

One Day at a Time

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



Recovery is Possible

In A.A., we agree that there is no cure for alcoholism. Once an alcoholic always an alcoholic. This expression succinctly means that we will never gain the ability to drink normally. **However, we can recover, and millions of alcoholics have.** The foreword of the Big Book, *Alcoholics Anonymous*, opens with, "We, of Alcoholics Anonymous, are more than one hundred men and women [in 1939] who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book." 1

Some A.A. members describe themselves as "recovered." This declaration expresses that they have regained their lives and resolved the main problems that drinking had on them. For others, however, recovery is a life-long process. They describe themselves as recovering alcoholics to emphasize that getting well is an ongoing affair that is never fully complete. 2

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**Have a problem with alcohol?
There is a solution.**

**A.A. has a simple program that works.
It's based on one alcoholic helping another. 3**



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**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**

**But, ask yourself, 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." 4

**So, need help with a
drinking problem?**

A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help. 5

Nevertheless, the Big Book is undeniably clear about this topic, and on pages 84 and 85 of the Chapter, "Into Action," Bill W. unquestionably addresses it. However, the following words appropriately come after Step Nine. In other words, work is required to arrive at the point at which the "obsession" is lifted and therefore "recovered." Despite having "recovered" though, the work of recovery continues each day for we only have a "daily reprieve," and even that is not guaranteed. This is why we in A.A. fully recognize that we only have today regardless of the amount of sobriety we each have. For this reason, the motto, One Day at a Time, is significant and has a deeply profound meaning to each one of us.

And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action. 6

*Always remember that you are inherently
deserving of a long, wonderful, and fulfilling
life.*

*Up from the ashes,
Hope will arise.*



One Member's Story

I'm coming up on nine months sober. That's how long it took me to develop in my mother's womb. I lost my way with alcohol and marijuana in my teens and the use continued through my adult life.

Now, looking back at my previous life with an altered state of mind, I find myself looking forward with a clear hope for a sober rest of my life.



Nine months sober!
That's sobriety giving birth to a new me.

One day at a time.

Josephine County A.A member, Laurie J.

Hopeless, but now Recovered

"We, of Alcoholics Anonymous, know thousands of men and women who were once just as hopeless as Bill (A.A. Co-founder). Nearly all have recovered. They have solved the drink problem.

We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism." 9

So, discover A.A. and join us on the road to recovery

A.A. is an enduring program of recovery based on one alcoholic sharing their experience, strength and hope with another. 7



For more than 80 years, A.A. has helped millions recover from alcoholism - to get sober and stay sober. 7



Anyone with a desire to stop drinking is welcome, regardless of race, gender, sexual orientation, religion, income, or profession. You don't have to pay anything to attend.

You can just sit and listen and learn more about recovery, or you can share about your situation. It's completely up to you. 8



A.A. costs nothing and is supported through member contributions, so there are no dues or fees for A.A. membership. 7

Alcoholics Anonymous®



Fifth Step Prayers

Dear God

Please "remove our fear and direct our attention to what" You "would have us be." 11

Please "mold our ideals and help us to live up to them." Help us, God, to "be willing to grow toward" them because, God, "we must be willing to make amends where we have done harm." Reveal to us "what we should do about each specific matter." God, please give us the strength to do right. 12

God, "we earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." 13

"We thank" you, God "from the bottom of our heart that we know [You] better." Help us become aware of anything we have omitted in discussing with another person. Help us to do what is necessary to walk as free people at last. 14

Amen



Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

"All of A.A.'s Twelve Steps ask us to go contrary to our natural desires ... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

So intense, though, is our fear and reluctance to do this, that many A.A.'s at first try to bypass Step Five. We search for an easier way—which usually consists of the general and fairly painless admission that when drinking we were sometimes bad actors. Then, for good measure, we add dramatic descriptions of that part of our drinking behavior which our friends probably know about anyhow.

But of the things which really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us.

Yet if A.A.'s experience means anything at all, this is not only unwise, but is actually a perilous resolve. Few muddled attitudes have caused us more trouble than holding back on Step Five. Some people are unable to stay sober at all; others will relapse periodically until they really clean house. Even A.A. oldtimers, sober for years, often pay dearly for skipping this Step. They will tell how they tried to carry the load alone; how much they suffered of irritability, anxiety, remorse, and depression; and how, unconsciously seeking relief, they would sometimes accuse even their best friends of the very character defects they themselves were trying to conceal. They always discovered that relief never came by confessing the sins of other people. Everybody had to confess his own" 10

Step Five is "a life-and-death errand."

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

Step Five - Continued from page 4

"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 ...

"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." 15

Recovery means ...

Hope and Resilience

Health

Safe and Stable Home

MEANING AND PURPOSE

COMMUNITY - RELATIONSHIPS - FELLOWSHIP

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....

"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." 16



Our Primary Purpose

"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."

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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.



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.

"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" 17

Step Five: A Clean Slate

Those Tormenting Ghosts of Yesterday

We were all born with a clean slate. From the first day of our lives, we started to experience different emotions, and those feelings had to do with the way we evolved into who we are today. Instinctively, we responded to the different threats and comforts of life, and these were the things that established our mental strengths and weaknesses. I believe our problems can be traced back to the conditioning we experienced as we formed our mental and spiritual makeup. The perception we have of ourselves may be likened to a chalkboard containing every experience of our lives. If we can look at it and be satisfied that we had a good track record we would be comfortable with it and lead a normal life. If, however, we find ourselves on the negative side of the ledger in our formative years, we may develop abnormal feelings of guilt and shame that may trigger the beginning of the compulsion to drink excessively.

In the beginning, we get a temporary relief that tells us that we are fine, but it only lasts until we wake up one morning and find ourselves in an even deeper quandary. We reach for the bottle, and it gives us that temporary euphoria. We repeat this process over and over until something tragic in our lives drives us to Alcoholics Anonymous where we are encouraged to go through a process that can restore us to a more normal life. Steps One through Four are about surrender, acceptance, and discovery. Step Five is about disclosure, and, for me, it was the gateway to how I was to live the rest of my life.

After two attempts at Step Four, I was faced with the decision as to whether my future was going to be honest and meaningful or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those so-called "tormenting ghosts of yesterday," (*Twelve Steps and Twelve Traditions*, p. 55), and looking back on it now, I realize that the decision to do this was the lynchpin for my thoroughness with the rest of the steps. Had I not cleaned the slate at that time, I just do not see how I could have followed the spirit of truth and honesty with myself and others which has resulted in the peace of mind that I enjoy today.

My inventory had to deal with bad habits and deeds which had to be changed by the process suggested in Steps Six and Seven. That was the easy part of Step Five. However, those "tormenting ghosts of yesterday" were another story. These were not habits, but deeds that I had done as an adolescent that seemed unforgivable. I deeply believed that no one should ever know; I would take them to the grave with me. Mustering the strength to take that risk may have been the most crucial step I have ever made. My brain had been lying to me. After all, how bad could a thirteen-year-old kid be? That one decision is what I credit with giving me my life back, and if I had not done it, I

GRAPEVINE Daily Quote

Daily Quotes

"The word powerless ... described my situation with alcohol perfectly and completely. My life was more than unmanageable, it was illegal."

"Gateway to Freedom," Gainesville, Florida, September 1994,
Step By Step

"The AA message does not carry itself; somebody must carry it."

"Let Go and Let God," Jackson, Mississippi, November 1964,
AA Grapevine

"The most important thing AA has given me is the chance to get to know someone I never knew -- myself."

"Getting to Know You -- I Mean Me," Calgary, Alberta, December 1994, AA Grapevine

"As I trudge the Road of Happy Destiny, AA holds my left hand, God holds my right, and I have no hands left to pick up a drink."

"Can She Bake a Cherry Pie?" Albuquerque, New Mexico, January 2002, AA Grapevine

"I used to think that having a pint was the only way to have fun; now I know that, for me, it's the only way to destroy the fun that I'm having!"

"Front Row on Fun," Toronto, Ontario, August 2003, AA Grapevine

Fun and Humor



Just a little humor to lighten the moment. Send your A.A.-related favorites to 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 waaaaaay less than I did.

I thought that 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 walked into an A.A. meeting.

LOL. Just kidding."



Step Five: A Clean Slate - Continued from page 7

do not see how I could have given a good effort to the rest of the steps. I often hear members of the program who seem to resist looking deeper into their regrets and seem to build a wall of reasons why they do not need to, and I wonder if they might be caught up in the same dilemma that I was in when I took my fifth step. I wish I could reassure them that it is not worth the mental torment that it puts us through and that it may be wise to revisit that step and clean the slate. We cannot live alone with them; we must talk to someone about them. If you are that person, I encourage you to try to garner the strength to take that risk and clean the slate. After all, we only live once. Let us not waste the opportunity to live a peaceful and contented life.

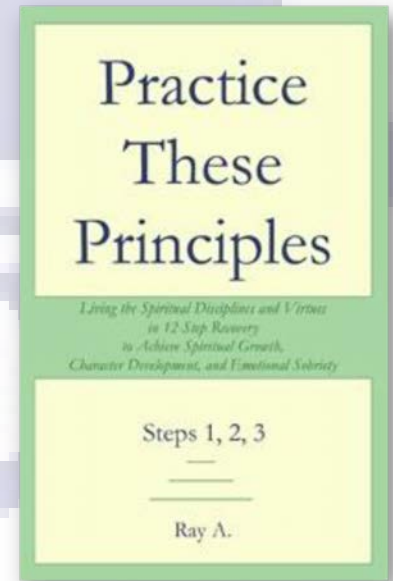
Submitted by Rick R.

Character Defects

As we work on 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 crucial to our new life in sobriety. We can and will not ever 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



Character Defects – Continued from page 8

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. As the primary subject of the inventory that we fearlessly and thoroughly did in Step Four, 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* describe 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). 18

Submitted by Winslow C.

Step Five is about Integrity

“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 have confidence in to keep what is said in trust. Sealing the deal in 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, is not critical, judgmental and is patient are a few things to look for to complete the task of Step Five.”

A “shortcoming” is like a flat tire.

A “character defect” is like driving on it.

IT IS NOT THE MOUNTAIN WE CONQUER BUT OURSELVES.



Our defects of character are the bars of a cage. The central point is not to study the bars, but to get out of the cage.

Service to Others

“Life will take on new meaning.”

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

"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 with permission from A.A. World Services, Inc. *Alcoholics Anonymous*, p. 89.

A Society in Action

Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

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

Living Out Recovery

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:



Living Out Recovery - Continued from page 10

- Sponsorship
- District 16 or District 7 Director or Representative
- Central Office or Intergroup Director or Representative
- General Service Representative (G.S.R.) (See below)
- Volunteering to work on A.A.s Public Information/Cooperation with the Professional Community Committees (C.P.C.), Bridging the Gap Committees, Treatment Facilities Committees, Correctional Facilities Committees
- Visiting A.A.s in correctional facilities
- Making coffee or tea at an A.A. meeting
- Chairing or moderating an A.A. meeting
- Giving out coins/tokens/chips
- Helping with meeting set-up or clean-up
- Welcoming newcomers to A.A. meetings
- Being supportive of those who are struggling in sobriety/recovery
- Taking an official service role within an A.A. group, such as Treasurer or Secretary
- Speak to people who are obviously struggling with alcohol problems



Service to Others

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 from 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 April 23, 2021, from <https://toledoameetings.com/importance-aa-service-work/>.

"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." 19



Service to Others

G.S.R. GENERAL SERVICE REPRESENTATIVE

"By choosing its most qualified member as G.S.R., a group helps secure its own future — and the future of A.A. as a whole."

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"You are linking your home group with the whole of A.A. ... You transmit ideas and opinions, as well as facts; through you, the group conscience becomes a part of 'the collective conscience of our whole Fellowship,' as expressed in the General Service Conference.

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Living Out Recovery - Continued from page 11

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

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

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, 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. SO, ARE YOU READY and WILLING TO SERVE?

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

A Call For Stories

Box 459's announces a Call for Stories for three projects: the Fifth Edition of the Big Book, the Fourth Edition of *Alcohólicos Anónimos*, and the "A.A. for the Black and African American Alcoholic" pamphlet.

ALCOHOLICS ANONYMOUS, FIFTH EDITION

The Preface to the Second Edition of the Big Book explains that revisions to the personal history section of the book were made in order "to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics."

In that spirit, the 2021 General Service Conference recommended that: "a Fifth Edition of the Big Book, *Alcoholics Anonymous*, be developed, including an update of stories to better reflect the current membership, keeping in mind the 1995 Advisory Action that stated, "The first 164 pages of the Big Book, *Alcoholics Anonymous*, the Preface, the Forewords, 'The Doctor's Opinion', 'Dr. Bob's Nightmare', and the Appendices remain as is."

In response to this Advisory Action, the trustees' Literature Committee is seeking a wide range of A.A. recovery experiences from members of the Fellowship. Recognizing that all stories are of value, the Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition that are from a broad cross-section of our local communities. As Bill writes on page 29 of the book *Alcoholics Anonymous*:

Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, 'Yes, I am one of them too; I must have this thing.'

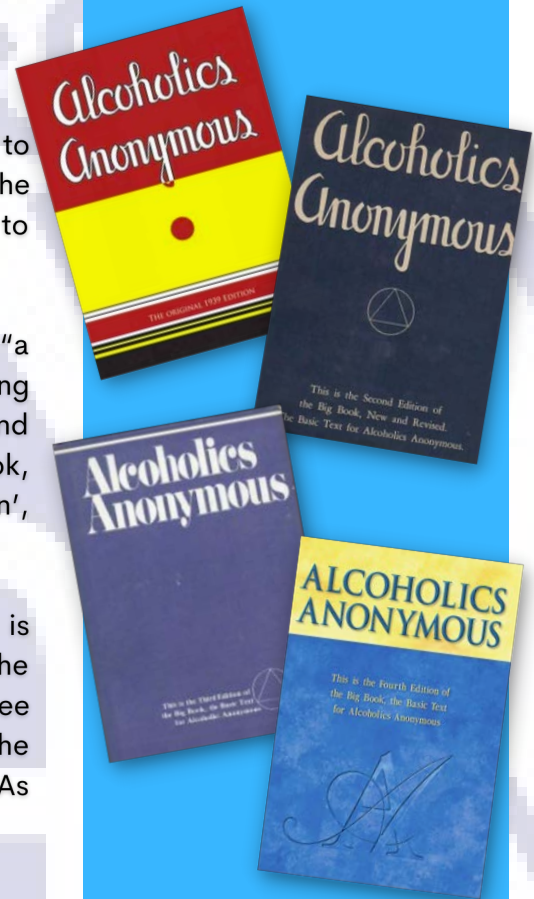
It is the Literature Committee's shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth Edition.

The submission deadline is October 31, 2022. Further information on where to submit your story will be provided to the Fellowship through Box 4-5-9, the A.A. website at <https://www.aa.org/box-459>.

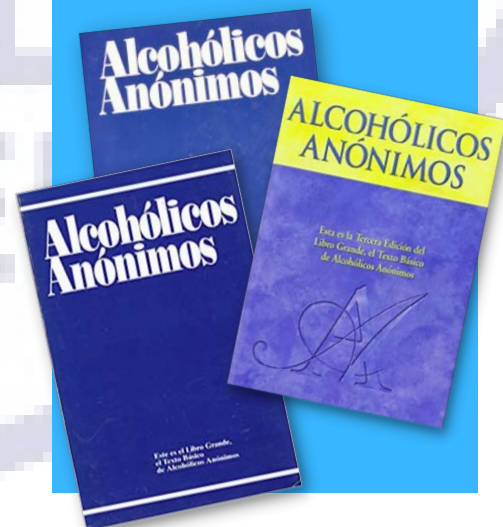
ALCOHÓLICOS ANÓNIMOS, FOURTH EDITION

In keeping with the recommendation of the 2021 General Service Conference that "A Fourth Edition of the Spanish-language Big Book, *Alcohólicos Anónimos*, be developed, including updated stories that better reflect the current membership and that a progress report be presented to the 2022 General Service Conference," the trustees' Literature Committee is seeking stories of recovery from members of the Hispanic community in the A.A. structure in the United States and Canada.

Service to Others



Your experience, strength, and hope is a gift from God. Your story of recovery may save another's life. Be of service and share it.



Service to Others



A.A. for the Black and African-American Alcoholic

In this General Service Conference-approved pamphlet, nine Black and African-American people — of all ages and from all walks of life — share how they found sobriety and a new way of life in Alcoholics Anonymous.



A Call For Stories - Continued from page 13

The committee is seeking stories of recovery from a wide representation of the Hispanic community. Stories of recovery may include:

- Ethnic, cultural, gender, and LGBTQ diversity
- Diversity of social status
- Experiences of sobriety during the pandemic
- Newcomer and oldtimer experiences
- Accessibility experiences
- Spiritual experiences
- A.A. meetings on virtual platforms
- Sobriety and mental health

The suggested format for typed manuscripts is 3,500 words, double-spaced, in 12-point type. Handwritten stories should be approximately 5-6 pages in length.

The submission deadline is December 15, 2022. Submit via email to 4LGHistorias@aa.org. The subject line should read "Fourth Edition Spanish"

A.A. FOR THE BLACK AND AFRICAN-AMERICAN ALCOHOLIC PAMPHLET

The trustees' Literature Committee has opened a call for stories in response to the 2021 General Service Conference Advisory Action regarding the pamphlet "A.A. for the Black and African-American Alcoholic," stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive.

The committee is seeking stories of recovery from all African-American, Canadian, and Caribbean A.A. members from the English-, French- and Spanish-speaking Black communities in the A.A. structure in the United States and Canada. Stories of recovery may include:

- Experience, strength, and hope
- Steps, Traditions, Concepts
- Sponsorship
- A.A. service
- Safety and racism
- Ethnic, cultural, gender and LGBTQ diversity
- Military
- Black mental health and diverse abilities
- Diversity of social status
- BIPOC A.A. Meetings
- Atheist/agnostics

The suggested format for typed manuscripts is 500-800 words, double-spaced, in 12-point font. Handwritten manuscripts should be approximately five to six pages in length.

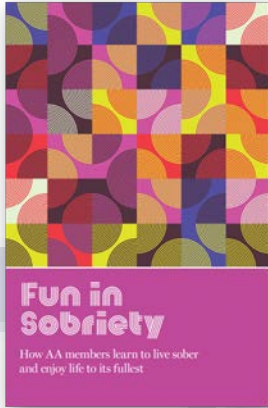
The submission deadline is October 31, 2022. Submit via email to pamphletstories@aa.org. The subject line should read "A.A. for the Black and African-American Alcoholic."

Thank you for your participation in the process!

Retrieved with permission from Alcoholics Anonymous World Services, Inc., from Box 4-5-9, Vol. 68, No. 1, Spring 2022, F-36, p. 11.

A.A Grapevine

WHAT'S NEW?



NEW BOOK!

Fun in Sobriety

A.A.'s newest book is about how AA members learn to live sober and enjoy life to its fullest.

Features 50-plus inspiring stories by members of Alcoholics Anonymous about the many ways they've learned to have a good time after putting down the drink. Available in English, Spanish, and French.

FREE SHIPPING!

We're pleased to announce free shipping for the U.S. and Canada on some select books.

For more information, please visit store.aagrapevine.org



A.A Special Event



Stop by Central Office 432 NW 6th St. #202
Grants Pass, OR 97526
541-474-0782



BILL W. and Dr. BOB

Get your FREE ticket to the Barnstormer's production of *Bill W. and Dr. Bob*. This is a special showing for AA members of Grants Pass. You must have a ticket to attend. Only 88 tickets to give away so don't delay!

Have a look around the office, grab a water or coffee, a treat and some fellowship. AND pick up your FREE ticket to the exclusive performance. Barnstormers Theater 112 NE Evelyn Ave, Grants Pass, OR 97526 Thursday June 16, 2022 6:30pm for treats & fellowship 7:30pm performance

We want to thank our AA community for all your support through the pandemic. We got through it and we're SOBER!

June 10, 1935

Josephine County Intergroup invites you to celebrate Founder's Day!



AAGRAPEVINE

Half-Hour Variety Hour

Our new podcast, the AA Grapevine Half-Hour Variety Hour can be heard anywhere you listen to podcasts. We release a new episode every Monday. Tune in to hear funny, poignant, and always inspiring "meeting after the meeting" conversation about getting sober and staying sober in Alcoholics Anonymous.

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast.

2022 CARRY THE MESSAGE PROJECT

Grapevine & La Viña are great twelfth step tools. Give a gift subscription to an alcoholic who needs it. Perfect for sponsees, newcomers, prisons, detoxes, etc.

Get your A.A. Group to join in. Carry the message. It's easy.

Go to aagrapevine.org/carry-the-message to get started.



2022 CARRY THE MESSAGE PROJECT

Self Supporting

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

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



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

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



Seventh Tradition Contributions

Thank you A.A.'s and A.A. Groups for your contributions that support and keep Central Office open to serve our communities.



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

This report includes funds received from March 16 to April 15, 2022.

Jackson County Groups and Individuals Members

- | | |
|---------------------------------|-------------------------------|
| Box of Chocolates - \$15.00 | Anything Goes Group - \$68.41 |
| S.O. Dog on the Roof - \$460.00 | Cathy M. - \$10.00 |
| Her Story (Women's) - \$75.00 | Wayne T. - \$55.00 |
| Medford Fellowship - \$60.00 | Wayne T. - \$25.00 |
| 99 & Under Group - \$100.63 | Terry K. - \$30.00 |

When supporting Jackson County Central Office, you have a few options, so please visit <https://jccoaa.org/contact/contribute/> for a description of the various options. You may also donate with PayPal®. Please use the QR Code to the left to contribute via your mobile device.



Josephine County Groups and Individual Members

- Uppity Women's Group - \$60.00



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

"We proudly impose an obligation on ourselves to pay our own way. As a responsible member, if you accept this principle, you may at this timeshare your strength and show your gratitude when the basket comes your way.

"We are self-supporting through our own contributions. Those before us put money in the basket, so there were rooms, literature, phones, etc., to save lives. So why don't we be generous when the collection comes our way, so there will be a place for those yet to come." 20

A.A. Soberversaries - Happy Birthday



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

Tell us your sobriety birthday by emailing us at aajacksoncounty@gmail.com. We will publish your sobriety birthday in the newsletter on the month of your birthday.

Josephine County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Ron D	May 1, 1990	32	Jeremy G	May 20, 2015	7
Aimee A	May 2, 2002	20	Susan G	May 6, 2016	6
Julie B	May 15, 2010	12	Larry C	May 12, 2018	4
Ralph B	May 14, 2010	12	Charles L	May 29, 2016	6
Dennis S	May 3, 2014	8	Shawn LD	May 17, 2018	4
Chris B	May 13, 2014	8	Dave G	May 30, 2018	4
Sarah L	May 26, 2014	8	Joey W	May 20, 2019	3
Matthew D	May 20, 2015	7			

Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
G.O.	May 7, 1982	40	Abigail M	May 7, 2006	16
Dwain M	May 5, 1982	40	Crystal H	May 19, 2008	14
Bill R	May 28, 1982	40	Debbie P	May 13, 2009	13
Leslie W	May 20, 1985	37	Lauren B	May 22, 2010	12
Ted W	May 25, 1987	35	Chris W	May 8, 2011	11
Sandy G	May 25, 1987	35	Jose A	May 15, 2011	11
Patricia M	May 1, 1989	33	Heather W	May 3, 2016	6
Kristin B	May 20, 1990	32	Jan R	May 5, 2016	6
Patrick D	May 17, 1994	28	Monique	May 30, 2016	6
Patricia W	May 24, 2002	20	Sarah C	May 14, 2018	4
Steve K	May 13, 2003	19	Shana F	May 5, 2020	2
Butch E	May 15, 2003	19			

You are deserving of a long and happy life.

"Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them." 21

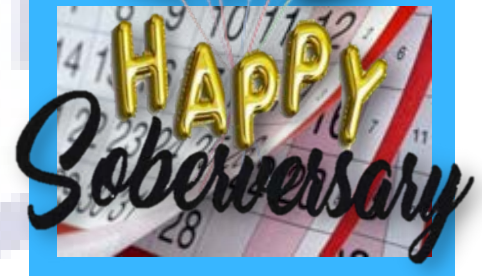


One Day at a Time

We must live our lives by the dictum that states "one day at a time" because the truth is that today is the only day we really have. We cannot change the past nor do we want to, and we cannot worry about tomorrow for tomorrow has its own worries.



That is why in Alcoholics Anonymous, the only sobriety date that truly matters is today. We can only stay sober today. We can only affect today, so take care of yourself today, enjoy your family and friends today, do the "right thing" today, and celebrate today for today is all we really have. Today is a victory. Today is a miracle.



A.A. Events

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

In Josephine County, please visit the Events tab at the Josephine County Central Office website at www.grantspassaa.com, or in Jackson County, please visit the Events tab at the Jackson County Central Office website at www.jocoaa.org to see all current A.A. events including those in nearby areas.



"Have you a sufficient substitute?"

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

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

Events of Jackson and Josephine Counties

Monthly Traditions and Concepts Workshop

Hosted by District 16
Wednesday, May 18, 2022 @ 6:00 PM – 6:50 PM

*"On anvils of experience,
the structure of
our Society
was hammered out."*



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

Join District 16 as we meet every month for the Traditions and Concepts Class. We will tackle a Tradition and a Concept every month we meet.



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

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

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

Live and on ZOOM

Visit www.rogueroundup.com for details on how to join via simulcast on ZOOM or how to join the Round-Up LIVE.



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!

Area 58 General Service Virtual Assembly

Friday - Sunday, May 20, 2022 @ 5:00 pm – May 22 @ 6:00 pm



This virtual assembly will be held via ZOOM. You can join each meeting via computer or mobile device.

More information will be available at www.medfordarea.org under the Events tab. Look for links on how to log in to attend.

SPECIAL EVENT

A.A. Sober Fun Events



Bingo

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



Bowling

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



Calendar Events

District 7 Business Meeting on Zoom®

May 3 @ 7:00 PM	Meeting ID:	489 479 9084
Jun 7 @ 7:00 PM	Password:	D7

District 16 Business Meeting on Zoom®

May 8 @ 3:00 PM - 4:30 PM	Meeting ID:	456 010 1935
Jun 12 @ 3:00 PM - 4:30 PM	Password:	06101935

Josephine County Intergroup Business Meeting Live and on Zoom®

May 19 @ 7:00 PM	Meeting ID:	872 2951 0766
Jun 16 @ 7:00 PM	Password:	444533

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

Jackson County Central Office Business Meeting

May 7 @ 9:00 AM
Jun 4 @ 9:00 AM
A.A. Central Office @ 116 E. 6th Street, Medford, OR 97501

YPAA Business Meeting

May 11 following the Ashland Young People of A.A. meeting @ 7:10 PM
Jun 8 following the Ashland Young People of A.A. meeting @ 7:10 PM
Trinity Episcopal Church, 44 N. 2nd Street, Ashland, OR 97520



A.A. Sober Fun Events

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

They are not A.A. events. They are organized by A.A.'s for the enjoyment and benefit of those attending.



Calendar Events

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

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

Join the fun and be of service.

We Are



Jackson County Central Office of Alcoholics Anonymous, Inc.

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

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

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



Josephine County Intergroup and Central Office of Alcoholics Anonymous

Josephine County Central Office
432 NW 6th Street, Rm 202 Grants Pass, 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 or the Jackson County A.A. Central Office website at <https://jccoaa.org/news/news-signup/> for the subscription form and directions. You can also scan the QR Code to the left with your smart device to be taken directly to the sign-up website.



Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, artwork, cartoons, jokes, or anything that has helped you on your journey to aajacksoncounty@gmail.com.

Coming Next Month

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 Principles. 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. Steps 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.



Disclosure

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