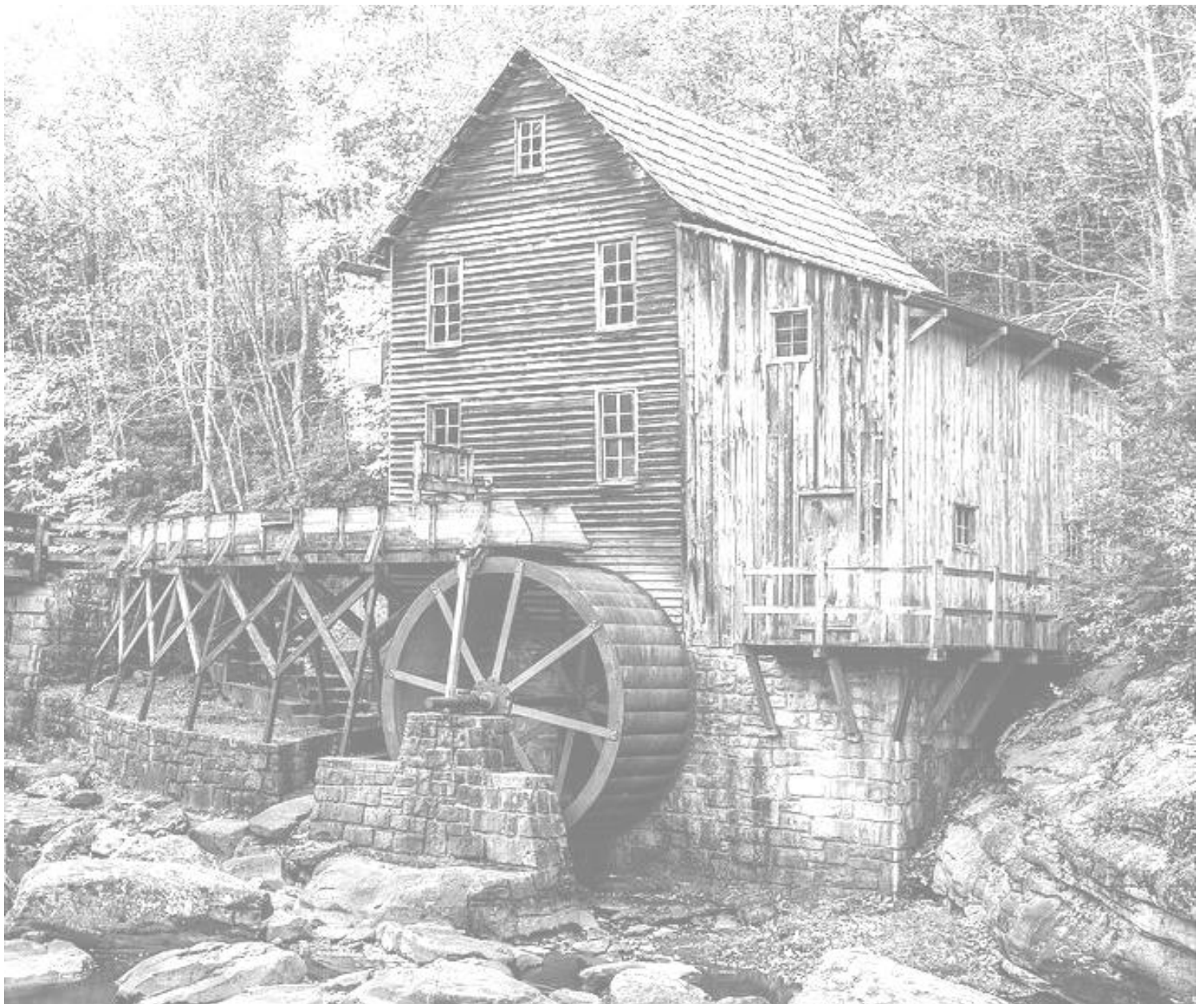


# Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary  
Newsletter for May/June 2018

Edition 75 No.3



# Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 75 No. 3

May/June 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

|                               |                   |
|-------------------------------|-------------------|
| STARTING BALANCE:             | \$ 1201.72        |
| Admin. Interest               | \$ 2.19           |
| Refreshment Purchase          | \$ -437.95        |
| March/April Donations         | \$ 290.5          |
| Outside Don.(Banquet/Spanish) | \$ 520.00         |
| <b>ENDING BALANCE:</b>        | <b>\$ 1576.46</b> |

## Trusted Servants

|           |                                       |
|-----------|---------------------------------------|
| Tim T.    | President/<br>Office Facilitator      |
| David F.  | Vice. President/<br>Newsletter Editor |
| Bryan K.  | GSR                                   |
| Joe C.    | OGSR                                  |
| Scott R.  | Assistant OGSR                        |
| Martin F. | Treasurer                             |
| Ronald C. | Meeting Facilitator                   |
| Robert C. | 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 May Birthdays to:

|            |          |           |
|------------|----------|-----------|
| Roger B.   | 05/29/92 | 26 Years! |
| Richard S. | 05/07/09 | 9 Years!  |
| Brian K.   | 05/01/12 | 6 Years!  |
| James H.   | 05/19/12 | 6 Years!  |
| Willard T. | 05/30/16 | 2 Years!  |
| Trevor B.  | 05/19/17 | 1 Year!   |

## Happy June Birthdays to:

|            |          |           |
|------------|----------|-----------|
| Darrel E.  | 06/01/70 | 48 Years! |
| Steven C.  | 06/01/89 | 29 Years! |
| David F.   | 06/08/97 | 21 Years! |
| John J.    | 06/27/06 | 11 Years! |
| Karl B.    | 06/02/15 | 3 Years!  |
| Anthony S. | 06/05/17 | 1 Year!   |
| Sam L.     | 06/22/17 | 1 Year!   |
| David C.   | 06/30/17 | 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.**

# Happy 74th Anniversary!

Congratulations to the Mill Creek AA Group! We are celebrating our 74<sup>th</sup> anniversary this month on May 3<sup>rd</sup>. The Mill Creek AA Group is the longest running prison AA group in the nation. The reason being the long tradition of caring and dedicated members who choose to share their experience strength and hope with their fellow brothers of AA, and yes, that means you. Thank you all for your shared time, dedication, inspiration and sobriety.



*“The old-timers are at it again—arguing over who’s got the most serenity!”*

# From the President

Tim T. Mill Creek A.A. President

I find myself often wondering about why and how I ended up where I am, here in prison, locked in a cage like an animal for most of the day, every day, never able to go for a peaceful walk at night, eat at a nice restaurant, make love to a woman. It's so goddamned unnatural, isn't it? It really is like a nightmare. Something unreal, so awful, so horrific, it just couldn't be real, could it? But then, I again feel the claustrophobia of the cage in which I'm forced to live and I once more comprehend oh so clearly that it is absolutely real. It's the most real thing I've ever experienced. For me, it's madness. I get so frustrated when I hear other men say, "Prison saved my life," or "I know I deserved to pay for my sins," or "If I wouldn't have come to prison, I know I'd be dead by now."

What!?! What the hell? No! Wake up! I want to yell in their face, we are victims! Good men enslaved by this corrupt system by evil and corrupt monsters! Right? "I don't belong here!" I silently scream to myself in my little cage (which by the way is usually when someone else on the block will scream those exact words out loud, I'm fairly sure mocking me and my pain on some weird spiritual level) But then, once more my mind wonders as to what I actually did to end up here in this prison. It again hits me. Oh yeah, I remember, not so great. In fact, kinda awful and mean and cruel. You're such an Idiot!!!

"Goddamnit," I quietly whisper to myself. "Maybe I do deserve this. Ok, maybe not this much time, not this form of punishment and despair, but crap, maybe I do need to still figure some things out." The fact is, I'm not innocent. I actually did do those things they said I did, and frankly, what a fool I was, maybe I still am. It's a tough pill to swallow, but I know I have to accept responsibility, if I

ever really do want to grow as a man, as a decent person, I have to accept that I've made some pretty big and horrible mistakes. I don't believe I'm evil. I know I'm not. But the truth is, at times, I am selfish, cruel, violent.

"Goddamnit," I again sadly whisper to myself. "Ok, God, universe, ancestors, if anyone is listening, I'm sorry. I don't want to be less than what I'm meant to be. Please, guide me, show me who I can be. Give me a clean heart, a kind heart. Please, show me..."

Step Five says, "*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*" I realize again I have to admit my mistakes, confess my sins. "Man-up, Tim and just admit the fact you put yourself here! No more pretending, no more lying to yourself. Admit it!" The fact is, ok, it happened, it is what it is. But the truth is, and this is so important, it's what I do from this moment on that matters most. Do I just accept that I'm a jerk, flawed, even perhaps broken and there's just nothing I can do about it? The answer? Hell, no! Admitting that I've been wrong is not the end. In fact, it's just the beginning. If I don't like what I've done, who I've been, guess what. I can change! I'm a grown-ass man and I get to do whatever the hell I want, and if want to change and become someone better than who I've been, all I have to do is choose to do it. Of course it's a process. It takes time, but the first step is seeing where I've made mistakes and then? Fix them!!! Step Six says, "*Were entirely ready to have God remove all these defects of character.*" If anyone out there is listening, I'm ready! I am so freakin' ready! I know there is such an incredible future waiting for me if I can just get there, because I know with patience, with dedication and with an absolute desire to be honest about who I am and who I want to be, I know I can get there. I know we all can get there. We must get there. So, how do we do it? The secret? *We choose to...*

# **From The V. President**

David F. Mill Creek A.A. Vice President

## **The Fifth Step**

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

Lets see, admitting to God, to myself, and to another live human being that I have done wrong in life, that is impossible! I have never done wrong... Well, let's say that was my attitude when I first came into this program. But when I was able to finally open up my mind honestly to myself about my actions, and how they have affected others or even myself, it was a mind-blowing experience. Now, after taking the necessary step forward and admitting those things to my higher power I can do that. But admitting it to another living-breathing human being that I will have to see again tomorrow and talk to again at another point and time. That was a big step, but honestly I was not prepared at all. My sponsor knew I was done with it and he asked me to go to the beach one day to go windsurfing. When we got to the beach he said we are not going windsurfing today... we are here to do your 5<sup>th</sup> step! I used the excuse that I didn't have my notes with me to go over it! He pulled my step work notebook out of his backpack and said its okay your girlfriend gave it to me last night when I stopped by! So, I finally had no excuse and I finally broke down and did my fifth step. It was an exhilarating experience once I started I didn't even realize what was happening at first but with every word it was as if another weight was slowly lifted off of my back. By the time I was done I was no longer worried about what he thought of me because I knew he truly understood what I had done and was still there for me. I felt like a child again with a clear conscious and an open mind. For me the fifth step was the turning point, I was over the hump! If I could admit to someone my faults and weaknesses I could do anything.

## **The Fifth Tradition**

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

# **From The Treasurer**

Martin F. Mill Creek Meeting Facilitator

## **The Sixth Step**

*Were entirely ready to have God remove all these defects of character.*

As the 12x12 states, “ This is the step that separates the men from the boys.” Admitting that my willpower alone won't overcome my addiction, letting go of that need for control and giving it over to my higher power. This step is not something that we can achieve overnight, but the beginning of a lifetime of work. We must be content with patient improvement, not expecting all of our character defects to be gone overnight. We must maintain a view of open-mindedness in our recovery, we should not tell ourselves that we could never give a certain defect up but understand this is a difficult process and set goals of improvement for ourselves that we could never give a certain defect up but understand this is a difficult process and set goals of improvement for ourselves. Being ready means taking the steps to achieve those goals and not giving up if we falter. Step Six is an aim at spiritual and moral perfection; it is not an expectation of it. What is important is that we make a beginning, keep trying and allow our Higher Power to help us. That I believe we can all do.

## **The Sixth Tradition**

*An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

# Farewell From The GSR

Bryan K. Mill Creek A.A. GSR

Hello my friends, I would like to thank you all for your friendship and support. I have learned a lot from this group as a whole and from individuals within the group as well. This will be my last letter to you all as I am moving on to my next step on my journey to freedom. I have learned that I am to be transferred to a minimum facility very soon. It has been a privilege and an honor to be able to serve this group that has made such a difference in my life. This is a great group and I encourage you all to stay with it. Thank you and I wish you all the best on your journey through life. Never give up on your dreams and continue to work the steps, they work if you work them.

Sincerely,  
Bryan Knight

**I may not be able to control everything that happens to me however I can control how I respond to what does happen to me. In my response is my power.**

# From The Librarian

Robert C. Mill Creek A.A. Librarian

Hi ya'll! I'm Robert and I'm an alcoholic. I am also the new AA Librarian. I look forward to being of service to the AA community. If you have any questions, feel free to ask.

We have a pretty good collection of books about sobriety in and out of prison. Feel to check them out, as well as some of the other literature we have available during our meetings. You will find the books and other items available in the wooden cabinet, as well as on the table next to it. Or you can send a kyte requesting something you know we have, and I'll see if I can get it to you.

If you are new to the meetings, please be sure to let us know, and we will get you an AA Big Book. You will be able to take it home with you. It is yours to keep while you are housed here at OSP. Feel free to think of it that way. You can make notes in it, write in it, and highlight the parts you like, or just treat it like any other book and just read it.

For those of you who are about to be released, let me or one of the other volunteers know, and we will be able to get you a brand new AA Big Book, 12x12, and Daily Reflections that we can put your name in, and you will have them to take home with you upon your release.

If you have any other questions, concerns, or suggestions, just let me know and if I am not available anyone of our other volunteers should be able to help as well.

Thank you!

# 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.**

## Anisometropia

By John Pal

They try to fight Universal fate humanity  
cannot win

Just lost souls in darkness living lives sin  
Little love is dying, very few care  
Wind songs are crying, only a few are aware

Why kill one another when it belongs to us all  
No belief in the Golden Rules just the fall  
Souls on the streets dying, in lonely poverty  
Don't have what they need too much society

Judging one another the Good Book states  
Too much room for error truth comes to late  
Take a good look, see the total of the sum  
Heavens reward is not just what you have  
done

It is also what you failed to do with what's  
been given  
Better look deep inside see if you are among  
the living  
Understanding isn't seeing, all them who have  
been killed  
Learn to hold on to one another and be real

## Bruised Knuckles &

### Black Eyes

Rick R. Poway, Calif.

When I was 13, my friend and I talked a drunk into buying us a few quarts of beer and we commenced to get wasted for the first time in our lives. I now knew the why adults drank this stuff every night. I work up the next morning and went off to school with a nasty hangover. That was eighth grade.

In high school, I worked in a bowling alley setting up pins from 6:00 till 10:30P.M. When my buddies and I got off, we'd go to a sleazy bar where we could get someone to buy beer for us. From there we'd go to an abandon school building and drink till all the beer was gone, get into fistfights with each other, and wake up the next morning with black eyes and skinned up knuckles and elbows. At school, we'd come up with some story about what had happened.

Shortly after getting my driver's license, I came home after a party and smashed into a parked car, but I continued to drink unabated. I quit school my senior year and joined the Navy. There I got locked up for gang fighting and having my second drunk driving accident when I drove into a gas station and hit a car at the pump. I continued this kind of behavior for 10 more years, and I'm lucky I survived. There were more trips to jail, a failed marriage, more broken bones, cuts, and bruises and broken relations with almost everyone who means anything to me.

Then one day when I was 28, I surrendered and showed up at AA having just come out of another blackout. I was greeted in on the front lawn of a little meeting house in Los Angeles by three people who welcomed me with open arms as though they were expecting me. They didn't even know me. They began to listen patiently to my tails of woe, nodding as they seemed to understand. Their eyes were soft and gentle with compassion.

I really believed that my life was over that day. But one of them told me, "Life isn't passing you by nearly as fast as you think it is." They just said to come inside and have a cup of coffee. They were right. All those bad days are but a distant memory now.

My hope is that all who arrive at the doors of AA can be accepted with the same kind of love and kindness that I experienced. I'm 37 years old now and on my way to 100 plus. Life is really good.

## **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.

## **Stress hormone may impact recovery from alcoholism**

Alcoholism: Clinical & Experimental Research

Scientists at the University of Liverpool have found high levels of a stress hormone in recovering alcoholics could increase the risk of relapse.

The study showed that cortisol, a hormone produced by the adrenal gland in response to stress, is found in high levels in chronic alcoholics, as well as those recovering from alcoholism. Researchers found that this could result in impaired memory, attention and decision-making function, which could decrease the patient's ability to engage with treatment. Cortisol plays an important role in the regulation of emotion, learning, attention, energy utilization and the immune system. The research showed that high levels of this hormone continue to be elevated during withdrawal from alcohol and after long periods of abstinence, researchers said that both drinking and withdrawal from alcohol can affect cortisol functions in humans. Cortisol dysfunction "may contribute to the high rates of relapse reported in alcohol dependence even after many months of abstinence."

## **Physician Substance-abuse Training "Inadequate"**

Annals of Internal Medicine

According to educators at Yale School of Medicine and other U.S. medical schools, doctors-to-be require a lot more training to address substance abuse than they currently receive. "Despite the fact that substance use is responsible for an enormous burden of disease in their patients, and evidence-based screening approaches have been developed, physicians often fail to identify and treat substance abuse routinely," said Patrick O'Connor, MD, Chief of the Section of General Internal Medicine at Yale and lead author of the paper. "This may result not only in ongoing substance use and its complications, but also in inadequate treatment of the medical conditions for which their patients are being seen," he said.

## **Sleep Problems Persist for Recovering Alcoholics**

Medill Reports; Northwestern University

A study published in the 2009 edition of the journal *Sleep* found that trouble with sleep can occur for recovering alcoholics even two years into sobriety. Not sleeping can lead to other problems. "Sleep problems are ubiquitous when drinking is a problem," said Ian Colrain, director of the International Sleep Research Program in Menlo Park, California. "Trouble sleeping is a common reason people relapse." The study showed that recovering alcoholics have less deep sleep and therefore poorer sleep quality than non-alcoholics, even two years after their last drink. The study also found that an increase of REM sleep, the stage of sleep characterized by rapid eye movement and dreaming, continued beyond the first stages of recovery. Solutions such as drinking warm milk and avoiding coffee, smoking and napping can help, said Steven Hart, director of a nationally operated rehabilitation center. "Eventually you will get back to normal sleep."



# On a Lighter Note

## Inflated Convention-Goers

Woody R.  
Stockton, Ca.

In July, we arrived early at Atlanta for the convention and decided to take the two-mile walk from our hotel down to the event. The next day, I told our breakfast server that we had walked downtown. She was amazed that we walked that far. I told her it wasn't a bad walk, except for the humidity. "Yes" she replied, "the humidity is bad around here, it's really high." So I responded, "Yes, I know. There was about 70 percent humidity today, and I think tomorrow the humidity will rise to 80 percent."

## Keep Coming Back

Kay K.  
Redondo Beach Ca.

Twenty-five years ago, I was eager for my husband-to-be (a normie) to understand A.A., so I took him to some open meetings, an experience that not many people get to have in their everyday lives. Later he was describing us to some of his normie friends: "There's usually a speaker and lots of laughing and clapping," he said. "At the end they all hold hands and pray, and then they say, 'Keep coming back. If it works, it works.'"

## The Moral of the Story is....

An elderly carpenter was ready to retire, and he told his boss of his plans to leave and live a more leisurely life with his wife. He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see such a good worker go, and he asked the carpenter to build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work, the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said. "It is my gift to you." The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back...Ask God to be the master-builder of your life! He will show you how to build a strong foundation for the 'house' of your life...in just 12 steps. ☺

# 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

First off, congratulations to Joe C. on becoming our new OGSR and Scott R. as the new Assistant OGSR. Second we would like to thank Scott R for his many years of service, dedication, and commitment to the Mill Creek A.A. Group. Thank you very much for your much-appreciated service! Lastly we would like to thank Rick M. for all of his service and help as our Assistant OGSR for the past few years. Thank you for your service and commitment!

## **Happy 74<sup>th</sup> Anniversary Mill Creek A.A. Group!**

Don't forget 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 all there 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.