



Cascade Connection

A Newsletter for COIGAA

January 2025

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

Step 1 of Alcoholics Anonymous

“No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands.”

~Twelve Steps and Twelve Traditions p. 21



Tradition One Long Form: “Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

~Twelve Steps and Twelve Traditions p. 189

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 January 26, 2025

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, Jane L.!

34 years (1/29/1991) WFS

Happy Birthday, Tony W.!

30 years (1/9/1995) WFS

Happy Birthday, Darlene!

11 years (1/13/2014) Step Sisters

Happy Birthday, Barbara C.!

32 years (1/13/1993)

Happy Birthday, Beverly D.!

49 years (1/26/1976)

Happy Birthday, Barb C.!

5 years (1/1/2020)

Happy Birthday, Larry S.!

22 years (1/2/2003)

Happy Birthday, Hilary D.!

4 years (1/5/2021)



AA 12 Steps Principle of the Month

Honesty

According to the Merriam-Webster Dictionary:
Honesty - (n.) adherence to the facts: sincerity.

The word "honesty" appears 7 times in *Alcoholics Anonymous* and 13 times in *Twelve Steps and Twelve Traditions*.

"Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements."

~*Alcoholics Anonymous, p. 13*

"There are such unfortunates...They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty."

~ *Alcoholics Anonymous, pg. 58*

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

AA Traditions Principle of the Month

Unity

According to the Merriam-Webster Dictionary:
Unity—(n.) a condition of harmony: the quality or state of being made one.

The word "unity" appears 4 times in *Alcoholics Anonymous* and 13 times in *Twelve Steps and Twelve Traditions*.

"The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life giving grace of God; His gift to us would be spent aimlessly."

"Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.s unity contain not a single 'Don't'."

~*Twelve Steps and Twelve Traditions, p. 129*

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

NEW FAMILY FRIENDLY AA MEETING



The Family Afterward

OPEN MEETING OF ALCOHOLICS ANONYMOUS.
ALL 1 HR PARTICIPATION. ARE WELCOMED TO
ATTEND. SUPERVISED NURSERY FOR KIDS OF
ALL AGES.

STARTING ON 1/30/2025
WEEKLY THURSDAYS 6:30PM - 7:30PM
@ UNITY OF CENTRAL OREGON 63645
SCENIC DRIVE, BEND, OR 97701

INTERESTED IN BEING OF SERVICE?
WE NEED HELP, CALL GLO FOR A SERVICE
POSITION. 605-321-4662

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

January 2025

Thursday 1/02 - Tradition 1 Presentation W/Q&A

Tuesday 1/7 - Russ H from the NHG

Tuesday 1/14 - William G. from the PPG

Tuesday 1/21 - Chris P. Thursday Night Mens Grp.

Tuesday 1/28 - Christine B. from 24 and Alive



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

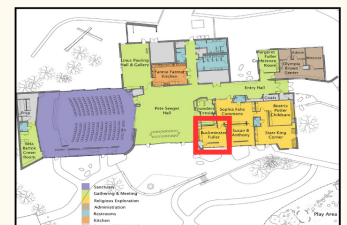
ENTRANCE
IN BACK.
ALLEY
ACCESS

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

**Entertainment
Committee
Meeting**

COIG Entertainment Committee Meeting
January 14 @ 7:00 PM - 8:00 PM
Hybrid Zoom Option

ID: 961 1009 6966 PC: 061935

Easy link: <https://us06web.zoom.us/j/96110096966?pwd=RXI5SXNhZlZUTUNWZWJjUjINCWUvQT09>

Oregon Coast Woman to Woman

March 6, 2025 to March 9, 2025

Faith Means Courage

Registration Opens: January 2nd, 2025

The Oregon Coast Woman to Woman Conference, held in Newport, Oregon, seeks to unite alcoholic women in recovery who are working the steps and are dedicated to the program of Alcoholics Anonymous. We aim to provide an environment that is conducive to relaxation and peace as we meet and share the AA program of recovery with other alcoholic women. If you are looking for this kind of content, you have come to the right place.



Faith Means Courage

Woman to Woman Newport 2025

Registration opens January 2, 2025

Celebrate recovery with the Oregon Coast Woman to Woman Conference

For scholarships please email oregonw2w.scholarship@gmail.com.

To donate to the raffle, please email oregonw2w.raffle@gmail.com

Conference schedule

<https://oregonw2w.com/program/>

Web Site

<https://oregonw2w.com>

STEP ONE

We admitted that we were powerless over our dependencies, that our lives had become unmanageable.



Step 1 Prayer

"Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. "

There Is A Solution

Step One: "We admitted we were powerless over alcohol — that our lives had become unmanageable."

"Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us."

~Twelve Steps and Twelve Traditions, p. 24

"The fact is that most alcoholics, for reasons yet obscure, have lost the power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink... There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it."

~Alcoholics Anonymous, pp. 24-25

Members Share

The Twelve Steps to a Slip

PERSONS who attain sobriety through the A.A. principles, do so only after a thoughtful application of the 12 Suggested Steps to recovery. They happily find themselves on a level plateau of sanity after ascending these steps, one after another, and they maintain their sobriety by a continuing application of these same steps.

Those unfortunates who lose their sobriety are said to be having a "slip". I believe this is a misnomer, for it suggests only a momentary adversity that unexpectedly pounces on its unwary victim. A more apt term would be a "glissade," for a slip is the result of a gradual process, beginning long before its logical termination, and progressing through a series of wrong steps, to a drink, and for us, a drunk.

A slip cannot be said to occur only when it culminates in a drink, for many of us, in our failure to apply the 12 Steps to our living, frequently have slips, which are none the less slips merely because we do not slip as far as a drink.

As one must ascend the 12 Steps gradually, I feel the "slip" is the result of unconsciously descending these Steps. And as descending steps is always accompanied with less effort than ascending them, the steps soon assume the behavior of an escalator.

As the "bottom" is reached it invariably results in taking that "one drink," which leads, for us, only to all the remorse, terror and unhappiness that follows a binge.

These, then, are in my opinion the "12 Steps to a slip," and are the direct result of failure to consciously apply to our lives the 12 Suggested Steps to recovery:

1. We neglect 12th Step work.
2. We omit contact with the Higher Power.
3. We forget personal inventory.
4. We assume grudges against others.
5. We miss A.A. meetings, and avoid A.A. friends.
6. We gradually lose humility.
7. We fall into self pity.
8. We worry about unalterables.
9. Our thinkin' really starts stinkin'.
10. We become "cocky" and overconfident.
11. We neglect to ask help from the Higher Power, and take "just one."
12. We become a "social drinker." (Temporarily.)

R. H. Dunkirk, Indiana

Jan. 1949, Grapevine

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 Mickey B. talk about Steps 1,2,3: <https://www.youtube.com/watch?v=sN-9sIO5ohQ>

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

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

8th ALBIR CONVENTION

COSTA BLANCA, SPAIN

1st-4th May 2025



Kaktus Albir
★ ★ ★ ★



4 nights FULL BOARD for just €296 per person!

average May temperature 23°

albirconvention.org

Mallorca AA

International convention

WITH AL-ANON & ACA PARTICIPATION



Pollensa Park Hotel
Puerto Pollensa

Fri 3rd - Sun 5th October

2025



**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: rogueroundup.com

Conscious Contact

32nd Annual

Aloha Round Up



Waikiki, HI

2025

February 21-23, 2025

Ala Wai Golf Course

Pre-Registration: \$75

After January 5th: \$85

www.AlohaRoundUp.com



THERE IS A SOLUTION



MARCH 7, 8, 9 - 2025

PATTAYA THAILAND
ROUND UP

THAILAND ROUNDUP

Royal Cliff Resort, Pattaya City
1 1/2 hours from Bangkok

March 7-9, 2025

Information



Friday 2ND
Saturday 3RD
& Sunday 4TH
May 2025

The Tower Hotel
London E1W 1LD

&

The Leonardo
Royal Hotel
Prescot Street
E1 8GP

AA AT THE TOWER

londonaaconvention.com

A weekend of
fellowship in the
heart of London,
overlooking
the Thames,
the Tower of
London and
Tower Bridge.

EARLY BIRD
RATES
See website
for details

 **LONDON** INTERNATIONAL
CONVENTION

SPONSORED BY THE LONDON REGIONS OF ALCOHOLICS ANONYMOUS GB

Grapevine Magazine

January 1992

Tradition One

By: Bill W.

Our common welfare should come first; personal recovery depends upon AA unity.

- from the December 1947 Grapevine

Our whole AA program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in AA the individual doesn't count too much?
Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don't discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "judge not," we observe most literally.

"But," some will argue, "if AA has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we AAs cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must: we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no AA, and that without AA there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm AA.

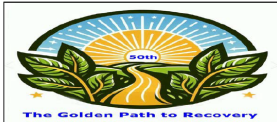
We humbly confess that we are but "a small part of a great whole."

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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	

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.

For Questions

Email: scalgconv2025treas@gmail.com
Phone: (443)-884-9005

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 + S
Polo-Shirts Carolina Blue	
Preorder by: January 6, 2024	
Circle size wanted	S M L XL 2X 3X
Polo-shirt #	@ \$30 + S

Hotel Reservation

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

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 an 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**



**Unity
in recovery**

**23RD
EUROPEAN
AL-ANON
CONVENTION
2025**

**WITH AA AND ALATEEN
PARTICIPATION**

**JUNE 6-8 2025
CASA ESERCIZI SPIRITUALI,
MASCALUCIA (CATANIA) SICILY**



AA Humor

Q: Why did the Accountant do so well in A.A.?

A: He was already a friend of Bill's!



Central Oregon Intergroup of AA
Coigaa 

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	Open.	coigaa.potluck@yahoo.com
Entertainment		entertainment@coigaa.org
Website	John S.	webmaster@coigaa.org
Al-Anon Liaison	Karen J.	
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	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.

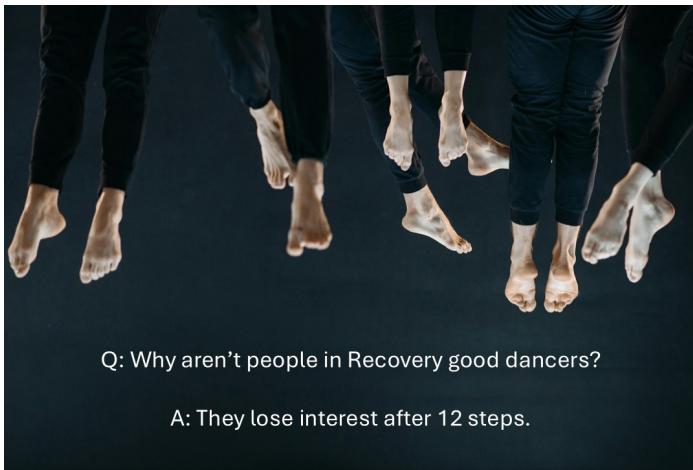
Observers are welcome to attend too!

Contact jandcblake@gmail.com for more information

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

Q: Why aren't people in Recovery good dancers?

A: They lose interest after 12 steps.



A man with severe drink-related health problems consulted with his doctor. The doctor examined him and asked, "Have you ever thought about Alcoholics Anonymous?"

"I've thought about it," the patient said, "but I prefer to drink with people I know."