together, we do this by informing the general public about A.A. by distributing P.I. cards, posting local hotline fliers, providing resources to the public such as literature, discussion, and educational materials. We also can provide Public Service Announcements to newspapers, radio and television stations.

DISTRICT5AA.ORG

District 5 Contact info:

DCM // Carrie B. // dcm@district5aa.org // (541) 788-7276
Alt DCM // **OPEN** // altdcm@district5aa.org //
D5 Secretary // Christine B. // districtsecretary@district5aa.org
D5 Treasurer // Will D. // treasurer@district5aa.org

Access // Nancy B. // access@district5aa.org
Archives // Joe H. // archives@district5aa.org
Correctional Facilities // Walt W. // correctionalfacilities@district5aa.org
Literature // Tricia M. // literature@district5aa.org
Outreach // David G. // outreach@district5aa.org 541-728-8886
Grapevine // Jessie C. // grapevine@district5aa.org
CPC // Jena C. // cpc@district5aa.org
Public Information (PI) // Brian R. // pi@district5aa.org
Treatment Facilities (CTF) // Brian W. // ctf@district5aa.org
Web Chair // John S. // webmaster@district5aa.org





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

Listen to Joe and Charlie talk about Steps 6&7: <https://youtu.be/seSczNIvHG8>
Listen to Charlie C. talk about Steps 6&7: <https://youtu.be/q3tBgairoT4>

June 2023 District 5 report for COIG

Hello Central Oregon Intergroup!

BACK by POPULAR REQUEST, we will be doing the “Home Group” Event again this year. This is a fun one! It was our best attended in person workshop last year and also our most requested to do again. This will be a potluck, and will be very interactive with breakout sharing sessions, discussion, Q&A, games, literature give away, and a talent SHOW! This will take place Upstairs in Brooks Hall **Saturday August 5th from 11-2**. If you or someone you know would like to sign up for the talent show or to sign up to be of service at this event, just simply come to the event planning committee meeting, sign up for service, and help make this event a fun one! Planning meeting will be Sunday July 2nd at 2pm at the Bend Downtown Library upstairs in the Hutchinson room! Again, THIS SUNDAY! 2pm  Poster 8.5x11 in (12).pdf

District 5 Public Information Committee has openings! The new Committee chair is asking every group if they would elect one member from each group to be on her committee. I have attached a suggested service position description  CPC/PI Group Rep so that you may take it back to your group and elect someone. Places the PI committee are planning to distribute are Bulletin Boards, Laundrymats, Hotels, Grocery Stores, Libraries, State Offices, and anywhere else an alcoholic may be. This will take a lot of members participating. The Hotline works great, *if* drunks are able to fund the number. But no one is able to call the hotline if they don't know it exists. We need help getting hotline fliers, meeting schedules, and PI cards out all over Central Oregon! Team work!

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
Carrie B. 541-788-7276

Grapevine/La Vina

At Wit's End

New Twelve Step program

There's a new program for people who share way too long in meetings—it's called Onandonandon.

~Chris C., Ossining, N.Y.



"We can get rid of most of this stuff, but I'm gonna hold on to these." ~Ian G.

reprinted from July 2023 Grapevine

What's Happening Elsewhere?

4 Area DCM Sharing Session

"Our Great Responsibility" The Future of AA



August 26, 2023

11am-4pm

Food will be served

Hosted by Area 9
8, 93, & 5

SPEAKERS:

Trish R., Trustee at Large, Canada
Abraham T., Past DCM, Area 8
Carrie B., Area 58, Dist. 5 DCM

The Norma Hertzog Community Center
1845 Park Avenue
Costa Mesa, CA 92627
ZOOM ID: 873 6607 8505 Passcode: Area09p72

To Be of Service & For More Information Contact
Julie F. 951-334-7619 Ramon R. 424-399-2684 Heather B. 951-306-2236



Join us for a weekend journey through the
12 Steps of Alcoholics Anonymous:
Bringing women together through love,
laughter and service.
"...vast amount of fun..."
Page 16, Alcoholics Anonymous

SPEAKERS

Rebecca B. (Arlington, WA)
Lyndy M. (Beaverton, OR)
Rebecca D-S. (Portland, OR)
Alison R. (Aloha, OR)
TBD
TBD
TBD
TBD

SATURDAY NIGHT ICE CREAM SOCIAL/
PAJAMA PARTY/GAME NIGHT FREE TO ALL
IN-PERSON REGISTRANTS

October 6th – 8th, 2023

Holiday Inn Portland South (HIPS)
25425 SW 95th Ave., Wilsonville, OR 97070
503-682-2211

Book your room from our website or call the hotel
directly and let them know you're with Rose City
Girlstock (ONLINE CODE RCG).

Go to www.rosecitygirlstock.com for
online and hotel registration!

\$122: Special Room Rates for the HIPS (per night
plus tax) for single or double beds. Offer expires
September 25, 2023

\$75: In-Person Registration Only/\$85 (On October 1)
\$145: In-Person Registration + Meals/\$155 (On
October 1)
(Meals include Saturday Night Dinner, Sunday Morning
Breakfast)

Vegetarian and Vegan Options will be provided

\$30: Online Registration / \$40 (On October 1)

All prices above do not include processing fees

REGISTRATION DEADLINE: Mail in registrations 9/22/23

Registration Chair: Amber G.; Co-Chair: Jamie L.

Email: rosecitygirlstock@gmail.com

RCGS Chair: Dylan C.: 818-679-4764

RCGS Co-Chair: Amy S.: 971-205-0546

RCGS Mailing Address:
12890 SW Hackamore Court
Beaverton, OR 97008

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to
attend. No Seventh Tradition baskets are passed at any time during the event.

NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 - REGISTER EARLY!!! - ONE REGISTRATION FORM PER PERSON

PLEASE PRINT:

NAME (FIRST AND LAST):	PHONE:
PREFERRED NAME (FOR BADGE):	ADDRESS:
EMAIL:	CITY, STATE ZIP:
SPECIAL NEEDS (OTHER THAN DIETARY):	HEARING IMPAIRED? Please circle YES or NO
	REGISTRATION ONLY
Name as it appears on card:	REGISTRATION + MEALS
Credit Card Number:	DONATION
Expiration Date:	3 Digit Code:
	TOTAL
Check #:	REGISTRATION WILL NOT BE VALID IF CHECK IS RETURNED. A \$50 FEE FOR RETURNED CHECKS WILL BE COLLECTED AT THE EVENT.

Join Another 24
for our July

AA Speaker Meeting

& 50/50 Raffle

With Eddie G.
from Oregon City

SAT - JULY 8th - 6PM

Christ Lutheran Church
15029 2nd St NE
Aurora, OR

Contact: Chris 971-940-5242

32nd Annual Powers Campout

August 11-13,
2023

Come join us for Camping fun & fellowship in lovely Powers, Oregon
close to the Coquille River in the spectacular Oregon Coast Range

Camping in group site:
2 nights \$44.00

The Powers Committee has
reserved several sites
up on the hill that you may use.
Using group sites helps
us to recoup costs

No registration necessary for
group sites - no need to check in,
just come on up the hill (look for sign)

- FIRST come FIRST served -

Campfire AA meeting Friday night
Saturday starting at 5:30 pm: Potluck, Raffle, Speaker Meeting
Spiritual Breakfast & Speaker meeting: Sunday Morning (Food provided)

AA & Al-anon Speakers on Saturday Night
Sunday Morning AA Speaker (after breakfast)

••• DONATIONS NEEDED FOR RAFFLE •••
••• BRING DISH TO SHARE FOR POTLUCK •••

Please bring own firewood or propane firepit,
warm clothes, swim, hiking & camp gear

For more information, contact: Hank B. (541) 990-8518 or Tad N. (541) 297-9057

You may opt to reserve camp space (with electricity) or a rustic cabin
through the county website - these private sites are away from main group:
Call Powers County Parks at 541-396-7759
<https://properties.camping.com/Powers-County-Park-Coos-County/Reservations>



Three Rivers BigBook Weekend IV

Eastern Washington's Woodstock of AA

September 22nd–24th 2023

At the Riverfront Hotel & Convention Center
50 Comstock Street, Richland, Washington 99352



Get registration costs and Information at
<http://www.threeriversbigbookweekend.org>

"WHERE THE RIVERS MEET"

A New Style BigBook Weekend with 8 Guest Speakers emphasizing BigBook Steps and Topics into their stories. The place chosen for this special gathering is at the confluence of three large river systems, which, when including the many tributaries that flow from the great Cities, Counties and States of Montana, Idaho, Canada, Oregon and Washington.....

ALL COME TOGETHER FOR A BIGBOOK WEEKEND IN RICHLAND WA!

Good Food, Great Speakers, Focus on BigBook and Recovery Topics, Affordable Venue, Great Location on the Columbia River.

Come Join Us!



MARK YOUR CALENDAR!

EASY DOES IT CAMPOUT
AUGUST 4 - 6, 2023

CANAL CREEK CAMPGROUND
1428 E. CANAL CREEK ROAD
WALDPORT, OREGON

"OUR COMMON WELFARE SHOULD COME FIRST"

FOOD • FELLOWSHIP

MEETINGS • GAMES

THE 4TH DIMENSION

SPIRITUALITY AND NATURE

BEGINS 5:00PM- AUGUST 4TH

RV SITES = \$50.00 | CAMPSITES = \$40.00



JOEY M. 541-999-7402

MICHAEL R. 918-633-8062

Summerfest 2023

SAVE THE DATE!

KEYS OF THE KINGDOM



NEW INFO!

46TH ANNUAL
SUMMERFEST

AUGUST 11, 12 & 13, 2023
at the GRADUATE HOTEL
Eugene, Oregon

Summerfest 2023

KEYS OF THE KINGDOM

SPONSORED BY FRIENDS OF SUMMERFEST

Events/Highlights:

- AA and AI-Anon Meetings
- Banquets
- Panels, Speakers and Workshops
- Raffle, Bingo, and Silent Auction
- Friday Social & Saturday Night Dance

Speakers

Heather H, Seaside OR
Joette N, Athens GA
Jimmy D, Malibu CA

◆ And many more from all around the country.

WATCH THE WEBSITE FOR UPDATES!

\$40 Pre-Registration • \$50 After June 30th

Visit our website at AA-Summerfest.org to register.

Please note that registration is online this year!

In person registration will be available on-site at the event.

Watch our website and Facebook page for updates.

JUL 31 - AUG 7, 2023

Beacon Rock State Park
- Group Campsite
2052 Kueffler Rd,
Stevenson, WA
GPS: 45.63, -122.03

AA IN THE WOODS
27th Annual Campout



MEETINGS & FELLOWSHIP



HIKES & ACTIVITIES



POTLUCKS & CAMPFIRE JAMS



SWIM & PADDLE SPORTS BEACH



Tent and RV sites, & bunkhouses available

\$35/adult (before 7/28/23)
(\$40/adult at the campout)
kids camp for free!

Requested donation for non-campers: \$10

Saturday Night Speaker:
Lowell Mac.- Beaverton, OR

Contact Gordon N at 206.731.9731
Paul K at 503.270.9060 or
Lura G at 971.678.3921
Email: info@aaityw.org

Details, maps & registration @

WWW.AAITW.ORG

A limited number of well-behaved dogs will be allowed at the campout this year for a \$10 fee. Dogs must be registered in advance. See the website or contact us for requirements and complete details.

Al Anon Events



Welcome All Al-Anon & Alateen Members!!

July 2023 Oregon Area AFG Assembly
hosted by
District 4

Dates / Times
Saturday, July 15th - 8:30 am to 5:00 pm
Sunday, July 16th - 8:30 am to 12 Noon

Location
City of Salem Center 50+
2615 Portland Rd NE
Salem, OR 97301

Notes / Details

- Hybrid Assembly - Both In-Person and via Zoom ([Join Meeting](#))
Meeting ID: 834 2555 4097 Passcode: Concept4
- Registration Begins @ 8:00 am on Saturday, July 15th
(voluntary \$10 donation requested to help support Assembly costs)
- Group Reps Encouraged to Attend (your Voice & Vote are Important)
- Light Refreshments Will be Provided in the Morning Both Days
- Lunch Will be Available for Pre-Order (Details to Follow)
 - CAL will be Available for Purchase On-Site
- Information Regarding Area Hotels & Restaurants - www.TravelSalem.com
Questions? Email dawnkdist4@gmail.com

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

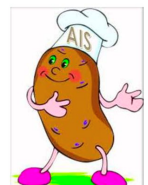
Save the Date

Al-Anon Information Service (AIS)
Annual FUNdraiser

Date: October 28th 2023
Time: 5:30pm – 8:30pm
Where: Rise Church, 10445 SW Canterbury Ln, Tigard 97224



SPEAKERS!
POTLUCK!
SILENT & ORAL AUCTIONS!
FELLOWSHIP!
FUN!



Mark your calendar, tell a friend!

This event is for Al-Anon and Alateen Members and their families with Al-Anon, Alateen and AA participation
Sponsored by the Portland AIS Service Committee
All proceeds will go to Portland Al-Anon Information Service
Contact the AIS office for more details: ais@al-anonportlandoregon.org
(503) 297-3551
www.al-anonportlandoregon.org

AA Humor



Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair.	Open	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	Rachel	entertainment@coigaa.org
Website	Marty	office@coigaa.org
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