

# New! One Day at a Time

Premiere Issue



The Newsletter for Alcoholics Anonymous of Jackson and Josephine Counties



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*"Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way."*

Reprinted from Daily Reflections, "Healing Heart and Mind," May 1., with permission of A.A. World Services, Inc.



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.

Please sign up for the e-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.iccoaa.org/newsletter.html](http://www.iccoaa.org/newsletter.html) for the subscription 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.



## Is A.A. for You?

"Only you can decide whether you want to give Alcoholics Anonymous a try—whether you think it can help you.

"We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

"We decided to try to face up to what alcohol had done to us.

“Like other illnesses, alcoholism strikes all kinds of people. So the men and women in A.A. are of all races and nationalities, all religions and no religion at all. They are rich and poor and just average. They work at all occupations, as lawyers and housewives, teachers and truck drivers, waitresses and members of the clergy.”

Reprinted from *Is A.A. for You?*, p. 2, with permission of A.A. World Services, Inc.

“We are all different. We are all pretty special people. But we are also all alcoholics and all sober in A.A. together. In this, we are more like each other than different. Here in A.A., we find the shared humanity that enables us to live out our widely different lives and pursue our separate and individual destinies. **You are welcome to join us.**”

Reprinted from *Do You Think You're Different?*, p. 35, with permission of A.A. World Services, Inc.



## ***Step Five - “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”***

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery ...

**“Step Five is a life-and-death errand.”**

Alcoholics Anonymous World Services, Inc. Copyright © 2001. Alcoholics Anonymous, Fourth Edition, p. 75.

... This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery ...

“This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness, and honesty, in the sense we find it necessary, until they told someone else all their life story.”

Reprinted from *Alcoholics Anonymous*, Fourth Edition, p. 72-73, with permission of A.A. World Services, Inc.



## Tradition Five - "Each group has but one primary purpose — to carry its message to the alcoholic who still suffers."

"Every newcomer learns (some of us the hard way) that the business of staying sober must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember their 'one primary purpose.'



"Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an "expanded A.A. program" that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about their primary purpose. A.A.'s function is to help them get sober—then they can find work for themselves.

*No matter how different our own personal concerns, we are all bound together by one common responsibility... to carry the message to the suffering alcoholic.*

*Alcoholics Anonymous World Services, Inc. Copyright © 1971. All rights reserved. The Twelve Traditions Illustrated.*

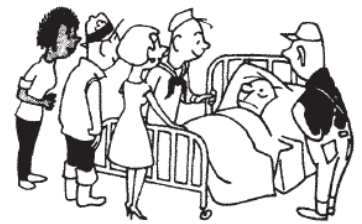
"Using discretion, a member may lend a few dollars needed for a meal or a hotel room or may even invite a broke alcoholic to be a temporary houseguest. But the A.A. group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.



"Even when acting on their own, as individual members, A.A. lay people certainly shouldn't award themselves honorary medical degrees and hand out diagnoses and prescriptions and amateur analysis of other people's neuroses. Exactly because this personal failing is so common, the A.A. group in all its dealings should be extra careful to emphasize that it is not invading the medical field. Through the personal experiences of its members, it is qualified to carry only one message: how an alcoholic can recover in A.A. That's all.



"Yet one group recently felt itself equipped to set up an "alcoholism information center." The temptation is understandable; it was even stronger at the time this Tradition was written because public ignorance about alcoholism as an illness was more widespread than it is now. Since then, other agencies have sprung up to assume the task of educating the general public on alcoholism. That is not A.A.'s purpose, but these agencies also are trying to help the active alcoholic. They are our friends—and Tradition Six marks the boundaries of the relationship ...."



Reprinted from *The Twelve Traditions Illustrated*, p. 21-22, with permission of A.A. World Services, Inc.

*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.*



## Step Five Principle

### Integrity

"We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step....

"HAVING  
INTEGRITY IS  
TO LIVE  
HONESTLY."

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

"Returning home, we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better."

Alcoholics Anonymous World Services, Inc. Copyright © 2001. *Alcoholics Anonymous*, Fourth Edition, p. 73-74, 75.

*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.*

### Step Five Prayer



Dear God,



" God, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me and be with me in this Step, for without the Step I cannot progress in my recovery. With Your help I can do this, and I will do it."

Unknown. Retrieved from <https://www.aacle.org/twelve-step-prayers/> on May 5, 2021.



Letting God



## Why One Day at a Time

"It is one of the most common A.A. slogans. This simple phrase carries two essential messages. First, we must focus on the present. We cannot see the future, and we cannot control the universe. But we can control our own actions right now. We often meet people with decades of sobriety, and this feels imposing.

"It's easy for us to wonder if we'll ever achieve the same as them. When we worry so much about the future, we can often become despondent. We worry that we may never amount to anything, and we respond by throwing in the towel. By focusing on the now, we forgo this trouble and allow ourselves to maintain our sobriety on a daily basis.



"Second, we must realize that life is little more than a series of moments. While this most prominent of A.A. slogans tells us to take life one day at a time, we often hear A.A. members say that they must take life one hour or one minute at a time.

"It may sound like they're joking, but quite often they are not. **Every moment of every day, we must choose to do the next right thing. We learn to live life on life's terms.** Continue to focus on what's right in front of you, and you can continue to live with a clear conscience. Lose sight of this, and you just might find yourself picking up a 24-Hour chip at the next meeting."

Kunst, Justin. (Feb 2, 2017). 10 A.A. Slogans and Their Deeper Meanings. Begin Recovery Today. Retrieved from <https://www.amethystrecovery.org/10-aa-slogans-deeper-meanings/>.



## Step Five is about Integrity

The Mill Creek A.A. Group at the Oregon State Penitentiary (OSP) in Salem, Oregon will celebrate 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.

Wow!!  
77 yrs

"When we bore into Step Five, wrote down our wrongs, searched those past wrongs, and admitted them, the hurt, the pain, other acts we did that affected others, healing of them and ourselves will unfold.

"We have it all laid out. We express these wrongs to God, to ourselves as we have picked them out of our minds, as we find someone we can give confidence in to keep what is said in trust. Sealing the deal on Step Five makes it very important to have that other person.

"Finding that other person that you can trust is something not to rush into. Wow, someone who doesn't gossip, not critical, judgmental and is patient are a few things to look for to complete the task of Step Five."

*Run of the Mill - 1944 and Beyond*, A Publication of the Mill Creek Group of Alcoholics Anonymous, Step Five is About Integrity, p. 5, Edition 81 No. 3 May/June 2020



## *The Step Five Ball and Chain*

### **Freedom and Peace of Mind**

Faithfully submitted by Rick R.

I don't think I've ever witnessed an alcoholic who came to Alcoholics Anonymous and who loved him/herself or wasn't riddled with guilt and shame. It's hard to understand how alcohol affects some people differently than others. I've observed members who came from good family environments end up on the streets or others who came from alcoholic families turn out normal as can be. In either case, the alcoholic seems to have something missing in their mental state that engenders the need to find a way to neutralize this negative self-image and that the first drink of alcohol does something that gives them the relief which makes them feel somewhat normal. I've heard it said that once a person starts to drink to cover up these feelings, especially during adolescence, they stop growing emotionally. When they finally show up in A.A., they have the emotional state consistent with the age they were when they started drinking, absent of the coping skills of a normal person. They'll have to revisit all those feelings under developed behavioral patterns and replace them with mature and healthy thoughts and actions. Easier said than done, right?

When I look around the room at an A.A. meeting, I see that we all seem to look about the same in the way we dress and in our outside appearances. The only thing that makes us different is what is going on in between our ears. If we all woke up this morning with amnesia we would all be the same. It's the tortures of past that torment us and therein lies the problem and the solution. If we can understand and accept this well-established approach to our mental condition, we can take actions that will restore our self-esteem and we can live an incredibly happy and peaceful life.

We cannot change one moment of the past, but we can resolve the issues in our lives that brought about the need to escape from those horrible memories of the things that we regretted having done. The habits and deeds that triggered the guilt and shame that led us to seek relief in the bottle can be reined in, and if we are fortunate enough to believe this, you may want to revisit Steps Four and Five as well. Identify those deeds that we drag around like a ball and chain and keep us from actuating the rest of the program. "Even A.A. Oldtimers, sober for years, often pay dearly for skimping this step." (12x12, p. 56). Those things will not go away but the mental and emotional pain that we drank to nullify can be arrested and we can finally put all behind us and live a wonderful life. I know this from experience.

*"The more I learn, the more there is to learn."*

*Dorchester, Mass., March 1989, From: "More Questions Than Answers", A·A· Grapevine*

When I revisited my fourth and fifth steps, I was stronger and talked to someone about those deeds from the past that plagued me and realized that most people who abuse alcohol have them in one degree or another, and if they are willing to address them, they can be free from that ball and chain.



My experience is that it freed me up to continue the rest of the steps with pleasure. From the day I entered A.A. to the day I mustered the strength to do this, I had no comprehension of the effect it would have on me, for if I did, I would have cut to the chase much sooner and avoided several years of discontent. As long as those deeds were in the past and not habits of the present, this process worked exactly as it was intended per the program. I hope that this story encourages at least one person to find someone they trust and find the relief that I have experienced as the result of cleaning the slate, and I wish them a happy life. It worked for me.

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## A Brief Synopsis of A·A· History

### Who was Ebby T?

"Edwin Throckmorton Thacher (29 April 1896 – 21 March 1966), commonly known as Ebby Thacher or Ebby T., was an old drinking friend and later the sponsor of Alcoholics Anonymous co-founder Bill W. He is credited with introducing Bill W. to the initial principles that A.A. would soon develop, such as "one alcoholic talking to another," and that alcoholics could recover by a 'genuine conversion.'



"In November 1934, Thacher had arranged a visit to Bill W's apartment. Expecting to spend a day drinking and re-living old times, Wilson was instead shocked by Thacher's refusal to drink. 'I've got religion,' he reportedly said, to Bill W's surprise. Thacher told Bill W of his conversion at the Rescue Mission and acquainted Bill W with the teachings of Rowland Hazard about the Oxford Group life-changing program, as well as the prescription of Carl Jung for a conversion.

"Bill W at first declined Thacher's invitation to sobriety and continued to drink in a more restrained way for a short while. After talking with William D. Silkworth, however, he went to Calvary Rescue Mission and underwent a religious conversion; he was then admitted to the Charles B. Towns Hospital for Drug and Alcohol Addiction in New York City on December 11, 1934. Ebby T visited him there on December 14, 1934 and essentially helped Bill W take what would become Steps Three, Four, Five, Six, Seven, and Eight.

"Bill W. stayed sober and eventually formed Alcoholics Anonymous with Dr. Bob Smith while Ebby T soon returned to drinking. Despite his failure to follow through after his vital visit with Bill, Ebby T was recognized adequately for his contribution to the start of A.A. Bill said, in *The Language of the Heart*,

Ebby had been enabled to bring me the gift of grace because he could reach me at depth through the language of the heart. He had pushed ajar that great gate through which all in A.A. have since passed to find their freedom under God.

"Bill W. always called Ebby his 'sponsor,' and even though he had returned to drinking, Bill looked after his friend's welfare for the rest of his life. Ebby struggled on and off with sobriety over the years, and ultimately died seven years sober in Ballston Spa, New York from emphysema on March 21, 1966."

This story was compiled using excerpts from:: <http://district8.aahmbny.org/wp-content/uploads/2016/11/EBBY.pdf> and [https://en.wikipedia.org/wiki/Ebby\\_Thacher](https://en.wikipedia.org/wiki/Ebby_Thacher)



### Who was A.A. No. 3?

Bill Dotson, the "Man on the Bed," was A.A. No. 3. At his death, Bill Dotson had not had a drink in more than nineteen years. His date of sobriety was the date he entered Akron's City Hospital for his last detox, June 26, 1935. A.A. was founded on June 10, 1935, the day of Bill W's last drink.



## Character Defects - Part One

By Winslow C.

As we work Steps Four and Five, we learn to deal with our past, thoughts, feelings, attitudes, and behaviors that have caused so much chaos and madness in our lives. Working these steps can be a painful process but the work is also crucial to our new life in sobriety. As you read in Rick R's story on page six, we can never fully embrace a life of recovery without admitting, confronting, and addressing these issues.

In his book, *Practice These Principles*, Ray A. teaches us exactly what principles the Steps call us to practice, so we can not only address these issues but we can also learn to practice them in all our affairs, as we are called to in Step Twelve. Easier said than done, right? Life can be extremely challenging and oftentimes the right choice is not clear when we face any number of situations in our daily lives. However, if we learn one day at a time how to live these principles by readily discerning the principles which are taught in each step, we learn how to apply them in our lives.

This is especially true as we work Step Five, continuing the work we started in Step Four, according to Ray A. The crucial process we started in Step Four in fact continues to Step Ten teaching us the principles that guide our work and become the foundation of our new life in recovery. However, it does not end at Step Ten. In A.A. learning and practicing these principles in our lives is the fulfillment of all Twelve Steps becoming the program's prescription for a good life, a life of spiritual growth and emotional sobriety, and a life that we share with all our friends and family as we help to bring healing to the still suffering alcoholic and to others who suffer in our midst. So, understanding these principles as we work the Steps in their entirety allows us to grow in character, achieve spiritual and emotional healing, and see the Promises fulfilled at last in a life that is "happy, joyous, and free."

With this fierce enthusiasm for the principles and having learned the first four principles, honesty, hope, faith, courage, this month, we learn the principle of integrity as we admit to ourselves, to God, and to another person the exact nature of our faults, defects, or shortcomings. The Big Book instructs us that we must be entirely honest with God and with a trusted friend. We must shelve our pride, confront our fears, and bring into the light the dark secrets of our past and the sinister aspects of our lives leaving nothing out. In being meticulous and veracious through Step Five, we draw close to God, our Creator, and we begin to have a spiritual experience.

So, what stands in the way of this beautiful spiritual experience? Character defects. We must begin the process of getting rid of them. Character defects are described in the Big Book as "flaws in our make-up which caused our failure" (A.A.W.S., 2001, p. 64) and as manifestations of "self," expressions of our spiritual disease of selfishness and self-centeredness. Reaffirming that they are "the primary cause of [our] drinking and [our] failure in life," (A.A.W.S., 1981, p. 50) *the Twelve Steps and Twelve Traditions* describes them further as "representing instincts gone astray," (A.A.W.S., 1981, p. 50) and as being "based upon shortsighted and unworthy desires" (A.A.W.S., 1981, p. 76).

Character defects are the primary subject of the inventory that we fearlessly and thoroughly did in Step Four. The Big Book defines them as flaws in our make-up.

**To be continued ... next month in Part Two.**

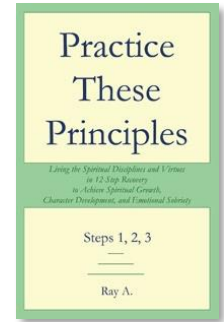
A., R. (2012). *Practice these principles: Living the spiritual disciplines and virtues in 12-step recovery to achieve spiritual growth, character development, and emotional sobriety*. Outskirts Press, Inc. Denver, CO.

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## *Are You Being of Service to Others?*

### **Service Work Helps To Keep Us Sober**

"If nobody were doing any service work, Alcoholics Anonymous 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 "you have to give it away in order to keep it." What this expression refers 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 provided evidence that helping others in recovery provides great benefit to the helper.

### **Service in Recovery Defined**

"Service in recovery refers to work carried out for no financial reward or compensation. This service work 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 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 the meetings around Southern Oregon are organized and maintained by volunteers. No one receives any financial reward. There is usually a collection at the end of each meeting in the spirit of the Seventh Tradition, and this money is used to pay for rent, coffee, donuts, literature, and other A.A. group related expenses. 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**

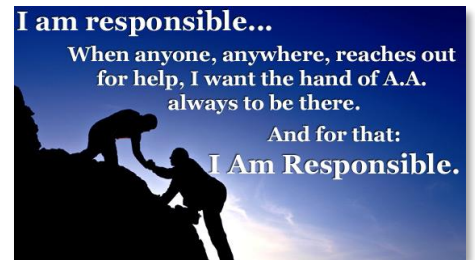
"There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual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



### **Types of Service in Recovery**

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

- ⊗ Sponsorship
- ⊗ Intergroup Representative



**"Life will take on new meaning."**

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- ⊗ General Service Representative (G.S.R.) (See below)
- ⊗ Volunteering to work on A.A.s Cooperation with the Professional Community Committee (C.P.C.) and Bridging the Gap Committees
- ⊗ Visiting A.A.s in correctional facilities
- ⊗ Making coffee or tea at an A.A. meeting
- ⊗ Chairing or moderating at an A.A. meeting
- ⊗ Giving out coins / tokens/ chips
- ⊗ Meeting set-up or clean-up
- ⊗ Welcoming newcomers to A.A. meetings
- ⊗ Being supportive of those who are struggling in recovery
- ⊗ Taking an official service role within an A.A. group, such as treasurer or secretary
- ⊗ Making time to speak to people who are obviously struggling with alcohol problems



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

*Reprinted from A·A·'s Legacy of Service by Bill W, P-44· p· 3, with permission of A·A· World Services, Inc·*

### **The Benefits of Service in Recovery**

"Service in recovery benefits both the giver and 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 with depression.
- ✓ Helping others with problems reminds the individual of where they have come from. This 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. Toledo A.A. Meetings. Retrieved on March 24, 2021 from <https://toledoameetings.com/importance-aa-service-work/>.

*"Practical experience shows that nothing so much insures immunity from drinking than intense work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can."*

*Reprinted from Alcoholics Anonymous, p· 89, with permission of A·A· World Services, Inc·*



A **General Service Representative (G.S.R.)** represents his/her A.A. Group at District Business Meetings and Area 58 Assemblies. Bill W. referred to

**G.S.R. ... the most important job in A.A.**

## G.S.R. GENERAL SERVICE REPRESENTATIVE

the G.S.R. position as perhaps the most important position in all of A.A. "The general service representative has the job of linking his or her group with A.A. as a whole. The G.S.R. represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference"

Reprinted from A.A. Service Manual, August 2018 with permission of A.A. World Services, Inc.

### Just in time – Come and Learn What It Means To Be a GSR

What may be  
the most important  
job in AA?



**General Service Representative**  
Your Group's Link To A.A. As A Whole

**3rd Wednesday of every ODD numbered Month**

• 6:00 - 6:55pm Online

<https://bit.ly/32RSWNb> • pw: 06101935

**Come and Learn with us.**

Sponsored by District 16  
Presented by District 16's DCM **Terry C.** and District 16's LDCM **Amy V.**



**ALCOHOLICS ANONYMOUS**  
DISTRICT 16 | ROGUE VALLEY, OREGON  
[www.medfordareaaa.org](http://www.medfordareaaa.org)

That's  
Wednesday,  
May 19, 2021

### Vital to A.A.'s Growth

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



Reprinted from A.A.'s Legacy of Service by Bill W., P-44. p. 3, with permission of A.A. World Services, Inc.

*So, ask yourself these questions?*

"Am I working with other alcoholics taking them through the twelve steps? Am I practicing all of the spiritual principles inside and outside A.A.? Am I restless, irritable or discontent? **If A.A. is the Twelve Steps, the fellowship, and working with others, where am I with my program?**"

Friends of Bill W., The Circle and the Triangle, [http://friendsofwillw.net/the\\_three\\_legacyes](http://friendsofwillw.net/the_three_legacyes),  
Accessed on March 18, 2021, Copyright by Diane V.

### Here's the Call



There are many service positions and opportunities within Jackson County A.A. and Josephine County A.A. at the group level, committee level, District, and Central Office/Intergroup levels.

**Any service position within these groups would serve A.A.'s primary purpose and help in your sobriety.**



## A.A. Grapevine® Quotes of the Day



## GRAPEVINE® Daily Quote

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

*"When I took the Fifth Step with all the thoroughness I could muster, the part of me that I feared the most no longer frightened me."*

*"Death isn't quite as scary as the exhilarating terror of trying to accept life."*

*"Feelings are neither right nor wrong. It is what we do with them that we need to concentrate on."*

*"With real faith we can defeat defeat."*

*"Being painfully honest in the Fourth and Fifth Steps started me on the road to humility. I could finally accept myself as human and go to work on my varied defects of character (Step Six)."*

*"The sanity I've received through work on the Steps is far more than I could have hoped for."*

*"To us of A.A. sobriety means life itself."*



## 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).



### What's the difference between an alcoholic and a stoner?

The alcoholic will run the stop sign. The stoner will wait for it to turn green.

### What's an alcoholic's favorite thing about the night sky?

The moonshine



### So, two alcoholics walk into a bar ...

Or was it 3? I'm not sure who was there or what happens next, ask my friend, he drank waaaaay less than me.

### I thought I might be an alcoholic, so I did some research.

It turns out the first sign of alcoholism is denial... So I guess I'm not an alcoholic.

### Why did the alcoholic beverage stab the woman?

Tequila-r

### An Irishman walks into an A.A. meeting.

LOL. Just kidding.



## A·A· Seventh Tradition Contributions and Donations

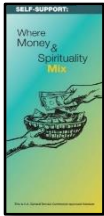


Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.



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.

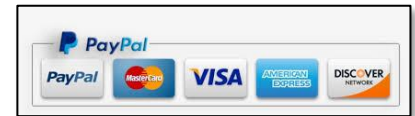
Current Period includes funds received and deposited during March 16, 2021 through April 15, 2021.  
 Year-to-Date includes funds received and deposited during December 16, 2020 through April 15, 2021.



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



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

### Jackson County

Current	Mar 16, 2020 - Apr 15, 2021		Year-To-Date (YTD)		Dec 16, 2020 - Apr 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD	
Ashland Morning Fellowship	\$0	\$200	Parkside Café	\$0	\$88	
Ashland Siskiyou Group	\$0	\$49	Ruch 703	\$0	\$50	
Clean and Sober Group	\$0	\$175	Ruch 903	\$0	\$235	
Eagle Point Women's A·A·	\$0	\$110	Sunday Morning Fellowship - C	\$162	\$375	
Happy, Joyous, and Free	\$0	\$100	There is a Solution	\$0	\$120	
Gold Hill Group	\$0	\$500	The Way Out Group	\$150	\$150	
Just For Today	\$0	\$75	Thursday Night Book Study	\$0	\$300	
Medford Fellowship	\$105	\$300				

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

A·A·	Donation	
Wayne Tefren	\$24	Thank you and Happy Birthday!



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

A·A·	Donation		A·A·	Donation	
Wayne T·	\$26	Thank you!	Kasanda	\$20	Thank you!
David	\$9		Judith A·	\$25	



**Josephine County**

<b>Current</b>	<b>Mar 16, 2020 - Apr 15, 2021</b>		<b>Year-To-Date (YTD)</b>		<b>Dec 16, 2020 - Apr 15, 2021</b>	
<b>AA Group</b>	<b>Current</b>	<b>YTD</b>	<b>AA Group</b>	<b>Current</b>	<b>YTD</b>	
12 O'Clock High Group	\$0	\$250	Uppity Women's 11th Step G1	\$25	\$25	
Easy Does It Group	\$0	\$200				
Friday Night Winners Group	\$0	\$200	Devoted Members of JOCOAA			
Next Generation Group	\$150	\$150	and Impromptu Meetings	\$107	\$222	

<b>The following A.A.'s donated to Central Office:</b>					
<b>A.A.</b>	<b>Donation</b>		<b>A.A.</b>	<b>Donation</b>	
Suzanne B.	\$14	<i>Thank you!</i>	Jerry K.	\$50	<i>Thank you!</i>
Susan M.	\$43				



**A.A. Events**



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

**Monthly Traditions and Concepts Workshop**

Hosted by District 16  
 Wednesday, May 19, 2021 @ 6:00 PM – 6:50 PM



Workshop recurs on the 3<sup>rd</sup> Wednesday of every month followed at 7:00 PM by the monthly District 16 Business Meeting.

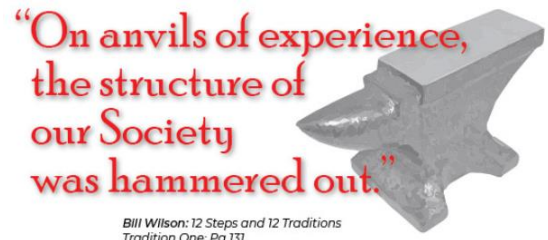
Tackling one Tradition and one Concept per month corresponding to the month in which it is presented.

*“We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room.”*  
 Bernard B. Smith, GSO Trustee, opening the 1954 General Service Conference, A.A. Service Manual, P. 520.

Join us **REMOTELY** from your smart device or phone  
 Online at ZOOM®:  
<https://zoom.us/j/275208623> Password: 01601935

By phone:  
 Call in: (669) 900-6833 Password: 01601935

Visit <https://medfordareaaa.org/event/monthly-traditions-concepts-workshop/> for information on how to access the meeting.



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



## 45<sup>th</sup> Annual Rogue Roundup 2021

Hosted by the Rogue Roundup Committee  
Friday – Sunday, May 7, 2021 – May 9, 2021  
Online on Zoom® for the first time!



### “Relieve Me of the Bondage of Self”

Outstanding panel of A.A. speakers from all over the U.S.

Zoom® Meeting Meeting ID: 984 7182 9663  
Password: RU2021



Breakout Meetings are scheduled for Saturday, May 8<sup>th</sup> at 11:00 AM and 7:00 PM  
To self-select a Breakout Meeting room, Zoom® version 5.3.0 is required:  
Prerequisites:

Desktop client or mobile app:  
Chrome OS:

Version 5.3.0 or higher  
Version 5.0.0 (4241.1207) or higher

Volunteer opportunities are available:

- Security
- Co-host
- Greeters
- Secretary for Marathon Meetings, and MORE ...

*Be a Part of!*

Visit <http://rogue roundup.com/service-opportunities> to find out how

### Roundup Merchandise

*T-Shirts, Hats, Sweatshirts, and  
All the fun stuff we've offered AND MORE!*

Shop  
the Rogue Roundup  
Collection  
at Spreadshirts



### All 12-Steps Women's Camp Out

Hosted by the Wood Women's A.A. Group  
Thursday, June 24, 2021 – June 27, 2021



### 11<sup>th</sup> Step A.A. Women's Meditation “ReTreeT”

Hosted by Sabrina Keene and fellows  
Friday – Sunday, October 15, 2021 – October 17, 2021  
Out 'n' About Treehouse Resort, Cave Junction, OR



A.A. Meetings, meditations sessions, hiking and walking trails, swimming, arts/crafts, fire pit ceremony, ziplines, horseback riding, massages and facials and pampering times

Visit [www.treehouses.com](http://www.treehouses.com) for a virtual tour of the resort

\$50.00 fee per person in addition to room charge includes food, beverage, and incidentals must be received by July 1, 2021

To reserve a treehouse, call Sabrina Keene at (541) 653-1495 or [keenesabrina@gmail.com](mailto:keenesabrina@gmail.com)



### 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. They are not A.A. events.



#### 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  
Second Saturday of the month! 7:00PM-9:00PM



### 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

May 4 @ 7:00PM  
Jun 8 @ 7:00PM  
Zoom® Meeting Meeting ID: 648 127 84  
Password: 828804

#### District 16 Business Meeting

May 19 @ 7:00PM  
Jun 16 @ 7:00PM  
Zoom® Meeting Meeting ID: 292 293 5999  
Password: 06101935

#### JoCo Intergroup Business Meeting

May 20 @ 7:00PM  
Jun 17 @ 7:00PM  
Zoom® Meeting Meeting ID: 872 2951 0766  
Password: 444533

#### JCAA Central Office Business Meeting

May 1 @ 9:00AM  
Jun 5 @ 9:00AM  
Jackson County A.A. Central Office  
116 E. 6th Street, Medford, OR 97501

#### YPAA Business Meeting

May 9 @ 2:00PM  
Jun 13 @ 2:00PM  
Zoom® Meeting Meeting ID: 548 800 3775  
Password: None needed

#### Rogue Roundup 2022 Board Meeting

No meeting in May  
No meeting in June  
Visit [www.rogueroundup.com](http://www.rogueroundup.com) for more info  
2022 Roundup – May 2022 – Get ready!!

### A.A. Grapevine®/La Viña®



**Free on the Inside: Stories of A.A. Recovery in Prison** features powerful stories by sober members of Alcoholics Anonymous who have experienced A.A. in prison—while either currently serving, formerly incarcerated, or as outside A.A. members carrying the message inside. Great for alcoholics looking for recovery in prison and for those who want to help them. Item #GV43

#### Two New Books Coming in Late April

**Women in A.A. (Mujeres en A.A.)** is a collection of stories taken from the pages of Grapevine® and La Viña®. The first two chapters were translated from Grapevine's *Voices of Women* and are by or about women who contributed to the development of A.A. in its early stages. The stories taken from *La Viña*® for the remaining chapters were written by Spanish-speaking members of A.A. from around the world. Great to use for meetings. Item # SGV37





## A.A. Soberversaries

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

We recognize 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.jccoaa.org/newsletter.html](http://www.jccoaa.org/newsletter.html). Complete and submit the form, and the Newsletter Team will publish your sobriety birthday in the Newsletter on the month of your birthday.

MEMBERS OF JACKSON COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
Ron D.	May 1, 1990	31	Matthew D.	May 20, 2015	6
Aimee A.	May 2, 2002	19	Susan G.	May 6, 2016	5
Ralph B.	May 14, 2010	11	Charles L.	May 29, 2016	5
Julie B.	May 15, 2010	11	Larry C.	May 12, 2018	3
Dennis S.	May 3, 2014	7	Shawn LD.	May 17, 2018	3
Chris B.	May 13, 2014	7	Dave G.	May 30, 2018	3
Sarai L.	May 26, 2014	7	Joey W.	May 20, 2019	2
Jeremy G.	May 20, 2015	6			

*Congratulations!*

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

MEMBERS OF JOSEPHINE COUNTY A.A.					
NAME	DATE	YEARS	NAME	DATE	YEARS
G.O.	May 7, 1982	39	Abigail M.	May 7, 2006	15
Dwain M.	May 5, 1982	39	Crystal H.	May 19, 2008	13
Bill R.	May 28, 1982	39	Debbie P.	May 13, 2009	12
Leslie W.	May 20, 1985	36	Lauren B.	May 22, 2010	11
Ted W.	May 25, 1987	34	Chris W.	May 8, 2011	10
Sandy G.	May 25, 1987	34	Jose A.	May 15, 2011	10
Patricia M.	May 1, 1989	32	Heather W.	May 3, 2016	5
Kristin B.	May 20, 1990	31	Jan R.	May 5, 2016	5
Patrick D.	May 17, 1994	27	Monique	May 30, 2016	5
Patricia W.	May 24, 2002	19	Sarah C.	May 14, 2018	3
Steve K.	May 13, 2003	18	Shana F.	May 5, 2020	1
Butch E.	May 15, 2003	18			



## Did You Know?



"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of **Recovery, Unity, and Service**. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more."

Reprinted from *Alcoholics Anonymous Comes of Age*, Bill W.'s 1955 speech with permission of A.A. World Services, Inc.

At the 1994 General Service Conference, A.A. World Services made the decision to "officially" and "legally" phase out the logo and discontinue its use on all Conference-approved literature. However, the symbol is still associated with A.A. and has a special meaning for members all over the world.

The symbol of the circle and triangle is an ancient spiritual symbol meaning **mind, body, and spirit** together as one. In A.A., this symbol represents the three parts of our program (**Recovery, Unity, and Service**) which are the solutions to the three-part disease of alcoholism (**physical, mental and spiritual**). The circle surrounding the triangle represents Alcoholics Anonymous as a whole. The equilateral triangle is the strongest construction structure known to us. **Because all three sides are equal, the triangle represents the balance required in order for us to stay sober.**

COMING

SOON!

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



*The Sixth Step of Alcoholics Anonymous requires that we be **willing** in our heart and mind to remove those attitudes, beliefs, values, and behaviors that have not and continue to not work in our lives anymore. Step Four and Five uncovered or revealed plenty of flaws.*

*Now, Step Six moves us to be purified of these character defects. However, we do not venture out on our own. We come to realize that this process is beyond our ability alone. We become **willing** to hit our knees and decide to be free of the character defects and flaws that have been ruling our lives hell bent on destroying us.*

### 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.

