

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

Worthwhile Gratification

Since I could remember, I've always been a seeker of immediate gratification. Sobriety was anything but immediate, at least not for me. I've been told many times, "it takes what it takes." "Nothing happens in God's world by mistake." I've also heard, "It's either a blessing or a lesson" and I can finally see my years of chronic relapsing as both. I learned that I created the chaos in a selfish attempt to control an uncontrollable life, which I am still guilty of at times. The difference today is an increased awareness of my powerlessness over people, places and situations. The upside to this is a new-found freedom and a new way of life, that if practiced "in all my affairs," sustains my spiritual peace. Which at the end of the day, was what I wanted my whole life.

I was 25 years old when I was introduced to AA at my first attempt at inpatient treatment for alcohol (I had been to inpatient treatment for eating disorder at 18 years old straight out of high school). I walked in with both my eyes swollen shut I was grateful to get to go through detox before being surrounded by everyone, at least I was safe. I had been beaten up by my first husband who was also an un-proclaimed alcoholic. For the first time in a longtime I could rest. My whole life was a nonstop race to be the best, always chasing the next achievement. Always the overachiever, people pleaser, masking my double life with good deeds in a pathetic attempt to feel better about myself and the bad decisions I was making.

At 14 years old I was raped at a New Year's Party I begged my parents to let me go to because "everyone was going to be there" and of course, "I had been so good." I had already struggled with low-self-esteem, zero self-worth, and severe insecurities due to being bigger than most of the children in my class and was the subject of constant bullying. By this time, I had found my immediate gratification in food and developed an unhealthy yo-yo of eating disorders. Then I found alcohol. It was immediate euphoria; my whole body went warm and numb. I loved it more than anything. I felt beautiful, could be outgoing, and was free to be whoever I wanted to be. After the rape, I felt disgusted and hopeless. Who was going to want me now? It was the year 2000, the year when everyone thought computers were going to crash and was to be "the end of the world" as they said it back then. It certainly felt like it was to me. That victim mentality would follow me for years to come.

My drinking got worse, well everything got worse after that. Including my drive to overachieve in attempt to avoid suspicion that something was wrong with me. I graduated Valedictorian, Homecoming Queen, President of National Honor Society, Vice President of the Student Council, State Cross Country Runner and MVP in track and was a regional qualifier every year. My parents didn't allow drinking however, when I did get the opportunity to drink, I drank excessively since I didn't know when I would be able to again. Neither of my parents were alcoholics, my mom didn't even have her first drink till her 30's but my best friend's dad was an alcoholic, so guess where I would rather be. My parents were, in their own ways, filled with the isms. Mom was always filled with anxiety and still has to be reminded that everything is going to be okay. My father was a workaholic who didn't know how to stop working even on his days off at home. Today, I realize they did the best they could with what they had.

When I got to college, my drinking had no limits and I quickly became a morning drinker then soon an all-day drinker to avoid the shakes, sweats and severe anxiety. Still, I managed to continue to strive to be "the best," outwardly

anyhow. I graduated with my Masters in Psychology, was a Ronald E. McNair Scholar/Graduate Assistant, President of Psi Chi, member of Alpha Chi and recipient of the President's award and Dean's List just about every semester. I was able to present my research all over the country. Even then, I was not satisfied. I still couldn't figure out what was wrong with me. I know now that the disease of alcoholism does not discriminate. I remember having dinner with my father after graduating in 2010 and telling him I had a 4.0 GPA and summa cum laude and he merely said, "you can always do better next year." I was crushed! I was at the end of my academic career with no further plans to pursue my PhD. With tears in my eyes, I just said, "that's the best you can get, Dad!" as I ordered another margarita.

While everyone thought I had it all together, my life was far from it. My drinking was out of control which opened the doors to drugs, promiscuity and a roller coaster of bad relationships which led me to my introduction to A.A. Unfortunately, that would not be my last stay in an inpatient treatment center. I would spend the next 12 years in and out of rehabs, detoxes, psych wards, halfway houses, hospitals and moved a lot because I could not keep a job, maintain relationships or stay sober long enough to realize that I deserved recovery. I would get a sponsor, work the steps on a surface level, only how it pertained to alcohol, because that's the problem I thought, not me, right?

In 2015, through my journey of "self-will run riot" I found myself pregnant with twins, single, about to lose my apartment because I had picked an unreliable roommate and on the brink of losing another waitressing job (because I felt too insecure to ever take a job in my profession of study). Thank God I was able to stay sober during the pregnancy and my mother allowed me to move back in. It was a short glimpse of what a normal life with my family might have been like. I was going to be a mother, the one thing I wanted to be so I could love and be loved. Up until now I thought I was unable to have children because I had put my body through so much with the eating disorders, alcohol, drugs and promiscuity. I did end up losing one baby early on but had my beautiful daughter, who is now almost 8 years old, going on 20. I wish I could say she kept me sober or I was strong enough to stay sober but shortly after she was born, I started drinking again and picked right back up where I left off.

After much chaos and pain inflicted on my family as I forced them to witness me throw my life away, they intervened with my daughter's father and got her taken from my custody to for her safety. Of course, I couldn't see it that way then. I couldn't believe they would take away the one thing I loved most because I couldn't see past the delusion that I created in my mind. In my mind I was just a victim of my past and wanted to relax and be left alone, I was not hurting anyone, so I thought. I went back to rehab, another Oxford house, got a job at a local MHMR, got my own apartment, got my daughter back prematurely and after getting complacent I relapsed again and she was taken away again. I went back to rehab for a month and convinced her father to let me have her back because I was going to be living at my mother's, "How bad could it be?" Three months later, I was pregnant again, had another miscarriage and shortly after relapsed. This time I really messed up and ended up slapping my daughter across the face for an innocent rude comment which she was probably unaware of what she was even saying. I got belligerent with my mother and called her names no daughter should ever call their mother. I was kicked out and moved in with my, soon to be, second husband.

He was a member of Alcoholics Anonymous with 5 years sober at that time and I could not stay sober for the life of me. I would get 3 months, 6 months and even 9 months on one occasion however eventually I would say the infamous words, "F___ it!" and end up coming to, full of regret and remorse just to continue my drinking spree to avoid those feelings. Bless his heart, he took me to rehabs all over South Texas: Corpus Christi, Laredo, Harlingen, San Antonio and even up to San Angelo. After my stay in San Angelo, I found myself in another detox 2 months later where I thought would be my last, since mentally, I could not even spell my first name or dress myself. I was dumbfounded. He watched me once again attempt to ease my suffering by trying to chug a drink in my car in the parking lot while dry heaving then throwing up only to keep attempting to chug it down. He left as soon as they told him they would be taking me in. Seven days later I was released and he was there to pick me up. I thought, "I got this," those other famous words.

Less than 2 months later, I quit another job and swore I was destined to die an alcoholic. By this time, I had only been allowed supervised visits with my daughter after the incident at my mother's but by now no one wanted to supervise and rightfully so. I wouldn't even get out of bed except to go get more alcohol. I would have body spasms because I refused to eat anything. I wanted to die. My ex tried his best to love me and help me love myself but I could not see it. I truly believed God hated me and I was just better off dead. We got into an altercation and of course I called the cops, he was arrested and I continued to drink. Somehow, by the grace of God, my LCDC at the time had not given up on me and was trying to get me into detox again. She had contacted a lady I actually used to work with at MHMR 4 years prior and she got

in touch with a loving couple who just happened to be the parents of a girl I once lived with in an Oxford house also 4 years prior, who were planning to take me to rehab the following morning if I could find a ride to Corpus Christi. The lady from MHMR went to pick me up and packed all my belongings and brought me to Corpus that night.

This part I don't remember clearly, but as we were packing up my things, I became erratic and confrontational once again so the lady gave me a Xanax to try to help calm me down. She didn't know the extent to my drinking binge nor my lack of eating for the past three weeks or more. The last thing I remember is driving out of Alice late in the evening on November 17, 2021. I came to on a hospital bed in ICU, hooked up to wires and a tube in my mouth. I couldn't even stand up on my own, as I remember trying to get up to go pee and I fell and upset the nurses. I didn't know what was going on. I would not find out until a couple of days later. As soon as I was able to walk on my own, they sent me to a psych hospital where I stayed for 3 weeks still confused, hazing, weak and in and out of reality. When I was finally able to make sense of things and use the phone, I found out I made it to the couple's house but was only there about 10 minutes before I passed out, unconscious in their bathroom. The lady gave me CPR until the EMS arrived and then I had to be electric shocked in the ambulance on the way to the hospital. I was on a breathing machine for 3 days because I would keep flatlining as they attempted to remove it. My parents were told the following morning and I can't imagine what was going through their minds.

So much I cannot explain, but I know God loves me and surrounded me with angels that day. So many hands at work despite my selfish desires to continue to keep killing myself. I am so grateful to be alive today. I called my daughter the first chance I got and broke down in tears at the sound of her voice because I was full of so much guilt, shame and regret for what I had done. Because of this program I am able to move past that guilt, shame and regret and replace it with gratitude, love and service.

While in the psych ward, that loving couple asked me to move in with them so I could build a strong spiritual foundation. I prayed about it, as if I had so many other options. My alcoholic mind wanted to go back home because I still had a husband to work things out with, like I had anything to offer anyone at that time. I was afraid to be alone, to start over and terrified to leave the hospital because the truth is I finally realized I had no idea how to live. I didn't know who I really was, what I really liked nor what I wanted in life.

I knew I wanted to be a better person and I knew God saved me for a reason. I remember talking to my mom while in the treatment center and she was in tears saying, "God has a bigger plan for you, mija." I can't imagine the pain I've caused her and the rest of my family. I'm reminded daily that it's just one day at a time, all we have is today. I also learned the difference of quality over quantity. Being a part of rather than just coming in for an hour meeting. Getting a sponsor and really working the steps. Digging deep to the root of the issues I still struggle with at times. Awareness of patterns, such as, self-sabotaging, running away, giving up, self-doubt, self-pity, people pleasing, avoidance etc. You get the picture. Someone once said, "I finally gave up on giving up!" and I get that. My alcoholic mind wants to kill me, it's easy to give in to negative self-talk.

When I got out of the hospital, I knew where I needed to go. Twelve years earlier I had my home group as New Phoenix Group and would continue to go there every time I decided to "try again." Plus, I knew they held the most meetings a day, in town. I quickly got a sponsor because I was fearful and desperate to stay sober. I got active in service work, chairing meetings, volunteering at conventions, serving as archive district chair and helping out where I could around my home group. My sponsor helped me through the 12-Steps. It was the first time I actually thoroughly completed all 12-Steps. At one morning meeting I was chairing, I read an article where the author stated, "God did not open up the gates of heaven to let me in, but he did open up the gates of hell to set me free!" That is exactly what I visualize when I think about what happened that last drunken night. It is also said that "nothing happens in God's world by mistake and there are no such things as coincidences, chance or luck."

I started a new job a month ago as a probation officer. That in itself was a God thing because I had not even applied for the job. One because I still had a DWI pending charges and two, because I never saw myself as an assertive, tough person to be good enough to be an enforcer. But God doesn't call the qualified, he qualifies the called. The first couple of weeks were hard and I would come home in tears and felt like quitting many times but I realized that I'm not going to quit just because I feel challenged. I see challenges as opportunities for growth today.

I share my experience, strength and hope from the heart today. Not what I think others want to hear. Secrets keep us sick and I'm sick and tired of holding on to the things that take away my peace of mind. This past year has been a roller

coaster. I've lost two uncle, one who was very dear to me, two friends, I'm in the process of getting a divorce, had another miscarriage right before getting my new job and still working on improving my visitations with my daughter who lives 3 hours away and I see twice a month now. I know that my spiritual condition and growth is contingent on the work I put into my recovery on a daily basis. I can't rest on yesterday's meetings or service work. The biggest freedom is knowing that I don't have to be perfect, I can just be me. Not everyone is going to like me and that's okay. I never want to forget the hopelessness I felt that last bender. I have to stay vigilant about when I am on and off the beam. I am constantly encouraged to never forget: I am either moving towards God and away from a drink or away from God and towards a drink. I still make mistakes and don't take every suggestion as I should. No matter how good or bad something gets, I don't have to drink over it! As long as I don't take that first drink, I still have a choice today and that is something to be grateful for.



CBIA Hours

Reminder*The office will be closed on November 24th and 25th for Thanksgiving.**

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	September	Labor Day
May	Memorial Day	November	Thanksgiving- 2 days
July	Independence Day	December	Christmas Day

Minutes

CBIA BOARD OF TRUSTEE MEETING

Sept 12th, 2022

- I. **Amy opened the meeting at 6:03PM 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,(not present),Patrick R.,(not Present), Blake,(not present),Jim L., Ronnie B., Rita S. (Office Manager), Terry M. (Assistant Office Manager)
- III. **MINUTES:** **Amy** read Minutes of **Aug 8th** Board Meeting.
Michael motioned to accept minutes as read. **Ronnie** seconded. **All approved.**
- IV. **FINANCIAL REPORTS:** **Michael**, (*Financial Trustee*) read **Aug 2022** Financials
Balance Sheet:
Total CBIA funds as of **August 31th** totaled **\$30,548.54** Petty Cash: **\$50.00**, Checking: **\$11,823.64**, Jamboree, **\$3053.25**, CBIA Social Events: **\$0.00**, Prudent Reserve: **\$15,621.65**.
Profit & Loss for the month of **August:** Group & Individual Contributions: **\$1,308.92**
Gross Sales (*Books, Chips & Medallions*) **\$471.76**, (*less Cost of Goods Sold \$305.66*), Jamboree income **\$125.25**, Gross Gain for the month was **\$1,600.27**
Total Expenses were **\$2,799.50**. Net Income for month of August **-\$1,199.23**
Fiscal Year to Date 2022: Group & Individual Contributions Sales **\$11,815.13**
Jamboree Contributions **\$13,000.53** Fundraisers **\$2,067.00**, Gross (*Books, Chips & Medallions*): **\$6,411.51** (*less Cost of Goods Sold*) **\$4,207.32**, Gross Total expenses year to date: **\$25,351.04** Net Gain for the year to date: **\$ 3,493.30**
Jim L. motioned to accept.
Ronnie seconded. **All approved.**
- V. **SERVICE AREAS:**
- **12th Step:** **Parth**-not present
 - **Archives:** **Amy**-reported she reached out to GSO for information about our area to be sent to her for archives.
 - **Bilingual:** **Amy** said that Jennifer is still getting the word out to the Spanish meetings, nothing new.
 - **Coastal Bender:** **James L.** said he has been working on finding a story for November, Harold will be submitting his soon to the office for October.
 - **Corrections/Treatment Facilities:** **Ronnie B.** had nothing new to report. Rita said that she heard at the ICOAA Conference about Grapevine gift certificates that can be purchased on line and they are given to an inmate for a year. The inmate list comes from AWS. Ronnie said he would check if Grapevines could be donated to area prisons or jails. We may want to ask for donations of used ones for this purpose if we are able to take them in.
 - **Jamboree:** **Patrick R.** -not present
 - **Nominations:** **Parth**-not present.
 - **Public Information/Cooperation with Professional Community:** **Ronnie B**-reported he sent the minutes from the PICPC Workshop to the office to be sent out to everyone. He also reported that November is Alcohol Awareness Month, he is going to check with libraries and other areas to see if he could put up a display of pamphlets during that month.
 - **Social:** **Blake-not present**-Called to say CBIA is on the calendar at St John's for the Halloween dance on Oct 29th. Has the DJ and also spoke to Anita who would create a flier for him.

VI. OFFICE REPORT: Rita reported that she attached the Trustee form to the meeting email for those who are helping to find people to stand for Trustee at the Oct. Quarterly Meeting. She also reported that Terry and her went to the ICOAA Conference in Denver. They both were able to attend many workshops because they split up. Both learned a lot and came back with some ideas to implement in the office in the future. Thanked the Board for letting them attend.

VII. OLD BUSINESS: None.

VIII. NEW BUSINESS: Ronnie said that after researching and thinking about the proposed idea of moving CBIA office to the 18th Street location, he felt it was not a good idea and wanted to table it. Rita mentioned she had research costs and it would not have been cost effective to do that move. It was agreed to table that idea entirely. Ronnie mentioned that the October Bender could mention the duties of Trustees, this would help to generate interest in serving.

IX. NEXT MEETING:

- Next CBIA Board of Trustees meeting Monday **Oct 10th 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: Amy asked for motion to close the meeting.

- **Ronnie** moved to adjourn.
- **Michael** seconded. Motion carried
- **Amy** asked **Ronnie** to close the meeting with prayer at **7:14 PM.**

Respectfully submitted,
Rita Standish
Office Manager





Alanos Group Thanksgiving Open House-10am-2pm at 1633 18th St. **Meeting at 11am** with food and fellowship following the meeting.

Cullen Mall Gratitude Meeting- December 14th at 8pm, 3707 Santa Fe, CC. This year bring a dessert to share and maybe take some home too.

Coastal Bend Jamboree- February 3rd-5th, 2023-Omni Bayfront. Registration is open online and book your room too! (see attached flier)

Face-to-Face Meeting Updates

New Phoenix Speaker Meetings on Saturday at 8PM

Nov 12th-Dan G. (Sunset 7)

Nov 19th-Brenda Lee R. (New Phoenix)

Nov 26th-Anthony C. (New Phoenix)

Alanos Group 1635 18th Street- Women's 12 Step Discussion Meeting- Tuesday at 2pm in the Cottage.

5th Tradition Meeting- Bonfire Meeting on Saturdays at 6pm, smokers welcome. 210 S Carrizo in the backyard.

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?

	<u>Actual</u> <u>Oct 2022</u>
Contributions	\$28,707.99
Gross Sales	\$7,705.06
Cost of Goods Sold	(\$5,047.50)

Gross Gain	\$31,121.70
Total Expenses	\$31,277.29
Interest Income	2.95

Net Gain	\$-152.64

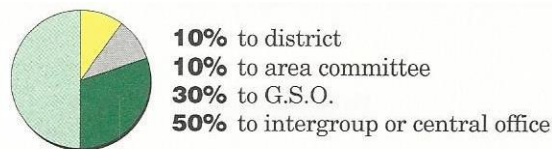
What Has the CBIA Board of Trustees Done?

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.cbiala.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*)

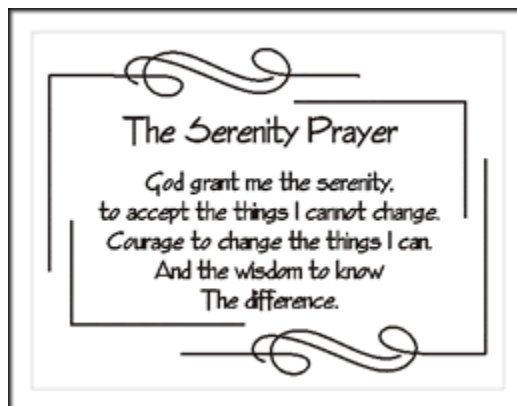
NAME	HOME GROUP	SINCE	YEARS IN 2022
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Terry M.	Nueces Bay Group	06/18/1992	30 Years
Marie A.	CC-Alanos Group	06/21/1991	31 Years
Robin P.	CC-Hilltoppers Group	06/22/1986	36 Years
Bill Drews	Rockport-Happy Hour	07/16/1981	41 Years
Libby A.	CC-New Women's 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





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** on **Saturday, Nov 19th** at 901 Kallus St hosted by Schulenburg Group.

District 8D

(Corpus Christi)

The next District 8D meeting will be at **2:00 PM** on **Saturday, Nov 19th** at New Phoenix Club.

District 8E

(Corpus Christi and West)

The next District 8E meeting will be at **1:30 PM** on **Saturday, Nov 12th** 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, Nov 12th** at 822 Denver St. hosted by Nueces Bay Grp.

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.

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 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. **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	Oct 2022	YTD 2022
Alice Group		
Anonymous/Individual Contribution	71.00	13,640.46
Aransas Pass Group		100.00
Beeville-Shepherd's Group		
CC-Alanos		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		139.18
CC-New Life Group	50.00	310.00
CC-New Phoenix Group	40.21	
CC-New Women's Group	152.80	1,429.83
CC-Oso Group		517.79
CC-Roddfield Group (final dist)		
CC-Saratoga Group		
CC-Sunset 7 Group (N Padre Island)	334.46	791.34
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
Goliad-Open Arms Group		114.95
Hallettsville Group		50.00
Karnes City-Mayfield Group		
Kingsville-AL-K Group		49.00
Moulton Group		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	234.32	722.12
Victoria-For Sinners Only Group	25.00	25.00
Victoria-Golden Slippers		
Victoria-High Nooners Group		
Victoria-Main Stream Group	50.00	125.00
Victoria-Men's Group		
Victoria-Unity Group	49.89	116.27
Victoria-Women's Group		80.00
Yorktown Group		
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 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)