

Cascade Connection

A Newsletter for COIGAA

June 2024

“Were entirely ready to have God remove all these defects of character.”

Step 6 of Alcoholics Anonymous

“So Step Six — ‘Were entirely ready to have God remove all these defects of character’ — is A.A.’s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words ‘entirely ready’ underline the fact that we want to aim at the very best we know or can learn.”

~Twelve Steps and Twelve Traditions p. 65

Tradition 6 Long Form: *Problems of money, property and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. — and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never to so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.*

~ Twelve Steps and Twelve Traditions, p 160.

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



**HOTLINE
(541) 548-0440**



**Redmond Central
Office is Temporarily
Closed**

**See next page for
more information and
how to order
literature and coins in
the interim.**



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)



REDMOND CENTRAL OFFICE IS TEMPORARILY CLOSED

The ***Intergroup*** is still 100% functioning and the office closure does not affect the Hotline, Schedules, Entertainment, Newsletter, Potluck Speaker meeting, or the Website in any way. Intergroup Services and Service committees will continue to function as usual. Including the COIG business meetings. If you have any questions, concerns or requests regarding any intergroup function, as usual, please contact the chair of that committee. If you have a question regarding the Office, as usual, please contact:

- The Office Liaison at lleaduran@gmail.com or
- The Chair of the Board at Masinbend@gmail.com

To Order Literature On-line:

- **AAWS Conference Approved Literature:**

Click here to order: <https://onlineliterature.aa.org/>

- **Grapevine:**

<https://www.aagrapevine.org/store/language-heart-hard-cover>

Non A.A. Misc. such as Coins and bumper stickers: Any number of vendor's online. Such as:

- [Recovery World](#),
- [Pass It On Shop](#)
- [The Token Shop](#)

<https://onlineliterature.aa.org/>

<https://www.aagrapevine.org/store/>

<https://www.recovery-world.com/AA-coins.php>

<https://www.passitonrecoveryshop.com/anniversary-aa-bronze-affirmation-coins.html>

<https://www.thetokenshop.com/>



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 June 23rd, 2024
At 5:00 pm
at TEC, Trinity Episcopal Church
and will be a Live Meeting Only**

Happy Birthday

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

Happy Birthday, Helen W.!
17 years

Happy Birthday, Gina R.!
5 years



**COIGAA NEEDS AN I.T.
COMMITTEE CHAIR and
TREASURER!**

**Do you have an understanding of the Traditions?
2 years or more of continuous sobriety?**

**See the next two pages for job
descriptions!**

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



AA 12 Steps Principle of the Month

Willingness

Websters Dictionary definition:

Willingness - (n.) Free choice or consent of the will; freedom from reluctance; readiness of the mind to do or forbear.

“He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults -- without any reservations whatever -- has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.”

~ *Twelve Steps and Twelve Traditions, pg. 63*

“Willingness, honesty and open mindedness are the essentials of recovery.”

~ *Alcoholics Anonymous, pg. 568*

Reprinted with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

Accountability

Concept 6—Short Form

“The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”

“The trustees have the legal and practical responsibility for the operation of A.A. World Services, Inc. (which embraces A.A. publishing as well as the General Service Office) and of AA Grapevine, Inc. These entities have a combined cash flow of many millions of dollars annually. The trustees are also responsible for A.A.’s public information activities. They are the guardians of the Twelve Traditions. They are responsible for carrying the A.A. message to other countries around the world. They are A.A.’s ‘bankers’, overseeing the financial operations and investing A.A.’s substantial Reserve Fund.”



Reprinted from The 12 Concepts For World Services, Illustrated

TREASURER DESCRIPTION, REQUIREMENTS, QUALIFICATIONS AND RESPONSIBILITIES

(The Treasurer is also one of the eight (8) Advisory board members. Please read article 20 of the [COIG Bylaws](#))

- A. Two (2) years of continuous and current sobriety.
- B. Active and current membership in an A.A. home group in Central Oregon.
- C. Must have a working knowledge and understanding of the 12 Traditions.
- D. Shall have previously served as a Group Treasurer, District Treasurer, IGR, COIG Service Committee Chair, COIG Officer, or as an Advisory Board Member.
- E. Treasurer shall have some prior business and accounting experience. *No member may serve as treasurer if convicted of any prior felony for fraud, theft or embezzlement.*
- F. Shall have charge of all funds belonging to the Intergroup, and shall supervise the keeping and depositing of such funds for and on behalf of the Intergroup in a bank or banks to be designated by the Board.
- G. Deposit and keep track of group contributions.
- H. Shall reimburse the service committee's expenses and bills.
- I. Shall reimburse Vice Chairs travel expenses for the assembly up to \$300.
- J. Shall prepare monthly accounting statements for approval at monthly advisory board meetings and then distribute for a second approval at the IGR meeting.
- K. Shall prepare or shall hire *(with Board approval)* an outside accountant to prepare any applicable tax forms or other financial reports as required by law.
- L. Shall provide the Intergroup Chairperson, or any person designated by the Intergroup Chairperson, with the complete accounting records of the Intergroup for inspection at a reasonable time and place, but not later than 10 business days after the request is made.
- M. Provide a monthly budget status report.
- N. Shall be the ex-officio (oversight) of all committees authorized to handle funds. *(Including The Central Office Manager report)*
- O. Write office employee paychecks. *(Timesheets will be used by office manager and other employees then turned in to Chairperson)*
- P. Pay the Central Office space rent, phone bill and internet.
- Q. Make sure space rent for the Central Oregon Intergroup potlucks and events are paid for or reimbursed to the Potluck Chair and/or Entertainment Chair.
- R. Pay vendors, such as the schedules to be printed. *(such as the schedules to be printed)* and explore more cost efficient options when appropriate.
- S. **File all IRS and State filings, as required.** These filings include but are not limited to; a). Oregon Dept. of Justice Form CT-12 - Due no later than April 30. b). IRS Form 1099 (Office Manager) - Due no later than February 15. c). Oregon Dept. of Corporations Annual Business Name Renewal- Due no later than June 30. d). IRS Form 990ez (Once Gross Receipts exceed \$25,000.00) - Due no later than May 30.
- T. Will remain available to share their experience, strength and hope with the incoming Treasurer. (Shall consider standing for Advisory at rotation)

Information Technology (IT) Chair

The purpose of the committee is to manage, maintain and update coigaa.org. As well as set up and run the virtual portion of the hybrid business meetings.

The purpose of the website is to assist the local A.A. groups in Central Oregon to carry the message of Alcoholics Anonymous to the still-suffering alcoholic, facilitate communication among IGRs, and to improve an understanding of the workings of the Central Oregon Intergroup in order to encourage participation in service work.

Requirements to be a candidate for elected Committee Chair:

- Two (2) years of continuous and current sobriety.
- Active and current membership in an A.A. home group in Central Oregon.
- Have a working knowledge and understanding of the 12 Traditions.
- Have had previous experience with technology and websites.

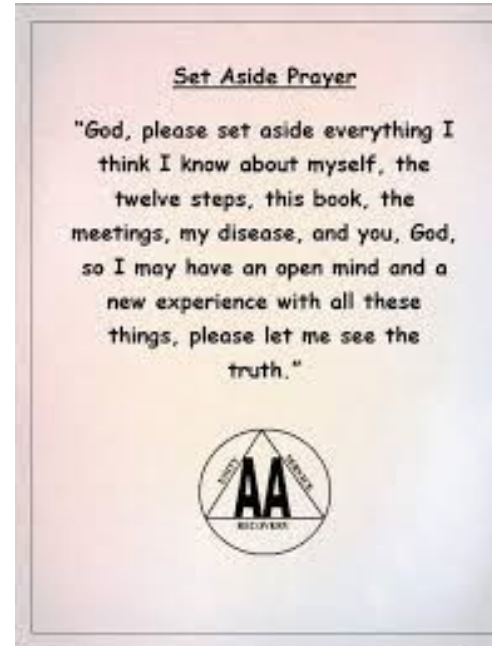
Rolls and Responsibilities Of the Committee:

- Term of commitment is two years and begins January 1st of Odd Years.
- Submit a written report to the Secretary for inclusion into the minutes monthly.
- The Committee Chair must attend and report at the monthly COIG meetings.
- Your committee is responsible for running the hybrid portion of the business meeting. This includes the setup and clean up of the equipment every month.
- Accurately maintain and update the web site as needed including:
 1. Keep the meeting directory up to date on the website.
 2. Keep the contact page updated when trusted servants rotate.
 3. Upload COIG business meeting minutes to the website monthly.
 4. Post Local A.A. activities and A.A. events in a timely manner.
- Check email frequently.
- Receive and respond in a timely manner, to feedback about the website.
- Shop for the best price of services provided to enable the web site to exist.
- Submit any receipts/bills for expenses to the treasurer.
- Monitor expenses and stay within budgetary requirements.
- Make announcements at different groups in Central Oregon letting them know COIG has a website and what it offers.
- Ensure that all web site material conforms to the A.A. Traditions. See Web Guidelines: [w Website Posting Guidelines for COIG](#) [Internet - A.A.® Guideline](#)



SIXTH STEP PRAYER

Dear God, I am ready for Your help in removing from me the defects of character, which I now realize, are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward mental and spiritual health.



Step Six : “Were entirely ready to have God remove all these defects of character.”

“Of course, the often disputed question of whether God can — and will, under certain conditions — remove defects of character will be answered with a prompt affirmative by almost any A.A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life.”

Twelve Steps and Twelve Traditions, pg. 63

“We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all — every one? If we still cling to something we will not let go, we ask God to help us be willing.”

Alcoholics Anonymous, pg. 76

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.

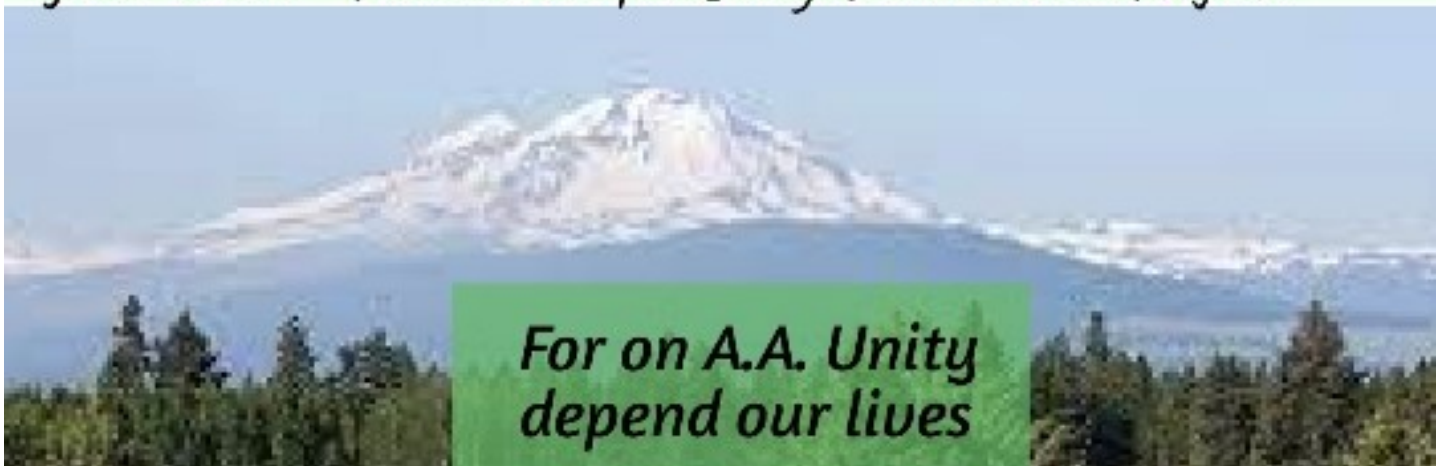
May 31st - Home Group's Bday Celebration Night!

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**

COIGAA

(Central Oregon Intergroup of Alcoholics Anonymous)

www.coigaa.org

Presents the

**June 2024
Intergroup Potluck & Speaker
Meeting**

Hosted by

Thursday Night Men's Meeting

(meets Thursdays at 5:30p @ La Pine Community Church)

@

La Pine Community Church

16565 Finley Butte Rd.

La Pine, Oregon

Saturday June 22nd

6pm - 8pm

All are Welcome!!

Potluck and Fellowship 6pm-7pm

AA Speaker Meeting 7pm-8pm

Questions or comments contact: COIGAA Potluck chairperson

Alan S. (541) 647-9174 - 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.

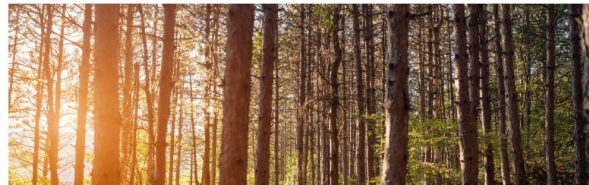
AA meetings at 7:30 each night with a speaker meeting on Saturday. Potluck on Saturday night at 6pm at Check-in @ 2pm Thursday and Check-out 1pm Sunday

\$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

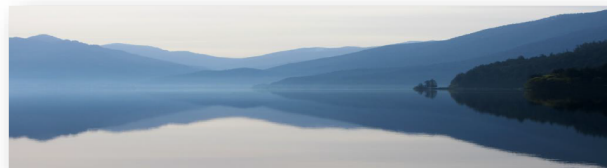
Campout June 6th thru 9th 2024

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

District 5 A.A. Info

District 5 Business Meeting
ALL ARE WELCOME!

2nd Sunday Each Month
4:00pm - 5:30

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

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



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

district5aa.org

JUNE 2024 DISTRICT 5 A.A. PUBLIC INFORMATION COMMITTEE MTG (ALL ARE WELCOME)

Wednesday June 19th 6pm
715 SE Business Way #5
Bend OR. 541-306-0055


Alcoholics Anonymous in your Community
HOW THE FELLOWSHIP OF A.A. WORKS IN YOUR COMMUNITY TO HELP ALCOHOLICS

Or ask the PI/CPC Rep at your home group how you can help. They will give you some PI cards to post around town!

Members serving on the Public Information (PI) of Alcoholics Anonymous (AA) Committee help carry the message of recovery to the still suffering alcoholic. Working together, we do this by informing the general public about A.A. by distributing P.I. cards, posting local hotline fliers, providing resources to the public such as literature, discussion, and educational materials. We also can provide Public Service Announcements to newspapers, radio and television stations.

DISTRICT5AA.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



<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 6: <https://rb.gy/5leioz>

And you can **SEE Step 6 from the 12x12** In ASL at: <https://www.youtube.com/watch?v=nQSLGkmFsj0>

HOSPITALS WORKSHOP

ALCOHOLICS ANONYMOUS

DISTRICT 21 AND AREA 58
HOSPITAL COMMITTEE
PI COMMITTEE
CPC COMMITTEE

CARRY THE AA MESSAGE INTO HOSPITALS

- How to get to know you local hospital
- Different ways to do 12th step work in hospitals and best practices
- Hear from AA's in the Healthcare Industry about how to best approach this specific setting



29 JUNE 2024

10 AM – 2 PM PST

HYBRID- IN PERSON & VIRTUAL

IN PERSON AT:
HILL ST CHURCH
1805 HILL ST SE
ALBANY, OR 97322
PARKING OFF OF HILL ST

VIRTUAL ON ZOOM
ZOOM ID: 863 0456 8177
PASSWORD: HOSPITALS

Questions? Email hospitals@aa-oregon.org

**OREGON AREA 58 | DISTRICTS 5 & 9
ALCOHOLICS ANONYMOUS**

POST-CONFERENCE DELEGATE REPORT

**OUR DELEGATE WILL BE REPORTING
ON WHAT HAPPENED AT THIS YEAR'S
GENERAL SERVICE CONFERENCE!**

WEDNESDAY

JULY 17TH @ 6-8PM

INCLUDES A FULL HOUR OF Q&A

JOIN US ONLINE

D9 ZOOM ROOM

**MEETING ID:
546 968 4077**

PC: 411

What's Happening Elsewhere?



Pacific Northwest Conference June 21 - 23 2024 Wenatchee, WA

Red Lion Hotel
1225 N. Wenatchee Ave, Wenatchee, WA

CONNECTING WITH LOVE,
UNITY AND SERVICE



2024 Willowa Lake AA Campout & Speaker Meeting

When: August 23rd, 24th, & 25th
Where: Creating Memories
59895 Pollock Rd., Joseph, OR 97846
Tent and RV Camping Available
Schedule: August 23rd, Friday: 7pm Open AA Meeting
August 24th, Saturday: Breakfast by District 29 @ 8am
9am to 5pm - swimming, hiking, games, fishing.
Enterprise Group Dinner (Cost for dinner TBA) at 5pm to 6pm.
Speaker Meeting 6:30pm: Dan L. Corbett, OR
August 25th Sunday, Breakfast by District 29 at 8am.
Open AA Meeting at 9am



Reservations: Willy: 503-964-1363
Rocky: 541-398-1194

ROGUE MEN'S FALL RETREAT

September 13th-15th, 2024
Friday 6 PM to Sunday 12 PM



Spiritual Experience

Topics based on BB
Appendix II

Lake Selmac, Mallard Loop
500 Reeves Creek Rd, Selma OR



Scan for
Google Map

\$40 Registration

(required for all attendees - includes tent spot)

\$70 additional for RV Spots

(Total of \$110 - subject to availability)

All Reservations Include...

- Friday & Saturday Night Tent/RV Spots
- Friday Night Pizza
- Saturday Breakfast, Lunch and Dinner
- Sunday Breakfast - muffins & donuts

Contact us

- Email: rogue.mens.retreat@gmail.com

Please Bring...

- Camp Chair
- Tent
- Sleeping Bag
- Flash Light
- Notebook
- Coffee Cup
- Clothes -Appropriate for warm days and cold evening



Scholarships Available to those who are
unable to afford registration

Register @

mens-fall-retreat.cheddarup.com

or

Register Via Mail



Name _____ Address _____

Phone _____ City _____ State/Zip _____

Email _____ Please Mail this form and Check made payable to

Rogue Men's Fall Retreat
1386 Bonita Avenue
Medford, OR 97504

-----Registration +Tent Site -----RV Site -----Scholarship Request

Save the Date!

2025 AA International Convention

July 3-6, 2025

Scan here!

Language of the Heart
Lenguaje del corazón
Le langage du cœur

Al Anon Events

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 members & public (observer) guests

WHEN

Sunday, June 30th, 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



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



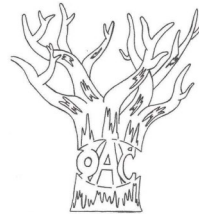
AL-ANON SPEAKER
Kate H.
Set Free Al-Anon

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

Save the Date!

July 2024 Al-Anon Assembly

Saturday July 20, 8:30 am – 5:00 pm

Sunday July 21, 8:30 am – 12 noon

In-person with an electronic component (hybrid)

All Al-Anon and Alateen members are welcome; GRs and AWSC members have voice; only GRs have vote.



In-Person Information:

Where: DoubleTree Hotel by Hilton
9575 SW Locust St. Tigard OR 97223
Complimentary Parking and easy street parking

Double Tree Room Cost:

Room Rates: \$119.00 per night*

**When you let them Know you will be attending the Al-Anon Assembly*

Hybrid Information:

Zoom meeting number and password coming soon!

Other Information:

Registration begins Saturday at 8:00 AM.
A voluntary group donation of \$10 is requested to help with Assembly costs.
Light refreshments will be served Saturday and Sunday mornings.
**All proceeds support Oregon Area Al-Anon.*

Questions:

Contact District 17 DR
Emma: District-17@oregonal-anon.org

OREGON ALATEEN CONFERENCE 2024 SPEAKER MEETING

Dessert & Speakers

Hosted by the Oregon Alateen Conference

"Keep Coming Back"



Help support the Oregon Alateen Conference raise funds for teen scholarships to attend OAC.

Alateen, AA, & Alanon Speakers

Please bring a dessert and/or Basket for Raffle.

All are welcome: AA, Al-Anon & Alateens

Where: Oak Grove United Methodist Church
14700 SE Rupert Drive, Oak Grove, OR 97267
When: June 8th, 2024 at 5:30 pm

Questions contact: OregonAlateen@gmail.com

AA Humor



'I really can't explain why your cancer has spread. Did you do a moral inventory and ask God to remove your shortcomings and moral failings, like I prescribed?

“Working on Step Six with my sponsor is an exercise, not an exorcism.”

Jose G. ~ Port Orchard, Wash.

AA History

The AA Grapevine - June 1944



Six Volunteers Started It



Happy Sober Father's Day!



Central Oregon Intergroup Contacts

- Chairperson Mike S. masinbend@gmail.com
- Vice Chair. Hilary D. hilarydembsky@outlook.com
- Secretary Carrie B. jandcblake@gmail.com
- Treasurer **Open**
- 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.
- IT Chair **Open**
- 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 5:00 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