



# Cascade Connection

A Newsletter for COIGAA  
July 2024

**“Humbly asked Him to remove our shortcomings.”**

## Step 7 of Alcoholics Anonymous

**“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 cling to something we will not let go, we ask God to help us to be willing.”**

*~Alcoholics Anonymous p. 76*

**Tradition 7 Long Form: “The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.”**

*~ Alcoholics Anonymous, p 564.*

*Reprinted from Alcoholics Anonymous, 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](http://www.coigaa.org)

Or download the 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](mailto:lleaduran@gmail.com) or
- The Chair of the Board at [Masinbend@gmail.com](mailto: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](mailto:stuckrecovery@gmail.com)

**Remember, our primary purpose is to help the alcoholic who still suffers.**

**The Next COIGAA IGR Meeting  
Will be on July 28th, 2024  
At 5:00 pm  
at TEC, Trinity Episcopal Church**

## Happy Birthday

Submit your Home Group Birthdays for to Alice at [alicesbend@gmail.com](mailto:alicesbend@gmail.com)

Happy Birthday, John S.!  
40 years (7/23/84)

Happy Birthday, Linda T.!  
25 years (7/8/99)

Happy Birthday, Amy P.!  
17 years (7/5/07)

Happy Birthday, Chandra!  
10 years (7/6/14)

## Thank You



**Will D.—Interim Treasurer  
Tyler—Interim IT Committee Chair**  
*Thank you for your service!*

## AA 12 Steps Principle of the Month

### Humility

Websters Dictionary definition:

Humility - (n.) freedom from pride or arrogance: the quality or state of being humble.

“Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all...Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”  
~ *Twelve Steps and Twelve Traditions*, pg. 70

“Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity. . .”  
~ *Twelve Steps and Twelve Traditions*, pg. 74

*Reprinted with permission of Alcoholics Anonymous World Services, Inc*

## AA Concepts Principle of the Month

### Balance



Concept 7—Short Form  
“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for its final effectiveness.”

“This Concept attempts to clarify the relationship and ‘balance of powers’ between the Conference and the General Service Board.  
‘This....may look like the collision of an irresistible force with an immovable object’  
On the one hand, ‘the board is invested with complete legal power over A.A.’s funds and services; on the other hand the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.”

*Reprinted from The 12 Concepts For World Services, Illustrated*



**NEW**

# POWELL BUTTE AA MEETING

## SUNDAYS 6:30PM

Beginning Sunday, July 7, 2024

**Powell Butte Christian Church**

13720 Hwy 126 (across from The Country Store)

### OPEN MEETING

### ***BIG BOOK & LIVING SOBER STUDY***

**CONTACT JENSINE P. (541) 480-8639**

**Exciting news** - a small group of AAs in Powell Butte are starting a meeting in July!

- Sundays 6:30PM - 7:30PM
- Starting Sunday, July 7th, 2024
- Powell Butte Christian Church (on Hwy 126 across from the Country Store) in the Fellowship Hall
- *Big Book* Study except the last Sunday of the month when we'll read from *Living Sober*
- Open Meeting

*New Horizons Group  
Of Alcoholics  
Anonymous*

*Tuesdays at Noon  
Speaker/Discussion  
Meetings*



## *Spk/Discussion Mtgs*

*July 2024*

*Tuesday 7/2 - Jeff E. NHG*

*Thurs 7/4 - Tradition 7 Presentation W/Q&A*

*Tuesday 7/9 - Walt W. Attitude Adjustments Grp.*

*Tuesday 7/16 - Frank W. Attitude Adjustments Grp.*

*Tuesday 7/23 - Joel S. M2M Grp. Portland Or.*

*Tuesday 7/30 - Jona D. MNM Grp. Dusseldorf Germany*

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](http://NewHorizonsGroupAA.com)

**Mondays:** Beginners Mtg.  
*Last Monday:* Birthday Mtg. 🎂  
**Tuesdays:** **Spk/Discussion Mtg**  
**Wednesdays:** Big Book Study 📖  
**Thursdays:** Steps 10,11 &12



## SEVENTH STEP PRAYER

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.



### Step Seven : “*Humbly asked Him to remove our shortcomings..*”

“We ought to be willing to try humility in seeking the removal of our other shortcomings, just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If humility could enable us to find the grace by which the deadly alcohol obsession could be banished, then there must be hope of the same result respecting any other problem we can possibly have.”

*Twelve Steps and Twelve Traditions, pg. 76*

“Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness in all times and places, to find and to do the will of God.’ When I meditate upon such a vision, I need not be dismayed because I shall never attain it, nor need I swell with presumption that one of these days its virtues shall all be mine. I only need to dwell on the vision itself, letting it grow and ever more fill my heart. This done, I can compare it with my last-taken personal inventory. Then I get a sane and healthy idea of where I stand on the highway of humility. I see that my journey toward God has scarce begun. As I thus get down to my right size and stature, my self-concern and importance become amusing.”

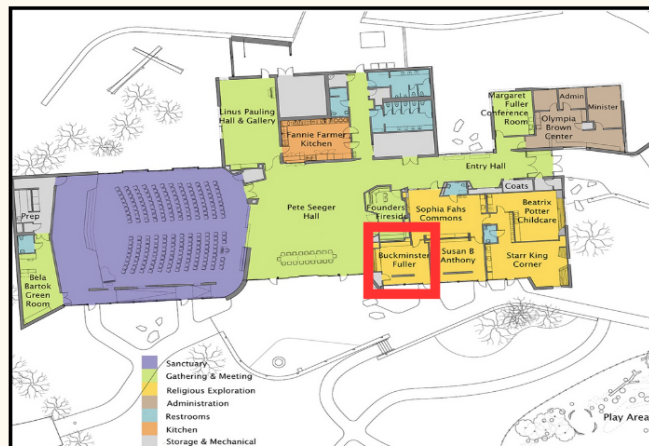
*As Bill Sees It, pg. 106*

**SUNDAYS @ 7PM**

AA MEETING  
**QUEER  
RECOVERY  
LGBTQIA+**

**UNITARIAN UNIVERSALIST  
FELLOWSHIP OF CENTRAL OREGON**

61980 Skyline Ranch Road  
Bend, Oregon



Located in the Buckminster Fuller room -  
side entrance facing outdoor play area

More info:  
**347.668.1962**



# **COIGAA**

*(Central Oregon Intergroup of Alcoholics Anonymous)*

*www.coigaa.org*

*Presents the*

**July 2024**

**Intergroup Potluck & Speaker Meeting**

**Saturday July 27th**

**4pm - 8pm**

*Hosted by*

**Madras Madness Group**

@

**Round Butte Overlook Park**

**SW Riverview Rd.**

**Madras, Oregon**

**Potluck and Fellowship 4pm-7pm**

**Al-Anon & AA Speakers @ 7pm**

***Picnic, BBQ, Games, Fun***

***All are Welcome!! Friends and Family!!***

**Suggested \$5 contribution to cover expenses**

***Sorry No Dogs***

***Handicap Accessible***

***To volunteer or questions contact:***

***Alan S. @ [coig.potluck@yahoo.com](mailto:coig.potluck@yahoo.com) or (541) 647-9174***



# COIGAA ENTERTAINMENT COMMITTEE

**COIGAA ENTERTAINMENT COMMITTEE**

**INVITES ALL OF CENTRAL OREGON TO**

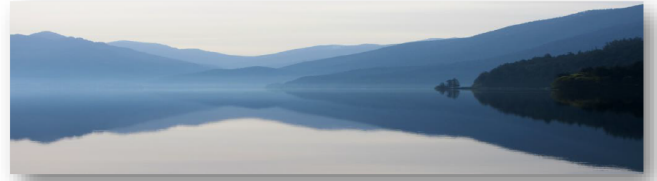
**BROKEN ARROW CAMPGROUND AT DIAMOND LAKE**

**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](mailto: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



## Simax Group Campout

**COIGAA Entertainment Committee**

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

**Thursday September 19<sup>th</sup> check-in 2pm thru Sunday September 22<sup>th</sup> at 12pm**

Discussion meetings Thursday and Friday at 7:30pm. 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](mailto: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 21<sup>th</sup> 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

## 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**

Want to see more events?  
Come to our Committee Meeting!

# District 5 A.A. Info

**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!



For more info contact the DCM at: [dcm@district5aa.org](mailto:dcm@district5aa.org)

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

BACK BY POPULAR DEMAND...

## DISTRICT 5 A.A. PRESENTS: "THE HOME GROUP"

BEND PUBLIC LIBRARY  
(BROOKS ROOM)  
507 NORTHWEST WALL STREET

SUN AUGUST 11TH 2024  
11:00AM - 2:00PM



DISTRICT5AA.ORG

Come share in unity about your Home-group with the rest of your local A.A. community, exchanging ideas and get to know members from other groups!

FOR MORE INFORMATION OR TO ASK HOW YOU CAN BE OF SERVICE CONTACT CARMACK AT [ALTDcm@DISTRICT5AA.ORG](mailto:ALTDcm@DISTRICT5AA.ORG) OR 415-516-7988

District 5 A.A. Website // [district5aa.org](http://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 Steps 6 & 7: [https://www.youtube.com/watch?v=Z\\_az52QVTlw](https://www.youtube.com/watch?v=Z_az52QVTlw)

And you can **SEE Step 7 from the 12x12** In ASL at: <https://www.youtube.com/watch?v=Pkd9u5ucggk>

**The Seventh Tradition:** *The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. (taken from original form of Tradition 7)*

Why AA literature does not contain the use of the word "Donate" anywhere:

The reason we changed the name of the "*Alcoholic Foundation*" to the "*General Service Office*" when we adopted the 7th Tradition is because words like "*foundation* and *donation*" can imply a charitable organization.

The 7th Tradition, like all the rest, is a spiritual principle. One of the ways I've been taught to support the 7th Tradition is to never use the "D" word in an A.A. setting.

We don't "donate" to Alcoholics Anonymous. We "Contribute". Groups, Districts, Areas, and even A.A. as a whole, don't accept "*donations*" We are fully self supporting through our own "Contributions". The word "*donation*" implies something given for charity. My sobriety is not a charity. It's something I get to participate in. In the same way I get to *contribute* to my household bills. I don't *donate* to the electric company or my mortgage. I **DO** however "donate" to the Humane Society, Meals on Wheels, or other charitable organizations.

Questions to ask yourself that may help this distinction to make sense. Do you "donate" to your household bills where you live? Or do you contribute? Do you donate to the IRS when you do your taxes? Or are you contributing member of society?

*"In the midst of this exciting turn of affairs, the Conference agreed that the Alcoholic Foundation ought to be renamed the General Service Board of Alcoholics Anonymous, and this was done. The word "Foundation" stood for charity, paternalism and maybe big money. A.A. would have none of these; from here out we could assume full responsibility and pay our expenses ourselves.*

*As I watched all this grow, I became entirely sure that Alcoholics Anonymous was at last safe—even from me."* Bill W. P-44 *Legacy Of Service*



**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?

## ROGUE MEN'S FALL RETREAT

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



### Spiritual Experience

Topics based on BB Appedix 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](mailto: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](mailto: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

## 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

Josephine County Intergroup & Central Office of Alcoholics Anonymous 541-474-0782

July 4th

Fun for the Family



## Fellowship Appreciation Day

Parking is

\$5.00/ Car

or

Annual Park

Pass

Join us at

Tom Pierce

Park Shelters

1 & 2 for our

annual BBQ &

Pot-luck Picnic

AA & Almon

Speakers

10am-4pm

Central Office will provide Burgers & Hotdogs  
Rock Painting, Face Painting & Treasure Hunt

West Portland Group AA Speaker Meeting  
welcomes Jimmy D From Malibu, California!

Please join us before the meeting for an outdoor potluck  
and Fellowship. Children and families welcome!

The West Portland Group Fellowship Committee will be grilling burgers and dogs!  
Suggested donation \$5. Includes burger or dog, potluck sides and a beverage.

July 13th, 2024  
5:30-7PM  
Church Grounds



Meeting starts at 7:30 PM  
Greater Portland Bible Church  
2374 SW Vermont St  
Portland, OR 97219

In Lieu of donation sides are welcome.  
The meeting at 7:30 does not allow children under the age of 12 due to church policy.





# Al Anon Events

## Many Voices, Backgrounds & Cultures Together in Al-Anon Saturday, July 27 noon to 4pm

Zoom Meeting ID: 897 1551 8773 • Password: 069726

Dial by your location +1 929 205 6099 US (New York)

NYC Al-Anon Intergroup's monthly afternoon workshop focuses on the healing we experience through recovery and what we can do to bring the message to others who suffer from this family disease.

Newcomers are welcome.

- 12pm: Taking What I Like and Leaving the Rest
- 1pm: Finding a Home Group and Trust
- 2pm: Belonging in the Fellowship
- 3pm: The Three Legacies and My Culture



Credit Card



Or go to our website & click DONATE to send a check or money order

[www.nycalanon.org/donate](http://www.nycalanon.org/donate)

### WEDNESDAY WORKSHOP SERIES

Hosted by District 13, WA Areas

## INTIMACY IN ALCOHOLIC RELATIONSHIPS (B-33)

Every Wednesday  
6:00 PM Pacific / 9:00 PM Eastern

<https://al-anon.workshopseries.org>

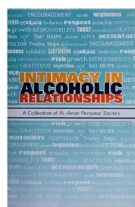
We will have guest speakers share each week and will spend two weeks on each chapter.

Zoom Meeting ID:  
387 493 608  
Passcode: 123456  
<https://zoom.us/j/387493608?pwd=MURUUUJmUFYwWVcV121dBeFIMdz09>

Dial by your location

- +1 253 205 0468
- +1 346 248 7799
- +1 669 900 6833
- +1 719 359 4580
- +1 360 209 5623
- +1 386 347 5053
- +1 507 473 4847
- +1 564 217 2000
- +1 646 931 3860
- +1 689 278 1000
- +1 929 205 6099
- +1 301 715 8592
- +1 305 224 1968
- +1 309 205 3325
- +1 312 626 6799

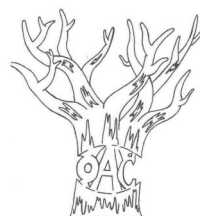
- May 8<sup>th</sup> & 15<sup>th</sup> Alcoholism and Intimacy
- May 22<sup>nd</sup> & 29<sup>th</sup> Building and Rebuilding Trust
- June 5<sup>th</sup> & 12<sup>th</sup> Communicating Clearly
- June 19<sup>th</sup> & 26<sup>th</sup> Negotiating Boundaries
- July 3<sup>rd</sup> & 10<sup>th</sup> Spiritual Solutions
- July 17<sup>th</sup> & 24<sup>th</sup> Expressing Gratitude



## 12<sup>th</sup> Annual OAC



Save The Dates  
August 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 2024



Oregon  
Alateen  
Conference

Contact/Questions: [OregonAlateen@gmail.com](mailto: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](mailto:District-17@oregonal-anon.org)



## AA Humor

### Final words

A doctor, a teacher and a recovering alcoholic all die and go to an orientation in heaven, where they are asked, "When you are in your casket, what would you like to hear people saying about you as they pass by?"

The doctor answers, "I'd like to hear them say that I was a great doctor and a great family man."

The teacher says, "I'd like to hear them say I was a wonderful teacher who made a huge difference with our children of tomorrow."

The recovering alcoholic says, "I'd like to hear them say, 'Look, he's moving!'"

Jerry H.

*Fullerton Calif.*

<https://www.aagrapevine.org/magazine/2024/jul/wits-end-july-2024>

## AA History

July 8, 1940	First AA Group formed in Dayton, Ohio
July 20, 1941	First AA Group formed in Seattle, WA
July 24, 1943	L.A. press reports formation of all-Mexican AA Group
July 28—30, 1950	First AA International Convention held in Cleveland, Ohio. Twelve Traditions Adopted. Dr. Bob made his last appearance at a large AA gathering.

"They pointed out that the irresponsible had become responsible, and that by making financial Independence part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten."

~ Twelve Step and Twelve Traditions, p 165



### Central Oregon Intergroup Contacts

Chairperson	Mike S.	<a href="mailto:masinbend@gmail.com">masinbend@gmail.com</a>
Vice Chair.	Hilary D.	<a href="mailto:hilarydembsky@outlook.com">hilarydembsky@outlook.com</a>
Secretary	Carrie B.	<a href="mailto:jandcblake@gmail.com">jandcblake@gmail.com</a>
Treasurer	Will D.	
Newsletter	Alice S.	<a href="mailto:alicesbend@gmail.com">alicesbend@gmail.com</a>
Schedules	Paul G.	<a href="mailto:pgpr12@gmail.com">pgpr12@gmail.com</a>
Hotline	Frank W.	<a href="mailto:stuckrecovery@gmail.com">stuckrecovery@gmail.com</a>
Potluck	Alan S.	<a href="mailto:coigaa.potluck@yahoo.com">coigaa.potluck@yahoo.com</a>
Entertainment	Rachel	<a href="mailto:entertainment@coigaa.org">entertainment@coigaa.org</a>
Website	John S.	<a href="mailto:webmaster@coigaa.org">webmaster@coigaa.org</a>
Al-Anon Liaison	Christina L.	
IT Chair	Tyler	
Advisory Board Committee	Heidi T.	<a href="mailto:haturne@gmail.com">haturne@gmail.com</a>
Advisory Board Committee	Lanelle D.	<a href="mailto:lleaduran@gmail.com">lleaduran@gmail.com</a>
Advisory Board Committee	Jane L.	<a href="mailto:janesspeech@gmail.com">janesspeech@gmail.com</a>
Advisory Board Committee	Helen W.	<a href="mailto:DocMason039@gmail.com">DocMason039@gmail.com</a>

*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](mailto:coigoffice@coigaa.org) for more information*

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