

Cascade Connection

A Newsletter for COIGAA

November 2023



“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.”

Tradition 11 –Long Form, 1946



“Prayer and meditation are our principle means of conscious contact with God.”

Twelve Steps and Twelve Traditions, pg. 96

HOTLINE
(541) 548-0440



“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Step 11, “Twelve Steps and Twelve Traditions”, p. 96

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 Volunteers for Monday 9am–1pm and Wednesday 1 pm–5 pm and Relief Volunteers!!

Next COIGAA IGR Meeting is November 19th, 2023

When we will be holding Elections for Service Positions!

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!

INTERGROUP ELECTIONS!

The following positions will be open for rotation of leadership starting Jan. 1 and our elections will be held on Nov. 19, 2023!

Intergroup Chairperson

Intergroup Recording Secretary

2 Advisory Board Positions

Hotline Chairperson

Schedules Chairperson

Entertainment Chairperson

Contact Joan for Position Descriptions and Requirements: coigoffice@coigaa.org

Principle of the Month

Attraction Rather Than Promotion

“To us, however, it represents far more than a sound public relations policy. It is more than a denial of self-seeking. This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.”

~Twelve Steps and Twelve Traditions, p. 186

“Through many painful experiences, we think we have arrived at what that policy ought to be. It is the opposite in many ways of usual promotional practice. We found that we had to rely upon the principle of *attraction* rather than promotion.”

~Twelve Steps and Twelve Traditions, p. 184

COIGAA ENTERTAINMENT COMMITTEE MEETING

Downstairs at TEC AND ONLINE

7pm on the Second Tuesday of every month

Meeting ID
961 1009 6966
PW 061935

STEP ELEVEN

We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry it out.



11th Step Prayer

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

“Step Eleven suggests prayer and meditation. We shouldn’t be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it.”

Alcoholics Anonymous, p. 85

“There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.”

Twelve Steps and Twelve Traditions, p. 98

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives....Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.”

Alcoholics Anonymous, p 86

Central Oregon Intergroup of Alcoholics Anonymous

Presents The 2023

Thanksgiving Day

Alcothon & Speaker Meeting

Thursday November 23rd

Potluck All Day

Bring Your Favorite Dish or Dessert *(but not required!!)*

All are Welcome!!

8am-8pm

Trinity Episcopal Church (TEC), Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

Breakfast Served @ 8 am

AA meetings on the hour 8 am - 6 pm

AA and Al-Anon Speakers at 7pm

Volunteers needed for planning and throughout the event, just contact:

COIGAA office (541) 923-8199 /Potluck Committee (541) 647-9174

**We are
moving!**

**Sunday Morning Serenity
will be meeting!**



Just for these 3 weekends!

**Nov. 5th - We will meet at TEC
in the Room Downstairs**

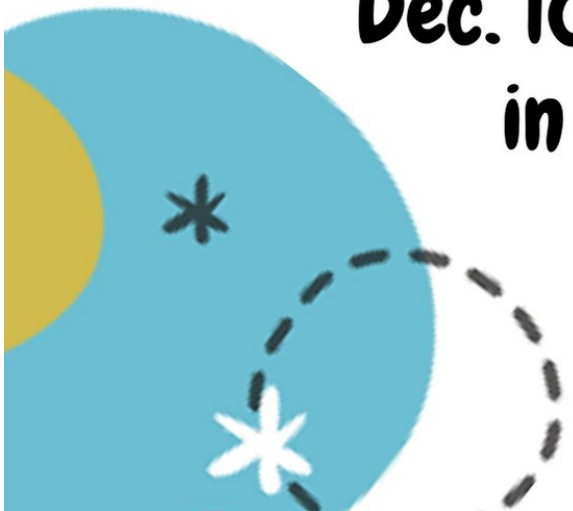
**Dec. 3rd - We will meet at the
Environmental Center with a
Business Meeting to follow**

**Dec. 10th - We will meet at TEC
in the Room Downstairs**



**Trinity Episcopal Church
231 NW Idaho Ave., Bend, OR**

**The Environmental Center
16 NW Kansas Ave, Bend, OR**



*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

November 2023

11/7 Beth M. New Horizons Group

11/14 Joe H Tumalo G

11/21 Artha Not a Glum Lot

11/28 Mario New Horizons Group

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:

Nov 3rd - Fred S. Tuesday Night A.A. Grp

Nov 10th - Diane R. Sunday Morning Serenity

Nov 17th - Larry S. Tumalo Grp

Nov 24th - Home Group's Birthday Celebration Night!


Dec 1st - Carmack M. Thursday Night Book Study

Dec 8th - Emily E. The 24 & Alive Grp

Dec 15th - Lisa H. We are not a glum lot Grp

Dec 22nd - Trisha M. Steps To Sobriety Grp

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



*For on AA Unity
depend our lives*

Members Share

Break up letter to Alcohol

My dearest Steel Reserve 211, Jim Beam, and various wonderful sensibly priced tequilas, single malt scotches, unidentifiable liquids and other sundry extracts, but especially to you my dearest Steel Reserve.

How do I say this? I suppose you expected this letter might find you at some point, although you probably figured it wouldn't arrive for some time yet and certainly not from me, you're devoted lover of 20 years. Are you sitting down? As you may have guessed, I am breaking up with you.

Listen, listen, before you get defensive or upset, please believe it has nothing to do with you. It's me, it's all me. You have been nothing but available, generous with your time, and ever faithful. The people who brewed and distilled you, are almost exclusively wonderful, hard-working people of whom I have the utmost respect. It has nothing to do with you, your various golden hues, the playful tickle of your carbonated tongue, or the Slow Burn you provoke in my belly. You did everything for me I had hoped and dreamed you would and more. The problem is that while you have been ever devoted to me, somewhere along the road my devotion turned to preoccupation and then outright obsession. I know you've felt it too. What started as a silly, butterfly feeling in my gut, giggles and grins, has turned into a real hell, no offense. My head hurts, my liver itches and stabs, I wheeze, I slur my speech and stumble. You are the last thing I think about at night and the first thing I run to in the morning. We've been caught in the car Alone Together, we've been seeing around town, in restaurants, and church, at weddings and funerals together more times than I can count and people have started to talk. I feel guilty when we're together and our relationship just doesn't feel right anymore. Don't you feel it too?

Please, let's stop pretending. We haven't been good for each other for years and we both know it. I am over a barrel here, almost literally, because I want to see you, really, I do. We have been together so long I can't imagine my life without you, but this relationship is killing me and today I want to live. I know we used to joke about getting together one of these nights and jumping off the planet, but lately I've been changing. I don't want to die like that anymore. I don't want to die with you by my side or in my thoughts. I don't want to be seen with you anymore. I don't want people asking about you. I have to tell you, I had a dream the other night and you were in it, it was great, just like old times, but this time I woke up ashamed and afraid. I don't know when my feelings started to change, but they have changed. I don't know what happened, really, but I know it's over. It has to be over. I don't know what my future holds, what job I'll end up in, where I will live, what I will be remembered for, but I don't want that future to include you. When people ask me where I see myself in 5 years, 10 years or 20 years. You are not in the picture. You cannot be, and I'm okay with that. I'm sorry, it's over. I'm asking you not to reach out, either. Don't call, don't stop by, not on my birthday, not on Christmas, not on New Years.

I have a bunch of people looking out for me now and these are people you do not want to mess with, believe me, I am deadly serious. I told my wife about you, I told my higher power and my family. Oh, and my sponsor knows all about you. I told him everything, even the gritty stuff, so you can't blackmail me.

I started going to this group called "tough shit don't drink" where the men are battle tested and aren't afraid to throw a chair or give a hug. Every Monday I show up to claim my seat. I listen to the old timers. I listen to the newcomer. I listen to my higher power.

The men in this group have given me confidence. They have given me hugs, handshakes, Hardy laughter and healing tears.

They have given me hope and the promise of freedom. They have also given me a new name and a new identity.

I'm Matt, and I'm an alcoholic

District 5 A.A. Info

Oregon Area 58 November Assembly Orientation

GSRs, Alternate GSRs, Committee Chairs &
EVERYONE ELSE planning to attend the
November Assembly...

Come learn what to expect & how to prepare!

Where & When

**Sunday
Nov 12th
2:30pm**

Trinity Episcopal Church
469 NW Wall St, Bend
Just before the district meeting
All are welcome!




**Drinks &
Pizza
Provided!**



For more info visit: district5aa.org
or contact: DCM, Carrie B.
email: dcm05@aa-oregon.org
Phone: 541-788-7276

**NOVEMBER 2023
DISTRICT 5 A.A.
PUBLIC INFORMATION
COMMITTEE MTG
(ALL ARE WELCOME)**

Wednesday November 15th 6pm Downtown Bend Library Upstairs in the Hutchenson Room	<p>Alcoholics Anonymous in your Community</p> <p><small>HOW THE FELLOWSHIP OF A.A. WORKS IN YOUR COMMUNITY TO HELP ALCOHOLICS</small></p> 
Or ask the PI/CPC Rep at your home group how you can help. They will give you some PI cards to post around town!	
<p><small>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.</small></p>	
DISTRICT5AA.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

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

Here is the link to listen to Joe and Charlie share about Step 11: <https://youtu.be/gMwYIKDRVwA?si=lbJKCeyiuQTSJTuh>

And you can see Tradition 11 In ASL at: <https://www.youtube.com/watch?v=N6b6P3-Q71M>

October 2023 District 5 report to COIG

District meetings have been weighing in at around 40 in attendance. District 5 has 29 Groups. 27 of those groups have an active GSR. Alternates have been in attendance as well which is great! Plus 3 district officers and 9 committee chairs. We had elections last month and elected a new DCM and Alt DCM who will be rotating into their 2 year term on the 1st of the year. We are still looking for a **Secretary and Treasurer**. If you or someone you know are willing and qualified for either of these District positions, please email Service resume to the DCM or use the digital form below: <https://forms.gle/fZz2kddWLJwGnAtB7>

Also at the last District meeting, there was a motion made to discontinue staggered rotation for service committees. Based on the conference Charter bullet point 8 and our 12 Concepts, that everyone in district would be on an in sync rotation schedule every two years. As to strengthen the district's rotating committee so that everyone will be available to rotate into something else and make themselves available for a new position as their position will be coming to an end. **This motion was seconded, and after discussion passed unanimously with no minority opinion.**

The 2023 12 Traditions Potluck took place last weekend and was very well attended. All 12 Speakers did an amazing job presenting on Our 12 Traditions. If you happened to have missed this event and would like either a 12 Traditions Summary hard copy presentation as a recourse for when you take other through the Traditions, or to listen to the recording of the presentations, they are posted on District5.org or click on the following link: <https://drive.google.com/file/d/15stgmb1YwzAiMLKEWos9yiSAgYjWxTWv/view>

And lastly, Alan COIG Potluck chair reached out to me asking for a 3-5 minute Tradition Presentation at the Monthly Potlucks. I think its a great idea, and Im looking forward to hearing those mini presentations from your newly elected DCM Nick from the Young At heart Grp, or his Alternate Carmack from the Thursday night Mens Book Study. They are both a wonderful asset to Central Oregon A.A.


If your group would like to request a monthly Tradition presentation, a presentation on any of the service committees, or even a Group inventory, please don't hesitate to reach out to your District committee. We are here to serve your groups.

***Yours in Fellowship & Service,
District 5 DCM***

<http://district5aa.org/>

Carrie B.

541-788-7276

 Please announce at your Home Group

What's Happening Elsewhere?

You are **WELCOME, WANTED,**
 And **NEEDED!** To Carry the Message of
Alcoholics Anonymous

Join us to find opportunities where you can help!

Oregon Area 58 AA presents:

Potluck and Service

Workshop

Saturday, November 4
 12:30 pm - 3:30 pm

Keizer Senior Center
 930 Plymouth Dr NE

Zoom ID: 465 458 0055
 Passcode: 284630
 Start: 1pm

For more information text Amber W. (503)438-5585
 or Ivania (310) 948-2748 - Taco Theme Potluck



Rule 62
 PRESENTS
62 Gratizude Dinner
 November 18, 2023 4:30-6:30pm
 Lynchwood Church of God
 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

keep it simple
Oregon Area 58 Quarterly Assembly
 November 17-19, 2023

Book rooms at the Holiday Inn Portland Columbia Waterfront
 909 N Hayden Island Drive Portland OR 97217
 room block code: Oregon Area 58 (rates start at \$119)
 call (503)978-4585
<https://book.passkey.com/e/50676213>

Register online at <https://area58.wufoo.com/forms/november-2023-general-service-assembly/>

ONLINE CUTOFF 11/8/23
MAIL IN CUTOFF 11/1/23

Send checks to: PO Box 2351
 Wilsonville OR 97070-2351
 Please make checks payable to:
 November 2023 Assembly

name: _____
 name on badge: _____
 address: _____
 email: _____
 phone: _____

Attending Online/InPerson (circle one)
 Voluntary Contribution Amount:\$ ___

- District #
- 1st Assembly
- GSR/Alt
- GCM/Alt
- AA
- Al-Anon
- Past Delegate
- Trustee
- Area Committee
- ASL Interpreter
- Hearing Impaired

QUESTIONS:
CONTACT SARAH P (503) 875-8074

Design For Living
 Unity AA Anonymity

A.A. Traditions Mini-Conference
 Sunday November 19, 2023
 1-5pm ET
 10am-2pm PT

Leadership Eligibility
 Autonomy Carry the Message Outside Enterprises
 Public Relations
 Outside Opinions
 Organization Give It Away
 Self-Supporting

1PM ⇒ Trad 1-3 — Craig W, Sandy Hook, CT, US
 2PM ⇒ Trad 4-6 — Dee G, Sebastian, FL, US
 3PM ⇒ Trad 7-9 — Joanne L, Winnipeg, MB, CA
 4PM ⇒ Trad 10-12 — Bill N, Palm Beach Gdns, FL, US

Zoom ID: 679 550 2724
Passcode: 999356

***Call in# 1-646-568-7788**
***follow prompts**

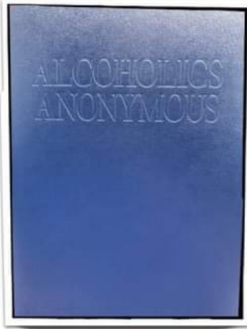
LEGACIES IN LITERATURE

The Literature Committee of District 6 in Area 15 Presents...

**SATURDAYS ~ 10/14/23 ~ 2/10/24 ~ 8:00 PM ET
5pm Pacific**

LARGE PRINT ABRIDGED BIG BOOK

Taking Steps
1 through 9



Living in Steps
10, 11 & 12



STEP STUDY WORKSHOP
with Carrie B. from Bend, Oregon

ID: 991~593~8471 PC: 615

District6AA.org

**1ST LEGACY OF RECOVERY
IN THE STEPS**

9AM ONLINE DAILY WOMAN'S MEETING OF A.A.
PRESENTS

12 Concepts: Women in Service

An introduction to the Twelve Concepts of A.A.
and how to apply them at every level of service.



2023 Workshops

3rd Saturdays July - Oct
2nd Saturdays Nov - Dec
10:30 am - 12:00 pm PST

JULY 15: Herstory of Service
AUG 19: Concepts I - III
SEP 16: Concepts IV - VI
OCT 21: Concepts VII - VIII
NOV 11: Concept IX - X
DEC 16: Concept XII

Zoom I.D: 718 349 933 Email [Sign-in](mailto:Sign-in@dailywomensmeeting.com) Required
More info at dailywomensmeeting.com

WACYPAA

XXV

IS HAPPENING IN OAKLAND, CALIFORNIA!

Join us at the Oakland Marriott for an incredible weekend of speakers, panel meetings, marathon meetings, events and more from December 28, 2023 - January 1, 2024.

[Register Here for WACYPAA + New Year's Bundle](#)

THE ON AWAKENING
ONLINE GROUP OF ALCOHOLICS
ANONYMOUS SALEM OR. PRESENTS:

The "Service In Action" Workshop (Introducing the 12 Concepts for beginners)

What are the 12 Concepts?

How can my home group use the Concepts?

Do I have to understand the Concepts to respect them?

Get the answers to these questions and bring your own questions for the Ask-It-Basket!

- 4 ONE HOUR SESSIONS
- SUNDAYS JAN 14TH - FEB 4TH
- TIME: 2:00 PM PACIFIC
- SPEAKERS: JEN S. D9 DCM & CARRIE B. D5 DCM
- ZOOM ID: 890 8856 8173 PW: 744711



for more information contact: Ricardo J. (District 4) 503 930 9987

Al Anon Events



SAVE THE DATE!
AL-ANON DISTRICT 5
ANNUAL SPAGHETTI
FEED WILL BE ON
SAT., MARCH 9TH 2024
AT THE UUFCA!

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.



RAFFLE ★ SILENT AUCTION ★ SURPRISES

Saturday, December 16th
 9:30-12:00

Gilham Community Church



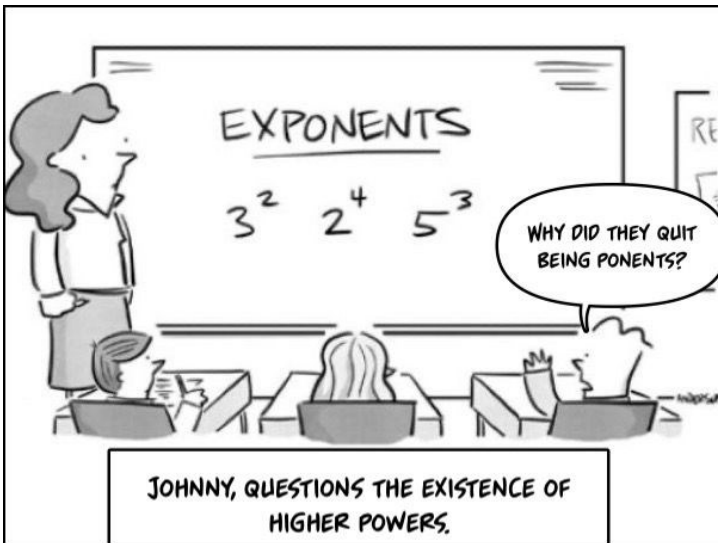
Group participation of
 breakfast items, gift baskets
 and silent auction
 contributions requested



Questions? Email Susan B.
sdfbriggs@gmail.com

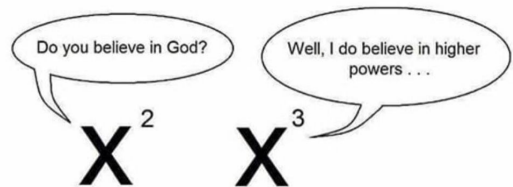
Holiday Serenity Date Bliss
 Save The Date
 Saturday December 16th, 2023
 7-9pm PDT
 Sponsored by: Thursday Night Young People Speaker Meeting
 With YPAA Participation
 Email: PDX.ThursdayNightYP@gmail.com
 Zoom Meeting ID 873 8115 5121 PW: 950245
 Topic:
 Healing Parent & Adult Child Relationships
 using A Little Time For Myself daily reader

AA Humor



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. | |



~ Geoff C.

Piece of Cake:

Drunk #1: I can't remember.. What's the name of that thing you blow at and make a wish?

Drunk #2: A Breathalyzer?

~M.M., W. Sacramento, CA

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