

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary
Newsletter for May/June 2020

Edition 81 No.3

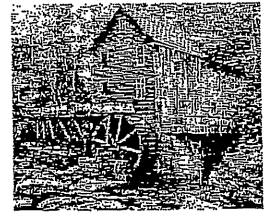


Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 81 No. 3

May/June 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."

IN THIS ISSUE

Treasurer Report	Birthdays
Step 5 & 6	From the President
From the V. President	From the Facilitator
From the Librarian	On a Lighter Note
News & Medical	Poems & Stories
Help from Outside	Announcements
Meeting Sckedual	

TREASURER REPORT

STARTING BALANCE:	\$2066.13
Admin. Interest Feb/Mar:	\$ 6.43
Donations Feb/Mar:	\$ 146.00
Office Supplies:	\$ - 206.81
Pastres Feb/Mar:	\$ - 213.58
ENDING BALANCE:	\$ 2245.02

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 May Birthdays to:

Roger B.	05/29/92	28 Years!
Richard S.	05/07/09	11 Years!
Brian K.	05/01/12	8 Years!
James H.	05/19/12	8 Years!
Willard T.	05/30/16	4 Years!
Trevor B.	05/19/17	3 Years!
Austin B.	05/24/19	1 Year!

Happy June Birthdays to:

Darrel E.	06/01/70	50 Years!
Steven C.	06/01/89	31 Years!
David F.	06/08/97	23 Years!
John J.	06/27/06	14 Years!
Karl B.	06/02/15	5 Years!
Anthony S.	06/05/17	3 Years!
Sam L.	06/22/17	3 Years!
David C.	06/30/17	3 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 FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step Five is about Integrity

You may or may not know that the Twelfth Spiritual Principle is:
Integrity.

When we bore into Step Five, write down the wrongs, search those past wrongs, and admit them, the hurt, the pain, others acts we did that effect others, healing of them and ourselves will unfold.

We have it all layed-out we express these wrongs to God, to ourselves as we have picked them out of our minds, as we find someone we can have confidence in to keep what is said in trust. Sealing the deal on Step Five makes it very important to have that other person.

Finding that other person that you can trust is something not to rush into. Wow, Someone that doesn't gossip, not critical, judgmental and is patient are a few things to look for to complete the task of Step Five.

**(Check the Big Book, the 6th
Chapter, pages 72-75)**

Then it's time to move on

STEP SIX

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

Step Six is about Willingness

Leaving Step Five, here we are at Step Six, are...you...ready? Taking a hold of the Spiritual Principle of **Willingness** is the key to Step Six.

Some of our character defects may be: lying, anger, manipulation, as we are honest and willing we will write these defects down and lay them out to be deleted out of our lives.

Holding on to these defects keeps us from growing and being better people for our society, our family and friends.

Drifting to the aspect of having God remove these defects of character when we become entirely ready to let them go, as we attempt to work on our recovery, and our freedom.

When we recognize: our defects of character, making us aware of them, utilizing self-discipline, owning our baggage, growing in our recover, opening ourselves up to progress not perfection. We move on in our lives.

**(Please see the Twelve x Twelve page
number pages 63-69)**

You are headed for freedom

From the President

Martin F.

I hope that everyone is well and staying connected with their Higher Power during these trying times. It can be difficult to be separated from our routines, friends and loved ones. I hope you are taking the time to call those people and appreciate all of the blessing you have in your life.

Step 5 and 6 are difficult to work through in the best of times, let alone when the world is in "crisis mode". I have found at different times in my life I am able to see the wrongs I have done to others (or myself) in different lights. Depending on where I am in my growth and maturity I am able to understand better how an action or words may have hurt someone. It's important to look back at topics and events you may have thought resolved or long forgotten to gain new perspective on your own behavior and how it has impacted others. This helps us to better use the toolbox of recovery that the A.A. program offers us.

Admitting these things and talking through them with a friend or sponsor is a healthy way to gain perspective and keep yourself from spinning off into your own web of nonsense. I can tell you how important I have found talking through my problems with a good friend, to often in my past I would spin myself up and lose sight of what was important to me. This builds, builds and compounds until you are living in a reality that you have fabricated out of your own shortcomings. A good friend will help to ask the right questions and give their life experience to help you find your path again. Alone we survive, together we thrive. Let's stop surviving and begin to thrive.

From the Vice President

Ron C.

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

So I don't know about anybody else here in the program, but this has got to be the hardest step to work through. See it has many different parts to it, admitting to God, well know one else knows what I am admitting self once again no one knows what I am admitting to but the admitting to others, the exact nature of my wrongs means that I have to find the courage to say this out loud.

See in my eyes up till the day I was sentenced to come to prison, I had nothing to admit, but after being in meetings and working the steps there is a very big list, but to say this to another, means I have to say I was wrong, no man likes doing that.

But there are many things that I have admitted to and still yet more getting them all out is never easy, but this is a very pivotal point of the healing process of society.

Now, the more I listen in the meetings the more I realize what I should be admitting see, I have trouble on my own remembering what I did at times.

But all our stories in here are similar enough that I began to understand my wrongs and to who they were made. I'm not going to tell anyone how to work this step, but I am going to suggest that you come to a meeting and listen then make a list and begin the process of admitting.

From the Editor

Austin B.

“Something interesting I found in the archive that I relate to and thought would be worth sharing.”

Easy to forget

How often we seem to forget where we come from; from the control of alcohol to the self-control through A.A. and the people in the meeting rooms. How lonely we were and scared when we walked into our first meeting only to be greeted by an open hand and a warm welcome. If a newcomer entered the room, Bill W. would be right there at his side to tell them what A.A. did for him. I have noticed in my group as well as others that when a newcomer comes into the room, they look around and sit at the middle table, quite often un-noticed by others in the room. They are only recognized after they are asked if there are any newcomers. When the ladies enter they all go to one table until there are no more chairs. The men go to the back and fill that table. It's like a barnyard- the hens to the left and the roosters to the back, newcomers in the middle. They sit all alone all through the meeting. Someone asked; “What happened to mingling with the newcomers and visitors?”

Have we forgotten how we felt when we attended our first meeting?” I am doing self-seeking and feel that I've neglected to be supportive and understanding toward the newcomer. I do remember where I have come from and I ask for forgiveness, if I have neglected a newcomer. Thanks for listening. I am only pointing my finger at myself, because I do forget.

Ernie P.
Inverness, Fla.

From the GSR

Scott B

Below you will find some nuggets I pulled out of archives for this newsletter.

Sixth Step and Prayer Step Six

“Were entirely ready to have God remove all these defects of character”

“This is the step that separates the men from the boys”.

Step six is necessary to spiritual growth, the start of a lifetime job. Understanding the difference between striving for objective and perfection. Why we must keep trying. “Being ready” is all-important need of taking action. Delay is dangerous. Rebellion may be fatal. Point at which we abandon limited objectives and move toward Gods will for us.

Sixth Step Prayer:

“Dear God, I am ready for your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health. Amen.”

On a Lighter Note

Hey Grandma

A twelve year old grand daughter, ask her grandmother, "When did she know Grandpa was serious about her?"

The grandmother replies, "After he finally bought lunch on the fifth date."

Who is Cook'n

Two guys are out in a boat fishing one says to the other, "I have to cut our day of fishing short, today's my day to go home and cook."

His fishing buddy says, "What is on your menu?"

With a smile on his face the guy that is going to cook responds: "Take out Pizza"

Threes Company

A couple takes an old friend with them to an AA Meeting in Marshalltown, Iowa, the old friend has a question for the couple, "Why did you come to the first AA meeting?"

The wife responds, "I have been hearing of these donuts for years I had to try them."

As the three of them continue talking the old friend has another question: "Hey, why did you guys come to the second AA Meeting?"

Husband leans back in the chair, holds up his cup and states: "We also heard about this fantastic coffee."

Talking awhile longer, the old friend tells the couple he has one last question, "What is it they ask", the old friend comes out with: "So, why did you two come to the third AA Meeting?"

Looking into the eyes of the old friend, the wife leans forward and tells him: "For our relationship, and because I'm the Boss."

Right Turn Clyde

Two brothers from Eutaw, Alabama reunite after five years, the older brother babbling on and on as they go to the next town over to see their aunt. The younger brother can only say: "Right...right...right."

Peering in every direction at a full stop, the older brother says under his breath to himself, "Which way?"

Yawning the younger brother blurts out, "Right"

Boom-Bam-Boom, they end up in a muddy field.

The older brother says, thought you said: "Right."

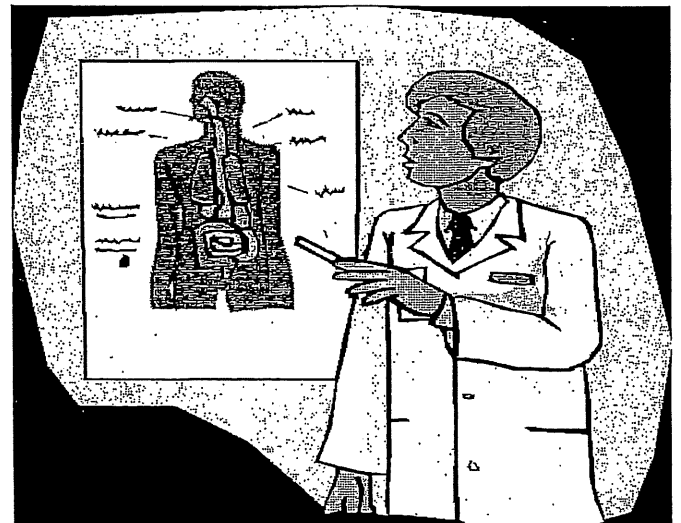
Younger brother: "Boy, of all times you heard what I said"

Improving teen choices about alcohol

Parent-targeted interventions in the primary-care setting can increase communications between parents and their teens about sexual and alcohol-related behavior, according to a new study.

“Community, school and home-based interventions involving direct contact between staff and parents or caregivers can favorably influence parent-teen communication and a wide range of adolescent risk associated behaviors,” said Carol A. Ford, MD, at Children’s Hospital of Philadelphia and lead author of the study. This suggests that parents, working with doctors and nurses, “may have an important role in guiding teens to discuss sensitive health topics, like alcohol use.”

Source: JAMA Network Open August, 2019



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.

Spirituality aids alcohol recovery

A new study found that religious and spiritual faith play a big role in preventing and recovering from substance use disorder (SUD). According to researchers, there are 20 million Americans afflicted with SUD. However, when it comes to long-term recovery, faith-based programs are a driving force.

“In our review of hundreds of studies and extensive data, we found that religious beliefs, behaviors and belongings significantly reduce risk of substance use and significantly help recovery,” states Dr. Brian Grim at Baylor University in Texas. The study found that those with strong religious beliefs are as much as eight times less likely to use illegal drugs and as much as five times less likely to binge drink.

Nearly 90 percent of studies find that faith reduces alcohol abuse risk, according to Dr. Grim’s research, which shows that religion and spirituality—which the study refers to collectively as faith—are exceptionally powerful resources in substance abuse prevention and recovery.

Poems and Stories

Drifting through this life with all sorts of
dreams.

Nothing went my way; nothing is what it
seems.

Some giving me: only their great points of
view.

What should I think as the tops began to
unscrew.

That pain I felt drinking my glorious sip after
sip.

Around my head it feels like an old battered
ship.

There was a fell'a who said he had an answer.

He shared what happened when his wife had
cancer.

Something far greater for your life is what is
ahead.

Let's try an AA Meeting is the last thing he
said.

Anonymous

CAN I SHARE

Is this a question that most people ask as
they get to Step#5 or Step#6?

Boy, I have to get this Step#5 done to
move on in my life. **Admit to God, myself
and another human being the exact nature
of my wrongs.**

Paul wonders as he looks into the text:
Twelve Steps and Twelve Traditions for
answers for his dilemma in working this step.

He continues to ask himself: where do I
start? With my ex-wife, my children, my
parents, and all my friends?

Done, the part about admitting to God and
myself and now it is about another human
being. **Help.**

Wow, now let me call Sam and see what he as
my sponsor can help me with on Step#6, man,
Step#5 was ruff.

Ring...ring...ring... ring...

Paul: "Paul here, how is your day going
Sam?"

Sam: "Very well Paul, thanks for calling,
what can I do for you?"

Paul: "Sam can you help me out on Step# 6
and getting started?"

Sam: "Paul, that's what I'm here for Paul,
like someone was there to sponsor me, **lets
get started.**"

Anonymous Again

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!

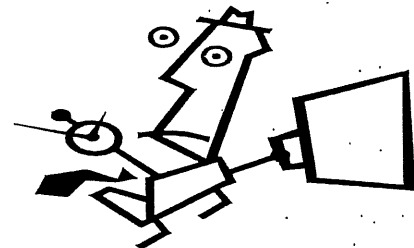
Here are some other ways you can help

- ❖ 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

Most of you are aware of the present condition of our Nation with this crisis. Stay strong and get together with someone in a safe manner if you need to. Outside folks E-Mail each other or call someone.

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 to attend, even when you haven't seen a flyer.

