

## Central Oregon Intergroup Meeting Minutes for **February, 2024**

**5:31** Opened the meeting with the [W](#) Bus Mtg Script COIG and the Serenity Prayer.

### In attendance:

**Officers:** Chair - Mike, Vice Chair - Hilary, Treasurer – Walt, Secretary - Carrie

**Advisory:** Lanelle, Heidi, Helen

**Service Chairs:** Paul G. Schedule Chair

**IGRs and Alt IGRs:** Terry- Redmond Earlyrisers, Fred S.- Tuesday Night A.A., Kate S.- Attitude Adjustments, Eric G.- WFS, Daryl from Steps To Sobriety, Keren Z. Primary Purpose Grp., Emily E.- 24 & Alive, Tom D. Eastside Earlyrisers, Cody D. Fleeting Thoughts, Russ- NHG, Emily S. Sisters in Sobriety, Mike So.-Lapine Thurs Mens, Jan C. -Thursday Noon Womens, Steve W.- Men from the Park, Douglas A.- Sunday Morning Serenity, Diane R.-We are Not a Glum Lot, Matt S.,-Tumalo Grp., Joe H.,-Tumalo Grp., Glen T. Pioneer Park Grp., Misty LaPine Serenity Seekers,

**Liaisons:** Nick M. D5 DCM, Christina- Al-Anon Liaison, Lanelle- YPAA

**Observers:** Joan C., Reed K.

Quorum = Yes (6+) 22 In-Person IGRs (*an additional 3 attempting to log in successfully online*)

**Tradition Presentation-** District 5 DCM gave a 5 minute Tradition 2 talk and brought handouts.

*February Printout - Tradition Two:* [T2 U.I.A. Print-out](#)

**Secretary's Report and Approve Minutes** - Carrie Read [Secretary Script COIG](#) Paul made a motion to accept the minutes. Doug Seconded. Minutes accepted unanimously.

[W](#) Jan 2024 COIG Business Meeting Minutes.docx

### Chair's Report:

My name is Mike, I'm an alcoholic currently serving as the Central Oregon Intergroup Chair.

First off, Last month I went back and forth with a new IGR at group level during the meeting. It was pointed out to me by a friend that it didn't make for a very welcoming environment and was probably not the most effective way for me to handle the situation. Of course every group has the right to be wrong and doesn't have to embrace the Traditions or the Concepts, but in case anyone is wondering why we ask that you not represent a group that is not yours and you would like to be in alignment with these principles I have included some literature references with page numbers for everyone to look over and to do your own research.

From the A.A. Service Manual: *The home group affords individual A.A.s the privilege of voting on issues that affect the local Fellowship as well as A.A. as a whole; it is the very basis of the service structure. While many A.A. members attend other groups as well, the **home group** is where they participate in business meetings and vote as part of*

*the group conscience. As with all group conscience matters, each member has one vote.”  
-Page 7 in the A.A. service manual.*

From pamphlet p-19. Page 5 “Active membership in a home group — **yours** — is also important, and your G.S.R. should hold **no other offices** in any other group.”

And lastly, from the A.A. Group pamphlet page 15: “Traditionally, most A.A. members through the years have found it important to belong to **one** group that they call their “home group.” This is **the** group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the home group has still remained the strongest bond between the A.A. member and the Fellowship. With membership comes the right to vote on issues that might affect the group and might also affect A.A. as a whole — a process that forms the very cornerstone of A.A.’s service structure. As with all group-conscience matters, each A.A. member has one vote; and this, ideally, is voiced through the home group.”

This month has been busy. As the result of the motion made and passed last month to add the virtual/functioning portion of our meeting to the Web Chair position, I sent out an email asking for volunteers to be on the ad hoc committee to update the service position description. Thank you to those who replied to my email request and served on the Ad Hoc committee. The finished product looks great and was sent out to all the IGRs 2 weeks ago. A copy was also included in the agenda. I'm hoping you have all had an opportunity to look it over so that we are able to vote on it today as part of unfinished business. <https://docs.google.com/document/d/1HcZfiyU-PbEZQ0D0XAvMvWGxjXa4ZtQc7KDKkpuLgJU/edit>

Thank you also to all who served on the Ad Hoc committee for the 2024-2025 term bylaw updates. Eric, from the WFS Group, Recording Secretary Carrie did all the typing, Heidi, Helen and Lannel from Advisory, and Hilary and Myself who oversaw the committee as Chair and Vice Chair. The committee put a lot of time and effort into this and we believe they are ready to go out to the IGRs for approval.

*Yours in love and service,  
Michael S.  
541-815-7458*

**Vice Chair:** Hilary  
Good afternoon, Hilary alcoholic.

We had an Ad hoc meeting February 21st to look over and update the by-laws for the

intergroup for 2024/2025.

These were agreed on at the meeting and the recording secretary has sent a copy out to all IGR's. We will be voting to accept the new by-laws at next month's meeting 23rd March 2024.

Thank you for letting me be of service.

**Treasurer's Report:** Walt

■ January 2024.pdf Treasurer Report Daryl made a motion to accept the minutes. Jan Seconded. Report accepted unanimously.

**Newsletter Committee Report:**

*Not present/No report*

**Potluck Committee Chair Report**

2/25/2023 Central Oregon Intergroup of Alcoholics Anonymous (COIGAA) Potluck Committee Chair Report

Committee Chairperson: Alan Sawyers **coigaa.potluck@yahoo.com (541) 647-9174**

Greetings to all members of the Intergroup Committee and Intergroup Representatives.

The February 2024 monthly Potluck and Speaker meeting was a nice event. Members showed up from setup to cleanup (and points in between) to help put on a very nice event. Donn C. was our host MC representing the Potluck Committee volunteers. The food and beverages were abundant and assorted. Much appreciation to the few members that stayed and helped clean up. Especially those who worked in the kitchen, cleaned the floors, and stayed until the very end, it really helps.

The Speaker meeting at 7 was a full house. Big thank you to the speakers John J. and Diane R. Their messages of recovery were both powerful and well received. There were about 85 attendees which included many who travelled from areas within our Intergroup to support the event as well as some folks from out of the area who came to support the speakers.

7th tradition funds, \$84

Supply purchases, \$26

March 23rd 2024 Potluck will be hosted by the Primary Purpose which meets M-F @ 530p at TEC in Bend. The committee will coordinate operations with the Primary Purpose Group IGR Karen and secure an AI-Anon speaker through Christina our AI-Anon liaison to COIGAA. The location will be at TEC, Brooks Hall.

I have emailed the flyer for this event in hopes that IGRs will share with their groups and others. The following is a list of the Monthly Potlucks, **if any groups are interested in hosting please contact me.**

March-Primary Purpose Group

April- **open**

May-WFS Group (3rd Saturday)

June-LaPine  
July-Madras (Gary trying for Round Butte Park)  
August-Prineville  
September-Open  
October-Open  
November- Thanksgiving Alcothon Brooks Hall  
December-Xmas/Winter Alcothon Brooks Hall


Thank you for the opportunity to play my part in being of service to our AA community.

*Your friend,  
Alan Sawyers*

**Entertainment Committee Report:**


*Not present/No report*

**Hotline Committee Report:**



To print and elect someone from your group:  Group Hotline Rep.pdf

12 Step Call list sign up:  12 Step Call First Responders Sign-up for COIG Hotline

**IT Committee Report:**

**This position is OPEN and needs filled ASAP. Please announce at your Home group. Print description of position here:**  **COIG Position (IT) Chair**

Hi Everyone:

My name is John S. and I am your interim COIG webmaster. Happy to be helping out and I hope you like the “refresh” I have done to the website. I have committed to help with the site through March 1, but am happy to fulfill the two-year commitment in the webmaster position if the new COIG IT Chair would like me to stay around. I will leave the decision up to him/her. And in case you are wondering, I do not want to be the IT Chair.   I prefer to be in the background and simply be a worker bee.

A little about me: my sobriety date is July 23, 1984. I have been doing website work for 25+ years and I recently finished my two year term as Webmaster/IT Chair for District 5. I am an avid mountain biker/cyclist and help build and maintain mountain bike trails around Central Oregon. My family has lived in Bend for 8 years.

Here is my update for February 2024:

**Web update for last 30 days ending Wednesday, February 21, 2024**

- COIGAA.org website received 1,040 visitors.
- Of those visitors, 551 came from a Google organic search (ie “aa meetings bend” “Bend Oregon aa meetings' ” etc.) and 473 came directly by typing coigaa.org into a web browser or having the website bookmarked in their browser.
- The top visited pages in order were
  - Meeting Finder (by far)
  - Home Page
  - Events
  - Announcements
  - Contact



- AA Hotline
- 68.4% of visitors accessed the site from their mobile phones
- 30.0% from their computers
- 1.6% from a tablet (iPad, etc.)
- Busiest days for visitors are Tuesday, Friday and Sunday.

I would also like to let you know that other than old content (download links, etc.), I have not removed anything related to COIG from the website. The content may have moved to another page or been reformatted, but nothing of importance has been removed.

Separately, I have added a dedicated AA Hotline Page and Contributions page. Thanks for letting me serve.

Regards, John S.

### **Schedule Chair Report:**

Paul said he's been working on getting meeting information updated. He is asking that all igrs look at the meeting directory online, and check to make sure their groups information is accurate. If something needs to be updated, he asks that you contact him at [pgpr12@gmail.com](mailto:pgpr12@gmail.com)

### **IGR Reports:**

**Redmond Early Risers Group** -The Treasures report for January 2024 is money collected \$1022.00, Supplies 98.20, with \$936.69 in Reserves. Contributions as follows: **30% to district, 30% to Intergroup, 20% to area, and 20% to GSO.**

New business: Vance is taking over Opening doors in the morning for our meeting, setting up, and making coffee Monday-Friday.

Group conscience was taken and passed to start using a timer for 3 minutes for sharing in the meeting. We will do this for 2 months and revisit how it's been going in our meetings and make a final decision whether to use it permanently.

*Thanks for letting me be of service.*

*Terry M*

*RER IGR*

### **Fleeting Thoughts** Report for COIGAA Intergroup Meeting February 24, 2024

Fleeting Thoughts meets seven days a week at 5:30 p.m. at the Turning Points Recovery Center located at 389 SW Scalehouse Ct #120 in Bend. Thursday through Tuesday are discussion meetings where a chosen discussion leader reads a selection from AA literature of their choosing and then shares on that and selects a topic for the discussion. Wednesday is our newcomer's meeting where we read from Living Sober or Came to Believe and the discussion

centers around the 1st step or early sobriety.

Our business meetings are held the first Saturday of every month. We typically serve food to attendees of the business meeting beginning at 3pm. In our last business meeting, we instituted a change to the way we do our sobriety chips. We will now be offering the 24-hour chip once at the beginning of the various milestones and then again at the end so that newcomers have a second opportunity after having witnessed the whole chip process to “change their mind” and take a 24-hour chip. In our next business meeting, we will be electing an alternate GSR and an alternate IGR. Our next business meeting is March 2nd

.

Our average meeting attendance in the past month has stayed steady at 35 people with individual meetings ranging from 20 to 50 people. We are frequently running low on chairs and hitting the maximum size for our “circle”. Service and sponsorship are highly encouraged in our group. All our service positions are currently filled.

*Gratefully Yours in Service,*

*Cody D.*

*Fleeting Thoughts Intergroup Representative*

**La Pine Thursday Night Men’s Group** February 25, 2024 Report to Intergroup.

We are located at the La Pine Community Church, 16565 Finley Butte Road and meet Thursdays at 530pm. We have between 15 and 26 in attendance. We usually have 10 to 15 at our business meeting. We are trying to get 7th Tradition contributions up to support our GSR’s attendance at Area Assembly’s, be fully self-supporting, and support the A.A. service structure. We host a pot luck on the first Monday of the month which starts at 430pm. February birthdays are: Mike S. with 37 years.

Yours in Service,

*Mike So*

*541-520-3221*

**NHG** Hello, I am Russ H the IGR for New Horizons AA Group. We meet right here in this room at TEC every Monday - Thursday at Noon. Our Meeting schedule is:

- Monday - Newcomers meeting
- Tuesday - Speaker meeting
- Wednesday is our Big Book study
- Thursdays is a rotating schedule covering the Tradition of the month, Step 10, Step 11, Step 12 and the 5th Thursday of the month (when we have one) Concepts study.

I have printed a couple copies of the upcoming speakers for March and sent a copy to the newsletter chair and website chair for posting in the newsletter and on the website as appropriate.

For more information about our group or to listen to past speakers, visit our website:  
<https://newhorizonsgroupaa.com/>

Thank You for your time.

Russ H

IGR for New Horizons AA Group

### Steps to Sobriety

IGR REPORT S T S  
02-22-24  
MEETINGS STAYING CONSISTENT.  
© LAST SUNDAY'S BUS. MTG.  
HAS DECIDED TO LET SATURDAY'S  
7:30 A.M. MEN'S MTG GO. (LACK OF  
PARTICIPATION) WILL GO TO END OF  
MARCH AS IT IS IN SCHEDULE.  
I WILL HAVE OUR SCHEDULE CHAIR  
REMOVE IT @ THAT TIME.  
TREATMENT PANELS IN OUR BEST  
CARE GOING STRONG STILL AS WELL  
AS OUR TWICE MONTHLY JAIL MEETINGS.  
TONIGHT WE CELEBRATED 4 MEMBERS  
MILESTONES BETWEEN 1 TO 16 YEARS.  
AT LAST SUNDAY'S BUS. MTG. GROUP  
VOTED TO CHANGE IT FROM 3RD SUNDAY  
TO 1ST.  
AS I WAS ABSENT AS IGR (COVERING  
FOR ROBERTO AT DEER RIDGE PRISON  
A.A. MTG) I OBVIOUSLY WAS NOT ABLE  
TO REMIND THEM. I HAVE BEEN COM-  
MITTED TO THE 1ST SUNDAY AT DRP PRIOR  
TO BEGINNING OUR IGR.

I MENTIONED THAT TO JOEY - OUR  
GSR YESTERDAY.  
FURTHER DISCUSSION TO TAKE PLACE  
AS I AM - NOT ABLE TO BE @ BOTH!  
OBVIOUSLY!  
AND LAST - MARK AND I ARE DOING  
FOOTWORK TO PREPARE FOR THE 32ND  
ANNUAL - NOTHING SACRED MEN'S RETR-  
EAT TO BE MOVED TO - APRIL 25TH  
THRU APRIL 28TH.  
THIS WAS STARTED BY THE 515  
MEN'S MTG IN PORTLAND & STEPS  
TO SOBRIETY IN PRINEVILLE IS THE  
HOST...  
GRATEFUL THRU SERVICE -  
JERRY L

**WFS Group** Report for the February 25, 2024 Central Oregon Intergroup of AA Meeting  
WFS meets Wednesday, Friday, and Sunday each week from 7-8 pm in a hybrid format, both in the basement of TEC and on Zoom. The link to our Zoom meeting can be found on the COIGAA.org meeting section or our Facebook page (WFS Group – Bend, Oregon).

Wednesday and Sunday meetings are topic-based discussion. Fridays are a books study/discussion meeting using the "Big Book" and "12 & 12". All our meetings are open to anyone interested in Alcoholics Anonymous's program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

Our monthly business meeting is held on the first Sunday of the month from 5:15 to 6:30 pm at TEC and on Zoom. The next business meeting is March 3, 2024. We have several service positions available in March with sobriety requirements ranging from 24 hours to two years and corresponding service terms from three months to two years. WFS will also hold a group

inventory on Saturday, March 3, 2024 from 12-4 in the TEC meeting room and anyone who would like to give input on how WFS is in service to alcoholics is welcome to attend.

Our attendance numbers in January and February 2024 seem to be rising but due to this IGR's failure to ask the treasurer for the numbers this month, this is an anecdotal report. As we say every night at WFS, if you would like to become a home group member, we would love to have you.

*Thank you for letting me be of service,  
Erik G., Alcoholic  
WFS Intergroup Representative*

**24&Alive** is experiencing steady attendance at their weekly discussion meetings, and there's been an increase in attendance at the weekend book studies and meditation meeting. Average of 25 members per meeting. There are consistent new comers attending; average 5 a week and out of town visitors, average 3 a week. We host a monthly newcomer "meet and greet" including all home groups members encouraged to participate on the last Tuesday of each month; Taco Tuesday. And with the new year, we began "Family Game Night" the third Saturday of each month.

It's been a minute, hopefully this is an accurate report.

Emily Ann  
Holistic Wellness Coach  
cell: (541) 408-4592

## Liaison Reports:

### **District 5:**

What's up Central Oregon Intergroup!! I'm an Alcoholic and my name is Nick.  
Upcoming Local General Service events are as Follows:

- PRASSA 2024 will be in San Francisco **March 1st-3rd**. I am including a link that will hopefully go out in the minutes as well. <https://praasa.org/> This is Our Pacific Regional Service Assembly. Oregon is one of 14 Areas that make up our region. This is a great annual event for anyone who has not experienced it. It is a must not miss!
- Then March 22nd-24th is the Quarterly Area Assembly in Klamath Falls. This is another really great event to try to get to, especially if you are new or thinking about making yourself available to serve your group as GSR or Alternate GSR. This will give you a fun peek behind the curtains as to what Oregon Area Service

is all about!

- We are waiting on the Conference Agenda items, and will be having a sharing session with District 9 to better prepare ourselves for the next Assembly.
- A pole has been sent out to the GSR's to help figure out our first workshop, we had something cool happen. The Tumalo Group created a request for a Singleness of Purpose Workshop that wasn't on the list. So that will be our first Workshop. I will bring Flyers to you Guys ASAP!!
- We will be conducting a District Inventory after the first Quarterly Assembly on April 21st to look at ourselves and see how we can better reach out to the suffering Alcoholic.


***Yours in Fellowship & Service,***

***District 5 DCM***

**<http://district5aa.org/>**

***Nick M.***

***541-731-6289***

 Please announce at your Home Group

#### **Al Anon:**

In the spirit of cooperation and not affiliation, I have the following three updates for you:

- Alateen Central Oregon is gaining momentum! There have been a few more teens starting to join, which we are so excited about. Attached is a flyer for Alateen; the number one way teens hear about Alateen is from a parent who is an AA Member.
- Al-Anon's only annual fundraiser is the Spaghetti Feed, which is less than two weeks away, on March 9th. It's at the Unitarian Universalist church/fellowship on Skyliner's Road in Bend. Attached is a flyer with information. If you're a member of Al-Anon and would like to volunteer, please see the Spaghetti Feed Chair, Alice S. Come join us for a lovely evening of delicious food and engaging speakers from Al-Anon, AA and Alateen. A big thank-you to the AA community for announcing the Spaghetti Feed at various meetings, and sending around a sign-up sheet. Your cooperation and support are deeply appreciated.
- In addition to local Al-Anon meetings, schedule attached, did you know there is a thriving Global Electronic Al-Anon community? I myself often attend the 6am Zoom Al-Anon meeting from South Africa, which had 400 attendees recently. These meetings can be super convenient for busy people. Also super easy to find by simply Googling Zoom Al-Anon.

Thank you for being an essential part of my recovery,

Christina

***Click here for Al Anon Family Groups File.***  ***Al-Anon to COIG***

#### **YPAA:**

Good morning

Hopefully I'm not too late to submit the YP report:

There is a lot coming up in the YP world. Tonight (Saturday) several of us are going to Eugene for an Orcypaa/Osypaa event, someone from our area is on the panel so we are going out to support the event.

**April 6th - Oregon bid for Wacypaa is going to host a Traditions “game show” online.**

We’re hoping to get other committees involved to compete against each other.

**April 13th** - a bunch of us are going to Lincoln city to support Orcypaa and to have a bonfire on the beach.

**May 18th** - there is the flying leap event where all the committees throughout the state come together and do meetings all day and whoever wants to jump out of a plane can, with a reservation.

As usual, anyone who has any interest, comments or concerns feel free to reach out to me at anytime.

Thank you

*Lanelle*

Unwritten Reports, announcements and reminders were given from the floor.

An IGR had a correction/eddit on the bylaws regarding how many for a quorum. Secretary said she would amend it and get them out after correction is made.

Russ motioned to adjourn the meeting. Emily seconded. Motion to adjourn passed

Closed at **At 6:08:** with the Declaration Of Unity read from the floor.

*Respectfully Submitted,*

*Carrie B.,*

*COIG Secretary*

**541-788-7276**

*JandCBlake@Gmail.com*