

# Cascade Connection

A Newsletter for COIGAA

June 2023



“Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to AA should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name.

Their management about be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. -- medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.”

Sixth Tradition, Long Form, 1946

**HOTLINE**  
**(541) 548-0440**

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *ready to have* ~~wouldn't "anxious" express greater~~  
6. Were ~~entirely~~ *ready* ~~willing~~ ~~to~~ God remove all these defects of character ~~to~~



**“ Were entirely ready to have God remove all these defects of character.”**

## Step 6 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](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



### 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, 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](mailto:coigoffice@coigaa.org)

Welcome to new IGRs and our new Entertainment Chairperson, Rachel!

Welcome back to Marty and a big thank you to Barry for covering for him as Web Chair!



## COIGAA IGR Meeting

June 25, 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

### Non-Affiliation

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

~Tradition Six, pg 156, *Twelve Steps and Twelve Traditions*

“We are all perfectionists who, failing perfection, have gone to the other extreme... We of Alcoholics Anonymous could not be all things to all men, nor should we try.”

~Excerpts from *Twelve Steps and Twelve Traditions*, pgs. 157 and 158.

“Alcoholics Anonymous saved my life, and it comes first. I certainly won't be the guy to land A.A. in bit-time trouble, and this would really do it! Concerning endorsements, our friend had said it all. We saw as never before that we could not lend the A.A. name to any cause other than our own.”

~*Twelve Steps and Twelve Traditions* pg. 160

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



## SIXTH STEP PRAYER

Dear God, I am ready for Your help  
In removing from me the defects of character  
Which I now realize are an obstacle to my recovery.  
Help me to continue being honest with myself and  
Guide me toward spiritual and mental health.



**Step Six : “Were entirely ready to have God remove all these defects of character.”**

**“...any person capable of enough willingness and honesty to try repeatedly Step Six on all [their] faults — *without any reservations whatever* — has indeed come a long way spiritually, and is therefore entitled to be called a [person] who is sincerely trying to grow in the image and likeness of [their] own creator.”**

*~Twelve Steps and 12 Traditions, p.63*

**“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 be willing.”**

*~Alcoholics Anonymous, p. 76*



# **Central Oregon Intergroup**

**invites you to fellowship in the big pines.**



## **Ochoco Forest Camp Group**

### **Campout June 15-18 2023**

Finally, it's summer and time for the first AA camp out of the year! Our yearly trek into the Ochocos is upon us. With lots of hiking and Walton Lake a short drive away there are plenty of recreational opportunities if you would like. This beautiful campground has plenty of room for everyone. Water and electric at the big wood pavilion and a vault bathroom. It is dry camping other than that. \$10 suggested donation for camping per person for the weekend (WOW what a deal!) Saturday night potluck starts at 6pm with a meeting after at 7pm come join us for fellowship and fun under the big pines!

#### *Ochoco Forest Camp Group Pavilion Direction*

From Prineville approximately 15 miles east on Highway 26. Turn right at the junction to Walton Lake and Big Summit Prairie (County Road 123), then continue for approximately 7 miles. Turn left onto Forest Service Road 2610 and cross Ochoco Creek. Campground will be on your right. Go pass the regular campground and head over the small bridge.



# ***COIGAA***

*(Central Oregon Intergroup of Alcoholics Anonymous)*

*www.coigaa.org*

*Presents the*

## **June 2023 Intergroup Potluck & Speaker Meeting**

**@**

**Trinity Episcopal Church (TEC), Brooks Hall**

**469 NW Wall Street Bend, Oregon**

*(enter on corner of Wall Street, upstairs)*

**Saturday June 24th**

**5pm - 8pm**

**All are Welcome!!**

*Hosted by*

**TNAA Group—Tuesday Night AA**

*(meets Tuesdays at 7pm @ Church of the Nazarene on NE 27th)*

**Potluck and Fellowship 5pm-7pm**

**Al-Anon & AA Speakers 7pm**

***Handicap Accessible***

***Questions or comments: COIGAA office (541) 923-8199***

## Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

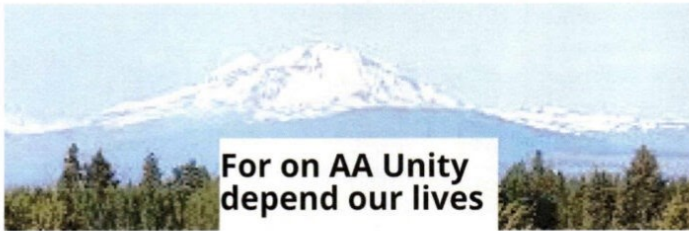
When: Fridays at 5:30pm

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

Pete B.  
Madras

Christine B.  
Redmond

Tuesday Night A.A. Group

**A.A. Spk Mtg**

7:00p June 6th

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

## 2023 "Unity In Action" Workshop Is being held this year in LaPine Oregon!

5:30pm  
Wednesdays  
June - August

All Are  
Welcome!

This  
workshop is  
Free!

Wednesdays  
5:30pm

June 7th  
Through  
Aug 30 th

Go through  
all 12  
Traditions in  
13 weeks!

Participation  
Hand-outs  
Q&A

UNITY  
A.A.s Second Legacy  
The 12 Traditions

15746 Burgess Rd.  
LaPine Or. 97739

Presenter:  
Nick M.  
From the  
Young At Heart Grp.



To register for free,  
sign up for the email packets  
or for more info about the event  
contact Nick M. 541-731-6289

New Horizons Group  
Of Alcoholics  
Anonymous

Tuesdays at Noon  
Speaker/Discussion  
Meetings



## Tuesday Spk/Discussion Mtgs

June 2023

6/06 - Becky G. from the NHG

6/13 - Frank W. from Attitude Adjustments

6/20 - Walt W. from Attitude Adjustments

6/27 - Paulette L. from Lapine Sober Chicks

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

# Members Share

## HOPE

HOPE is the laughter where once there was none, reposes the gloom of the glowering glum...

HOPE is the newcomer succumbed to submission, who's journey is launched with an honest admission...

HOPE is the promises we read in our book, good will for the painstaking measures we took...

HOPE is the rooms where we humbly share, hands held as one as we close with a prayer...

HOPE is the big book covered in blue, it's primary purpose still tried and true...

HOPE is a power far greater than me, wiser and stronger than I'll ever be...

HOPE is the new life we've all come to find, 12 simple steps, one day at a time.

*Gordon R.*

## **Tradition 6 Clips**

**Mike L. (Trustee) On the 6th Tradition**

<https://drive.google.com/file/d/1nd4x4NfuRYfRIIJrBtMyxnNRQtH7r5xK/view?usp=sharing>

**Cooperation without Affiliation 2 minute Clip... Craig W. (Past Delegate)**

<https://drive.google.com/file/d/1eV22dqjLpM0UOZi2rw1HyuLz7LVLfSCX/view?usp=sharing>

**3 minute Tradition 6 Clip regarding church rent facilities... Craig W. (Past Delegate)**

[https://drive.google.com/file/d/1URfJ9MLqtn768C\\_pThBfSs-aXYSQ6cK/view?usp=sharing](https://drive.google.com/file/d/1URfJ9MLqtn768C_pThBfSs-aXYSQ6cK/view?usp=sharing)



**Important information pertaining  
to the use of AA:**

- AA is an allergy relief program commonly used to treat and inhibit the use of alcohol and the common defects caused by alcoholism.
- AA is designed to reduce the symptoms commonly associated with alcoholism.
- When taken as directed AA is known to substantially reduce the negative side effects Associated with alcoholism such as:  
misery, depression, despair, remorse, guilt, shame, physical, mental, and spiritual maladies, mental obsession and a physical allergy commonly known as alcoholism.
- We do not recommend that you use AA unless you are capable of being honest and completely willing to give yourself to this simple program.  
AA is available for use by those who have a sincere desire to stop drinking.
- **CAUTION: AA will impair your ability to consume alcohol.**  
If you are on any other medications such as alcohol or any other mind-altering substance we suggest that you discontinue use immediately, as this will cause a substantial reduction in the effect caused by AA.
- Some of the most common side effects associated with AA are:  
Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality, and Service.  
A spiritual awakening and a psychic change have been reported in most cases.
- If you are experiencing a resurrection lasting more than four hours, you needn't seek medical attention, as you may be experiencing the initial effects of AA.
- AA has no negative side effects on pregnant women or women who are nursing.
- To reduce your risk of chronic relapse, a lifestyle change may be recommended.  
In 9 out of 10 cases practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.
- An increased risk of recovery and long-term spiritual affects have been associated with AA.  
Consult your sponsor immediately when changes do occur.
- AA should be taken with plenty of open-mindedness and willingness.  
***Do not take AA alone.***  
Independent studies have shown that AA is most effective when working with others.
- Always remember it is important that you use AA only as prescribed:  
1. Trust in God, 2. Clean House, 3. Help others
- **WARNING: Do not skip doses or discontinue use as severe reoccurrence of fatal allergy symptoms may occur.**
- AA is recommended for long-term daily use. Prodigious results have been found in those who continue long term use of AA. As with all allergy relief medications some results may vary, sometimes quickly, sometimes slowly.
- For more information and to learn more about the AA 12 step program of recovery and alcoholism we suggest you contact your local AA community directly, retain a sponsor, and read the Big Book of Alcoholics Anonymous.

# We Are Not A Glum Lot

## AA Word Search

CDFJTRADITIONSVIUPNG  
QOYIMAPHMWIVRZAGSRTR  
MUNQFEOHVJIEHGVPKAC  
JCNSCWDBPTWQFOIEOYXC  
PBPMMCGLLOVELNXXNECA  
XLTOAIZKTAZHEEVCSRBL  
HDTARNOPZASTCSETOQPC  
SVQOCOAFXTNTTNNRNOO  
MHUKPCYGSSTIIDTRSSWH  
VWOCSEEESECTCOIOIHPEO  
TIPRMONPEAOENNRKIIRL  
KLRATEBMTNRBNPIYPPRLZ  
PLONHCCRIAEELTWAVHIEN  
NIMOUIOZINNNEAOGKTSU  
TNINMWFMRDCINCRSUSP  
PGSYBCFZIIITEETBTKAQK  
WVEMLB EYRNR YDCYHCLXF  
UKSOEWEVLFGTOLERANCE  
ZMPUQEATPSWSLOLZGAYB  
ZLXSRASDUEEPLFUIWTAI

conscious contact	shortcomings	unmanageable	love
sponsorship	traditions	reflection	
meditation	tolerance	acceptance	
inventory	anonymous	powerless	
spiritual	serenity	step work	
Openminded	sobriety	coffee	
promises	alcohol	willing	
prayer	humble	honest	

**The rule of HALT is a reminder that can help us all  
along the road to recovery - The Essence of AA**

*AA Grapevine February 1971*

AS ADJUNCTS to AA's spiritual program and meetings, there are clichés, systems, gimmicks, and a myriad of other tricks that have been used by AA members down through the years to maintain sobriety. I, for one, strongly uphold the application of the foremost of these, the "Rule of HALT," not only for the new member, but for the old-timer as well. Further, I sincerely feel this simple rule to be too often ignored or passed over lightly. In the beginning, new members, as we all know, are usually confused and completely without direction. Some are sincere to the very bottom of their souls, while others are only lukewarm in their desire to "put the plug in the jug." Both sorts look to us for answers explaining how, and all too often they are disappointed. (This is understandable, for how many of us know how AA works?) We have precious little to give our "babies" save encouragement, fellowship, and living proof that the program works--at least for us. Why not, then, pass on whatever practical information and instruction we can to each newcomer, to make his beginning more palatable and to enhance his chances of success should he choose to follow these instructions? We are certain that most members of AA are aware of the "Rule of HALT," but to what degree we cannot be certain. To scrutinize the rule briefly may be helpful to the reader and will certainly be so to the writer, who has proved in reality that violation of it in part or in toto can, and often does, lead to relapse. Here, then, is the meat of the rule:

**H**

**Don't get too Hungry.** For a reason we cannot explain, there seems to be in the alcoholic, a peculiar psychophysiological relationship between hunger and the urge to drink. On some occasions, we would eat a big dinner and then find that it had literally destroyed our desire to drink afterwards. Conversely, and eventually more often, we avoided eating because we knew it would interfere with our drinking. Years ago, my sponsor told me that if I had a physical urge to take a drink, I should go out of my way to drink a milk shake. If this didn't work, he said, I should drink another. And another. I can testify that if you can drink liquor on top of two or three milk shakes, you aren't an alcoholic. You're nuts! And so, when you are hungry, eat. Simple and important. (This writer eats little at one time, but may eat something as many as five times daily.)

**A**

**Don't get too Angry.** Wow! Of all things to tell an alcoholic! But we don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it. Borrowing from Father John Doe: "Let the other guy get mad! If somebody calls me an SOB, either I am or I ain't. If I am, so what? And if I ain't, why should I make myself one by getting mad about it?"

We can't afford to get angry--especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where anger leads: to resentment. And brother, do we know what resentment brings! Rule of thumb? Well, as the young folks say in this age, "Cool it, baby. Cool it."

**L**

**Don't get too Lonely.** Nonalcoholic members of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is any one thing that must be included in the alcoholic's life before he can once again become a whole man, it is worthwhile activity. This may be Twelfth Step work, his vocation, his avocation, or anything else. But we feel such activity must be present in order to fulfill his existence and eliminate loneliness. We must also consider the loneliness brought about because the newcomer lives alone. But this is easily rectified. It takes only a phone call or a visit to an AA-oriented social club. Or, for the AA Loner, far from other members, the Big Book or a letter to an AA pen pal may suffice. Under any conditions, loneliness is the mother of self-pity, and the ultimate end is resentment and drinking. The rule of thumb? Do something!

**T**

**Don't get too Tired.** In its effect, the last ingredient or direction in our rule is not too different from the first. Physical fatigue will affect both our bodies and our minds adversely and will thereby lower our defenses against the urge to drink if there is any possibility at all of such a desire being present, consciously or subconsciously. And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said Easy Does It?)

So there it is: **HALT--Hungry, Angry, Lonely, Tired.** This rule, when coupled with meetings and living our day-by-day lives according to AA principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink, for any one of them could be the first step to a drunk.

Dr. John  
San Diego, California



District 5 A.A. Info

**District 5 Business Meeting**  
**2nd Sunday Each Month**  
**4:00pm - 5:30**

ALL ARE WELCOME!

All Are Welcome! Come listen to what your Central Oregon General Service Committee is doing with your A.A. Dollars! Committee Reports CSR Reports Service Opportunities Come get involved!

Downstairs  
 Trinity Episcopal Church  
 469 NW Wall St,  
 Bend, OR 97703  
 Online Access  
 ID: 824 1856 6931  
 PC: 061 035



For more info contact the DCM at [dcm@district5aa.org](mailto:dcm@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



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

Wednesday  
 June 14th, 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 public, offering advice, providing support, and do this by addressing the general public about AA, by doing things like: giving out and handouts that share, providing resources to the public such as literature, documents, and educational materials. We also can provide Public Service Announcements to newspapers, radio and television stations.

[DISTRICT5AA.ORG](http://DISTRICT5AA.ORG)



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](mailto:DCM@DISTRICT5AA.ORG) OR CALL 541-788-7276

**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 // David G. // [outreach@district5aa.org](mailto:outreach@district5aa.org) 541-728-8886
- Grapevine // Jessie C. // [grapevine@district5aa.org](mailto:grapevine@district5aa.org)
- CPC // Jena C. // [cpc@district5aa.org](mailto:cpc@district5aa.org)
- Public Information (PI) // Jena C. // [d5aa.pic@gmail.com](mailto:d5aa.pic@gmail.com)
- 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 Chris S. talk about the 6th and 7th steps: <https://youtu.be/gaZ17NAtRBU>

**THE HOME GROUP:  
HEARTBEAT OF AA**, the  
30th Anniversary Edition is a  
collection of previously published  
stories from AA Grapevine, the  
International Journal of Alcoholics  
Anonymous. AA members share  
moving experiences about  
the importance and joys of  
belonging to an AA group. This updated  
anniversary edition includes extra stories and a  
brand-new chapter on meetings using technology,  
showing how members have adapted to meet new  
challenges. A great way to start an AA meeting.

SKU: GV46 \$13.99

To order this item or any other product from our  
collection, visit us at [www.aagrapevine.org](http://www.aagrapevine.org)

and click on store or call (800) 631-6025  
US/Canada (847) 559-7237 International  
or fax us at (847) 564-9453.



General Service Office Information

**Follow Grapevine and La Viña  
on Instagram!**

**AA Grapevine, Inc. launched Instagram  
accounts on July 7 for both the AA  
Grapevine and La Viña magazines.**

[@alcoholicsanonymous\\_gv](https://www.instagram.com/alcoholicsanonymous_gv)  
[@alcoholicosanonimos\\_lv](https://www.instagram.com/alcoholicosanonimos_lv)

# Grapevine/La Vina At Wit's End



“Remember, you can get off before you reach the bottom.”

Wendy C., North Vernon, IN — Caption Contest Winner  
*reprinted from June 2023 Grapevine*

# What's Happening Elsewhere?

**G.S.R. ORIENTATION**



**Saturday  
June 3rd  
10am-12pm Pacific**

**ZOOM MEETING  
ID: 452-100-1634  
PC: 31236  
PHONE: +1-305-224-1968**



This Orientation is for General Service Representatives (GSRs), Alternate GSRs, and Anyone considering making themselves available to serve their group as GSR.

**D.C.M. ORIENTATION**





**Saturday  
June 3rd  
2-4 PM Pacific**

**ZOOM MEETING  
ID: 452-100-1634  
PC: 31236  
PHONE: +1-305-224-1968**



This Orientation is for Anyone currently serving as GSR, or that has been a GSR in the past and is considering serving their district as District Committee Member (DCM)

**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)

**SAVE THE DATE!**

**Summerfest 2023**



**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 Al-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](http://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.*

*More Fun Activities  
Dallas, OR*

(All Activities are *Open*, so feel free to bring your friends and families)

Save the Date

- Wednesday, June 21, day trip
- Tuesday, July 4, BBQ  
(Keeping Bruce's Tradition for the 4<sup>th</sup> of July BBQ)
- Saturday, August 19, outdoor
- Saturday, September 16, outdoor

*Hope to see y'all there!*





# 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



6/25/23

Tahtianna F.

~Cooperation NOT Affiliation~



A.A. members reminded by our non-affiliation stance have found that boundaries matter. Meeting with or endorsing of any enterprise outside A.A. is not an A.A. activity. The use of the word "family" in advertising, newsletters, brochures and A.A. literature, if it implies that just A.A.'s, or similar, people...

"No matter how noble the activity or institution, experience has taught A.A. groups to carefully avoid any affiliation with or endorsement of any enterprise outside A.A."

"Our A.A. group conscience, as voiced by the General Service Conference, has recommended that "family" meetings, "double trouble" and "alcohol and pill" meetings not be listed in our A.A. directories. The use of the word "family" might also invite confusion with Al-Anon Family Groups, a fellowship entirely separate from A.A."

3:00 p.m. Pacific

~Sunday June 25th~

MEETING ID: 991-593-8471 PC: 615

### MONTHLY ONLINE INFORMATION SESSIONS

~featuring our Tradition of the month, as we highlight A.A. Conference Approved Literature~  
Hosted by: Area 15's, District 6 Literature Committee

RECOVERY



We found that there are all kinds of goals, motives and ambitions...



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

### 27<sup>th</sup> 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](mailto:info@aaityw.org)

Details, maps & registration @

[WWW.AAITW.ORG](http://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



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



**O**regon  
**A**lateen  
**C**onference

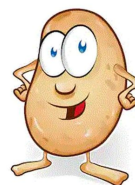
To Be Held At:  
Molalla Retreat Center  
36208 S Molalla Forest Rd  
Molalla, OR 97038

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

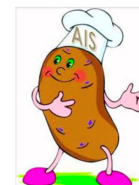
## Save the Date

Al-Anon Information Service (AIS)  
**Annual FUNdraiser**

Date: October 28<sup>th</sup> 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](mailto:ais@al-anonportlandoregon.org)  
(503) 297-3551  
[www.al-anonportlandoregon.org](http://www.al-anonportlandoregon.org)





## Oregon Area AWSC Meeting

Area World Service Committee

All Al-Anon And Alateen Members Are Welcome  
Only Oregon AWSC Members Will Have A Voice And Vote

Hosted By Southern Oregon District 7

**SATURDAY JUNE 17, 2023 8:30 am TO 5 pm**

### Hybrid Meeting

In Person:

**St. Mark's Episcopal Church**

**140 N. Oakdale Ave Medford Oregon 97501**

Church WIFI PASSWORD 5417733111

Electronic Component:

**Meeting Id: 780 157 0631**

Passcode Concept4



Breakfast Finger Foods, Coffee, Tea,  
Water & Snacks Provided + paper products

- Potluck Lunch: Please Bring A Potluck Dish For Lunch. There Will Be A Kitchen With Oven For Heating Up Dishes



- For Further Information Contact [bunnygr1983@gmail.com](mailto:bunnygr1983@gmail.com)



Hotels in Medford Oregon - several options: Meeting location is in the center of town –hotels are on both sides  
Copy this link into your computer

<https://goo.gl/maps/4exDoYgnGNoACTq8>



## New Al-Anon Meeting in Redmond “Thursday Morning Serenity AFG”

Thursdays at 9:00 AM

Starting May 11th at The Bridge Church  
2398 W Antler Ave, Redmond, OR 97756

District 5



## 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](http://www.TravelSalem.com)  
Questions? Email [dawnkdist4@gmail.com](mailto:dawnkdist4@gmail.com)



## AA Humor



I'VE GOT  
CHARACTER  
DEFECTS



AND I'M NOT  
AFRAID TO  
USE THEM!

“Our defects of character are the bars of a cage. The central point is not to study the bars, but to get out of the cage.”



## Happy Sober Father'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.	Open	<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	Rachel	<a href="mailto:entertainment@coigaa.org">entertainment@coigaa.org</a>
Website	Marty	<a href="mailto:office@coigaa.org">office@coigaa.org</a>
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