

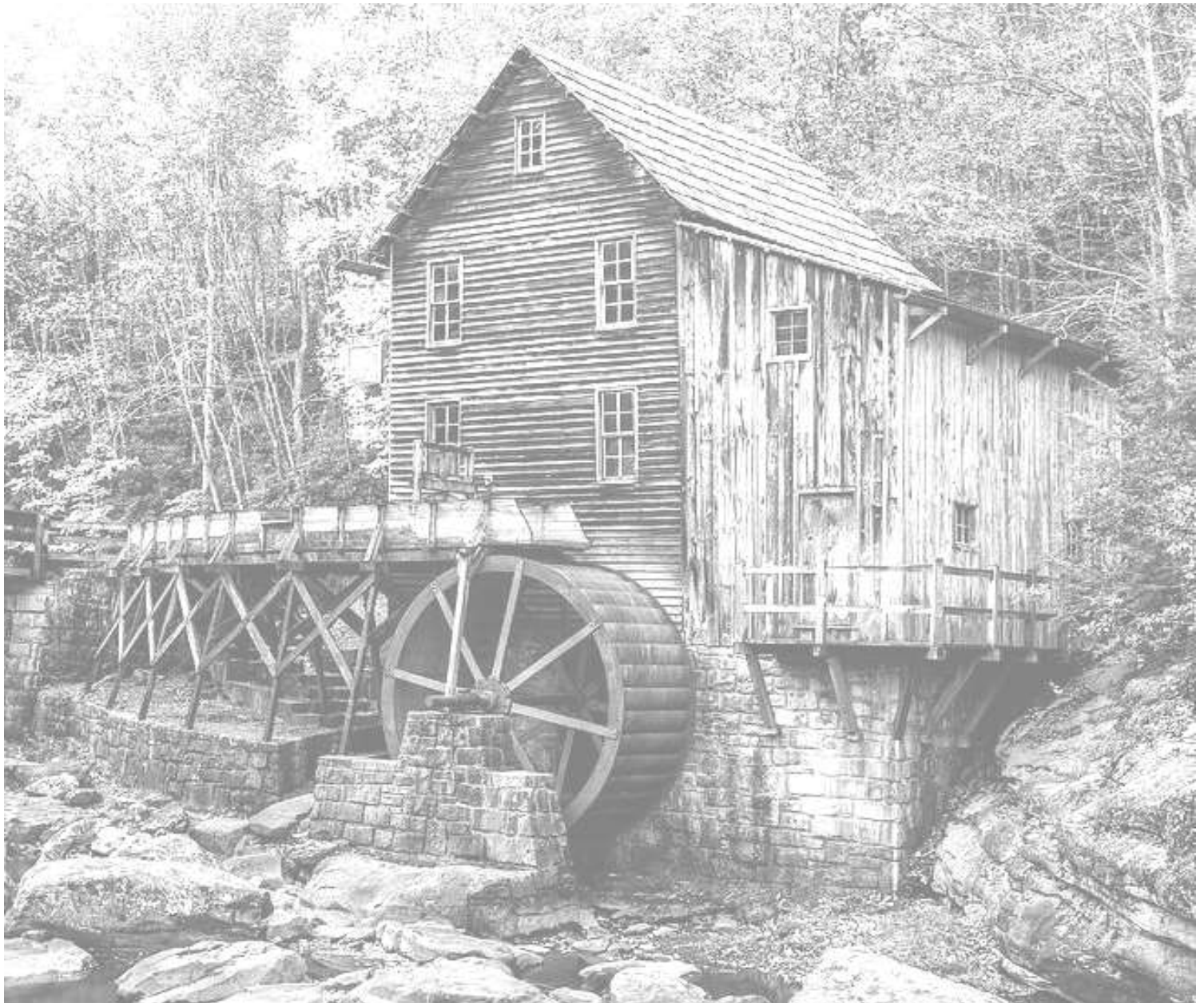
Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for March/April 2020

Edition 80 No.2



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 80 No. 2

March/April 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:	
1732.82	
Admin. Interest Dec/Jan:	\$ 6.77
Donations Jan/Feb:	\$ 305.60
Banquet Photos #1&2:	\$-76.50
Pastries Jan/Feb:	\$-211.81
ENDING BALANCE:	\$ 942.13

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.

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 *March* Birthdays to:

Jimmie F.	03/06/99	21 Years!
Ronald S.	03/05/05	15 Years!
Lee S.	03/15/06	14 Years!
Edward G.	03/04/09	11 Years!
Douglas S.	03/29/10	10 Years!
Louis W.	03/17/13	7 Years!
Brian T.	03/11/14	6 Years!
Darrel D.	03/01/15	5 Years!
Kenneth S.	03/14/15	4 Years!

Happy *April* Birthdays to:

Stephen G.	04/19/94	25 Years!
Harrison B.	04/15/97	22 Years!
Michael W.	04/23/97	22 Years!
Edmund B.	04/24/97	22 Years!
Roger L.	04/02/02	18 Years!
Imani W.	04/13/07	12 Years!
James S.	04/23/12	7 Years!
Tommy V.	04/11/13	6 Years!
Vasiliy Y.	04/18/13	6 Years!
Donald R.	04/30/13	6 Years!
Scott B.	04/02/15	4 Years!
Matt B.	04/12/15	4 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 Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Step Three is about Willingness

Practicing Step Three is like the opening of a door, which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the

effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God *as we understood Him.*”

(12x12)

STEP FOUR

“Made a searching and moral inventory of ourselves.”

Step Four is about Honesty

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are.

We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional

deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith, which really works in daily living, is still out of reach.

(12x12)

From the Vice President

Ron C.

Hello there, it's Ron again, thought I might share a thing or two about Step Four.

“Made a searching and fearless moral inventory of ourselves.”

This step is hard for most of us, because it requires us to look at ourselves and the life we were leading. Taking an inventory is a fact-finding, and fact facing process. It is an effort to discover the truth about us, and the exact nature of our lives. We took a stock honestly.

First, we searched out the flaws in our make-up, which caused our failures. Being convinced that self, manifested in various ways, was what had defeated us; we considered its common manifestations. Now resentment is the “number one” offender, it can destroy more alcoholics than anything else. From it, stem all forms of spiritual disease; for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

In dealing with resentments, we put them on paper; we list people, institutions, or principles with whom we are angry at. Then we ask ourselves why we are angry. This comes from page 64 of the big book. I suggest we all take time to read the Big Book, and search within ourselves the answer to these burning questions. My hope is that within

these lists we may all start to find answers that we seek together.

Thank you for your time and remember, take it one step at a time, it can work if **YOU** work it.

From the Librarian

Jacob M.

In the sharing, of our individual strength, hope, and experience we can find commonalities, and a sense of union more than just sympathy but actual empathy. Which more often than not, results in a sort of collective therapy at the foundation of which we discover a fellowship inspired by tribulation, and a collective need for freedom... The struggle is real, and the more I hear your struggles and truths, the more I realize the validity of my own struggles. I become able to process and release these strongholds that my addiction hides behind. The principals, practices, and people in A.A. are for me the key to a door we all stand in front of. Using these techniques I find I am able to unlock that door. Having realized the door is unlocked; the next and absolutely necessary step is to open that door. For me this process is most readily exemplified in Step 3. *Made a decision to turn our will and our lives over to the care of God, as we understood him.* It is an action Step... It does not require any actual knowledge of God or even belief in God, only a belief that if we are truly willing to believe a Higher Power can restore our sanity then we must act on that belief. Who ever your Higher Power is or isn't NO progress can be made at all, remaining indecisive, or straddling the fence. IF nothing else, I could find faith in the fact that anybody I had encountered who maintained freedom from active addiction had taken these Steps (and often repeated them) long ago. It works IF you work it; so I encourage you to take up an active roll in your recovery and make a decision to save your life. Open the door and find the ultimate truth waiting patiently but persistently on the other side. Your Higher Power (whom I know as God), Freedom from the chains of addiction, and slavery to maladaptive behavior patterns, with nothing but negative consequences. My Hope is that all of you will find the faith and courage to decide to turn your will and life over to the care of God, as you understand Him. My Experience is that

if you don't, you will either die or end up in prison for life, either on the installment plan or with the DOC retirement plans. My Strength is in Christ who created me, sustains me, and saved me from my worst enemies... my active addictions and myself. Also I draw great Strength from you, all of you who are with me and know THE STRUGGLE IS REAL. thank you

AMEN.

On a Lighter Note

Spaced out

Two well-oiled "astronauts" were holding forth at the local watering hole about their upcoming space trips.

"I'm going to land on the sun," bragged the second "astronaut."

"You can't do that," said the first guy. "You'll burn up"

"Do you think I'm an idiot?" responded the second one. "I'm going to land at night."

Paul C.
Oceanside, Calif.

First things first

To-Do List:

1. Make a list of things to do.
2. Complete the list.
3. Review the list.
4. Revise the list so there's nothing to do.

5. Wait a while to make another To-Do list.

Steve S.
New York, N.Y.

Billy's blues

One day Billy was drunk and got in a bar fight, which involved the cops.

The next day Billy went to a revival and the preacher asked anyone with needs to come forward and be prayed over. So he got in line. When it was Billy's turn the preacher said, "Billy, what do you want me to pray about?" Billy said, "Preacher, I need you to pray for my hearing."

So the preacher put one finger in Billy's ear and the other hand on top of his head and prayed a while. After a few minutes, he removed his hands and said "Billy, how's your hearing now?"

"I don't know preacher," said Billy. "It's not until next Wednesday in Phoenix."

Bob M.
Green Valley, Ariz.



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.

Reversing brain deficits caused by alcohol abuse

Researchers have identified a drug that could potentially help our brains reboot and reverse the damaging impacts of heavy alcohol consumption on regeneration of brain cells. Their study in adult mice shows that two weeks of daily treatment with the drug tandospirone reversed the effects of 15 weeks of binge-like alcohol consumption on neurogenesis, which is the ability of the brain to grow and replace brain cells.

“Other studies in mice have shown that tandospirone improves brain neurogenesis, but this is the first time it has been shown that it can totally reverse the neurogenic deficits induced by alcohol,” said Selena Bartlett from Queensland University of Technology’s Institute, who led the study.

Tandospirone is a relatively new drug, at present available only in China and Japan, Bartlett said. “It might be able to help reboot the brain and reverse the deficits the alcohol abuse causes.”

Source: Scientific Reports
February, 2018

Liquor stores and violent crime

A new study from researchers at Johns Hopkins Bloomberg School of Public Health’s Center on Alcohol Marketing and Youth found that stores that sell alcohol for off-premise consumption (such as liquor stores and beer and wine stores) have a stronger association with incidences of violent crimes, including homicides, aggravated assaults, sexual assaults and robbery, than bars and restaurants.

The researchers also found that low-income neighborhoods have higher access to the type of outlets associated with the most harm: liquor stores and beer and wine stores.

“We found that outlets that allow for offsite drinking, such as liquor stores, had a greater association with violent crimes than outlets that permit only on-site drinking.”

Says Daniel Webster, professor at the Bloomberg School’s Department of Health Policy and Management.

Source: Alcoholism: Clinical and Experimental research, September, 2018



Poems and Stories

Hell Bound

Open your heart and try to find...
A little love to buy you time with the
ones you said you loved...

Our future's never promised...
So un-hate those who've wronged us.
Try to find forgiveness or you may
have to witness God depart you from
his love and all that he has promised.

In eternal fire because you were a
liar, killers, thieves, prostitutes are
better off retired.

Then open up your arms, look to the
sky and pray.

In your heart you'll find the words;
that will send your soul today.

Prayer is the key, to what we often
seek. Humble yourself before the Lord
this earth is for the meek.

And if you love the Devil, I'll help
you... here's my shovel, I'm done with
it, and done with you...

So go dig yourself some trouble.

Rico R.
Mill Creek A.A. Group, OSP.



Coming To Ourselves

As your eyes move over what is about to
follow: it is a sure thing, as is the United
States of America. Yes as sure as Israel was
established in the late 1940's. It is a sure thing
when we are:

COMING TO OURSELVES

That dark, oh end less path that has led us to
be unfruitful or insane with our addictive
lifestyles. Have we had enough?

Ruining relationships with family, loved ones
and friends, that destructive train that we are
aboard goes: **CHU-CHU-CHU**, pulling us
further away from those who care for us, as
we abide in the miry pit, yet there is hope.

Did the use of alcohol or drugs come from:
**HURT OR PAIN, PEER PRESSURE OR
PLAESER?**

Old or young, educated or uneducated, skinny
or fat, tall or short, many of us have been
taken captive to the addiction of alcohol and
drugs.

Boom-Bam-Boom, we enter into a realm of:
Coming to Ourselves taps us on the head, tickles us on the hearts, puts us in the realm that we say: “**This is It**”, time to be better, a better human being, and yes if you work it, AA will assist us with the steps, one foot in front of the other, day by day, to tell the story of: **Coming to Ourselves**. It is a continual plan of **Action**.

Anonymous.
Mill Creek A.A. Group, OSP.

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;

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

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 MEETING

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 MEETING

The Saturday morning meetings are a great way to spend a morning in fellowship and recovery. These meetings are held once a month on the 1st 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.**

ENVIÉ UN KYTE A:

Actividades C/O A.A. en español

Announcements

It is almost time for our A.A. Anniversary, which will be held on May 7th. We will be having Cake and Ice Cream in the Visiting Room at 6:00

that evening. We look forward to seeing you all 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 2020 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 Meeting

First Saturday 7:45 am
(Activities Floor)

March 7

April 4

May 2

June 6

July n/a

August 8

September 5

October 10

November 7

December 5



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.

