

Inside: Who the heck is Victor E?



Volume 13 Issue 11

November 2011



HOTLINE:
541-548-0440

**Central Oregon
Intergroup Office**
M - F 9:00 - 5:00
754 SW 11th Street
Redmond, OR 97756
541-923-8199
www.coigaa.org

Return from Insanity

My name is Kendra and I am an alcoholic. My sobriety date is December 15, 2008. I have had 3 amazing sponsors during my recovery. They have helped me save my life. It wasn't easy for me to get sober; I had lost hope a long time ago along with everything else. Alcohol was all that I had left — it took me to unbearably scary dark places that were comfortable for me. Pain became my normal.

I started drinking when I was 16. I had a horrible childhood full of bad memories, and alcohol helped them stay covered up. I have a long line of drug addicts and alcoholics in my family. I thought drinking was normal. It was the one constant in my family. Drinking was a part of my life since the first time I tried it. It gave me commonality with people that I didn't have otherwise, and it helped me drown the pain of my past. The crazy thing was, it worked for a long time.

My childhood is not full of pleasant memories. I witnessed things no child should. I've seen both my parents use drugs, been to drug dealers houses, drink heavily, and fight like crazy. I found my aunt after she committed suicide. Felt abandoned by my dad after he divorced and remarried a woman 12 years younger. I had nowhere to go, no one to turn to.

I lived with whoever I could which led me to some pretty bad places for a teenager. It landed me pregnant with a man I didn't know very well at the age of 20. I got married because I thought I had to. I was able to not drink heavily during that pregnancy and until my daughter was a couple weeks old. After that, drinking was an everyday occurrence. We drank early in the day and into late at night. My husband at the time made good money which allowed me to stay home with our daughter. He was also extremely controlling and verbally abusive. I, being so young didn't know that it wasn't ok. It wasn't until our 5th year of marriage and 2 children later that he beat me. He was in an alcoholic black out. The next day I filed for divorce, but I couldn't stop drinking and partying. It wasn't long after that I took my kids out of state when he was supposed to

Address Information

Oregon Area Treasury
1900 N.E. 3rd Street
Suite 106-172
Bend, OR 97701

District 5
P. O. Box 7223
Bend, OR 97708

General Service Board
Grand Central Station
P. O. Box 459
New York, NY 10164-0371

Intergroup Officers

CHAIRPERSON
Jerry R.
541-408-0627
chairperson@coigaa.org

VICE CHAIRPERSON
Darla
541-280-4670

SECRETARY
Patti O.
541-771-5452

TREASURER
Liz T
541-389-9276

ENTERTAINMENT CHAIR
Heidi S.
541-728-5463
entertainment@coigaa.org

NEWSLETTER CHAIR
Eileen F.
541-408-7073
newsletter@coigaa.org

SCHEDULE CHAIR
Shari A.
541.420.9831
schedule@coigaa.org

HOTLINE CHAIR
Wayne S. 541.410-9437
hotline@coigaa.org

POTLUCK CHAIR
Alan
541-948-0341
potluck@coigaa.org

WEBSITE CHAIR
Cory S.
webmaster@coigaa.org
541.408-1055

DISTRICT COMMITTEE MEMBER
Kathi C. 541.280.6980

ADVISORY BOARD COMMITTEE

Bill B 541.633-6640
Shari A. 541-420-9831
Stan E 541-593-1407
Mark S 541-325-1726

She taught me to go to meetings every day, to be of service, and by golly I better pick up that phone!



have them. I didn't get written permission from him, so he hired a \$4000 attorney and got me on kidnapping. The minute I got back into the state he took our kids from me. That was in 2006.

Since then, I couldn't stay sober for very long. I did go to AA to try and get my kids back but that only lasted about 9 months. I didn't get honest with anyone and thought, hey, I'm going to meetings so this thing is controlled. Boy was I wrong. I relapsed on pills, then other drugs, then alcohol. After that, I lost everything. I lost my kids for good; I lost any chance at anything. With nowhere to go I came to Oregon from Sacramento. I was supposed to stay long enough to make some money get an attorney and go back. Instead, I found the wrong crowd. I got into heavy drugs and lost any sense of purpose.

I didn't know what I was doing; I just knew nothing I did could mask the pain I felt. I couldn't go on any longer so I took two bottles of pills chased with a bottle of vodka. That landed me in the hospital for 4 days. I refused to call any of my family even after the doctors persisted. The day I got out I was drinking again.

One day my friend introduced me to her brother. We started hanging out and after a couple of months I got pregnant. This time was different. I couldn't stay sober during this pregnancy. I couldn't NOT drink. We tried AA a couple of times, but never stayed. We lived with practicing alcoholics and had friends that drank constantly. I finally told him that I couldn't do this any longer and that I need to have an abortion. He asked me if we could try AA one more time, and I said yes. That was by far the best choice I've ever made. We walked into the Safe Harbor group and found a loving group of people. I shared at that meeting that I was new and scared and couldn't stay sober even though I was pregnant. After that meeting a woman came up to me and gave me her number. She told me I need to call her and I did. She helped work steps 1,2, and 3. She showed me that I wasn't alone, that I had a higher power, and she showed me a small glimmer of hope. For that, I thank her! Sponsor #2 came into my life and we became close friends. I would tell her on a regular basis the trouble I

had keeping in contact with my sponsor, so she said "why don't we work the steps together?" and I agreed. This woman showed me what true friendship is all about.

She loved me until I could consider loving myself and beyond. She taught me to go to meetings every day, to be of service, and by golly I better pick up that phone! I did what she suggested and I went through all 12 steps with her and I began to feel more hope. She continues to be someone I can call anytime today.

Next is my current sponsor Sandi. She has taught me patience and perseverance. She has stuck by me as I trudge my way through my sobriety. I have been blessed beyond belief in this program, but have to remember that life still happens; I still have wreckage to clean up. I have to trust the process of this program in order to not get overwhelmed with life. I tell myself that this is a daily program and that helps ground me. I have come so far in this program. I have so much more hope today. I have tools that allow me to work toward a better life. Things that I drank over have been dealt with by working the steps and my sponsor. Little things still crop up, but again, the tools of the program are there for me to pick up.

I have a higher power today that shows me unconditional love. He has so much tolerance for me it's amazing. I am such a different person with the help of my higher power. I have responsibilities, a job, a house, a husband, and three beautiful children (one who has yet to see me drink). The wreckage of my past is something I no longer wish to shut the door on, and I am fueled to stay sober so it doesn't repeat. I have proven to myself how cunning, baffling, powerful, and patient alcohol is.

"The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death."

Alcoholics Anonymous,
More About Alcoholism, p. 30

For this alcoholic to drink is to die.

Kendra S.

禁酒
(sober)

HELLO, MY NAME IS.....

Victor E.

The creation of Jack M., a Grapevine editor, Victor E. made his debut in the July 1962 Grapevine. For more than forty years, Victor has stood before the saloon, looking longingly past its swinging doors, but every time his Higher Power has intervened and kept him from drinking.

Some readers wonder how strong Victor E.'s sobriety is, since he keeps showing up at a bar. Others feel he is no different from any other alcoholic facing this cunning and baffling disease. Whatever his shortcomings, and however strong his desire to drink, Victor E. hasn't picked up a drink in all these years. And that's how he earns his name. The first cartoon of Victor E., as it appeared in the July 1962 issue of the Grapevine



One Member's Share on Victor E (and Clara T)

As a reader of the Grapevine, I have come to know and love two members of AA who regularly appear in the magazine. I refer to Clara T. and Victor E. These two members may have lost their anonymity but they have gained the love of the readership, and through their years of service to recovery, have a solid place of honor in AA.

I am in love with Clara T.! She has captured my heart wearing t-shirts like the one that read "E Z Duz It." Since she speaks (unlike Victor E.), it is possible to know more about her. I have found her cute, witty, vulnerable, charming, feminine, intelligent, and saucy. I wish I could find a real girl with the charm of Clara T.

Victor E. is more of an enigma. He doesn't speak (though we sometimes get a peek into his thoughts), yet he is a very expressive fellow. He gets scared, he worries, he is happy, he feels relief. He expresses earnestness and sincerity. He is also a very open and willing person, as evidenced by his quickness to catch the lifeline his Higher Power sends to him, to get him out of his dilemma. Recalling the number of improbable and miraculous saves that have happened to him, it is obvious his Higher Power loves him very much. My love for Victor E. comes from the fact that he may think that he is alone and scared, but his Higher Power never has let him down or abandoned him. Which of us does not feel some anxiety when we see him in front of those doors? What goes on in his mind? Why is he always returning and sweating in front of those swinging doors? Furthermore, what can we the readership do to help him?



My sponsor says the good thing about procrastination is that you always have something planned for tomorrow.

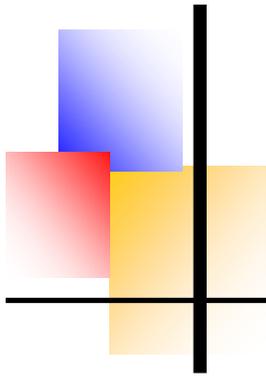
When I came into the Fellowship of AA, I was lonely and disoriented and confused. I was told that my emotions were also in chaos and that AA was a place for recovery--mine and others--and was not a dating service. It has been clear to me that a standard of social boundaries is being observed by those that are attending AA meetings for the purpose of recovery, and out of respect for those recovering, myself included, and the good of AA, I also observe those boundaries of conduct. Much as I'd like to, I don't seek my Clara T. at a meeting. Where then do I go?

Well, sometimes I find myself sweating, just as Victor E. does, outside some honkytonk, listening to the live music and laughter from inside. It is no secret that besides being a source of drink, a bar's primary purpose is where men and women meet for socializing and perhaps romance. It was also true that during my drinking days, I had many good times, and met many nice people inside the very places I was now standing outside of, feeling and possibly looking very much like Victor E. Perhaps this is what draws back Victor E. time after time. The guy is lonely!

May I make a proposal? Neither Clara T. nor Victor E. seem to have any romantic ties in their lives. Would it be possible to get them together? They would be good for each other. I think Victor E. has suffered enough outside those doors. We are entering a new millennium and I hate to think of the poor guy continuing to suffer. Much as I love Clara T., I would be willing to give her up to a super guy like Victor E., who has done so much for us all.

Clara T. and Victor E. are symbols of AA spirit and hope. They may be just cartoon characters, but they have helped real people. They are a part of AA and a part of the history of the Grapevine. I'd like for them to be around for a long time.

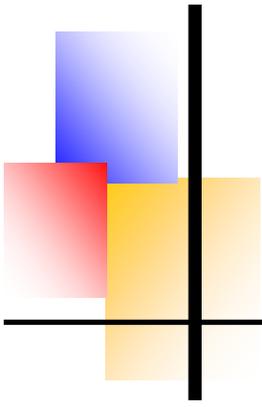
Bo G. Coeur D'Alene, Idaho



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 Alca-thon	25 Bend Milestone- Meeting TEC 7p	26
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.



DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CO speaker mtg-7 pm	3 Redmond potluck, speaker mtg—6 pm;
4	5	6 Tuesday Night Speaker Mtg 7 pm	7	8	9	10
11 District 5 GSR mtg 4 pm TEC	12	13	14	15	16 CO speaker mtg-7 pm	17
18 Intergroup Advisory Board mtg-5 pm Intergroup IGR mtg-5:30 p	19	20 Madras birthday Mtg-7:30 pm	21	22	23	24
25 ALCA - THON ALL DAY	26	27	28 La Pine Living Sober Birthday Mtg at P&R 7pm	29	30 Bend Milestone meeting 7 pm	31 New Years Eve Dinner/Dance
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 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	

On the Lighter Side.....

When you drink vodka over ice, it can give you kidney failure

When you drink rum over ice, it can give you liver failure

When you drink whiskey over ice, it can give you heart problems

When you drink gin over ice, it can give you brain problems

Apparently, ice is very bad for you. Warn all your friends.



anonymous

NOVEMBER Sobriety Milestones

Attitude Adjustment

Bruce L	11/26/86	25 years
Eileen F	11/7/06	5 years
Jim H	11/27/85	26 years
John S	11/21/09	2 years
Jade	11/08/05	6 years
Michel M	11/08/06	5 years
Patrick D	11/22/07	10 years
Shannon	11/11/08	3 years
Shawn A	11/22/03	8 years
Stephanie B	11/15/08	3 years
Jessee M	11/13/09	2 years
Gwen W	11/28/84	27 years

Prineville STS

Ruth N	11/20/83	28 years
Mike L	11/28/03	8 years
Robin A	11/6/95	16 years
John G	11/2/97	14 years
Carrie L	11/1/08	3 years
Jeannie	11/15/10	1 year
Jim S	11/13/83	28 years
Steve M	11/28/89	22 years

New Horizons

Mike M	11/29/96	15 years
Bill D	11/24/94	17 years
Alysha C	11/14/10	1 year
Corly	11/17/06	5 years
David W	11/20/10	1 year
Franchot T	11/10/98	13 years
Jason H	11/23/10	1 year
Sue	11/4/10	1 year
Ashly P	11/4/07	4 years

W F S

Sherry B	11/30/81	30 years
John H	11/16/84	27 years
Mike W	11/24/08	3 years



Upcoming Events

HOLIDAY ALCATHONS

Holidays can be tough; together we can stay sober!



Food (potluck) and fellowship, Marathon hourly meetings from 7 am to 6 pm. Speaker at 7pm. Brooks Hall, TEC

Thanksgiving Day
Christmas Day

Come Join Us !!!

Info: Alan 541-948-0341

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



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

ANNOUNCEMENT: SERVICE POSITIONS!!!!

Be a part of the Central Oregon Intergroup. Upcoming positions are: Vice-Chair, Website Chair, Hotline Chair, Two Advisory Board Positions and Treasurer. All require 2 years of sobriety and are a 2 year commitment. If interested, please attend the Intergroup meeting Nov 27th, and stand for the positions on December 18th!





**TREASURER'S REPORT
DONATIONS SUMMARY**

2011 Group	9/14/11 to 10/15/11	Year to Date
24 and Alive		1,350.00
As Men See It		534.00
Attitude Adjustment	73.00	562.00
Back to the Big Book		137.42
Burns Group		50.00
Chicks with Chips	126.50	162.75
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	100.00
High Noon	45.00	190.00
Issues & Tissues	20.00	53.00
Livng in the Solution	9.00	57.00
Madras Oasis Group	100.00	450.00
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	210.00	1,095.50
Not a Glum Lot		808.60
Primary Purpose	56.98	317.83
Redmond Rebels		139.58
Safe Harbor	51.00	460.82
Saturday Morning Alive		170.00
Saturday Nite Live		100.00
Sisters in Sobriety	66.74	180.22
Sober Desire	94.00	217.00
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		369.50
Wednesday Stag Meeting		50.00
WFS	60.00	311.85
Anonymous	45.00	45.00
Potluck	26.60	900.57
Total Contributions	1,033.82	11,569.88

At Wit's End

"OVERHEARD AT SEA: In the dining room of an ocean liner, a lady asked, "Who is this Bill W. any-how?" "I don't know," replied her friend, "but I've been on six cruises, and he's been on every one!"

"Alcoholics are in a class by themselves. Everyone else has graduated."
Michelle D., via e-mail



"Experience is not what happened to you. Experience is what you did with what happened to you."
D.J.W., Tukwila, Washington

"What did you do today?"

So you've been around for many years, helping to spread AA
You've worked like hell since you first came in but what did you do today!

I heard your pitch, it was kind of long, you really told them how
You worked the steps in '81 but how are you working them now?

Do you still get up from your soft warm bed when someone is
in trouble?

Do you grab your hat and your AA book and get there on
the double?

Or have you forgotten the early times, when you were sort of
new.

Maybe you've been around so long that AA is old hat to you.

Maybe you're one of the Senior Saints, Sober and satisfied,
and you've forgotten how bad when you were sick and when you
damn near died?

Maybe I shouldn't bring it up, maybe you're too blase.
But just for the hell of it Mister, What Did You Do Today?

Have you been around so cock-eyed long you leave it
to Harry, Betty or Sam
Because you're not your brother's keeper and just don't give a
damn?

Maybe tonight the fights are on, or you're going to the
old ball game.
So what the hell if the guy is sick; he has only himself to blame.

Well, Mister, you have a perfect right to work your own AA
and you know you'll do it your way no matter what I say.

But tonight before you go to bed just look in the glass and pray
that you and GOD know the answer to
WHAT DID YOU DO TODAY!

The old Timer that gave me this was my Dad, not long before he
died— Sober.

Thanks for letting me share this with you and tonight I'm going
to a meeting.

Love in the Fellowship, Maggie



754 SW 11th Street
Redmond, OR 97756



Conscious Contact Subscription / Address Change Form (Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Check Renewal New Subscription Address Change

Subscription Rates: One Year \$10.00 Two Years: \$18.00
Make Checks Payable to: Central Oregon Intergroup and mail to:
Newsletter 754 S.W. 11th Street, Redmond, OR 97756
Check Renewal New Subscription Address Change