



Cascade Connection

A Newsletter for COIGAA

December 2025

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.”

Step 12 of Alcoholics Anonymous

“PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from dinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can.”

~Alcoholics Anonymous, p. 89

Tradition Twelve Long Form: “And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

~Twelve Steps and Twelve Traditions, p. 195

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



Thank You

All the home groups that signed up to host an Alcolthon Meeting and all the members who show up for their own recovery and the recovery of others.



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 December 21st, 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

Happy Birthday, Angie!
4 years (12/10/2021)

Michael H.!
37 years (12/14/1988)

Happy Birthday, Becky!
9 years (12/29/2016)

Happy Birthday, Brian C.!
6 years (12/29/2019)



A.A. 12 Steps Principle of the Month

Service

“Service – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.”

~ <https://www.aacle.org/twelve-spiritual-principles/>

“Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action.

We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.”

~ Bill W.

A.A.’s Legacy of Service

“Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is blinder than he.”

~ *Twelve Steps and Twelve Traditions, p. 109*

A.A. Traditions Principle of the Month

Principles Before Personalities

“The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity-is the foundation of them all.”

~ *Twelve Steps and Twelve Traditions, p. 184*

“I give up the idea of being right or wrong, winning or losing and realize that there are simply different experiences and as many points of view as there are degrees in a circle. One of the most powerful demonstrations of placing principles before personalities was when I first saw members who had strong opposing points of view during the group conscience discussion, talking and laughing together at coffee after the meeting - no sulking, pouting, silent scorn or gathering forces!”

~Keynote Address 19th European Service Meeting 2017

AA

THE FAMILY AFTERWARD

A Tuesday Evening Meeting of Alcoholics Anonymous

Begins December 2nd, 2025

■ When: Tuesdays • 5:15 PM – 6:15 PM

■ Where: Antioch Church

566 NE Clay Avenue, Bend, OR 97701

■ Child Care Provided

Sister meeting to The Family Afterward held Thursday nights

Welcome – Support – Recovery

Bring your family's story. Leave with hope.

One hour. Every Tuesday. All are welcome.

★ 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.



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.



NOVEMBER, 2025 SPEAKERS



NOV. 6	JEFF E.	Three Legacies Big Book Study
NOV. 13	TRINITY B.	Sunday Morning Serenity
NOV. 20	DOUG K.	Sunrise Meeting
NOV. 27	***	***No Speaker Scheduled***

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

You Are Invited To
The Central Oregon Intergroup Potluck!

CHRISTMAS Alcathon

Join us for AA Meetings on the hour,
EVERY HOUR 7AM - 6PM
food, fun & fellowship ALL DAY!

SPEAKER MEETING AT 7PM

7AM - 8PM
DECEMBER 25, 2025

Location: Trinity Episcopal Church
Brooks Hall (upstairs through the red door)
469 NW WALL STREET, BEND, OR

BRING A SIDE DISH OR DESERT!



12th Step Prayer

Dear God, my spiritual awakening continues to unfold. With the help I have received I shall have the opportunity to grow. I am grateful. I pray most humbly to continue walking day by day, practice the principles of this way of life in all I do and say.

I need You, my friends, and the program every hour of every day. This is a better way to live.

Step Twelve: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.”

“The joy of living is the theme of A.A.’s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards.”

~Twelve Steps and Twelve Traditions, p. 106

“Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him. Make it plain he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties.”

~ Alcoholics Anonymous, p. 94

“Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.”

~ Alcoholics Anonymous, p. 98

District 5 A.A. Info

2026-2027 **GSR Orientation** Print!

Newly Elected GSRs, Alt GSRs,
Those considering serving your group as
the GSR or just wanting to learn more
about Alcoholics Anonymous...
ALL ARE WELCOME!

Sun January 25th | 4:00 pm PT

Zoom ID: 869 0310 1724 PW: 164

What is General Service?

What is the role and responsibilities of a GSR?

What should a GSR be reporting?

What is an Area Assembly?



How do I prepare for District meetings?

How do I know if I'm ready to be my group's GSR?

What is the Alternate GSRs role and how do Alternates participate?

For more information contact District 5 DCM Jena C. at 541-306-0055



DISTRICT 5 A.A. LITERATURE COMMITTEE MTG. FOR ALL A.A. GROUPS IN CENTRAL OREGON

Monday December 22nd 2025
6:00 pm Bend Downtown Library

Does Your Home Group have a Literature Representative?
Please let them know District 5 A.A. has a literature committee and they are on it! A District committee takes participation of all the groups. All the groups are responsible for a district. Your district needs your group's participation!

Literature
WORKBOOK



"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. -GSO Literature Committee Workbook

 Literature@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 Sandy B. share about Step 12: https://www.youtube.com/watch?v=gc0_67xO8G8

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

Members Share

Short Form: *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

Anonymity in this Tradition means; **“Sacrificing personal ambition for the common good”** (The TWELVE TRADITIONS Illustrated)

The spiritual substance of anonymity is **sacrifice**. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all. (12X12 Trad 12)

Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the **Twelve Steps** to recover from alcoholism, we are **each** trying to achieve real humility... When we use the **Twelve Traditions** to work together in A.A., we are **all** trying to achieve humility; as individual members, by recognizing our true place in A.A.; **as a fellowship, by recognizing A.A.'s true place in the world.** (The TWELVE TRADITIONS Illustrated)

“For the first time I saw AA anonymity for what it **really is**. It isn't something to save us from alcoholic shame and stigma. Its deeper purpose is actually to keep those fool egos of ours from running hog wild... it really means personal **and group** sacrifice for the benefit of All AA. Right then I resolved to learn our Twelve Traditions by heart, just as I had learned the 12 Steps. If every AA did the same thing and really soaked up these principles we drunks could hang together forever.” (pg 43 AA Comes of Age)

“When Time magazine wanted to put Bill on its cover — that is, put the **back of his head on the front of the magazine** — Bill declined, and declined the cover story as well. He reasoned:

“For all I know, a piece of this sort could have brought A.A. a thousand members — possibly a lot more. Therefore, when I turned that article down, I denied recovery to an awful lot of alcoholics — some of these may already be dead. And practically all the rest of them, we may suppose, are still sick and suffering. Therefore, in a sense, my action has pronounced the death sentence on some drunks and condemned others to a much longer period of illness.

But I went well over on the conservative side, because the requirements of the piece would have tended to create a clear and colorful public image of me as a person. This would have created for the future, I am sure, a temptation in our power-driving people to get like pieces — presently with full names and pictures. For this reason, I estimated that **it would be better for some to die and others to suffer, rather than to set such a perilous precedent.** Therefore, I declined the publicity, and I must confess it wasn't easy.” (Pass It On - Chapter nineteen, page 314)

“We believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.” (12X12 Trad 12)

~ Carrie B.



Sixteen relapse symptoms to watch out for:

For any time, any place, any where !

1. *Exhaustion* - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. *Dishonesty* - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. *Impatience* - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. *Argumentative* - No point is too small or insignificant not to be debated to the point of anger and submission.
5. *Depression* - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. *Frustration* - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. *Self-pity* - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. *Cockiness* - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.
9. *Complacency* - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. *Expecting too much of others* - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. *Letting up on disciplines* - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
12. *Using mood-altering chemicals* - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. *Wanting too much* - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. *Forgetting gratitude* - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. *"It can't happen to me."* - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. *Omnipotence* - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

-- Akron Intergroup News, December 1998

Molly C.

What's Happening Elsewhere

MONDAY NIGHT SERVICE WORKSHOP with Billy N. & Friends

ID: 854 8136 1235

PW: 925644

8:30PM EST | 7:30PM CST
6:30PM MST | 5:30PM PST



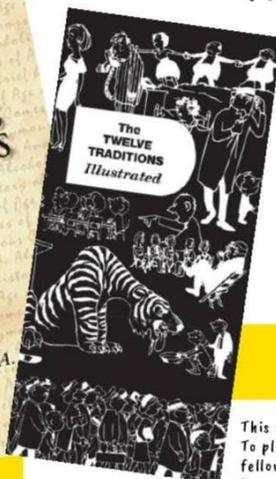
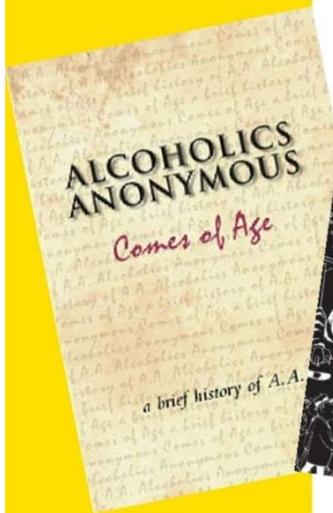
The 24 Hour Online Meetings Presents:

First Tuesdays
Each Month
in 2026
10am PT / 1pm ET

Zoom ID:
202 006 1935
PC: 624101

The 2026 Unity In Action 12 Traditions Workshop

With Q&A, handouts, and recourses
to take others through AA's
Traditions using General Service
Conference Approved Literature



Presenter: Carrie B.
Three Legacies Grp.
Bend Or. Area 58
District 5

This we owe to A.A.'s future:
To place our common welfare first; to keep our
fellowship united. For on A.A. unity depend our
lives and the lives of those to come.

Al Anon Info

When you don't know
where to turn...
because someone
drinks too much...



Al-Anon Family Groups can help.

Learn more by attending a confidential meeting in your community.

888-4AL-ANON • al-anon.org

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 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!!

AA Humor



**Believe
in Miracles,
Sobriety is a
Miracle!**



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

