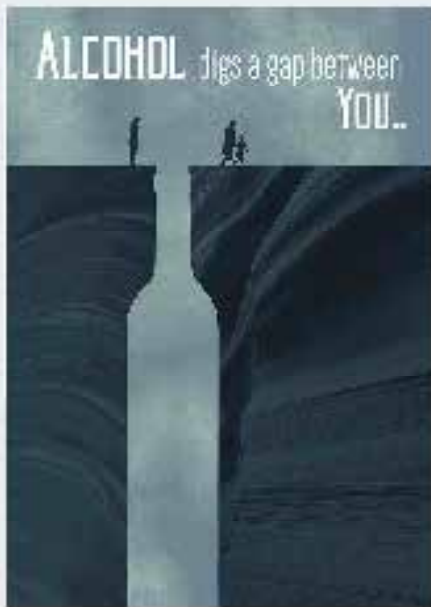




# THE BENDER

**“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.cbiaa.org](http://www.cbiaa.org).**

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



The Calallen Group meets in the newly renovated Pass It On Club in the Hilltop Community Center (11425 Leopard in the Calallen area of Corpus Christi). They have noon meetings Monday through Saturday, a 10:00 AM meeting on Sunday, 7:30 PM meetings on Monday, Tuesday, Thursday and Friday, and 6:30 PM meetings on Wednesday, Saturday and Sunday.

**Index: 1.Cover: 2.Cunning and Baffling: 3-4.Minutes: 5.Virus & 7th Tradition: 6.CBIA & Virus: 7 Meeting Alternatives: 8- 9 Meeting Changes Face-To-Face: 10-12.Virtual AA Meetings: 13.Special Events: 14.Septemberfest: 15.Service: 16.District Meetings: 17.Birthdays: 18.Memorials: 19.Contributions: 20-22.CBIA Needs Help: 23.Addresses: 24.Mission: 25-26.Spanish: 27.Bender Subscriptions.**

## Cunning & Baffling

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One of the most frustrating things about alcoholism in me and in people I care about is that when things get better our disease tells us we can stop doing the very things that made our lives better. I had a relatively high bottom. I had not lost my career or my relationship. I still had the real estate, the cars, etc. When I was three months sober, I had everything I came for:

*I had not craved a drink for a couple of months;  
My spouse was happy with me; and  
My boss was happy with me;*

I thought, "I'm good. I've got this." Fortunately, I was working with a sponsor and going to enough meetings to see what happens to people who don't work with a sponsor and go to enough meetings. I had seen people pull away from the program and return to drinking (*and maybe using drugs*). People had been killed in drunk-driving accidents, died of drug overdoses, one died of acute alcoholism, and several people had just disappeared. It hit me that alcoholism is an incurable, progressive, killer disease and I have it.

I started having drunk dreams. I awoke from dreams which ended with me holding an empty glass with ice cubes smelling of Scotch and thinking "What have I done." My sponsor said "Drunk dreams are like a free fish. (*When they train seals every once in a while the trainer gives the seal a free fish.*) Drunk dreams let you see what a relapse would look like and feel like without having to pay the price of a relapse -without having the cravings return."

My sponsor suggested I needed to push the envelope on how good I was willing to let my life get and that would take effort on my part. I buckled down and finished working the steps. I started doing more service work. I began attending an outpatient drug and alcohol treatment program.

As I approached my tenth anniversary I was dazzled by the idea of double-digit sobriety and having an entire decade sober. Fortunately, I didn't stop going to meetings, but I cut back on service work and stopped working the steps. The 9th Step Promises started drifting away. A friend who ran a treatment center in Connecticut told me about a study he'd read that suggested that people who relapse after 10 years have a very hard time getting sober again. My first thought was "Maybe I should drink now while the odds are better." Because I was still going to meetings and I told my sponsor and my home group what I was thinking, I could see how insane that idea was and I did not drink. When I got back into service work and resumed working the steps, the promises returned.

Around major milestones (*15, 20, 25 and 30 years*), because I go to a lot of meetings, I seem to hear about somebody who relapsed with about as much or more sobriety than I have. They had achieved the career of their dreams, found the love of their life, etc. They got complacent and cut back and pulled away. I have come to believe that the longer you have been sober, the harder it is to forgive yourself if you relapse and, hence, the harder it is to get sober and stay sober again.

*Rob M. (2.24.1985) Weber Road Nooners Group, Corpus Christ*

# Minutes CBIA Board Of Trustees Meeting

## June 9th, 2020

---

### I. OPENING:

**Gail** opened the meeting with the Serenity Prayer at 6:10 PM.

**Linda** read the CBIA Mission Statement.

**Ronnie** read the General Warranties.

Anita read the 12 Traditions.

### II. ATTENDANCE:

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

### III. MINUTES:

Minutes of the Board Meeting of May 12th were reviewed.

**Linda** moved to approve the minutes as revised. **Barb** seconded. Motion carried.

### IV. FINANCIAL REPORTS:

**Linda** (*Financial Trustee*) presented the May Financial Report.

**Balance Sheet:** Total CBIA funds as of May 31th totaled **\$19,121.76** ;

**\$50.00** in Petty Cash;

**\$50.00** in Petty Cash; **\$2,131.70** in Checking; **\$15,618.67** in Prudent Reserve and **\$1,321.39** in the **Jamboree Account**.

**Profit & Loss** for the month of May: Group & Individual Contributions.

**\$1,334.93**; **Gross Sales** (*Books, Chips & Medallions*): **\$127.00** (less Cost of Goods Sold (**\$69.56**)). Gross Gain for the month was **\$1,392.37**;

Total Expenses were **\$2,913.63** for a Net Loss of **\$1,521.26** 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 is still going through unorganized archival material.

**Bilingual** – **Enrique** was not present.

**Jamboree:** **Harry** asked **Rob** about his discussions with the Jamboree Committee.

**Rob** said we are waiting for the hotel to give us available weekends in 2021 and concessions they could offer in terms of the number of hotel rooms we need to quarantine and the cost of conference facilities on the third floor. We are also waiting for feedback from the scheduled speakers on their willingness to travel next year, etc.

**Nominations:** Open. **Rob** asked if the group thought we needed a Nominations Trustee. We have people willing to stand for two of the four positions available. The consensus was we would continue to talk to potential trustees without having a Nominations Trustee for now.

**Public Information/Cooperation** with Professional Community: **Barb** said with all the uncertainties with the pandemic, she had nothing new to report.

# Minutes CBIA Board Of Trustees Meeting

## June 9th, 2020

---

### *(Service Area Reports (continued))*

**Social:** **Anita** said she had been talking with Rob about doing only one social event in 2020 – hybrid fundraiser (*part drive thru and part Internet*). She said the New Phoenix Group had agreed to let us use their kitchen and parking lot from 1 to 3 PM on a Saturday afternoon for preparation and pick up of a takeout meal, etc. Registrants would be provided a Zoom ID and Password for the online part of the event. Consensus was we would pursue putting together such an event on September 19th.

#### VI. OFFICE REPORT:

**Office Update** – **Rob** said we have been able to accommodate groups requesting to buy merchandise with curbside delivery while keeping the office closed with **Rob** and **Kelly** working from home **Barb** moved to keep the office closed with pre-arranged curbside delivery until the next board meeting on July 13th. **Anita** seconded. Motion carried.

#### VII. OLD BUSINESS:

None.

#### VIII. NEW BUSINESS:

None.

#### IX. NEXT QUARTERLY MEETING:

Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday July 27th on Zoom.

#### X. NEXT BOARD OF TRUSTEES MEETING:

Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday July 13th on Zoom.

#### IX. CLOSING:

**Harry** moved to adjourn. **Anita** seconded. Motion carried.

**Gail** closed the meeting with prayer at 7:10 PM.



# Corona Virus Pandemic and our 7th Tradition

## 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 Venom or Pay Pal.



## One Local Group

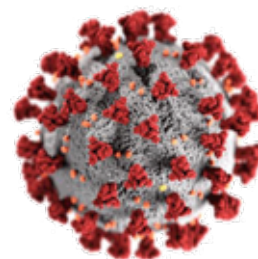
At a recent group conscience, one large local group determined that they would not be able to make donations to service entities until they built back up to their prudent reserve. They suggested that members send a check payable to the group for their No Dues or Fees to the Group Treasurer at his home 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.

*“**G**od save me from being angry. Thy will be done”.*

***FEAR** – “ We ask Him to remove our fear and direct our attention to what He would have us be.”*

*Big Book*

# CBIA and the Corona Virus Pandemic



## The Context

The Center for Disease Control has asked that large gatherings 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 as of Friday, (July 3) Texas Governor, Greg Abbot, has mandated the wearing of masks in buildings open to the public and outdoor public spaces.

## CBIA Office

We are keeping the office closed. **Kelly** will work from home in the morning **(8:30-11:30am)** and **Rob** will work from home in the afternoon **(2:00-5:00pm)** Monday thru Friday. The board has determined that while the office is closed, we will sell merchandise (*books, chips, and medallions*) over the phone with pre-arranged curbside pickup available about twice a week (*generally Monday mornings and Wednesday mornings*).

## Board Meeting

The July CBIA board meeting will be held on Monday, **Sept 14** 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.

## Quarterly Meetings

The next scheduled Quarterly Meeting is set for **10/26/2020** at 6:00 PM on ZOOM. The Meeting ID: **256 935 0823** and Password: **Quarterly**

## 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.

# 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.

## On-line or dial-in

There is a link on the CBIA website [www.cbiasa.org](http://www.cbiasa.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 is easier than you think. 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](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.

*“Almost without exception alcoholics are tortured by loneliness.”*

*Bill W.*

## 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

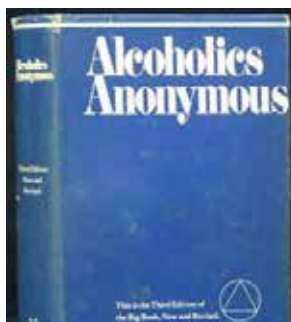
#### Corpus Christi

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

Alanos Group  
Courage to Change Group  
Cullen Mall Group  
Hilltoppers Group  
**Lucky Ones**  
New Life Group  
New Women's Group  
Turning Point Group  
Weber Road Nooners

### Resumed Face to Face Meetings

Anything Goes Meeting  
Bookmarks Group  
Calallen Group  
Flour Bluff Unity Group  
**Friday Night Speaker Meeting**  
Happy Hour Meeting  
Newcomers Meeting  
Saratoga Group



#### Mountain Toppers Meeting

(Meeting has Folded)

#### 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.

**Masks** and 6' social distancing are required at all times. Bring a chair if desired. Restrooms in the church are not available.

#### 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) and 8 A Sun.

*“If we still cling to something we will not let go, we ask God to help us be willing.”*

*Alcoholics Anonymous*

*“I came to A.A. in order to stop drinking; what I received in return was my life.”*

*Alcoholics Anonymous*



## 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, 7pm Thru  
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 & Fri)

### District 7

#### The City of Victoria

All meetings were temporarily suspended.  
The following groups have resumed face-to-face meetings:

##### **Golden Slippers**

(9AM Saturdays at OLV Cathedral)

##### **North Loop**

(7pm Tues)

##### **Back to Basics**

(7pm, Wednesday and Friday)

*“The greatest enemies of us  
alcoholics are resentment,  
jealousy, envy, frustration,  
and fear.”*

*Alcoholics Anonymous*

### 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)

##### **Moulton Group**

(Mondays at 7 PM (Spanish) &  
8 PM (English in Moulton)

##### **Palacios Group**

(3 PM Sun & 7 PM Thu in  
Palacios)

##### **Port Lavaca Group**

(7pm Mon, Wed, Fri)

##### **Port O'Connor**

(7pm Sat)

##### **Shiner Group**

(Mondays at 8 PM in Shiner)

##### **Yoakum Group**

(8pm Tues)

##### **Yorktown Group**

(6 PM Sun & Wed in Yorktown)

### District 8E

#### Corpus Christi and West

##### Alice

##### **Recovery Crew**

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

##### Inactive Districts

The following groups have suspended meetings:

##### **George West Hardcore Group**

##### **Skidmore Group**

# 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-Cullen Mall**

8 PM, Mon, Wed & Sat.

Meeting ID: **265 788954**

Password: **330022**

## **CC-Friday Night Speaker Meeting**

8:00p Friday

ID: **939 285 7190**

PW: **589028**

## **CC-HillToppers**

Mon-Sat 12:00 Noon

ID: **907 402 1032**

PW: **450339**

## **CC-Lucky Ones**

7P Mon & Thu

Meeting ID: **392 118 784**

Password: **not required**

## **CC-New Attitude Group**

Mon,Wed, **Fri** 6:00 PM

Meeting ID: **714 784 969**

Password **954788**

## **CC-New Phoenix Group**

Mon thru Fri 630am

ID: **886 9994 6374**

PW: **336965**

Sat & Sun 7:00am

ID: **962 866 373**

WP: **018696**

## **CC-New Women's Group**

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 &Thr 6:30pm

ID: **914 279 6854**

PW: **192648**

## **Rockport-Happy Hour Group**

Mon, Wed, Fri 5:30 P

Meeting ID: **392 780 367**

Password: **not required**

## **Victoria-Back to Basics**

Daily Meeting, 7pm

ID: **662 621 1099**

Password: **218223**

## **Victoria Main Stream Meeting**

Daily Noon except Fri and Sun

ID: **698 545 080**

PW: **003178**

## **Victoria-Women's Group**

Tue 6:00 PM

Meeting ID: **624 847 7889**

Password: **Ladiesrock**

## **Victoria for Sinners Only**

Sun. 11:30am

ID: **684 717 620**

PW: **4SO#2020**

# CB Area Google Hangout Meetings

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

---

## New Phoenix Virtual AA Meeting Information

**NOTE: This meeting will continue daily through December 2020 due to the risk of COVID-19, 6:00 PM Daily.**

Join Hangouts Meet w/Video

*\*Requires you download the Google App*

**Web Address / Meeting ID:** [meet.google/uki-vfae-yki](https://meet.google/uki-vfae-yki)  
PIN: 448 014 770

OR..... Join by Phone

**314-666-3196**

*"Because of our kinship  
in suffering, our channels  
of contact have always been  
charged with the language  
of the heart."*

*Bill W.*

# Coastal Bend Area Zello Walkie Talkie Meeting

---

**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.*



# Special Events

## The Sunset 7 Group

Day of AA in Corpus Christi.

(April 18th in CC)

This event has been canceled.

Organizers hope to restart the event next year.

## 2020 Texas State AA Convention

(June 2020 in Fort Worth)

This event has been postponed to 2021.

## 2020 International Convention

This has been cancelled.

Virtual event will be on line for the months of July. and August.

<https://convention.aa.org>

## Area 68 PI/CPC Conference

(August 21st – 22nd in Austin)

This event has been canceled.

A Zoom event will be held Sat. August 22.

(See Flier)

## CBIA Septemberfest

(Saturday, Sept 19, 2020 in CC).

Due to the Pandemic, CBIA will not have Founders Day or the Halloween or New Years Dances this year. Instead, we will have a hybrid event (part ZOOM Workshop, part drive-through pickup) on Saturday, September 19, 2020 in CC.

**We need help with raffle items.**

## Southwest Regional AA Service Assembly

(Oct 9-11) in Amarillo

NOTE: **This event has been canceled.** An event on ZOOM will be held that weekend. Details will follow.

## 2021 Coastal Bend Jamboree

Due to the pandemic has been moved from Jan to March 19-21, 2021.

Details will follow.

*Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs. If you are an alcoholic who wants to get over it, you may already be asking-"What do I have to do?"*

*Pg. 20 Big Book*



**CBIA PRESENTS**

**SEPTEMBERFEST**

**VIRTUAL**

**FUNDRAISER**

**SATURDAY**  
**SEPT. 19TH**  
**10am-2pm**

**ZOOM ID 256 935 0823**  
**Passcode SeptFest20**

**LOG ON for FREE!**

Schedule: 10am **SPEAKER**; 11am **BOOKSALE ENDS**; 12-1pm **LUNCH Drive Thru (\$5 DONATION) & BOOK PICK UP @NEW PHOENIX back parking lot (5433 S STAPLES)**; 1 pm **SPEAKER**; 2pm Raffle winners drawing **LIVE** and Wrap up.

**CBIA Fundraiser 2020**

Accepting PayPal or VENMO payments for this event. **ON-LINE Raffles & Book Sale begins 9/16 @5:30pm: 2 RAFFLES, Tickets \$5 each spot & BOOKSALE list on secret Facebook page (Ask & Look for your invitation on 9/14). Your Participation/Donations are much needed and appreciated.**



# 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](mailto:cbia@grandecom.net) in a Word document or similar format.

## CBIA Trustee Election

(October 28th in CC) \*

Four trustees will be elected to the Coastal Bend Intergroup Association's board at the Quarterly Meeting at 6:00 PM on Monday, October 26th on Zoom. The new trustees will replace four trustees whose terms expire in January of 2021. The new terms will be from January 2021 to January 2023. By-Laws require that you must be present to be elected. (See attached form for more information.)



## Third Step Prayer

*"We were now at Step Three. Many of us said to our Maker, as we understood Him: "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!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him."*

*Alcoholics Anonymous*

## 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.*

*Big Book*



# Coastal Bend Area District Meetings

## District 7

(Victoria and Surrounding Area)

The next District 7 Meeting will be at 10 AM on Saturday, August 15th on Zoom.

Meeting ID: **662 621 1099**

Password: **218223**

## District 8D

(City of Corpus Christi)

The next District 8D Meeting will be at 2 PM on Sunday, August 16th, on Zoom.

Meeting ID: **843 0854 7661**

Password: **District8D**

:

## District 8E

(Corpus Christi and West)

will be Saturday, August 8th, at 9:30am, It will be held at the Calallen Pass It On clubhouse.

## District 15

(Northeast of Corpus Christi)

The next District 15 Meeting will be on Zoom at 2:pm on Saturday, August 15th.

Meeting: ID: **711 9679 0462**

Password: **D15**

***God, grant me the  
Serenity, to accept the things  
I can not change, Courage  
to change the things I  
can, and Wisdom to know the  
difference.***



## AA History Origins

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others.

In the early 1930s, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin ("Ebby T.") to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive, and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Towns hospital for treatment, Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace. Bill stopped drinking, and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.



## 2020 CBIA Birthday Club

Name	Home Group	Since	Years
<b>Gail B.</b>	Victoria – Golden Slippers	01/01/2011	<b>9 Years</b>
<b>Ernest J.</b>	CC-Weber Road Nooners	02/15/2004	<b>16 Years</b>
<b>Rob M.</b>	CC-Weber Road Nooners	02/24/1985	<b>35 Years</b>
<b>Joe C.</b>	CC-Hilltoppers Group	03/18/1981	<b>39 Years</b>
<b>Mary C.</b>	CC-Turning Point Group	03/22/1992	<b>28 Years</b>
<b>Carol D.</b>	CC-Oso Group	04/02/2010	<b>10 Years</b>
<b>Fred C.</b>	Corpus Christi	05/13/1987	<b>33 Years</b>
<b>Linda K.</b>	Kingsville-AL-K Group	05/20/1979	<b>41 Years</b>
<b>Robin P.</b>	CC-Hilltoppers Group	06/22/1986	<b>34 Years</b>
<b>Pat E.</b>	CC-New Women's Group	08/23/1987	<b>33 Years</b>
<b>Butch R.</b>	CC-Weber Road Nooners	08/26/2006	<b>14 Years</b>
<b>Barb C-S</b>	CC-New Women's Group	09/09/1985	<b>35 Years</b>
<b>Valerie B.</b>	CC-Weber Road Nooners	09/13/2017	<b>3 Years</b>
<b>Heather D.</b>	CC-Weber Road Nooners	09/23/2009	<b>11 Years</b>
<b>Brandelyn</b>	CC-New Phoenix Group	10/09/2009	<b>11 Years</b>
<b>Betsy H</b>	CC-New Women's Group	10/22/2010	<b>10 Years</b>
<b>Eddie M</b>	CC-Weber Road Nooners	10/28/2005	<b>15 Years</b>
<b>James H.</b>	CC-Bookmarks Group	12/17/1992	<b>27 Years</b>
<b>Lois H.</b>	CC-New Women's Group	12/29/2007	<b>13 Years</b>

Birthday Club Members are people who have made an individual contribution to CBIA for \$1 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.cbiasa.org](http://www.cbiasa.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 sobriety date. Let us know if you do not want your AA birthday listed in the BENDER.

## 2020 Memorial Donations

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

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](http://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.

## Group, District & Intergroup Information

### Intergroup Meetings

**CBIA Board of Trustees Monthly Meeting** will be held Monday September 14<sup>th</sup> at 6:00 PM on Zoom.

**CBIA Quarterly Association Meeting** will be held Monday October 26<sup>th</sup> 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 1<sup>st</sup> Wednesday of each month. **Birthday Meeting** is last Saturday of the month.

Group Contributions		
GROUP NAME	JULY 2020	YTD 2020
Alice Group		
Anonymous/Individual Contribution	431.00	2,416.00
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	100.00	100.00
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		
CC-Just for Today Group		
CC-Lucky Ones	9.13	95.60
CC-Mountain Toppers	129.00	229.00
CC-New Attitude Meeting		173.79
CC-New Life Group	10.00	70.00
CC-New Phoenix Group		214.50
CC-New Women's Group	126.00	647.79
CC-Oso Group	291.69	498.99
CC-Saratoga Group	100.00	200.00
CC-Sunset 7 Group (N Padre Island)	581.83	2,104.64
CC-Turning Point Group		400.00
CC-Weber Road Nooners Group		804.00
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
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-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		209.00
Victoria-For Sinners Only Group		30.00
Victoria-Golden Slippers	50.00	125.00
Victoria-High Nooners Group		
Victoria-Main Stream Group		50.00
Victoria-Men's Group		
Victoria-Unity Group		
Victoria-Women's Group		10.00
Yorktown Group	70.00	140.00
TOTAL	\$1,898.65	\$10,475.33

## CBIA Needs Financial Support

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### 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?

	<b>Budget</b> <b><u>Jan–Jul 2020</u></b>	<b>Actual</b> <b><u>Jan-Jul 2020</u></b>	<b><u>Difference</u></b>
<b>Donations</b>	<b>\$11,860.32</b>	<b>\$10,475.33</b>	<b>(\$1,384.99)</b>
<b>Jamboree</b>	<b>\$14,513.00</b>	<b>\$7,500.00</b>	<b>(\$7,013.00)</b>
<b>Social Events</b>	<b>\$497.00</b>	<b>\$0.00</b>	<b>(\$497.00)</b>
<b>Net Gain on Sales</b>	<b>\$2,437.00</b>	<b>\$1.179.00</b>	<b>(\$1,257.76)</b>
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<b>Gross Gain</b>	<b>\$29,307.32</b>	<b>\$19,154.57</b>	<b>(\$10,152.75)</b>
<b>Net Expenses</b>	<b>\$22,158.03</b>	<b>\$21,859.60</b>	<b>\$298.43</b>
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<b>Net Gain (Loss)</b>	<b>\$7,149.29</b>	<b>(\$2,705.03)</b>	<b>(\$9,854.32)</b>

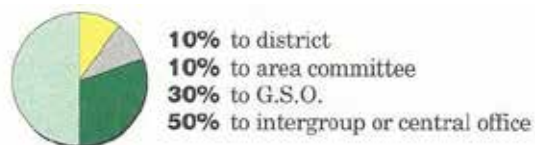
### What Has the CBIA Board of Trustees Done?

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 unwise to cover the entire shortfall from our prudent reserve.

However, the board decided 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 work day. As of August 1<sup>st</sup>, 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 / reduced rent.

### 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)*

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### 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.*)

AA

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 \$3,000 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](http://www.cbiala.org)*), and **Major Credit Cards** as well as **Checks** to CBIA, 3833 S Staples Suite S-212, Corpus Christi, TX 78411.

Finally, you can support our two fundraisers –

- **September Fest** on September 19<sup>th</sup>. This will be a hybrid event – part workshop on ZOOM with two speakers and part drive-thru pickup with a meal included. We need help with raffle items.
- **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.

# 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

*This is a new section in the Bender to display our members paintings, photography, crafts and poetry. Send contributions to [CBIA.org](http://CBIA.org).*



*Photographs by Harry.B*

\*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

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## 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.

## Services Provided

1. **Maintains** an office which is open Monday through Friday from **8:30 to 11:30AM and 2:00 to 5:00PM.**
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 and 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

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## 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)*

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## 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 Flatonía

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

## Grupo en Kingsville

**Grupo Un Día 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)

# Mission Statement Coastal Bender

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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

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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

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*Speacial Thanks to everyone who made contributions to this months BENDER*

*Compiled and written by Rob M.  
Designed by Harry*