



Cascade Connection

A Newsletter for COIGAA

October 2025

“Continued to take personal inventory and when we were wrong, promptly admitted it.”

Step 10 of Alcoholics Anonymous

“This brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.”

~Alcoholics Anonymous, p. 84

Tradition Ten Long Form: “No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”

~Twelve Steps and Twelve Traditions, p. 192

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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 October 26th, 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=RXI5SXNhZUZUTUNWelZjUINCNWUvOT09>

Happy Birthday

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

Happy Birthday, Walt W.!

19 years (10/07/2006) Att. Adj.

Happy Birthday, Alice S.!

14 years (10/15/2011) Step Sisters

Happy Birthday, Leah F.!

3 years (10/15/2022)

Happy Birthday, Holly R.!

9 years (10/17/2016)

Happy Birthday, Phil!

6 years (10/18/2019) Att. Adj.

Happy Birthday, Sarah M.!

7 years (10/21/2018)



AA 12 Steps Principle of the Month

Perseverance

According to the Merriam-Webster Dictionary: Perseverance - (n.) continued effort to do or achieve something despite difficulties, failure, or opposition.

“... we continue to take personal inventory and continue to set right any new mistakes as we go along... This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.”

~ *Alcoholics Anonymous*, p. 84

“We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection.”

~ *Twelve Steps and Twelve Traditions*, pg. 91

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AA 12 Traditions Principle of the Month

Outside Issues

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

~ *Twelve Steps and Twelve Traditions*, p. 182

“Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don’t argue these matters privately, it’s a cinch we never shall publicly.’ As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one.”

~ *Twelve Steps and Twelve Traditions*, p. 179



THE INTO ACTION MEETING

of Alcoholics Anonymous

5:30 – 6:30PM <> The Fireside Room @TEC

Mondays:

AA Big Book Study, focused on the first 164 pages, plus reading one recovery story per month.

Tuesdays:

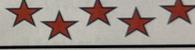
AA 12x12 Book Study, focused on working the 12 Steps, plus studying one Tradition per month.

Thursdays:

AA Speaker/Discussion, focused on the solution and sharing our experience, strength, and hope.



OCTOBER, 2025 SPEAKERS



OCT. 2	SEO M.	Keep It Simple Saturday
OCT. 9	VITA S.	Rising in Recovery
OCT. 16	DIANE W.	Tuesday Night AA
OCT. 23	FRANCESCO G.	Thurs. Night Men's Book Study
OCT. 30	MARIANNE T.	W-F-S

Where is the Meeting?



231 NW Idaho Ave in Bend

The Fireside Room is upstairs in St. Helen's Hall (building just west of Trinity Episcopal Church). Enter through the large red door, just to the left of "The Family Kitchen."

Trek up the stairs to the second floor.

Solution-Focused <> Singleness of Purpose

★ 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.



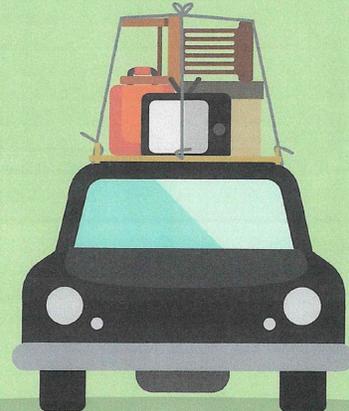
WFS IS MOVING!

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

October 16 @
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
October 8 @ 5:30 PM
Market of Choice - Upstairs





COIGAA October Potluck



More Info To Come Soon

SAVE THE DATES

A cartoon illustration of a witch's hat, which is orange with a black band and a white buckle. The hat has a pointed top and a wide brim.

October 25, 6:00 p.m.,
Westside Church

Fun, Food, Fellowship!



www.coigaa.org





TENTH STEP PRAYER

Dear God, I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You.

Step Ten: “Continued to take personal inventory and when we were wrong, promptly admitted it.”

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*.”

~ Twelve Steps and Twelve Traditions, p. 90

“This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.”

~Alcoholics Anonymous, p. 84

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

~Alcoholics Anonymous, p. 85

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”

~Alcoholics Anonymous, p. 86

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 *

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 10: <https://www.youtube.com/watch?v=qyehxPvZ0uQ>

And you can **SEE Step 10 from the 12x12 In ASL** at:
<https://www.youtube.com/watch?v=8bRJ5BUqhbs>

Area 58 General Assembly

Hosted by Districts 11 & 25

Date: November 14-16

Location:

Mt Hood Oregon Resort,
68018 E. Fairway Dr.
Welches, OR 97067



Online Registration: <https://aa-oregon.org>

Lodging Options:

Contact for Booking: 503-622-3101

For discounted rate mention you are with Oregon Area General Service Committee Group

- Single King: \$119 per night
- Double Queen: \$129 per night
- Fireside: \$139 per night

Mail in registration ends 10/31/2025 – mail in forms need to be post marked no later than 10/31/2025

Registration Form:

• First Name: _____

• Last Name: _____

• Email: _____

• Phone Number: _____

• District Number: _____

• Position: _____

(AA Member, GSR, DCM, Past Delegate, etc)

Attendance: In person ___ Online ___

Accessibility needs: _____

Registration Cost: \$18 (This is for in person and remote attendance) \$ _____

Meal Options:

- Saturday Breakfast: Summit Scramble - \$24 \$ _____
- Saturday Lunch: Deli Buffet - \$26 \$ _____
- Saturday Dinner: Sirloin/Chicken Combo - \$40 \$ _____
- Sunday Breakfast: Pancake Breakfast - \$24 \$ _____

T-Shirts with event logo: \$25 Each | T-Shirt orders need to be received by 10/31/2025

Small ___ Med ___ Lg ___ XL ___ XXL ___ XXXL ___ \$ _____

Donation: \$ _____

Total \$ _____

Checks payable to: November Assembly 2025

If mailing registration, send to:

PO Box 1744, Gresham, OR 97030

10th Step Promises

Chapter 6, page 84-85

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.



What's Happening Elsewhere

DISTRICT 11 & 12

Sponsorship Workshop

Everything you wanted to know,
but were afraid to ask.

History of Sponsorship - Bill L.

Sponsorship Basics - "Philly" Jeff

Sponsorship of Incarcerated & Institutionalized Members - Annalee P.

Barriers in Sponsorship - Megan H.

Safety & Inclusion in Sponsorship - Bonnie R.

Sponsorship in the Literature - Annie D.

Saturday October 18th, 2025

**2:00 p.m.-4:00 p.m. at the URS Club
17200 SE Stark St. Portland**



the Happy Hour group
presents



2025 FALL SPEAKER MEETING & POTLUCK

TUESDAY, OCTOBER 14TH

6:00

**PLEASE DO NOT BE LATE
IT DISRUPTS THE SPEAKER**

GOOD SHEPARD LUTHERAN CHURCH
corner of SE 34th & SE Columbus Street in Albany

- SPEAKER FIRST THEN POTLUCK -

PER CHURCH RULES:

NO SMOKING ANYWHERE ON GROUNDS OUT TO THE STREET

NO PETS THAT ARE NOT ADA CERTIFIED

ALL CHILDREN MUST REMAIN IN ROOM

- UNLESS SUPERVISED BY AN ADULT

WHAT TO BRING:

A - G: Side Dish

**H - O: Dessert
or Salad**

P - Z: Main Dish

(suggestions only)

SOBER SATURDAY DISC GOLF

Every
Saturday
at 9 AM

Willamette
Disc Golf
Course

Starting
July 26, 2025



A weekly round for the sober community -
all skill levels welcome! Bring your discs,
water, and good vibes.

AA Workshop: "How to Sponsor"

An AA Workshop for Those Ready to Give Back

Hosted by AA District 31

Facilitated by Eric S., and ...

Saturday, October 18

1-3pm

In-person or online via Zoom

Calvary Lutheran Church,
937 NE Jackson School Rd,
Hillsboro, OR 97124

Are you ready to carry the message and walk alongside someone on their recovery journey? This workshop is designed for AA members who are considering becoming sponsors or want to deepen their understanding of sponsorship.

Purpose of the Workshop

- Explore the role and responsibilities of an AA sponsor
- Learn how to share experience, strength, and hope effectively
- Understand boundaries, communication, and spiritual principles in sponsorship
- Hear real stories and insights from experienced sponsors

Benefits of Attending

- Gain clarity and confidence in your ability to sponsor
- Strengthen your own recovery through service
- Build deeper connections within the AA community
- Learn practical tools for guiding sponsees through the Steps

RSVP: <https://tinyurl.com/AA-D31HowtoSponsorRSVP>

Questions and Day of Contact- 503.530.6019



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!!!



OSYPAA XII
Conference

Ashland Hills Hotel
11/7-11/9/2025
Ashland, OR
Pre reg now \$25



Oregon State Young People in AA

**AA
Bingo**



Bring Your
Favorite
Chili Recipe

**CHILI
COOK-OFF**



**Saturday, October 11th
12-3 pm**

**T3 Cabin
1986 SW Allen St
Corvallis, OR**

\$1 per card

FUN BINGO PRIZES!



Contact - Raquel H.
360-936-3574

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

Thursday, October 23rd

Alateen Info Night



When: *Thursday, October 23rd, 2025@ 5:30-6:30 PM*

Who: Anyone who wants to learn more about how we support teenagers, ages 12 to 19, whose lives have been affected by someone else's drinking

Where: Nativity Church 60850 Brosterhous Road, Bend

What: Meet our AMIAS, learn about our Alateen program in Bend and how we support teens who have been affected by someone else's drinking. There will be a Q&A session.

Contact: Heidi 408-761-2497 or Patsy 541-390-5831

Please contact Heidi or Patsy our Alateen Co-Coordiators for Central Oregon with any questions you may have in regards to attending.

We hope you can join us! There will be PIZZA too!!



Please spread the word to those who may need support!

AA Humor

Heavenly coffee

A guy dies and goes to heaven. Upon arrival, he meets Peter at the Golden Gates. Peter asks the fellow, "So, where do you belong?" The gentleman replies, "I don't know." Peter says, "Let's look around and see if we can find where you fit in." Peter opens the first door and there are many people kneeling and repeating Hail Marys. "Who are they?" the gentleman asks. "Those are the Catholics," Peter replies. "Hmm ... I don't belong there," says the man. Peter opens up the second door and there are people praying on the ground. "Who are they?" asks the guy. Peter tells him they're the Muslims. "No," he repeats, "I don't belong there either." Peter then opens up a third door. Smoke, the smell of coffee and laughter pour out of the room. "Who are they?" asks the man. Peter gives him a look and replies, "I don't know. They won't tell me!"

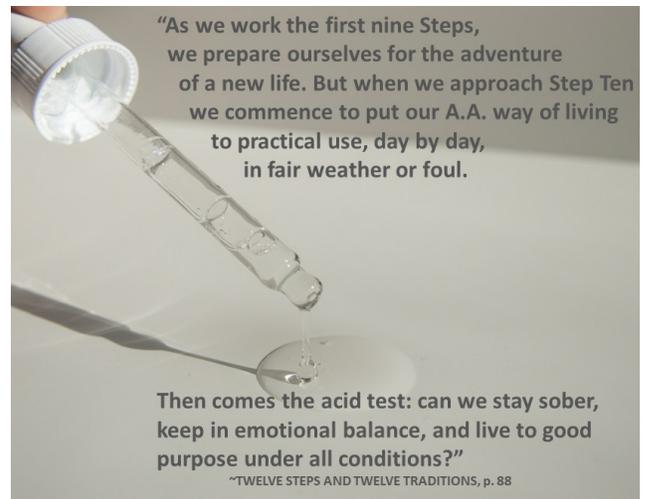
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—Debbie M., Bend, Ore.

Before Working the 12 Steps...



...After Working the 12 Steps!



Central Oregon Intergroup of AA
Coigaa 

Central Oregon Intergroup Contacts

Chairperson	Mike S.	masinbend@gmail.com
Vice Chair.	Lanelle D.	lleaduran@gmail.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