

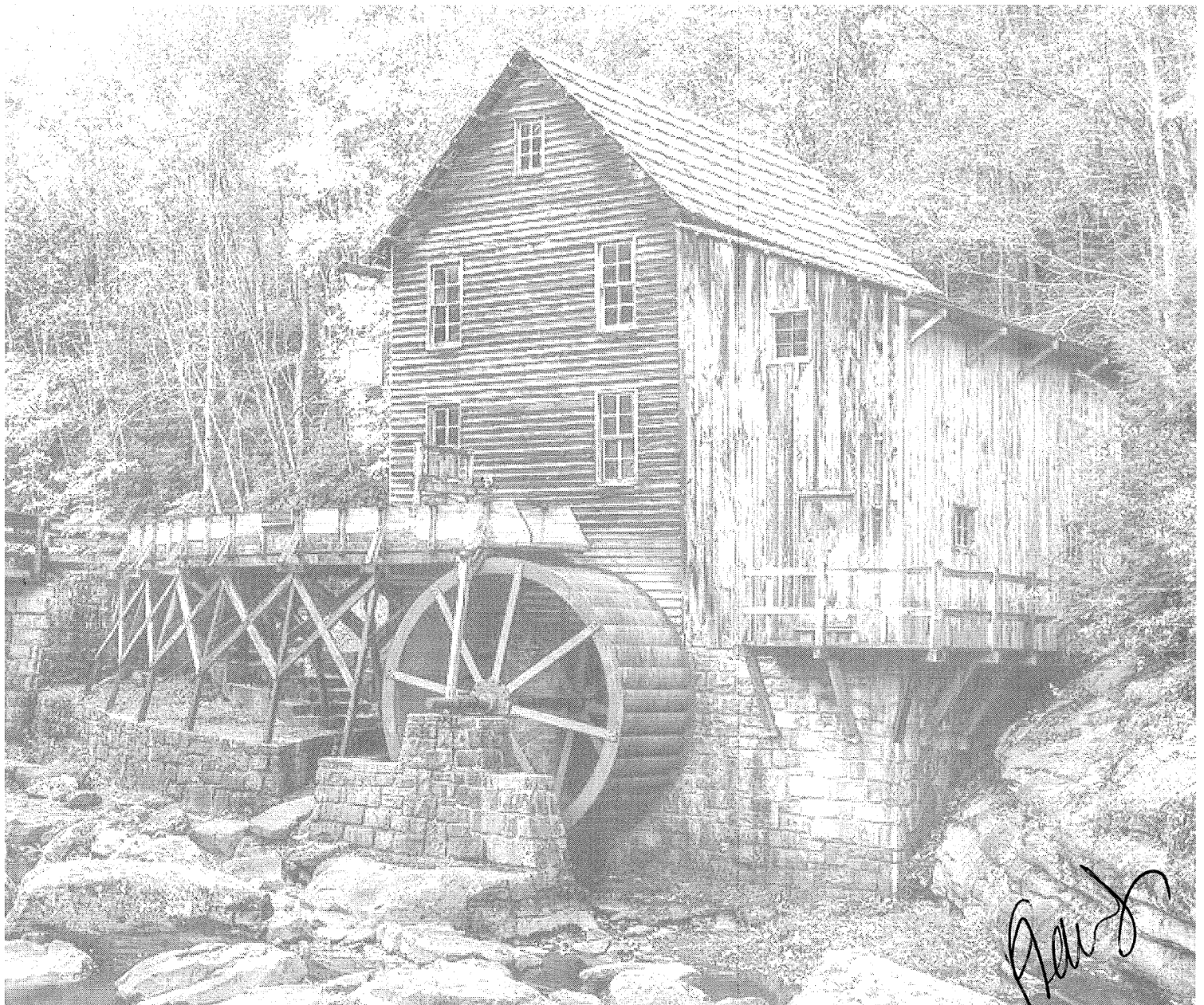
Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for November/December 2019

Edition 78 No.6



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 November Birthdays to:

Larry M.	11/07/92	27 Years!
Kevin P.	11/12/92	27 Years!
Charles H.	11/01/98	21 Years!
Robert C.	11/02/13	6 Years!
Paul S.	11/07/14	5 Years!
Anthony W.	11/21/14	5 Years!
Jeffery G.	11/08/16	2 Years!
Jason B.	11/10/16	2 Years!

Happy December Birthdays to:

Larry B.	12/31/89	29 Years!
Thomas W.	12/01/97	22 Years!
Richard M.	12/26/97	21 Years!
Jose G.	12/20/02	16 Years!
Gary H.	12/24/02	16 Years!
Kenneth P.	12/26/02	16 Years!
Adam H.	12/01/15	3 Years!
Jeremy C.	12/23/16	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.

From the Librarian

Jacob M.

Step 11

“Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of His will for us and the power to carry that out.”

I believe in God, my higher power is Jesus Christ. The issue of a higher power seems controversial at times lots of people have different opinions and some not at all. For me to share my strength, hope, and experience I must first and foremost be honest with you all and myself. The truth is I was not a Christian or a believer of any kind. I was a liar, and a junky, a thief and a bully, a braggart, and a devil worshiper. My life was riddled with depravity and poison and I was a walking talking violent and infectious curse who lived only to kill, steal, and destroy. I equate my life before I “came to believe” to being a literal hand tool of the devil, driven by demons and forces “spirits” beyond my feeble human capacity to control.

I destroyed families, wrecked homes, infected people with poisonous ideas, poisonous substances and permanent trauma of mind body and spirit... Ultimately culminating in the death of a young man who left behind a wife, two children and a mother and father. I myself left behind a pregnant wife and an entire community in turmoil and total disarray... Not the legacy my God or my parents had intended for me upon my conception. In truth I cannot tell you the devil made me do it, that would be a lie. I chose my addiction, and the actions while actively using over and over again. Looking back now I can see the many times my God tried to help me, I was rebellious and sick. Truly lost and selfishly deluded. I was a hard-core take no prisoners suicide is slow with liquor addict!

And then one day something told me there was more to it all than I could possibly understand. I heard God in that silent still voice, inspiring me to ask Him; and so I did in utter and total despair, desperation and falling in a pit so dark and so deep there was no return. I fell to my knees and asked God to give me clarity! And when I reached out with my whole being, not knowing how or to what I was doing it to, only knowing I could not continue on my own... I asked God to give my clarity and teach me how to pray, and He did. It was a process and is ongoing, but in absolute truth and to share my strength, hope, and experience I can honestly say I came to believe that a power greater than myself could, would, and HAS restored me to sanity. It may seem foreign to you, it may seem pointless, you may have doubts or defiance but I'm here to tell you despite what you do or don't believe. God believes in you... And because of our fellowship and principles in A.A. WE believe in you too. Prayer is the simplest form of communication ever, just ask Him. Don't take my word for it, ask your higher power to guide your heart and mind. I believe He will, I believe in you because I believe in God, and if He did it for me He can do it for you. Trust in the lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will direct your paths. Keep coming back because it works when you work it. So work it, because you're worth it.

From the Vice

President

Ron C.

Hello guys Ron here V.P. of the group thought I'd say a few words. First thank you to all those who attended the October banquet it was a big success I believe that all the outside guest had a great time with their AIC's I was glad to see all the smiles on their faces and a big THANK YOU to the members that helped set up and serve it would not be the same without all of their dedication and assistance.

OK a little bit about the 12th month step “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs. So you need to realize not all of us have the same idea of what sobriety is but so long as you are able to manage this step. I implore you to do so at this time of year, we as alcoholics struggle coming in to the holidays especially inside these prison walls. The holidays provide us with the perfect time to reach out and establish a helping hand to someone struggling and suffering with the loneliness and isolation of our incarceration. Connecting with another person inside these walls at this time of year. May allow us to step away from our own wants and needs and think of someone who may still be suffering more. A simple conversation inside these walls, where isolation can rule supreme could just be saving and life changing to you and them. Through this gift of communication, I believe the walls of isolation and loneliness can come down and hope enters a person's life.

P.S. Thank You to those who take time to reach out to me I do appreciate the effort.

On a Lighter Note

How many sponsees?

After 30 years of sobriety, I'm often asked by newcomers how many people I sponsor.

The answer is always the same: "About half of them."

Jim K.
Beaver Falls, Pa

Time's a wastin'

What did one hillbilly alcoholic say to another?

"Ya gonna pass that juggernaut"

Emily P
Grand Junction, Colo

Whiskey diet

A drunk was sitting at the bar bragging to his buddy.

"I've been on the whiskey diet," he said.

"Oh yeah?" his buddy replied.

"Yeah," said the drunk.

"I've lost three days already!"

Deanna S
Alpharetta, Ga.

Ouch!

Q: What's the difference between a mosquito and an alcoholic?

A: The mosquito quits drinking when you slap him!

Jean S.
St. Louis de Kent
New Brunswick

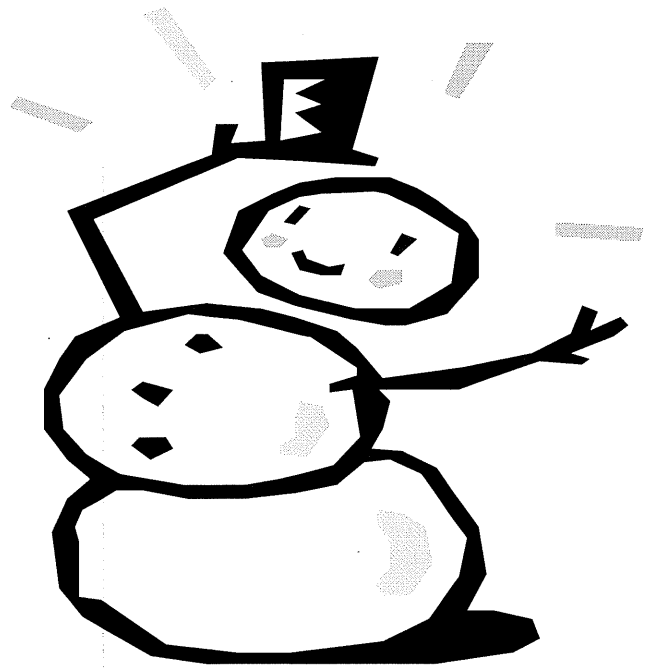
One too many

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?"

Dusty B.
Hancock, Main



Poems and Stories

A Strange Place

I'm lost in this storm no doubt. To deep in darkness, that I can't seem to find my way out. My head's spinning, my world's crumbling, and no one seems to be around. I can feel it within the depth of my gut; I'll once again acquaint myself with the ground. Sounds and voices around me are incoherent. My senses and reason's gone, apparent. A volcano at my core about to erupt. I question myself, why did I not stop? Then I recall sadness, and anger, and pity. Three stupid, selfish excuses that left me unsteady. Which brought me fear and shame to look at my loved ones face. Because I took the wrong path to a strange place.

A Road To A New Change

Don't lose your 'self amongst the melee of souls that sadly somehow lost all control. And dove into the depth of a cold hard bottle. Choosing not to cuddle with their loved ones and instead swim towards trouble. To simply drown their burdens. Shutting out the sounds of pleas from friends and families. Is it not me alone to choose which direction I should head to? One pointing towards home. The other, my preferred bottle and a few brews. If only I made the right choice. I wouldn't be here behind bars listening to my own voice. Preaching of what I should have done. Except now, time finally has come to remind me everyday of that outcome. Now, I see the error of my ways, as bright as the sun. days go by and anew has begun.

Leo G
Mill Creek A.A. Group, OSP

THINGS COULD BE WORSE

I was having a terrible week. It reminded me of my favorite movie, "My Cousin Vinny," when a Nashville cop pulled me over and gave me a speeding ticket for- get this one- doing 45 in a 35 mph zone. And adding insult to injury, he nailed me just one clock from my new home. To make matters even worse, I must now take a boring, four-hour driver's safety course!

But wait. It gets worse. Two days later, I got a flat on a tire I recently purchased. And to cap off my wonderful week, my wife and I joined a cultural group and ended up at a roller derby!

However, just when I was going to start complaining about all my problems, AA kicked in and my Higher Power set me straight. He showed me exactly what having *real* problems are all about. Driving home that day, I noticed a crucifix on the side of the road surrounded with beautiful flowers. I realized that someone, maybe young, maybe from an alcohol-related accident, had died at that spot. Now that's a real problem.

Not my speeding ticket or my flat tire. Just at that moment, Travis Tritt's country song. "The Whiskey Aint Workin'" came over my car radio. That did it for me. I started grinning from ear to ear. I began thinking about last week when I got to spend Father's Day with my two gorgeous Nashville granddaughters.

Stop complaining, I told myself. Add *that* to your gratitude list. None of my six grandchildren have ever seen me drunk, and with God's help, they never will. I'm the luckiest guy in the world. Even driving to a roller derby with three points on my new Tennessee driver's license, in a car with a new \$250 tire. It doesn't get any better.

Definitely Steve.
Nashville, Tenn.



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

MONDAY MORNING MEETING

This is an opportunity to participate in a meeting every week. So you can work on your addiction to alcohol, and drugs, and be a better individual. Putting balance in your life will be sweet. Come join us.

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:

Actividades C/O A.A. en español

Announcements

Remember we have our annual Christmas event Thursday December 5th. This is for **club members only**. We can't wait to see you there!

HAPPY HOLIDAYS
EVERYONE!!!

Anonymity
is the spiritual foundation of
all our Traditions.
Please respect this and treat
in confidence, who you see
and what you hear.