

Buddy System #19

by Ron Sanford

Had I known then what I know now
 Then things wouldn't be the same
 But things are what they are
 'Cause I can only play the game
 And absorb it all somehow at my own pace

God knew me before I was born
 And wants for me all of the best
 I'm forgiven and I am blessed, I believe
 At the level that I'm at now, I can see!

With my faith was supplied doctrine.
 With doctrine I learnt of virtue
 With virtue came the full knowledge
 Which led to having self-control
 Having self-control led to perseverance
 Then perseverance led to spiritual growth
 Which led me to love my fellow believer
 Then last but not least, simply to love

To love without an object - then all was well
 I knew one as my leader
 To whom I stand or fall
 Knowing I will reap what I have sown,
 Love has freed me to do well
 I need not agonize over hell
 To treat my buddies like I want to be treated
 To be nice, polite, moral and more
 Can't you see by the smile on my face?
 More than words could say, my fruits will tell the tale.

Forest from the Trees: 7.5 Years Sober

by R. D. Wagner

While in recovery, sometimes it is too difficult to separate one tree from another. One tree tends to bog you down so that you can't see the forest. It's the same in recovery: hanging around old bars, old friends, old hangouts leads one to think that a drink may sound nice. Each day my struggle with my addiction is to be ever vigilant, grateful to my creator for keeping me sober one day at a time and keeping my recovery in check.

Conducting a Trip

by Daniel Cox

The conductor announces in a baritone voice "All aboard the bi-polar express" A trip full of the highest high and the lowest so low that everything is up from there. Some boarded happy, some came aboard in high despair It's a grand tragedy

Need health insurance?

CareOregon's goMobile Team makes it easy for you to get dental, mental and physical health care under the Oregon Health Plan (OHP). Our community partners host us on these dates, where we can check your eligibility for OHP, enroll you in Medicaid/OHP and make your doctor appointments!

MULTNOMAH COUNTY

CAREOREGON

315 SW 5th Ave, Portland
 ▶ June 6 9-11 a.m.
 ▶ June 13 9-11 a.m.
 June 20 9-11 a.m.
 ▶ June 27 9-11 a.m.

CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland
 June 12 10 a.m.-12 p.m.

NEW!

▶ **SNAP Assistance** available at these locations

DEPARTMENT OF HUMAN SERVICES

50 SW 2nd Ave, Portland
 June 5 9-11 a.m.
 June 12 9-11 a.m.
 June 19 9-11 a.m.
 June 26 9-11 a.m.

GOOD IN THE HOOD EVENT

King School Park - NE 6th Ave & NE Humboldt St, Portland
 June 24 11 a.m.-5 p.m.

JOIN

1435 NE 81st Ave, Ste 100, Portland
 June 14 12-2 p.m.

JUNETEENTH CELEBRATION

Legacy Emanuel Field
 2801 N Gantenbein Ave, Portland
 June 16 12-5 p.m.

MOUNT HOOD FARMERS MARKET

38600 Proctor Blvd, Sandy
 June 15 3-7 p.m.

PORTLAND RESCUE MISSION

111 W Burnside, Portland
 June 14 8-10 a.m.
 June 28 8-10 a.m.

UNION GOSPEL MISSION

3 NW 3rd, Portland
 ▶ June 26 2-4 p.m.

WORKSOURCE GRESHAM

19421 SE Stark St, Portland
 ▶ June 7 2-4 p.m.
 ▶ June 28 2-4 p.m.

WASHINGTON COUNTY

BEAVERTON LIBRARY

12375 SW 5th St, Beaverton
 June 13 1-3 p.m.

Starlight Parade
 June 2, 2018

Portland Pride Parade
 June 17, 2018

For information, or to host our team, call Tamara at 503-416-1479 or Caleb at 503-416-4883.

careoregon.org/gomobile

 CareOregon
goMobile team