

# Mill Creek A.A. Group

Since 1944

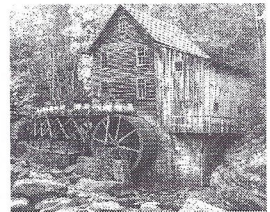
## At The Oregon State Penitentiary

### Newsletter for May / June 2017

Edition 74 No.3







## MISSION STATEMENT

The Mill Creek AA Group has but one purpose:  
 "To carry the message of Alcoholics Anonymous to the alcoholics who still suffer, through recovery meetings, workshops, seminars, publications and sponsorship, all the while, individually and as a group, practicing the principles of AA in all our affairs."

### Responsibility Declaration

**I am responsible.**

**When anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that,**

**I am responsible.**

### Alcoholics Anonymous Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is, a desire to stop drinking.

### The Serenity Prayer

**"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."**

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### TREASURER REPORT

STARTING BALANCE:	\$ 1158.69
Color Copies	\$ - 0.60
Admin. Interest	\$ 2.29
Spanish OGSR Donations	\$ 50.00
Beverage/Office Purchase	\$ - 135.57
Refreshment Purchase	\$ - 42.00
March/April Donations	\$ 211.00
ENDING BALANCE:	\$ 1243.81

## Trusted Servants

David F.	Secretary
Tim T.	Asst. Secretary/ Office Facilitator
Kevin P.	GSR/Editor
Scott R.	OGSR
Rick M.	Assistant OGSR
Chad P.	Meeting Facilitator
David Fi.	Newsletter Assistant
Brian K.	Librarian

### Wednesday Night Book Study

Chairman: Chad P.

### Thursday Night Meeting

Secretary: David F    Chairman: Chad P.

### Saturday General Meeting

Chairman: Chad P.

### Apreniendo A Vivir Wednesday Night Group

Secretary: Jose G.    Chairman: Roger G.

### Apreniendo A Vivir Saturday Group

Secretary: Roger G.    Chairman: Jose G.

**Anyone from the outside wishing to become involved in service or attend a Mill Creek AA meeting at OSP may do so by contacting:**

Mr. Steven Finster  
 Staff Advisor for The Mill Creek A.A. Group of OSP  
 2605 State Street  
 Salem, OR 97310  
 Phone: 503-378-2289    FAX: 503-373-1008

Or email our OGSR Scott R. at:

**E-mail: millcreek1944@gmail.com**

**We would love to have you join us!**

(For meetings only! Not full time!)

### DISCLAIMER

The purpose of the Mill Creek A.A. Group Newsletter is to increase unity and to carry the message of recovery to other alcoholics.

**The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous as a whole or The Mill Creek AA Group of OSP.**

No endorsement of or affiliation with any groups or with any organization is at any time intended or implied.

**Reprint rights are granted to all service boards, groups and committees of A.A. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to edit all submissions at his discretion.**

The Mill Creek A.A. Group at the Oregon State Penitentiary does not endorse any outside enterprise or lend its name, or the A.A. name to any state agencies, treatment or counseling services whatsoever.

**The Mill Creek AA Newsletter is produced solely by the inmates at OSP and is intended to simply reach out, and share the good message of recovery.**



# Congratulations!

We celebrate everyone who has worked so hard in doing what needs to be done in staying sober,

**“One day at a time”**

## Happy May Birthdays to:

Roger B.	05/29/92	25 Years!
Richard S.	05/07/09	8 Years!
Diego D.	05/21/09	8 Years!

## Happy June Birthdays to:

June S.	06/13/86	31 Years!
Steven C.	06/01/89	28 Years!
David F.	06/08/97	20 Years!
Robert M.	06/01/01	16 Years!
Kerry K.	06/21/12	4 Years!
Charles N.	06/02/13	4 Years!

If your sobriety date is coming up, or we've missed adding you to our list and you'd like the group to help celebrate with you, please send a communication form to let us know.

**If you would like a sobriety coin, (\$1 CD28 donation) or if you would like an official sobriety certificate.**

## From the Asst. Editor

David Fi. Newsletter Asst.

# Happy 73rd Anniversary!

The Mill Creek AA Group is celebrating its 73<sup>rd</sup> anniversary this month, May 5<sup>th</sup>. As most may already know, The Mill Creek AA Group is the longest running AA group in the state of Oregon and the absolute longest running prison AA group in the nation. The reason being the long tradition of caring and responsible members who choose to share their lives with their fellow brothers of AA, and that means you. Thank you all for your shared time, dedication, and inspiration.

## LETTER TO THE GROUP

### What is Good?

By Socrates

My experience reveals that good can be found in words or actions that render joy, chases pain away and affirms safety for all, especially for those experiencing danger.

Although the one creating danger may, temporarily experience discomfort.

**I embrace the idea of practicing responsibility that yields goodness for my fellow human beings. This responsibility includes compassionate service.**



# From the President

David F. Mill Creek A.A. President

What is important is that I am an alcoholic and A.A. is my medicine of choice. Today, I hear a lot of analyzing instead of utilizing. For myself, I can't afford to delve into the whys or how's. I have to put as much effort into maintaining my sobriety as I did into feeding what I now know as my disease.

I don't quite recall when I had my first drink, nor do I comprehend why I never experience a "hangover", while "blackouts" were aplenty. For which they cause me to become unaware of how foolish I was, until confronted with the issues. But I have begun to accept that maybe my brother introduced me to the first taste of the place that would take me away from my troubles I was facing at the time. I never realized what the long-term outcome would eventually be. How I was able to graduate from High School is beyond me; except to thank my mother for making sure that I caught the school bus and did my homework.

The woman I married was a truly unique person because she was never known to be wrong about anything. Imagine what that's like when combined with an alcoholic! I had to remove myself after four years of tormenting her and the kids with worries of whether I was going to make it home the next time, and I was crimping her style.

When my first arrests started, my parents were divided on how to react. Mother was supportive only because I would seek her forgiveness, without thinking about the consequences that would eventually become of it. My father was silent and unreachable. It was puzzling to me at the time as to why mother was so supportive, until now.

Fact is, a lot of those years have been tough, trying to get and keep my life on track. Needless to say, a very high percentage of the problem is mine to own up to. I've realized that if one succeeds in getting one's life in some order, happiness may well occur. But getting drunk again guarantees that neither of those things is likely to happen.

The length of my dry time is not a big deal. Sobriety cannot be judged solely on the length of time since the last drink. Quality is what counts – not quantity.

Today I don't have to drink, but of greater importance, I don't want to drink. The term: "more will be revealed" brings to mind the ugly memories from my childhood for which have started to surface after taking the time to "peel back the layers". I also see how alcoholism has affected every aspect of my life. I was always broke, couldn't hold a job for more than a paycheck, relationship was on the rocks before it even became one. My life isn't all that manageable as of yet, but I am able to stay sober one more day and I've learned that no matter what happens, it's possible to not have a drink today.

I have also heard that the best cure for a heartache is time. And time is another tool I have learned how to use towards being beneficial. The days add up, one by one. We all have unacceptable situations that we can't change, but also understand that in time we will be able to acknowledge it and eventually be able to tolerate the pain and disappointments that may come from it.

In meetings, I seek out the "newcomers" and welcome them with a handshake and smile, and I also look up to our "old timers" because they are my strength in doing the right things in my recovery. Bill W. describes it this way – "being led by the hand of someone ahead and reaching out to take the hand of someone behind, in a never ending chain around the world."

My friend and inside sponsor, was straightforward and even blunt when he suggested that I try an open mind concept for awhile, then if nothing changes, you won't have lost anything. You'll still have the same old mess you brought with you into AA plus a few experiences that might make sense later on. We have developed a supportable friendship, even to the point where his analyzing ceased to make me cringe. Sometimes I find that his deliberately vague suggestions do make sense enough to follow. A few times he did become specific, and most of my insights for which are developing, are because of his willingness to share his point of view.



# From the Asst. Secretary

Tim T. Mill Creek A.A. Asst. Secretary

## Happy 73<sup>rd</sup> Anniversary Mill Creek A.A. Group!

I drank for twenty-one years, from the time I was 15, until I was 36, and only stopped then because I became incarcerated. I grew up in an alcoholic family. There was a lot of physical, verbal, and emotional abuse. My dad was only physical with me when he was sober, never when he was drunk. The only time I did not fear him was when he was drunk.

I never felt that I was wanted or loved, that anything I did was wrong. I ran away from home 6 times, and most of the time I never got more than twenty miles away, or lasting more than a couple days. I left home for good when I was 16. I wanted to get away from the abuse and control that was over me. I had no type of freedom. I wanted to be able to control the things that I did, and when I did them. I wanted the ability to experience life at my convenience.

I was 15 when I started drinking, I guess so I could not feel the pain or the fear. Alcohol numbed my feelings inside, every bad thing was taken away and I was in a better place that I could only go to. I had friends and fellow employees who were five to ten years older than me. Alcohol was available 24/7. I was arrested for M.I.P. (Minor in Possession) six times. I was drinking in bars before I turned twenty-one. I got married when I was 19, and had a son when I was 20. I was constantly in the bars, and sometimes I never went home at all. I was divorced in two years, remarried a year later, and divorced a year after that, and all because of alcohol.

My goal really in life was to be a family man, be married, have children, have a good job, a house, a car, pay my bills, be a good neighbor, and to have lots of friends. Through my alcoholism and my actions I was never successful.

I always liked going to the bars. I would usually start being by myself playing pool. The longer I was in the bars the more I drank. The more I drank, the friendlier I became, making friends and dancing. All the time leaving my wife and son at home.

After several years, things started to go from bad to worse. I would drink just about anything, beer, mixed drinks, straight shots, and wine. A lot of the time I had blackouts, not knowing what I had done the night before, where I had been, or who I had harmed. At times I would get angry for no real reason. I thought that others were looking at me, talking about me, and that for some reason they were judging me. I always wanted people to like me and a lot of the times I would present myself to them as being somebody who I was not. I was a nobody, and a phony.

So I would get angry, get verbal, throw my drink, and pick fights for no good reason. Through alcohol I had gained friends, through my alcoholism I lost them all.

I lost jobs because of my inability to show up for work. My employers, family, and friends, all told me that I had a problem with alcohol, and that I should get help. I thought about this, and I felt that I had no problems. Sure I drank a lot, but all I really needed, maybe, was to control how much I drank. I would show them they were wrong.

I tried that...controlling how much I drank, when I drank, and where I drank. I even tried the "Wagon," it never worked. I tried only drinking on the weekends so it would not affect my work. I tried drinking at home only to save money, and only drinking beer because it was cheaper. All of those solutions never worked for very long. I can see now that it evolved around the first drink. Trying a control method, once I had the first drink, there was no control.

I then tried the geographical remedy by relocating to another state, but that only made my situation worse. With the drinking I also got into heavy drug use, cocaine, heroin, PCP, meth, and various forms and sizes of pills. My life had really gotten out of control. I was still controlling and harming others around me. I separated from my son's mother. She was the best person who had ever come into my life and I ruined that relationship too. I was stealing from my employers to support my addictions, always fired, but never facing criminal charges. During this time I also received three DUI's.

With no place to live, I was staying in a Salvation Army facility and eventually got kicked out for drinking. While there I was required to attend A.A. meetings, which I cared nothing about. I did not want to stop drinking, once again only stopping because I became incarcerated.

I have been a member of the Mill Creek A.A. group for a period of over twenty years now. When I came to prison I chose to attend meetings on my own. I wanted to change who and how I was. The first step is what brought me into A.A. My life was very unmanageable. In every area of my life I wanted to be successful...I failed.

Page 83 of the Big Book states, "*we will not regret the past, nor wish to shut the door on it.*" I have always said that I regretted my past...today I don't. My past is what got me to where I am today, and I don't mean prison, I mean in my sobriety. I've come to believe in a Higher Power, and I have a closer relationship with mine, who is helping me to do more for myself than I could ever achieve on my own.

A personal inventory (several painstaking ones at that) has taught me about and opened my eyes to my defects, like resentments, anger, and self-centeredness. Things caused by me, not others, as I used to blame them. I had to accept the fact that my attitude and actions came from within, not from an outside event or someone else. It was real hard for me to admit to myself, God, and another, of these faults. Doing so has helped me to be more open and honest with others and myself. All the things I kept closed up inside for years...I thought that alcohol was the cure. It was there only for my immediate gratification. But long term it destroyed me and everything around me.

I made the list of those I'd harmed and have made some amends and hope to make more as time permits, and only to those who I know, by doing so, will not cause more harm. Like doing my inventory and working the steps, there always seems to be another person I have to add to the list.

I have learned to accept people and things as they are, not as I want them to be. The Twelve Step program of Alcoholics

Anonymous works for me only if I maintain a strong commitment to do the work. This is a twenty-four hour a day program, but I am here for the long-term results, a design for living, and a new lifestyle that I must have to live and have peace within..."**ONE DAY AT A TIME.**"



# POEMS & STORIES

The Mill Creek AA wants to thank everyone who has submitted poems and stories to be published in our monthly newsletter. There have been many insightful, humorous, touching, uplifting and well-written submissions and we look forward to publishing even more in the future. Some articles or poems may be submissions from the official AA Grapevine Magazine.

Writers' personal opinions expressed in "Poems and Stories" do not necessarily represent the views of The Mill Creek AA Group.

If you have a comment on something you read, please let us know.

## Gettin' Kinda Cocky

D.G. The Grapevine

Having nine years sobriety has brought me to a place of self-awareness. I've been regularly attending meetings for nine years, I have always had a sponsor, I've sponsored many, and I consider myself a fairly healthy and spiritual person. The AA program had done wonders in my life. I read my daily readings, I talk in meetings and I've worked the Steps. I've done all the things that are suggested for emotional sobriety and have had some "life on life's terms" things happen to me in sobriety in various ways. I still stayed sober. Recently, it was brought to my attention that there was a need for someone to chair some 4:30pm meetings. Well, I haven't had a regular service position since I first got sober in 2000. I chaired two meetings a week regularly and met with my sponsor once a week. I also called her every day. I did this for about my first two years in this program. This is normal in "new" sobriety. I surely didn't need to be doing all that now, right? I made the commitment to chair this meeting, and I've been doing it for a few weeks now. I'm still shaking when I read the opening statement. I don't know anyone and no one knows me. I feel like when I first got sober! I'm nervous, fidgety and worried that I'm not doing it correctly. I've been humbled to a state of complete honesty. I'm so raw and vulnerable. I am actually starting to enjoy this stage of my sobriety. It's definitely a feeling I'd forgotten about. I had become very comfortable in my meetings and my commitments. It's good for me to change it up and be a little uncomfortable, as it helps me grow.

I thank God for this program.

**I am truly grateful.**

## STARTING OVER... NEW RELATIONSHIPS

My brother wrote to me. I was so happy. It has been five years. The first couple of years I was down I wrote to him monthly to no avail. I had a chaplain friend of mine call him- after much research- and he stated that he no longer wanted a relationship with me. It hurt. I was told by loving A.A. members that I can't force a relationship. After working the 12 steps of A.A. I finally accepted responsibility for my actions. I must live within the choices I have made. I had made up my mind that I had lost that relationship. I pretty much closed that door. So, needless to say, I was shocked when I got that letter from him. My mind started spinning. "What do I say to him?" "What will he think if I say this...or that?" It was weird. All these fears crept up on me. Old insecurities. Guilt. Shame. Remorse. Stuff I was sure I let go of when working through the steps. Over the last 2 or 3 years I have grown in confidence and even acquired some leadership skills. I have finally gained a measure of self- respect, good friends, love of Christ and inner peace. Like I said, it's just plain old unadulterated FEAR. Thing is now, what do I do about it? Easy Does It. I am reminded to just keep doing what I'm doing. Keep It Simple. As I continue to employ and practice this simple program called Alcoholics Anonymous, I know that I don't have to let these defects of character govern my behavior any longer. On page 83 of the Big Book, It states that 'we are going to know a new freedom and a new happiness.' "We will not regret the past nor wish to close the door on it." I have a blessed opportunity to build a new relationship with my brother....  
**and I AM GRATEFUL.**



## Step Five and The Fifth Tradition

### Step Five

**Admit to God, to ourselves, and to another human being the exact nature of our wrongs.**

Taking this step is the first order of business in the Big Book, chapter 6, "Into Action". One might think that lot's of action has been taken in the 1st four steps, but all of those practices were laying the groundwork for this one. At the bottom of pg. 73, it states "We must be entirely honest with somebody if we expect to live long and happily in this world." On pg. 75, "...we waste no time. We have a written inventory, and we are prepared for a long talk." We often understand "causes and conditions" much better than before as a result of confiding in another who has taken this step.

### Tradition Five

**Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose – that of carrying its message to the alcoholic who still suffers.**

This tradition tells us that at meetings we ought to speak primarily about recovery from alcoholism. It tells us that alcoholism is the only thing we are qualified to address as a group. Individually, we may have more to offer, but as a group, we must not be distracted from our singleness of purpose. What we as a group have to offer, recovery from alcoholism, is truly unique. Up until the formation of Alcoholics Anonymous, there was no workable solution for, or method of recovery from, alcoholism. By preserving this tradition we can continue to enjoy and share the incredible gift of recovery AA has brought to us. As Dr.

Bob said to Bill W.,

**"Keep it simple, let's not screw it up."**

## Step Six and The Step Six Prayer

**"We are entirely ready to have God remove all these defects of character."**

**"This is the step that separates the men from the boys."**

**Step six is necessary to spiritual growth.**

The beginning of a lifetime job. Recognition of difference between striving for objective and perfection. Why we must keep trying. "Being ready" is all-important. Necessity of taking action. Delay is dangerous. Rebellion may be fatal. Point at which we abandon limited objectives and move toward Gods will for us.

## Sixth Step Prayer:

**"Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health. Amen."**

## The Promises

**Big Book p. 83-84**

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and **We will know peace.**

No matter how far down the scale we have gone, we will see how our experience can benefit others. The feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do ourselves. Are these extravagant promises? We think not! They are being fulfilled among us. **Sometimes quickly, sometimes slowly. They will always materialize if we work for them.**



## **Medical and Special Interest Articles**

The purpose of these articles is to offer information that may further readers understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it.

**Publication here does not imply endorsement or affiliation.**

AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

### **Hormone Stimulates Appetite For Alcohol**

Biological Psychiatry, October 2014

Ghrelin is a hormone released by the stomach that stimulates appetite and food intake. A new study by Dr. Lorenzo Leggio, clinical investigator at the National Institutes of Health, determined that alcohol craving was increased in heavy drinkers following administration of ghrelin.

Dr. John Krystal, Editor of Biological Psychiatry, commented, "This study sheds new light on a role for ghrelin in alcohol craving, raising the possibility that ghrelin signaling might be targeted by future treatments for alcohol use disorders."

### **Seniors Suffering From Heavy Drinking**

Alcoholism: Clinical & Experimental Research, November 2014

Substance abuse is the fastest growing health concern for older adults, a segment of the population that is likewise rapidly increasing, and is associated with an increased risk of health problems like diabetes and depression.

A new study has examined drinking patterns among low-income older adults, finding that drinking levels are high enough to be of concern and tend to spike around the times older adults receive their social security checks.

"Relative to young adults there is less research on older drinkers," explained John D. Clapp, PhD, at The Ohio State University. "There has been a perception that older people didn't drink, and that there were no older heavy drinkers out there- the assumption being that heavy drinkers died before getting to older ages.

"It's important to realize that older adults do drink and that drinking may result in complications with social and psychical well-being," Said Clapp. "Further, lower-income older adults might be so ending a disproportional amount of their funds on alcohol."

### **Long-term deficits associated with adolescent drinking**

Journal of Neuroscience, October 2014

Heavy drinking during adolescence may lead to structural changes in the brain and memory deficits that persist into adulthood, say neuroscience researcher Heather N. Richardson and her colleagues at the University of Massachusetts Amherst and Louisiana State University. They believe their study is the first to show that voluntary alcohol drinking has these effects on the physical development of neural pathways in the prefrontal cortex, one of the last brain regions to mature.

### **Alcoholism And Brain Damage**

Alcoholism: Clinical and Experimental Research, November 2014

A new study has used neuroimaging technology to determine the brain's regional vulnerability to chronic alcohol abuse. "Recovered alcoholics showed reductions in white matter pathways across the entire brain as compared to healthy light drinkers," said researcher Catherine Brawn Fortier, assistant professor at Harvard Medical School. "This means that the pathways that allow the different parts of their brains to communicate efficiently and effectively rate disrupted by alcoholism. Second, the effect of alcohol on the brain appears to be dose specific." She explained that alcohol was similar to sunburn, stating, "The more you drink, the greater the damage."

Data also demonstrated possible recovery of brain tissue with maintained abstinence in those alcoholics who successfully stopped drinking prior to their fifth decade, she said. "This finding is important because it demonstrates a possible critical threshold; excessive heavy drinking after a certain age – our data indicated age 50 – may lead to permanent brain changes. Whereas earlier in life there may be more chance for brain recovery with sobriety."



## **Booze Tube**

JAMA Pediatrics January 2015

Seeing and liking alcohol advertising on television among underage youths was associated with the onset of drinking binge drinking and hazardous drinking, according to a recent study at the Norris Cotton Cancer Center and Children's Hospital at Dartmouth-Hitchcock in New Hampshire.

"Alcohol companies claim their advertising does not affect underage drinking-that instead it is parents and friends who are the culprits," said James D. Sargent, MD, senior author of the study. "This study suggests otherwise-that underage youths are exposed to and engaged by alcohol marketing and this prompts initiation of drinking as well as transitions from trying into hazardous drinking."

## **Teen Blackouts**

Alcoholism: Clinical & Experimental  
Research, January 2014

A new study of teenagers found a high frequency of adolescents who are likely to drink to the point of blackouts.

"Some people think that blackouts, very bad hangovers, and outrageous behavior at parties are very funny," explained Marc A. Schuckit, professor of psychiatry at the University of California, San Diego. "This does not represent 'fun.' People don't understand how dangerous blackouts are. In fact, people have to recognize the problem of blackouts themselves and take steps to change behaviors," he said. "We need to identify something they can recognize in themselves and their peers so they can learn to modify their behaviors, because blackouts are dangerous prevalent and persistent."

## **Drinking, Insomnia and Suicide**

Journal of Clinical Sleep Medicine, Dec 2014

A new study is the first to show the relationship between alcohol use, suicide risk

and gender. The study found that alcohol use was significantly associated with suicide risk among women. However, further analysis revealed that insomnia symptoms explained a significant proportion of the relationship between alcohol and suicide risk. For men, there was no direct effect of alcohol use on suicide risk, but there was a significant indirect effect of alcohol use increasing suicide risk through insomnia symptoms.

"These results are important as they help demonstrate that alcohol use is associated with an increase in suicide risk, and that this increase may be partially due to insomnia symptoms," said investigator Michael Nadorff, PhD at Mississippi State University. "By better understanding this relationship, we can better design interventions to reduce suicide risk."

## **Kids, Drinking and Peer Pressure**

Alcoholism: Clinical & Experimental

A new study of how a person's drinking is related to the alcohol use of their peers from early adolescence through to early adulthood has found that both genetic and environmental factors contribute to the correlation between one's own drinking and peer drinking.

"Peer pressure can work in both directions," said Alexis C. Edwards, professor at Virginia Commonwealth University and author of the study. "Some kids feel pressured, others are the ones exerting the pressure for whatever reason. Peer pressure doesn't have to be explicit; kids can perceive pressure that's never verbalized. Another way that peers can influence drinking is simply by providing access to alcohol. Furthermore, adolescent drinking behavior often occurs in the context of peer groups rather than in solitary situations. Therefore, it's important not to overlook the role that choice plays in all these scenarios" to varying extents, kids select which peers they hang out with, which in turn has consequences for alcohol use."



# On a Lighter Note

## Get Real

"I keep hearing about 'real' alcoholics." The newcomer said to her sponsor. "What is the difference between an alcoholic and a 'real' alcoholic?" Her sponsor replied: "The same difference between 'dead' and 'real dead.'"

## Wrong Floor

Mark C.

A drunk falls out of a second story window and is lying on the ground. Another man runs over and asks him, "What happened?" The drunk replies,  
"I don't know, I just got here."

## Drunken Safari

Sandy B.

You're riding a horse at full speed, There's a giraffe on your right, keeping up with you, and a lion directly behind you, right on your tail. What do you do???

Get your drunk butt off the carousel!

## Partners for Life

Roger B.

At a Scottish wedding reception, the D.J. yelled "Would all married men please stand next to the one person who has made your life worth living!" The bartender was almost instantly crushed to death.

## What Planet Am I On?

Marion C.

Two drunks are walking along, and one says to the other, "What a beautiful night. Look at that moon." The other drunk stops and looks at his friend and says, "You're so wrong. That's not the moon, that's the sun." They start arguing for a while until they come upon another drunk, so they stop him. "Sir," one of them says, "could you please help settle our argument? Tell us what that thing is up in the sky that shining? Is it the moon or the sun?" The third drunk looks at the sky, then looks back at the men and says, "Sorry, I don't live around here."

## Three Brothers

Lance P.

A man walks into a bar and orders three beers. He proceeds to sip one, then the other, then the third, until they're gone. He then orders three more, and the barkeep says, "Sir, I know you like to keep them coming, so you can start with one and I'll bring you a fresh one as soon as you're low." The man says, "You don't understand. I have two brothers, one in Australia and one in Ireland. We made a vow to each other that every Saturday night we'd still drink together. So, right now, both of my brothers have three beers too, and we're drinking together. The barkeep thinks it's a wonderful tradition, and every week sets the guy up with three beers. Then one day the man comes in and orders only two. The barkeep says, "I'm sorry to hear you lost a brother." The man, after finishing the two beers replies, "Oh, they're fine... I just quit drinking."



# Help From The Outside

## Corrections Correspondence Service

If you will be incarcerated for at least six more months, and are interested in corresponding with an outside AA member with whom you can share your experience as it relates to your problems with alcohol, please write to AA's General Service Office to request a correspondence form. This is a random match with men writing to men, and women writing to women.

### Prerelease Contact

If you write to G.S.O. within three to six months of your release date and give us your destination (city and state), we can also try to arrange for someone to write to you just prior to your release. This would give you a chance to have an AA contact in your home community to help with your transition from AA on the "inside" to AA on the "outside".

**We look forward to hearing from you!**

### **Prerelease Contact**

**1900 NE 3<sup>rd</sup> St. STE 106-500  
Bend, Oregon 97701**

## Big Book and 12 x 12 For Your Own

If you would like a Big Book and a 12 x 12 and you don't have the funds to buy them on your own, just write to the Mill Creek A.A. Group of OSP and let us know. Just give us your name, address, if you're an inmate, your SID Number, and then explain your situation and state what materials you would like to receive. It's that easy and it's **FREE**.

## HOW TO GET THE MILL CREEK AA GROUP NEWSLETTER

The Mill Creek AA Group Newsletter is **FREE** to all A.A. members, **friends and family**, inside **and** outside the walls.

We will gladly e-mail a digital copy or mail the hard copy edition to your home or business, or any Institution including;

EOCI, OSCI, TRCI, SRCI, WCCF and CCCF upon written request.

### The Mill Creek Newsletter Needs You!

We encourage **anyone** to contribute to future issues. The stories, experiences and thoughts of those within the group and from our outside members are what make this group so very special. The feelings and situations that you're going through right now may be the exact words someone else needs to hear.

We are always looking for recovery-oriented material such as articles, stories, poems, jokes and artwork to share with our readers.

**Thanks for sharing!**

### Here are some other ways you can help

- ❖ Keep us apprised of address changes.
- ❖ Pass the newsletter on once you've read it.
- ❖ Notify us if you know someone else who would like to receive our **free** newsletter. Get their approval and just send us a letter with their e-mail address for a digital copy, or their name and home address for a hard copy subscription. It's that easy!

### Write us at:

**The Mill Creek A.A Group of OSP  
Activities Department**

**2605 State St.**

**Salem, OR 97310**

**E-mail: millcreek1944@gmail.com**

**If you have something you would like to share or have an idea or suggestion for the Newsletter, please send them to us.**

**The Grapevine** Is the official A.A. **International** magazine. It contains stories, articles, and interviews about A.A., its members, its history and the process.

Subscriptions may be **purchased** from:

**AA GRAPEVINE**

**Po Box 1980**

**Marion, Ohio 43306**



# Mill Creek AA Meetings

## WEDNESDAY EVENING BOOKSTUDY

We invite you to join us for our book-study group that meets at 6:00pm on the education floor every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month. These meetings will help establish positive behavior as well as tips for living the program by understanding how our actions affect others and ourselves. It will also help to break down the defective thinking patterns that motivate some to cause harm to others and ones self, plus it will help teach one how to replace defective thoughts with ethical rules and how to automatically engage these ethics by simply putting them into practice. See you there! Hablamos español también.

## THURSDAY EVENING MEETINGS

Our Thursday meeting is our "club" meeting. Remember, our Thursday meetings are held once per month on the first Thursday and you must be level 2 or higher to attend this meeting. Our staff advisor monitors the club meeting attendance. If you miss two meetings in a row without an excuse, you are automatically dropped and it's six months before you can get back on.

## SATURDAY MORNING MEETINGS

The Saturday morning meetings are a great way to spend a morning in fellowship and recovery. These meetings are held twice a month (the 1<sup>st</sup> & 3<sup>rd</sup> Saturday) and they are truly a big part of our A.A. program here at OSP. We continue to have outside supporters come in to join us. Meetings with outside members and guests are always much more vibrant. **Thank you very much to our outside guests for attending!** Outside members that have a DOC Volunteer ID are asked to simply call ahead. If you don't have an ID, call or e-mail our OGSR or OSP Staff Advisor a week in advance with your name and birth date for approval to attend a meeting.

**If you would like to attend  
any of these meetings,  
please send a kite to let us know.**

**We hope you do!**

## For Our Hispanic Brothers

### Para Nuestros Hermanos Que Hablan Español

EL GRUPO "APRENDIENDO A VIVIR" DE LOS ALCOHÓLICOS ANÓNIMOS LE EXTIENDE UNA INVITACIÓN PARA QUE NOS ACOMPAÑEN A NUESTRAS REUNIONES EN LOS SIGUIENTES DÍAS.

- **PRIMER Y TERCER MIÉRCOLES DE CADA MES A LAS 6:00 PM. EN EL PISO DE EDUCACIÓN.**
- **PRIMER Y TERCER SÁBADO DE CADA MES A LAS 7:45 AM. EN LA SECCIÓN DE ACTIVIDADES. TODOS CALIFICAN.**
- **PRIMER JUEVES DE CADA MES A LAS 6:00 PM. EN LA SECCIÓN DE ACTIVIDADES. EL REQUISITO ES TENER EL NIVEL 2.**

**ENVIÉ UN KYTE A:**

**Activities C/O A.A. en español**

# In Memory Of Louis D. Walls

## Kyle- President of Lifers Club

Thoughts on Louis Walls-

No matter the day or how things were going Louis always had a smile to share and a hand to shake. He was inquisitive and enjoyed learning new things. He seemed to always appreciate me even though it didn't seem I had done anything in particular. I'll miss his encouraging words.

Rest In Peace

## Ray T. Longtime Member of AA

Louis W. Will be missed in the Mill Creek Group circle. One thing I observed in Louis is that in our prison environment, he never was angry. A prime example of someone who was working the AA program, and the ability to accept what was. He always had a smile on his face. If by chance you did not see a smile, you always knew it was just waiting to be brought out. Louis was always active in service work. Having served as Librarian, Newsletter Editor, Treasurer, and served on the steering committee. He loved to help serving food at our May Anniversary and November Awareness Banquet, along with serving the cinnamon rolls. I will always remember Louis through the Responsibility Declaration: When anyone reached out for help, he was always there.

**Anonymity**

**is the spiritual  
foundation of all our  
Traditions.**

**Please respect this and  
treat in confidence who  
you see and what you  
hear.**



# Mill Creek AA 2017

## Meeting Schedule

\*Schedule Subject to change

<b>73<sup>RD</sup> AA ANNIVERSARY</b>	<b>5-4-17</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	5-6-17	7:45-10:00am
AA WEDNESDAY	5-17-17	6:00-8:00pm
NA/AA SATURDAY	5-20-17	7:45-10:00am
<b>AA MONTHLY</b>	<b>6-1-17</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	6-3-17	7:45-10:00am
AA STEP WORKSHOP	6-5-17	7:45-10:00am
AA WEDNESDAY	6-7-17	6:00-8:00pm
NA/AA SATURDAY	6-17-17	7:45-10:00am
AA WEDNESDAY	6-21-17	6:00-8:00pm
AA WEDNESDAY	7-5-17	6:00-8:00pm
<b>AA MONTHLY</b>	<b>7-6-17</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	7-8-17	7:45-10:00am
AA STEP WORKSHOP	7-10-17	7:45-10:00am
AA WEDNESDAY	7-19-17	7:45-10:00am
NA/AA SATURDAY	7-22-17	7:45-10:00am
AA WEDNESDAY	8-2-17	6:00-8:00pm
<b>AA MONTHLY</b>	<b>8-3-17</b>	<b>6:00-8:00pm</b>
AA STEP WORKSHOP	8-7-17	7:45-10:00am
AA WEDNESDAY	8-16-17	6:00-8:00pm
NA/AA SATURDAY	8-19-17	7:45-10:00am
NA/AA SATURDAY	9-2-17	7:45-10:00am
AA WEDNESDAY	9-6-17	6:00-8:00pm
<b>AA MONTHLY</b>	<b>9-7-17</b>	<b>6:00-8:00pm</b>
AA MONDAY	9-11-17	6:00-8:00pm
NA/AA SATURDAY	9-16-17	7:45-10:00am
AA WEDNESDAY	9-20-17	6:00-8:00pm
AA STEP WORKSHOP	10-2-17	7:45-10:00am
AA WEDNESDAY	10-4-17	6:00-8:00pm
<b>AA BANQUET</b>	<b>10-5-16</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	10-14-17	7:45-10:00am
AA WEDNESDAY	10-18-17	6:00-8:00pm
NA/AA SATURDAY	10-28-17	7:45-10:00am
AA WEDNESDAY	11-1-17	6:00-8:00pm
<b>AA MONTHLY</b>	<b>11-2-17</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	11-4-17	7:45-10:00am
AA STEP WORKSHOP	11-6-17	7:45-10:00am
AA WEDNESDAY	11-15-17	6:00-8:00pm
NA/AA SATURDAY	11-18-17	7:45-10:00am
NA/AA SATURDAY	12-2-17	7:45-10:00am
AA STEP WORKSHOP	12-4-17	7:45-10:00am
AA WEDNESDAY	12-6-17	6:00-8:00pm
<b>? AA MONTHLY ?</b>	<b>12-7-17</b>	<b>6:00-8:00pm</b>
NA/AA SATURDAY	12-16-17	7:45-10:00am

## NOTICE:

There will be times when meetings will not be posted in the blocks. We will try to post the notices at the bottom of the stairs, but please watch the schedule and plan on attending, even when you haven't spotted a flyer.