

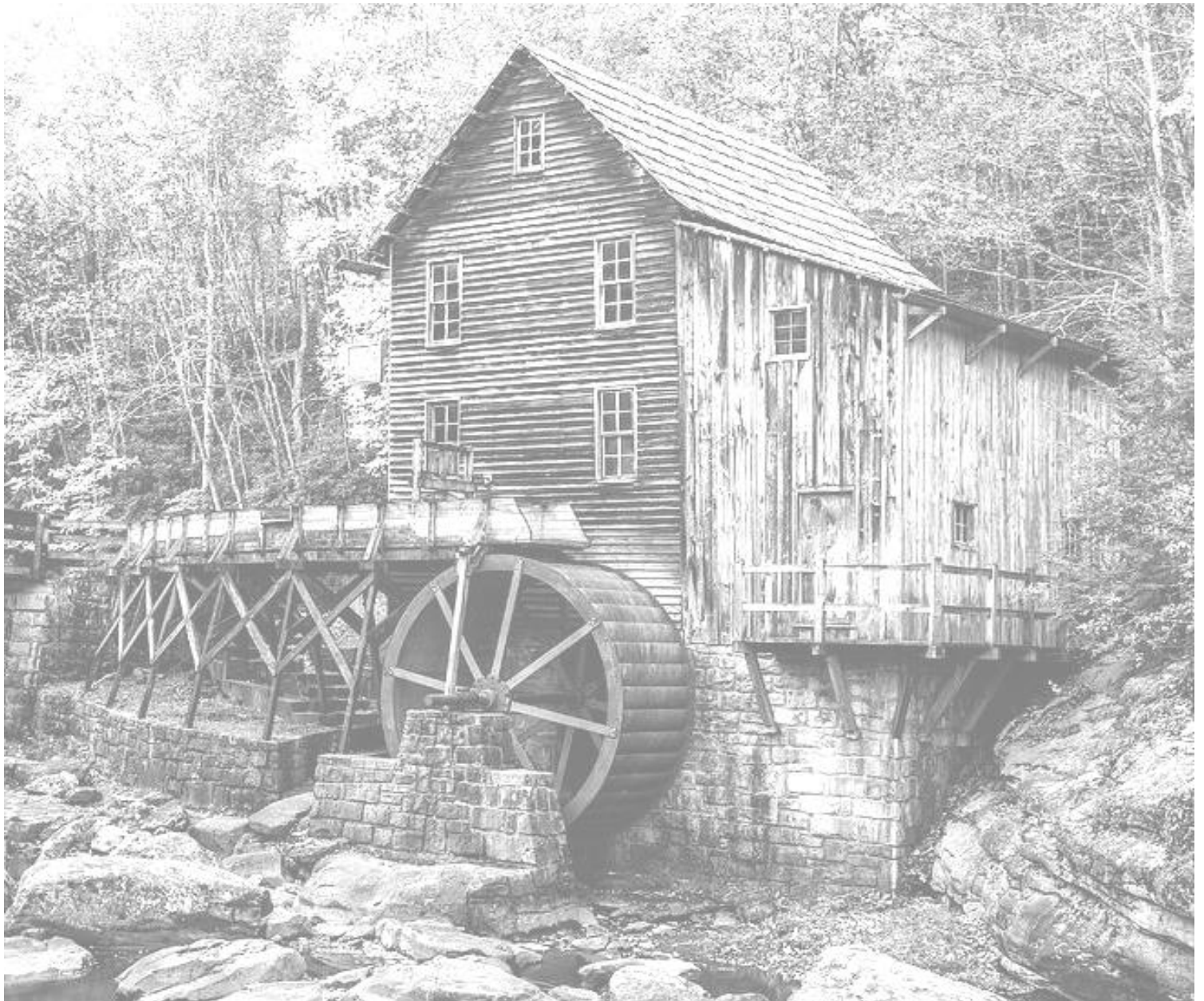
Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for September/October 2017

Edition 74 No.5



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 74 No. 5

September/October 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.”

INSIDE THIS ISSUE:

Treasurer Report	From the Asst Secretary
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TREASURER REPORT

STARTING BALANCE:	\$ 1255.00
Admin. Interest	\$ 1.31
Refreshment Purchase	\$ -126.00
September/October Donations	\$ 68.00
ENDING BALANCE:	\$ 1198.31

Trusted Servants

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

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 September Birthdays to:

Robert L.	09/14/89	28 Years!
Lance W.	09/09/00	17 Years!
Jonny T.	09/01/02	15 Years!
Andrew H.	09/09/06	11 Years!
Jermy S.	09/19/09	8 Years!
Shaun J.	09/04/11	6 Years!
James S.	09/13/14	3 Years!

Happy October Birthdays to:

Leslie J.	10/22/88	29 Years!
Daniel K.	10/19/98	19 Years!
Drew W.	10/22/00	17 Years!
Jiovani D.	10/06/08	9 Years!
Daniel M.	10/11/12	5 Years!
Charles K.	10/25/12	5 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.

Also, if you would like a sobriety coin, or if you would like an official sobriety certificate please let us know.

From the Treasurer

Brian K. AA Treasurer

Hello, my name is Brian K. I was recently elected to be the Mill Creek A.A. Treasurer. I would like to thank all of you for your support and confidence. I will do my best to fulfill my duties as the group treasurer. I'm very proud and happy to be able to give back to the group. I'm also the group librarian, I took over the position of librarian in May of this year. If I can help any of my fellow alcoholics please feel free to ask.

Thank You!

Your trusted servant
Bryan K.

Third Step Prayer **Big Book p. 63**

“God, I offer myself to Thee, to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help, of Thy power, Thy love and Thy way of Life.

May I do Thy will, Always.”

From the President

David F. Mill Creek A.A. President

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

My way of accepting step nine is remembering that this step is not about easing our guilty consciences; it's about taking responsibility for the wrongs done by me. In order to do that we should seek the guidance of our sponsor and amend our wrongs in a manner that won't cause more harm. We mend what we have damaged to the best of our ability. If we can't or are advised not to make direct amends, then we consider the other option by modifying our behavior; I make a daily effort to cause no further harm. I mend my ways by making restitutions to our communities through simple service work and reaching out to those seeking the support of recovery.

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it”

Our recovery depends on our daily maintenance program. No matter what is happening in our lives, we can't afford to neglect the principles that have saved our lives. By establishing a regular pattern of taking our personal inventory, we give ourselves the opportunity to change anything in our lives that doesn't work. If we've started doing something that causes problems, we can start changing our behavior before it gets out of hand. And if we're doing something that prevents problems from occurring we can take note of that and encourage ourselves to keep doing what works for me in my recovery.

“For the wise have always known that no one can make much of his life until self searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.” 12x12 pg88

From the Asst. Secretary

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

Well, summer is done and winter is on the way. I have to admit, I don't hate the winter, and to be totally frank, I've come to practically detest the sun. I know it's bizarre, but I hate the emotions and dreams that come with the sun. Summers by the pool, hanging out with friends, family and of course my children at the beach, campfires, the freedom of allowing yourself to just relax and enjoy the peace that comes with real joy. So, fall is good for me. It's when things start to die. The sun fades. Cold will soon be here. That suits me better, rain and clouds reflecting my disdain for the sun. It's also how I lately seem to relate with God, or my Higher Power, or whatever the hell it is. We have had quite the contentious relationship over the past few years. In fact, coincidentally enough, it started the exact day my home was invaded, the day I was captured by men with guns and badges, forcing their way into my home, threatening my wife, handling my children and proclaiming they were better men than me, that they had the right to control our lives, to judge my actions and put me in chains. It was the day when, whatever that Higher Power is that had guided me throughout my entire life, apparently chose to sacrifice my existence to suit the will of others. Clearly, I still have issues with the reasons this "justice system" used to send me to this place. Am I innocent? No... But I certainly feel falsely accused, overcharged and used as a pawn to inflate this what I now see is an incredibly corrupt "justice system," this supposed "fair nation" that I so dearly used to believe in, my loyalty just part of a true patriotism for this country that I love so much. To me, it's beyond betrayal. When I fell, I was a news reporter, a hotshot (at least in my own mind) award winning, investigative journalist. My job was to find the facts, to tell the truth no matter what, to be brutally honest, regardless of who might get hurt. Poetic justice some might say. It's said, "Judge not, lest ye be judged yourself," and damn was I a judger. However, I honestly believed that I had the right to be judgmental because I witnessed, every single day, how much better a person I was than almost every single other soul in this evil little world. (And by the way, being in prison has not exactly helped in my opinion of most of humanity.) So, the reasons I'm now in this hell, clearly, not my fault! Right? Just because I did most of the things they said I did, that's irrelevant, not the point! Just because I was violent and cruel to the woman I love so much, doesn't matter! My business, not this damn system's! It's not my fault! Regardless of the fact that I was completely being a hypocrite and publicly spouting standards that I didn't consistently uphold myself, still, not my fault! Maybe it's my parents' fault, or the public school system, or that corrupt lying bastard prosecutor, or maybe, (and this is my absolute favorite because this one I come back to again and again, year after year) maybe it's God's fault. In fact, not maybe, it's all God's fault! If He really is a God of love and justice, He failed me. He betrayed me! He allowed me to fall too far. He should have helped me. He should have stopped me before I got to that place.

It wasn't my fault! And then... it happens. I'm here again... Damn, it's pathetic that I still, all too often, really do feel that way. And to be totally serious, regardless of whether or not I'm being somewhat sarcastic in my self-absorbed ranting, the underlying truth is, I really do still struggle with blaming others for my actions, and especially whatever the Higher Power may be. It's a lesson I should have learned and moved

on from long ago, but still, here I am. In my heart, I know I can't blame others for my failings and let's say everything I come up with to blame others is absolutely true, completely valid, I know it still shouldn't matter. I'm not alone in fighting this issue, am I? I get to a place that I think I have a handle on my life, this hell, this prison, this insanity I'm now forced to endure, that I can take responsibility for my actions and try to grow and learn from my mistakes, my "sins," but the next day, sometimes the next moment, I go right back to blaming, right back to being so angry at those I trusted for letting me down. I go right back to cursing the God that I was taught would love and guide me. Step Ten talks about taking personal inventory and admitting when we are wrong. I get it. I know I was wrong. I know I was cruel and vicious at times, but why didn't anyone help me? I know it's not anyone else's responsibility to have my back, but damn it, why not? The question drives me insane. Does no one in this universe love me enough to save me from myself? I get that I allowed this crap to happen, but that doesn't change that it's not fair. I said these exact words to my father some years ago, when I first fell, and he got so angry with me. "When did I ever tell you that life would be fair? When!?" He bellowed. The truth was, never, and he even made sure to teach me the exact opposite many times throughout my life. "Life will not be fair, but a man, a real man, deals with it! He plays the cards he's dealt!" My father would adamantly say. But Damn it, this is hard! I want to go home! I want to be with my kids! I want this to end! The fact is however, and I hate this so much, the answer as I scream my complaints to the universe is, "Tough shit boy!" So, that's it? No love? No mercy? No one to come and save me from this hell and darkness? I know there are a billion lives worse than mine and whether I deserve this fate or not, I know it's not supposed to matter in how I react to it. All that should matter is that I man up and survive this test, this trial of my soul. What other choice is there? Kill myself? Been there... Crawl into a corner and die? Ok, done that, still do that, but even in the corner, I don't die. My heart keeps beating, my lungs still gasp for breath, and I'm not taking the cowards' way out! This universe or God or whatever it is that's in control, to get rid of me, is gonna have to kill me. So, bottom line, I have to survive this, it seems whether I like it or not. And if I am going to keep living, then the only question is, what kind of man do I want to be? And there I am, again... right back at that place.

When it's all said and done, the only question left is, *what kind of man do I want to be?* The answer?

I want to be a good man, a good father, a good husband and son. So, I keep going, one day at a time, hoping to learn from my mistakes and praying for love to truly win in the end. What other hope is there? And if love does win in the end, I've got to believe that means so do I, and so do you. And so until then, as good men, we press on. We keep the faith. We hold the line, hoping, praying, knowing that one day, with love on our side, in the end, we will prevail.

We just have to be strong. We have to believe. We have to endure. And so, we will.

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.

STRESS

By Terry A.

Stress is like a thief at night, ravishing all that it sees.

Taking away all your thoughts to satisfy its needs.

Clouded mind with a consistent pain, with no way out, at often times I find myself wanting to scream and shout.

With the steady bumps and curves precisely placed in my way.

I really feel the stress had found a greedy way to stay.

Alcohol with lots of drugs to ease off the pain, jailhouse bars of steel are driving me insane.

Inmates with attitudes, “cops are always better.”

I'm oh so ready to leave this place, be rid of it forever.

To off the stress that does its best to hold me down for good, erase my mind a thousand times, start over like I should...

By: One of the Few

A.A.'s Guidance

By Ray T.

Alcoholics Anonymous has done for me what I could not do myself. Through the program I'm able to get good orderly direction in my life, to be able to recognize I am an alcoholic and to see how unmanageable my life had become. Also seeing that when I drank, I could not control how much I drank once I took that first drink, or even any knowledge of, or even cared about what happened once I exceeded that limit.

The program of Alcoholics Anonymous has made me aware that I am an alcoholic, that I have a disease. And, if I want to be sober and maintain sobriety in my life, I can't take that first drink.

I grew into a spiritual program. And with that, I came to believe in a Higher Power, a God of my understanding. I surrendered my life over to him for guidance in a new way of living without alcohol.

I chose to change who I was and how I was. I looked deep within myself, at my past, my faults, and how my alcoholism affected others around me. This is a big area in my recovery, as I do a lot of soul searching. I've learned to forget my past and to work at my future, today, one day at a time, to turn my faults into rights, make amends when, where, and with whom I can.

A.A. has taught me about acceptance, that for me it has to be not about what's happening on the outside, but what's going on in the inside is where it all starts, to accept things as they happen, as they are, that I can only control me.

I am a grateful member of Alcoholics Anonymous. A.A. has given me the tools, steps and guidance to be whom and what I've always wanted to be. A.A. has helped me to re-design my life to a new way of living.

Step Nine

By Ron C.

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

Well, my first amends was to my children. You see, I did not see that I needed to quit or had a problem with drinking until I was sent to prison. So, I did make direct amends to my kids and then I made amends to my ex and that was hard. Now understand this, back when I was drinking, I don't believe I ever said sorry for anything to anyone. Sobriety has brought about a change of giving a damn about someone else. This was brought to my attention by none other than my 15 year old daughter. She states, “Dad, since you went to jail and stopped drinking you are a better person, you care about things and people other than yourself and Bud Light.” With that being said, to complete Step 9 is a little hard cause I'm not quite sure who all I need or should make amends to but, I assume everyone I came into contact with over the last 20 years before I got locked up and got sober. With that, all I can do is to continue to work my steps and realize 10 is next; one day at a time.

**Thank You!
Mill Creek A.A.
Ron**

Step Ten

Bryan K. Mill Creek Treasurer

“Continued to take personal inventory and when we were wrong promptly admitted it”

The following is what Step 10 is to me. Step 10 is one of the steps that are never ending for me.

As I work through the steps I find that many are a continuing process, that when worked on daily they combine to continually make me aware of myself and others; my habits, behavior, attitude, resentments, emotions, etc, and how they effect myself and others, which affect my recovery and quality of life for myself and those around me. The following are examples of these steps and how working them helps others and myself.

Step 1: I find that I must remember daily how my life was before I started on my path to recovery and admitted that I was powerless over alcohol and that my life had become unmanageable. I must always remember how negatively the way I affected my life and the lives of those that I love, of the destruction that I caused to others and myself. If I do not reflect daily upon how my life was and the damage it caused to others and myself. I find that my humility starts to fade and I find myself slipping into my old thought patterns that destroyed my life.

Step 2: I must always remember that I did not achieve sobriety on my own. I must remember that my higher power gave me the strength to work the steps honestly and that my group of Alcoholics Anonymous gave me the support, which combined, helped me to achieve happy sobriety every day. I must remind myself daily to stay humble and to practice humility in all that I do. That I'm not superman, I need help daily to overcome my shortcomings. To identify them and to correct them as they are identified; This is an ongoing process. That combined with other things will help me to achieve happy and peaceful sobriety permanently.

Step 7: As I go through my day I take the time to be aware of my shortcomings and to ask my higher power to remove them and to help me to be a better person. Some examples are for instance when I get angry, lack patience, lack of tolerance, when I get frustrated easily, etc. All these things and many more distract me from my recovery and trigger negative thought patterns that are detrimental to my recovery. I must realize that these patterns will start me on a downward spiral that will surely destroy my sobriety. I cannot allow this to happen. My peace, happiness and sobriety depend upon my not allowing these patterns to go unchecked. I continue to work these steps minute by minute, hour by hour, day by day, year by year. By doing this I not only find immediate flaws in my actions and thoughts. But I am able to identify destructive patterns in my past actions that led to my demise and I am now able to correct current patterns so as not to fall back into that terrible downward spiral that my life was in before I found

Alcoholics Anonymous and started to work the twelve steps. By doing what I have written to you about I am able to greatly improve my chances of staying sober forever.

If you are new to Alcoholics Anonymous welcome and please don't be overwhelmed. This program will help you to achieve happy sobriety one day at a time. This is part of my personal story of how it has worked for me. I hope that you choose to continue down your path of sobriety it gets easier with time and the rewards are truly worth it.

Remember the only requirement for Alcoholics Anonymous is a desire to stop drinking. This works if you work it. Your life will improve in all ways imaginable.

**Thank You!
Bryan K.
Grateful Alcoholic**

A.A. News, 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.

What Causes Blackouts?

Journal of Neuroscience

Researchers have identified the brain cells involved in blackouts and now say that exposure to large amounts of alcohol does not necessarily kill brain cells as once thought.

According to neuroscientists at Washington University School of Medicine in St. Louis, alcohol triggers receptors in the brain to behave in seemingly contradictory ways. “That’s what actually blocks the neural signals that create memories,” says senior investigator Charles F. Zorumski, M.D. “Alcohol isn’t damaging the cells in any way that we can detect. You haven’t passed out. You still process information, but your not forming new memories.

Good Times Outweigh the Bad

Psychology of Addictive Behaviors

Studies show that some people continue drinking heavily because of the perceived positive effects- despite experiencing negative consequences.

A recent University of Washington survey assessed how often participants had experienced different negative consequences of drinking, such as blackouts, fights, hangovers, missed classes and work- as well as positive effects of drinking, including better joke-telling abilities, improved sexual encounters, and more energy to stay up late partying.

According to participants, boosts of courage, chattiness and other social benefits outweigh the harms, which they generally did not consider as strong deterrents. “It’s as though they think the good effects of drinking keep getting better and more likely to happen again,” said Diane Logan, lead author of this study.

On a Lighter Note

THE EMPTY GLASS

A man walks into a bar one day. He notices a stranger just sitting on his bar stool looking into an empty glass. The man says to the stranger, "Aren't you going to have your glass refilled." The stranger says, "Nope, I haven't even ordered any beer to be poured into this glass." The man looks at the stranger with a puzzled expression on his face and says, "So why are you here, if your not going to drink anything?" The stranger then replies, "I've been going to Alcoholics Anonymous for 14 years." "So?" says the man. Then the stranger picks up the glass and says, "Once in awhile I like to come in here to see what the bottom of a glass looks like when I'm sober."

-Anonymous-

MY FIRST TIME

By Scotty B.

It was 1975 when I got drunk for the very first time. I was 6 years old. My grandparents were having a family gathering on their 82-acre mountain home and it was a wonderful day. As everyone stood around talking and drinking beer, I was becoming hot and thirsty. After pestering my dad about it for a while he finally handed me his beer can to take a sip and cool off a bit. I could not believe it! Big peoples drink! I swear my first chest hair actually sprung forth at that very moment, with resolve, and a grin, that I had finally entered the elite rank of adult. I tipped the can back, took a big swallow, and quickly realized "beer" tastes terrible. But what was I to do?

I had been given a big people privilege. And then it happened -poof- my dad snatched the can of beer out of my hand just as fast as he gave it to me. BAM privilege revoked- but I devised a plan to retain my newly achieved status. I soon found myself getting a "sip" from my uncle, then my aunt, then my mom, then my grandpa, and hey then hey dad again. Nobody seemed to notice the more sips I had, the better and better this stuff began to taste, after a while of this I began to have trouble getting the sips into my actual mouth. So I decided to take a little walk down to grandma's garden, which was only about 20 yards away. After about a couple of hours I finally made it and man was it windy, because the garden was moving and spinning. I guess I figured halfway into the tomatoes, and the other half of me in the cucumbers was the ideal place to lie down for a nice afternoon nap. When I awoke it was almost dark. It must have rained because the whole front of my pants were soaked. And I had a bunch of mushy garden vegetables and BBQ from earlier stuck to the side of my face, no plate in sight. Also I must have cracked my skull on a rock because my head was pounding. Pants wet, face covered in food, I made it back to where my family was. 3 uncles, 2 cousins, an aunt and my mom were all taking naps too. My grandma saw me and began laughing herself silly. Taking my hand we began walking up to the house. When we got there she knelt down, looked me in the eye, and with a big old toothy grin said, "Boy-this here is called foreshadowing for the rest of your life."

What the heck do you think she meant?

Born and raised Alcoholic

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; EOICI, 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 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! Remember the first Thursday in Sept we are having our speaker meeting. We will hopefully be presenting Rose with the Hobby Shop items for the auction.

Remember there will be no optional line!

Then remember the Adams Ribs October and November Banquets are coming up here shortly. October Banquet deadline is September 8th and the November Banquet deadline is October 8th. Again this year we are having Ribs, Chicken, and Slow Cooked BBQ Pulled Pork!!! Don't be late and miss it!!!

**Us at the Mill Creek Group
would also like to apologize to
two of our outside guests for not
having their birthdays in our last
newsletter. Congratulations to
June for 25 years and Tracy for
21 years keep up the great work!**

**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

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 BANQUET	11-2-16	6:00-8:00pm
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 Holiday Celebration	12-9-17	7:45-10:00am
NA/AA SATURDAY	12-16-17	7:45-10:00am

**PRACTICAL
EXPERIENCE SHOWS
THAT NOTHING
WILL SO MUCH
INSURE IMMUNITY
FROM DRINKING AS
INTENSIVE WORK
WITH OTHER
ALCOHOLICS.**

Big Book pg. 89



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.