

# THE BENDER

CBIA, 3833 S. Staples Suite S-212, Corpus Christi, TX 78411 (361) 992- 8911 or Toll Free 1 (866) 672-7029 [www.chiaa.org](http://www.chiaa.org)

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



**The Weber Road Nooners Group** began in a stone-front ranch-style house next to Popeye’s at the corner of Weber Road and Golihar in Corpus Christi in February of 1990. In 1993, they moved to **Travis Baptist Church** (5802 Weber Road at Schanen where they still meet). Before meetings were temporarily suspended, they had noon meetings **Monday through Saturday**. They also had meetings at **10 AM on Saturday** and at **5:30 PM on Tuesdays and Thursdays**.

During the stay at home order, they have **Zoom meetings at Noon every day**.

## MINDFULNESS

One of the things I have been focusing on in my spiritual journey is mindfulness. In the past, I was proud of my ability to multi-task, to juggle managing multiple IT (*Info. Tech.*) projects concurrently, to juggle multiple phone conversations, driving in heavy traffic in New York or Boston while talking on the phone, etc. As I've grown older and come further in my spiritual journey, that sort of scattered focus is not what I need.

One of my late, past sponsors was a former pilot. He often told me "Just fly the plane." When you are flying an airplane, you can't be thinking about your plans for this evening or thinking about the fight you had with your spouse last night. His advice to 'Just fly the plane' has made me a better driver.

It also helps with meditation (*listening to God*). God can only be found in this red-hot moment, when my mind is free from distraction. (*See 'How to Listen to God' in the Coastal BENDER of November 2017 – archived on our website under 'Newsletter'.*) Likewise, the powerful heart and soul conversations I have with other people can only happen when we are both in the moment.

The present Pandemic is teaching me many lessons, especially about mindfulness. So long as I am in the moment, I am totally fine. I have everything I need to be alright. When my mind drifts to the past, I regret the last hand I shook before I became aware of the 'new rules' (*Will that be my fatal mistake?*) When my mind drifts to the future I worry (*What about my friend who is still smoking? What if we have a hurricane during the pandemic?*). I tell myself "Let's cross that bridge when we come to it, Robert."

In my 'new world', I find myself being mindful of taking my shoes off when I enter my home. I pay attention to when I need to wash my hands (*being mindful to do it for 20 seconds*). I need to think about putting on my face mask when I go out. Do I need 1 or 2 latex gloves?

Staying home basically all the time, I find myself cooking more. When do I need to start cooking the vegetables vs the entre so they're all ready to eat at the same time?

The more mindful I am, the more connected I am to my higher power and to the people in my inner circle. The more mindful I am, the less I am run by fear and nothing suppresses my immune system like living in fear; Fear makes me do crazy stuff like hoarding toilet paper.

~ Rob M. (2.24.1985) Weber Road Nooners Group, Corpus Christi, TX

# MINUTES

## CBIA BOARD OF TRUSTEES MEETING

### February 10<sup>th</sup>, 2020

#### I. OPENING:

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

#### II. ATTENDANCE:

- **Linda K.** (*Financial Trustee*), **Anita C.** (*Trustee*), **Barb C-S.** (*Trustee*), **Harry B.** (*Trustee*), **Judy M.** (*Trustee*), and **Rob M** (*Office Manager*) were present.
- **Gail B.** (*Chair*), **Enrique M.** (*Vice Chair*), and **Kelly J.** (*Asst Office Manager*) were not present.

#### III. MINUTES:

- Minutes of the Quarterly Meeting of January 27<sup>th</sup> were reviewed.
  - **Judy** moved to approve the minutes as read. **Linda** seconded. Motion carried.

#### IV. FINANCIAL REPORTS:

- **Linda** (*Financial Trustee*) presented the **January Financial Report**.
  - **Balance Sheet:** Total CBIA funds as of **January 31<sup>st</sup>** totaled **\$27,531.71**; **\$50.00** in Petty Cash; **\$1,448.02** in Checking; **\$15,616.98** in Prudent Reserve and **\$10,416.71** in the Jamboree Account.
  - **Profit & Loss** for the month of **January:** Group & Individual Contributions **\$2,683.19**; Gross Sales (*Books, Chips & Medallions*): **\$887.00** (*less Cost of Goods Sold \$628.42*); Gross Gain for the month was **\$2,941.77**; Total Expenses were **\$3,112.85** for a Net Loss of **\$171.08** for the month.

#### V. SERVICE AREA REPORTS:

- **12th Step** – **Judy** said she will start answering the **Helpline Phones** one evening a month in February.
- **Archives** – **Gail** was not present.
- **Bilingual** – **Enrique** was not present.
- 1. **Coastal Bender:** **Anita** said the February **Bender** went out on time and looked good.
- **Corrections/Treatment Facilities:** **Linda** said the meeting at the Glossbrenner Unit is going well. She said she is a member of the Host Committee for the Area 68 CFC Convention which will be held February 21 – 23 at the Emerald Beach Hotel in Corpus Christi. She said the Texas Department of Criminal Justice (TDCJ) will conduct their four-hour training which is required to attend AA meetings in state corrections facilities at 1:30 on Saturday, February 22<sup>nd</sup>. The training is free and people can attend the training without registering for the Convention.

2. **Jamboree:** Harry will be the board's liaison to the **2021 Jamboree Committee**. Work on the **2021 Jamboree** will begin in **July**. Rob said the **2020 Jamboree Committee** will have a wrap up session as soon as the hotel provides us a final bill – later in **February**. He expects to get a check for CBIA at that meeting. He said attendance at this year's jamboree was down because the **South Padre Jamboree** and the **Southeast Texas Area Convention** in Houston were held the same weekend. He expects this to significantly reduce the CBJ contribution to CBIA. The Jamboree is the biggest of the two annual fundraisers we are allowed under state law.
3. **Nominations: Open.** Rob said efforts to recruit potential trustees to stand for a position on the board at our October Quarterly Meeting will begin in June or July.
4. **Public Information/Cooperation with Professional Community:** Barb said she has nothing to report yet. She said she is trying to determine what has been done in the past and what the District 8D PI/CPC Committee is planning to do.
5. **Social:** Anita said the first social event of 2020 will **Founders' Day** in June. **Founders' Day** is our other annual fundraiser. She plans to form a committee in March to begin work on the event.

#### VII. OFFICE REPORT:

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

#### VIII. OLD BUSINESS:

- None.

#### VIII. NEW BUSINESS:

- 
- (*IGR-Turning Point*) asked the board to consider visiting the groups to let them know what CBIA does, as was done several times in the past. Rob said this is great timing in view of our revenue shortfall this year. He said we have to be very careful how this is done. He said this was done very well about 25 years ago, not so well 5 years ago. He said he will ask the CBIA board chair from 25 years ago to come and tell us how they did it at our next board meeting and he will talk about what he learned 5 years ago about how not to do it.

#### IX. NEXT MEETING:

- Next CBIA Board of Trustees meeting will be on Monday **March 9<sup>th</sup>** at 6:00 PM in the CBIA Office.

#### X. NEXT QUARTERLY MEETING:

- Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday **April 27<sup>th</sup>** at All Saints Episcopal Church (*3026 S Staples*). We will meet in the Oratory off the Labyrinth.

#### XI. CLOSING: Our Father.

- Linda moved to adjourn. Judy seconded. Motion carried.
- Barb closed the meeting at 7:10 PM.

Respectfully submitted,

Rob M.

Office Manager



# Bender Bits & Pieces



## GSO Letter on Corona Virus Pandemic

Alcoholics  
Anonymous®  
[www.aa.org](http://www.aa.org)

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

March 16, 2020

The General Service Office (G.S.O.) U.S./Canada has been receiving inquiries about how groups should respond to the COVID-19 (coronavirus). Groups and members are concerned about health and safety issues, and are looking for guidance on how to address this question.

The General Service Office is a repository of shared group experience and functions as a resource center for A.A. members and groups who are looking for the shared experience of the Fellowship. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. However, we might suggest contacting your national, state/provincial and local health authorities for appropriate information.

We do have some general experience to share regarding how some groups and members have begun to address this issue. Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally; doing so in a sensible and helpful manner to allow the group to continue keeping the focus on our common welfare and primary purpose.

Some groups that are still meeting in person have shared about making changes to customs at their meetings. Some examples have included: avoiding shaking hands and handholding; making sure meeting hospitality tables are sanitary; or suspending food hospitality for the time being. Many groups have also made contingency plans in case the group is temporarily unable to meet in person. Regardless of group decisions, each individual is responsible for their own health decisions.

Contingency plans have included: creating contact lists and keeping in touch by phone, email or social media; meeting by phone or online. If a group isn't holding its regular meetings, they may want to communicate this to local A.A. resources, such as the district, area and intergroup or central office. Many local A.A. entities have added information to their websites about how to change a meeting format from "in-person" to online. Some groups have shared that they are utilizing digital platforms such as *Zoom*, *Google Hangouts*, or a conference call. Some groups have also added a "virtual Seventh Tradition basket" to remain self-supporting and to keep up the services at the group and the A.A. entities that serve them.

Those who may have questions regarding A.A. Anonymity Traditions on digital platforms can review: the Conference-approved pamphlet, [Understanding Anonymity](#) and the G.S.O. Service Material [Anonymity Online and Digital Media](#) and the [A.A. Guidelines on the Internet](#).

G.S.O. has received inquiries about the A.A. events it coordinates throughout the year. Visit [www.aa.org](http://www.aa.org) for up-to-date information regarding G.S.O./A.A.W.S. coordinated events. Please be assured that the health and safety of attendees is a priority. G.S.O. is closely monitoring relevant health advisories regarding COVID-19 (coronavirus).

We hope this limited sharing is helpful.



# *Bender Bits & Pieces*



## **7<sup>th</sup> Tradition and the Corona Virus Pandemic**

### **GSO Letter**

Attached to the email BENDER is a letter from the General Service Office on the 7<sup>th</sup> Tradition during the pandemic. The overhead (*rent, salaries, etc.*) of the General Service Office and Intergroup Offices continue while Group Contributions and other revenue have declined. Each issue of the Coastal BENDER includes addresses for contributions to service entities as well as the suggested percentage allocation. In addition, on-line contributions can be made to GSO and CBIA using the DONATE button. (*Please make it clear whether donations are from a group or an individual.*)

### **Zoom Workshop – 7<sup>th</sup> Tradition During COVID 19 (Sat., Apr.25<sup>th</sup>)**

Also attached is a flier for a Zoom Workshop on 7<sup>th</sup> Tradition During COVID 19 which will be held at 3:00 PM on Saturday, April 25<sup>th</sup> at Zoom Meeting ID: 241 181 8597. A carefully selected panel will discuss keeping home groups, GSO and Intergroup Offices going without revenue from face-to-face meetings.

### **One Local Group**

At its last group conscience, one large local group determined that they would not be able to make donations to service entities until they built back up to their prudent reserve. They suggested that members send a check for their No Dues or Fees to the Group Treasurer at his home address. They also suggested that it would be a good idea to send anonymous individual contributions to GSO, the local intergroup office, etc. Those addresses are displayed (*using the Share Screen Feature*) during the announcements at each Zoom Meeting.



# *Bender Bits & Pieces*



## **CBIA and the Corona Virus Pandemic**

### **THE CONTEXT**

The President and the Center for Disease Control have asked that gatherings of more than 10 people not be held and that we observe personal space of six feet from other people, not touch and frequently wash our hands for 20 seconds, etc. Elderly people and people in other risk groups are asked to stay home. Serving coffee or anything edible is probably not a good idea.

### **(1) CBIA OFFICE**

**We are closing the office until 5/12/2020**, when we hold our next board meeting. Kelly will work from home in the morning and Rob work from home in the afternoon Monday thru Friday. The board has determined that we will not sell merchandise (books, chips, etc.) while the office is closed. The volunteer helpline will answer the phones during the lunch hour, overnight, and on weekends as usual.

### **(2) BOARD MEETING**

**The April and May CBIA board meetings will be held on Zoom** so we don't have people traveling from Victoria, AP and Kingsville and we aren't assembling 8 people in our small board room.

### **(3) QUARTERLY MEETINGS**

**The April Quarterly meeting has been canceled.** The next scheduled Quarterly Meeting will be 7/27/2020.

### **(4) LET US KNOW ABOUT MEETINGS TEMPORARILY SUSPENDED**

**Please let us know of changes in the status of meetings** – meetings temporarily suspended or meeting again. We are putting the phrase 'Temp Susp' before the name of the group on our printable schedules, on our meeting data base and the smart phone app Meeting Guide to indicate it is temporarily suspended. Also let us know about Zoom meetings if you want them publicized. They must be sponsored by a registered AA Group and conducted as an AA Meeting.



# Bender Bits & Pieces



## Alternatives to Face-to-Face Meetings

While there is nothing like a face-to-face meeting, many of us need to find other alternatives for the next few weeks or months.

- **Telephone Calls** – Some of us are calling our sponsors or other people in the program more often than we were. Some groups are using telephone trees to stay in touch. Some of us are calling people in the program we were once close to who are now separated by geography.
- **Email** – Some of us are emailing our sponsors or other people in the program more often than we were. Some groups are circulating chain emails. (*Consider submitting something you have written for publication as an article in the **BENDER**.*)
- **Listening to AA Speakers** on CD or MP3 files or on web sites like [www.aa-speakers.com](http://www.aa-speakers.com)
- **Read AA Literature** – The stories in the back of the big book offer some of the benefits of attending a speaker meeting.
- **Attending an on-line or dial-in AA meeting.** There is a link on the CBIA website [www.cbiala.org](http://www.cbiala.org) to the Online Intergroup <http://aa-intergroup.org/>. These meetings were set up for loners – people in remote locations and people who are homebound. *Lately, traffic from people who ordinarily attend face-to-face meetings has been overwhelming this facility.* Beware of other sites that offer alcoholism recovery meetings that are not traditional AA.
- **Starting an on-line or dial-in AA meeting.** It is easier than you think to start an on-line or dial-in meeting. This link <https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/> provides all the instructions you need to start a meeting with **Google Hangout; Zoom** or **Free Conference Call**. Google Hangout and Zoom are slicker, but Free Conference Call might be easier for someone without a lot of technical skills. It would be a good idea to have this sponsored by an established face-to-face meeting and observe all AA Traditions. DJ in Victoria has offered her technical skills to help do this. Call (361) 484-0365.
- **Read an article in the AA Grapevine.** To give us something to do while we're sheltered at home, **the AA Grapevine is allowing free limited access to their web site.** This allows you to read any article in any 2020 issue of the Grapevine. To do this, go to [www.aagrapevine.org/magazine](http://www.aagrapevine.org/magazine). Click on the issue you want to read. Then click on **Table of Contents**. Then click on **Read** under the article you fancy.





# *Bender Bits & Pieces*



## Meeting Changes

*Please let us know if your group has temporarily suspended meetings due to the Corona Virus Pandemic.*

## Face-to-Face Meetings

### Corpus Christi

#### NUECES COUNTY (including Corpus Christi) STAY HOME ORDER

Nueces County Judge Barbara Canales issued a “Stay At Home” order beginning at **11:59p tonight** (Thursday, March 26, 2020), **running two weeks until midnight, Wednesday, April 8<sup>th</sup>**. Not as restrictive as a “Shelter in Place” order but it will still impact local AA meetings. The following groups in Corpus Christi have notified CBIA that they are temporarily suspending meetings, in addition to the meetings listed below:

- A. 5<sup>th</sup> Tradition Group
- B. Alanos Group
- C. Anything Goes Group
- D. Bookmarks Group
- E. Calallen Group
- F. Courage to Change Group
- G. Cullen Mall Group
- H. Flour Bluff Unity Group
- I. Happy Hour Group
- J. Hilltoppers Group
- K. Lucky Ones
- L. Mountain Toppers
- M. New Attitude
- N. New Freedom
- O. New Life Group
- P. New Women’s Group
- Q. Saratoga Group
- R. Turning Point Group
- S. Weber Road Nooners Group

*Note: The New Phoenix Group has resumed face-to-face meetings. They have added an additional overflow meeting at 1:15 PM every day.*

The following additional developments are happening:

**All Saints Episcopal (3026 S Staples)** all meetings in **Youth Building**

*Note: All Saints policy allows no more than 10 people in the Building.*

**Mon Women’s Big Book (7 PM Mon temp. at Jenny Craig, 1406 Airline)**

**Sunset 7 (N Padre Island) (7 P Mon Wed Fri and 8 A All meetings are on the beach at Briscoe King Pavilion 15820 Park Rd 22)**

## **Face-to-Face Meetings**

### **District 15 – Portland, Port-A, AP, Rockport**

#### **Portland**

The following groups have temporarily suspended meetings:

**Nueces Bay Group** (6:30 PM Mon, Wed, & 7 PM Thu at Trident Club)

**Jaywalkers Group** (7 PM Tue at Trident Club)

#### **Rockport**

The following group has temporarily suspended meetings:

**Happy Hour Group** (5:30 PM Meetings Mon, Wed & Friday at Peace Lutheran)

### **District 7 – Victoria & Surrounding Area**

#### **Victoria**

All meetings have been temporarily suspended.

#### **Victoria Surrounding Area**

All meetings have been temporarily suspended except for the following group which is still meeting:

**Palacios Group** (3 PM Sun & 7 PM Thu at Public Library in Palacios)



# Bender Bits & Pieces



Please let us know if your group is sponsoring a ZOOM meeting not listed here and the Group Conscience wants it listed. To be listed, it must be sponsored by a registered AA Group and be run as AA meeting with an AA Meeting format, etc.

## Coastal Bend Area Zoom Meetings

- **CC-Bookmarks Group** Mon & Thu 6:00 PM Meeting ID: 241 181 8597 Password: 614589  
<https://us04web.zoom.us/j/2411818597>
- **CC-Calallen Group**, Daily Noon Meeting ID: 474 200 886 Daily 7:00 PM Meeting ID 849 922 728
- **CC-Cullen Mall**, 8P, Mon Meeting ID: 265 788 954 Password: 330022  
<https://zoom.us/j/265788954?pwd=UE96c2wwL2hLRGc1VlB5djkvZDhYZz09>
- **CC Lucky Ones Group** 7P Mon & Thu Meeting ID: 392 118 784 Password: not req  
<https://us04web.zoom.us/j/392118784>
- **CC-Friday Night Speaker Meeting 8 P Fri** Meeting ID: 939 285 7190 Password: 589028  
<https://us04web.zoom.us/j/9392857190>
- **CC-Happy Hour Group** Wed 5:30 PM Meeting ID: 679 202 864 Password 683319  
<https://us04web.zoom.us/j/679202864>
- **CC-Hilltoppers Group** M-F 12:00 PM Meeting ID: 907 402 1032 Password 450339  
<https://us04web.zoom.us/j/9074021032>
- **CC-New Attitude Group** M & W 6:00 PM Meeting ID: 714 784 969 Password 954788  
<https://us04web.zoom.us/j/714784969>
- **CC-New Phoenix Group** M-F 6:30A S-S 7:00A Meeting ID: 478 114 528  
<https://us04web.zoom.us/j/478114528?pwd=S094TyfTMElia1NWUWdNY2NkVW5Fdz09>
- **CC-New Women's Group**, Thursday 7 PM Meeting ID: 959 697 7254 Password: 637990  
<https://us04web.zoom.us/j/9596977254>
- **CC-Turning Point** Wed & Sat 6:30 Meeting ID: 577 043 994 Password: sober  
<https://us04web.zoom.us/j/577043944>
- **CC-Weber Rd Nooners** 12N, M-Sat Meeting ID: 260 214 3828 Password: 676271  
<https://us04web.zoom.us/j/2602143828>
- **Port Lavaca Group** Mon, Wed and Fri 7 PM Meeting ID: 542 057 034 Password: easydoesit  
<https://us04web.zoom.us/j/542057034>
- **Rockport-Happy Hour Group**, Mon, Wed Fri 5:30 P Meeting ID: 392 780 367 Password: not req  
<https://zoom.us/j/392780367>
- **Victoria-Back to Basics** 7P, Daily Meeting ID: 662 621 1099 Password: 218223  
<https://zoom.us/j/6626211099>



### Coastal Bend Area Zoom Meetings (Continued)

- **Victoria-Mainstream**, Daily except Fri & Sun Noon Meeting ID: 698 545 080 Password: 003178  
<https://us04web.zoom.us/j/698545080>
- **Victoria-For Sinners Only**, Sun 11:30 AM Meeting ID: 684 717 620 Password: 4SO#2020  
<https://us04web.zoom.us/j/684717620>
- **Victoria-Women's Group**, Tue 6:00 PM Meeting ID: 624 847 7889 Password: ladiesrock  
<https://us04web.zoom.us/j/6248477889>

### Coastal Bend Area FreeConferenceCall.com Meetings

- **New Women's Group Mon 7 PM & Sat 11 AM (limited to women)**
  1. Dial in (*on any phone*) to **1-(978) 990-5000**
  2. When asked for an access code, enter **942060**
  3. When asked, say your first name clearly
  4. Then immediately mute your phone, using **\*6** or the **Mute button**.

*Note: Women will be called on in the order in which their call was received. When it's your turn to speak, please unmute (\*6) your phone. Best to call in about 5 minutes before the meeting starts.*

## **CB Area Google Hangout Meetings**

*(Works with any phone – incl. flip/land phones)*



# **New Phoenix Virtual AA Meetings Information**




### **Noon Meeting Log-In Info.**

Join Hangouts Meet w/Video

*\*Requires you to download the Google Meets App*

Web Address/Meeting ID: [meet.google.com/pwq-bsew-gxy](https://meet.google.com/pwq-bsew-gxy)

Join by phone

 (650)-597-2922

**PIN: 411 659 586#**




### **Six O'clock Meeting Log-In Info.**

Join Hangouts Meet w/Video

*\*Requires you to download the Google Meets App*

Web Address/Meeting ID: [meet.google.com/uki-vfae-yki](https://meet.google.com/uki-vfae-yki)

Join by phone

 (314)-666-3196

**PIN: 448 014 770#**

## Coastal Bend Area Zello Walkie Talkie Meeting

### **CLEAN & SERENE GBLTQ STR8 FRIENDLY MEETING FRIDAY 8PM**

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

### **HOW TO GET CONNECTED**

Start by installing the APP Link for **Android**

<https://play.google.com/store/apps/details?id=com.loudtalks>

**Apple Store** download **FREE APP ZELLO WALKY TALKY**

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->

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

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



# Bender Bits & Pieces



## Special Events

### SWTA 68 Pre-GSC Assembly (March 27 – 29 in SA) \*

*This event has been canceled due to the Corona Virus Epidemic.*

### Sunset 7 – Day of AA in Corpus Christi (April 18<sup>th</sup> in CC) \*

The **Sunset 7 Group** presents the 23<sup>rd</sup> Celebration of **A Day of AA in Corpus Christi** on **Saturday, April 18<sup>th</sup>** from **9 AM to 10 PM**.

*This event has been canceled. Organizers expect to reschedule later in the year*

### 2020 International Convention (July 2-5, 2020 in Detroit, MI)

Every five years AA has an international convention. The next one will be in Detroit, MI July 2<sup>nd</sup> thru July 5<sup>th</sup>, 2020.

*This event has been canceled due to the Corona Virus Epidemic.*



# *Bender Bits & Pieces*



## Service Opportunities

### Volunteers Needed to Carry the Message in Corrections Facilities

*Note: Facilities are not allowing outside volunteers in due to the Corona Virus Epidemic. It would be a good idea to check with the facility before visiting.*

### Helpline / 12 Step List

The Helpline is staffed by volunteers who are making sure that the hand of AA is available 24 hours a day in the Coastal Bend area by answering the 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. The helpline is rather well staffed at present.

If someone needs help beyond meeting information, the helpline passes them to someone on the 12-Step List for a longer conversation and maybe a visit to discuss how to get sober and stay sober. A minimum of two years sobriety is required to be on the 12-Step List. We can always use more people on the 12-Step List. We especially need people (*particularly women*) in the surrounding area (*like Beeville and Alice*). If you would like to be on the 12-Step List or on the Helpline, call Rob or Kelly at the CBIA Office (361) 992-8911 or (866) 672-7029.

### Local Stories Wanted for the 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](mailto:cbia@grandecom.net) in a Word document or similar format.





# *Bender Bits & Pieces*



## **Coastal Bend Area District Meetings**

### **District 7 (Victoria and Surrounding Area)**

*District Meetings have been canceled due to the Corona Virus Epidemic.*

### **District 8D Next Meeting (City of Corpus Christi)**

*District Meetings have been canceled*

### **District 8E (Corpus Christi and West)**

*District Meetings have been canceled*

### **District 15 (Saturday, April 18<sup>th</sup>)**

*This meeting will be held on Zoom.*



## Bender Bits & Pieces



### Save the Dates

*(Future Events - Fliers included for events flagged with an \*.)*

*(Fliers are on the area website aa-swta.org if flagged with an @.)*

*(Fliers / Registration available on aa.org if flagged with a #.)*

*(Fliers / Registration available at <https://60th.icypaa.org> if flagged with an &)*

**SWTA 68 Pre-GSC Assembly** *(March 27 – 29 in SA)*

*Note: Above event canceled due to the Corona Virus Epidemic.*

**Sunset 7 – Day of AA in Corpus Christi** *(April 18<sup>th</sup> in CC) \**

*Note: This event canceled to be rescheduled.*

**2020 AA International Convention** *(July 2<sup>nd</sup> - 5<sup>th</sup>, 2020 in Detroit, MI)*

*Note: This event has been canceled.*

### AA Meeting Schedules for Our Area

For current AA meeting schedules for areas serviced by the Coastal Bend Intergroup, visit our website [cbiaa.org](http://cbiaa.org) – **Printable Schedules** under **Find a Meeting**.

## Coastal BENDER Mission Statement

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 not be considered for publication. All decisions will be made under the direction of God as expressed through our group conscience.



Scott A.	Men's Group	04/01/2005	15 Years
Gary Mc	Port Aransas	04/02/2008	12 Years
Kari Sue P	Mountaintoppers	04/05/1984	36 Years
Jeff H.	Oso Group	04/05/1989	31 Years
Ash H.	Rodd Field Group	04/05/2010	10 Years
Cathy H.	Bookmarks Group	04/06/1999	21 Years
Marcia L.	Hilltoppers Group	04/07/1998	22 Years
Marlive F.	Mountaintoppers	04/08/1987	32 Years
Sandy W.	Victoria Unity Group	04/15/1989	31 Years
John L.	Rodd Field Group	04/17/1994	26 Years
Kaleen B.	Calallen Group	04/17/1988	32 Years
Ed B.	Goliad Open Arms Group	04/17/1989	31 Years
Cindy M.	Hilltoppers Group	04/18/2007	13 Years
Ron S.	Fifth Tradition Group	04/22/2010	10 Years
Tom G.	New Phoenix Group	04/25/1986	34 Years

**March**

**Year-to-Date**

**12 Step Calls**

**6**

**15**

**Intergroup Meetings**

**CBIA Board of Trustees Monthly Meeting** will be held Monday March 9<sup>th</sup> at 6:00 PM in the CBIA Office (3833 S. Staples, Suite S-212).

**CBIA Quarterly Association Meeting** will be held Monday April 27<sup>th</sup> at 6:00 PM at All Saints Episcopal Church (3026 S. Staples in CC).

**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. **Birthday 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. **Birthday 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. **Birthday Night** is the 1st Saturday of the month with **Potluck Supper** at 7:00 PM and **Birthday Meeting** at 8:00PM at The Anchor Club (320 Anchor St. in CC).

**Turning Point Group Conscience** is held the 1<sup>st</sup> Wednesday of each month. **Birthday Meeting** is last Saturday of the month.

<b>Group Contributions</b>		
<b>GROUP NAME</b>	<b>MAR 2020</b>	<b>YTD 2020</b>
Alice Group		
Anonymous/Individual Contribution		100.00
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-Clean & Serene Group		
CC-Crosstown Group		
CC-Cullen Mall Group	50.00	50.00
CC-Day of AA		
CC-Early Morning Fellowship		
CC-Fellowship Group at Charlie's Place		
CC-Fifth Tradition Group		
CC-Flour Bluff Unity Group		
CC-Free Thinkers Group		
CC-Friday Night Speaker Meeting		
CC-Grace at 7		
CC-Happy Hour Meeting		
CC-Hilltoppers Group		95.60
CC-Humility Group		
CC-Just for Today Group		
CC-Lucky Ones		
CC-Mountain Toppers		
CC-New Attitude Meeting		173.79
CC-New Life Group	10.00	30.00
CC-New Phoenix Group	40.50	78.00
CC-New Women's Group	101.79	101.79
CC-Oso Group		93.21
CC-Primary Purpose		
CC-Rodd Field Group		
CC-Saratoga Group	100.00	100.00
CC-Sunset 7 Group (N Padre Island)		1,143.38
CC-Turning Point Group		
CC-Weber Road Nooners Group		804.00
District7		
Falfurrias-2nd Chance Group		
Goliad-Open Arms Group	107.00	107.00
Hallettsville Group		25.00
Kames City-Mayfield Group		
Kingsville-AL-K Group		
Moulton Group		
Mathis -Crossroads Group		
Port Aransas Group		400.00
Port Lavaca Group		
Port O'Connor Group		
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		
Quarterly Meeting 7 <sup>th</sup> Tradition		20.00
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Anything Goes Group		
Rockport-Happy Hour Group		120.00
Rockport-Fellowship Group		
Schulenburg Group		
Sinton-Grupo Secunda Chanza		
Skidmore Group		
Three Rivers-Choke Canyon Group	50.00	50.00
Victoria-Airport Group	300.00	300.00
Victoria-Back to Basics Group		
Victoria-For Sinners Only Group		15.00
Victoria-Golden Slippers		25.00
Victoria-High Nooners Group		
Victoria-Main Stream Group	25.00	25.00
Victoria-Men's Group		
Victoria-Unity Group		
Victoria-Women's Group		10.00
Yorktown Group		70.00
<b>TOTAL</b>	<b>784.29</b>	<b>3,936.22</b>

## 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 78373

### 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

‘\* Suggested percentages are from AA Pamphlet F-3, **SELF-SUPPORT: Where Money and Spirituality Mix** (Available on our web site: [cbiaa.org](http://cbiaa.org) under DONATE). Group Contributions are always at the discretion of the group conscience.

## Coastal Bend Intergroup Association

## 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; and
- 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.

## Services Provided

1. Maintains an office which is open Monday through Friday from 7:30 to 11:30AM and 1:30 to 5:30PM.
2. Provides information and referrals for A.A. inquiries.
3. Maintains a 12 Step listing and calls individuals for 12 Step work.
4. Provides an A.A. listing in the Telephone directory.
5. Provides a 24 hour volunteer phone answering during hours when the office is closed.
6. Publishes meeting schedules of all groups in the Coastal Bend Area at no charge.
7. Publishes a monthly newsletter, the "Coastal Bender", to keep A.A. members informed of local A.A. affairs and special events.
8. Purchases and sells "CONFERENCE APPROVED' literature, and non-conference approved Anniversary Medallions, Sobriety Chips.
9. Conducts monthly Trustee meetings. All members of Alcoholics Anonymous are welcome at these meetings and Group Input is essential.
10. Conducts Quarterly Meetings to keep groups apprised of Intergroup activities, and to seek group participation in CBIA affairs.
11. Maintains service committees for service work in the Coastal Bend Area.

# 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

(Rev. 3.1.2019)

### Grupos en Corpus Christi

- **Grupo Nueva Esperanza** (552 Old Robstown Road, Corpus Christi) **8:00 De la Noche** (todos los días).
- **Grupo Primer Paso** (1635 18<sup>th</sup> Street, Corpus Christi) **8:00 De la Noche** (Miercoles); **Mediodía** (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 Flatonia

**Grupo Flatonia** (208 E. North Main Street, Flatonia) **7:00 De la Noche** (Jueves)

### Grupo en Kingsville

**Grupo Un Dia a La Vez** (819 N. 3<sup>rd</sup>, 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)



**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](mailto: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.



Detach here