



Cascade Connection

A Newsletter for COIGAA
July 2025

“Humbly asked Him to remove our shortcomings.”

Step 7 of Alcoholics Anonymous

“Can he now take them all— every one?”

~Alcoholics Anonymous p. 76



Tradition Seven Long Form: “The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligations whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can do surely destroy our spiritual heritage as futile disputes over property, money, and authority.”

~Twelve Steps and Twelve Traditions, p. 190-191

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

Thank you, to all the members of the Potluck Committee for all their support of our monthly fellowship opportunities!

Thank you, to the churches, garages, community rooms, lodges, senior or nature centers, clubs, halls, treatment centers and parks that allow our fellowship to meet in their spaces.

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 July 27th, 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, Diane R.!
49 years (7/4/1976)

Happy Birthday, Matthew F.!
35 years (7/22/1990)

Happy Birthday, Linda T.!
26 years (7/8/1999)

Happy Birthday, Amy P.!
18 years (7/5/2007)

Happy Birthday, Lisa M.!
14 years (7/11/2011)

Happy Birthday, Chandra!
11 years (7/6/2014)



AA 12 Steps Principle of the Month

Humility

Dictionary.com definition:

Willingness - (n.) the quality or condition of being humble (not proud or arrogant): modest opinion or estimate of one's own importance, rank, etc...

“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility.”

~ *Twelve Steps and Twelve Traditions*, pg. 76

“It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility.”

~ *Alcoholics Anonymous*, pg. 566

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AA Traditions Principle of the Month

Self-Supporting

Cambridge Dictionary definition: Self-Supporting— (adj.) earning or having enough money to pay for your activities without receiving financial help from other people.

“Self Supporting alcoholics? Who ever heard of such a thing? Yet we find that’s what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us.”

~ *Twelve Steps and Twelve Traditions*, pg. 160.

“Then our trustees wrote a bright page of A.A. history. They declared for the principle that A.A. must always stay poor. Bare running expenses plus a prudent reserve would henceforth be the Foundation’s financial policy.”

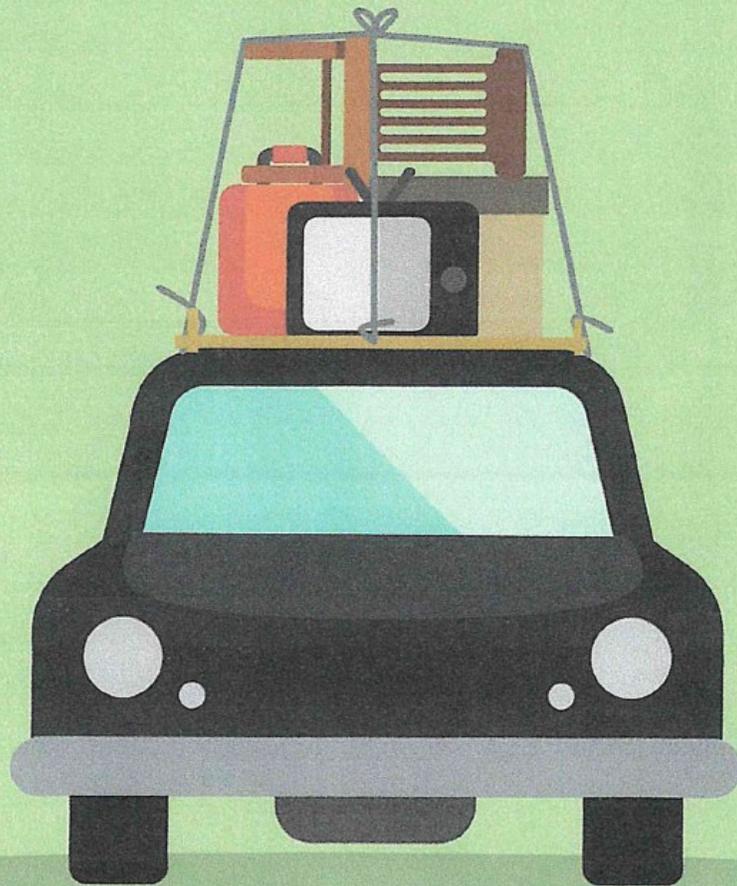
~ *Twelve Steps and Twelve Traditions* pg. 165

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

WFS IS MOVING!

Beginning Wednesday,
July 2, at 7 p.m.

Find us at the
First Presbyterian Church
230 NE 9th Street, in Bend



Every Wednesday, Friday, and Sunday
Upstairs in old worship hall

Enter via doors facing 9th Street

CENTRAL OREGON INTERGROUP NEEDS CONTRIBUTIONS

COIG BANK ACCOUNT IS AT 6% OF LOW THRESHOLD
(LESS THAN \$200)

HOTLINE

WEBSITE

MEETING
DIRECTORIES

MONTHLY
POTLUCKS

NEWSLETTER



**TO MAKE A CONTRIBUTION GROUPS MAY SEND THEIR CHECKS TO:
CENTRAL OREGON INTERGROUP, P.O. BOX 5942 BEND, OREGON 97708**

WILL D. (TREASURER) WILLCOIGAA@GMAIL.COM
MIKE S. (CHAIR OF THE BOARD) MASINBEND@GMAIL.COM
HILARY D. (VICE CHAIR) 541-706-1765
CARRIE B. (SECRETARY) 541-788-7276

MEAL AND A MESSAGE

AA Speaker Meeting

FOOD . FELLOWSHIP . FUN

This is an open meeting - All are welcome

JULY 12, 2025

AA SPEAKER Jackie A

Milwaukie, OR

DOORS OPEN AT 5:30PM

FOOD - 6PM (\$5 suggested contribution)

SPEAKER - 7PM

246 N MAIN STREET PRINEVILLE,OR

August 16th - Tim S - Junction City, Or

September 20 - Mike S - LaPine, Or

October 11 - TBD



Potluck Committee Meeting

COIGAA Potluck Committee Meeting

July 9 @ 5:30 PM

Market of Choice - Upstairs



CRESCENT LAKE CAMPOUT



SEPTEMBER 4 - 7TH 2025

AA ENTERTAINMENT COMMITTEE'S SOBER CAMPOUT
SIMAX GROUP CAMP A & C TENT & LIMITED RV SPACES
SATURDAY NIGHT 5 PM POTLUCK/SPEAKER MEETING

RESERVE NOW SPACE IS LIMITED

\$30 TICKETS MISTIE H. : 541-550-8578

leialoha808@gmail.com

Entertainment Committee

July 17 @ 5:30 PM - 7:00
PM

COIG Entertainment
Committee Meeting

Hybrid Zoom Option ID:

961 1009 6966 PC:

061935 Easy link:

[https://us06web.zoom.us/
j/96110096966?](https://us06web.zoom.us/j/96110096966?)

pwd=RXI5SXNhaFZUTUN

WelZjUINCNWUvQT09

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!

Three Legacies Group
Of A.A.

Speaker/Discussion
Meetings



Speaker/Discussion Mtgs

July 2025

Tuesday 7/1 - Tradition 7 Presentation W/Q&A

Thursday 7/08 - Trisha M. Powell Butte Grp

Tuesday 7/15 - Amanda B. Firing Line Grp.

Tuesday 7/22 - Mike S. Three Legacies Grp.

Tuesday 7/29 - Mistie M. Serenity Seekers Grp.

The Three Legacies Group Meets
Mon, Tues and Wed at Noon
At The Trinity Episcopal Church
469 NW Wall St, Bend, OR 97703
Visit NewHorizonsGroup7A1.com

★
Mondays: Beginners Mtg.
Last Monday: Birthday Mtg. 🎂
Tuesdays: Spk/Discussion Mtg
Wednesdays: Big Book Study 📖



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.





Seventh Step Prayer

My Creator,
I am now willing that You should have all of me,
good and bad.

I pray that You now remove from me
every single defect of character which stands in the way
of my usefulness to You and my fellows.
Grant me strength, as I go out from here,
to do Your bidding. Amen

Step Seven: “Humbly asked Him to remove all of our shortcomings.”

“For just so long as we were convinced that we could live exclusively by our own individual strength and intelligence, for just that long was a working faith in a Higher Power impossible. This was true even when we believed that God existed. We could actually have earnest religious beliefs which remained barren because we were still trying to play God ourselves.”

~ Twelve Steps and Twelve Traditions, p. 72

“Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.”

~ Twelve Steps and Twelve Traditions, p. 74

“For myself, I try to seek out the truest definition of humility that I can. This will not be the perfect definition, because I shall always be imperfect. At this writing, I would choose one like this: ‘Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in all times and places, to find and to do the will of God.’ When I meditate upon such vision, I need not be dismayed because I shall never attain it, nor need I swell with presumption that one of these days its virtues shall be mine. I only need to dwell on the vision itself, letting it grow and ever more fill my heart. This done, I can compare it with my last-taken personal inventory. Then I get a sane and healthy idea of where I stand on the highway to humility. I see that my journey toward God has scared begun. As I thus get down to my right size and stature, my self-concern and importance become amusing.”

~Grapevine, June 1961, As Bill Sees It, 106 “Perfect” Humility

Members Share

Seventh Tradition: **The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members.** We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.”

Tradition 7 Study Packet:

https://docs.google.com/document/d/12xRtBTjJ8YWUpVxVNWqj_iJnKtqdaistNR2JfuAOhoU/edit?usp=sharing

If you wish to make some important highlights in your “*12 Steps and 12 Traditions*” Book, see if you are able to find the following:

In the 12&12 highlighting the following golden lessons:

"Whoever pays the piper, is apt to call the tune..."

- *"The AA groups themselves ought to be fully self supported by the voluntary contributions of their own members."*
- *"I realized that my five dollar gift to the slippee was an ego-feeding proposition, bad for him and bad for me."*
- *"...they officially declined that ten thousand dollars, and adopted a formal, airtight resolution"*
- ***"In 1954, the name of the Alcoholic Foundation, inc., was changed to the General Service Board Of Alcoholics Anonymous and the Foundation Office is now the General Service Office."*** (Why? Because words like "Foundation and Donation" imply a charitable cause. We are not a charity. We are fully self supporting)

Thank you,

Carrie Blake

541-788-7276

JandCBlake@Gmail.com

District 5 A.A. Info

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!



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

Downstairs Trinity Episcopal Church

469 NW Wall St, Bend, OR 97703

Online Access
ID: 824 1856 6931
PC: 061 035

district5aa.org

District 5 A.A. Officers

District Committee Member: *Nick M.* - dcm@district5aa.org / (541)788-7276

Alternate District Committee Member: *Carmack M.* - altdcm@district5aa.org

District Secretary: *Brian W.* - districtsecretary@district5aa.org

District Treasurer: *Gavin R.* - treasurer@district5aa.org

District 5 A.A. Committee Chairs

Access Chair: *OPEN* - access@district5aa.org

Archives Chair: *Joey D.* - archives@district5aa.org

Correctional Facilities Chair: *Todd H.* - correctionalfacilities@district5aa.org

Grapevine/LaVina Chair: *OPEN* - grapevine@district5aa.org

Literature Chair: *Davy G.* - literature@district5aa.org

Public Information - Professional Community Chair: *Jena C.* - pi@district5aa.org

Treatment Facilities Chair: *Erin B.* - ctf@district5aa.org

I.T. Chair: *Christine B.* - it@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 Sandy B. share about Steps 6 and 7: <https://youtu.be/vZ5TL1ECpPs?si=ow8rRTkskwTnF27D>

And you can **SEE Step 7 from the 12x12 In ASL** at:
<https://www.youtube.com/watch?v=Pkd9u5ucgk>

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

**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

\$40/adult
 for the week

KIDS CAMP FOR FREE!

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.



Registration is Open!

Join us for 3 days of fun in sunny, cool Fortuna!

August 1-3, 2025

River Lodge Fortuna, CA

Registration is Open!

Come to the next planning meeting
 We meet on the 2nd Monday of each month

Thru the gate to the classroom
 1112 5th St. Eureka

2025 Schedule



FRIDAY	August 1, 2025
4:00	7:00 Registration Opens
5:00	6:00 Open AA and AL-Anon meeting
6:00	7:00 Dessert Potluck
7:00	8:15 AA Speaker Aaron Z. Molalla OR
7:30	Registration Closes (for the day)
8:30	9:30 Open AA fireside
8:30	9:30 Al-Anon meeting
SATURDAY	August 2, 2025
7:30	Registration Opens
7:30	8:30 Open AA and Al-Anon meeting
8:00	9:00 Continental Breakfast
9:00	AA speaker Mathew F. Puyallup WA
10:30	AA speaker Tina A. Hollister CA
NOON	2:00 Al-Anon Lunch & Al-Anon Speaker
	Cheré F. Puyallup WA
2:30	4:30 AA Workshop Rod B. SLIC Utah
2:30	4:30 Al-Anon Workshop with A.A. participation Cheré F. & Mathew F. Puyallup WA
4:45	5:45 AA at Fireside
4:45	5:45 Al-Anon Meeting
4:45	5:45 LGBTQ AA Meeting (behind the stage)
5:45	7:00 Dinner
6:30	7:00 Sobriety Countdown
7:00	8:15 AA Speaker Rod B. Salt Lake City, Utah
8:30	9:00 AA Skill: The Tonight Show with Brad
9:15	10:15 AA Fireside Meeting
9:15	10:15 Al-Anon Meeting
SUNDAY	August 3, 2025
7:30	8:30 Open AA and Al-Anon Meeting
8:30	9:15 Breakfast
9:15	10:00 Drawing
10:00	11:30 AA Speaker Meeting Ron H. Canby OR

All times are subject to change. To see the latest updated schedule, please go to our website: redwoodcoastroundup.org

<https://redwoodcoastroundup.org/>



Sign up to help with the event at this link:
<https://forms.gle/yjDVnDQ65ficoxK86>

ORCYPAA



AUGUST 8TH – 10TH 2025

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

VANCOUVER DEAF ACCESS COMMITTEE
 PRESENTS:

ALCOHOLICS ANONYMOUS **90th BIRTHDAY PARTY**

DID SOMEONE SAY "AA IS 90?"

WE'RE GOING TO PARTY LIKE IT'S 1935!!

AUGUST 2, 2025
 4-7 PM



VANCOUVER UNITED CHURCH OF CHRIST
 1220 NE 68TH ST. VANCOUVER, WA 98665

\$5 AT THE DOOR
HOME GROUP RAFFLE BASKET COMPETITION!
DRESS IN YOUR BEST 1935 OUTFIT

SPEAKERS
POTLUCK
DANCE
KID'S ACTIVITIES
CAKE WALK AND MORE!



ASL INTERPRETED





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>

GOLF TOURNAMENT

GEM STATE ROUNDUP

\$90

4 PERSON TEAM SCRAMBLE

INCLUDES:
18 HOLES,
CART &
LUNCH



1st & 2nd
Place Prizes!



WIN
RAFFLE
PRIZES!

BOISE RANCH GOLF CLUB
AUGUST 8TH 2025 | 8AM SHOTGUN START

Come early to purchase Mulligans, Hand Grenades, and String

REGISTER NOW!

For Questions or additional information contact:

Shiann B: 208.283.3468

Ryan R: 208.490.6511

Register today at: gemstateroundup.com

Gem State
2025
Round Up

[Home](#) [Speaker Bios](#) [Event Schedule](#) [Registration Choices](#)

Gem State Round Up August 8-10, 2025

Registration Now Open

[Registration Choices](#)



WESTERN ROUNDUP
LIVING SOBER

AUGUST 22 - 24, 2025
SAN FRANCISCO, CA



Al Anon Info

Thursday Night Alateen in Bend



Alateen is an integral part of Al-Anon.

If any of you know of a teen/young adult that could benefit from this program, please let us know.

Contact: Heidi @ 408-761-2497 or Patsy @ 541-390-5831
(email:alateen.central.or@gmail.com)

PURPOSE:

- * FOR TEENS AND YOUNG ADULTS
- *RECOVERY AND HEALING FOR TEENS FROM THE EFFECTS OF ALCOHOLISM IN A LOVED ONE'S LIFE
- *A SAFE PLACE WHERE TEENS CAN COME TO SHARE & WORK THEIR OWN 12-STEP PROGRAM.

MEETING FORMAT:

- **Meetings run by teens** (1-2 ADULT AL-ANON SPONSORS* ALWAYS PRESENT)
- **Topic chosen by teens**

****Anonymity in Alateen is the same as anonymity in Al-Anon – very important.**

*Al-Anon Group sponsors are members certified in accordance with Alateen Safety and Behavioral Requirements with background checks.

Thursday Night Alateen in Bend



When:

Thursdays @ 5:30 PM

Where:

Nativity Lutheran Church, 60850 Brosterhous Road (SE Bend)

Who:

Teenagers, ages 12 to 19, whose lives have been affected by someone else's drinking

At least 2 Al-Anon members in Alateen service (AMIAS) will be present at each meeting to sponsor and supervise.

This is a closed meeting and is available to certified AMIAS and teens

*** There is an Al-Anon meeting at the same time and location for other adults in Al-Anon who want to join a meeting.

We look forward to seeing you there!!



New

New Member

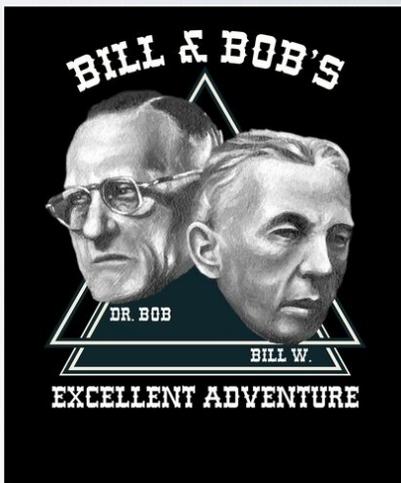
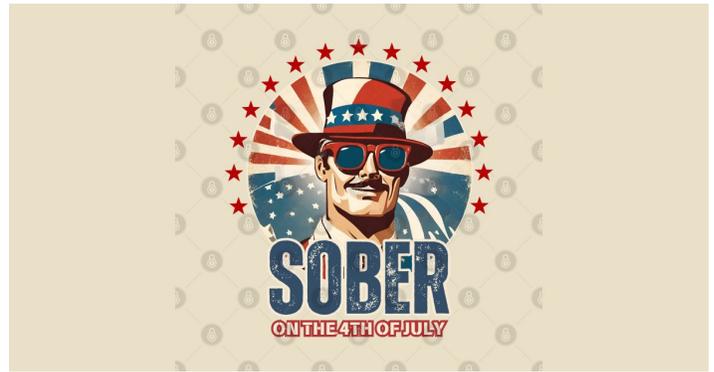
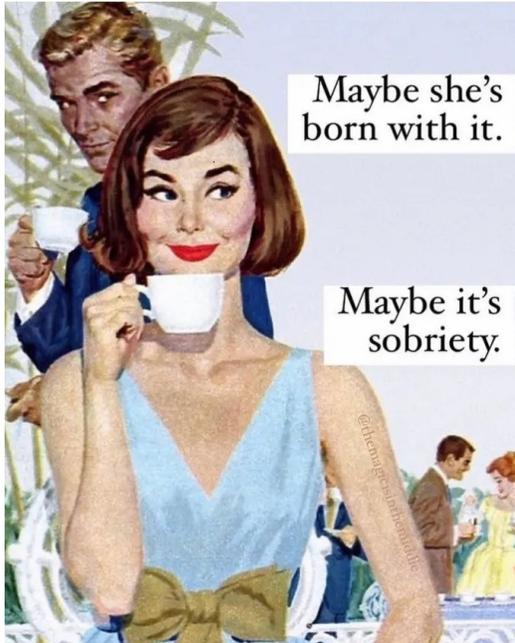
MEETING

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

AA Humor



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

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