VOLUME 1 ISSUE 7
NOVEMBER 2021

Thanksgiving Edition

One Day at a Time

Inside This Issue

1 Welcome
1 Step Eleven
2 Tradition Eleven
3 Eleventh Step Principle
4 Eleventh Step Prayer
5 The Merton Prayer
6 A Fearful Man
7 Not Just Embarrassed But Humiliated
7 God Leaves the Door Open For Everyone
9 A Letter From Bill Wilson About the Use of The Lord's Prayer at A·A· Meetings
10 Twelve Tips on Keeping Your Holiday Season Sober and Joyous
11 A·A· Grapevine® Quotes of the Day
11 A·A· Fun and Humor
12 A·A Seventh Tradition Contributions
13 A·A· Events
15 A·A· Sober Fun Events
15 A·A· Upcoming Calendar Events
16 A·A· Soberversaries
17 A·A· History – Did You Know?
18 Coming Next Month

"Prayer and meditation are our principle means of conscious contact with God."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Eleven," p. 98 with permission from Alcoholics Anonymous World Services, Inc.

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

Sign up for the newsletter subscription service to receive the monthly edition directly to your email Inbox. Visit the Josephine County Intergroup A.A. website at www.grantspassaa.com/newsletters or the Jackson County A.A. Central Office website at www.jccoaa.org/newsletter.html for the subscription form and directions or scan the QR Code to the right with your mobile device to be taken directly 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.

Step Eleven – "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out·"

"Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light, or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. As the body can fail its purpose for lack of

nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Eleven," pp. 97-98 with permission from Alcoholics Anonymous World Services, Inc.

Tradition Eleven - "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Eleventh Tradition: Brake on Us Power Drivers?

"Our book, *Twelve Steps and Twelve Traditions*, reminds us of the reason for the origin of Tradition Eleven: to discourage the power-driver, the status-seeker. No one knows this better than I do, having achieved a position of some stature in my part of the country. During my drinking days, my ego combined with alcohol placed me squarely in the middle of skid row. There, thank God, I received some ego-deflation at depth. I saw for myself what 'self-will run riot' could do. By the grace of God and the principles in our Twelve Steps, I have been able to rise to a position of dignity and service to my fellowman, both in the Fellowship and outside it. The Tradition of anonymity has safeguarded me from feeling that this A.A. outfit could not operate without me. Maybe we could call it humility or self-knowledge based on truth.

"Anonymity at the public level is our assurance to newcomers that their membership in A.A. will not be disclosed by others, nor will they ever be required to disclose it themselves. It will be up to them to tell those they think should know, when and if they choose. More importantly, in the long run, the principle of personal anonymity helps discourage drives for power, profit, and prestige, which could divert us from our primary purpose: staying sober and helping other alcoholics achieve sobriety. Thus, anonymity at the public level assures us that no individual A.A. member will be publicly acknowledged as a spokesman or leader. Within our Traditions, members do not use their membership to further their careers, to promote their products or services, or to give weight to their arguments in public controversy."

Oakville, Ontario
Alcoholics Anonymous World Services, Inc. *A.A. Grapevine*, September 1968.

Attraction Rather Than Promotion

"When I called A.A. for help, I was fortunate to get a classic Big Book Twelfth Step call from Floyd O. and Bob B. They did it by the book; there was no lecturing or asking me questions about my drinking--no pressure to get me to do anything. They simply and honestly shared their stories with me without trying to impress me, sharing how their lives had changed for the better since being in A.A., and how they were getting along now without drinking. I was also told why they were there --to help themselves stay sober. I was hooked; I wanted what they had. Their twelfth Step call was a good example of attraction rather than promotion, and it really worked for me.

"Are we, as members of Alcoholics Anonymous, as attractive as we could be to newcomers and to the outside community? How do they perceive our Twelfth Step efforts--as attraction or as promotion? Do we carry the A.A. message of hope to them and keep our egos and personal ambitions out of the process? Are we familiar with all three of our legacies? Do we speak the language of the heart--simply and honestly sharing our experience, strength, and hope, or do we get carried away and act like self-appointed A.A. spokespersons, counselors, or teachers determined to '*give it to 'em*' whether they want it or not? It may be good for us to think again about our Eleventh Tradition of attraction rather than promotion, and how it affects our unity."

Ken Y., Minneapolis, Minnesota
Alcoholics Anonymous World Services, Inc. A.A. *Grapevine*, November 1992.

Eleventh Step Principle

Note: About the A.A. Principles - Bill W., considered each Step to be a spiritual principle in and of itself. In the *Twelve Steps and Twelve Traditions*, he outlined the spiritual principles behind each Step. The most important of all the principles is humility.

Spiritual Awareness

"Upon reaching Step Eleven, we find ourselves able to embrace numerous spiritual principles."

Spiritual Awareness, Humility, Love, Forgiveness, Harmony, Truth, Faith, Hope, Compassion, Understanding, Willingness, Strength, Wisdom, Serenity

"Great—now what do we actually do with them? Our principles benefit us and those we love, but we may still lack a fundamental sense of purpose. Don't feel ashamed if this describes you, as it describes most human beings on any given day.

"In our search for purpose, we inevitably find ourselves looking toward the future. **Through prayer and meditation, we learn to ground ourselves in the present.** Instead of searching for some monumental goal in life—a noble endeavor, though often originating from something other than humility—we seek to determine how we can make ourselves of use in the present.

"Spiritual awareness means that we always try to do the next right thing. This isn't about determining God's plan for life, the universe and everything. We cannot know that. But **we can remain spiritually aware in this moment, paying attention to the signposts that will lead us down the right path**. And if we find ourselves off the path, as we most certainly will from time to time, we work again to establish spiritual awareness so that we may get back on the right track.

"Of course, sometimes we feel as if the path has been ripped away from us through no fault of our own. There's a great speech about this in the pilot episode of *Friday Night Lights*.

> 'Give all of us gathered here tonight the strength to remember that life is so very fragile. We are all vulnerable, and we will all, at some point in our lives, fall. We will all fall. We must carry this in our hearts, that what we have is special. That it can be taken from us, and when it is taken from us, we will be tested. We will be tested

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

to our very souls. We will now all be tested. It is these times, it is this pain, that allows us to look inside ourselves.'

"Life in recovery will not be perfect. It will bring hardships both old and new. But through **spiritual awareness** and understanding, we may continue seeking the right path. And in our worst moments, the last of the principles will help us to escape from the torment of our own minds."

Amethyst Recovery Center, © 2019. The Principles of the Twelve Steps, Retrieved on October 10, 2021, from https://www.amethystrecovery.org/principles-12-steps/.

Eleventh Step Prayer

Dear God,

"Lord, make me a channel of thy peace –
that where there is hatred, I may bring love –
that where there is wrong, I may bring the spirit of forgiveness –
that where there is discord, I may bring harmony –
that where there is error, I may bring truth –
that where there is doubt, I may bring faith –
that where there is despair, I may bring hope –
that where there are shadows, I may bring light –
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted –
to understand, than to be understood -
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.
Amen."

Reprinted from Alcoholics Anonymous® World Services, Inc. *Twelve Steps and Twelve Traditions*, "Step Eleven," pp. 84-85.

If you want to drink, that's your business.

If you want to stop, that's ours.

Call (541) 732-1850 in Jackson County

Call (541) 474-0782 in Josephine County

The Merton Prayer

My Lord God,

I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself … and the fact that I think I am following Your will
does not mean that I am actually doing so.
But I believe this: I believe that the desire to please You does in fact please You.
I hope I have that desire in everything I do.
I hope I never persist in anything apart from that desire.
And I know that if I do this you will lead me by the right road,
though I may know nothing about it at the time.
Therefore, I will trust You always,
for though I may seem to be lost and in the shadow of death,
I will not fear, because I know you will never leave me to face my troubles all alone.

The Merton Prayer by Thomas Merton from Thoughts in Solitude Copyright © 1956, 1958 by The Abbey of Our Lady of Gethsemane.
Used by permission of Farrar, Straus Giroux.

"True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Eleven," pp. 125
with permission from Alcoholics Anonymous World Services, Inc.

Spirituality involves the recognition of a feeling, sense, or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. … An opening of the heart is an essential aspect of true spirituality.

Spencer, M. (2012). What is Spirituality? A Personal Exploration. Retrieved on October 13, 2021, from https://www.rcpsych.ac.uk/docs/default-source/members/sigs/spirituality-spsig/what-is-spirituality-maya-spencer.

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

"I ask a Higher Power for help to live the right way."

Reprinted from *The Twelve Steps Illustrated*, P-55, August 2018, "Step Eleven," p. 11
with permission from Alcoholics Anonymous World Services, Inc.

A Fearful Man

Written and submitted by Phillip Bettin

There I ran, a fearful man
Born with a malady of the genetic kind,
that destroys the body and consumes the mind.
Living in pain, and fear, and doubt,
the love of life was draining out.
Nowhere to turn, no helping hand.
There I ran a fearful man.

The pain was deep, and cold, and real,
I drank to forget, to forget how to feel.
I drank to forget, to forget what it cost,
to remember the family, and the friends that I lost.
I drank to forget, to forget what I am,
There I ran, a fearful man.

Fear is crippling, it cripples the spirit,
It's hard to love life when you're afraid to be near it.
When you fear life when you fear trying
It's easier to drink and go on lying.
When you fear life, it's alone you will stand,
There I ran, a fearful man.

When you doubt God, when you doubt who you are,
The people you cling to are all in a bar.
They rob you, they cheat you, they tell you their trouble,
They make you feel better, you buy them a double.
You drink up your courage, you make up a plan,
There I ran a fearful man.

God is love, He's good, He's kind,
He restores the body, He saves the mind.
He conquers the pain, the fear, and the doubt,
He understands what life is all about.
He turns you around, He sticks out his hand,
He helps you stand an A.A. man.

Not Just Embarrassed but Humiliated

Written and submitted by Laurie J.

I had to attend an A.A. meeting on my husband's request. I thought to myself, "I'm not an alcoholic! I don't have a problem, I can quit anytime I want."

"WHAT IF I SAW SOMEBODY THERE I KNEW?"

We are the people who are respected within our business, church and community. We didn't drink at outings or dinner parties. If anyone was to ask about us we would be described as teetotalers. No one knew I drank at home, often reaching a drunken stupor.

So, I drove all the way to Eagle Point for that first meeting. A woman's meeting. A good 40 miles from home. I arrived an hour early so I could watch who was going in. When I was sure I didn't know everyone who entered the building, I went in.

I was greeted by several smiling faces and I quickly felt at ease. We all sat around several tables pushed together and the meeting began. It felt weird during the readings of "The Promises and "How it Works" But once the meeting started I saw how I related to those women. I listened to their stories and often shocked of what I heard. When I was asked if I wanted to share, I declined. After the meeting I said goodbye and made a quick exit.

So, I did it. My first meeting. Got my feet wet. All that night, I thought about that meeting, the woman there, their stories. I felt that maybe, just maybe I'd go again.

The following day I went to Oregon Books and purchased my first Big Book.

Sometimes you have to put your big girl panties on and just go to that first meeting.

God Leaves the Door Open for Everyone

No Need to Overthink This Issue

Written and submitted by Rick R.

The Alcoholics Anonymous (A.A.) program is open to anyone who has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhist or a member of one of the vast number of religions in the world. All of us have the same opportunity to get well through the Steps. They were fashioned that way to ensure that no alcoholic is left out. We embrace everyone that walks through that door. If Step Two had been written to say, "Came to believe that God", rather than, "a Power greater than ourselves." could restore me to sanity, I wonder if A.A. would have succeeded in the way that it has, especially when we consider the problems that the Oxford Group had with this issue.

I have seen people talking of religion, and others that were irritated with any talk of God, yet we still hold hands at the end of the meeting and say a prayer and everyone leaves the meeting feeling a little better. I personally know priests and ministers in the program, and they seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people who are identical in this matter. Speaking for myself, if I wanted to be freed from the deadly obsession

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

of alcoholism, I had to trust the guidance of the two books that are suggested, and the leadership of the more experienced members of the group, to come to terms with a concept of a Power Greater than myself. I was the one in the Twelve Steps and Twelve Traditions who "tried religion and had found it wanting." I also read that, "even the militant atheist got through the hoop with room to spare." I did not believe in the God of the religionist, in the same way, that I thought, they did, but I did not think I was an atheist either.

The Power Greater than myself option was a good start for me. Something happened to me within minutes after arriving at my first introduction to three people, sitting on a bench in the front yard of a little house in Los Angeles, where they held their meetings. The obsession to drink was gone, and I have not had, nor wanted, a drink since then. You might call that a miracle, and you might be right, depending on your definition of a miracle, but it came to me as a profound change of perception brought about by the Love, Understanding and Compassion I sensed as they welcomed me. These experiences were a great way for me to start, but NOW, WHAT ABOUT PRAYER? Who or what do I pray to?

I heard about doorknobs and icons, the ocean, and other such things but that way of thinking did not set well with me. I did not want to be too glib about such an important matter. Then I noticed that in Step Two it does not say that I had to believe in anything, only that I had to believe that a Power Greater than myself could restore me to sanity. **The collective wisdom of the A.A. program and the people in it have been the framework for my faith in a Higher Power. The experience that I had in that front yard, fifty-one years ago, was all I needed to know to get on with the rest of the program**. I pray to God every day to show me what to do and to give me the strength to do it and I still do not know for sure, who or what God is. I use the word God, only to describe the spiritual influence that A.A. has had on this drunk. **I pray to God as I understand God, and he expresses himself in my consciousness**. The only thing left for me to do is to separate the wheat from the chaff.

Prayer is talking to the universe.
Meditation is listening to it.

Dr. Maurice Duffy

A Letter From Bill Wilson About The Use Of The Lord's Prayer At A·A· Meetings

April 14, 1959

Dear Russ,

Am right sorry for my delay in answering. Lois and I were a long time out of the country and this was followed by an attack of the marathon type of flu that has been around here in New York. We are okay now, however, but I did want to explain my delay.

Now about the business of adding the Lord's Prayer to each A.A. meeting.

This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people in A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us.

Of course there will always be those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless this Prayer is of such widespread use and recognition that the argument of its Christian origin seems to be a little farfetched. It is also true that most A.A.s believe in some kind of God and that communication and strength is obtainable through His grace. Since this is the general consensus it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding our light under a bushel.

However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress.

So that's the sum of the Lord's Prayer business as I recall it. Your letter made me wonder in just what connection you raise the question.

Meanwhile, please know just how much Lois and I treasure the friendship of you both. May Providence let our paths presently cross one of these days.

Devotedly yours,

Bill Wilson

WGW/ni Mr. Russ
From the A.A. Archives in New York

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

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

1

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

2

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

3

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

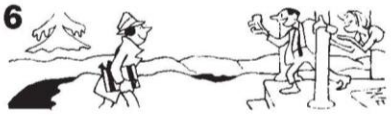
4

Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5

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

6



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

7

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

8

Worship in your own way.

9

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

10

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

11

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

12

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

Happy Sober Thanksgiving Day

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

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.

"The next time you feel hurt, outraged, bitter or resentful – the beginning of many a slip as attested to by AA speakers – try to remember quickly that you haven't been mortally harmed. In nearly all cases, it's just a pain in your feelings!"

"I've never taken my sobriety for granted because I know I'm only one drink away from ruining my life."

"Since today marks not only the last day of my life to this date, but also the first day of the rest of my life, and since I have come to believe that the best is yet to come, I think today has been my best day sober."

"I have made a determined effort to focus more on seeing myself as God sees me."

"Those little maxims 'Easy Does It' and 'Live and Let Live' have come to be deeply meaningful and significant."

"I don't fear for the future because I am in the loving arms of A.A. today."

"With the help of the Fellowship, the Twelve Steps, and a Higher Power ... I do not have to be a newcomer again."

A·A· Fun & Humor

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

Thirsty Minds

Optimist: "My glass is half full."
Pessimist: "My glass is half empty."
Alcoholic: "Are you gonna finish that?"

Grapevine, February 2018

A scientist runs into an A.A. meeting and exclaims, "We did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured."

Slowly a hand raises in the back and a man asks, "What happens if you take two?"

New to A.A. meetings, a man introduces himself, "Hi, I'm Chad. I've been sober for forty days." Just as everyone greets him, he interrupts, "Wait, wait!" he exclaims, "Not in a row or anything, just total."

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

A·A· Seventh Tradition Contributions and Donations

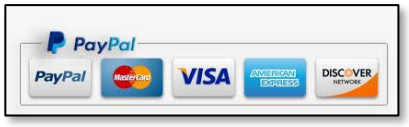
Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep both Central Offices open to serve our communities.

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

Current Period includes funds received and deposited from September 16, 2021, through October 15, 2021.
Year-to-Date includes funds received and deposited from December 16, 2020, through October 15, 2021.

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

Jackson County A.A. Central Office offers PayPal® to members who wish to donate. Simply use your smart device to scan the QR Code to the right. Open the PayPal® app, click on Scan/Pay, and enter the information. It's that super easy. Thank you!!



"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 Central Office

Current	Sep 16, 2021 - Oct 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Oct 15, 2021	
A·A· Group	Current	YTD	A·A· Group	Current	YTD
Ashland Morning Fellowship	$0	$500	Rebelion Dogs Our Every Step	$0	$30
Ashland Siskiyou Group	$0	$49	Ruch 703	$0	$50
Bring Your Own Big Book Grou	$0	$84	Ruch 903	$154	$641
Clean and Sober Group	$0	$279	Shady A's Group	$0	$635
Duck Pond Group	$0	$100	Step Sisters' Group	$0	$141
Eagle Point Women's A·A·	$0	$110	Stud Muffins Group	$0	$288
Happy, Joyous, and Free	$0	$100	Sunday Morning Fellowship - G	$0	$559
Gold Hill Group	$0	$1,500	There is a Solution	$0	$220
Just For Today	$0	$75	The Way Out Group	$0	$250
Medford Fellowship	$140	$1,230	Thursday Night Book Study	$160	$610
Parkside Café	$0	$88	White House Senior's Sober Gi	$0	$189
Phoenix/Talent Group	$142	$142	Women of Worth Group	$0	$75

The following A·A·'s donated to Central Office:					
A·A·	Donation		A·A·	Donation	
Cathy M·	$10	Thank you!	Dan E·	$7	Thank you!

Josephine County Central Office

Current	Sep 16, 2021 - Oct 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Oct 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
Applegate Group	$0	$100	Next Generation Group	$0	$150
12 O'Clock High Group	$226	$1,000	Simply A·A· Group	$0	$197
Easy Does It Group	$0	$200	Sobriety Sisters Group	$68	$168
Friday Night Winners Group	$0	$800	Rogue River Sunday Group	$0	$284
Happy Hour Group	$50	$50	Thursday Night Winners Grou	$0	$180
Looking Forward Group	$0	$60	Uppity Women's 11th Step Gr	$0	$25
Merlin Group	$0	$200			

A·A· Events

The following local A.A. events specifically include an A.A. meeting. Please visit www.grantspassaa.com/upcoming-events/ or www.jocoaa.org/events.html to see all current A.A. events including those in nearby areas.

A·A· Potluck Fellowship

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

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

All are welcome!

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

Bimonthly G·S·R· Session

Hosted by District 16
Wednesday, November 17, 2021 @ 6:00 PM – 6:55 PM

G.S.R. Session recurs on every ODD numbered month on the 3rd Wednesday followed by the monthly District 16 Business Meeting, which runs from 7:00 PM – 8:30 PM

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 Meeting ID: 456 010 1935
Password: 01601935

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

COME AND LEARN WITH US.

Oregon Area 58 Assembly

Hosted by District 16
Friday – Sunday, November 19 – November 21, 2021
Virtual Meeting

Have questions, contact Area 58 Alternate Chair, Gabriel K.
Email: chair-alt@aa-oregon.org

All members of A.A. are encouraged to participate in the workshops and sharing sessions of the Assembly.

Women's A·A· Potluck Fellowship

Hosted by Keepin' It Simple Group
Wednesday, November 24, 2021 @ 11:30 AM – 1:00 PM
Medford First United Methodist Church @ 607 W Main St, Medford, OR

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

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

If you're feeling it, bring a snack to share ….or just show up and mingle!

All women with a desire to stop drinking are welcome.

A·A· Potluck Fellowship

Hosted by No Name Group
Friday, November 26, 2021 @ 6:30 PM – 8:30 PM
The First Presbyterian Church @ 456 W Pine Street, Central Point, OR

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

Please bring a dish to share.

All are welcome!

A·A· Sober Fun Events

Events listed below are sobe not include formal meetings. They are not A.A. events. They c 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
Every Second Saturday, 7:00PM-9:00PM

A·A· Upcoming Calendar Events

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

District 7
Business Meeting
Zoom® Meeting
Nov 2 @ 7:00 PM
Dec 7 @ 7:00 PM
Meeting ID: 648 127 84
Password: 828804

District 16
Business Meeting
Zoom® Meeting
Nov 17 @ 7:00 PM
Dec 15 @ 7:00 PM
Meeting ID: 292 293 5999
Password: 06101935

JoCo Intergroup
Business Meeting
Zoom® Meeting
Nov 18 @ 7:00 PM
Dec 16 @ 7:00 PM
Meeting ID: 872 2951 0766
Password: 444533

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

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

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

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

A·A· Soberversaries

Jackson County A.A. Central Office and Josephine County A.A. Intergroup recognize those A.A. members who have a sobriety birthday this month and celebrate their milestone in recovery with the entire A.A. community. We acknowledge you for the work you have done to stay sober, "**one day at a time**." Happy Soberversary!

Tell us your sobriety birthday by visiting www.grantspassaa.com/newsletter.html or www.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
Iris H·	November 22, 1974	47	Mia C·	November 23, 2008	13
Siri A·	November 10, 1981	40	Joey L·	November 2, 2009	12
Kelly K·	November 24, 1982	39	Barb R·	November 5, 2009	12
Paul W·	November 1, 1984	37	Jim A·	November 10, 2009	12
Daniel O·	November 2, 1986	35	Angie B·	November 11, 2011	10
Ann D·	November 1, 1987	34	Marci G·	November 5, 2013	8
Marlee	November 23, 1987	34	Victoria C·	November 1, 2015	6
Rich H·	November 25, 1987	34	Patti S·	November 6, 2015	6
Jacqui R·	November 2, 1991	30	Robert R·	November 11, 2015	6
Phil K·	November 28, 1991	30	Amber	November 21, 2015	6
Cathy B·	November 16, 1993	28	Kim F·	November 13, 2016	5
Steve S·	November 22, 1994	27	Jason H·	November 3, 2017	4
Kelly S·	November 2, 1996	25	Nate	November 1, 2018	3
Bill W·	November 18, 1998	23	James S·	November 15, 2018	3
Cathy M·	November 22, 2000	21	Joe K·	November 25, 2018	3
Tannea B·	November 24, 2005	16	Oliver R·	November 11, 2019	2
Sandi R·	November 10, 2006	15	Randall F·	November 13, 2019	2
Geoff M·	November 10, 2007	14	Diana C·	November 18, 2019	2
Laurie W·	November 3, 2008	13	Zach	November 26, 2019	2
Nancy D·	November 23, 2008	13			

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

MEMBERS OF JOSEPHINE COUNTY A·A·					
NAME	DATE	YEARS	NAME	DATE	YEARS
Suzanne N·	November 21, 1976	45	Marci	November 1, 2012	9
Mary C·	November 7, 1976	45	Denise D·	November 1, 2012	9
Julie R·	November 23, 1978	43	Mike P·	November 5, 2013	8
Paul B·	November 8, 1984	37	Melinda G·	November 11, 2013	8
Steve E·	November 18, 1988	33	Carol W·	November 6, 2014	7
Linelle	November 27, 1991	30	Tony R·	November 4, 2016	5
Kelly L·	November 7, 1997	24	Maureen M·	November 5, 2016	5
Mark E·	November 10, 1999	22	Elizabeth C·	November 6, 2016	5
Mehliss J·	November 15, 1999	22	Dorene C·	November 18, 2016	5
Jay S·	November 16, 1999	22	Jil R·	November 18, 2016	5
Brenda B·	November 10, 2008	13	Steven D·	November 21, 2016	5
David M·	November 15, 2008	13	Chrissy	November 23, 2016	5
Teresa	November 10, 2009	12	Roxanne W·	November 22, 2017	4
Amber L·	November 4, 2010	11	Jeffrey W·	November 3, 2018	3
Joan M·	November 15, 2011	10	Stephanie S·	November 14, 2018	3

A·A· History – Did You Know?

This month, we continue our look back in American history before A.A. to see how the past in some indirect and/or direct way influenced and led to the formation of Alcoholics Anonymous. As you read this bit of history, you'll see some of the same program formats that gave A.A. its present-day structure. You may think that some of these facts have nothing to do with the history of A.A., but I do not believe that. The situation and the climate of the nation all led to the formation of A.A. Besides, these facts are an interesting part of American history.

Late in 1880, various businesses offering so-called alcoholism "cures" grew at a prolific rate. All-too-often, the remedy prescribed was more dangerous than what it was supposed to fix. Some of these unregulated businesses became so popular that they grew into what we would today call "franchises" or "chains." Two prominent chains were the Keeley Institute and the Gatlin Institute. Between 1880 and 1920, more than 500,000 alcoholics and addicts took the **Keeley Cure** that was praised by some as a cure of miraculous potential and at the same time attacked by others as a fraud.

Circa March 21, 1882, Anne Smith (nee Ripley) (Dr. Bob's wife) was born to Joseph Ripley and Harriet Konnatz in Moline, IL. They later lived in the Chicago suburb of Oak Park. Anne was one of four children. She had three brothers, two of whom were estranged. Anne grew up in a family of Santa Fe Railroad people in a sheltered atmosphere.

The Blue People® graphic is a copyrighted design and registered trademark of A.A.W.S., Inc., with all rights reserved for use exclusively by the A.A.W.S. Board, A.A. Grapevine Board, the General Service Board of U.S./Canada, and General Service Office of U.S./Canada.

On October 29, 1881, Rowland "Roy" Hazard III was born. He was the eldest of five children of Rowland Gibson and Mary Pierrepont Bushnell Hazard.

In September 1885, Dr. Bob entered the Summer St Elementary School in St. Johnsbury, VT.

On August 29, 1886, T. Henry Williams was born in South Woodstock, CT. He would eventually become Chief Engineer for the National Rubber Machinery Co. (Remember this name as it will play a critical role in A.A. history.)

In 1888, Lois Wilson's parents, Dr. Clark Burnham and Matilda Hoyt Spellman, were married. Openly affectionate they loved having the children around for family activities. Born in Lancaster PA, Lois' father was a prominent physician and honors graduate from college and medical school. His father Nathan Clark Burnham was a lawyer and physician and a minister in the Swedenborgian Church that had recently come to America. He later performed the marriage ceremony of Lois and Bill. Lois' mother was from an affluent family. She managed the business affairs for her husband's medical practice. Her close cousin Laura was married to John D Rockefeller Sr.

On March 18, 1888, Henrietta Seiberling (nee Buckler) was born in Lawrenceburg, KY to Judge Julius A. and Mary Maddox Buckler.

In the summer of 1888, Dr. Bob (turning 9 years old) had his first drink from a jug of hard cider.

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

Next month, in December's edition of One Day at a Time, we will cover ***Step Twelve, Tradition Twelve*** *plus the* ***Twelfth Step Prayer*** *and* ***Principle****.*

Service *to others is the life blood of the program - one alcoholic talking with another as we carry the message or simply offering a helping hand to a person in need as we practice the principles in all our affairs. Regardless,* ***service*** *keeps our heads in the game and keeps us out of our heads. With this principle at the heart of how we live the program, we begin to see the Promises reveal themselves in our lives.*

Come back next month as we share inspirational readings on ***service*** *and how* ***service is one of the key to happiness****.*

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.