



# One Day at a Time

## Step Two

*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

Alcoholics Anonymous World Services, Inc., Copyright © 2001. *Alcoholics Anonymous*, p. 59.

“Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. **True humility and an open mind can lead us to faith**, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.”

Alcoholics Anonymous World Services, Inc., Copyright © 1981. *Twelve Steps and Twelve Traditions*, p. 33.

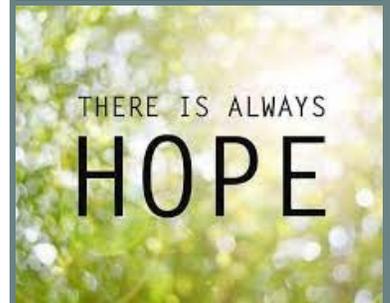
## Tradition Two

*“For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants.”*

Alcoholics Anonymous World Services, Inc., Copyright © 1981. *Twelve Steps and Twelve Traditions*, p. 132.

“WHERE does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, ‘This simply can’t be. There must be an angle somewhere.’ These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, ‘Yes! It definitely does.’”

Alcoholics Anonymous World Services, Inc., Copyright © 1981. *Twelve Steps and Twelve Traditions*, p. 132.



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## Step Two Prayers

Dear God,

I'm standing at the turning point right now. Give me your protection and care as I completely abandon myself to You and give up my old ways and my old ideas just for today. AMEN

Derived from Alcoholics Anonymous World Services, Inc., Alcoholics Anonymous, Fourth Edition, 2001, "How It Works," p. 59.



I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind. AMEN

Sober-Today.org, Alcoholics Anonymous in the St. Louis Area. Retrieved from [www.sobertoday.org/prayers/prayer\\_s2.html](http://www.sobertoday.org/prayers/prayer_s2.html).



## My Step Two

Step Two is not about praying to a God in which I do not believe. **Instead, this Step is about opening my mind and letting a bit of light into my life. Step Two is really more about sheer open-mindedness and the willingness to admit that I am not in control of everything.** If I cannot make this admission, then I have not truly completed Step One.

Even though this Step is pretty straight-forward, I can complicate it because I

can be stubborn, unwilling, and shut-off to any concept of God. In other words, I can be so full of myself that I have no room for God in my life, and as such, I also have no hope.

So, Step Two is THE Step during which I begin to explore the spiritual side of recovery. It merely asks me to learn to embrace a more spiritual mindset and to accept that this perspective will help to replace my less rational ways of thinking, which got me drunk.

By a Member of Jackson County A.A.

## Why We Do What We Do

Alcoholism is an incurable disease that affects one in eight American adults, 18 years of age and older, or 12.7% of the U.S. adult population (Ingraham, 2019). It is a disease of a hopeless state of mind and body. It does not care about age, gender, intelligence, religion, or economic status. But, why, might you ask, can 87.3% of the population drink with impunity? This fact is hard to understand, but we, who have been in A.A. for a while, know that any alcoholic can learn to adopt a way of life that removes the obsession to drink without the white-knuckling side effects and be comfortable in his own skin without the use of medicine.

The symptoms of alcoholism are a combination of mental, physical, emotional, and spiritual in nature. The alcoholic awakes every morning to face "... the hideous four horsemen --- Terror, Bewilderment, Frustration, Despair" (A.A.W.S., Inc., 2001, p. 151). Doctors, lawyers, politicians, priests, ministers, and all types of people from all walks of life, when afflicted, come to A.A. to get relief from this horrible disease. When our desperation outweighs our denial, we show up at the doors of Alcoholics Anonymous and discover a road map to a life of peace and happiness that we believed did not exist.

Alcoholism is a progressive disease and Alcoholics Anonymous is a progressive solution and not a quick fix. All desperate alcoholics find a degree of hope and comfort when first exposed to the A.A. group and the laughter and lighthearted banter between members before and after the meeting. They identify with the members as they share about guilt, shame, fear and insecurity. They hear laughter when a member describes a horrible incident in his life, and they think that everyone is laughing at the horror. But, in fact, they discover that the laughter was focused on the absurdity of the alcoholic thinking, and everyone identifies with it.

Continued on next page.

If these desperate alcoholics are lucky, the long, slow process of recovery has just begun, and each day ahead becomes better than the last. They begin to understand why they did the things they did while under the influence and in the grip of alcoholic thinking. They begin to understand how their irrational fears influenced their decision-making. They discover that the solution to their problems is to live by selfless and spiritual principles. They begin to understand that guilt, shame, fear, and insecurity were the core issues that could quickly be put to rest by alcohol, and eventually, after a few, everything seemed right with the world. The world had not changed but their perception of it had. To compensate for the fears and insecurities, they had to protect their turf, so they learned how to rationalize those dysfunctional cognitive and behavioral patterns they were not proud of. Family responsibilities took a backseat to the boozing, and their families let them know about it. Regardless, back to the bar they went. The guilt and shame weighed heavily on their minds and alcohol would take care of that problem for the moment. "Selfishness --- Self-Centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion self-seeking, and self-pity, we step on the toes of our fellows and they retaliate" (A.A.W.S., Inc., 2001, p. 62).

At A.A., these desperate alcoholics come to learn how to admit their mistakes and make restitution for all those faulty thoughts and behaviors to begin to get on the positive side of the ledger. A.A. has Twelve Steps in its Program for better living, and each Step prepares a person for the next Step. If we give due diligence to every one of those Twelve Steps, we evolve into the people we always wished we could become. We will never stop drinking if we do not stop the alcoholic thinking.

Again, in the Program, each day becomes better than the day before. So, we learn to live by special epigrams that become our lifelong montage --- One day at a time. One issue at a time. One solution at a time. I cannot explain my A.A. experience any better than that.

By Rick R.



**"Hope springs eternal in the human heart."**

Alexander Pope

**"To live without hope is to cease to live."**

Fyodor Dostoevsky



## Step Two Principles

*Hope, Acceptance,  
Open-mindedness,  
Willingness, Humility*

"**Hope** arises as a feeling when we interpret, perceive, or see the future as holding favorable prospects for the attainment of a good we wish. It becomes a virtue when this way of seeing and feeling and the good we hope for become habitual dispositions shaped by the grace of God and grounded in His will for us.

"First imparted by the witness of other alcoholics, **hope** is sustained by the promises embedded in the Steps that God will do for us what we cannot do for ourselves, restoring us to sanity as we come to faith in Him with Step Two, and gradually relieving us of our character defects and emotional liabilities as we surrender them and humbly ask God to remove them, as we do in Step Seven.

**Hope** then works in unison with faith and humility, prayer, and surrender."

Ray A. Practice These Principles. Hope.  
Retrieved from <http://practicetheseprinciplesthebook.com/virtue>

*An Excerpt  
from Alcoholics  
Anonymous*

“If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink. Your Heavenly Father will never let you down!”

Alcoholics Anonymous World Services, Inc., Alcoholics Anonymous, Fourth Edition, 2001, Doctor Bob's Nightmare, p. 181.

*Grapevine Daily Quotes*



“Only the sharing of despair can bring us ... illumination.”

*“The Sense of Sobriety,” Pleasantville, New York, August 1959, Spiritual Awakenings*

“Experience is what you get when you don't get what you want.”

*“Heard at Meetings,” Tukwila, Washington, July 2005, AA Grapevine*

“Some of us take a long time to ‘come to’ before we can ‘come to believe’ that there is any hope for us.”

*“My Name Is Gary and I'm a Human Being,” Nanaimo, British Columbia, Feb 2003, Spiritual Awakenings*

“If faith without works is dead, will-  
ingness without action is fantasy.”

*“Short Takes,” Cheverly, Maryland, February 1985, AA Grapevine*

“Success and failure share a common denominator ... both are temporary.”

*“Win or Lose,” Escondido, California, August 2001, Emotional Sobriety: The Next Frontier*

“My desire to drink became a desire not to.”

*“Nobody's Fault but Mine,” Nipawin, Saskatchewan, November 2003, Beginner's Book: Getting and Staying*

## *A Change of Perception*

Years before I came to Alcoholics Anonymous (A.A.) I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try A.A. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing them and others.

Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to A.A. looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was **desperate** and I was **listening**.

At my first A.A. meeting I was moved by what I heard. It was different than anything I had experienced before. *The people were honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly that had been taboo up until then.* Prior to that, everything in my life was a façade. *At that moment on October 15, 1969, my perception of the world had changed, and I have not wanted a drink since.*

Call it a *spiritual awakening*, if you like, and it was for me, but it came in the form of a *profound change in perception*. In Appendix II, the Big Book, *Alcoholics Anonymous*, describes a man who had “*undergone a profound alteration in his reaction to life.*” I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the *values system* that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in

## *A Change of Perception*

(Continued from previous page)

the dust and *was replaced with guilt and shame*. I was in trouble when I violated *my own value system*.

I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and *moral standards were meaningless*. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of A.A.

Once I had that *change of perception*, I knew what to do. It may be as simple as “trying to stop doing the things that I regret” but the key to it all is “*being honest with myself*,” and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and that I came to A.A. looking for answers. Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but *I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening*.

Getting off in the right direction from the start was especially important to any success I have had in A.A. I know that I only live once, and *I do not want to waste one moment of the precious life God has given me*. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.

By Rick R.

**“There is a God ... and I am not it.”**

## *A Head-Spinning Program*

A.A. is not easy. It takes a lot of work. And it can be very confusing ... We have to surrender to win. We have to give it away in order to keep it. They tell us to hang on but let go! It's an anonymous program, but we state our name before we share. We shouldn't judge others but stick with the winners. Get a sponsor and find a Higher Power, but no new relationships in your first year! We stop drinking because we have to change or die, but then they tell us “no major changes” in our first year. Half measures avail us nothing, but we'll be amazed before we're halfway through. And then we have the numbers ... The 12 & 12... 90 in 90... the first three Steps... the five things... do a Fourth or drink a fifth... one day at a time... the first 164... the Four Horsemen... the seven deadly sins... and 449 has now become 417! And you know when this all makes sense? After a few 24s!

Tom K. South Salem, N.Y. *Run of the Mill - 1944 and Beyond*. A Publication of the Mill Creek Group of Alcoholics Anonymous Edition 79 No. 1 January/February 2020

## *Fun and Humor*

Send your A.A.-related favorites to [aajack-soncounty@gmail.com](mailto:aajack-soncounty@gmail.com).

An alcoholic wakes up in jail. He asks the first police officer he sees, “Why am I here?”

“For drinking,” replies the officer.

“Great,” says the man, “when do we start?”



A drunk walks into a bar, sits down, and demands a drink. “*Get out.*” says the bartender. “*I don't serve drunks here.*”

The drunk staggers out the front door only to come back in through the side door. He sits at the bar, bangs his fist, and demands a drink. “*I just told you to get out, didn't I? Now leave!*”

The drunk gets off his stool, stumbles out the side door and comes back inside through the back door. Once again, he sits at the bar and loudly asks for a drink.

The bartender, now glowing mad, looks at the drunk and yells, “*I told you, no drunks allowed, now get out!*”

The drunk looks up at the bartender and slurs, “*How many bars do you work at, anyway?*”



## Self-Supporting

“Self-supporting alcoholics? Who ever heard of such a thing? Yet we find that’s what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us.”

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



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

Reprinted from Pamphlet “Self-Support: Where Money and Spirituality Mix” with permission of A.A. World Services, Inc.



# Seventh Tradition Contributions and Donations

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



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

Current Period includes funds received during Dec 16, 2021 - January 15, 2022. Year-to-Date includes funds received during Dec 16, 2021 - January 15, 2022.

## Jackson County Groups and Individuals Members

Rebellion Dogs - \$85	Medford Group Fellowship - \$120
Stud Muffins - \$358	Way Out Group - \$100
Capacity To Be Honest - \$20	No Name Group (CP) - \$325
Step Sisters (EP) - \$75	Box of Chocolates - \$20
Eagle Point Women’s Group - \$120	Women of Worth - \$104
Cathy M. - \$10	Scott M. - \$350
Rick K. - \$50	Rebekah - \$20

When supporting Jackson County Central Office, you have a few options:

Option #1 – Donate online via credit card

Visit <https://jccoaa.org/contact/contribute/>

Option #2 - Donate with PayPal®

Please use the QR Code to the right to contribute via your mobile device



Option #3 – Donate by mailing or dropping off your check to:

Jackson County Central Office of Alcoholics Anonymous, Inc.  
116 E. 6th Street, Medford, Oregon 97501

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



## Josephine County Groups and Individual Members

12 O’clock High Group	-	\$275.00
Debbie	-	\$20.00

To support Josephine County Central Office, please mail or drop off your contribution to :

Josephine County Central Office of Alcoholics Anonymous, Inc.  
423 W. 6th Street, Grants Pass, Oregon 97526



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

# Soberversaries—Happy Birthday

**HAPPY**  
Soberversary



## One Day at a Time

We must live our lives by the dictum that states “one day at a time” because today is the only date of true significance. We cannot change the past nor do we want to, and we cannot worry about tomorrow for tomorrow has its own worries.

That is why in A.A., the only sobriety date that truly matters is today. So, take care of yourself today and enjoy and celebrate your sobriety date, but remember every day is a victory. Every day is a miracle.



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

Tell us your sobriety birthday by emailing us at [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com). We will publish your sobriety birthday in the newsletter on the month of your birthday.

### Josephine County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
John B	February 1, 1966	56	Mary S	February 26, 2002	20
Pat V	February 18, 1971	51	Diane W	February 14, 2007	15
Becki P	February 1, 1981	41	Ginger M	February 9, 2008	13
Shirley M	February 23, 1981	41	Sheri S	February 16, 2009	13
Allen M	February 23, 1981	41	Sadie B	February 6, 2011	11
Barge M	February 7, 1982	40	Frankie C	February 14, 2011	11
Rhonda M	February 13, 1984	38	Fred W	February 28, 2015	7
Rick R	February 29, 1984	38	Candy	February 15, 2016	6
Ron G	February 12, 1986	36	Billi Ann	February 22, 2016	6
Dawn D	February 9, 1986	36	Alysha	February 27, 2016	6
Richard B	February 28, 1987	35	Cindy M	February 17, 2017	5
Dale B	February 11, 1990	32	Saije B	February 20, 2017	5
KC H	February 29, 1996	26	Amy C	February 23, 2017	5
			Susan M	February 25, 2017	5

*Today is your birthday: Happy Birthday*

### Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
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Due to the loss of all data containing sobriety dates for A.A. Members in Jackson County, please submit your sobriety date by emailing the newsletter team at [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com). Please include the full date of your sobriety birthday (Month/Day/Year).

I truly apologize for the inconvenience. However, I would appreciate your understanding and cooperation.

*Recovery is amazing*

## Events

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

In Josephine County, please visit [www.grantspassaa.com/upcoming-events/](http://www.grantspassaa.com/upcoming-events/), or in Jackson County, please visit [www.jococaa.org/events.html](http://www.jococaa.org/events.html) to see all current A.A. events including those in nearby areas.



“Have you a sufficient substitute?”

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

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

## Events of Jackson and Josephine Counties

### Potluck Dinner / Speakers / Dance with DJ Hosted by Medford Fellowship Group

Alano Club of Medford, 1921 Elm Ave, Medford, OR

Wednesday, February 12, 2022 @ 2:00 PM to  
Thursday, February 13, 2022 @ 1:00 AM

No Fee. Bring a side dish to share if possible



### Bimonthly Traditions and Concepts Workshop Hosted by District 16

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

Workshop recurs every EVEN numbered month on the 3rd Wednesday followed by the monthly District 16 Business Meeting. Tackling two Traditions and two Concepts each Workshop.



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

### 46th Annual Rogue Round-Up Assembly Hosted by the Round-Up Committee

Josephine County Fairgrounds, Grants, Pass, OR

Thursday—Sunday, April 28, 2022—May 1, 2022



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

*Alcoholics Anonymous*, p. 153

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



### Alcoholics Anonymous Area 58 Quarterly Assembly Hosted by Area 58

Friday—Sunday, February 25, 2022 - February 27, 2022

Virtual via ZOOM @ <http://tiny.cc/area58assembly>  
Registration is not necessary  
If you have questions, please email Gabriel @ [chair-alt@aa-oregon.org](mailto:chair-alt@aa-oregon.org)

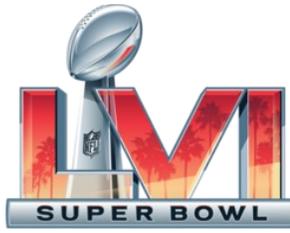


## Sober Fun Events

### Super Bowl LVI Party

Sunday, February 13, 2022 @ 2:00 PM—6:00 PM

Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR



Pizza and beverages will be served. Please bring your favorite side dish to share.

Football Pool and 50/50 Raffle

Come join us for food, sober fun, and football on a big screen TV.

## Upcoming Calendar Events



### District 7 Business Meeting on Zoom®

Feb 2 @ 7:00 PM

Meeting ID: 648 127 84

Mar 2 @ 7:00 PM

Password: 828804

### District 16 Business Meeting on Zoom®

Feb 16 @ 7:00 PM

Meeting ID: 292 293 5999

Mar 16 @ 7:00 PM

Password: 06101935

### Josephine County Intergroup Business Meeting on Zoom®

Feb 17 @ 7:00 PM

Meeting ID: 872 2951 0766

Mar 17 @ 7:00 PM

Password: 444533

### Jackson County Central Office Business Meeting

Feb 5 @ 9:00 AM

Mar 5 @ 9:00 AM

Central Office @ 116 E. 6th Street, Medford, OR 97501

### Rogue Round-Up 2022 Committee Meeting on Zoom®

Feb 24 @ 7:30 PM—9:00 PM Meeting ID: 848 4305 7377

Mar 24 @ 7:30 PM—9:00 PM Password: RU2021

### YPAA Business Meeting

Feb 9 @ 2:10 PM

Mar 9 @ 2:10 PM

Trinity Episcopal Church @ 44 N. 2nd Street, Ashland, OR 97520



*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

## Sober Fun Events

Events listed are sober fun events that do not include formal meetings.

They are not A.A. events.

They are organized by A.A.'s for the enjoyment and benefit of those attending.



## Upcoming Calendar Events

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

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



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Jackson County Central Office of Alcoholics Anonymous, Inc.

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

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

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



Josephine County Intergroup and Central Office of Alcoholics Anonymous

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

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

A Declaration of Unity

This we owe to AA's future:

To place our common welfare first and to keep our fellowship united. Our lives and the lives of those to come depend on A.A. Unity.

# One Day at a Time

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

You can sign up for the newsletter subscription service to receive the monthly edition directly to your email inbox. Visit the Josephine County Intergroup A.A. website at [www.grantspassaa.com/newsletters](http://www.grantspassaa.com/newsletters) or the Jackson County A.A. Central Office website at <https://jccoaa.org/news/news-signup/> for the subscription form and directions.

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).



Next month, in March's edition of *One Day at a Time*, we will cover Step Three, Tradition Three, and Step Three Prayers and Principles.

**SURRENDER** a lifetime of self-will run amok by making the decision to turn it all over to God and allow Him to care for us. Here, we stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world. Here, we learn that recovery is a spiritual process and Step Three opens the doors of **HOPE, FAITH and TRUST** allowing us to take a deep breath and feel the serenity: a gift of sobriety. The essence of Step Three is turning over our will, getting out of the way, and being restored to reality, honesty, balance, and peace of mind.

## 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 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.