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One Day at a Time

The Newsletter for Alcoholics Anonymous of Jackson and Josephine Counties

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"We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."

Reprinted from *Alcoholics Anonymous*, Fourth Edition, "Into Action," p. 76 with permission from Alcoholics Anonymous World Services, Inc.

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

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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 Eight – "Made a list of all persons we had harmed and became willing to make amends to them all·"

"One of the key words in the Eighth Step is the word **all**. I am not free to select a few names for the list and to disregard others. It is a list of all persons I have harmed. I can see immediately that this Step

entails forgiveness because if I'm not willing to forgive someone, there is little chance I will place his name on the list. Before I placed the first name on my list, I said a little prayer: 'I forgive anyone and everyone who has ever harmed me at any time and under any circumstances.'

"It is well for me to contemplate a small, but very significant, two-letter word every time the Lord's Prayer is said. The word is as. I ask, 'Forgive us our trespasses, **as** we forgive those who trespass against us.' In this case, **as** means, 'in the same manner.' I am asking to be forgiven in the same manner that I forgive others. As I say this portion of the prayer, if I am harboring hatred or resentment, I am inviting more resentment, when I should be calling on the spirit of forgiveness."

Reprinted from *Daily Reflections*, August 9, p. 230, with permission from Alcoholics Anonymous World Services, Inc.,

Tradition Eight – "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

"Alcoholics Anonymous will never have a professional class. We have gained some understanding of the ancient words 'Freely ye have received, freely give.' We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated."

Reprinted from *Twelve Steps and Twelve Traditions*, "Tradition Eight," p. 166 with permission from Alcoholics Anonymous World Services, Inc.

Eighth Step Principle

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.

Love

"The willingness to make amends requires ***compassion***. Considering that many of those we harmed also harmed us, it may require a bit of ***empathy*** as well. We must set aside our anger toward these individuals, recognizing that we have made our own mistakes. We seek only to clean our own side of the street.

"In addition, ***love*** is not only toward those we harmed, but all those we encounter. The best way to prevent ourselves from needing to make amends in the future is to do right by people the first time around. Herein lays the concept of ***respect***.

"Love and ***respect*** can be feelings. They can be demonstrated in our actions and words. To us, respecting other people means recognizing and acknowledging their worth and value as human beings, regardless of their background, race, or creed. It's demonstrated in all our day-to-day relations—refraining from demeaning others for their ideas and opinions, refusing to laugh at racist or sexist jokes, putting prejudices aside, and staying open-minded. We show respect not just by what we refrain from doing but also by intentional acts, such as being on time, dressing appropriately, or giving our full attention to the person or people we're with.

"So, remember, ***love*** and ***respect*** are more than feelings. They're things that we do. Which is why Step Eight only matters when we follow it with Step Nine."

Amethyst (n.d.). *Treatment – the Principles of the Twelve Steps*. Retrieved on June 9, 2021, from https://www.amethystrecovery.org/principles-12-steps/#Step_Eight_%E2%80%93_Love.

Step Eight Prayer

Dear God,

" I ask your help in making my list of all those I have harmed.
I will take responsibility for my mistakes and I will be forgiving to others as You have forgiven me.
God, please grant me the willingness to begin my restitution. This I pray."
Amen.

Alcoholics Anonymous, Cleveland District Central Office, https://www.aacle.org/twelve-step-prayers. Accessed June 15, 2021.

I Don't Have to Look Over My Shoulder Anymore

Written and submitted by an Anonymous Grateful and Sober Alcoholic, Jackson County, District 16

Looking at the train wreck of my alcoholic life from afar is one thing but taking actions to repair and mend what is salvageable is a whole other adventure. Step Eight helps me to live in the greatest peace, in partnership with others and myself.

While Step Four was my personal housecleaning, Step Eight is an extension of the housecleaning, a social application of the shame reduction that I began in Step Four. In Step Eight I made a list of people I harmed and the specific ways that I harmed them. Since I mustered enough courage to work on the previous steps while staying sober, I had to use this same level of courage to develop a compassionate spirit to come up with that list.

> "There is no love without forgiveness, and there is no forgiveness without love."
> Bryant H. McGill

Step Eight is the beginning of the process of making amends, forgiving others, and possibly being forgiven by them, in addition to forgiving myself. By making this list of the people I harmed and became willing to make amends,

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I had to work toward healing the past with others and to learn how to live in the world with my head held high, looking people right in the eye.

I had to identify the damage I did to others and list the names of these people I hurt. It didn't matter if the harm I caused was from selfishness, carelessness, anger, arrogance, dishonesty, or any other character defect … it didn't even matter if I didn't intend to cause harm. All that mattered was that the list had to be a completely thorough list containing the names of people I lied to, stole from, cheated on, treated badly or indifferently, living or dead, whether or not the people wanted to hear from me. It didn't matter. I had to be incredibly honest. But I was just making a list.

Some of the people on the list were people that caused me harm and pain, and if I hadn't done a good Step Four through Step Seven, I would have been too mad to include them on my Step Eight list. However, in these previous steps, I learned to pray for the willingness to have compassion and forgiveness for them and to let go of the resentment. What helped is that I admitted to my part in the deal which was the point anyway. So, when I got to Step Eight, I was able to put them on the list. I wanted to be free, I wanted to have the Promises in my life, I wanted to remove anything that could put my sobriety in jeopardy. I wanted to be free and have peace in my life, so I swallowed that stupid pride and got on to the work at hand.

One of the wonderful things about recovery is that we become willing to let go of resentment, blame and self-pity, and recognize that we are all just human beings. So instead of getting caught up in those old feelings of anger and bitterness, we just had to put pen to paper and list those names of people I harmed. I had to remember that I was cleaning up my side of the street, not someone else's. I had to take responsibility for my part because I wanted more than anything to rebuild the relationships that I damaged because of my alcoholism.

Beginning to restore these relationships starts in Step Eight, but the Step's other rewards are huge too – spiritual blessings like forgiveness, honesty, courage, willingness, accountability, humility, and compassion. ***Willingness*** and ***courage*** allow me to list who I harmed holding myself ***accountable***. By ***honestly*** admitting I am a flawed human and have made mistakes, I develop ***compassion*** for myself. By ***forgiving*** those who harmed me I am set ***free***, thus in forgiving those who harmed me, I extend an authentic ***love*** that requires ***humility***. I am on my way to truly being free from the grips of my disease.

There's a level of honesty in working the Twelve Steps that A.A.s exalt in because of the freedom it brings. The reason one of our slogans is "happy, joyous and free!" is because without alcohol in our lives we have freedom to take a deep breath and exist in the day, relieved of that feeling of waiting for the other shoe to drop, the jig to be up, or the police to come knocking. Remember that it takes time to heal from traumas. As alcoholics we want to rush to the end result. However, there is no prize for doing any of the Steps as fast as we can. Impulsively rushing in to make amends without taking the time to work with our sponsors could be as detrimental as not making amends. It's never too late, but sometimes it's too early. So, if I may impart some advice:

Focus on a comprehensive Step Eight list, then let prayer and meditation determine the time for forgiveness to come. When we forgive, we heal. When we let go, we grow. When we are free, we don't have to look over our shoulder … anymore.

"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake."

A.A. World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 77.

From Within the Walls – I Want To Be Better. I Will Be Better.

The Mill Creek A.A. Group at the Oregon State Penitentiary (OSP) in Salem, Oregon celebrated 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.

"In this issue [their newsletter named *Run of the Mill – 1944 and Beyond*], we're discussing Steps Seven and Eight. Step Seven says, 'Humbly asked Him to remove all our shortcomings.' Ok, ask God, whatever that means to you, to get rid of your faults. Good idea. We should all definitely do that. However, honestly, good luck. It's tricky. Can we teach ourselves not to be such screw-ups? Absolutely. Remove them completely? I don't know. Maybe. Let's work on it…

"Step Eight, however, says, 'Made a list of all persons we had harmed and became willing to make amends to them all.' All right, now we're talking. Here's one of my favorite steps. Why? Because it's so stinkin' hard. The goal of this step is not only to take responsibility of our mistakes, but now, to those very people we've harmed, try to make up for them. For some of us, including me, that would be a lifelong process. How many people have I hurt with my selfishness, my willingness to put me above them? Uh, a lot…

"So how do we do it? How do we even get started? Well, first things first, we start with those we care for most, right? Our family, our kids, wife, mom and dad (mine have already passed, so I'm screwed on that one) brothers and sisters. Maybe, we start with those that are suffering right now because they, still at this very moment, are paying for our bad decisions. How many people are hurting because we're in prison, sitting in a cage every day? (And not where we should be, with those who need us, love us, depend on us) I know it's tough to even think about, but we have to, don't we? Some even get mad when you ask them to think about how many of their closest family are right now paying for their stupid and selfish decisions. It's too hard, too much guilt, too much pain to fully take responsibility for our hurtful actions. Believe me, I know, I feel it every day. I want to punch myself in the face, scream in the mirror, 'What the hell is wrong with you!?!' The answer? I still don't really know.

"So many issues… All I know now is I don't want to do it anymore. Yes, sometimes it's good to figure out why we have done the things we have done. Daddy issues, mommy issues, God doesn't love me… However, sometimes the truth is, who cares! Sometimes the best thing to do is to just realize you don't want to be that man anymore and simply, don't be that man anymore. Sometimes, just making the decision not to be such an asshole to those you love is enough inspiration to make the choice to actually not do it anymore. We're grown ass men, we do what we want, right?

Recovery is possible

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"So, what do we really want? Bottom line, I don't want to be an idiot anymore. I don't want to hurt those I love. I want to be better. I want to be the dad my kids deserve, the husband my wife truly desires, the friend those closest to me need. Sometimes, just realizing that you want to be better, allows you to take the steps to do just that. Make the decision to put others ahead of yourself. Why? Because you want to! Because that's who you see yourself as. It doesn't need to be some difficult thing. We are strong-minded men.

"Sometimes spending years figuring out why we're so screwed up is sometimes just a waste of f**king time. We need to see ourselves as exactly the good and honorable men that we are, and then, just do it! Enough is enough! There are people right at this very moment who need us, miss us, want to hold us, talk to us, and share their lives with us. We owe it to them to be there. We owe it to ourselves to be there. That is where we are meant to be. That is where we will be most satisfied, happy, content, at peace. That is where we have to arrive as soon as possible. We must work hard, be diligent, fight as hard as we can to get there. So much is riding on our success. We can do it. If we must do it alone, we will. But the fact is, we don't have to. That's what our group is. We're not alone. ***You*** are not alone! We're in this thing ***together***.

"Most of all, that is what our group is meant to represent. We are the support system for ourselves. Just sitting in a meeting, whether we talk or not, whether we're bored out of our minds or not, just being there is proving to ourselves that getting there, to us, is absolutely all-important. And you know what? We are getting there. Day by day, we're that much closer to where we need to be. You can do it! You will do it! In fact, you're doing it right now."

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. 4 July/August 2018 with permission from The Mill Creek A.A. Group of OSP

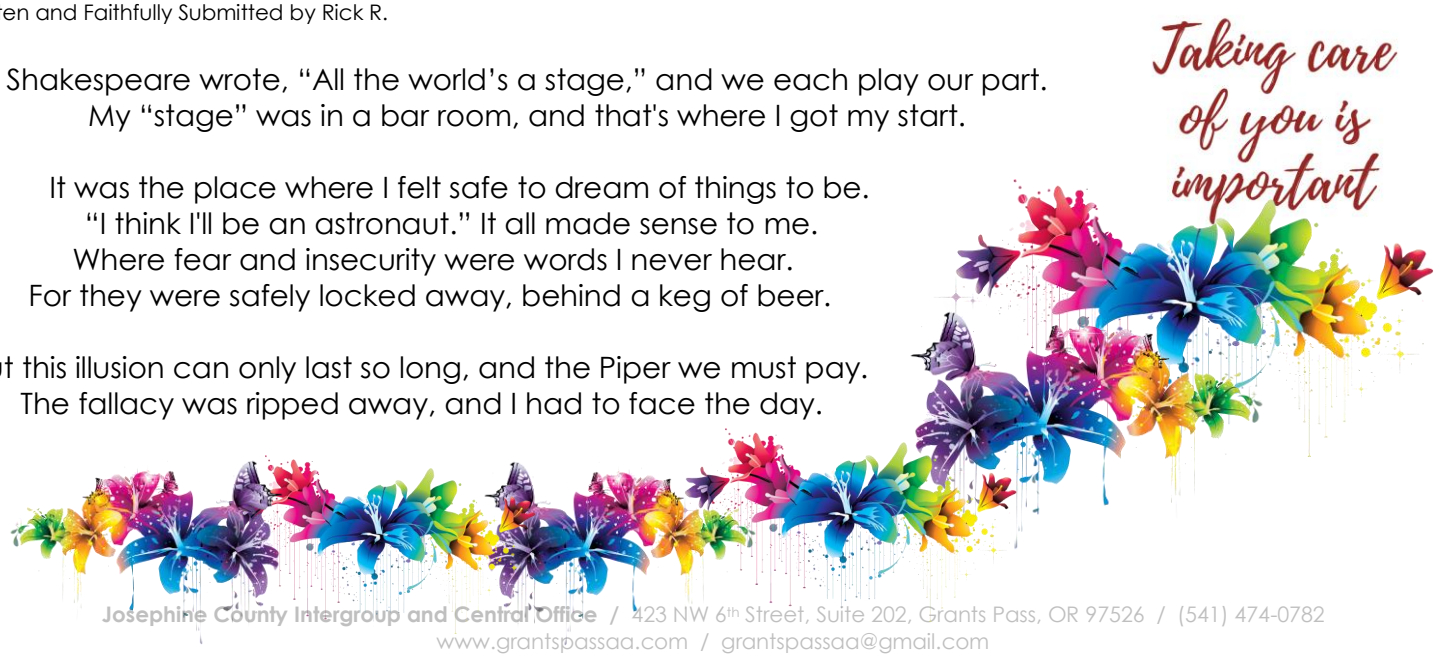
The Stage of Fear and Insecurity

Written and Faithfully Submitted by Rick R.

Shakespeare wrote, "All the world's a stage," and we each play our part.
My "stage" was in a bar room, and that's where I got my start.

It was the place where I felt safe to dream of things to be.
"I think I'll be an astronaut." It all made sense to me.
Where fear and insecurity were words I never hear.
For they were safely locked away, behind a keg of beer.

But this illusion can only last so long, and the Piper we must pay.
The fallacy was ripped away, and I had to face the day.

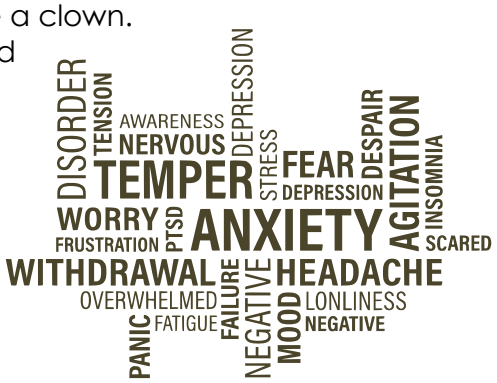


I had to find a different stage and play a different role,
To face my insecurities and fears would be my goal.

Instinctive fear is not a fault that I need to replace,
For it saves me from recklessness and falling on my face.

Irrational fear is where I falter, whenever I'm in doubt,
While doing shameful things that I don't like to talk about.

In later years, I changed my role to acting like a clown.
My drinking used to mask these things, that weighed
my conscience down.



Desperation was the final roll that brought me to my knees.
My conscience told me, "Call A.A. and deal with your disease."

It's in the program that I learned the habits of right living.
Abandoning all the taking and replacing it with giving.

A.A. has been the answer, and I go there every day,
Now acting like a grown-up, knowing God directs the play.

Today, My Life Is Not What It Used To Be

Written and submitted by Winslow C.

Countless times during the first few weeks of my sobriety, I stumbled my way through days and nights. I had no clue what the f**k I was doing. Would A.A. really solve my problems? Do I really want to stay sober for the rest of my life? I was an absolute mess with so many questions and doubts. In fact, I just saw my first sponsor the other day, and we began to reminisce about those days … at my expense. But he said one thing that was poignant to me. He said that even though I was a sad pup full of fear and uncertainty, I somehow knew that I was in a safe place in the rooms. I was at peace there.

Truth! I did feel safe in the rooms of A.A. I still feel safe in the rooms, but especially during those early days of recovery. I felt so safe that I would go to about five to six meetings a day in those early days. Outside the rooms was scary to me. I couldn't trust anyone, and no one trusted me. I couldn't drive because I lost my license. I had no car anyway. I was serving my 325 hours of community service. As a four-time convicted felon, once a week, I would visit my probation officer. I couldn't find a decent job. I had no money, I was depressed. I was lonely and alone, and I remember thinking often that drinking would make the dumpster fire of my life just seem more tolerable. I was a broken man severely weighted down by guilt, shame, self-pity, anger, remorse, and self-loathing disgust. My sponsor told me once that I was a loose cannon. Hell, I sure was.

But, yeah, in the rooms, all was good. I was making friends. I was learning. I was learning to pray to God. I was hearing that life, not just life, MY LIFE can be good. I felt secure and safe in the rooms. I believed in my heart that if I just stuck it out and stayed sober, worked the Steps with my sponsor, trusted God, cleaned house, and helped another poor ole sap like me, then maybe I too can have a good life in

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recovery. But I had to be willing, I had to be open-minded, and most importantly I had to be honest. Well, hell, I was willing to do and be whatever my sponsor asked of me. But I wanted a better life. No really I just wanted all the madness to end, and then maybe I could learn to have a good life.

Man, O, man, was I right!! I'm not saying that my life is perfect now, or even that it is as good as it can be. It doesn't have to be. What I am saying is that today almost five years later my life is a far cry from the shit show it was back then. I for one know who I am. I know my values, I know what I stand for, I know how to love a woman truly and faithfully, I strongly believe in the Power of God in my life, I vehemently know that I put all my faith in Him, and I know that I don't have to control and run shit and people to be happy. Hell yeah, today I am FREE, no longer a slave to addiction, to others, to situations, to sin, to my thoughts and feelings. No way!! Today, I am a better person, a better man, a better son, a better husband, a better father, and I'm just better. Today, I am a grateful sober alcoholic who knows God and understands the value of being honest, humble, at peace, doing the right thing all the time and in all my affairs, and being of service to others.

Today, I am no longer afraid. I am no longer fearful, uncertain, or apprehensive. Today, I walk in humility and in faith in God leading the way revealing His will for me and my life as long as I stay in constant contact with Him. So, now, I pray … often. I thank Alcoholics Anonymous for its program of hope and recovery and the beautiful people and friends I today call my family. Thank you, thank you, thank you. I will always be indebted to you all. Thank you and I love you all.

"By practicing the virtues, we cultivate the soil from which healthy emotions sprout. By letting go of our character defects, we drain the swamp in which diseased emotions breed."

Ray Allen

Step Eight - Making a List

Written and Submitted by Rick R.

When I first got to Alcoholics Anonymous and surrendered, I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them.

I thought that all I would be talking about was my drinking habits. When faced with the Twelve Steps. I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as, "ok for you, but not necessary for me."

I did not think my problems were about mental, emotional, and spiritual matters. If I could just stop drinking, things would be just fine. It didn't take long for me to realize what they were explaining to me about the wreckage

of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years.

I was one of the fortunate ones that lost the obsession to drink from the very first day, so that was never a problem for me. I had taken Step One, but I dismissed Steps Two and Three as being okay for the religious folks, but I could do without them. Steps Four, Five, Eight and Nine were the ones that I did not want to face, but by the time I had been sober for about two years, I finally let down my guard and did Steps Four and Five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through Steps Six and Seven, and those two steps will never be finished, as they are basically about spiritual growth concerning my thoughts and actions.

Then, came Step Eight, and the need to identify those people that I had harmed in the past and I would have to make amends to. Can they be serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless. With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to. I began with the people I let down the most such as my first wife, my son, my siblings, my mother, and my closest friends who were like family to me. Then, I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bartenders, and girlfriends through all those years, and I had to be realistic about it.

To do this, I could spend the rest of my life chasing people down to apologize and that is when I had to step on the breaks. Thinking that I would need to chase down all of those ships in the night was what held me back from doing it. What I finally did was I first had to be sure that I no longer did those regrettable deeds of yesterday, so that I was not being hypocritical about it. Then, I handled the ones who were renting room in the front of my brain box. Then, as I said, I spiraled outward and handled the ones that were closest to me.

As time went on, I found the occasion when I would run into an old friend, and if I had anything left undone, I would ask him, "*Have you ever done something that you really regretted*?" His answer is usually, "*Hell, yes, who hasn't*? Then I would say, "*Can we talk*?" This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then tried to correct them, made restitution, and now lives an honest unselfish life?

None of us are perfect. Do not be bogged down by overthinking this Step, but, on the other hand, be prepared to jump at the opportunity when it arrives.

If you want to drink, that's your business.

If you want to stop, that's ours.

Call (541) 732-1850 in Jackson County

Call (541) 474-0782 in Josephine County

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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.

"Forgiveness entered my life through my heart, not my head."

"You cannot get ahead until you learn to be here."

"I could do something about changing my own thoughts, but nothing about changing the people around me."

"I have had to face my past, one episode at a time, and become willing to look at the truth. I could feel the pain and fear, like trolls under the bridge, waiting to jump out and challenge my self-esteem."

"I no longer always have to be right."

"What counts is not that which can be held in the hand but that which can be held in the heart."

"Where before there was a gaping hole of emptiness, I seek within me that faint ember of self-love, self-worth, and desire for goodness."

"In the nick of time, and by God's grace, each of us has been enabled to develop a growing sense of the meaning and purpose of his own life."

A·A· Fun & Humor

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

Paddy O'Donnell was driving home from O'Hara's Authentic Irish Pub after downing a few on St. Paddy's Day in honor of his namesake, Saint Paddy himself. He turns a corner on County Cork Road and much to his horror, even with his foggy eyesight, spies a tree in the middle of the road. He swerves to avoid it and in the nick of time he realizes that there is yet another tree directly in his path. He swerves again and discovers that his drive home has turned into a freakin' nightmarish slalom course with downed trees all over creation, causing him to veer from side to side to avoid total disaster.

Barely keeping his car from careening off the edge of the narrow road and rolling down the embankment, as Paddy nears his house, he hears the comforting sound of a police siren and brings his car to a stop in his driveway. "Must have been a helluva storm while I was in O'Hara's," Paddy mused, slumping behind the wheel, palms sweating profusely from the ordeal he has just been through.

The officer parks behind Paddy's car, cautiously approaches the driver's window and asks Paddy what on earth he was doing. Paddy, confused at the question, commences his tale of horror: swerving from side to side and nearly missing the trees strewn all over the road when the officer stops him in mid-sentence and says, "The great Saint be with me. Fer Christ sakes, Paddy, yer dodgin' yer air freshener!"

Submitted by Jack I.

A·A· Grapevine® and La Viña® on Instagram®

We are happy to announce that following the 2021 General Service Conference action, A.A. Grapevine, Inc. will be starting Instagram® accounts for both A.A. Grapevine® and La Viña® magazines.

The launch date is July 7, 2021. You'll be able to see the Daily Quote each morning, know when new magazine issues release, learn about new books and be inspired by both A.A. pioneers and today's members.

A.A. hopes that through Instagram® they'll help members stay connected to Grapevine® and La Viña®, and to A.A. as a whole, by finding inspiration when engaging with this social media platform. A.A. also hopes to attract those who might benefit by learning more about Alcoholics Anonymous.

To follow A.A. on Instagram®, use these addresses: *@alcoholicsanonymous_gv*
@alcoholicosanonimos_lv

A·A· Oregon Area 58 News

According to its website, Area 58 does not report many events occurring on an Area basis, except the Area Assemblies in September and November later this year. So, you ask, what is the Area Assembly?

The Area Assembly is a meeting held quarterly each year, in different parts of the state in which GSRs and Committee members assemble to discuss Area affairs and to elect officers and a delegate to the General Service Conference held each Spring in New York. Assemblies are hosted by one of the Area's 37 Districts. The Committee consists of the DCMs of each of the participating Districts, the elected Area officers and Committee chairpersons, the delegate and alternate delegate.

Service Committees take care of the internal functions of Area 58 and provide outreach activities to carry the A.A. message to the suffering alcoholic and to raise community awareness. The Area Committee or their alternate, all GSRs or their alternates, the delegate and alternate and the Area chairperson and alternate are voting members. However, all members of A.A. are encouraged to participate in the workshops and sharing sessions of the Assembly.

Area Assemblies for the remainder of this year are as follows:

Date/Time: Friday – Sunday, September 17 – September 19, 2021, Times are TBA
Where: Yamhill County Fairgrounds, McMinnville, Oregon

Date/Time: Friday – Sunday, November 19 – November 21, 2021, Times are TBA
Where: Ashland Hills Hotel, Ashland, Oregon

Visit Area 58's website for more information at https://www.aa-oregon.org/upcoming-assemblies/ or contact Gabriel K, Oregon Area 58 Alternate Chair, at (541) 525-8441or chair-alt@aa-oregon.org.

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A·A· Seventh Tradition Contributions and Donations

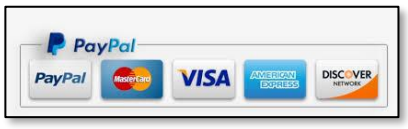
Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.

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 from June 16, 2021 through July 15, 2021.
Year-to-Date includes funds received and deposited from December 16, 2020 through July 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.

District 16 - Jackson County

Current	Jun 16, 2021 - Jul 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Jul 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD
Ashland Morning Fellowship	$300	$500	Rebelion Dogs Our Every Step	$0	$30
Ashland Siskiyou Group	$0	$49	Ruch 703	$0	$50
Bring Your Own Big Book Grou	$0	$84	Ruch 903	$252	$487
Clean and Sober Group	$0	$279	Shady A's Group	$435	$635
Eagle Point Women's A·A·	$0	$110	Step Sisters' Group	$0	$78
Happy, Joyous, and Free	$0	$100	Sunday Morning Fellowship - C	$184	$559
Gold Hill Group	$0	$1,500	There is a Solution	$40	$160
Just For Today	$0	$75	The Way Out Group	$100	$250
Medford Fellowship	$140	$950	Thursday Night Book Study	$0	$450
Parkside Café	$0	$88	White House Senior's Sober Gı	$0	$189

The following A·A·'s donated to Central Office $1 for each year of their sobriety:		
A·A·	Donation	
Aimee A·	$19	Thank you and Happy Birthday!

The following A·A·'s donated to Central Office:				
A·A·	Donation		A·A·	Donation
Cathy M·	$10		Tom H·	$64

District 7 - Josephine County

Current	Jun 16, 2021 - Jul 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Jul 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
12 O'Clock High Group	$0	$524	Merlin Group	$200	$200
Easy Does It Group	$0	$200	Next Generation Group	$0	$150
Friday Night Winners Group	$0	$200	Sobriety Sisters Group	$0	$100
Looking Forward Group	$60	$60	Uppity Women's 11th Step Gr	$0	$25

The following A·A·'s donated to Central Office:				
A·A·	Donation		A·A·	Donation
Jary K·	$50			

A·A· News from Central Office

A·A· Service – Being of Service to Others is the Heart of A·A·

The District Committees of Jackson County and Josephine County have several positions open for Officers and Committee Chairs:

Jackson County District 16 –
DCM (open in November 2021), Local-DCM-A (Ashland, Phoenix, and Talent), Access Chair, Correctional Facilities Chair for Men and Women, Grapevine Chair, and Schedules Chair. Visit the District 16 website for more information at https://medfordareaaa.org/service/#.

Josephine County District 7 –
Treasurer and Cooperation with Professional Community (CPC) Chair
Visit the Josephine County Intergroup and District 7 website for more information at https://www.grantspassaa.com/district-7/.

Also, the Service Committees of Jackson County and Josephine County have a few positions open for Officers and Committee Chairs:

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Jackson County Central Office –
Vice-Chair, Webmaster (open soon)
Call Central Office during business hours at (541) 732-1850 and speak Wayne T., or come to one of the Central Office Business Meetings on the first Saturday of each month to express your interest.

Josephine County Intergroup –
Vice-Chair for the Steering Committee, Secretary
Visit the Josephine County Intergroup and District 7 website for more information at https://www.grantspassaa.com/intergroup/.

Central Office Volunteers
Volunteers at Central Office have one of the most important positions in our organization. Duties for a 3 or 3 ½ hour shift include:

- Answer the phones and greet drop-ins (forward calls when necessary)
- Assist with requests for 12-Step calls
- Provide information and schedules for A.A. meetings or events
- Sell A.A. literature

Open and available shifts are:

Jackson County Central Office –
Monday – 12:30 PM to 4:00 PM
~~Friday – 9:00 AM – 12:30 PM~~
To volunteer for a shift, call (541) 732-1850

Josephine County Central Office –
Monday – 1:00 PM – 4:00 PM
Friday – 10:00 AM – 1:00 PM
To volunteer for shift, call (541) 474-0782

Other Volunteer Opportunities to be of Service

Lastly, Jackson County A.A. District 16 Cooperation with Treatment Facilities is looking for women to share their experience, strength, and hope for meetings on Wednesdays at 1:00 PM via ZOOM®.

If you are available and wanting to be of service to other women in treatment facilities, please call the Cooperation with Treatment Facilities Chair, Jo B., at (541) 840-0482 or email her at busbks@gmail.com.

Books and Other Cool Stuff For Sale

Jackson County Central Office is now selling a few selected items from Hazelden Publishing, such as *Drop the Rock – Second Edition*, *Drop the Rock … The Ripple Effect*, *The Little Red Book*, *Touchstones*, and other cool items.

Come check 'em out!!

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.

Bimonthly Traditions and Concepts Workshop

Hosted by District 16
Wednesday, August 18, 2021 @ 6:00 PM – 6:50 PM

Workshop recurs every EVEN numbered month on the 3rd Wednesday followed by the monthly District 16 Business Meeting. Tackling two Traditions and two Concepts each Workshop.

"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
Video from smart device:
https://bit.ly/32RSWNb Meeting ID: 456 010 1935
Password: 01601935

Audio via phone:
Call in: (669) 900-6833 Meeting ID: 456 010 1935
Password: 01601935

Southern Oregon Dog on the Roof Men's Campout 2021

Hosted by Southern Oregon Dog on the Roof
Thursday – Sunday, August 19-22, 2021
Howard Prairie – Asperkaha Campground

Fun | Fellowship | Laughter

A.A. Meetings will be 9:00 AM & 8:00 PM on Friday and Saturday and 9:00 AM on Sunday

Cost: Friday thru Sunday* (includes campsite and food) – $50
Thursday thru Sunday (includes campsite and food) – $60
Saturday only (includes only dinner) – $20
Kids (under 12 are free) – $25
*Meals begin with Friday Night dinner

For more information, please call Wayne H. directly at (541) 261-9765

Recovery is happening

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Oregon Area 58 Assemblies

Hosted by District 22
Friday – Sunday, September 17 – September 19, 2021
Yamhill County Fairgrounds, McMinnville, Oregon

Times are TBA

AND, later this year, Oregon Area 58 is coming to Southern Oregon

Hosted by District 16
Friday – Sunday, November 19 – November 21, 2021
Ashland Hills Hotel, Ashland, Oregon

Times are TBA

All members of A.A. are encouraged to participate in the workshops and sharing sessions of the Assembly.

Rogue Men's Fall Retreat

Hosted by Men of A.A. in the Rogue Valley
Friday, September 17, 2021 @ 3:00 PM – Sunday, September 19, 2021 @ 12:00 PM
Lake Selmac, Oregon
500 Reeves Creed Rd, Selma, OR

The retreat has been an annual gathering at different parks in Southern Oregon with attendees from mostly California and Oregon.

It's a spiritual retreat more focused on speakers, groups, and service.

There will be plenty of time for a nap, some fishing, working with others or helping out with meals.

"Our Pick Struck Gold"

Topics based on Chapter 9, The Family Afterward

Come join us for a weekend retreat of recovery and fellowship!!

RV and tent sites at Mallard Loop
Tents campers are $35.00 and RV sites are $70.00
Meals will be provided all day Saturday and Sunday morning

For more general information, please call Nick J. @ (541) 613-2647
For information about registration, please call Joe V. @ (541) 531- 6900
For information about scholarships, please call Paul @ (541) 630-3499

A·A· Sober Fun Events

Events listed below are s t include formal meetings. They are not A.A. events. They are e 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

A·A· 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	Aug 3 @ 7:00PM	***District 16***	Aug 18 @ 7:00PM
Business Meeting	Sep 7 @ 7:00PM	***Business Meeting***	Sep 15 @ 7:00PM
Zoom® Meeting	Meeting ID: 648 127 84	Zoom® Meeting	Meeting ID: 292 293 5999
	Password: 828804		Password: 06101935
JoCo Intergroup	Aug 19 @ 7:00PM	***JCAA Central Office***	Aug 7 @ 9:00AM
Business Meeting	Sep 16 @ 7:00PM	***Business Meeting***	Sep 4 @ 9:00AM
Zoom® Meeting	Meeting ID: 872 2951 0766	Jackson County A.A. Central Office	
	Password: 444533	116 E. 6th Street, Medford, OR 97501	
YPAA	Aug 8 @ 2:00PM	***Rogue Roundup 2022***	No meeting in Aug
Business Meeting	Sep 12 @ 2:00PM	***Board Meeting***	No meeting in Sept
Zoom® Meeting	Meeting ID: 548 800 3775	Visit www.rogueroundup.com for more info	
	Password: None needed	2022 Roundup – May 2022 – Get ready!!	

The Latest COVID-19 Meeting Information

Although the public health concerns have alleviated recently , some in-person A.A. meetings still remain closed with the hopes of re-opening very soon. As a result, most of these A.A. groups continue to hold remote meetings online via the ZOOM® digital platform.

However, many A.A. groups have made the decision to return to in-person meetings with some precautions in place. HOORAY!!

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

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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 celebrate 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
Otto W·	August 20, 1959	62	Jay S·	August 9, 2015	6
Phillip B·	August 21, 1982	39	Davina J·	August 10, 2015	6
Celina S·	August 2, 2006	15	Cory B·	August 10, 2015	6
Kelly N·	August 29, 2007	14	Winslow C·	August 18, 2016	5
Caitrin G·	August 2, 2009	12	JR	August 1, 2017	4
Joel S·	August 3, 2012	9	Jason T·	August 7, 2017	4
Amy V·	August 5, 2013	8	Craig Z·	August 22, 2017	4
Mike H·	August 12, 2013	8	Karen W·	August 20, 2018	3
Sue G·	August 8, 2014	7	Pat S·	August 27, 2018	3
Caryn M·	August 23, 2014	7	Hallie C·	August 5, 2019	2
Jessica W·	August 3, 2015	6	Joseph E·	August 23, 2019	2

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

MEMBERS OF JOSEPHINE COUNTY A·A·

NAME	DATE	YEARS	NAME	DATE	YEARS
Bruce E·	August 23, 1963	58	Suzanne B·	August 17, 2008	13
Leo R·	August 22, 1972	49	Caitrin G·	August 2, 2009	12
Tom N·	August 4, 1973	48	William G·	August 8, 2009	12
Jen F·	August 2, 1986	35	Mike H·	August 8, 2009	12
Cyril H·	August 27, 1987	34	Ernie	August 9, 2011	10
Randy R·	August 22, 1994	27	Kashmir	August 20, 2011	10
Vikki C·	August 18, 1996	25	Eddy P·	August 31, 2011	10
Susan H·	August 24, 1996	25	Heather L·	August 24, 2013	8
Sara	August 25, 1997	24	Kathie S·	August 10, 2014	7
Randy K·	August 9, 2001	20	Melissa E·	August 23, 2014	7
Teddy	August 9, 2003	18	Sherry E·	August 13, 2016	5
Janet P·	August 24, 2004	17	Tracey C·	August 18, 2016	5
Whitney H·	August 9, 2007	14	Winslow C·	August 18, 2016	5
Kerry K·	August 29, 2007	14	Jana J·	August 26, 2016	5

The Birthday Plan

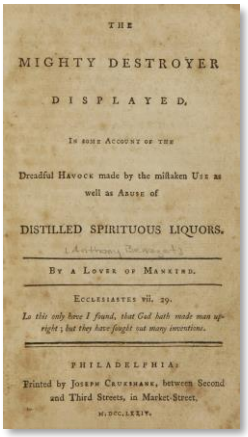
Contributions to the Jackson County A.A. Central Office, Josephine County A.A. Intergroup or Districts 16 or District 7 support their services to A.A. members and groups throughout the Rogue Valley.

Your contributions help ensure that the A.A. message is carried to anyone anywhere around the Valley. Many of the services that these service boards provide A.A. groups and members cost financial resources.

So, we are asking A.A. members to contribute $1, $2 or even $5 a year for each year of sobriety – others may give a penny or a nickel a day for each day of their sobriety. All contributions are very much appreciated.

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

A.A. History – Did You Know?


THE
MIGHTY DESTROYER
DISPLAYED,
In some Account of the
Dreadful Havock made by the mistaken Use as well as Abuse of
DISTILLED SPIRITUOUS LIQUORS.
By a Lover of Mankind.
Ecclesiastes vii. 29.
Lo this only have I found, that God hath made man upright; but they have sought out many inventions.
PHILADELPHIA:
Printed by Joseph Crukshank, between Second and Third Streets, in Market-Street.

This month, we go way back in American history before A.A. to see a little of the past that in some roundabout way led to the formation of A.A. But first, a brief etymological lesson of the word "alcohol."

The word "alcohol" derives from the Arabic "al-kuhul," a term applied to the chemical compound ethyl alcohol or ethanol. The Arabic term denotes "kohl," a fine powder of antimony used as eye makeup. In its earliest usage, the word "alcohol" denoted any fine powder. Alchemists of medieval Europe later applied the word to essences obtained by distillation. It was not until the 18th century that the word came to designate the intoxicating ingredient in liquor.

In 1774, the earliest American writing on alcoholism was authored by Anthony Benezet of Philadelphia, PA (1713 – 1784). He was an abolitionist and temperance advocate. He wrote a 48-page essay titled *The MIGHTY DESTROYER DISPLAYED in some Account of the Dreadful Havock made by the mistaken Use as well as Abuse of DISTILLED SPIRITUOUS LIQUORS.* At this point in time, the word "temperance" was often used to encourage moderation in drinking and later evolved into "teetotalism" which advocated total abstinence.

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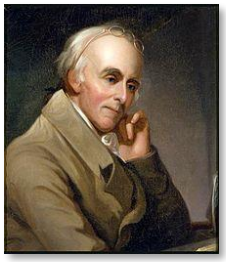
In 1784, Philadelphia physician and Revolutionary War patriot, Dr. Benjamin Rush (1746 – 1813) was the first American physician to describe alcoholism as a disease. Rush was a civic leader in Philadelphia, where he was a physician, politician, social reformer, humanitarian, and educator. Dr. Rush was also a member of the Continental Congress, signer of the United States Declaration of Independence, Surgeon General of the Army during the American Revolution and founder of Philadelphia Medical College and Dickinson College. His study of mental disorder made him one of the founders of American psychiatry. In 1965, the American Psychiatric Association recognized Dr. Rush as the "father of American psychiatry."



Dr. Benjamin Rush

Dr. Rush is also known as the father of the American temperance movement. In a 36-page paper titled *An Enquiry into the Effects of Ardent Spirits on the Human Body and Mind*, he described habitual drunkenness as a "progressive and odious disease" and that total abstinence "suddenly and entirely" was the only effective treatment.

In 1810, a few years before his death, Dr. Benjamin Rush called for the creation of "sober houses" where alcoholics could be confined and rehabilitated. These "sober homes" were the forerunner of treatment centers.

A Narrative of A.A. History, Accumulated and Edited By Arthur S, Arlington, TX, Public Version, March 1, 2014.

COMING SOON!

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

In next month's newsletter, we will also learn that by asking God to be the master-builder of our lives He will show us how to build a strong foundation for the 'house' of our lives ... in just twelve steps. Plus, we will take a look at the Jack Alexander Article About A.A. (P-12) that was published in the Saturday Evening Post in March 1941 to learn why some people become alcoholics, according to this informational pamphlet, which became responsible for a surge of interest that established A.A. on a national basis. Lastly, we discuss the Ninth Step Promises, which for almost everyone in A.A. is the inspiration and hope that we have in the Program. But we learn that we have to be "painstaking" in our development.

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.