

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary
Newsletter for July/August 2019

Edition 76 No.4

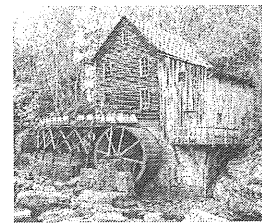


Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 76 No. 4

July/August 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: | \$ 1788.88 |
| Admin. Interest March & April | \$ 16.77 |
| Donations Jan./Feb. | \$ 172.50 |
| Reimbursements | \$ 53.84 |
| Ann. Cake & Ice Cream | \$ -302.44 |
| Pastries May/June | \$ -48.13 |
| Event Photos | \$ -32.24 |
| ENDING BALANCE: | \$ 1649.96 |

Trusted Servants

| | |
|-----------|----------------------------------|
| David F. | President/ Office Facilitator |
| Josh W. | Vice. President |
| Open | GSR |
| Joe C. | OGSR |
| June S. | Assistant OGSR |
| Martin F. | Treasurer/CFO |
| Ronald C. | Meeting Facilitator |
| Jacob M | Librarian |
| Austin B. | Newsletter Editor |

Wednesday Night Book Study

Chairman: Ronald C.

Thursday Night Meeting

Secretary: David F. 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:

Ms. Patrace Lans
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 Joe C. at:

E-mail: millcreek1944@gmail.com

We would love to have you join us!

DISCLAIMER

The purpose of the Mill Creek A.A. Group Newsletter is to increase unity and to carry the message of recovery to other alcoholics.
The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous as a whole or The Mill Creek AA Group of OSP.

No endorsement of or affiliation with any groups or with any organization is at any time intended or implied.

Reprint rights are granted to all service boards, groups and committees of A.A. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to edit all submissions at his discretion.

The Mill Creek A.A. Group at the Oregon State Penitentiary does not endorse any outside enterprise or lend its name, or the A.A. name to any state agencies, treatment or counseling services whatsoever. The Mill Creek AA Newsletter is produced solely by the inmates at OSP and is intended to simply reach out, and share the good message of recovery.

Congratulations!

We celebrate everyone who has worked so hard in doing what needs to be done in staying sober,

“One day at a time”

Happy July Birthdays to:

| | | |
|----------|----------|-----------|
| Brian R. | 07/15/95 | 24 Years! |
| Gary S. | 07/28/96 | 23 Years! |
| Troy S. | 07/02/16 | 3 Years! |
| Evan W. | 07/06/16 | 3 Years! |
| Roy S. | 07/16/16 | 3 Years! |
| Chris H. | 07/06/17 | 2 Years! |

Happy August Birthdays to:

| | | |
|------------|----------|-----------|
| Roger E. | 08/09/82 | 37 Years! |
| Tim A. | 08/21/87 | 32 Years! |
| June S. | 08/01/92 | 27 Years! |
| Jimmy K. | 08/10/97 | 22 Years! |
| William B. | 08/30/06 | 13 Years! |
| Dennis S. | 08/28/08 | 11 Years! |
| Charles T. | 08/24/12 | 6 Years! |
| Robert S. | 08/15/15 | 4 Years! |
| Richard M. | 08/09/16 | 3 Years! |
| Jason B. | 08/16/16 | 3 Years! |
| Gary L. | 08/23/16 | 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 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 something beyond myself for “the 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

STEP SEVEN

“Humbly asked Him to remove our shortcomings.”

Seventh Step Prayer

Big Book p. 76

“My Creator,
I am now willing that You should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and to my fellows. Grant me strength, as I go out from here to do your bidding. Amen.”

Step Seven is about Humility

What is humility? What can it mean to us? First of all, it can be the avenue to true freedom of the human spirit, even a necessary aid to survival. One must understand the value of ego puncturing. Failure and misery can be transformed by humility. One can find strength from weakness. Pain is often the admission price to a new life. Self-centered fear is often the chief activator of defects. Step Seven is change in attitude, which permits us to move out of ourselves, and then towards God.

(12x12)

STEP EIGHT

“Made a list of all persons we have harmed, and became willing to make amends to them all.”

This and the next two Steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness, certain kinds of harm done to others, avoiding extreme judgments, taking the objective view. Step Eight is the beginning of the end of isolation.

The Eighth Tradition

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

FROM THE PRESIDENT

Tim T., AA President

It's a crazy reality, living in a cage, isn't it? Trying desperately to occupy our minds with whatever we can to forget, or at least set aside, the trauma of being locked away, separated from our families, not for a week or two, but for years upon years. **It's insanity.** I'm so often filled with so much anger, so much hatred for this corrupt thing called the American Justice System. I'm not an idiot, I know in the past I may have done wrong, things I'm not proud of, but for this system to destroy my family, throw generations of my bloodline into chaos, all because of some over zealous prosecutor who doesn't give a damn about anyone but himself and his own political career. It's just so wrong. This isn't what prison was meant to be.

Our forefathers knew a family couldn't make it without the dad, the husband, to be there, to fight for his family. Correction was meant to be swift and harsh, but short. They knew without the dad, the children would lose their way, their little spirits lost without their dad to hold them, to teach them, to guide them on the path of becoming responsible adults. Now, it's all about the government taking control of the family and especially the children. This system wants our children lost. I really believe that. That tragedy guarantees another generation will be reliant, dependant on this corrupt, broken thing for its very existence, another generation of little girls who never knew their father's love, little boys who will grow up without their dad, often ending up in prison themselves. Why am I saying these things? Because we have every excuse, every justified reason to hate this system and all who profit from it. Is it evil? YES! Is it using us, our stories, to justify their unjust actions so they can retain power over us, and our families? YES! Do I hate 99% of these goddamned people and their arrogance and their disrespect? YES! But the fact is, the truth is, the absolute bottom line is, none of that has anything to do with whether or not I will become the man I am meant to be, the man my parents prayed I would one day become. That is my real journey, regardless of what I must endure or survive along that path of becoming my better self.

Others in the past have lost their families, their children in war, disease, and yes, unjust laws and systems that took advantage of the weak and the poor, but they had to endure, and so, I must endure as well. I must continue to fight to become who I am meant to be, even through the horrors of this place and the cruelty it inflicts on me, and my loved ones every single day of our lives. I will not let the evil win. I will not let those who take so much pleasure from my suffering defeat me. I have to believe, at the very least,

This too shall pass,

And God willing, these bastards will one day get what they really deserve. Wouldn't that be nice, actual justice in this universe? For us to see evil get what's coming? Maybe, I hope so, but again it has nothing to do with what or whether I am becoming my true self. I will become the man I am meant to be, not because of this corrupt system, but in spite of it. That is our real battle. To not let this place and these people change us, trick us into becoming less than who we really are.

In this issue, we're talking about steps seven and eight. They are not about blaming others for our mistakes, our sins, but taking responsibility for them, no matter what the circumstances. Step Seven says, "Humbly asked Him to remove our shortcomings." Step Eight says, "Made a list of all persons we had harmed and became willing to make emends to them all." They are about us fixing ourselves and taking responsibility for the bad deeds we have done, no matter where we are or what we are being forced to endure. For me, the excuses are over, and believe me; I have a ton of 'em, good ones, really, really valid ones. But it doesn't matter. I'm done with feeling sorry for myself. I will survive this hell and I will still become the man, the father, my awesome little children deserve. And the truth is, by the time I get out of here, they won't be so little anymore. Twelve years is a hell of a long time to not be with those you love. I'm so done with this place. So, I'm ready. I'm ready to have Him remove my shortcomings. My God, I'm so damn ready. Aren't you?

From the Vice President

GOODBYE!!!

I am an Alcoholic and my problem is David. I just wanted to say Thank You and Goodbye to all of the men here at the longest running AA prison meeting in the world. You guys here have made this possible, and I have faith that you will keep it running for years to come. I am so very proud to have called this meeting my home group for the last 5 years and will never forget you gentlemen. Through volunteering, service positions and even just serving you guys cinnamon rolls once in awhile, I thank you for the opportunity to be of service and for keeping me sober through these times in prison.

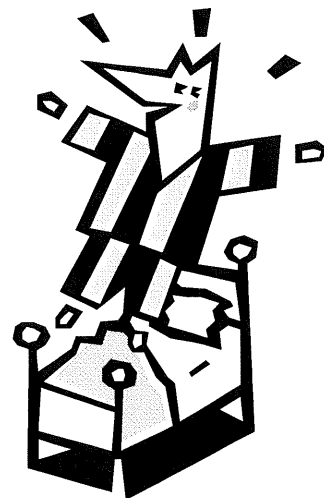
You as well as I both know that the drink and drug are aplenty in this facility as well as every facility in the world. That is one thing that us drunks know, even in the desert we would find a way to drink one way or another if we didn't have the support of our fellow brothers (and sisters) in recovery. I have been through county jails and institutions all over the west coast and not a single one had an AA meeting quite like this one. The men here truly care, I have seen it on the yard, I have seen it in the chow hall and I have seen this program work. I have seen men calling other men out on their actions, downfalls and feelings in public (and yes if you're a newcomer, we do have feelings, its okay you'll survive). They

work through those moments constructively and positively with good intentions, not trying to belittle the other but build them back up to become better men. Remember, if you see anyone struggling, this is a selfish program, go help them out, because if you do it, it will keep you sober. So, be a selfish alcoholic and practice your 12th Step daily! I know through your alcoholism you didn't have an issue with being selfish, so don't stop now. Just remember, your alcoholism is in your pocket and it is doing pushups so don't let him ever get stronger than your recovery!

Now is my time to go on with my life and continue my journey of recovery on the streets. You gentlemen will always be on my mind and hopefully one day I will see you out there. If not, make sure to be relentless when it comes to your recovery. Never Give Up!!!

Keep It Simple Stupid,

David F. Mill
Creek AA V. Pres.



On a Lighter Note

Keeping track

DID YOU HEAR ABOUT THE NEW WRIST FITNESS-TRACKER DESIGNED FOR ALCOHOLICS? AFTER EVER 12 STEPS, IT RESETS TO ZERO!

KEN O.
DENVER, COLO.

Genius at work

So I was at this bar last night and the waitress yells out, "Does anyone here know CPR?"

And I yelled, "Heck, yeah! I know the whole alphabet!"

Bob M.
Green valley, Ariz.

Back for seconds

A man walked into a bar and ordered a drink. After the bartender handed him his drink, the man got up from the bar stool, and headed straight for the patio and poured out his entire drink.

He immediately walked back over to the bar and ordered another. Puzzled, the bartender asked, "Is everything OK? You didn't even take a drink of the one I handed you." The man replied, "Oh yes. You see, the drink I poured out was my first one; it'll get you every time!"

Kelly M.
Medford, Ore.

My kind of alkie

AA says that we are people who normally would not mix. Well that's sure true for me. I drank mine straight up.

David L.
Columbus, Ohio

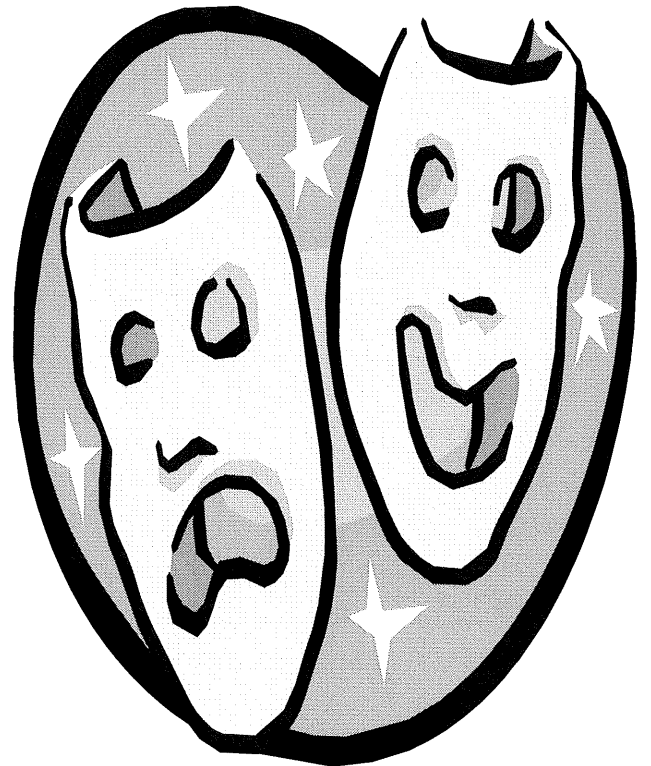
Bad Connections

Sponsor to newcomer: Every morning I want you to ask, "God, is this the day I'm supposed to drink?"

Newcomer: Hmm...what if the answer is yes?

Sponsor: Call me! You have a bad connection.

Robert P.
Amity, Ore.



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.

Deaths from alcohol, drugs and suicide on rise in people of color

New demographic research shows that alcohol, drug and suicide deaths increased at a record pace in 2016, by 11 percent overall, and represent more than 14,000 additional deaths over 2015. There were large increases in drug deaths among minority groups in the U.S., particularly among black Americans, at 29 percent. Latinos saw drug death rates increase 24 percent, while the rate for whites increased 19 percent from 2015 to 2016.

Researchers at the Trust for America's Health found that in 2016 more than 142,000 Americans, the highest number ever recorded, died from alcohol-induced fatalities, drug overdoses and suicide- an average of one ever four minutes.

"These data should be a signal to every person- from our friends, family and neighbors to policy makers-that we have a crisis in our country with drugs, alcohol and suicide," said Benjamin F. Miller, PsyD, Chief Strategy Officer, Well Being Trust.

Source: Well Being Trust
February, 2018

Childhood ADHD linked to later heavy drinking, depression

In recent years, a number of studies have noted a link among attention-deficit/ Hyperactivity disorder (ADHD) and heavy alcohol use and depressive symptoms in adulthood. But researchers now say childhood ADHD predicts an increased association between heavy drinking and depression in adulthood, particularly in people between ages 25 and 29.

The researchers found that, "due to the strengthening association between heavy drinking and depression for adults in their late 20s, and increasing depression for adults with ADHD in childhood may be at greater risk for co-occurring depression and binge drinking" in later adulthood

FROM THE ASST. EDITOR

*If you have any artwork, **BRING IT TO US.** We are now looking for Alcohol-related GRAPHIC WORKS, POETRY, OR IDEAS. If you have any thoughts, I am asking that you please, **please kite us** (addressed to A.A. Asst. Newsletter Editor)...this next month's news will address the Fifth and Sixth steps (check out your 12x12)....any ideas for events, support, or any A.A. related topics are more than welcome.*

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; EOCI, 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!

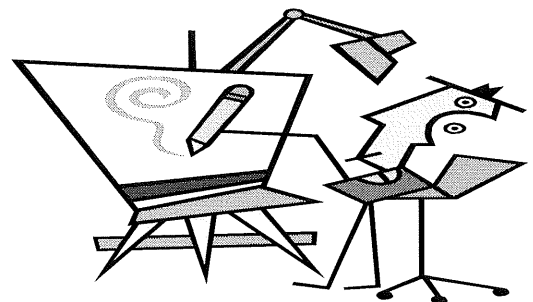
Here are some other ways you can help

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

ENVIÉ UN KYTE A:

Activities C/O A.A. en español

Announcements

Hey Guys summer is finally here! Just wanted to let you guys know that our A.A. delegate is coming August 1st to do her post conference report. So there will be no optional line for showers or pill line.

Also gentlemen remember that we have our banquets coming up here in October and November. So make sure to stay out of trouble to get that level 3 so you can enjoy a nice meal with a guys and all of your brother and sisters in A.A.

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 2019

Meeting Schedule

Meeting Schedule Subject to Change

MON/MORNING MEETING

Every Monday Moring. 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

First Saturday 7:45 am
(Activities Floor)

| | |
|-------------------|-------------------|
| 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.