

Cascade Connection

A Newsletter for COIGAA

September 2023



“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

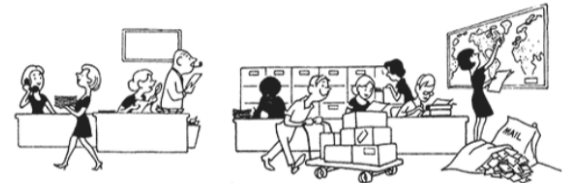
Ninth Tradition, Long Form, 1946

HOTLINE
(541) 548-0440



The Ninth Tradition

A.A., as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.



“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

- Step 9, 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

Central Oregon Intergroup of AA
Coigaa

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 Mon. 9am-1pm and Wed. 5 pm-9pm shifts!

Thank You!



We have a new COIGAA interim Treasurer, Walt W.!

We have a new interim Vice Chair for the Intergroup, Hillary D.!

And, welcome to our new IGRs who have recently joined to represent their home groups!



Next COIGAA IGR Meeting

September 24, 2023

5:30 pm at TEC and via Zoom

This is a Closed Hybrid Business Meeting
ZOOM Meeting ID - 961 1009 6966 Password - 061935
Intergroup Members Welcome to Attend!

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

Spirit of Service

“A.A. has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical matter, in its actual operation it discloses a society without organization, animated only by the spirit of service—a true fellowship .”

~*Twelve Steps and Twelve Traditions* pg. 177

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

“There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words “love” and “service.” We understand what love is, and we understand what service is. So let's bear those two things in mind.”

~*From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A. Convention in Cleveland, Ohio.*



NINTH STEP PRAYER

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process.

I ask for Your guidance in making indirect amends by staying abstinent, helping others and growing in spiritual progress.



MAKING AMENDS
Finding a new freedom

The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them. Big Book pg. 83 & 84

Step Nine : “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”

~Twelve Steps and 12 Traditions, p.87

“Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.”

~Alcoholics Anonymous, p. 80

“There are some wrongs we can never fully right. We don’t worry about them if we can honestly say to ourselves that we would right them if we could.”

~Alcoholics Anonymous, p. 83

COIG.AA

(Central Oregon Intergroup of Alcoholics Anonymous)

www.coigaa.org

Presents the

**September 2023
Intergroup Potluck & Speaker
Meeting**

**Saturday September 23rd
6pm - 8pm**

(doors open at 5:30)

Hosted by

Madras Oasis Group

(meets daily at 7p, see schedule for locations)

Event location:

Jefferson County Fairgrounds

430 SW Fairgrounds Rd.- 4H Building

Madras, Oregon

Potluck and Fellowship 6pm-7pm

AA and Al-Anon Speakers @ 7pm

All are Welcome!!

Handicap Accessible

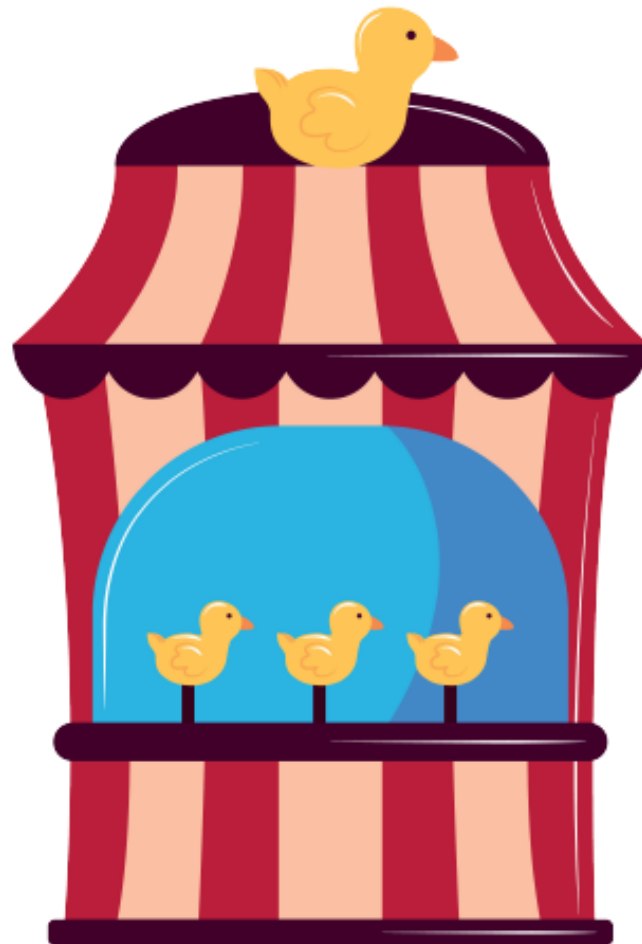
Questions or comments: COIG.AA office (541) 923-8199

Labor Day September 4th

Tumalo State Park Day Use Areas A & B

Step right
up to our
spectacular
Home
Group
Carnival!

COIGAA
Labor
Day
BBQ



Central Oregon Intergroup Entertainment Committee invites ALL of Central Oregon to join in and celebrate our Home Groups! Home Groups are invited to come up with a Carnival or AA themed booth or a game to bring to the park. Show everyone what makes your home group great. Recycling and repurposing encouraged. Folding and picnic tables available to use. Potluck/BBQ starts @ noon. 50/50 raffle at 6pm. Fun all day floating, swimming, horseshoes, bocce ball, water ballons, and tons of other things to celebrate the day. AA related prizes, hamburgers and hotdogs provided by COIGAAEC

Questions Email entertainment.coigaa@gmail.com

Parking is \$5 or state parks parking pass

CARNIVAL

New Horizons Group
Of Alcoholics
Anonymous

Tuesdays at Noon
Speaker/Discussion
Meetings



Tuesday Spk/Discussion Mtgs

September 2023

9/5-Carmack Thursday Night Book Study

9/12- Jena C. NHG

9/19 Nick M Young at Heart Group

9/26 Fred S. Tuesday Night AA

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

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:

Sep 1st- Jerry C. from Trudgers Grp

Sep 8th - Michael M. Men From The Park

Sep 15th- Michael P. New Horizons Grp

Sep 22nd- Jane L. from the WFS Group

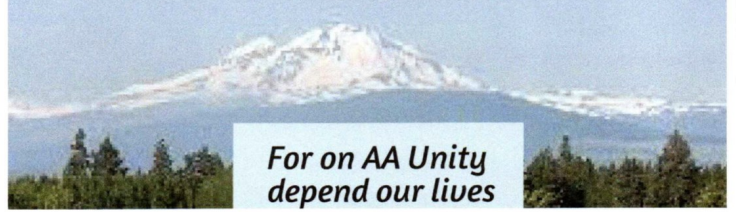
Sep 29th - Home Group's Birthday Celebration Night!

Oct 6th - Pete B. NHG (From Madras)

Oct 13th - Ron B. NHG (From Bend)

Oct 20th- Lon L. NHG (From Madras)

Oct 27th - Home Group's Birthday Celebration Night!



For on AA Unity
depend our lives

COIGAA ENTERTAINMENT COMMITTEE MEETING

Downstairs at TEC AND
ONLINE

7pm on the
Second
Tuesday of
every month

Meeting ID
961 1009 6966
PW 061935



Simax Group Campout

COIGAA Entertainment Committee

Invites all Central Oregon to **Crescent Lake** for the last campout of the 2023 season.

Thursday September 14th check-in 2pm thru Sunday September 17th at 12pm

Discussion meetings Thursday and Friday at 730pm. Fellowship opportunities are endless during the day with picnic areas, a sandy beach, fishing, hiking and stunning views of the lake. Simax group campground offers the conveniences of drinking water, showers, and flush toilets on-site! This campground has **plenty of onsite tent camping**. Group camp area B and C have been reserved.

There is **extremely limited** space for camp trailers. We will be taking trailer reservations online at entertainment.coigaa@gmail.com confirmations will be sent. If you want a trailer spot email asap.

The cost of camping is a \$20 contribution per adult. Scholarships are available. Contributions to the scholarship fund are welcomed. 50/50 raffles each evening.

Nearby Crescent Lake Resort has a general store with supplies, equipment rentals, and other amenities. Check out their website. Limited cell services.

Not into camping?

Join us at the Pavilion

Saturday September 16th 6pm potluck

Speaker meeting at 7pm.

From Highway 58, turn south at Crescent Lake Junction on Forest Service Road 60. Travel 2.2 miles to the junction with Forest Service Road 6005. Continue a mile south, following signs. To Simax group camp

Any other questions please email entertainment.coigaa@gmail.com

Tell Us About Your Alcoholics Anonymous Home Group

“Each group is as unique as a thumbprint, and approaches to carrying the message of sobriety vary not just from group to group but from region to region. Acting autonomously, each group charts its own course. The better informed the members, the stronger and more cohesive the group — and the greater the assurance that when a newcomer reaches out for help, the hand of A.A. always will be there. Most of us cannot recover unless there is a group. As Bill said, “Realization dawns on each member that he is but a small part of a great whole. ... He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not...”

Traditionally, most A.A. members through the years have found it important to belong to one group that they call their “home group.” This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the home group has still remained the strongest bond between the A.A. member and the Fellowship...

Over the years, the very essence of A.A. strength has remained with our home group, which, for many members, becomes our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends and, very often, a sponsor. We also learn firsthand, through the group’s workings, how to place “principles before personalities” in the interest of carrying the A.A. message...”

~Excerpted from “The A.A. Group . . . Where It All Begins”, a pamphlet published by A.A. World Services and available online here

https://www.aa.org/assets/en_US/p-16_theaagroup.pdf

So.... Tell us about your home group—what it’s like, what it means to you and make sure to let us know how your home group supports your recovery and helps the alcoholic who still suffers.

Send your article, description or “love letter to your home group” to newsletter@coigaa.org. Be sure to include the name of your group and the time and location of your meeting(s).

If you are willing, include your name (first name, and surname initial only) if you care to, and we will respect your anonymity if you’d like.

Can’t wait to read all about what make’s your home group special to you!

Sincerely,

Alice S., COIGAA Newsletter Chairperson.



Members Share

Home Group Spotlight! - New Horizons Mission Statement:

“Sobriety — freedom from Alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group.” Bill W.

In addition to staying sober, and helping the Alcoholic of today to achieve sobriety, we also recognize our responsibility in helping to ensure the fellowships future in the years ahead. The Big Book states that *“Our literature Preserves the integrity of **the** AA message.”* Using A.A. Literature, to study, teach and practice all three legacies; The 12 Steps, 12 Traditions, and 12 Concepts, our goal is to help provide the opportunity for future alcoholics not yet born the same chance to find in A.A. that rebirth that brought us back to life.

New Horizons Group meets at TEC at 12 pm Mondays-Thursday.

Alcohol, the great remover.

**Alcohol is a product of amazing versatility.
It will remove stains from designer clothes.**

**It will also remove the clothes off you back.
If by chance it is used in sufficient quantity,
Alcohol will remove furniture from the home,
rugs from the floor, food from the table,
Lining from the stomach, vision from the eyes,
And judgment from the mind.**

**Alcohol will also remove good reputations,
Good jobs, good friends, happiness
from children's hearts.**

**Sanity, freedom, spouses, relationships,
Man's ability to adjust and live with
his fellow man, and even life itself.**

**As a remover of things,
Alcohol has no equal!**

(Author unknown)

District 5 A.A. Info

469 NW Wall St, Bend
Brooks Hall - TEC
Saturday, September 9th
2pm-5pm



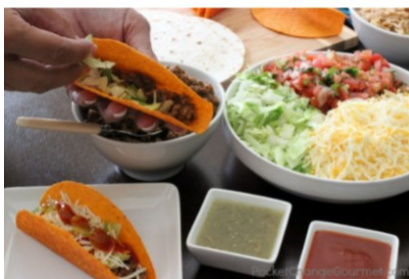
**Oregon Area Service Assembly
September 15th- 17th in Salem, Or.**

Hosted By: District 4

Scottish Rite Center

4090 Commercial St SE Salem, OR 97302

Register here →



With
Loteria
(Mexican Bingo)

Rotation is coming up FAST! Come learn what a GSR does!
Have you considered becoming a GSR or an Alternate GSR?

Power Point Presentation while eating Tacos!

What's the difference between District 5 & Intergroup?

What's an Area Assembly? Would I make a good GSR?

What is involved in being a GSR? What is General Service?

Come get all your questions answered!

Or just win some prizes playing Loteria! Everyone Welcome!

Website: District5aa.org ~ Phone: 541-788-7276 ~ email: dcm05@aa-oregon.org

*Come watch the next Oregon Area
Delegate get elected!
Plus Workshops, Speaker Meetings,
Fun and Fellowship!*

District5aa.org

District 5 Contact info:

Carrie B.- DCM: New Horizons Grp 541.788.7276 dcm@district5aa.org

Christine B.- Secretary: Redmond Early Risers 541.815.1806 districtsecretary@district5aa.org

Will D.- Treasurer: New Horizons 541.419.0262 treasurer@district5aa.org

Joe H.- Archives: Tumalo Group 541.948.4475 archives@district5aa.org

Ron B.- CPC: New Horizons 541.668.5975 cpc@district5aa.org

Walt W.- Corrections: Attitude Adjustment 713.586.9150 correctionalfacilities@district5aa.org

Jessie C.- Grapevine/LV: New Horizons 503.421.0454 grapevine@district5aa.org

Trisha M.- Literature: Steps To Sobriety 503.505.0565 literature@district5aa.org

Davey G.- Outreach: New Horizons 541.728.8886 dgalli09@gmail.com

Jena C.- Public Info: New Horizons 541.306.0055 pi@district5aa.org

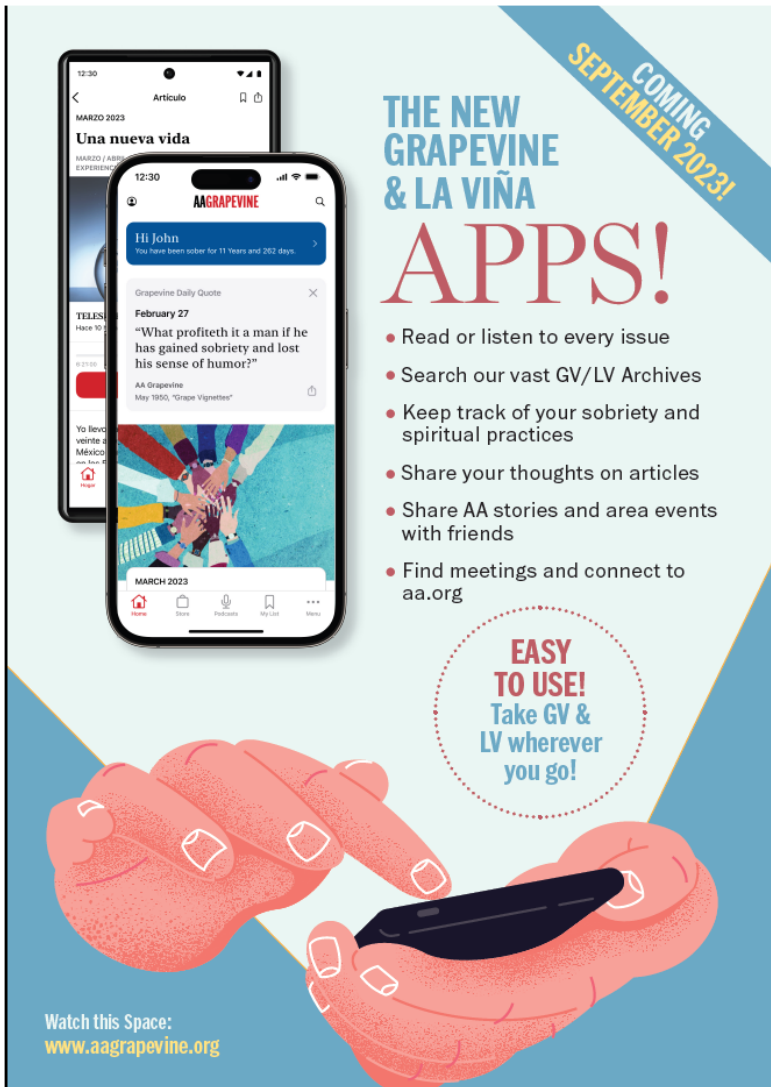
Brian W.- Treatment: Men's Book Study 818.317.1248 ctf@district5aa.org

John S.- Website: WFS 541.668.5117 webmaster@district5aa.org

District 5 A.A. Website // district5aa.org

Local events calendar // <http://district5aa.org/calendar>

Grapevine/La Vina



COMING SEPTEMBER 2023!

THE NEW GRAPEVINE & LA VIÑA APPS!

- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Share your thoughts on articles
- Share AA stories and area events with friends
- Find meetings and connect to aa.org

EASY TO USE!
Take GV & LV wherever you go!

Watch this Space:
www.aagrapevine.org



¡PROXIMAMENTE EN SEPTIEMBRE DE 2023!

¡LLEGAN LAS NUEVAS APLICACIONES DEL GRAPEVINE Y LA VIÑA!

- Lea o escuche cada edición
- Realice búsquedas en nuestro enorme archivo de GV/LV
- Lleve un conteo de su sobriedad y un seguimiento a sus prácticas espirituales
- Comparta sus opiniones sobre los artículos
- Comparta historiales de AA y eventos del área con amigos
- Encuentre reuniones y conéctese al sitio de aa.org

¡ES FÁCIL DE USAR!
¡Lleve al GV y a LV dondequiera que vaya!

Dele un vistazo a este espacio:
www.aalavina.org

The AA Grapevine Half-Hour Variety Hour. Featuring long-time AA members Don and Sam. Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual “meeting after the meeting” manner. Special features will enhance each episode. A new podcast episode will be available in English every Monday at 9:00 am EST.

To hear the podcasts go to aagrapevine.org/podcast.

What's Happening Elsewhere?

ALCOHOLICS ANONYMOUS
2023 BRIDGING THE GAP
 Workshop Weekend
 TEMPORARY CONTACTS

September 8th - 10th 2023

**Sheraton North Houston
 15700 John F Kennedy Blvd Houston TX 77032**

Hosted by Area 67 Southeast Texas
 For hotel reservations call Reservations at 1-281-442-5100
 Refer to Group BTGWW for special workshop rate of \$89 plus tax

The Annual Bridging the Gap Workshop Weekend consists of presentations, discussions, shared experiences, and breakout sessions on BTG topics. Go to btgww.org for online registration and more information about Bridging the Gap and the workshop

\$35 Early Bird Registration only \$40 Registration only after July 31st

\$90 \$85 Registration & Banquet Banquet Registrations must be received by August 20th

Total Submitted: \$ I am interested in purchasing recordings

Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Area #: _____
 Email: _____

I am willing to give a presentation on the following topic:

Accommodations-Special Needs?

Return registration form and check to: BTGWW, 2107 Watson Ave St. Paul MN 55116

Any questions contact Laura S. at (612) 305-8385 or email coordinator@btgww.org



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

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

TBD

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

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.



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!



Hosted by
 Portland Deaf Access Committee

AA 12 Step Panel

Presented by Deaf alcoholics!
 on zoom

Saturday, September 23, 2023

10am PDT - 11am MDT - 12pm CDT - 1pm EDT

Zoom ID: 844 6949 2765
 Passcode: pdac12



"Carry the message to other alcoholics"
 - Alcoholics Anonymous, page 89

Al Anon Events



Adult Sons and Daughters AFG

An Al-Anon meeting with an adult child focus

Now meeting in-person with an electronic component (hybrid)
Beginning April 21, 2023

Join us in-person or on Zoom
Wednesdays 9:30 am – 11 am



In Person:
Christdelphian Church*
8970 SW Murray Blvd
Beaverton, OR 97008
*Church is on a flag lot,
entrance is in the back



Zoom:
Zoom ID: 868 8765 7250
Zoom passcode: 691015

Seventh tradition supports Al-Anon service arms.

For more information
RitaDistrict10@gmail.com

Save the Date

Al-Anon Information Service (AIS) Annual FUNdraiser

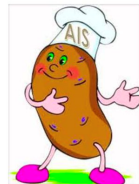
Date: October 28th 2023

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

November 2023 Al-Anon Assembly Service is Gratitude in Action

In-person with an electronic component (hybrid)
Members of Al-Anon and Alateen are invited to attend
Only GRs have voting privileges



Saturday November 18, 2023 8:30 am - 5:00 pm
Sunday November 19, 2023 8:30 am - 12 noon

In-Person Information:
DoubleTree Hotel by Hilton
9575 SW Locust St.
Tigard OR 97223

Rooms at the hotel will be \$99.00 per night when you let them know you are attending the Al-Anon Assembly. Call (503) 624- 9000 for reservations.

Hybrid information:
Zoom ID: 815 0143 3332
Passcode: Concept4

Friday Night Sharing Meeting Information:

Hosted by Just for Me AFG
In-person only
7:30-8:30 pm
Living Savior Lutheran Church*
8740 SW Sagert St
Tualatin OR 97062
*Meeting room 205. Go in main
Doors, use stairs or elevator.

Other Assembly Information

- There is a \$10 voluntary group registration fee.
- Coffee, tea, water and light refreshments will be available both mornings.
- All proceeds support Oregon Area Al-Anon.
- Questions? Contact District 10 DR Gayle: District-10@oregonal-anon.org.

AA Humor



Doctor says I have to cut out drinking.



Responsibility

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair	Hillary D.	vicechair@coigaa.org
Secretary	Amy P.	secretary@coigaa.org
Treasurer	Walt W.	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	coigoffice@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!