

THE BENDER

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



71st Coastal Bend Jamboree
February 7th-9th 2025 at the Omni Hotel in Corpus Christi, TX
Hope to see everyone there!

SWTA 68 CFC Conference "Freedom from Bondage"
Feb. 8th at St Francis Episcopal Church
8:00am-8:00pm
4242 Bluemel Rd, San Antonio, TX

"Safety in AA" Workshop hosted by District 8D and The New Women's Group
Saturday Feb. 15th at 9:00am-10:00am
Panel Discussion/Ask it Basket
New Phoenix Group 5433 S Staples, CC TX
Light Refreshments followed by District 8D Monthly Meeting

District 13 Workshop/Feb 15, 2025
GSR Workshop from 10am-12 Noon
Lunch Provided -Traditions Workshop 1pm-4pm
711 Broadway, Marble Falls, TX

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 2024 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.

CBIA HOLIDAYS

January

New Year's Day

May

Memorial Day

July

Independence Day

September

Labor Day

November

Thanksgiving- 2 days

December

Christmas Day



A Member's Story

My name is Jimmy C. and I am an alcoholic. My sobriety date is November 07, 2021. I am sober today by the grace of my Higher Power and the program of Alcoholics Anonymous.

I grew up in a relatively "normal" household. My alcoholism I inherited alcoholism from my father. I inherited fear from my mother. My dad was a full-blown drunk, even though he had a great job. My mom also had a great job and we relied on her paychecks to pay for all the bills and everything else. My father spent his checks on the drink. I have an older sister who was the favorite child. I never understood why she got everything she wanted and, if I was lucky, I got whatever was left. I have never felt "good enough" and it probably stemmed from that experience.

Watching my dad drink himself into oblivion everyday was like watching a falling star, but it was my favorite star. I started to believe that if I could hold a steady job, that would mean I had earned the right to drink. Drink until I passed out and transformed into a deranged and depraved human. I held onto that belief for many years.

As I grew older, my maternal grandmother became very ill. She was the only person who really showed me love and protected me as best as she could. I became her caregiver at the age of 14. That's when my drinking started. Three years later, my grandmother died in my arms. This was the beginning of the end for me. I began to drink like an alcoholic who only had a week to live.

By the time I reached my 20's, I was drinking to die. I'd had a very unhealthy romance with death since my youth and I just wanted to die. I grew an immense hatred towards the idea of God and religion. I became a solidified blasphemer. I also started the vicious road of codependency and depression. All of the things that made me the perfect candidate for a disastrous partner. I fell in love with someone on Facebook and eventually moved to Hawaii to live with her. She had been sobering since 2000 and I did not care one bit to be supportive or respectful of that huge accomplishment. Our relationship moved fast and on Halloween of 2011, our daughter Lily was born. She was the first baby born on Halloween in Honolulu, HI in 2011. That child was, and is, my entire world. I knew I had to stop drinking for her. But I couldn't. I felt subhuman. King Alcohol had its stranglehold on me.

By 2020, I had burned my life into the ground. I had everything I had ever wanted and I was still actively trying to drink myself to death. I had suicidal thoughts every day from 2012 until March of 2020. On March 22, 2020 I attended my first AA meeting. It was a newcomer's meeting at New Phoenix Group. I did not go to detox or rehab. I was not on paper, but I was dying of alcoholism. I was well acquainted with the hideous Four Horsemen – Terror, Bewilderment, Frustration, and Despair. I attended a meeting every day for two weeks. Then Covid hit and meetings moved to the Zoom platform. I had no desire to drink. My daughter Lily had already been diagnosed with multiple autoimmune disorders so I did not want to venture into public because I could potentially bring something home that could kill my daughter. Things were turning around, or so I thought. The woman I had fallen in love with in 2010 was warning me about relapsing but I thought she was full of it. She was right.

In October of 2021, I pushed my girlfriend away and into the arms of another. I felt I had done no wrong and that I was done with life. I made the conscious decision that I was going to attempt to drink myself to death one last time. After being "dry" for 19 months, I crawled back to hell with my master, King Alcohol. On November 5, 2021 I purchased enough to surely put me out of my misery. I consumed everything I had purchased and I did not die. I was face to face with the Pale Horse Named Death and I was terrified. That was my Step One and Spiritual Experience. I reached out to the only AA member whose number I had saved and asked for help.

I came back to New Phoenix on November 7, 2021 and detoxed there again. Since that day, I have worked the program of Alcoholics Anonymous to the best of my ability. I have lost close friends, pets, my last maternal aunt, and have not had to pick up a drink. I've had several emotional bottoms and have not had to pick up a drink. I am currently working the 12 Steps again with my second sponsor and stay involved in service work. I have a Higher Power who I pray to and depend on. I haven't had a sobriety threatening issue since I came back but I have had life threatening issues. My depression is still present so I'm one of the ones with grave emotional and mental disorders, but I have the capacity to be honest. Today I have a life that I don't want to run from. Every good thing that has happened to me in the last three years is a direct result of working the AA program. Today, I choose to live!

Minutes

CBIA BOARD OF TRUSTEE MEETING

Dec 2nd, 2024

- I. Don opened with **Moment of Silence** followed by **Serenity Prayer at 6:01pm**
 - Carol read **CBIA Mission Statement**
 - Scott read **General Warranties**
 - Jim read **12 Traditions**
- II. **ATTENDANCE:** Don K. (Chair), Paul M.(Vice Chair), Jim S, Jennifer N., Carol D, Scott M, Dave W., Rita S. (Office Manager) and Terry M.(Assistant Manager)
- III. Don read **Minutes of Nov 11th 2024 CBIA Board Meeting.**
 Dave motioned to accept. Carol seconded. All approved.
- IV. **FINANCIAL REPORTS:**
 Nov 2024 Financials were emailed. There were no questions.
 Jim motioned to accept.
 Carol seconded. All approved.

Nov Financials Balance Sheet:

Balance Sheet	Total Funds	Profit & Loss		
Nov 2024		Nov 2024		
Petty Cash	\$50.00	Contributions	\$332.00	Group & Individual
Checking	\$6,487.72	Gross Sales	\$196.67	COGS (\$698.35-\$501.68)
Prudent Reserve	\$15,653.87			
Jamboree				
Account	\$4,000.00			
Total Funds	\$26,191.59	Gross Profit	\$528.67	
		Total Expenses	\$2,416.79	
YTD- Nov 2024		Nov Net income	-\$1,888.12	
Contributions	\$19,083.16			
Jamboree	\$9,968.52			
Refund	\$340.40			
Gross Sales	\$12,131.52			
Total	\$42,912.60			
YTD Expenses	\$35,372.22			
YTD Net Income	-672.39			

V. **SERVICE AREAS: Assignments for incoming Trustees**

- **12th Step:** -Dave W. nothing new to report.
- **Archives:** Paul M. Paul turned in the archive notebook and the group history that he gathered. Paul also said it was a pleasure for him to be on the Board and meet new people not in his home group and hoped he had been of some service to the Board.
- **Bilingual:** Jennifer N. nothing new to report.
- **Social:** Jennifer N. Jennifer said that after surveying some people it was decided to not do a NY Eve Dance but do a dinner from 6pm-8pm and a candlelight meeting at 18th St. There is some money in prudent reserve for brisket and potato salad. Asking others to bring sides. Dinner will be no charge and candlelight meeting will be from 8pm-9pm. Jennifer also thanked everyone for being so nice during her time on the board and being supportive of her while she was the Social Trustee.
- **Coastal Bender:** Jim S. Jim said he got his Dec story in under the wire and hopes to get the January one in under the wire too!

Corrections/Treatment Facilities: Scott M. Scott had nothing new to add about the jail except to get with Dan if you are interested in going. Jim stated he has been going on Thursdays and it has been going well. Carol mentioned that there are 4 ladies who are going on Fridays to the women's jail and that seems to be going well. Scott thanked the Board also.

- **Jamboree: Paul M.** Paul was not at the last meeting. Rita said the registration form is out on the website and please announce at your groups that pre-registration is going on.
- **Public Information/Cooperation with Professional Community: Carol D.** Carol said that there is still no leader of District's PICPC Committee.
- **Nominations: Until next year!**

VI. OFFICE REPORT:

A. Office Update – Donations and sales in November were very low.

VII. OLD BUSINESS: NONE

VIII. NEW BUSINESS: NONE

IX. NEXT MEETING:

- Next CBIA Board of Trustees meeting Monday **Jan 13th 2025** at 6:00 PM on Zoom.
- Next CBIA Quarterly Association meeting is scheduled for 6:00 PM on Monday **Jan 27th, 2025 on Zoom.**

X. CLOSING: Our Father.

- **Dave** moved to adjourn.
- **Paul** seconded. Motion carried.
- **Don** closed the meeting with prayer at **6:28 PM.**

**Respectably Submitted,
Rita Standish
Office Manager**



Speaker Meeting Updates

Alanos Group 1635 18th Street- “Friday” Night Speaker Meeting at 8PM

Doors open at 7:30pm for fellowship.

Feb 7th - *Birthday Night*

Feb 14th –*Ashley Z. (Lucky Ones Group)*

Feb 21st –*Kruger D. (New Phoenix Group)*

Feb 28th –*Fred B. (Aransas Pass Group)*

New Phoenix Birthday Night – 1st Saturday of the month Speaker Meetings on “all other Saturdays” at 8PM

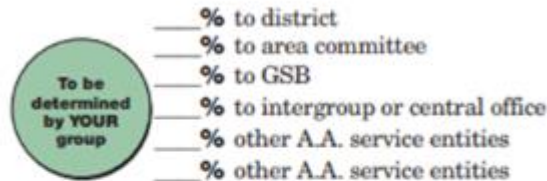
AA Meetings on Zoom

Group Name	Zoom ID #	Zoom Password	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Friday Night Speaker Meeting (CC)	434 708 8936	867742					Last Friday Only S 8:00 PM		
New Attitude Group (CC) <i>Hybrid Meetings</i>	451 546 1004	HP2016	ODN 6:00 PM		ODN 6:00 PM		ODN 6:00 PM		
New Phoenix Group (CC) <i>Hybrid Meetings</i>	886 9994 6374	336965	OLS 6:30 AM	OLS 6:30 AM	OLS 6:30 AM	OLS 6:30 AM	OLS 6:30 AM	OLS 7:00 AM	OLS 7:00 AM
New Women’s Group (CC)	580 495 1776	NWGroup	WOD 7:00 PM					WOD 3:00 PM	
Turning Point Group (CC)	677 587 2132	sober			OLS 6:30 PM			OD 6:30 PM	
Weber Nooners’ Group (CC)	295 538 7558	475272	OD Noon	OD Noon	OD Noon	OD Noon	OBB Noon	OD Noon	OD Noon
Clean & Serene Group (CC)	677 587 2132	sober					GLBT/OD 7:30 PM		
Rockport Happy Hour Group	817 4546 8941	0164		CD 5:30 PM		CD 5:30 PM			
Victoria Back to Basics	662 621 1099	218223	OD 7:00 PM	OD 7:00 PM	OD 7:00 PM		OD 7:00 PM	OD 7:00 PM	OD 7:00 PM

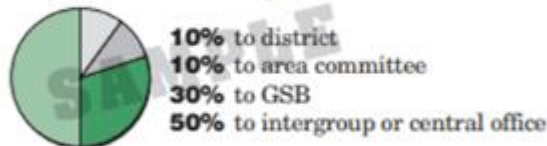
CBIA Appreciates Ongoing Support

Group Contributions : CBIA would like to express their gratitude to the AA Groups that support us all during the year, it is our second biggest source of revenue. Some groups have asked how to make distributions. The pamphlet where Money and Spiritually Mix is good to review before your group conscience decides. Here are some examples from the pamphlet:

Samples of Group Contributions to A.A. Service Entities

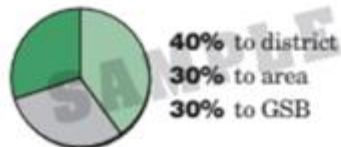


OR



OR

If you have no intergroup/central office:



We are grateful that individual members of our community have made Individual contributions to Coastal Bend Intergroup.

One way is to donate on the **Birthday Club** list by just sending in a donation or drop it by the office. We are pleased with how many do send contributions throughout the year and we will continue to hope for ongoing individual support through 2024.

Where Are We Now?

Actual thru
Jan 2025

Contributions	\$1,775.12
Gross Sales	\$1,548.21
Cost of Goods Sold	(\$1,035.98)
<hr style="border-top: 1px dashed black;"/>	
Gross Gain	\$2,287.35
Total Expenses	\$2,446.05
Net Gain	\$-158.70



CBIA Birthday Club

The Birthday Plan is for members who wish to contribute to CBIA on their A.A. birthday. \$1 per year is suggested for each year of sobriety, but members may contribute as little or as much as they wish up to \$5,000. Donations can be made by PayPal under the Donate option on our website (www.cbiala.org) or by Venmo to CoastalBend-Intergroup. (For anonymity, it is recommended that Venmo settings make the transaction private.) or donate 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	IN 2025
Gail B.	Victoria-Golden Slippers	01/01/2011	14 Years
Terry K.	CC-Sunset 7	01/01/2000	25 Years
Sheila S.	CC-New Phoenix	01/07/2007	18 Years
Charlie B.	Victoria-Golden Slippers	01/09/2006	19 Years
Ladara C.	CC-New Phoenix Group	01/09/1995	30 Years
Ceil Mc K.	CC-Hilltoppers Group	01/10/1982	43 Years
Sandra E.	CC-Weber Road Nooners	01/20/2011	14 Years
Pat L.	CC-Hilltoppers Group	01/20/2001	24 Years
Rae T.	CC-Happy Hour Group	01/23/2006	19 Years
Ernest J.	CC-Flour Bluff Unity Group	02/15/ 2004	21 Years
Rob M.	CC-Turning Point Group (Zoom)	02/24/1985	40 Years
Mike B.	CC-New Phoenix	03/05/2014	11 Years
Janeen H.	CC-Turning Point Group	03/08/2017	8 Years
Chris N.	CC-Oso Group	03/09/2009	16 Years
Rita S.	CC-Oso Group	03/13/1977	48 Years
Mary C.	CC-Turning Point Group	03/22/1992	33 Years
Bruce R.	CC-New Phoenix Group	03/27/1985	40 Years
Phyllis H.	Rockport Fellowship Group	04/01/2004	21 Years
Marlive F.	Corpus Christi	04/08/1987	38 Years
Lisa D.	Austin, TX (18 th St)	04/21/1987	38 Years
Kelly K.	Corpus Christi	04/18/1986	39 Years
Fred C.	Corpus Christi, TX	05/13/1987	38 Years
Carol D.	CC-Happy Hour Group	05/24/2016	9 Years
Mary H.	CC-Happy Hour Group	05/24/1995	30 Years
Jackie C.	Pleasanton, TX	06/05/2014	11 Years
Gary L.	CC-New Phoenix Group	6/07/2009	16 Years
James M.	Nueces Bay Group	06/13/1993	32 Years

2025 CBIA Birthday Club (*Continued*)

NAME	HOME GROUP	SINCE	YEARS IN 2024
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Terry M.	Nueces Bay Group	06/18/1992	33 Years
Marie A.	CC-Alanos Group	06/21/1991	34Years
Robin P.	CC-Hilltoppers Group	06/22/1986	39Years
Bill Drews	Rockport-Happy Hour	07/16/1981	44 Years
Libby A.	CC-New Women's Group	07/12/1987	38 Years
Tammy B.	CC-Weber Road Nooners	08/11/1989	36 Years
April K.	Corpus Christi, TX	08/20/1984	41 Years
Scott Mc G.	CC-Hilltoppers Group	08/22/2002	23 Years
Pat E.	CC-New Women's Group	08/23/1987	38 Years
Butch R.	CC Weber Road Nooners	08/26/2006	19 Years
Mike Q.	CC- Weber Road Nooners	08/28/2000	25 Years
Fred B.	Aransas Pass Group	09/01/2002	23 Years
Hank S.	CC-Cullen Mall Group	09/07/1993	32 Years
Barb C-S	CC-New Women's Group	09/09/1985	40 Years
Valerie B.	CC-New Phoenix Group	09/13/2017	8 Years
Heather D.	CC-Weber Road Nooners	09/23/2009	16 Years
Dave D.	Rockport Fellowship	10/04/1985	40 Years
Brandelyn M.	CC-New Phoenix Group	10/09/2009	16 Years
Patrick R.	CC-New Phoenix Group	10/09/2009	16 Years
Harold B.	CC-Weber Road Nooners	10/18/2007	18 Years
Arthur A.	Canada	10/19/1998	27 Years
Tim R.	CC-New Phoenix Group	10/21/2011	14 Years
Betsy H.	CC-New Women's Group	10/22/2010	12 Years
Kruger D.	CC-New Phoenix Group	10/23/2009	16 Years
Eddie M.	CC-Weber Road Nooners	10/28/2005	20 Years
Debbie B.	CC-Weber Road Nooners	10/31/2000	25 Years
Loralei D.	CC-New Women's Group	11/06/1984	41 Years
Joanie J.	San Antonio, TX	11/28/2015	10 Years
Larry H.	Rockport Fellowship	12/04/1990	35 Years
Jimmy M.	Port Lavaca Group	12/14/1987	38 Years
Joe Mc M.	CC-Hilltoppers Group	12/21/1980	45 Years
Tony P.	CC-Hilltoppers Group	12/23/1978	47 Years
Ron S.	China, TX	12/24/2009	16 Years
John K.	CC-Cullen Mall Group	12/25/1995	30 Years
Lois H.	CC-New Women's Group	12/29/2007	17 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
Gill S.	(Former Hilltoppers)	03/24/2024
Nancy G.	Turning Point Group	05/21/2024
Tom G.	Turning Point Group	05/21/2024
Gale S.	(Former New Phoenix Group)	06/01/2024
Nancy D.	Humility Group	06/23/2024
“Bama” John B.	New Phoenix Group	08/13/2024
Bill C.	(Former Weber Nooners)	09/24/2024

Have you heard it through the Grapevine yet?

AA Grapevine has gone social! It has its own podcast! Each week, longtime AA members Don and Sam interview different members about their experience, strength and hope. The half-hour podcast is a casual “meeting after the meeting” with jokes, fun and the typical AA banter. Listening to a few episodes, it’s a reminder that alcoholics are not a glum lot.

New episodes are available in English each Monday at 9:00am EST. The hosts interview their guests on getting sober, service, Steps, sponsorship and more. To listen to new or past episodes, visit www.aagrapevine.org/podcast (or wherever you get podcasts). By going to the website, members are able to email, call or leave voice recordings with comments, suggestions, jokes or recovery related questions for the Ask-It-Basket. Our Tradition of anonymity will be respected with all submissions on the show.



Helpline 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 calls overnight (5 PM to 7:45 AM) and on weekends (8 AM Saturday to 8 AM Sunday or 8 AM Sunday to 7:45 AM Monday). **This is a once-per-month commitment**. A minimum of nine months sobriety is required to answer calls after office hours. **If you are available to do this vital volunteer work, please contact CBIA as soon as possible to add your name.**

Calls taken during the month of January by volunteers:

39- Calls for meeting information

3- Twelve Step Calls

10- Office Referral/Other Calls

12 Step List

If a caller needs help beyond meeting information, the helpline volunteer 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.

Treatment and Facilities Committee meets the **2nd Saturday** of each month at the New Phoenix Group at 5433 S. Staples Ste H, in Corpus Christi, TX at **2pm**. Everyone is welcome, including newcomers. You might find that you would like to be of service, and you will find it very informative even if you don't commit.

Intergroup Meetings

CBIA Board of Trustees Monthly Meeting will be held on Monday, **Feb 10, 2025** at 6:00 PM on Zoom.

CBIA Quarterly Association Meeting will be held on Monday, **Apr 28, 2025** at 6:00 PM on Zoom.

Group Announcements

New Phoenix Group

Group Conscience: 1st Sunday of each month at 1:15 PM

Birthday Night: 1st Saturday of each month at 8:00 PM followed by a **dance**

Location: 5433 S. Staples, Suite F in the Boardwalk Shopping Center; Park in back lot behind shopping center off Bonner St.

Hilltoppers Group

Group Conscience: 1st Tuesday of each month following the noon meeting

Location: First United Methodist Church @ 900 S Shoreline Dr, Room 210

Weber Road Nooners Group

Group Conscience: 1st Saturday of each Quarter (Jan/Apr/Jul/Oct) following the 10:00 AM meeting

Birthdays: 1st Monday of each month at noon

Location: Travis Baptist Church @ 5802 Weber Road at Schanen; Park in lot behind church; meeting upstairs.

Calallen Group

Group Conscience: 3rd Wednesday of each month following the 6:30 PM meeting.

Birthday Night: 1st Saturday of each month with a **potluck supper** at 6:30 PM & the **birthday meeting** at 8:00 PM

Location: The Pass it on Club @ 11425 Leopard St

Flour Bluff Unity Group

Group Conscience: 2nd Sunday of each month at 12:00 noon

Birthday Night: 1st Saturday of each month with a **potluck supper** at 7:00 PM & the **birthday meeting** at 8:00 PM

Location: The Anchor Club @ 320 Anchor St

Contributions

GROUP NAME	Jan 2025	YTD 2025
Alice Recovery Crew		
Anonymous/Individual Contribution	337.00	337.00
CC-5th Tradition Group		
Aransas Pass Group		
CC - A Day Of AA In CC		
CC - Alanos Group	200.00	200.00
CC - Bookmarks Group		
CC - Broken Chains		
CC - Calallen Group		
CC - Cullen Mall Group		
CC-Day of AA		
CC - Flour Bluff Unity Group	511.00	511.00
CC - Happy Hour Group		
CC - Hilltoppers Group		
CC - Humility Group		
CC - Lucky Ones Group		
CC - New Attitude Group	25.00	25.00
CC - New Life Group	75.00	75.00
CC - New Phoenix Group		
CC - New Women's Group		
CC - Oso Group		
CC - Sunset 7 Group (N Padre Island)		
CC - Weber Road Nooners Group		
CC - Turning Point Face to Face Meeting		
District 7		
Cuero Burning Desire Group		
Goliad Open Arms Group	31.76	31.76
Hallettsville Group		
Karnes City Mayfield Group		
Kingsville AL-K Group	14.50	14.50
Moulton Group		
Mathis Crossroads Group	25.00	25.00
Port Aransas Group		
Port Lavaca Group		
Port O'Connor Group		
Portland Noon Group		
Portland Nueces Bay Group	20.00	20.00
Riviera SASTO Group		
Rockport Happy Hour Group		
Rockport Fellowship Group		
Schulenburg Group	380.00	380.00
Skidmore Group		
George West Hardcore Group		
Three Rivers Choke Canyon Group		
Victoria Back to Basics Group	109.94	109.94
Victoria For Sinners Only Group		
Victoria Golden Slippers Group		
Victoria High Nooners Group		
Victoria-Main Stream Group		
Victoria-Unity Group	45.92	45.92
Victoria-Women's Group		
Yorktown Group		
Woodsboro Group		
TOTAL	\$1,775.12	\$1,775.12

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 helpline;
- Maintain & print meeting schedules;
- Maintain a 12-Step list whereby AA groups and individuals are able to conduct 12-Step calls which are essential to the growth of AA in the Coastal Bend area.

Services Provided

1. Maintains an office open Monday through Friday from 8:30 to 11:30AM and 2:00 to 5:00PM.
2. Provides information and referrals for A.A. inquiries.
3. Maintains a 12 Step listing and calls individuals for 12 Step work.
4. Provides an A.A. listing in the telephone directory and on the internet.
5. Provides a 24-hour volunteer helpline during hours when the office is closed.
6. Maintains & publishes current meeting schedules in the Coastal Bend Area.
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 Board of Trustees meetings.
10. Conducts Quarterly Meetings to keep groups apprised of Intergroup activities, and to seek group participation in CBIA affairs. All members of Alcoholics Anonymous are welcome at these meetings since group input is essential.
11. Maintains a current website, cbiaa.org.
12. Maintains service committees for service work in the Coastal Bend Area.

Detach here.

Free e-Mail Subscription to the BENDER

NAME: _____

EMAIL: _____

Two easy ways to sign up for our 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.