

THE BENDER

CBIA, 3833 S. Staples Suite S-212, Corpus Christi, TX 78411 (361) 992- 8911 or Toll Free 1 (866) 672-7029 www.cbiasa.org

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



Stories Wanted!

Please consider writing your story or an experience with the steps for “The Bender”, our monthly news letter. We would love some local people to share their experience, strength and hope with our readers. Please submit to cbia@grandecom.net

“I Just Needed To Master Self-Control, Or So I Thought”

Hello, my name's Oskar, and I'm an alcoholic.

My last drink was on November 7, 2018, one day after my first AA meeting.

Since then, I have rarely gone a full week without at least one AA meeting. I do service, I work the Steps, and I try to practice AA principles in all my affairs. Life in sobriety is not a picnic, but AA has given me tools and techniques to live a sober life, and deal with life's problems without disappearing into apathy like I did in my drinking days.

When I look back on my life, I can't say that I had a horrible childhood or something like that. It was ok, as far as an “ok life” can be growing up in the failing Soviet Union and post-Soviet Latvia. We had a couple of alcoholics in our family, but I did not see them often. My dad drank beer every evening with dinner, but I hardly ever saw him drunk. My mum was tough but also really loving. I know the weight of her hand, and by modern standards probably she could qualify as abusive, but when I grew up, I did not see it that way. I was the third of four children, and we grew up poor, even by Latvian standards. As long as I can remember I always felt that something was missing in my life. As a child, I thought it's stuff or money that is missing, then I thought that people around me were the wrong kind. Later on, I thought it was the country I was living in that was problem, and so on, and so on... I could not understand this void I felt, but I always blamed something or someone else for my spiritual maladies.

To be honest I don't remember which of those first times was the very first time I drank, but by age 10 I had been drunk already a few times. I also can't remember what exactly intoxication did to me and why I liked it so much, but looking back, I can see that since the very beginning I drank alcoholically. I drank until there was nothing left, or until I was sick or passed out.

By age 14 I started to seek alcohol deliberately. I start to smoke and idealized the wild party lifestyle. In school, I did the bare minimum, and hoped that people (grown-ups) would leave me alone. To me, almost everyone else was fake or phony, and as I saw it, I was the reincarnation of Kurt Cobain and the rest of the world could go you-know-what themselves.

By age 20 I dropped out of college because in one drunken weekend I spent the money that my mother borrowed from our relatives to pay for the whole semester of my school. My relationship with alcohol then would have already qualified me as an alcoholic, and nobody would be shocked had I sought help, but I was not done yet. I started work in sales, and it turns out I was good at it. I made a decent amount of money and started to have some ambition in life. I worked hard and partied harder. Back then I did not drink daily, but long weekends and three-day binges were a regular thing.

In my mid-20s I started to suffer from panic attacks, so I went to see a therapist. She was the first one who said that I have, and I quote, “an addictive personality.” I took those panic attacks and my therapists concerns seriously, and that was the first time I decided to get my act together. Over the next 10 years, these periods of sorting my life out had become a regular thing in my life. More and more I found myself emotionally and physically broken, so I started to work out, tried not to smoke and drink and build healthy routines, and tried to eat well, etc. Some periods lasted longer, some shorter, but every time they ended the same way – me emotionally bankrupt, drunk for weeks and without any clue how to live a meaningful life. I changed jobs, girlfriends and countries, but nothing helped sort my life out for real.

In the last few years of my drinking, I knew that I was an alcoholic, although I did not know what it exactly meant to be an alcoholic. In one drunken cry for help, I said to my brother: “I think I'm a functional alcoholic.” But I still was convinced that I could fix this by myself. In my mind, it was not so complicated, I just needed to master self-control, or so I thought. I tried harder than usual to drink like a gentleman, and was so surprised and disappointed when I could not.

I was so confused. Not drinking seemed like such an easy idea – I just needed to not put a drink to my lips and swallow it. That didn't sound so complicated. So why I couldn't do it?

From movies and pop-culture I knew that AA was a place where you go if you have a drinking problem. In August 2018, I looked up “English speaking AA in Stockholm” (I was living in Stockholm back then), and sent them an email, explaining that I can’t control my drinking, even when I want to. Someone quickly replied and offered to meet up for a coffee or go to a meeting the same day, but I decided not to go. I figured I had a job and a roof over my head, so things were not that bad with me. Sure, my life wasn’t so bad if you compare it to living on the street.

A few months later I was brought to my knees yet again, broken and confused of what happened with my determination to control my drinking. Honestly, I did not want to stop drinking forever, I just knew that I couldn’t continue living like I this. I decided that I will not drink on the weekdays, and will drink only the weekends. I managed to not drink on Monday. By Tuesday evening I was sitting home and trying to watch a show, but all I was thinking was how I need to go to my local pub. Now looking back, I like to think on this moment as a proof of a power greater than myself that made me reach out to those AA people again. There was a meeting in an hour, so I decided to check these AA freaks out in person.

I loved the meetings from the very start, and I know it’s not like that for everyone. The people were friendly and interesting, and they seemed honest. Most of all, they knew what they were talking about. I had never heard anyone speaking about the obsession with drinking like they did before. I went home full of hope, and did not drink that evening, thinking that I would go to meetings now and again and it will be end of my drinking problem. The next day after work I drove home, and somehow, completely not of my own will, I drove to the closest booze shop, and bought my regular weekday amount of five beers and a bottle of wine. All my good intentions were gone. I did not understand, how that happened, but I drank all of it and wanted more. That was the last day I drank. After that I understood, that in order not to drink, I needed to go to those meetings. So, I almost did a 90 in 90 (I did not go to meetings on Sundays, I left those days for myself to do nothing). I learned more about alcoholism and gained a better understanding of my behavior.

Now I know, that alcohol was not my problem, it was my solution to life. For a newcomer, this may sound like some fortune cookie wisdom, but as I was able to see it, not drinking was not the hard part, living sober was. To me AA is not a program that teaches me how not to drink, but it gives me the tools to live sober. And so far, this sober life has not disappointed me.

The first year of sobriety was the hardest, but also the most meaningful thing that I have ever done as an adult. It was wonderful and horrifying at the same time. I learned so much about myself. Some things that I learned I did not like, but now I know how to fix those things. I get better with every new day, and doing the steps has elevated me to the next level. Last October, at my friend’s wedding anniversary, I danced the whole party, I was not drunk, I was not high, I just wanted to dance and have a great time. My joy of life has returned, and now I have moments when I feel truly happy for being alive... like truly happy for being here and now. I had not felt like that since childhood. As I said in the beginning, life is not a picnic, but today I have all the tools to manage my life and I’m a part of a community that cares about my well-being.

To all the newcomers, I recommend to keep your mind open and don’t quit before the miracle happens.

The 9th Step Promises

To me, the 9th Step Promises (*on Page 83-84 of the Big Book*) describe the grace of God -- the insights, attitudes, and perspectives I need to lead a charmed life with God's grace.

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of useless and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves

Because I am an alcoholic, alcohol had a magical effect on me in the beginning. It gave me the illusion that it was giving me many of these very things whenever I drank it. I once heard a circuit speaker read the promises in an interesting way -- preceding each promise with the phrase "Whenever I drank alcohol ... " For example, "Whenever I drank alcohol, I would experience a new freedom and a new happiness; Whenever I drank alcohol, I would comprehend the word 'Serenity' and I would know peace." Read me the promises that way with a light, flip attitude and I am in stitches, laughing at the absurdity of it. Read them seriously and I am in tears at the way I was deceived.

The objective of the program, particularly the steps, is to make me available to the grace of God. (*Clearly it was by the grace of God that my obsession to drink was removed.*) Before I was halfway through cleaning up the wreckage of my past by making amends to the people I had harmed, I was able to forgive myself enough to allow myself the benefit of God's grace and the promises began showing up in my life -- sometimes slowly, sometimes even more slowly.

As long as I continue to work the steps and seek God's will (*very imperfectly in my case*), the promises continue to be fulfilled. Because I'm human, I'm not always willing: at 10 years sober, I decided to rest on my laurels. I stopped working the steps and seeking God's will. The promises started to evaporate. The magic went out of my life. My sponsor told me that AA doesn't give laurels, so I don't have any. When I went back to working the steps and seeking God as best I can, the promises have returned.

- Rob M., Corpus Christi, TX

Minutes

CBIA BOARD OF TRUSTEES MEETING (approved)

Nov 8th, 2021

I. OPENING:

- **Anita** opened the meeting with the **Serenity Prayer** at **6:00 PM.**
- **Rita** read the CBIA Mission Statement.
- **Ronnie** read the General Warranties.
- **Parth** read the 12 Traditions.

II. ATTENDANCE:

- **Anita C-B** (Chair) present
- **Barb C-S.** (Vice Chair), present
- **Michael B.** (Financial Trustee), present
- **Amy M.** (Trustee), present
- **Patrick R.** (Trustee), present
- **Ronnie B.** (Trustee), present
- **Parth** (Trustee) present
- **Rita S.** (Office Manager) present.
- **Kelly J.** (Asst Office Manager) not present
- **Jim L. and Blake B.** (incoming Trustees) were also present

III. MINUTES:

- **Anita** read minutes of the **Oct Quarterly Board Meeting.**
- **Michael** motioned to approve as corrected.
- **Barb** seconded and all approved.

IV. FINANCIAL REPORTS: **Michael** (Financial Trustee) presents the **Oct Financials.**

Balance Sheet:

Total CBIA funds as of **Oct 31st** totaled **\$28,693.27** Petty Cash: **\$50.00**, Checking: **\$13,193.53**,

Prudent Reserve: **\$12,620.31**, Jamboree Account: **\$2,829.43.**

Profit & Loss for the month of **October:** Group & Individual Contributions: **\$1,767.96**,

Gross Sales (*Books, Chips & Medallions*) **\$1,004.25**, (*less Cost of Goods Sold 748.36*),

Gross Gain for the month was **\$3,183.84.**

Total Expenses were **\$2,393.05.**

Fiscal Year to Date 2021: Group & Individual Contributions Sales **\$24,429.40**,

Jamboree Contributions **\$2121.44** Fundraisers **\$5917.00**, Gross (*Books, Chips &*

Medallions): **\$8,734.96** (*less Cost of Goods Sold \$6,272.26*), Gross Total expenses year to date:

\$29,419.12 Net Gain for the year to date: **\$5,199.96.**

Amy made a motion to approve.

Ronnie seconded and all approved.

V. SERVICE AREA REPORTS

- **12th Step Parth** will be answering the Helpline calls on Sunday Nov 14th and nothing new to report.
- **Archives Amy**-nothing new to report
- **Bilingual – Open**
- **Coastal Bender – Barb**-nothing new to report
- **Corrections/Treatment Facilities:** Ronnie said he had been in touch with Shirley D. who is with the Facility Corrections Committee. Ronnie wrote his first inmate letter. If anyone is interested in writing to inmates please call 210-392-4549 for information.
- **Jamboree – Patrick** said they will have their Nov monthly meeting at New Phoenix on Sat. Nov. 13th at 9 am. There was discussion about the website not having an option to just buy only a registration, only dance and registration is available at this time. Michael was able to fix that.

- **Nominations:** Michael introduced Jim L. and Blake B. to anyone who was not at the Quarterly meeting. Nothing else to report.
- **Public Information/Cooperation with Professional Community:** Barb-nothing new to report.
- **Social:** Anita said that the Halloween Dance was an amazing event. Great venue and was very well attended. Speaker, food, and cakes for the cake walks were great. Most wore costumes so the costume contests were fun. Money taken in by PayPal in Oct. for raffles was \$210 and money deposited after the dance for tickets, and raffles was \$1202.00. This fundraising event made \$1412.00 and a great time was had by all.

VI. **OFFICE REPORT:** nothing new to report.

VII. **OLD BUSINESS:** None

VIII. **NEW BUSINESS:** Anita brought up having a New Year's Eve Dance. There was much discussion about CBIA hosting this event as it would not be a fundraiser and the cost of doing this event. Amy made a motion to have CBIA allot \$1,200.00 for the event. A vote was taken and all but one approved of CBIA hosting a New Year's Eve Dance with \$1200.00 for a budget. Anita said now she will see if she can find a venue and a DJ. She will let the office know after Thanksgiving if she can put on this event so we can put it in the Bender for December and start selling tickets. Tickets would be the usual \$7.00.

IX. **NEXT MEETINGS:**

- Next **CBIA Board of Trustees Meeting** will be on Monday **Dec 13th** at **6:00 PM** on Zoom.
- Next **CBIA Quarterly Association Meeting** is scheduled for **6:00 PM** on Monday **Jan 31st, 2022** on Zoom.

X. **CLOSING:**

- **Michael** moved to adjourn.
- **Ronnie** seconded and motion carried.
- **Anita** closed the meeting with **"Our Father"** prayer at **7:07 PM**.

Respectfully submitted,

Rita Standish

Office Manager



CBIA Hours

CBIA PHONE NUMBER- (361) 992-8911 Calls are answered by staff during business hours Monday-Friday and by helpline volunteers at lunch, after hours and on weekends and holidays.

CBIA OFFICE HOURS (*except on Holidays*). We will continue to work 30-hour weeks during 2022 to keep costs down.

Monday, Wednesday, and Friday

8:30am–11:30am and 2:00pm–5:00pm

The office is open during these hours to come in and pick up items. If you would like, you can call ahead with your order and we can have it ready for pick up. If we are out of stock, we can let you know at that time. We can bring your purchases out to your car or out to you in the hall if you prefer. (*Face masks are required if you are coming in the office, covering your nose and mouth at all times. This is the landlord's decision because it is private property*).

Tuesday and Thursday during 8:30-11:30 and 2p-5p please call 992-8911 to arrange a time for pickups. We can have any order ready for you and meet you there.

CBIA HOLIDAYS

January

New Year's Day

September

Labor Day

May

Memorial Day

November

Thanksgiving- 2 days

July

Independence Day

December

Christmas Day



SWTA 68 Winter Workshop January 21st-23rd 2022 at Hilton Garden Inn at Temple Medical Center 1749 Scott Blvd., Temple TX 76504 *(see attachment.)*

The 59th annual SETA Convention January 21-23, 2022 at the Houston City Place Marriott at Springwoods Village, 1200 Lake Plaza Drive, Spring Tx (just south of The Woodlands). Register at the event, <http://www.setaconvention.org/> *(see attachment.)*

Coastal Bend Jamboree Feb 4th-6th, 2022 at the Omni hotel in Corpus Christi. Pre-registration ends online and by mail on January 29th, 2022. *(see attachment.)*

The PI/CPC Committee is asking for volunteers to help with the **PI/CPC Area Conference/ Workshop in Aug 2022!** Please attend our first meeting of the year 1/29/2022 at 2:00PM at New Phoenix Group, CC, TX

Face-to-Face Meeting Changes

Meeting updates for F2F meetings.

Alanos Group-18th St.-Now meeting Mon, Wed, Thurs, Fri only at Noon and Sunday at 10am.

Nueces Bay Group in Portland has a new Friday meeting.

“Beginner’s Meeting” starting this Friday January 7th at 6:30pm.



AA Meetings on Zoom

Coastal Bend Area AA Meetings on Zoom

Alice-Recovery Crew, 7:00 PM Wed and Thurs Meeting ID 825 6450 3417, Password 123456

CC-Friday Night Speaker Meeting, Last Friday of the month at 8 PM

Meeting ID: 434 708 8936 Password:867742 *(In person meeting still suspended).*

Clean & Serene Group (LBGT) Friday 7:30 pm Meeting ID: 677 587 2132 Password: sober
(no longer on Zello).

CC-New Attitude Group Hybrid Meeting M, W & F 6:00 PM Meeting ID: 714 784 969
Password 954788 <https://us04web.zoom.us/j/714784969>

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

CC-New Women's Group, Mon & Thu 7 PM; Sat 11 AM Meeting ID: 580 495 1776 Password:
NWGroup <https://us02web.zoom.us/j/5804951776?pwd=K04zVDhDZDBQMmdleWliUVJXSINodz09>

CC-Turning Point Wed & Sat 6:30 PM Meeting ID: 677 587 2132 Password: sober

CC-Weber Rd Nooners 12 Noon, Daily Meeting ID: 260 214 3828 Password: 676271
<https://us04web.zoom.us/j/2602143828>

Rockport-Happy Hour Group Zoom, Tues and Thursday 5:30 P Meeting ID: 817 4546 8941
Password: 0164

Victoria-Back to Basics 7 PM Daily Meeting ID: 662 621 1099 Password: 218223
<https://zoom.us/j/6626211099> *(This has concurrent but separate face-to-face meetings on Wed and Fri at 7pm)*

Victoria-Mainstream, Wed only Zoom Meeting at Noon Meeting. ID: 698 545 080 Password:
003178 <https://us04web.zoom.us/j/698545080> *(face to face Mon-Thurs and Sat at Noon)*



CBIA Appreciates Ongoing Support

Group Contributions

In the past, CBIA's second biggest source of revenue has been Group Contributions. Since COVID-19 came to this area in March of 2020, we have some groups that are starting to meet in person, others are still meeting only on Zoom; and the remaining groups are still not meeting. All Group Contributions are appreciated and we hope for continuing support in 2022.

Individual Contributions

We were inspired and grateful that individual members of our community have made up for the shortfall in 2021 revenues. The large contribution in January 2021 (*within the annual limit of \$5,000*) helped to make us solvent for the year. The larger contributions are expected to be a one-time thing. The "Hand of AA" event was a great success, and Halloween Dance was well attended and also raised money. These events helped CBIA stay solvent during 2021. This being said, we hope with the return of our major fundraising event, Coastal Bend Jamboree, February 4th-6th, 2022 we will be off to a great start in 2022.

We will continue to hope for ongoing individual support to make it through 2022.

Fundraisers

Texas law allows 501c3 non-profit corporations like CBIA to have only two fundraiser events. This year's Coastal Bend Jamboree with raffles, silent auction, and attendance will be February 4rd-6th at the Omni Hotel in Corpus Christi. Another event will be done by the Social Committee Trustee during 2022 to help raise more funds.

CBIA is grateful for all the wonderful donations and participation throughout the 2021 year. We are looking forward to serving you in 2022.

CBIA Appreciates Ongoing Support (*Continued*)

Where Are We Now?

	<u>Actual Dec 2021</u>
Contributions	\$34,928.40
Gross Sales	\$10,709.13
Cost of Goods Sold	(\$7,931.04)

Gross Gain	\$37,735.75
Total Expenses	\$35,219.39
Interest Income	.63

Net Gain	\$2,250.64

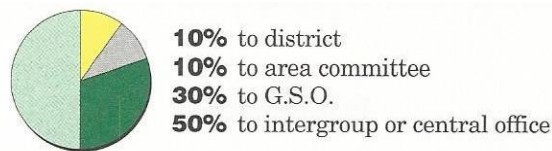
What Has the CBIA Board of Trustees Done?

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 during the summer of 2020**. The board also voted to reduce hours & payroll by 25% so Kelly (*AM*) and Rita (*PM*) will work three hours rather than four each workday. As of April 7th, 2021, our hours are 8:30 – 11:30 AM and 2:00 – 5:00 PM Monday through Friday.

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 contributes.

Your group might want to re-consider its contribution 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.



2022 CBIA Birthday Club

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. Monthly donors (\$5 or more) and people who contribute \$100 or more will be listed for one additional 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.

NAME	HOME GROUP	SINCE	YEARS IN 2022
Nancy G.	CC-Turning Point Group	01/01/1983	39 Years
Gail B.	Victoria-Golden Slippers	01/01/2011	11 Years
Terry K.	CC-Sunset 7	01/01/2000	22 Years
Sheila S.	CC-New Phoenix	01/07/2007	15 Years
Charlie B.	Victoria-Golden Slippers	01/09/2006	16 Years
Janice E.	CC-Hilltoppers Group	01/10/2000	22 Years
Ceil Mc K.	CC-Hilltoppers Group	01/10/1982	40 Years
Sandra E.	CC-Weber Road Nooners	01/20/2011	11 Years
Rae T.	CC-Bookmarks Group	01/23/2006	16 Years
Tom G.	CC-Turning Point Group	01/26/1984	38 Years
Ernest J.	CC-Flour Bluff Unity Group	02/15/ 2004	18 Years
Rob M.	Corpus Christi	02/24/1985	37 Years
Mike B.	CC-New Phoenix	03/05/2014	8 Years
Janeen H.	CC-Turning Point Group	03/08/2017	5 Years
Chris N.	CC-Oso Group	03/09/2009	13 Years
Rita S.	CC- Oso Group	03/13/1977	45 Years
Joe C.	CC-Hilltoppers Group	03/18/1981	41 Years
Mary C.	CC-Turning Point Group	03/22/1992	30 Years
Enrique M.	CC-Weber Road Nooners	03/30/2016	6 Years
Phyllis H.	Portland-Jaywalkers	04/01/2004	18 Years
Cathy H.	CC-Bookmarks Group	04/06/1999	23 Years
Marlive F.	Corpus Christi	04/07/1987	35 Years
Kelly K.	Corpus Christi	04/18/1986	36 Years
Gale S.	Austin, TX	04/23/1994	28 Years
Fred C.	Corpus Christi	05/13/1987	35 Years
Linda K.	Kingsville-Al-K Group	05/20/1979	43 Years
Carol D.	CC-Oso Group	05/24/2016	6 Years
Mary H.	CC-Women's Big Book	05/24/1995	27 Years
Jackie C.	Pleasanton	06/05/2014	8 Years

2022 CBIA Birthday Club (*Continued*)

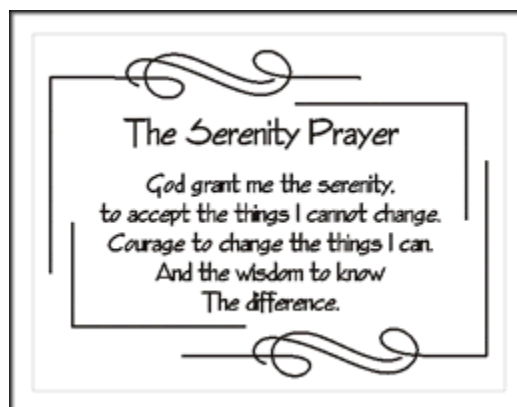
NAME	HOME GROUP	SINCE	YEARS IN 2022
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Gary L.	CC-New Phoenix Group	06/07/2009	13 Years
Marie A.	CC-Alanos Group	06/21/1991	31 Years
Robin P.	CC-Hilltoppers Group	06/22/1986	36 Years
Libby A.	CC-New Women's Group	07/12/1987	35 Years
Tammy B.	CC-Weber Road Nooners	08/11/1989	33 Years
April K.	Corpus Christi	08/20/1984	38 Years
Scott Mc G.	CC-Hilltoppers Group	08/22/2002	20 Years
Pat E.	CC-New Women's Group	08/23/1987	35 Years
Butch R.	CC Weber Road Nooners	08/26/2006	16 Years
Mike Q.	Corpus Christi	08/28/2000	22 Years
Bernard S.	CC-Turning Point Group	08/29/1977	45 Years
Audrey H.	CC-Cullen Mall Group	09/01/2011	11 Years
Hank S.	CC-Cullen Mall Group	09/07/1993	29 Years
Barb C-S	CC-New Women's Group	09/09/1985	37 Years
Valerie B.	CC-Weber Road Nooners	09/13/2017	5 Years
Heather D.	CC-Weber Road Nooners	09/23/2009	13 Years
Dave D.	Rockport Fellowship	10/04/1985	37 Years
Brandelyn M.	CC-New Phoenix Group	10/09/2009	13 Years
Patrick R.	CC-New Phoenix Group	10/09/2009	13 Years
Harold B.	CC-Weber Road Nooners	10/18/2007	15 Years
Arthur A.	CC-Hilltoppers Group	10/19/1998	24 Years
Tim R.	CC-New Phoenix Group	10/21/2011	11 Years
Betsy H.	CC-New Women's Group	10/22/2010	12 Years
Kruger D.	CC-New Phoenix Group	10/23/2009	13 Years
Eddie M.	CC-Weber Road Nooners	10/28/2005	17 Years
Debbie B.	CC-Weber Road Nooners	10/31/2000	22 Years
Mary G.	CC-Hilltoppers Group	11/03/1986	36 Years
Margaret P.	CC-Hilltoppers Group	11/06/2006	16 Years
Loralei D.	CC-New Women's Group	11/06/1984	38 Years
Joanie J.	CC-Bookmarks Group	11/28/2015	7 Years
Larry H.	Rockport Fellowship	12/04/1990	32 Years
Jimmy M.	Port Lavaca Group	12/14/1987	35 Years
James H.	CC-Bookmarks Group	12/17/1993	29 Years
Joe Mc M.	CC-Hilltoppers Group	12/21/1980	42 Years
Tony P.	CC-Hilltoppers Group	12/23/1978	44 Years
Ron S.	CC-New Phoenix Group	12/24/2009	13 Years
John K.	CC-Cullen Mall Group	12/25/1995	27 Years
Lois H.	CC-New Women's Group	12/29/2007	14 Years

Memorial Contributions

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. Suggested donation of \$1 per year of sobriety or a minimum of \$5. They will be listed in each Bender from the month after the donation to the end of the year.

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

Name	Home Group	Departed
John L.	Corpus Christi (<i>Rodd Field Alum.</i>)	02/06/2021
Lupé M.	CC-Grupo Tres Legados	02/23/2021
Gerry K.	Bookmarks Group	05/05/2021
Skip T.	Rockport Fellowship	05/25/2021
Shirley B.	Hilltoppers	06/09/2021
Gary S.	Hilltoppers	07/08/2021
Billy (Tiger) O.	Alanos Group	07/29/2021
Billy Ray S.	Pass It On Group	08/27/2021
Steve S.	Weber Group	09/10/2021
Ann Fitz	5th Tradition Group	12/20/2021





Volunteers Needed to Carry the Message in Corrections Facilities

Corrections Facilities

Some of the correction facilities are starting to open back up. Volunteers are needed to carry the message to alcoholics in corrections facilities. You must be at least 18 years old and not been in trouble with the law (*arrested, incarcerated, pending, etc.*) for at least 18 months. Contact Ronnie B. at ronniebesco@hotmail.com

Helpline / 12 Step List-Help Needed!

More people are needed for "The Helpline". The Helpline is staffed by volunteers who make sure the hand of AA is available 24 hours a day by answering the intergroup phones overnight (5 PM to 8 AM) and on weekends (8 AM Saturday to 8 AM Sunday or 8 AM Sunday to 8 AM Monday). A minimum of six months sobriety is required to answer the phones. We need a few additional helpline volunteers at present. **If you are available to do this vital volunteer work, please contact CBIA as soon as possible to add your name.**

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

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

Local Stories Wanted For the Coastal BENDER

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

District Meetings

District 7

(Victoria Area)

The next District Meeting will be at held in February, no meeting in January at SWTA Winter Workshop.

District 8D

(Corpus Christi)

The next District 8D meeting will be at **2:00 PM** on **Saturday, January 15th** at New Phoenix Club.

District 8E

(Corpus Christi and West)

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

District 15

(Northeast of Corpus Christi)

The next District 15 meeting will be at **2:00 PM** on **Saturday, January 15th in Portland.**

Addresses for Group Contributions

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 8E Treasurer

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

District 8D Treasurer

P.O. Box 61135
Corpus Christi, TX 78466

District 15 Treasurer

% Mike L.
511 Gulf
Port Aransas, TX 78373

Area 68 Southwest Texas (Suggested 10% *)

SWTA 68 Treasurer

P.O. Box 716
Bastrop, TX 78602

General Service Office (Suggested 30% *)

GSO

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

*Suggested percentages are from AA Pamphlet F-3, **SELF-SUPPORT: Where Money and Spirituality Mix** (Available on our web site: cbiaa.org under **DONATE**). Group

Contributions are always at the discretion of the group conscience.

Intergroup Meetings

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

CBIA Quarterly Association Meeting will be held Monday **July 26th** at 6:00 PM on Zoom.

Group Announcements

New Phoenix Group Conscience is held the first 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 being celebrated on the day of the birthday for now. (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.

Contributions

GROUP NAME	Dec 2021	YTD 2021
Alice Group		
Anonymous/Individual Contribution	70.00	7,759.755
Aransas Pass Group		216.00
Beeville-Shepherd's Group		
CC-Alanos		200.00
CC-Bookmarks Group		235.00
CC-Calallen Group		
CC-Crosstown Group		
CC-Cullen Mall Group		200.00
CC-Day of AA		
CC-Early Morning Fellowship		
CC-Fellowship Group at Charlie's PLC		
CC-Fifth Tradition Group		517.50
CC-Flour Bluff Unity Group		
CC-Friday Night Speaker Meeting		250.00
CC-Happy Hour Meeting		
CC-Hilltoppers Group		467.00
CC-Humility Group		200.00
CC-Just for Today Group		
CC-Lucky Ones		
CC-New Attitude Meeting		494.70
CC-New Life Group	25.00	255.00
CC-New Phoenix Group	40.13	3419.54
CC-New Women's Group	91.60	1581.12
CC-Oso Group		831.65
CC-Roddfield Group (final dist)		500.00
CC-Saratoga Group		170.00
CC-Sunset 7 Group (N Padre Island)		1478.40
CC-Turning Point Group		222.00
CC-Weber Road Nooners Group		1058.60
District 7		1000.00
District 15		500.00
District 8D		
Goliad-Open Arms Group		155.10
Hallettsville Group		35.00
Karnes City-Mayfield Group		
Kingsville-AL-K Group		
Moulton Group		112.80
Mathis -Crossroads Group	160.00	435.00
Mathis - Unity Group		
Port Aransas Group		300.00
Port Lavaca Group		
Port O'Connor Group		
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		
Quarterly Meeting 7 th Tradition		
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Happy Hour Group		
Rockport-Fellowship Group		1000.00
Schulenburg Group		23.72
Shiner Group		120.64
Sinton-Grupo Secunda Chanza		
Skidmore Group		
Three Rivers-Choke Canyon Group		50.00
Victoria-Airport Group		
Victoria-Back to Basics Group		1509.44
Victoria-For Sinners Only Group		45.00
Victoria-Golden Slippers		77.08
Victoria-High Nooners Group		
Victoria-Main Stream Group		175.00
Victoria-Men's Group		
Victoria-Unity Group		17.92
Victoria-Women's Group		15.00
Yorktown Group		50.00
TOTAL	\$386.73	\$25,677.96

Coastal Bend Intergroup Association
Mission Statement

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

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

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

Services Provided

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

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.

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 dias).
- **Grupo Primer Paso** (1635 18th Street, Corpus Christi) **8:00 De la Noche** (Miercoles); **Mediodia** (Sabado).
- **Grupo Serenidad** (408 Brownlee, Corpus Christi) **8:00 De la Noche** (Martes y Domingo);
- **Grupo Tres Legados** (1019 S. Port, Corpus Christi) **8:00 De la Noche** (Lunes, Martes, Miercoles y Jueves);

Grupo en 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)