

Inside: I Heard It Through the Grapevine



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Tools for Life

Drinking allowed me to self-destruct physically, emotionally, and spiritually. My last drink involved police, paramedics, and firefighters utilizing rescue tools to remove my body from the crushed vehicle I had smashed into a tree.

I had a relatively normal childhood and have many wonderful memories. My parents moved from Los Angeles, California, to Bend, Oregon, when I was just a toddler. They wanted to raise their children in a safer environment and protect my older sister, younger brother, and me from violence. There was one, very dangerous, thing that location could not protect me from. That one thing was, of course, the slow progressive disease called alcoholism.

There became a point when I was aware of how alcohol was always around at every family function. I witnessed some of my family's poor behavior during their "under the influence" moments. It was normal to accept and sip of one of the "adult drinks" and it made me feel grown up.

When I reached my middle-school years, I noticed our family dynamics had changed. I started to struggle with my identity and wondered what was so great about drinking. My first "real" drink was with my Jr. High best friend, while my parents were out. The highlight of my first drinking experience was brushing my friend's teeth after she puked everywhere. My sister took this opportunity to help me out and tattle on me. I didn't drink again until my High School years.

Abusive relationships and abusive drinking have been a big part of my journey. My first marriage was unhealthy and my partner was physically abusive. I attempted to change him instead of controlling my *own* behaviors, thoughts, and actions. Six years, three daughters, and two restraining orders later, I filed for a divorced and moved to Sacramento, California. I pursued my love for aviation and began attending college. As a single mother and a full-time student, I was financially struggling. I was not receiving any support and didn't have much faith in my higher power. I continued with my *own* will



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“What lies behind me and what lies before me are tiny matters compared to what lies within me”



and started working for tips at local bars. I supported my daughters and put myself through an aviation tech program. I didn't drink much at home, but the number of drinks I drank at work rapidly increased. I used the rationalization that this was “ok” because I performed well academically and as a mother.

After graduating, I moved back to Bend because I wanted to raise my children in a “safer” environment. There was one, very dangerous, thing I could not protect my daughters from. That one thing was the effects my drinking had on their lives.

I began a flight training program to pursue my dream of becoming a commercial pilot. Unfortunately, I continued working at bars and drinking destructively. Two DUIs later, my dream was smashed. I went to the required treatment programs, but still had the obsession that I could control my drinking. I finally quit working at night clubs and put my college education to use. Working in a professional environment was a challenging adjustment, but I managed to hide my drinking and appear normal, for a while.

I then became involved in another unhealthy and abusive relationship. I ignored the warning signs and big red flags. We quickly got married, had a daughter, and bought a house. Things looked good on the outside and I pretended to live a “fairy tale” life. I drank to numb my anger, fear, and frustration. The blackouts increased and a family tragedy hit. I admitted myself into a 30-day treatment program and failed to take good advice. One drink was never enough, and I was airlifted to St. Charles Hospital when my body shut down and I stopped breathing. I woke up ashamed and angry to be alive. These darkest days still didn't beat me into submission. I used my second divorce and anger towards God as excuses to drink. I denied my powerlessness and my period of existence was meaningless. I had a drinking problem, an obsession of the mind. I had a thinking problem, unable to see how I could change my life.

The company I worked for was relocating to another state, which meant I couldn't keep up with my mortgage payments. I was lost, out of control, and possessed no tools with which to handle life. Two weeks

before my last day at work, I hit a tree while drinking and driving. The officer to the scene took one look at my body and assumed it was lifeless. The rescue crew used the “jaws of life” to cut me out of my wreckage. This time, it was three weeks before I was released from St. Charles Hospital.

The physical therapy was just the beginning of my recovery. My higher power is the only reason my head injury didn't cause brain damage, my severed spine didn't cause paralysis, my drinking & driving didn't cause fatalities. I am grateful for my 14 month prison sentence and the 10 months I had to build a strong support system before serving out my time. On my sentencing day, as I was handcuffed, the courtroom was overflowing with my brothers and sisters in recovery. I carried that love and message of recovery to the women's correctional facility. I often think of how I risked others' lives, even my own daughters. I now want to help save lives by giving back what I have been so freely given.

I began working the steps wholeheartedly for the very first time. I walked into the rooms of the fellowship bearing my back brace and pain; physical, emotional, and spiritual. A woman, who had what I wanted, invited me to have coffee with her. I asked her to be my sponsor and now, through working the steps, I possess tools for life. The program has helped me understand the role my choices have played in my path of destruction.

God is doing for me what I could not do for myself. He is working in my life and has brought me love, forgiveness, harmony, truth, faith, hope, light, and joy. I help run a women's recovery group and am grateful that my program is based on progress and not perfection. My daily inventory includes trusting God, cleaning house, and helping others. The delusion that I can somehow, someday control and enjoy my drinking has been smashed. September 26th, 2011 was my two year birthday and, thanks to the gift of sobriety, what lies behind me and what lies before me are tiny matters compared to what lies within me.

Tricia C.

After the husbands fifth trip to the host's bar for refills, the wife said, "Aren't you embarrassed to go back so many times?"

Hubby: Nope. I keep telling them it's for you.



I Heard It Through the Grapevine



Many of you are aware of the Grapevine as "our meeting in print". Ever wondered where that phrase came from? It was coined during World War II, when the editors sent a copy to every known AA member in the armed forces. Cut off from meetings and contact with other members, the grateful soldiers referred to the Grapevine as their "meeting in print", a name that has stayed with the magazine for sixty years. Today, the Grapevine not only carries the words "Our Meeting in Print" on the cover, but its format resembles an AA meeting as well, beginning with the Preamble on page one and ending with the Serenity Prayer on the back cover. Photographs of the window shades bearing the Twelve Steps and Traditions "hang" on the inside cover, and in between are all the makings of a good meeting: discussion topics, humor, announcements, and, above all, the stories of experience, strength, and hope of alcoholics practicing the principles of AA.

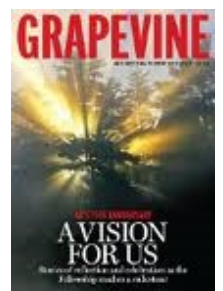
Founded in 1944, the Grapevine does not receive group contributions, but is supported *entirely* through magazine subscriptions sales and additional income derived from the sale of other Grapevine publications, such as the One Day At A Time calendar, A Rabbit Walks into a Bar (Best jokes & cartoons from the Grapevine). Each issue of the Grapevine typically offers between twelve and fifteen stories written by AA members and on occasion, by AA's dedicated friends. The stories are direct and personal, and are as varied as the Fellowship itself.

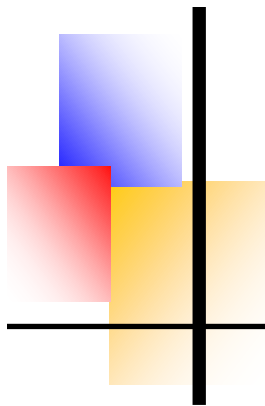
The Grapevine has been an integral part of my sobriety. I've had a subscription off and on for years. Some of my favorite sections were "If Walls Could Talk (pictures of meeting rooms around the world sent in by Grapevine readers), Picture This (whimsical pictures of inadvertently funny scenes), and the stories. I love reading stories from members all over the world. It's like getting a fresh batch of "shares" every month. So when I heard the District needed a GvR it seemed like a natural fit to me.

My job as District 5 Grapevine Representative, is to serve as a link between group GvR's and the area structure, encourage groups to have a Grapevine Rep, and to link Grapevine publications to members of the Fellowship who might not otherwise read or even be aware of them. To that end I'm asking GVR's to contact me so we can brainstorm and swap ideas on how to continue carrying the message using the Grapevine as a tool of recovery. If your group does not have a GVR, I encourage you to elect one, or volunteer for that position. I am available to visit your group, and share ideas. I'd be happy to bring the "Big Grape" which is full of books, cd's, posters and other Grapevine publication. I also have 2011 catalogs and order forms available for your groups. Serving as the District GvR has taken me to meetings I would not normally attend, thereby getting me out of my comfort zone and meeting new friends. It's added new life to my sobriety and reaffirmed what I know to be true.....service keeps me sober!

Vera F.

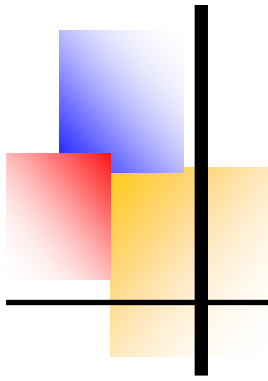
ATTENTION ALL GRAPEVINE REPS! (Or wanna be's)
Let's get together and PLAN! Coffee information meeting to be held WEDNESDAY NOV 2nd, 5:30 pm, Starbucks SE, next to Mercedes Benz Dealership. For more information, all, please contact me (Vera) at: vyfarrell@yahoo.com





OCTOBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Tuesday Night Speaker Mtg 7 pm	5	6	7 CO speaker mtg- 7 pm	8 Redmond pot- luck, speaker mtg—6 pm;
9 District 5 GSR mtg 4 pm TEC	10	11	12	13	14	15
16	17	18 Madras birthday Mtg-7:30 pm	19	20	21 CO speaker mtg- 7 pm	22
23 Intergroup Advi- sory Board mtg- 5 pm Intergroup IGR mtg-5:30 p	24	25	26 La Pine Living Sober Birthday Mtg at P&R 7pm	27	28 Bend Milestone meeting 7 pm	29 Intergroup Potluck Speaker mtg 6pm
30	31					
Bend Milestone Meeting 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		Trinity Episcopal Church Environmental Center TEC TEC St. Helen's Room La Pine Park & Rec Building Jefferson Cty Library Rodriguez Annex Redmond Community Church Nazarene Church Fellowship Hall			469 NW Wall Street 16 NW Kansas, Bend 469 Wall Street, Bend 469 NW Wall Street, Bend 469 NW Wall Street, Bend Idaho Street, Bend 16405 12 1st Street, La Pine 134 S.E. E Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo	



NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuesday night Speaker mtg 7pm	2	3	4 CO speaker mtg- 7 pm	5 Redmond pot- luck, speaker mtg—6 pm;
6	7	8	9	10	11	12
13	14	15 Madras birthday Mtg-7:30 pm	16	17	18 CO speaker mtg- 7 pm	19
20	21	22	23	24 Thanksgiving Alka-thon	25 Bend Milestone- Meeting TEC 7p	26 Intergroup Potluck Speaker mtg 6pm
27 IGR Advisory Board mtg-5 pm IGR mtg-5:30 TEC	28	29	30 La Pine Living Sober Birthday Mtg at P&R 7pm			
Bend Mileston Meeting Central Oregon Speaker Meeting District 5 GSR Meeting Intergroup Advisory Board Meeting Intergroup IGR Meeting Intergroup Potluck Speaker Meet- ing La Pine Potluck Speaker Meeting Madras Birthday Meeting Redmond Potluck Speaker Meeting Tuesday Speaker Meeting Tumalo Speaker Meeting Pine Forest Grange Hall (PFGH)		Trinity Episcopal Church (TEC) Environmental Center TEC TEC TEC St. Helen's Room La Pine Park & Rec Building Jefferson Cnty Library Rodriguez Annex Redmond Community Church Nazarene Church Fellowship Hall PFGH			469 NW Wall Street 16 NW Kansas, Bend 469 Wall Street, Bend 469 NW Wall Street, Bend 469 NW Wall Street, Bend Idaho Street, Bend 16405 12 1st Street, La Pine 134 S.E. E Street, Madras 10 & Cedar, Redmond 1270 NE 27th, Bend Bruce Avenue, Tumalo 63214 Boyd Acres Road, Bend	

Note: The Central Oregon Intergroup Newsletter is a monthly newsletter of the Central Oregon Intergroup Office. It is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended or should be inferred.

MEETING ADDITIONS/CHANGES/ DELETIONS

NEW MEETINGS !!

NEW meetings in La Pine:



Sunday. 5:00 pm
Park & Rec
Open meeting

Tue thru Fri
"Kick Start", 7:30 am
Jay Bird Ink
16680 WILLOW LN
open meeting

NEW BEND Meeting:
Tuesday 7:00 pm TEC
"The Serenity Group"
Closed-Discussion Mtg

2012 Grapevine Calendars on
Sale NOW!

Give the gift of sobriety that
lasts all year long. Only \$9,
your purchase helps support
The Grapevine, AND makes a
wonderful gift for friends,
sponsors, sponsees, and family
members. Ask your home-
group's grapevine rep, or log
onto AAGrapevine.org



HOLIDAYS ARE COMING !!

Don't forget - AA is there to help you through!
All day holiday support is available. Attend
the Thanksgiving Alcahthon and Christmas
Alcahthon. Stay tuned for more information !

OCTOBER Sobriety Milestones

Attitude Adjustment

Barbara B	10/17/07	4 years
Bill B	10/13/06	5 years
Bill D	10/08/07	4 years
Brad M	10/10/09	2 years
John A	10/21/10	1 year
Terry T	10/8/87	24 years

Prineville STS

Wes J	10/4/99	12 years
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A B C

Erik H	10/08/08	3 years
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New Horizons

Ann K	10/14/90	21 years
Bretagne	10/23/09	2 years
Louanne M	10/10/03	8 years
Vicki M	10/26/01	10 years
Robb N	10/10/10	1 year
Heather O	10/10/10	1 year
Jim	10/10/10	1 year
Mike W	10/24/08	3 years
Michael A	10/11/01	10 years
Mark B	10/14/09	2 years
Kenny P	10/01/10	1 year
Jimmie S	10/20/09	2 years
Darren M	10/07/06	5 years

24 and Alive

Dow III	10/11/04	7 years
Alivia	10/10/04	7 years
Levi S	10/30/10	1 years
Shelly	10/04/10	1 year
Billy K	10/19/67	44 years
Ian	10/22/90	21 years



Upcoming Events

**MONTLY INTERGROUP
POTLOCK WILL BE IN
PRINEVILLE FOR OCT !**



Saturday October 22nd

6:00 pm

**St Joseph's Catholic Church
150 E Street, Prineville**

*A to L main dish
M to Q desserts*

Questions: Mark L 447-1577





TREASURER'S REPORT DONATIONS SUMMARY

2011 Group	16-Aug to 13-Sep	Year to Date
24 and Alive	150.00	1,350.00
As Men See It	179.00	534.00
Attitude Adjustment		489.00
Back to the Big Book		137.42
Burns Group	50.00	50.00
Culver Nuts & Bolts		74.00
Eastside Earlyrisers		736.75
Easy Does It		200.00
First things First		45.00
Going to Any Lengths		50.00
High Noon		145.00
Living in the Solution		48.00
Madras Oasis Group		350.00
Make My Day		40.75
Meditation Meeting		30.67
Men's Book Study		209.10
Men's Stag Meeting		125.00
Men's Straight Talk		100.00
New Horizon		885.50
Not a Glum Lot		808.60
Primary Purpose		260.85
Redmond Rebels		139.58
Safe Harbor		409.82
Saturday Morning Alive		170.00
Saturday Nite Live		100.00
Sisters in Sobriety		113.48
Sober Desire		123.00
S.O.S. Group		160.00
S.O.B. Group		150.00
Spiritual Awakening		194.98
Step Sisters		328.99
Steps to Sobriety		306.00
Sunriver Open Group		56.00
Tuesday Nite AA-Bend	88.50	369.50
Wednesday Stag Meeting	50.00	50.00
WFS		251.85
Potluck	42.00	873.97
	-	-
	-	-
Total Contributions	559.50	10,466.81



Pity the Poor Pink Elephant

A victim of today's ecology, or something, he's in danger of becoming extinct

DEAR GRAPEVINE EDITORS:

L.H., Grapevine, 1973

Maybe you aren't the people to write to, since AA members don't drink any more. But I don't know who else to contact. You see, *practicing* alcoholics don't seem to have any fellowship, lobby, union, or protective association, the way you people do.

My problem is this: I am a *pink elephant*, and I haven't had a job in nearly three years. I mean, in all that time I haven't been assigned to appear in one solitary drunk's hallucinations. Most of us PEs are in the same economic slump.

When we took our problem to Washington, we were told that the Department of Health, Education and Welfare is funding a \$200,000 research project to study "Fluctuations in the Popularity and Statistical Frequency of Hallucinatory Symbols in Alcoholic Delirium." Now, undoubtedly it will be splendid to discover why fashions in apparitions are subject to change, like fashions in clothing. However, for some time at least, the only jobs the project will create will go to administrators, researchers, statisticians, and public-relations people hired to blow up the importance of the project and justify the allocation of more funds. Very little will filter down to us pink elephants who are being phased out of fantasies.

Of all creatures populating an alcoholic's waking nightmares, we pink elephants have long been the elite. Even more, we are (in a Jungian sense) the archetypal figment of a booze-addled brain. How tragic, then, that our species is trudging toward oblivion, following the dodo, the auk, and the unicorn.

For years, we had it made. Our casting office was busy day and night, dispatching us to materialize before drunks in mansions, bungalows, and shacks. In fact, we appeared in more drunken deliriums than all the snakes, insects, and Little Green Men combined. About ten years ago, some of the more perceptive among us noticed that there was a decline in assignments to entertain silk-sheet drunks. Up to then, we had been equally popular in the withdrawal syndromes of the alcoholic in a \$500-a-week sanitarium and the penniless wino under a bridge.

Even the disadvantaged drunks and less-educated albies are no longer conjuring up pink elephants, except when the snakes, spiders, and pistachio-hued Martians are all busy on other assignments. It is difficult not to be bitter at the disloyalty of the excessive-drinking public, whom we have served so well.

We would accept the situation more readily if our joblessness resulted from a decrease in alcoholism. But each year the census reveals an increase in the alcoholic population--at least nine million today!

At a recent conference of pink elephants, I was elected spokesman to make this proposition to AA. We do not seek charity, only a chance to work. We would be willing to show up at your meetings to shake up a reluctant, rationalizing newcomer. Or to boggle an old-timer who is beginning to forget where he came from. We don't ask money for our talents, just the opportunity to "keep our trunks in," so to speak. In fact, we'll work for peanuts--or for coffee and doughnuts, according to the group conscience.

How about it. . . just for old times' sake?

Yours in humility,
Pinky" Pachyderm



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