

New! One Day at a Time



The Newsletter for Alcoholics Anonymous of Jackson and Josephine Counties

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"The real rewards aren't material in nature ... most importantly, I know who I am. I know my goals, dreams, values, and boundaries, and I know how to protect, nurture, and validate them. Those are the true rewards of sobriety, and they're what I was looking for all along. I am so grateful that my Higher Power stepped in to show me the way to the truth. I pray every day that I never turn my back on it. I came to A.A. in order to stop drinking; what I received in return was my life."

Reprinted from Alcoholics Anonymous, Fourth Edition p. 327 with permission of A.A. World Services, Inc.

Welcome

One Day at a Time is the **NEW** monthly publication brought to you by the Central Offices of Jackson and Josephine Counties' of Alcoholics Anonymous in the spirit of Tradition One.

Please sign up for the e-Newsletter subscription service to receive the monthly edition directly to your email inbox. Visit the Josephine County Intergroup A.A. website at www.grantspassaa.com/newsletters or the Jackson County A.A. Central Office website at www.jccoaa.org/newsletter.html for the subscription form.



Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, artwork, cartoons, jokes, or anything that has helped you on your journey to aajacksoncounty@gmail.com. Deadline for any upcoming newsletter is the third Friday of the month.



Step Six - "Were entirely ready to have God remove all these defects of character."

"The Sixth Step is the last 'preparation' Step. Although I have already used prayer extensively, I have made no formal request of my Higher Power in the first Six Steps. I have identified my problem, come to believe that there is a solution, made a decision to seek this solution, and have 'cleaned house.' I now ask: Am I willing to live a life of sobriety, of change, to let go of my old self? I must determine if I am truly ready to change. I review what I have done and become willing for God to remove all my

defects of character; for in the next Step, I will tell my Creator I am willing and will ask for help. If I have been thorough in the preparation of my foundation and feel that I am willing to change, I am then ready to continue with the next Step. 'If we still cling to something we will not let go, we ask God to help us be willing' (*Alcoholics Anonymous*, p. 76)."

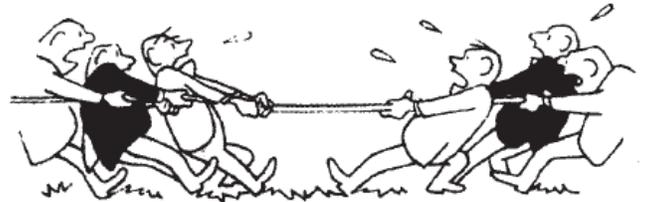


Reprinted from *Daily Reflections*, June 4, p. 164 with permission from Alcoholics Anonymous World Services, Inc.



Tradition Six - "An A·A· group ought never endorse, finance, or lend the A·A· name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose·"

"The 'related facility' may be an outside group combating alcoholism—or an enterprise that A.A.'s want to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a 'super-promoter' (as the 'Twelve and Twelve' describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group— 'We'll get around to you in a minute.')



"Though that ambitious center failed, some individual members have since founded successful clubhouses, rest farms, halfway houses, etc. The enterprises are run by these A.A.'s and patronized by other members or prospective members. But money and property are involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any A.A. group, and to keep 'A.A.' or terms like 'Twelfth Step' out of the name.

"There are two major danger areas. But our course has been charted and the hazards clearly marked. If we steer clear of them, we should have smooth sailing ... affiliation of A·A· groups with anything outside A·A· (and) any activity that would harm A·A· as a whole· "

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"Toward outside agencies dealing with alcoholism, the A.A. policy is 'cooperation but not affiliation.' A group cooperates, for example, by welcoming referrals from clinics or by sponsoring A.A. groups in institutions. But in one area, money for a rehab was solicited at an A.A. meeting—implying affiliation. In another, A.A. was listed among beneficiaries of a United Fund drive...."

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Step Six Principle

Willingness

"In Step six we learn more about the necessity of **willingness** as we become entirely ready to let go of our shortcomings. We apply this principle in many ways now, learning through each day's experience the difference between self-will and a simple willingness to cooperate with the guidance of our Higher Power."

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"The essence of all growth is a **willingness** to change for the better and then an unremitting **willingness** to shoulder whatever responsibility entails."

Reprinted from *As Bill Sees It*, 115, "Essence of Growth" with permission from Alcoholics Anonymous World Services, Inc.

Note: About the A.A. Principles - Bill W., considered each Step to be a spiritual principle in and of itself. In the *Twelve Steps and Twelve Traditions*, he outlined the spiritual principles behind each Step. The most important of all the principles is humility.



Step Six Prayer



Dear God,



"Help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place."

Derived from *Alcoholics Anonymous*, Fourth Edition, "Into Action," p. 76.

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.



A.A. Cleveland District Office, Cleveland, Ohio. 2020. Retrieved from <https://www.aacle.org/twelve-step-prayers/> on April 12, 2021.

"Letting go does not mean giving up but accepting that there are things that cannot be."

Retrieved from www.livelifehappy.com.

"Letting go of the past is your first step to happiness."

Retrieved from www.livelifehappy.com.

"If we still cling to something we will not let go, we ask God to help us be willing."

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services, Inc.



Untitled

The Mill Creek A.A. Group at the Oregon State Penitentiary (OSP) in Salem, Oregon will celebrate its 77th anniversary on May 3, 2021. It was established in 1944 making it the longest running prison A.A. group in the nation. OSP is Oregon's only maximum security prison.

"I find myself often wondering about why and how I ended up where I am, here in prison, locked in a cage like an animal for most of the day, every day, never able to go for a peaceful walk at night, eat at a nice restaurant, make love to a woman. It's so goddamned unnatural, isn't it? It really is like a nightmare. Something unreal, so awful, so horrific, it just couldn't be real, could it? But then, I again feel the claustrophobia of the cage in which I'm forced to live, and I once more comprehend oh so clearly that it is absolutely real. It's the most real thing I've ever experienced. For me, it's madness. I get so frustrated when I hear other men say, 'Prison saved my life,' or 'I know I deserved to pay for my sins,' or 'If I wouldn't have come to prison, I know I'd be dead by now.'

"I may not be able to control everything that happens to me however I can control how I respond to what does happen to me. In my response is my power."

Run of the Mill - 1944 and Beyond, A Publication of the Mill Creek Group of Alcoholics Anonymous, Edition 75 No. 3 May/June 2018

"What!?! What the hell? No! Wake up! I want to yell in their face, we are victims! Good men enslaved by this corrupt system by evil and corrupt monsters! Right? 'I don't belong here!' I silently scream to myself in my little cage (which by the way is usually when someone else on the block will scream those exact words out loud, I'm fairly sure mocking me and my pain on some weird spiritual level) But then, once more my mind wonders as to what I actually did to end up here in this prison. It again hits me. Oh yeah, I remember, not so great. In fact, kinda awful and mean and cruel. You're such an Idiot!!!

"'Goddamnit,' I quietly whisper to myself. 'Maybe I do deserve this. Ok, maybe not this much time, not this form of punishment and despair, but crap, maybe I do need to still figure some things out.' The fact is, I'm not innocent. I actually did do those things they said I did, and frankly, what a fool I was, maybe I still am. It's a tough pill to swallow, but I know I have to accept responsibility, if I ever really do want to grow as a man, as a decent person, I have to accept that I've made some pretty big and horrible mistakes. I don't believe I'm evil. I know I'm not. But the truth is, at times, I am selfish, cruel, violent.

"'Goddamnit,' I again sadly whisper to myself. 'Ok, God, universe, ancestors, if anyone is listening, I'm sorry. I don't want to be less than what I'm meant to be. Please, guide me, show me who I can be. Give me a clean heart, a kind heart. Please, show me...'

"**Step Five** says, 'Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.' I realize again I have to admit my mistakes, confess my sins. 'Man-up, Tim and just admit the fact you put yourself here! No more pretending, no more lying to yourself. Admit it!' The fact is, ok, it happened, it is what it is. **But the truth is, and this is so important, it's what I do from this moment on that matters most. Do I just accept that I'm a jerk, flawed, even perhaps broken and there's just nothing I can do about it? The answer? Hell, no! Admitting that I've been wrong is not the end. In fact, it's just the beginning. If I don't like what I've done, who I've been, guess what. I can change! I'm a grown-ass man and I get to do whatever the hell I want, and if want to change and become someone better**



than who I've been, all I have to do is choose to do it. Of course, it's a process. It takes time, but the first step is seeing where I've made mistakes and then? Fix them!!!

“Step Six says, *‘Were entirely ready to have God remove all these defects of character.’* If anyone out there is listening, **I'm ready! I am so freakin' ready!** I know there is such an incredible future waiting for me if I can just get there, because I know with patience, with dedication and with an absolute desire to be honest about who I am and who I want to be, I know I can get there. I know we all can get there. We must get there. So, how do we do it? The secret? *We choose to...*”

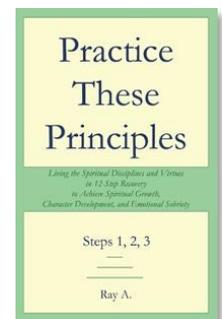
Reprinted from *Run of the Mill - 1944 and Beyond*, A Publication of the Mill Creek Group of Alcoholics Anonymous, From the President, Tim T. Mill Creek A.A. President, Edition 75 No. 3 May/June 2018



Character Defects - Part Two

By Winslow C.

In the book, *Alcoholics Anonymous*, we learn that our character defects are flaws in our make-up. They are signs and symptoms of “self” and expressions of our spiritual malady of selfishness and self-centeredness. As a result, we need rid ourselves of them because these flaws caused our failure and will continue to wreak havoc in our lives if we do not deal with them. This process of getting rid of our character defects is the focus of the work we do in Step Four as long as we are fearless and thorough.



According to Ray A., in his book, *Practice These Principles*, our character is the sum total of traits, attributes, behaviors, and values that comprise our morality. They “characterize” us. They govern the way we conduct ourselves and live out our lives. These traits can be two types. On one hand, they can be positive and “characteristic” of the excellent human qualities. As a result, they are conducive to a flourishing and healthy way of life and well-being. On the other hand, these traits can be negative and representative of terrible human qualities. Thus, they may lead to injury and failure in life. Negative traits of character lead us to do wrong and behave in anti-social ways. Since they distort our perception of reality, we come to value the wrong things in life, or to value the right things but in the wrong ways. This distortion in turn warps our thoughts and emotions, which are the main drivers of our behavior.

Negative character traits are faults, flaws, or defects. In ancient times, the Greeks called them vices. On the contrary, positive traits are virtues or excellences. Bill W. highlights these positive traits in the book, *Alcoholics Anonymous*. They are virtues and principles as acceptance, compassion, courage, faith, forgiveness, gratitude, honesty, hope, humility, kindness, love, patience, open-mindedness, serenity, simplicity, tolerance, willingness, and wisdom. Bill W. also stresses the negative traits and defects, such as dishonesty, envy, greed, intolerance, jealousy, lust, pride, resentment, self-centeredness, selfishness, self-pity, and sloth (A., R, 2012).

*“We pocket our pride and go to it,
illuminating every twist of character,
every dark cranny of the past.”*

*Reprinted from Alcoholics Anonymous, p. 75, with
permission of A.A. World Services, Inc.*



According to Merriam-Webster, a defect is an imperfection or abnormality that impairs quality, function, or utility, a shortcoming, a flaw (Merriam-Webster, n.d.). So, a defect reflects a defective quality. It is deficient or lacking in the qualities and attributes required for a perfectly developed trait, a virtue. By nature, a defect is therefore the absence of that which is good, excellent, or perfect. Sometimes, the quality and attribute that is lacking to make up a virtuous trait is obvious because the trait utterly lacks in the positive quality and attribute, but sometimes, it is not so apparent. For example, a dishonest person obviously lacks honesty, but a dishonest person can also lack courage since telling the truth sometimes takes courage. Similarly, an ungrateful person obviously lacks gratitude but so may an envious or a greedy person since gratitude is a trait which enables us to appreciate and be content with what we have rather than wanting more or desiring what others have (A., R, 2012).

According to Ray A., throughout our lives, we acquire or develop both types of character traits in some way. In fact, we are born with built-in capacities to develop them. Although we are not born with these types of character traits, we acquire and develop them in the process of living our lives. During the process, they become specifically "character" traits, rather than some other type of trait. They "characterize" us because they become engraved in us as "characters," literally marks that are inscribed, impressed, or imprinted in the self and govern the way we perceive ("construal") the things around us including the things we care about ("concerns"), our emotions ("concern-based construal"), and our consequential actions (A., R, 2012).



Repetitive experiences of these traits, both defects and virtues, further embed them in our psyche. They begin to influence all behavior and become habitual. They make "marks" in our thoughts and minds with encoded instructions to repeat behaviors XYZ in situations like ABC. Therefore, even though the development of defects and virtues work the same way, defects develop more or less naturally over the course of our lives, while virtues require intentional effort. For instance, some of us learn to lie and cheat at an early age, and over time we become dishonest people. We lie and cheat as a matter of course, automatically, instinctively, and even unconsciously at times. In this way, all negative habitual behavior renders us powerless over ourselves, so that even when we want to do the right thing, we can't (A., R, 2012).

On the other hand, becoming honest requires a reversal of this habitual process. Becoming honest is a process of getting rid of dishonesty, a process of undoing the old habits which have taken root in us and developing the corrective virtues. These virtues gradually displace and replace our defects. These virtues are their antidotes. They are corrective not only of our defects of character but also of the deficiencies which these generate in our concerns, construals, and emotions (A., R, 2012).

Ray A. contends that developing virtues and eliminating defects requires work, lots of work. Bill W. realized this truth, which is why the Big Book greatly emphasizes working the Steps and practicing the principles, the virtues, in all our daily affairs. Steps Four through Ten are central to this process and this development. On a daily basis, we learn to take inventory of our defects of character and of the defective thoughts and emotions these generate. We admit them, become ready to surrender them, and ask God for their removal. Consequently, we make amends

"... we can achieve no liberation from the alcohol obsession until we become willing to deal with those character defects which have landed us in that helpless condition."

Reprinted from As Bill Sees It, with permission of A·A· World Services, Inc.



for the harm we caused because of them and practice the corrective virtues and the principles in our daily lives (A., R, 2012).

Finally, according to Ray A., as this process of “housecleaning” itself becomes habitual, doing it regularly and consistently, day in and day out, it becomes a new way of life. It is part and parcel of our spiritual awakening as we seek to do God's will for us. As we do, our defects of character weaken and diminish, while our strengths of character grow (A., R, 2012). This is true recovery.

A., R. (2012). *Practice these principles: Living the spiritual disciplines and virtues in 12-step recovery to achieve spiritual growth, character development, and emotional sobriety*. Outskirts Press, Inc. Denver, CO.

Merriam-Webster. (n.d.). Defect. Merriam-Webster.com dictionary. Retrieved March 28, 2021, from <https://www.merriam-webster.com/dictionary/defect>.

“... any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.”

Reprinted from Twelve Steps and Twelve Traditions, p. 63 with permission of A·A· World Services, Inc.



Step Six - Are You Willing? Are You Ready? Yes, I Am!



“ . . . we then look at Step Six. We have emphasized willingness as being indispensable.”

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services, Inc

“Can He now take them all—everyone?”

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services, Inc

“Carefully reading the first five proposals we ask if we have omitted anything for, we are building an arch through which we shall walk a free man at last. . . Are we now ready to let God remove from us all the things which we have admitted are objectionable?”

Reprinted from *Alcoholics Anonymous*, p. 75-76 with permission from Alcoholics Anonymous World Services, Inc

“What I will be tomorrow is determined by what I think today.”

Reprinted from *Daily Reflections*, May 1, p.130 with permission from Alcoholics Anonymous World Services, Inc

“The important thing is this: to be able at any moment to sacrifice what we are for what we could become.”

Charles Frédéric Du Bos



Step Six: Defects and Shortcomings

By Rick R.

Often times, the wording used in The Big Book and in the *Twelve Steps and Twelve Traditions* means something differently to individuals because they evolved in your own way with respect to religion, agnosticism, atheism, and other developmental histories. This concept may be confusing to many of us, especially since Step Six in the Twelve Steps and Twelve Traditions talks of God removing defects of character the way God removed the obsession to drink.

In simple terms, I try to word the Step Six process in a way that anyone can understand. My goal is not to offend people by being over simplistic. I believe that just about all of our actions and behaviors stem from our thinking, and if our thinking is of a fearful nature, we are bound to make bad decisions in an effort to defend ourselves. The defects we identify in the Step Four inventory, disclose in Step Five, and address in Step Six are by-products of our fears and insecurities. They are of a spiritual nature embedded in our inner selves. The shortcomings we address in Step Seven are the embodiment of a material nature (actions and behaviors) that result from our fears and insecurities. If, in the program, we discover a defect of character and address it properly, the shortcoming diminishes and becomes irrelevant.

In a simpler way, I describe this process. Suppose you purchased a new car and drove off the lot. As you reached the first stop sign you hit the brakes. The car slowed down but did not stop as it should and drifted out into the intersection. You then returned to the car lot and explained what happened. They checked it out and discovered that the wrong brakes were installed at the factory. They agreed to correct the mistake. This time, when you drove away and approached the stop sign the car stopped as it was supposed to, and it also stopped at every other stop sign or red light. Once the car's defect was identified and corrected, the shortcoming went away.

I look at defects as the unseen part of our makeup, such as our thoughts, motives, fears, feelings, ego, and so on. I look at shortcomings as the result of those inner thoughts and feelings, such as gossip, lying, verbal abuse, cheating, theft, criticism, and so on. In Step Four, we identified our defects of character (fears and insecurities), and in Step Five, we owned and exposed them. In Step Six and Seven, we start to replace our selfish and shameful thoughts and motives with unselfish habits and deeds.

There is no need to overcomplicate the process. As we begin to stay on the unselfish side of the behavioral ledger, we begin to establish a new track record. If all our motives are of an unselfish spirit, we start to establish some credibility, which, in time, leads to integrity. If people employ the dynamics I described in Step Six and Seven, they will renew themselves spiritually. When they reach Step Nine, it will be much easier to make amends because they will have a mountain of integrity behind them.

The steps of the program are numbered in order for a reason. If a person is struggling with one of the steps, it might be wise to back up and be sure that they did not skimp on an earlier step or leave out something important. If we, alcoholics, have a desire to live a happy and useful life, the steps of the program are a pathway to achieve that goal provided we stick with the plan. Not everything will go our way in the beginning, but, if we persist, things will go exceptionally well in time. In the words of Major League Baseball pitcher, Preacher Roe, "*Sometimes, you eat the Bear. Sometimes, the Bear eats you.*" I say, "*Perseverance will always eat the Bear!*"



A.A. Grapevine® Quotes of the Day



GRAPEVINE® Daily Quote

To receive A.A. Grapevine® Daily Quote in your email inbox each and every day, visit www.aagrapevine.org.



"Responsibility is a gift; and although we are not obliged to receive it, we will never come to know the peace, assurance, and love of a vital sobriety until we do."

"Not drinking is the first requirement for joy; the second requirement is gratitude."

"Instead of looking backward into the dreariness of my past, I'm looking forward to a bright future because I've finally taken responsibility for my life."

"We are all important, but not for the reasons we think."

"Not all of the problems created during the days when I hid in the fog of booze have straightened out, but I now have enough courage to face them squarely."

"Not to change is not to adapt; not to adapt is to become extinct."

"Only in giving do we receive in full measure."



A.A. Fun & Humor

Just a little humor to lighten the moment. Send your A.A.-related favorites to aajacksoncounty@gmail.com.



An old alcoholic was sitting at a table in detox, waiting for the meeting to start, holding a half filled cup of coffee.

A young kid, maybe 18, comes in. His eyes were open wide, and his hair was standing straight up, dyed many different colors of red, orange, green, and blue. The kid must have been on some good dope, no doubt, thought the alcoholic.

The kid looked at the alcoholic and the alcoholic looked back at him. He quickly turned away and felt the cold eyes of the alcoholic staring holes through the back of his head. This was driving him nuts. The kid glanced back and saw the alcoholic still staring at him. Again, he turned away.

Finally, the kid couldn't take it anymore and jumped up screaming at the old alcoholic, "Dang it ol' man, haven't you ever got wasted and done something bizarre?"

"Sure I have," the alcoholic quietly proclaimed. "One night, I got so drunk that I made love to a parrot. I thought, for sure, you must be my son!"



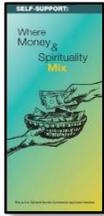
A·A· Seventh Tradition Contributions and Donations

Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.



The amounts shown here are officially recorded funds presented at the monthly Intergroup Business Meeting. Contributions received and deposited after mid-month will be reflected in the following month's Newsletter.

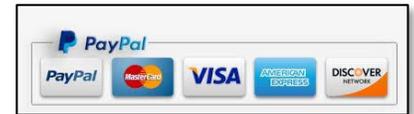
Current Period includes funds received and deposited during April 16, 2021 through May 15, 2021.
 Year-to-Date includes funds received and deposited during December 16, 2020 through May 15, 2021.



JCCOAA and JOCOAA deeply appreciate the contributions they receive from groups and individual A.A.s., but **please know that both service boards and committees need your continued support and help during these difficult times.** Please support Central Office with your Seventh Tradition contributions, so that both Central Offices can remain open and continue to serve our communities with A.A.'s primary purpose.



Jackson County A.A. Central Office offers PayPal to members who wish to donate. Thank you!!!



"Self-support begins with me because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. Literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A."

Reprinted from *Self-Support: Where Money and Spirituality Mix*, p. 5, with permission of A.A. World Services, Inc.

Jackson County – District 16

Current		Apr 16, 2021 - May 15, 2021		Year-To-Date (YTD)		Dec 16, 2020 - May 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD		
Ashland Morning Fellowship	\$0	\$200	Parkside Café	\$0	\$88		
Ashland Siskiyou Group	\$0	\$49	Ruch 703	\$0	\$50		
Bring Your Own Big Book Group	\$84	\$84	Ruch 903	\$0	\$235		
Clean and Sober Group	\$104	\$279	Shady A's Group	\$200	\$200		
Eagle Point Women's A·A·	\$0	\$110	Step Sisters' Group	\$78	\$78		
Happy, Joyous, and Free	\$0	\$100	Sunday Morning Fellowship - C	\$0	\$375		
Gold Hill Group	\$0	\$500	There is a Solution	\$0	\$120		
Just For Today	\$0	\$75	The Way Out Group	\$0	\$150		
Medford Fellowship	\$170	\$470	Thursday Night Book Study	\$0	\$300		
			White House Senior's Sober G	\$189	\$189		

The following A·A·'s donated to Central Office:					
A·A·	Donation	Thank you!	A·A·	Donation	Thank you!
Philip M·	\$20		Cathy M·	\$10	



Josephine County – District 7

Current	Apr 16, 2021 - May 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - May 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
12 O'Clock High Group	\$0	\$250	Uppity Women's 11th Step Gr	\$0	\$25
Easy Does It Group	\$0	\$200	Devoted Members of JOCOAA and Impromptu Meetings	\$0	\$222
Friday Night Winners Group	\$0	\$200			
Next Generation Group	\$0	\$150			

You Don't Say

"I've heard so often that 'meeting makers make it.' What the heck! They do? No, they don't. Meeting makers make it to meetings. A.A.s who make it take action by working their Twelve Steps every day and practicing the A.A. principles in all their affairs. That means 'trusting God, cleaning house, and helping others.' To me, that's making it."



A District 16 Jackson County A.A. member during a share at a ZOOM recent meeting

Grapevine® and La Viña® Celebrate Founders' Day with Free Access from May 26 through June 10, 2021



On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate the founding of A.A., Grapevine and La Viña will help mark this important date by giving everyone free access to their websites for two weeks.



Any and all A.A.s will be able to read stories from current and past issues, access the sobriety calculator, read the daily quote, learn how to contribute a story, and find ways to serve others using Grapevine® and La Viña® magazines. The audio to Grapevine's and La Viña's stories will be available as well, so everyone can listen to the stories if they like.

Please share this news with other members. For free access from May 26 through June 10, 2021, please visit www.aagrapevine.org or www.aalavina.org.

Corrections: We would like to advise you of an error in the May 2021 issue of the One Day at a Time newsletter. On page 7, last paragraph, under the article titled, "Who was A.A. No. 3," we incorrectly identified Bill W's sobriety date as June 10, 1935. That date is actually Dr. Bob's sobriety date. Bill W's sobriety date is September 11, 1934.

If you find an error or misrepresentation in the newsletter, please email us at ajacksoncounty@gmail.com. Thank you for your help in keeping our newsletter "spot on."



A.A. Events



The following local A.A. events specifically include an A.A. meeting. Please visit www.grantspassaa.com/upcoming-events/ or www.jocoaa.org/events.html to see all current A.A. events including those in nearby areas.

Meeting Alcoholics Where They Are

Hosted by the Oregon Area Treatment, Hospital, and Corrections Committees
 Thursday, June 3, 2021 @ 7:00 PM

Join us for a lively panel discussion, followed by a Q & A session, on how to carry the A.A. message of recovery to alcoholics under difficult constraints. The panel will answer questions such as:



How do we carry the message?



How do we meet the challenges?



What are we doing now?



Who aren't we reaching?



How can YOU help?

Join us online at
 ZOOM®
Meeting ID:
 942-4131-3556
Password:
 892429



Monthly Traditions and Concepts Workshop

Hosted by District 16
 Wednesday, June 16, 2021 @ 6:00 PM – 6:50 PM



Workshop recurs monthly on the 3rd Wednesday followed by the monthly District 16 Business Meeting. Tackling one Tradition and one Concept per month corresponding to the month in which it is presented.

“We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room.”

Bernard B. Smith, GSO Trustee, opening the 1954 General Service Conference, A.A. Service Manual, P. 520.

Join us **REMOTELY** from your smart device or phone

Online at ZOOM®:

<https://zoom.us/j/275208623> Password: 01601935

By phone:

Call in: (669) 900-6833 Password: 01601935

*“On anvils of experience,
 the structure of
 our Society
 was hammered out.”*



Bill Wilson: 12 Steps and 12 Traditions
 Tradition One, Pg 131

Visit <https://medfordareaaa.org/event/monthly-traditions-concepts-workshop/> for more information.

Fellowship Picnic

Hosted by the Josephine County Central Office
 Sunday, July 4, 2021 @ 10:00 AM – 2:30 PM
 Riverside Park, Grants Pass, OR – Trevilian Gazebo



Josephine County Intergroup and Central Office / 423 NW 6th Street, Suite 202, Grants Pass, OR 97526 / (541) 474-0782

www.grantspassaa.com / grantspassaa@gmail.com

Jackson County Central Office / 116 E. 6th Street, Medford, OR 97501 / (541) 732-1850

www.jccoaa.org / aajacksoncounty@yahoo.com



Sober Fun Events



Events listed below are sober fun events and do not include formal meetings. They are for the enjoyment and benefit of those attending. They are not A.A. events. They are not for the enjoyment and benefit of those attending.



Friends of Bill W. Monday Night Bowling

Caveman Bowl, 1230 Rogue River Hwy, Grants Pass, OR 97527
 Every Monday! Sign-up at 5:00PM. Bowling at 5:30PM.
 Cost is \$2.50/game per adult and \$3.50/game per kid. Shoes are included.

Bingo

Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526
 Cancelled, 7:00PM-9:00PM



Upcoming Calendar Events

The following calendar events are business meetings conducted during the next two months held in District 16 and District 7.



District 7 Business Meeting Jun 8 @ 7:00PM
 Zoom® Meeting Jul 13 @ 7:00PM
 Meeting ID: 648 127 84
 Password: 828804

District 16 Business Meeting Jun 16 @ 7:00PM
 Zoom® Meeting Jul 21 @ 7:00PM
 Meeting ID: 292 293 5999
 Password: 06101935

JoCo Intergroup Business Meeting Jun 17 @ 7:00PM
 Zoom® Meeting Jul 15 @ 7:00PM
 Meeting ID: 872 2951 0766
 Password: 444533

JCAA Central Office Business Meeting Jun 5 @ 9:00AM
 Jul 3 @ 9:00AM
 Jackson County A.A. Central Office
 116 E. 6th Street, Medford, OR 97501

YPAA Business Meeting Jun 13 @ 2:00PM
 Zoom® Meeting Jul 11 @ 2:00PM
 Meeting ID: 548 800 3775
 Password: None needed

Rogue Roundup 2022 Board Meeting No meeting in Jun
 No meeting in Jul
 Visit www.rogueroundup.com for more info
 2022 Roundup – May 2022 – Get ready!!

The Latest COVID-19 Meeting Information

Due to the continued public health concerns in regard to COVID-19, many in-person A.A. meetings remain closed with the hopes of re-opening soon. But these A.A. groups continue to hold remote meetings online via the ZOOM® digital platform. However, since some COVID-19 restrictions have recently lifted, some A.A. groups have made the decision to return to in-person meetings with precautions in place.

Check out the JCCOAA and the JOCOAA websites for the latest updates and a current list of all local ZOOM® and in-person A.A. meetings. You will find each meetings' access information, such Meeting ID and Password. You can also call Central Office for that information:

Jackson County - District 16, Medford, OR @ www.medfordareaaa.org/meetings or call (541) 732-1850
 Josephine County - District 7, Grants Pass, OR @ www.grantspassaa.com/meetings/ or call (541) 474-0782



A.A. Soberversaries

Jackson County A.A. Central Office and Josephine County A.A. Intergroup recognize those A.A. members who have a sobriety birthday this month and celebrates their milestone in recovery with the entire A.A. community.

We acknowledge you for the work you have done to stay sober, **"one day at a time."** Happy Soberversary!



Tell us your sobriety birthday by visiting www.grantspassaa.com/newsletter.html or www.jccoaa.org/newsletter.html. Complete and submit the form, and the Newsletter Team will publish your sobriety birthday in the Newsletter on the month of your birthday.

MEMBERS OF JACKSON COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
Carmen K.	June 7, 1976	45	Michelle H.	June 17, 2015	6
Katie G.	June 28, 1988	33	Phil R.	June 4, 2016	5
Davis B.	June 11, 1992	29	Theresa P.	June 12, 2017	4
Tom F.	June 2, 1994	27	Jessica C.	June 24, 2017	4
Melissa S.	June 22, 1995	26	Rob W.	June 15, 2018	3
Carrie H.	June 8, 2003	18	Joseph K.	June 14, 2018	3
Crystal R.	June 21, 2003	18	Milagra G.	June 10, 2019	2
Sue D.	June 24, 2012	9	Chris K.	June 15, 2019	2



Congratulations!

You are inspiring and deserving of a long, happy, and healthy life.

MEMBERS OF JOSEPHINE COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
Tom P	June 26, 1981	40	Tony L	June 28, 2007	14
Randy S	June 20, 1986	35	Susan D	June 24, 2012	9
Les S	June 1, 1995	26	Denise B	June 7, 2017	4
Eugene F	June 10, 1998	23	Melissa H	June 14, 2017	4
David D	June 30, 2003	18	John H	June 26, 2017	4



Did You Know?

Historians who have studied the origins of Alcoholics Anonymous have traced the genesis of A.A.'s Twelve Step program back to the Oxford Movement, a Christian evangelistic movement from the early 1900s. A Lutheran minister from Pennsylvania Dutch heritage named Dr. Frank Nathaniel Daniel Buchman was the founder of the Oxford Group. Dr. Buchman experienced a spiritual transformation in 1908 as he visited a small church in Cumberia, England. Through his highly spiritual experience during which he saw visions, he realized how his resentments had separated himself from God's unconditional love. He surrendered his own will and willfulness to God and began to share his experience with others. His work and fellowship grew, with groups eventually at various colleges, such as Oxford, Princeton, Yale, Harvard, Williams, Smith, and Vassar. Outreach was conducted through house meetings and members were encouraged to find and work with people who suffered from problems similar to their own.



Bill W. traced his journey to sobriety through the Oxford Group. After being visited by an old friend, Ebby Thatcher, who was restored to sobriety through the Oxford Group, Bill W. was told the principles of the Oxford Group. He described his conversion experience from that night twenty years after the event in Alcoholics Anonymous' *Comes of Age: A Brief History of A.A.*, p. 63:

"My depression deepened unbearably and finally it seemed to me as though I were at the very bottom of the pit. I still gagged badly at the notion of a Power greater than myself, but finally, just for the moment, the last vestige of my proud obstinacy was crushed. All at once I found myself crying out, 'If there is a God, let Him show Himself! I am ready to do anything, anything!'

Suddenly, the room lit up with a great white light. I was caught up into an ecstasy which there are no words to describe. It seemed to me, in the mind's eye, that I was on a mountain and that a wind not of air but of spirit was blowing. And then it burst upon me that I was a free man. Slowly the ecstasy subsided. I lay on the bed, but now for a time I was in another world, a new world of consciousness. All about me and through me there was a wonderful feeling of Presence, and I thought to myself, 'So this is the God of the preachers!' A great peace stole over me and I thought, 'No matter how wrong things seem to be, they are still all right. Things are all right with God and His world'" (A.A.W.S., 1985, p. 63).

In the subsequent development of Alcoholics Anonymous, Bill W. eventually distanced himself from the Oxford Group in order to reach out to Catholics and other groups who were uncomfortable with the evangelical emphasis. However, many of the traditions of the Oxford Group continue in the A.A. approach and the Bible remains a foundation for recovery for many of those in A.A. and other Twelve Step groups.

Writers of 12step.org. (2021). The Bible and 12 steps. 12step.org. Retrived from <https://12step.org/references/bible/> on May 4, 2021.

Obviously, the Oxford Group vehemently endeavored to changing the world through changing lives. As such, it profoundly influenced A.A. and its Twelve Steps. However, the Oxford Group did not have a step program. Members of the group were guided by the Four Absolutes, which were Honesty,

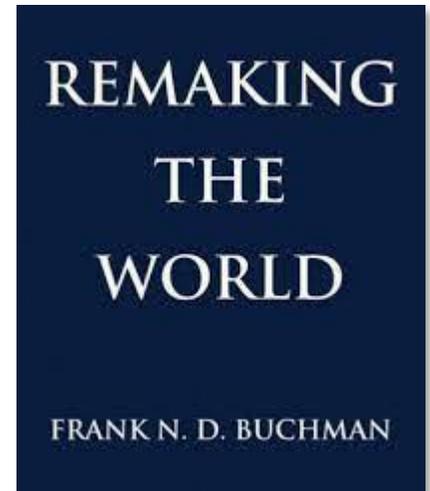


Unselfishness, Purity, and Love. Any behavior was to be judged by how well the person adhered to these principles.

Action was also directed by the five C's, which were Conviction, Confession, Contrition, Conversion, and Continuance.

Lastly, the group's Five Procedures represented another formalized Oxford "plan of action," which was (1) give in to God, (2) listen to God's direction, (3) check guidance, (4) restitution, and (5) sharing for witness and for confession.

It is quite obvious that the bulk of what is in the Steps of Alcoholics Anonymous, is present here. The 5 Procedures are clearly seen in A.A.'s process of transformation.



K., Bob. (2021). Key Players in A.A., History. A.A. Agnostics. Retrived from <https://aaagnostica.org/2013/11/03/frank-buchman-and-the-oxford-group/> accessed on May 4, 2021.



COMING

SOON!

Next month, in July's edition of *One Day at a Time*, we will cover **Step Seven, Tradition Seven, and the Seventh Step Prayer and Principle.**

*Having taken the first step toward **humility** in Step One by admitting our powerlessness and unmanageability, Step Seven teaches us to have a reasonable perspective of ourselves. It simply allows us to see the truth of our lives and our place in the world. In A.A. terms, Step Seven teaches us to be "right-sized." When we **humbly** ask God to remove our shortcomings we recognize that we are neither too big nor too small. Gone is our self-entitlement or grandiosity; as is our shame, regrets, and unworthiness.*

*I believe that the greatest lesson of Step Seven is realizing that **humility** is not a state of weakness, or a state of being in despair or groveling, but **humility** is a state of peace, serenity, and acceptance of "life on life's terms."*

DISCLAIMER

One Day at a Time is the monthly newsletter of the Jackson County Central Office of Alcoholics Anonymous of District 16 and the Josephine County Intergroup of Alcoholics Anonymous of District 7. The purpose of this 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 World Services, Inc., (A.A.W.S.) as a whole, the Jackson County Central Office, District 16, the Josephine County Intergroup, and District 7. No endorsement of or affiliation with any group(s) or with any organization is 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/her discretion. The Jackson County Central Office and the Josephine County Intergroup do not endorse any outside enterprise or lend its name, or the A.A. name, to any state agencies, treatment or counseling services whatsoever. Any photocopy belonging to A.A.W.S. was reproduced with the permission of Alcoholics Anonymous World Services, Inc., for inclusion in this A.A. Service Board/Committee newsletter. Permission to photocopy this material does not mean that A.A.W.S. has reviewed or approved its contents, or that A.A. necessarily agrees with the views expressed herein. The Jackson County Central Office and the Josephine County Intergroup Newsletter is produced solely by the members of Alcoholics Anonymous and is intended simply to reach out to its members, to spread love and good will to all readers, and to share the beautiful message of recovery with all.

