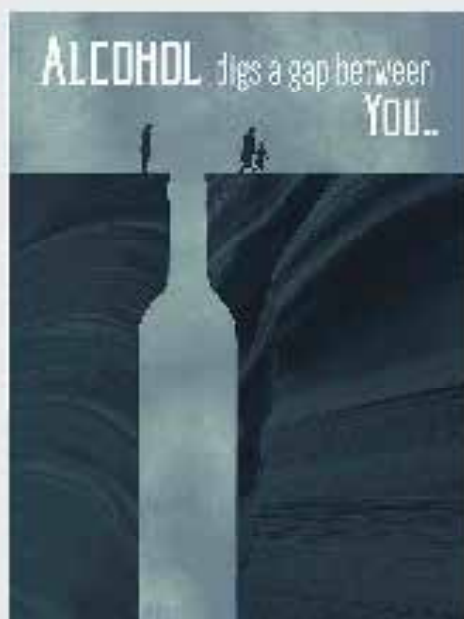




THE BENDER

“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

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



The First Christian Church (3401 Santa Fe at Sinclair, Corpus Christi) is home of the Oso Group. They have a Closed Discussion Meeting at 7:00 PM on Tuesdays and Open Discussion Meetings at 7:00 PM on Thursdays and at 8:00 PM on Sundays. They celebrate AA Birthdays on the first Sunday of each month.

Index: 1. Cover: 2. Maintaining & Rebuilding 3-4. Minutes 5. Virus & 7th Tradition: 6. CBIA & Virus 7. CBIA Hours 8. Meeting Alternatives. 9-10. Face to Face Meeting Changes: 11. AA Meetings on ZOOM 12. AA on Zello 13. Special Events 14. Service Opportunities 15. District Meetings 16-17. Birthday Club: 18. Memorial Donations: 19. CBIA Needs Help 22. Contributions: 23. Addresses 24. Mission 25. Emotional Sobriety 26-27. Spanish: 28. Bender Subscriptions.

Maintaining and Rebuilding

MAINTAINING

I got sober in Connecticut where I attended the state AA Convention every year. One of my favorite things was the Old Timer Panel. Every time, the message I got was **“Do what you did in the beginning. The simple little things that got you sober will keep your sober, day by day, year after year.”**

When I was 17 years sober, I retired from a corporate job and eventually returned to Corpus Christi, Texas where I grew up. Here, I heard about five daily things. While not an official AA suggestion, they provide a useful structure for maintaining my spiritual condition and getting my daily reprieve. The five daily things:

- **Ask God to help me stay sober today.** *(This is part of my morning prayer and meditation.)*
- **Go to meetings.** *(I have a weekly regimen of meetings I attend. If it's Monday, I go to Weber at noon. I do better if I don't think about “Do I feel like going to a meeting? What meeting do I fancy today?” I just go.)*
- **Make a sober contact.** *(Sometimes I call my sponsor (at least once a week). Sometimes I talk to one of the people I sponsor. Sometimes I talk to another member of the fellowship. But every day I tell someone how it's going and how I'm doing – either can be off.)*
- **Read AA Conference-Approved Literature.** *(I like to read today's page in **Daily Reflections** and something in the **Big Book**.)*
- **Thank God for helping me stay sober.** *(This is part of my evening prayer and meditation.)*

It is also very important for me to do a 10th Step Inventory every evening. I review my calendar and task list for the day and ask myself, “Did I keep my promises? What could I have done better? Was I kind to everyone? Do I owe amends?”

REBUILDING

When I retired, I bought an Airstream travel trailer and traveled a lot the first year. I attended an Airstream Rally in Tucson, AZ *(near the Mexican border)* and another rally in Burlington, VT *(near the Canadian border)* and I explored a lot between here and there. I spent a month in Tucson and the first thing I did was find the meetings I would attend, the pharmacy and super market I would frequent, etc. My dog and I settled into a new routine – our new normal. I repeated that everywhere we went.

Towards the end of the first year we settled in Corpus Christi. I identified my HEB and my Walgreen's and I picked Weber as my home group. In the beginning, I was there every time they had a meeting. I went to lunch with people after the noon meetings.

After a while, I realized that I needed a local sponsor – someone I saw on a regular basis and could have lunch or coffee with. When my first and second sponsors in Corpus Christi died, it was important for me to get another sponsor and build a relationship with them. When my third sponsor moved away, again I needed to get another sponsor.

~ Rob M. (2.24.1985), Corpus Christi, TX

Minutes CBIA Board Of Trustees Meeting August 10th

I. OPENING:

- **Gail** opened the meeting with the **Serenity Prayer** at **6:00 PM**
- **Barb** read the **CBIA Mission Statement**.
- **Harry** read the **General Warranties**.
- **Judy** read the **12 Traditions**.

II. ATTENDANCE:

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

III. MINUTES:

- Minutes of the **Quarterly Meeting of July 27th** were reviewed.
 - **Linda** moved to approve the minutes as read / as revised.
 - **Barb** seconded. Motion carried.

IV. FINANCIAL REPORTS:

- **Linda** (Financial Trustee) presented the **July Financial Report**.
 - **Balance Sheet:** Total CBIA funds as of **July 31st** totaled **\$16,240.89**; **\$50.00** in Petty Cash; **\$2,274.45** in Checking; **\$12,619.05** in Prudent Reserve and **\$1,297.39** in the Jamboree Account.
 - **Profit & Loss** for the month of **July:** Group & Individual Contributions **\$1,898.65**; Gross Sales (Books, Chips & Medallions): **\$225.00** (less Cost of Goods Sold **\$144.64**); Gross Profit for the month was **\$1,979.01**; Total Expenses were **\$3,084.82** for a Net Loss of **\$1,105.81** for the month.
- **Linda** and **Rob** discussed where we are with our revenue shortfall in 2020.
 - Total Revenue through the end of July is **down \$9,854.32** from Budget (which was based on 2019 Actual Income); Donations were **down \$1,570.18**, Jamboree Revenue was **down \$7,013.00**, Social Event Revenue was **down \$497.00**. (Founders Day was canceled), and Net Sales (after reduction for cost of goods sold) were **down \$1,257.76**. Net Revenue was **down \$10,152.75** from budget.
 - Expenses were **\$298.43 less** that budget for Net of **\$9,854.32** below budget.
 - Beginning August 1st, we have **reduced hours and salaries by 25%**. Rob has asked the landlord to consider us the next time an office **½ the square footage** of ours becomes available. His biggest building is mostly divided up in offices of that size.
 - **Enrique** moved to approve the financial report. **Harry** seconded. Motion carried.

V. SERVICE AREA REPORTS:

- **12th Step** – **Judy** said she had nothing new to report.
- **Archives** – **Gail** said she had nothing new to report.
- **Bilingual** – **Enrique** said he had given **Rob** three pages in Spanish for the website. **Rob** said he needed to talk to the website developer about roll out.
- **Coastal Bender:** **Harry** and **Rob** plan to publish the new format Bender this week. We hope to have a flier for the September fundraiser by the end of the week. **Rob** said the August Bender will introduce the new Birthday Club and Memorial Lists.

Minutes CBIA Board Of Trustees Meeting

- **Coastal Bender:** **Harry** and **Rob** plan to publish the new format Bender this week. We hope to have a flier for the September fundraiser by the end of the week. **Rob** said the August Bender will introduce the new Birthday Club and Memorial Lists.
- **Corrections/Treatment Facilities:** **Linda** said the state Department of Corrections is still not allowing outsiders to attend AA Meetings in state prisons like the Glossbrenner Unit in San Diego. She said the state prison facilities in Beeville have been permanently closed.
- **Jamboree:** **Harry** said the CBJ Committee will be on hiatus until the 1st Committee Meeting on Zoom on the second Saturday of September at 9:30 AM.
- **Nominations:** **Open.** **Rob** said that in the absence of a Nominations Trustee this rotation he, **Linda** and **Gail** have been talking to prospective trustees. We need to elect four trustees at the October Quarterly Meeting. We have three people willing to stand for Trustee.
- **Public Information/Cooperation with Professional Community:** **Barb** said she has been attending the District 8D PI/CPC Meeting. The Austin District that was scheduled to host the 2020 Area PI/CPC Convention (which has been canceled for a Zoom event) will host the 2021 Area PI/CPC Convention instead.
- **Social:** **Anita** presented a demo to show how the Secret Facebook Group will work for the online raffle. People will pick one or more of the **150 slots** on a digital wheel, using FB Comments and pay **\$5** by **PayPal** or **Venmo** for each slot. Then **Anita** will spin the wheel which will stop on the winning slot. **Barb** will make up a flier and a book list and work out the logistics with Anita. There will be an optional drive through meal available for **\$5**. People can pick up their book selections at the drive through in New Phoenix's back parking lot.

VI. OFFICE REPORT:

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

VII. OLD BUSINESS:

- Reviewed Report from Committee on Meetings on the Website.

VIII. NEW BUSINESS:

- Reviewed complaint in executive session.

IX. NEXT MEETING:

- Next CBIA Board of Trustees meeting will be on Monday **September 14th** at 6:00 PM on ZOOM.

X. NEXT QUARTERLY MEETING:

- Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday **October 26th** on ZOOM. We need to elect four Trustees at this meeting.

XI. CLOSING: Our Father.

- **Harry** moved to adjourn.
- **Judy** seconded. Motion carried.
- **Gail** closed the meeting with prayer at **8:00 PM**.

Respectfully submitted,

Rob M.

Office Manager

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 Venmo or Pay Pal.



One Local Group

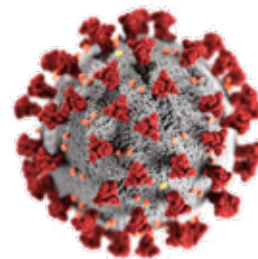
At a recent group conscience, one large local group determined that they would not be able to make donations to service entities until they built back up to their prudent reserve. They suggested that members send a check payable to the group for their No Dues or Fees to the Group Treasurer at his home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

*“**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.

Serenity Prayer

(In its short and most common form in 12 step groups.)

*God, grant me the serenity to accept
the things I cannot change,
The courage to change the things I can,
And wisdom to know the difference.*

*The original form of the prayer is from
the theologian Reinhold Niebuhr...*

*God, give me grace to accept with
serenity the things that cannot be
changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.*

Board Meeting

The next CBIA board meeting will be held on Monday, **Oct. 12** 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.

CBIA Hours

CBIA OFFICE HOURS

8:30 – 11:30 Monday & Friday Mornings

- **The office is open Monday and Friday Mornings for picking up purchases.** Please let us know what you want so we can put your order together for you and let you know if any items are out of stock.
- **Other times for pickup can be arranged with staff by calling during business hours.**

CBIA BUSINESS HOURS

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

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

CBIA HOLIDAYS

January **New Years Day**
May **Memorial Day**
July **Independence Day**

September **Labor Day**
November **Thanksgiving** *(2 Days)*
December **Christmas Day**

CBIA PHONE NUMBER

(361) 992-8911

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.

On-line or dial-in

There is a link on the CBIA website 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.

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

Bill W.

Attending an on-line AA meeting is easier than you think. **Zoom is the most popular platform for online AA meeting.**

Eleventh Step Prayer

(often attributed to St. Francis, actually from the early 1900s)

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

*O divine Master, grant that I may not
so much seek.*

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

*It is in pardoning that we are
pardoned;*

*It is in dying to self that we are born to
eternal life.*



Face-to-Face 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

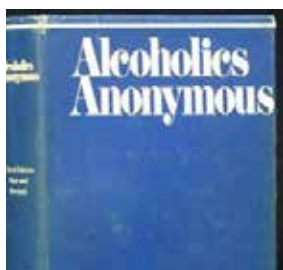
Corpus Christi

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

Alanos Group
Courage to Change Group
Cullen Mall Group (on ZOOM only)
Hilltoppers Group (on ZOOM only)
Lucky Ones (on ZOOM only)
New Life Group
New Women's Group (on ZOOM only)
Turning Point Group (on ZOOM only)
Weber Road Nooners (see note below)

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



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. **They have a daily noon meeting only on ZOOM.**

Sunset 7

(N Padre Island) (7 pm Mon, Wed, Fri and Sun. 8am,
All meetings are on the beach in the RV gazebo at Padre Bali 15820 Park Rd 22).

“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 Meeting Changes

District 7

City of Victoria

All face-to-face meetings have been temporarily suspended, except for the following groups which have resumed face-to-face meetings:

Back to Basics (7 pm Wed & Fri) They have a daily AA Meeting on Zoom at 7:00 PM. The Zoom is parallel (separate wat the same time) with face-to-face meetings on Wednesdays and Fridays.

Golden Slippers (9 AM on Saturdays at 1407 Mesquite)

Mainstream (Noon on Mon., Wed., and Sat. They are only on Zoom on Tues. and Sat.)

North Loop (7 PM Tuesdays at Holy Family)

Other Cities in Victoria Area.

Cuero Burning Desire (8PM Mon & Fri)

Flatonia Group (7PM Tue)

Goliad Open Arms (6PM Mon & Thu).

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

Palacios (3PM Sun & 7PM Thu)

Port Lavaca (7 PM Mon, Wed & Fri.)

District 7 (Continued)

Other Cities (Continued)

Port O'Connor (7PM Sat.)

Shiner (8PM Wed.)

Yorktown (6PM Sun & Wed)

District 8E

Alice Recovery Crew (7PM Mon thru Thu) Hybrid Face-to-Face & Zoom AA Meetings)

District 15

Portland, Port-A, AP & Rockport

The following groups have temporarily suspended face-to-face meetings:

Nueces Bay Group (on Zoom only 6:30 PM Mon, Wed & Thu)

Jaywalkers Group.

Rockport Happy Hour (5:30 PM Mon, Wed and Fri on Zoom only)

Inactive Districts

West of CC

The following groups are temporarily suspended:

George West Hardcore

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**

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

CBIA Septemberfest

(Saturday, Sept. 19, 2020 in CC).

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

The event was a big success and raised \$1,901 for CBIA. The event included two speakers, pulled-pork lunch, book sale and two raffles.

Southwest Regional AA Service Assembly

(Oct 9-11) in Amarillo

NOTE: This event has been canceled.

SWTA 68 Fall Conference and Voting Assembly.

(Saturday Oct. 7, 2020, 10am-4pm On ZOOM. Details to follow.)

Unity Day

(Nov. 14th 9AM – 2PM in PL)

This popular event will be held from 9:00 AM to 2:00 PM on Saturday, November 14th at Grace Episcopal Church (215 E Austin in Port Lavaca). Brisket Lunch at 11:30. 2 great speakers: Sister B at 1:00 PM; Barbara R (Area Chair) at 10 AM. AA BINGO at 10:30 AM

2021 Coastal Bend

Jamboree (Mar 19-21, 2021)

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



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.

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

Coastal Bend Area District Meetings

District 7

(Victoria and Surrounding Area)

The next District 7 Meeting will be at 10am on Saturday, **Nov. 21** 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, **Oct 18**, on Zoom.

Meeting ID: **843 0854 7661**

Password: **District 8D**,

this will be a hi-breed meeting.

(ZOOM&Face-to-Face).

The latter will be at The New Phoenix Group).

District 8E

(Corpus Christi and West)

will be Saturday, **Oct.10**, 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, **Oct. 10**

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

2020 CBIA Birthday Club

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

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

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

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

2020 Memorial Donations

2020 Memorial Donations

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

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

Donations can be made by PayPal under the Donate option on our website (www.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 date of death.

CBIA Needs Financial Support

What happened?

First Quarter

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

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

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

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

Second Quarter

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

CBIA Needs Financial Support

Where Are We Now?

	Budget <u>Jan–Sept 2020</u>	Actual <u>Jan–Sept 2020</u>	<u>Difference</u>
Other Income		102.00	+102.00
Donations	\$14,087.32	\$14,979.47	+892.15
Jamboree	\$14,513.00	\$7,500.00	(\$7,013.00)
Social Events	\$997.00	\$1,901.00	+904.00
Net Gain on Sales	\$3,063.23	\$1,517.97	(\$1,545.26)
-----	-----	-----	-----
Gross Gain	\$32,660.55	\$26,000.44	(\$6,660.11)
Net Expenses	\$27,987.22	\$26,672.91	1,323.79
-----	-----	-----	-----
Net Gain (Loss)	\$7,673.33	(\$672.47)	(\$5,345.80)

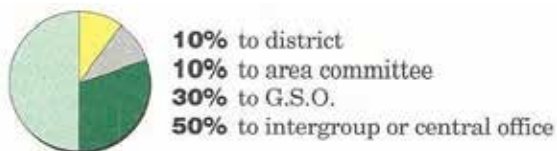
What Has the CBIA Board of Trustees Done?

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

What Can a Group Do to Help?

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



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

CBIA Needs Financial Support

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

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

What Can an Individual AA Member Do to Help?

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

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

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

Finally, you can support our two fundraisers –

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

Group Contributions for 2020-2022

Intergroup Meetings

CBIA Board of Trustees Monthly Meeting will be held Monday October 12th at 6:00 PM on Zoom.

CBIA Quarterly Association Meeting will be held Monday October 26th 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	SEPT. 2020	YTD 2020
Alice Group		
Anonymous/Individual Contribution	1,686.50	5,420.50
Aransas Pass Group		
Beeville-Freedom Group		
Beeville-Hope Group		
Beeville-Serenity Group		
Beeville-Shepherd's Group		
CC-Alanos		
CC-Bookmarks Group		
CC-Calallen Group		
CC-Crosstown Group	135.39	135.39
CC-Cullen Mall Group		50.00
CC-Day of AA	50.00	150.00
CC-Early Morning Fellowship		
CC-Fellowship Group at Charlie's Place		
CC-Fifth Tradition Group		
CC-Flour Bluff Unity Group		
CC-Friday Night Speaker Meeting		
CC-Happy Hour Meeting		
CC-Hilltoppers Group		95.60
CC-Humility Group		
CC-Just for Today Group		
CC-Lucky Ones		57.12
CC-Mountain Toppers		229.00
CC-New Attitude Meeting	50.00	223.79
CC-New Life Group	15.00	95.00
CC-New Phoenix Group	18.00	256.50
CC-New Women's Group	124.00	1,366.79
CC-Oso Group		498.99
CC-Saratoga Group		200.00
CC-Sunset 7 Group (N Padre Island)		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		100.00
Mathis - Unity Group		100.00
Port Aransas Group		400.00
Port Lavaca Group		
Port O'Connor Group		
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		160.00
Quarterly Meeting 7 th Tradition		20.00
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Happy Hour Group		240.00
Rockport-Fellowship Group		
Schulenburg Group		
Sinton-Grupo Secunda Chanza		
Skidmore Group		
Three Rivers-Choke Canyon Group		50.00
Victoria-Airport Group		300.00
Victoria-Back to Basics Group		209.00
Victoria-For Sinners Only Group		30.00
Victoria-Golden Slippers	125.00	250.00
Victoria-High Nooners Group		
Victoria-Main Stream Group	25.00	75.00
Victoria-Men's Group		
Victoria-Unity Group		
Victoria-Women's Group		10.00
Yorktown Group		140.00
TOTAL	\$2,228.89	\$14,979.47

Addresses for Group Contributions for 2020-2022

Coastal Bend Intergroup (Suggested 50% *)

CBIA

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

Districts (Suggested 10% *)

District 7 Treasurer

P.O. Box 5324
Victoria, TX 77903

District 8D Treasurer

P.O. Box 61135
Corpus Christi, TX 78466

District 8E Treasurer

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

District 15 Treasurer

% Mike L
511 Gulf
Port Aransas, TX 7837

Area 68 Southwest Texas (Suggested 10% *)

SWTA 68 Treasurer

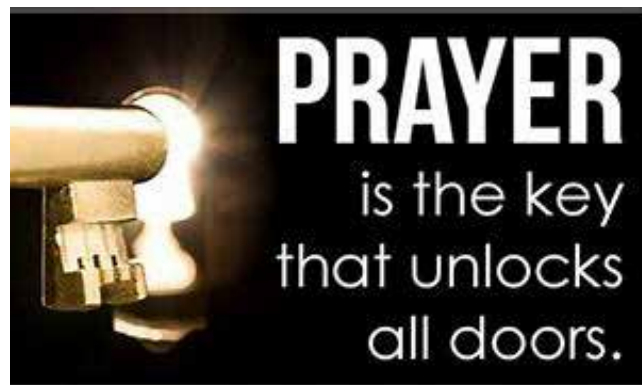
P.O. Box 716
Bastrop, TX 78602

General Service Office (Suggested 30% *)

GSO

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

Member Gallery



*Suggested percentages are from AA

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

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
- 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”, is not a part of our mission statement. It will be discussed at our next board meeting and will be in the November Bender on a separate page.

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

Alcoholics Anonymous

After Thoughts **Emotional Sobriety**

This a revealing letter which Bill W. wrote several years ago to a close friend who also had troubles with depression. The letter appeared in the "Grapevine" January, 1953.

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden □r. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine."

Bill W.

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)

Mission Statement Coastal Bender

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

Detach here

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

NAME: _____

e-MAIL: _____

Easy ways to sign up for our two monthly publications:

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

Detach here

Speacial Thanks to everyone who made contributions to this months BENDER

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