

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for January/February 2020

Edition 79 No.1



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 79 No. 1

January/February 2020



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:	\$ 1269.27
Admin. Interest Nov/Dec:	\$ 8.71
Donations Nov/Dec:	\$ 890.72
Loss Dec. Celebration:	\$ 503.17
Pastries Nov/Dec:	\$ 174.78
ENDING BALANCE:	\$ 1490.75

Trusted Servants

Martin F.	President
Ronald C.	Vice. President
Scott B.	GSR
Joe C.	OGSR
Steve G.	Treasurer
Nolan S.	Meeting Facilitator
Jacob M.	Librarian
Austin B.	Newsletter Editor

Monday Morning Meeting

Facilitator: Austin B.

Wednesday Night Book Study

Facilitator: Ronald C.

Thursday Night Meeting

Secretary: Ronald C. Facilitator: Nolan S.

Saturday General Meeting

Facilitator: Nolan S.

Aprendiendo A Vivir Wednesday Night Group

Secretary: Jose G. Chairman: Roger G.

Aprendiendo 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 January Birthdays to:

David D.	01/01/90	30 Years!
Sang N.	01/22/05	15 Years!
Maurice M.	01/30/08	12 Years!
Michael L.	01/25/10	10 Years!
Matthew P.	01/15/15	5 Years!
Joshua W.	01/30/16	4 Years!

Happy February Birthdays to:

Thomas P.	02/10/87	32 Years!
Michael W.	02/23/89	30 Years!
Timothy H.	02/16/01	18 Years!
Rufus W.	02/11/08	11 Years!
Kevin H.	02/04/10	10 Years!
Qui P.	02/08/11	9 Years!
Dennis G.	02/28/13	6 Years!
Jason E.	02/24/14	5 Years!
Martin F.	02/02/15	4 Years!
Roman S.	02/01/17	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 ONE



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

Step One is about Acceptance

Who cares to admit complete defeat?

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

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

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

(12x12)

And ACCEPTANCE is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in **me** and **my** attitudes.

(Big Book PG, 417)



STEP TWO



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

Step Two is about Faith

The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, “Look what your people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe in God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right-but where do we go from here?”

“I must quickly assure you that A.A.'s tread innumerable paths in their quest for faith. If you don't care for the one I've suggested, you'll be sure to discover one that suits if only you look and listen. Many a man like you has begun to solve the problem by the method of substitution. You can, if you wish, make A.A. itself your 'higher power.' Here is a very large group of people who have solved their alcohol problem. In this respect they are certainly a power greater than you, who have not even come close to a solution. Surely you can have faith in them. Even this minimum of faith will be enough. You will find many members who have crossed the threshold just this way. All of them will tell you that, once across, their faith broadened and deepened. Relieved of the alcohol obsession, their lives unaccountably transformed, they came to believe in a Higher Power, and most of them began to talk of God.”

Consider next the plight of those who once had faith, but have lost it. There will be those who have drifted into indifference, those filled with self-sufficiency who have cut themselves off, those who have become prejudiced against religion, and those who are downright defiant because God has failed to fulfill their demands. Those of us in A.A. who have found faith encourage you to ask yourself this. Can A.A. experience tell all these they may still find a faith that works?

(12x12)

From the Vice President

Ron C.

Hello from the V.P. it's a new year and with that we look at Step One "*We admitted we were powerless over alcohol-that our lives had become unmanageable.*" Boy let me tell you I did not realize this until the judge said you're going away. That was more than five years ago now, and I was never going to believe I was an alcoholic. As I saw it, I just drank a little on the way home from work... or on the way to and from taking my kids to somewhere... or in the parking lot anywhere I happen to stop, even at my kids school events... or when we went to the park.

Like most people, I thought an alcoholic was a dirty guy in a trench coat living in an alley drinking out of a paper bag, and stinking of body odor and urine. So this could never be me. Admitting is hard, but it is the first step to recovery.

So being sent away to prison was not quite enough for me to want to believe, but I do know it was going to take me from my kids. It was going to those first few meetings and realizing that everyone in that room was ME. So I decided it had to be true. I was that alcoholic that told everyone for so long that I was not. I needed help, this cannot be done alone, and the support inside these rooms, and in the books is invaluable to sobriety.

So my suggestion to you new and old members is to show up to the next meeting, talk to another member, even pick up the Big Book and read those first 164 pages. Then get with another A.A. Member and talk about what you might have learned or related to most in the Big Book. Thank you again for this opportunity to be apart of A.A. here at OSP. Keep coming back; it only works if YOU work it, because YOU are worth it!

From the Editor

Austin B.

Hugging & Reading

It felt so, strange coming to my first AA meeting, what with all the praying, clapping, holding hands, anniversaries and introducing myself as an alcoholic. The hugging really freaked me out too, especially when it was man to man. When people shared, I thought they were talking about me. I didn't understand that they were sharing their own experience, strength and hope. As time went on, I adjusted and began to find my way in AA. And yes, I even hug the men now. Literature meetings have been my favorite. I really enjoy sharing about our literature with others. There's nothing like one alcoholic sharing with another. Over time, the "WE" of the first 100 alcoholics who wrote the Big Book has come to include me, even though I was not yet born in 1939. Reading our literature makes me grateful to be a small part of this great whole.

On a Lighter Note

Head-spinning program

AA is not easy. It takes a lot of work. And it can be very confusing...

We have to surrender to win. We have to give it away in order to keep it. They tell us to hang on, but let go! It's an anonymous program, but we state our name before we share. We shouldn't judge others, but stick with the winners. Get a sponsor and find a Higher Power, but no new relationships in your first year! We stop drinking because we have to change or die, but then they tell us "no major changes" in our first year. Half measures avail us nothing, but we'll be amazed before we're halfway through.

And then we have the numbers...

The 12 & 12... 90 in 90... the first three Steps... the five things... do a Fourth or drink a fifth... one day at a time... the first 164... the Four Horsemen... the seven deadly sins... and 449 has now become 417!

And you know when this all makes sense?

After a few 24s!

Tom K.
South Salem, N.Y.



Where am I?

What's the difference between heavy drinkers and alcoholics?

After a night of drinking, heavy drinkers wake up and say, "Dude, where's my car?" Alcoholics wake up and say, "Dude, whose car is that?"

Ken O.
Denver, Colo.

Uh, thanks Doc

Herb went to the doctor for a routine exam. While he was there, he told the doctor that he wasn't able to do all the things around the house that he used to do, "'Cuz I'm usually pretty drunk when I get home," he explained.

When the examination was complete, Herb looked at the doctor and said, "Now, Doc, I can take it. Tell me in plain English what's wrong with me."

"Well, in plain English," the doctor replied, "you're just a lazy old drunk." "OK," said Herb. "Now give me the Latin term, so I can tell my wife."

Bob M.
Green Valley, Ariz.

No meeting tonight

Last year I joined a support group for antisocial people. We haven't met yet.

Terry B.
Albany, N.Y.

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.

Alcoholism At Large

Wearable exercise device could improve treatment success

Anyone who has quit drinking will likely attest to the idea that the first three months of sobriety pose the greatest risk for relapse. A new report found that pairing exercise with digital exercise tracking device supplemented existing alcohol treatment among depressed women during early recovery.

The women in the study reported a significant increase in their use of physical activity to help cope with negative feelings and cravings to drink alcohol.

“Over the last decade, numerous studies have shown that exercise can improve mental-health outcomes among patients with psychiatric disorders,” said Ana M. Abrantes, professor at Brown University. “Incorporating [wearable] technology with [patients with alcoholism] is both appealing and feasible.”

Source: News Medical: Life Sciences



Exercise can help cope with alcohol cravings!

More adolescents may need treatment

Long-term heavy use of alcohol in adolescence alters brain function, according to a new study from the University of Eastern Finland and Kuopio University Hospital. The authors suggest that the clinical benchmarks used to define whether a young person needs alcohol treatment may set be too high.

The study found that alcohol use caused significant alterations in both electrical and chemical neurotransmission among the study participants. For young people whose brain is still developing, heavy alcohol use is especially detrimental. The findings of the study warrant the question of whether the diagnostic criteria for substance abuse disorders should be tighter for adolescents, and whether they should be more easily referred to treatment.

Source: Addiction Biology

Sobriety may decrease breast cancer risk

If drinking even a single glass of wine a day increases breast cancer risk—which was the findings of a recent major study by the American Institute for Cancer Research and the World Cancer Research Fund—then one of the many health benefits of long-term sobriety for women may be a lower incidence of breast cancer. A recent report also revealed that along with avoidance of alcohol; exercise such as running or fast bicycling decreases the risk of both pre- and post-menopausal breast cancers.

“Having a physically active lifestyle, maintaining a healthy weight throughout life and limiting alcohol—these are all steps women can take to lower their risk,” said Anne McTierman, MD, PhD, a lead author of the report and cancer prevention expert at the Fred Hutchinson Cancer Research Center.

Source: Cancer Epidemiology Biomarkers & Prevention

Poems and Stories

Make believe I'm real; make believe I feel,
make believe I'm really here inside this living
hell.

Cause all these years inside this hell made
me look inside...inside my unknown self.
You may think I'm crazy, my future seems
real hazy... Sittin here full of fear thinking
where life should've taken me.

Late at night I think and fight....

With thoughts and dreams that could or
might, free me from...

Just who I would've been... Thinking of a
crowd, or another group of friends...

Friends I've never met... Friends who help
me out in life and friends who don't forget,
forget about me, behind these walls...

Friends who stick and never fall...

Friends that I can really call... my friends,
then again it's just pretend...

Lets pretend I'm there, lets pretend I care,
lets pretend, lets pretend we'll stay together
and our love will never end...

Lets pretend I'm right... Lets pretend your
wrong. Lets make believe you're the one for
whom I wrote this song...

Lets pretend I'm real, lets pretend I feel...

Lets pretend to open up, instead I will
conceal.

All these years in prison really got me
missin, who I was, or who I could've been...

Freedoms often scary, success is never near
me, failures come quite often cause success is
always scary...

Rico R
Mill Creek A.A. Group, OSP



Loving Arms

One of the things I enjoy about AA is going to meetings when I travel or visit a new place.

Once, while visiting a small New England town, I went to a noontime Step meeting. It was a beautiful full-blossom May afternoon. I have to confess that this is the town where I had my first blackout at age 13. I spent many days there passed out on the beach under the guise of "having fun." In sobriety, these ghostly New England towns don't scare me as they did in the past.

The meeting had maybe a dozen people. We went around the room, each of us reading a paragraph or two from the chapter on the Fifth Step in the "Twelve and Twelve." After we finished the reading, a man made a loud and clumsy entrance. He was breathing very heavily and seemed confused.

Everyone seemed to know him. He sat down. Sweat was dripping from his face and falling to the floor as he leaned forward in his chair. He seemed to be having trouble. The group tried to continue the meeting but finally someone sat down next to him and asked if he was OK and we stopped the meeting.

AA is a program of action. Without missing a beat, everyone took a role without any spoken supervision. A couple of guys grabbed him under his arms so he could lie down. I supported his head. Someone got him a glass of water. Two people called 911. Another member got some pillows to elevate his feet. I went outside with another guy to wait for the ambulance.

When the paramedics and police arrived, the patient and rescuers recognized each other. The patient was able to speak and tell them about his condition. Everyone was calm throughout and provided him with support and love.

After he was taken to the hospital, we decided to share about the experience. Several people cried. It was very emotional for all of us.

Many people in the meeting commented on how much love was given to this person during his crisis. Others said it was a miracle that he made it to the meeting in his condition because it could have been much worse for him if he had collapsed someplace outside the arms of AA.

For me, this was a spiritual experience, like a splash of water from a fountain when I was not expecting it. I was able to stay calm and help in a small way. I'm so grateful I'm sober. I was able to be useful and to be present, and be a witness to "things I cannot change."

Cam A.
Gloucester, Mass

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.

Pre-release 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!

Pre-release 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; EOCl, OSCl, TRCl, SRCl, 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!

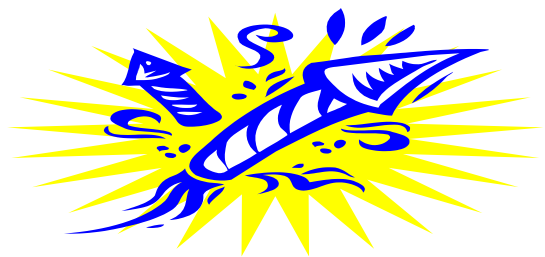
Write us at:

*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

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 LA 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.**

ENVÍE UN KYTE A:

Actividades C/O A.A. en español

Announcements

HAPPY NEW YEAR!!

We hope you all enjoyed your Holiday Season. And look forward to seeing you Club Members for our first Club Meeting the 2nd of January, and our first monthly meeting on the 4th.

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 Morning. 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)

Monthly meeting dates for
2020 will be updated in the
next issue. We apologize for
this inconvenience.



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.

