



Cascade Connection

A Newsletter for COIGAA

September 2025

“Made direct amends to such people whenever possible, except when to do so would injure them or others.”

Step 9 of Alcoholics Anonymous

“We should be sensible, tactful, considerate and humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.”

~Alcoholics Anonymous, p. 83

Tradition Nine Long Form: “Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness. ”

~Alcoholics Anonymous p. 565

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



Thank You

Hilary D. for your faithful service to Alcoholics Anonymous. ~ You will be missed

“I want to do my part for the future of A.A.”

~ Hilary D.

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 September 28th, 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, Mike B..!

40 years (9/2/1985) Sunrise

Happy Birthday, Joan C..!

46 years (9/3/1979)

Happy Birthday, Keri F..!

13 years (9/8/2012) Step Sisters

Happy Birthday, Artha!

25 years (9/11/2000) WANAGL

Happy Birthday, Ray G..!

6 years (9/18/2019) Att. Adj.

Happy Birthday, Barry F..!

6 years (9/19/2019)

AA 12 Steps Principle of the Month

Responsibility

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

Spirit of Service

“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.*

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LAST GASPERS

NEW LOCATION: WESTSIDE CHURCH



BENDAA.LASTGASPERS@GMAIL.COM

	LAST GASPERS AA MEETING		
	7 P.M. TUESDAY THURSDAY	WE'VE MOVED!	WESTSIDE CHURCH 32051 NW SHEVLIN PARK RD, BEND, OR

★ FAMILY ♥ AFTERWARD

An Open AA Meeting Welcoming
the Whole Family into Recovery

**EVERY THURSDAY
NEW TIME 5:30-6:30 PM**

UNITY COMMUNITY SPIRITUAL CENTER
63645 Scenic Dr, Bend, OR

WHAT TO EXPECT:

- Kid-friendly environment
- Childcare available (Nursery capacity: 8-10 chl)
- A safe space for the whole family
experience recovery together
Plenty of service opportunities – come a part
of something meaningful

Whether you're brand new to recovery or
returning with family in tow, you're welcome here.

Come as you are. Bring the kids. Find connection.

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.



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

Entertainment Committee

September 18 @

5:30 PM - 7:00 PM

Hybrid Zoom Option

ID: 961 1009 6966 PC:
061935

Easy link:

[https://us06web.zoom.us/
j/96110096966?
pwd=RXI5SXNhaFZUTUN
WelZjUlNCNWUvQT09](https://us06web.zoom.us/j/96110096966?pwd=RXI5SXNhaFZUTUNWelZjUlNCNWUvQT09)



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

NEW TIME

POWELL BUTTE AA MEETING

SUNDAYS 6PM

Beginning Sunday, July 20, 2025

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



Potluck Committee Meeting



COIGAA Potluck Committee Meeting

September 10 @ 5:30 PM

Market of Choice - Upstairs



CENTRAL OREGON INTERGROUP

POTLUCK



HOSTED BY "AS MEN SEE IT" GROUP



THEME-BBQ/MEAT

SATURDAY, September 27th

Westside Church - 2051 NW Shevlin Park

Dinner 6:00-7:00

Meeting 7:00-8:00

Speaker Dale-35 years

Potluck Assignments

Please bring assigned dishes based on your last name:

- A-M → Side Dishes
- N-R → Drinks
- S-Z → Desserts





9th Step Prayer

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends by staying abstinent, helping others and growing in spiritual progress.

Step Nine: “Made direct amends to such people whenever possible, except when to do so would injure them or others.”

“First we will wish to be reasonably certain that we are on the A.A. beam. Then we are ready to go to these people, to tell them what A.A. is, and what we are trying to do.”

~ Twelve Steps and Twelve Traditions, p. 84

“Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won’t fill the bill at all.”

~Alcoholics Anonymous, p. 83

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us— sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

~Alcoholics Anonymous, pp. 83-84

District 5 A.A. Info

District 5 Business Meeting

ALL ARE WELCOME!

2nd Sunday Each Month

4:00pm - 5:30

district5aa.org

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

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 Joe and Charlie share about Step 8 and 9: <https://www.youtube.com/watch?v=46LBPfcgKWk>

And you can **SEE Step 9 from the 12x12 In ASL** at:
<https://www.youtube.com/watch?v=CBYBVNTT1yU>

District 5 Committees Explained

TREATMENT COMMITTEE

The primary purpose of a Treatment Committee is the same throughout the United States and Canada, to carry the A.A. message to the alcoholic who still suffers. There is probably no easier place for an A.A. member to find a suffering alcoholic than in a treatment facility or outpatient treatment setting. According to A.A. Membership Surveys, approximately one third of our members cite treatment facilities as the factor most responsible for them coming to A.A. Carrying the message to alcoholics in treatment is basic Twelfth Step work — sharing experience, strength and hope — giving it away in order to keep it! (out of Workbook)

Treatment Committee Liaison

Some groups have treatment representatives who serve as the group liaison with the local intergroup 26 (central office), district or area treatment committee. They share this vital service work with home group members and encourage them to join in this responsibility. (out of AA Group pamphlet)

D5 Treatment Committee Chair

ERIN B. 541-306-7978

d5aa.ctf@gmail.com

Why A.A.s Carry the Message Behind the Walls

Many A.A. members are unaware of the important work being carried out by corrections committees. To those involved, however, corrections work is an opportunity to carry the A.A. message to the confined alcoholic who wants to live sober, one day at a time. Through a corrections committee working with corrections personnel, alcoholics are reached who might never otherwise find the A.A. program. An active corrections committee is a vital link to prisons and jails, providing professionals and other workers in correctional facilities with information about A.A., literature, and guidelines for setting up A.A. groups on the inside. (out of workbook)

Corrections Committee Liaison

Group corrections representatives take part in local intergroup (central office), district or area corrections committee meetings. They keep their home groups informed about local Twelfth Step activities in nearby institutions and encourage group members to participate. (AA Group pamphlet)

Todd H. 541-460-1272

D5 Corrections Committee Chair d5aa.cfc@gmail.com

What is Public Information work and Why Should A.A.s Do It?

Public Information (PI) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics.

In all public relations, A.A.'s sole objective is to help the still suffering alcoholic. Always mindful of the importance of personal anonymity we believe this can be done by making known to him, and to those who may be interested in his problems, our own experience as individuals and as a Fellowship in learning to live without alcohol. We believe that our experience should be made available freely to all who express sincere interest. We believe further that all efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside A.A. are equally concerned with the serious problem of alcoholism.

Public Information Committee Liaison

Group public information (PI) representatives usually work with the local intergroup (central office), district or area PI committee to carry the A.A. message locally. They periodically inform their home groups of local activity and may arrange for group volunteers to participate in PI programs requested by schools, businesses, law enforcement agencies and other organizations interested in the A.A. approach to recovery from alcoholism. Most groups realize that alcoholics can't come to A.A. for help unless they know where we are. (AA Group pamphlet)

Purpose of CPC

Members of CPC committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating.

CPC Work and Why A.A.s Do It

Cooperating with nonalcoholic professionals is an effective way to carry the message to the sick alcoholic. Such people often meet the alcoholic in places where A.A. is not present. Through professionals, alcoholics may be reached who might otherwise never find the program, or they may be reached sooner with the help of informed non-A.A.s. (out of Workbook)

Cooperation with the Professional Community Committee Liaison

Group cooperation with the professional community (CPC) representatives, usually working with their local intergroup (central office), district or area CPC committees, focus on cooperation but not affiliation with professionals in the community — educators, physicians, the clergy, court officials and others who often are in contact with active alcohol-27 ics. They keep their home groups informed of area CPC activities and, when appropriate, arrange for group volunteers to join together in carrying the A.A. message at professional meetings, seminars, and more. (In some groups, the functions of the CPC and public information representatives are combined.) (AA Group pamphlet)

D5 PI Committee Chair

Jena C. 541-306-0055

d5aa.pic@gmail.com

Why have a Literature Committee?

Literature committees at the district and area level exist today to educate the Fellowship about Conference-approved literature and related service material. More importantly, they exist to maintain the integrity of the A.A. message. Most Literature Committees strive to maintain this level of integrity by following the suggestions outlined in the General Service Office's A.A. Guidelines on Literature. These guidelines resulted from a Conference Literature Committee suggestion in 1992 that the trustees' Literature Committee develop Literature Committee guidelines comprised of shared experience from the Fellowship. (out of workbook)

Literature Chair - District 5 AA

Davey G. 541-728-8886

literature@district5aa.org

Accessibilities Committee Liaison

The accessibilities representative may coordinate any needed assistance to those alcoholics who face additional personal barriers to accessing the A.A. message within their home group. Many accessibilities representatives find it beneficial to communicate with their intergroup (central office) when trying to reach those facing such challenges. Some areas or districts have accessibilities committees, as well. For some A.A. members, a six-inch step can be an insurmountable obstacle. A locked access door, a blocked ramp or parking problem can make it impossible to get to a meeting. Some members are ill, homebound or living in retirement or convalescent homes, others have hearing or vision loss, learning, reading or information-processing challenges, and still others are elderly, use wheelchairs or canes, or have other mobility concerns. Literature may be hard to understand. Childcare issues may make it impossible to attend regular meetings. Remote geography or cultural differences may hinder contact with other members. Accessibility issues apply to all alcoholics who have difficulties participating in Alcoholics Anonymous, whether those difficulties are mental, physical, geographic, cultural, ethnic, spiritual or emotional. (out of AA Group pamphlet)

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

In line with A.A.'s Responsibility Declaration, this Workbook is designed to help Accessibilities Committees explore, develop and offer resources to make the Alcoholics Anonymous message and participation in our program of recovery available to all alcoholics who reach out for it. While we all need to access, receive and carry the message of recovery and wish to have the same measure of privileges and responsibilities with regard to Twelfth Step work, sponsorship, and speaking at A.A. and non-A.A. meetings as other members, for some there are significant barriers that must be overcome to insure full participation in A.A. (out of workbook)

District 5 Access Chair

Joey D. 971-606-0608

district5access@gmail.com

Archives Committee (Soooo Important and largely overlooked)

Mission

The mission of the Alcoholics Anonymous General Service Office Archives is to document permanently the work of Alcoholics Anonymous, to make the history of the organization accessible to A.A. members and other researchers, and to provide a context for understanding A.A.'s progression, principles and traditions.

Purpose

Consistent with A.A.'s primary purpose of maintaining our sobriety and helping other alcoholics achieve recovery, the Archives of Alcoholics Anonymous will:

- Receive, classify and index all relevant material, such as administrative files and records, digital materials, correspondence, and literary works and artifacts considered to have historical importance to Alcoholics Anonymous;
- Hold and preserve such material;
- Provide access to these materials, as determined by the archivist in consultation with the trustees' Archives Committee, to members of Alcoholics Anonymous and to others who may have a valid need to review such material, contingent upon a commitment to preserve the anonymity of our members;
- Serve as a resource and laboratory to stimulate and nourish learning;
- Provide information services to assist the operations of Alcoholics Anonymous;
- Promote knowledge and understanding of the origins, goals and program of Alcoholics Anonymous.

Historical records help us to sift through our day-to-day experience in recovery and reach back for the shared experience from the past. As we sort out the myth from the facts we ensure that our original message of recovery, unity and service remains the same in a changing, growing, expanding Fellowship that constantly renews itself.

Archives are frequently associated with the past, but they are also to be linked with true value. We maintain records of permanent value so we can go back and consult the original sources again and again. (Archives Committee Workbook)

District 5 Archives Chair

Joe H. 541-948-4475

d5aa.archives@gmail.com

WOMEN'S AA RETREAT

Happy, Joyous and
Free in the Trees!

OCTOBER 10-12, 2025

OUT 'N ABOUT TREEHOUSE RESORT,
300 PAGE CREEK ROAD,
CAVE JUNCTION, OREGON



Individual registration (does not include lodging): \$85
Treehouse availability and pricing: QR code above

Contact Information

email: womenstreehouseretreat@gmail.com
Phone (general information): Nicole R: 541-660-2419
Diane C (registrations): 541-326-8182



October 10th – 12th, 2025
Go to www.rosecitygirlstock.com for
Event and hotel registration!

Join us for a weekend journey through the
12 Steps of Alcoholics Anonymous:
Bringing women together through love,
laughter and service.

*"...we have been given the Keys of the Kingdom."
Page 276, Alcoholics Anonymous*

SPEAKERS

Cat C. (Portland, OR)
Melissa C. (Portland, OR)
Kenna F. (Pasadena, CA)
Gillian G. (Portland, OR)
Gina G. (Portland, OR)
Christy L. (Portland, OR)
Kathi L. (Corbett, OR)
Carol P. (Portland, OR)

**SATURDAY NIGHT SOCIAL/PAJAMA PARTY/
GAME NIGHT FREE TO ALL IN-PERSON
REGISTRANTS**

Holiday Inn Portland – Airport (HIPA)
8439 NE Columbia Court, Portland, OR
97220
503-256-5000
Book your room from our website.

\$89: Special Room Rates for the HIPA (per night plus
tax) for single King or double Queen beds.
Offer expires September 19, 2025

\$75: In-Person Registration Only
\$145: In-Person Registration + Meals
(Meals include Saturday Night Dinner, Sunday Morning
Breakfast)
Vegetarian and Vegan Options will be provided

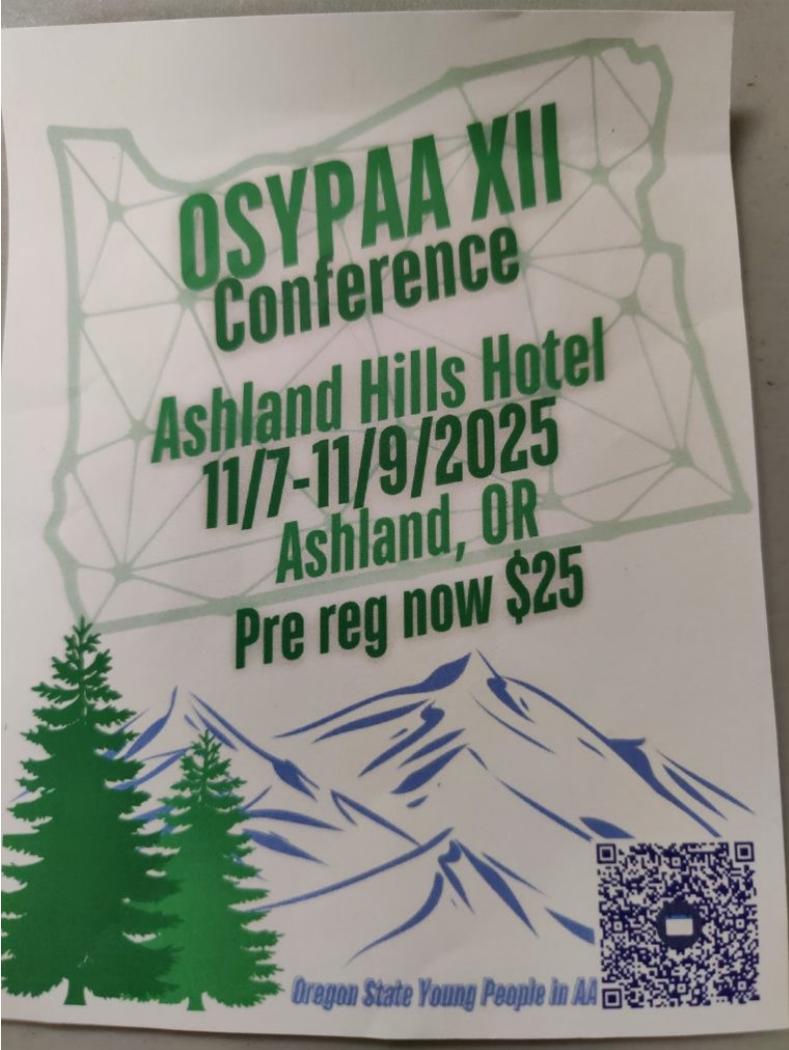
\$30: Virtual Online Only Registration
All prices above do not include processing fees

Registration Chair: Ashlie B.; Co-Chair: Tuesday H.
Email: RCGSregistration@outlook.com
RCGS Chair: MiQuelle D.: 512-751-6996
RCGS Co-Chair: Debbie N.: 503-314-8030
Volunteer Coordinators: Shaunna S. & Kathy B.
Email: shaunnaspta@hotmail.com

*Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to
attend. No Seventh Tradition baskets are passed at any time during the event.*

NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 - REGISTER EARLY!!!



Oregon State Young People in AA



OREGON AREA 58 Sept. Assembly

Friday Sept. 19th thru
Sunday Sept. 21st

HYBRID
REGISTRATION \$10
DINNER \$30

Roseburg National Guard Armory
111 General Ave, Roseburg OR

All AA members welcome!
GSRs come carry the voice of your group!!!

Register at <https://www.aa-oregon.org/register-sept/>
or use QR code at top of flyer

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

- I made an amends... with homemade banana bread. ~ *Anonymous*



Central Oregon Intergroup Contacts

Chairperson	Mike S.	masinbend@gmail.com
Vice Chair.	Open	
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

STEP NINE BODY LANGUAGE:



FINISHED HER AMENDS.



STILL THINKING ABOUT IT.

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