

Cascade Connection

A Newsletter for COIGAA

January 2024



Happy
New Year



HOTLINE
(541) 548-0440



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

“...I am an alcoholic.

I found an answer to frustration in the bottom of a shot glass and I was to pursue this course until I had wrecked my home and my civilian occupation, and was dismissed from the service of my country with a Bad Conduct Discharge. Why this condition existed I cannot pretend to explain, nor for my present purposes is it very important. I know from experience that alcoholism is no respecter of person and certainly not of position. It strikes with the same lack of discrimination displayed by cancer, and can be as fatal....

I came to realize also that circumstances outside myself, neither people, geography, nor employment, had any bearing on a problem deep within me. This to a person unacquainted with alcoholic reasoning, or lack of it, would seem to be self-evident; to me it was a startling discovery and led to my first attempts at mature reasoning of a problem rather than its submergence in alcohol.

Space does not permit a detailing of the results obtained except to state that they have been successful beyond anything I thought possible.

On that day when I stood at the crossroad of decision contemplating the end of hope, and perhaps of life itself, **I found that the end was really the beginning of life for me and the thing I had approached so hesitantly as being the last chance was actually the first chance I've ever had.**”

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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

If you have an interest in joining our 12th Step Volunteer list, PLEASE contact our Hotline Chairperson, Frank W., at stuckrecovery@gmail.com

We also need Hotline Volunteers and Relief Volunteers!!

Next COIGAA IGR Meeting is January 28, 2023

Where 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!



Congratulations to all the incoming Intergroup Advisory Board Members, IGRs and Committee Chairs!

Thank you to our incoming Board members: Mike S., Heidi T. and Helen W.!

And, thank you to all who have been of service and continue to be of service!

The following position is still open for rotation of leadership starting Jan. 1 and elections will be held on Jan. 28, 2024!

Intergroup Recording Secretary

Check the Position Description and Requirements on the COIGAA Website

[Position Descriptions](#)



AA 12 Steps Principle of the Month

Honesty

The Merriam-Webster definitions:
Honesty - Adherence to the facts.
Honest - Genuine, real, humble, plain.

“The only requirement for membership is an **honest** desire to stop drinking.”
Foreword to First Edition, p.xiv

“Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.”

Alcoholics Anonymous, pg 58

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

AA Concepts Principle of the Month

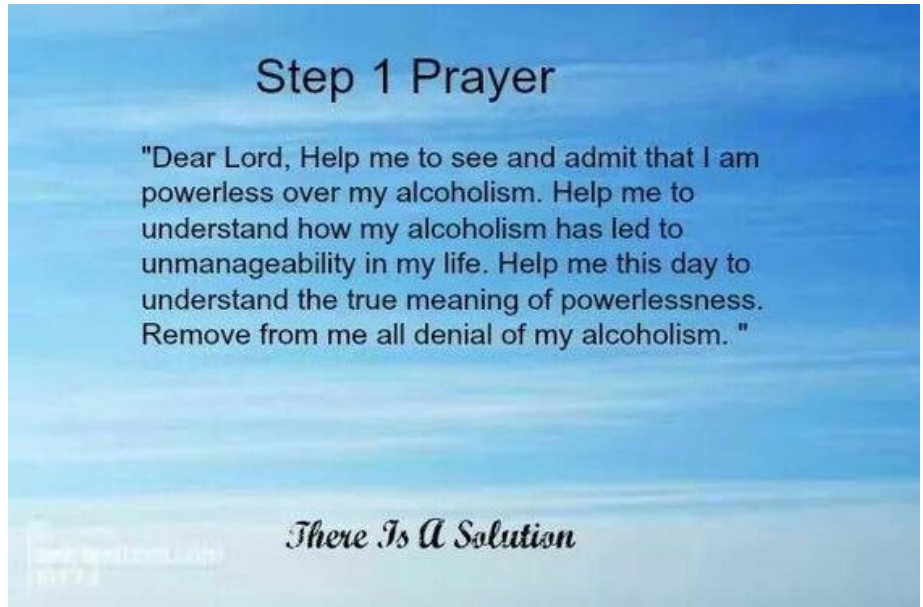
Collective Conscious

“The ‘collective conscience’ of Concept One is the shared group conscience of all the groups that choose to participate. At our district and Intergroup committee meetings, representatives of the groups try to discover what a loving God of our understanding would want us to do. Our goal is to help the suffering alcoholic find recovery.”

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“Every A.A. member has a voice in the Fellowship’s present and future — and A.A.’s welfare is central to the agenda of every General Service Conference. As stated in Concept I, “The A.A. groups today hold ultimate responsibility and final authority for our world services — those special elements of over-all service activity which make it possible for our Society to function as a whole.” Thus, one of the most important items for an assembly program (or a district meeting) is a good look at the agenda of every General Service Conference. Assemblies and district meetings provide an ideal time to find out problems and solutions that are shared by A.A. groups everywhere.”

Reprinted from The A.A. Service Manual



Step One: “We admitted we were powerless over alcohol — that our lives had become unmanageable.”

“We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety — if any — will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.”

Twelve Steps and Twelve Traditions, pp. 21-22

“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. .”

Alcoholics Anonymous, p. 30

“No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.”

Alcoholics Anonymous, p. 8

*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

January 2024

1/2 Mark L Steps to Sobriety

1/9 Mario H. New Horizons Group

1/16 Dale B. As Men See It

1/23 Christine B. Redmond Earlyrisers

1/30 Trisha M. Steps to Sobriety

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

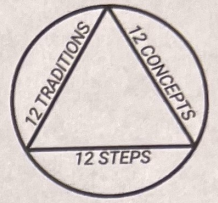
Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

When: Fridays at 5:30pm

Where: The Rebels Roost

703 N. Main St. Prineville Or.



Upcoming Speakers:

Jan 5th - Shannon W. 24 & Alive Grp

Jan 12th - Forest B. Tumalo Grp

Jan 19th - Sam B. Redmond Rebels

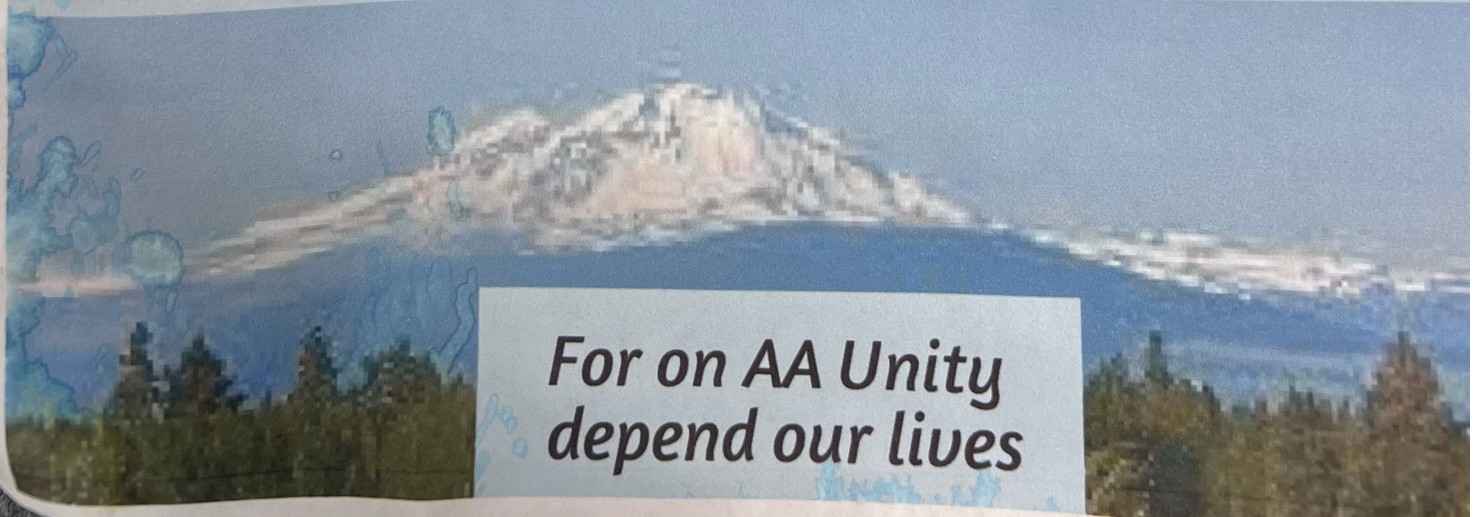
Jan 26th - Home Group's Bday Celebration Night!

Feb 2nd - Carrie B. New Horizons Grp.

Feb 9th - Hans K. Steps To Sobriety Grp.

Feb 16th - David C. We are not a glum lot Grp.

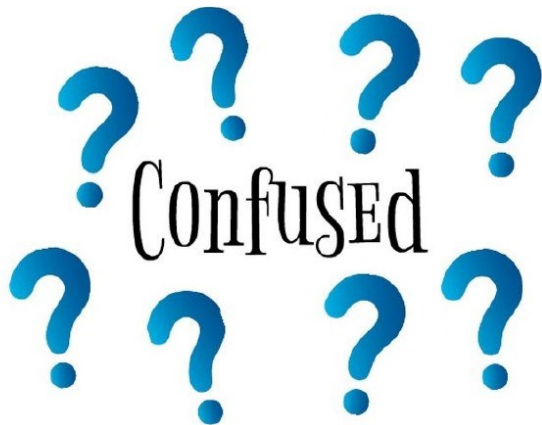
Feb 23rd - Home Group's Bday Celebration Night!



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***

District 5 A.A. Info

District 5 Business Meeting

ALL ARE WELCOME!

2nd Sunday Each Month

4:00pm - 5:30

Downstairs Trinity Episcopal Church
469 NW Wall St,
Bend, OR 97703

Online Access
ID: 869 0310 1724
PC: 164

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

Congratulations to the new D5 Officers!

DCM Nick M. from the Young at Heart Grp.

ADCM Carmack M. from the Men's Book Study Grp.

Treasurer Davy G. from the New Horizons Grp.


Secretary Brian W. from the Men's Book Study Grp.

IT/Website Christine B. from Redmond Early Risers

Treatment Erin B. from the New Horizons Grp.

Corrections Todd H. from the Steps to Sobriety Grp.

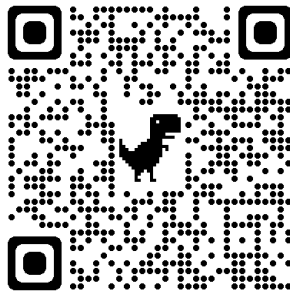
District 5 A.A. Website // district5aa.org
Local events calendar // <http://district5aa.org/calendar>



Please send me District 5 A.A. upcoming events and announcements.

E-mail *

Sign me up!



Scan here to sign up for D5 Emails

Click here for the D5 GSR Orientation Video
<https://www.youtube.com/watch?v=SJ8s2KpKai8>



<https://form.jotform.com/231056617315148>

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

Here is the link to listen to Clancy speak about Steps 1-3: <https://www.youtube.com/watch?v=ooFH0uLLmkc&t=67s>

And you can **SEE Step 1 from the 12x12** In ASL at: <https://www.youtube.com/watch?v=UCGub3T-Cy4>

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?



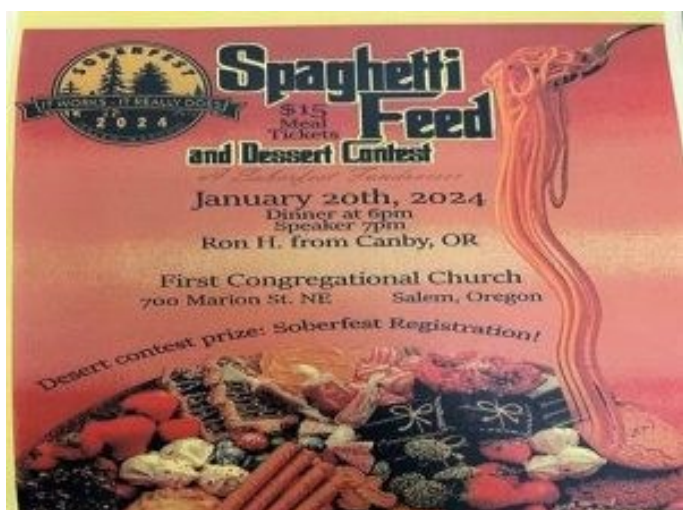
IAAMC 2024
UNITY: A WE PROGRAM
THE 35th INTERNATIONAL AA MEN'S CONFERENCE CHARLOTTE, NC
April 19 to the 21st, 2024

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



SOBERFEST 2024
Spaghetti Feed and Dessert Contest
\$15 Meal Tickets
January 20th, 2024
Dinner at 6pm
Speaker 7pm
Ron H. from Canby, OR
First Congregational Church
700 Marion St. NE Salem, Oregon
Dessert contest prize: Soberfest Registration!



2024
Columbia
Gorge HOW-L
HOW-L
HONESTY, OPENMINDEDNESS, WILLINGNESS - LOVE

March 15th, 16th & 17th 2024
The Dalles Civic Auditorium



February 29 to March 3, 2024

Best Western Agate Beach Inn Newport, Oregon

REGISTRATION OPENS JANUARY 2, 2024

“We Will Know Peace”

Conference Events and Registration Information:

REGISTER EARLY! Registration opens 1/2/24 at oregonw2w.com.

- 1) Onsite conference is \$145.00 and includes coffee, all meetings and workshops, Saturday night buffet, Sunday morning brunch, and commemorative items. Our hospitality room features healthy snacks and goodies. You must be registered to attend any functions. Registration does NOT include accommodations. See below for Best Western Agate Beach Inn conference rates.
- 2) **ZOOM only** registration is \$25 (please visit oregonw2w.com to register).

Meetings and Workshops: Meetings and workshops focus on the conference theme of “We Will Know Peace”. They begin Thursday evening at 7:30 pm and continue throughout the conference. If you would like to lead a meeting, please indicate that when registering and provide your complete contact information.

Conference Apparel: A long sleeve hooded, zip up, sweatshirt with the logo embroidered on the front can be purchased for \$38.00 when you register for in person. **All orders must be placed at time of registration.**

Hospitality and Onsite Check-ins: Hospitality and onsite check-in opens Thursday at 4:00 pm.

Table Reservations: Sign up in the hospitality room, 6th floor, Suite 614, to reserve seating for the Saturday evening banquet. Tables accommodate parties of eight. Seating is not reserved Sunday morning.

Scholarships: We have a limited number of work-exchange (2 hours) 50% scholarships available. This does not include transportation or accommodations. To see if a scholarship is available, contact Pat D. patduncan65@gmail.com by email or phone 310-210-3325 **prior to registration.**

E-mail: oregonw2w@gmail.com - Website: [Visit to register online - oregonw2w.com](http://oregonw2w.com). To receive annual registration information by email, you are encouraged to add contact@oregonw2w.com to your contacts.

NO REFUNDS or discounts available at any time. You may transfer your registration by contacting the registrar, Pat

D. patduncan65@gmail.com by email or phone 310-210-3325.

For accommodations, please CALL:

Best Western Agate Beach Inn
3019 N. Coast Hwy. Newport, OR 97365
(541) 265-9411

RATES PER NIGHT — Hillside Room (\$114.00) or Ocean View room (\$144.00). Reservations must be made **BEFORE** February 1, 2024 in order to get the conference rate and attendees must identify as participants in the W2W conference. Conference rate and pet rooms are limited.

[MAP](#)

Speakers:

- Thursday Kickoff Meeting 7:30 pm — Jennifer K., Eugene, OR
- Friday Speaker Meeting: 7:30 pm — Donna S., Veneta, OR
- Saturday mid-day speaker 1:30 pm — Terri Z., Carson City, NV
- Sunday Brunch and Closing Speaker: 8:30 am — Katie M., Florence, OR

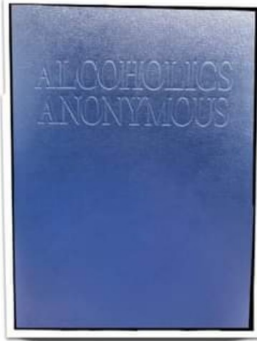
LEGACIES IN LITERATURE

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**

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!



The
Twelve
Concepts
for
World
Service
illustrated

- 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

PRAASA
2024



SAN FRANCISCO
MAR 1-3 AREA 06

<https://rb.gy/9gx6tw> for registration form

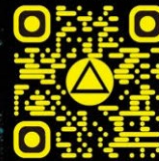
EMERALD VALLEY EXTRAGROUP PRESENTS

SOBER SESSIONS vol.2

OPEN MIC NIGHT



LIMITED CAPACITY
PLEASE SIGN UP!



FRIDAY JANUARY 12TH 7PM | CAMPBELL COMMUNITY CENTER | EUGENE, OR
UNIFY & SHOWCASE THE SPIRIT OF THE 12 STEP COMMUNITY | MUSICAL PERFORMANCES
TOPIC SPEAKERS | POETRY | ART | ALL OTHER FORMS OF ARTISTIC EXPRESSION
COME & JOIN US!! | FREE ENTRY | CALL/TEXT 541.534.0122



April 19 & 20, 2024

Speakers: Candace M (Los Angeles, CA) Friday
Don L (Bellingham, WA) Saturday

Scottish Rite Center
4090 Commercial St SE
Salem, OR 97302

Email: soberfest.oregon@gmail.com

Register Online!



Name: _____ Phone: _____
 Email: _____ Home Group: _____

If you are registering for multiple people, please list their names here:

Friday night potluck & ice cream social (\$5 suggested donation)

Activities include the ice cream social and trivia on Friday and a comedy night on Saturday!

Mug: \$15 _____ (quantity) _____ Newcomer donation: \$ _____

Scholarship request? (Registration only, Scholarship requests must use paper form registration)

Yes or No

If using this paper registration, please drop this form and payment off to Central Office, located at 687 Cottage St NE Salem, OR 97301. We encourage you to register online if possible ☺

Last day to purchase meals is **April 10, 2024**

Item	Price	Quantity	Total
Registration only (required for entry)	\$30		
Saturday breakfast: fruit, cinnamon rolls, biscuits and gravy, eggs, bacon	\$15		
Saturday lunch: Taco bar- all the fixings!	\$15		
Saturday dinner: prime rib, chicken, OR eggplant parmesan plus dessert and delicious sides	\$25		
Circle one: Prime Rib Chicken Vegetarian/Eggplant			
Total			

1/2 price meals for children 12 and under

Please be aware before finalizing your purchase that unfortunately Soberfest is not able to give any refunds.

Al Anon Events



SAVE THE DATE!

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

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



We're bringing it back...

Thursday Night Alateen in Bend



Alateen is an integral part of Al-Anon.

If any of you know of a teen/young adult that could benefit from this program, please let us know. We have Alateen Group sponsors* ready to go! Contact: Heidi @ 408-761-2497 or Patsy @ 541-390-5831

PURPOSE:

- * FOR TEENS AND YOUNG ADULTS
- *RECOVERY AND HEALING FOR TEENS FROM THE EFFECTS OF ALCOHOLISM IN A LOVED ONE'S LIFE
- *A SAFE PLACE WHERE TEENS CAN COME TO SHARE & WORK THEIR OWN 12-STEP PROGRAM.

MEETING FORMAT:

- **Mtgs run by teens** (1-2 ADULT AL-ANON SPONSORS* ALWAYS PRESENT)
- **Topic chosen by teens**

****Anonymity in Alateen is the same as anonymity in Al-Anon – very important.**

*Al-Anon Group sponsors are members certified in accordance with Alateen Safety and Behavioral Requirements with background checks.

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

AA Humor

WAKING UP



NO HANGOVER

multimeme.com

The first step is admitting you are my problem.



someecards user card

Alcohol – the perfect solvent:



It dissolves marriages, families and careers!

Happy New Year!



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



Central Oregon Intergroup Contacts

- Chairperson Mike S. masinbend@gmail.com
- Vice Chair. Hillary D. hilarydembsky@outlook.com
- Secretary **Open** secretary@coigaa.org
- Treasurer Walt W. treasurer@coigaa.org
- Newsletter Alice S. alicesbend@gmail.com
- Schedules Paul G. pgpr12@gmail.com
- Hotline Frank W. stuckrecovery@gmail.com
- Potluck Alan S. coigaa.potluck@yahoo.com
- Entertainment Rachel entertainment@coigaa.org
- Website Marty coigoffice@coigaa.org
- Al-Anon Liaison Christina L.
- Advisory Board Committee Heidi T. haturne@gmail.com
- Advisory Board Committee Lanelle D. lleaduran@gmail.com
- Advisory Board Committee Jane L. janesspeech@gmail.com
- Advisory Board Committee Helen W. DocMason039@gmail.com

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 coigoffice@coigaa.org for log on information