

THE BENDER

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

I was told once that there are three types of people: Those that make things happen. Those that watch things happen and those that say, what just happened? I loved alcohol. People would ask what's your favorite drink? I said the third one. Within a 5-year period I divorced, married and divorced again. While living at my mother's house going through my second divorce, I thought what happened to my life?

I grew up in church and my grandfather was a preacher. I married my childhood sweetheart. She was 15 when we met and I was 16. I was the fourth out of 5 kids and witnessed 3 older sisters marry, have children and divorce. I wanted something different for my life. I had plans to get a degree and then get married. With student loans to attend college, I graduated with a BBA on DEC 15 married DEC 17 and started a new job in January. Married for 15 years adopted a son and was running my own insurance agency with a major company. I had 7 people working for me including my sister and my office was called the "Taj Mahal" of agencies because it was over 4000 sq ft.

We held company meetings there on occasion and training classes for the local association of life underwriters. I attended several conferences of motivational speakers such as Zig Ziglar, Ken Blanchard, Michael Gerber and Brian Tracey. I considered consulting training with Michael Gerber to become a consultant. I had four rental properties at this time and bought the convertible corvette I had always dreamed about. I was proud of the success coming my way. I won several trips to places like Jackson Hole Wyoming, Santa Fe NM, Lake Tahoe, Mediterranean Cruise to Barcelona Spain and then on to Rome and to Malta at the tip of the boot of Italy. We visited Lake Tahoe, Bermuda, Vegas, New York, and several other states. We attended company trips that included private shows from musicians like Aretha Franklin, Barry Manilow and others.

Along with the travels, came more drinking. I remember the thought that real success was having a fridge in the garage loaded with a variety of alcohol. Gradually, the fifteen-year marriage was less important to me than alcohol. I divorced when my son was 6 years old and married someone who had two children 5 and 3. Now I am a father of 3 with one on the way and drinking with a wife who wanted to drink and include other substances.

That combination landed us on the rocks. Within that 3-year marriage, I eliminated assets and found myself heavily in debt to the IRS and multiple creditors. I think I owed near a Ka jillion dollars. I remember thinking, If I could get to curb level and owe 0, I would be happy.

I filed for divorce, my son was 9 and my daughter was 6 months old. At 43, I remember looking into the mirror at my mother's house wondering who are you and what happened to my life? A nineteen-year career, two divorces with child support for each ex-wife and heavily in debt. I continued to drink after the first meeting and was told if you are really an alcoholic time will tell. I came to a few meetings and drank in between meetings. Within a few months, I received a DWI and now I was court ordered to go to AA. I decided to sell the agency and pay off the debt I owed ex-wife number 1. Child support payments continue but now only at half of what was required. I was making about 1/10 of the previous income and did not want to file bankruptcy as that would affect my ability for appointments with new insurance companies. I did not file taxes from 2000 to 2005 as every dollar seemed necessary for survival and continued drinking. Everyone wanted to be paid and I had a new business venture with 0 clients. With no proof of income, my child support would not be lowered. I needed help and would not share the truth of my condition with anyone and was too proud and afraid to ask.

I remember someone in a meeting saying don't quit before the miracle happens and another said, "the mind is like a parachute it only works when open." I wrote that down and spoke with him after the meeting and he became my first sponsor. He said that I needed to listen with an open mind. He said, Harold, I don't have the power to keep you sober. If I did, I would have used that power myself. Why don't you do what I did at first and use the group for your higher power. (GOD -Group of Drunks) He said keep an open mind and be willing to listen to another point of view. "Do you believe everything you think?" I started working steps with him and managed not to drink for almost two years until he moved out of town. I began to sponsor myself and people would ask, "Did you get a new sponsor?" I stopped going to meetings and then in about 6 months with my then wife, I decided to have a beer. We were playing a game of pool and all was well enough in the world. I had a beer and went home and about 10PM she goes to bed and I am wide awake and want another beer. I decided to quietly step out of the house and walk to the nearest bar for couple of drinks. I did not want to start the car and wake anyone. Next thing you know its 2:30 in the morning and I am walking home.

That walk home was almost 4 years after my first meeting and I had been up many a night before at this time but this time a part of the Doctor's Opinion illuminated in my mind. "This process is repeated over and over again and unless there is a psychic change there is very little hope" of Harold's Recovery.

I finally realized and completed step 1 – I thought, I really am an alcoholic. When I take a drink, I have always wanted another one. I came back into the rooms and picked up a white chip. My new sponsor said the only way to get that psychic change is to work all the steps. He strongly recommended structure of calling him and going to meetings and include daily prayer and meditation. He said, upon awakening invite God into your day. I said ok...how do you do that? He said, "GOD, I invite you into my life today." He said "Spiritual Matters must come first" (I had struggled with my sponsor on that one). He pointed to the big book, "spiritual matters must come first" The point is by putting God First...all other things will fall into place. Step three has become more and more important over time.

Step four let me see how my patterns of self-centered desires, wishes (or more like demands) created the tornado that kept me in turmoil. I was in a constant state of frustration. I was uncomfortable no matter where I was. When I would get something that I thought I wanted or needed it was never enough. Interesting how working on step four helped me realize how much I needed God in my life. My priorities and responsibilities were out of alignment and needed to be rearranged. Continuing through the steps and becoming willing to make amends, I needed God's help there also.

I was told to pray for those who have harmed me. When I could not honestly pray for them for the best of life to happen for them, I was told to pray for the 'willingness' to be able to pray for them. Step 8 helped me see God working in my life. As I prayed for that person, I began to realize that just because someone does not give you the love and respect you wanted (or demanded) does not mean that they are not giving a hundred percent of what they have to give. With the help of my higher power, I realized that the same expectations I had in the relationship were not honestly and whole heartedly offered in return. I became aware of the emotional, mental and spiritual harms that I caused them. How did I honor and cherish and show love in the relationship? I was wrong and became willing to do whatever I can to make it better and know that some wrongs cannot be made fully right but willing to do what was suggested.

I could see that she and others, like me, were sick too. In the midst of praying for them, I found myself realizing that they like me were doing the best they could at the time. A sense of peace and forgiveness and a new freedom came when making the amends. I didn't realize how heavy things are until I set them down and let them go. Drop the rock so to speak. One of my amends were made in the coffee shop of the courthouse after a child support review. Shortly after that amends, I was invited to San Antonio to visit in my 5-year-old daughter at my ex-in-laws house. The financial amends were the final frontier. I found the IRS was not looking for me and at 10 years sober the financial amends were completely paid. I thought I would never be out of debt and as of today, debt free.

Step 10 and learning to pause has been a wonderful tool that I continue to practice. Today, I believe that real change happens in the red-hot moment. I have a choice to keep doing the same old behavior or to apply the steps in my life. The opportunity for change happens when I am disturbed, frustrated, doubtful and full of fear. The tools I have today show me a healthy way to deal with life instead of taking a drink. I am a work in progress and do not work it perfectly and some days, I just didn't drink and that was enough. Including step 11 here, I am still learning to pause and pray as a practice. The practice of prayer and meditation is part of my daily routine in the mornings and throughout the day. I can pause and pray and start my day over anytime. Speaking only for myself in those quiet moments, I am reminded that God is more interested in what going on inside of me than what's going on around me. Today, my son is 29 and my daughter is 20 and I am happily married for over 8 ½ years. I still have opportunities for growth and willing to do the work. I was told to

keep God in the center be honest with each other and let it unfold and blessings will continue. Learning to apply all the steps in my life is a pleasure and a practice. Working with others has truly been a blessing and a bright spot in my life. I love seeing others recover and celebrating their recovery teaches me that it works if you work it. I believe when two hearts share; two hearts grow. I am inspired to hear others share their experience, strength and hope.

Coming up on another milestone in sobriety this year and I can honestly say that these are the best days of my life. I also have come to believe what I heard years ago, "Some of my best days have not been lived yet. Our best days are yet to come."

Harold B.
10-18-2007



We all have a story to tell

If you want to write a story for “The Bender”, please do so and submit it to us at cbia@grandecom.net.

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-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. (*Face masks are required if you are coming in the building, this is the landlord's decision because it is private property*).

CBIA HOLIDAYS

January **New Year's Day**
May **Memorial Day**
July **Independence Day**

September **Labor Day**
November **Thanksgiving- 2 days**
December **Christmas Day**

Minutes

CBIA BOARD OF TRUSTEE MEETING

Aug 8th, 2022

- I. **Amy opened the meeting at 6:02PM with Moment of Silence followed by Serenity Prayer**
- **Amy** read **CBIA Mission Statement**
 - **Blake** read **General Warranties**
 - **Ronnie** Read **12 Traditions**
- II. **ATTENDANCE:** Amy(Chair), Michael B.(Vice Chair), Parth ,Patrick R.,(not present) Blake, Jim L (not present), Ronnie B., Rita S. (Office Manager), Terry M. (Assistant Office Manager)
- III. **MINUTES:** **Amy** read Minutes of **July 25th** Quarterly Board Meeting. **Michael** motioned to accept minutes as read. **Ronnie** seconded. **All approved.**
- IV. **FINANCIAL REPORTS:** **Michael**, (*Financial Trustee*) read **July 2022** Financials **Balance Sheet:**
Total CBIA funds as of **July 31th** totaled **\$32,083.36** Petty Cash: **\$50.00**, Checking: **\$13,471.71**, Jamboree, **\$2940.00**, CBIA Social Events: **\$0.00**, Prudent Reserve: **\$15,621.65**.
Profit & Loss for the month of **July:** Group & Individual Contributions: **\$2,360.28**
Gross Sales (*Books, Chips & Medallions*) **\$1,089.50**, (*less Cost of Goods Sold \$695.94*), Jamboree income **\$00.00**, Gross Gain for the month was **\$2753.84**
Total Expenses were **\$3,362.38**. Net Income for month of July **-\$608.54**
Fiscal Year to Date 2022: Group & Individual Contributions Sales **\$10,506.21**
Jamboree Contributions **\$12,875.28** Fundraisers **\$2,067.00**, Gross (*Books, Chips & Medallions*): **\$5,939.75** (*less Cost of Goods Sold*) **\$4,145.51**, Gross Total expenses year to date: **\$22,551.54** Net Gain for the year to date: **\$ 4,692.53**
Ronnie motioned to accept.
Blake seconded. **All approved.**
- V. **SERVICE AREAS:**
- **12th Step:** **Parth**-is still answering the phones monthly and else new to report.
 - **Archives:** **Amy**-nothing new to report, wants to spend the day at some point working on archives at the office.
 - **Bilingual:** **Amy** that Jennifer is still getting the word out to the Spanish/Bilingual meetings.
 - **Coastal Bender:** **James L.** not present but emailed that he was working on getting a story for October Bender.
 - **Corrections/Treatment Facilities:** **Ronnie B.** had nothing new to report.
 - **Jamboree:** **Patrick R.** -not present
 - **Nominations:** **Parth**-nothing new to report.
 - **Public Information/Cooperation with Professional Community:** **Ronnie B**-nothing new to report.
 - **Social:** **Blake** has contacted St John's for the Halloween dance and is waiting to see if they can get on their schedule and asked about the other area to see if it was cheaper. Contacted DJ and he will put it on his schedule. He also spoke to Anita who would create a flier for him.
- VI. **OFFICE REPORT:**
- A. Office Update -**Rita** suggested Nominations should have a committee of Trustees to help Parth with finding candidates for election in Oct. Amy and Blake volunteered to help. Braille AA Big books and 12x12 were found at the office. Reached out to Area mp employee, Micaela. Micaela covered for 2 days after the 4th for both Terry and Rita. All went well. We will be using her again in the future.
- B. who found people in San Antonio and Austin who could use them. They will be picked up at the PI/CPC Conference this month.

VII. OLD BUSINESS: Discussed date for Oct. Quarterly meeting. It was voted to do it Oct.24th instead of Oct. 31st . Also voted to continue only on Zoom and not doing hybrid.

Michael motioned and **Ronnie** seconded. **All approved.**

VIII. NEW BUSINESS: Ronnie brought up the idea of moving the CBIA Intergroup office to the Alanos Club location. There was discussion that years ago CBIA was located where another group met and it was not a good situation. Discussion was tabled and will be added to next month's agenda following research..

IX. NEXT MEETING:

- Next CBIA Board of Trustees meeting Monday **Sept 12th 2022 at 6:00 PM on Zoom.**
- Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday **Oct. 24th, 2022 on Zoom.**

X. CLOSING: **Michael** asked for motion to close the meeting.

- **Ronnie** moved to adjourn.
- **Parth** seconded. Motion carried
- **Rita** asked **Michael** to close the meeting with prayer at **6:48 PM.**

Respectfully submitted,

Rita Standish

Office Manager





40th Heart to Heart Women's Conference Oct 14th-16th at Camp Olympia in East Texas near Trinity (see attached flier)

SWTA 68-Fall Conference and Voting Assembly-Oct 14th-16th- 1209 N Interstate Highway 35, Round Rock, TX. (see attached flier)

District 8D Technology Workshop-Oct 22nd at 3pm following the District Meeting, presented by Area Technology Chair, Matt C. (see attached flier)

CBIA Halloween Dance-Oct 29th- St John's United Methodist Church- 5300 S. Alameda, Corpus Christi. Speaker at 6:30pm and Dance 7:30pm-11pm-(see attached flier)

District 8D AA Community Outreach Event-Oct. 29th at 911 Park Ave in Corpus Christi from 1pm-3pm. Area Treatment Chair /Refreshments: hot dogs and chips.

Face-to-Face Meeting Updates

New Phoenix Speaker Meetings on Saturday at 8PM

Oct 8th-Kruger D. (NP)

Oct 15th-Valerie B. (Weber)

Oct 22nd-Brian G. (NP)

Oct 29th-Patrick R. (NP)

Alice Recovery Crew-Face to face meetings at 200 N. Wright St in Alice, TX.

Mon-Steps 1/2/3 @ 7pm

Tues-OD @ 7pm

Thurs-BB @ Noon

Thurs- SS @7pm

Sat-OD @ 7pm (topics will come from stories in the back of the Big Book)

Zoom Meetings continue on Mon and Wed at 7pm

New Attitude Group-Meeting place has changed to Grace Presbyterian Church at 6301 Yorktown CC, TX starting Aug 1st. Meetings continue to be on Mon. and Wed. and Friday at 6pm. Meetings are also continuing on Zoom.

AA Meetings on Zoom

Coastal Bend Area AA Meetings on Zoom

Alice-Recovery Crew, 7:00 PM Mon and Wed 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: 886 9994 6374 Password: 336965

CC-New Women's Group, Mon & Thu 7 PM; (new time)**Sat 3pm** 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. A large contribution in January 2021 (*within the annual limit of \$5,000*) helped us to stay solvent for that year. The larger contributions are expected to be a one-time thing. You can donate on the Birthday club list or just send in a donation. We are pleased with how many do send contributions throughout the year and 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. The **2022 Coastal Bend Jamboree Committee** held their event February 4th-6th and donated \$12,875.28 to CBIA on March 12 at their wrap up meeting. 553 people attended the Jamboree event including scholarships. A big thank you to the Committee for such a successful event and all their hard work. They will start in July to plan 2023 Jamboree.

Founder's Day was held by the Social Committee, June 11th in Corpus Christi, at St. John's Church at 5300 S. Alameda from 9-4. There were 70-80 people in attendance during the day with 2 great speakers. There was also a great bake sale, lunch, raffles, and silent auction items. Thanks to wonderful donations and sales the event made \$1764.00. Thanks to all who attended and donated, we couldn't do this without you!

CBIA Appreciates Ongoing Support (*Continued*)

Where Are We Now?

	Actual Sept 2022
Contributions	\$27,725.31
Gross Sales	\$6,951.11
Cost of Goods Sold	(\$4,797.30)

Gross Gain	\$29,879.12
Total Expenses	\$28,718.99
Interest Income	2.95

Net Gain	\$1,163.08

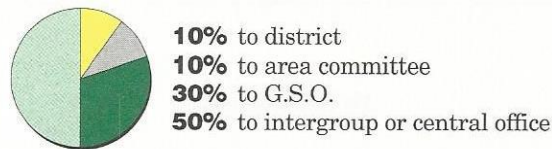
What Has the CBIA Board of Trustees Done?

We continue to work reduced hours at the office to keep costs down. The hours & payroll are reduced by 25% so Terry (AM) and Rita (PM) will work three hours rather than four each workday. Our hours in 2022 continue at this time to be 8:30 – 11:30 AM and 2:00 – 5:00 PM Monday through Friday.

The board did decide after receiving the \$12,875.28 Jamboree contribution to move \$3,000 of that money back to the Prudent Reserve (*Savings*) from the check. The \$3000 was borrowed in the summer of 2020 to keep the office running during the Pandemic.

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.cbiasa.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
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-Happy Hour 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-Happy Hour 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.	Rockport Fellowship	04/01/2004	18 Years
Cathy H.	New Fairfield, CT	04/06/1999	23 Years
Marlive F.	Corpus Christi	04/07/1987	35 Years
Lisa D.	Austin, TX (18 th St)	04/21/1987	35 Years
Kelly K.	Corpus Christi	04/18/1986	36 Years
Gale S.	Albuquerque, NM	04/23/1994	28 Years
Fred C.	Corpus Christi, TX	05/13/1987	35 Years
Linda K.	Lake Charles, LA	05/20/1979	43 Years
Carol D.	CC-Happy Hour Group	05/24/2016	6 Years
Mary H.	CC-Happy Hour Group	05/24/1995	27 Years
Jackie C.	Pleasanton, TX	06/05/2014	8 Years
Gary L.	CC-New Phoenix Group	6/07/2009	13 Years
James M.	Nueces Bay Group	06/13/1993	29 Years

2022 CBIA Birthday Club (Continued)

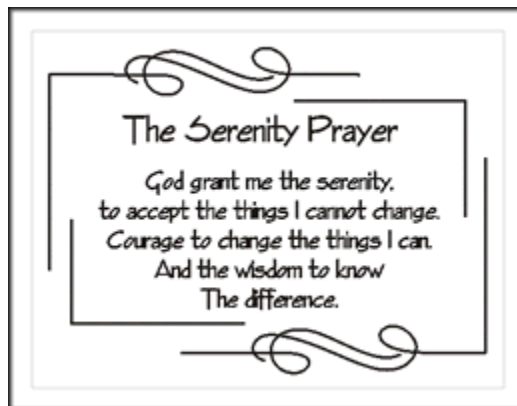
NAME	HOME GROUP	SINCE	YEARS IN 2022
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Terry M.	Nueces Bay Group	06/18/1992	30 Years
Marie A.	CC-Alanos Group	06/21/1991	31 Years
Robin P.	CC-Hilltoppers Group	06/22/1986	36 Years
Bill Drews	Rockport-Happy Hour	07/16/1981	41 Years
Libby A.	CC-New Women's Group	07/12/1987	35 Years
Tammy B.	CC-Weber Road Nooners	08/11/1989	33 Years
April K.	Corpus Christi, TX	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.	CC- Weber Road Nooners	08/28/2000	22 Years
Audrey H.	Rockport, TX	09/01/2011	11 Years
Fred B.	Aransas Pass Group	09/01/2002	20 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.	San Antonio, TX	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.	New Fairfield, CT	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.	China, TX	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 -----
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
Jay E.	Hilltoppers	12/16/2021
Ann F.	5 th Tradition Group	12/20/2021
Bernard S.	Weber Group	07/01/2022
Joe C.	Happy Hour Group	09/04/2022





Quarterly CBIA Meeting-Oct 24th, 2022

4 CBIA Trustees for 2023-2024 are needed to be elected at the CBIA Quarterly Meeting. Requirement is 2 years sobriety. This is an excellent opportunity to give back to the AA community by serving on the board that manages the Coastal Bend Intergroup Association as trusted servants. If interested, fill-in the form attached to the Bender or reach out to the office at 361-992-8911 to have your form filled out.

Please have your form in by 10/21/2022

TELEPHONE
ANSWERING SERVICE



Get Involved!

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 nine months sobriety is required to answer the phones. **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. If interested please call Terry 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 at **9:30AM** in November. Attending the Area 68 Voting Conference in October.

District 8D

(Corpus Christi)

The next District 8D meeting will be at **2:00 PM** on **Saturday, Oct 22nd** at New Phoenix Club.

District 8E

(Corpus Christi and West)

The next District 8E meeting will be at **1:30 PM** on **Saturday, Oct 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, Oct 8th** in Rockport at 814 Wharf St.

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 8D Treasurer

P.O. Box 61135
Corpus Christi, TX 78466

District 8E Treasurer

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

District 15 Treasurer

% Mike L.
511 Gulf
Port Aransas, TX 78373

Area 68 Southwest Texas (Suggested 10% *)

SWTA 68 Treasurer

P.O. Box 830195
San Antonio, TX 78283

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. **Birth 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. **Birth 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. **Birth Night** is the 1st Saturday of the month with **Potluck Supper** at 7:00 PM and **Birth 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. **Birth Meeting** is last Saturday of the month.

Contributions		
GROUP NAME	Sept 2022	YTD 2022
Alice Group		
Anonymous/Individual Contribution	81.00	2,373.00
Aransas Pass Group		100.00
Beeville-Shepherd's Group		
CC-Alanos	200.00	200.00
CC-Bookmarks Group		
CC-Calallen Group		
CC-Crosstown Group		
CC-Cullen Mall Group		
CC-Day of AA		
CC-Early Morning Fellowship		
CC-Fellowship Group at Charlie's PLC		
CC-Fifth Tradition Group		
CC-Flour Bluff Unity Group		
CC-Friday Night Speaker Meeting		
CC-Happy Hour Meeting		
CC-Hilltoppers Group		
CC-Humility Group		200.00
CC-Just for Today Group		
CC-Lucky Ones		
CC-New Attitude Meeting	114.20	139.18
CC-New Life Group	50.00	310.00
CC-New Phoenix Group	35.61	1160.43
CC-New Women's Group	329.60	1,277.03
CC-Oso Group		517.79
CC-Roddfield Group (final dist)		
CC-Saratoga Group		
CC-Sunset 7 Group (N Padre Island)		456.88
CC-Turning Point Group		175.00
CC-Weber Road Nooners Group		1,114.20
District 7		
District 15		
District 8D		
Cuero-Burning Desire Group	50.00	50.00
Goliad-Open Arms Group	82.24	114.95
Hallettsville Group		50.00
Karnes City-Mayfield Group		
Kingsville-AL-K Group		49.00
Moulton Group	100.00	100.00
Mathis -Crossroads Group	100.00	250.00
Mathis - Unity Group		
Port Aransas Group		
Port Lavaca Group	205.00	205.00
Port O'Connor Group		56.54
Portland -Jaywalkers Group		
Portland -Nueces Bay Group		
Quarterly Meeting 7 th Tradition		
Riviera-SASTO Group		
Robstown Desire Group		
Rockport-Happy Hour Group	120.00	401.00
Rockport-Fellowship Group		2409.40
Schulenburg Group		
Shiner Group		100.00
Sinton-Grupo Secunda Chanza		
Skidmore Group		
Three Rivers-Choke Canyon Group		
Victoria-Airport Group		
Victoria-Back to Basics Group		487.80
Victoria-For Sinners Only Group	25.00	25.00
Victoria-Golden Slippers		
Victoria-High Nooners Group		
Victoria-Main Stream Group		75.00
Victoria-Men's Group		
Victoria-Unity Group		66.38
Victoria-Women's Group		
Yorktown Group		80.00
TOTAL	\$842.65	\$12,657.78

**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 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)