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One Day at a Time

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

Willingness

I must be willing to give up what I am in order to become what I will be.

Albert Einstein

Can We Choose?

"We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings—that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose."

"As active alcoholics, we lost our ability to choose whether we would drink. We were the victims of a compulsion which seemed to decree that we must go on with our destruction.

"Yet we finally did make choices that brought about our recovery. We came to

WELCOME

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Life is beautiful. It's time you discover its beauty.

Sixth Step Prayers

Dear God

"Help me become willing to let go of all the things to which I still cling.

Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place."

Derived from *Alcoholics Anonymous*, Fourth Edition, "Into Action," p. 76.

Dear God

I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

A.A. Cleveland District Office, Cleveland, Ohio. 2020. Retrieved from https://www.aacle.org/twelve-step-prayers/ on Ma[illegible], 2022.

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believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one. We came to believe that a Higher Power could restore us to sanity when we became willing to practice A.A.'s Twelve Steps.

"In short, we chose to 'become willing,' and no better choice did we ever make."

Reprinted from *As Bill Sees It - The A.A. Way of Life*, p. 4 with permission from Alcoholics Anonymous World Services, Inc.

Step Six

"Were entirely ready to have God remove all these defects of character."

Letting Go of Our Old Selves

"Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last .... Are we ready to let God remove from us all the things which we have admitted are objectionable?"

Alcoholics Anonymous, pp. 75, 76

"The Sixth Step is the last 'preparation' Step. Although I have already used prayer extensively, I have made no formal request of my Higher Power in the first Six Steps. I have identified my problem, come to believe that there is a solution, made a decision to seek this solution, and have 'cleaned house.' I now ask: Am I willing to live a life of sobriety, of change, to let go of my old self? I must determine if I am truly ready to change. I review what I have done and become willing for God to remove all my defects of character; for in the next Step, I will tell my Creator I am willing and will ask for help. If I have been thorough in the preparation of my foundation and feel that I am willing to change, I am then ready to continue with the next Step. 'If we still cling to something we will not let go, we ask God to help us be willing.'" (*Alcoholics Anonymous*, 76)

Reprinted from *Daily Reflections*, June 4, p. 164 with permission from Alcoholics Anonymous World Services, Inc.

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

Tradition Six

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

"We of Alcoholics Anonymous could not be all things to all men, nor should we try .... Concerning endorsements, our friend had said it all. We saw as never before that we could not lend the A.A. name to any cause other than our own."

Reprinted from *Twelve Steps and Twelve Traditions*, pp. 157, 159 with permission from Alcoholics Anonymous World Services, Inc.

"There are two major danger areas. But our course has been charted and the hazards clearly marked. If we steer clear of them, we should have smooth sailing ... affiliation of A.A. groups with anything outside A.A. (and) any activity that would harm A.A. as a whole."

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

"If we still cling to something we will not let go, we ask God to help us be willing."

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services,nc

"The important thing is this — to be able at any moment to sacrifice what we are for what we could become."

Charles Frédéric Du Bos

Sixth Step Principle

Willingness

*"In Step six we learn more about the necessity of **willingness** as we become entirely ready to let go of our shortcomings. We apply this principle in many ways now, learning through each day's experience the difference between self-will and a simple willingness to cooperate with the guidance of our Higher Power."*

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

Reprinted from *As Bill Sees It - The A.A. Way of Life*, p. 115, "Essence of Growth" with permission from Alcoholics Anonymous World Services, Inc.

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**.*

The Dragonfly

The dragonfly, in almost every part of the world, symbolizes ***change*** *and* ***change*** *in the perspective of self realization and the kind of* ***change*** *that has its source in mental and emotional maturity and the understanding of the deeper meaning of life.*

The Dragonfly's scurrying flight across water represents ***an act of going beyond what's on the surface and looking into the deeper implications and aspects of life.***

The Dragonfly has been ***a symbol of happiness, new beginnings, and change*** *for many centuries.* ***It symbolizes hope, change, and love****.*

So, similar to the result of Step Six, its symbolism is associated with ***change****, and it carries with it the necessary wisdom for* ***transformation****. The dragonfly reminds us not to remain in the dark or the shadows of who we are.*

On a deeper level, the dragonfly encourages us to dive into our emotions and asks our spirit to soar with our true colors, inspiring us to break free from our illusions. As the dragonfly reflects light, it asks us to reflect our inner light.

As a result, it encourages us to be ***adaptable, creative, and inspired*** *even if it means changing the way we act or think* ***so we can achieve our full potential.***

In all its beauty, the dragonfly asks us to express our authentic selves in truth, grace, and love. So a dragonfly's meaning can be summarized as ***'transformation to become who we really are.'***

Clifford, G. C. (September 24, 2021). Dragonfly Symbolism & Meaning. Retrieved from https://worldbirds.com/dragonfly-symbolism/ on April 26, 2022.

Untitled – From the Inside

"I find myself often wondering about why and how I ended up where I am, here in prison, locked in a cage like an animal for most of the day, every day, never able to go for a peaceful walk at night, eat at a nice restaurant, make love to a woman. It's so goddamned unnatural, isn't it? It really is like a nightmare. Something unreal, so awful, so horrific, it just couldn't be real, could it? But then, I again feel the claustrophobia of the cage in which I'm forced to live, and I once more comprehend oh so clearly that it is absolutely real. It's the most real thing I've ever experienced. For me, it's madness. I get so frustrated when I hear other men say, 'Prison saved my life,' or 'I know I deserved to pay for my sins,' or 'If I wouldn't have come to prison, I know I'd be dead by now.'

"What!?! What the hell? No! Wake up! I want to yell in their face, we are victims! Good men enslaved by this corrupt system by evil and corrupt monsters! Right? 'I don't belong here!' I silently scream to myself in my little cage (which by the way is usually when someone else on the block will scream those exact words out loud, I'm fairly sure mocking me and my pain on some weird spiritual level). But then, once more my mind wonders as to what I actually did to end up here in this prison. It again hits me. Oh yeah, I remember, not so great. In fact, kinda awful and mean and cruel. You're such an Idiot!!!

"'Goddamnit,' I quietly whisper to myself. 'Maybe I do deserve this. Ok, maybe not this much time, not this form of punishment and despair, but crap, maybe I do need to still figure some things out.' The fact is, I'm not innocent. I actually did do those things they said I did, and frankly, what a fool I was, maybe I still am. It's a tough pill to swallow, but I know I have to accept responsibility, if I ever really do want to grow as a man, as a decent person, I have to accept that I've made some pretty big and horrible mistakes. I don't believe I'm evil. I know I'm not. But the truth is, at times, I am selfish, cruel, violent.

"'Goddamnit,' I again sadly whisper to myself. **'Ok, God, universe, ancestors, if anyone is listening, I'm sorry. I don't want to be less than what I'm meant to be. Please, guide me, show me who I can be. Give me a clean heart, a kind heart. Please, show me...'**

"Step Five says, 'Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.' I realize again I have to admit my mistakes, confess my sins. 'Man-up, Tim and just admit the fact you put yourself here! No more pretending, no more lying to yourself. Admit it!' The fact is, ok, it happened, it is what it is. **But the truth is, and this is so important, it's what I do from this moment on that matters most. Do I just accept that I'm a jerk, flawed, even perhaps broken and there's just nothing I can**

Untitled—From the Inside - Continued from page 4

do about it? The answer? Hell, no! Admitting that I've been wrong is not the end. In fact, it's just the beginning. If I don't like what I've done, who I've been, guess what. I can change! I'm a grown-ass man and I get to do whatever the hell I want, and if I want to change and become someone better than who I've been, all I have to do is choose to do it. Of course, it's a process. It takes time, but the first step is seeing where I've made mistakes and then? Fix them!!!

"Step Six says, 'Were entirely ready to have God remove all these defects of character.' If anyone out there is listening, I'm ready! I am so freakin' ready! I know there is such an incredible future waiting for me if I can just get there, because I know with patience, with dedication and with an absolute desire to be honest about who I am and who I want to be, I know I can get there. I know we all can get there. We must get there. So, how do we do it? The secret? We choose to..."

Reprinted from Run of the Mill – 1944 and Beyond, A Publication of the Mill Creek Group of Alcoholics Anonymous, From the President, Tim T. Mill Creek A.A. President, Edition 75 No. 3 May/June 2018.

The Mill Creek A.A. Group at the Oregon State Penitentiary (OSP) in Salem, Oregon celebrated its 78th anniversary on May 3, 2022. It was established in 1944 making it the longest-running prison A.A. group in the nation. OSP is Oregon's only maximum security prison.

Character Defects – Part Two

In the book, *Alcoholics Anonymous*, we learn that **our character defects are flaws in our make-up. They are signs and symptoms of "self" and expressions of our spiritual malady of selfishness and self-centeredness.** As a result, we need to rid ourselves of them because these flaws caused our failure and will continue to wreak havoc in our lives if we do not deal with them. This process of getting rid of our character defects begins in the work we do in Step Four as long as we are fearless and thorough.

According to Ray A., in his book, *Practice These Principles*, our character is the sum total of traits, attributes, behaviors, and values that comprise our morality. They "characterize" us. They govern the way we conduct ourselves and live out our lives. These traits can be two types. On one hand, they can be positive and "characteristic" of excellent human qualities. As a result, they are conducive to a flourishing and healthy way of life and well-being. On the other hand, these traits can be negative and representative of terrible human qualities. Thus, they may lead to injury and failure in life. **Negative traits of character lead us to do wrong and behave in anti-social ways.** Since they distort our perception of reality, we come to value the wrong things in life, or

The Butterfly

*Butterflies are **a universal symbol of transformation, spiritual growth, progress, and enlightenment.***

*The butterfly is **a beacon of light and hope that comforts and inspires us as we navigate through the complex mix of trials and triumphs that unfold in all of our lives.** To me, that sounds like our walk in recovery, at least through the Steps.*

On the whole, butterflies are usually interpreted as representing creativity, rebirth, joy, transformation, nature, beauty, and growth.

Much of the symbolism connected with the butterfly comes from its incredible life cycle, an inspiring natural process from which we can draw insight and wisdom.

*Butterflies begin their lives as eggs which hatch into the larval form of the caterpillar, basically a worm inching its way along the leaves that it eats. After a while, though, the caterpillar cocoons itself in a chrysalis where it begins to **transform into something entirely new.** When it reemerges from the chrysalis, it does so as a vibrant, colorful, and gorgeously winged butterfly, a transformation process that is a powerful expression in spiritual transformation and personal potential.*

*When we undergo a spiritual transformation, **we must retreat from the outer world and into our inner being. We must surround ourselves in a cocoon of positivity, self-reflection, and focused intentions while we undergo the process of discovering our next form.***

Once we are sure of our transformation, we must emerge from within. Just as the butterfly awakens and is ready to fly after transforming, we too must emerge after being reborn and refined into a new being.

Clifford, G. C. (February 28, 2022). Dragonfly Symbolism & Meaning. Retrieved from https://worldbirds.com/butterfly-symbolism/ on April 26, 2022.

It's What We Do or We Die

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past."

Reprinted from *Alcoholics Anonymous*, p. 75, with permission of A.A. World Services, Inc.

"... any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults without any reservations whatever has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator."

Reprinted from *Twelve Steps and Twelve Traditions*, p. 63 with permission of A.A. World Services, Inc.

". . . we then look at Step Six. We have emphasized willingness as being indispensable."

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services, Inc.

"Can He now take them all—everyone?"

Reprinted from *Alcoholics Anonymous*, p. 76 with permission from Alcoholics Anonymous World Services, Inc.

"What I will be tomorrow is determined by what I think today."

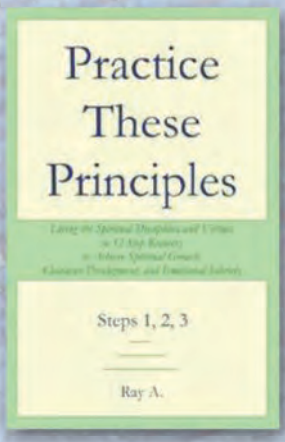
Reprinted from *Daily Reflections*, May 1, p. 130 with permission from Alcoholics Anonymous World Services, Inc.

Character Defects - Part II - Continued from page 5

to value the right things but in the wrong ways. **This distortion in turn warps our thoughts and emotions, which are the main drivers of our behavior.**

Negative character traits are faults, flaws, or defects. In ancient times, the Greeks called them vices. On the contrary, positive traits are virtues or excellences. Bill W. highlights these positive traits in the book, *Alcoholics Anonymous*. They are virtues and principles as acceptance, compassion, courage, faith, forgiveness, gratitude, honesty, hope, humility, kindness, love, patience, open-mindedness, serenity, simplicity, tolerance, willingness, and wisdom. Bill W. also stresses the negative traits and defects, such as dishonesty, envy, greed, intolerance, jealousy, lust, pride, resentment, self-centeredness, selfishness, self-pity, and sloth (A., R, 2012).

According to Merriam-Webster, a defect is an imperfection or abnormality that impairs quality, function, or utility, a shortcoming, or a flaw (Merriam-Webster, n.d.). So, a defect reflects a defective quality. It is deficient or lacking in the qualities and attributes required for a perfectly developed trait, a virtue. By nature, a defect is therefore the absence of that which is good, excellent, or perfect. Sometimes, the quality and attributes that are lacking to make up a virtuous trait are obvious because the trait utterly lacks the positive quality and attribute, but sometimes, it is not so apparent. For example, a dishonest person obviously lacks honesty, but a dishonest person can also lack courage since telling the truth sometimes takes courage. Similarly, an ungrateful person obviously lacks gratitude but so may an envious or greedy person since gratitude is a trait that enables us to appreciate and be content with what we have rather than wanting more or desiring what others have (A., R, 2012).



According to Ray A., throughout our lives, we acquire or develop both types of character traits in some way. In fact, we are born with built-in capacities to develop them. Although we are not born with these types of character traits, we acquire and develop them in the process of living our lives. During the process, they become specifically "character" traits, rather than some other type of trait. They "characterize" us because they become engraved in us as "characters," literally marks that are inscribed, impressed, or imprinted in the self and govern the way we perceive ("construal") the things around us including the things we care about ("concerns"), our emotions ("concern-based construal"), and our consequential actions (A., R, 2012).

Repetitive experiences of these traits, both defects and virtues, further embed them in our psyche. They begin to influence all behavior and become habitual. They make "marks" in our thoughts and minds with encoded instruc-

Character Defects - Part II - Continued from page 6

tions to repeat behaviors XYZ in situations like ABC. Therefore, even though the development of defects and virtues work the same way, defects develop more or less naturally over the course of our lives, while virtues require intentional effort. For instance, some of us learn to lie and cheat at an early age, and over time we become dishonest people. We lie and cheat as a matter of course, automatically, instinctively, and even unconsciously at times. In this way, all negative habitual behavior renders us powerless over ourselves, so that even when we want to do the right thing, we can't (A., R, 2012).

On the contrary, honesty requires a reversal of this habitual process. Becoming honest is a process of getting rid of dishonesty, a process of undoing the old habits which have taken root in us and developing the corrective virtues. These virtues gradually displace and replace our defects. These virtues are their antidotes. They are corrective not only of our defects of character but also of the deficiencies which these generate in our concerns, construals, and emotions (A., R, 2012).

Ray A. contends that developing virtues and eliminating defects requires work, lots of work. Bill W. realized this truth, which is why the Big Book greatly emphasizes working the Steps and practicing the principles, the virtues, in all our daily affairs. Steps Four through Ten are central to this process and this development. On a daily basis, we learn to take inventory of our defects of character and of the defective thoughts and emotions these generate. We admit them, become ready to surrender them and ask God for their removal. Consequently, we make amends for the harm we caused because of them and practice the corrective virtues and the principles in our daily lives (A., R, 2012).

Finally, according to Ray A., as **this process of "housecleaning" itself becomes habitual, doing it regularly and consistently, day in and day out, it becomes a new way of life. It is part and parcel of our spiritual awakening as we seek to do God's will for us.** As we do, our defects of character weaken and diminish, while our strengths of character grow (A., R, 2012). **This is true recovery.**

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

Merriam-Webster. (n.d.). Defect. Merriam-Webster.com dictionary. Retrieved March 28, 2021, from https://www.merriam-webster.com/dictionary/defect.

"... we can achieve no liberation from the alcohol obsession until we become willing to deal with those character defects which have landed us in that helpless condition."

Reprinted from *As Bill Sees It - The A.A. Way of Life*, p. 327 with permission of A.A. World Services, Inc.

GRAPEVINE Daily Quote

Daily Quotes

"Let it never be said that the spiritual way is a cowardly or escapist approach to life. On the contrary, it requires maximum diligence and persistence to seek divine guidance when all the evidence of our eyes and ears tries to tell us that life is largely physical, intellectual and emotional."

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

"I am finally learning really to live one day at a time and to appreciate and be alert to the beautiful, marvel-filled, albeit sometimes infuriating world around me."

"Beyond the Generation Gap," Saratoga, California, August 1985, The Home Group: Heartbeat of AA

"We well know that our defects, as people and as a Society, have been and still are very great. And we hope that we shall never cease to rededicate ourselves to their correction."

AA Co-Founder, Bill W., March 1960, "After Twenty-Five Years", The Language of the Heart

"My desire to drink became a desire not to."

"Nobody's Fault but Mine," Nipawin, Saskatchewan, November 2003, Beginner's Book: Getting and Staying Sober

Fun and Humor

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

An old alcoholic was sitting at a table in detox, waiting for a meeting to start, holding a half filled cup of coffee.

A young kid, maybe 18, comes in. His eyes were open wide, and his hair was standing straight up, dyed many different colors of red, orange, green, and blue. The kid must have been on some good dope, no doubt, thought the alcoholic.

The kid looked at the alcoholic and the alcoholic looked back at him. He quickly turned away and felt the cold eyes of the alcoholic staring holes through the back of his head. This was driving him nuts. The kid glanced back and saw the alcoholic still staring at him. Again, he turned away.

Finally, the kid couldn't take it anymore and jumped up screaming at the old alcoholic, "Dang it ol' man, haven't you ever got wasted and done something bizarre?"

"Sure I have," the alcoholic quietly proclaimed. "One night, I got so drunk that I made love to a parrot. I thought, for sure, you must be my son!"

Step Six–Defects and Shortcomings

Oftentimes, the wording used in The Big Book and in the *Twelve Steps and Twelve Traditions* means something different to individuals because they evolved in their own way with respect to religion, agnosticism, atheism, and other developmental histories. This concept may be confusing to many of us, especially since Step Six in the *Twelve Steps and Twelve Traditions* talks of God removing defects of character the way God removed the obsession to drink.

In simple terms, I try to word the Step Six process in a way that anyone can understand. My goal is not to offend people by being over-simplistic. I believe that just about all of our actions and behaviors stem from our thinking, and if our thinking is of a fearful nature, we are bound to make bad decisions in an effort to defend ourselves. The defects we identify in the Step Four inventory, disclose in Step Five, and address in Step Six are by-products of our fears and insecurities. They are of a spiritual nature embedded in our inner selves. The shortcomings we address in Step Seven are the embodiment of a material nature (actions and behaviors) that result from our fears and insecurities. If, in the program, we discover a defect of character and address it properly, the shortcoming diminishes and becomes irrelevant.

In a simpler way, I describe this process. Suppose you purchased a new car and drove off the lot. As you reached the first stop sign you hit the brakes. The car slowed down but did not stop as it should and drifted out into the intersection. You then returned to the car lot and explained what happened. They checked it out and discovered that the wrong brakes were installed at the factory. They agreed to correct the mistake. This time, when you drove away and approached the stop sign the car stopped as it was supposed to, and it also stopped at every other stop sign or red light. Once the car's defect was identified and corrected, the shortcoming went away.

I look at defects as the unseen part of our makeup, such as our thoughts, motives, fears, feelings, ego, and so on. I look at shortcomings as the result of those inner thoughts and feelings, such as gossip, lying, verbal abuse, cheating, theft, criticism, and so on. In Step Four, we identified our defects of character (fears and insecurities), and in Step Five, we owned and exposed them. In Step Six and Seven, we start to replace our selfish and shameful thoughts and motives with unselfish habits and deeds.

There is no need to overcomplicate the process. As we begin to stay on the unselfish side of the behavioral ledger, we begin to establish a new track record. If all our motives are of an unselfish spirit, we start to establish some credibility, which, in time, leads to integrity. If people employ the dynamics I described in Step Six and Seven, they will renew themselves spiritually. When they reach Step Nine, it will be much easier to make amends because they

Step Six—Defects and Shortcomings - Continued from page 8

will have a mountain of integrity behind them.

The steps of the program are numbered in order for a reason. If a person is struggling with one of the steps, it might be wise to back up and be sure that he/she did not skimp on an earlier step or leave out something important. If we, alcoholics, have a desire to live a happy and useful life, the steps of the program are a pathway to achieve that goal provided we stick with the plan. Not everything will go our way in the beginning, but, if we persist, things will go exceptionally well in time. In the words of Major League Baseball pitcher, Preacher Roe, *"Sometimes, you eat the Bear. Sometimes, the Bear eats you."* I say, *"Perseverance will always eat the Bear!"*

Submitted by Rick R.

God Can and Will

On the surface, Step Six appears something difficult to get done. My first thoughts were, "How is that going to happen? Those damn things have been my downfall since I could remember." Fortunately, Step Six does not actually ask that we remove all or even any shortcomings. It simply asks that we become ready and willing to try. Then, on top of that, God appears to do all the work. We just have to be willing. But, more than that, Step Six inherently requires that we become willing to admit we cannot do it on our own. God can and will help (I see the need for **trust**), but no one, not even God, can help us unless we open ourselves to it. Thus, Step Six requires not only the principle of **trust** and **humility** but also resolutely necessitates **willingness**. According to the authors of *Drop the Rock*, a well-accepted book which has served as a guide for many to working on Step Six and Step Seven:

> *"It is a matter of practice and willingness, of using the Steps we've already taken to maintain our commitment. The more willing we become and the more we practice acting 'as if,' the more active our surrender becomes and the more we are able to live 'as if.' It is a fulfilling and rewarding process. Acting 'as if' can raise questions of genuineness and authenticity. Is there a conflict with the person I am choosing to become and the person I currently am?"*

The answer to this question almost invariably proves to lie in the affirmative, to varying degrees, especially in the beginning days of recovery. As we continue developing our principles, we seek to minimize this sense of conflict and step more fully into the lives we would like to see for ourselves. This feels quite empowering. At the same time, it necessitates a great deal of humility.

Submitted by Winslow C.

Kunst, J. (2021, May 3). Principles of the Twelve Steps. Retrieved on April 27, 2022 from https://www.amethystrecovery.org/principles-12-steps/.

Put Down the Anvil

Put the anvil down. That's what Step Six is about. As addicts and alcoholics, we have all developed some pretty heavy shortcomings and character defects, many of which we cling to as "trusted behaviors and ways of thinking." If we are completely honest with ourselves, we have to admit that sometimes we exult in some of our defects. On one level, we enjoy them and even love some of them. But the truth is that we are fearful of letting them go because many of them have worked for us in our lives, or even saved us, in one way or another.

These destructive character defects or shortcomings, typically include fear, pride, dishonesty, gluttony, greed, lust, jealousy, grandiosity, willfulness, and anger. But these heavy faults are dangerous and simply stated can be and oftentimes are destructive to us and our recovery. As addicts and alcoholics, we cannot afford to carry around these heavy weights that no longer will serve us in our new lives in recovery. Not only will they slow down our recovery, but they may also place us at risk of relapse.

Therefore, like an anvil, a heavy usually steel-faced iron block on which metal is shaped, symbolic of weight and heaviness that embodies gravity, our defects and shortcomings bring us down and tear us up. We must lay them down and ask God in our prayers and meditations to remove them from us because Step Six teaches us that only God can do it. We just need to be willing to let them go and let God take them away.... forever.

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

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:

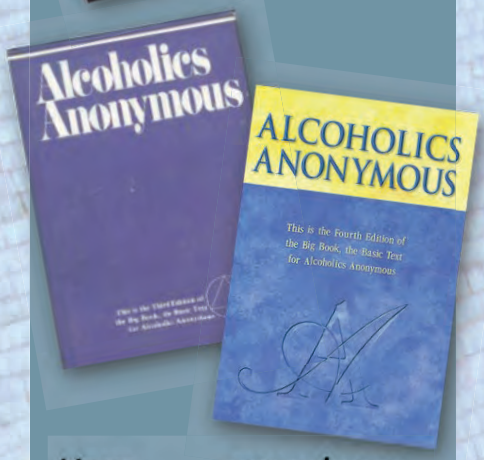
- Those people who devote some time to helping others are less likely to suffer from depression.
- Helping others with problems reminds the individual of where they have come from. This will keep the pain of dysfunction fresh in their minds so that they never forget it. This should keep them committed 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://toledoaameetings.com/importance-aa-service-work/.

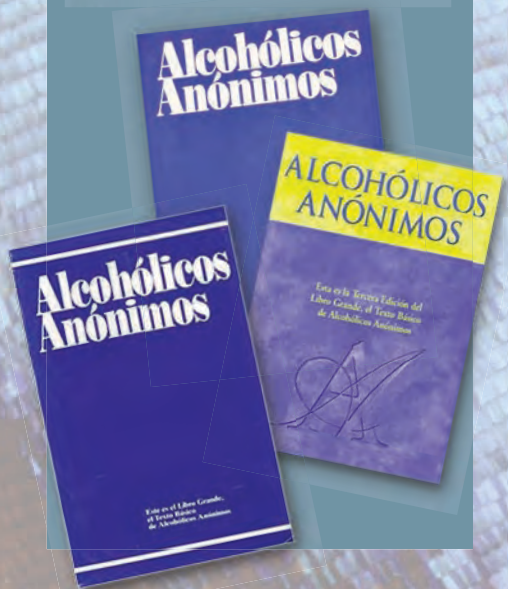
"Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third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

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

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.



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.

A Call For Stories - Continued from page 12

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.

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.

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 April 16 to May 15, 2022.

Jackson County Groups and Individuals Members

Anything Goes Group - $68.41
Ashland Men's Meeting - $150.00
Donna Hopkins – $185.00
Cathy Miller - $10.00

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

Sobriety Rocks Group - $800.00
Anonymous - $15.00

DONATE

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 time share 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."

Reprinted with permission from A.A. World Services, Inc. Retrieved from Seventh Tradition Announcements at https://aa.org.nz/wp-content/uploads/2019/11/Seventh-Tradition-min.pdf.

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
Tom P	June 26, 1981	41	Tony L	June 28, 2007	15
Randy S	June 20, 1986	36	Susan D	June 24, 2012	10
Les S	June 1, 1995	27	Denise B	June 7, 2017	5
Eugene F	June 10, 1998	24	Melissa H	June 14, 2017	5
David D	June 20, 2003	19	John H	June 26, 2017	5

Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Carmen K	June 7, 1976	46	Michelle H	June 17, 2015	7
Katie G	June 28, 1988	34	Phil R	June 4, 2016	6
Davis B	June 11, 1992	30	Theresa P	June 12, 2017	5
Tom F	June 2, 1994	28	Jessica C	June 24, 2017	5
Melissa S	June 22, 1995	27	Rob W	June 15, 2018	4
Carrie H	June 8, 2003	19	Joseph K	June 14, 2018	4
Crystal R	June 21, 2003	19	Milagra G	June 10, 2019	3
Sue D	June 24, 2012	10	Chris K	June 15, 2019	3

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."

Reprinted with permission from Alcoholics Anonymous World Services, Inc.
Alcoholics Anonymous, Fourth Edition, 2001, "Into Action," p. 84.

"While I have years of sobriety, I really only have this day."

"Overcoming Depression and Fear," Mesa, Arizona, February 1993, AA Grapevine

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."

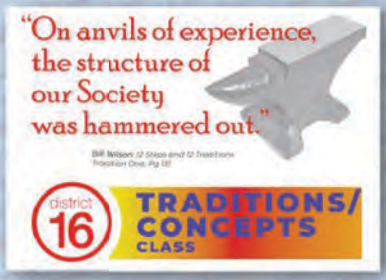
Alcoholics Anonymous World Services, Inc., Copyright © 2001. Alcoholics Anonymous, p. 152.

SPECIAL EVENTS

Events of Jackson and Josephine Counties

Monthly Traditions and Concepts Workshop

Hosted by District 16
Wednesday, June 15, 2022 @ 6:00 PM – 7:00 PM



Come and join us each month as we help to understand one Tradition and one Concept.

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

Bill W. and Dr. Bob

Hosted by Josephine County Intergroup
Thursday, June 16, 2022 @ 7:00 PM Refreshments & fellowship
7:30 PM Performance
Barnstormers Theater, 112 NE Evelyn Avenue, Grants Pass, OR 97526

Josephine County Intergroup invites you to celebrate Founder's Day, June 10, 1935.

Josephine County Intergroup wants to thank our A.A. community for all your support through the pandemic. We got through it and WE'RE SOBER!

So, stop by Central Office in Grants Pass, OR for your free ticket to the Barnstormer's production of *Bill W. and Dr. Bob*. This is a special showing for A.A. members of Grants Pass. You must have a ticket to attend. Only 88 tickets to give away, so don't delay.

CONTEST

Can you name the image? On each page of the newsletter, a transparent image appears in the background. What is it? No hints.

The first person with the correct answer wins one A.A. Conference-approved or Hazeldean book to be purchased from available inventory at Central Office in either Jackson or Josephine County. Submit your answer via email to aajacksoncounty@gmail.com.

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®

Jun 7 @ 7:00 PM	Meeting ID:	489 479 9084
Jul 5 @ 7:00 PM	Password:	D7

District 16 Business Meeting on Zoom®

Jun 12 @ 3:00 PM - 4:30 PM	Meeting ID:	456 010 1935
Jul 10 @ 3:00 PM - 4:30 PM	Password:	06101935

Josephine County Intergroup Business Meeting Live and on Zoom®

Jun 16 @ 7:00 PM	Meeting ID:	872 2951 0766
Jul 21 @ 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
Jun 4 @ 9:00 AM
Jul 2 @ 9:00 AM
A.A. Central Office @ 116 E. 6th Street, Medford, OR 97501

YPAA Business Meeting
Jun 8 following the Ashland Young People of A.A. meeting @ 7:10 PM
Jul 13 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 Centrtal 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/newsletter-archives/ for the subscription form and directions. You can also scan the OR 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 July's edition of *One Day at a Time*, we will cover Step Seven, Tradition Seven, and the Seventh Step Prayers and Principles. Having taken the first step toward **humility** in Step One by admitting our powerlessness and unmanageability, Step Seven teaches us to have a reasonable perspective of ourselves. It simply allows us to see the truth of our lives and our place in the world. In A.A. terms, Step Seven teaches us to be "right-sized." When we **humbly** ask God to remove our shortcomings we recognize that we are neither too big nor too small. Gone is our self-entitlement or grandiosity; as are our shame, regrets, and unworthiness. I believe that the greatest lesson of Step Seven is realizing that **humility** is not a state of weakness, or a state of being in despair or groveling, but **humility** is a state of peace, serenity, and acceptance of "life on life's terms."

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.