

Cascade Connection

A Newsletter for COIGAA
March 2024



“The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as A.A. practices it is really a means of gaining true independence of the spirit.”

~Twelve Steps and Twelve Traditions, pg. 36

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



“In Tradition Three, A.A. is really saying to every serious drinker, ‘You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter how low you’ve gone, no matter how grave your emotional complications— even your crimes— we don’t want to keep you out. We just want to be sure that you get the same chance for sobriety that we’ve had’”.

~ Twelve Steps and Twelve Traditions, p 139.

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



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
March 24th, 2024 at
5:00 pm at TEC and via Zoom**

This is a live Business Meeting with hybrid attendance available for those unable to be in person.
ZOOM Meeting ID - 961 1009 6966 Password - 061935
Intergroup Members Welcome to Attend!

SERVICE POSITION OPEN IMMEDIATELY



**Central Oregon Intergroup
Information Technology (IT) Chair**

Looking for someone with:

- *Solid Understanding of the 12 Traditions
- *2 Years Of Continuous Sobriety
- *Website knowledge/background and/or Zoom equipment setup experience for hybrid mtgs.

(Ask your IGR for the full service position description)

Stand for this position at the next intergroup mtg on the 4th Sunday of this month @ 5:00pm downstairs TEC

INTERGROUP CHAIR
Mike S. 541-815-7458
COIGAA VICE CHAIR
HILARY D. 541-706-1765



AA 12 Steps Principle of the Month

Faith

The Cambridge Dictionary definition:
Faith - (n.) great trust or confidence in something or someone.

“The Spiritual Principle of step 3 is Faith: Faith is the next step up from hope. While the principle of hope represents the general idea that things can improve, faith is the direct belief in a power that knows better than us where our spiritual truth lies.”

~<https://12steppers.org/>

“As faith grows, so does inner security. The vast underlying fear of nothingness commences to subside. We of A.A. find that our basic antidote for fear is a spiritual awakening.”

~As Bill Sees It, p196

Reprinted with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

Trust/Right of Decision

Concept 3—Short Form
“To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.””

“Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other.”



Reprinted from The 12 Concepts For World Services, Illustrated



3rd Step Prayer of AA

God, I offer myself to Thee,
to build with me,
and to do with me as thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy power,
Thy love, and Thy way of life.
May I do Thy will always.

-Alcoholics Anonymous, the Big Book Page 63

Step Three: “Made a decision to turn our will and our lives over to the care of God, as we understood Him.”

“Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in.”

Twelve Steps and Twelve Traditions, p. 34

“The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful.... What usually happens? The show doesn’t come off very well.”

Alcoholics Anonymous, pp. 60-61

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

Presents

The

March 2024

Potluck & Speaker Meeting

@

Trinity Episcopal Church (TEC), Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

Saturday March 23rd

Hosted by

Primary Purpose Group

Meetings M-F 5:30p @ TEC

Potluck Dinner 6pm

Speaker Meeting 7 pm

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.

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

*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

March 2024

Tues 5th Mike S. New Horizons Group

Thurs 7th Tradition presentation and study

Tues 12th Michael H. WFS Group

Tues 19th Greg S. Steps to Sobriety

Tues 26th Scott P. Not a Glum Lot

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

District 5 A.A. Info

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

district5aa.org

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

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

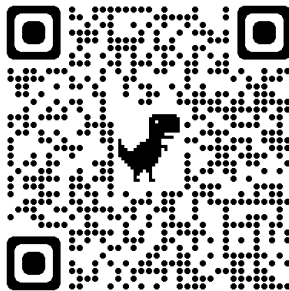
District 5 A.A. Website // district5aa.org
Local events calendar // <http://district5aa.org/calendar>

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

E-mail *

Enter Email Address

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 3: <https://www.youtube.com/watch?v=O2Nve1AaZ8M>

And you can **SEE Step 3 from the 12x12** In ASL at: <https://www.youtube.com/watch?v=qURygcYTJU4>

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?"

CAME
 UNITY SERVICE
2
 RECOVERY
BELIEVE
Reno Spring Festival
 2024

Friday May 17 - Saturday May 18th 2024

~ Grand Sierra Resort ~

Lower-Level Convention Center

Sunday May 19th, 2024

Golf Tournament - Wolf Run Golf Course

**Scan QR Code
to Register Online**



Or go to:

<https://RenoSpringFestival2024.eventbrite.com>

Hotel Reservations

Special room rates available at Grand Sierra Resort: Toll Free - 800-501-2651
 (Reservation Discount Deadline April 18, 2024) Room Block Code: SPRING

Book your rooms online by scanning the QR Code

Or go to: [HTTPS://BOOK.PASSKEY.COM/GOGSRSRSPRING](https://BOOK.PASSKEY.COM/GOGSRSRSPRING)



FOR MORE INFORMATION, PLEASE CALL 775-453-3006

**Concept
Workshop**

The 3rd Saturday of the Month



What are the 12 Concepts For World Service?
 How do they apply to my service work in A.A.?
 What are the spiritual principles that can be applied to every area of my life?

Study material provided



SCAN ME

March 16th | 3:30-5:30 PM

Zoom ID: 894 1698 1622

Password: Service

1555 Oak Ave., Los Altos, 94024

district04cnca.org



PACIFIC REGIONAL FORUM

July 12-14, 2024

Westgate Resort & Casino Las Vegas, NV

You are invited to the Pacific Regional Forum!

PURPOSE OF REGIONAL FORUMS

- Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, staff and Directors from the General Service Office and AA Grapevine.

PROGRAM

- Your Pacific Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past trustees.
- There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on aa.org under the Regional Forums tab.
- The event will take place on Friday from 6:30 p.m. through Sunday 12 p.m.

REGISTRATION

- Registration is FREE and will open online at www.aa.org on **May 13, 2024**.
- All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- Pre-registration is encouraged, and on-site registration will be available.
- Spanish interpretation will be provided.

HOTEL INFORMATION

Westgate Resort & Casino
 3000 Paradise Rd, Las Vegas, NV 89109

- Method of Reservation:** Group code: SAAPR4R
- Hotel reservations: <https://book.passkey.com/go/SAAPR4R> or by Phone at (888) 796-3564
- June 20, 2024** is the room reservation deadline.
- Rate: Double Occupancy, \$109-\$209 per night US or Canadian
 - To receive the group rate, reference the event.

We look forward to seeing you in Las Vegas!

For more information, please contact the Regional Forums Staff Coordinator, at regionalforums@aa.org or call (212) 870-3120

**OKLAHOMA
CORRECTIONS
CONFERENCE**



Register at www.okcorrectionsconferece.com

Or Scan Here



March 16th, 2024
 9 Am
 In Person/Zoom

Claremore Conference Center
 1400 W Country Club Rd
 Claremore, OK 74017

\$25 IN
ADVANCE

\$30 AT
DOOR

\$20
ZOOM

SPEAKERS

PANELS

Zoom ID 675 444 7610
 Password 1234

What's Happening Elsewhere?



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



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.

CLOSED A.A. LITERATURE STUDY

ID: 452~100~1634
PC: 31236

The3LegGroup.com

PHONE:
1~305~224~1968

WEDNESDAYS
6:30PM EASTERN

3:30pm
Pacific

Come learn about
 Singleness Of Purpose
 in the words of
 Bill W.

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Save the Date!

2025 A.A. International Convention

July 3-6, 2025

Scan here!

Language of the Heart
Lenguaje del corazón
Le langage du cœur

39th

Annual OCAA Convention

with Al-Anon Participation

March 29th, 30th and 31st 2024

Hilton Orange
County
Costa Mesa, CA
714-540-7000

Room Rates: \$149 Register EARLY!
 Parking: \$12.00 overnight—\$10 In & Out

All Registrations are online

at OCAAC.org.

You can also register at the convention
 starting March 29th 2024.
 (Price list on back)

Al Anon Events

DISTRICT 5 ANNUAL AL ANON

SPAGHETTI FEED

& SPEAKER MEETING

Please join D5 Al Anon for their only annual fundraiser!



SATURDAY
MARCH 9th 6-8PM

UNITARIAN UNIVERSALIST FELLOWSHIP
61980 SKYLINE RANCH ROAD
BEND, OR 97703

SCHEDULE

DOORS OPEN FOR FELLOWSHIP 5:30
DINNER AND FELLOWSHIP 6 - 6:30
ALATEEN, AL ANON
AND AA SPEAKERS 6:30 - 8
BASKET RAFFLES AND
50/50 RAFFLE DRAW 7:20

NOT!

PRICING

ADULTS - \$15 COUPLES - \$25
KIDS 5-12 - \$5 KIDS UNDER 4 - FREE
FAMILIES OF 4 - \$30
(2 ADULTS, 2 KIDS 5-12 YRS)

QUESTIONS? PLEASE CONTACT ALICE AT:
ALICESBEND@GMAIL.COM

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!!

NATIVE AMERICAN AL-ANON CONFERENCE 2024

SAVE THE DATE!
APRIL 26-28, 2024

UNIVERSITY PLACE HOTEL &
CONFERENCE CENTER
310 SW LINCOLN STREET
PORTLAND, OR 97201

All are invited: Al-Anon, Alateen,
and AA Members alike!

Sponsored by the Oregon Area AFG and NAAC

Learn how to start Al-Anon/Alateen
in your community!
Help families in recovery!
New friends and fellowship!
Hear personal stories of family recovery!
Child care will be provided!

FOR MORE INFORMATION, PLEASE EMAIL
NATIVEAMERICANALANONCONF@GMAIL.COM



AA Humor

At Wit's End March 2024

In Every Issue

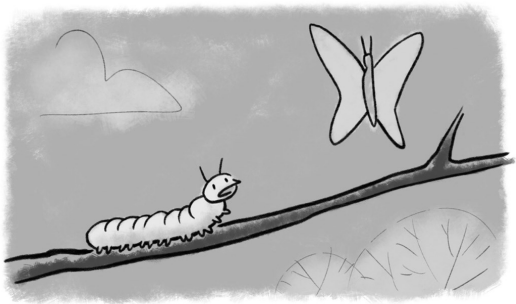


Greatest show on earth

I'm the best actress in the world. I have a part in everything.

Susan R.

Bend, Ore.



"My sponsor says I shouldn't make any major changes in my first year."



Coigaa

Central Oregon Intergroup of AA

Central Oregon Intergroup Contacts

Chairperson	Mike S.	masinbend@gmail.com
Vice Chair.	Hilary D.	hilarydembsky@outlook.com
Secretary	Carrie B.	jandcblake@gmail.com
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	John S.	CoigaaWebmaster@gmail.com
AI-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 and are held LIVE at TEC—

469 NW Wall Street, Bend.

And available via Zoom

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*