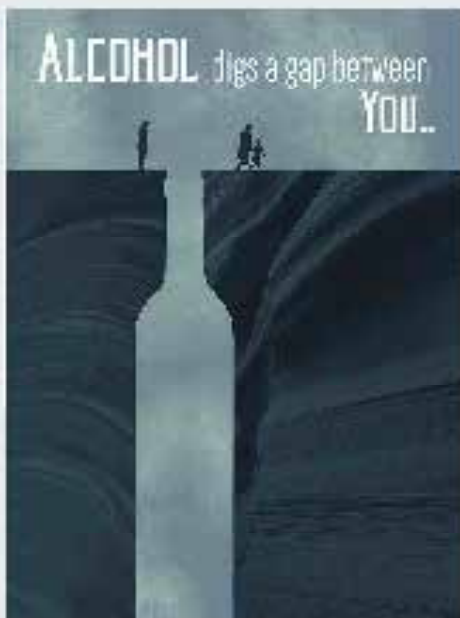




THE BENDER

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



**CBIA, 3833 S. Staples Suite
S-212, Corpus Christi, TX
78411**

**(361) 992- 8911 or Toll
Free 1 (866) 672-7029**

**Books and Chips sold by
appointment.**

www.cbiala.org

The mission of the Coastal Bend Intergroup Association is to provide the vital first contact to the alcoholic seeking help.



Trinity by the Sea Episcopal Church (433 Trojan in Port A) is home to the Port Aransas Group. They have meetings at 7:00 PM Tuesday, Thursday, and Saturday.

Index: 1.Cover: 2-4. Listening To God: 5-6. Minutes: 7. CBIAHours: 8.Special Events: 9.Face-Face Mtg Changes: 10.AA Meetings on ZOOM 11.AA on Zello: 12-14: CBIA Needs Help 15-16. Birthday Club 17. Memorial Donations:18. Service Opportunities: 19. District Mtg: 20:Group Contributions: 21. Addresses: 22.Mission Statement: 23.Services Provided: 24-25. Spanish: 26.Bender Subscriptions. 27. Origins

How To Listen To God

(This was an original OXFORD GROUP pamphlet distributed in the 1930's)

These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn -- how to be in touch with God.

All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.

Before you begin, look over these fundamental points. They are true and are based on the experience of thousands of people.

- God is alive. He always has been and He always will be.
- God knows everything.
- God can do anything.
- God can be everywhere -- all at the same time. *(These are important differences between God and us human beings.)*
- God is invisible -- we can't see Him or touch Him. He is with you now. He is beside you. He surrounds you. He fills the room or the whole place where you are right now. He is in you now. He is in your heart.
- God cares very much for you. He is interested in you. He has a plan for your life. He has an answer for every need and problem you face.
- God will tell you all that you need to know. He will not always tell you all that you want to know.
- God will help you do anything that He asks you to do.

Anyone can be in touch with God, anywhere and at any time, if the conditions are observed. These are the conditions:

- To be quiet and still.
- To listen
- To be honest about every thought that comes.
- To test the thoughts to be sure that they come from God
- To obey.

So with these basic elements as a background, here are specific suggestions on how to listen to God:

- **TAKE TIME** - Find some place and time where you can be alone, quiet, and undisturbed.
- **RELAX** - Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.
- **TUNE IN** - Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life--you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.

How To Listen To God

- **LISTEN** - Just be still, quiet, relaxed and open. Let your mind go “loose”. Let God do the talking. Thoughts, ideas, and impressions will begin to come into your mind and heart. Be alert and aware and open to everyone.
- **WRITE** - Here is the important key to the whole process. Write down everything that comes into your mind. Everything. Writing is simply a means of recording so that you can remember later. Don't sort out or edit your thoughts at this point.

Don't say to yourself:

- This thought isn't important;
- This is just an ordinary thought;
- This can't be guidance;
- This isn't nice;
- This can't be from God;
- This is just me thinking . . . etc.

Write down everything that passes through your mind:

- Names of people;
- Things to do;
- Things to say;
- Things that are wrong and need to be made right.

Write down everything:

- Good thoughts - bad thoughts;
- Comfortable thoughts - uncomfortable thoughts;
- “Holy” thoughts - “unholy” thoughts;
- Sensible thoughts - “crazy” thoughts.

Be honest! Write down everything! A thought comes quickly, and it escapes even more quickly unless it is captured and put down.

- **TEST** - When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought comes from God. So we need to test our thoughts. Here is where the written record helps us to be able to look at them.
 - Are these thoughts completely honest, pure unselfish and loving?
 - Are these thoughts in line with our duties -- to our family -- to our country?
 - Are these thoughts in line with our understanding of the teachings found in our spiritual literature?
- **CHECK** - When in doubt and when it is important, what does another person who is living two-way prayer think about this thought or action? More light comes in through two windows than one. Someone else who also wants God's plan for our lives may help us to see more clearly. Talk

How To Listen To God

- Talk over together what you have written. Many people do this. They tell each other what guidance has come. This is the secret of unity. There are always three sides to every question--your side, my side, and the right side. Guidance shows us which is the right side. Not who is right, but what is right.
- **OBEY** - Carry out the thoughts that have come. You will only be sure of guidance as you go through with it. A rudder will not guide a boat until the boat is moving. As you obey, very often the results will convince you that you are on the right track.
- **BLOCKS?** What if I don't seem to get any definite thoughts? God's guidance is as freely available as the air we breathe. If I am not receiving thoughts when I listen, the fault is not God's. Usually it is because there is something I will not do:
 - Something wrong in my life that I will not face and make right;
 - A habit or indulgence I will not give up;
 - A person I will not forgive;
 - A wrong relationship in my life I will not give up;
 - A restitution I will not make;
 - Something God has already told me to do that I will not obey.

Check these points and be honest. Then try listening again.

- **MISTAKES** Supposing I make a mistake and do something in the name of God that isn't right? Of course we make mistakes. We are humans with many faults. However, God will always honor our sincerity. He will work around and through every honest mistake we make. He will help us make it right. But remember this: some times when we do obey God, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake. It can mean that the other person doesn't want to know or do what is right. Supposing I fail to do something that I have been told and the opportunity to do it passes. There is only one thing to do. Put it right with God. Tell Him you're sorry. Ask Him to forgive you, then accept His forgiveness and begin again. God is our Father--He is not an impersonal computer. He understands us far better than we do.
- **RESULTS?** - We never know what swimming is like until we get down into the water and try. We will never know what this is like until we sincerely try it. Every person who has tried this honestly finds that a wisdom, not their own, comes into their minds and that a Power greater than human power begins to operate in their lives. It is an endless adventure. There is a way of life, for everyone, everywhere. Anyone can be in touch with the living God, anywhere, anytime, if we fulfill His conditions.
 - When man listens, God speaks.
 - When man obeys, God acts.

This is the law of prayer. God's plan for this world goes forward through the lives of ordinary people who are willing to be governed by Him.

- Chaplain John E. Batterson

Minutes of September 14, 2020 Board Meeting

I. OPENING:

- **Gail** opened the meeting with the **Serenity Prayer** at **6:10 PM**.
- **Anita** read the **CBIA Mission Statement**
- **Harry** read the **General Warranties**
- **Gail** read the **12 Traditions**

II. ATTENDANCE:

- **Gail B.** (Chair), **Enrique M.** (Vice Chair), **Linda K.** (Financial Trustee), **Anita C.** (Trustee), **Barb C-S.** (Trustee), **Harry B.** (Trustee), **Butch R.** (Weber Road Nooners Group), **Laura G.** (Weber Road Nooners Group), **Steve S.** (Weber Road Nooners Group), and **Rob M** (Office Manager) were present.
- **Judy M.** (Trustee) and **Kelly J.** (Asst Office Manager) were not present

III. MINUTES:

- Minutes of the Board Meeting of August 10th were reviewed.
- **Linda** moved to approve the minutes as read. **Harry** seconded. Motion carried.

IV. FINANCIAL REPORTS:

- **Linda** (Financial Trustee) presented the **August Financial Report**.
 - **Balance Sheet:** Total CBIA funds as of **August 31st** totaled **\$16,443.36**; **\$50.00** in Petty Cash; **\$2,488.92** in Checking; **\$12,619.05** in Prudent Reserve and **\$1,285.39** in the Jamboree Account.
 - **Profit & Loss** for the month of **August:** Group & Individual Contributions **\$2,275.25**; Gross Sales (*Books, Chips & Medallions*): **\$346.50** less *Cost of Goods Sold* **\$261.72**; Gross Gain for the month was **\$2,360.03**; Total Expenses were **\$2,152.60** for a Net Income of **\$207.43** for the month.
 - **Anita** moved to approve the financial report. **Harry** seconded. Motion carried.

V. SERVICE AREA REPORTS:

- **12th Step – Judy** was not present.
- **Archives – Gail** said she had nothing new to report.
- **Bilingual – Enrique** was not present.
- **Coastal Bender:** **Harry** said the BENDER went out on time and looked good.
- **Corrections/Treatment Facilities:** **Linda** said she had nothing new to report. State corrections facilities are still not letting volunteers in.
- **Jamboree:** **Harry** said he was not able to attend the Jamboree Committee meeting this month. **Rob** said he attended that meeting. They are proceeding according to their established schedule – selecting a theme, a local speaker, and a voice. Some speakers are not able to attend the Jamboree with the new March dates.
- **Nominations: Open.** **Rob** said we have four qualified applicants willing to stand for the four trustee positions that will be elected at the October Quarterly Meeting for terms to start in January.
- **Public Information/Cooperation with Professional Community:** **Barb** said the district PI/CPC Committee has arranged for a Public Service Announcement on one radio station and they are working on a two more radio stations.
- **Social:** **Anita** said the event is coming together nicely. **Barb** is organizing a book sale. **Rosa T.** is organizing a drive thru pickup pulled pork lunch (*for \$5*), there will be 2 speakers on Zoom and 2 online raffles – chances are \$5 each. Chances on the raffle will be sold on a secret Facebook group. For anonymity reasons the secret group is only visible to people who have been invited to join. We have provided instructions for this.

Minutes of September Board Meeting

September 14, 2020

VII. OFFICE REPORT:

- Office Update – **Rob** said he had nothing new to report.

VIII. OLD BUSINESS:

- **None.**

VIII. NEW BUSINESS:

Butch's Concerns

- **Question & Answer. Butch R., (Weber Nooners Group), presented his concerns:**
 1. **He wants the office open daily.**
 2. **He says meeting information on the website is not accurate and he wants to retain a website developer.**
 3. **He wants Board Meeting Zoom ID and Password on the website and the Agenda for each meeting on the website a week in advance. He wants minutes and financials on the website – not just in the Bender**
 4. **The Jamboree will not be a reliable source of revenue in the coming year(s)**
- **Two PowerPoint presentations at the meeting addressed these concerns. To summarize:**
 1. **NOTE:** *The Office is open two days a week in the mornings and we are scheduling curbside pickup/delivery at other times at the customers' convenience. We plan to continue slowly and cautiously adding more days and times when we are open.*
 2. **NOTE:** *Meeting information cannot be any more accurate than the information the groups provide us. We apologize for an occasional errors or delays on our part. We are glad to correct any errors when notified. The website was recently redesigned (2015) to comply with current standards (to work on phones, tablets, etc.) and the developer has been willing to make any additional changes requested at no charge. Our meeting data base is a plug in designed to be compatible with the interface to the national Meeting Guide app.*
 3. **NOTE:** *Minutes/financials are in the Bender which is archived on the website. We believe the Bender is the best place for them, consistent with best practices. We have allowed individuals not on the board to attend board meetings if they are on the agenda and for an occasional visit by people not on the agenda. We believe the Quarterly Meetings are the best vehicle for group participation. We seek transparency but we do not wish to be micromanaged.*
 4. **NOTE: YES.** *The Omni has not hosted ANY large events since March of this year, and we expect to have limited revenue from the Jamboree in the coming year or so. Group and individual donors have been generously making up for the shortfall. We have negotiated a better deal with the hotel in view of the pandemic.*

IX. NEXT BOARD MEETING:

- Next CBIA Board of Trustees meeting will be on Monday **October 12th** at 6:00 PM on ZOOM.

X. NEXT QUARTERLY MEETING:

- Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday **October 26th** on ZOOM.

XI. CLOSING: Our Father.

- **Linda** moved to adjourn.
- **Harry** seconded. Motion carried.
- **Gail** closed the meeting with prayer at **7:00 PM.**

Respectfully submitted,

Rob M.

Office Manager

CBIA Office Hours

8:30 – 11:30 Monday, Wednesday & Friday Mornings

2:00 – 5:00 Tuesday & Thursday Afternoons

- **The office is open Monday, Wednesday, and Friday Mornings from 8:30 to 11:30 and Tuesday & Thursday Afternoons from 2:00 to 5:00 PM for picking up purchases.** Please let us know what you want so we can put your order together for you, let you know if any items are out of stock, and give you the total. We will bring your purchases out to your car or out to you in the hall.
- **Other times for pickup can be arranged with staff by calling during business hours.**

CBIA BUSINESS HOURS

8:30 – 11:30 AM and 2:00 – 5:00 PM Monday - Friday (*except on Holidays*).

During the pandemic, staff are working from home during Business Hours except when the office is open. (*Hours have been reduced from 40 to 30 hours per week to reduce expenses.*)

CBIA HOLIDAYS

January New Years Day

May Memorial Day

July Independence Day

September Labor Day

November Thanksgiving (2 Days)

December Christmas Day

CBIA PHONE NUMBER

(361) 992-8911

Calls are answered by staff during business hours and by helpline volunteers after hours and on weekends and holidays.

Special Events

District 7 Unity Day

(Nov. 14th 9AM – 2PM in PL)

This popular event will be held from 9:00 AM to 2:00 PM on Saturday, November 14th at Grace Episcopal Church (215 E Austin in Port Lavaca) and on Zoom. *(See flier for details.)*

Barbara R (Area Chair) at 9:30 AM.

AA BINGO at 10:30 AM

Lunch at 11:30 *(only avail. in P.L.)*

Sister B (Retreat Leader) at 1:00 PM

SWTA 68 Winter Workshop

(January 29th – 31st in Temple)

With the theme: **The Solution** (*Step into the Book*), the Winter Workshop will be held at the Hilton Garden Inn in Temple with a conference rate of \$110 per night. *(See flier for details.)*

2021 Coastal Bend

Jamboree

(Mar 19-21, 2021)

Due to the pandemic, the CBJ has been moved from January to March 19-21, 2021. *(See save the date flier.)*

SWTA 68 Correctional Facility Conference

(February 26th – 28th in

Round Rock)

The annual Area Corrections Conference will be held at the Wingate by Wyndam & Williamson Conference Center in Round Rock. *(See flier for details)*

“The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.” p.30, Big Book

“Our liquor was but a symptom. So we had to get down to causes and conditions.” p.64, Big Book

Face-to-Face Meeting Changes

Alice Recovery Crew (*Mon., Tue., Wed. & Thu. in Alice*)

The Monday meeting is a hybrid: Face-to-Face and on Zoom. Tuesday through Thursday are only on Zoom.

CC Anything Goes (*Thu at 7 PM in CC*)

Face-to-Face meetings are now at 7 PM (not 6:30 PM).

CC Lucky Ones (*Tues & Thu at 7 PM in CC*)

Face-to-Face meetings have resumed without AA meetings on Zoom.

CC New Freedom (*Mon. at 9 AM in CC*)

Face-to-Face meetings have resumed at 9 AM on Mondays in St Andrews Park in the Country Club Estates. They previously met at 11:00 AM at Parkway Presbyterian Church.

CC Women's Big Book Study (*Mon. at 7 PM in CC*)

Face-to-Face meetings have returned to All Saints Episcopal Church (3026 S Staples).

Cuero Burning Desire (*Monday and Friday at 8:00 PM*)

Face-to-Face meetings have resumed at the Cuero Public Library.

Port Aransas Group (*Tue, Thu & Sat at 7:00 PM*)

Daily Face-to-Face Meetings at 8 PM are out and 7 PM Meetings on Tue, Thu, Sat are in.

Rockport Happy Hour (*Mon., Wed. Fri*)

Meetings continue only on Zoom. They have a new Zoom Account:

- Zoom ID: 865 7690 4190
- Password: 0164

Victoria Mainstream Group (*Daily Noon Meetings – except Fri & Sun*)

Face-to-Face meetings have resumed at noon every day except Fridays and Sundays at St Francis Episcopal Church. These are hybrid meetings which are also on Zoom.

Victoria Women's Group (*Tuesdays at 6:00 PM*)

Face-to-Face meetings have resumed on Tuesdays at 6:00 PM. They have moved to St Francis Episcopal Church in the Elementary Building on Love Street.

Yoakum Group (*Tuesdays at 8:00 PM*)

Face-to-Face meetings have been temporarily suspended.

AA Meetings on Zoom

Alice-Recovery Crew,

7:00 PM Mon thru Thu Meeting
ID 825 6450 3417, Password:
123456.

CC-Cullen Mall,

8 PM, Mon, Wed & Sat Meeting
ID: 265 788 954 Password:
330022

CC-Friday Night Speaker Meeting

8 P Fri. Meeting ID: 939 285 7190
Password: 589028

CC-Recovery Online

(Previously Hilltoppers)

Mon - Sat 12:00 PM Meeting ID:
907 402 1032 Password 450339

CC-New Attitude Group

M, W & F 6:00 PM Meeting ID:
714 784 969 Password 954788

CC-New Phoenix Group

- Mon - Fri 6:30A Meeting
ID: 886 9994 6374
Password: 336965
- Sat - Sun 7:00A Meeting
ID: 962 866 373 Password:
018696

CC-New Women's

Mon & Thu 7 PM; Sat 11 AM
Meeting ID: 580 495 1776
Password: NWGroup

CC-Sunset 7 Group

Mon & Wed 7:00 PM Meeting ID:
837 019 9098 Password: beach

CC-Turning Point

Wed & Sat 6:30 PM Meeting ID:
577 043 944 Password: sober

CC-Weber Rd Nooners

12 Noon, Daily Meeting ID: 260
214 3828 Password: 676271

Portland-Nueces Bay

Mon, Wed and Thu 6:30 PM
Meeting ID: 914 279 6854
Password: 192648

Rockport-Happy Hour

Mon, Wed, Fri 5:30 P Meeting ID:
865 7690 4190 Password: 0164

Victoria-Back to Basics

7 PM Daily Meeting ID: 662 621
1099 Password: 218223

Victoria-Mainstream,

Daily except Fri & Sun Noon
Meeting ID: 698 545 080
Password: 003178

Victoria-For Sinners

Only, Sun 11:30 AM Meeting
ID: 684 717 620 Password:
4SO#2020

AA Meetings on Zello

Why use Zello? It works on Internet connections with limited speed and/or limited data and/or older smartphones.

How To Get Connected

1. Start

by installing the App Link for Android
<https://play.google.com/store/apps/details?id=com.loudtalks>

2. Apple Store

download Free App Zello Walky Talky

3. Create

an Account and Sign in.
(Probably want to use something that meets the 12th Tradition for remaining Anonymous.)

<https://support.zello.com/hc/en-us/articles/230749047-Zello-Android-User-s-Guide->

4. Searching

for channels to add. You can search for channels by using keywords, topics, or a specific name:

5. On the Main Screen

1. Tap Channels Tap to Add Channel icon in the lower right corner
2. Tap Find a channel, Enter the name or keyword for a channel to search on
3. Tap the Search icon See the channel you want?
4. Tap on the name and then tap +ADD to add the channel to your Channels list.

6. Search

for Clean & Serene GBLTQ STR8 Friendly Meeting Friday 8PM” In Keeping with the 3rd Tradition “You are a member when you say you are.”

Clean & Serene is a STR8 - friendly AA Meeting for LGBTQ. Please respect the participants preferred pronouns but everyone must remember that voices can be deceiving. It will normally be set to OPEN but the trusted members will be able to MUTE problem Members.

“I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion we can ever know.”

Bill W.

CBIA Needs Financial Support

What happened?

First Quarter

While our expenses are a little less than last year, our income (*especially Jamboree and Group Contributions*) has decreased significantly. Each year in February or March the net proceeds from the Coastal Bend Jamboree of around \$14,500. (*40% of our annual net revenue*) puts us ahead. By the end of the fourth quarter each year we are just squeaking by (*as a non-profit should*).

Attendance at the 2020 Coastal Bend Jamboree was down sharply because for the first time ever two other **major** AA events (*South Padre Island Jamboree and South East Texas Convention in Houston*) were scheduled in South Texas the same weekend. Hence, very few people from Houston or the Rio Grande Valley attended our event. While that should not happen again in the coming years, it negatively affected revenue for 2020. In addition, many groups elected new treasurers starting in January of 2020, which comes with a learning curve so group contributions were down a bit.

State law allows non-profit 501c(3) organizations like CBIA to hold no more than two fundraisers per year. The Jamboree and Founders Day are our only fundraisers. (*Other CBIA events like our Halloween and New Year's Eve Dances are NOT fundraisers. Our goal is to just break even on those events*).

This year, we will run out of money much earlier - predictably this summer. Our prudent reserve (*which is the equivalent of five months operating expenses*) is considered minimal for an organization like ours (*which is heavily dependent on Jamboree revenues and voluntary contributions*); so we think it would be unwise to deplete that.

Second Quarter

Then the Corona Virus Epidemic came to South Texas. Many AA groups suspended meetings, the remaining face-to-face meetings were more sparsely attended. Other groups went to AA Meetings on Zoom or other internet platforms – which were also more sparsely attended and don't work as well for passing the basket. Hence, group contributions are down further. In addition, we had to cancel our second annual fundraiser, Founder's Day in June which was budgeted to net \$500 in revenue. We are blessed by individual AA members and a few prosperous groups whose generous contributions have buffered the effect of the pandemic.

CBIA Needs Financial Support *(Continued)*

Where Are We Now?

	Budget Jan–Oct 2020	Actual Jan-Oct 2020
Other Income		102.00
Donations	\$15,737.92	\$17,850.28
Jamboree	\$14,513.00	\$7,500.00
Social Event Inc.	\$997.00	\$1,901.00
Social Event Exp	(\$1,100.00)	(\$20.70)
Net Sales	3,427.00	\$1,938.25
-----	-----	-----
Gross Gain	\$33,574.92	\$29,270.83
Net Expenses	\$30,660.21	\$28,789.68
-----	-----	-----
Net Gain (Loss)	\$2,914.71	481.15

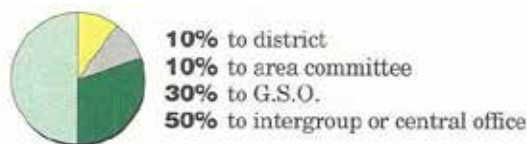
What Has the CBIA Board of Trustees Done?

We determined that we had previously reduced expenses as far as possible without cutting services, and we did not want to do that. We have also decided that to ensure the future of the organization it would be [.]nwise to cover the entire shortfall from our prudent reserve.

However, last summer the board decided it was necessary to move \$3,000 from Prudent Reserve (*Savings*) to Checking. The board also voted to reduce hours & payroll by 25% so Kelly (*AM*) and Rob (*PM*) will work three hours rather than four each workday. As of August 1st, our hours are 8:30 – 11:30 AM and 2:00 – 5:00 PM Monday through Friday. The board also asked the Office Manager to ask the landlord about a smaller space.

What Can a Group Do to Help?

The AA World Service pamphlet, **Self-Support: Where Money and Spirituality Mix**, suggests that AA Groups in areas served by an intergroup office distribute funds in excess of prudent reserve as shown below.



Thus, it is up to each group conscience to determine what (*if anything*) it gives to these service entities and when

CBIA Needs Financial Support *(Continued)*

What Can a Group Do to Help? *(Continued)*

Your group might want to re-consider its donation priorities temporarily. GSO and Intergroup have a bigger slice of the pie because they have much higher overhead (*salaries, office space, etc.*) than the other service entities. You might want to consider giving more to Intergroup and GSO and less to other service entities. Also, if your group has money earmarked that can be sent in earlier, that would be helpful.

What Can an Individual AA Member Do to Help?

As an expression of gratitude to AA for our sobriety, some of us give \$1 (*or more*) for each year of sobriety to CBIA in addition to or instead of the traditional birthday donation to GSO. To emphasize this, we will list members of the current year Birthday Club in our monthly newsletter in lieu of the monthly list of birthdays. (*See Birthday Club in this issue.*)

We are also adding a **Memorial List** immediately after the Birthday Club list. Any AA member can donate in memory of any AA member who has died in the current year. (*See Memorial List in this issue.*)

Individual member contributions in any amount (*up to \$5,000 per year*) are always gratefully accepted. To make donation easier, we now accept **Venmo** (*CoastalBend-Intergroup*), **PayPal** (*under the Donate tab on our website www.cbiala.org*), and **Major Credit Cards** as well as **Checks** to CBIA, 3833 S Staples Suite S-212, Corpus Christi, TX 78411. Some members have been using the recurring donation feature in PayPal to have a fixed amount (*\$5, \$10, \$20, etc.*) automatically donated each month. This is particularly helpful.

Finally, you can support our two fundraisers –

- **Septemberfest** was on September 19th. This was a hybrid event – part workshop on ZOOM with two speakers and part drive-thru pickup with a meal included. With support of members like you, we raised \$1,901. at the 2020 Septemberfest.
- **2021 Coastal Bend Jamboree** at the Omni March 19-21,2021 by attending the event and staying in the hotel and participating in the silent auction and raffles.

2020 CBIA Birthday Club

NAME	HOME GROUP	SINCE	YEARS IN 2020
Gail B.	Victoria-Golden Slippers	01/01/2011	9 Years
Sheila S.	CC-New Phoenix	01/07/2007	13 Years
Charlie B.	Victoria-Golden Slippers	01/09/2006	14 Years
Janice E.	Hilltoppers Group	01/10/2000	20 Years
Ernest J.	CC-Weber Road Nooners	02/15/2004	16 Years
Rob M.	Corpus Christi	02/24/1985	35 Years
Mike B.	CC-Weber Road Nooners	03/05/2014	6 Years
Joe C.	CC-Hilltoppers Group	03/18/1981	39 Years
Mary C.	CC-Turning Point Group	03/22/1992	28 Years
Enrique M.	CC-Weber Road Nooners	03/30/2016	4 Years
Carol D.	CC-Oso Group Group	04/02/2010	10 Years
Cathy H.	CC-Bookmarks Group	04/06/1999	21 Years
Marlive F.	Corpus Christi	04/07/1987	33 Years
Kelly K.	Corpus Christi	04/18/1986	34 Years
Fred C.	Corpus Christi	05/13/1987	33 Years
Linda K.	Kingsville-Al-K Group	05/20/1979	41 Years
Mary H.	CC-Women's Big Book	05/24/1995	25 Years
Jackie C.	Pleasanton	06/05/2014	6 Years
Gary L.	CC-New Phoenix Group	06/07/2009	11 Years
Marie A.	CC-Alanos Group	06/21/1991	29 Years
Robin P.	CC-Hilltoppers Group	06/22/1986	34 Years
Ramona S.	CC-Weber Road Nooners	07/08/2017	3 Years
April K.	Corpus Christi	08/20/1984	36 Years
Scott McG.	CC-Hilltoppers Group	08/22/2002	18 Years
Pat E.	CC-New Women's Group	08/23/1987	33 Years
Butch R.	CC Weber Road Nooners	08/26/2006	14 Years
Mike Q.	Corpus Christi	08/28/2000	20 Years
Bernard S.	CC-Turning Point Group	08/29/1977	43 Years
Audrey H.	CC-Cullen Mall Group	09/01/2011	9 Years
Barb C-S	CC-New Women's Group	09/09/1985	35 Years
Valerie B.	CC-Weber Road Nooners	09/13/2017	3 Years
Heather D.	CC-Weber Road Nooners	09/23/2009	11 Years
Brandelyn M.	CC-New Phoenix Group	10/09/2009	11 Years
Patrick R.	CC-New Phoenix Group	10/09/2009	11 Years
Harold B.	CC-Weber Road Nooners	10/18/2007	13 Years
Tim R.	CC-New Phoenix	10/21/2011	9 Years

2020 CBIA Birthday Club

NAME -----	HOME GROUP -----	SINCE -----	YEARS IN 2020 -----
Betsy H.	CC-New Women's Group	10/22/2010	10 Years
Eddie M.	CC-Weber Road Nooners	10/28/2005	15 Years
Debbie B.	CC-Weber Road Nooners	10/31/2000	20 Years
Mary G.	CC-Hilltoppers Group	11/03/1986	33 Years
Margaret P.	CC-Hilltoppers Group	11/06/2006	14 Years
James H.	CC-Bookmarks Group	12/17/1992	27 Years
Tony P.	CC-Hilltoppers Group	12/23/1978	42 Years
John K.	CC-Cullen Mall Group	12/25/1995	25 Years
Lois H.	CC-New Women's Group	12/29/2007	13 Years

Birthday Club Members are people who have made an individual contribution to CBIA of \$1.00 or more for each year of sobriety during that calendar year. They will be listed in each Bender from the month after the donation to the end of the year.

Donations can be made by **PayPal** under the Donate option on our website (www.cbiam.org), by **Venmo** to CoastalBend-Intergroup (For anonymity, it is recommended that Venmo settings make the transaction private.) or by **check** to CBIA, 3833 S Staples Suite S-212, Corpus Christi, TX 78411. Please indicate Home Group or City and Sobriety Date. Let us know if you do not want your birthday listed in the Bender.

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.

Memorial Donations

2020 Memorial Donations

Name	Home Group	Departed
-----	-----	-----
Roger B.	Corpus Christi	01/13/2020
Bobby P.	CC-Mountain Toppers	04/23/2020
Kari Sue P.	CC-Mountain Toppers	05/19/2020
Leo J.	CC-New Phoenix	05/30/2020
Charles K.	CC-Weber Road Nooners	06/15/2020
Paul H.	Karnes City - Mayfield	07/22/2020
Randy F.	Corpus Christi	07/28/2020

Memorial Donations can be made by any AA member in memory of another AA member who passed away during the current calendar year. Continuous attendance at meeting is not required as long as they died sober (*with allowance for medically supervised pain meds as under hospice care*). Suggested donation of \$1 per year of sobriety or a minimum of \$5. They will be listed in each Bender from the month after the donation to the end of the year.

Donations can be made by PayPal under the Donate option on our website (www.cbiala.org), by Venmo to CoastalBend-Intergroup (*For anonymity, it's recommended that Venmo settings make the transaction private.*) or by check to CBIA, 3833 S Staples Suite S-212, Corpus Christi, TX). Please indicate Home Group or City and date of death.

Service Opportunities

Corrections Facilities

Because of the pandemic, facilities are not allowing outside volunteers in. The mandatory Department of Corrections volunteer training is now available online.

Helpline / 12 Step List

The **Helpline** is staffed by volunteers who make sure the hand of AA is available 24 hours a day by answering the intergroup phones overnight (5 PM to 8 AM) and on weekends (8 AM Saturday to 8 AM Sunday or 8 AM Sunday to 8 AM Monday). A minimum of six months sobriety is required to answer the phones. We need a few additional helpline volunteers at present.

If a caller needs help beyond meeting information, the helpline pass them to someone on the **12-Step List** for a longer conversation on how to get sober and stay sober. A minimum of two years sobriety is required to be on the 12 Step List. We especially need people (particularly women) in the outlying areas.

If you would like to be on the Helpline or the 12-Step List, call Kelly or Rob at the CBIA office (361) 992-8911 between 8:30-11:30 AM or 2-5 PM Monday thru Friday.

Local Stories Wanted For the Coastal BENDER

Consider writing your recovery story or an article on an AA topic for publication in this newsletter. Submit your article to cbia@grandecom.net in a Word document or similar format.

CBIA Trustees Elected

Four trustees were elected to the CBIA Board of Trustees at the CBIA Quarterly Meeting on October 26th. They will replace trustees whose terms expire in January of 2021. They will serve for two years. The new trustees are:

- **Amy M** (CC-Weber Nooners)
- **Harry B** (Rockport Fellowship)
- **Michael B** (CC-New Attitude)
- **Ronnie B** (Portland - Nueces Bay)

Third Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

“Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race.” p.492. Big Book

District Meetings

District 7

(Victoria Area)

The next District 7 meeting will be at **10:00 AM** on Saturday, **November 21st** on Zoom.

Meeting ID: **662 621 1099**

Password: **218223**

District 8D

(City of Corpus Christi)

The next District 8D meeting will be at **2:00 PM** on Sunday, **November 22nd** at New Phoenix and on Zoom (*a hybrid meeting*).

Meeting ID: **843 0854 7661**

Password: **District8D**

District 8E

(Corpus Christi and West)

The next District 8E meeting will be at **9:30 AM** on Saturday, **November 14th** at the Calallen Pass It On Club.

District 15

(Northeast of Corpus Christi)

The next District 15 meeting will be at **2:00 PM** on Saturday, **November 21st** on Zoom.

Meeting ID: **711 9679 0462**

Password: **D15**

“When I am disturbed, it is because I find some person, place, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.” p.417, Big Book

“I listened to their stories and found so many areas where we overlapped – not all the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn’t a sin, it’s a disease.” p.344

Group Contributions

Intergroup Meetings

CBIA Board of Trustees Monthly Meeting will be held Monday **November 9th** at 6:00 PM on Zoom.

CBIA Quarterly Association Meeting will be held Monday **January 25th** at 6:00 PM on Zoom.

District Meetings

See Bits & Pieces section for information on district meetings in the Coastal Bend area:

District 7 (Victoria Area)

District 8D (Corpus Christi Area)

District 8E (Corpus Christi Area)

District 15 (Portland, Port A, AP, Rockport Area)

Group Announcements

New Phoenix Group Conscience is held the last Sunday of the month at 1:15 PM. **Birthdays Night** is first Saturday of the month at 8:00PM. (5433 S. Staples, Suite F in The Boardwalk.)

Hilltoppers Group Conscience is the 1st Tuesday of the month following the Noon meeting. (First United Methodist Church, 900 S. Shoreline Dr., Room 244)

Weber Road Nooners Group Conscience is held the 1st Saturday of each Quarter (Jan/Apr/Jul/Oct) following the 10:00AM meeting. **Birthdays** are celebrated the first Monday of each month at noon. (Travis Baptist Church, 5802 Weber Road at Schanen, park in rear, meeting upstairs.)

Calallen Group Conscience is held the 3rd Wednesday of each month following the 6:30PM meeting. **Birthdays Night** is the 1st Saturday of the month. (Potluck at 6:30PM, Meeting at 8:00PM). (Pass it on Club, 11425 Leopard (Hilltop).

Flour Bluff Unity Group Conscience is held the 2nd Sunday of each month at noon. **Birthdays Night** is the 1st Saturday of the month with **Potluck Supper** at 7:00 PM and **Birthdays Meeting** at 8:00PM at The Anchor Club (320 Anchor St. in CC).

Turning Point Group Conscience is held the 1st Wednesday of each month. **Birthdays Meeting** is last Saturday of the month.

Group Contributions		
GROUP NAME	OCT. 2020	YTD 2020
Alice Group		
Anonymous/Individual Contribution	581.00	5969.50
Aransas Pass Group		
Beeville-Freedom Group		
Beeville-Hope Group		
Beeville-Serenity Group		
Beeville-Shepherd's Group		
CC-Alanos		
CC-Bookmarks Group		
CC-Calallen Group		
CC-Crosstown Group		135.39
CC-Cullen Mall Group		50.00
CC-Day of AA		150.00
CC-Early Morning Fellowship		
CC-Fellowship Group at Charlie's Place		
CC-Fifth Tradition Group		
CC-Flour Bluff Unity Group		
CC-Friday Night Speaker Meeting		
CC-Happy Hour Meeting		
CC-Hilltoppers Group		95.60
CC-Humility Group	400.00	400.00
CC-Just for Today Group		
CC-Lucky Ones		57.12
CC-Mountain Toppers		229.00
CC-New Attitude Meeting		223.79
CC-New Life Group	15.00	110.00
CC-New Phoenix Group	21.00	277.50
CC-New Women's Group		1,366.79
CC-Oso Group	213.36	712.35
CC-Saratoga Group		200.00
CC-Sunset 7 Group (N Padre Island)	430.29	2,534.93
CC-Turning Point Group		400.00
CC-Weber Road Nooners Group	928.00	1,732.00
District 8C		676.15
Goliad-Open Arms Group		107.00
Hallettsville Group		25.00
Karnes City-Mayfield Group		
Kingsville-AL-K Group		
Moulton Group		
Mathis -Crossroads Group		100.00
Mathis - Unity Group		100.00
Port Aransas Group		400.00
Port Lavaca Group		
Port O'Connor Group		
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		160.00
Quarterly Meeting 7 th Tradition		20.00
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Happy Hour Group		240.00
Rockport-Fellowship Group		
Schulenburg Group		
Sinton-Grupo Secunda Chanza		
Skidmore Group		
Three Rivers-Choke Canyon Group		50.00
Victoria-Airport Group		300.00
Victoria-Back to Basics Group	282.16	491.16
Victoria-For Sinners Only Group		30.00
Victoria-Golden Slippers		250.00
Victoria-High Nooners Group		
Victoria-Main Stream Group		75.00
Victoria-Men's Group		
Victoria-Unity Group		
Victoria-Women's Group		10.00
Yorktown Group		140.00
TOTAL	\$2,870.81	\$17,850.28

Addresses for Group Contributions for 2020-2022

Coastal Bend Intergroup (Suggested 50% *)

CBIA

3833 S. Staples Suite S-212
Corpus Christi, TX 78411

Districts (Suggested 10% *)

District 7 Treasurer

P.O. Box 5324
Victoria, TX 77903

District 8D Treasurer

P.O. Box 61135
Corpus Christi, TX 78466

District 8E Treasurer

% Dina P.
6013 Liptonshire Drive
Corpus Christi, TX 78415

District 15 Treasurer

% Mike L
511 Gulf
Port Aransas, TX 7837

Area 68 Southwest Texas (Suggested 10% *)

SWTA 68 Treasurer

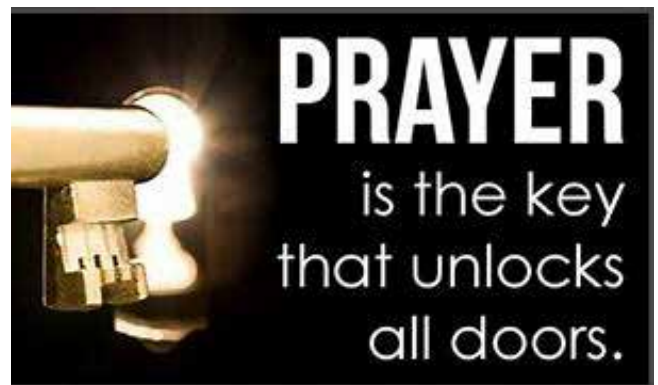
P.O. Box 716
Bastrop, TX 78602

General Service Office (Suggested 30% *)

GSO

P.O. Box 459
New York, NY 10163-0459

Member Gallery



*Suggested percentages are from AA

'Pamphlet F-3, SELF-SUPPORT: Where Money and Spirituality Mix (Available on our web site: cbiaa.org under DONATE). Group Contributions are always at the discretion of the group conscience.

Mission Statement

The mission of the Coastal Bend Intergroup Association is to provide the vital first contact to the alcoholic seeking help. The CBIA office must be maintained for the benefit of those still suffering. Of primary importance to this goal, the CBIA Office is to:

- Establish a 24-hour help-line
- Print meeting schedules
- Maintain a 12-Step list

Whereby AA groups and individuals are enabled to conduct 12-Step calls which are essential to the growth of AA in the Coastal Bend area.

“The feeling of having shared in a common peril is one element in the powerful cement which binds us.”

Alcoholics Anonymous, AA.org



Services Provided

1. Maintains business hours Monday through Friday from 8:30 to 11:30AM and 2:00 to 5:00 PM. The office is open during business hours Monday, Wednesday and Friday mornings and Tuesday and Thursday afternoons.
2. Provides information and referrals for A.A. inquiries.
3. Maintains a 12-Step List and calls individuals for 12-Step work.
4. Provides a 24-hour helpline manned by volunteers in the evenings and on weekends and holidays.
5. Publishes meeting schedules of all groups in the Coastal Bend Area at no charge.
6. Publishes a monthly newsletter, the "Coastal Bender", to keep A.A. members informed of local A.A. affairs and special events.
7. Purchases and sells "Conference-Approved" literature, and non-conference-approved Anniversary Medallions and Sobriety Chips.
8. Conducts monthly Trustee meetings. Any member of Alcoholics Anonymous on the agenda is welcome to attend. Group GSR's and IGR's are always welcome to attend.
9. Conducts Quarterly Meetings to keep groups apprised of Intergroup activities, and to seek group participation in CBIA affairs.
10. Maintains service committees for service work in the Coastal Bend Area.
11. Develops and maintains a website.

Asociación Inter-grupo de la Zona Costera

Declaración de Principios

La misión de la asociación inter-grupo de la zona costera es proveer el primer contacto vital al alcohólico en busca de ayuda. La oficina de AIZC [siglas en español, en inglés CBIA], se mantiene para el beneficio de aquellos que siguen sufriendo. Para cumplir con esta tarea tan importante la oficina de CBIA debe:

Establecer una línea de ayuda las 24 horas
Imprimir los horarios de las reuniones de AA
Mantener una lista con los 12 Pasos

Con lo cual Grupos de AA e individuos puedan conducir llamados de los 12 Pasos, esenciales en el crecimiento de AA en la Zona Costera.

Servicios Prestados

1. Horario de oficina, lunes a viernes de 7:30 a 11:30AM y de 1:30 a 5:30PM.
2. Provee información y referencias sobre A.A. .
3. Mantiene una lista de los 12 Pasos y listado de personas para trabajar los 12 pasos.
4. Provee un listado de A.A. en el directorio telefónico.
5. Provee servicio de voluntarios contestando llamadas las 24 horas mientras la oficina esta cerrada.
6. Publica los horarios de todos los grupos en el área costera sin costo.
7. Publica una hoja informativa, la "Coastal Bender", para mantener a los miembros de A.A. informados de los acontecimientos locales y de los eventos especiales A.A..
8. Compra y venta de literatura "Aprobada en Conferencia" ('CONFERENCE APPROVED'), y mercancía no aprobada como Medallones de Aniversario y Monedas de Sobriedad.
9. Conduce reuniones mensuales de fideicomisarios. Todos los miembros de Alcohólicos Anónimos son bienvenidos a estas reuniones asimismo es importante contar con su opinión.
10. Conduce Reuniones cada cuatro meses para evaluar a los grupos en actividades Inter-grupo y para buscar que participen en cuestiones de la CBIA.
11. Mantiene comités de trabajo para servicio en el área de la zona Costera.

Los Grupos Hispánicos

Horario

Grupos en Corpus Christi

[Grupo Nueva Esperanza](#) (552 Old Robstown Road, Corpus Christi) 8:00 De la Noche (todos los dias).

[Grupo Primer Paso](#) (1635 18th Street, Corpus Christi) 8:00 De la Noche (Miercoles);
Mediodia (Sabado).

[Grupo Serenidad](#) (408 Brownlee, Corpus Christi) 8:00 De la Noche (Martes y Domingo);

[Grupo Tres Legados](#) (1019 S. Port, Corpus Christi) 8:00 De la Noche (Lunes, Martes, Miercoles y Jueves);

Grupo en Flatonía

[Grupo Flatonía](#) (208 E. North Main Street, Flatonía) 7:00 De la Noche (Jueves)

Grupo en Kingsville

[Grupo Un Dia a La Vez](#) (819 N. 3rd, Kingsville) 7:00 De la Noche (Miercoles)

Grupo en Moulton

[Grupo Moulton](#) (301 N. Hackberry. Moulton) 7:00 De la Noche (Lunes)

Grupo en Port Lavaca

[Grupo Nuevo Amanecer](#) (213 E. Austin, Port Lavaca) 7:00 De la Noche
(Lunes, Miercoles y Viernes)

Grupo en Schulenberg

[Grupo Schulenberg](#) (901 Kallus, Schulenberg) 7:00 De la Noche (Domingo)

Grupo en Sinton

[Grupo Segunda Chance](#) (215 Sodville, Sinton) 8:00 De la Noche (Martes y Viernes)

Bender Subscription

Our primary purpose is to carry the AA message to the still suffering alcoholic. A secondary purpose of The Bender is to keep the CBIA Area of South Texas informed as to the events, meeting changes, Board of Trustee actions / decisions, and other news of interest to AA's in the area. Finally, as a newsletter we provide a forum for the broad spectrum of views held by our members. Publication of any article submitted will be at the discretion of the Bender Editor as advised by the CBIA Board. A controversial subject, as long as it does not concern an outside issue and involves principles and not personalities, will be considered for publication. As a general guideline, any letter or article that is of interest to members of AA and in good taste is worthy of publication. However, an article or letter that advocates ignoring or violating the Traditions, Concepts, or General Service Conference actions will

Detach here

Free e-Mail Subscription to the BENDER and BITS & PIECES

NAME: _____

e-MAIL: _____

Easy ways to sign up for our two monthly publications:

- Send an email with the above information to cbia@grandecom.net with the caption "ADD TO BENDER DIST."
- Detach and mail to or drop off this form at the CBIA Office, 3833 S. Staples Suite S-212, Corpus Christi, TX 78411.

Detach here

Special Thanks to everyone who made contributions to this months BENDER

Compiled and written by Rob M.

Designed by Harry B.