



Cascade Connection

A Newsletter for COIGAA

February 2025

“Came to believe that a power greater than ourselves could restore us to sanity.”

Step 2 of Alcoholics Anonymous

“Listen, if you will, to these three statements. First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and to stay sober, you don’t have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. Third, all you really need is a truly open mind. Just resign from the debating society and quit bothering yourself with such deep questions as whether it was the hen or the egg that came first. Again I say, all you need is the open mind..”

~Twelve Steps and Twelve Traditions p. 26



Tradition Two Long Form: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscious.”

~Twelve Steps and Twelve Traditions p. 192

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

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



Thank You!

**Thank you, Leah,
for stepping up to be our
Potluck Chairperson!**

**And Welcome to all our
new IGRs and Alternate
IGRs**

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 February 23, 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=RXI5SXNhZUZUTUNWelZjUINCNWUvQT09>

AA 12 Steps Principle of the Month

Hope

**According to the Merriam-Webster Dictionary:
Hope - (v.) to desire (n.) a desire accompanied by belief or expectation of fulfillment.**

The word "hope" appears 34 times in *Alcoholics Anonymous* and 8 times in *Twelve Steps and Twelve Traditions*.

"If the First Step is a measure of our despair, the Second is a measure of our hope. The First Step is the admission and acceptance of our defeat—total, absolute defeat. With all our resources, we can't stay sober; with the best intentions and with the utmost determination, we still find our lives crashing down around our heads. Indeed, we are powerless over alcohol, and our lives are unmanageable. But if we are powerless over alcohol, then who or what will keep us sober? And if we cannot manage our own lives, then who or what will guide us, help us return to some sort of rational existence? In answer to both questions, the Second Step says: a power greater than ourselves can restore us to sanity."

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Happy Birthday

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

Happy Birthday, Marianne T.!
16 years (2/23/2009) WFS

Happy Birthday, Erik G..!
8 years (2/8/2017) WFS

Happy Birthday, Adam P.!
5 years (2/28/2020) WFS

Happy Birthday, Megan M.!
4 years (2/1/2021) Step Sisters

Happy Birthday, Cos!
36 years (2/23/1989)

Happy Birthday, Carly!
4 years (2/4/2021)

Happy Birthday, Hillary G.!
5 years (2/10/2020)

Happy Birthday, Neil E.!
16 years (2/15/2009)

AA Traditions Principle of the Month

Group Conscious

The words "group conscious" appear 1 time in *Alcoholics Anonymous* and 12 times in *Twelve Steps and Twelve Traditions*.

"The 'group conscience' is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully 'informed' requires a willingness to listen to minority opinions with an open mind. On sensitive issues, the group works slowly — discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions. Its voice is heard when a well-informed group arrives at a decision."

~The A.A. Group... where it all begins, pp. 28 –29

Reprinted from P-16 with permission of Alcoholics Anonymous World Services, Inc.

The COIGAA February Potluck

**Will be held from 6 –8 pm
on Saturday, February 22nd
at TEC in Brooks Hall
Trinity Episcopal Church
469 NW Wall Street**

All Are Welcome!

Handicap Accessible

Dinner at 6, Speakers at 7

***Volunteers are needed to help set up at 5
and clean up at 8***

**Questions? Want to get involved? Contact
Leah at leahsfine@gmail.com**



Potluck Committee Meeting

COIGAA Potluck Committee Meeting
February 12 @ 5:30 PM
Market of Choice - Upstairs



New Horizons Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

February 2025

- Tuesday 2/4 - Wyatt R. from the NHG
- Thursday 2/6 - Tradition 2 Presentation W/Q&A
- Tuesday 2/11 - Daryl L. from Steps To Sobriety
- Tuesday 2/18 - Jan C. from the Thursday Womens Grp.
- Tuesday 2/25- Mario H. We are not a Glum Lot

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

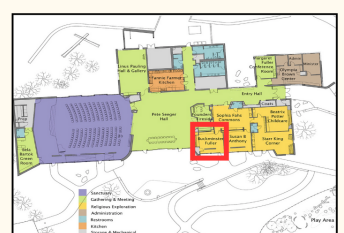
	LAST GASPERS AA MEETING		
	7 P.M. TUESDAY THURSDAY SUNDAY	THE GARAGE	33 NW LOUISIANA AVE BEND, OR
		ENTRANCE IN BACK. ALLEY ACCESS	

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

**SOBER
DESIRE**

**HAS CHANGED ITS
MEETING TIME**

5 : 3 0 P M

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

Closed Meeting of Alcoholics Anonymous

NEW FAMILY FRIENDLY AA MEETING



The Family Afterward

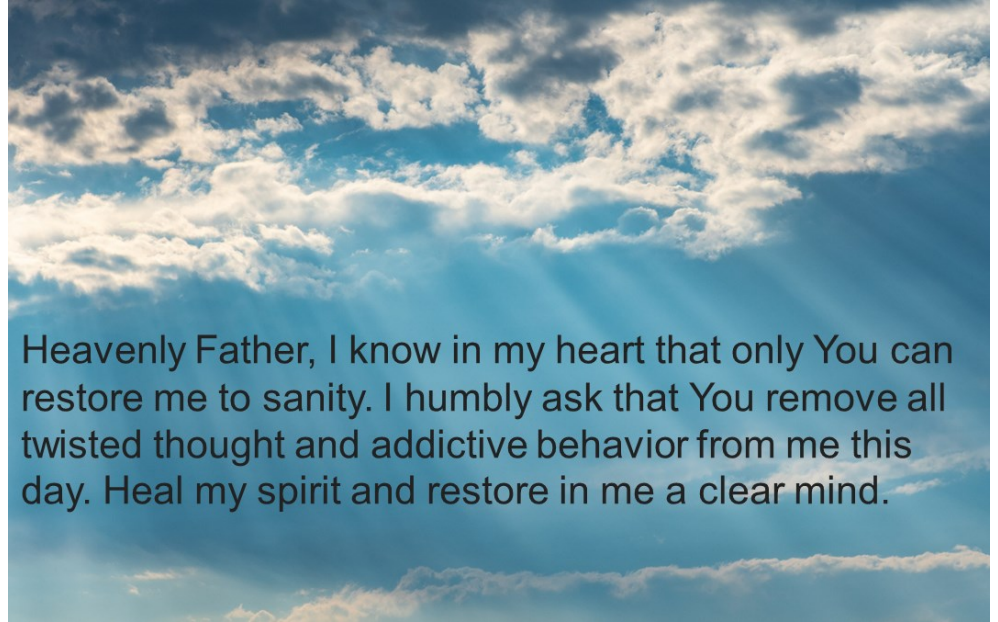
OPEN MEETING OF ALCOHOLICS ANONYMOUS.
ALL 1 HR PARTICIPATION. ARE WELCOMED TO
ATTEND. SUPERVISED NURSERY FOR KIDS OF
ALL AGES.

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

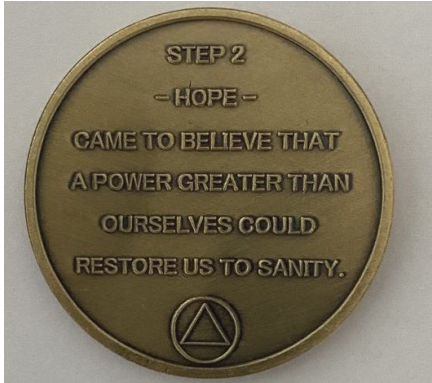
INTERESTED IN BEING OF SERVICE?
WE NEED HELP, CALL GLO FOR A SERVICE
POSITION. 605-321-4662



The Second Step Prayer



Heavenly Father, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.



Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”

“It is certain that all recipients of spiritual experiences declare for their reality. The best evidence of that reality is in the subsequent fruits. Those who receive these gifts of grace are very much changed people, almost invariably for the better.”

~Bill W., Talk 1960

“For faith in a Power greater than ourselves, and miraculous demonstrations of that Power in human lives are facts as old as man himself.”

~Alcoholics Anonymous, pp. 55

“We needed to ask ourselves but one short question. ‘Do I now believe, or am I even willing to believe, that there is a Power greater than myself?’ As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.”

~Alcoholics Anonymous, pp. 47

Members Share

**SUBMIT ITEMS
BY THE 25TH OF
EACH MONTH**



**CONTRIBUTE TO
"MEMBERS SHARE!"**

YOUR SUBMISSIONS MATTERS!

THE COIGAA NEWSLETTER IS FOR US!

**EMAIL TO: ALICESBEND@GMAIL.COM
OR TEXT TO: 541-815-4912**

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 Two from the 12x12** In ASL at:
<https://youtu.be/B8T2Z0CznKw?si=n5-SFdXgkpzUYr-T>

What's Happening Elsewhere?

Save the Date



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

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



WORKING TOGETHER, INCREASING TRUST

2025 West Central Regional Alcoholics Anonymous Service Conference February 28-March 2

Best Western Downtown
123 West E Street
Casper, WY 82601
Phone: (307) 439-2074

Registration Chair: Saxton P: 307-441-0257
Registration Chair: David K: 307-259-5560
Email: wcrascreg@gmail.com
Preregistration must be received by 2/19/2025

ROOM BLOCK CUTOFF: 1/27/25 Preregistration Fee: \$25
Room Rate: \$99 Registration after 2/19/25: \$30

Room Block Name: West Central Regional
Register online at wcrascreg2025.eventbrite.com or
mail registration to 2025 WCR – PO Box 846 – Casper, WY 82602
Registration Form: **Please print clearly**

Name: _____ Name on Badge: _____

Address: _____ City: _____ State: _____

Phone: _____ Email: _____

Home Group: _____ District Represented: _____

Position: _____ Area Represented: _____

Check if you need the following interpretation:
 ASL Spanish

Payment Method: Cash Check Event Brite

2025 COLUMBIA RIVER GORGE HOW-L

March 14, 15, & 16th



323 E 4th street, The Dalles OR- Civic Auditorium

<p>THE DOORS OPEN AT 4 PM FRIDAY JOIN US FOR:</p> <ul style="list-style-type: none"> • Speaker Meetings • Women's and Men's Meetings • AA-Anon Meetings • Panel/Workshop • Raffle • Hospitality Room • Fellowship • Fun! <p>Sunday Morning Pastry & Coffee Social</p> <p>Optional Dinner Saturday Night:</p> <p>General questions: Howl1993@yahoo.com Jonni H 541 380 1352</p>	<p>Speaker Lineup</p> <p>Matt C. Nashville Tennessee: Opening Night Speaker.</p> <p>Luther B. White Salmon: Local Speaker.</p> <p>John H. Southern CA: Alanon Speaker.</p> <p>Saturday Afternoon Panel: TBA</p> <p>Arlina A. Eagle Idaho: Saturday Night Speaker.</p> <p>Sharyl W. Minnesota: Spiritual Speaker, Sunday morning.</p>	<p>TWO WAYS TO REGISTER</p> <p>1. ONLINE! Scan the QR https://how2025.wufoo.com/forms/sga1y6210qabaw</p> <p>2. Mail-in Registration</p> <p>JOIN US ON FACEBOOK Columbia Gorge HOW-L Conference</p>
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Limited seating. ALL PARTICIPANTS MUST be registered
Mail Registration with Check Payable to: Columbia Gorge HOW-L PO Box 973 Hood River, OR, 97031

NAME(S) _____ EMAIL _____

ADDRESS _____ CITY/STATE/ZIP _____

HOW MANY REGISTRATIONS _____ @ \$65.00 \$ _____

SATURDAY DINNER ADD ON(S) _____ @ \$35.00 \$ _____

Chicken _____ Tri Tip _____ Vegetarian Lasagna _____ \$ _____

SCHOLARSHIP DONATIONS _____ \$ _____

TOTAL INCLUDED \$ _____

Volunteers Needed! If you are interested in a 2-hour commitment, please put your name and phone number here.

Registration: Rick Narciso - rckyn2001@gmail.com

Hotel Group Rate: The Fairfield Inn & Suites by Marriott (541) 769-0753

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



29th Annual Southeast Woman to Woman Conference "Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with Al-Anon Participation
No children allowed in conference rooms



August 22-24, 2025, Virginia Beach, Virginia

Holiday Inn Virginia Beach-Norfolk
5655 Greenwich Road, Virginia Beach, Virginia 23462

RESERVATIONS

Room rates through July 29, 2025:

- King, \$149 + tax
- Double, \$159 + tax

Breakfast is not included.

To make reservations,

- Call (800) 567-3856 and use code **SWW**
- Register online at <https://bit.ly/SEW2W-VB-Hotel>

REGISTRATION

Conference registration:
\$65 through March 31, 2025
\$70 April 1-July 18 and on-site.

Registration is transferable by **NOT**
refundable.

- Register online at www.SEWomantoWoman.org
- Complete attached registration form and mail registration form and check payable **Southeast Woman to Woman to**

SEW2W
C/O Diane Stabinski P.O. Box
15031 Chesapeake, VA 23328

CONFERENCE CONTACTS

Chair: Tracy U.	(757) 381-4124	sew2w2020@gmail.com
Co-Chair: Natalie S.	(757) 348-8459	Natalie_sew2w25@gmail.com
Registration: Rebecca M.	(757) 515-3684	sew2w2012@gmail.com

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: BILL W. ON THE SECOND TRADITION

~ BILL W., JANUARY 1948

For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience.--Long form of Tradition Two Twelve Steps and Twelve Traditions

Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of *positive direction*. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for manmade rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the AA group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, "a loving God as he may express himself in our group conscience."



Al Anon Events

NATIONAL NATIVE AMERICAN AL-ANON CONFERENCE 2025

SAVE THE DATE!
APRIL 25-27, 2025

**UNIVERSITY PLACE
HOTEL & CONFERENCE CENTER
310 SW LINCOLN STREET
PORTLAND, OR 97201**

Sponsored by the Oregon Area AFG and NAAC
EVERYONE (native and non-native) is invited to attend,
including all Al-Anon, Alateen, and AA Members!

Learn how to start Al-Anon/Alateen in your community!
Help families in recovery!
New friends and fellowship!
Hear personal stories of family recovery!
Child care will be provided!

FOR MORE INFORMATION, PLEASE EMAIL
NATIVEALANONCONFERENCE@GMAIL.COM



Unity: Mind, Body, Spirit
Together we can make it

District 5 Al Anon Annual Spaghetti Feed Saturday March 8, 2025 5PM-8PM

Doors open 5:00 - Dinner 5:30 - Speaker 6:15

**61980 Skyline Ranch Road
Bend, OR 97703**

Individual \$15
Couples \$25
Family of 4 \$40
(2 Adults/2 Children)
Children \$10
12 & Under

Childcare available



Fellowship
Speakers
Desserts
Raffle Baskets
Silent Auction

Have Questions?
541-815-4912
alicesbend@gmail.com

Oregon
Al-Anon/Alateen
Family Groups

Guac n' Roll

District 10 Al-Anon Fundraiser

Speakers: Armando G., AA
Penne T., Al-Anon
Casey V., Alateen

Mexican Food Potluck, Bingo, 50/50 Drawing
****Bring Your Families, All Are Welcome****

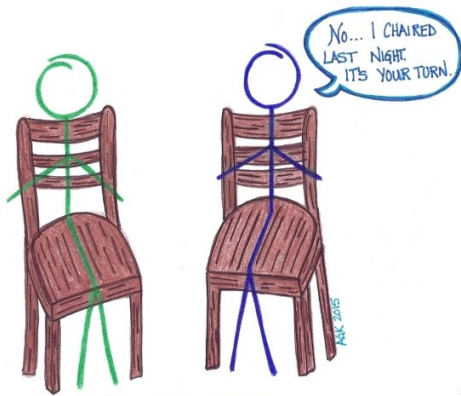
Febuary 22, 2025 5-8 pm

Tigard Methodist Church
9845 SW Walnut Place
Tigard OR 97223

Suggested Donation:
\$10 Individual/\$15 Family
Proceeds to benefit District 10
Questions? Contact dist10rh@gmail.com



AA Humor



EARLY AA MEETINGS
WITH BILL AND BOB.



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	Leah F.	leahsfine@gmail.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*