

Cascade Connection

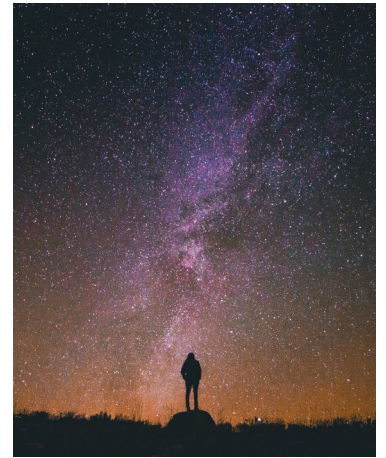
A Newsletter for COIGAA
February 2024

“Our human resources, as marshalled by the will, were not sufficient; they failed utterly. Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power? Well, that’s exactly what this book is about.”

~Alcoholics Anonymous, pg. 45

Reprinted from Alcoholics Anonymous , with permission of Alcoholics Anonymous World Services, Inc.

“When we saw others solve their Problems by a simple reliance upon the Spirit of the Universe, we had to stop Doubting the power of God. Our ideas did not work. But the God idea did... Arrived at this point, we were squarely confronted with the question of faith. We couldn't duck the issue.”
~ *Alcoholics Anonymous pp. 53, 54.*



Reprinted from Alcoholics Anonymous , with permission of Alcoholics Anonymous World Services, Inc.

**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



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-guide-app>





Hotline Volunteers Needed

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

Remember, our primary purpose is to help the alcoholic who still suffers.



Next COIGAA IGR Meeting is
February 25, 2023 at
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 new COIGAA Advisory Board Recording Secretary, Carrie B.!



Happy Birthday

NHG members birthdays for the month of February:

- Jessica M. -- February 8, 2023 - 1 year
- Aiden -- February 17, 2023 - 1 year
- Michael S. -- February 22, 1994 - 30 yrs.



Submit your Home Group Birthdays for March to Alice at alicesbend@gmail.com



AA 12 Steps Principle of the Month

Hope

The Cambridge Dictionary definition:
Hope- (v.) to want something to happen or to be true, and usually have a good reason to think that it might.

“Alcoholics Anonymous is a fellowship of people who share their experience, strength and **hope** with each other that they may solve their common problem and help others to recover from alcoholism.”
~A.A. Preamble

“Do not be discouraged. (Alcoholics Anonymous p. 60) Hope is the key that unlocks the door of discouragement. The program promises me that if I do not pick up the first drink today, I will always have hope. Having come to believe that I keep what I share, every time I encourage, I receive courage.”
Excerpts from Daily Reflection, March 2, p. 70

Reprinted from Alcoholics Anonymous and Daily Reflection, with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

Reliance/Delegation

“**Concept 2** – The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.”

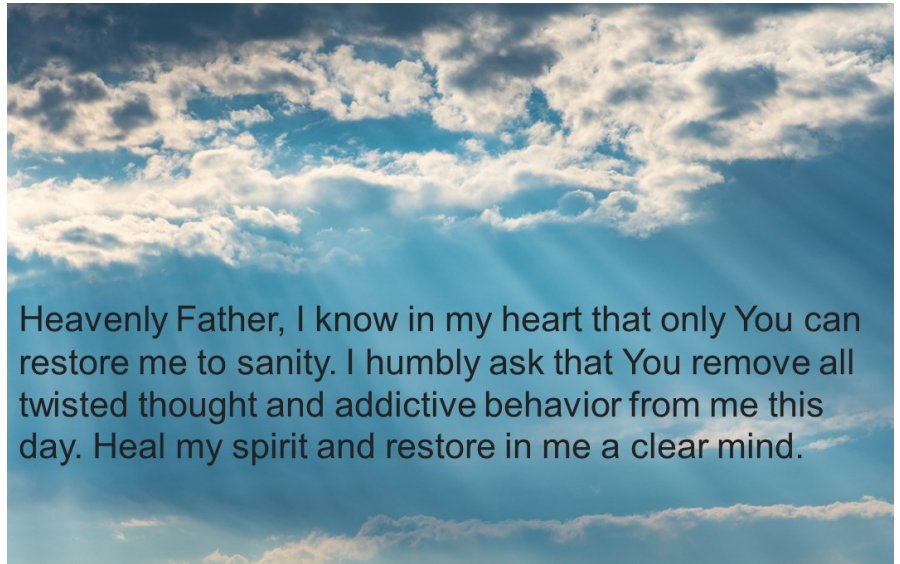
“...if the groups were to carry on their primary purpose, they would have to delegate their leadership role to a General Service Conference. They do this by electing a General Service Representative for each group.”



Reprinted from The 12 Concepts For World Services, Illustrated



2nd Step Prayer



Heavenly Father, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.



Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”

“Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.”

Twelve Steps and Twelve Traditions, p. 33

“A spiritual experience, I think, is what God does for a man when the man is completely helpless to do it for himself. A spiritual awakening is what a man does through his willingness to have his life transformed by following a proven program of spiritual growth, and this is a neverending venture.” ~ Raleigh, North Carolina

Came To Believe, p. 17

“When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn’t. What was our choice to be?”

Alcoholics Anonymous, p. 53

“My journey into the world of being sober has brought a host of G.O.D. acronyms to my attention. There’s Good Orderly Direction, Group Of Drunks, Gift Of Desperation (my sponsor’s favorite) and, ...[while] hiking the Grand Canyon, the Great Outdoors (my favorite). The outdoors keeps me in the moment, keeps me in the positive, helps me gain perspective. Hikes like this are done one step at a time, just like we do it in AA.” ~B., Louis

“Puzzled: Step Work”, *Grapevine*, March 2020.

The Spiritual Principle for Step Two is HOPE

COIGAA WEBSITE ARCHIVE

After working the first step and realizing that I truly was powerless over my alcoholism and my life had become COMPLETELY unmanageable, I was humbled. For some reason I had a feeling of finality. I was hoping that there was something, somewhere that could provide me relief, and give me some "rails to run on". When I worked the second step is it then I feel I embarked upon my "spiritual experience" and journey into a different life.

Power... that is what I lacked! I needed a Power that could provide me a safety net from the first drink which would AGAIN lead me to a place I didn't want to return to. I "came to believe" that no human power could provide me a defense from the first drink. I began to accept with an open mind that this defense might come from a Higher Power of my choice.

There is a solution. I love how AA works. My first higher power was my home group. I was safe there from the first drink.. I kept coming back and I started to feel safe in the outside world. I saw first hand how this belief in a Higher Power was working in others lives. I watched people mend relationships, families come back together, peoples lives were actually changing right before my eyes! That's when I decided "I WANTED WHAT THESE PEOPLE HAD".

Sanity is a legal term denoting that an individual is of sound mind and therefore can bear legal responsibility for his or her actions. I didn't feel very sane when I entered the rooms of AA. My life was on that downward spiral. Part of my insanity was for years and years I didn't care. INSANITY!

The final hurdles— Defiance, self-righteousness, ego, loss of faith and hope, intellectualism, relying on self, and many more. I had to let go of these in order to get what these people in AA had.

I opened my mind, I became willing. That's when it all began to happen. It felt good to have a power to rely on. I had a new friend. One that I could share openly with and HONESTLY with. A power that knew me better than I knew myself. I began to have a feeling of spirituality and I am returning to a more sane state of mind (I guess that depends on who you talk to).

The thing that I find incredible is ...the life I wanted and was chasing while I was out there "researching" I have found beyond my wildest dreams in recovery. Lao Tzu stated, "The journey of a thousand miles begins with one step". I have found 12 that have changed my life.

Bill B, Bend, OR

***Central Oregon Intergroup of Alcoholics Anonymous
(coigaa.org)***

***Presents
The***

**February 2024
Potluck & Speaker Meeting**

@

**Trinity Episcopal Church (TEC), Brooks Hall
469 NW Wall Street Bend, Oregon
*(enter on corner of Wall Street, upstairs)***

Saturday February 24th

6pm-8pm

AA Speakers at 7 pm

John J. - Sunday Serenity

Diane R. - Not a Glum Lot

All are Welcome Handicap Accessible

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

Questions, Comments, or interested to Join the Potluck Committee:

Contact:

COIGAA Potluck Committee Chair -Alan S.

coig.potluck@yahoo.com or (541) 647-9174

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

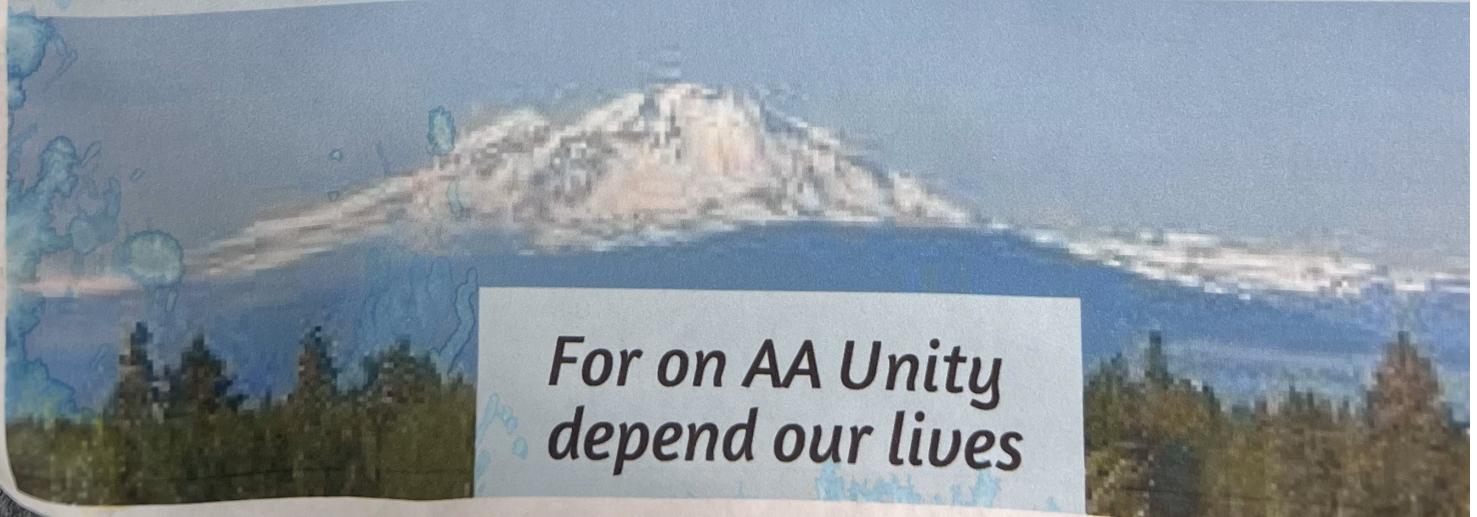
Jan 26th - Home Group's Bday Celebration Night!

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

..... In the forward to the second edition on page xx of the Big Book, it shares with us the recovery statistics from the first 16 years of AA. They tell of a 75% success rate. These facts came from the New York office. Lois kept a list as well at 66%. Sister Ignatia also kept track at St. Thomas Hospital in Akron and recorded 700 out of the first 1000 admitted to the hospital there. Some of the early groups in Cleveland and Akron in the 1940's reported over 90%. Regardless of which number to use to compare to today, it seems we are not doing a good job at carrying the message. Why? Probably several reasons. We have strayed from the basics in the Big Book in favor of discussion meetings. We have forgotten what sponsorship means; what working with others means. It means intensive work with another alcoholic. However, there are a couple of key words on page xx. It says:

“Of alcoholics who came to AA, and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses and among the remaining those who stayed on with AA showed improvement. Other thousands came to a few AA meetings and at first decided they didn't want the program. But a great number of these – about two out of every three – began to return as times passed”. Those two thirds went back through the same rate of success.

So, what does really tried mean. Perhaps that is following the 14 directions on page 58 in the Big Book, that are there before we even get to the 12 steps. Maybe this can be thought of as step 0.

In order as the directions appear on page 58 in question form written for me to answer honestly every day.

- 1) Am I thoroughly following our path, the path as precisely laid out in the Big Book?
Remember, rarely have we seen a person fail who does this.
- 2) Am I completely giving myself to this simple program? Remember, those who do not or will not, will not recover.
- 3) Am I being honest with myself? Remember, those who fail are constitutionally incapable of doing so, usually are those who do not recover.
- 4) Am I grasping and developing a manner of living which demands rigorous honesty? Am I becoming or am I now capable of being rigorously honest with myself?
- 5) If I have other mental and emotional issues, am I being honest so that I can and will recover?
- 6) Does my story disclose in a general way what I used to be like, what happened, and what I am now?
- 7) Am I willing to go to any length to get it? Am I willing to go to any length to be ready to take certain steps and remain sober?
- 8) Am I still trying to find an easier softer way?
- 9) Am I being fearless and thorough from the very start?
- 10) Am I holding onto my old ideas? Am I willing to let go absolutely?
- 11) Do I accept and remember that alcohol is cunning, baffling, and powerful?
- 12) Do I accept that to recover is too much for me alone, and accept that there is One Power? That one is God and ask for help now.
- 13) Half measures availed us nothing. Am I still doing half measures?
- 14) Am I asking for His protection and care with complete abandon?

Paul C.

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.

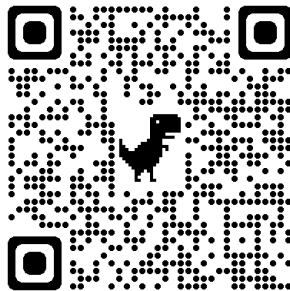
District 5 A.A. Website // district5aa.org
Local events calendar // <http://district5aa.org/calendar>



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 a speaker talk about Step 2: <https://www.youtube.com/watch?v=b-JbkmJQs-Y>

And you can **SEE Step 2 from the 12x12 In ASL** at: <https://www.youtube.com/watch?v=epHsT0uQJDo>

Call For Stories

For the

A.A. Pamphlet



Do You Think You're Different?

In compliance with a 2022 Conference Advisory Action the Trustees Literature Committee is seeking submissions from AA members with diverse backgrounds in order to update the A.A. pamphlet *Do You Think You're Different?* with stories that represent a greater diversity.

In particular, stories are sought from A.A. members that reflect multicultural backgrounds, those who have multiple alienating factors, as well as those from diverse populations not addressed in current A.A. literature.

Formatting Manuscripts: 500-800 words, double spaced, in 12-point font.

Handwritten manuscripts: should be approximately 5 to 6 pages.

Deadline: April 30, 2024

Submission link: <https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

Email: pamphletstories@aa.org Subject Line: "Do You Think You're Different?"

Postal Mail: Attn. Literature Assignment

General Service Office, Box 459, Grand Central Station

New York, NY 10163

Write: "Pamphlet" on the envelope, and at the top of the first page of the manuscript.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

STORY SOLICITATION

"Do You Think You're Different?" Pamphlet Update

Deadline for submissions: April 30, 2024

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

The trustees Literature Committee is seeking stories from AA members with diverse backgrounds. This is in response to the 2022 Conference Advisory Action that the trustees' Literature Committee revise the pamphlet "Do You Think You're Different?" to update the stories to represent greater diversity.

The Trustees' Literature Committee requested that consideration be given to stories from multicultural populations, stories from A.A. members whose experience reflects multiple factors, and from diverse populations not addressed in other current A.A. literature.

Please encourage members in your area to write their personal stories for possible inclusion in the revised pamphlet "Do You Think You're Different." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

Deadline: Please submit on or before **April 30, 2024**

Submit your story by following this link:

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>



Additional ways of sending your story:

Email: pamphletstories@aa.org

Subject Line: "Do You Think You're Different?"



Thursday 7-8:30 pm
Early Bird
Open A.A. Meeting

PRAASA
March 1-3, 2024
San Francisco Marriott Marquis
780 Mission St., San Francisco, CA
1-415-896-1600 or 1-877-622-3056
Rate: \$189/night + tax (double occupancy)
<https://book.passkey.com/e/50691279>



Friday NOON
PRAASA Orientation
Friday 1 pm
PRAASA Opening

ONSITE Registration Open: Thursday 4p – 9p Friday 8a – 8p Saturday 7a – 6p Sunday 7a – 9a

For ONLINE registration, hotel reservations, transportation, and general event information visit WWW.PRAASA.ORG

NAME PRINTED ON BADGE:	<input type="checkbox"/> AA Member	<input type="checkbox"/> AI-Anon	<input type="checkbox"/> Other
First Name	<input type="checkbox"/> This is my first PRAASA!		
Last Name	Your A.A. Area Number: _____		
Street Address	Your Area Name: _____		
Apt or Unit #	Service Position		
City	<input type="checkbox"/> GSR	<input type="checkbox"/> Alt DCMC	<input type="checkbox"/> Area Officer
State	<input type="checkbox"/> Alt GSR	<input type="checkbox"/> District Officer	<input type="checkbox"/> Area Committee
Zip	<input type="checkbox"/> DCM	<input type="checkbox"/> Delegate	<input type="checkbox"/> Trustee
Email	<input type="checkbox"/> Alt DCM	<input type="checkbox"/> Alt Delegate	<input type="checkbox"/> Past Trustee
Phone	<input type="checkbox"/> DCMC	<input type="checkbox"/> Past Delegate	<input type="checkbox"/> Other

For HELP Contact Us at www.PRAASA.org
CALL (707) 595-0174 for Registration Help

PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration (only one per form)	\$40
<input type="checkbox"/> Friday Pasta Buffet Dinner	\$49
<input type="checkbox"/> AI-Anon Speaker Buffet Lunch (Saturday; All are welcome) (circle one) Chef's Choice or Vegan	\$59
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Chicken or Vegan	\$69
<input type="checkbox"/> Delegates Only Buffet Lunch (Saturday) (circle one) Chef's Choice or Vegan	\$59
<input type="checkbox"/> Past Delegates/Trustees Only Buffet Lunch (Saturday) (circle one) Chef's Choice or Vegan	\$59
TOTAL ENCLOSED:	\$

Make Checks Payable To: CNCA

And Mail to: PRAASA 2024
77 Van Ness Ave, Suite 201
PMB 2018
San Francisco, CA 94102

Mail-in Registration Deadline: February 12, 2024
Refund Policy is at PRAASA.org/refund

INTERPRETATION NEEDS (submit by Feb. 1):
 Spanish ASL Other _____

ACCESSIBILITIES NEEDS:

Hearing Wheelchair/Scooter
 Other _____

Text (415) 570-7089 for accessibility help or email
access.praasa2024@gmail.com

VOLUNTEER OPPORTUNITIES:

I am available for a 2-hour shift
 I am available as an interpreter
(circle) Spanish Other _____

PARKING at the hotel is limited and very expensive. Both SFO and OAK airports are close to the hotel. Public transit is recommended. See detailed info at PRAASA.org for other parking and transportation options.



Saturday Feb. 10th, 2024
11 AM PST / 12 PM MST

Plain Language Big Book Informational Session

Hosted by Areas 18, 58, 72 & 92
Spanish & ASL Interpretation Provided

Zoom ID: 874 5807 5405
Passcode: 459079
Link: tinyurl.com/plbbis



**SAVE THE
DATE!**

PACIFIC NORTHWEST CONFERENCE JUNE 21 - 23 2024 WENATCHEE, WA



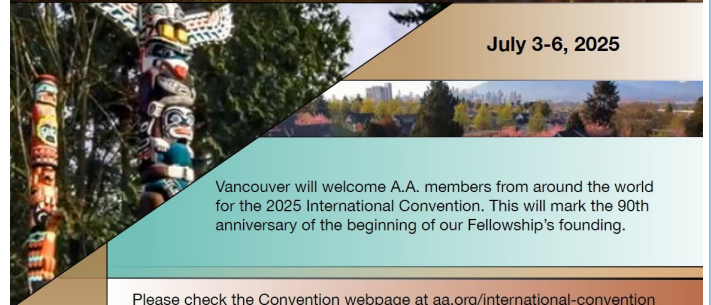
PLEASE JOIN US IN WENATCHEE IN 2024!



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?

DISTRICT 5
CENTRAL OREGON

DISTRICT 9
NW/SW PDX

ALL ARE WELCOME!

PRE-CONFERENCE AGENDA
ITEM SHARING SESSION

SUNDAY
MAR 10th
1-3pm

ONLINE
ID: 869 0310 1724
PC: 164

JOIN US!!
Volunteer to be a Presenter!

FOR MORE INFO
EMAIL JEN AT:
DCM09@AA-OREGON.ORG



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



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 oregon2w.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 oregon2w.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: oregon2w@gmail.com - Website: Visit to register online - oregon2w.com. To receive annual registration information by email, you are encouraged to add contact@oregon2w.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.

- 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

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.



IAAMC 2024

UNITY: A WE PROGRAM

THE 35th INTERNATIONAL AA MEN'S CONFERENCE CHARLOTTE, NC

April 19 to the 21st, 2024



2024
Columbia
Gorge HOW-L

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

Al Anon Events



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

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.

Thursday Night Alateen in Bend

Starting January 4, 2024



When:

Thursdays @ 5:30 PM

Where:

Nativity Lutheran Church, 60850 Brosterhaus Road (SE Bend)

Who:


Teenagers, ages 12 to 19, whose lives have been affected by someone else's drinking

At least 2 Al-Anon members in Alateen service (AMIAS) will be present at each meeting to sponsor and supervise.

This is a closed meeting and is available to certified AMIAS and teens

*** There is an Al-Anon meeting at the same time and location for other adults in Al-Anon who want to join a meeting.

We look forward to seeing you there!!



Oregon Area Al-Anon Assembly Area Business meetings
Medford, Oregon 97504
Hosted by Southern Oregon District 7
Jackson and Josephine Counties

Zoom ID 852 2566 9197 **Password** Concept4
Join Zoom Meeting
<https://us02web.zoom.us/j/85225669197?pwd=NkZNd3h1N0h2NjN3Q0NVzNvSUhPUT09>

Saturday March 16, 2024 8:30 AM to 5 PM

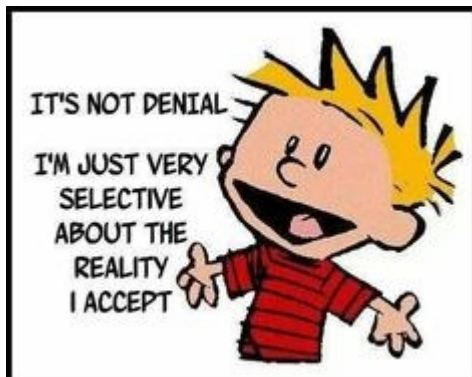
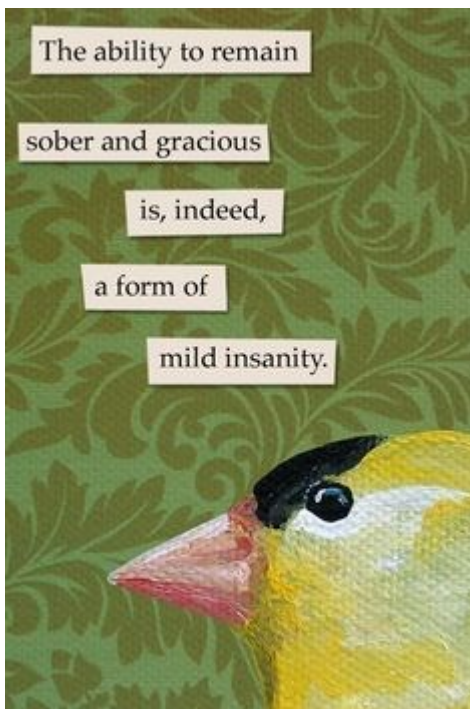
Sunday 17, 2024 8:30 AM to 12 Noon

OPEN TO ALL AL-ANON MEMBERS
All Events at:
Hilton Garden Inn Medford Exit 27

Address: 1000 Welcome Way, Medford, OR 97504
Special Room Rate \$129.00 + 12% tax- breakfast included- 2 queen beds
Phone: (541) 200-6900 **To make reservations**
Get Hilton Attendee Website link from DR or AWSC Member
Rooms block till 30 day prior to event **Under Oregon Area AFG**

☺ Friday Night Sharing Meeting At Hotel 7:00 PM - 8 PM
Suggested \$10 voluntary group registration at the door or Online attendees: send check or PayPal To Oregon Area Treasurer, Payable to Oregon AFG.
Questions??? Email Marvalee District Representative
districtrep7@gmail.com

AA Humor



Central Oregon Intergroup Contacts

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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 and are held via Zoom and LIVE at TEC (469 NW Wall Street, Bend).*

Observers are welcome to attend too!

Contact coigoffice@coigaa.org for log on information

**In Nov. and Dec., the meetings are held on the 3rd Sunday of the month*