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One Day at a Time

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

Welcome

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As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?"

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Ten," p. 88 with permission from Alcoholics Anonymous World Services, Inc.

"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.

Recovery is discovering who you really are.

Tenth Step Prayers

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.

Dear God

I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You, my Higher Power..

Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Ten," p. 88 with permission from Alcoholics Anonymous World Services, Inc.

"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 *Twelve Steps and Twelve Traditions*, 1981, "Step Ten," p. 92-93 with permission from Alcoholics Anonymous World Services, Inc.

Tradition Ten

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

"Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one old-timer recently declared, 'Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly.'

"As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Tradition Ten," p. 176-177 with permission from Alcoholics Anonymous World Services, Inc.

Attraction Rather Than Promotion

Tradition Ten

Preserving A.A.'s full strength as a means of survival

""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, "Tradition Ten," p. 177.

Tenth Step Principles

Perseverance

The primary spiritual principle for Step Ten is perseverance followed by discipline and patience.

"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 newsletter for this explanation).

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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.**

Tenth Step Principles Heroic

Written and Submitted by Winslow C. of Jackson County A.A., District 16, Medford, OR.

The only way to fully understand the principle of **perseverance** is to live it out in my life because the realization of its rewards is worth it. In other words, I can honestly say that the rewards of my recovery have been completely worth the emotional pain and tireless work. But I have learned that to continue reaping these rewards I must put into daily action what I have learned. The payoff of this **perseverance** and persistence in always doing the right thing despite any difficulty is a life I never knew possible.

So, **perseverance** to me means the daily willingness to persist in self-awareness and growth by being mindful of my actions, my truths, thoughts, and feelings. And even though the word **perseverance** does not appear in the Big Book or the 12X12, Bill W. refers to it as the *"acid test"* (A.A.W.S., p. 88) when he asks if i can *"stay sober, keep in emotional balance, and live to good purpose under all conditions"* (A.A.W.S., p. 88).

Therefore, I am constantly trying to improve personally as a person, friend, brother, father, and husband. Not that I am consciously looking for opportunities to grow, change, and improve, but when they present themselves in my life (and they always do), I make the effort to grow and further develop. I have come to learn that I will "reap what we sow," and I want to grow and be better. I want a better life. I want better relationships, better friendships, and a better marriage. I just want to be better. My life doesn't have to be perfect, but I deeply want it to be better.

And a large part of this process of self-improvement and self-realization is to practice Step Ten daily, that is, to continue to take personal inventory, to promptly admit when wrong, and to honestly reflect on the day. For me, this process is what it means to practice **perseverance.** I must persist by ensuring that I am accountable, consistent, and committed to doing what I have to do, every day, to maintain sobriety and recovery.

Recovery is an action word, and this is the "work" the Big Book taught me that I must do daily to stay sober. And I have to because life has a way (actually it has lots of ways) of presenting situations that place my sobriety and recovery to the test. This way of life requires **perseverance, discipline**, and **patience.** It is an ongoing process of honesty, learning, and willing to grow. And even though the motivation is the better life that awaits me, another compelling reason is that I never want to be the miserable person I was. And for that, I am grateful to God and A.A. Thank you.

Wahler, J. (2022). Understanding Principle Ten of AA Alcoholics Anonymous. Retrieved on September 7, 2022, from https://www.https://www.jasonwahler.com/12-principles-of-aa/principle-ten-of-aa-alcoholics-anonymous-perseverance.

Tenth Step Principles

Perseverance, Discipline, and Patience

Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.

To persist, to maintain effort, not to give in

Unknown author. (2022). Twelve Spiritual Principles (Virtues). Alcoholics Anonymous Cleveland District Office. Retrieved on September 7, 2022, from https://www.https://www.https://www.aacle.org/twelve-spiritual-principles/

"Don't drink, no matter what!"

Chuck of Rogue River, OR

Recovery means many things to people, but regardless of what those are, one thing is true. No one can truly place a price on recovery or sobriety because their payoff is a life utterly worth living despite the perseverance it takes to realize our dreams and the program's promises.

Recovery from alcoholism and addiction has no endpoint. There's no final stage. No one ever graduates or reaches its culmination. Recovery or sobriety is a never-ending lifelong process of growth and learning. Recovery is about living. It is a life that is never boring. Recovery leads to a life more exciting, more meaningful, and fulfilling than anything I ever could have imagined.

And because life centers on human relations and personal relationships, Step Ten is crucial to making this type of life possible. Not just Step Ten but all of the Steps and their spiritual principles make it possible, and the way to persevere is with spiritual maintenance, that is, "*a daily reprieve contingent on the maintenance of our spiritual condition*" (A.A.W.S., p. 85).

Wahler, J. (2022). Understanding Principle Ten of AA Alcoholics Anonymous. Retrieved on September 7, 2022, from https://www.https://www.jasonwahler.com/12-principles-of-aa/principle-ten-of-aa-alcoholics-anonymous-perseverance.

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

John Burroughs

"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 September 7, 2022, from https://jasonwahler.com/breaking down step ten aa alcoholics anonymous/

Tenth Step Principles

Perseverance

Continued from p. 4 - Tenth Step Principles

"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 September 7, 2022, from https://www.amethystrecovery.org/principles-12-steps/#Step_Nine_Responsibility/Justice

In Their Own Words

Recovery is ... an ongoing process because my alcoholism is quietly lurking in the shadows of my mind.

Recovery is ... utterly terrifying but so, so worth it.

Recovery is ... coming home.

Recovery is ... a daily choice.

Recovery is ... getting my dreams back.

Comforting Words

Written and Submitted 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.

In The Bottle

Written and Submitted by Jannise N. of Josephine County A.A., District 7, Grants Pass, OR

In the bottle I found self-pity, resentment, jealousy, loneliness, sexual lust, pain and suffering, all in which I sought comfort. I went further into the bottle to comfort all these feelings and losing sight that I was drowning and losing myself. The pain was too much, and I didn't want to feel, so I kept going further and further into the bottle.

The day came when I realized how far down I was and I saw no way out. Now so sick and close to dying but that didn't matter because I already felt dead inside. Then I saw a hand and looked at it but didn't reach for it because I had lost all trust in others and myself. I struggled and fought to make it out on my own until I was so tired then realizing I was further down in bottle then before.

Desperate now and thought of my children went through my head. I looked at the hand and couldn't believe it was still there. At this point, so tired and no fight left I surrendered and took ahold of the hand. I started slowly rising pass the self-pity, resentment, jealously, loneliness, sexual lust, and pain and suffering. The pain was still there but on the way out I found more hands reaching out to me and now I'm grabbing on for dear life.

Step Ten: Up Close and Personal

Spiritual, mental, emotional, and physical inventories

Jamie C. from West Henrietta, New York From the October 2007 *Grapevine* Magazine.

I don't like going to doctors. But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor. So, "*Call your doctor,*" was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple of days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "*Still as it was, but not getting any worse*" and "*No, I tried, but his phone was busy.*" Silence from him. Then, "*Don't you think you need to do a little more work on your Tenth Step*?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . . when wrong. . . admitted it. What did this have to do with an earache? "*Just read the Step,*" he suggested. "*You've heard the words at every meeting. But maybe you need to understand more of what they mean.*" So I did what was suggested. Not at breakneck speed, of course, but I did it. "*Continued to take personal inventory.*" "*Continued*" was easy enough since it refers to an ongoing process I do frequently, sometimes daily or even minute-by-minute. "*Inventory*" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral," but in the Tenth Step, it is "*personal.*" Was the different wording significant? Perhaps it was. Perhaps more than I'd first noticed. Bill W. warned us against complacency or self-congratulation and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even into active alcoholism. Of course, that growth needs to continue on the moral level and we need to "*inventory*" it. But my inventory and growth also need to include all that I am as a "*person,*" and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal inventory" means that I attend to all aspects of myself, of my "person," including, but not only, the "moral" part of me.

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In Their Own Words

Recovery is ... not necessarily feeling better but discovering meaning in your life.

Recovery is ... forgiving yourself, learning, a huge amount of growth and strength.

Recovery is ... peace of mind.

GRAPEVINE Daily Quote

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

"Alcohol robbed me of my adolescence. But I've learned to grow up in AA."

"Lost in the Shadows," Mineola, New York, March 2001, In Our Own Words

"I can recall that even as a small child I had allergic reactions to certain forms of reality."

"Distilled Spirits," Williamstown, West Virginia, December 1997, AA Grapevine

"Alcohol robbed me of my adolescence. But I've learned to grow up in AA."

"Lost in the Shadows," Mineola, New York, March 2001, In Our Own Words

"What I did need and need desperately, was not more knowledge about God, but, with God's help, a deep and penetrating knowledge about myself."

"A Gift That Surpasses Understanding," April 1970, Spiritual Awakenings

"AA's message promises healing and wholeness for any alcoholic who will pay the price. The price is simply to accept the help that will save our lives."

"Turning On the Power," Riverside, Illinois, August 1977, Spiritual Awakenings

"If we fail to 'repair,' we can only impair."

"On the Eighth Step," June 1945, Step By Step

Continued from p. 7 - *Step Ten: Up Close and Personal*

And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step reads, and, in fact, in the Twelve Steps and Twelve Traditions, Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "*personal inventory*" reveal that I am off-balance in any aspect of myself, I should "*promptly admit it*."

"*Admit it*." This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, A.A. is a of program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then do nothing about it. Admission that something is the matter is the doorway to growth, but there will be no growth unless I follow up the admission with action.

My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "*wrong*" about any of these aspects of me, I need to correct it as soon as I can.

"*How's the pain now?*" my sponsor asked some weeks later. "*Gone*," I replied. "*Ear infection. Good antibiotics. Good doctor*." And, I thought, Great Tenth Step!

Apology vs. Amends

Tom S.. from Sarasota, Florida From the October 2007 *Grapevine* Magazine.

When I was an active alcoholic, no two words coming from my mouth were more hollow than, "*I'm sorry*." I became quite proficient at apologizing, but only in order to diminish or avoid consequences. In fact, I got so good at preemptively groveling in front of authority figures, that afterward they would often commend me for coming forward and addressing the issue. But I never had an ounce of remorse! Not once did I reflect on my wrong behavior.

So the Tenth Step is, for me, more about admitting that I was wrong than it is about the act of apologizing. "Admit" is defined in my dictionary as "to

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Continued from p. 8 - *Apology vs. Amends*

acknowledge," so it's important that I own the behavior. I must state the behavior and the fact that I was wrong. Yet, even that difficult act is faulty unless I do so without also offering up mitigation or explanation. ("*I was wrong but you had me really upset*"...etc.). So it would work something like this: "*I was wrong. I should not have raised my voice and said those things to you. I really regret that behavior and will not do so again. I hope you can forgive me.*" And I don't hang around waiting for kudos; I'm the buffoon; I leave!

An Interview with Donna D.

Jen F. conducted an interview of Donna D. for the Josephine County Intergroup newsletter, *Keep It Simple*, for the May/June 2017. Even though that was over five years ago, the truths shared that day are still true today. At the time Donna shared her experience, strength, and hope in celebration of 46 years of continuous sobriety. This year, Donna D. celebrated 51 years sober. Congratulations Donna. You are an inspiration to many A.A.'s, especially for the women in the program. We thank Jen F. for her work and express our deepest appreciation to Donna D. Thank you Donna. You are a blessing to all of us in the program. May God richly bless you.

What is your most memorable birthday?

My first year. I couldn't believe I had gone one whole year without drinking or using. It was the most fantastic thing that had ever happened in my life and I never thought it would be possible. My husband was so proud that I could get to one year.

Do you have plans for celebrating your 46th birthday?

Go to as many birthday meetings as I can. I plan to go to Rogue River, my original home group in Oregon. Be with my A.A. friends.

Many of us can't imagine 46 days much less 46 years.What advice do you have for the newcomer?

- *Keep coming back no matter what.*
- *Don't drink or use.*
- *Keep in close contact with your sponsor and more important with God.*
- *Get used to using that phone every day.*
- *Don't be alone too long in your own head.*
- *Follow directions.*

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Fun and Humor

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

Q: What is a man's idea of a balanced diet?
A: A Budweiser in each hand!

Q: What did the bartender say after Charles Dickens ordered a martini?
A: "Olive or twist?"

Q. Why did God invent Jameson whiskey?
A. So the Irish would never rule the world!

Q: What did the man with slab of asphalt under his arm order?
A: "A beer please, and one for the road."

Don't want your friends to come over and drink all your beer during the quarantine? Just tell them you have a case of Corona.

Q: How can you tell if someone Amish is an alcoholic?
A: They keep falling off the wagon.

Q: What happens when a ghost drinks boos?
A: They get sheet-faced.

Q: Where do monkeys go to drink?
A: The monkey bars!

http://www.jokes4us.com/dirtyjokes/alcoholicjokes.html

Service - A.A.'s Third legacy

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

Continued from page 9 - *An Interview with Donna D.*

- *Get in the habit of going to at least 2 meetings a week, and go to these no matter what. Don't miss them except for a really good reason for yourself, your sponsor, and God. Examples are sick, appointments, work.*

When I was new, I didn't understand anything. All I did was make an entrance for a long, long, long time. I can't even remember my first meeting because I didn't know where I was at – they told me to keep coming back and I kept going back. I'm so grateful to God I listened to that. I knew I couldn't drink anymore and if I kept doing what I was doing, I wouldn't last long. I was down to 90 pounds - didn't care if I lived or died, in fact, I wanted to die. Life wasn't worth my trying; they didn't give me much hope. I didn't think I was an alcoholic. I drank too much because it was everyone else's fault. In fact I blamed God for my drinking until my first sponsor set me straight "God didn't open your mouth and pour it in."

I think I go to more meetings now than I ever have because the longer I'm around, the more I need AA. I especially need AA to get thru this old age. It took me 44 years out of 46 to learn how to take care of myself; to learn to say "no" gracefully when I really didn't want to do something; to be able to live in my own skin. That's why they tell you to keep coming back because you will get it eventually. For some it takes longer than others. I'm one of those.

Now that I'm able to take care of myself a little better, meetings are more interesting. It's kind of like going to school. It is a learning process. Every time I go to a meeting I learn what I should do or what I shouldn't do. I'm grateful for my sponsor – I don't always listen to her, but I listen more now than I used to. I listen to her advice in everyday living. "I can't, but we can". Don't try to do it alone. We need each other to make it work. We've got to have help. I need to call someone when I'm having a bad day and tell them, just to get out of myself. Sharing with someone else relieves all that pressure.

I love Alcoholics Anonymous more today than ever before. I love the people. The meetings are very important. When things are going good is when I need A.A. all the more because I don't want to take things for granted. That is no good, especially for an alcoholic. So I just keep going back. I am so grateful to God that I can go back. The program is a gift that nobody but God could give to me and he just always seems to get me there. Follow your heart and keep going to meetings – I can't say it enough.

Choose Life, Choose Recovery

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 gotten 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 the 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 good 4th and 5th Steps and again on the 8th and 9th Steps, 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, *"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.

Continued on page 12

Service - A.A.'s Third Legacy

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.

For the history of the Responsibility Statement, visit this website: https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/history-aas-responsibility-statement/

REMEMBER ... YOU DON'T HAVE TO DRINK, EVEN IF YOU WANT TO, BUT ...

IF YOU WANT TO DRINK, THAT'S YOUR BUSINESS.

IF YOU WANT TO STOP, THAT'S OURS.

CALL US
(541) 732-1850
IN JACKSON COUNTY

CALL US
(541) 474-0782
IN JOSEPHINE COUNTY

Continued from page 11 - *Continued to Take Personal Inventory*

All my outside behaviors (shortcomings) 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.

Denial

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

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.

If You Could ...

What would YOU tell this man, if you ever met him face-to-face at a meeting ... if you could?

Let us know simply by replying to the email we sent you that contained this edition of the newsletter. We will publish your response in the upcoming November edition in celebration of his birthday, November 26th.

Bill Wilson in San Francisco, CA on the eve of the Lasker award, 1951

"Thank you, thank you, thank you. No really, thank you ... sincerely ... from the bottom of my heart and the depths of my soul. Your program of recovery saved my life and shows me daily how to live my life as a better person, a better husband, a better father, a better son, a better friend, a better human, just better. Thank you, Bill W. Thank you."

Winslow C.

Service - A.A.'s Third Legacy

Frankly, service work helps to keep us sober. The truth is if nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now!

Service Work In Recovery

One of the more common sayings you will hear at an Alcoholics Anonymous meeting is that *"you have to give it away in order to keep it"*. What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead, the individual does it because they know that it is helping to keep them connected. Numerous studies have shown that helping others in recovery provides great benefits to the helper.

Service in Recovery Defined

Service in recovery refers to work carried out for no financial reward or compensation. This may involve directly helping somebody else, or indirectly helping them by providing services. Some individuals do go on to make a career out of helping others, but this is no longer considered a service if they receive payment.

The Importance of Service in Alcoholics Anonymous

Alcoholics Anonymous could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of or during each meeting, but, in the spirit of the seventh tradition, this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.

Other Types of Service in Recovery

There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

Continued on page 14

The Promises

Promise 1: We are going to know a new freedom and a new happiness.

Promise 2: We will not regret the past nor wish to shut the door on it.

Promise 3: We will comprehend the word serenity.

Promise 4: We will know peace.

Promise 5: No matter how far down the scale we have gone, we will see how our experience can benefit others.

Promise 6: The feeling of uselessness and self-pity will disappear.

Promise 7: We will lose interest in selfish things and gain interest in our fellows.

Promise 8: Self-seeking will slip away.

Promise 9: Our whole attitude and outlook upon life will change.

Promise 10: Fear of people and economic insecurity will leave us.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

Promise 12: We will suddenly realize that God is doing for us what we could not do for ourselves.

Reprinted from Alcoholics Anonymous, *Into Action, pp. 83-84 with permission from Alcoholics Anonymous World Services, Inc.

A.A. Service - local Service Centers

The following positions in JOCOAA Intergroup and JCCOAA Central Office are currently OPEN or will soon become available and, when occupied, are held by individual A.A. members, who are appointed or elected and voted in by other group representatives at the positions' rotation. **If any A.A. member would like to fill or be considered for any of these open positions, please attend the appropriate business meeting and make known your intention.**

Jackson County Central Office of Alcoholics Anonymous:

Recording Secretary
Literature Director
Events Coordinator
Volunteer Coordinator
Newsletter Editor

Josephine County Intergroup of Alcoholics Anonymous:

Central Office Manager
Volunteer Coordinator
Events Coordinator

All these positions and others are rotated out at specific times of the year during the service centers' business meeting. For more specific information, please visit the following websites:

JCCOAA:
https://jccoaa.org/

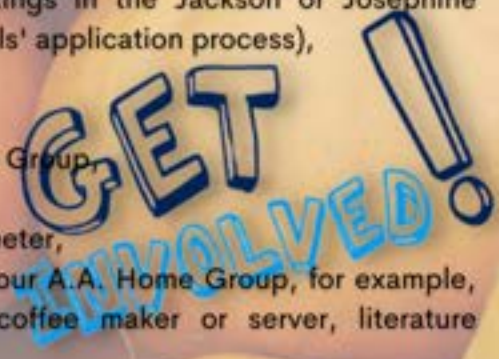
JOCOAA:
https://www.grantspassaa.com/intergroup/

Continued from page 13 - *Service: A.A.'s Third Legacy*

Types of Service in Recovery

Anything that directly or indirectly helps others in recovery could be considered a service. Examples of this type of work include:

- Sponsorship,
- District 7 or 16 Chair or Officer,
- JOCOAA Intergroup Representative,
- JCCOAA Central Office Chair or Director,
- JOCOAA and JCCOAA Central Office Volunteer,
- General Service Representative (GSR),
- JOCOAA Intergroup Group Representative,
- JCCOAA Central Office Group Representative,
- Visiting alcoholics and holding meetings in the Jackson or Josephine County jails (in accordance with the jails' application process),
- Making coffee at an A.A. meeting,
- Chairing an A.A. meeting,
- Giving out coins or chips at your Home Group,
- Meeting set-up or clean-up,
- Welcoming meeting attendees as a greeter,
- Taking an official service role within your A.A. Home Group, for example, as a treasurer, secretary, greeter, coffee maker or server, literature presenter,
- Making time after a meeting to speak to people who are obviously struggling with their sobriety.



The Benefits of Service in Recovery

Service in A.A. benefits both the giver and the receiver. In a lot of instances, it will actually be the giver who ends up benefiting the most. Such benefits include:

- Those people who devote some time to helping others are less likely to suffer from depression.
- Helping others with their drinking problems reminds the giver of where they have come from. This experience will keep the pain of dysfunction fresh in their minds so that they never forget it. This should keep them committed to the recovery path.
- The giver will feel that they are giving back and this will increase their confidence and self-esteem.
- Helping others takes the focus off the individual. This is important because a lot of problems in the recovering A.A.'s life will be due to self absorption.
- Providing service ensures that groups such as A.A. stay in business. If nobody volunteers their time these groups will disappear.

Serenity. (December 18, 2017). *The Importance Of A.A. Service Work* Retrieved on September 11, 2022 from https://toledoaameetings.com/importance-aa-service-work/.

Continued from page 14 - *Service: A.A.'s Third Legacy*

A.A. Service - Local Service Centers
Intergroup and Central Office

The Josephine County Intergroup (JOCOAA) and the Jackson County Central Office of Alcoholics Anonymous, Inc., (JCCOAA) serve their respective A.A. groups in the counties where they reside. (See "Upcoming Events" for dates and times of their business meetings. A.A. Groups, GSRs, and individual A.A. Members are encouraged to attend these meetings.) Governed by their own bylaws and articles of incorporation, Intergroup and Central Office are service centers, according to A.A. Tradition, having no authority on their own account. They derive it from their participating groups and members. Therefore, as A.A. service entities, Intergroup and Central Office are "directly responsible to those they serve," as described in Tradition Nine. Respective Group Representatives reflect their groups' conscience in the service centers' operations and meetings.

A.A. service offices involve partnerships among groups in their communities just as A.A. groups themselves are partnerships of individuals. Also, JOCOAA and JCCOAA have steering committees or boards that are set up to handle the administrative activities of the service office. They are established to carry out certain functions common to all the groups, functions which are best handled by a centralized office or group, and they are usually maintained, supervised, and supported by these groups in their general interest. JOCOAA and JCCOAA exist to aid their groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers. During their regularly scheduled meetings, they deal with general policies and plans. As such, they report to groups via Group Representatives on administrative concerns, topics, problems, accomplishments, relevant business activities, events, happenings, and goings-on. This duty ensures a vital link of open communication between the service boards and their memberships.

A.A. District 7 and District 16 Board of Directors and Officers

An A.A. District is a geographical or linguistic unit that contains A.A. groups and supports them in their primary purpose. A district elects directors and officers to fulfill the responsibilities and duties assigned to each role. A.A. groups are represented at the district level via the group's General Service Representative (GSR) similarly to the Central Office or Intergroup level.

As previously stated, the primary purpose of Districts 16 and 7 is to carry the message of recovery to the alcoholic seeking help. Each district operates in a specific geographical region, called a service area, assisting alcoholics to develop face-to-face contact with one another, so that through their shared experience and support their path to recovery becomes evermore strong.

A.A. Service - local Service Centers

The following positions in Districts 7 and 16 are currently OPEN and when occupied are held by individual A.A. members, who are appointed or nominated, elected, and voted in by other group representatives at the positions' rotation. **If any A.A. member would like to fill or be considered for any of these open positions, please attend the appropriate business meeting and make known your intention.**

District 16 of Jackson County:

Local District Committee Member - B (LDCM-B)
Local District Committee Member - C (LDCM - C)
Treasurer (Alternate)
Access Chair
Events Chair
Chair of Public Information and Cooperation with Professional Community (PI/CPC)
Telephone/Hotline Chair

District 7 of Josephine County:

Cooperation with Professional Communities Chair
Grapevine Chair
Outreach (Treatment Facilities) Chair
Sunshine Committee Chair

All these positions and others are rotated out at specific times of the year during the service centers' business meeting. For more specific information, please visit the following websites:

District 16: https://medfordaaseaa.org/resource/

District 7: https://www.grantspassaa.com/district-7/district-7-officers-chairpersons/.

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."

Alcoholics Anonymous World Services, Inc., Copyright © 1981, *Twelve Steps and Twelve Traditions*, p. 160.

"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 Pamphlet F-3, "Self-Support: Where Money and Spirituality Mix" with permission of A.A. World Services, Inc.

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 August 16 to September 15, 2022.

Jackson County Groups and Individual Members

Cathy M	$10.00	Eagle Point Women's A.A.	$50.00
Michelle M	$100.0	Rebellion Dogs Our Every Step	$75.00
Katie G	$50.00	Phoenix/Talent Group	$165.00

When supporting Jackson County Central Office, you have a few options, so please visit 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 left to contribute via your mobile device.

Josephine County Groups and Individual Members

12 O'clock High Group $240.00

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.

DONATE

When any A.A. Group makes a contribution to Central Office, please include the full group name, day and time of the meeting so we can maintain our records properly and give appropriate credit to the group.

WE VALUE YOUR SUPPORT. THANK YOU!

On behalf of District 16 and Jackson County Central Office and District 7 and Josephine County Intergroup, we want to thank all A.A. Groups and their members for helping your Central Offices with your Seventh Tradition contributions so that these service boards and committees can continue to be available for the still suffering alcoholic. We deeply appreciate your support. Thank you.

A.A. Soberversaries - 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
Jim J	October 10, 1977	45	Eric H	October 8, 2008	14
Peggy V	October 20, 1980	42	Dave B	October 12, 2008	14
Jeri R	October 8, 1985	37	Rudy H	October 20, 2008	14
Drew L	October 14, 1985	37	Andy K	October 20, 2008	14
Jon P	October 10, 1986	36	Rob B	October 19, 2009	13
Kathy T	October 25, 1995	27	Alicia K	October 24, 2009	13
Rocky V	October 15, 1998	24	Dan H	October 10, 2012	10
Rene M	October 11, 1999	23	Misty B	October 20, 2014	8
Ted W	October 23, 2000	22	Demetrius D	October 22, 2015	7
Leenee	October 19, 2001	21	Linda M	October 12, 2016	6
Kevin O'B	October 20, 2001	21	Laurie C	October 4, 2017	5
Joanne	October 7, 2002	20	Shelby	October 23, 2017	5
Alison S	October 15, 2002	20	Sarah M	October 26, 2018	4

Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Richard R	October 15, 1969	53	Zach L	October 12, 2014	8
Mary E	October 4, 1973	49	Tobias T	October 13, 2014	8
Donna K	October 16, 1976	46	Dee D	October 22, 2015	7
Brian M	October 31, 1984	38	Andrew Z	October 15, 2016	[illegible]
Drew L	October 14, 1985	37	Jolene L	October 28, 2017	5
Sandy J	October 16, 1996	26	Roger M	October 3, 2018	4
Torsten K	October 10, 2000	22	Devyn F	October 5, 2018	4
Jack A	October 20, 2007	15	Don D	October 17, 2018	4
Dawn H	October 11, 2009	13	Carlos S	October 14, 2019	3
Brian P	October 27, 2011	11	Dennis J	October 22, 2019	3
Ryan U	October 29, 2011	11	Stacee R	October 2, 2020	2
Sibbi E	October 28, 2013	9			

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

"While I have years of sobriety, I really only have this day."

"Overcoming Depression and Fear," Mesa, Arizona, February 1993, AA Grapevine

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.

A.A. Events

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

In Josephine County, please visit the Events tab at the Josephine County Central Office website at www.grantspassaa.com, or, in Jackson County, please visit the Events tab at the Jackson County Central Office website at www.jocoaa.org 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 release 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."

Alcoholics Anonymous World Services, Inc., Copyright © 2001. Alcoholics Anonymous, p. 152.

SPECIAL EVENT

Events of Jackson and Josephine Counties

Monthly Traditions and Concepts Workshop

Hosted by District 16
Wednesday, October 19, 2022 @ 6:00 PM – 7:00 PM

Come and join us each month as we help to understand one Tradition and one Concept.

Join us REMOTELY on video from your device:
https://bit.ly/32RSWNb Meeting ID: 456 010 1935
Password: 06101935

Audio via phone: Meeting ID: 456 010 1935
Call in: (669) 900-6833 Password: 06101935

Oregon Area 58 Quarterly Assembly

Hosted by District 16
Friday - Sunday, November 18-20, 2022
Ashland Hills Hotel & Suites
2525 Ashland St., Ashland, OR 97520
(855) 482-8310 | www.ashlandhillshotel.com

Online registration opened on September 9, 2022
Online registration closes on November 13, 2022

Round Table Assembly

Registration links are as follows
English: https://tinyurl.com/ORA58Nov22quarterly
Spanish: https://tinyurl.com/NoviembreTrimestral2022

Please see the registration flyer for detailed hotel booking information at https://www.aa-oregon.org/upcoming-assemblies/

If you have any questions, please call or email
Shane C. (Registration Chair) at (603) 759-1825
Michael M. (Committee Chair) at (541) 621-9629
assembly.18.regist@gmail.com

Be an overcomer.
It is time. It is your time.

A.A. Sober Fun Events

Bingo

Hi-Lo Club
668 Lincoln Rd, Grants Pass, OR 97526
Second Saturday of the Month, 7:00 PM - 9:00 PM

Bowling

Cancelled Until Further Notice

Hosted by Caveman GP Sobriety Rocks
Caveman Bowl
1230 Rogue River Hwy, Grants Pass, OR 97527
Every Sunday (beginning June 5, 2022), 5:00 PM - 8:00 PM
Two games with shoes - $7.00 (Scholarships are available)

Calendar Events

District 7 Business Meeting on Zoom®

Nov 1 @ 7:00 PM	Meeting ID:	489 479 9084
Dec 6 @ 7:00 PM	Password:	D7

District 16 Business Meeting on Zoom®

Nov 13 @ 3:00 PM - 4:30 PM	Meeting ID:	456 010 1935
Dec 11 @ 3:00 PM - 4:30 PM	Password:	06101935

Josephine County Intergroup Business Meeting Live and on Zoom®

Nov 17 @ 7:00 PM	Meeting ID:	872 2951 0766
Dec 22 @ 7:00 PM	Password:	444533

Jo Co Central Office Intergroup, 432 NW 6th St #202 Grants Pass, OR 97526

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

YPAA Business Meeting
Nov 9 following the Ashland Young People of A.A. meeting @ 7:10 PM
Dec 14 following the Ashland Young People of A.A. meeting @ 7:10 PM
Trinity Episcopal Church, 44 N. 2nd Street, Ashland, OR 97520

A.A. 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.

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.

Join the fun and be of service.

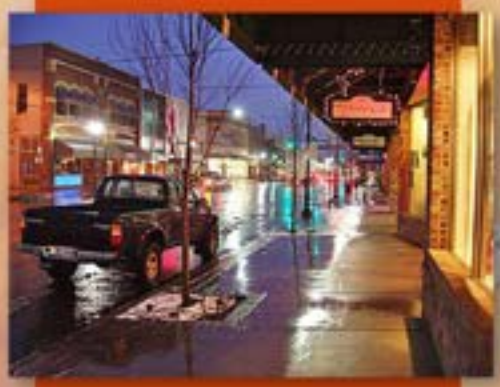
The Alano Club

These sober fun events are sponsored and hosted by the Medford Fellowship Group.

This A.A. Group holds A.A. meetings three times a day, seven days a week. They are held at the Alano Club, which is located at 1921 Elm Avenue, in Medford, OR. Please refer to the latest A.A. Meetings' schedule for days and times.

These sober fun events are specifically for members of the entire A.A. fellowship and their guests and are intended for their sober fun and enjoyment.

So, join the fun and the fellowship



Sober Fun Events at the Alano Club

CHILI COOK-OFF

Hosted by The Medford Fellowship Group
Saturday, October 8, 2022
The Alano Club, 1921 Elm Ave, Medford, OR 97501

Come Join Us for FUN and FELLOWSHIP

Bring the HEAT, IF YOU GOT IT!!

$5 at the door to enter chili contest and/or to eat and judge
CASH PRIZE for FIRST PLACE

For more info, contact Angie at (458) 220-9614

HALLOWEEN DANCE AND COSTUME PARTY

Sponsored and Hosted by The Medford Fellowship Group
Saturday, October 22, 2022, @ 9:30 PM – Midnight
The Alano Club, 1921 Elm Avenue, Medford, OR 97501

COME AND JOIN US FOR THE FUN AND FELLOWSHIP

MUZIC BY DJ GRANDMASTER FLASH

AND

$5 AT THE DOOR

THE CRAZIEST MOST AMAZING SOBER DANCE PARTY ON THE PLANET

Don't miss this funnest and most exciting party in Medford on this side of the bottle

A Book Review

Written and submitted by Michelle M.

The Home Group: Heartbeat of A.A.

This booklet is a collection of 42 selected stories written by various A.A.'s from 1945 to 2004. It is divided into four sections which are titled "Where Recovery Begins," "The Joys of Service," "The Lessons of Experience," and "The Traditions at Work."

So, is the Home Group really a thing? Yes, it is, and it is defined in a pamphlet called "The A.A. Group" (P-16). In 1985, my first home group was The Marina Woman's Group while at my final duty station at Pearl Harbor Hawaii. That was where I felt like I had a family. It was where I found my first sponsor and where I learned to do service. I showed up every week and the women there knew me so well that if I was ever getting off track, they would tell me long before I ever knew it. Today my home group is where I cast my vote in all group-conscious matters.

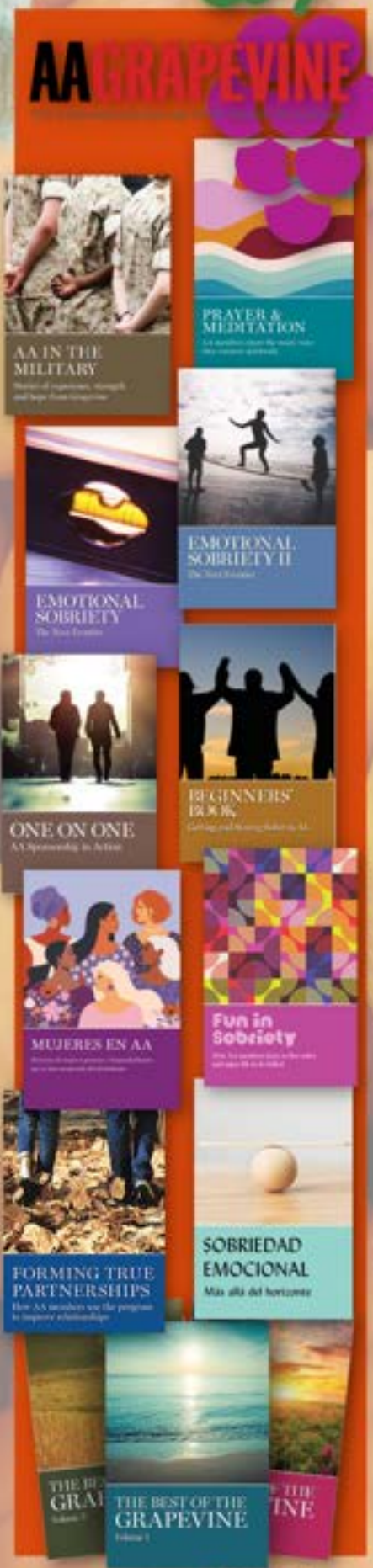
This booklet has one story written in September 2004 by Brian F. from Portland, Oregon. His home group is the Loyola Men's Group. In 2004, the group had been around for 45 years and had a weekly attendance of approximately 150 men. The article caught my eye because the group found ways to reach the suffering alcoholic and approached the newcomers that were "out of the box." They had a service position called "Sponsor Broker." This person would hook the newcomer up with a temporary sponsor. The article talks about the group undergoing a two-month group inventory where they directly addressed ways to carry the A.A. message.

The other stories in the booklet talk about how meetings were formed and how and why meetings died. The stories address different formats and why it might be best to move your meeting location. The stories talk about the need for the rotation of service positions. For me, the stories brought on a feeling of melancholy. It reminded me of the good old days before computers and where I learned my favorite saying "*you can dodge the elephants, but the bird shit gets you every time.*"

I have given these booklets as gifts and *The Home Group* is always a big hit. We are the writers, of course, and just like in a meeting I hear my story through these people's stories. The staff at the Grapevine found *The Home Group* to be such a loved topic of discussion that calls "flooded the office from members eager to share their gratitude and affection for their home groups, as well as their wisdom gained from their participation and service as members. *The Home Group* is a much-appreciated department in the *Grapevine* magazine."

The Home Group gave me such a warm fuzzy feeling that it reminded me of yesteryear when things were slower. I think that during these days of ZOOM I need to keep *The Home Group* in my program. The people in my home group keep me honest, humble, and focused on the still struggling alcoholic.

The next booklet I'm reading is Making Amends. I will offer my humble book report including my opinions upon completion. I am so grateful to be on this road to happy destiny with you. More later. Aloha!



One Day at a Time

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/newsletter-archives/ for the subscription form and directions. You can also scan the OR Code to the left 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

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

Life in recovery will not ever be perfect. It will bring hardships, trials, and misery, but through **spiritual awareness**, we daily seek the right path by trusting God and asking for God's will in our lives. Even 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. So, come back next month as we share inspirational readings on gratitude and how gratitude is the key to happiness.

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.

We Are

Jackson County Central Office of Alcoholics Anonymous, Inc.

Jackson County Central Office
116 E. 6th Street, Medford, OR 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, OR 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.