

Cascade Connection

A Newsletter for COIGAA

April 2024



“Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.”

~*Alcoholics Anonymous*, pgs. 63 –64



“Don’t take yourself too damn seriously.’ Thus it was that under Tradition Four an A.A. group had exercised its right to be wrong. Moreover, it had performed a great service for Alcoholics Anonymous, because it had been humbly willing to apply the lessons it learned. It had picked itself up with a laugh and gone on to better things. Even the chief architect, standing in the ruins of his dream, could laugh at himself— and that is the very acme of humility.”

~ *Twelve Steps and Twelve Traditions*, p 149.

Reprinted from Alcoholics Anonymous and Twelve Steps and Twelve Traditions, 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](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
April 28th, 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
All A.A. Members Welcome to Attend!

Happy Birthday

NHG members birthdays for the month of April:

Davy G. — April 1, 2021 — 3 years
Mike J. — April 12, 1987 — 37 yrs.

Step Sisters Birthdays for April:

Lauren S. — April 23, 1977 — 47 yrs.

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



COIGAA NEEDS AN I.T. COMMITTEE CHAIR!

**Do you have an understanding of the Traditions?
2 years or more of continuous sobriety?
Willingness to oversee a committee who can operate the Website and Zoom equipment, or you yourself are able to do these things???**

Then we need you NOW!

Contact Mike S. at 541-815-7458 or Hilary D. at 541-706-1765

AA 12 Steps Principle of the Month

Courage

The Merriam-Webster Dictionary definition:
Courage - (n.) Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

“The verdict of the ages is that faith means courage.”
~*Alcoholics Anonymous* pg. 68

“When fear persisted, we knew it for what it was, and we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado.”
~*As Bill Sees It*, pg. 91

“I experienced fear early in my life and I mistakenly thought that the mere presence of it made me a coward. I didn't know that one of the definitions of ‘courage’ is ‘the willingness to do the right thing in spite of fear.’ Courage, then, is not necessarily the absence of fear.”
~ *Daily Reflections*, April 17, pg. 116

Reprinted with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

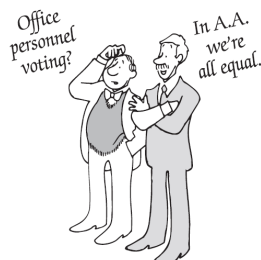
Participation

Concept 4—Short Form

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional ‘Right of Participation,’ taking care that each classification of group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge”

“Bill warns against the possibility of new delegates or trustees trying to ‘weaken, modify or toss out’ the ‘Right of Participation.’ He cites arguments by delegates to take away the trustees’, directors’ and staff members’ vote at the Conference. ‘Certainly,’ he says, ‘our trustees and service workers are not less conscientious, experienced and wise than the delegates.’”

Reprinted from The 12 Concepts For World Services, Illustrated





FOURTH STEP PRAYER

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs. But I will also include that which is good. I pray for the strength to complete this task.



Step Four: “Made a searching and fearless moral inventory of ourselves.”

“We thought ‘conditions’ drove us to drink, and when we tried to correct these conditions and found that we couldn’t to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were. But in A.A. we slowly learned that something had to be done about our vengeful resentments, self-pity, and unwarranted pride. We had to see that every time we played the big shot, we turned people against us. We had to see that when we harbored grudges and planned revenge for such defeats, we were really beating ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our *first* need was to quiet that disturbance, regardless of who or what we thought caused it.”

Twelve Steps and Twelve Traditions, pg. 47

“It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while... If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.”

Alcoholics Anonymous, pg. 66

*New Horizons Group
Of Alcoholics
Anonymous*



*Tuesdays at Noon
Speaker/Discussion
Meetings*



Tuesday Spk/Discussion Mtgs

April 2024

Tues 2nd Davey G. New Horizons Group

Thurs, April 4th, Tradition presentation and study

Tues 9th Emily E. 24 and Alive

Tues 16th Amanda B. Primary Purpose

Tues 23rd Gayle T. Tumalo Group

Tues 30th Marie K. Tumalo Gr

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

district5aa.org

District 5 Business Meeting

ALL ARE WELCOME!

2nd Sunday Each Month

4:00pm - 5:30

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

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



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

DISTRICT 5 A.A. TREATMENT COMMITTEE MTG. FOR ALL CENTRAL OREGON

Tuesday April 2nd 6:00pm Sharp!
715 SE Business Way #5
Bend OR. 541-306-7978

If your group isn't yet taking an A.A. panel into a facility, come see how you can help to get started!

Treatment Committee Liaison: Some groups have treatment representatives who serve as the group liaison with the district treatment committee. They share this vital service work with their home group members and encourage them to join in this responsibility of being on their panel as a speaker.
-GSO Treatment Committees Guidelines

CTF-S@AA-OREGON.ORG

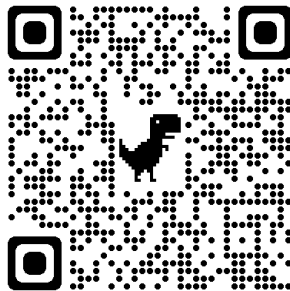
District 5 A.A. Website // district5aa.org
Local events calendar // <http://district5aa.org/calendar>



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

E-mail *

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 Tradition 4: <https://www.youtube.com/watch?v=RURUw-vEARk>

And you can **SEE Step 4 from the 12x12** In ASL at: <https://youtu.be/Sj-GmElx580?si=gnCGpktJTIKCb9hs>

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?"

Last Chance To Submit Your Story!

“The Opportunity To Do Better” ~ Carrie B. ~ April 2024 Grapevine

When I was new to AA, one of my favorite meetings to attend was a Tuesday night women’s meeting. It wasn’t my home group, but it was one of my favorite meetings. It was a closed meeting, but they allowed me to bring my 4-year-old daughter with me. They had a group conscience to allow children. I told my sponsor all about this meeting and how much I liked it. When I got six months of sobriety, it happened to be on a Tuesday. My sponsor came with me to this women’s meeting to give me my six-month coin. Because it was her first time visiting this meeting, I asked her afterward how she liked it. She said it seemed like a nice meeting, but she looked a little bit confused. She asked me if she had heard right when they were reading the script and said that the meeting was closed. I confirmed that, yes, that was one of the reasons I felt comfortable in the meeting. Then she asked why I was bringing my daughter to a closed meeting. I explained to her that they allow everyone to bring their kids and that it was a group conscience decision made by the members. That’s when I first learned a lot more about Tradition Four. My sponsor took the time that evening to explain to me what a closed meeting is for. She explained that even though I don’t personally choose to hide my anonymity, there are some members who need their anonymity to be protected. Some professionals can’t risk running into their patients or clients. School teachers, pediatricians and counselors, among others, may actually need that meeting to be closed. And while I’m free to attend any meeting I like—open or closed—some members are only able to attend closed meetings. They depend on being able to look for that word “closed” in the AA meeting directory, knowing their anonymity will be protected. My sponsor told me that I don’t have the right to risk someone else’s anonymity by bringing my daughter to a closed meeting, no matter what their group conscience says. She explained that in our “Twelve and Twelve” book, in the Chapter about Tradition Four, it states that every group has the “right to be wrong,” and in this case she thought the group was wrong. She told me that once I know better I have the opportunity to do better, just like in any other inventory work. More is always revealed. I stopped attending that meeting on the nights that I had my daughter. Coincidentally, my daughter started school the very next year, and you’ll never guess how she knew the in-training principal. Yes, from the “closed” women’s meeting. I felt terrible, but the principal was very gracious and understanding. Since then, I have a much deeper respect for all the Traditions. I also have a better understanding of the Fourth Tradition in that it was never intended to be used to void any of the other Traditions. The Traditions were meant to work together in unity, not against each other. One Tradition doesn’t cancel another one out. Each group is autonomous *in their own customs and practices*, not their own Steps and Traditions. Does the group want to clap or chant? Should the meeting be an hour or an hour and a half long? How much money should the group keep for a prudent reserve? Does the group give out coins at the beginning of the meeting or the end of the meeting or not at all? Each group should have their own formats and their own customs. But the 12 Traditions are the same for every group. And if my home group is breaking a Tradition, we *are* affecting AA as a whole, because that’s what we’re passing on to new people—our future Oldtimers.

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.

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 Grapevines.

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/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

CLOSED A.A. LITERATURE STUDY

ID: 452~100~1634 **PHONE: 1~305~224~1968**
PC: 31236

The3LegGroup.com
WEDNESDAYS 6:30PM EASTERN

3:30pm Pacific

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

Save the Date!

2025 A.A. International Convention

July 3-6, 2025

VANCOUVER 2025

Language of the Heart
 Lenguaje del corazón
 Le langage du cœur



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 Expires April 18, 2024) Room Block Code: SPRING
Book your rooms online by scanning the QR Code →



Or go to: [HTTPS://BOOK.PASSKEY.COM/GDGRSPRING](https://book.passkey.com/GDGRSPRING)
FOR MORE INFORMATION, PLEASE CALL 775-453-3006

Al Anon Events

51th Annual Kansas Al-Anon & Alateen Conference June 7-9, 2024



“Open Doors
for 2024”
(Bring a Friend)

Four Points by Sheraton Manhattan
530 Richards Drive
Manhattan, KS 66502

(785) 539-5311

5TH SUNDAY SPEAKER MEETING!

HOSTED BY

A.A. Sober Sunday Night &
Al-Anon Sunday Spark of Light

WHO IS INVITED

All A.A., Al-Anon, Alateen mem-
bers & public (observer) guests

WHEN

Sunday, March 31th, 2024
7pm

WHERE

Christ Lutheran Church
15029 2nd Street NE, Aurora OR 97002
Event held downstairs, entrance on East end of building

JOIN US TO HEAR LOCAL SPEAKERS SHARE ON:

STRENGTH * HOPE * UNITY * SERVICE * RECOVERY * FELLOWSHIP

EVENT CONTACT INFO: REGISP.AFG@GMAIL.COM

7th Tradition benefits AA Sober Sunday Night & Sunday Spark of Light AFG



A.A. SPEAKER
Debi B.
Oregon City, OR



**AL-ANON
SPEAKER**
John W.
West Linn, OR

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



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.

AA Humor



YOU ARE ALL
ON MY 4TH STEP



If Batman was my sponsor.



85 Years!

ALCOHOLICS ANONYMOUS

This is the Fourth Edition of
the Big Book, the Basic Text
for Alcoholics Anonymous

Happy Birthday,
Big Book!



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
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.	jannesspeech@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*