THE BENDER

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

Recovery and the Real You

Written by: Anonymous

One of the greatest gifts of sobriety is the opportunity to discover who we truly are. For many of us, alcohol became a way to escape fear, pain, insecurity, or disappointment. Over time, drinking can blur our identity until we lose sight of our values, goals, and authentic selves. Sobriety removes that barrier and allows us to see ourselves more clearly.

As we stay sober, we begin to uncover strengths, talents, and qualities that may have been hidden for years. We learn what genuinely brings us joy, what matters most to us, and what kind of person we want to become. Recovery gives us the chance to grow emotionally, spiritually, and mentally rather than remaining stuck in the patterns that once held us back.

Finding our true self is not a single moment but an ongoing journey. Through honest self reflection, fellowship, and spiritual growth, we gain a deeper understanding of who we are and who we were created to be. We become more comfortable in our own skin and less dependent on outside influences for happiness or acceptance.

Sobriety is about far more than putting down a drink. It is about reclaiming our lives and becoming the person we were always meant to be. When we remain sober, we gain the freedom to live authentically, pursue our purpose, and experience the peace that comes from being true to ourselves.



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 2026 to keep costs down.

Monday-Friday
8:30am–11:30am & 2:00pm–5:00pm
If you would like, you can call ahead with your order and we can have it ready to pick up.
If we are out of stock, we can let you know at that time.

CBIA HOLIDAYS

January	**New Year's Day**	**September**	**Labor Day**
May	**Memorial Day**	**November**	**Thanksgiving- 2 days**
July	**Independence Day**	**December**	**Christmas Day**

CBIA Appreciates and Needs Your Ongoing Support

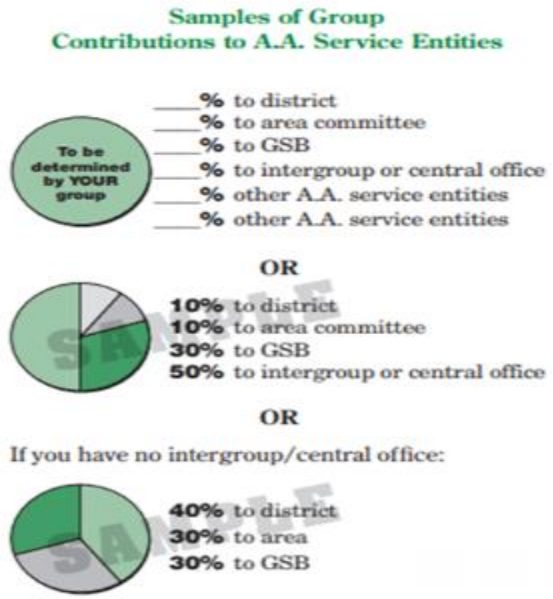
A big "thank you" to the New Phoenix Prom Committee!
The event was held on Saturday July 25th at the New Phoenix Group!
It was a wonderful evening with great food, music and fellowship.
Their hard work and effort raised $3010.02 to donate to CBIA.
Thank you again for this generous donation!

It is easy to go to the website (cbiaa.org) and make your contribution. No envelope or stamp is needed. Look for the "Contribute" tab in the upper right-hand corner and click on it. There is the button for PayPal, but we've added a button for contributions on Square. Clicking on Square opens up many ways that people can donate including Cash App, Apple Pay, Google Pay, etc. Check it out and see how easy it can be to contribute to your local Intergroup Office. Maximum amount that can be contributed per year is $7500.00

Thanks to the many who do the Birthday Club where they donate a dollar or more per year of sobriety. Please join them and get your name and sobriety birthday in the Bender! The office is here in your community answering phone calls and selling literature, chips, birthday cards and medallions; but more importantly, we maintain the meeting schedules with all your updates and new meetings happening in our area, as well as maintaining the 24-hour Helpline supported by many volunteers in this area. This newsletter is generated by the office to help get out new information to everyone who subscribes, but as always, we need your support to do all these things.

Where Are We Now?	Actual through July 2026
Checking Amount	$8,496.92
Prudent Reserve	$12,675.24
IRS Penalty Refund	$3,120.41
Contributions	$16,121.29
Jamboree Contribution	$5,587.36
Gross Sales	$7,689.31
Cost of Goods Sold	-$4,958.13
Gross Gain	$27,656.51
Total Expenses	$23,722.75
Net Gain	$3,940.01

Group Contributions: 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:



Intergroup Meetings

CBIA Board of Trustees Monthly Meeting will be held on Monday, **Aug 10th, 2026,** at 6:00 PM on Zoom.

CBIA Quarterly Association Meeting will be held on Monday, **Oct 26th, 2026,** at 6PM 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
Location: 5433 S. Staples, Suite H in the Boardwalk Shopping Center; Park in back lot behind shopping center off Bonner St.

Hilltoppers Group

Group Conscience is Quarterly after the noon meeting
Location: First United Methodist Church @ 900 S Shoreline Dr, Room 210

Weber Road Nooners Group

Group Conscience: Designated 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 St; 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	July 2026	YTD 2026
Anonymous/Individual Contributions	**71.00**	**4,645.89**
Aransas Pass Group	**31.00**	**31.00**
CC - A Day Of AA In CC		**300.00**
CC - 5th Tradition Group		**181.00**
CC - Alanos Group		
CC - Bookmarks Group		
CC - Calallen Group		**50.00**
CC - Cullen Mall Group		**100.50**
CC - Flour Bluff Unity Group		**13.00**
CC - Happy Hour Group		
CC - Hilltoppers Group		**341.60**
CC - Humility Group		
CC - New Attitude Group		
CC - New Life Group	**100.00**	**550.00**
CC - New Phoenix Group	**298.92**	**1410.82**
New Phoenix Prom Night	**2880.91**	**3012.02**
CC - New Women's Group		**432.95**
CC - Oso Group		
CC- Saratoga Group		**200.00**
CC - Sunset 7 Group (N Padre Island)	**197.80**	**197.80**
CC -Turning Point Face-2-Face Grp		**75.00**
CC - Weber Road Nooners Group		**444.00**
Goliad Open Arms Group		**15.00**
Hallettsville Group		**158.25**
Kingsville AL-K Group		**150.00**
Mathis Crossroads Group	**50.00**	**175.00**
Moulton Group	**64.19**	**64.19**
Harboring Hope Group (Port Lavaca)		
Portland Noon Meeting		**251.00**
Portland Nueces Bay Group		**1000.00**
Rivera-SASTO Group		**402.00**
Rockport Happy Hour Group		
Rockport Hope In Recovery Group		**500.00**
Rockport Fellowship Group		**750.00**
Hope Group (Schulenberg)		
Three Rivers Choke Canyon Group		
Victoria Back to Basics Group	**127.80**	**323.89**
Victoria For Sinners Only Group		**50.00**
Victoria Golden Slippers Group		
Victoria High Nooners Group		
Victoria Main Stream Group		**200.00**
Victoria Unity Group		**96.38**
Victoria Women's Group		
TOTAL	**$3,821.62**	**$16,121.29**

Minutes

CBIA BOARD OF TRUSTEE MEETING

May 11th, 2026

I. **Carolyn op**ened the with a **Moment of Silence** followed by **Serenity Prayer at 6:02PM**

- **Frank** read **CBIA Mission Statement**
- **Nancy** read the **General Warranties**
- **John** read **12 Traditions**

II. **ATTENDANCE**: **ATTENDANCE: Carolyn C. (Chair)**
Billy E. (Vice Chair& Financial)
Nancy B. (Trustee)
Frank W. (Trustee)
John K. (Trustee)
Brain R. (Trustee)
Jim L. (Jamboree Chairperson)
Rita S. (Office Manager)
Terry M. (Assist Office Mgr.)
Bob M (Trustee) Not Present

III. **Minutes and Financials: Both were emailed.**

Apr Treasurer Report:

Balance Sheet April 2026	Total Funds		Year-To-Date Jan-Apr 2026	Total Funds		Profit & Loss April 2026	Total Funds
Petty Cash	$50.00		Contributions (Group &Individual)	$9,150.15		Contributions (Group & Individual)	$3,026.08
Checking	$6,099.20		Jamboree Contribution	$5,587.36		Gross Sales	$509.83
Prudent Reserve	$12,672.08		Sales Profit	$1,529.96		Gross Profit	$3,632.18
Jamboree Account	$952.00		Total	$16,363.74		Total Expenses	$4,874.37
Total	$19,773.28						
			YTD Expenses	$14,518.80		April Net Income	-$1,242.19
			YTD Net Income	$1848.06			

Frank made a motion to approve the Minutes. **Nancy** seconded. **Approved.**

There was a question about the Rent Adjustment entry and the .50 cent donation from Cullen Mall. John made a motion to accept the Financials. Frank seconded. Approved.

IV. SERVICE AREAS:

- **12th Step**: -**Bob M**.-**not present**
- **Archives: Frank W. nothing**
- **Jamboree: John K. nothing**
- **Social: Nancy B.** talked about Founder's Day. It will be at Alanos Group on 18th St from 1PM-4PM. Hotdogs, potato salad, chips and cake. Talk about a pie walk and Bookmarks will do AA trivia. Nancy and John both said they would bring a pie for the pie walk. Will check with others to donate pies.
- **Coastal Bender: John K.** will be meeting with Nathan and Glenn about the website and if they can use the website to send out the Bender newsletter.

- **Corrections/Treatment Facilities:** Brian R. said the Cenikor has moved to 801 Cantwell. They hope to be able to go back for the meetings on May 17th. Keith is looking for more volunteers to go to jail on Fridays for meetings.
  Public Information/Cooperation with Professional Community: Brian R. nothing currently.
- **Nominations: Nothing currently.**
- **Bilingual: Open**

V. OFFICE REPORT: Rita said not much to report, bills are getting paid, but she will let everyone know if she must transfer money from Prudent reserve in the future**.** Also, the New Phoenix Group has voted to do a fundraiser with all proceeds to benefit the CBIA office. It will be Prom Night on July 25th from 6PM-10PM with food and raffles. Tickets are $15

VI. OLD BUSINESS: Rita was giving report on the information that Marie and she had gotten from their conversation with Vanessa at the Omni about making changes to the 2027 contract. Billy, Frank, and John had met, and all said based on their conversation about the Bylaws and Standing rules, the Chair of Jamboree Committee, Jim L., would be the one to meet with his committee and they would decide on how to move forward with those ideas. Rita had emailed out that information to Jim L. who had already sent that out to some committee members and was waiting for feedback from them. Rita asked if they could possibly get back with Vanessa by the end of the month, he is going to try to get that done.

VI. NEW BUSINESS: None

VII. NEXT MEETING and CLOSING:

- Next CBIA Board of Trustees meeting is Monday **June 8th**, 2026, at 6:00 PM on Zoom.
- Next CBIA Quarterly Association meeting is scheduled for Monday July 27th**, 2026,** on Zoom

Billy motioned to adjourn the meeting**, Frank** seconded**. Approved.**
Carolyn closed the meeting with the Our Father at **6:53PM**

Respectfully submitted,

Rita Standish (Office Manager)



2026 Birthday Club is for members who wish to contribute to CBIA on their AA birthday: $1 per year is suggested for each ye

Donations can be made by:

1) **PayPal under the Donate option on our website (www.cbiaa.org)**
2) **Cash or check to CBIA @ 3833 S Staples Suite S-212, Corpus Christi, TX 78411**

Please indicate your 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 2026
Gail B.	Victoria Golden Slippers Grp	01/01/2011	15 Years
Terry K.	CC Sunset 7 Group	01/01/2000	26 Years
Sheila S.	CC New Phoenix Group	01/07/2007	19Years
Charlie B.	Victoria Golden Slippers Grp	01/09/2006	20 Years
Ladara C.	CC New Phoenix Group	01/09/1995	31 Years
Ceil Mc K.	CC Hilltoppers Group	01/10/1982	44 Years
Sandra E.	CC Weber Rd Nooners Group	01/20/2011	15 Years
Pat L.	CC Hilltoppers Group	01/20/2001	25 Years
Rae T.	CC Happy Hour Group	01/23/2006	20 Years
Ernest J.	CC Flour Bluff Unity Group	02/15/2004	22 Years
Rob M.	CC Zoom Turning Point Group	02/24/1985	41 Years
Janeen H.	CC Turning Point Group	03/08/2017	9 Years
Chris N.	CC Oso Group	03/09/2009	17 Years
Rita S.	CC Weber Nooners Group	03/13/1977	49 Years
Mary C.	CC Turning Point Group	03/22/1992	34 Years
Bruce R.	CC New Phoenix Group	03/27/1985	41 Years
Phyllis H.	Portland Noon Meeting	04/01/2004	22 Years
Marlive F.	Corpus Christi	04/08/1987	39 Years
Kelly K.	Corpus Christi	04/18/1986	40 Years
Lisa D.	Austin, TX (18th St)	04/21/1987	39 Years
Fred C.	New Phoenix Group	05/13/1987	39 Years
Carol D.	CC Happy Hour Group	05/24/2016	10 Years
Mary H.	CC Happy Hour Group	05/24/1995	31 Years
Jackie C.	Pleasanton, TX	06/05/2014	12 Years
Pete M.	Portland Nueces Bay Group	06/06/2025	1 Year
Gary L.	CC New Phoenix Group	06/07/2009	17 Years
James M.	Portland Nueces Bay Group	06/13/1993	33 Years

2026 CBIA Birthday Club *(Continued)*

NAME	HOME GROUP	SINCE	YEARS IN 2025
Terry M.	CC New Women's Group	06/18/1992	**34 Years**
Marie A.	CC Alanos Group	06/21/1991	**35 Years**
Robin P.	CC Hilltoppers Group	06/22/1986	**40 Years**
Annette C.	Bookmarks Group	06/24/2012	**14 Years**
Bob Mc G.	Goliad Open Arms Group	07/04/1979	**47 Years**
Bill Drews	Rockport Happy Hour Group	07/16/1981	**45 Years**
Libby A.	CC New Women's Group	07/12/1987	**39 Years**
Tammy B.	CC Weber Rd Nooners Group	08/11/1989	**37 Years**
April K.	Corpus Christi, TX	08/20/1984	**42 Years**
Scott Mc G.	CC Hilltoppers Group	08/22/2002	**24 Years**
Pat E.	CC New Women's Group	08/23/1987	**39 Years**
Butch R.	CC Weber Rd Nooners Group	08/26/2006	**20 Years**
Mike Q.	CC Weber Rd Nooners Group	08/28/2000	**26 Years**
Ramona S.	CC Weber Rd Nooners Zoom	08/28/2021	**5 Years**
Fred B.	Aransas Pass Group	09/01/2002	**24 Years**
Hank S.	CC Cullen Mall Group	09/07/1993	**33 Years**
Barb C-S	CC New Women's Group	09/09/1985	**41 Years**
Valerie B.	CC New Phoenix Group	09/13/2017	**9 Years**
Heather D.	CC Weber Rd Nooners Group	09/23/2009	**17 Years**
Dave D.	Rockport Fellowship Group	10/04/1985	**41 Years**
Brandelyn M.	CC New Phoenix Group	10/09/2009	**17 Years**
Patrick R.	CC New Phoenix Group	10/09/2009	**17 Years**
Harold B.	CC Weber Rd Nooners Group	10/18/2007	**19 Years**
Tim R.	CC New Phoenix Group	10/21/2011	**15 Years**
Betsy H.	CC Hilltopper's Group	10/22/2010	**16 Years**
Kruger D.	CC New Phoenix Group	10/23/2009	**17 Years**
Eddie M.	CC Weber Rd Nooners Group	10/28/2005	**21 Years**
Debbie B.	CC Weber Rd Nooners Group	10/31/2000	**26 Years**
Keith S.	CC New Attitude Group	11/04/2020	**6 Years**
Loralei D.	CC New Women's Group	11/06/1984	**42 Years**
Joanie J.	San Antonio, TX	11/28/2015	**11 Years**
Larry H.	Rockport Fellowship Group	12/04/1990	**36 Years**
Jimmy M.	Port Lavaca Group	12/14/1987	**39 Years**
Joe Mc M.	CC Hilltoppers Group	12/21/1980	**46 Years**
Tony P.	CC Hilltoppers Group	12/23/1978	**48 Years**
Ron S.	China, TX	12/24/2009	**17 Years**
John K.	CC Cullen Mall Group	12/25/1995	**31 Years**
Lois H.	CC New Women's Group	12/29/2007	**19 Years**


Saturday Night Speaker Meeting
NPG
August 2026 Speakers
Paul R. 8th
Rule 62
Ladara C. 15th
New Phoenix Group
Shteve 22nd
New Phoenix Group
Owen S. 29th
New Phoenix Group
New Phoenix Group
5433 South Staples St, Corpus Christi, TX 78411

AUGUST 2026

Friday night speaker meeting

7TH:
BIRTHDAYS
POTLUCK



14TH:
BRANDY L.
NEW PHOENIX

21ST:
SYLVIA C.
WEBER NOONERS

28TH:
JOHN H.
NEW PHOENIX

Doors Open 7:15

Meeting 8:00 pm

ALANOS CLUBHOUSE
1633 18TH ST
8PM

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Other Meetings @ 18th:

AA - Weekdays @ noon
Sunday @ 10am
Bilingual - Sat noon
Women's—Tues 2

Al-Anon - Saturday 10am

THE 41ST ANNUAL

WACO, TEXAS

HEART OF TEXAS CONFERENCE

ABANDON YOURSELF TO GOD AS YOU UNDERSTAND GOD.

OCTOBER 9-10



FRIDAY

5:30 PM: REGISTRATION OPENS
6:00 PM: HOSPITALITY OPENS
6:30 PM: DINNER
8:00 PM: TY D, HOUSTON, TEXAS
9:15 PM: RAFFLE

SATURDAY

8:30 AM: HOSPITALITY OPENS
9:00 - 9:30 AM: MEDITATION
10:00 AM - 11:00 AM: SUSAN DK - WACO, TEXAS
11:15 AM: CAT L. - AUSTIN, TEXAS
12:15: LUNCH ON YOUR OWN
1:45 PM: ABANDON YOURSELF TO GOD WORKSHOP
3:00 PM: RELATIONSHIPS WORKSHOP
4:15 PM: CORY W, IRVING, TEXAS
5:45 PM: DINNER
7:00 PM: COUNTDOWN
7:30: JASON L, AUSTIN, TEXAS
8:30 PM: RAFFLE
9:00 PM: CONFERENCE CLOSE

DINNER FRIDAY & SATURDAY NIGHT

SPEAKERS • WORKSHOP • ARCHIVES

REGISTRATON: $25

RECOMMENDED HOTEL: RESIDENCE INN BY MARRIOTT
2424 MARKET PLACE DR WACO TEXAS 76711

CRESTVIEW CHURCH OF CHRIST • 7129 DELHI ROAD • WACO, TEXAS

FOR MORE INFORMATION OR TO REGISTER, VISIT WWW. HEARTOFTEXASCONFERENCE.COM

OCT 16-18

SOUTHWEST TX Area 68

2026

FALL ASSEMBLY AND CONFERENCE

Falling into Growth & Serving Together

HOSTED BY DISTRICT 2

Event VENUE	THE SEGUIN ELKS LODGE # 1229 1331 CH MATTHIES JR DRIVE SEGUIN, TX 78155	QUESTIONS? CONTACT: district2@ aa-swtx.org
Lodging 1 STUDIO KING $107 STUDIO QUEEN $107	MARRIOT TOWNPLACE SUITES RESERVATION CUTOFF: 9/16/26	2732 JAY RD SEGUIN, TX 78155 830-379-2400 GROUP CODE: SWTA68
Lodging 2 KING $127 DBL QUEENS $127	HOLIDAY INN EXPRESS AND SUITES RESERVATION CUTOFF: 9/16/26	2801 JAY RD SEGUIN, TX 78155 830-386-1212 GROUP CODE: S68
Lodging 3 SINGLE $127 DOUBLE $127	HAMPTON INN RESERVATION CUTOFF: 9/16/26	1130 LARKIN AVE SEGUIN, TX 78155 830-386-1975 GROUP CODE: SWTA 68

PRE-REGISTER FOR THE CONFERENCE

CONFERENCE COST: $15 **CHECKS PAYABLE TO: DISTRICT 2**

MAILING ADDRESS: SWTA 68 TREASURER, PO BOX 1843, SAN MARCOS, TX 78667

NAME: _____ **EMAIL:** _____ **PHONE:** _____

ADDRESS: _____

CIRCLE ONE: GSR ALTERNATE GSR DCM NON-VOTING

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 meetings 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 for a year.

Donations can be made by PayPal or Cash App under the Donate option on our website (www.cbiaa.org); or by check to CBIA @ 3833 S Staples Suite S-212, Corpus Christi, TX 78411.
Please indicate their Home Group or City and the date of their death.

Name	Home Group	Departed
Arthur A.	**Nova Scotia, Canada**	**10/03/2025**
Bud L.	**Mountain Toppers**	**01/07/2026**
Joe D.	**Mission, TX**	**01/16/2026**
Marcia L.	**Oso Group**	**05/15/2026**

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 is 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 3 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 July by volunteers:
38- Calls for Meeting Information
1- Twelve Step Calls
7- 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 through Friday.

Jamboree Committee will start meeting again in July. Next meeting is Aug 8th at 9:00am at New Phoenix Group.

Local Stories Wanted for the Coastal BENDER- Consider writing a short recovery story of an event in your soberity for publication in this newsletter. Submit your short article to cbia@grandecom.net in a Word document or similar format.

District 8D Corrections Committee could use your help to carry the AA message to the incarcerated alcoholic. There are 12 Step opportunities at the Nueces County Jail, McKinzie Jail Annex, SATF, and TDCJ State Prisons. ***(Volunteers must pass a background check.)*** You can also consider becoming an AA contact for newly released alcoholics; both men and women are needed for that. Please donate your used Grapevines to the collection box located at New Phoenix Group or CBIA. If you don't have any old issues, back issues can be purchased directly from Grapevine or monetary contributions to the Corrections Committee are also helpful! To volunteer or more information contact Keith S. (361) 226-9343 or Karen S. (362) 980-7412.

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.

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