

One Day at a Time

Jackson County Central Office and Intergroup of Josephine County of Alcoholics Anonymous

Step Three

Made a decision to turn our will and lives over to the care of God as we understood Him.

"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 ... So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help." 1



Tradition Three

The only requirement for A.A. membership is a desire to stop drinking.

"A newcomer appeared at one of these groups, knocked on the door and asked to be let in. He talked frankly with that group's oldest member. He soon proved that his was a desperate case, and that above all he wanted to get well. 'But,' he asked, 'will you let me join your group? Since I am the victim of another addiction even worse stigmatized than alcoholism, you may not want me among you. Or will you?'

There was the dilemma. What should the group do? The oldest member summoned two others, and in confidence laid the explosive facts in their laps. Said he, 'Well, what about it? If we turn this man away, he'll soon die. If we allow him in, only God knows what trouble he'll brew. What shall the answer be — yes or no?'

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At first the elders could look only at the objections. 'We deal,' they said, 'with alcoholics only. Shouldn't we sacrifice this one for the sake of the many?' So went the discussion while the newcomer's fate hung in the balance. Then one of the three spoke in a very different voice. 'What we are really afraid of,' he said

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Third Step Prayer

Dear God,

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" 3



"Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind." 4



'is our reputation. We are much more afraid of what people might say than the trouble this strange alcoholic might bring. As we've been talking, five short words have been running through my mind. Something keeps repeating to me, "What would the Master do?"' Not another word was said. What more indeed could be said?" 2

Step Three Need Not be Difficult Abandon Our Failed Ego Driven Insanity

I do not believe that any two people in the Alcoholics Anonymous (A.A.) program have settled into a concept of a higher power that is identical in every respect. Alcoholics have been off the grid for such a time that their concept of everything must be recalibrated into a form of strategy that they can work with whether anybody else understands the linguistics they use to describe it. The taking of Step Three is willing to abandon our failed ego-driven insanity and to find another source of principles and behaviors to replace them. Some members return to the religion of their choice while others may struggle with that idea and settle for an approach that is more practical for him/her.

We in A.A. see examples of success in a variety of different approaches when it comes to turning our will and our lives over to a power greater than ourselves. If this were not that way, where would the agnostic and atheist go to get relief from this terrible disease? I get an uncomfortable feeling at a meeting when it starts going overly religious and I see a new member squirming in his seat. I was like the ones described in the chapter, "Step Two," of the Twelve Steps and Twelve Traditions (12&12) ("... have tried faith and found it wanting." (A.A.W.S., p. 28) and I stayed with the program. Having the option to come to terms with this issue has opened the gate to a path which has worked for me. On page 34, the 12&12 reads "'This is the way to a Faith that works'" (A.A.W.S., p. 34). When I simply combined that line with the line on page 27 in the 12&12 which reads "You can, if you wish, make A.A. itself your 'higher power' (A.A.W.S., p. 27), I had no problem moving on with the rest of the steps of the program. I am not driven away by anything that I have read in The Big Book or the 12&12.

Continued on page 3

Ready or Willing - I Am On My Way

"Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you ... We needed to ask ourselves but one short question. 'Do I now believe, or am I even willing to believe, that there is a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way." 5

Step Three Need Not Be Difficult

I have never wanted a drink since I entered the program and the only answer, I could produce, was the influence of A.A., in my life. For a guy who could not conceive of a day without alcohol to a guy who has never wanted to drink since that was all I needed to know about God. I wish I could tell you who or what God is, but I cannot. I have researched things that I have heard concerning how the A.A. program came to be what it is today. The thing that had the most influence on me concerning this issue was the book, *The Sermon on the Mount* by Emmet Fox, which highly influenced the founders of the A.A. Program as to how to address the spiritual aspects and how to apply them. The Grapevine article of Feb. 1996 "Emmet Fox and Alcoholics Anonymous" explains these things. I have read that book upwards of ten times and it defines and reinforces all the principles that we learn in the A.A. program.

When I pray, I simply ask God for his guidance and for the strength to carry out what comes to me as the answer that I seek. When I do it in that way, I become a better listener and the answers do come to me eventually. I practice principles that are consistent with Christian teaching, but I do not consider myself a Christian as I find these principles in most historical philosophies. I have studied Plato, Socrates, and Aristotle, who came three hundred fifty years before Christ, and they are not unlike the values of most religions. As the result of all my studies, I have settled into a way of life based on unselfish principles and values that govern all my motives and actions, and it has led to a life of meaningful purpose and peace of mind that I never thought possible.

Submitted by Rick R.

Dr. Bob's Third Step Prayer

"Dear God, I'm sorry about the mess I've made of my life.

I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all.

I know You have the power to change my life and can turn me into a winner. Thank You, God, for getting my attention long enough to interest me in trying it Your way.

God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.

Please, God, move into my heart.

However You do it is Your business but make Yourself real inside me and fill my awful emptiness.

Fill me with your love and Holy Spirit and make me know Your will for me.

And now, God, help Yourself to me and keep on doing it.

I'm not sure I want You to but do it anyhow.

I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life.

Thank You and I praise Your name. Amen."

Step Three Principles

Faith, Trust, Surrender

"I **surrendered** behind the tears of no answers and decided to do it their way. I found the Power greater than myself to be the magic above the heads of the people in the meetings. I chose to call that magic Great Spirit." 6



"... **faith** implies **trust**. Some describe this trust as blind, but it does not originate from nowhere. Instead, it develops from experience."

"As we work on developing our principles and experience the joys of sobriety, we gain **faith** that this life can work for us. We see others work these principles and thrive as a result, eventually coming to believe that we can do the same. Upon reaching this conclusion, we **surrender** to the Higher Power of our understanding.

"This is not a 'white flag' sort of **surrender**. Aside from **trust**, another quality marks the difference between hope and **faith**. This is action, which we begin taking as we incorporate the rest of the principles into our lives." 7

Daily Quote

"Nothing improves if you drink."

"How an Atheist Works the Steps," El Granada, California, March 2003, *Beginners' Book: Getting and Staying Sober in AA.*

"As I trudge the Road of Happy Destiny, AA holds my left hand, God holds my right, and I have no hands left to pick up a drink."

"Can She Bake a Cherry Pie?" Albuquerque, New Mexico, January 2002, *AA Grapevine.*

"If it were not for the 'we' of AA, there would be no 'I.'"

"Tradition One," New York, New York, November 1969, *Best of the Grapevine, Volume 1*

"The most important thing AA has given me is the chance to get to know someone I never knew -- myself."

"Getting to Know You -- I Mean Me," Calgary, Alberta, December 1994, *AA Grapevine.*

"We are called to unity, not uniformity."

"The Harmony of Service," Oak Harbor, Washington, January 1984, *AA Grapevine.*



What a Gift - A Step Three Share

When I finally surrendered to my disease of alcoholism, I got honest for the first time in my life - Step One. I knew that God had restored me to sanity when the obsession to drink was lifted - Step Two. That brought me to Step Three.

I have always believed there was something higher than me keeping me safe my whole life. So that was not a problem, but I wanted to understand what Step Three actually means to me. My sponsor had me break each sentence down and my feelings around each one. And this is what it was like.

"God I offer myself to thee" - to surrender my mind, body, and soul to something other than myself. **"To build with me and do with me as thou wilt"** - to increase my spiritual being (my mind body and soul) with love. **"Relieve me of the bondage of self"** - my ego; to take away my selfishness, self-centeredness, self-seeking, and self-pity, which were separating me from the truth. **"That I may better do thy will"** - to live with love and compassion; **"Take away my difficulties that victory over them"** - to take away my fears and behaviors that keep me from growing toward the sunlight of the spirit. **"May bear witness to those I would help"** - to show others that this program works; my past has become my greatest asset; **"of thy power, thy love, thy way of life"** - to live with purpose with love and compassion; **"May I do thy will always"** - to surrender to something I cannot explain or see.

The Third Step is a feeling of surrender and love. I truly believe that God does for me what I cannot do for myself every day. I look back at these past six years and there has not been one time where I felt that I had been dropped on my face or alone.

My life is turning out exactly the way it's supposed to be. Whenever I am met with challenges my sponsor always says to me where is your Higher Power in all of this. I truly believe my Higher Power has my back - I am sober! What a gift!

Submitted by Robin

So, Why the Dragonfly?



The dragonfly, in almost every part of the world symbolizes **change** and **change** in the perspective of self realization; and the kind of **change** that has its source in mental and emotional maturity and the understanding of the deeper meaning of life.

The Dragonfly's scurrying flight across water represents **an act of going beyond what's on the surface and looking into the deeper implications and aspects of life.**

The Dragonfly has been a **symbol of happiness, new beginnings, and change for many centuries. The Dragonfly means hope, change, and love. 9**

To Thine Own Self Be True

To me, taking Step Three means that I choose to no longer live a life filled with self-centered ambitions and egotistical ideas of a grandiose existence. Instead, I choose to be willing to accept God's will and plan for my life, and, trust me, it is not to serve my own selfish ends but to be of service to others, including the still suffering alcoholic in the spirit of Step Twelve. And, to be honest, God's plan for me in my life has always been to be of service to my fellow humans. I know in my heart that that is what God has ordained for me. I just lost my plan and purpose during my life of addiction. So, for me Step Three is about embracing what has always been true to me. Step Three places me on a path of "to thine own self be true," a path that leads me to living a personally meaningful life.

To Thine Own Self Be True – Authentic Living and Addiction

The great psychiatrist, Viktor Frankl, defined addiction as a response to living a life that lacks personal meaning. The solution to addiction then is to live a personally meaningful life. This does not deny that addiction has a physical basis in the brain, that individuals with addiction often have faulty thinking, or that social and cultural factors play a big role in addiction. It does mean that addiction operates at a deep psychological level.

A Meaningful Life is Fulfilled by Doing What is Meaningful to You

Living a personally meaningful life demands many things from an individual, but one key demand is that you be true to yourself – being true to what you personally feel is very important. If you feel honesty is very important, then living a meaningful life will demand that you be honest. If you feel being a good father is important to you, then living a meaningful life demands that you spend time with your children and develop a deep emotional connection with them. If accomplishing things at work is important to you, then living a meaningful life will demand that you find work that will allow you to feel this and not simply work at a job for the benefit of a paycheck (or you have to use your creativity to make your job more meaningful to you).

Alcoholics Anonymous (A.A.) promotes this idea. On its chips (symbols for length of sobriety) is the saying: "To thine own self be true." A.A. borrowed this from Shakespeare. In the play *Hamlet*, old Polonius tells his son: "This above all: to thine own self be true." Of course, in the play, neither the father nor son follow this advice, and both perish.

Being True to Yourself is Often Difficult

Any number of factors can interrupt maintaining a meaningful living. Perhaps the greatest barrier is, of course, that you may not be aware of what is import-

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Fun and Numb

Send your A.A.-related favorites to aajacksoncounty@gmail.com.

A son asked his dad, "Dad, what's an alcoholic?"

The dad replied, "Well, son, you see those four trees? An alcoholic would see eight."

The son replied, "But Dad, I only see two."



Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not A.A.

Me: Yeah, I was just explaining how my car got in the lake.



What do you call an alcoholic who does not admit the addiction?

Jack Denials



The Keystone and the Arch and Freedom

"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be the Director. He is the principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and **this concept was the keystone of the new and triumphant arch through which we passed to freedom.**" 11



To Thine Own Self Be True

ant to you. In this case, you will have to pay attention to what makes you happy, sad, mad, guilty, and so on.

Followers of twelve-step programs use Step Four to achieve this. The big book of A.A. gives the example of jealousy. If you were to feel jealous, you should think about why it is that you are jealous. Likely, you will discover that jealousy is really the fear of losing someone you care for—you would be hurt emotionally if you lost this person. You can do this exercise with, pretty well, any emotion you feel. Some people keep a journal, noting down three feelings they had each day, and why they felt these emotions.

As well as not really knowing yourself, there are other barriers. Those suffering from depression, for example, find it difficult to be comfortable in their own skin. Those suffering from guilt feelings, what psychologists call, "fragmented." It's impossible to feel whole when you are overwhelmed with guilt and shame. Those suffering from shyness are too self-conscious to feel free to be themselves. Those who have lost perspective of their lives—a very common trait in early recovery—have difficulty appreciating what they want out of life.

There's lots of hope, though. Those with good recovery—that is, those who are actually happy and contented—have been true to themselves. Because individuals are unique, each person has to figure out what it means to be true to themselves. The specifics are up to you. 10

Submitted by Winslow C

What is Alcoholics Anonymous?

"Alcoholics Anonymous is a spirit that cannot be touched, nor can it be completely understood. It's as wide as the world, yet small enough to fit into the hearts and minds of men and women.

"It's brought light where only darkness dwelt. It's given hope to the hopeless and help to those in despair. It's nourished forgiveness in those who knew no pity. It's given strength to the weak and humility to the strong. It has furthered to higher goals those who strove to nothing. It's taught patience to the hurried and action to the lazy.

"To youth it's given vision and to the aged promise. To the lonely companions and to the restless rest. To the sick it's been a doctor and to the dying it has revived the desire to live. It has no judgment against the unteachable nor has it praise for those who learn. To the outcast it has been a family and to the childless it has given children. To the ignorant it has given wisdom and to the wise tolerance. It has given to men and women that which is most precious. It's given the love of truth and the love of life with enough left over to share with each other." 12

A New Door Opens

While A.A. literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting anywhere, A.A.'s share experience, strength, and hope with each other, to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A. speaks the language of the heart in all its power and simplicity. (xxiv 4th Edition of the Big Book of Alcoholics Anonymous.)

Alcoholics as a group tend to be afraid of change. That's where I've learned faith over fear stands strong in my program. Online style meetings have been going on for the last 10+ years and people have been grateful to have them available as an option. But as the Covid virus invaded the world so did a new platform called Zoom. I remember the first time I heard of Zoom, I was so excited that I could communicate with other members of the fellowship in a group setting. Zoom brought an entirely new element to the A.A. fellowship. I heard a lot of negative things: "It's like Hollywood Squares", "Only lazy people use Zoom". Yet we were in a Covid environment of NO Contact, Stay Home, No Brick-and-Mortar Meetings! What were we to do? Then, this wonderful platform Zoom appeared, a gift from God. I believe it was Higher Power driven. Many of us jumped on the Zoom wagon, and many criticized it.

The purpose of the Sunshine Community is to carry the message to the suffering alcoholics. Often those people are ones who cannot leave their homes or hospital rooms due to illness. There are those who are unable to travel to an in-person meeting. I know from experience that the Sunshine Committee helped many. That's where Zoom came in as a "New Tool." In a sense, Zoom has fulfilled the goal of the Sunshine Committee. It has NOT replaced in-person meetings. We now have people getting sober with Zoom. The Zoom format may not be for everyone, just like mixed meetings are not for everyone. But they have a place in our A.A. community. Zoom has allowed people who haven't been able to attend meetings in years to rediscover the A.A. program. They have a sense of community again. A new door has opened!

As stated in our Fifth Tradition, "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers."

Submitted by Terre' Z, Grants Pass, Oregon

Recovery is beautiful

A.A. and Zoom



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EACH GROUP HAS BUT ONE PRIMARY PURPOSE
- TO CARRY ITS MESSAGE TO THE ALCOHOLIC
WHO STILL SUFFERS.

TRADITION 5

Seventh Tradition Contributions



Thank you, A.A.'s and A.A. Groups, for your contributions that support and keep Central Office open to serve our communities.

The amounts shown here are officially recorded funds presented at the monthly business meetings of Jackson County Central Office and Josephine County Intergroup. Contributions received after mid-month will be reflected in the following month's newsletter.

This report includes funds received from Jan 16, 2022 - February 15, 2022.

Jackson County Groups and Individuals Members

Hole in the Wall Group - \$200	Cathy M. - \$10
Medford Fellowship Group - \$60	Sal C. - \$7.50
There is a Solution Group - \$40	Katie G. - \$60
Ruch 903 - \$110.10	Milagra G. - \$50

When supporting Jackson County Central Office, you have a few options, so please <https://jccoaa.org/contact/contribute/> for a description of the various options. You may also donate with PayPal®. Please use the QR Code to the right to contribute via your mobile device.

Josephine County Groups and Individual Members

Men's Sunday Morning Stag - \$500
12 O'clock High Noon Group - \$215

To support Josephine County Central Office, please mail or drop off your contribution to Josephine County Central Office of Alcoholics Anonymous, Inc. 423 W. 6th Street, Grants Pass, Oregon 97526.



When any A.A. Group makes a contribution to Central Office, please include your Group Name (as it appears in the meeting schedule), day, and time so we can maintain our records properly and give appropriate credit to your Group.

"We proudly impose an obligation on ourselves to pay our own way. As a responsible member, if you accept this principle, you may at this timeshare your strength and show your gratitude when the basket comes your way."

"We are self-supporting through our own contributions. Those before us put money in the basket, so there were rooms, literature, phone, etc., to save lives. So why don't we be generous when the collection comes our way, so there will be a place for those yet to come."

Self-Supporting

"Self-supporting alcoholics?"

Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us." 13



"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." 14



Retrieved from Seventh Tradition Announcements at <https://aa.org.nz/wp-content/uploads/2019/11/Seventh-Tradition-min.pdf>.

Sobriety Birthdays - Happy Birthday

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

Tell us your sobriety birthday by emailing us at aajacksoncounty@gmail.com. We will publish your sobriety birthday in the newsletter on the month of your birthday.

Josephine County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Howard P	March 3, 1973	49	David C	March 17, 2010	12
Jim K	March 16, 1974	48	Marilyn M	March 11, 2011	11
Ed K	March 10, 1980	42	Chris W	March 13, 2011	11
Bob A	March 12, 1980	42	Maureen M	March 13, 2012	10
Sue J	March 28, 1983	39	JoEllen N	March 1, 2013	9
Mark S	March 24, 1986	36	Tammy K	March 10, 2013	9
Phil H	March 17, 1988	34	Eric C	March 12, 2013	9
Carol M	March 19, 1990	32	Devon D	March 23, 2013	9
Paula M	March 1, 1991	31	Ben D	March 26, 2013	9
Nanc H	March 27, 1992	30	Kris	March 30, 2015	7
Kathleen W	March 11, 1994	28	Marion	March 11, 2016	6
Kermit R	March 5, 1995	27	Cherina A	March 15, 2016	6
Bev L	March 13, 1995	27	Kim D	March 1, 2017	5
Wayne K	March 17, 1997	25	Kim W	March 23, 2017	5
Sheila F	March 24, 1999	23	Kathy	March 1, 2018	4
Linda F	March 9, 2005	17	Rachel B	March 2, 2018	4
Steve H	March 4, 2008	14	Kelly K	March 3, 2018	4
Irene J	March 7, 2010	12	Mike R	March 3, 2018	4

Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Don B	March 16, 1985	37	Dusti C	March 8, 2005	17
Willie M	March 1, 1986	36	Ralph T	March 12, 2005	17
Rene M	March 23, 1986	36	John P	March 25, 2008	14
Mike E	March 8, 1987	35	Kelly M	March 1, 2014	8
Tom K	March 15, 1987	35	Anna W	March 9, 2015	7
Katie S	March 16, 1988	34	Candace B	March 26, 2017	5
Terry K	March 10, 1992	30	Francisco A	March 27, 2017	5
Ed B	March 15, 1995	27	Tonia M	March 5, 2018	4
Wayne T	March 17, 1997	25	Jack P	March 12, 2018	4
Jo B	March 31, 2001	21	Denise L	March 18, 2018	4
Bill S	March 5, 2003	19	Carrie Ann M	March 31, 2018	4

You are deserving of a long and happy life.



One Day at a Time

We must live our lives by the dictum that states "one day at a time" because the truth is that today is the only day we really have. We cannot change the past nor do we want to, and we cannot worry about tomorrow for tomorrow has its own worries.



That is why in Alcoholics Anonymous, the only sobriety date that truly matters is today. We can only stay sober today. We can only affect today, so take care of yourself today, enjoy your family and friends today, do the "right thing" today, and celebrate today for today is all we really have. Today is a victory. Today is a miracle.



Events

These local A.A. events specifically include an A.A. meeting.

In Josephine County, please visit www.grantspassaa.com/upcoming-events/, or in Jackson County, please visit www.jocoaa.org/events.html to see all current A.A. events including those in nearby areas.

"Have you a sufficient substitute?"

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find re-lease from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

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Events of Jackson and Josephine Counties

Bimonthly Traditions and Concepts Workshop

Hosted by District 16

Wednesday, February 16, 2022 @ 6:00 PM – 6:50 PM

Workshop recurs every EVEN numbered month on the 3rd Wednesday followed

by some G.S.R. sharing and the monthly District 16 Business Meeting. Tackling two Traditions and two Concepts for each Workshop.



Join us REMOTELY from your smart device or phone Video from the smart device:

<https://bit.ly/32RSWNb> Meeting ID: 456 010 1935
Password: 01601935

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

46th Annual Rogue Round-Up Assembly

Hosted by the Round-Up Committee

Josephine County Fairgrounds, Grants, Pass, OR
Thursday—Sunday, April 28, 2022—May 1, 2022



"You will know what it means to give of yourself that others may SURVIVE and REDISCOVER LIFE."

Alcoholics Anonymous, p. 153

Live and on Zoom



Also, be of service during the Rogue Round-Up. Service opportunities are now available. Do your part to carry the message and enjoy possibly the most rewarding part of your sober journey yet!

References

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- 11 - Alcoholics Anonymous World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, p. 62.
- 12 - The Grapevine, 1957.
- 13 - Alcoholics Anonymous World Services, Inc., Copyright © 1981. *Twelve Steps and Twelve Traditions*, p. 160.
- 14 - Reprinted from Pamphlet "Self-Support: Where Money and Spirituality Mix" with permission of A.A. World Services, Inc.

Sober Fun Events

Events listed 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.



Upcoming Calendar Events

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

Please join them to see the inner workings of your local A.A. fellowship.

Sober Fun Events *Coming Soon*

Due to continued COVID restrictions, no Sober Fun Events are scheduled to take place in the immediate future. Hopefully, as restrictions and concerns are lifted, Sober Fun Events will once again be scheduled for everyone's sober entertainment.

Upcoming Calendar Events



District 7 Business Meeting on Zoom®

Mar 1 @ 7:00 PM	Meeting ID:	648 127 84
Apr 5 @ 7:00 PM	Password:	828804

District 16 Business Meeting on Zoom®

Mar 16 @ 7:00 PM	Meeting ID:	292 293 5999
Apr 20 @ 7:00 PM	Password:	06101935

Josephine County Intergroup Business Meeting on Zoom®

Mar 17 @ 7:00 PM	Meeting ID:	872 2951 0766
Apr 21 @ 7:00 PM	Password:	444533

Jackson County Central Office Business Meeting

Mar 5 @ 9:00 AM
Apr 2 @ 9:00 AM
Central Office @ 116 E. 6th Street, Medford, OR 97501

Rogue Round-Up 2022 Committee Meeting on Zoom®

Mar 24 @ 7:30 PM—9:00 PM	Meeting ID:	848 4305 7377
No meeting in April so far	Password:	RU2021

YPAA Business Meeting

Mar 9 @ 2:10 PM
Apr 13 @ 2:10 PM
Trinity Episcopal Church
44 N. 2nd Street, Ashland, OR 97520



A.A. Grapevine

Emotional Sobriety

March's featured section is "Emotional Sobriety." Members share powerful stories about how they use the AA tools over time to find serenity, contentment, and an increased joy for living.



Carry The Message Project

Grapevine and La Viña are Great Twelfth Step Tools! Get your group or AA friends to join in. Carry the Message, it's easy! To learn more visit aagrapevine.org/carry-the-message.



One Day at a Time



We Are

One Day at a Time is the monthly publication of the Central Office of Jackson County A.A. and Intergroup of Josephine County A.A.

You can 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. You can also scan the QR Code to the right with your smart device to be taken directly to the sign-up website.



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.

Coming Next Month



Next month, in April's edition of *One Day at a Time*, we will cover Step Four, Tradition Four, and the Fourth Step Prayer and Principles.

"Fearless" in Step Four implies **COURAGE**. Many of us certainly fear the process of taking a long, hard look at our past, but we express all of the first four principles in spite of our fear. Our "searching" inventory necessitates full **HONESTY**, and we take this Step in the hopes of achieving long-term recovery. Faith then inspires courage, allowing us to push through the fear that sometimes causes us to procrastinate. But, once we engage in this process, we have to be honest we wish for true recovery in our lives.

Disclosure

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 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 goodwill to all readers, and to share the beautiful message of recovery with all.

Jackson County Central Office of Alcoholics Anonymous, Inc.

Jackson County C.O.
116 E. 6th Street
Medford, Oregon 97501
(541) 732-1850

Monday – Friday:
9:00 AM to 4:00 PM
Saturday:
9:00 AM to 12:00 PM
Sunday: Closed

The JCCOAA Mission Statement is to carry the message of Alcoholics Anonymous to the still suffering alcoholics. This is our principal aim and the main reason for our existence.



Josephine County Intergroup and Central Office of Alcoholics Anonymous

Josephine County Central Office
432 NW 6th Street, Rm 202
Grants Pass, Oregon 97526
(541) 474-0782

Monday – Friday:
10:00 AM to 4:00 PM
Saturday and Sunday:
Closed

A Declaration of Unity
This we owe to AA's future:
To place our common welfare first and to keep our fellowship united. Our lives and the lives of those to come depend on A.A. Unity.