

Special Holiday Edition

One Day at a Time



The Newsletter for Alcoholics Anonymous of Jackson and Josephine Counties

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"Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives—these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic."

Reprinted from Twelve Steps and Twelve Traditions, 1981, "Step Twelve," p. 110 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 <https://jccoaa.org/news/news-signup/> for the subscription form and directions.



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 ajacksoncounty@gmail.com.



Step Twelve - "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

"The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

"Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. 'What do you mean when you talk about a "spiritual awakening"?' they ask.

"Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly, each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense, he has been transformed because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Twelve," pp. 106-107 with permission from Alcoholics Anonymous World Services, Inc.



Tradition Twelve - "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

"... anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

"We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Tradition Twelve," pp. 187 with permission from Alcoholics Anonymous World Services, Inc.



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Twelfth 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.

Service

In Step Twelve, some people think of the spiritual awakening as “a” result, not “the” result. This one tiny word, however, makes an enormous difference. The spiritual awakening that allows us to carry the message and practice the A.A. principles in our affairs comes from our step work. Now with Step Twelve, we are armed with an awakening that allows us to serve others. **Service** takes many forms but in Step Twelve it is all about “consideration” for another suffering alcoholic or another person. The key to consideration is thoughtful behavior. Being thoughtful means thinking about what we can do for those around us and how our actions will affect them. Consideration leads us to help an alcoholic, a friend or stranger in need.

Whether being of **service**, we keep the honesty and humility to see that the world does not revolve around us. Maintaining awareness, discipline, and willingness to perform these acts, we approach those in need with courage and integrity, hoping to do what we can and keeping faith that we will make a difference. In this way, we touch others with our sense of responsibility and brotherly love.



In our darkest hours, using these principles for the benefit of others will help us escape from negativity. Service gets us out of our own heads and into the world. In our active alcoholism, we were not a part of the world around us, but now, through us, the principles of A.A. move in our actions. With each act of kindness, we find ourselves feeling more and more blessed to finally feel involved in something.

Kunst, J. (2017, September 13). Principles of the 12 Steps. Retrieved from https://www.amethystrecovery.org/principles-12-steps/#Step_Twelve_Service.



Twelfth Step Prayer



Dear God,

having had a spiritual experience, I must now remember that 'faith without works is dead.' And practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.

So, God, please help me to carry this message to other alcoholics! Please provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can.

Help me secure his confidence and remember he is ill.

Amen"



Reprinted from Alcoholics Anonymous® World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, Working With Others, p. 89.



The Joy of Giving

Written and Submitted by Andrea C.



December brings much joy to the lives of many people of all ages. As an alcoholic, December brings joy to me in practicing Step Twelve, and having the privilege to carry the message to other alcoholics. *The Twelve Steps and Twelve Traditions* reads, "The joy of living is the theme of A.A.'s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards" (Alcoholics Anonymous® World Services, Inc. *The Twelve Steps and Twelve Traditions*, Step Twelve, p. 106).

It truly is a feeling of joy to reach out to another alcoholic, especially one in worse shape than me. Having had a spiritual awakening, I have been blessed with the desire to give back what was so freely given to me. December brings joy to families who celebrate Christmas, with children awaiting Santa's arrival, people of all ages giving and receiving gifts, and an overall sense of peace and happiness.

As an alcoholic, I, of course, find joy in the beautiful Christmas lights, the decorations everywhere I go, you know, the normal Holiday traditions, but **the truest joy I get to receive is giving to another alcoholic.** Whether it be a hug, a phone number to call when they're struggling, to share my story in hopes of it resonating with someone, to be the ear to listen to someone when they have nobody else, it truly is a gift that asks for no reward. This month and Step Twelve repeatedly bring up the word "joy", and that's really what it's all about. Being able to practice these principles in all my affairs, accompanied with a joyous life, is a true and unsurmountable blessing. I am thankful for my sobriety and I am thankful for Alcoholics Anonymous.



Happiness Called

by Author, Bianca Sparacino



Happiness turned to me and said, "**It is time. It is time** ... to forgive yourself for all the things you did not become. **It is time** ... to exonerate yourself for all the people you couldn't save, for all the fragile hearts you fumbled with in the dark of your confusion.

It is time, child ... to accept that you don't have to be who you were a year ago, that you don't have to want the same things. Above all else, it is time ... to believe with reckless abandon that you are worthy of me, for I have been waiting years ... for you."

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 Gift of Desperation

Written and Submitted by Rick R.

I woke up in desperation, half a century ago,
I had squandered all my options and I had no place to go.

Guilt and shame and loathing thoughts weighed heavy on my mind,
But I was used to waking up with dark thoughts of that kind.

My drinking used to mask the feelings that I felt that day,
And if I ventured just one sip, they'd soon be washed away.

As I look back on that event, it's very plain to see,
The thought that gripped my conscience was a new reality.

It was my day of reckoning and I cherish it today,
For without that desperation, I may not have called A.A.

Within moments of exposure to that kind and loving group,
The drink obsession vanished and optimism closed the loop.

Thinking someday I'd be tempted, I was vigilant from the start,
And since it never happened, I thank God with all my heart.

For decades I have questioned why it works so well for me,
While watching others suffer through a life of misery.

When asked that simple question, I now answer with a smile,
It happened when desperation far outweighed my own denial.



A.A. Grapevine® Half-Hour Variety Hour

Grapevine®, the International Journal of Alcoholics Anonymous, announces Grapevine's New Podcast, a half-hour variety hour, featuring Don and Sam.

Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode. A new podcast episode will be available in English every Monday. To hear the podcasts go to www.aagrapevine.org/podcast.



Recovery is fun, so enjoy.



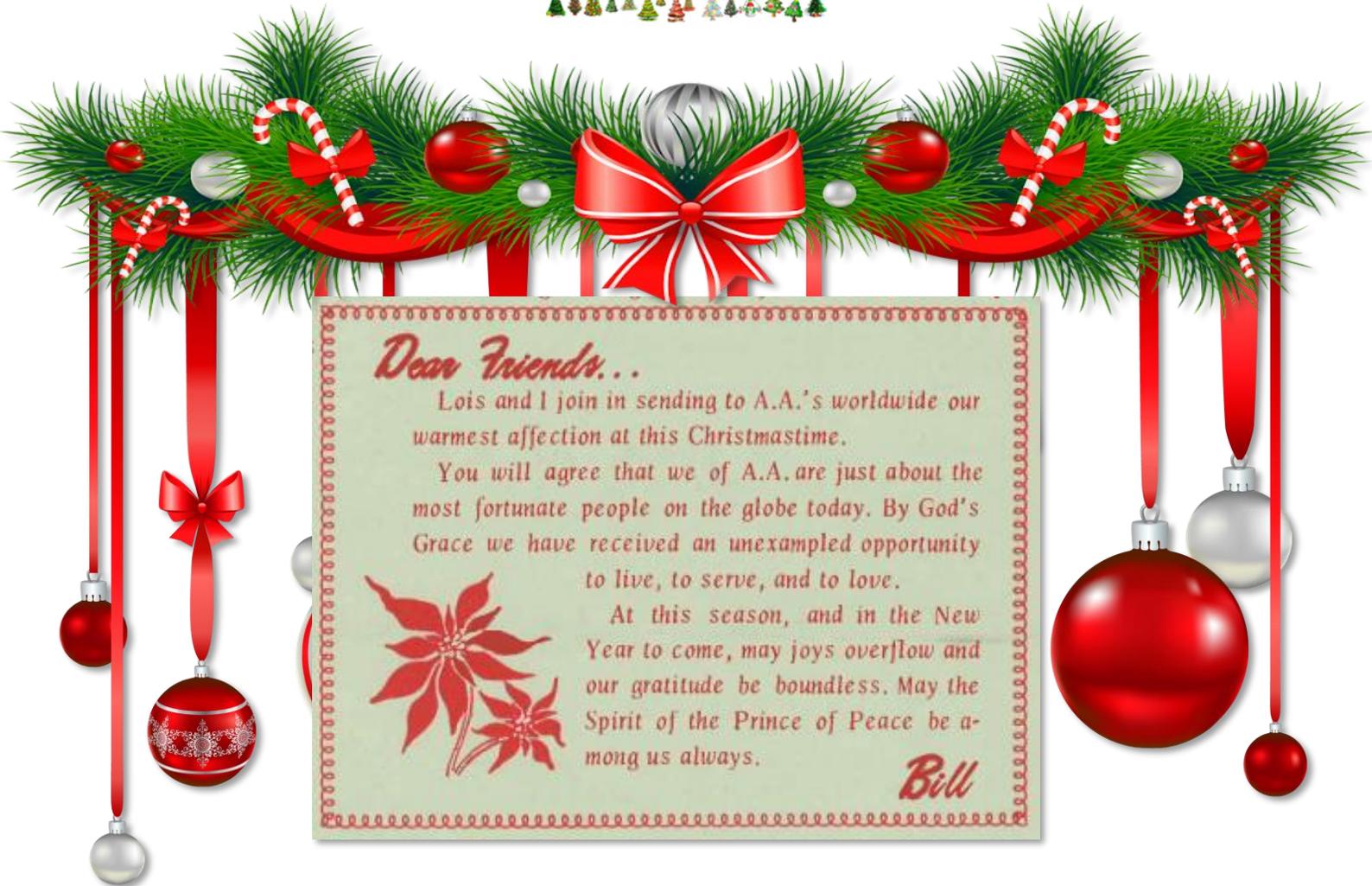
Holiday Greetings from Central Office of Jackson County A·A· and Intergroup of Josephine County A·A·

May the God of your understanding bless you and keep you this holiday season.
 May He make his face to shine upon you and be gracious to you.
 May God protect you and keep you safe when you are in danger.
 May God guide you in the way of love.
 May God support you in hardship.
 May God lift up your heart when you are feeling low.
 May God comfort you when you are feeling lonely.
 May God give you strength when you are weak.
 May God surround you with loving care, always and forever.



Remember you are loved, and you are blessed.

May the God of your understanding lift His countenance upon you,
 and give you joy and peace during this joyous holiday season.



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.'s. But many of us enjoyed the happiest holidays of our lives sober – an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.



"Reprinted from Holiday Issue 2008-2009, page 10, with permission of A.A. World Services, Inc."

Merry Sober Holiday Season



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.

"No one can express love and self-pity at the same moment; showing concern for others helps us to see how foolish we have been."

"Happiness is a by-product – the extra dividend of giving without any demand for a return."

"I accepted the invitation to go on a Twelfth Step call and I in turn was twelfth-stepped."

"Neither God nor A.A. can help us if we are not open to help."

"The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions."

"It has to be love, not government that keeps A.A. stuck together."

"The simple act of getting in touch with A.A. that first time washed out in an instant the dark loneliness that had encompassed my life."



A.A. Fun & Humor

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



A.A. Night Before Christmas

Twelve-Step Visit From St. Nicholas

T'was the night before Christmas when I went on a bender,
Not a creature was stirring, not even a bartender.
The empties were stacked by the chimney just fine,
In hopes that St. Nick would fill them with wine.

With Mama in her kerchief and I with my booze,
We'd just settled down for a long winter's snooze.
When out on the lawn, there arose such a clatter,
I put down my drink to see what was the matter.

Away to the window I crawled and then stumbled
To open the shutters where I stood and just mumbled.



Then what to my bloodshot eyes should there appear
But a miniature sleigh and eight tiny reindeer.

I thought it was DT's and needed help quick!
I didn't know it was only St. Nick.
I poured myself another as the reindeer came
While he shouted and called them by name:

"Now Barfly! Now Wino! Now Boozer and Rummy!
On Drunkard! On Alky! On Dipso and Dummy!"
So up to the housetop St. Nicholas flew
While I pulled the pop-top on another brew.

I trembled with fear when I heard a new sound—
Down the chimney came St. Nick with a bound.
His cheeks were like roses, he grinned like a possum,
His eyes, how they twinkled, his nose had rum-blossoms!

I offered him a drink, "Step up to the bar,"
"Not today," he said, "I am now sober."
He had a clear face and a little beer belly,
That shook when he laughed like a bowl full of jelly.

This was too much, it increased my thirst.
"Hold it!" said St. Nick, "First things first.
You don't have to drink, easy does it,
Now that wasn't too hard, was it?"

He reached in his sack and with a great fuss
He gave me the book, *Alcoholics Anonymous*.
"Read this 'Big Book' for a life sublime,
Follow the principles one day at a time.

"This is the best present I can give,
Twelve steps — a new way to live.
The A.A. program keeps me sober, it's true."
Then giving a nod, up the chimney he flew.

Then I heard him exclaim as he drove out of sight,
"You now have a choice, starting tonight.
So Merry Christmas to all and to all Season's Greetings,
Don't pick up that first drink and go to A.A. Meetings!"



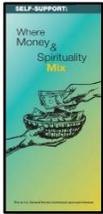
A·A· Seventh Tradition Contributions and Donations

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 October 16, 2021, through November 15, 2021. Year-to-Date includes funds received and deposited from December 16, 2020, through November 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!!



Josephine County A.A. Central Office offers groups information to have its members donate via a Digital Basket VENMO® account to the group. If your A.A. Group has a bank account, please visit www.grantspassaa.com to learn on how to set up your group's Digital Basket. The process is very simple and easy to use. With a group Digital Basket, group members attending the online group meeting can begin to give Seventh Tradition contributions to the group.

Jackson County Central Office

| Current | Oct 16, 2021 - Nov 15, 2021 | | Year-To-Date (YTD) | Dec 16, 2020 - Nov 15, 2021 | |
|------------------------------|-----------------------------|---------|-------------------------------|-----------------------------|-------|
| A·A· Group | Current | YTD | A·A· Group | Current | YTD |
| Ashland Men's A·A· | \$125 | \$125 | Phoenix/Talent Group | \$0 | \$142 |
| Ashland Morning Fellowship | \$0 | \$500 | Rebellion Dogs Our Every Step | \$0 | \$30 |
| Ashland Siskiyou Group | \$0 | \$49 | Ruch 703 | \$0 | \$50 |
| Box of Chocolates | \$25 | \$25 | Ruch 903 | \$0 | \$641 |
| Bring Your Own Big Book Grou | \$0 | \$84 | Shady A's Group | \$0 | \$635 |
| Clean and Sober Group | \$0 | \$279 | Step Sisters' Group | \$0 | \$141 |
| Dog on the Roof | \$1,125 | \$1,125 | Stud Muffins Group | \$0 | \$288 |
| Duck Pond Group | \$0 | \$100 | Sunday Morning Fellowship - C | \$0 | \$559 |
| Eagle Point Women's A·A· | \$0 | \$110 | There is a Solution | \$102 | \$322 |
| Happy, Joyous, and Free | \$0 | \$100 | The Way Out Group | \$0 | \$250 |
| Gold Hill Group | \$0 | \$1,500 | Thursday Night Book Study | \$0 | \$610 |
| Just For Today | \$0 | \$75 | White House Senior's Sober G | \$0 | \$189 |
| Medford Fellowship | \$75 | \$1,375 | Women of Worth Group | \$0 | \$75 |
| Parkside Café | \$0 | \$88 | | | |



The following A·A·'s donated to Central Office \$1 for each year of their sobriety:

| A·A· | Donation | A·A· | Donation |
|----------|----------|--------|----------|
| Donna K. | \$41 | Joe D. | \$31 |

The following A·A·'s donated to Central Office:

| A·A· | Donation | A·A· | Donation |
|----------|----------|----------|----------|
| Cathy M. | \$10 | Patty T. | \$75 |
| Keren D. | \$6 | Dee D. | \$3 |
| Brian P. | \$150 | | \$0 |



Josephine County Central Office

| Current | Oct 16, 2021 - Nov 15, 2021 | | Year-To-Date (YTD) | | Dec 16, 2020 - Nov 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 | \$1,000 | Simply A·A· Group | \$0 | \$197 | |
| Easy Does It Group | \$0 | \$200 | Sobriety Sisters Group | \$0 | \$168 | |
| Friday Night Winners Group | \$0 | \$800 | Rogue River Sunday Group | \$0 | \$284 | |
| Happy Hour Group | \$0 | \$50 | Thursday Night Winners Group | \$0 | \$180 | |
| Looking Forward Group | \$0 | \$60 | Uppity Women's 11th Step Group | \$0 | \$25 | |
| Merlin Group | \$173 | \$373 | | | | |



A.A. MARATHON MEETINGS:

Medford Fellowship Group (MFG) will host Marathon Meetings during this holiday season. They will begin on Wednesday, November 24th at 7:30 AM and continue every hour and a half until midnight. On Thursday, November 25th, the MFG will follow the same schedule, except at 2:00 PM until 4:00 PM, MFG will host a Thanksgiving Dinner. Please bring a side dish or dessert. The same schedule will be followed on Friday, November 26th as well. On Christmas Eve and Christmas Day and then on New Year's Eve and New Year's Day, the Marathon Meetings schedule will begin at 7:30 AM and continue every hour and a half until midnight on each one of the days.

In Josephine County, JOCOAA will host remote Marathon Meetings online via the ZOOM® digital platform. Meetings are scheduled to begin on December 23rd at 12:00 AM continuing until December 25th at 12:00 PM. Meetings will once again begin December 30st at 12:00 AM continuing until January 1st at 12:00 PM. For more information, please visit www.grantspassaa.com/upcoming-events/, or please call JOCOAA for that information at (541) 474-0782.

Merry Sober Holiday Season



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.

A·A· Potluck Fellowship

Hosted by the Saturday Night Live Group of Talent
Saturday, December 4, 2021 @ 6:00 PM – 8:15 PM
Talent United Methodist Church @ 206 S. 1st Street, Talent, OR



This monthly potluck precedes the 7:00 meeting.
Bring a dish to share and stay for the Speaker Meeting immediately following.

All are welcome!



Bimonthly Traditions and Concepts Workshop

Hosted by District 16
Wednesday, December 15, 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.

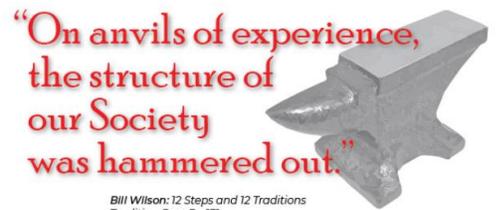
Join us **REMOTELY** from your smart device or phone

Video from smart device:

<https://bit.ly/32RSWNb>

Audio via phone:
Call in: (669) 900-6833

Meeting ID: 456 010 1935
Password: 01601935
Meeting ID: 456 010 1935
Password: 01601935



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



Women's A·A· Potluck Fellowship

Hosted by Keepin' It Simple Group
Wednesday, December 29, 2021 @ 11:30 AM – 1:00 PM
Medford First United Methodist Church @ 607 W Main St, Medford, OR



This Closed Wednesday Noon Medford Women's group celebrates sobriety milestones with chips on the last Wednesday of each month.

On this special day each month, this group offers an organized fellowship time 30 minutes before the official meeting start time at 12:00 PM. The group will serve coffee and share snacks and guarantee warm fellowship for all women who have a desire to stop drinking.

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

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www.jccoaa.org / aajacksoncounty@yahoo.com



A·A· Potluck Fellowship

Hosted by No Name Group

Friday, December 31, 2021 @ 6:30 PM – 8:30 PM

The First Presbyterian Church @ 456 W Pine Street, Central Point, OR



The "No Name Group" of Central Point hosts a Potluck on the last Friday of each month before the 7:30 PM meeting.

Please bring a dish to share.

All are welcome!



A·A· Sober Fun Events



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



Friends of Bill W· Monday Night Bowling

This sober fun event is looking to start up again soon. Event planners are looking for people who wish to get involved in bringing it to fruition. Contact the Sobriety Rocks A.A. group for more information.



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
Dec 7 @ 7:00 PM
Jan 4 @ 7:00 PM
Zoom® Meeting Meeting ID: 648 127 84
Password: 828804

District 16 Business Meeting
Dec 15 @ 7:00 PM
Jan 19 @ 7:00 PM
Zoom® Meeting Meeting ID: 292 293 5999
Password: 06101935

JoCo Intergroup Business Meeting
Dec 16 @ 7:00 PM
Jan 20 @ 7:00 PM
Zoom® Meeting Meeting ID: 872 2951 0766
Password: 444533

JCAA Central Office Business Meeting
Dec 4 @ 9:00 AM
Jan 8 @ 9:00 AM
Jackson County A.A. Central Office
116 E. 6th Street, Medford, OR 97501

YPAA Business Meeting
Dec 8 @ 2:10 PM
Jan 12 @ 2:10 PM
Trinity Episcopal Church
44 N. 2nd Street, Ashland, OR 97520



Rogue Roundup 2022 Board Meeting
Dec 23 @ 7:30 PM
Jan 27 @ 7:30 PM
Zoom® Meeting Meeting ID: 848 4305 7377
Password: RU2021





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.jccoa.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.

| <i>MEMBERS OF JACKSON COUNTY A.A.</i> | | | | | |
|---------------------------------------|--------------------------|--------------|---------------------|--------------------------|--------------|
| <i>NAME</i> | <i>DATE</i> | <i>YEARS</i> | <i>NAME</i> | <i>DATE</i> | <i>YEARS</i> |
| <i>Duncan P.</i> | <i>December 13, 1974</i> | <i>47</i> | <i>Michael P.</i> | <i>December 26, 2014</i> | <i>7</i> |
| <i>Michael B.</i> | <i>December 28, 1982</i> | <i>39</i> | <i>Debbie B.</i> | <i>December 31, 2014</i> | <i>7</i> |
| <i>Linda W.</i> | <i>December 10, 1986</i> | <i>35</i> | <i>Tina M.</i> | <i>December 31, 2014</i> | <i>7</i> |
| <i>Ahne O.</i> | <i>December 25, 1986</i> | <i>35</i> | <i>Joseph P.</i> | <i>December 11, 2015</i> | <i>6</i> |
| <i>Kathy C.</i> | <i>December 15, 1987</i> | <i>34</i> | <i>Johnny F.</i> | <i>December 22, 2015</i> | <i>6</i> |
| <i>James L.</i> | <i>December 13, 1989</i> | <i>32</i> | <i>James C.</i> | <i>December 6, 2016</i> | <i>5</i> |
| <i>Michael C.</i> | <i>December 6, 1996</i> | <i>25</i> | <i>Elizabeth P.</i> | <i>December 21, 2016</i> | <i>5</i> |
| <i>Frank D.</i> | <i>December 5, 1997</i> | <i>24</i> | <i>Jenn S.</i> | <i>December 7, 2017</i> | <i>4</i> |
| <i>Melvin F.</i> | <i>December 7, 2004</i> | <i>17</i> | <i>Michael R.</i> | <i>December 12, 2017</i> | <i>4</i> |
| <i>Eric N.</i> | <i>December 9, 2006</i> | <i>15</i> | <i>Steve S.</i> | <i>December 22, 2017</i> | <i>4</i> |
| <i>Cindy N.</i> | <i>December 17, 2007</i> | <i>14</i> | <i>Brandy B.</i> | <i>December 1, 2018</i> | <i>3</i> |
| <i>Lorna V.</i> | <i>December 5, 2008</i> | <i>13</i> | <i>Charles M.</i> | <i>December 2, 2018</i> | <i>3</i> |
| <i>Ike E.</i> | <i>December 25, 2008</i> | <i>13</i> | <i>Stacy B.</i> | <i>December 9, 2018</i> | <i>3</i> |
| <i>Jim L.</i> | <i>December 2, 2010</i> | <i>11</i> | <i>Zach K.</i> | <i>December 16, 2018</i> | <i>3</i> |
| <i>Rich L.</i> | <i>December 2, 2010</i> | <i>11</i> | <i>Gary J.</i> | <i>December 18, 2018</i> | <i>3</i> |
| <i>Brian G.</i> | <i>December 13, 2010</i> | <i>11</i> | <i>Richard B.</i> | <i>December 26, 2018</i> | <i>3</i> |
| <i>Victor L.</i> | <i>December 21, 2010</i> | <i>11</i> | <i>Windi H.</i> | <i>December 26, 2018</i> | <i>3</i> |
| <i>Tom E.</i> | <i>December 1, 2011</i> | <i>10</i> | <i>Pamela B.</i> | <i>December 28, 2018</i> | <i>3</i> |
| <i>Ron B.</i> | <i>December 6, 2011</i> | <i>10</i> | <i>Scott W.</i> | <i>December 30, 2018</i> | <i>3</i> |
| <i>Wayne H.</i> | <i>December 4, 2012</i> | <i>9</i> | <i>Keishan A.</i> | <i>December 6, 2019</i> | <i>2</i> |
| <i>Cheryl M.</i> | <i>December 15, 2012</i> | <i>9</i> | <i>Nick J.</i> | <i>December 10, 2019</i> | <i>2</i> |
| <i>Cravin B.</i> | <i>December 4, 2013</i> | <i>8</i> | <i>Jeremy S.</i> | <i>December 30, 2019</i> | <i>2</i> |
| <i>Liz B.</i> | <i>December 19, 2013</i> | <i>8</i> | <i>John S.</i> | <i>December 28, 2020</i> | <i>1</i> |
| <i>Barbara G.</i> | <i>December 23, 2013</i> | <i>8</i> | | | |

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



| <i>MEMBERS OF JOSEPHINE COUNTY A.A.</i> | | | | | |
|---|--------------------------|--------------|-----------------------|--------------------------|--------------|
| <i>NAME</i> | <i>DATE</i> | <i>YEARS</i> | <i>NAME</i> | <i>DATE</i> | <i>YEARS</i> |
| <i>Kerry V.</i> | <i>December 1, 1975</i> | <i>46</i> | <i>Bonnie C.</i> | <i>December 10, 2012</i> | <i>9</i> |
| <i>Richard F.</i> | <i>December 22, 1984</i> | <i>37</i> | <i>Shawn M.</i> | <i>December 25, 2012</i> | <i>9</i> |
| <i>Curly L.</i> | <i>December 8, 1988</i> | <i>33</i> | <i>JeanneMarie B.</i> | <i>December 21, 2013</i> | <i>8</i> |
| <i>Renee W.</i> | <i>December 4, 1993</i> | <i>28</i> | <i>Jason M.</i> | <i>December 23, 2014</i> | <i>7</i> |
| <i>Stephen A.</i> | <i>December 4, 1994</i> | <i>27</i> | <i>Jannise N.</i> | <i>December 23, 2014</i> | <i>7</i> |
| <i>Carol G.</i> | <i>December 27, 1997</i> | <i>24</i> | <i>Elizabeth</i> | <i>December 24, 2015</i> | <i>6</i> |
| <i>Maggie S.</i> | <i>December 29, 1997</i> | <i>24</i> | <i>Jeremy N.</i> | <i>December 27, 2015</i> | <i>6</i> |
| <i>Susan Mc.</i> | <i>December 21, 2000</i> | <i>21</i> | <i>Stephanie D.</i> | <i>December 23, 2016</i> | <i>5</i> |
| <i>Gary S.</i> | <i>December 5, 2005</i> | <i>16</i> | <i>Tamarah A.</i> | <i>December 26, 2016</i> | <i>5</i> |
| <i>Amanda T.</i> | <i>December 7, 2005</i> | <i>16</i> | <i>Martha T.</i> | <i>December 30, 2016</i> | <i>5</i> |
| <i>Kristi M.</i> | <i>December 1, 2010</i> | <i>11</i> | <i>Cindy S.</i> | <i>December 3, 2017</i> | <i>4</i> |
| <i>Bev S.</i> | <i>December 17, 2010</i> | <i>11</i> | | | |



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. You may think that some of these facts have nothing to do with the history of A.A., but I do not believe that. The situation and the climate of the nation all led to the formation of A.A. Besides, these facts are an interesting part of American history.



On January 1, 1889, Della Mary Gavin (Sister Mary Ignatia) was born in Shanvally, County Mayo, Ireland. Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the "Angel of Alcoholics Anonymous." Sister Mary Ignatia was also known by many who suffered from alcoholism as the alcoholics' "Angel of Hope."

On August, 1890, Elvin ("Bunky") Morton Jellinek was born in New York, NY. E. Morton Jellinek was an alcoholism researcher, who coined the expression "the disease concept of alcoholism", and significantly accelerated the movement towards the medicalization of drunkenness and alcohol habituation. In fact, Jellinek was a pioneering figure in the study of alcoholism.



On March 4, 1891, Lois Wilson (nee Burnham) was born at 182 Clinton Street in Brooklyn, NY in a spacious brownstone in the affluent section of Brooklyn Heights. A back room served as her father's medical office. At this time Brooklyn was a separate city (it became a borough of New York City in 1898). Lois was the eldest of six children. Lois also had a baby sister, Mathilda, who was sickly since her difficult birth and died before she was a year old. Lois' father ensured that all the children had the best educations. Lois began her schooling with a new form of pre-school education imported from Germany that was called "kindergarten." As a youngster at Emerald Lake in Vermont, she was quite the tomboy and loved fishing, swimming, sailing, climbing trees, catching frogs and picking berries during long early morning walks. She attended Friends School and Packer Collegiate (an all-girls school) for grades one through twelve and matured into a brilliant and artistically talented woman. She was a co-founder of Al-Anon Family Groups together with her neighbor and friend Anne B.



In September 1894, Bill W's parents, Emily Griffith and Gilman Wilson, were married. Then, on November 26, 1895, Bill W was born in a room behind a bar in the Wilson House (formerly the Barrows House aka the Mt Aeolus Inn and Tavern) a village hotel run by his grandmother, Helen Barrows Wilson. Bill was named after his paternal grandfather, William C Wilson, who was quite prominent in the community. According to Bill's sister Dorothy, their grandfather was an alcoholic who found sobriety through a profound spiritual experience while hiking on Mt Aeolus.

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

Stay Tuned.
Coming Soon!

Next month, in January's edition of *On the Rogue Again*, we will cover Step One, Tradition One, and World Service Concept 1 plus the First Step Prayer and Principle.

*Our new life begins with Step One as we learn the principle of **honesty**. We admit our powerlessness over alcohol and that without help we could not successfully manage our own lives. So, our journey begins with **surrender, acceptance, and willingness**. Our start of sober living will not be perfect. In fact, it will bring hardships and challenges, but it will allow us to heal as long as we remain **willing, honest, and open-minded**.*

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.

