





March 2009

HE COULD NO LONGER FIND THE PARTY
By Charles A

Why do important holidays fall in mid-week? St. Patrick's Day was on Tuesday that year and with a wee bit of Irish blood, I deserved to celebrate. I started early because I needed to stop drinking in time to be in fit condition for work the next day, to continue the delusion that I wasn't really an alcoholic. Management was not very tolerant of alcohol abuse and I needed that job to keep the wolves away from the door.

I couldn't find the party that day. The booze was not working to take me to that "happy place". The more I drank, the soberer I became; by early evening I quit trying. I was nearing the end of a long drinking career that had started at age 13.

"I went to my first AA meeting. It was there that I admitted to being an alcoholic and heard the group referred to as "family". These people seemed to be happy in sobriety. I felt hope ..."

After St. Patty's day, a week of ritual "after-work" drinks followed and a week-end of half-hearted attempts to party. On March 23, 1987, it was a Monday evening and at 5:00 cocktail time I was 100 miles from home without a designated driver. The need for a drink cried out but reality somehow prevailed. I had to get home to go to work the next day; I was still on probation following an arrest by the California Highway Patrol and a night in jail for "weaving between the lines" (didn't you actually need to weave across the line to get into trouble?) and subsequently failing a sobriety test. The fear of more trouble with the law overpowered the craving for a drink and the result was my first 24 hours without a drink of alcohol in a long, long time.

The next day was a work day and I managed to do another four hours without alcohol. In retrospect I feel there was a Higher Power working for me even then. I managed to string along a few days like that-thinking that if alcohol was a source of my problems, maybe not drinking would result in all those problems just going away and life would be good again---No way!!

Continued on Page Two

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He Could No Longer Find the Party, Continued

Eventually, with a nudge from a soon-to-be ex-wife, I went to my first AA meeting. It was there that I admitted to



being an alcoholic and heard the group referred to as "family". These people seemed to be happy in sobriety. I felt hope from these folks and felt comfortable in their presence.

Life has gotten progressively better since then and my problems today are of a much better quality. That prior marriage did not survive sobriety but today I have a wonderful relationship with a fellow recovering alcoholic and we were recently able to celebrate 20 years of marriage with a vow renewal on the beach in Kauai.

Sobriety must remain my priority and prime possession. Attending a lot of meetings, remaining available for service



and following a few simple suggestions helps me to maintain a relationship with my Higher Power that I found in the rooms of Alcoholics Anonymous. Life is good and just keeps getting better!



"PURE ALCOHOLICS" AND TRADITION THREE "The only requirement for AA membership is a desire to stop drinking." Tradition Three

A few months ago I was at a meeting and a member delivered himself of a low-key rant in which he longed for a return to meetings of what he termed "pure alcoholics." He was upset that someone at another meeting had apparently spoken at some length about another addiction besides alcoholism. While his basic point was sound – in AA meetings we talk about our drinking disease – the term "pure alcoholic" kept running through my

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover."

mind and drove me once more into my **Twelve and Twelve** and into the amazing **Grapevine Digital Archive f**or a review of Tradition Three.

I'm embarrassed to say that I was several years sober before I even knew there was a long form of the Traditions. Of course I knew the short form of Tradition Three – we read it at the beginning of every meeting in our Preamble. The long form of Tradition Three is rarely read at meetings with which I am familiar, so here it is:

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation."

About membership, there are no footnotes, no asterisks, no "licensed drivers only, void where prohibited by law." If you go back to the first edition of the Big Book, you will see this: "The only requirement for membership is an honest desire to stop drinking." "Honest." Bill W. and the early drunks stripped even that word out of what became the Third Tradition. Reading the Twelve and Twelve and the Grapevine pieces on this Tradition by

Bill W. and others makes clear just how wide and deep was the vein of fear [and, yes, intolerance] in the early days [and, yes, well beyond the early days] - fear that the fragile early fellowship could be shattered if "THOSE people" were allowed into AA and that led to so many rules and so many judgments about who should be members of AA...and who shouldn't. The Twelve and Twelve talks about attempts to keep out "beggars, tramps, asylum inmates, prisoners, queers, plain crackpots, and fallen women..." How things changed as time went by and the experience of the early members became wisdom and fear gave way to tolerance and eventually all membership rules were dropped. Why? Because "...to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared be judge, jury, and executioner of his own sick brother?" [Twelve Steps and Twelve Traditions, p. 141]Once Tradition Three was in place, AA members got to see that, as Bill W. wrote in a thoughtful essay in the July, 1952 **Grapevine**:

"...after a time fear and intolerance subside. The Group survives unscathed...few of us are any longer afraid of what any newcomer can do to our AA reputation or effectiveness. Those who slip, those who panhandle, those who scandalize, those with mental twists, those who rebel at the program, those who trade on the AA reputation—all such persons seldom harm an AA group for long. Some of these have become our most respected and best loved....we have begun to regard these ones not as menaces, but rather as our teachers."

If you've been in AA longer than, say, a month, you've probably figured out that we still have our share of all those folks Bill talked about - and we're doing just fine, thank you - and today our groups also have many members who are alcoholics and something else: drug addicts, gamblers, overeaters, sex addicts, ...you name it, they struggle with something in addition to their alcoholism. In AA meetings, we know from sponsors or a group conscience [or very helpful conferenceapproved literature like the pamphlet, "Problems Other Than Alcohol" - please see the Endnote] that we confine our sharing to the disease of alcoholism [see p. 4 of the pamphlet about our "single purpose"]. Whatever any of us might have in mind when we say the words "pure alcoholic," these folks aren't it [see p. 5 of that same pamphlet to see Bill's trenchant observation about the term "pure alcoholic"]. But they are welcome in AA and we embrace them with love and tolerance thanks to the beauty, the simplicity, the generosity, and the wisdom of Tradition Three.

Bruce Cummings, Attitude Adjustment Group, Bend

Endnote: The pamphlet is available on line in full for reading...or printing. Just go to the search engine of your choice and type in "Problems Other Than Alcohol" and up will pop a full Adobe PDF of the pamphlet.

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WESTWARD HO!

August 28, 2001 – I had just celebrated my 6th AA anniversary with my home group in Annapolis, Maryland. All was right with my world. My husband, Eric, casually mentioned getting a call from a head hunter



about some company in Bend, Oregon, that wanted to meet him. We laughed about stage coaches and tree-huggers and promptly forgot about it.

September 11, 2001 – Eric was in a meeting across the river from the World Trade Towers and saw what most of us only watched on T.V. We knew people who worked and died there. Our next door neighbor died in the Pentagon. The fear was paralyzing and in the days that followed there were countless rumors of friends leaving our fellowship.

September 15, 2001 – The head hunter calls again and Eric says he thinks he should take a look at this Bend, Oregon, company. "Central Oregon would be safe from terrorists," he said. "We have to consider a healthier environment for our three-year-old son and we need to get away from this hectic lifestyle." And I, the ever supportive, sober wife said, "You're absolutely right, my love", firmly believing that he'd never really take a job on the other side of the country. But after a few months of negotiations came an offer we couldn't refuse. Was this really happening? Was I really going to be living some place nicknamed "The Beaver State", that I apparently couldn't even pronounce correctly (orygun not or-a-gone), that didn't even have a NFL team?Yep.

I tearfully said good-bye to my wonderful, sober friends in Maryland, convinced my life in sobriety would never be the same. My first Oregon AA meeting was at the Central Oregon Fellowship Hall. As my first sponsor had instilled in me, I looked for the similarities with my fellows. It was just hard to see them through the haze of cigarette smoke. I was so miserable, so homesick. Was my sobriety in jeopardy? I was calling my sponsor back in Maryland sometimes three times a day. One night, a few days after moving into our new home, Eric had an overnight business trip. I am exhausted from unpacking all day and dealing with one cranky three-year old and two neurotic cats that have kitty valium hangovers from the cross country flight. I am in desperate need of a meeting and I am chanting the Serenity Prayer when my new neighbor shows up at the door to welcome us to Bend bearing cookies and a bottle of wine. And not just any wine, he says. OREGON wine! You won't believe how incredible this wine is, he tells me. Sweet Mother of Mercy, I can't do this! The wine sits comfortably on my new kitchen counter, talking to me as I put my son to bed. It waits graciously while I deal with the cats and a hot shower. And then we are alone, just

"It's too late to call my old sponsor. I knew she'd tell me that I could drink that wine, right after I chewed and swallowed my six-year coin. "

me and my new bottle of incredible Oregon wine. "No one would ever know", it says. And I pray like never before. As I'm polishing off the entire plate of cookies, I realize how vulnerable I am and how malicious my disease is. It's too late to call my old sponsor. I knew she'd tell me that I could drink that wine, right

after I chewed and swallowed my six-year coin. She always said stuff like that. And then my Higher Power's voice became louder than the incredible Oregon wine's. I am able to envision the scenario from the first sip to the guilt ridden hang-over that I will wake up with. I take the bottle to the trash and dump the litter box over it. The next day I find a babysitter for my son and a meeting for me.

The point I want to make is that in sobriety we all experience change. Good or bad, it's just how life works. Change sends a jolt right into the heart of an alcoholic's well-being. I had been to meetings in many different cities before moving to Oregon, but to me, they were always like a trip to my Grandma's house; wonderful to be there but always happy to get back home. My Home Group in Maryland was my sobriety home. It gave me comfort and strength and encouragement. My 'HomeGirls' went through the birth of my son and the death of my beloved mother-in-law with me. I didn't believe I could develop that same support system anywhere else. And they say *Birthday* here instead of *Anniversary*. What's up with that?

Just because we've been given the gift of sobriety doesn't mean we're immune to divorce, the loss of a loved one or financial disasters. Likewise there is cause for celebration like weddings, new jobs or buying a new house. All the things in our old life that gave us reasons to drink or use will always be there but because of this program, we don't use alcohol or drugs to numb or enhance the feelings.

"Just because we've been given the gift of sobriety doesn't mean we're immune to divorce, the loss of a loved one or financial disasters...but because of this program, we don't use alcohol or drugs to numb or enhance the feelings."

I didn't know a sole in Bend when I came here but I knew I could find kinship in the rooms of AA. I never would have guessed how quickly or closely my new relationships would develop. The AA community in Central Oregon is one of the strongest fellowships I've ever seen. I am honored to be a part of this group, call the Monday Night Step-Sisters my Home Group and be blessed with an incredible lot of like-minded friends. And guess what? There were many people in the same situation. Not only did we have AA in common but so many of my new friends were also Bend transplants. Again and again I look for and find the similarities. And I find peace when I accept the things I can't change.

If I continue going to meetings and work the steps and do what my sponsor tells me to do, I will have 14 years of sobriety next August. And there is no other place in the world that I would want to celebrate my *Anniversary* than in Bend, Oragone!

Submitted by Debra S





2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Tuesday night AA Speaker mtg-7 pm	4	5	6 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	7 Redmond pot- luck, speaker mtg—6 pm Speaker, Eldrit from Redmond
8 District 5 GSR mtg 4 pm	9	10	11	12	13 Tumalo speaker mtg-7 pm	14
15	16	17 Madras birthday Mtg-7:30 pm	18 La Pine potluck/ speaker mtg-6 pm	19	20 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	21 St Pat's Cornbeef Potluck, Prineville
22 Intgr advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	23	24	25	26	27 Tumalo speaker mtg-7 pm	28 Intergroup potluck speaker mtg-6 pm
29	30	31				
Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting St. Patrick's Pot Luck Tuesday Speaker Meeting Tumalo Speaker Meeting			Environmental Center TEC St. Charles Medical Ce St. Charles Medical Ce TEC La Pine Park & Rec Bu St. Patrick's Church Redmond Community Calvary Baptist Church Nazarene Church Fellowship Hall	16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond 2241 N Main St, Prineville 1270 NE 27th, Bend Bruce Avenue, Tumalo		

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Announcements, see page 6!

APRIL

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	4 Redmond pot- luck, speaker mtg—6 pm
5	6	7 Tuesday night AA Speaker mtg-7 pm	8	9	10 Tumalo speaker mtg-7 pm	11
12 District 5 GSR mtg 4 pm	13	14	15	16	17 CO speaker mtg- 7 pm Tumalo speaker mtg-7 pm	18
19	20	21 Madras birthday Mtg-7:30 pm	22 La Pine potluck/ speaker mtg-6 pm	23	24 Tumalo speaker mtg-7 pm	25 Intergroup potluck speaker mtg-6 pm
26Intgroup advisory Board mtg-5 pm Intergroup IGR mtg-5:30 pm	27	28	29	30		
Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meeting La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Tuesday Speaker Meeting Tumalo Speaker Meeting		Environmental Center TEC St. Charles Medical Center, Ponderosa Rm St. Charles Medical Center, Sage Rm TEC La Pine Park & Rec Building St. Patrick's Church Redmond Community Church Nazarene Church Fellowship Hall			16 NW Kansas, Bend 469 Wall Street, Bend 1253 NW Canal, Redmond 1253 NW Canal, Redmond 469 Wall Street, Bend 16405 12 1st Street, La Pine Madison & J Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo	

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VOLUNTEER

YOUR SERVICE CAN

THE INTERGROUP VICE CHAIR position has not been filled. This is a 10-month position; 2 years of sobriety needed. If your are interested in this position, attend the next IGR meeting, March 22, at 5:30 at St. Charles, Redmond or call: Mikey at Central Office.



MEETING

ADDITIONS/DELETIONS

NEW MEETINGS

Safe Harbor, Tuesday, 5:30; Newcomers meeting.

TIME CHANGES

SOS Group, La Pine, Monday, 7:00 pm — **NEW** time **5:00 pm to 6:30 pm**

CANCELLED MEETINGS

Latino Recuperacion, Prineville, Sunday, 2:00 pm

Women's Meditation, Bend, Thursday, 6:30 pm

MERGED/NAME CHANGE

Sober on Sunday and Mon/Wed 5:30 have merged into one group, Sober Solution

MARCH SOBRIETY MILESTONES

ATTI	TUDE ADJUSTM	1ENT				
Debbie M	03/03/03	6 Years				
Ellen T	03/16/01	8 Years				
Joe C	03/20/02	7 Years				
Joe M	03/11/01	8 Years				
Larry McG	03/20/00	9 Years				
Liz T	03/27/02	7 Years				
Lynn R	03/10/99	10 Years				
Mark M	03/03/08	1 Year				
Pat M	03/29/87	22 Years				
Paul V	03/17/08	1 Year				
Spurge C	03/10/85	24 Years				
Wildog	03/10/80	29 Years				
REDMOND REBELS						
Bonnie	03/04/08	1 Year				
Rachelle	03/06/08	1 Year				
Nancy	03/18/06	3 Years				
Maureen	03/21/08	1 Year				
Dennis	03/28/96	13 Years				
	SAFE HARBOR					
Mary	03/17/07	2 Years				
	STEP SISTERS					
Ellen T	03/16/01	8 Years				
Liz T	03/27/02	7 Years				
STI	EPS TO SOBRIE	TY				
Tom M	03/07/94	15 Years				
Ray M	03/27/08	1 Year				
Derek G	03/03/08	1 Year				
WE'RE NOT A GLUM LOT						
Ann J	03/29/08	1 Year				
Charlie	03/23/87	22 Years				
Greg M	03/02/90	19 Years				
Kate	03/21/07	2 Years				
Linda P	03/31/07	2 Years				
Matthew L	03/09/08	1 Year				
Paul D	03/03/92	17 Years				
Paulette L	03/17/80	29 Years				

Cover Photos by Fred B "Smoking Crater" and "Crater Lake"





UpcomingEvents



St. Patrick's Day Corn Beef & Cabbage Dinner

Saturday, March 21, 2009 Calvary Baptist Church 2241 N Main Street Prineville, OR 97754

Dinner — 6:00 pm AA Speaker — 7:00 pm Bingo — 7:30 to 9:00 pm Tickets \$7.00 for dinner

Contacts: Kevin K 610-3060

Lurlyne B 504-1343 Mark L 447-1577 Mikey 923-8199



"My sponsor says she never got indigestion from swallowing her pride."

TREASURER'S REPORT Submitted by Dennis C.

	Submitted	by Dennis C.		
		2009 Donating Groups	1/15/09 - 2/14/2009	Year to Date
Treasurer's Report	1/16	24 and Alive	<u>2/14/2009</u> 45.00	45.00
Central Oregon Intergroup	2/15	ABC Group	45.00	45.00 0.00
2009		All Groups Speaker Mtg.		0.00
INCOME		Anna Nimatee		0.00
Group Donations	1,522.02	As Men See It		0.00
Book & Coin Sales	1,593.50	Attitude Adjustment		0.00
Newsletter	53.51	Back to the Big Book		0.00
Potluck	0.00	Burning Desires		0.00
Entertainment	0.00	Burns Group		0.00
Interest Income	0.00	Central Oregon Speakers Mtg.		0.00
Total Donations and Interest Income	3,169.03	Crescent Meeting		0.00
<u>EXPENSES</u>		Crooked River Ranch		0.00
General Checking		Eastside Early Risers		0.00
Rent	245.00	First things First		0.00
Advertising	46.00	Heppner Miracles		0.00
Phone	169.99	Linda R. 12 yrs		0.00
Hotline	0.00	Livng in the Solution	13.95	
Newsletter	150.00	Madras Group	100.00	
Purchases	1,087.26	Make My Day		0.00
Postage & Office Expense	0.00	Meeting in Between		0.00
Management Fee	800.00	Men's Book Study	450.00	0.00
Bank Charges	0.00	Men's Stag Meeting	150.00	
Other/Misc ()	0.00	Mill Creek		0.00
Donations (GSO & Oregon Area)	0.00	Monday/Wednesday 5:30		0.00
Schedules	0.00	New Beginnings New Horizon	245.26	0.00 245.36
Electricity	59.04	Not a Glum Lot	245.36	0.00
Total General Checking Expenses	2,557.29	Open Hand Fellowship		0.00
Office Account		Out to Lunch Bunch		0.00
Office Supplies	29.98	Primary Purpose	4.77	
Postage	0.00	Redmond Rebels	250.00	
Hotline	0.00	Rule 62 Group	200.00	0.00
Purchases	458.00	Safe Harbor	24.56	
Website	0.00	Saturday Morning Alive	112.00	
Other	0.00	Saturday Nite Live		0.00
Total Office Expenses	487.98	Saturday Nite Living Sober		0.00
Net Revenue/Month	123.76	Sisters High Noon	90.00	90.00
TRANSFERS		Sisters Saturday		0.00
General Checking		Sisters Group		0.00
Deposits IN by Office	3,453.70	Sober Desire		0.00
Transfers (OUT) to Office	-928.10	Sober Sunday		0.00
Transfers IN from Savings	0.00	S.O.S.	20.00	
Transfers (OUT) to Savings	0.00	Spiritual Awakening	05.00	0.00
Total General Checking Transfers	2,525.60	Spiritual Breakfast	85.00	
Savings (prudent reserve) Account	0.00	Springriver Book Study Step Sisters		0.00 0.00
Transfers IN	0.00	Steps to Freedom		0.00
Transfers (OUT)	0.00	Steps to Treedom	280.00	
Total Savings Transfers	0.00	Sunday Serenity	200.00	0.00
Office	000.40	Sunriver Open Group		0.00
Transfers IN	928.10	The Nooner-Redmond		0.00
Transfers (OUT)	0.00	Tuesday Nite AA-Bend		0.00
Total Office Transfers	928.10	Tuesday Nooner		0.00
Petty Cash	0.00	Thursday Women's		0.00
Transfers IN	0.00	Tumalo Friday Night		0.00
Transfers (OUT)	0.00	Warm Springs Groups		0.00
Total Petty Cash Transfers	0.00	Wed. Living Sober		0.00
Cash Reconciliation		Wednesday Stag Meeting		0.00
Beginning Balance from 12/15/08	4 000 55	WFS	62.73	
Treasurer's Book Balance	1,823.55	Women for Serenity		0.00
Prudent Reserve Account	5,012.69	Women at Work	38.65	
Manager's Book Balance	790.12	Anonymous		0.00
Petty Cash	75.00	COF		0.00
Potluck Balance	241.57	District 5 - AFG Donations		0.00
Entertainment Balance	2,390.62	Potluck		0.00
Total Cash on Hand	10,333.55	Entertainment		0.00
Notes:		Intergroup 7th Tradition	4 500 00	0.00
Other		Total Contributions	1,522.02	1,522.02



754 SW 11th Street Redmond OR 97756

