

Central Oregon Intergroup Meeting Minutes for April 28th 2024

5:00 Hilary opened the meeting with the [Bus Mtg Script COIG](#) and the Serenity Prayer.

In attendance:

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

Advisory: Lanelle, Heidi, Helen

Service Chairs: Paul G. Schedule Chair, Alice S. Newsletter Chair, Alan S. Potluck Chair, Rachel C. Entertainment Chair

IGRs and Alt IGRs: Emily E. 24 & Alive, Fred S. Tuesday Night A.A. Grp., Alice S. IGR Stepsisters Grp., Kate S.- Attitude Adjustments, Jeannine H. - Attitude Adjustments, Eric G. WFS, Daryl from Steps To Sobriety, Terry- Redmond Earlyrisers, Karen Z. Primary Purpose Grp., Diane R.-We are Not a Glum Lot, Douglas A.- Sunday Morning Serenity, Cody D. Fleeting Thoughts, Russ- NHG, Paul G. ABC Grp., Emily S. Sisters in Sobriety, Mike So.-Lapine Thurs Mens, Jan C. -Thursday Noon Womens, Misty LaPine Serenity Seekers, Joe H.-Tumalo Grp., Dennis J. Madras Madness Grp. Kathryn B. Stepsisters, Sarah B. Sunday Sober Sisters, Mark O. Thursday Mens Lapine, Damon G., Fleeting thoughts

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

Observers: Davy G. NHG

Quorum = Yes (8+) 32 In-Person / 1 online

Tradition Presentation- Tradition of the Month Presentation - Our DCM gave a 5 minute Tradition Presentation: [Tradition Four Presentation Print out](#)

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

There are vast differences among groups... In one part of the U.S., respectful silence greets the speaker who begins, "My name is Ann, and I am an alcoholic." In another, everybody shouts, "Hi, Ann!" and in another, they may clap. There are one-hour meetings and 90-minute meetings. In some places one identifies as an alcoholic before sharing, and in other places, groups go around the room and everyone identifies as an alcoholic at the beginning of the meeting. *"In each neighborhood in every part of the world reached by A.A., the local group is free to work out its own customs."* (The TWELVE TRADITIONS Illustrated)

*(Their own customs and practices. **Not** their own Steps and Traditions)*

"As always, freedom brings responsibility. Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?"

(The TWELVE TRADITIONS Illustrated)

Secretary's Report and Approve Minutes

Good afternoon Central Oregon Intergroup. As the roster is going around, please take care to put a checkmark by your name on the left hand side letting us know that you were here for the meeting today. Also, please check to make sure your last initial is by your name, your email is correct, the name of your home group is included. On the last page of the roster there are blank line items for those who are newly elected IGRs and/or Alts. Observers feel free to use this section to sign in as well.

If you are not receiving the emails, or if I have misinformation on the roster, please email me your correct or updated information. My apologies to Diane and Misty for missing you on the Google groups email list. Thank you to both of you for reaching out to me so that I could get your information corrected.

Thank you to everyone who got their report in on time. It makes my job typing up the minutes much easier. Those who sent their reports to both the Chair and myself before the day of the meeting will have an opportunity to read it today. Those who have not yet got your report in, or got your report in late will not be called on to read a report, but if you would like to have a report included in the minutes, please create one as soon as this meeting is over so that it makes it into the minutes. Please include any fliers you would like me to include in your reports so that I may include them in the minutes as well.

As a reminder we have new bylaws. It is part of my job description to print them out for everyone. Before I do this because we are low on funds right now, I would like to ask everyone to read them over once more and send me any edits, additional corrections or possibly motions that need to be made before the final printing. This way I can save money and avoid having to print multiple times. There have already been some edits and corrections sent in by a few of you, and they are GREATLY appreciated.

Thank you for allowing me to be of service.
Carrie B.

Everyone received the [March 2024 COIG Business Meeting Minutes](#) Yes

No questions or Corrections regarding the minutes.

Russ motioned to approve, **Doug** seconded. All approved. None oppose. **Minutes Approved**

Chair's Report:

My name is Hilary. I am an alcoholic currently serving as the Central Oregon Intergroup Vice chair, and I am standing in for Mike the Intergroup Chairman for this meeting.

Following on from last month's report, after today's meeting Intergroup will resume back to in person only until we elect an IT chair.

This position description has been widely available for everyone to view not only current IGRs'. As a reminder, the chairperson can appoint as many people as they would like to handle the hi bred meetings and the website. To emphasize, IT knowledge would be preferable but not essential to be the chairperson. They appoint people to do the technical work.

Thank you for an overwhelming majority last month in approving the new 2024/2025 By laws which will now become the only working document for Central Oregon Intergroup.

I would also like to remind members to put forward some dates we could plan towards having a Group Inventory. This is an essential part of a healthy group. Where we could do better and to fact find together, especially where contributions are tight and running the Central Office is a substantial cost what we can do and where we can cut back on all expenses. What is working and what is Not.

I look forward to being of service running a productive IGR meeting today.
Thank you,
Hilary

Treasurer's Report: Walt

[April 28 2024 COIG Intergroup Treasurers Report .pdf](#)

A few questions posed to Walt regarding our low finances. Where does all the money go? How much does the Store in Redmond cost to run? Lanelle asked if we have had a conversation about the money we would save if we closed the store and just ordered literature online or used the District for literature... Carrie reminded the body that we have an inventory planned and that these are all great questions to discuss at the inventory.

Karen made a motion to accept the minutes. **Russ** Seconded. Report accepted unanimously.

Newsletter Committee Report:

Hello COIGAA,

All is well in newsletter land. Thank you for all of those who submit information and items of interest to our newsletter!

Please feel free to contribute. Send newsletter items to alicesbend@gmail.com.

*Yours in service,
Alice S.*

Potluck Committee Chair Report

COIGAA Potluck and Speaker Meeting Committee Chairperson - Alan S

April Potluck Was held in the Fireside Room Hall at Trinity Episcopal Church and approximately 70 members attended the event. The Young at Heart Group hosted the event with solid leadership from Nick who lined up group members from setup to breakdown. The speakers carried a solid messages of recovery and hope through their experience before and after finding sobriety through Alcoholics Anonymous. Thanks to many who helped cleanup the facility, I was locking the doors in 40 minutes!

May Potluck Will be May 18th in Brooks Hall at Trinity Episcopal Church. The date is the 3rd Saturday in May which is a diversion because Memorial Day weekend is the 4th weekend in May. The WFS Group will be hosting the event as well as celebrating the group's 64th anniversary.

June Potluck Will be June 22nd in La Pine. I'll keep you posted.

July Potluck Might be in Madras with a picnic bbq @ Round Butte PGE park hosted by Madras Group. More to be disclosed.

August Potluck Will be hosted in Prineville.

September Potluck Will be hosted by Thursday Women's Meeting

October Potluck OPEN Thank you for allowing me to be of service in our AA community!!

Your friend,

Alan S

coigaa.potluck@yahoo.com

(541) 647-9174

Entertainment Committee Report:

April 2024 Entertainment Committee report

The entertainment committee meets the second Tuesday of the month on Zoom. Flyers are enclosed with all zoom information to take back to your home groups. While we have not been able to meet lately due to unforeseen personal circumstances. We are set to get back on track. I apologize for my absence, but it was unavoidable.

The only event we have had since my last report was St. Patrick's' day. It was held upstairs at TEC in the fireplace room. It was one of the first sunny days of the year and I am sure that had an impact on the event. We only had about 20 or so attendees and two corned beefs were brought. The event cost \$100 (space rental check still needs sent) and brought in \$67. From contributions and the 50/50 raffle. Thank you to all that helped set up and break down.

*Our next events are camping in June, August, and September. Dates are on flyers sent to the webmaster and secretary. If groups or individuals' have any ideas for events this summer or fall **please come to the committee meetings** so we can get them going. Takes at least 2 months to fully plan an event. I will be rotating out this coming winter. It seems far away but many events are planned up to a year or more in advance. Especially the camping trips. So, moving forward I would like to start again the search for a vice chair to eventually be voted into the chair position. As it was a bit overwhelming to "figure it out" as I went. Even with prior experience.*

I would also like to bring up that the trailer needs maintained to the group. It is in need of new tires. After price checking we found some at Schwab's for 110 each installed. I am sure there is cheaper. But I do not have time to shop around and figure out installation. It is not going to be used until the June camping trip and it is not an urgent matter. But will be soon. Also to be noted our insurance was due last month for the year which was \$250. Which I am wondering if that covers the trailer. Because my personal insurance does not. I do believe we need to find a solution soon. I do not want myself or anyone else held liable for an accident.

*I am depositing \$202 monies and receipts from new year's and St. Patrick's events. As I've been out of the loop because of personal issues. I would like input on how to make best use of our very limited funds. I also need to meet with the treasurer to make sure I am staying within the budget. I will reach out to him soon. Thank you again for the opportunity to grow in service.
Rachel C.*

Hotline Committee Report:

All is good with the Hotline. If you do get a call after your shift is over please let me know so I can follow up with the person who is scheduled after you.

There are currently no open Hotline time Slots, but I also have no backup people so Please have anyone call me that is interested in possibly taking the next open time slot. Attached is this report and most current hotline list.

Thank you for trusting me with this service responsibility.

Frank W.
972-834-3080

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](#)

Schedule Chair Report:

April 28, 2024

The Online Meeting Schedule is completely up to date with all requested changes, and two new meetings have been added this month – those meetings are in the Online Schedule and will be included in paper schedules next time we do a print run. We have also placed a downloadable/printable PDF of the schedule on the COIGAA website. Everyone is free to access and print copies on their own – note: ***print on legal size paper.***

We printed 1,800 copies of the schedule at the beginning of April. Everyone here should please take a bundle (or 2) for your home group and/or other meetings you regularly attend. Bundles are also available, at no cost, at Central Office in Redmond. Please recycle or destroy old schedules at your home group so that only the most current is being used.

We ask that everyone here and all IGRs kindly **look over the schedule right away to make sure your meeting is properly listed**; please send any corrections or changes to pgpr12@gmail.com and the Online Schedule will be corrected right away and the printed schedule will be corrected/updated for the next print run.

Thank you for letting me be of service
Paul G.
Schedule Chair

IGR Reports:

Thursday Noon Women's Meeting

My name is Jan C and I am an Alcoholic. My home group is the Thursday Noon Women's Meeting. Our group meets at noon every Thursday in the big room upstairs at Foundry Church in downtown Bend.

We generally have about forty women in our solution-oriented topic meetings. At our business meeting April 18, 2022, we (1) authorized a committee to research and propose options for Childcare at our GROUP meetings and (2) voted to host the Intergroup Potluck in September 2024.

I would like to work with the Potluck Chair to make sure that our meeting hosts a dynamite Potluck.

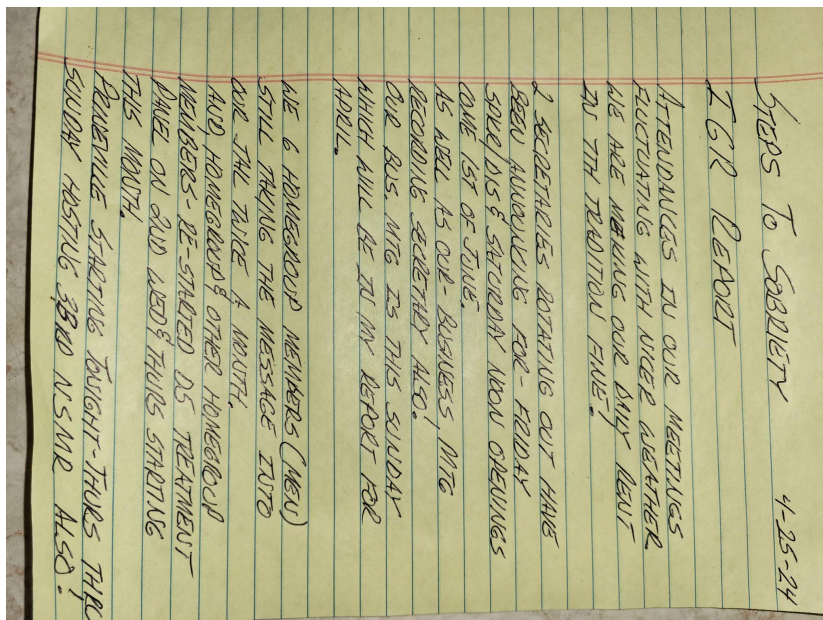
In Service,
Jan C
Intergroup Representative
Thursday Noon Women's Meeting
714-425-1700

NHG

Hello everyone, New Horizons continues to meet Monday - Thursday at noon in the basement on Trinity Episcopal Church. The first Tuesday of the month is our business meeting. Also, our meeting By-laws, Position Descriptions for all service positions, meeting scripts, welcome letter and meeting etiquette handouts are all available on our website at: newhorizonsgroupaa.com. Every Tuesday is our Speaker discussion meeting, I've handed out copies of our speaker flyer as well as sent it to Alice to be posted in the newsletter and to Mike for posting on our the Intergroup's website.

Russ H
New Horizons Intergroup Representative.

Steps To Sobriety



Steps To Sobriety 4-25-24
IGR Report
ATTENDANCES IN OUR MEETINGS
FLUCTUATING WITH NICEE ALTOGETHER
WE ARE MAKING OUR BIRTH REPORT
IN THE TRADITIONAL FIVE!
2 SECRETARIES ROTATING OUT HAVE
BEEN AVAILABLE FOR - FRIDAY
SPEAKERS SATURDAY NOW OPERATIONS
ONE 1ST OF JULY
AS WELL AS OUR BUSINESS, MTC
REGARDING SOBRIETY ALSO!
OUR BUS. MTC IS THIS SUNDAY
WHICH WILL BE IN MY REPORT FOR
APRIL.
WE 6 HORIZONS MEMBERS (NEW)
STILL TAKING THE MESSAGE INTO
OUR TALK TWICE A MONTH,
AND HOMEGROUP & OTHER HORIZONS
MEMBERS - RE-STARTED AS TREATMENT
PLAN ON OUR WEEKLY THURS SHARING
THIS MONTH.
FRANVILLE STARTING TONIGHT - THURS THRU
SUNDAY HOSTING 3RD NSMR ALSO!

Redmond Earlyrisers:

My name is Terry and I'm an Alcoholic.

My home group is Redmond Early Risers.

We meet Mon-Friday at 7am at Zion Lutheran Church in Redmond.

We have implemented a 3 minute timer by group conceince taken at our last Business Meeting on April 2nd for each meeting. The use of the timer is going very well and allows more members to share.

Our meetings for the week are

Mon- Big book study

Tues- Step Study

We'd-As Bill Sees It

Thursday-Daily Reflections

Fri- 12 X 12

In service

Terry IGR for Redmond Early Risers

WFS Group

My Name is Erik G. and Im an Alcoholic. My home group is WFS.

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 shares. 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. Non-alcoholics may attend our open meetings as observers.

In WFS news, we elected a new Alternate IGR in April. Please welcome Anders W. who should be attending the COG meetings with me in the coming months.

WFS will be hosting the May Intergroup Potluck which will coincide with the 64 th anniversary of WFS as a continuously operating home group. Slated speakers are Billye F. and Brenna L. of WFS. The service positions we have available in May are: Friday Secretary, Wednesday and Sunday Coffee/Greeter,

Timekeeper and Alternate GSR. You could pick up one of those service positions and join our home group at our monthly business meeting which 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 April 7, 2024.

I am currently working on a revision to our bylaws and service position descriptions following insights from our Group Inventory in May. I hope to have this completed for approval at our June business meeting.

Yours In Service,

Erik G.

WFS Intergroup Representative

970-219-1549

erik.gantt@gmail.com

We Are Not A Glum Lot

We Are Not a Glum Lot continues to be a well attended (Average 40) and active group. We meet on NW Newport at NW 6 th (Church of Christ)

Monday: Speaker/Discussion

Wednesday: As Bill Sees It (Closed meeting)

Friday: Daily Reflections

All current service positions have been filled.

We have business meetings quarterly. Next change in service positions will be in July.

Diane Richards, IGR We Are Not a Glum Lot

La Pine Thursday Night Men's Group

We are located at the La Pine Community Church, 16565 Finley Butte Road and meet Thursdays at 530pm. We host a pot luck on the first Thursday of the month which starts at 430pm. We hold our business meeting on the 3 rd Thursday after the meeting. It was decided this month at the business meeting to keep our A.A. literature display separate from the church literature to avoid the appearance of endorsement or affiliation with outside enterprises. We are hosting the June Intergroup Potluck.

Yours in Service,

Mike So

541-520-3221

24 & Alive Group

24 & Alive meets 7 days a week with 8 meetings; Monday-Friday discussion meetings, Saturday 12x12, Sunday meditation and big book study

Attendance has been steady with an average of 35.

Business meeting first Tuesday at each month

Newcomers from a treatment center have been attending discussion and book study meetings

New comers coming in regularly. We have a lot of home group members but still struggle to fill all our service positions and have outstanding attendance at business meetings

We pass a clipboard with all AA announcements, including but not limited to IGR Flyers

Activities to show newcomers we're not a glum lot:

Taco Tuesday is the last Tuesday of each month immediately after the 5:30; fellowship and newcomers meet and greet

Game night one Saturday each month. Game prize BINGO soon

Softball is coming soon

Thank you for letting me be of service!

Emily Ann

cell: (541) 408-4592

Sunday Sober Sisters Group

I am the IGR of Sunday Sober Sisters, Sundays at 9am at the Redmond Alano Club. Our meeting is an Open, Womens meeting with a Speaker/Discussion format. Current attendance of SSS is between 12 and 20 women with a mixture of sobriety time between 30+ years to one day. We hold Quarterly business meetings with our next one being 6/30/24. The current group conscience is that we are a meeting and not a group but can still work to fill all service positions as able. We hold events such as the Women's Clothing Swap that was held at the RAC about a month ago. I do not have the treasury report at this time but I believe we were starting to contribute to some of the other areas of AA. Believe there are no unfilled service positions at this time. We are very spiritually and program focused as well as very welcoming to any Newcomer that walks in the door.

Thank you,

Sarah B

Sunday Sober Sisters Grp

Liaison Reports:

YPAA:

YPAA stands for Young People in Alcoholics Anonymous. Young is defined as young at heart. With summer coming, the YPAA world is ramping up with a lot of events.

Zip lining in Lincoln City April 13th had a great turn out. A large group of us attended the local monthly speaker meeting and were able to make announcements and outreach and really let them know young people in Alcoholics Anonymous exist.

And the online jeopardy event was a lot of fun with turn out from Colorado, Kansas and throughout Oregon.

May 4th- OSYPA is hosting a capture the flag light saber battle with a panel of speakers in Springfield.

May 18th- ORCYPAA is hosting the leap of faith event where all the YPAA committees will come together for the day to host meetings all day and jump out of planes.

ORCYPAA is the annual Oregon campout that is happening Aug 2-4th in Lincoln City this year.

May 26th- Oregon Bid for WACYPA is hosting at 6 pm, an online, what will hopefully be an ongoing, traditions meeting with young people from different YPAA committees speaking on traditions.

Anyone is welcomed to get in the car and join us.

Any questions please feel free to reach out to me.

In love and service

Lanelle

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:

- The Tumalo Group requested a Singleness of Purpose Workshop. So that will be our first Workshop. For those of you online, I have attached a link to the flier. For those of you in person, I have given you a flier. It will be on **Sunday June 2nd from 10 am to 2 pm in the Brooks room at the Downtown Bend Library**, not to be mistaken for Brooks Hall at TEC. [See Flier here](#)
- We had our District Inventory on April 21st to look at ourselves and see how we can better reach out to the suffering Alcoholic. It was an awesome experience. It was great seeing the participation from those that made time for it.
- We continue to try to encourage and inspire participation in our local Committee work. Both our Treatment and PI/CPC Committees have monthly meetings and would love more participation. They are both doing an amazing job, but need more participation in order to do more.
- I had a great time with everyone from the District in Klamath Falls for the Pre-Conference Assembly. I hope all of you have the opportunity to go over those possible Agenda Items and take time to see what we can do better in our community to help reach those suffering Alcoholics that don't know we exist.
- On Friday, during our newcomer packet stuffing and highlighting party, I had the opportunity to meet a non-alcoholic who has been bringing her Granddaughter to meetings in early recovery. She really appreciated a pamphlet that District 5 created that describes what AA does and does not do. She was particularly appreciative that we described what we don't do. Was really great getting that feedback, especially from a non-alcoholic!!

Yours in Fellowship & Service,

District 5 DCM

<http://district5aa.org/>

Nick M.

541-731-6289

Al Anon:

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

- *We want to keep spreading the word that Alateen in Central Oregon is back in action, Thursdays at 5:30pm. Attached is a flyer to share; the number one way teens hear about Alateen is from a parent who is an AA Member.*
- *The annual Oregon Alateen Conference is in August this year, in Molalla, Oregon. <https://www.oregonal-anon.org/alateen-events>. District 5 Al-Anon supports the Alateen conference in various ways, mostly through donations made by each autonomous group.*
- *Attached is the most current Al-Anon meeting schedule for Central Oregon; there is a new Al-Anon meeting in Madras, on Wednesdays at noon at the Madras Christian Church.*

Thank you for sharing the recovery journey with me,

Christina

Click here for Al Anon Family Groups File: [Al-Anon to COIG](#)

Unfinished business:

- **“Information Technology” (IT) Committee Chair position Election.** [COIG Position \(IT\) Chair](#) Election Process: [IT Chair Election Questions](#) **No one stood. Position is still open.**

New Business:

- **A reminder, New Bylaws were passed last month with substantial unanimity.** [2024/2025 COIG Bylaws](#). Please make sure you have an updated copy printed out. How many need the secretary to print you a copy and bring them to next month's meeting? It was decided that we would print out copies and hold an IGR Orientation very soon with food and fellowship.
- **Intergroup Inventory.** DCM shared his recent experience with us about the **District Inventory.** (Inventory will include All IGRs, Alt IGRs, Committee Chairs, Officers, and Advisory Board Members) And an outside facilitator/recording secretary. What would everyone prefer? Online or Potluck? **A poll will be sent out to see what the best day/time works for everyone.**
- Cody from the Fleeting Thoughts Group made a motion **“That the Intergroup Meeting return to pre-pandemic in-person only meetings.”** [COIG Motion Submittal Form - In-Person Motion.docx](#) Motion was seconded, discussion took place, and Carrie made a motion to table the vote until next month so it can be taken back to the groups for input. Motion to table was seconded, and it was decided by simple majority to take it back to the groups to discuss.

Karen moved to adjourn the meeting. Motion was seconded. All were in favor but one who wanted to extend the meeting to allow for minority opinion on vote to table.

Meeting was adjourned **At 6:19:** with the Declaration Of Unity read from the floor.

Respectfully Submitted,

Carrie B.,

COIG Secretary

541-788-7276 / JandCBlake@Gmail.com