



Cascade Connection

A Newsletter for COIGAA
May 2024

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path... This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step ...”

~Alcoholics Anonymous p. 72

Reprinted from Alcoholics Anonymous, with permission of Alcoholics Anonymous World Services, Inc.

A DECLARATION OF UNITY

This we owe to A.A.'s future;
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

Tradition 5: Each group has but one primary purpose— to carry its message to the alcoholic who still suffers.

“Shoemaker, stick to thy last!... Better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.”

~ Twelve Steps and Twelve Traditions, p 151.

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**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>





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.

**The Next COIGAA IGR Meeting
Will be on May 26th, 2024
At 5:00 pm
at TEC, Trinity Episcopal Church
and will be a Live Meeting Only**

Happy Birthday

ATT ADJ member birthdays for the month of May:

Amber — May 3, 2021 — 3 yrs.
Barry J. — May 12, 2010 — 14 yrs.

Step Sisters member birthdays for May:

Anneliese S. — May 9, 2018 — 6 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

Integrity

The Cambridge Dictionary definition:
Integrity - (n.) The quality of being honest and having strong moral principles that you refuse to change.

“We must be entirely honest with somebody if we expect to live long or happily in this world..”
~*Alcoholics Anonymous* pgs. 73-74

“The deception of others is nearly always rooted in the deception of ourselves.”
~*As Bill Sees It*, pg. 17

“Honesty becomes my ‘tool’ to unfurl the ‘chains’ which bound me.”
~ *Daily Reflections*, May 31, pg. 160

Reprinted with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

Democracy

Concept 5—Short Form
“Throughout our world services structure, a traditional ‘Right of Appeal’ ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

“This “Right of Appeal” recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.”

Reprinted from The 12 Concepts For World Services, Illustrated





FIFTH STEP PRAYER

Higher Power,
My inventory has shown me who I am,
Yet I ask for Your help
In admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step,
For without this Step, I cannot progress in my recovery.
With Your help, I can do this, & I do it.



5th Step Promises

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

~Alcoholics Anonymous, pg. 75

Step Five : "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

"Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us. Yet if A.A.'s experience means anything at all, this is not only unwise, but is actually a perilous resolve. Few muddled attitudes have caused us more trouble than holding back on Step Five."

Twelve Steps and Twelve Traditions, pg. 56

"This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter. This is perhaps difficult — especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking."

Alcoholics Anonymous, pg. 72

*New Horizons Group
Of Alcoholics
Anonymous*

*Tuesdays at Noon
Speaker/Discussion
Meetings*



Spk/Discussion Mtgs

May 2024

Thurs 5/2 - Tradition 5 Presentation & Q&A

Tues 5/7 - Hilary D. Attitude Adjustment Grp

Tues 5/14 - Kathleen B. Not a Glum Lot Grp

Tues 5/21 - Gayle T. Tumalo Grp

Tues 5/28 - Hailie T. Weathering the Storm

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: Steps 10,11 &12

Steps To Sobriety Grp Presents:

What: Speaker/Discussion Mtg

When: Fridays at 5:30pm

Where: The Rebels Roost

703 N. Main St. Prineville Or.



Upcoming Speakers:

May 3rd - Walt W. Attitude Adjustments

May 10th - Sunny H. Fleeting Thoughts Grp.

May 17th - Gayle T. Tumalo Grp.

May 24th - Al T. Tumalo Grp.

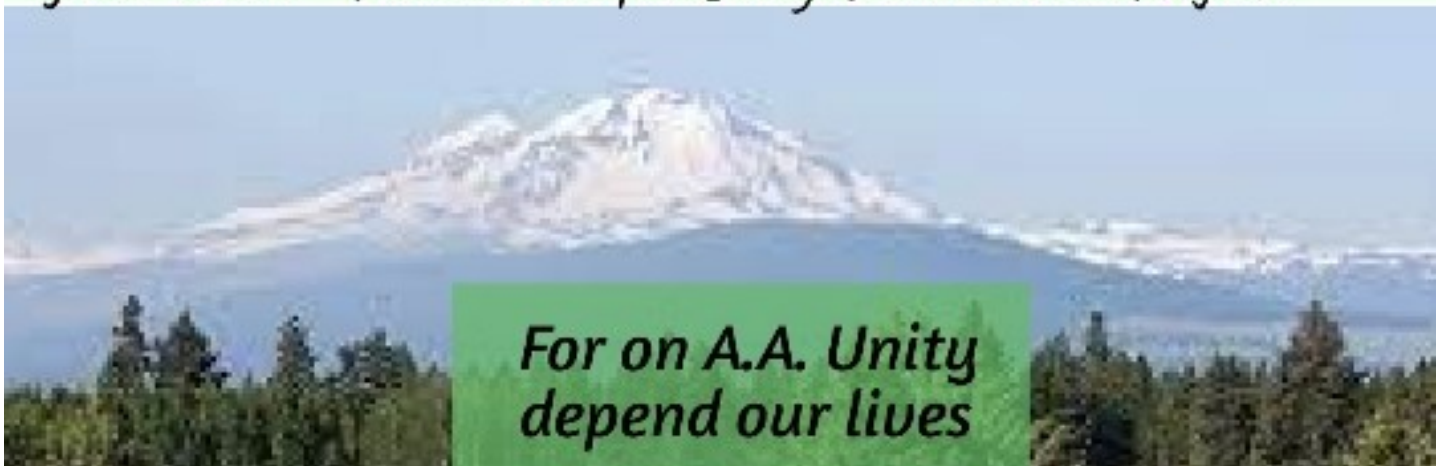
May 31st - Home Group's Bday Celebration Night!

June 7th - Bob R. 24 And Alive Grp.

June 14th - Hilary D. Attitude Adjustments

June 21st - Glen T. Pioneer Park Grp.

June 28th - Home Group's Bday Celebration Night!



**For on A.A. Unity
depend our lives**

*The
Central Oregon Intergroup
of
Alcoholics Anonymous*

www.coigaa.org

Presents

The
May 2024 Intergroup Potluck
Saturday May 18th
5pm - 8pm

Hosted by

WFS Group

Celebrating 64th Anniversary as an AA group in Bend

@

Trinity Episcopal Church (TEC), Brooks Hall

469 NW Wall Street Bend, Oregon

(enter on corner of Wall Street, upstairs)

Speakers @ 7pm

Billye F. * Brenna L.

All are Welcome!!

Handicap Accessible

Questions or comments: Contact Alan @ coigaa.potluck@yahoo.com

COIGAA ENTERTAINMENT COMMITTEE

JOIN US!

Do you like throwing a good shing ding?

Are you looking for some sober summer fun?

Does your Home Group have ideas for some awesome fellowship opportunities?

Is it time for you to get in service?

Do you want more fun events in your Central Oregon town?

Then the COIGAA Entertainment Committee is looking for you!

We could use your input and help!

This committee includes the entire Central Oregon area AA community.

Home groups are encouraged to send a representative to the meeting.

Everyone is welcome no sobriety time requirements to be part of the fun.

Zoom meeting Second Tuesday of the month 7pm

Meeting ID 961 1009 6966 Password 061935

COIGAA ENTERTAINMENT COMMITTEE

INVITES ALL OF CENTRAL OREGON TO

BROKEN ARROW CAMPGROUND AT DIAMOND LAKE

AUGUST 1ST THRU AUGUST 4TH 2024

Come make new memories with friends and family. Our group M1 campsite has a grill, picnic tables, and fire pits. Set back from the shore in lodgepole forest, at the south end of Diamond Lake, this picturesque spot boasts views of both Mount Bailey and Mount Thielsen. Campground and boat ramp offer the opportunity to fish, swim, and boat. Bicyclists will enjoy riding on the 11-mile paved trail around the lake, while hikers can head out for the day on one of many trails leaving the area.

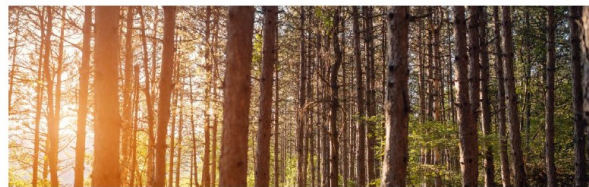
AA meetings at 7:30 each night with a speaker meeting on Saturday. Potluck on Saturday night at 6pm at Check-in @ 2pm Thursday and Check-out 1pm Sunday

\$15 contribution per ADULT to cover the cost of camping for the weekend. Kids are free. Scholarships available, please email requests to entertainment.coigaa@gmail.com for more information. From HWY 97 take right onto OR-138 / E Diamond Lake Hwy 22.0 miles. Turn left onto Diamond Lake Loop. Keep straight to NFD Road 050. Turn right onto NFD Road 4795. 4.8 miles Broken Arrow Campground



Central Oregon Intergroup

invites you to fellowship in the big pines.



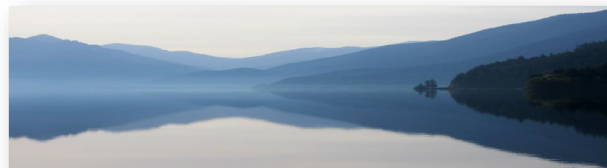
Ochoco Forest Camp Group Campout June 6th thru 9th 2024

Summer is coming and so is the first AA camp out of the year! Into the Ochocos we go. This beautiful group campground has plenty of room for everyone. Water and electricity at group pavilion, 2 vault bathrooms onsite, and dry camping with NO Hook-ups. \$15 contribution per ADULT to cover the cost of camping for the weekend. Kids are free. Scholarships are available please email requests to entertainment.coigaa@gmail.com for more information.

Check-in is at 2pm Thursday and check-out by 12pm Sunday. Saturday night potluck starts at 6pm with a meeting around the fire at 7pm. Start this summer off with fellowship and fun under the big pines! Walton Lake is a short drive away with fishing, swimming, and non-motorized boating. Along with hiking there are plenty of recreational opportunities. There is NO phone service.

Ochoco Forest Camp Group Pavilion Directions

From Prineville approximately 15 miles east on Highway 26. Turn right at the junction to Walton Lake and Big Summit Prairie (County Road 123), then continue for approximately 7 miles. Turn left onto Forest Service Road 2610 and cross Ochoco Creek. Campground will be on your right. Go pass the regular campground and head over the small bridge and you will be here.



Simax Group Campout

COIGAA Entertainment Committee

Invites all Central Oregon to **Crescent Lake** for the last campout of the 2024 season.

Thursday September 19th check-in 2pm thru Sunday September 22th at 12pm

Discussion meetings Thursday and Friday at 730pm. Fellowship opportunities are endless during the day with picnic areas, fishing, hiking and stunning views of the lake. Simax group campground offers the conveniences of drinking water, showers, and flush toilets on-site! This campground has plenty of onsite tent camping. Group camp area B and C have been reserved.

There is extremely limited space for camp trailers. We will be taking trailer reservations online at entertainment.coigaa@gmail.com confirmations will be sent. If you want a trailer spot email asap.

The cost of camping is a \$20 contribution per adult. Scholarships are available. Contributions to the scholarship fund are welcomed.

Nearby Crescent Lake Resort has a general store with supplies, equipment rentals, and other amenities. Check out their website. Limited cell services.

Not into camping?

Join us at the Pavilion

Saturday September 21th 6pm potluck

Speaker meeting at 7pm.

From Highway 58, turn south at Crescent Lake Junction on Forest Service Road 60. Travel 2.2 miles to the junction with Forest Service Road 6005. Continue a mile south, following signs. To Simax group camp

Members Share

TRADITION 5

Each Alcoholics Anonymous group ought to be a spiritual entity Having but one primary purpose – that of carrying its message to the alcoholic who still suffers.

This Tradition is so beautiful. It removes the responsibility from us to *have* to help with other addictions within our groups. It gives us the responsibility of helping another alcoholic who still suffers.

"We think we should do one thing well rather than many things to which we are not called". "to carry our message to the alcoholic who still suffers. That is our basic objective, and our real reason for existence." Alcoholics Anonymous Comes Of Age, pp.161-162

I have not had a tragic experience myself with trying to help another addiction in my group, other than to suggest another group which may be more helpful to them. For that I am truly grateful. I do not know personally what to do or say to other addictions because I am only an alcoholic. That is quite enough for me, and it puts me in a perfect position to help another person suffering from Alcoholism. I have been there, suffered and, with the help of my God and AA, I have recovered. Even today I do not like it when other addictions are brought up in my home group. It makes me very uncomfortable because I cannot relate to what is being said; I do not want to relate either.

I go to AA so I can live in steps 10,11,12 and to help another alcoholic as I have been helped.

"...a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer from alcoholism, recovery is a matter of life or death. Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose." -Language of the Heart p. 82

~ Hilary D., Att. Adj.



Acronyms for FEAR

Face Everything And Recover!	False Evidence Appearing Real	Future Events Already Ruined
F^#@ Everything And Run	Forgetting Everything's All Right	Frustration Ego Anxiety Resentment
Feeling Emotional And Reactive	Frantic Efforts to Appear Recovered	False Expectations Appearing Real

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 A.A. GROUPS IN CENTRAL OREGON

Tuesday May 7th 6:00pm
Downtown Bend Library Upstairs in the Hutchenson Room
ALL ARE WELCOME!

Would your home group like to help to carry the A.A. message into treatment facilities in District 5?

Some groups elect a treatment representative who serves on the local treatment committee. They share this vital service work with home group members and encourage them to join in this responsibility. Members of the treatment committee work to help hospital and treatment center staffs better understand A.A., and also carry the A.A. message on panels to alcoholics in treatment.




 CTF@DISTRICT5AA.ORG

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

Click here for info on the U.A.A. Tradition 5 Workshop:

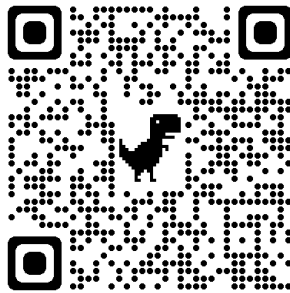
https://docs.google.com/document/d/1m5oJ2Db3lxWNJmnlL1eVMXSegQvBI3NDLy92Owyr2EK/edit?usp=drive_link



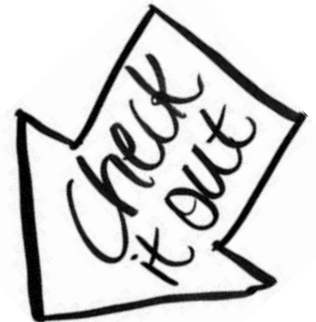
Please send me District 5 A.A. upcoming events and announcements.

E-mail *

Sign me up!



Scan here to sign up for D5 Emails



<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 5: <https://www.youtube.com/watch?v=mavkDNBbmZ0>

And you can **SEE Step 5 from the 12x12** In ASL at: <https://youtu.be/QDaferFspI0?si=9N7iJwuhmf6Ruld3>

Oregon Area 58 District 5 A.A. Presents:

**Sunday
June 2nd 2024
10am-2pm**

**Bend Downtown
Library
601 NW Wall St.
Brooks Room**

**Main Speakers:
Joel S. From Portland
Jen S. From Portland**

**Panel Speakers From:
Steps To Sobriety
Attitude Adjustments
Not A Glum Lot Grp**

**Event Requested By:
The Tumalo Group**

**Hosted By:
District 5 A.A.**

Singleness Of Purpose Workshop & Lunch!



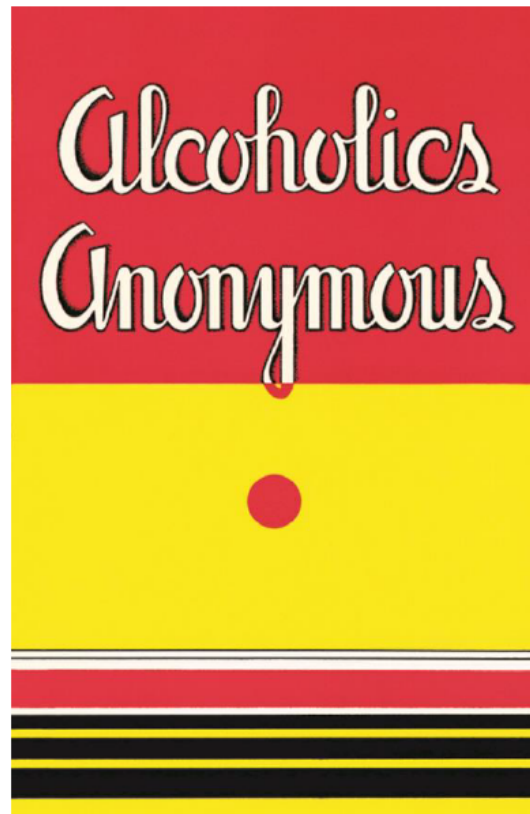
- *Speakers
- *Lunch Provided
- *Tradition 3,5&6 Panel
- *Ask-It-Basket
- *Handouts & other Resources
- *Free Giveaways
- *Everyone Welcome!!

District5aa.org



For more information contact:
District 5 DCM at 541-731-6289 or
dcm@district5aa.org

Large Print Abridged Big Books also on sale starting at \$6.00 for 1—19 copies!
<https://onlineliterature.aa.org/Big-Book-Large-Print-Abridged>



Quantity	Price
1 – 19	\$3.00
20 – 99	\$2.82
100 – 199	\$2.64
200 +	\$2.46

<https://onlineliterature.aa.org/BB-Facsimile-first-printing-1st-ed>

Alcoholics Anonymous Facsimile First Printing of the First Edition

This special edition of Alcoholics Anonymous is a reproduction of the first printing of the first edition of the Big Book as it was published in 1939. This faithful replica of the original — featuring red cloth binding, thick paper and the colorful "circus cover" — was published to commemorate the 75th anniversary of the Big Book.

General Service Conference-approved. Hardcover, 6" x 9", 416 pages

What's Happening Elsewhere?

Steps 10, 11, & 12 Workshop

Putting "On Awakening" into action!

May 18, 2024
 12:00pm PST / 3:00pm EST / 8:pm UK
 May 19, 2024 5:00am AEST

Come explore Two-way prayer (written guidance), the way the Pioneers of AA did it.

Zoom ID — 608 965 5939 Password — 2wp
 For handouts or information, email 2wp.3wp@gmail.com




ORCYPAA
Presents

Leap of Faith IV

Saturday, May 18th
 9am to 5pm

Register by March 31st

Marathon Meetings
 Fellowship
 Unity
 Food
 And Other
 Unspecified
 Shenanigans!

\$50 to Register plus \$149 day of to jump!

Call Matt w/ Skydiving Questions 971-301-0116
 Call Zack w/ Event Questions 503-509-7138

It's gonna be bananas!

Join the Oregon Regional Campout of Young People in AA (and a co-host of friends) as we jump out of perfectly mediocre planes!

Sign Up Here!!

FAQ's

MAY THE 4TH BE WITH YOU

STAR WARS

OSYPAA
 CAPTURE THE FLAG
 LIGHTSABER BATTLE

May 4th 3:30-6:30 PM

Location: Island Park, Springfield OR 97477

5\$ SUGGESTED CONTRIBUTION
 OR FREE WITH OSYPAA XI REGISTRATION

Save the Date!

2025 A.A. International Convention

July 3-6, 2025



Language of the Heart
 Lenguaje del corazón
 Le langage du cœur

Scan here!




Oregon Bid for WACYPAA Presents

WACS UNITED


Traditions Study with bidding committees!

DATE
 May 26th Sunday

TIME
 6pm PST

MONTHLY ZOOM EVENT

Meeting ID: 548-800-3775
 Password: 031196



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

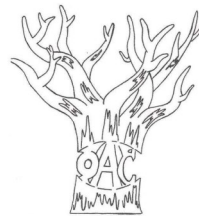


**AL-ANON
SPEAKER**
John W.
West Linn, OR

12th Annual OAC



Save The Dates
August 2nd, 3rd, 4th, 2024



Oregon
Alateen
Conference

Contact/Questions: OregonAlateen@gmail.com

To Be Held At:
Molalla Retreat Center
36208 S Molalla Forest Rd
Molalla, OR 97038

Mail Donations:
OAC
PO Box 12
Tualatin, OR 97062

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.

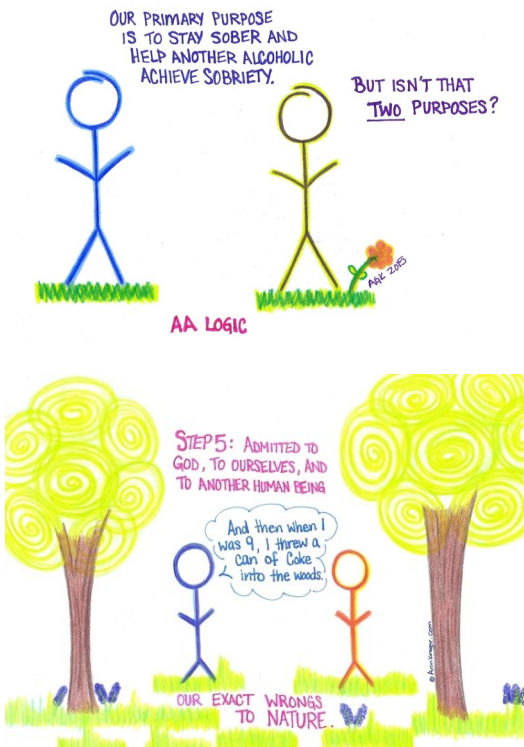
MEETING FORMAT:

- Mtgs run by teens (1-2 ADULT AL-ANON SPONSORS* ALWAYS PRESENT)
- Topic chosen by teens

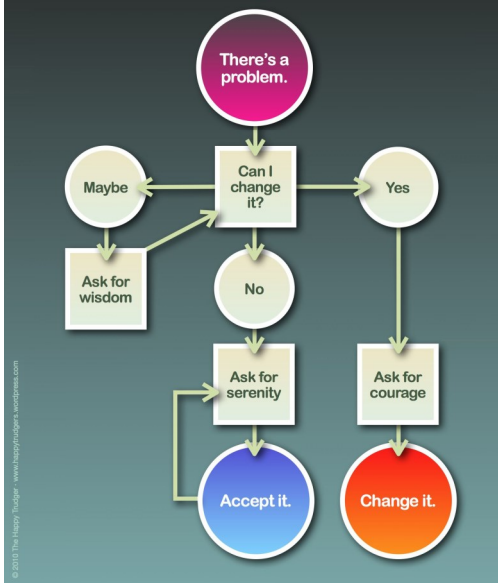
**Anonymity in Alateen is the same as anonymity in Al-Anon – very important.

*Al-Anon Group sponsors are members certified in accordance with Alateen Safety and Behavioral Requirements with background checks.

AA Humor



The Serenity Flowchart.



If you take the “ME” out of
BLAME,

All you have is ...

“Bla, bla, bla!!!”

~ Henry H.

A.A. May History:

May 11, 1935 — Bill W. made calls from the Mayflower Hotel and was referred to Dr. Bob.

May 12, 1935 at 5 pm. — Bill W. met Dr. Bob at the home of Henrietta Seiberling.

Central Oregon Intergroup of AA
Coigaa

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.	janesspeech@gmail.com
Advisory Board Committee	Helen W.	DocMason039@gmail.com

Intergroup Meetings take place the fourth* Sunday of each month at 5:00 PM and are held LIVE at TEC—

469 NW Wall Street, Bend.

Observers are welcome to attend too!

Contact coigoffice@coigaa.org for more information

*In Nov. and Dec., the meetings are held on the 3rd Sunday of the month