Happy National Sober Day September 14th!

Established in 2019



A.A. HOTLINE (541) 548-0440



Redmond Central Office is Closed.

See next page for more information and how to order literature and coins.

Cascade Connection

A Newsletter for COIGAA September 2024

"Made direct amends wherever possible, except when to do so would injure them or others."

Step 9 of Alcoholics Anonymous

"GOOD judgment, a careful sense of timing, courage, and prudence— these are the qualities we shall need when we take Step Nine."

~Twelve Steps and Twelve Traditions p. 83

Tradition 9 Long Form: "Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board effect, our A.A. General Service

Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness." ~Twelve Steps and Twelve Traditions p. 194.

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



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



Redmond Central Office is Closed

The *Intergroup* is still 100% functioning and the office closure does not affect the Hotline, Schedules, Entertainment, Newsletter, Potluck Speaker Meetings, 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.

To Order Literature On-Line:

- AAWS Conference Approved Literature: Click here to order: <u>https://onlineliterature.aa.org/</u>
- Grapevine: <u>https://www.aagrapevine.org/store/</u>

Non A.A. Misc. such as Coins and other items there are any number of vendors online (See Some Links Below)

More information will be offered re: our current stock and plans for an office will be available in the future.

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 <u>stuckrecovery@gmail.com</u>

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

The Next COIGAA IGR Meeting Will be on <u>September 23rd, 2024</u> At 4:00 pm at TEC, Trinity Episcopal Church

AA 12 Steps Principle of the Month

Responsibility

According to the Cambridge Dictionary: Responsibility - (n.) something that is your job or duty to deal with. a.k.a: Taking accountability for one's actions and choices

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards." ~ As Bill Sees It, p. 271

"The readiness to take the consequences of our past acts, and to take responsibility for the wellbeing of others at the same time, is the very spirit of Step Nine." ~Twelve Steps and Twelve Traditions, pg. 87

Reprinted with permission of Alcoholics Anonymous World Services, Inc



Happy Birthday, Mike B.! 39 years (9/2/1985)

Happy Birthday, Joan C.! 45 years (9/3/1979)

Happy Birthday, Pam W.! 13 years (9/7/2011)

Happy Birthday, Keri F.! 12 years (9/9/2012)



Frank W. for re-configuring our Hotline! *Thank you for your service!*

AA Concepts Principle of the Month

Vision

Concept 9 —Short Form

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership one exercised by the founders of A.A. must



necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

"Another qualification for leadership is 'give and take,' the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction..... Our leaders do not drive by mandate, they lead by example. We say to them, 'Act for us, but do not boss us.""

Reprinted from The 12 Concepts For World Services, Illustrated



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



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**

GUESS WHOS BACK... BACK AGAIN GUESS WHOS BACK... TELL A FRIEND

THE FIRING LINE GROUP OF ALCOHOLICS ANONYMOUS IS BACK AT: 389 SW SCALEHOUSE CT. (IN THE TURNING POINTS BUILDING)

Monday Nights

7:00 EVERY MONDAY NIGHT BIG BOOK STUDY

LAST MONDAY EACH MONTH SPK MTG

COIG Potluck Spk/Mtg Committee Meeting!



Join this A.A. Committee, or just come put your 2 cents in, and/or volunteer to help!

2nd Wednesday's 5:30pm - Upstairs Market Of Choice Monthly COIG Alcoholics Anonymous Potluck/Spk Mtgs are on the Last Saturday each month.

Committee Volunteers Needed!

Questions?? Comments, Suggestions, or Interest in joining the Potluck Committee Contact Potluck Committee Chair at: coigaa.potluck@yahoo.com or (541) 647-9174

CCIG Speaker Mtg & Potluck!



Saturday September 28th 2024 Speaker Mtg & Potluck

Potluck Dinner starts at 6pm, Speakers at 7pm

Tumalo Comunity Church 64671 Bruce Ave. Tumalo Oregon

All are Welcome‼ An Evening of Food, Fellowship & Intentional Fun! This Month Hosted by: The Thursday Bend Womens Grp Of Alcoholics Anonymous

(food item for potluck table suggested but definitely not required)

> Volunteers needed for set up at 5:00pm and clean up at 8:00pm

Questions?? Comments, Suggestions, or Interest in joining the Potluck Committee Contact Potluck Committee Chair at: coigaa.potluck@yahoo.com or (541) 647-9174

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:

Sep 6th - Mike S. Thursday Night Lapine Mens Sep 13th - Scott P. We are Not a Glum Lot Sep 20th - Samantha R. 24 and Alive Sep 27th - Home Group's Bday Celebration Night! Oct 4th - Jensine P. Powell Butte Grp. Oct 11th - Jennifer B. Powell Butte Grp. Oct 18th - Sarah B. New Horizons Grp Oct 25th - Home Group's Bday Celebration Night!





Speaker/Discussion Mtgs

September 2024

Tuesday 9/3 - Brian L. NHG

Thursday 9/5 - Tradition 9 Presentation W/Q&A

Tuesday 9/10 - Stephanie W. Attitude Adjustments

Tuesday 9/17 - Jena C. Firing Line Grp.

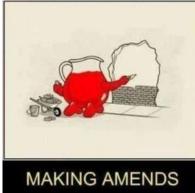
Tuesday 9/24 - Pete B. Madras Madness Grp.

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



Ninth Step Prayer Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends by staying abstinent, helping others and growing in spiritual progress.



Step Nine : "Made direct amends to such people wherever possible, except when to do so would injure them or others."

"Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything."

Alcoholics Anonymous, pg. 79

"Good judgment, a careful sense of timing, courage, and prudence— these are the qualities we shall need when we take Step Nine."

Twelve Steps and Twelve Traditions, pg. 83

" In making amends, we should be sensible, tactful, considerate, and humble without being servile or scrapping. As God's people, we stand on our feet; we don't crawl before anyone."

Alcoholics Anonymous, pg. 83

Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Online registration opens on September 10, 2024.

Check the IC 2025 <u>webpage</u> for more information about online registration on or after that day.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

Let's celebrate sobriety together in Vancouver in 2025!



Dear A.A. Friends,

This is an exciting time in the planning of our 2025 International Convention. The *Registration and Housing Processes* will open on September 10, 2024, at Noon, Eastern Time.

This memo includes information on the 2 WAYS TO REGISTER

- ONLINE: <u>www.aa.org</u>
- MAIL: PO Box 7032, Lancaster, PA 17604

Print the cover letter and brochure for your groups and members to read about the 2025 International Convention.

The only attendees filling out a mail-in registration form are those paying by check or money order.

2025 International Convention Registration Brochure

Warm regards, Patrick C. 2025 International Convention Coordinator 2025ic@aa.org

https://www.aa.org/sites/default/files/literature/IC2025_registration_form_comm-en_1.pdf

2025 International Convention Update

Registration Opens for IC 2025 in Vancouver

As the excitement builds for the 2025 International Convention in Vancouver, British Columbia, Canada, July 3-6, 2025, important registration dates and instructions are now available.

Registration forms will be mailed to local A.A. groups and entities around the world in August. You can get a form from your GSR, your area structure, your local intergroup/central office, from your GSO, and the International Convention <u>webpage</u>.

Online registration opens on September 10, 2024. Check the IC 2025 <u>webpage</u> for more information about online registration on or after that date.

Registration costs and deadlines:

Advance registration fees (prior to April 15, 2025):

\$160 USD or \$220 CAD (Canadian residents only if paying by CAD check or money order).

Registration after April 15, 2025, will be \$185 USD or \$255 CAD.

Registration by regular mail is payable by check or money order only. International checks and money orders (except Canadian) must be in U.S. funds drawn on a U.S. bank. **Note**: We cannot accept travel agency checks for multiple registrations.

Mail the registration form and check or money order to:

2025 International Convention PO Box 1032 Lancaster, PA 17604

Registration online may be paid by debit or credit card.

A valid email address is required for both online registration and registration by mail. Once we have received your registration, we will email confirmation to you. Your registration form will not be processed if it does not include a valid email address.

Important Deadline: Register by May 15, 2025, to receive your badge and other items being made available for purchase during the registration process, such as souvenir books, in the mail prior to the Convention.

Registration forms sent by regular mail and received *after* May 15, 2025, may not be processed in time to mail your badge before the Convention. Those who register by mail after this deadline will need to check in at the Onsite Registration Counters at the Vancouver Convention Centre. The Registration Hall opens Wednesday, July 2, 2025, in the morning.

Avoid the long check-in lines at the Convention by registering by May 15, 2025.

Your registration badge entitles you to attend all Convention events, including the Thursday night Block Party, the Stadium meetings on Friday, Saturday and Sunday in the BC Place Stadium, and all the marathons, panels, workshops, special interests, and other meetings at the Vancouver Convention Centre and nearby hotels on the "Convention Campus."

Housing

Housing reservation information, including the Housing Bureau's contact information and reservation website, will be included with your registration confirmation. You will then be able to complete your housing reservation online. As with prior Conventions, housing for the 2025 International Convention will be on a first-come, first-served basis. However, you must be registered for the Convention before you can make your reservations.

Al-Anons and Alateens Join the Fun

As at other International Conventions, many A.A.s will be accompanied by Al-Anon and Alateen members. (Remember to check the appropriate badge box on the registration form to indicate Al-Anon and Alateen guests.) They will have the opportunity to take part in a full schedule of daytime activities, including meetings and workshops, designed for their interests. Of course, Al-Anon and Alateen members will join in the festivities at the Block Party, the Big Meetings, and more.

First-Ever Virtual International Convention Experience

Understanding that not everyone who wants to attend IC 2025 will be able to do so for various reasons, we are offering for the first time a virtual Convention program track. Registration for the virtual program will be \$35 USD or \$50 CAD.

In addition, we will be offering a delayed, anonymity-protected digital streaming video of the three Big Meetings at the 2025 International Convention. This will be offered as a stand-alone product for viewing after the Convention and will be available to pre-order by attendees through the Convention registration process. The streaming video will also be for sale in the AAWS store after the Convention. The price of the product will be \$60 USD or \$82.50 CAD.

Questions?

Check out our IC 2025 <u>FAQs</u>, which are regularly updated with information on Convention-related topics, including a recent update on volunteering at the Convention.





AA Anniversary Poem

A time to remember and not to forget all the lives you have touched, all the people you've met.

Today you look back shining light from your face To the first time you sat in that folding chair space Where grateful souls gathered cause all of them knew That God would show up, He would carry you through.

When life seems unfair and the journey is long Reflect where you were when you knew you belonged Cause the price has been high and your seat you did earn See God's people teach, when we're willing to learn.

Three hundred and sixty-five days again it's a chip you have earned and the time that you spend giving back with the tools once were handed to you So they do not get rusty; others benefit too.

We in this room know just how desperate feels We found the same grace that flows through to heal For all the rough patches, broken pieces of heart Have been healed and transformed in whole and in part.

~Angie M.





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



https://form.jotform.com/231056617315148



Scan here to sign up for D5 Emails



Did you know you can listen to AA speakers on YouTube?!?!

Here is the link to listen to Chris S. talk about Step 9: https://www.youtube.com/watch?v=mifO8W8vfc8

And you can SEE Step 9 from the 12x12 In ASL at: https://www.youtube.com/watch?v=CBYBVNTT1yU

DISTRICT 5 A.A. TREATMENT COMMITTEE MTG. FOR ALL A.A. GROUPS IN CENTRAL OREGON

A.A. in Treatment

Settings

First Tuesday of the month at 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?

Many groups elect a "Treatment Representative" who serves on the local treatment committee. If your group has a Treatment rep, you are able to go into the facilities with them and speak on panels, helping to carry the A.A. message to alcoholics in treatment.

CTF@DISTRICT5AA.ORG



September Assembly Information Sept 20th – Sept 22nd, 2024

Chinook Winds Casino Resort 1777 NW 44th St, Lincoln City, OR 97367

Hosted by District 2

Registration chair: Mayra L. – (541) 992-2947 Host chair: Joey M. – (541) 999-7402 Contact email: <u>district2centralcommittee@gmail.com</u>

t

Click here to <u>register</u>

Home Group Level Treatment Rep (CTF Committee Member)

To represent Your Home Group on the District 5 Cooperation with Treatment Facilities Committee, as a way of carrying the message outside of your group.

Treatment Committee Liaison: Some groups have treatment representatives who serve as the group liaison with the local intergroup (central office), district or area treatment committee. They share this vital service work with home group members and encourage them to join in this responsibility. AA Group Pamphlet page 25-26

Service Position Requirements:

- 1 year sobriety /1 year term
- Have been through the 12 Steps since current sobriety date
- A working knowledge of the 12 Traditions, or have a Service Sponsor

Duties:

- Attend the District 5 CTF Committee meetings.
- Attend your group's monthly Business meetings and give a report.
- Encourage qualified members of your group to get involved in going into the facility with you.
- Bring flyers from local A.A. events into the treatment centers with you.
- Starting one month before you rotate out of this position, start announcing that the position will be open and when.

• When the next member of your group is elected, attend their first CTF committee meeting with them and introduce them to the committee. Explain their duties to them by going over this list and help them to learn the ropes.

A.A. in Treatment Settings On-Line Conference Of Alcoholics Anonymous Hosted by OR. Area 58 Treatment Committee

Saturday October 19th 10am-3pm Pacific (1 Hr Lunch Break @ Noon) Mtg ID: 807 513 1787 Passcode: 166459

A day of Presentations, Workshops, Panels, Ask-It-Basket, Speakers... For Treatment Professionals, GSRs, DCMs, A.A. Members serving on a Treatment Committee, those who would like to carry the A.A. message into a facility...

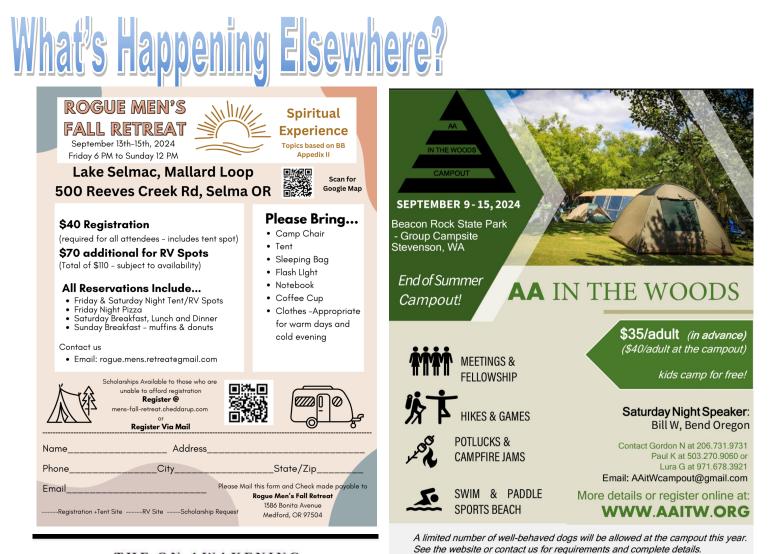
Everyone! All are Welcome!

Guest Speakers:

Craig W. Area 11 Panel 65 Delegate Dale S. Area 59 Panel 65 Treatment Chair Billy N. Area 19 Panel 49 Delegate

D CTF-S@AA-OREGON.ORG 🔀





THE ON AWAKENING ONLINE GROUP OF ALCOHOLICS ANONYMOUS SALEM OR. PRESENTS:

The "Recovery In Action" Workshop (Tips and Tools to take others through the steps

using the Big Book Of Alcoholics Anonymous)

This is an On-line workshop hosted by a group in Oregon Area 58, District 33

Grab yourself a new big book and a highlighter and come along with us for a new expirence!

Tip - The following is a link to order a large print Study Edition big book for \$6 from AA World Services: https://onlineliterature.aa.org/Big-Book-Large-Print-Abridged

12 ONE HOUR SESSIONS SUNDAYS AUGUST 4TH - OCTOBER 27TH TIME: 2:00 PM PACIFIC TIME PRESENTER: CARRIE B. BEND OREGON ZOOM ID: **890 8856 8173** PW: **744711**

for more information contact: Ricardo J. (District 33) 503 930 9987





Join us for a weekend journey through the 12 Steps of Alcoholics Anonymous: Bringing women together through love, laughter and service. "...no middle-of-the-road solution." Page 25, <u>Alcoholics Anonymous</u>

SPEAKERS

Sharon A. (Depoe Bay, OR) Joie K. (Portland, OR) Marilyn S. (Los Angeles, CA) Julia S. (Portland, OR) Angela R. (Portland, OR) Lisa C. (Portland, OR) Celia C. (Corvallis, OR) Erin L. (Beaverton, OR)

SATURDAY NIGHT SOCIAL/PAJAMA PARTY/ GAME NIGHT FREE TO ALL IN-PERSON REGISTRANTS

October 11th – 13th, 2024

Go to <u>www.rosecitygirlstock.com</u> for online and hotel registration!

Holiday Inn Portland South (HIPS) 25425 SW 95th Ave., Wilsonville, OR 97070 503-682-2211 Book your room from our website

\$124-\$134: Special Room Rates for the HIPS (per night plus tax) for single or double beds. Offer expires September 20, 2024

\$80: In-Person Registration Only \$150: In-Person Registration + Meals (Meals include Saturday Night Dinner, Sunday Morning Breakfast) Vegetarian and Vegan Options will be provided

\$30: Online Only Registration All prices above do not include processing fees

Registration Chair: Janet B.; Co-Chair: Carolyn A. Email: <u>rosecitygirlstock@gmail.com</u> RCGS Chair: MiQuelle D.: 512-751-6996 RCGS Co-Chair: Mary C.: 503-706-2122

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to attend. No Seventh Tradition baskets are passed at any time during the event. NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 - REGISTER EARLY!!!



A Anon Events

Al-Anon/Alateen Service Manual 2022 – 2025 2023 World Service Conference Summary S t u d y Sponsored by District 17

All Al-Anon & Alateen Members welcome





Download https://al-anon.org/for-members/membersources/manuals-and-guidelines/service-manu

 Join us every first Salurday of the month

 06. January 2024
 06. July 2024

 03. February 2024
 03. August 2024

 02. March 2024
 07. September 2024

 03. August 2024
 06. October 2024

 04. May 2024
 07. November 2024

 01. June 2024
 07. Docember 2024

09.30 – 10.30 Service Manual Study 10.30 – 10.45 Break 10.45 – 11.30 World Service Confere

Zoom - Meeting ID: 817 0097 0492 - Passcode: 160402

https://us02web.zoom.us/j/81700970492?pwd=Tkxxcm41SERWcndQUDBiNWIrU0NrUT09

For more information, contact Judy jjmenhp123@gmail.com

Agenda

jineniip iz s@gmai

TOWN HALL

To Discuss the Frequency of Oregon Area Assemblies and AWSCs

The Oregon Area currently holds three Assemblies and three Area World Service Committee (AWSC) meetings each year. The Thought Force on the Frequency of Assemblies/AWSCs is proposing that we hold two Assemblies and two AWSCs each year instead.

All Al-Anon members are invited to talk about this proposal. Our Thought Force wants to hear your questions, opinions and concerns. This will also be a topic for discussion and/or vote by group representatives at the next Assembly. But we want to hear from any and all Al-Anon members! So please join us.

Contact Ree M. if you have questions: stumpyree@icloud.com



When:

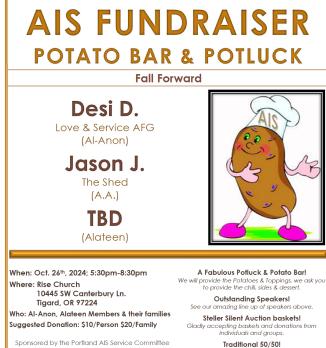
Thurs. August 8th at 7:00 p.m.
Wed. October 16 at 7:00p.m. 2024

Join Zoom Meeting https://us02web.zoom.us/j/89383957636?p wd=UUvhY4hnPJYpfznaavE9fTk6pMJqYG.1

Meeting ID: 893 8395 7636 Passcode: Assembly

Dial by location: +1 253 215 8782 US (Tacoma)

The 7th Tradition will not be observed.



Sponsored by the Portland AIS Service Committee All proceeds received will be sent to Portland AIS Right

towards the Prefer Cash & Checks; Accepting Cash, Checks, Debit, Credit or Paypal

Contact the AIS office for more details (503) 292-1333; <u>als@al-anonportlandoregon.org</u> AIS Fundraiser Committee Chair: Deanna M. <u>deannaleHinado@amail.com</u> Rev3





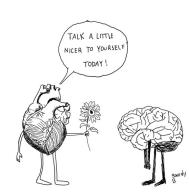
AA Humor

Hardheaded

An alcoholic goes to confession one Sunday morning and says to the priest, "Forgive me Father, for I have sinned." The priest says, "What have you done my son?" The alcoholic replies, "I stole 50 sheets of plywood." The priest responds, "You are forgiven, now go and steal no more." Next week the alcoholic comes back to the same priest and confesses the very same sin! The priest asks, "Didn't I tell you to go and steal no more? This time you must make an amends for stealing. You do know how to make an amends, don't you?" The alcoholic replies, "No, but if you can get the blueprints, I can get the plywood!" —Dennis S., Harper's Ferry, W.V. (Oct. 2013 Grapevine)

AA History

Sept. 1935	Bill W. returns from Akron; New York A.A. begins.
Sept. 1937	Florence R. becomes first female A.A.; her story appears in 1st edition of <i>Alcoholics</i> <i>Anonymous</i> .
Sept. 1930	First A.A. group established in Chicago.
Sept. 1946	First A.A. group established in Mexico
Sept. 1947	Dallas Central Office opens its doors.
Sept. 11, 2001	30 Vesey St, New York. Location of A.A.'s first office is destroyed during the World Trade Center attack.



Grapevine Sept. 2024



Central Oregon Intergroup Contacts

Chairperson Mike S. Vice Chair. Hilary D. Carrie B. Secretary Treasurer Will D. Newsletter Alice S. Schedules Paul G. Hotline Frank W. Potluck Alan S. Entertainment Rachel Website John S. Al-Anon Liaison Christina L. IT Chair Tyler Advisory Board Committee Heidi T. haturne@gmail.com Advisory Board Committee Helen W.

masinbend@gmail.com

hilarydembsky@outlook.com jandcblake@gmail.com willcoigaa@gmail.com alicesbend@gmail.com pgpr12@gmail.com stuckrecovery@gmail.com coigaa.potluck@yahoo.com entertainment@coigaa.org webmaster@coigaa.org

it@coigaa.org

Advisory Board Committee Lanelle D. <u>lleaduran@gmail.com</u> Advisory Board Committee Jane L. janesspeech@gmail.com

DocMason039@gmail.com

Intergroup Meetings take place the fourth* Sunday of each month at 4:00 PM and are held LIVE at TEC and offered via Zoom at

469 NW Wall Street, Bend.

0	bservers	are we	lcome 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