

Cascade Connection

A Newsletter for COIGAA

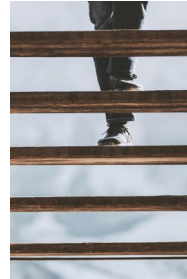
April 2025

“Made a searching and fearless moral inventory of ourselves

Step 4 of Alcoholics Anonymous

“So we had to get down to causes and conditions. Therefore, we started upon a personal inventory. *This was Step Four.*”

~Alcoholics Anonymous p. 64



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



Thank You

Thank you, Leah, for stepping up as Potluck Chair and to Chad and all the people making our Speaker Meetings and monthly fellowship events happen!

Thank you, John S., for keeping our Website up-to-date and running!

Tradition Four Long Form: “With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plan concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.”

~Alcoholics Anonymous, p. 563



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 April 27, 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>

Happy Birthday

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

Happy Birthday, Susie B.!

2 years (4/10/2023) WFS

Happy Birthday, Julie S.!

6 years (4/15/2019) WFS

Happy Birthday, Jennifer B.!

6 years (4/20/2019)

Happy Birthday, Kenny T.!

2 years (4/21/2023) WFS

Happy Birthday, Lauren S.!

48 years (4/23/1977)

Happy Birthday, Sam G.!

7 years (4/25/2018) ATT ADJ



AA 12 Steps Principle of the Month

Courage

**The Merriam-Webster Dictionary definition:
Courage - (n.) Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.**

*The word "courage" appears 8 times in *Alcoholics Anonymous* and 10 times in *Twelve Steps and Twelve Traditions*.*

"In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: 'God, grant me the serenity, to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done'."

~ Twelve Steps and Twelve Traditions pp. 40-41.

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AA Traditions Principle of the Month

Autonomy

**Merriam-Webster defines Autonomy (noun) as:
the quality or state of being self-governing.**

*The word "autonomy" appears 1 time in *Twelve Steps and Twelve Traditions*.*

"Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?"

"...we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action."

~Twelve Steps and Twelve Traditions, p. 146, 147

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MOVIE: MY NAME IS BILL W.
WITH A BRIEF A.A. HISTORY PRESENTATION

FRIDAY
APRIL 25TH
7:00 PM
469 NW WALL ST.
BROOKS HALL

DOORS OPEN AT 6:30
POPCORN AND DRINKS PROVIDED
HOSTED BY THE SISTERS IN SOBRIETY GRP OF ALCOHOLICS ANONYMOUS

COIG Potluck & Entertainment Committee Planning Mtg!



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

Committee Members
& Volunteers
Needed!

All Intergroup
Representatives
Encouraged to
attend

Contact Entertainment Chair at: entertainment.coigaa@gmail.com or (541) 419-6983
Contact Potluck Committee Chair at: coigaa.potluck@yahoo.com or (541) 647-9174

New Horizons Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

April 2025

Tuesday 4/1 - Christal M. from the NHG

Thursday 4/3 - Tradition 4 Presentation W/Q&A

Tuesday 4/8 - Jan C. Women's Thursday Grp.

Tuesday 4/15 - Jane L. From the WFS Grp.

Tuesday 4/22 - Mike L. Out to Breakfast Portland Or.

Tuesday 4/29 - Amanda B. Firing Line Grp.

New Horizons Group Meets
Mon-Tues-Wed-Thurs at Noon
At The Trinity Episcopal Church
469 NW Wall St, Bend, OR 97703
Visit NewHorizonsGroup11.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

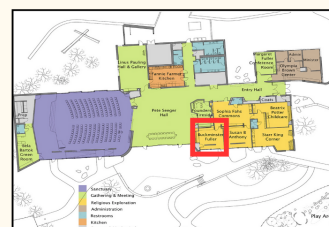
ENTRANCE
IN BACK.
ALLEY
ACCESS

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

**The COIGAA April Potluck
Will be held from 6 –8 pm
on Saturday, April 26th
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***

**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

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

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 Women's Mtg. La Pine Or. Tuesdays At 5:30pm

16430 3rd St La Pine Or. (The Door)

Join us for an Open Women's Discussion
Meeting Of Alcoholics Anonymous.
Every Tuesday at 5:30pm at the Door.

This A.A. meeting is not part of a Group.

"Some A.A. members hold A.A. meetings that differ from the common understanding of a group. These members simply gather at a set time and place for a meeting, perhaps for convenience or other special situations. The main difference between meetings and groups is that A.A. groups generally continue to exist outside the prescribed meeting hours. A.A. groups are encouraged to elect a GSR and get listed with G.S.O." - AA Group Pamphlet page 12

EFFECTIVE IMMEDIATELY
THE TUMALO GROUP
HAS MOVED THEIR MEETINGS!

*Please join us at our
two new locations*

***SPEAKER
DISCUSSION MTG***

7 pm

Friday Nights

7067 Canal Blvd.

Redmond Or.

***BOOK
STUDY***

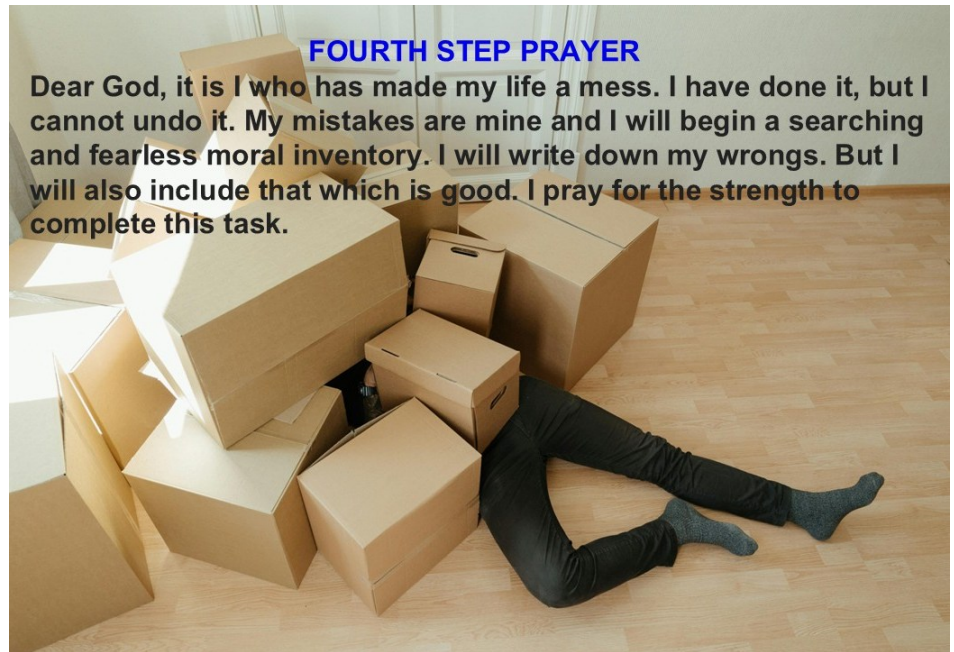
6pm

Monday Nights

63645 Scenic Dr.

Bend Or.





Step Four: “Made a searching and fearless moral inventory of ourselves.”

“For pride, leading to self-justification, and always spurred by conscious or unconscious fears, is the basic breeder of most human difficulties, the chief block to true progress.”

~ Twelve Step and Twelve Traditions, pp. 48-49

“So when A.A. suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself.”

~Twelve Step and Twelve Traditions, p. 49

“If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.”

~ Alcoholics Anonymous, p. 66

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

**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: 824 1856 6931
PC: 061 035

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!



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

**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

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

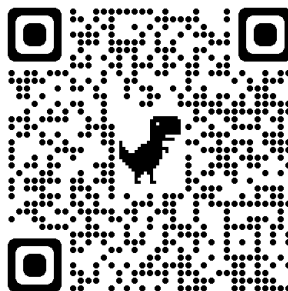


Please send me District 5 A.A.
upcoming events and
announcements.

E-mail *

Enter Email Address

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 Joe and Charlie on "Working the 4th Step": <https://www.youtube.com/watch?v=N-5PvGL60Cc>

And you can **SEE Tradition Four from the 12x12** In ASL at:
<https://www.youtube.com/watch?v=56xncJiDUUk>

DISTRICT 5
CENTRAL OREGON

DISTRICT 9
NW/DOWNTOWN PDX

***ALL ARE
WELCOME!***

PRE-CONFERENCE AGENDA ITEM SHARING SESSION

SUNDAY
April 6th
3-5pm

ONLINE

District 5 Zoom Room
ID: 869 0310 1724
PC: 164



JOIN US!!

**Scan the QR Code
to Sign-up to be
a Presenter!**



FOR MORE INFO EMAIL JEN AT: DCM09@AA-OREGON.ORG

What's Happening Elsewhere?

JUL 27 – AUG 3, 2025
Beacon Rock State Park
 Group Campsite
 Stevenson, WA



AA IN THE WOODS

29th Annual Campout

 MEETINGS & FELLOWSHIP

 HIKES & YOGA

 POTLUCKS & CAMPFIRE JAMS

 SWIM & PADDLE SPORTS BEACH

 NIGHTLY POKER TOURNAMENTS



Scan to register at
www.AAitW.org

\$40/adult
for the week

KIDS CAMP FOR FREE!

SOME ACTIVITIES NOT LISTED!

Contacts | Gordon N: 206-731-9731
 Jordana S.: 503.516.2151
 Lisa B.: 503.577.1279
AAITWcampout@gmail.com
 More details or register online at:
AAitw.org
Registration opens Feb. 1, 2025

A limited number of well-behaved dogs will be allowed at the campout this year. See the website or contact us for requirements and complete details.



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

ORCYPAA



AUGUST 8TH – 10TH 2025

<https://orcypaa.org/wp-content/plugins/orcy-reg/index.php>




Mark your calendar, we're doing it again!
 Don't miss the

49th ROGUE ROUNDUP

MAY 2-4, 2025
 JOSEPHINE COUNTY FAIRGROUNDS,
 GRANTS PASS, OREGON

SHARING MEETINGS

AA Open
 AA Open Young People's
 AA Open LGBTQ+
 AA Closed Women's
 AA Closed Men's
 Night Owl
 AL-ANON Open
 SPEAKER PANEL




Scan this code for
RogueRoundup.com

INSPIRING SPEAKERS

Kelvin D	Fargo, ND
Matt H	Taos, NM
Tony Mc	Oklahoma City, OK
Krista M	Dallas, TX
Carrie B	Bend, OR
Sherry G S	Bloomington MN Al-Anon

PLUS
 May 1st Pre-Roundup Speaker meeting
 Open to all, no registration required



Buy this limited edition COFFEE MUG and get unlimited free refills all weekend!

Order Roundup Merch at rogueroundup.myspreadshop.com

Register online at www.rogueroundup.com, or by mail using the form below.

49th ROGUE ROUNDUP May 2-4, 2025
 Josephine County Fairgrounds, Grants Pass, OR

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

☐ Please check here if this is an address change

Your preferred form of contact is ☐ Email ☐ US Postal Service

Please list the name of each person included in this registration:

Enclose check or money order payable to:
 ROGUE ROUNDUP
 PO BOX 1141, GRANTS PASS, OR 97528-0418
 No refunds after pre-registration closes April 25, 2025

	Price	Qty	Total
PRE-REGISTRATION RECOMMENDED!			
Pre-Registration by April 25, 2025	\$30.00		
Registration after April 25	\$35.00		
Saturday Luncheon	\$18.00		
Saturday Vegetarian Banquet (choose one)	\$22.00		
Turkey	\$22.00		
Prime Rib	\$32.00		
Sunday Breakfast	\$17.00		
Coffee Mug	\$11.00		
TOTAL \$			

Members Share

"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically."

~Alcoholics Anonymous pg. 64



Q-TIP



Quit Taking It Personally

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



New

New Member

MEETING

Sunday Evening AFG

**SUNDAY
EVENINGS
4:45PM - 5:15PM**

Bend First United Methodist Church
680 NW Bond St.
Community Room - Access room
via Bond St. Parking lot entrance



48TH ANNUAL
SOUTHERN CALIFORNIA
AL-ANON FAMILY GROUPS
CONVENTION

HOPE, HEALING AND HAPPINESS

APRIL 4 - 6, 2025



AA Humor

Actual Photo of my 4th Step



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	Mistie M.	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 469 NW Wall Street, Bend.

And offered via Zoom at ID: 961 1009 6966 PC: 061935

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*



WHEN UR SPONSOR LAYS OUT STEP 4



AND YOU'RE LIKE....