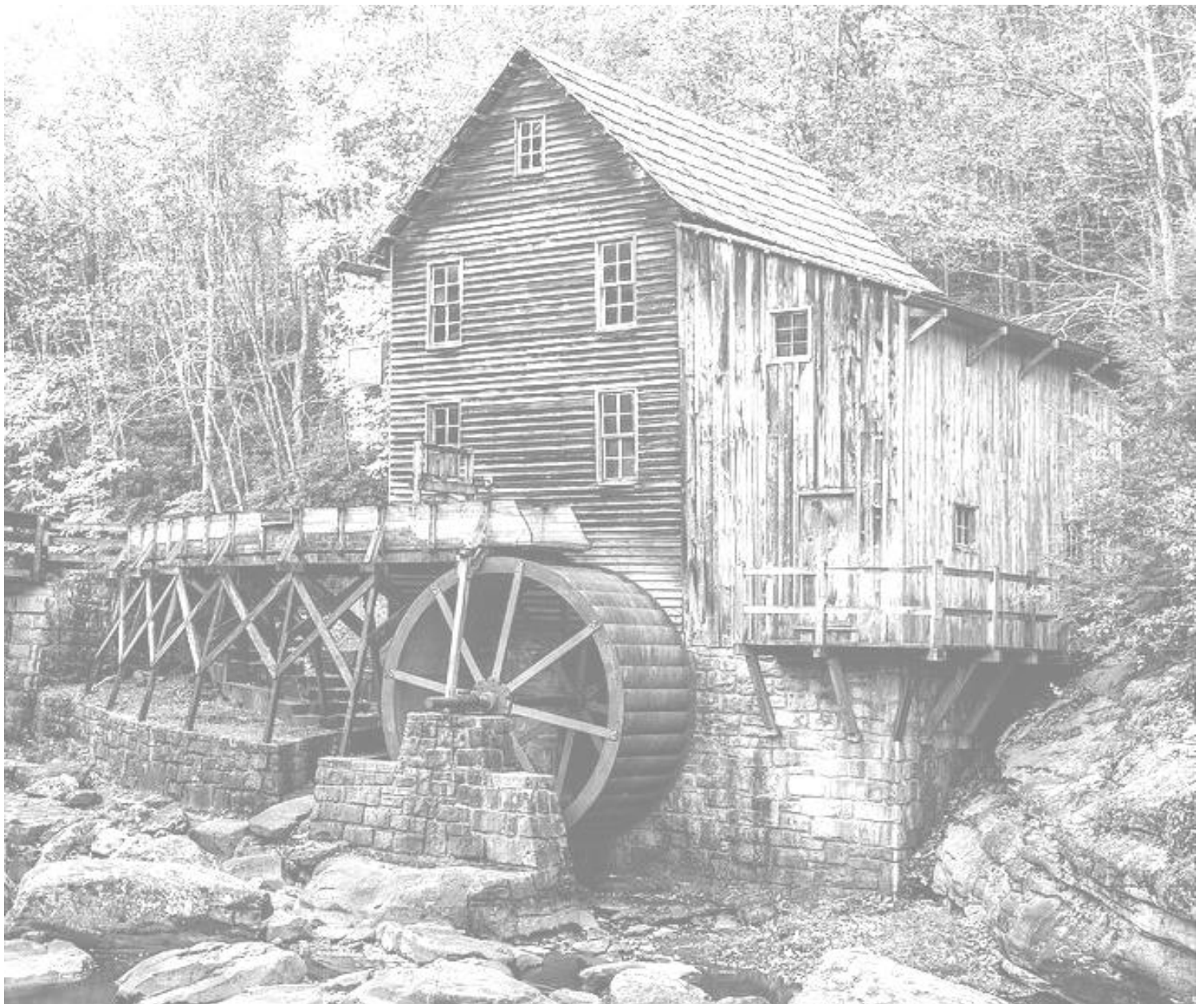


# Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary  
Newsletter for March/April 2018

Edition 75 No.2



# Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 75 No. 2

March/April 2018



## 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   | Birthdays             |
| From the President | From the V. President |
| From The GSR       | From The Librarian    |
| Poems & Stories    | Facts and Medical     |
| On a Lighter Note  | Meeting Schedule      |

## TREASURER REPORT

|                             |                   |
|-----------------------------|-------------------|
| STARTING BALANCE:           | \$ 1255.00        |
| Admin. Interest             | \$ 1.72           |
| Refreshment Purchase        | \$ -144.00        |
| September/October Donations | \$ 121.00         |
| NSF                         | \$ -32.00         |
| <b>ENDING BALANCE:</b>      | <b>\$ 1201.72</b> |

## Trusted Servants

|           |                                       |
|-----------|---------------------------------------|
| Tim T.    | President/<br>Office Facilitator      |
| David F.  | Vice. President/<br>Newsletter Editor |
| Bryan K.  | GSR / Librarian                       |
| Scott R.  | OGSR                                  |
| Rick M.   | Assistant OGSR                        |
| Martin F. | Treasurer                             |
| Ronald C. | Meeting Facilitator                   |

### 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 March Birthdays to:**

|            |          |           |
|------------|----------|-----------|
| Jimmie F.  | 03/06/99 | 19 Years! |
| Ronald S.  | 03/05/05 | 13 Years! |
| Lee S.     | 03/15/06 | 12 Years! |
| Edward G.  | 03/04/09 | 9 Years!  |
| Douglas S. | 03/29/10 | 8 Years!  |
| Louis W.   | 03/17/13 | 5 Years!  |
| Brian T.   | 03/11/14 | 4 Years!  |
| Darrel D.  | 03/01/15 | 3 Years!  |
| Kenneth S. | 03/14/15 | 3 Years!  |

## **Happy April Birthdays to:**

|             |          |           |
|-------------|----------|-----------|
| Stephen G.  | 04/19/94 | 24 Years! |
| Harrison B. | 04/15/97 | 21 Years! |
| Michael W.  | 04/23/97 | 21 Years! |
| Edmund B.   | 04/24/97 | 21 Years! |
| Roger L.    | 04/02/02 | 16 Years! |
| Imani W.    | 04/13/07 | 11 Years! |
| James S.    | 04/23/12 | 5 Years!  |
| Tommy V.    | 04/11/13 | 4 Years!  |
| Donald R.   | 04/30/13 | 4 Years!  |
| Scott B.    | 04/02/15 | 3 Years!  |
| Matt B.     | 04/12/15 | 2 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.**

# **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 Responsibility Declaration states:**

**“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!”**

# From the President

Tim T. Mill Creek A.A. President

What exactly is a searching and fearless moral inventory? Step three talks about making a decision to turn our wills over to God, \*as we understand him. Ok, that's fine. For me, right now late winter 2018, who or what is God, I'm still not totally sure. That's up to you, however Step Four, which we're also discussing in this issue of the newsletter, for me, that's one of the most difficult and most important steps there is. To honestly look at yourself, to truthfully do the best you can to see if you are living the life, being the man you know you are supposed to be, that's the real test of a man (or woman). So, what is morality? What is "moral" and what is not? It's actually pretty simple, isn't it? Here are the questions I ask myself. Am I hurting anyone? Are my intentions good? They say, "The road to hell is paved with good intentions." I think we all understand the proverb. We can justify almost anything if we can simply convince ourselves that our intentions were good at the time. However, what does that really mean? We shouldn't have good intentions? Of course not. I would say "good intentions" are just about all that we have, aren't they? At least that's where it starts. So the first choice in this process of thought and action is that we have to **want** to try to do good. We have to **want** to do good, simply for the sake of good itself, right? So, again, what kind of man do I honestly want to be? Selfish, immoral, cruel? Of course not. That, for me, is where it starts. At my core, I just want to be a good man. Don't I want to be a great man, magnificent, powerful? Yes, fine, absolutely. But at my core, what it all comes down to, I really do just want to be a good man, a loving father, a good and loyal friend. I just want to be a decent human being. When we're being completely honest, isn't that what we all want to be? I hope so. For me, that's the test for

the searching and fearless moral inventory. I have to ask myself. Am I doing that? Am I trying to do the best I can to be a decent person. Are my actions supporting that intention? Where am I failing at that goal. Everyday I have to ask myself that same exact question, over and over. Where can I improve? What can I do to do a better job at being the man, at my core, I want to be? But you know what? I realize all too often, most every single day, I'm always failing. I'm always falling short of the man I ideally want to be. But the key to that realization? The decision at that moment that matters most? **I simply just keep trying**. I never give up. I never say to myself, "Oh well, that's just who I am. I'm cruel. I'm selfish. I'm hateful. So what! I am what I am." No! I can't, I won't do that. When those thoughts creep in, I have to remind myself again and again, I am who I **choose** to be. I have to be relentless in searching myself, every action, every thought. "Oh, people can't control their thoughts." Bull! Yes we can. We have to. Mold them, force your negative thoughts into submission. When an evil thought sneaks in, call it out. Demand that it be purged from your true self. Try to figure out why it's there and then damn it to hell. For me, I have to be 100% dedicated to always improving, all the time. You guys, that's the secret. It never ends. The fight never ends. As long as I breathe, I'm not done. I can always do better, be better. Yes, I do it for me, for those I call my friends, but I especially fight this battle for those I love, my family, my children, all those who may depend on me to get this life right. I must always strive, always work, always fight to be the best man I can be. I want to be able to **fearlessly, search** my heart and mind for those flaws I don't like, (and work to get rid of them) and then acknowledge and nurture the qualities I do like. We all **can** do this. Everyday, **we all must do this**. Our lives literally depend on it.

# **From The V. President**

David F. Mill Creek A.A. Vice President

## **The Third Step**

*Made a decision to turn our will and our lives over to the care of God, as we understand Him.*

**I'm David and I am an alcoholic. I am also a proud member of the Mill Creek A.A. Group and thankful for your support as the new Vice President of our group. If you have any questions or need help of any kind feel free to ask.**

For me Step Three seemed like one of the easiest at the start. It seemed that turning my will and life over to my higher power would be an easy thing. But then I came to a stand still because I realized I am still the same stubborn old David I always have been. Even though I trust my Higher Power in helping me utilize my strength and devotion to not take that first drink. I found that I did not want the help. I found myself trying time and time again to just do it on my own. White knuckling as we call it. Sometimes I made it days... other times I made it months. But each and every time I always ended up back at that first drink leading me to incomprehensible demoralization.

The only way to improve myself and guarantee my success was to give up 100% of my will to my higher power. When I finally came to that step, it was like having 100 pounds of weight off of my back and I could breath 100% easier and I was finally able to be ready for step 4.

## **The Third Tradition**

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

# **From The Facilitator**

Ronald C. Mill Creek Meeting Facilitator

## **The Fourth Step**

*Made a searching and fearless moral inventory of ourselves.*

**Hello there Mill Creek A.A. group, I'm Ron and I am an alcoholic as well as the new Meeting Facilitator for the club.**

For me Step 4 was difficult because to find morals within myself so I could make a fearless inventory. I came to realize while drinking I had none. I had to take a look at what I was trying to teach my kids to finally see if I had any of these morals within me at all. I was not a good person at all. But in my pursuit of sobriety, I realized I could find a moral side, something to be proud of. See, all of us have a deep moral conviction, but not until we lay aside the drink and turn ourselves over to that higher power, the one that drives each of us, we will not be able to triumph over this step. I am taking this step and I invite you to try it as well.

## **Thank You!**

## **The Fourth Tradition**

*Each Group should be autonomous except in matters affecting other groups or A.A. as a whole.*



# **From The GSR**

Bryan K. Mill Creek A.A. GSR

Hello my friends and fellow Alcoholics. My name is Bryan K. I am the new G.S.R. for the Mill Creek Group of Alcoholics Anonymous. I would like thank those who took part in our elections on February 1<sup>st</sup>. Thank you for supporting our group. I would also like to congratulate our new group facilitator Ron C.

I would like to thank you all for electing me to the position of G.S.R. It is a great honor to be an integral part of this awesome group. I look forward to being able to serve you all as best as I can. I promise to hold my office with integrity and honor, to do what is best for the group. "Principals before personalities" I believe in this very much.

It is truly a great feeling to be able to give back to the group that has made such a difference in my life and so many other lives. I encourage anyone who has questions about our group or A.A as a whole to please feel free to ask me anytime that you see me. I always have time for my fellow alcoholics. I will do my best to answer your questions or direct you to whom may be able to. Maybe you just need someone to talk to, feel free to say "Hey Bryan you got a minute" I will listen. I am here to serve you. We are all in this together.

This is a great program and we have a great group. Thank you for allowing me the honor of serving you.

Sincerely,  
Bryan K.

**GREATFUL ALCOHOLIC**

# **From The Librarian**

Bryan K. Mill Creek A.A. Librarian

Hello my fellow Alcoholics. My name is Bryan K. I am the librarian for the Mill Creek Group of Alcoholics Anonymous. I invite you all to check out our library. It is there for you to enjoy.

To any newcomers that would like a loaner 12x12 or A.A. Big Book we can get you one, just ask me. When you get close to the gate or if you are transferring to another facility and would like to receive your own Big Book, 12x12, or Daily Reflections let me know and we will get you one. You will be able to take it to another facility or take it home with you when you get out of prison. I'm here to serve the group and if I can help you I will. This group is great and it will change your life. It changed mine.

Sincerely,  
Bryan K.

**Group Librarian**

**MILL CREEK GROUP  
ALCOHOLICS ANONYMOUS**

# **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.

## **The Three Legged Stool**

David "Freezer" Mill Creek A.A. Member

I am very fortunate to have been given advice and feedback by fellow members, those who told me not to forget the three legacies (Recovery, unity, and service). It's like a three legged stool try to balance only on one leg or two it's not easy. Our three legacies must be kept intact.

As D.R. 366 states "In recovery, we get sober together, in unity we work together for the good of our steps and traditions, and through service we give away freely what has been given to us". As I grew in A.A., I learned about myself and could identify with the A.A. symbol. I am the part of the circle we create in closing our meetings, for which represents what we cannot do alone, but together one day at a time.

The sides of the triangle represent three aspects of my personality; experience, strength, and hope. Taken together all three aspects of my personality translate into a sober and happy life.

Service work calls for a selfless devotion to carrying the message to the still suffering alcoholic. It also requires us to look at ourselves and our motives. By doing this I have taken A.A very seriously ( some would say to serious ) and the Mill Creek Group of Alcoholics Anonymous has helped me find ways to deal with life in a far better manner than I had. After doing some service work throughout my 20 years of recovery I have learned to not dwell upon my yesterdays because it can't be taken back, and not to worry about tomorrow because it isn't here yet. I find living just for today is enough of an effort towards having a positive influence upon those around me. I also keep #62 "don't take yourself too damned seriously" within my daily reflections as a constant reminder to keep coming back, it works if you work it and you are worth it so work it.

## **Easy To Forget**

By Ernie P.

How often we seem to forget where we come from. From the control of alcohol to the self control through A.A. and the people in the meeting rooms. How lonely we were and scared when we walked into our first meeting only to be greeted by an open hand and a warm welcome. If a newcomer entered the room, Bill W. would be right there at his side to tell them what A.A. did for him. I have noticed in my group as well as others that when a newcomer comes into the room, they look around and sit at the middle table, quite often unnoticed by others in the room. They are only recognized after they are asked if there are any newcomers. When the ladies enter they all go to one table until there are no more chairs. The men go to the back and fill that table. It's like a barnyard- the hens to the left and the roosters to the back, newcomers in the middle. They sit all alone all through the meeting. What happened to mingling with the newcomers and visitors? Have we forgotten how we felt when we attended our first meeting? I am doing self-seeking and feel that I've neglected to be supportive and understanding toward the newcomer. I do remember where I come from and ask for forgiveness, if I've neglected a newcomer. Thanks for listening. I am only pointing my finger at myself because I do forget.

## **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.

### **AA Increases Spirituality**

**Alcoholism: Clinical & Experimental Research**

A new study shows that attending AA meetings may increase spirituality, which can lead to an improved rate of recovery.

Researchers at the Center for Addiction Medicine at Massachusetts General Hospital found that as attendance at AA meetings increases, so do the spiritual beliefs of participants, even those individuals who had a low interest in spirituality at the beginning of the study. "Many people will be surprised that alcoholic patients with little or no interest in spirituality attended AA and seemed to change even more than those who had a preexisting, strong sense of spirituality." Says Keith Humphreys, Professor of Psychiatry at Stanford University.

### **Alcoholism and obesity linked**

**Archives of General Psychiatry**

Researchers at Washington University School of Medicine in St. Louis have found that a risk for alcoholism also may put individuals at risk for obesity. They also noted that the association between a family history of alcoholism and obesity risk has become more

pronounced in recent years. "Much of what we eat nowadays contains more calories than the food we ate in the 1970's and 1980's, but it also contains the sorts of calories, particularly, a combination of sugar, salt and fat, that appeal to what are commonly called the reward centers of the brain." says first author Richard A. Grucza, Ph.D., an assistant of psychiatry. "Alcohol and drugs affect those same parts of the brain, and our thinking was that because the same brain structures are being stimulated, overconsumption of those foods might be greater in people with a predisposition to addiction."

### **FISH OIL CAN REDUCE ALCOHOL CRAVINGS**

**Indiana University School of Medicine**

According to new research, omega 3 fatty acids may be beneficial for more than just the heart. In an unexpected finding from a multi-year animal study of mice with characteristic bipolar symptoms, it was determined that mice treated with the fatty acid DHA normalized their bipolar behavior and also showed a reduced desire for alcohol. "These bipolar mice, like some bipolar patients, love alcohol. The mice on DHA drank much less; it curtailed their alcohol abusive behavior," said Alexander B. Niculescu, MD, PhD, associate professor of psychiatry and the lead author of the study. To verify this finding, the researchers studied another well-established animal model of alcoholism and obtained similar results. Based on these results, Niculescu said, "We believe a diet rich in omega 3 fatty acids may help the treatment and prevention of bipolar disorder, and may help with alcoholism as well."



# On a Lighter Note

## HIS NEW BEST FRIEND

Tony W.

I had the recent pleasure of attending an Alcoholics Anonymous meeting. The Lord worketh in mysterious ways. I must apologize in part where as I truly came for some coffee and cinnamon rolls. Praise God I found far more. As a famous band once sang "Wise men said just keep your head in the eye of the storm close your eyes and you will find, there's a light in the dark".

All of those who attended, and especially ones who spoke, were without question a true divine lighting this often darkened place. Thank you so much. You are now a voice in my heart.

**God Bless and Keep You All!**  
**B.J.P.**

## Gone

By A Mill Creek A.A. Member

My dear brother when young received a broken heart from an unfaithful woman he loved who tore him apart. He came to marry a wonderful lady who treated him quite well. Sadly without reason his anger and jealousy put her through hell. Needless to say the marriage, pretty wife and two children didn't last. For my little brother simply could not let go of his past. So then he sought solace in bottles and fair weather friends. Where life complications and real trouble always begin. He partied hardy pretending his best to have some fun. Yet from deep pain inside he never could truly run. My precious brother now gone for he drank himself slowly to death. With my own torn heart I do make this request. Please stop, trust, love on, live on, for all whom do love you and for all you do love.

**-Anonymous-**

# Recovery Is It In You

David "Freezer" F Mill Creek A.A. Member

To me, what is important when it comes to recovery is acknowledging that I am an alcoholic and Alcoholics Anonymous is my medicine of choice. I've learned to put as much effort into maintaining my sobriety as I did when feeding what I recognize as being my disease.

Even to this day, I have no comprehension as to why "HANGOVERS" were never experienced, while "BLACKOUTS" were aplenty. At these stages, I became aware of how much negative impacts were the results of my carelessness when confronted with the issues by those that were affected by my actions. At the time, I was not considering what the long term consequences would eventually become and now, I have accepted what is mine to "own up to" by seeing what was written within my moral inventories for which continues as I become aware of more of my past that was buried because of embarrassment, denial, and fear, as I saw it to be.

There are those particular moments that I am grateful for when the people involved or affected by my past actions have accepted and forgiven me because of what I do to proclaim ownership of my past actions, by sharing my experience strength and hope with those that are wanting to change and have opened themselves to the recovery process in honest appraisal as I proclaim is the only way to have a real recovery.

Fact is, a lot of my past has proven to be tough and perceived (by me) as hard to comprehend as to why I am not dead. The length of my dry time is not a big deal. Sobriety cannot be judged solely on the length of time since the last drink. Quality is what counts not quantity. What I do with my sobriety matters. Today, I don't have to drink, but of greater importance I don't want to drink. By accepting how alcoholism and my character defects have affected every aspect of my life and those around me, being sober one more day has proven to be a better outcome.

In meetings, I seek out and welcome our "newcomers" with a handshake and a smile. I also look up to our "old timers" because they are my strength and witness in doing the right things in recovery.

Bill W. describes it this way... "Being led by the hand of someone ahead and reaching out to take the hand of someone behind in a never ending chain around the world."

It was once suggested to me that I try an open mind concept for awhile. Then if nothing changes after a time, nothing will be lost. The same ol' mess brought into the program, plus a few experiences that might make sense later on, will help in developing and nurturing a newfound concept of sobriety. It works only if you work it, and you are worth it to work it one day at a time.

# Help From The Outside

## Corrections Correspondence Service

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

### Prerelease Contact

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

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

### **Prerelease Contact**

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

## Big Book And 12 x 12 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](mailto:millcreek1944@gmail.com)

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

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

Subscriptions may be **purchased** from:

AA GRAPEVINE  
Po Box 1980  
Marion, Ohio 43306

# Mill Creek AA Meetings

## WEDNESDAY EVENING BOOKSTUDY

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

## THURSDAY EVENING MEETINGS

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

## SATURDAY MORNING MEETINGS

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

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

## For Our Hispanic Brothers

### Para Nuestros Hermanos Que Hablan Español

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

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

**ENVIÉ UN KYTE A:**  
Activities C/O A.A. en español

# Announcements

We had our elections this month and I just wanted to congratulate our newly elected executive body members!!!

|           |                     |
|-----------|---------------------|
| David F.  | Vice President      |
| Bryan K.  | GSR                 |
| Martin F. | Treasurer           |
| Ronald C. | Meeting Facilitator |

Don't forget guys we have our Speaker Meeting coming up on the 5<sup>th</sup> of April and there will be no optional line out of respect for our speaker. Also our Anniversary is coming up on May 3<sup>rd</sup> we will be meeting in the visiting room and having cake and ice cream. So see you guys 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  
1/8/18, 2/5/18, 3/5/18, 4/2/18,  
5/7/18, 6/4/18, 7/2/18, 8/6/18,  
9/10/18, 10/1/18, 11/5/18, 12/3/18.

## WED. NIGHT BOOKSTUDY

\*First/Third Wed. on the Education Floor 6:00 pm  
1/3/18,1/17/18, 2/7/18, 2/21/18, 3/7/18, 3/21/18,  
4/4/18,4/18/18, 5/2/18, 5/16/18, 6/6/18, 6/20/18,  
7/4/18,7/18/18, 8/1/18, 8/15/18, 9/5/18, 9/19/18,  
10/3/17,10/17/18,11/7/18,11/21/18, 12/5/18,12/19/18.

## MONTHLY MEETING

\*First Thursday of every month 6:00 pm  
1/4/18, 2/1/18, 4/5/18, 6/7/18,  
7/5/18, 8/2/18, 9/6/18, 12/6/18.

## SATURDAY MORNING AA

\*first Saturday of every month 7:45 am  
1/6/18, 2/3/18, 3/3/18, 4/7/18,  
5/5/18, 6/2/18, 7/7/18, 9/1/18,  
10/13/18, 11/3/18, 12/1/18.

## CELEBRATIONS & EVENTS

KFC Club Fundraiser 3/1/18 @ 6:00 pm  
Club Anniversary 5/3/18 @ 6:00 pm  
Club Banquet #1 10/4/18 @ 6:00 pm  
Club Banquet #2 11/1/18 @ 6:00 pm



## 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.