

# One Day at a Time



The Newsletter for Alcoholics Anonymous of Jackson and Josephine Counties

## Inside This Issue



- 1 Welcome
- 1 Step Seven
- 2 Tradition Seven
- 3 Step Seven Principle
- 4 Seventh Step Prayer
- 4 From Within the Walls - The Point of No Return
- 5 I Found My Purpose
- 5 Humility is the Misunderstood Virtue
- 6 Became Entirely Ready
- 8 Our Seventh Tradition - A Member's
- 9 A.A. Grapevine® Quotes of the Day
- 9 A.A. Fun and Humor
- 10 A.A. Seventh Tradition Contributions
- 11 A.A. News from Central Office
- 13 A.A. Events
- 15 A.A. Sober Fun Events
- 15 A.A. Upcoming Calendar Events
- 15 The Latest COVID-19 Meeting Info
- 16 A.A. Soberversaries
- 17 A.A. 2021 Carry the Message Pro
- 17 A.A. History - Did You Know?
- 20 Coming Next Month

*"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since."*

Reprinted from Alcoholics Anonymous, Fourth Edition, "Bill's Story," p. 13 with permission from Alcoholics Anonymous World Services, Inc.

# welcome!

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

Anonymous in the spirit of Tradition One.

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](http://www.grantspassaa.com/newsletters) or the Jackson County A.A. Central Office website at [www.jccoaa.org/newsletter.html](http://www.jccoaa.org/newsletter.html) for the subscription form or scan the QR Code to be directed to the form.



Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, artwork, cartoons, jokes, or anything that has helped you on your journey to [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com). Deadline for any upcoming newsletter is the third Friday of the month.



## Step Seven - "Humbly asked Him to remove our shortcomings."

"Everywhere we saw failure and misery transformed by humility into priceless assets. We heard story after story of how humility had brought strength out of weakness. In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less, and desire humility more than ever.

"During this process of learning more about humility, the most profound result of all was the change in our attitude toward God. And this was true whether we had been believers or unbelievers. We began to get over the idea that the Higher Power was a sort of bush-league pinch hitter, to be called upon only in an emergency. The notion that we would still live our own lives, God helping a little now and then, began to evaporate. Many of us who had thought ourselves religious awoke to the limitations of this attitude. Refusing to place God first, we had deprived ourselves of His help. But now the words "Of myself I am nothing, the Father doeth the works" began to carry bright promise and meaning.

"We saw we needn't always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering. A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have. It marked the time when we could commence to see the full implication of Step Seven: 'Humbly asked Him to remove our shortcomings.'

"As we approach the actual taking of Step Seven, it might be well if we A.A.'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and with his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

"The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

"The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have."

Reprinted from *Twelve Steps and Twelve Traditions*, "Step Seven," p. 75-76, with permission from Alcoholics Anonymous World Services, Inc.,



### ***Tradition Seven - "Every A.A. group ought to be fully self-supporting, declining outside contributions."***

"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. Everybody knows that active alcoholics scream that they have no troubles money cannot cure. Always, we have had our hands out. Time out of mind we have been dependent upon somebody, usually moneywise. When a society composed entirely of alcoholics says it is going to pay its bills, that's really news.



"Probably no A.A. Tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now—sober—paid our own way. So, our Fellowship stayed poor because it had to."

Reprinted from *Twelve Steps and Twelve Traditions*, "Tradition Seven, p. 160, with permission from Alcoholics Anonymous World Services, Inc.



*"Experience has shown us, also, that A·A· as a whole needs to be self-supporting and independent. The lure of money has led many astray. It could happen to us."*

*Reprinted from The Twelve Traditions Illustrated with permission from Alcoholics Anonymous World Services, Inc.*

*"In Tradition Seven, there's a note of realism: Handsome gifts may have strings attached. We even put a limit of \$5,000 on the amount members may leave to A·A· in their wills or contribute annually while living, so that none of us can buy influence in A·A·, no matter how rich we are."*

*Reprinted from The Twelve Traditions Illustrated with permission from Alcoholics Anonymous World Services, Inc.*



## Step Seven Principle

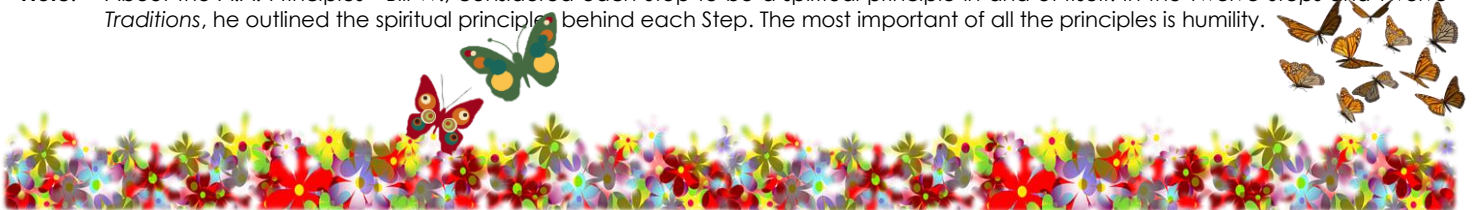
### Humility

"To recognize your value and the value of others; to see there is a far greater person who you can become, who others can become, and how much more you can do and be; a realistic appreciation of your strengths and weaknesses; to know that God is far greater than yourself and with God's help you can be far more than you are."



Honor Yourself. April 9, 2012. *Urban Dictionary*. Retrieved from <https://www.urbandictionary.com/define.php?term=humility> on June 15, 2021

**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 principle behind each Step. The most important of all the principles is humility.

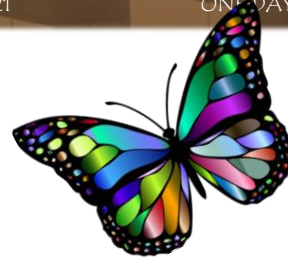




## Step Seven Prayer



*Dear God,*



*"My Creator, I am now willing that you should have all of me, good and bad.  
I pray that you now remove from me every single defect of character which stands in the way of my  
usefulness to you and my fellows.  
Grant me strength, as I go out from here, to do your bidding.  
Amen."*

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



## From Within the Walls - Step Seven - The Point of No Return

The Mill Creek A.A. Group at the Oregon State Penitentiary (OSP) in Salem, Oregon celebrated its 77th anniversary on May 3, 2021. It was established in 1944 making it the longest running prison A.A. group in the nation. OSP is Oregon's only maximum security prison.

"Asking my higher power to remove my shortcomings was a really hard step for me shockingly enough, because this was the point of no return. Most people ask if I am serious because they consider this one of the easiest steps. But for myself it wasn't.

"This is the third time I have had to face my defects of character. The first was when I made my inventory; I had to delve deep and truthfully into myself and my past. Then, not only am I ashamed and embarrassed about my actions, thoughts, and beliefs that I had throughout my alcoholism and addiction, I had to admit to another person those dark secrets. Believe me, those skeletons in my closet weren't pretty at all. I had to expose every secret and every lie. Now after I am broken and in despair, I feel a relief that I have never felt before rise inside of me. That relief I have come to understand as humility and what it feels like to humble oneself, whether it is to a fellow man or a higher power, the feeling is always the same.

"Now the steps would like me to face this all over again and humble myself to my higher power and let it all go. Now this is the point that I call the 'the point of no return,' because as soon as I give this up it is gone. There is no more left to hold me back, there is no excuses left in my book to justify relapse because past actions and behaviors are no longer excuses in my arsenal that I can resort to.

"Now my question to you is, **'Are you ready to give that up? Are you ready to give up all those excuses and justifications for your relapse?'** If you are, then this is the step that when I completed I knew I was ready to stay sober because I was able to ask for help, be honest, reach out, humble myself, and it resulted in me feeling human."



*Run of the Mill - 1944 and Beyond*, A Publication of the Mill Creek Group of Alcoholics Anonymous,  
From The V. President, David F., Mill Creek A.A. Vice President, Edition 75 No. 4 July/August 2018



## *I Found My Purpose*

Written by Winslow C.

My Step Seven involved eliminating those character defects that I learned in Steps Five and Six. Just getting rid of them was not enough though. My sponsor instructed me that I had to grow and be better, so I had to learn to replace them by practicing humility and the spiritual principles, such as willingness, honesty, acceptance, love, tolerance, compassion, service. Working on the Seventh Step required constant thoughtfulness and commitment to being honest, courageous, and humble.

Frankly, quitting alcohol and drugs was a tremendous change. Step Seven required that with God's help I can undergo the personal change of actively letting go of my shortcomings, actions and feelings that were liabilities. This change required my effort and action.

Even though Step Seven instructs me to ask God to remove these liabilities, simply asking for my shortcomings to be removed does not automatically make them go away. It is up to me to be aware and make new and better choices. I'm not saying that God alone can't take away my defects, when asked. God is God. He is fully capable of removing them, and He does for many people all the time. My point is simply that I believe that I have a role in that I must always be in prayer and meditation, be willing, be vigilant, and always do the next right thing.

So, through effectively working the first six Steps of the Program, I have been letting go my deeply seeded thoughts and behaviors of denial, ego, self-centeredness and other faults that consumed me, traits that not only revealed their ugly heads while in my disease but have been present in my sober life as well.

I believe that the essence of all the steps up to and including Step Seven is to build a better me and to prepare me for Step Twelve and Tradition Five. I am learning to stop thinking so much about what I am going to get in life and start looking at what and how I can contribute to others in the world. God got my attention long enough to put down the drink and the drug because He wanted me to humbly pick up something greater – a purpose.



## *Humility is the Misunderstood Virtue - A Member's View*

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

What is it about the word "humility" that makes people shy away? The word is intensely disliked and evokes feelings of disdain. It's like most people avoid the trait because they think it means one is weak, frail, or broken. These are characteristics that run against the grain of modern cultural values of ego, strength, self-reliance, wealth, individual freedom. Society defines "to be humbled" as "to be defeated," or "to be brought down" in a negative connotation.

That's not what I'm writing about here. Those words are misunderstandings of what it really means to be humble, to have humility. Humility really comes down to having a truthful perspective of oneself. Humility allows me simply to see the truth of my life and my place in the world. In A.A. terms it is the practiced art of being "right-sized." When I humbly ask God to remove my shortcomings, I am recognizing that I am neither too big nor too small. Gone is my self-entitlement or grandiosity; as are my shame, regrets, and feelings of unworthiness.



In fact, when I took the First Step of the Program, admitting I was powerless over alcohol and my life was unmanageable, I took the very first step toward humility. However, then, when doing Step Seven, I realized that humility is not a state of being in despair or groveling, of hanging my head with feelings of unworthiness, but humility is all about a state of peace, serenity, and acceptance of who I truly am.

Additionally, as it is stated in the Twelve Steps and Twelve Traditions, "... the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all." In other words, I must get a grip on humility as a fundamental aspect of staying sober.

"Humility is the solid foundation for all virtues."  
Confucius

I must also do the work that is required of me in this step. Yes, I have a role, and there is work in Step Seven. I must take action by simply being disciplined and committed to the pursuit of long-term sobriety and recovery. I must be vigilant of my behaviors and reactions. One way is to catch myself in my shortcomings and change my reaction to a situation. For example, I need to learn to slow down and not react instinctively. When faced with a situation where I would involuntarily and normally lie as a defense mechanism (if such a thing exists), I need to learn to stop, take a deep breath, and think. I would tell myself, "this feels familiar, I'd better stop and pay attention to this!" I need to allow the fear of rejection, disapproval, or vulnerability, which drives my desire to protect myself and thus lie, to go through me and face the truth and tell the truth.

In another example, for instance, the affirmative action required of me in Step Seven means that I have to consciously gather the courage to say "no" to the request of a friend who tries to guilt or shame me into saying "yes." In so doing, I am working my program of recovery. When I set a boundary, pause when agitated, practice restraint of tongue, choosing not to interact with people, places and things that trigger me, I am working on Step Seven and thus on my sobriety.

Therefore, the more familiar I become with my shortcomings the more I start to realize how harmful they really are. This awareness gives me the motivation to change. The rewarding aspect of practicing humility in Step Seven is that I really gain a sense of my own humanity and the ability to have compassion for myself and for others. Step Seven teaches me that making changes with the activity of my mind in addition to accepting and expressing my emotions, I learn to gradually bring the various parts of myself into a healthy balance as I practice new living skills. I realize that I do have choices and freedom in every situation every day, but I also realize that if I don't get it right, I'm still ok because, as the much-used A.A. adage reminds me, it's "progress not perfection" as long as I'm seeking for an honest way of living in a sober reality. Deep and lasting change comes slowly, and no one lets go of shortcomings all at once. However, they do disappear as we become aware of them and act, one at a time, one day at a time.



## ***Became Entirely Ready***

Faithfully written by Rick R.



What is the meaning of the word *defect*? What is the meaning of the word *shortcoming*? Those are two words that we hear when we are discussing Step Six and Step Seven. We sometimes get caught up on the semantics of the words, distracted from really getting to the heart of the matter.



I can understand why a person could get a little confused since they both obviously imply that there is something wrong. If the two words are intended to be synonymous, why did Bill W. not include them both in Step Six and Step Seven? Early in my sobriety, I heard one story that implied that Bill W. did not want to be redundant when he wrote the Big Book. Looking back on that story, I see now that it is a weak explanation. When I read the *Twelve Steps and Twelve Traditions*, I see that we, alcoholics, are expected a much more active role than simply asking God to rid us of these faults. Yes, Step Seven asks to do just that, but I see now that we have a bigger part. Understanding that the founders never wanted to edit the Big Book, I can see that these issues had to be addressed, so, by publishing the *Twelve Steps and Twelve Traditions*, they could augment information on these and many other ideas that were unclear to the rest of us.

In order to find a simple framework that makes it easy to get the best results as I worked these two Steps, I had to come up with a way to conform to the spirit of the program and rid myself of my obvious character flaws. To put it in simple terms, I use an example with which we are all familiar. If a person purchases a new car, and several months later the new owner discovers a defect in the braking system which causes the car to continue to roll forward when he/she applies the brakes, the car would be recalled by the manufacturer. The defect would be corrected, and the brakes would perform properly each time the driver put his/her foot down on the pedal. The defect was the faulty brakes, and the shortcoming was the behavior of the car. It would not stop properly. Once the defect was corrected, the shortcoming went away. While speaking to a close friend about gossiping, he made a comment on the matter that has stayed with me. He said, "all forms of criticism and character assassination stem from low self-esteem." The low self-esteem was the defect that led to gossiping which was the shortcoming. Since that conversation, whenever I caught myself wanting to criticize someone, I replaced the gossip with compassionate understanding. There are two ways to have the tallest building in town. You can build the tallest building, or you can tear down all of the other buildings around you. When I saw how pathetic that behavior was, I quickly started to remove it from my day to day interactions with others. I stopped gossiping.

I try to use this model on all of my defects as I discover them. It seems to have taken all of the power out of them. This is a never ending process which has served me well. Discover and correct the defects, and the shortcomings disappear. My shortcomings were apparent to everyone around me, but my defects of character were not. When I could identify them in myself, all I had to do was to use a little self-restraint, and the results were amazing. With Step Six, I became entirely ready to have my defects removed, and in Step Seven, I asked my Higher Power to remove my shortcomings. This process became the answer I was searching for. As a result, most of the guilt and shame has dissolved into nothingness.

Now, I don't let the semantics of the two words, *defect and shortcoming*, stop me from applying a model that works for me. I am a firm believer in Step Study meetings, and I have been attending one weekly ever since I got sober in 1969. I compare attending this meeting each week to being in a rock tumbler. Each time you go through a cycle, slowly but surely all of the rough edges are worn down, and soon you begin to evolve into the finished product that you envisioned. This is one model that really worked for me.

*"At this stage of our programs we are under heavy pressure and coercion to do the right thing. We are obliged to choose between the pains of trying and the certain penalties of failing to do so. These initial steps along the road are taken grudgingly, yet we do take them. We may still have no very high opinion of humility as a desirable personal virtue, but we do recognize it as a necessary aid to our survival."*

*Reprinted from Twelve Steps and Twelve Traditions, Step Seven, p. 74 with permission of A.A. World Services, Inc.*





## Our Seventh Tradition - A Member's View

Faithfully written by Joel S.

As a newcomer to the fellowship of Alcoholics Anonymous, I observed the practice of putting a dollar in the basket by most persons at the meetings I attended. But there were others who placed anything from a few coins to several dollars in the basket. So, being the good alcoholic that I was, (and still am!), I asked my sponsor about this.

I asked him, "What is the proper amount to put in the collection basket?" My sponsor replied, very nonchalantly, I might add, "How much did you spend on drinking? Shouldn't you give back to the program that saved your life the same amount?" Needless to say, this was not the answer I expected, nor wanted! My drinking had bankrupted me, not only spiritually but financially as well. Should the program of A.A. also bankrupt me financially? I think not. My sponsor explained to me that he had only wanted to jolt me into the right frame of mind.

As in most things in life, we need to strike a balance. As I became involved in the inner workings of A.A. groups, I also observed that some well-attended meetings were experiencing financial difficulties due to a shortage of Seventh Tradition contributions. It should be mentioned here that we members of A.A. are made up of people from all walks of life. There are those who come in financially destitute, and there are those who are financially well-off. Most of us fall somewhere in the middle. Our ability to contribute, or not, to the basket necessarily varies by each individual.



Let's also consider the harsh reality that our money today isn't worth what it was just a few years ago, let alone 80-plus years ago when A.A. was founded. Our founder, Bill W., tells a story where he hesitates to drop 50 cents into the hat, and ends up putting a dime in. This was in 1941. That dime, small as it seemed to Bill later when he "woke up," still had some purchasing power back then. According to calculator.net's Inflation Calculator, one dollar, if dropped into the basket in 1980, for example, would be worth \$3.31 in today's money. Bill's dime in 1941 was worth \$1.72 in today's money. I heard in a meeting, just the other night, an ol'-timer share what a wonderful deal we got in the program "for only a dollar a night". That this sort of thinking, passed down to newcomers, largely contributes to placing some groups in financial straits. Groups ought not to become rich, but wouldn't it be nice if a group could meet its financial obligations comfortably and have a prudent reserve to be able to fall back on in hard times?

I will conclude with two quotes from our founder Bill W. These are both found in the Twelve Steps and Twelve Traditions on page 163. At the bottom of paragraph four, Bill says, "There was a place in A.A. where spirituality and money would mix and that was in the hat!" Then, on the same page, but two paragraphs up, Bill quotes an early group treasurer. He is telling the meeting members that they need to pay their rent or the landlord will throw them out. I leave you with his plea and hope you who read it might take it to heart. "Now boys, please go heavier on the hat tonight, will you?"



**So far, through June 15, 2021, 25.3% of all Jackson County District 16 A.A. Groups have made Seventh Tradition contributions to Central Office and 20.0% of all Josephine County District 7 A.A. Groups have made contributions to Central Office. Thank you very much for your commitment to A.A..**

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

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## A.A. Grapevine® Quotes of the Day



To receive A.A. Grapevine® Daily Quote in your email inbox each and every day, visit [www.aagrapevine.org](http://www.aagrapevine.org).



## GRAPEVINE® Daily Quote

*"I was told when I began my own journey through the Twelve Steps that I could find God in a most unlikely place: standing smack in the middle of the truth about myself."*

*"Facing ourselves ... is often more difficult than being honest with another person."*

*"The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails."*

*"As faith grows, so does inner security."*

*"Just how and when we tell the truth – or keep silent – can often reveal the difference between genuine integrity and none at all."*

*"I believe that a man's value to himself is the sum total of his positive reaction to the little things in life."*

*"The effort to escape from truth is the father of anxiety."*



## A.A. Fun & Humor

Just a little humor to lighten the moment. Send your A.A.-related favorites to [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com). LAP-LEGGED DRUNK TEAD (UP)



Do you ever get drunk?

- ☐ Yes  
☐ No

or lap-legged drunk

X More like drunk as a bowdow or tead up

or over the bay, half the bay over

A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice. He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."



## A·A· Seventh Tradition Contributions and Donations

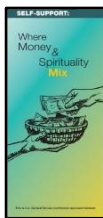
Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.



The amounts shown here are officially recorded funds presented at the monthly Intergroup Business Meeting. Contributions received and deposited after mid-month will be reflected in the following month's Newsletter.

Current Period includes funds received and deposited during May 16, 2021 through June 15, 2021.

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



JCCOAA and JOCOAA deeply appreciate the contributions they receive from groups and individual A.A.s., but **please know that both service boards and committees need your continued support and help during these difficult times.** Please support Central Office with your Seventh Tradition contributions, so that both Central Offices can remain open and continue to serve our communities with A.A.'s primary purpose.

**DONATE**

Jackson County A.A. Central Office offers PayPal to members who wish to donate. Thank you!!!



"Self-support begins with me because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. Literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A."

Reprinted from *Self-Support: Where Money and Spirituality Mix*, p. 5, with permission of A.A. World Services, Inc.

### District 16 - Jackson County A.A.

Current	May 16, 2021 - Jun 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Jun 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD
Ashland Morning Fellowship	\$0	\$200	Rebellion Dogs Our Every Step	\$30	\$30
Ashland Siskiyou Group	\$0	\$49	Ruch 703	\$0	\$50
Bring Your Own Big Book Group	\$0	\$84	Ruch 903	\$0	\$235
Clean and Sober Group	\$0	\$279	Shady A's Group	\$0	\$200
Eagle Point Women's A·A·	\$0	\$110	Step Sisters' Group	\$0	\$78
Happy, Joyous, and Free	\$0	\$100	Sunday Morning Fellowship - G	\$0	\$375
Gold Hill Group	\$1,000	\$1,500	There is a Solution	\$0	\$120
Just For Today	\$0	\$75	The Way Out Group	\$0	\$150
Medford Fellowship	\$340	\$810	Thursday Night Book Study	\$150	\$450
Parkside Café	\$0	\$88	White House Senior's Sober G	\$0	\$189

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

A·A·	Donation	A·A·	Donation
Cathy M·	\$10	Paul P·	\$11
Dan	\$19	Shawn D·	\$40

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## District 7 - Josephine County A.A.

Current	May 16, 2021 - Jun 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Jun 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
12 O'Clock High Group	\$274	\$524	Sobriety Sisters Group	\$100	\$100
Easy Does It Group	\$0	\$200	Uppity Women's 11th Step G1	\$0	\$25
Friday Night Winners Group	\$0	\$200	Devoted Members of JOCOAA		
Next Generation Group	\$0	\$150	and Impromptu Meetings	\$15	\$237

The following A.A.'s donated to Central Office:					
A.A.	Donation		A.A.	Donation	
Brenda B.	\$15	Thank you!			Thank you!



**Corrections:** LOL. We have to make a correction to the correction from last month. We would like to advise you of an error in the June 2021 issue of the *One Day at a Time* newsletter. On page 11, under Corrections, we incorrectly identified Bill W's sobriety date as September 11, 1934. The correct date is actually December 11, 1934. We apologize for, yet again, another mistake.

If you find an error or misrepresentation in the newsletter, please email us at [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com). Thank you for your help in keeping our newsletter "spot on."



## A.A. News from Central Office

A.A. Service - Being of Service to Others is the Heart of A.A.

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



### Jackson County District 16

DCM (open in November 2021), Local-DCM-A (Ashland, Phoenix, and Talent), Access Chair, Correctional Facilities Chair for Men and Women, Grapevine Chair, and Schedules Chair. Visit the District 16 website for more information at

<https://medfordareaaa.org/service/#>



### Josephine County District 7

Treasurer and Cooperation with Professional Community (CPC) Chair

Visit the Josephine County Intergroup and District 7 website for more information at <https://www.grantspassaa.com/district-7/>.

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







### Jackson County Central Office

Vice-Chair, Webmaster (open soon)

Call Central Office during business hours at (541) 732-1850 and speak Wayne T or come to one of the Business Meetings at Central Office on the first Saturday of each month to express your interest.

### Josephine County Intergroup

Vice-Chair for the Steering Committee, Secretary

Visit the Josephine County Intergroup and District 7 website for more information at <https://www.grantspassaa.com/intergroup/>.

### Central Office Volunteers

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



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



Open and available shifts are:

Jackson County Central Office –

Monday – 12:30 PM to 4:00 PM

Friday – 9:00 AM – 12:30 PM

To volunteer for a shift, call (541) 732-1850

Josephine County Central Office –

Monday – 1:00 PM – 4:00 PM

Friday – 10:00 AM – 1:00 PM

To volunteer for shift, call (541) 474-0782

### Other Volunteer Opportunities to be of Service



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

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



Also, the JOCOAA Tuesday Night Study Group is in desperate need of a Secretary to head the meeting back up again and lead the study group. Tuesdays evenings at the HI-Lo Club from 7:00 PM to 8:30 PM. If you are interested in being of service, please call Randy S. at (541) 660-6905. Thank you.



### Books and Other Cool Stuff For Sale



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

*Come check'em out!!*



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

[www.grantspassaa.com](http://www.grantspassaa.com) / [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com)

Jackson County Central Office / 116 E. 6th Street, Medford, OR 97501 / (541) 732-1850

[www.jccoaa.org](http://www.jccoaa.org) / [aajacksoncounty@yahoo.com](mailto:aajacksoncounty@yahoo.com)



## A.A. Events



The following local A.A. events specifically include an A.A. meeting. Please visit [www.grantpassaa.com/upcoming-events/](http://www.grantpassaa.com/upcoming-events/) or [www.jocoaa.org/events.html](http://www.jocoaa.org/events.html) to see all current A.A. events including those in nearby areas.

### Bimonthly G.S.R. Session

Hosted by District 16

Wednesday, July 21, 2021 @ 6:00 PM – 6:50 PM

G.S.R. Session recurs on every ODD numbered month on the 3<sup>rd</sup> Wednesday followed by the monthly District 16 Business Meeting.

## General Service Representative

*Your group's link to A.A. as a whole*

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

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

Audio via phone:

Call in: (669) 900-6833

Meeting ID: 456 010 1935

Password: 01601935

Meeting ID: 456 010 1935

Password: 01601935

What may be  
the most important  
job in AA?



**G.S.R.  
SESSION**

Come and learn  
with us.

### Fellowship Picnic\*

Hosted by the Josephine County Central Office and District 7

Sunday, July 4, 2021 @ 10:00 AM – 2:30 PM

Riverside Park, Grants Pass, OR – Trevilian Gazebo

Featuring A.A. and Al-Anon Speakers

Central Office will supply burgers, hot dogs, water, and soda.

Bring a dish to share along with your own lawn chairs, frisbees, blankets, lawn games, etc.

\* Current COVID restrictions will be in force, such as masks, social distancing, etc.



Happy Independence Day

### 44<sup>th</sup> Annual Summerfest

Sponsored by Friends of Summerfest and Emerald Valley Intergroup

Friday – Saturday, July 16 – 18, 2021

Valley River Inn, Eugene, OR

For more details and information and to register online, visit at [www.aa-summerfest.org](http://www.aa-summerfest.org)

*Love and Service*

44<sup>th</sup> Annual Summerfest

AA & AL-ANON SPEAKER MEETINGS | PANEL  
WORKSHOPS | BANQUETS | RAFFLE | DANCE



## Southern Oregon Dog on the Roof Men's Campout 2021

Hosted by Southern Oregon Dog on the Roof A.A. Group

Thursday – Sunday, August 19-22, 2021

Howard Prairie – Asperkaha Campground

# Fun | Fellowship | Laughter

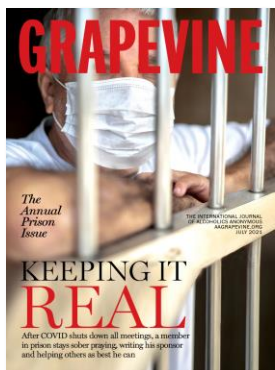
A.A. Meetings will be 9:00 AM & 8:00 PM on Friday and Saturday and 9:00 AM on Sunday

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

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



## A.A. Grapevine® and La Viña® July 2021 are here



This month's Featured Section is  
**"Annual Prison Issue."**

A.A. members inside and out of prison walls share powerful stories about getting sober and helping one another.

Also included are stories of hope by members during the current **COVID-19 crisis**.

If you would like to subscribe to the Grapevine® or La Viña®, please visit the Grapevine Store online at <https://store.aagrapevine.org/us-subscriptions>.

# AAGRAPEVINE

The International Journal of Alcoholics Anonymous

## Two New A.A. Books - Available NOW!

**Free on the Inside: Stories of A.A. Recovery in Prison** features powerful stories by sober members of Alcoholics Anonymous.

**Women in A.A.** (Spanish-language) is a collection of stories taken from the pages of Grapevine and La Viña.

To order, please visit the Grapevine Store online at <https://store.aagrapevine.org/books>.



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[www.jccoa.org](http://www.jccoa.org) / [aajacksoncounty@yahoo.com](mailto:aajacksoncounty@yahoo.com)





## A.A. Sober Fun Events



Events listed below are sober fun events and do not include formal meetings. They are for the enjoyment and benefit of those attending.



### Friends of Bill W. Monday Night Bowling

Caveman Bowl, 1230 Rogue River Hwy, Grants Pass, OR 97527  
Every Monday! Sign-up at 5:00PM. Bowling at 5:30PM.  
Cost is \$2.50/game per adult and \$3.50/game per kid. Shoes are included.

### Bingo

Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526  
Cancelled, 7:00PM-9:00PM



## A.A. Upcoming Calendar Events

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



### District 7

#### Business Meeting

Zoom® Meeting

Jul 13 @ 7:00PM

Aug 10 @ 7:00PM

Meeting ID: 648 127 84

Password: 828804

### District 16

#### Business Meeting

Zoom® Meeting

Jul 21 @ 7:00PM

Aug 18 @ 7:00PM

Meeting ID: 292 293 5999

Password: 06101935

### JoCo Intergroup Business Meeting

Zoom® Meeting

Jul 15 @ 7:00PM

Aug 19 @ 7:00PM

Meeting ID: 872 2951 0766

Password: 444533

### JCAA Central Office Business Meeting

Jackson County A.A. Central Office  
116 E. 6th Street, Medford, OR 97501

Jul 10 @ 9:00AM

Aug 7 @ 9:00AM

### YPAA

#### Business Meeting

Zoom® Meeting

Jul 11 @ 2:00PM

Aug 8 @ 2:00PM

Meeting ID: 548 800 3775

Password: None needed

### Rogue Roundup 2022 Board Meeting

Visit [www.rogueroundup.com](http://www.rogueroundup.com) for more info  
2022 Roundup – May 2022 – Get ready!!

No meeting in July

No meeting in Aug



## The Latest COVID-19 Meeting Information

Due to the continued public health concerns, many in-person A.A. meetings remain closed with the hopes of re-opening soon. As a result, these A.A. groups continue to hold remote meetings online via the ZOOM® digital platform.

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

Check out the JCCOAA and the JOCOAA websites for the latest updates and a current list of all local ZOOM® and in-person A.A. meetings. You will find each meetings' access information, such Meeting ID and Password. You can also call Central Office for that information:

Jackson County - District 16, Medford, OR @ [www.medfordareaaa.org/meetings](http://www.medfordareaaa.org/meetings) or call (541) 732-1850

Josephine County - District 7, Grants Pass, OR @ [www.grantpassaaa.com/meetings/](http://www.grantpassaaa.com/meetings/) or call (541) 474-0782

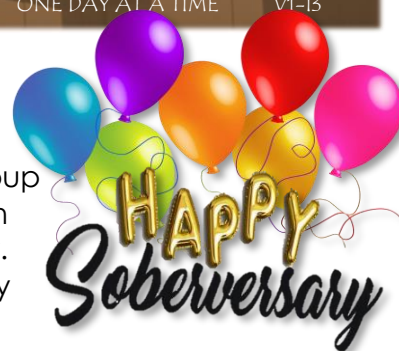
Check it  
Out!



## A.A. Soberversaries

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

We acknowledge you for the work you have done to stay sober, "**one day at a time.**" Happy Soberversary!



Tell us your sobriety birthday by visiting [www.grantspassaa.com/newsletter.html](http://www.grantspassaa.com/newsletter.html) or [www.jccoa.org/newsletter.html](http://www.jccoa.org/newsletter.html). Complete and submit the form, and the Newsletter Team will publish your sobriety birthday in the Newsletter on the month of your birthday.

MEMBERS OF JACKSON COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
Ray W.	July 11, 1988	33	Drew B.	July 2, 2013	8
Joe D.	July 27, 1990	31	Les T.	July 14, 2014	7
Chrissy B.	July 16, 1998	23	Jesse J.	July 27, 2016	5
James G.	July 24, 2004	17	Mike B.	July 17, 2017	4
Kenneth J.	July 28, 2004	17	Jerry C.	July 24, 2018	3
Ranie B.	July 4, 2008	13	Debbie F.	July 21, 2019	2
Deanna F.	July 28, 2011	10	Vince B.	July 24, 2019	2
Lon B.	July 2, 2012	9	Stacy B.	July 1, 2020	1

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

MEMBERS OF JOSEPHINE COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
George V.	July 12, 1969	52	Kimberly L.	July 21, 2005	16
Kent P.	July 23, 1970	51	Beverly S.	July 11, 2008	13
Myrna P.	July 23, 1970	51	Viola May G.	July 4, 2011	10
Judi M.	July 2, 1985	36	Laura B.	July 7, 2014	7
Sonja N.	July 11, 1986	35	Terre Z.	July 15, 2014	7
Tom M.	July 19, 1989	32	Katy B.	July 9, 2015	6
Terry H.	July 11, 1990	31	Julie	July 15, 2015	6
Don H.	July 1, 1991	30	Rissa R.	July 5, 2017	4
Tim F.	July 8, 1994	27	Veronica G.	July 5, 2017	4
George A.	July 21, 1994	27	Mary L.	July 9, 2017	4
JoDee C.	July 26, 1998	23	Jeremiah	July 24, 2017	4
Chris F.	July 4, 1999	22	Kelly M.	July 26, 2017	4
Craig H.	July 1, 2000	21	Cassie G.	July 7, 2018	3
Zeke	July 13, 2001	20	Catherine C.	July 10, 2019	2
Shirley S.	July 13, 2004	17			

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[www.jccoa.org](http://www.jccoa.org) / [aa.jacksoncounty@yahoo.com](mailto:aa.jacksoncounty@yahoo.com)



## A.A. 2021 Carry The Message Project

Please step up this year to help another alcoholic. Grapevine® and La Viña® are great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it.

To learn more, please visit [www.aagrapevine.org/carry-the-message](http://www.aagrapevine.org/carry-the-message)

**PASS ON THE HOPE THAT NOW LIVES IN  
YOU TO ANOTHER SUFFERING ALCOHOLIC – YOU MAY SAVE A LIFE**



## A.A. History – Did You Know?

In July 1934, Bill W. was admitted for the second time to Charles B. Towns Hospital on Central Park West in New York City (paid for again by Dr. Leonard V. Strong Jr., an osteopath who later helped establish Alcoholics Anonymous and Bill W.'s brother in-law). While Bill was patient at Towns Hospital, Neurologist, Dr. William Duncan Silkworth ("Silky") explained the obsession and allergy of alcoholism to Bill but he started drinking again almost immediately upon discharge. He was unemployable, \$50,000 in debt (\$860,000 today) suicidal and drinking around the clock.

In August 1934, while visiting the home of American businessman, Rowland Gibson Hazard III, (a key figure in the formation of A.A. and the man in pp.



Rowland G.  
Hazard III

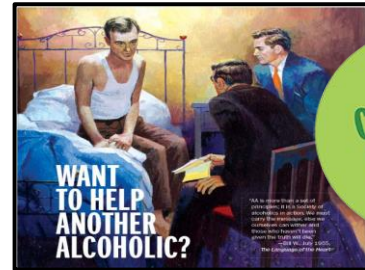
26-28 of the Big Book) in Bennington, VT, fellow Oxford Group member, Cebra Graves, learned that Edwin T. Thacher ("Ebby," an old drinking friend and eventual sponsor of Bill W.) was facing criminal charges and possible commitment to the Brattleboro Retreat Asylum for the Insane due to his drinking problems. They decided to make Ebby "a project." Rowland and Cebra attended Ebby's trial and persuaded the trial judge (who was Cebra's father, the Honorable Collins Graves, a family court magistrate) to parole Ebby to their custody.

On September 17, 1934, Bill W. was admitted for the third time to Charles B. Towns Hospital (again paid by Dr. Strong, Jr.) for his alcoholism. Dr. Silkworth pronounced Bill as "hopeless" and informed his wife, Lois, that Bill would likely have to be committed. Bill W. left the hospital a broken man, and sheer terror kept him sober. After arriving home, he found some work on Wall Street, which restored his shattered confidence.

On November 11, 1934, Armistice Day, Bill went to play golf, got drunk, which resulted in a severe injury. Later that day, Lois began investigating sanitariums in which to place Bill.

# AAGRAPEVINE

The International Journal of Alcoholics Anonymous



2021  
CARRY THE  
MESSAGE  
PROJECT

C. B. Towns



Charles B. Towns Hospital





Later that month, while in Vermont, Rowland H. introduced Ebby T. to the Oxford Group, a Christian organization (first known as First Century Christian Fellowship) founded by the American Lutheran Christian minister, Dr. Frank Nathaniel Daniel Buchman, in 1921. Buchman believed that the root of all problems were the personal problems of fear and selfishness. Further, Buchman believed that the solution to living with fear and selfishness was to "surrender one's life over to God's plan." Later, Rowland H. took Ebby to Calvary Rescue Mission on 23<sup>rd</sup> Street in New York City. While at the mission, Ebby heard about Bill W's drinking problem. He phoned Lois who invited him over for dinner. Ebby visited Bill and shared his recovery experience – "one alcoholic talking to another."



Ebby Thacher

A few days later, Ebby returned bringing with him F. Shepard Cornell, another Oxford Group member, who was aggressive in his tactics of promoting the Oxford Group Program, but despite their efforts Bill W. continued to drink. Lois recalled that Ebby visited several times, once even staying for dinner.

On December 7, 1934, Bill W. decided to investigate the Calvary Rescue Mission arriving drunk with a fellow drinking companion found along the way, Alec the Finn. Once there, he attended his first Oxford Group meeting, where he answered the call to come to the altar and, along with other penitents, "gave his life to Christ." Bill excitedly told his wife, Lois, about his spiritual progress, yet the next day he drank again, and a few days later, on December 11, 1934, he readmitted himself to Towns Hospital for the fourth and last time. His mother, Emily, paid the hospital bill. Along the way to Towns Hospital, Bill drank his last alcoholic drinks, four bottles of beer purchased along the way.

On December 14, 1934, Ebby visited Bill at Towns Hospital and told him about the Oxford Group principles. After Ebby left, Bill fell into a deep depression (his "deflation at depth"). While at Towns Hospital under the care of Dr. Silkworth, Bill was administered a drug cure concocted by Charles B. Towns himself known as the Belladonna Cure. It contained belladonna (*Atropa belladonna*) and henbane (*Hyoscyamus niger*). These plants contained delirants, such as atropine and scopolamine, that cause hallucinations. While undergoing this treatment, Bill experienced his "hot



Dr. W. D. Silkworth



Atropa belladonna

flash" spiritual conversion. While lying in bed depressed and despairing, Bill cried out, "I'll do anything! Anything at all! If there be a God, let Him show Himself!" He then had the sensation of a bright light, a feeling of ecstasy, and a new serenity. Bill W. described his experience to Dr. Silkworth, fearing that he had gone crazy. Dr. Silkworth told Bill to hang on to what he had experienced because it seemed so much better than what he came into the hospital with. He also told Bill not to ignore or overlook it.

On December 15, 1934, Ebby (possibly Rowland H.) brought Bill a copy of a book by American psychologist and philosopher, William James, named *The Varieties of Religious Experience*. Bill found the book inspiring by revealing three key points for recovery:

- A need for a complete defeat in a vital area of life (or what we today call "hitting bottom")
- An admission of defeat (or what we today call "acceptance") and
- An appeal to a higher power for help (or what we today call "surrender").

These spiritual principles later formed the basis for Steps 1, 2 and 3. The book strongly influenced early Alcoholics Anonymous and is cited in the Big Book.



On December 18, 1934, Bill left Towns Hospital and began working with alcoholics. He and Lois attended Oxford Group meetings with Ebby T. and Shep C. at Calvary Hall in Calvary House. After meetings, Bill and other Oxford Group alcoholics met at Stewart's Cafeteria. Attendees included Rowland H. and Ebby. Then, in early 1935, Bill worked with alcoholics at the Calvary Rescue Mission and Towns Hospital, emphasizing his "hot flash" spiritual experience. Alcoholic Oxford Group members began weekly meeting at Bill's home on Clinton St. Bill had no success sobering up others.

In the meantime, in March of 1935, in Akron, OH, Henrietta Buckler Seiberling, encouraged by her friend Delphine Weber, organized a Wednesday night Oxford Group meeting at the home of T. Henry and Clarace Williams in Akron. The group had been trying to help a desperate alcoholic named Dr. Bob Smith, and the meeting was started specifically to help Dr. Bob with his drinking. During the meetings, Dr. Bob confessed openly about his drinking but could not stop no matter how much or how hard he tried.



Henrietta Buckler Seiberling

During the early months of 1935, and specifically in April 1935, discouraged at having no success in sobering up other alcoholics, Bill came close to giving up on his efforts. However, his wife, Lois, reminded him that he was staying sober because of his working with others. Later, Bill had a talk about his problem with Dr. Silkworth who advised him to stop preaching about his "hot flash" experience in the hospital and hit the alcoholics hard with the medical view on alcoholism. Dr. Silkworth advised Bill to break down the strong egos of alcoholics by telling them about the obsession that condemned them to drink and the allergy that condemned them to go mad or die. It would then be much easier to get them to accept the spiritual solution.

Subsequently, in April 1935, Bill returned to Wall Street and was introduced to Howard Tompkins of the firm, Baer and Co. Tompkins was involved in a proxy fight to take control of the National Rubber Machinery Co in Akron, OH. Bill went to Akron in May, but the proxy fight was quickly lost. He remained behind at the Mayflower Hotel very discouraged. Then, on May 11, 1935, in poor spirits and tempted to enter the hotel bar, Bill realized he needed another alcoholic to talk with. So, Bill telephoned clergy members listed on the hotel lobby directory. He reached the Reverend Walter Tunks, who referred him to Oxford Group member, Norman Sheppard, who then referred Bill to Henrietta Buckler Seiberling. Bill contacted her by phone and introduced himself as "a member of the Oxford Group and a rum hound from New York." Henrietta invited him to meet that afternoon at her gatehouse at Stan Hywet Hall on the Seiberling estate. She viewed Bill's arrival as the answer to her prayers for Dr. Bob and called his wife, Anne Smith, to arrange a dinner the next day.

On later occasions, Bill would sometimes say that when Henrietta called Anne, Dr Bob was passed out under the kitchen table. It is not true. Apparently, he was upstairs in bed according to his Big Book story "Dr. Bob's Nightmare."

On May 12, 1935 (Mother's Day), for the first time, William Griffith Wilson (age 39) met Dr. Robert Holbrook Smith (age 55) and his wife, Anne, at Henrietta Seiberling's gatehouse at 5:00 PM. Dr. Bob was so badly hung over he could not eat dinner and planned to stay only 15 minutes. Privately, Bill told Dr. Bob of his alcoholism experience in the manner suggested by Dr. Silkworth. Dr. Bob then opened up, and they talked until after 11:00 PM. Dr. Bob was so impressed with Bill's knowledge of alcoholism and his ability to share from his own experience that their discussion lasted six hours.



Henrietta's gatehouse in Akron, OH

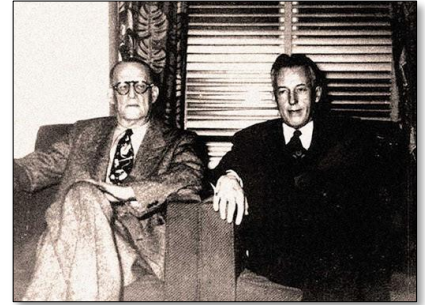




The Smith family home in Akron, OH

Dr. Bob, and Dr. Bob Smith became the first alcoholic Bill Wilson brought to sobriety.

In June 1935, Bill moved into Dr. Bob and Anne Smith's family home. There, both men made plans to take their message of recovery on the road. During this period, however, Dr. Bob returned to drinking while attending a medical convention. During his stay at the Smith home, Bill joined Dr. Bob and his wife in the Oxford Group's practice of "morning guidance" sessions with meditations and Bible readings. The Bible's Book of James became an important inspiration for Dr. Bob and other alcoholics of the Akron group. Bill W. spent a month working with Dr.



Dr. Bob Smith and Bill Wilson

Dr. Bob's last drink was on June 10, 1935 (a beer to steady his hand for surgery), and this date is considered by members of Alcoholics Anonymous the founding date of A.A.

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



COMING

SOON!

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

*So, you are terrified of facing the wreckage of your past? Yeah? Looking at the train wreck of your alcoholic life from a far is one thing but doing something to repair and mend what is salvageable is an act of love.*

*Step Eight is the start of a life lived in the greatest peace, a peace with others, yourself, and God, and it starts with a list. It is the social application of the shame reduction that we began in Step Four, when we realized that we have hurt others because of our alcoholic drinking.*

*Remember, we have acted with courage working the previous steps and we stayed sober! With Step Eight, we have the opportunity to translate our experience of courage into developing a spirit of compassion and love.*

## DISCLAIMER

One Day at a Time is the monthly newsletter of the Jackson County Central Office of Alcoholics Anonymous of District 16 and the Josephine County Intergroup of Alcoholics Anonymous of District 7. The purpose of this newsletter is to increase unity and to carry the message of recovery to other alcoholics. The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous World Services, Inc., (A.A.W.S.) as a whole, the Jackson County Central Office, District 16, the Josephine County Intergroup, and District 7. No endorsement of or affiliation with any group(s) or with any organization is intended or implied. Reprint rights are granted to all service boards, groups, and committees of A.A. Submissions from members are eagerly welcomed, but the Newsletter Editor reserves the right to edit all submissions at his/her discretion. The Jackson County Central Office and the Josephine County Intergroup do not endorse any outside enterprise or lend its name, or the A.A. name, to any state agencies, treatment or counseling services whatsoever. Any photocopy belonging to A.A.W.S. was reproduced with the permission of Alcoholics Anonymous World Services, Inc., for inclusion in this A.A. Service Board/Committee newsletter. Permission to photocopy this material does not mean that A.A.W.S. has reviewed or approved its contents, or that A.A. necessarily agrees with the views expressed herein. The Jackson County Central Office and the Josephine County Intergroup Newsletter is produced solely by the members of Alcoholics Anonymous and is intended simply to reach out to its members, to spread love and good will to all readers, and to share the beautiful message of recovery with all.

