

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for January/February 2019

Edition 76 No.1



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 76 No. 1

January/February 2019



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:	\$ 1317.67
Admin. Interest Sept./Oct	\$ 5.83
Donations Nov./Dec.	\$ 140.00
Christmas Party Donations	\$ 319.00
Pastry/Supplies Nov./Dec.	\$ -410.62
Oct./Nov. Banquet Loss	\$ -365.61
Christmas Party	\$ -366.78
ENDING BALANCE:	\$ 639.49

Trusted Servants

Tim T.	President/ Office Facilitator
David F.	Vice. President/ Newsletter Editor
Joshua W.	GSR
Joe C.	OGSR
Scott R.	Assistant OGSR
Martin F.	Treasurer
Ronald C.	Meeting Facilitator
OPEN	Librarian

Wednesday Night Book Study

Chairman: Ronald C.

Thursday Night Meeting

Secretary: Tim T. Chairman: Ronald C.

Saturday General Meeting

Chairman: Ronald C.

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 January Birthdays to:

David D.	01/01/90	29 Years!
Sang N.	01/22/05	14 Years!
Maurice M.	01/30/08	11 Years!
Michael L.	01/25/10	9 Years!
Matthew P.	01/15/15	4 Years!
Joshua W.	01/30/16	3 Years!

Happy February Birthdays to:

Thomas P.	02/10/87	32 Years!
Michael W.	02/23/89	30 Years!
Timothy H.	02/16/01	18 Years!
Rufus W.	02/11/08	11 Years!
Kevin H.	02/04/10	9 Years!
Qui P.	02/08/11	8 Years!
Dennis G.	02/28/13	5 Years!
Jason E.	02/24/14	4 Years!
Martin F.	02/02/15	3 Years!
Roman S.	02/01/17	1 Year!

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 and let us know.

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

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.”

“In every problem, great and small, the Serenity Prayer will work for me if I keep aware of its meaning every time I say it.”

The Serenity Prayer suggests I ask God for “Courage to change the **things** I can.” The word is **things**, not **people**. True, there is much room for improvement in my life, but it can come only from changing my own attitudes and actions for the better.

From the President

Tim T. Mill Creek A.A. President

A new year is upon us and another long year has been placed in the past. Another year that many, perhaps all of us, have been put through trials and incredible hardships, though most of them, it's important that we acknowledge, likely put upon us by ourselves. I have to admit though, if I do say so myself and not to brag, the one truth this situation has taught me, perhaps above all others, is that I am truly exceptional, I mean I am really, really brilliant, perhaps one of the best,

At blaming others for my circumstances.

I don't think I've ever met anyone who does it better. Truly, I think I'm gifted. I really think it through. I have absolutely great reasons that make perfect sense why all, literally, all of my problems are utterly, absolutely, completely others peoples fault. If I'm in prison, then clearly the D.A.'s to blame. (Ok, he actually really was totally corrupt, but that's not the point.) So, if not him, then it was surely my ex-wife who so many years ago made me so hateful in this life. Yes! That's a good one! Definitely her! Oh, and I had a really mean second grade school teacher too, so she's to blame. Oh, and my parents. Of course! My parents! They were far from perfect. And best of all, my favorite culprit, God! YES! Absolutely, above all others, the old man in the sky is beyond a shadow of a doubt the true architect behind my misery. Any choices I've made in this life are certainly not my responsibility because if "He" truly is "God," He knew what I was going to do and He still allowed me to do it, right? Perfect! His fault! Regardless of the countless blessings and opportunities I've been given in this life, regardless of the countless chances I've been offered to get it right, simply the fact that I now rot in this cage of despair, His fault! Not mine! Not my selfish and cruel choices, not my materialistic and animalistic desires I allowed to rule my life. No! It's God's fault. It's all unfair! It's all unjust and this world is ugly and full of corruption! Right! Isn't it? RIGHT!?!

Stop! The answer is no! The real truth is, bottom line, I know it, you know it. Regardless of our circumstances, whether raised in the ghetto or spoiled rotten, you alone, I alone am responsible for my actions. "When I was a child, I thought and acted as a child, but when I became a man, I put those things away." But did I? Have I? Have you? If we're here in prison, the answer is probably not, at least not completely, not enough. Being an alcoholic or an addict is not an excuse for the poor decisions one makes in his or her life. It's barely even a reason. It's just the end result of a heart and mind needing to escape, but from what? That's the real question. It's obviously different for each of us but our ordeals are most likely not all that different. Isn't that what we learn in our AA Meetings? That we're not alone. That so many truly can understand what we're going through and together we find ways to conquer our demons, together, learning from one another, even leaning on one another when we have to, but only I can truly change my heart, my thoughts, my reactions to those most difficult moments in my life. It's about taking responsibility for your actions and then honestly deciding that you're done being foolish or selfish or whatever it is that brought you here to this place. It's horrible, isn't it? Being in prison. Not free, not able to do the things you want to do and be with the people you love. So, if there was ever a time to fight for your life, fight to be the man you know you can be, it's now, isn't it? It's about choice. It's about deciding, no matter what, no matter how difficult the task, to rise up and be the man you're meant to be. Your family needs you. This world needs you. Your future needs you and AA can be that first step. It's a long road and of course it's not going to be easy, but now is the time to take responsibility for your actions and your decisions. Don't beat yourself up, but acknowledge you can do it better. Yes, relax, take it easy, but also focus like a laser beam on being the good and strong man you truly want to be.

It's in you. You can do it. You know you can.

STEP ONE

“We admitted we were powerless over Alcohol--that our lives had become unmanageable.”

Who wants to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand; we have warped our minds into such an obsession for destructive drinking that only perhaps an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete. (12x12)

TRADITION ONE

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, “What a great thing A.A. might have been!”

STEP TWO

“Came to believe that a power greater than ourselves could restore us to sanity.”

What we have to say about Step Two is not directed solely to newcomers to the program. We do place emphasis on the needs of those who have just admitted to their powerlessness over alcohol and other drugs and to the unmanageability of their lives; those who have only now recognized that they have hit bottom and who feel there's no place to turn.

But, because there are no cures for alcoholism, only ongoing recovery, all of us, regardless of our length of sobriety, are working the program one day at a time. This makes every day a new beginning and each of us a perpetual beginner who can benefit from continually re-examining how we relate to the Steps. (12x12)

TRADITION TWO

“For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

THE SECOND STEP PRAYER

“I pray for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore.”

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.

Welcome to Singapore!

George A.
Tigard, OR.

In 1986, I was diverted by my company from Taiwan to Singapore. One tropical stormy Sunday, I found myself with nothing to do and a sense of boredom that was my signal to get with the program and at least try to find an AA meeting. After scouring the local newspaper, I found a simple one-inch square box in the classified section that stood out. In white letters written against a black background were the words "Alcoholics Anonymous" and a phone number.

I called the number and a Malaysian gentleman answered the phone. He directed me to meet him in the courtyard off St. Andrew's Episcopal Cathedral off Orchard Avenue in Singapore's commercial district. "Be there by 5:00 P.M.," he said.

At the appointed hour, a cab dropped me off in front of St. Andrew's and I found my way to the inner courtyard. My Malaysian AA host was there to meet me. He was leaning back against a very large, black luxury sedan. Milling about were other men like me, foreigners needing a meeting: a retired dentist from Whitefish, Montana, a Texas oilman working the oil-drilling operations in Borneo, and two men from the U.K., one an Irishman, the other a Welshman. It was quite a diverse group, with different accents and backgrounds, but joined by the grace of AA.

Our host advised us that we were going to put on an AA meeting in a prison and that we would briefly tell our stories. He explained that

in Singapore, to clean the streets of "undesirables," alcoholics were rounded up nightly. That was the reason every morning the city looked pristine.

We were further briefed that the inmates were composed of Malaysians, Chinese and some Japanese. Because our host spoke only Malaysian, our biggest problem would be translation. We would require inmates who could translate from English to Malaysian, then to Chinese and Japanese. Trying to put us at ease, he explained that this format could be a bit awkward, but it would work out.

When we arrived, heavily armed guards greeted us at the main gate. We were led into a room with garish fluorescent light. We were told to sit at a comfortable table raised on a platform. In front of us, bolted to the concert floor, were approximately 50 steel chairs painted white. The rectangular wooden storm windows were fully open to the warm and humid nighttime equatorial breezes.

The prisoners, dressed in white muslin pajamas and crude sandals, shuffled in. Their footsteps were heavy, as if they were wearing invisible ankle irons. Their faces bore anger, hopelessness, heartache and fear.

My newly found friends and I looked anxiously at each other. What had we gotten ourselves into? The translator introduced us after our host made his opening remarks. The dentist from Montana spoke first. It was very awkward going from English to Malaysian to Chinese to Japanese. However the inmates seemed to get it, and they were well behaved, perhaps due to the armed guards standing around the periphery.

When it was my turn to speak, I had no idea what to say, so I blurted out, "My name is George, I'm an alcoholic from Portland, Oregon, U.S.A., I drank like a pig!" with that the inmates and the guards all broke out in laughter, as the metaphor of a drunk drinking like a swine hit a common cord.

Just as I was ready to launch into further remarks, a commotion broke out in the back of the room. Several inmates began screaming and yelling at each other. Other inmates joined in the melee. Then the guards, pointed submachine guns, exerted their force by corralling the 50 or so men. The guards in charge said something to

our host who now in turn said to us, “We have to go. *Now!*”

Jokingly, my friend from Montana said, “Nice going, George, look at what you’ve started with the pig comment.” Although it was meant as a stab at lighthearted humor, we were very concerned for our personal safety. I had a horrible image of being flown back to Portland in a body bag; it was not a pretty picture.

This is when the gift of AA and a sober life occurred. Because the exit door was blocked by the riot, a short window of opportunity opened up for the alcoholic inmates in that room and they moved toward us, crying what must have been tears of sadness and hope. I did not fear their approach one bit because he could see in their eyes and their faces the identification of one alcoholic with another.

Placing a hand on my shoulder, an inmate and I looked at each other with compassion, understanding and a sliver of hope. My fellow wayfarers also had similar experiences. These were men who wanted what AA offers—a sober life and freedom from drugs and alcohol. As quickly as this connection was made, these men were whisked away by the armed guards and herded out the door to their barracks.

Finally, the bottleneck broke free. The rioting inmates were grabbed by the shouting guards and taken away. We were escorted out of the room and to our car. Once inside the car we were mostly quiet; each of us lost in his own thoughts. I asked our host, “Why the riot?” he ruefully advised, “A militant element in the population objected to the high taxes the Singapore government assesses on alcohol. Some of the inmates who wanted to be at the meeting confronted the instigators, then the guards stepped in and it spiraled out of control.”

We hung around for a bit in the parking lot and discussed what we had experienced. Each one of us was filled with concern for our fellow AA travelers around the world who are locked up and shuttered from the life that we sometimes take for granted.

Thirty years later, I relive this scene with complete clarity—the experience has been seared into my memory. On that day, those men locked up in that awful prison, without knowing it, Twelfth-Stepped five men from halfway around the world.

I Thought

Tim M.

“I thought” was my greatest excuse, or alibi in life, until I hit recovery in 2003. I thought I was a good man, brother, driver, bowler, parent, friend, cook, son, addict and alcoholic. I thought I knew how to live, avoid cops and trouble, and live right. I grew up drinking beer with my dad and when he wasn’t home, by myself, but out of his allotment. Booze made me, just the man you wanted me to be. I became a drug dealer in many Portland bars. I dated a few women bartenders and even married one because she made a good business partner. There was no love. I loved sports, so really, for me, being in a bar was like being home. My life would go to incredible heights. Money, cars, homes, then it would all fall off miserably, and off I’d go, back to the homeless shelters. Then I’d build it up again, only to go to prison and right back to those homeless shelters once again. In 2003, I found A.A. and became sober and clean. I found a new life and I even got out of trouble, bought a new car and found a great woman. Then, in 2007, boom, it happened, my ego popped and life went down hill once again. When I got to county, “I thought,” I could talk the judge into only giving me probation, which I did in Clackamas County in 2003. This judge wasn’t going for it. He saw me for who I was, not for who “I thought” I was. The judge gave me fifty months on two delivery charges. The judge, after hearing my “thought” pattern problem, said this, “Tim, I thought I’d give you probation, but I think I’ll give you fifty months.” He said “thoughts are imaginary, an so is ego, so find reality and begin thinking.” I was devastated. “I Thought” got me nowhere in life, so now I’m always Thinking. There are no more excuses, only reality. I only “thought” recovery was good, but now I know, I’ve never really had it so good. Recovery works when life doesn’t! Thank you Santiam A.A. and Mill Creek AA Groups.

In fellowship, Tim M.

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.

Dangerous Drinks Marketed to Youth

College students seriously underestimate the effects of drinking a new class of beverages being marketed across the country. According to a new study. "Super-sized alco-pops are sweet, colorful carbonated drinks that can contain as much alcohol as a six pack of beer in a single can. These new products constitute a unique danger to youth, (according to study lead Dr. Matthew Rossheim, an assistant professor of global and community health in George Mason University, College of Health and Human Services.) Yet our findings clearly show that young people are not getting the message about how much they can be affected by them. The Federal Trade Commission has stated that a person consuming just two super-sized alco-pops in two hours could reach a potentially lethal dose of alcohol.

**The American Journal of Drug and Alcohol Abuse
May 2018**

Alcohol Treatment and Opioid Use

New research indicates that opioid use compromises the effectiveness of treatments for alcohol use disorder. In the new study, individuals

with alcohol dependence who misused opioids and other drugs were more likely to drink heavily and frequently during and following treatment.

"This study provides evidence that we cannot ignore alcohol and other drug use when discussing potential impacts of the opioid epidemic," said the lead author Dr. Katie Witkiewitz, of the University of New Mexico. "Individuals who misuse opioids have poorer outcomes in multiple domains, and the current study identified a much higher risk of alcohol relapse among those with opioid misuse in alcohol treatment."

**Alcoholism: Clinical and Experimental Research June
2018**

Doctors Trapped in Substance-Use Disorders

Fear of dismissal or losing a medical license can keep medical doctors trapped in substance use disorders, says a new study. Instead of seeking help, some doctors attempt self-treatment. The study authors interviewed doctors who had recovered from a substance-use disorder, involving either alcohol or drugs.

"The doctors tell us that they feared losing [their medical license] or losing their jobs, which prevents them from contacting any treatment centers," said Johanne Korsdal Sorenson, PhD, at Aarhus University in Denmark, who ran the study. "Medical doctors have instead attempted to treat their substance-use disorders with prescription drugs. Doctors who have substance-use disorders need help and attention from others, especially colleagues," added Sorenson. "Unfortunately, some colleagues have a tendency to cover up for one another."

**Addiction Research and Theory
April 2018**

On a Lighter Note

OUCH!!

Jean S.

What's the difference between a mosquito and an alcoholic? The mosquito quits drinking when you slap him!

ONE TOO MANY

Dusty B.

A drunk walked into a bar looking for a little companionship. He went up to the first woman he saw and said, Hi there, baby. The woman gave him a look and said I'm a lesbian. The drunk replied, well then ...how are things in Beirut?

Oldie But Goodie

Ed L.

The town drunk went to see the doctor .My whole body hurts, he complained. The drunk put his finger on his left shoulder. When I touch myself here, it hurts, he whined then he put his finger near his heart. When I touch myself here, it hurts too. No matter where I touch myself, Doc, it hurts something terrible! Please, tell me what's wrong with me? The Doctor replied you have a broken finger.

From the Mouth of a Angel

Terry B.

Sponsee my wife really gave me a piece of her mind last night. Sponsor you know, God sometimes speaks to us through our wives. Sponsee Wow! I didn't know God uses that kind of language!

Sorry I Asked

Marty Z.

An old timer with 40 years of sobriety had a dream. In it, his first sponsor, who passed years before, appeared .The old-timer, seizing the opportunity, asked him one question, "is there AA in heaven?" Well Jim, his first sponsor replied, "there's good news and bad news. The good news is yes, AA meetings are held in heaven. The bad news is, you're chairing this Saturday!"

Another Please

Carole B.

A guy goes into a bar after his first AA meeting. He orders a drink and throws it on the floor. Then the bartender says, hey what are you doing? You threw your drink on the floor .The guy looks at him and says, it's the first one that gets you, I'll have another one.

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 Of 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

Hello 2019!!!

First off just wanted to thank you guys for all of your support and backing this last year! Without you none of this would have been possible!

Second, I just wanted to remind the group about our fundraiser coming up here in the next couple months. Look out for the flyers. They should be posted up these next couple of weeks.

Lastly, don't forget we have our 75th Mill Creek A.A. anniversary coming up here in May! It will be cake and ice cream as usual; we look forward to you being 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 2018

Meeting Schedule

Meeting Schedule Subject to Change

RECOVERY WORKSHOP

Every first Monday at 7:45 am
(activities floor)

WED. NIGHT BOOKSTUDY

First/Third Wed. 6:00 pm
(education floor)

MONTHLY CLUB MEETING

First Thursday 6:00 pm
(activities floor)

SATURDAY MEETINGS AA

7:45 am

Jan 5	Feb 2
Mar 2	Apl 6
May 4	June 1
July 6	Aug 31
Sep 7	Oct 12
Nov 2	Dec 7



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.