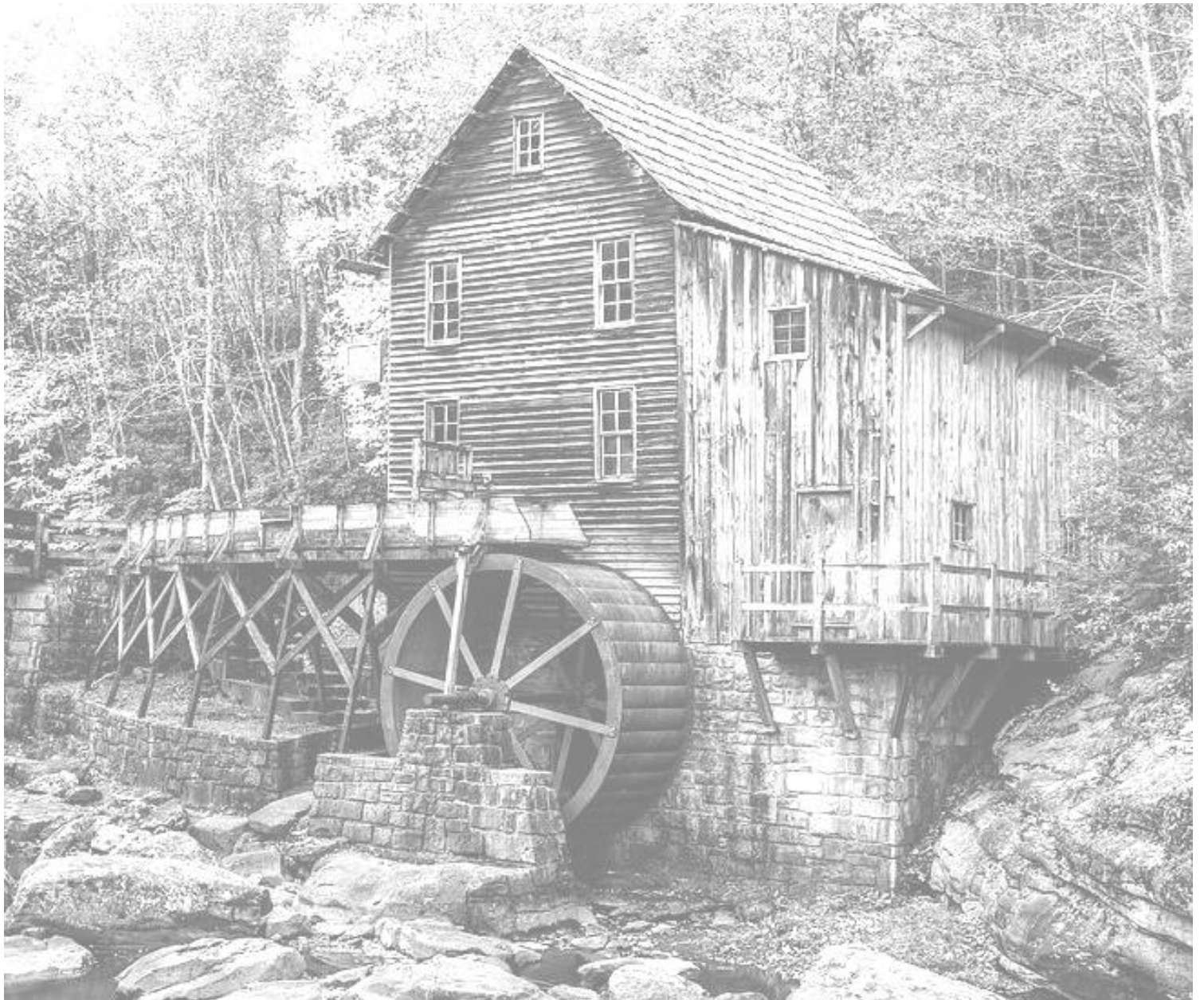


Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary
Newsletter for July/August 2017

Edition 74 No.4



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 74 No. 4

July/August 2017



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:	\$ 1243.81
Color Copies	\$ - 0.00
Admin. Interest	\$ 1.19
Refreshment Purchase	\$ - 42.00
March/April Donations	\$ 52.00
ENDING BALANCE:	\$ 1255.00

Trusted Servants

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

Wednesday Night Book Study

Chairman: Open

Thursday Night Meeting

Secretary: David F Chairman: Open

Saturday General Meeting

Chairman: Open

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!

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 July Birthdays to:

Michael Preston (outside)	07/16/91 25 Years!
Richard Goodeve	07/22/10 6 Years!
David Kinant	07/09/12 4 Years!
Mario Reyes	07/21/13 3 Years!
Stephen Guzman	07/01/14 2 Years!
Jason William Brown	07/09/14 2 Years!
Jason W. Brown	07/14/14 2 Years!

Happy August Birthdays to:

Kelly Goss	08/19/92 24 Years!
Erick Drinkwater	08/16/06 10 Years!
Juan Esquive Hernandez	08/10/10 6 Years!
William Mart	08/01/12 4 Years!
David Clay	08/12/12 4 Years!
Scott Smith	08/21/13 3 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 Editor

David Fi. Editor

I'll start out in a traditional manner. My name is David and I am a grateful alcoholic. First off I would like to thank the Mill Creek Group for the opportunity they have given me to be of service as the new Newsletter Editor. I greatly appreciate the chance to be of service to the group and A.A. as a whole.

I would like to let the group know now that if anyone would like to be active with the writing and publishing of the newsletter as well feel free to get a hold of me after a meeting or on the yard. We can talk about putting short stories, jokes, poems, or any other written pieces that you would like to submit or write for future issues. Remember this newsletter also goes out into the community not just here at OSP.

Once again gentlemen thank you for all the love and support, and I hope to hear more from all of you here soon.

To those who have made progress in A.A., humility amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.

From the President

David F. Mill Creek A.A. President

Hello fellow members. My name is Dave, and I'm an alcoholic. Honored to be of service within the group known in O.S.P. as Mill Creek A.A.

Being a part of the recovery program for 20+ years, has proven to be very beneficial and rewarding to my way of experiencing humility, responsibility, understanding and applying the basic principles. Not always in that order.

The way I remember "How it works," is basically H•O•W= Honesty, Open minded, and Willingness. There are 12 steps within our recovery program and with these steps there are 12 principles. But, these three basic principles: Honesty, Open Mindedness, and Willingness have been the specific suggestions to my way of accepting Spiritual Awareness. Do you know and understand the 12 principles? Why is that? Something to consider when it comes to our serenity prayer.

Being in the Recovery Program, in one form or another, for over 20 years has not only made me realize and accept changes, but also know how to adapt and continue moving forward one day at a time. Not to dwell on yesterday, cause it's done and can't change what was, but learn from it.

Tomorrow isn't here yet, but plans, goals can be set for it. I live for today, make the most of it and allow events to become my learning curve.

I've also learned how to not allow others to persuade or alter the suggested way of doing the 12 steps on a daily basis. Principles before personalities- has been a hard concept to apply outside of group scenarios, but then if any of the suggested AA reflections was easy to apply within our daily lives, wouldn't everyone be doing it?

As is quoted within the daily reflection: "Am I honest enough to accept myself as I am and let this be the 'me' that I let others see? Do I have the willingness to go to any length, to do whatever is necessary to stay sober? Do I have the open mindedness to hear what I have (need) to hear, to think what I have to think and to feel what I have to feel?"

To be "brutally" honest-not only do I have more constructive work to do within my own concepts of Spirituality and Serenity, but also in relation with my self-awareness.

Those of you that claim to know me, really don't. Not that you don't know of me- really don't have all the facts, and I am to blame for that. I don't open up enough to become more than just a [person that has interest in Alcoholics Anonymous. But through patience, perseverance, and persistence- we may become more familiar with one another, because together we can accomplish most anything that comes in our way one day at a time. Keeping it simple.

From the Asst. Secretary

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

So, summer is here. I was listening to Alyson Kraus today, one of her live concerts with Union Station.

Tears began to fall. Not my usual uncontrollable weeping from the despair and pain of being separated from my children, my wife, father, sisters, brothers and their families, but from the faint memory of an emotion I used to feel so often... Hope. Listening to the haunting beauty of Alyson's voice, it reminded me of when I would sit in the backyard under our apple tree on Spring and Summer days with the sun shining, the children playing and jumping on me as I watched them run and chase one another in the vegetable garden. They loved to play among the green bean and tomato vines as they laughed and ate the fresh vegetables along the way. There was a peace there I could never truly explain, a peace I *never* feel in this place. It was a knowing that love was real, that good was working for my family and me, that there was a God who loved and protected us. Needless to say, that knowing has been long gone from me for many years now, since the day I was placed in hand cuffs and torn away from those I love so much. It seems all I do now is question that God I used to believe in. The pain is simply too much, this evil system too corrupt, too much horrific despair to ever comprehend. However, listening to that music, (*for just a few short moments*) I again felt that hope and faith, that maybe God is still working in my life. I can't claim to know for sure exactly what that Higher Power is. I have no name for Him. I just know there is "something." However, since this hell began, I have questioned His heart. Is He really a God of Love, a Heavenly Father who protects, or perhaps just a sadistic manipulator of His "children" for His own sick enjoyment? I don't (most of the time) believe it is the latter. And so, during those moments when I was listening to the music, I again felt that "knowing" that I used to feel, the same feeling I used to believe in so completely. I have to admit, it felt right. Step Seven talks about humbly asking God to remove our shortcomings. However, I think to honestly be ready for such a thing, you have to believe He is a God worthy of our submission, our humility. You can't fake it. You have to genuinely believe in it. You have to be willing to admit you have failed doing it your way and then sincerely ask for help from that "Higher Power." That's tough for most people and especially I think for most men, isn't it? Men are taught to take control, to lead, to show confidence no matter what. It's hard to admit you have failed and then ask, humbly ask even, for a God of mercy to remove your shortcomings. And as for that pain, that unbearable

pain, maybe there really is a purpose. Maybe it's meant to bring our hearts closer to that God of Love, "a fortress in the storm." I can't truthfully say for sure. I just know I have failed so completely. I have failed my children, wife and father, there is no denying, I do need some guidance, some redemption. Step Eight speaks of making a list of all those we have harmed and then be willing to make amends to those people. *What a step...* My list is far too long. So, I prioritize. Who have I harmed the most? Who paid the biggest price for believing in me? It of course starts with my family, and top of the list, my children. Most were just babies when I fell, ages 1, 2, 4 and 14. They will pay the biggest price growing up without their father, never again knowing the daddy that hugs and kisses them, tucks them in at night, brings them to school and always makes sure they know just how precious they are. That's when the biggest heartache takes hold. That's when the tears of pain begin to fall, when I begin to yell and blame and curse the so-called "God of love." How could I deserve such horror? What the hell could I ever have done in my life to warrant such total destruction of my family, my future, my children's future, perhaps for generations, all of them having to pay such a price for a failure, convict father. What pain will it bring to them for the rest of their lives? It's a nightmare! But then, right then, I remember that feeling, the music that allowed me to believe again, the warm sun on our faces as my children play in the garden, the peace that comes from accepting that perhaps things are happening for a reason. I've spoken of this before. It's about trust. When all the pain and cursing are done and the tears subside, the question is, do I trust in this *God of love*? I don't totally know why it's so hard to admit, but the answer is, I do. Deep down, I really do believe that somehow things are going to be ok. So, until then, I'll do the best I can to be a good man, to be kind whenever possible, to lift my eyes to the sun, to the future that God is preparing for me, and for you. Our lives are not over, not lost, not forfeit. There is joy and love still waiting for us, our true destinies still waiting to be seized. I believe, no, I know we can do it. It's about heart, strength of character and choosing to be who we really are. So, I take this journey one day at a time, hoping that one day I will again be free.

**Yes, free from this prison,
but also, and I think most
importantly, free to be the
man I'm truly meant to be.**

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.

The Downward Spiral

Bryan K.

I am a man whose life had gotten totally out of control. I was in a deadly downward spiral. There was no joy or happiness in my life. I had money & possessions but I was miserable. Nothing that I did changed this. It continued to spiral downward into a dark abyss of pain, resentment, frustration, and agony. My soul was dying and I wanted change in my life. But I couldn't achieve it. My life was out of control. I didn't want to die. I know that if I didn't find a way to stop the downward spiral that I would soon be dead. I was helpless. I needed help. I couldn't do it on my own. I was hopeless.

I finally broke down and surrendered my life and future to God. I admitted that I was powerless to control my life and that I needed help or I was going to die. I made the decision to do whatever it would take to stop the spiral.

My prayers were answered. I went to prison where I was given the opportunity to get my life straight and to get the help I needed. I found a new understanding of God, my alcoholism, and myself with my new mindset, God and AA. I am healing and learning how to be happy with what I have, how to live without drugs or alcohol. God and AA have saved my life. If I hadn't surrendered when I did I have no doubt that I would be dead by now.

I thank God everyday for saving my life and for guiding me to and through my recovery. Thank you God and AA.

A grateful alcoholic

Bryan K.

Free Inside and Out

By Scott B.

Hello, my name is Scott and I am an alcoholic. It's my belief that I was born an alcoholic, I didn't just become one. I can remember as a youth (partying with a few other youths) that in the morning, those of us still up and drinking late that night would call those who passed out or couldn't hang lightweights. Little did we know back then that those of us "still up" were indeed alcoholic. I was 12 years old. Today I'm nearing 50 and am no closer to controlling my drinking as I was 38 years ago. But there is one who helps me not only control my desire to drink, but also guides and helps me to put back together the things I have so violently ripped apart through my drinking. Who helps guide my steps into a new and brighter day. Who has become the foundation and staple of my sobriety, my mental state and my life. That one is God, may you find him now. My program of recovery, which I call life, starts every morning when the 1st thing I do is turn MY will and MY life into God's care, praying only for HIS will and the Power to carry that out. That doesn't mean there isn't work to be done, each day can hold enormous trials, tribulations, and temptations. But what it does mean is that I don't have to tackle those things alone any longer. As I go about the work of the day God is with me, granting me power to do his will, which more and more is becoming the ability to serve and help others. I am a prisoner at the Oregon State Penitentiary. But can fully confess that I have truly become free, no longer enslaved and chained to substances that control me. My quality of life has increased 10 fold. For me true recovery happens when nobody is looking, and although I may not be where I 100% want to be, I thank God my higher power that I am not where I used to be. What better time to just say forget it all and stay messed up right? (and believe me, I make a mean batch of prison wine called pruno) OR... What better time to make the most of a opportunity like prison to get and stay sober. People may say God isn't in prison but I can assure you he is, so do the math. So for anyone taking my inventory- Hi, my name is Scott, an alcoholic, and I'm currently in the process of making huge positive changes in my life and if you cant support that- YOU WILL be one of those changes.

Step Seven

Paul S.

Humbly asked him to remove our shortcomings.

I don't know about the rest of you, but I can speak of myself. I have found that I have more shortcomings than I care to speak of. We all walk around with them. They make us who we are good or bad. I am an alcoholic who joined A.A. to stop drinking and never thought my alcoholism stemmed so deep into my subconscious that it would cause me to totally lose control and that I would end up in prison.

Well I got a reality check and for that past 29 months I've been going through the 12 steps of A.A. They are all difficult to really take in and put into practice at first to really bring about a change though I needed to do it. But I'm here to talk about Step 7 Humbly asked my higher power to remove ALL MY shortcomings. It seems the longer I am in A.A. The more shortcomings I seem to face. It's almost daily I am faced with my own flaws. Whenever I find myself upset at something or someone I find that my higher power is working in my life to rid me of another shortcoming and now I know because of Step 7 I have the knowledge and strength and the backing of my higher power to be able to overcome that shortcoming no matter what it is. It's a process that takes time and patience for I sure didn't pick this flaw up overnight, and it takes time to work them out. So I suppose it will never be over. But with the tools of A.A it makes it easier.

It sucks to deal with the issues, but since admitting I had a problem A.A. has helped me to look forward to finding my shortcomings so I can work through them. Yes you can say it, "I'm crazy" I may be but I am freer now in prison than I ever was outside. Step 7 makes you look at the anger, strife, feelings of rejection, of being crushed and not able to breathe, of wanting to lash out and helps you deal with them head on to eliminate those feelings in your life, to free you of the prison in your head. Because dealing with your shortcomings helps you grow as a man and helps me be a better man every day.

When an old wound opens up and stares me in the face, I ask my higher power for help and work through it as best as I can and the freedom I feel gives me strength to get rid of that old baggage and move on and yes look forward to future shortcomings, for the freedom I feel is proof that these steps work in freeing me from the prison I was in, the prison from myself and that of alcoholism, for that I will work the Twelve Steps over and over.

I know I am a better person today. Through the help of A.A. my brothers and sisters, the Twelve Steps, and my higher power I know I can remain free of the bondage of alcohol and be a better father, husband, person, and friend.

-Thank you-

Step Eight

Ray T.

Made a list of all persons we had harmed and became willing to make amends to them all.

This step is all about my personal relationships I've had with others, and a look at my wrong doings in those relationships.

I never have thought about my actions to others, or the emotional pain they went through. Being a member of Alcoholics Anonymous, each time I am in a meeting, or reading my Big Book and 12x12, I'm taken back in time and I reflect on my actions and what I was like when I drank.

It was hard to go back to that time in my life that I did not want to remember. I stuffed so many things deep inside that I never wanted to re-live again. Mostly my treatment of others but, I learned that I have become my own worst enemy. That if I was to have peace within, I had to get rid of the guilt that has plagued me for years.

An important thing for me in working this step is that I became willing. No matter the outcome or how hard it was emotionally to look back, and with honesty, make my list of those I harmed, and to not purposely omit those I that wanted to forget. Step 8 says: of ALL persons we had harmed.

Within my list are my parents, who are now deceased. While incarcerated and before my mother passed away, I was to

make amends to her for all the broken hearts I gave her growing up and beyond.

My dad was abusive to me while growing up. I had a lot of hate and resentments towards him. I never made amends to him for any wrong doings I may have caused that affected him. Step 8 is also about forgiveness. In 2010, 10 years after he passed, I forgave him in my own special way, and no longer hold in the anger I had about him.

Also on the list of those I harmed is my ex-wife who I was to love and cherish until death do us part but failed. My sons, who as a father I abandoned more than once.

I could keep going, but this is just a beginning of many.

I hope that time will permit where I am able to make amends to those I have harmed. Some I will not be able to see. But, I can live with that today, knowing that through it all, I recognized them, and they are on that list.

I thank God and Alcoholics Anonymous for giving me the strength to do the right thing, no matter how hard it may seem.

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.

Alcohol and Cancer

Addiction, July 2016

A new review of epidemiological evidence by the American Institute for Cancer Research and other agencies supports a casual association between alcohol consumption and cancers in the oropharynx, larynx, oesophagus, liver, colon, rectum and female breast. This is a stronger statement than the long-recognized association between alcohol and cancer. An association means there is a relationship of some kind between the two variables. A casual association means there is evidence that alcohol consumption directly causes cancer.

The review cites evidence that alcohol caused approximately half a million deaths from cancer in 2012. The highest risks are associated with the heaviest drinking, but a considerable burden is experienced by drinkers with low to moderate consumption.

New System Encourages Honesty About Drinking

Journal of General Internal Medicine, June 2016

Primary care doctors can be reluctant to talk to patients about their drinking habits, for fear of being perceived as judgmental. It's a stigmatized topic that often gets overlooked, says Gail Rose, PhD, a behavioral health researcher at the University of Vermont and lead author of a new study using interactive voice response (IVR) system to encourage discussion on this difficult topic.

"People are more likely to respond honestly to a computer, than to a human," she says. In the study, Rose and colleagues used an IVR system to screen patients within three days before their scheduled routine physician visit.

Among several health questions, the screening program asked how many times in the past year the patient had consumed more than five (for men) or four (for women) alcoholic drinks in a single day.

If patients responded that they had done that at least once, they were eligible for a second IVR program and were randomly chosen-after giving verbal consent-to continue on to more questions that could help determine a potential alcohol problem. That recording delivered a "brief intervention" message that encouraged the patients to talk to their doctors about their drinking, and asked if they would like to change their behavior.

Over half of the respondents said they were willing to hear advice about wither quitting or cutting down. A few days later, the researchers called the IVR participants and more than half said they had talked to their doctors about alcohol.

Anything from a few minutes of simple advice to actual counseling can have a very big impact, Rose says, and the study shows that critical in-office discussions can be prompted by an automated pre-visit telephone call.

Study courtesy of Gail Rose

On a Lighter Note

What does AA mean to me & how has it changed my life.

By Brian T.

Well, I've been sober now since March 2014. I never thought I would ever go to an AA meeting unless I was "court ordered"! But, my life was spiraling down and I made a choice, get clean or spend the rest of my life in and out of jail/prison?

I like most AA members had a rough life. Alcohol was in every part of my life! I had my first drink when I was 12 and got sick. Promised myself that I would never do it again, but the next weekend I went to a friends and did it all again. I never learned! Not even when I went to prison twice for the 3rd offense drunk driving.

I knew that I couldn't be forced into AA and I was skeptical about it all together. But, I made the choice to go and a good friend here encouraged me (Ray T.) to give it a try. Now I can't wait to get out and go to a meeting in the world, where I can share my experiences and struggles with alcohol. It's my hope that my story can help someone that's also struggling with being an alcoholic but don't have the courage to take that step.

One Fur the Road

Sara D.

A penguin and a skunk walk into a bar. After having several rounds, the skunk looks over and asks the penguin, "Is my suit on backwards?"

Tonight's Speaker

Harry B.

One Saturday night, an AA speaker got up to tell his story...

"I graduated from Harvard Law School," he told the crowd. "I was appointed Ambassador to China, was awarded the Nobel Peace Prize for my book."

There were two old-timers in the back row and one leaned over and said to the other, "By golly, now we got somebody."

Then the speaker continued, "...then I joined AA and my sponsor told me to quit telling lies."

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 3rd 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; EOCl, OSCI, TRCI, SRCl, 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 1st and 3rd 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 1st & 3rd 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

Announcements

Hey guys, just wanted to let you all know that we have two service positions open, Treasurer and Meeting Facilitator. We will be having nominations in July, and elections in August. On another note for the August meeting, we will be voting on the October and November food choices for the Awards Banquets as well as the December Holiday Celebration meal options. Don't forget still accepting suggestions for both banquets as well as the holiday meal. Hope to hear from you all soon.

**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

AA MONTHLY	7-6-17	6:00-8:00pm
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
AA MONTHLY	8-3-17	6:00-8:00pm
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
AA MONTHLY	9-7-17	6:00-8:00pm
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
AA BANQUET	10-5-16	6:00-8:00pm
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
AA MONTHLY	11-2-17	6:00-8:00pm
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
? AA MONTHLY ?	12-7-17	6:00-8:00pm
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.