

THE BENDER

CBIA, 3833 S. Staples Suite S-212, Corpus Christi, TX 78411 (361) 992- 8911 or Toll Free 1 (866) 672-7029 www.cbiala.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 New Women's Group met at **St. John's United Methodist Church** (5300 S Alameda, Room CL-1). Before face-to-face meetings were temporarily suspended, they had meetings at **7:00 PM Monday** and **11:00 AM Saturday**.

While face-to-face meetings are suspended, they have **AA Meetings on Zoom** at **7:00 PM Monday** and **Thursday** and **11:00 AM Saturday**. Meeting ID: **580 495 1776** Password: **NWGroup**

Taking Care of Yourself

Discharging or Re-Charging

As a sponsor in AA and other 12 step programs, I imagine that I have a virtual battery gauge -- similar to the battery gauge in my truck that lets me know if the batteries in the truck and the connected Airstream were being charged by the alternator or if they were discharging and running down.

On a 2,200-mile road trip with my Airstream trailer, I noticed that the battery was discharging as I drove. The alternator was not charging the batteries. After stopping in a remote rest area to walk my dog, I could not re-start the truck because the batteries were dead. I have since learned to pay attention to this and other gauges more closely.

As a member of the fellowship helping others and, especially, as a sponsor, I need to watch my internal virtual battery gauge. If I am in good shape physically and spiritually, then working with others can charge my battery -- provided I remain detached and don't take on other people's problems as my own. It is as if the current from my higher power flows through me to them, charging my battery in the process.

If I'm not in good shape, physically and spiritually; if I take on their problems as my own; if I don't accept that I can't fix them or their problems, then my battery is running down and I'm headed for trouble. This is much harder with relatives and close friends in whom I have a lot invested.

When I was five years sober, I was spending all my AA socializing time hanging out with the small flock of newcomers I was sponsoring. I was not spending much time with my sponsor or other old timers. I got about as crazy as the newcomers were. One day when we were all a hot mess at the same time, the thought occurred to me I should load them all in my convertible and drive to the bridge so we could all jump together.

I have since learned that if I do not take care of myself, I will not be much help to anybody else. When I was a teenager and being trained to be a lifeguard, the Red Cross taught me to think of my own safety first and then do whatever I could to help others without putting myself at risk. Otherwise, we would both drown.

In 1995, the theme of a convention I attended in Connecticut was "Everybody has a higher power." They gave out refrigerator magnets with the theme on them. My sponsor had me add "and it's not you, Rob" to my magnet before I stuck it on my refrigerator.

Taking care of myself means not letting myself get too

- Hungry
- Angry
- Lonely or
- Tired.

Taking Care of Yourself (*Continued*)

Taking care of myself means going to meetings and talking about what is going on with me. Taking care of myself means not withholding anything from my sponsor.

If I were forced to pick a single slogan as my very favorite, it would be “Do the next right thing.” I use that a lot. Over the years people have frequently misquoted me. “Do the next best thing” means something entirely different.

Anything I need to do to take care of myself is a right thing. All the suggestions of the program are right things. However, if I am hungry the NEXT right thing is to eat something. If I’m angry, the NEXT right thing is to step away from the situation so I don’t do or say something I will regret later and process the anger -- asking “What am I afraid of?” If I am lonely, the NEXT right thing is often to make a sober contact and talk about what is going on with me with my Sponsor or another member of the program. If I am tired, the NEXT right thing is to take a nap or go to bed early. If I am restless, irritable, and discontent and I have missed several of my regular meetings, the NEXT right thing is to go to a meeting.

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

MINUTES

CBIA BOARD OF TRUSTEES MEETING

April 14th, 2020

I. OPENING:

- Gail opened the meeting with the **Serenity Prayer** at **6:01 PM**.
- Barb read the **CBIA Mission Statement**.
- Linda read the **General Warranties**.
- Enrique read the **12 Traditions**.

II. ATTENDANCE:

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

III. MINUTES:

- Minutes of the **CBIA Board Meeting of March 9th** were reviewed.
 - Linda moved to approve the minutes as read. Enrique seconded. Motion carried.

IV. FINANCIAL REPORTS:

- Linda (*Financial Trustee*) presented the **March Financial Report**.
 - **Balance Sheet:** Total CBIA funds as of **March 31st** totaled **\$21,707.02**; **\$50.00** in Petty Cash; **\$4,692.96** in Checking; **\$15,618.62** in Prudent Reserve and **\$1,345.39** in the Jamboree Account.
 - **Profit & Loss** for the month of **March:** Group & Individual Contributions **\$784.29**; Gross Sales (*Books, Chips & Medallions*): **\$667.24** (*less Cost of Goods Sold: \$452.41*); Gross Profit for the month was **\$999.12**; Total Expenses were **\$4,357.34**; Interest Income was **\$1.69** for a Net Loss of **\$3,356.53** for the month.
 - Barb moved to approve the financial report. Enrique seconded. Motion carried.

V. SERVICE AREA REPORTS:

- **12th Step** – Judy said she had nothing new to report.
- **Archives** – Gail said she is sifting through previously unorganized archive material.
- **Bilingual** – Enrique said he had nothing new to report.
- **Coastal Bender:** Anita was not present.
- **Corrections/Treatment Facilities:** Linda said outsiders (*like AA members*) are not permitted in state prisons due to the pandemic.

- **Jamboree:** Harry said the **Jamboree Committee** is on hiatus until July.
- **Nominations:** Open.
- **Public Information/Cooperation with Professional Community:** Barb said she was reaching out to the District 8D PI/CPC Committee to coordinate with their efforts.
- **Social:** Anita was not present.

VI. **OFFICE REPORT:**

- **Office Update** – Rob said that after our **March Board Meeting**, Gail polled the **Trustees** on closing the office. The support for closing was unanimous.

VII. **OLD BUSINESS:**

- None.

VIII. **NEW BUSINESS:**

- **Keeping the office closed.**
 1. **Linda** moved to keep the office closed and not sell books or tokens until the next board meeting on **May 12th**. **Judy** seconded. Motion carried.
- **Transferring funds from Prudent Reserve to Checking.**
 1. **Judy** moved to authorize the Financial Trustee and Office Manager to move **up to \$3,000** from **Prudent Reserve** (*Savings*) to **Operating Account** (*Checking*) **once a month as needed** – consistent with CBIA Bylaws. The board will monitor this monthly. **Barb** seconded. Motion carried.

IX. **NEXT MEETING:**

- Next **CBIA Board of Trustees Meeting** will be on **Tuesday May 12th** at **6:00 PM** on **ZOOM**.

X. **NEXT QUARTERLY MEETING:**

- Next **CBIA Quarterly Association Meeting** is scheduled for **6:00 PM** on Monday **July 27th** 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. **Enrique** seconded. Motion carried.
- **Gail** closed the meeting with prayer at **7:10 PM**.

Respectfully submitted,

Rob M.
Office Manager



Bender Bits & Pieces



7th Tradition and the Corona Virus Pandemic

7th Tradition During COVID 19 (Sat., Apr.25th)

This year, the challenge is keeping home groups, Districts, Areas, GSO and Intergroup Offices going with reduced revenue from face-to-face meetings. GSO and Intergroup Offices have ongoing overhead for salaries, rent, etc. Individual donations to GSO and CBIA can be made online under the donate tab on our web sites. Some groups and districts can now accept online donations via Venmo or Pay Pal.

One Local Group

At a recent 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 payable to the group 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 of their AA Meetings on Zoom. Donations to GSO or intergroup can made online using the donate button on either web site.



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. Face masks are a good idea any time you will be around other people.

(1) CBIA OFFICE

We are closing the office until at least 6/9/2020, when we will hold our next board meeting. Kelly will work from home in the morning and Rob will work from home in the afternoon Monday thru Friday. The board has determined that while the office is closed, **we will try selling merchandise (books, chips, and medallions) over the phone with pre-arranged curbside pickup available about once a week (generally Monday mornings.)**

(2) BOARD MEETING

The June CBIA board meeting will be held on Tuesday, June 9th on Zoom so we do not have people traveling from Victoria, AP and Kingsville and we aren't assembling 8 people in our small board room.

(3) QUARTERLY MEETINGS

The next scheduled Quarterly Meeting is set for **7/27/2020 at 6:00 PM on ZOOM**. The Meeting ID and Password will be published in the July BENDER and BITS & PIECES.

(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
- **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 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 are 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. 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. Also let us know if meetings have been restarted.

Face-to-Face AA Meetings

Corpus Christi

The following groups in Corpus Christi have notified CBIA that they are temporarily suspending meetings:

- Alanos Group
- Courage to Change Group
- Cullen Mall Group
- Happy Hour Group
- **Hilltoppers Group**
- Lucky Ones
- Mountain Toppers
- New Freedom
- New Life Group
- New Women's Group
- Turning Point Group
- **Weber Road Nooners Group** (*Noon Meetings are still suspended; 5:30 PM & 10 AM have resumed*)

Note: The Calallen Group, the Newcomers Meeting, the Flour Bluff Unity Group, the 5th Tradition Group, the Bookmarks Group, and the Saratoga Group have resumed face-to-face meetings. The Bookmarks Group has stopped their AA Meetings on Zoom. The New Phoenix Group had previously resumed face-to-face meetings and they have added an additional overflow meeting at 1:15 PM every day. The Hilltoppers Group tried Face-to-Face Meetings for a week. Due to limited attendance, they decided to suspend Face-to-Face meetings again for the foreseeable future.

The Weber Road Nooners Group has resumed only its 5:30 PM meetings on Tuesday and Thursday and its 10 AM Saturday Face-to-Face AA meetings. These meetings are being held in the church courtyard which can be reached through a gate between the Gym and the main building. The church requires face masks and 6' social distancing at all times. Bring a chair and beverage if desired. Restrooms in the church are not available.

All Saints Episcopal Church (3026 S Staples), cannot have any gatherings (church, AA, etc. on church property). The following Groups which were meeting at All Saints have moved to **First Christian Church** (3401 Santa Fe at Sinclair – where the Oso Group meets):

- **Early Morning Fellowship** (MWF at 6:30 AM)
- **Men's Meeting** (Mon at 7:00 PM)
- **Newcomers' Meeting** (Friday at 6:30 PM)

Monday Women's Big Book (7 PM Mon temporarily at Jenny Craig, 1406 Airline)

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

Face-to-Face Meetings (Continued)

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 were temporarily suspended. The following group has resumed face-to-face meetings:

- **Golden Slippers** (9 AM Saturdays at OLV Cathedral Center)

Victoria Surrounding Area

All meetings have been temporarily suspended except for the following groups which are still meeting **or meeting again**:

- **Goliad Open Arms Group** (6 PM Mon & Thu in Goliad)
- **Mouton Group** (Mondays at 7 PM (Spanish) & 8 PM (English) in Moulton)
- **Palacios Group** (3 PM Sun & 7 PM Thu in Palacios)
- **Shiner Group** (Mondays at 8 PM in Shiner)
- **Yorktown Group** (6 PM Sun & Wed in Yorktown)

District 8E – West of Corpus Christi, Texas

Alice – Recovery Crew (7 PM Mon thru Thu) this group has temporarily suspended face-to-face meetings in favor of AA meetings on Zoom.



Bender Bits & Pieces



Please let us know if your group is sponsoring an AA meeting on Zoom which is not listed below and the Group Conscience wants it to be 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 AA Meetings on Zoom

- **Alice-Recovery Crew, 7:00 PM Mon thru Thu Meeting ID 884 2226 5878, Password not required**
- **CC-Calallen Group, Daily Noon Meeting ID: 474 200 886 Daily 7:00 PM Meeting ID 849 922 728**
- **CC-Cullen Mall, 8 PM, Mon, Wed & Sat 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 required**
<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: 907 402 1032 Password 450339**
<https://us04web.zoom.us/j/9074021032>
- **CC-Hilltoppers Group Mon - Sat 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 Mon - Fri 6:30A Sat - Sun 7:00A Meeting ID: 478 114 528**
<https://us04web.zoom.us/j/478114528?pwd=S094TytTMElia1NWUWdNY2NkVW5Fdz09>
- **CC-New Women's Group, Mon & Thu 7 PM; Sat 11 AM Meeting ID: 580 495 1776 Password: NWGroup** <https://us02web.zoom.us/j/5804951776?pwd=K04zVDhDZDBQMmdleWliUVVJXSINodz09>
- **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**
<https://us04web.zoom.us/j/577043944>
- **CC-Weber Rd Nooners 12 Noon, Daily 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 7 PM Daily Meeting ID: 662 621 1099 Password: 218223**
<https://zoom.us/j/6626211099>



Bender Bits & Pieces



Coastal Bend Area AA Meetings on Zoom (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>

***NOTE: CC-Bookmarks** returned to Face-to-Face Meetings and discontinued their AA meetings on Zoom. As of 5/9/2020, the **CC-New Women's Group** has three AA meetings on Zoom using the Meeting ID and Password above. They have eliminated the previous Thursday AA Meeting on Zoom and the Monday and Saturday AA Meetings on FreeConferenceCall.com.*

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

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

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

Sunset 7 – Day of AA in Corpus Christi (April 18th in CC) *

The **Sunset 7 Group** presents the 23rd Celebration of **A Day of AA in Corpus Christi**.

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

2020 Texas State AA Convention (June 2020 in Fort Worth)

This event has been postponed to 2021.

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

Every five years AA has an international convention.

This event has been canceled.

Area 68 Summer Workshop Assembly (July 31st -August 2nd in Marble Falls)

The **Area 68 Summer Workshop** will be held July 31st – August 2nd at the **Lakeside Pavilion** (307 Buena Vista in Marble Falls, TX 78654). The conference hotel will be the **Hampton Inn** (704 1st ST in Marble Falls, TX 78654 – with conference rates of \$139-\$159). (Flier included with the email BENDER/Bits & Pieces or on Area website www.aa-swta.org)

NOTE: A decision will be made by the end of June to either have the Summer Workshop in Marble Falls as planned or to have a virtual workshop on Zoom.

Area 68 PI/CPC Conference (August 21st – 22nd in Austin)

The **Area 68 Public Information / Cooperation with the Professional Community Conference** will be held the **Omni Southpark Hotel** (4140 Governors Row in Austin, TX 78744 with a conference rate of \$119 using Group Code SWTA68) on August 21st – 22nd. Registration is \$15 and the Luncheon with Professionals is \$25. (Flier included with email BENDER/Bits & Pieces and on the Area website www.aa-swta.org)

SW Regional AA Service Assembly 2020 (October 9th-11th in Amarillo)

The **Southwest Regional AA Service Assembly** will be held October 9th – 11th in Amarillo at the **Embassy Suites Hotel** (550 S. Buchanan Street, Amarillo, TX 79101). The conference rate will be \$135 per night. Registration is \$15.00. (Flier included with email BENDER/Bits & Pieces and on the Area website www.aa-swta.org)



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. **We need a few additional helpline volunteers 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 between 8-11 AM or 2-5 PM.

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 in a Word document or similar format.



Bender Bits & Pieces



Coastal Bend Area District Meetings

District 7 (Victoria and Surrounding Area)

The next District 7 Meetings will be at 10 AM on June 20th on Zoom (*Meeting ID: 662 621 1099 Password: 218223*)

District 8D Next Meeting (City of Corpus Christi)

The next District 8D Meeting will be at 2 PM on Saturday, June 20th on Zoom. (*Meeting ID: 843 0854 7661 Password: District8D*)

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District 8E (Corpus Christi and West)

The next District 8E Meetings has not been scheduled yet.

District 15 (Northeast of Corpus Christi)

The next District 15 Meeting has not been scheduled yet.



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 &)

Sunset 7 – Day of AA in Corpus Christi (April 18th in CC) *

Note: This event has been canceled, to be rescheduled.

Texas State AA Convention (June 12-14 in Fort Worth)

Note: This event has been postponed to 2021

2020 AA International Convention (July 2nd - 5th, 2020 in Detroit, MI)

Note: This event has been canceled.

Area 68 Summer workshop (July 31st – Aug 2nd in Marble Falls) *

Area 68 PI/CPC Conference (August 21st – 22nd in Austin) *

SW Regional AA Service Assembly 2020 (October 9th-11th in Amarillo) *

AA Meeting Schedules for Our Area *

For current AA meeting schedules for areas serviced by the Coastal Bend Intergroup, visit our website cbiaa.org – **Printable Schedules** under **Find a Meeting**. The only schedule with extensive changes (*AA Meetings in City of Corpus Christi*) is attached to the email BENDER.

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.



Peter M.	Beaumont, Texas	06/02/1992	28 Years
Chuck O.	Oso Group	06/04/1985	35 Years
Jackie H.	Pleasanton	06/05/2014	6 Years
AA	All Over the World	06/10/1935	85 Years
Mike S.	Calallen Group	06/10/2007	13 Years
Raul	Calallen Group	06/10/2008	12 Years
Bryan W.	Oso Group	06/13/1983	37 Years
James M.	Portland Nueces Bay Group	06/13/1993	27 Years
Skip T.	Rockport Happy Hour Group	06/14/1979	41 Years
Jack U.	Sunset 7 Group	06/18/2000	20 Years
Terry M.	Portland Jaywalkers	06/18/1992	28 Years
AA Grapevine	New York	06/21/1944	76 Years
Robin P.	Hilltoppers Group	06/22/1986	34 Years
Linda K	Rockport Fellowship Group	06/25/2001	19 Years
Marjorie A.	New Phoenix Group	06/25/2009	11 Years

MAY 2020

YTD

12 Step Calls

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Intergroup Meetings

CBIA Board of Trustees Monthly Meeting will be held Tuesday June 9th at 6:00 PM on Zoom.

CBIA Quarterly Association Meeting will be held Monday July 27th 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. **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 1st Wednesday of each month. **Birthday Meeting** is last Saturday of the month.

Group Contributions		
GROUP NAME	MAY 2020	YTD 2020
Alice Group		
Anonymous/Individual Contribution	809.00	1,874.00
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
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-Friday Night Speaker Meeting		
CC-Happy Hour Meeting		
CC-Hilltoppers Group		95.60
CC-Humility Group		
CC-Just for Today Group		
CC-Lucky Ones	13.33	13.33
CC-Mountain Toppers		
CC-New Attitude Meeting		173.79
CC-New Life Group	10.00	50.00
CC-New Phoenix Group		133.50
CC-New Women's Group	108.60	377.79
CC-Oso Group		207.30
CC-Saratoga Group		100.00
CC-Sunset 7 Group (N Padre Island)		1522.81
CC-Turning Point Group		400.00
CC-Weber Road Nooners Group		804.00
District7		
District 8C		676.15
Goliad-Open Arms Group		107.00
Hallettsville Group		25.00
Kames City-Mayfield Group		
Kingsville-AL-K Group		
Moulton Group		
Mathis -Crossroads Group	50.00	50.00
Port Aransas Group		400.00
Port Lavaca Group		
Port O'Connor Group		
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		
Quarterly Meeting 7 th Tradition		20.00
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Anything Goes Group		
Rockport-Happy Hour Group	120.00	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	209.00	209.00
Victoria-For Sinners Only Group	15.00	30.00
Victoria-Golden Slippers		25.00
Victoria-High Nooners Group		
Victoria-Main Stream Group		25.00
Victoria-Men's Group		
Victoria-Unity Group		
Victoria-Women's Group		10.00
Yorktown Group		70.00
TOTAL	\$1,334.93	\$8,039.27

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 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 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 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. 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)

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.



Detach here