

Cascade Connection

A Newsletter for COIGAA

May 2025

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step 5 of Alcoholics Anonymous

“When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.”

~Twelve Steps and Twelve Traditions, p. 55



Tradition Five Long Form: “Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* — that of carrying its message to the alcoholic who still suffers.”

~Twelve Steps and Twelve Traditions, p. 193

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Thank You

***Thank you, Mistie for
stepping up to the plate
and taking on the
Entertainment
Committee Chair
position!***

***Thank you, Will, for
being our Treasurer and
cleaning up the
accounts— we appreciate
you!***

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](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 May 25th, 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>



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

Happy Birthday, Jensine P.!

24 years (5/9/2001) PBAA

Happy Birthday, Barry J.!

15 years (5/12/2010) ATT ADJ

Happy Birthday, Susie R.!

14 years (5/15/2011) Sisters in Sobriety

Happy Birthday, Julia H.!

11 years (5/29/2014) ATT ADJ

Happy Birthday, Anneliese S.!

7 years (5/9/2018) Step Sisters

Happy Birthday, Amber K.!

4 years (5/3/2021) ATT ADJ

Happy Birthday, Wanda H.!

1 year (5/31/2024)



AA 12 Steps Principle of the Month

Integrity

**The Cambridge Dictionary definition:
Integrity - (n.) the quality of being honest and
having strong moral principles that
you refuse to change.**

The word "integrity" appears 2 times in *Alcoholics Anonymous* and 2 times in *Twelve Steps and Twelve Traditions*.

**"Just how and when we tell the truth — or keep silent —
can often reveal the difference between genuine integrity and
none at all."**

~ As Bill Sees It, p. 70

**"So for me, integrity, as it applies to the Fifth Step, is the
state of being "real"—being the same on the outside as I am
on the inside."**

~ Grapevine May 2003, Lisa N.

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AA Traditions Principle of the Month

Primary Purpose

**The Cambridge Dictionary defines Primary
Purpose (adj.+n. collocation) as: a more
important than anything reason for doing
something.**

The words "Primary Purpose" appears 3 times in the BB, 7 times in *Twelve Steps and Twelve Traditions* and in the *Grapevine Preamble*.

**"Our primary purpose is to stay sober and help other al-
coholics achieve sobriety."**

~ Grapevine Preamble

**"So long as we are responsible when anyone, anywhere
reaches out for help, we are fulfilling our primary
purpose. So long as I do and you do what we have been
taught to do, then AA as a whole is fulfilling its primary
purpose."**

~ Grapevine September 1986, H.M.

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FRIDAY NIGHT LIVE

AA SPEAKER MEETING

Every Friday night starting April 25
at Westside Church in Bend 7-8pm
2051 NW Shevlin Park Rd

50/50 Raffle Each Week

LAST FRIDAY OF EACH MONTH
Out of Town
Featured Speaker!

FRIDAY NIGHT LIVE SPEAKERS

MAY 2025

FRI
02

OPENER: DAVE C
MAIN: PARTY PAT

FRI
09

OPENER: CHANNING R
MAIN: DAN W

FRI
16

OPENER: JARED N
MAIN: ALICE S

FRI
23

OPENER: ANIKA G
MAIN: JASON T

FRI
30

GUEST SPEAKER:
JACK G - COSTA MESA

WESTSIDE CHURCH 2051 NW SHEVLIN PARK RD
BEND, OR



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.





New Horizons Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

May 2025

Tuesday 5/1 - Tradition 5 Presentation W/Q&A

Thursday 5/6 - Hilary D. NHG

Tuesday 5/13 - Kathleen B. We Are Not A Glum Lot

Tuesday 5/20 - Joey D. Steps To Sobriety

Tuesday 5/27 - Jim W. Sunday Morning Serenity



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

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

The COIGAA May Potluck
Will be held from 6 –8 pm
on Saturday, May 24th
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**



5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

~Alcoholics Anonymous, pg. 75

Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs ."

"What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we've always had."

~ *Twelve Steps and Twelve Traditions*, p. 57

"Until we talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God."

~ *Twelve Steps and Twelve Traditions*, p. 57

"This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety."

~ *Twelve Steps and Twelve Traditions*, p. 62

Members Share



WFS May Sobriety Birthdays

Kelly H. 5/2/2024 - 1 year

Evan B 5/10/2024 - 1 year

Billye F. 5/14/1978. - 47 year

Val N. 5/18/2011. - 14 year

Nancy B. 5/28/2020 - 5 years

Steve W. 5/29/1989 - 36 years

COIGAA CHIP LIQUIDATION - STOCK UP NOW!



**FANCY CHIPS ONLY
\$1 EACH!!**

**PLAIN CHIPS
5 FOR \$1**

**FANCY
OR PLAIN**



CONTACT ALICE FOR INVENTORY INFO

AND TO PURCHASE

ALICESBEND@GMAIL.COM

SHOP NOW

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

ANUAL WORKSHOP EVENT

DISTRICT 5 A.A. PRESENTS: "THE HOME GROUP"

469 NW WALL ST. BEND, OR
TEC (BROOKS ROOM)
UP STAIRS

SAT JUNE 7 2025
11:00AM - 2:00PM




DISTRICT5AA.ORG

Come share in unity about your Home-group with
the rest of your local A.A. community, exchanging
ideas and get to know members from other groups!

FOR MORE INFORMATION
OR TO ASK HOW YOU CAN BE OF SERVICE
CONTACT CARMACK AT ALTDcm@DISTRICT5AA.ORG OR 415-516-7988

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



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 Chris S share about Step 5 "Into Action": <https://youtu.be/jxlKGZbNjaU>

And you can **SEE Step 5** from the 12x12 In ASL at:
<https://www.youtube.com/watch?v=QDaferFspI0>

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

PRE-REGISTRATION RECOMMENDED!	Price	Qty	Total
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 \$			



Language of the Heart
Lenguaje del corazón
Le langage du cœur



REGISTER BY
APRIL 15
FOR EARLY BIRD
PRICING

2025

A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver,
British Columbia, Canada
July 3-6

HIGHLIGHTS INCLUDE...

- ▶ Thursday night block party
- ▶ Flag Ceremony
- ▶ Stadium meetings
- ▶ Old Timers Meeting

AND MORE...including 250+ meetings,
hospitality suites, and a full slate of
panels and workshops

REGISTER NOW



HOUSING IS
STILL
AVAILABLE!

LEARN MORE

aa.org/international-convention

2025ic@aa.org

Alcoholics
Anonymous®



August 8-10, 2025

Summerfest 2025!

Early Bird Registration \$45.00 Before July 1
** Registration increases to \$55 for the in-
person event. Zoom Registration is \$25.00*

The Graduate Hotel in Eugene, Oregon

<https://friendsofsummerfest.regfox.com/summerfest-2025-eugene>

Please join us for:



Saturday, May 17th, at 11AM to 1PM
36370 Yocum Loop, Sandy, OR 97055

Sobergrass is an acoustic bluegrass, folk, blues, country, and Americana music jam for AA members, AA friends and any musicians in recovery. Bring your banjo, fiddle, guitar, mandolin, ukulele, stringed bass, or anything else you want to play. All skill levels are invited to attend from "Aint Got None" to "Party Good". Even if you don't play an instrument you're welcome to come and sing a song or simply just listen and tap a toe. A few instruments such as mountain dulcimer and autoharp will be available as well if you want to try something new.

Call Patrick at 971-244-3696 or visit Sobergrass Group on Facebook for more info.

SAYPAA, OSYPA & EASYPAA PRESENT:



LEAP OF FAITH V

young people in AA

marathon
meetings
FAFO

Saturday, May 24th
10am-4pm
Mulino, OR

drinks
lunch
games

FAQs



\$50 deposit to pnw skydiving -->
+ \$149 on jump day

*you don't have to jump to hang!!!

skydiving contact: JAKE event contact: CORA
503-559-9050 503-560-5527

drop zone



Al Anon Events



LANGER ENTERTAINMENT CENTER
21650 SW LANGER FARMS PKWY
SHERWOOD, OR 97140

SUGGESTED DONATION \$5
(PROCEEDS SUPPORT ALATEEN)

ALATEEN ROUNDUP! INFORMATION MEETING PIZZA & BOWL EVENT

ALATEENS & NEWCOMERS AGE 12-19 WELCOME.
PLEASE BRING YOUR PERMISSION FORM (QR CODE) SIGNED BY PARENT
OR GUARDIAN. FORMS ALSO AVAILABLE AT EVENT.

"WHAT IS ALATEEN?"
ALATEEN IS A FELLOWSHIP OF YOUNG PEOPLE WHOSE LIVES HAVE
BEEN AFFECTED BY ALCOHOLISM IN A FAMILY MEMBER OR CLOSE
FRIEND. WE HELP EACH OTHER BY SHARING OUR EXPERIENCE,
STRENGTH AND HOPE.

Contact info Dist.17 AMIAS Diana B. Email roundup.pdx@gmail.com



SAVE
THE
DATE!

2025 Oregon Alateen Conference

2025 OREGON ALATEEN CONFERENCE - OAC

- FRI, AUG 1, 2025 4:30 PM
- SUN, AUG 3, 2025 12:30 PM

LOCATED AT MOLALLA RETREAT CENTER.

FOR INFO/QUESTIONS CONTACT
OREGONALATEEN@GMAIL.COM

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



AREA WORLD SERVICE COMMITTEE

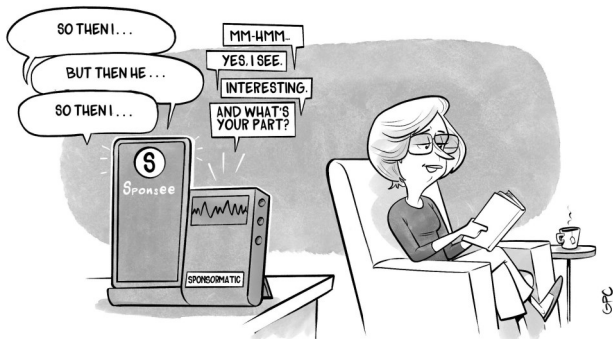
8:30 A.M- 5:00P.M.

Oak Grove United Methodist Church
14700 SE Rupert Dr. Oak Grove, 97267 (Clackamas County)
Hybrid
[https://us02web.zoom.us/j/7801570631?](https://us02web.zoom.us/j/7801570631?pwd=zN4WHaUnbot5pedpwnTpQlcGWJqTaE.1&omn=85311790613)
[pwd=zN4WHaUnbot5pedpwnTpQlcGWJqTaE.1&omn=85311790613](https://us02web.zoom.us/j/7801570631?pwd=zN4WHaUnbot5pedpwnTpQlcGWJqTaE.1&omn=85311790613)

Meeting ID: 780 157 0631
Passcode: Concept4

POT LUCK lunch
Breakfast snacks provided contact: jjmenhp123@gmail.com

AA Humor



Try the new AI-powered Sponsormatic 3000™!

May 2025 Grapevine



Just following directions

A sponsee had just finished her first three Steps with her sponsor's help. "Now you can start on the Fourth Step," her sponsor told her. "I want you to go home and dig deep and go back to where it all started." Three days later, the sponsor went over to her sponsee's house to do the Fifth Step. When her sponsee opened the door there was a roaring party blasting inside. "What the heck is all this?" the sponsor asked. "Well, you said to start where it all began!" she answered. ~Denise D., Apex, N.C.

May 2025 Grapevine

Happy Sober Mother's Day!



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