

Cascade Connection

A Newsletter for COIGAA

December 2023



“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

Tradition 12 –Long Form, 1946



HOTLINE
(541) 548-0440



“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Step 12, “Alcoholics Anonymous”, p. 60

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 and Relief Volunteers!!

**Next COIGAA IGR Meeting is
December 17th, 2023**

**When we will be holding Elections for
Available 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 elections will be held on Dec. 17, 2023!

Intergroup Recording Secretary

Hotline Chairperson

Schedules Chairperson

Entertainment Chairperson

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

[Position Descriptions](#)

Newcomers International Zoom Meeting

7 days a week

1 pm PST

(2 pm MST/3 pm CST/4 pm EST)

Zoom ID: 365 1212 111

PW: 1212

Principle of the Month

Principles Before Personalities

“The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity-is the foundation of them all.”

~Pass It On

“I give up the idea of being right or wrong, winning or losing and realize that there are simply different experiences and as many points of view as there are degrees in a circle. One of the most powerful demonstrations of placing principles before personalities was when I first saw members who had strong opposing points of view during the group conscience discussion, talking and laughing together at coffee after the meeting - no sulking, pouting, silent scorn or gathering forces! ”

~Keynote Address 19th European Service Meeting 2017



12th Step Prayer

Dear God, my spiritual awakening continues to unfold. With the help I have received I shall have the opportunity to grow. I am grateful. I pray most humbly to continue walking day by day, practice the principles of this way of life in all I do and say. I need You, my friends, and the program every hour of every day. This is a better way to live.



Step Twelve: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

“The joy of living is the theme of A.A.’s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards.”

Twelve Steps and Twelve Traditions, p. 106

“God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.”

Alcoholics Anonymous, p. 164

“With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.”

Alcoholics Anonymous, p 567—568

Central Oregon Intergroup of Alcoholics Anonymous

Presents The 2023

Xmas Day Alcothon & Potluck

Monday December 25th, 8am-8pm

Bring Your Favorite Side Dish or Dessert, or just Yourself!

All are Welcome!!

Trinity Episcopal Church (TEC), Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

All-American breakfast served @ 8 am

AA meetings on the hour 8 am - 6 pm

AA and special guest Al-Anon Speakers @ 7pm

Co-Hosted by the COIGAA Potluck & Entertainment Committees

All members are encouraged to participate in planning this event!

Greeters and Volunteers throughout the event, just show up anytime!

Questions??, Contact:

COIGAA office-Joan C. (541) 923-8199/Potluck Chair-Alan S (541) 647-9174

Central Oregon Intergroups

New Year's Eve Party

Sunday,
December 31

\$10
Suggested
contribution
50/50 Raffle

Potluck @ 5pm

AA Speakers @ 6pm

Karaoke Dance Party @ 8pm

Midnight Ballon Drop

1st meeting of 2024 @12:30 am

Bring your favorite News Years dish to share. Dress to impress and join us. Karaoke, Intention Station, Photo Booth, and fun all night long.

Brooks Hall TEC

469 NW Wall St. Bend Oregon

**We are
moving!**



**Sunday Morning Serenity
will be meeting!**



Just for these 2 weekends!

**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**

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

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



*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

December 2023

12/5 David C Not a Glum Lot

12/12 William G. Primary Purpose

12/19 Daryl L Steps to Sobriety

12/26 Carrie B 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

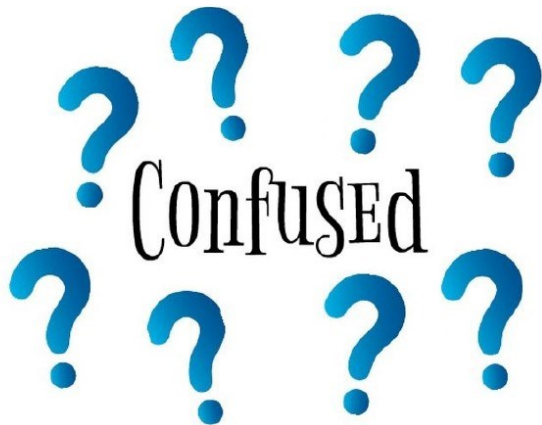
Dec 29th - Home Group's Birthday Celebration Night!



*For on AA Unity
depend our lives*

Members Share

New To AA?



Big Book Study:

A Study of the AA Basic Text
(Some Groups also read the stories in the back)

Discussion Meeting:

A topic is read from A.A. Literature then members share on that topic
(Usually a closed meeting)

Speaker Meeting:

One or more preselected A.A. members are invited to speak
(Usually an open meeting)

Speaker / Discussion:

Half the meeting is a speaker, the other half is shares from the floor

Newcomer Meeting:

Topic is usually around a pamphlet or on steps One, Two or Three

Beginner Meeting:

Geared toward people new to AA offering basic information
and often an opportunity for Q&A

Business Meeting:

Groups have a special monthly meeting for Home Group members
to get together and organize the business of their group. This is also where
members take part in their local intergroup, district, and AA as a whole.

***Closed meetings are for A.A. members only,
or for those who have a drinking problem and have a desire to stop drinking.
Non-alcoholics may attend open meetings as observers.
Read more from the Pamphlet "The A.A. Home Group" page 13***

Sixteen relapse symptoms to watch out for:

For any time, any place, any where !

1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. Dishonesty - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
 4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.
5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. Self-pity - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.
 9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
 12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

District 5 A.A. Info

**District 5 A.A.
Needs YOUR help!**

D5 Treasurer and Secretary Needed

**Vitaly important
positions needing
to be filled.
2 year terms
starting January 1st**

Must be an active
member of an A.A.
Home Group
in District 5, and
have been through
the 12 Traditions.



WE WANT YOU

To submit your resume or for more info contact your DCM at:
Carrie B. 541-788-7276 dcm05@aa-oregon.org

**District 5
Business
Meeting**

**ALL ARE
WELCOME!**

**2nd Sunday
Each Month**

4:00pm - 5:30

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



For more info contact the DCM at: dcm@district5aa.org

**Downstairs
Trinity Episcopal
Church
469 NW Wall St,
Bend, OR 97703
Online Access
ID: 869 0310 1724
PC: 164**

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 Bob D. share about Step 12: <https://www.youtube.com/watch?v=ZQShFt5r3GI>

And you can see Tradition 12 In ASL at: <https://www.youtube.com/watch?v=8yLNDugDIZs>

Mark Your Calendars and Make Plans to attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Please check the Convention webpage at aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together
in Vancouver in 2025!**

What's Happening Elsewhere?



WELCOME TO THE 60TH INTERNATIONAL WOMEN'S CONFERENCE

The women of Portland, and all of Maine, welcome you to the 60th International Women's Conference. We look forward to celebrating our sobriety together.

THE HOLIDAY INN BY THE BAY

88 Spring Street, Portland ME 04101
(207) 775-2311



Oregon Coast Woman to Woman

February 29 - March 3, 2024

Theme: Celebrating 40 Years of Recovery

The Oregon Coast Woman to Woman Conference, held in Newport, Oregon, seeks to unite alcoholic women in recovery who are working the steps and are dedicated to the program of Alcoholics Anonymous. We aim to provide an environment that is conducive to relaxation and peace as we meet and share the AA program of recovery with other alcoholic women. If you are looking for this kind of content, you have come to the right place.

Registration opens Jan. 2, 2024
<https://oregonw2w.com/registration/>

★ Dec. 29, 2023 – Dec. 31, 2023

Seaside Convention Center
415 1st Ave, Seaside, OR 97138 ★

END OF YEAR ROUNDUP



Register Online

FEATURING

- PATT O (AA) - Fullerton, CA
- MICHELLE M (AA) - Covina, CA
- KARL M (AA) - Covina, CA
- MAGDALENA E (AL-ANON) - Federal Way, WA
- TOMP P (AA) - Dana Point, CA

FRIDAY

* Potluck starts at 5pm (Open to All – no registration required) *
Karaoke following the speaker

\$65 per Attendee - Registration Only

SATURDAY

*Dance & Game Night following the evening speaker

\$120 per Attendee – Registration + Meals

(Must be purchased before 12/2/2023)
(Meals include Saturday dinner and Sunday breakfast)
Meal tickets not available for purchase individually or separate from registration.
Dance & Raffle tickets purchased at event

Please note: All sales are final. No refunds will be offered if you are unable to attend.

Payee Information:

First Name: _____ Last Name: _____

Email: _____ Amount Paid: _____

Phone: _____ Payment By: Check Cash Other

Address: _____

City: _____ State: _____ Zip Code: _____

Registration Info (Please list Attendee First and Last Name):

		Full	Reg Only
First Name: _____	Last Name: _____	<input type="checkbox"/>	<input type="checkbox"/>
First Name: _____	Last Name: _____	<input type="checkbox"/>	<input type="checkbox"/>
First Name: _____	Last Name: _____	<input type="checkbox"/>	<input type="checkbox"/>
First Name: _____	Last Name: _____	<input type="checkbox"/>	<input type="checkbox"/>

Send To:
End Of Year Roundup
PO Box 704
Canby, OR 97013

Kids 12 and under can receive a free registration only pass when accompanied by a parent. Please include their name as an attendee on the registration form and include (Child) next to their last name.

Registration confirmations will be sent by email
If you have any questions please contact us at
endofyearroundup@gmail.com

Please make checks payable to: End of Year Round Up

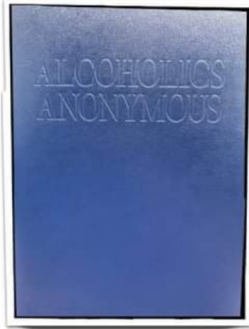
LEGACIES IN LITERATURE

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!



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

Noon Brown Baggers

New Day: We are returning to
FRIDAY NOON

Where: Trinity Episcopal Church
469 NW Wall Street
Bend, OR

The meeting is entered off St. Helen's Place.
Go down the ramp. A sign will be on the door. Sound familiar?
Saturday morning meets in this room as well.
Join us in our new home beginning December 1st



Holiday * Save The
Serenity * Date
Bliss

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



(Victor E. Cartoon reprinted with permission, Copyright © The AA Grapevine, Inc.)



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. 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



The new guy's been wearing that ever since he heard about "being rocketed to the 4th dimension".

Reprinted from Dec. 2023 Grapevine