



Cascade Connection

A Newsletter for COIGAA

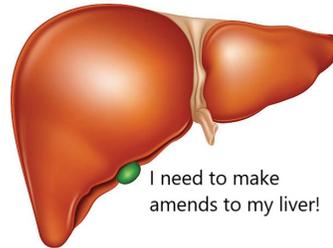
August 2025

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Step 8 of Alcoholics Anonymous

“This is a very large order. It is a task which we may perform with increasing skill, but never really finish.”

~Twelve Steps and Twelve Traditions, p. 77



Tradition Eight Long Form: “Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.”

~Twelve Steps and Twelve Traditions, p. 194

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



Thank You

***Thank you,
Alcoholics
Anonymous,
for saving
our lives
and the lives
of those not yet
reached!***

***We'll take another
90 years!***

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 August 24th, 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, Linda T.!
33 years (8/3/1992) Step Sisters

Happy Birthday, Bethany!
7 years (8/14/2018)

Happy Birthday, Audrey H.!
3 years (8/16/2022)



AA 12 Steps Principle of the Month

Love

Love appears 23 times in the Big Book and 35 times in the 12 & 12.

There are many definitions of love and the Websters Dictionary definition that seems most relevant to Step 8 is:

Love - (n.) unselfish loyal and benevolent concern for the good of another.

“Sometimes we need to place love ahead of indiscriminant ‘factual honest.’ We cannot, under the guise of ‘perfect honesty,’ cruelly and unnecessarily hurt others. Always one must ask, ‘What is the best and most loving thing I can do?’”

~ *As Bill Sees It, p. 172*

“Lord, grant that I may seek rather to comfort than to be comforted -- to understand, than to be understood - to **love**, than to be loved.”

~ *Twelve Steps and Twelve Traditions, pg. 99*

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AA Traditions Principle of the Month

Non-Professional

“ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words ‘freely ye have received, freely give.’ We have discovered that at the point of professionalism, money and spirituality do not mix.”

~ *Twelve Steps and Twelve Traditions pg. 168*

“When we had agreed that the Twelfth Step couldn't be sold for money, we had been wise. But when we had declared that our fellowship couldn't hire service workers nor could any AA member carry out our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience.”

~ *Grapevine article by Bill W. on the 8th Tradition, December 1952.*

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

Events!

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

ORCYPAA 2025

"THE BEST SHITTY CAMPOUT"
**JOIN US FOR A WEEKEND OF
SPEAKERS | GAMES | CRAFTS
FELLOWSHIP**

08.8.2025 - 08.10.2025
GALES CREEK, OR
WWW.ORCYPAA.ORG

GLAMPING RAFFLE



ONLINE REGISTRATION



PORTLAND AREA INTERGROUP ANNUAL PICNIC

Sunday, August 17, 2025 from 12-5pm



Join us at the 75th Annual Picnic

Fellowship and fun for you
and your whole family
Discounted ride bracelets for
early purchasers

Raffles, games, music with a
\$500 cash grand prize raffle!

Make purchases online

Scan this code for
tickets, t-shirts,
ride bracelets,
and more info.



or visit: <http://pdxaa.org/picnic>

BRING A DISH BY LAST NAME

HUGE POTLUCK

A-H: Fruit/Veg/Salad

I-N: Dessert

O-Z: Side Dish

BURGERS + HOT DOGS PROVIDED

SERVICE POSITIONS AVAILABLE

VOLUNTEER!

We need you to volunteer
and donate raffle prizes!

Contact us with questions:

picnic@pdxaa.org



OAKS AMUSEMENT PARK

7805 SE Oaks Park Way, Portland, OR 97202

Free Admission, \$5 Parking *Friendly dogs, but no other pets!*

FRIDAY NIGHT LIVE

AA SPEAKER MEETING

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

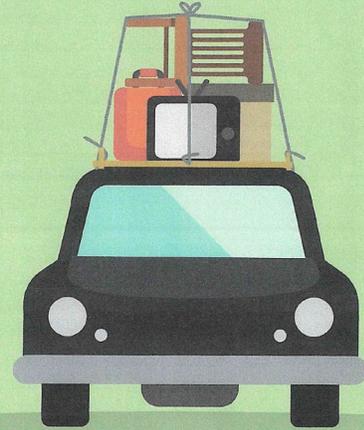
50/50 Raffle Each Week

LAST FRIDAY OF EACH MONTH
Out of Town
Featured Speaker!

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



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.

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.***



*Three Legacies Group
Of A.A.*

*Speaker/Discussion
Meetings*



Speaker/Discussion Mtgs

Tuesdays in August 2025

8/5 - Tradition 8 Presentation W/Q&A

8/12 - Bobbie S. Redmond Early risers

8/19 - Brian L. Three Legacies Grp.

8/26 - Mike S. LaPine Men's 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 NewHorizonsGroupAA.com*

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



Eighth Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others, as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Step Eight: “Made a list of all persons we had harmed, and became willing to make amends to them all.”

“We might next ask ourselves what we mean when we say that we have ‘harmed’ other people. What kinds of ‘harm’ do people do one another, anyway? To define the word ‘harm’ in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.”

~ Twelve Steps and Twelve Traditions, p. 80

“Now we need more action, without which we find that ‘Faith without works is dead’.”

~Alcoholics Anonymous, p. 76

“Why, we cried, shouldn’t bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.”

~Twelve Steps and Twelve Traditions, p. 79

“We should avoid extreme judgments, both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim. Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God.”

~Twelve Steps and Twelve Traditions, p. 82

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

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 *

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 share about Step 8: <https://www.youtube.com/watch?v=HIBGTQllr9g>

And you can **SEE Step 8 from the 12x12 In ASL** at:
<https://www.youtube.com/watch?v=XI9VIOIkNbM>

Hosted by District 7 in cooperation with Josephine County Intergroup

WANT TO KNOW MORE ABOUT WHAT DISTRICT 7 AND INTERGROUP ARE?

August 23rd, 2025

Nachos, Hot Dogs, Popcorn | Prizes | Service Opportunities

Hi-Lo Club
668 Lincoln Rd.
Grants Pass, OR
4 PM - 6 PM

Our real purpose is to fit ourselves to be of maximum service to our Higher Power and the people about us.

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

For Questions or additional information contact:
Shiann B: 208.283.3468
Ryan R: 208.490.6511

REGISTER NOW!

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

Just keep walking

A sign on the window of a liquor store says: THE WONDERS OF WINE.

A drunk walks by and looks in the window and thinks:

I wonder why I can't meet any nice girls.

I wonder where my paycheck goes.

I wonder why my boss is always fussing about layoffs.

I wonder where I left my truck last night.

I wonder why all my mail says, "Final Notice."

I wonder if those AA meetings really work.

~Melvin S., Singapore



"Before we start we need to be clear about something..."

Above reprinted from August 2025 Grapevine



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	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

