



Cascade Connection

A Newsletter for COIGAA

October 2024

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Step 10 of Alcoholics Anonymous

“Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience.”

~Twelve Steps and Twelve Traditions p. 95



Tradition 10 Long Form: “No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues— particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”

~Twelve Steps and Twelve Traditions p. 195.

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

**A.A. HOTLINE
(541) 548-0440**



Thank You!
Alan S.—Our amazing Potluck Committee Chairperson — for continuing to make Fellowship in Central Oregon a monthly treat!

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 October 27th, 2024

At 4:00 pm

at TEC, Trinity Episcopal Church

Zoom Option for those who are unable to make it:

ID: 961 1009 6966 PC: 061935

Easy link:

<https://us06web.zoom.us/j/96110096966?pwd=RXI5SXNhaFZUTUNWelZjUINCNWUvQT09>

Happy Birthday

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

Happy Birthday, Walt W..!
18 years (10/7/2006)

Happy Birthday, Ann K.!
34 years (10/14/1990)

Happy Birthday, Alice S.!
13 years (10/15/2011)

Happy Birthday, Leah F.!
2 years (10/15/2022)

Happy Birthday, Phil!
5 years (10/18/19)

Happy Birthday, Sarah M..!
6 years (10/21/2018)

Happy Birthday, Beth!
34 years (10/22/1990)

Happy Birthday, Vicki!
10 years (10/31/2014)

AA 12 Steps Principle of the Month

Perseverance

According to the Merriam-Webster Dictionary: Perseverance - (n.) continued effort to do or achieve something despite difficulties, failure, or opposition.

“... we continue to take personal inventory and continue to set right any new mistakes as we go along... This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.”

~ *Alcoholics Anonymous, p. 84*

“We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection.”

~ *Twelve Steps and Twelve Traditions, pg. 91*

Reprinted with permission of Alcoholics Anonymous World Services, Inc

AA Concepts Principle of the Month

Clarity

Concept 10 — Short Form

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”



“Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corre-

sponding authority to discharge it. This requires that authority must be *delegated* at every level—and that the responsibility and authority of every entity are well defined and clearly understood... To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.”

Reprinted from The 12 Concepts For World Services, Illustrated



SOBER
DESIRE
**IS CHANGING ITS
MEETING TIME**

STARTING OCTOBER 6TH

5 : 3 0 P M

**Sundays | 5:30PM | St. Helen's Hall
Trinity Episcopal Church ~ 231 NW Idaho**

Closed Meeting of Alcoholics Anonymous

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**

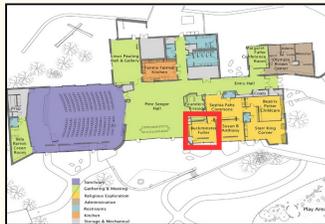
CONTACT JENSINE P. (541) 480-8639

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

**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
7:00pm**

**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

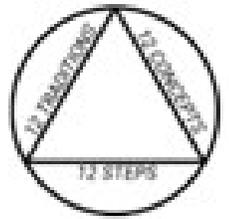
Steps To Sobriety Grp Presents:

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!



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

*New Horizons Group
Of A.A.*

*Speaker/Discussion
Meetings*



Speaker/Discussion Mtgs

October 2024

Tuesday 10/1 - Becky G. NHG

Thursday 10/3 - Tradition 10 Presentation w/Q&A

Tuesday 10/8 - Nick M. firing Line Grp

Tuesday 10/15 - Alan S. Primary Purpose Grp.

Tuesday 10/22 - Wayne S. SOS Mens Grp. Mesa AZ.

Tuesday 10/29 - Todd H. Steps To Sobriety 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*

Bill's Last Message

"My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so—once more, I salute you in that spirit and again I thank you *for your lives*.

May God bless us all now, and forever."

****Read by Lois at the annual dinner given by the New York Intergroup Association in honor of Bill's 36th anniversary—October 10, 1970.***



Come and Join the Fun

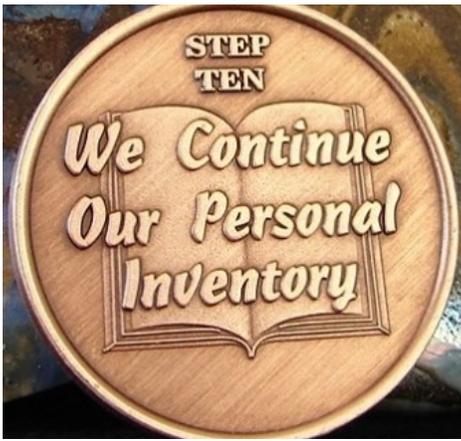
COIGAA OCTOBER
POT LUCK
AND
SPEAKER MEETING

OCTOBER 26th 6-8pm
Please bring a dish

Speakers Start @ 7pm
Costumes Welcomed

Trinity Episcopal Church - Brooks Hall
469 NW Wall St. Bend

Hosted By:
Redmond Early Risers



Step Ten: “Continued to take personal inventory and when we were wrong promptly admitted it.”

Tenth Step Prayer

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.

10th Step Promises

Chapter 6, page 84-85

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

“This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit.”

Alcoholics Anonymous, pg. 84

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*. If somebody hurt us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about ‘justifiable’ anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.”

Twelve Steps and Twelve Traditions, pg. 90

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 [webpage](#) 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!**

OSYPAA.ORG

OSYPAA XI 2024

REGISTER: \$35



HOTEL BOOKING
CODE: 6027018

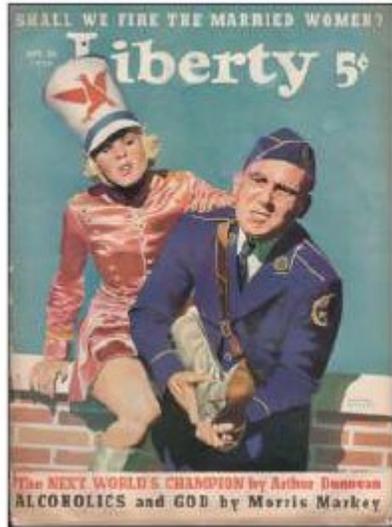
THE GRADUATE

66 E. SIXTH AVE
EUGENE, OR 97402

10.31.24 - 11.3.24

Members Share

Liberty Magazine - Cleveland Plain Dealer - September/October 1939



THE CLEVELAND PLAIN DEALER, SATURDAY, OCTOBER 21, 1939 Alcoholics Anonymous Makes Its Stand Here

By ELAINE B. DAVIS

Most bar men believe that the day after tomorrow, an epidemic of "alcoholism" will be in progress. This is the story of a group of men who are trying to do something about it.

It is a new Cleveland club that has been formed. It is called "Alcoholics Anonymous." The members of the club are men who have been "alcoholics" and who are trying to get back on their feet. They are men who have been "alcoholics" and who are trying to get back on their feet. They are men who have been "alcoholics" and who are trying to get back on their feet.

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The OTHER Serenity Prayer
 GOD, grant me the serenity to stop
 beating myself up for not doing
 things perfectly, the courage to
 forgive myself because I'm working
 on doing better, and the wisdom to
 know that you already love me
 just the way I am.
 - unknown



"Well, at least we don't have to find a designated driver."

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! GSR Reports Service Opportunities Come get involved!



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

Tuesdays 6-8pm August - October 2024

An In-depth weekly look at the 12 Traditions

Lead by: Craig W. Of the Mighty Purpose & Rythum Grp.

Twelve Traditions Study

Craig will be presenting each Tradition with plenty of time for questions and conversation. Start coming up with those hard questions surrounding the Traditions!!

Zoom ID: 869-0310-1724
Password: 164

District 5 AA Central Oregon
Questions Contact:
DCM Nick M. 541-731-6289



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 Sandy B. talk about Steps 10 and 11: <https://www.youtube.com/watch?v=5NCryGLH9m4>

And you can **SEE Step 10 from the 12x12** In ASL at: <https://www.youtube.com/watch?v=8bRJ5BUqhb5>

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

**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

A.A. in Treatment Settings

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**

 CTF-S@AA-OREGON.ORG 

OREGON AREA 58 Invites you to the Hybrid CORRECTIONS CONFERENCE

**SATURDAY, OCTOBER 26TH, 2024
10:00 AM - 3:00 PM**

**COURT STREET CHRISTIAN CHURCH
1699 Court Street NE
Salem, OR 97301**

or

**Online Access
Meeting ID: 858 6926 6829
Passcode: welcome**

You might consider attending this conference if you currently take meetings into a jail or prison or if you would like to find out more about this type of Area service. No previous experience is necessary. Just come and join us. All are welcome.

Agenda Includes:

A.A. members who take meetings into prisons, Corrections Professionals, A.A. Corrections Committee members, Previously incarcerated members sharing their stories, Q&A.

We will break for lunch at noon and an entree will be provided. Feel free to bring a side if you'd like!

Please reach out to cfc@aa-oregon.org or cfc-co@aa-oregon.org with any questions.



save the date!

DISTRICT 5 is HOSTING a VIEWING PARTY

A.A. IN TREATMENT SETTINGS
ONLINE CONFERENCE
OF ALCOHOLICS ANONYMOUS

**Saturday,
October 19th**

10AM-3PM - DOWNTOWN
BEND LIBRARY - MEDIA ROOM

1 HR LUNCH BREAK @NOON

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

A day of presentations, workshops, panels, ask-it-basket + guest speakers!

everyone's invited!

ALL ARE WELCOME

Viewing hosted by District 5 + conference hosted by OR. Area 58 Treatment Committee

- Treatment professionals
- GSR's - DCM's
- A.A. members serving on a treatment committee
- Want to carry the A.A. message into a facility?

CTF-S@AA-OREGON.ORG

What's Happening Elsewhere?



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, *Alcoholics Anonymous*

SPEAKERS

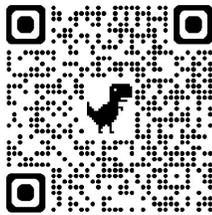
Sharon A. (Depoe Bay, OR)
 Joie K. (Portland, OR)
 Marilyn S. (Los Angeles, CA)
 Julia S. (Portland, OR)
 Angela R. (Portland, OR)
 Lisa C. (Portland, OR)
 Celia C. (Corvallis, OR)
 Erin L. (Beaverton, OR)

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

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!!!



October 11th – 13th, 2024

Go to www.rosecitygirlstock.com 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: rosecitygirlstock@gmail.com
 RCGS Chair: MiQuelle D.: 512-751-6996
 RCGS Co-Chair: Mary C.: 503-706-2122

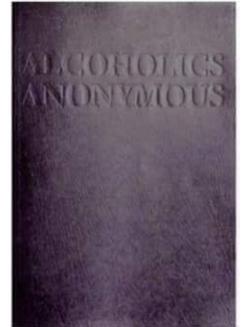
THE ON AWAKENING
 ONLINE GROUP OF ALCOHOLICS
 ANONYMOUS SALEM OR. PRESENTS:

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 experience!

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



IN PERSON & ONLINE PROGRAM



61ST INTERNATIONAL WOMEN'S CONFERENCE
 SAN DIEGO, CA | JANUARY 30TH - FEBRUARY 2ND, 2025

You can register here: In person, \$70.00 (USD)
 and online, \$15.00 (USD)

<https://internationalwomensconference.org/registration-form-2025/>

Speaker, Marathon, and Panel Meetings!!
 Hospitality Room - Fun, Games, Yoga, Meditation

Questions - onlineiwc61@gmail.com

DISTRICT 16 SOUTHERN OREGON SPEAKER MEETING

presents
**November 2
 SPEAKER
 MEETING**
PAT Y.
 Seal Beach, CA
 7 - 8:30PM
 & SERVICE
FAIR
 hosted by District 16 Events
 5:30 - 6:30PM

**SOBRIETY
 COUNTDOWN**

**50-50
 RAFFLES**

**ASK "ME"
 BASKETS
 +
 PRIZES**

**WIN 2 TAKE
 YOUR
 SPONSOR
 TO DINNER
 TICKETS**

ASCENSION CHURCH
 675 BLACK OAK DRIVE
MEDFORD

HYBRID
 Zoom ID: 456 010 1935
 Password: 06101935

HOSTED BY
 STICKS WITH THE WINNERS
 WOMEN'S MEETING - ASHLAND



DISTRICT 16
 ROGUE VALLEY, OREGON
 ALCOHOLICS ANONYMOUS



Al Anon Events

2024 Fall Serenity Conference

Oklahoma Al-Anon & Alateen Convention
October 17th-13th, 2024

The Lodge at Sequoyah State Park
19808 Park 10, Hulbert OK 74441
On Lake Fort Gibson

****Make Lodge Room Reservations @ (918) 772-2545 by September 11****
Conference Lodge room rate \$109 per night. **Mention Al-Anon Convention**

Speakers

Al-Anon	Angie B.	FL
Al-Anon	Larcine G.	CA
Al-Anon	Tracey S. (WSO)	VA
AA	Lindsay S.	WA
Alateen	Christopher M.	KS

Mail Paper Registration to:

Oklahoma Al-Anon State Conference c/o Dana Neal
4304 Hunter Glen Drive, Oklahoma City, OK 73179

Make checks payable to Oklahoma Al-Anon State Conference

ONLINE REGISTRATION AT:

<http://tinyurl.com/Fall-Serenity-Celebration>

Registration before September 11th = \$30 for Al-Anon & AA Members; \$5 Alateen

Registration after September 11th = \$40 for Al-Anon & AA Members; \$5 Alateen

Bunkhouse Bed \$25 per night/person- Sign up for Bunkhouse on your registration form

Scan QR Code for
Eventbrite
registration link



MIAS RTIFIED	BADGE NAME	CITY	EMAIL/PHONE	CLASSIFICATION	FIRST FALL CONFERENCE	AMOUNT
N				AFG AA ALATEEN	Y N	\$
N				AFG AA ALATEEN	Y N	\$
N				AFG AA ALATEEN	Y N	\$

UNKNOWN: LIST NUMBER OF INDIVIDUALS EACH NIGHT - 2024

AIS FUNDRAISER POTATO BAR & POTLUCK

Fall Forward

Desi D.

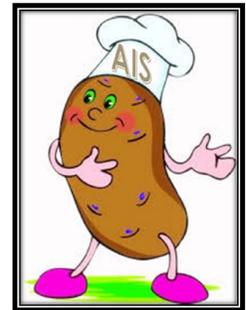
Love & Service AFG
(Al-Anon)

Jason J.

The Shed
(A.A.)

TBD

(Alateen)



When: Oct. 26th, 2024; 5:30pm-8:30pm

Where: Rise Church
10445 SW Canterbury Ln.
Tigard, OR 97224

Who: Al-Anon, Alateen Members & their families
Suggested Donation: \$10/Person \$20/Family

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

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

Contact the AIS office for more details (503) 292-1333; ais@al-anonportlandoregon.org
AIS Fundraiser Committee Chair: Deanna M. deannalettinga@gmail.com

Rev3



A Fabulous Potluck & Potato Bar!
We will provide the Potatoes & Toppings. We ask you to provide the chili, sides & dessert.

Outstanding Speakers!

See our amazing line up of speakers above.

Steller Silent Auction baskets!

Gladly accepting baskets and donations from individuals and groups.

Traditional 50/50!

Right, you buy tickets & we will draw one - That person will win half the pot & the other half will go towards the fundraiser.

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?pwd=UUUvY4hnpPYtznAAVE9TK6pMjQYQ.1>

Meeting ID: 893 8395 7636

Passcode: Assembly

Dial by location:

+1 253 215 8782 US (Tacoma)

The 7th Tradition will not be observed.

NYC AL-ANON INTERGROUP MONTHLY SHARE-A-DAY

SURRENDERING WITH
STEP 3 & STEP 11

Saturday, October 26th

Noon to 4pm

Zoom Meeting ID: 897 1551 8773

Password: 069726

Dial In: +1 929-205-6099 and then enter Meeting ID and Password

WORKSHOP SCHEDULE

12:00 pm Turning our will and lives over
1:00 pm Prayer and meditation
2:00 pm Improving conscious contact
3:00 pm Knowledge, power and will

All are welcome to join and share experience, strength and hope!

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.

AA Humor



ALCOHOLICS ANONYMOUS

I have a good feeling about my new sponsor

ROGERA.ZITCOM



"You give him unrealistic expectations. I'll start working on tearing his ego apart."

AA History

- Oct. 1, 1957 "A.A. Comes of Age" is published.
- Oct. 3, 1945 A.A. Grapevine adopted as national publication of A.A.
- Oct. 5, 1988 Lois W. died.
- Oct. 10, 1970 Lois W. reads "Bill's Last Message" at annual dinner in NY.
- Oct. 10, 1988 Lois is buried next to Bill in Manchester VT.
- Oct. 13, 1947 The Melbourne Group held its first meeting in Australia.
- Oct. 17, 1935 Ebby T., Bill's sponsor, moves in with Bill and Lois.



Central Oregon Intergroup Contacts

Chairperson	Mike S.	masinbend@gmail.com
Vice Chair.	Hilary D.	hilarydembsky@outlook.com
Secretary	Carrie B.	jandcblake@gmail.com
Treasurer	Will D.	willcoigaa@gmail.com
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.	webmaster@coigaa.org
Al-Anon Liaison	Christina L.	
IT Chair	Tyler	it@coigaa.org
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 4:00 PM and are held LIVE at TEC and offered via Zoom at*

469 NW Wall Street, Bend.

Observers are welcome to attend too!

Contact jandcblake@gmail.com for more information

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