VOLUME 1 ISSUE 6
OCTOBER 2021

One Day at a Time

The Journal for Alcoholics Anonymous of Jackson and Josephine Counties

Inside This Issue

1 Welcome
1 Step Ten
2 Tradition Ten
3 Tenth Principle
3 Tenth Step Prayer
4 Comforting Words
5 Continued to Take Personal Inventory
6 The Work of Step Ten
7 Denial
7 A·A· Service
11 A·A· Grapevine® Quotes of the Day
11 A·A· Fun and Humor
12 A·A Seventh Tradition Contributions
14 A·A· Events
15 A·A· Sober Fun Events
15 A·A· Upcoming Calendar Events
15 The Latest COVID-19 Meeting Info
16 A·A· Soberversaries
17 A·A· History – Did You Know?
18 Coming Next Month

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Ten," p. 90 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.

Sign up for the 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 and directions or scan the QR Code to the right with your mobile device to be taken directly to the 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 is the third Friday of the month.

Step Ten – "Continued to take personal inventory and when we were wrong promptly admitted it·"

"Now that we're in A.A. and sober and winning back the esteem of our friends and business associates, we find that we still need to exercise special vigilance. As an insurance against "big-shot-ism" we can often check ourselves by remembering that we are today sober only by the grace of God and that any success we may be having is far more His success than ours.

"Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means. It will become more and more evident as we go forward that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up.

"Such a radical change in our outlook will take time, maybe a lot of time. Not many people can truthfully assert that they love everybody. Most of us must admit that we have loved but a few; that we have been quite indifferent to the many so long as none of them gave us trouble; and as for the remainder—well, we have really disliked or hated them. Although these attitudes are common enough, we A.A.'s find we need something much better in order to keep our balance. We can't stand it if we hate deeply. The idea that we can be possessively loving of a few, can ignore the many, and can continue to fear or hate anybody, has to be abandoned, if only a little at a time.

"We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none. With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them.

"Whenever we fail any of these people, we can promptly admit it—to ourselves always, and to them also, when the admission would be helpful. Courtesy, kindness, justice, and love are the keynotes by which we may come into harmony with practically anybody. When in doubt we can always pause, saying, 'Not my will, but Thine, be done.' And we can often ask ourselves, 'Am I doing to others as I would have them do to me—today?'"

Reprinted from Alcoholics Anonymous® World Services, Inc. *Twelve Steps and Twelve Traditions*, 1981, pp. 92-93.

Tradition Ten – "Alcoholics Anonymous has no opinion on outside issues; hence the A·A· name ought never be drawn into public controversy·"

"Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival."

Reprinted from Alcoholics Anonymous® World Services, Inc. *Twelve Steps and Twelve Traditions*, 1981, p. 177.

Tenth 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.

Perseverance and Discipline

The concept of **discipline** may sometimes pop up during work on Steps Eight and Nine. When that happens, Step Ten usually replaces discipline with **perseverance**. Call it what you want, the fact remains that Step Ten necessitates a daily upkeep of the principles utilized thus far.

The Big Book promises us that Step Nine will bring about a better way of life. Step Ten asks that we continue to maintain it. To some, this may sound confusing. **How can Step Nine truly promise us a better way of life while asking us to work toward that life every single day?** Shouldn't a better way of life indicate an easier way of living? We may look to The Ripple Effect, a spiritual successor to Drop the Rock focusing on Step Ten, for an explanation (See later in the e-Newsletter for this explanation).

In the movie, *The Karate Kid*, Daniel LaRusso, played by Ralph Macchio, did not wax a car once and then become a karate master overnight. He worked hard at it, persevering through difficult training sessions and showing the discipline to keep going no matter how strenuous it seemed. In time, his lessons started becoming easier. He grew into the Karate Kid over time. Likewise, rigorous practice of Step Ten will help us to become more attuned to our principles. One day, we may wake up and realize just how far we've come. At this point, we can begin working toward an even greater level of spiritual awareness.

Amethyst Treatment. (n.d.). *The Principles of the Twelve Steps*. Retrieved on August 28, 2021, from https://www.amethystrecovery.org/principles-12-steps/#Step_Nine_Responsibility/Justice.

Tenth Step Prayer

Dear God,

"… remove the selfishness, dishonesty, resentment, and fear
that has cropped up in my life right now.
Help me to discuss this with someone immediately and make amends quickly,
if I have harmed anyone.
Help me to cease fighting anything and anyone.
Show me where I may be helpful to someone else.
Help me react sanely; not cocky or afraid.
How can I best serve You, God?
I pray for Your will in my life, not mine be done."

Reprinted from Alcoholics Anonymous® World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, "Into Action," pp. 84-85.

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

"A man can fail many times, but he isn't a failure until he blames someone else."

John Burroughs

Wahler, J. (2021). Breaking Down Step Ten of AA Alcoholics Anonymous. Jason Wahler. Retrieved on August 28, 202, from https://jasonwahler.com/breaking-down-step-ten-aa-alcoholics-anonymous/

It's not that some people have willpower, and some don't.
It's that some people are ready to change, and others are not.

Wahler, J. (2021). Breaking Down Step Ten of AA Alcoholics Anonymous. Jason Wahler. Retrieved on August 28, 202, from https://jasonwahler.com/breaking-down-step-ten-aa-alcoholics-anonymous/

Comforting Words

Written by an anonymous member of Jackson County A.A., District 16, Medford, OR

Higher Power, here I am. Please take all of me and re-create me. Give me your eyes, so that I can see myself and others as you would. Help me to hear your voice amongst all the other demands in and around me.

I turn over anything that would block me from you.

When I am caught up in day to day drama, trying to control others, or specific outcomes, help me to remember that you know the Master Plan.

When I am overwhelmed by grief or wanting things to be different then what they are, whisper in my ear that you are near.

Each time I reach my hand out to you and grasp your mighty life force may others see the possibilities for themselves and their woundedness.

You are such a loving, compassionate, Spirit, and I invite you into all my life, so that I can share your loving power with all those around me.

Recovery is an ongoing process

Continued to Take Personal Inventory

Written and Submitted by Rick R.

If someone were to ask me what brought me to the doors of Alcoholics Anonymous (A.A.), my answer would be, "Alcohol had got the best of me. I was desperately circling the drain, and I didn't want to die young." Not everyone that comes to A.A. has that degree of desperation. I got sober on October 15, 1969, and that was just before alcoholics were being offered rehabilitation clinics. Up to that point most of our members who came here were looking for answers. The success rate at that time, according to the Foreword to the Second Edition of *Alcoholics Anonymous*, was about 50% of those who came to A.A. looking for answers got sober and never drank again. 25% got sober after a few relapses and stayed that way, and the other 25% showed improvement.

To me, 75% sounds like a surprisingly good ratio of success. As Tradition Three states, the only requirement for A.A. membership is a desire to stop drinking. Not everyone who comes to A.A. from the court system or from a rehab environment has the same amount of desperation as those original members had. This does not mean that they are not invited, for we treat them with respect but a large percentage of them do relapse, and we welcome them back with open arms so as not to be considered an A.A. failure, and eventually many of them do stay sober. The depth of the desperation is often consistent with the depth of thoroughness a person is willing to go through as he takes the steps and when I was faced with this suggestion that I do a fearless and thorough moral inventory in the Fourth Step, I began to resist and did what I would call a shallow facade just to get my ticket punched. Being in the Navy at the time I was abruptly flown out to the Western Pacific during the Vietnam War and assigned to a tanker replenishing the fuel on ships in the Tonkin Gulf Fleet, and I had four months to think about what I was going to do on my returned home. My conscience told me to discard my original inventory and do it right the second time around. That I think is what made the rest of this program easy for me. Being willing to take responsibility for all those disgusting behaviors of yesterday and to make restitution has been the answer to all those alcoholic behaviors in the past. If we have completed a good 4th and 5th Step and again on the 8th and 9th Step, how do we approach the Tenth Step which suggests that we continue to take personal inventory and when we are wrong promptly admitted it.

Early in my sobriety my wife came home from an Al-Anon meeting excited about the topic they shared. She said that "We should examine our motives for all the things we do" and that made perfect sense to me. I have been living a life based on unselfish principles and I am never done examining my motives. All my outside behaviors (short-comings) are the result of my thinking (motives) and so long as I am willing to continue this path it has taken all the fight out of me. "Selfishness – self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate" (A.A.W.S. 2001 p. 62). What a profound statement! Living a life based upon unselfish motives has restored my self-esteem and the final and most important result is peace of mind. Never thought that would happen!!! This is my understanding of Step Ten.

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

If you want to stop, that's ours.

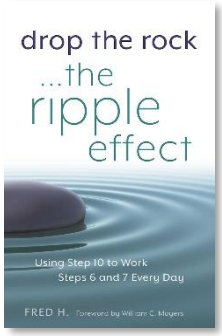
Call (541) 732-1850 in Jackson County

Call (541) 474-0782 in Josephine County

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

The Work of Step Ten

Drop the Rock … the Ripple Effect



"In our initial practice of the first nine Steps, we lay the foundation for a spiritual awaking that results in the promises given us in the Big Book (pp. 83-84).

"Now, in working Step Ten, we begin the final stage of experiencing a spiritual transformation on an ongoing basis, culminating in Step Twelve. As the Big Book tells us 'We have entered the world of the spirit. Our next function is to grow in our understanding and effectiveness' (p. 84). Step Ten, along with Eleven and Twelve, helps us to stay in the world of the spirit.

"The word stay is vitally important. The first nine Steps have now become our way of living. As the Big Book explains, 'This is not an overnight matter. It should continue for our lifetime' (p. 84).

"In earlier steps, we discovered the only sustainable solution for us was a complete spiritual change. That change has now been brought about, with the help and guidance of our Higher Power. Step Ten enables us to maintain this change – and readies us for further changes. Many of these will occur privately, in our heart, in a manner not immediately visible to the outside world.

"In early Step Ten work, we often say, 'Wait a minute. What I just said or did was wrong. I'm sorry. Let me make it right' (p. 85). As we mature in our Step Ten work, however, we need to do this less and less often. We learn to observe ourselves, realize what we're doing, and stop – before we've done much or any harm. With practice and experience, we catch ourselves earlier and earlier – first, after we act; then, as soon as we act; later, as we begin to act; and eventually, before we act, at the moment of impulse and emotion.

"When we did our initial moral inventory, we saw our shortcomings and character defects as painful objects that needed to be removed, like cancerous tumors. Now, however, our vision is clearer, our insight deeper, and our discernment stronger. We see that our character defects are processes, not objects. They cannot simply be discarded and forgotten. They can arise at any time and any situation. Old flaws that we thought we had grown out of long ago can unexpectedly reappear; so can flaws we didn't realize we had. Unresolved or previously unexamined resentments, fears, guilt, shame, and remorse can all still show up. And when they do, we need to deal with them promptly, as a necessary part of our ongoing recovery.

"In working Step Ten we accept these as natural parts of being human. We do our best to notice them when they arise and address them as quickly as possible by working Steps Six and Seven.

"We have also learned that our character defects and shortcomings are not inherently wrong or bad; they are simply over-or-under-expressions of our human nature. We do not ask our Higher Power to remove our desire to be social, or sexual or safe. Instead, we ask our Higher Power to remove our desire to express those desires in harmful and unsustainable ways."

H., Fred. (2016), *Drop the rock – the ripple effect*. Hazelden Publishing, Center City, MN.

Denial

Written and submitted by Laurie J., a former 30-day chip collector

Denial. That's my story.

Most of the stories and experiences differed from mine. Therefore, my denial grew, after years of going to meetings and then not going to meetings. Not hooking up with a sponsor, not working my steps, I quit all together until … one special day, **I found truth**. I realized that looking at differences and not seeing similarities kept me from experiencing sobriety. I needed to get real and accept the truth. I realized I was just like my fellow alcoholics.

Until you find truth, sobriety cannot be reached.

A·A· Service

"It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times.

"I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip."

Reprinted from Alcoholics Anonymous® World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, "Dr. Bob's Nightmare," pp. 180-181.

The Responsibility Statement

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.

Now that you've read the Responsibility Statement, seek an opportunity to be of service. *The still suffering alcoholic needs your help*.

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

Do You Just Belong

Are you an active member, the kind that would be missed?
Or are you just content that your name is on the list?

Do you attend meetings and mingle with the flock?
Or do you meet in private and criticize and knock?

Do you take an active part to help the work along?
Or are you satisfied to be the kind that just belongs?

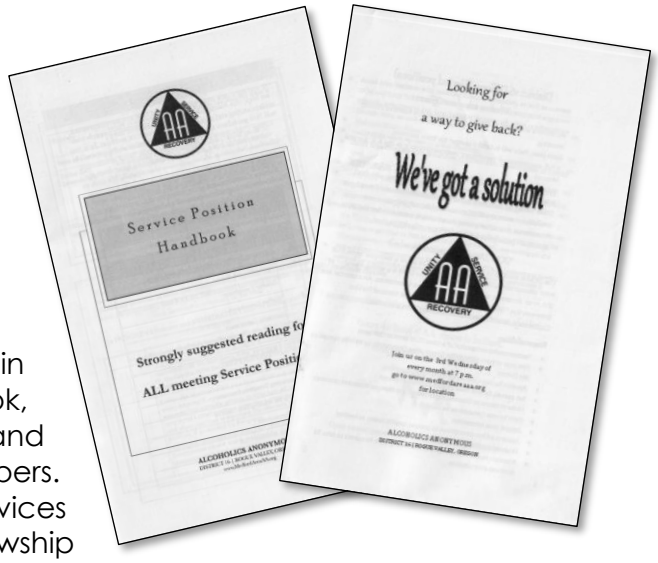
Do you work on committees? To this there is no trick.
Or leave the work to just a few and talk about the clique?

Please come to meetings often and help with head and heart.
Don't be just a member but take an active part.

Think this over, members, you know what's right from wrong.
Are you an active member, or do you just belong?

By Joseph Servocky

Being of Service



District 16 DCM, Terry C., devoted long hours to putting together two very valuable and useful booklets on how A.A.s can be of service in the spirit of the Twelfth Step.

The booklets are available at Jackson County Central Office for anyone to pick up. Please do and take extras with you to pass out at your next in-person meeting.

The **Service Position Handbook** is helpful and informative in understanding a new service position. In the handbook, you will find guidelines that have been put together and approved via group conscience of District 16 members. Some information comes directly from A.A. World Services and other information comes from the Medford Fellowship Meeting Secretary workbook. There are no rules that must be followed. This handbook only makes suggestions with the sole aim of making a new service commitment go as smoothly and as comfortably as possible by offering a description of qualifying terms and duties.

The **We've Got a Solution Handbook** provides a complete breakdown and description of the responsibilities and duties of each district officer position and each district committee chair position. This information is extremely useful so that an A.A. can make an informed decision on whether to get involved with a clear understanding of what the position entails.

Get informed and Get involved.

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous

A.A.'s Legacy of Service
by Bill W.

"Recovery, Unity, **Service** — these are the Three Legacies given to the whole membership of A.A. by its founders and their fellow Oldtimers."

"Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; **it is a society of alcoholics in action**. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

"Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer — ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

"Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

Vital to A.A.'s Growth

"These services, whether performed by individuals, groups, areas, or A.A. as a whole, are utterly vital to our existence and growth. Nor can we make A.A. more simple by abolishing such services. We would only be asking for complication and confusion."

Reprinted from Alcoholics Anonymous® World Services, Inc. *A.A.'s Legacy of Service, by Bill W.*, P-44. p. 2, 3.

The Magic of Being of Service

"Only a life lived in service to others is worth living." – Albert Einstein
"We rise by lifting others." – Unknown
"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

A·A· Service

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

"Each of us in turn—that is, the member who gets the most out of the program—spends a very large amount of time on Twelfth Step work in the early years. That was my case, and perhaps I should not have stayed sober with less work."

Bill W., 1959

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

Jackson County District 16 *Elections will be held on October 20th*

DCM (open in November 2021)
Local-DCM-A (Ashland, Phoenix, and Talent)
Grapevine Chair
Access Chair
Correctional Facilities Chair for Men
Correctional Facilities Chair for Women
Schedules Chair

Visit the District 16 website for more information at https://medfordareaaa.org/service/#.

Josephine County District 7 *Elections will be held on September 7th*

Cooperation with Professional Community (CPC) Chair
Treasurer

Visit the District 7 website for more information at https://www.grantspassaa.com/district-7/.

The Central Office of Jackson County and Intergroup of Josephine County also have several positions open for Steering Committee Chairs and Board Members:

Central Office of Jackson County

Steering Committee Vice-Chairperson
Website Coordinator
Member at-Large #2

Please stop by at the next Central Office Business Meeting on the first Saturday of each month located at Central Office on 116 E. 6th Street, Medford, OR.

Intergroup of Josephine County

Steering Committee Vice-Chairperson
Secretary

Visit the Intergroup website for more information at https://www.grantspassaa.com/intergroup/.

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.

"Feed your faith and starve your doubt."

"It's hard to keep an open mind with an open mouth."

"We all know whose inventory we take in A.A., right?"

"The more willing I become to admit it when I am wrong, the less often am I in the position of having to make such an admission."

"I was told that sometimes a good sponsor disturbs the comfortable and comforts the disturbed."

"Complaining is not an action step."

"I have a way to live that fills every hole my gut ever had."

"What I've been willing to give to A.A., most often through my home group, I've gotten back tenfold in peace of mind."

"I believe the peace I get from an effective Tenth Step is what God feels like."

"You don't help anyone by trying to impress them; you impress someone when you try to help them."

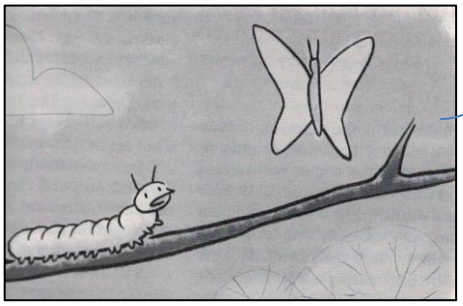
A·A· Fun & Humor

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

If you tell an alcoholic that there are 270,678,934,341 stars in the universe, the alcoholic will believe you.

But if you tell an alcoholic to stay away from the first drink, he/she has to make a personal investigation.

Grapevine August 2017



"My sponsor says that I shouldn't make any major changes in my first year," said the alcoholic caterpillar to the butterfly.

Grapevine January 2018

Thirsty Minds:

Optimist: "My glass is half full."
Pessimist: "My glass is half empty."
Alcoholic: "Are you gonna finish that?"

Grapevine, February 2018

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

A·A· Seventh Tradition Contributions and Donations

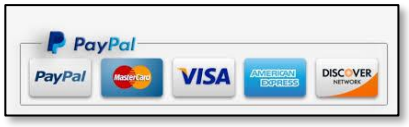
Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.

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 August 16, 2021, through September 15, 2021.
Year-to-Date includes funds received and deposited from December 16, 2020, through September 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. Simply use your smart device to scan the QR Code to the right. Open the PayPal® app, click on Scan/Pay, and enter the information. It's that super easy. 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	Aug 16, 2021 - Sep 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Sep 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD
Ashland Morning Fellowship	$0	$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	$0	$487
Clean and Sober Group	$0	$279	Shady A's Group	$0	$635
Duck Pond Group	$0	$100	Step Sisters' Group	$0	$141
Eagle Point Women's A·A·	$0	$110	Stud Muffins Group	$0	$288
Happy, Joyous, and Free	$0	$100	Sunday Morning Fellowship - (	$0	$559
Gold Hill Group	$0	$1,500	There is a Solution	$0	$220
Just For Today	$0	$75	The Way Out Group	$0	$250
Medford Fellowship	$140	$1,230	Thursday Night Book Study	$0	$450
Parkside Café	$0	$88	White House Senior's Sober G	$0	$189
			Women of Worth Group	$75	$75

The following A·A·'s donated to Central Office:					
A·A·	Donation		A·A·	Donation	
Cathy M·	$10	Thank you!	Shawn D·	$75	Thank you!
Mark	$25				

District 7 - Josephine County

Current	Aug 16, 2021 - Sep 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Sep 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
Applegate Group	$0	$100	Next Generation Group	$0	$150
12 O'Clock High Group	$0	$774	Simply A·A· Group	$197	$197
Easy Does It Group	$0	$200	Sobriety Sisters Group	$0	$100
Friday Night Winners Group	$600	$800	Rogue River Sunday Group	$284	$284
Looking Forward Group	$0	$60	Thursday Night Winners Grou	$180	$180
Merlin Group	$0	$200	Uppity Women's 11th Step Gr	$0	$25

The following A·A·'s donated to Central Office:					
A·A·	Donation		A·A·	Donation	
Shawn T·	$4	Thank you!		$0	Thank you!

Other A.A. Central Office News

Central Office of Jackson County can now accommodate credit cards and debit cards for your literature purchases as well as your individual and your group's Seventh Tradition donations.

Also, Central Office of Jackson County needs A.A. Big Books (paperback only, please) to distribute to area treatment facilities and the Jackson County Jail (Men's and Women's). Please bring your Big Book donations to Central Office in Downtown Medford, Monday – Friday, 9:00 AM – 4:00 PM.

Also, Central Office of Josephine County has the following office volunteer positions open and available to be filled. Please help out if you can. You can call Suzanne @ (541) 474-0782.

Every other Monday afternoon from 1:00 PM – 4:00 PM
Every other Wednesday morning from 10:00 AM – 1:00 PM
Every other Friday morning from 10:00 AM – 1:00 PM
Friday afternoons from 1:00 PM – 4:00 PM

Recovery is work, but it's worth it.

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

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, October 20, 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

Oregon Area 58 Assembly

Hosted by District 16
Friday – Sunday, November 19 – November 21, 2021
Moved to virtual

Have questions, contact Area 58 Alternate Chair, Gabriel K.
Email: chair-alt@aa-oregon.org

Registration is not necessary to attend, just stay tuned for meeting access information.

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

Recovery is happening

A·A· Sober Fun Events

Events listed below are sober f not include formal meetings. They are not A.A. events. They c 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
Every Second Saturday, 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
Business Meeting
Zoom® Meeting
Oct 5 @ 7:00 PM
Nov 2 @ 7:00 PM
Meeting ID: 648 127 84
Password: 828804

District 16
Business Meeting
Zoom® Meeting
Oct 20 @ 7:00 PM
Nov 17 @ 7:00 PM
Meeting ID: 292 293 5999
Password: 06101935

JoCo Intergroup
Business Meeting
Zoom® Meeting
Oct 21 @ 7:00 PM
Nov 18 @ 7:00 PM
Meeting ID: 872 2951 0766
Password: 444533

JCAA Central Office
Business Meeting
Oct 2 @ 9:00 AM
Nov 6 @ 9:00 AM
Jackson County A.A. Central Office
116 E. 6th Street, Medford, OR 97501

YPAA
Business Meeting
Trinity Episcopal Church
44 N. 2nd Street, Ashland, OR 97520
Oct 13 @ 2:10 PM
Nov 10 @ 2:10 PM

Rogue Roundup 2022
Board Meeting
Zoom® Meeting
Oct 23 @ 7:30 PM
Dec 23 @ 7:30 PM
Meeting ID: 848 4305 7377
Password: RU2021

The Latest COVID-19 Meeting Information

Even though certain public health concerns have alleviated recently , some in-person A.A. meetings remain closed with the hopes of re-opening very soon. As a result, 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 COVID 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

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

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
Mary E.	October 4, 1973	48	Zach L.	October 12, 2014	7
Donna K.	October 16, 1976	45	Tobias T.	October 13, 2014	7
Brian M.	October 31, 1984	37	Dee D.	October 22, 2015	6
Drew L.	October 14, 1985	36	Andrew Z. ❤	October 15, 2016	in memoriam of
Sandy J.	October 16, 1996	25	Jolene L.	October 28, 2017	4
Torsten K.	October 13, 2000	21	Roger M.	October 3, 2018	3
Jack A.	October 20, 2007	14	Devyn F.	October 5, 2018	3
Dawn H.	October 11, 2009	12	Don D.	October 17, 2018	3
Brian P.	October 27, 2011	10	Carlos S.	October 14, 2019	2
Ryan U.	October 29, 2011	10	Dennis J.	October 22, 2019	2
Sibbi E.	October 28, 2013	8	Stacee R.	October 2, 2020	1

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

MEMBERS OF JOSEPHINE COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
Jim J.	October 10, 1977	44	Rudy H.	October 20, 2008	13
Peggy V.	October 20, 1980	41	Dave B.	October 12, 2008	13
Jeri R.	October 8, 1985	36	Andy K.	October 20, 2008	13
Drew L.	October 14, 1985	36	Eric H.	October 8, 2008	13
Jon P.	October 10, 1986	35	Rob B.	October 19, 2009	12
Kathy T.	October 25, 1995	26	Alicia K.	October 24, 2009	12
Rocky V.	October 15, 1998	23	Dan H.	October 10, 2012	9
René M.	October 11, 1999	22	Misty B.	October 20, 2014	7
Ted W.	October 23, 2000	21	Demetrius D.	October 22, 2015	6
Leenee.	October 19, 2001	20	Linda M.	October 12, 2016	5
Kevin O'B.	October 20, 2001	20	Laurie C.	October 4, 2017	4
Alison S.	October 15, 2002	19	Shelby	October 23, 2017	4
Joanne	October 7, 2002	19	Sarah M.	October 26, 2018	3

A·A· History – Did You Know?

This month, we continue our look back in American history before A.A. to see how the past in some indirect and/or direct way influenced and led to the formation of Alcoholics Anonymous. As you read this bit of history, you'll see some of the same program formats that gave A.A. its present-day structure.

By mid-to-end 1843, the Washingtonian movement peaked after having reached all major areas of the U.S. Membership estimates vary and are contradictory, but they included teetotalers, temperance advocates and a large segment of adolescents and drinkers of various types whose numbers far exceeded that of the "drunkards." A reliable estimate of the number of alcoholics in the mix is impossible to derive. Over the lifetime of the Washingtonian movement, hundreds of thousands (some estimate 600,000) signed pledges but the number of rehabilitated alcoholics was likely under 150,000.

Initially, the sole requirement for membership in the movement was to sign a "total abstinence pledge." Also, the society originally favored "moral suasion" to reform alcoholics through abstinence. As their membership changed, rapidly and radically, to consist mainly of non-alcoholic temperance supporters, attitudes shifted away from reformation to pursuit of a legal means to prohibit alcohol.

Washingtonian practices were viewed as outmoded and interest in them waned. There was no sudden or massive collapse. When the novelty and emotional appeal of the Washingtonians became to wane, they simply faded from the scene over time. Some cite issues such as religion, politics and advocating abolition of slavery as root causes of the Washingtonian decline. While there were cases of this, there is no compelling evidence to conclude that these issues were predominant in their decline. Prohibition was a very divisive issue within the Washingtonians. However, the major causes of their downfall appear to result from **their departing from their original membership makeup**, which began as all alcoholics, and departing from their original primary and single purpose, which started out as one alcoholic helping another alcoholic. **It is a powerful lesson on the vital importance of A.A.'s Traditions.**

In 1849, Swedish physician Magnus Huss coined the word **"alcoholism"** in writings titled *Chronic Alcoholism* and *Chronic Alcohol-Sickness*. Dr. Huss used the term to describe a state of chronic alcohol intoxication that included both the destructive action of alcohol on the human system and a diseased condition produced by alcohol. It took nearly a century for the terms **"alcoholism"** and **"alcoholic"** to achieve widespread usage in America.

In 1852, the term **"skid row"** began to be popular in American lexicon. It allegedly stems from a section of Seattle, WA. A sawmill built in Pioneer Square near Puget Sound used skids (or tracks of peeled logs) to drag timber to the mill. The area became home to vagrants and destitute alcoholics. It was first known as "Skid Road" and later as "Skid Row." The term was later picked up by the national press to describe blighted city areas frequented by chronic alcoholics. It is still used in cities today such as Los Angeles whose Skid Row population is an estimated 12,000.

In 1862, Charles B. Towns was born on a small farm in central GA.

In 1870, Bill W's father, Gilman (Gilly) Barrows Wilson, and mother, Emily Griffith, were born.

In October of 1872, ex-convict Jeremiah McAuley, and his wife Maria, opened a rescue mission called "The Helping Hand" in New York City. It marked the beginning of the urban mission movement. Rescue

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

missions were later spread across America by the Salvation Army and focused primarily on Skid Row alcoholics. When McAuley died in 1884, he was succeeded by Samuel Hopkins Hadley whose example of recovery from alcoholism was cited in William James' book *The Varieties of Religious Experience*.

On July 22, 1873, William Duncan Silkworth was born in Brooklyn, NY to Isabelle Duncan and William Silkworth Sr.

In 1877, Carrie Amelia Moore Nation was an American temperance leader. At age 21, she married physician Charles Gloyd. who was an alcoholic. Her efforts to reform him failed and he died of his alcoholism shortly after their marriage. After marrying David Nation, she eventually settled in Medicine Lodge, KS, where she responded to what she believed was a divine calling to destroy saloons. Nearly six feet tall and dressed as a deaconess, she was an imposing figure and gained national renown for her radical opposition to alcohol. In Wichita, KS, she began using a hatchet to ruin saloons. Arrested 30 times for disturbing the peace, funds from her lectures and sales of souvenir hatchets paid for her bail and fines. She also opened a home for wives of alcoholics in Kansas City, KS. (Early Al-Anon).

On June 4,1878, Franklin Nathaniel Daniel Buchman was born in Pennsburg, PA. (the Oxford Group).

On August 8, 1879, Robert Holbrook Smith (Dr. Bob) was born in St. Johnsbury, VT to Judge and Mrs. Walter Perrin Smith.

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

Next month, in November's edition of One Day at a Time, we will cover ***Step Eleven, Tradition Eleven*** *plus the* ***Eleventh Step Prayer*** *and* ***Principle****.*

Life in recovery will not be perfect. It will bring hardships, but through ***a spiritual awareness,*** *we seek the right path by asking for God's will in our lives. And, in our worst moments, the principle of* ***spiritual awareness*** *will help us to escape from the torment of our own minds by taking our eyes off of our own selfish desires and what we believe we are lacking to practice* ***gratitude****. In line with Step Eleven, we will also present the Merton Prayer.*

Come back next month as we share inspirational readings on ***gratitude*** *and how* ***gratitude is the key to happiness****.*

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.