

Central Oregon Intergroup Meeting Minutes for **March 24th, 2024**

**5:31** Opened the meeting with the [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, Frank W. Hotline Chair, Alice S. Newsletter Chair, Alan S. Potluck Chair

**IGRs and Alt IGRs:** Terry- Redmond Earlyrisers, Alice S. Alt IGR Stepsisters Grp., Kate S.- Attitude Adjustments, Daryl from Steps To Sobriety, Karen Z. Primary Purpose Grp., Cody D. Fleeting Thoughts, Russ- NHG, Brittany N. NHG Alt IGR, Paul G. ABC Grp., Emily S. Sisters in Sobriety, Mike So.-Lapine Thurs Mens, Jan C. -Thursday Noon Womens, 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, Damon G., Fleeting thoughts Alt IGR, Mark O. Thursday Mens Lapine Alt IGR, Dennis, Madras Madness Grp.

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

**Observers:** Reed K. Redmond Earlyrisers, Gabi J.

Quorum = Yes (8+) 34 In-Person IGRs (5 *online*)

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

**Secretary's Report and Approve Minutes** - Carrie Read [Secretary Script COIG](#) Russ made a motion to accept [Feb 2024 COIG Business Meeting Minutes.docx](#), Cody Seconded. Minutes accepted unanimously.

**Chair's Report:** My name is Mike, I'm an alcoholic currently serving as the Central Oregon Intergroup Chair. First off, Alli from this Church would like to let everyone know, that if your group is one that meets in this church, that they are resetting all the Key Cards and you will need to go up and visit her ASAP to sign a new key card agreement and to get your key reactivated.

I would like to thank John, for the beautiful revamp of our website. One of the things he has worked really hard on, is making it an easy position for whomever we elect as IT chair. He has updated us to a very easy to use system that he is willing to train anyone in on or even join the committee depending on the needs of the new chair. I just want to remind everyone again that the IT Committee Chair position is simply someone who chairs that committee. But that the elected chair may appoint as many people as they like onto their committee to handle different aspects of the position. No one person needs to be the entire committee. Hopefully we can get someone elected into this position today. We have a lot of capable IGRs right now. If we don't get someone

elected, we will be without a website or a hybrid option for the IGR meetings until someone is elected. [COIG Position \(IT\) Chair](#)

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 ad hoc committee put a lot of time and effort into this and they have been sent out to you all several times now. Hopefully they are ready for approval today. Thank you also to those who sent in edits and helped to get them in the condition they are in now. [Proposed 2024/2025 COIG Bylaws](#)

I would like to encourage the IGRs to start thinking about what dates would be good to start planning a Group inventory for the Intergroup. This will give us an opportunity to see where we are falling short, or what we could be doing better. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. Any good leader is not afraid to see where he can do better.

And lastly, I need to make amends for last month's meeting. Erik from WFS has a tabled motion on the agenda. I tabled that discussion for a month without the body deciding to do so. I don't get to table a motion as your chair. I should have recommended the table and allowed for you to make the decision. I will pay more attention to this moving forward.

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

**Vice Chair:** Hello, Hilary Alcoholic

As the chair has already said we have been working down our list of priorities since the start of 2024. We have progressed a long way with the job description for the office manager being accepted. The treasurer duties clear and defined. At the last Advisory board meeting 17 th March, it was unanimously agreed that the central office would sell only: Milestone coins, Big Book Dictionaries, A.A.W.S Conference Approved Literature, Service Material and Grapevine Inc. Material. The stock in the shop of other books published by Hazelden for example will sell down and not be replaced. It was felt that selling books linked to a treatment center was implied affiliation, and not keeping within our traditions.

I would like all IGR's and service chairs to consider if you would still like the meeting to be hybrid or if we should go back to in person now that the pandemic is over. If you have an alternate IGR maybe they could be here to vote and report back if you are unable to be present. If interested, someone could present this as a motion at next month's IGR meeting.

Thank you for letting me be of service.

Hilary vice -chair Intergroup

**Treasurer's Report:** Walt

[Feb 2024 Treasurers Report.pdf](#)Daryl made a motion to accept the minutes. Paul Seconded. No minority. Report accepted unanimously.

**Newsletter Committee Report:**

*Not present/No report*

**Potluck Committee Chair Report**

Potluck Committee Chair Report 3/24/2023

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

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

The March 2024 monthly Potluck and Speaker meeting was hosted by the Primary Purpose group. The attendance was about 115. The speakers, Karen J. from Al-Anon and Mackenzie from AA, presented nice stories of their experience in recovery. Thank you to all who attend the monthly potluck and make this event an excellent experience in fellowship and service.

The April 2024 Potluck is still open for a group to host. Please contact me if your group is interested. Also available are September and October.

Thank you

Alan

**Entertainment Committee Report:**

*Not present/No report*

**Hotline Committee Report:**

All is pretty good with the Hotline and it seems that most current volunteers are diligent about logging on or at least meaning to. 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 is currently one open Hotline time Slot, **Mondays 9pm-9am (Tuesday)**. Please have anyone call me that is interested in taking this time slot.

Also attached are the Men's and Women's 12 step list (those that are available for 12 step calls) and there are several needs you can see on both lists but especially for women. Again, if someone has an interest please call me.

If you see your name on one of these lists and see a needed correction or you do not want to continue please let me know.

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:**

THANK YOU to all who responded to our Schedule Audit, your responses have enabled us to clean up the COIG Meeting Schedule so that AAs can better find meetings throughout Central Oregon.

As a result, this month we have:

ADDED two meetings that were previously not on the schedule;

DELETED five meetings that are no longer active,

And MADE CHANGES TO 17 meeting listings — everything from correcting wrong meeting locations to adding requested meeting descriptors.

All changes will be incorporated into the Online Schedule and the Printed Schedule, which we will have in-house next week. We will also post a PDF of the complete schedule online, so that anyone can download it and/or print copies as needed.

We will have bundles of the new schedule for IGRs at the April COIG meeting, until then please contact Central Office to get them for your meeting. And please remember to discard previous schedules when replacing with the new ones.

Thank you for allowing me to be of service.

[pgpr12@gmail.com](mailto:pgpr12@gmail.com)

**IGR Reports:**

**We Are Not A Glum Lot** continues to be a full and active in person meeting that meets at Noon on Mondays, Wednesdays, and Fridays at Church of Christ o Newport in Bend.

Monday: Speaker/Discussion

Wednesday: As Bill Sees It

Friday: Daily Meditations

Our attendance has remained steady now. Now averaging about 40 members with a wonderful mix of newer and longtime members and a mix of older and younger members.

All of our current service positions are filled. We hold business meetings quarterly with the next one scheduled for the first Monday in April.  
Diane R, IGR We Are Not A Glum Lot

### Steps To Sobriety

DARYL ALCOHOLIC - <sup>STEPS TO</sup> ~~STEPS TO~~ SOBRIETY  
HOMEGROUP IS IN PRINEVILLE.

WE HAVE 8 MTGS WEEKLY.  
6 BEING LITERATURE BASED STUDY  
FORMATS - 2 BEING OPEN DISCUSSION.  
ATTENDANCE & TRADITION HAS  
BEEN CONSISTENT THIS MONTH SO  
FAR.

WE DID VOTE LAST MONTH TO CHANGE  
SUNDAY'S NOON MTG TO GRAPEVINE  
ARTICLE FORMAT.  
AND FINALLY DROPPED & EXCLUDED FOR  
NEW SCHEDULE IN PRINT & ONLINE -  
SATURDAY'S 7:30 AM MEN'S ~~MEETING~~  
TALK!

WE VOTED TO CHANGE BUSINESS MTG  
FROM 1ST SUNDAY TO 4TH SUNDAY MAINLY  
SO OUR GSR CAN FULLY ATTEND ASSEM-  
BLIES AS PRIOR TO BEING SWITCHED  
FROM 3RD SUNDAYS TO THE 1ST.  
THE 2-5 SUNDAY DID NOT WORK FOR  
ME AS I HAVE MEETING TO FACILI-  
TATE @ 2:30 INSIDE DEER RIDGE  
PRISON IN MADRAS.

WE DO HAVE BUS. MTG AGAIN  
THIS ~~MTG~~ SUNDAY AS OUR  
GSR WILL BE @ ASSEMBLY IN  
KLAMATH FALLS, WHICH WAS CHANGED  
FROM 3RD TO 4TH WEEKEND. OUR  
GSR WILL ZOOM IN TO MAKE HIS  
REPORT BEFORE RETURNING HOME.  
OUR BUS. MTG SECRETARY HAS TOLD  
ME SHE WILL BE ROTATING OUT  
EARLY FROM THAT POSITION WITH A  
2 MONTH PERIOD TIME TO BE FILLED,  
WILL ANNOUNCE SUNDAY.

OUR TWICE MONTHLY JAIL MTGS ARE  
GOING WELL IN C.C. JAIL.  
~~MTG~~

AND MOST IMPORTANTLY (MY  
OPINION) WE NOW HAVE 3 NEW  
PROSPECTS FROM BOTH JAIL &  
BEST CARE HERE WITH SPONSORS  
& STS AS THEIR 1ST HOMEGROUP.

GRATEFUL IN SERVICE

DARYL L  
IGR

### Redmond Earlyrisers:

My name is Terry and I am an Alcoholic  
My home group is Redmond Early Risers. We meet Monday-Friday at 7:00am at Zion Lutheran Church in Redmond.  
Old business: The use of a timer (3minutes) Is going very well. After 60 days are up in April, we will take a group conceince to continue to use it or not. New Business: Eric the Pastor of Zion where we meet has informed us that Narcan is now on hand in the emergency kit at the church. Our total sobriety birthdays in March was over 60 years. Also Wi-Fi is available during the meetings If AA approved litature is needed to be read. Such as the grapevine quotes for the day.

In Love & Service,  
Terry Intergroup Rep for Redmond Early Risers

### Tumalo Group

My Name is Joe and I'm an Alcoholic. My home group is The Tumalo Group. Our Group meets every Friday and Monday night at the Tumalo Fellowship Hall.

I have 5 new items to report:

1. Tumalo has modified its secretaries format to include some singleness of pupose verbage. The added portion reads:

***"This is an open meeting of Alcoholics Anonymous. In keeping with our singleness of purpose, please identify as an alcoholic and limit your shares to your own personal experience with alcohol and recovery from alcoholism. Non alcoholics are welcome to attend open meetings as observers only."***

2. We also passed a motion to have the IGR as the only person to make announcements. The group has become so big that the announcements were taking up to 15 minutes. Having only one person make announcements is keeping the meeting on track and allowing more time for the speaker and attendees time to talk.

3. We did not have an Alt IGR position previously. We voted to make the position, and we voted in Matt S. at our Alt IGR.

4. Because the meeting has continued to grow in attendance. We had a record 150 in attendance 3 weeks ago. One of our members who happens to own the property across the street from the Fellowship Hall graciously offered to let us park in his parking lot.

5. Best care has been consitantly bringing 12 to 13 of its people to the meeting regularly. The 30 day coins are flying off the shelf.

We are continuing to use the traditions in our group concience to overcome the growing pains of a larger meeting.

In Service, Joe H. - IGR - Tumalo Friday Night Speaker Meeting

### **La Pine Thursday Night Men's Group**

We are located at the La Pine Community Church, 16565 Finley BuHe Road and meet Thursdays at 530pm. We hold our business meetng on the 3rd Thursday after the meeting, we host a pot luck on the first Thursday of the month which starts at 430pm. We recently raised our rent to be in align with self-support declining outside contributions. We are open to hosting the June Intergroup Potluck as long as the church is available that night.

Yours in Service,

Mike So

541-520-3221

### **NHG**

Very short report from New Horizons. I've brought in flyers for our Tuesday Speaker Meeting. Please let your groups know who we have sharing their experience, strength and hope. I've also been asked to hand out flyers for the District CTC and a sign-up sheet for those wanting to be on the District's list of those available to speak at Treatment Centers. That's all I have.

Thanks!

Russ, NHG IGR

### **Thursday Noon Women's Meeting**

My name is Jan Christie and I am an Alcoholic. My home group is the Thursday Women's

Meeting. Our group meets at noon in the big room upstairs at Foundry Church in Bend. We generally have about forty women in our solution-oriented topic meetings. We have not recently changed contribution levels, but our treasurer reports that 7<sup>th</sup> tradition collection has been a little lower than normal.

Our next business meeting is the Second Thursday in April. The agenda for that meeting includes two proposals: 1) that the meeting institute childcare and 2) that the meeting host an Intergroup Potluck.

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

### **Sunday morning serenity**

My name is Douglas and I am an alcoholic. My home group is Sunday morning serenity. The meeting is located at the sons of Norway lodge. 549 Northwest Harmon boulevard. The meeting starts at 10:00 a.m. to 11:30 a.m. Our average attendance is 40 to 100 members throughout the year. Our most recent treasury report indicates we are netting an average of 80 to \$120 respectively.

We have three service positions currently open. Alternate GSR, alternate IGR, and two assistant cleanup members. We have four motions on the table.

- (1) Remove previous members from the bank account.
- (2) Place Halie J. On the bank account as new treasurer.
- (3) Are we sure we want to continue as a group? Motion made by Jim.
- (4) Change from quarterly to monthly business meeting. Motion made by Jim.

### **Fleeting Thoughts**

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. We have been offering the 24-hour chip twice, once at the beginning of the various milestones and then again at the end for a month now and have had several takers on the second chance at the desire chip, so we feel it has been a good change. In our last business meeting, we elected an alternate GSR and an alternate IGR whom we are getting engaged straight away. Our next business meeting is April 6th. 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

### **WFS Group**

My Name is Erik G. and I'm 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 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. Non-alcoholics may attend our open meetings as observers. In WFS news, we will be hosting the May Intergroup Potluck which will coincide with the 64 th anniversary of WFS as a continuously operating home group. The service positions we have available in April are:

Friday Secretary, Friday Coffee/Greeter Grapevine Rep, Alt Grapevine Rep, Alt IGR, and Alt GSR. You could join our home groups and pick up one of those service positions 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.

We completed a **group inventory** on March 2 and it was, as always, enlightening and helped us to identify a few ways we might be of service in a more effective way following the Traditions and Concepts. This will include a few revisions to our nightly meeting scripts and a proposed revision of our bylaws and position descriptions. More will be revealed.

Yours In Service,

Erik G.

WFS Intergroup Representative

970-219-1549

erik.gantt@gmail.com

### **March 2024 Primary Purpose Group**

My Name is Karen Z and I'm an Alcoholic. My home group is Primary Purpose. Our Group meets Monday through Friday at 5:30p at TEC. Our meeting schedule and formats remain the same but I did provide some clean up to the online schedule to Paul, the COIG Schedules Chair. Primary Purpose has a new treasurer, Kaylee A, and she has recently started to distribute our excess contributions to the various service entities on a regular schedule rather than letting it build up. Our contribution percentages to the various service entities, set in May 2022, remain the same at 30% to COIG and District and 20% to Area and GSO. Primary Purpose is also planning a **group inventory**, hopefully in May. Joey, our GSR is coordinating with Nick M, the DCM, to schedule. Primary Purpose is hosting the March Potluck on Sat, Mar 23rd, and McKenzie, home group member and Business chair at Primary Purpose, will be the AA speaker. Open positions include Friday night Chair, 6 mo sobriety requirement, Merchandise, 3 month sobriety requirement and as always greeters and coffee makers with 24 hours sobriety.

In Service,

Karen Z

InterGroup Rep

Primary Purpose



**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:

- The Tumalo Group requested a Singleness of Purpose Workshop. So that will be our first Workshop. We are working on format, getting speakers, and creating a Flyer. I will get that to you as soon as we get it figured out!!
- We will be conducting a District Inventory on April 21st to look at ourselves and see how we can better reach out to the suffering Alcoholic.
- We had a sharing session for District 5 and 9 online where both our Delegate and Alt. Delegate joined to listen to our thoughts and wishes on the Agenda Items for this year's General Service Conference.
- We continue to try to encourage and inspire participation in our local Committee work. Our Treatment Committee went into a local shelter and found 2 suffering Alcoholics which I had the pleasure of meeting at the St. Patrick's Day event put on by the Entertainment Committee. One of them came to my Home Group on Monday night. It's awesome to see the Committee Members, who have less than a year of sobriety and have Recovered through the Steps, getting out there and finding those who are suffering and ready.
- 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 do have something I'd like to share with you guys. I have heard some complaints about a couple of meetings that are using non AA literature in their meetings. So I went on the COIG website and found the new meeting request form. It looked really good, however I would suggest some language in there that is more direct. Also the online change/add form is super vague. Might ditch or redo that one. We don't know what we don't know, until we learn. I am grateful for my mentors.

***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.
- Thank you to AA for supporting Al-Anon's Spaghetti Feed on March 9! It was delightful to see you attend, volunteer in the kitchen and other ways, and special thanks to Bill H for ending the night with his story of recovery.
- 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 being an essential part of my recovery,

Christina

### YPAA:

April 6th- Oregon Bid for Wacypaa (OBW) is hosting an online event consisting of big book jeopardy and a panel.

The event starts at 6pm and will have people from all the bidding committees participating. April 13th OBW is cohosting zip lining in Lincoln City and then hosting a bonfire on the beach that evening.

May 4th- all the YPAA committees will be coming together for a day of unity and jumping out of planes in Oregon City.

I am attaching all the flyers.

Any questions please feel free to contact me.

Thank you

Lanelle

### Unfinished business:

- **IGRs approved updated bylaws** to replace the old bylaws, service position descriptions, and COIG Service Manual [Proposed 2024/2025 COIG Bylaws](#) Passes with 15 in favor one opposed. Minority sent in her concerns and edits and will make a motion to revise if need be. *New Bylaws are passed.*
- **"Information Technology" (IT) Committee Chair position Election.** [COIG Position \(IT\) Chair Election Process: IT Chair Election Questions](#) No one stood. Position will remain open.
- **Motion on the floor:** Erik from WFS made a motion for the Potluck chair to have a Debit Card. Heidi, from the Tumalo Grp seconded the motion. Discussion took place. Only one

opposed. No minority opinion expressed. Motion passes. Potluck chair will get a debit card.

Russ moved to adjourn the meeting. Joe seconded. All were in favor.

Closed at **At 6:15:** with the Declaration Of Unity read from the floor.

*Respectfully Submitted,*  
*Carrie B.,*  
*COIG Secretary*  
**541-788-7276**  
*JandCBlake@Gmail.com*