



Cascade Connection

A Newsletter for COIGAA

December 2024

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.”

Step 12 of Alcoholics Anonymous

“THE joy of living is the theme of A.A.’s Twelfth Step, and action is its key word.”

~Twelve Steps and Twelve Traditions p. 106



Tradition 12 Long Form: “And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all .”

~Twelve Steps and Twelve Traditions p. 192

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, Rachel
and all the members of
the Potluck and
Entertainment
Committees who help
create meaningful
Alcothons, Events and
opportunities to
Fellowship!
And thank you to all the
groups who volunteer to
host Potlucks and
Alcothon meetings!**

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 December 15, 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, Lucy!
1 year (12/12/2023)*

*Happy Birthday, Jen N.!
16 years (12/6/2008)*

*Happy Birthday, Michael H.!
36 years (12/14/1988)*

*Happy Birthday, Christine P.!
3 years (12/23/2021)*

*Happy Birthday, Becky!
8 years (12/29/2016)*

*Happy Birthday, Greg!
1 year (12/10/2023)*

*Happy Birthday, Byron S.!
1 year (12/19/2023)*

*Happy Birthday, Brian C.!
5 years (12/29/2019)*



AA 12 Steps Principle of the Month

Service

According to the Dictionary.com:
Service - (n.) an act of helpful activity.

“When by devoted service to family, friends, business, or community we attract widespread affection and are sometimes singled out for posts of greater responsibility and trust, we try to be humbly grateful and exert ourselves the more in a spirit of love and service.”

~ *Twelve Step and Twelve Traditions, p. 124*

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

~ *Alcoholics Anonymous, p. 77*

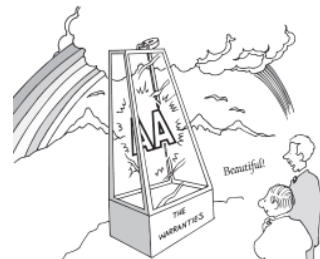
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AA Concepts Principle of the Month

Spirituality

Concept 12 —Short Form

“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.”

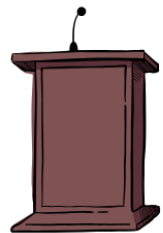


“...these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess These are the permanent bonds that hold the Conference fast to the movement it serves.’ The Warranties also express spiritual principles which apply to all other A.A. entities as well.”

Reprinted from The 12 Concepts For World Services, Illustrated



FOOOD!!!



CHRISTMAS DAY ALCOOTHON AND NEW YEAR'S EVE PARTY

YOU ARE INVITED

TO

FELLOWSHIP

December 25, 2024

AND

December 31, 2024

WHERE

Location And Times TBA
More Information Will Be
Available Soon!



**HAPPY
NEW YEAR**



SPONSORED BY

COIGAA

Central Oregon Intergroup

Central Office Coin Liquidation Sale



**50%
OFF**

**December 15, 2024
TEC at 3:30 pm**

Send your IGR with some money to the IGR Meeting on Dec. 15th if your group would like to stock up on coins!
Heidi T. will be there at 3:30 pm to sell chips and will stay 1/2 hour after the meeting —
50% off the normal price! Specialty Coins Available Too!

SOBER DESIRE IS CHANGING ITS MEETING TIME

STARTING OCTOBER 6TH

5:30 PM

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

Closed Meeting of Alcoholics Anonymous

New Horizons Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

December 2024

- Tuesday 12/03 - Artha from the WANAGL Grp.
- Thursday 12/05 - Tradition 12 Presentation W/Q&A
- Tuesday 12/10 - Ash M. from the NHG
- Tuesday 12/17 - Dave T. Thurs Night Mens Grp.
- Tuesday 12/24 - Lanelle D. Serenity Seekers Grp.
- Tuesday 12/31 - Sarah S. from the NHG



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

LAST GASPERS



BENDAA.LASTGASPERS@GMAIL.COM

LAST GASPERS AA MEETING



7 P.M.
TUESDAY
THURSDAY
SUNDAY

THE GARAGE

33 NW
LOUISIANA
AVE
BEND, OR

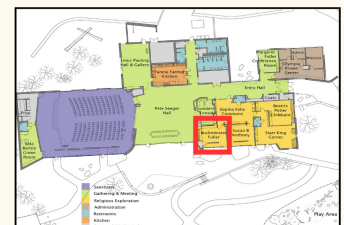
ENTRANCE
IN BACK.
ALLEY
ACCESS

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

**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!**

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

**COIG Potluck Spk/Mtg
Committee Meeting!**



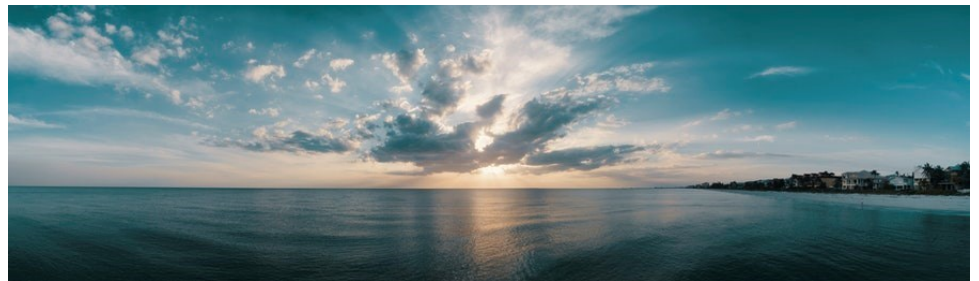
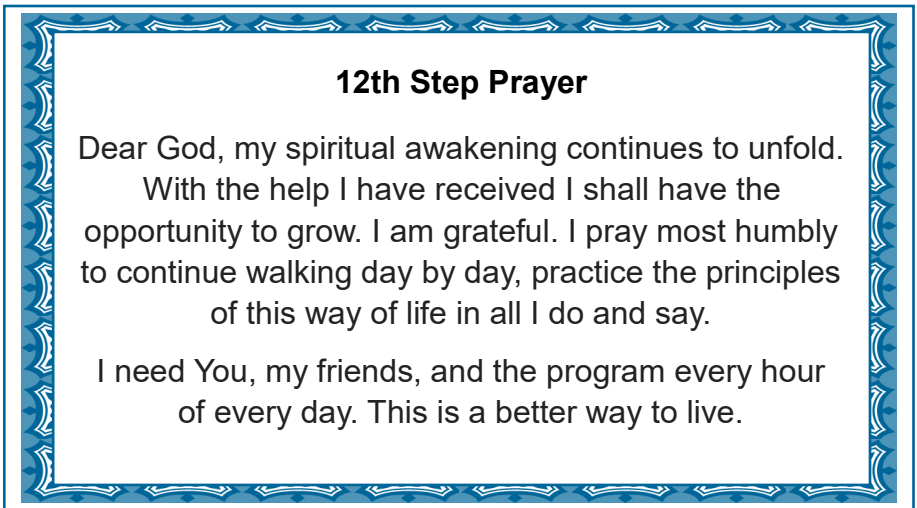
**Join this A.A.
Committee, or just
come put your 2
cents in, and/or
volunteer to help!**

**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!**

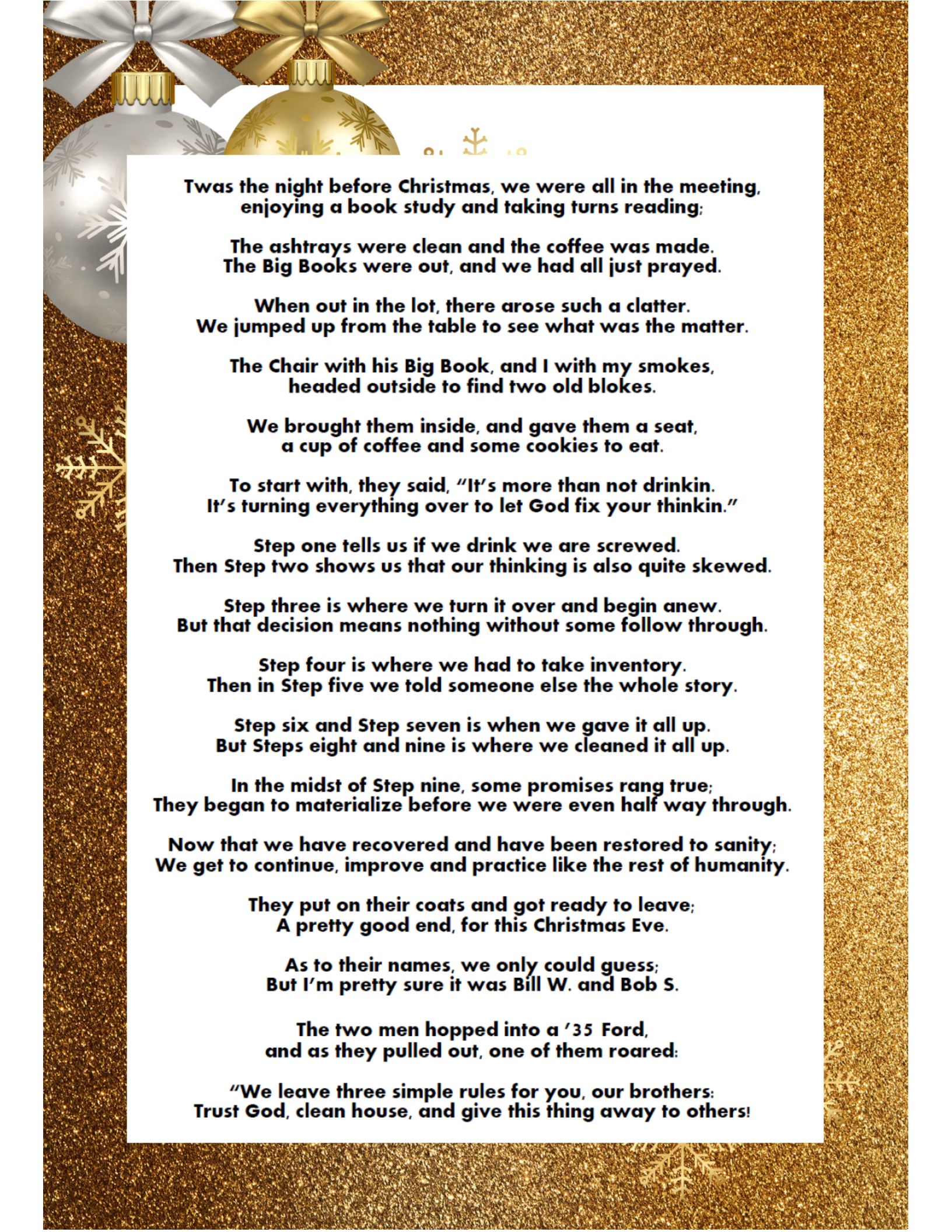
Questions?? Comments, Suggestions, or Interest in joining the Potluck Committee
Contact Potluck Committee Chair at: coiga.potluck@yahoo.com or (541) 647-9174



Step Twelve: “Having had a spiritual awakening as the result of these steps, we *tried to carry this message to alcoholics, and practice these principles in all our affairs.*”

“There are many opportunities even for those of us who feel unable to speak at meetings or who are so situated that we cannot do much face-to-face Twelfth Step work. We can be the ones who take on the unspectacular but important tasks that make good Twelfth Step work possible, perhaps arranging for the coffee and cake after meetings, where so many skeptical, suspicious newcomers have found confidence and comfort in the laughter and talk. This Twelfth Step work in the very best sense of the word. ‘Freely ye have received; freely give...’ is the core of this part of Step Twelve.” ~*Twelve Steps and Twelve Traditions*, p. 110

“PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover; to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends— this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.” ~*Alcoholics Anonymous*, p. 89



**Twas the night before Christmas, we were all in the meeting,
enjoying a book study and taking turns reading;**

**The ashtrays were clean and the coffee was made.
The Big Books were out, and we had all just prayed.**

**When out in the lot, there arose such a clatter.
We jumped up from the table to see what was the matter.**

**The Chair with his Big Book, and I with my smokes,
headed outside to find two old blokes.**

**We brought them inside, and gave them a seat,
a cup of coffee and some cookies to eat.**

**To start with, they said, "It's more than not drinkin.
It's turning everything over to let God fix your thinkin."**

**Step one tells us if we drink we are screwed.
Then Step two shows us that our thinking is also quite skewed.**

**Step three is where we turn it over and begin anew.
But that decision means nothing without some follow through.**

**Step four is where we had to take inventory.
Then in Step five we told someone else the whole story.**

**Step six and Step seven is when we gave it all up.
But Steps eight and nine is where we cleaned it all up.**

**In the midst of Step nine, some promises rang true;
They began to materialize before we were even half way through.**

**Now that we have recovered and have been restored to sanity;
We get to continue, improve and practice like the rest of humanity.**

**They put on their coats and got ready to leave;
A pretty good end, for this Christmas Eve.**

**As to their names, we only could guess;
But I'm pretty sure it was Bill W. and Bob S.**

**The two men hopped into a '35 Ford,
and as they pulled out, one of them roared:**

**"We leave three simple rules for you, our brothers:
Trust God, clean house, and give this thing away to others!"**



**“Is sobriety all that we can expect of a spiritual awakening?
No, sobriety is only a bare beginning.”**

AS BILL SEES IT, p. 8



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to AA friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your AA telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations



given by groups in your area, and go. If you're timid, take someone newer than you are.

5



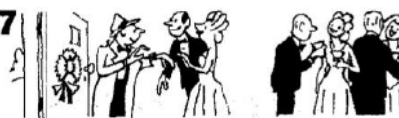
Skip any drinking occasion you are new to. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a ... No need to spell out the Twelfth Step here, since you already know it.



Members Share

"We saw that we must sacrifice the quick, nearby advantage for long-term safety."

-AA Service Manual C31

I remember the first time I called my service sponsor excited because I thought I had found a creative way around a Tradition that would have made the project I was working on so much easier and would have helped many more alcoholics! And technically, *(purely based on technicalities)* I think **I HAD** found a way around a Tradition, where no one could have accused me of coloring outside the lines.

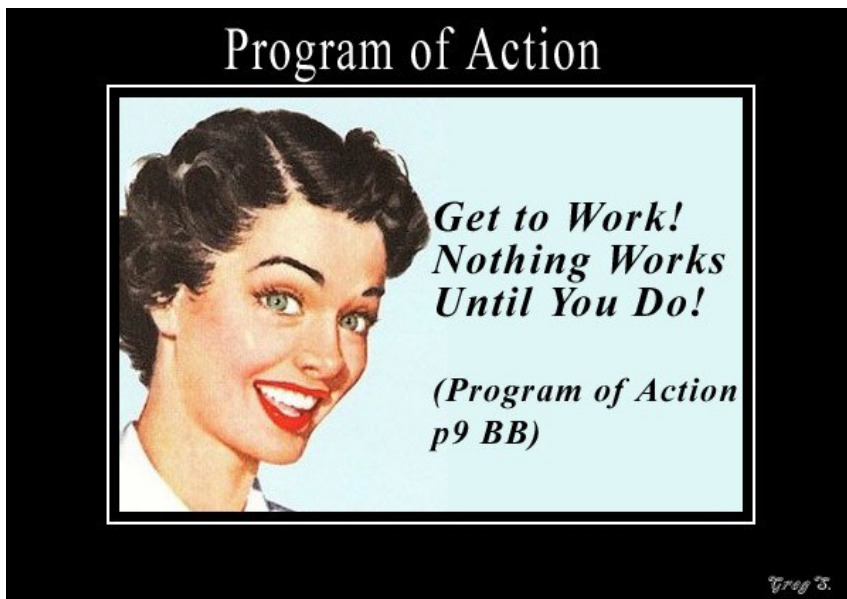
I'll never forget what he said though. He informed me that the 12 Traditions have *never made anything easier or have ever helped anyone to get something done quicker, in the history of Alcoholics anonymous.* He said that's not what they're for. That the steps are here to help us today. To get through the next 24 hours. The second set of spiritual principles (The Traditions) are **NOT** here for that reason. They are here to protect the fellowship of tomorrow. They benefit the alcoholic not yet born. And that it takes sacrifice and unselfish action today, for the good of the AA of tomorrow.

That's why the Traditions are SO much more difficult to practice than the steps, for an alcoholic of my type. I want instant gratification. I want to see results. Honoring and living by the Traditions take self sacrifice, faith, patients, unselfish action and Trust.

Am I living in the letter of the law or in my living in the spirit of sacrifice? Am I sacrificing my personal ambitions for the common good of AA? Or am I still the exception? The unique and special case whose situation is "different"

Growing along spiritual lines is not always easy. But how do you live in the fourth dimension without wholeheartedly absorbing our second legacy?

-CB



District 5 A.A. Info

district5aa.org

District 5 Business Meeting

ALL ARE WELCOME!

2nd Sunday Each Month

4:00pm - 5:30

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

Downstairs Trinity Episcopal Church
469 NW Wall St,
Bend, OR 97703

Online Access
ID: 869 0310 1724
PC: 164



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

OREGON AREA 58 A.A. TREATMENT COMMITTEE MTG. FOR ALL DISTRICTS IN OREGON FIRST MONDAY EVERY MONTH

First Monday On line at 5:30pm
Mtg ID: 807 513 1787
Passcode: 166459


AA in Treatment Settings

If your district doesn't yet have a treatment committee, come see how you can help to get one started!

"G.S.O. maintains a mailing list of area and district Treatment Committee chairpersons (U.S. and Canada). Committee chairpersons receive the Treatment Committee Workbook, and are on the mailing list for About A.A., a newsletter for the professional community, and Box 4-5-9 that sometimes contains a section on Treatment Committee news." -GSO Treatment Committees Guidelines

 CTF-S@AA-OREGON.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 Sandy B. talk about Step 12: https://youtu.be/gc0_67xO8G8?si=o6LamNnNgdzzFFiN

And you can **SEE Step 12 from the 12x12** In ASL at: <https://youtu.be/v3fNW8j87Do?si=Gdv1Mu8I5W3hf2sG>

What's Happening Elsewhere?

PRAASA 2025



SAVE THE DATE
March 7 - 9, 2025

Anchorage Convention Center
(Egan Center)

The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of AA

Hosted by Alaska Area 02
additional information please contact

www.praasa.org

SOUTHEAST

REGIONAL FORUM

December 6-8, 2024

You are invited to the Southeast Regional Forum!

PURPOSE OF REGIONAL FORUMS

- ▶ Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.

PROGRAM

- ▶ Your Southeast Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past Trustees
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on www.aa.org under the Regional Forums tab.
- ▶ The event will take place from Friday at 6:30 p.m. through Sunday, 12:00 p.m.

REGISTRATION

- ▶ Registration is **FREE** and will open online at www.aa.org on October 7, 2024.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- ▶ Pre-registration is encouraged, and on-site registration will be available.

HOTEL INFORMATION

Golden Nugget Biloxi
151 Beach Boulevard

- ▶ For hotel reservations: <https://goldennuggetbiloxi.reztrip.com/ext/promoRate?property=1262&mode=b&pm=true&sr=883087&vr=3> or Call 1-800-777-7568
- ▶ November 14, 2024 is the room reservation deadline.
- ▶ Rate: Double Occupancy, \$129.99 per night U.S. or Canadian
 - Use the group code S240301 to receive the group rate.

We look forward to seeing you in Biloxi!

For more information, please contact, Regional Forums' Staff Coordinator, at regionalforums@aa.org or call (212) 870-3120.



ONLINE INTERGROUP ([https://aa-](https://aa-alcoholics-anonymous.org)
ALCOHOLICS ANONYMOUS

intergroup.org

GET HELP NOW ▾ ONLINE MEETINGS ([HTTPS://AA-INTERGROUP.ORG/MEETINGS/](https://aa-intergroup.org/meetings/)) ▾ GROUPS ▾ OIAA IN ACTION ▾
SERVICE COMMITTEES ▾ JOIN OIAA ▾ CALENDAR ▾ CONTRIBUTIONS ([HTTPS://AA-INTERGROUP.ORG/CONTRIBUTIONS/](https://aa-intergroup.org/contributions/))
CONTACT US ([HTTPS://AA-INTERGROUP.ORG/CONTACT/](https://aa-intergroup.org/contact/))

Assembly Announcement 21 December 2024

Date: 10 Nov 2024

OIAA General Assembly

Saturday, December 21st, 2024
11:00am PST/1:00pm CST/2:00pm EST
Meeting ID: 839 1683 1125; Passcode: OIAA

We will be approving the 2024 budget and electing 3 officers and 1 non-officer trustee on December 21st, 2024. Those elected will begin their term of office on January 1, 2025, and serve for two years. The positions we are electing are:

- Vice Chair
- Secretary
- Technology Chair
- Trustee at Large

The assembly is open to all who wish to join, but only Intergroup Representatives, OIAA Standing Committee Chairs, and OIAA Officers are Voting Members. All Voting Members are urged to attend as a quorum is required to conduct business.



**49th Annual
Rogue Roundup**
May 2 - 4,
2025
Grants Pass, Oregon

Join us for a weekend of:
Speakers
Meetings
Meals
Fellowship
Service Opportunities

Josephine County Fairgrounds
1451 Fairgrounds Road
Grants Pass, Oregon

Live and on Zoom!

For more info and registration: rogue roundup.com

Sixteen relapse symptoms to watch out for:

For any time, any place, any where !

1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. Dishonesty - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.
5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. Self-pity - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.
9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

-- Akron Intergroup News, December 1998

Al Anon Events

SCAFG 50th Annual 2025 Al-Anon/Alateen Convention with AA Participation February 6 – 9th 2025
 Landmark Resort
 1501 S Ocean Blvd
 Myrtle Beach, SC 29577



Registration Fees	
Al-Anon	\$50
A.A.	\$50
Alateen	\$ 5
1 Day ONLY	\$20
Total Amount Enclosed including T-shirts and Registration	

Contact Information	
Full Name	
Badge Name	
District/Home group	
Address	
City	State Zip
Phone	
Email	
Member of:	<input type="checkbox"/> Al-Anon <input type="checkbox"/> Alateen <input type="checkbox"/> AA <input type="checkbox"/> Other
T-Shirts Carolina Blue	
Preorder by: January 6, 2024	
Circle size wanted	S M L XL 2X 3X
T-shirt #	@ \$20 - 5
Polo-Shirts Carolina Blue	
Preorder by: January 6, 2024	
Circle size wanted	S M L XL 2X 3X
Polo-shirt #	@ \$30 - 5

To Register Online
 Go to www.al-anon-sc.org
 Or scan QR code:



To Register by Mail

- Complete one registration form per person
- All attendees must register
- Mail to: Cindy S
 261 Star Lake Drive
 Murrells Inlet SC 29576
- Checks Payable (Preferred payment method) to SCAFG, with 2025 SCAFG Convention in the memo part of the check.

Alateen Registration

Each Alateen must complete this convention registration form and remit a registration fee for each Alateen attending. You will need to complete an Alateen Convention Participation Packet which is available from Alateen Group Sponsors, District, and Area Alateen Coordinators or on the Area Al-Anon Member web page.

Hotel Reservation
 Hotel reservations may be made at
 Landmark Resort 1-855-338-0226

For Questions
 Email: scafgconv2025treas@gmail.com
 Phone: (413)-884-9005

Group Name: SCAFG 2025
 Reserve by: January 6, 2025
 Room Rate: From \$79.10 to \$117.59 (includes tax & fees per night).
 Suites Vary from 4 – 6 max occupancy.

V 3 May 2024

Landmark Resort
www.landmarkresort.com
 1501 S Ocean Blvd
 Myrtle Beach, SC 29577

Oceanfront/ Ocean View /Interior Guest Rooms
 17 Water Amenities including Water Park with Water Slides/
 huge Indoor /Outdoor Pool complex
 Gazebo Restaurant serving breakfast buffet
 Latitudes Lounge serving lunch and dinner
 Video Arcade
 Starbucks located in the lobby

Room Information
 ~Rates~
February 6th-February 9th, 2025
 (per day)

We Have Waived The One Time \$7 Booking Fee For This Group
 Complimentary Parking
 Complimentary In Room Wi-Fi
 2 Night Stay Required

Interior Guest Room - The room comes with two double beds, a wet bar, microwave and a mini fridge. Plus, a private balcony overlooking the interior courtyard.

The maximum occupancy for this unit is four (4) people.

Discounted Weekend Rate: \$55 + Fees + Tax = \$79.10 per night

Ocean View Room- Equipped with two double beds. Plus room amenities that include a mini fridge, microwave, coffee maker, and a wet bar area with a sink. The ocean view units has a private balcony with northerly view of the Myrtle Beach coastline.

The maximum occupancy for this unit is four (4) people.

Discounted Weekend Rate: \$65 + Fees + Tax = \$90.40 per night

Oceanfront Standard Room - two double beds with a private balcony that faces the ocean. This unit also has a wet bar, mini refrigerator and a microwave.

The maximum occupancy for this unit is four (4) people.

Discounted Weekend Rate: \$79 + Fees + Tax = \$106.22 per night

Save The Date! District 5 Al Anon Spaghetti Feed March 8, 2025



Al Anon, AA, and Alateen members welcome!
**Please join us for our
 Set Free 40th Birthday
 Celebration!!**

Please join us for a speaker meeting featuring:

AA speaker: Katie R-C from *Wildside of Happy, Joyous, and Free*

Al Anon Speaker: Mark R-C from *Set Free Milwaukie*

**Monday, December 9, 2024
 7:30-9pm. Doors open at 7pm for refreshments and greeting friends**

**Where:
 Kairos-Milwaukie United Church
 4790 SE Logus Road
 Milwaukie, OR 97222**



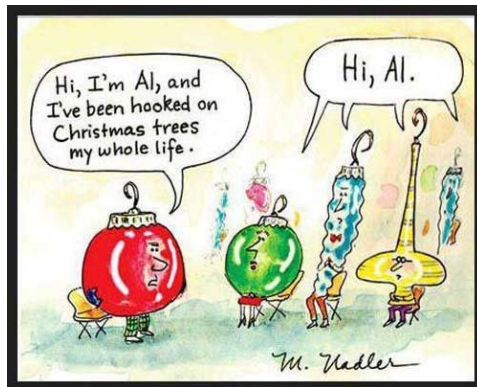
**Or meet with us on zoom:
 Meeting ID: 839 0797 4092
 Password: 075014**

7th Tradition donations will be distributed to our service arms.

Questions? contact setfreemilwaukie@gmail.com



AA Humor



AA History

- Dec. 7, 1949 Sister Ignatia received Poverello Medal on behalf of A.A.
- Dec. 10, 1975 Birds of a Feather AA group for pilots is formed.
- Dec, 11, 1934 Bill admitted to Towns Hospital for 4th/last time.
- Dec. 12, 1934 Bill has Spiritual Experience at Towns Hospital. .
- Dec. 19, 1939 Los Angeles hold their 1st AA meeting there.
- Dec. 1934 –May 1935 Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.
- December 1938 The Twelve Steps are written.

The
Godsponsor

Someday, I will call on you to do a service for me. I may ask you to make coffee. I may ask you to lead a meeting.



AGM 2005

Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

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

Intergroup Meetings take place the fourth Sunday of each month at 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*