

Cascade Connection

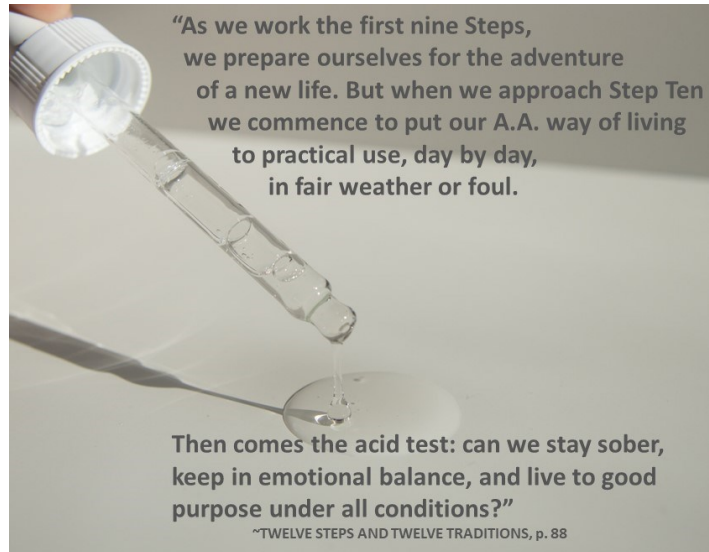
A Newsletter for COIGAA

October 2023



“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”

Tradition 10 –Long Form, 1946



HOTLINE
(541) 548-0440



“Continued to take personal inventory and when we were wrong promptly admitted it.”

Step 10, “Twelve Steps and Twelve Traditions”, p. 88

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
& 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

If you have an interest in joining our 12th Step Volunteer list, PLEASE contact our Hotline Chairperson, Lauren S., at hotline@coigaa.org

We also need Hotline Relief Volunteers!!

Next COIGAA IGR Meeting is October 22nd, 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!

October Intergroup Potluck And Speaker Meeting

2241 N. Main
Prineville, OR 97754

October 28th

5pm - 8pm

Bring a dish to share **AND** come support fellowship in Central Oregon!



Principle of the Month

Outside Issues

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

~Twelve Steps and Twelve Traditions, p. 182

“Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don’t argue these matters privately, it’s a cinch we never shall publicly.’ As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one.”

~Twelve Steps and Twelve Traditions, p. 179

COIGAA ENTERTAINMENT COMMITTEE MEETING

Downstairs at TEC AND ONLINE

7pm on the Second Tuesday of every month

Meeting ID
961 1009 6966
PW 061935



10th Step Prayer

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.



Step Ten: “Continued to take personal inventory and when we were wrong, promptly admitted it.”

“Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.”

Alcoholics Anonymous, p. 84

“Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek..”

Twelve Steps and Twelve Traditions, p. 95

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

Alcoholics Anonymous, p 85

Central Oregon Intergroup of Alcoholics Anonymous

Presents

October 2023

Intergroup Potluck

&

Speaker Meeting

@

Calvary Baptist Church

2241 N. Main St.

Prineville

Saturday October 28th

All are Welcome!!

6pm-8pm

Potluck at 6pm

AA & Al-Anon Speakers at 7pm

Handicap Accessible

Volunteers needed to set up at 5 and clean up at 8.

Questions or comments:

COIGAA office (541) 923-8199 or Potluck Chair (541) 647-9174

Date: SATURDAY 10/07/23

Time: 1PM—3PM

AA Workshop for Prayer & Meditation

**FREE
Drawing**

One of the most important aspects of AA is our “conscious contact”. This workshop provides practical tools to enrich spiritual growth.

History of prayer ♦ Types & Examples of prayer ♦ How to Pray ♦ Why Pray? ♦ Big Book Prayers ♦ 12 x 12 Prayers ♦ Two Way Prayer ♦ Meditation — what is it, exactly? ♦ History/Types of Meditation ♦ Benefits of Meditation ♦ Guided Meditations

Guest presenter Two-Way Prayer method: Mary C., Eugene

Workshop within a workshop!
1-1:45 Prayer and Meditation
1:45 Q & A

Free drawing

2:00-3:00 Two Way Prayer
Workshop
www.twowayprayer.org

Saturday October 7th

Bend Downtown Library


Brooks Room

601 NW Wall Street

Contact Molly C. 925-989-6892

*Growth in Sobriety through
Prayer & Meditation*

SPEAK AND EAT
MONDAY, OCTOBER 30, 2023



PAGE 21 GROUP
OF ALCOHOLICS
ANONYMOUS

SPECIAL GUESTS


TRISHA M. FROM
STEPS TO SOBRIETY

FEATURING


AA SPEAKER AND HOT LUNCH

MEETING STARTS AT 12 NOON
FELLOWSHIP AT 11:30

HELD IN THE BASEMENT OF
PRINEVILLE CHRISTIAN CHURCH
1685 SE LYNN BLVD
PRINEVILLE, OREGON



BIG BOOK STUDY EACH MONDAY/SPEAKER LAST MONDAY OF THE MONTH



*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

October 2023

10/3 Todd H Steps to Sobriety

10/10 Jen S. Sole Purpose G

10/17 Sarah S. NHG

10/24 Lisa H. Not a Glum Lot

10/31 Francesco G. Thur Night Book Study

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

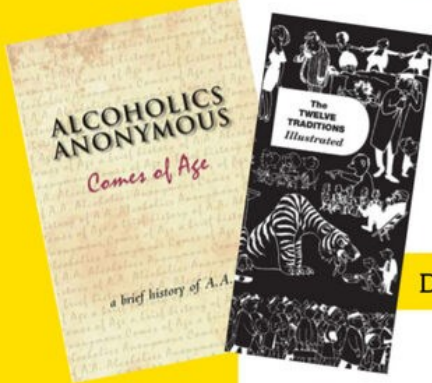
District 5 A.A. Info

Oregon Area 58 District 5 A.A. Presents:

Saturday
October 14th
11am-2pm

Fireside Room
Upstairs above
the Family
Kitchen
Trinity Episcopal
Church
469 NW Wall St.
Bend, OR 97703

A.A. Tradition Workshop & Potluck



- *12 Speakers
- *12 Traditions
- *Ask-It-Basket
- *Free Giveaways
- *Potluck

District5aa.org



For more information contact:
District 5 DCM at 541-788-7276
or dcm@district5aa.org

District 5 A.A.
Service Resumes Due

October
14

General Services 2024-2025 Panel Rotation

Vitally important positions
needing to be filled:



- Secretary
- Treasurer
- Treatment Chair
- Corrections Chair
- Accessibilities
- Literature
- Grapevine/LaVina
- Website
- Public Information
- CPC Chair
- Outreach

WE WANT YOU



To submit your resume or for
more info contact your DCM at:

Carrie B. 541-788-7276
dcm05@aa-oregon.org

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>



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

Here is the link to listen to Joe and Charlie share about Step 10: https://youtu.be/S9_0P7iOyGY

Hello GSRs and Committee Chairs,

All of our positions will be ending in December. Have you considered where you may want to rotate to from your current position? These positions are all being filled for the next panel.

Please consider sending your service resume in and making yourself available to take a 2 year position. Here is a template for those of you who have not ever created a service resume:

<http://district5aa.org/files/documents/36403027-e973-403f-a94a-4290dff9dd75.pdf>

An AA Service Resume Could Include:

What position/s are you available for?

Are you an alcoholic, or in the words of Bill W. *“Do you have a genuine alcoholic History”*

What is the name of your Home Group?

What is your Sobriety Date?

Do you have an A.A. Sponsor?

Do you have a Service Sponsor? And if not, are you willing to reach out and ask other members who have held the position for help?

Are you able to attend the monthly district meetings?

Do you have a working knowledge of the Twelve Traditions?

What other district positions have you held?

What and when is the last service commitment you held, and did you fulfill the entire term?

What has A.A. service done for you?

What's Happening Elsewhere?

The Higher Love Traditions Series

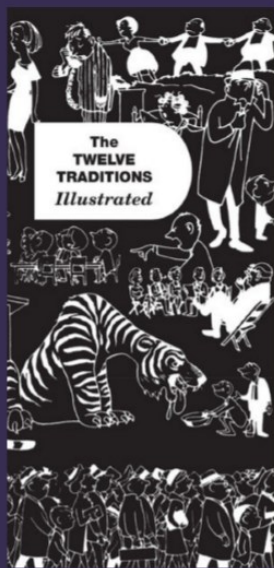


2nd Tuesdays
Every Month

6pm Pacific

ID 881 4622 7383
PC: LOVE

Presenter:
Carrie B.
New Horizons Grp
Bend Or. Area 58



Ask how to get signed up for
Monthly Emails and handouts

Alcoholics Anonymous

A Multi-Presenter Review of the
The 73rd Annual General Service
Conference Report – 2023

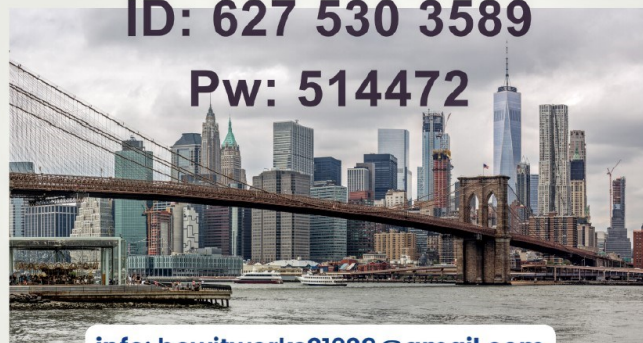
Fridays at 6:30 p.m. Eastern

*beginning October 6, 2023
til completion*

**Three Legacies
Our Common Solution**

ID: 627 530 3589

Pw: 514472



info: howitworks21228@gmail.com

OSYPAA X

OREGON STATE CONFERENCE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

OSYPAA IS COMING TO PORTLAND-ISH!

OCT 20-22

MONARCH HOTEL AND CONFERENCE CENTER

**12566 SE 93RD AVE
CLACKAMAS, OR 97015**

USE CODE OSYPAA X

More AA Events

12 TRADITIONS WORKSHOP

Meeting ID: 375 708 938.
Passcode: Archie

*Every Saturday
morning at 10am EST
throughout October*

October 7-14-21-28

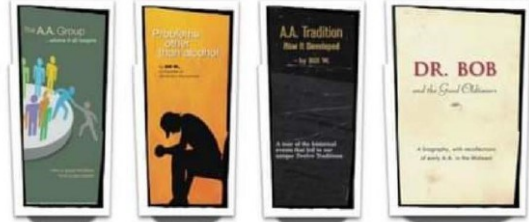
PRECISELY HOW WE HAVE
RECOVERED



Facilitated by John L.
PRECISELY HOW WE HAVE RECOVERED
GROUP



CLOSED A.A. LITERATURE STUDY



WEDNESDAYS

ID: 452~100~1634
PC: 31236



PHONE:
1~305~224~1968

3:30pm Pacific

SPONSORED BY DISTRICT 37
ALCOHOLICS ANONYMOUS

HALLOWEEN SPEAKER MEETING

SAT
OCT
28

6-9
PM

FOOD
DANCING
KARAOKE

SPEAKER:
VIVIAN M.

AURORA AMERICAN LEGION HALL
2150 MAIN ST AURORA OR 97002
QUESTIONS? CONTACT LIZ
(562) 682-9214



PRESENTS

62 Gratizude Dinner

November 18, 2023 Lynchwood Church of God
4:30-6:30pm 3818 SE 174th Ave. Portland, OR

Dinner Tickets \$20
Proceeds Benefit Portland Intergroup

Speaker Meeting
at 7pm

Main AA Speaker:
Bobby C., Philadelphia, PA
10 Minute AA Speaker:
Jordan K., West Linn, OR

For details contact Josh: 503-406-0339

Al Anon Events

AL-ANON INFORMATION SERVICE FUNDRAISER

“Let It Begin With Me”



Harvesting the Bounty of Recovery and Passing it On



WHEN: Saturday, October 28, 2023
5:30 pm. – 8:30 pm

WHERE: Rise Church
10445 SW Canterbury Lane, Tigard 97224

SUGGESTED DONATION: \$10/individuals, \$15/families

POTLUCK ♥ SPEAKERS ♥ SILENT AUCTION ♥ 50/50 RAFFLE

SPEAKERS

ERIN P. (Al-Anon)
Love, Gifts and Gratitude
Lake Oswego

BUD L. (AA)
New Beginnings
North Plains

ALATEEN
Speaker TBD

POTLUCK

Save your appetite for our potato bar and potluck!

AIS supplies potato bar fixins' and drinks. **WE NEED** chili, other main dishes, sides, salads, and desserts.

↓
Contact Cheryl G. at cquills@icloud.com to sign up for a dish.

AUCTION

Groups and individuals -- donate a silent or oral auction item!

Baskets, hand-made items, tickets, special services – donate an item someone will treasure.

↓
Contact Beth S. at bethstanton2023@gmail.com to bring an auction item.

Sponsored by the Portland Al-Anon Information Service Committee. All proceeds go to Portland AIS. For more details, email AIS Fundraiser Committee Chair Cheryl G. at cquills@icloud.com, or contact the AIS office at 503-297-1333 or ais@al-anonportlandoregon.org.

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

WELCOME TO AL-ANON
ALATEENS TRANSITIONING INTO AL-ANON
W/ AA PARTICIPATION

OCTOBER IS ALATEEN AWARENESS MONTH
AL-ANON & YPAA (YOUNG PEOPLE IN AA)
SPEAKERS TOPIC: TRADITION ONE

TRADITION ONE UNITY GAME: GUESS THE SHARE

SPONSORED BY THURSDAY NIGHT YOUNG PEOPLE SPEAKER MEETING AFG

FREE EVENT. NEW COMERS, AL-ANON, AA, AND ALATEEN ARE INVITED!

SATURDAY OCTOBER 21ST, 2023
TIME: 7-9PM PDT

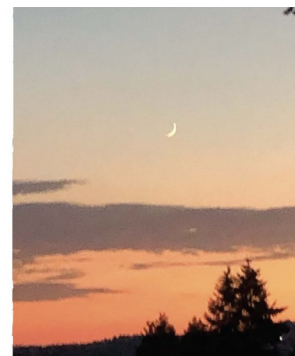
ON ZOOM
MEETING ID: 873 8115 5121
PASSCODE: 950245

CLOSED CAPTIONING AVAILABLE

EMAIL: PDX.THURSDAYNIGHTYP@GMAIL.COM

SAVE THE DATE!!

OCT
14,
2023



AWSC -HYBRID - HOSTED BY DIST. 17
CANBY FOURSQUARE CHURCH 2350
SE TERRITORIAL RD. CANBY, OR 97013
Contact: dist-17@oregonal-anon.org

8:30AM-5PM. Pot Luck Lunch
Breakfast finger food, Coffee, Tea, Water and afternoon snacks provided.
Limited kitchen. Microwaves/ Refrigeration available.

Zoom Meeting ID: **780 157 0631**
Passcode: **Concept 4**

All Al-Anon and Alateen members welcome. Only Oregon AWSC members will have a Vote and Voice

Check on line for Hotels in the Oregon City and Canby area

AA Humor

Before Working the 12 Steps...



...After Working the 12 Steps!



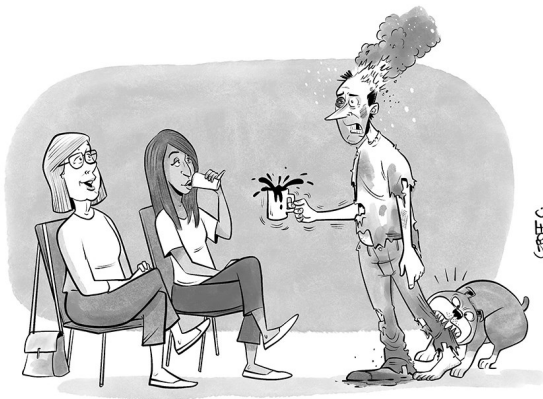
Central Oregon Intergroup of AA
Coigaa

Promptly..... The word is promptly.



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. | |



"Welcome back, dear! So tell us: How WAS it out there?" By: Geoff C

Intergroup Meetings take place the fourth Sunday of each month at 5:30 PM. February will be held via Zoom only and in March we will resume meeting 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

Bestseller list

"I started writing my memoir but there's just one problem...I can't remember most of it." ~ M.C., Ratoath, Ireland