

# One Day at a Time

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



## Forgiveness Justice Responsibility

## Welcome

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*"If we could read the secret history of our enemies, we should find in each person's life sorrow and suffering enough to disarm all hostility."*

Henry Wadsworth Longfellow

*"For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine."*

Reprinted from Twelve Steps and Twelve Traditions, "Step Nine," p. 87 with permission from Alcoholics Anonymous World Services, Inc.

*"There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate, and humble without being servile or scraping. As God's people, we stand on our feet; we don't crawl before anyone."*

Reprinted from Alcoholics Anonymous, Fourth Edition, "Into Action," p. 83 with permission from Alcoholics Anonymous World Services, Inc.

## Recovery is a new beginning







## Ninth Step Prayers

### Dear God

*"... give me the strength and direction to do the right thing no matter what the consequences may be.*

*Help me to consider others and not harm them in any way.*

*Help me to consult with others before I take any actions that would cause me to be sorry.*

*Help me to not repeat such behaviors.*

*Show me the way of patience, tolerance, kindness, and love and help me live the spiritual life."*

Derived from *Alcoholics Anonymous*, Fourth Edition, "Into Action," p. 78-83, with permission from Alcoholics Anonymous World Services, Inc.

### Dear God

*I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in this process.*

*Most importantly, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.*

Derived from *Alcoholics Anonymous*, Fourth Edition, "Into Action," p. 76, with permission from Alcoholics Anonymous World Services, Inc.

## Step Nine

**"Made direct amends to such people whenever possible, except when to do so would injure them or others."**

*"Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished. We will want to rest on our laurels. The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. Let's not talk prudence while practicing evasion.*

*"As soon as we begin to feel confident in our new way of life and have begun, by our behavior and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them. The only exceptions we will make will be cases where our disclosure would cause actual harm. These conversations can begin in a casual or natural way. But if no such opportunity presents itself, at some point we will want to summon all our courage, head straight for the person concerned, and lay our cards on the table. We needn't wallow in excessive remorse before those we have harmed but amends at this level should always be forthright and generous.*

*"There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. Or—quite as important—other people. We cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband. And even in those cases where such a matter must be discussed, let's try to avoid harming third parties, whoever they may be. It does not lighten our burden when we recklessly make the crosses of others heavier.*

*"Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine."*

Reprinted from *Twelve Steps and Twelve Traditions*, p. 83-87, with permission from Alcoholics Anonymous World Services, Inc.



## Tradition Nine

**"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."**

*"The words 'Let's keep it simple' were the last Bill W. heard from his fellow founder of A.A., shortly before Dr. Bob's death in 1950. Aware that 'it' means our recovery program, Bill later wrote, 'We need to distinguish sharply between spiritual simplicity and functional simplicity. ...When we get into questions of action by groups, by areas, and by A.A., as a whole, we find that we must, to some extent, organize to carry the message—or else face chaos. And chaos is not simplicity.'*

*"When Tradition Nine speaks of 'A.A. as such,' it goes to the heart of the A.A. experience, to the 'spiritual simplicity' of one alcoholic's saying, silently perhaps, 'Help!' and another alcoholic's answering, "I know how you feel. We're here to help you." Such a relationship couldn't be organized. Or could it?*

*"A nonmember familiar with modern business procedures might examine the A.A. practice of sponsorship and see it as a haphazard operation. How about computerizing it? Then an A.A. behind an intergroup desk might say, 'So you want help? First, you need the right sponsor. We have personality profiles of all our sponsors fed into our computer. We'll match you up to the best one for you if you'll just fill out this questionnaire. ...Where are you going? Come back!' That would be an attempt to organize 'A.A. as such.' (Please—nobody get any ideas!)*

*"But in 'action by groups,' we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what's the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing meeting refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility—not taking on authority. (Here, Traditions Two and Nine interlock.) Group officers are responsible to the members of the group; intergroup committees, to the groups in one locality; institutions committees, to A.A. groups in treatment facilities and correctional facilities; area committees, to all groups in their areas; Conference delegates and committees, to all groups in the U.S. and Canada; the General Service Office and Board and the board's committees, to all groups and members everywhere.*

*"In an average business corporation, the board has final power to determine company plans and policy. Our board of trustees serves in a custodial capacity*

## Tradition Nine

**Will A.A. Ever Have a Personal Government?**

*"The answer to this question is almost surely "no." That is the clear verdict of our experience.*

*"To begin with, each, A.A. has been an individual who, because of his alcoholism, could seldom govern himself. Nor could any other human being govern the alcoholic's obsession to drink, his drive to have things his own way. Time out of mind, families, friends, employers, doctors, clergymen, and judges have tried their hand at disciplining alcoholics. Almost without exception the failure to accomplish anything by coercion has been complete. Yet we alcoholics can be led, we can be inspired: coming into A.A. we can, and we gladly do, yield to the will of God. Hence it is not strange that the only real authority to be found in A.A. is that of spiritual principle. It is never personal authority.*

*Our unreasonable individualism (egocentricity if you like) was, of course, the main reason we all failed in life and betook ourselves to alcohol. When we couldn't coerce others into conformity with our own plans and desires, we drank. When others tried to coerce us, we also drank. Though now sober, we still have a strong hangover of these early traits which caused us to resist authority. Therein probably hangs a clue to our lack of personal government in A.A.: no fees, no dues, no rules and regulations, no demand that alcoholics conform to A.A. principles, no one set in personal authority over anyone else."*

Reprinted with permission from  
A.A.W.S., A.A. Tradition, P-17, p. 32.



# Ninth Step Principles

## Forgiveness

The primary spiritual principle for Step Nine is forgiveness.

As one of the most powerful spiritual principles behind the steps, humility releases us from the prison of our minds. When fully embraced, it releases us from the domination and oppression of our selfishness, self-centeredness, and overall self-serving behavior. Similarly, forgiveness is a compelling spiritual principle that can also free us from attachment to the countless harmful actions that occurred during our drinking days.

Step Nine enables us to accept responsibility for the harm done to others, in one way, by helping us understand people a little better. Doing so further enables us to actually live and practice "the Golden Rule," that is, to finally begin to treat others the way we want to be treated.

At this point, we fully understand that vengeance against persons who have hurt us can never ease our pain or end the resentment, public enemy number one. Thinking about vengeance requires us to repeatedly relive the pain, over and over, each time deepening the wound, and causing our bag of rocks to get heavier and heavier. The grave mistake of taking vengeance allows the emotional trauma to persist in our lives, never freeing us of the pain.

So, forgiveness is the key to allowing us to complete Step Nine. However, many people believe that the purpose and primary benefit of forgiving others is to selfishly "take the high road" or to "be a better person" than the ones who wronged us. We may even believe that we are more noble by appearing to let those who wronged us off the hook, that forgiving them will make them "feel better," or even believe that we cannot expect to receive forgiveness for our wrongs if we don't forgive others for

trustees vote at the Conference—but as individuals, with one vote apiece. In industry, branch offices jump when the home office speaks. Our G.S.O. is just a clearinghouse of A.A. information, offering suggestions based on experiences reported to it by groups.

"And yet, with so small a degree of organization, A.A. miraculously does work! One reason may be that Tradition Five applies to each A.A. committee and board as directly as it does to each A.A. group. By cleaving to this "one primary purpose" in all its activities, the Fellowship retains 'spiritual simplicity.' To diffuse that purpose, to embroil A.A. in issues apart from its true concern, would create dangerous complications...."

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**"WE DO SET UP COMMITTEES AND BOARDS ... But whether they make coffee ... or help organize groups in deepest Africa ... THEY ONLY SERVE."**

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# Ninth Step Principles

## 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.**

## Responsibility and Justice

Many in recovery believe that responsibility and justice form the core principles of Step Nine as opposed to forgiveness. One's understanding of Step Nine generally leads to the difference. Either principle is valid and true for Step Nine, though. What is important to understand is the vital relationship between them.

Forgiveness of the harm we have suffered at the hands of others deeply frees us spiritually and emotionally from the pain, resentment, and the grudge so that we can be useful to others. This growth is paramount when we begin work on Step Twelve.





## Continued - Ninth Step Principles - Responsibility and Justice

Therefore, understanding both responsibility and justice is to understand their role in forgiveness. For us, justice does not mean comeuppance. It does not mean that we retaliate against those who have harmed us because they deserve it or have "it coming to them." Instead, with forgiveness in our hearts, the principle of justice teaches that all people, especially those who have harmed us, must receive that which they deserve. YES, they do! In our previous selves, we believed that people deserved the type of justice that seeks punishment, the infliction or imposition of a penalty as retribution for their offenses. That is justice, right? Well, yes, justice does mean that, but for us in recovery, justice is not that at all. No, no, no! That is the kiss of death for the alcoholic, addict.

When we truly and effectively work through the previous eight steps, we humbly come to an understanding of who we are. We find that we were and sometimes still are a hot mess. Our alcoholism was just a symptom of the disaster and insanity in our lives. As Bill W. writes in *Alcoholics Anonymous*, "selfishness-self-centeredness! That, we think, is the root of troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity .... So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot ..." (A.A.W.S., p. 62). Bill W. further explains that only with God's help can we truly and humbly understand that we are profoundly broken and need His help to recover our sanity, serenity, and sobriety. So, through the process of our step work, we learn that the only true path to peace, serenity, and freedom from our past is to acknowledge, accept, and humbly pray to God as our "Father, Director, Principal, new Employer, Provider, being all-powerful" (A.A.W.S., pp. 62-63) for the removal of all our defects and deficiencies. Through this step work, we seek to be "re-born" releasing all fear, contributing to life, enjoying peace of mind, feeling new power flow within us, facing life successfully, and consciously feeling God's presence in our lives. Therefore, in spite of our shortcomings, inadequacies, and faults, we graciously receive this unmerited grace, forgiveness, freedom, and peace.

Therefore, as we reach this point in our recovery, how can we not come to the understanding that all people, alcoholic or not, have some level of brokenness

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Recovery is trusting  
the power within.

## Ninth Step Principles Forgiveness

theirs. That is, we should forgive because "God says so" or because it's the "right" thing to do. Even though this last motive is true, we mistakenly pursue forgiving others for egocentric reasons.

According to the twelve-step pathway of recovery, however, the deeper and more meaningful reason we must genuinely forgive others who have wronged us is because forgiveness is absolutely essential for our own spiritual well-being and inner peace. Forgiving others for our own sake may appear self-centered, but in reality it is a form of spiritual self-care. After all, we can't give away what we don't have. We can't really honestly help others until we are spiritually fit. Without true forgiveness of the wrongs done to us, the festering boils of resentment will continue to weaken us spiritually and emotionally, paralyzing our ability to love and be loved. Therefore, Step Nine teaches us that the only way to freedom is to forgive.



Lastly, forgiveness of others' wrongs certainly does not mean the implicit approval of their actions. True forgiveness means that we no longer hold ourselves hostage to anything that might have happened in the past. We are releasing any attachment we may have to our resentment. We are finally letting go of it. We no longer identify with it or hold on to it. Forgiveness and the feeling of letting these things go once and for all can be a spiritual experience in and of itself.

Frasier, S. (2022, April 22). Spiritual principles behind step Nine. EB Intervention Team. Retrieved August 16, 2022, from <https://ebintervention.org/recovery/spiritual-principles/spiritual-principles-behind-step-nine/>.



*Recovery is ...  
practicing  
love over fear.*

**Love  
over  
Fear**

*Recovery is ...  
a journey of  
self-actualization  
and  
self-discovery.*



*Recovery is ...  
progress not  
perfection.*

Continued from page 5 - *Ninth Step Principles - Responsibility and Justice*

and deserve the same grace and forgiveness that we have received from our Creator. If we as alcoholics are self-indulgent, self-centered, fearful, ungrateful, mean, egotistical, selfish, dishonest, and insane addicts full of resentment, lacking any sense of spirituality, how can we honestly believe that all people don't deserve the same love, grace, and forgiveness that we undeservedly have received? The truth is that they do. So, as we clean up our past with God's help through the first nine steps, we vigorously begin a new way of living as we enter the world of the Spirit. For this reason, I believe, Bill W., at this point, enumerates the Twelve Promises, as seen on pages 83-84, emphatically necessitating us to live the spiritual life.

In the midst of this renewed attitude and lifestyle, we think of others with love and tolerance extending grace where needed. We begin to understand that all people are sick, some sicker than others, and we begin to empathetically understand others realizing that they also need God's help. We learn to have compassion for others who also deserve God's love and forgiveness, even those who have harmed us. So, leaving behind our self-centeredness, who are we to not extend the same grace and love that was so freely given to us? As Henry Wadsworth Longfellow eloquently declares, *"If we could read the secret history of our enemies, we should find in each person's life sorrow and suffering enough to disarm all hostility."*

Therefore, Step Nine calls us to act responsibly. This means not only making amends but also leaving well enough alone if we know that hearing from us will do a person more harm than good. Whether those we have harmed accept our amends or not bears no relevance. What matters is that we responsibly made an earnest attempt to live by our principles and to demonstrate them in approaching people with whom we have not had the best history.

As a result, we demonstrate our forgiveness by responsible action—and by keeping our mouths shut when necessary. Perhaps, during our amends, people may inevitably lash out at us, and we may feel tempted to retaliate, listing out their faults and issues. But this is not forgiveness, nor is it necessarily our responsibility to tell someone else about their defects. We must remember that our responsibility when working the principles is to ourselves. Let others be responsible for their own actions. You couldn't force this type of honesty upon another person anyway, no matter how badly we may want to.

Winslow C

Reprinted from *Alcoholics Anonymous*, Fourth Edition, "How It Works," p. 62-63 with permission from Alcoholics Anonymous World Services, Inc.

Amethyst Treatment. (n.d.). The Principles of the Twelve Steps. Retrieved on August 16, 2022, from [https://www.amethystrecovery.org/principles-12-steps/#Step\\_Nine\\_Responsibility/Justice](https://www.amethystrecovery.org/principles-12-steps/#Step_Nine_Responsibility/Justice).



# From Within the Walls - The Moral of Story

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.

*"An elderly carpenter was ready to retire, and he told his boss of his plans to leave and live a more leisurely life with his wife. He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see such a good worker go, and he asked the carpenter to build just one more house as a personal favor. The carpenter said yes, but, in time, it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.*

*"When the carpenter finished his work, the employer came to inspect the house. He handed the front-door key to the carpenter. 'This is your house,' he said. 'It is my gift to you.' The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.*

*"So, it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back ... Ask God to be the master-builder of your life! He will show you how to build a strong foundation for the 'house' of your life ... in just 12 steps."*

Reprinted from *Run of the Mill - 1944 and Beyond*, a Publication of the Mill Creek Group of Alcoholics Anonymous, On A Lighter Note, Edition 75 No. 3 May/June 2018 with permission from The Mill Creek A.A. Group of OSP.

## *"Ask God to be the master-builder of your life."*

**"Let us continue to take our inventory as a Fellowship, searching out our flaws and confessing them freely. Let us devote ourselves to the repair of all faulty relations that may exist, whether within or without."**

A.A. Co-Founder, Bill W., February 1961, "The Shape of Things to Come," *Language of the Heart*.

*Recovery is ...  
slowly finding  
heaven by first  
backing away from  
hell.*



*Recovery is ...  
discovering the pain  
and healing.*



*Recovery is ...  
not allowing the  
past to steal the  
present.*



**GRAPEVINE** Daily Quote

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

*"What has happened in the past is just that -- the past! What I should have done about certain issues no longer matters. What I do now is of greatest concern."*

*"Able to Dream,"* Williamsville, June 2010, AA Grapevine®

*"Each night I pray that when the alarm clock goes off in the morning, I'll have a spiritual awakening."*

*"Distilled Spirits,"* St. Louis, Mo., June 1999, AA Grapevine®

*"The question arises of just what constitutes an amend. Many of us find that the old rationalization, 'If I stay sober, that's amends enough to those I have hurt,' just doesn't work. We have to be willing to go further."*

*"Not Under the Rug,"* January 1967, Step By Step

*"What I have learned in the past twelve years is that my relationship with God and my spiritual practice is the only answer, even when I'm not sure of the question."*

*"Where's My Reward?"* North Hollywood, California, September 2005, *Spiritual Awakenings II*

*"If we fail to 'repair,' we can only impair."*

*"On the Eighth Step,"* June 1945, Step By Step

*"Work on Step Nine has freed me from fears about the past and given me more energy to devote to present-day living - this twenty-four hours."*

*"On the Eighth Step,"* June 1945, Step By Step

*That Little Boy was not a Jerk***What Went Wrong Between Then and Now**

Written and Submitted by Rick R.

I was deeply touched by what I heard a young A.A. share at a meeting about planning a party for his mother. He started to search through some old pictures and came across some photos of himself when he was three years old. Looking at them, he saw the innocence in his face at that young age and he said to himself, "That little boy was not a jerk." His next question was, "What went wrong between then and now"? I believe that everyone in the room could identify with him.

Most of us were perfect when we were born, but some influences during those formative years, many of which were beyond our control, set the tone for the direction that our thinking would take. The childlike innocence gave way to the neediness and insecurity that alcoholics seem to have in common. The unworthiness tapes run rampant in our heads telling us that we couldn't make it without cutting corners and doing things that brought on guilt and shame. We were plagued by our conscience. That little child was damaged and scared in a way that nothing could bring him peace until he discovered the elixir in a bottle. When that failed him, he showed up in the rooms of Alcoholics Anonymous trying to make sense of it all.

When I look around the room at an A.A. meeting, it seems like we all look about the same on the surface, with a few minor differences due to age and generational characteristics. We're all made up of hair, eyeballs, elbows, feet, and things like that. Most of us follow dress codes and courtesy standards. We're not that much different on the surface. Our real problems exist on the inside, and we spend years trying to convince the world around us that we are as good as they are, while, on the inside, we loathe what we have become. It's hard to convince a drunk that the child that he was at 3 years old is still inside of him and can resurface if he desperately wants it.

Suppose for a moment, that we all woke up this morning with amnesia. We would all be the same. The only thing that makes us different is what is going on between our ears, and we drag that with us everywhere we go. I discovered years ago that my brain, with the aid of my ego, was lying to me, and that I wasn't the hopeless loser that I thought I was. I also discovered that most of that damage could be reversed and that I could, over a period of time; develop an approach to a life far superior to anything I could have imagined. The hardest thing that stands in the way of this is my inability to surrender and to trust the process. With the help of the group, slowly letting go of some of the old ideas, you can start seeing the results in a short period of time. It will be

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Continued from page 8 - *That Little Boy was not a Jerk*

exhilarating, but it will not happen overnight. It will be a slow journey, but a very exciting and happy experience. An old, departed friend used to say, "Your hair will be a different color before you know who you are." To me that means, with the help of the A.A. program, I can patiently begin to change some of those old habits that caused me grief and replace them with unselfish deeds that start to heal the conscience. I've heard it said, "Try it for 90 days and if you don't like what we have to offer, we will gladly refund your misery". What have you got to lose? Now, let's go find that kid and give him a second chance.

## *An Interview with John B. - In Memoriam*

Just before the holiday season in 2019, Jen F. conducted an interview of Ol' Timer, John B. This year, John B. would have had 54 years sober, but earlier this year he left us to join the many others before him in heaven. I hope you enjoy what he shared with Jen F. that day. We would like to give John B. our gratitude and warmest appreciation for his time and for sharing his experience, strength, and hope. Thank you very much, John B., and happy birthday.

### **Heading into the holiday season marks your 51st sober holiday – Pretty amazing! What advice do you have for maintaining sobriety (and sanity)?**

*Spend the holidays with your A.A. group! When I was new I wanted to be in a safe environment. My family was spread out and I chose the A.A. group as my spiritual family. My story may be a little different since it spanned my middle 20s after a 12-year drinking career - I relate to the newcomer who is starting early. During that time, I never really developed any good adult relationships – I was just a really bad drunk. So A.A. has been my life. For the newcomer, I encourage you to be the best person you can be with your family. Many have relatives and families and if you spend the holiday with them, they probably want to see you sober. I suggest you find A.A. holiday events like the Thanksgiving and Christmas dinners at the Hi-Lo, especially if family events don't feel like a safe place.*

### **What is the most memorable event of your sobriety?**

*There have been so many! We all have a story. Some of my highlights are starting a business and being responsible. Another was being married at 2 years sober – possibly one of the most important days of my life. Too young to be married but I am so very grateful for those 6 years.*

*But the most memorable and life-changing moment was when I surrendered to sobriety, when I was freed from the obsession to drink, and when I had the courage to take the 4th, 5th, 6th, and 7th steps with my sponsor.*

Continued on page 10

## *Fun and Numb*

Just a little humor to lighten the moment. Send your addiction-related favorites to [aajacksoncounty@gmail.com](mailto:aajacksoncounty@gmail.com).



*What's the difference between men and pigs?*

*Pigs don't turn into men when they drink.*

*A termite walks into a bar and asks "Is the bar tender here?"*

*We never knew he was a drunk... until he showed up to work sober.*

*My girlfriend told me to go out and get something that makes her look sexy... so I got drunk.*



*In principle, I can stop drinking, the thing is – I don't have such a principle.*

*That one liner 'I'm not drinking too much tonight' never goes as planned...*

*Churches are free to enter but are usually empty. Pubs charge to enter but are full. People ignore inner peace and choose to pay for self-destruction.*



Maxims, Slogans,  
Adages, Axioms,  
and Words to  
Live By



Continued from page 9 - An Interview with John B. - In Memoriam

### Do you have a favorite "A.A. tool"?

The most important thing that I do is thinking of God - my Higher Power - instead of my problems or myself. A favorite tool to help me with this is daily meetings. I'm no longer alone when I'm in the group of A.A. people. It helps me remember I am powerless. The A.A. group is far more powerful than I'll ever be. I lose myself. I become part of it, and I'm free. By going to a meeting every day, I remember my Higher Power, and I ask for help and forgiveness.

### Anything else you would like to share?

For the Newcomers - don't run before the miracle happens, let the miracle happen and if you don't run, you will experience it for yourself! AND Happy Holidays from John B.

## A Call to Service

The following excerpt from *The Language of the Heart*, Bill W's Grapevine Writings was submitted by Jen F. of District 7.



To Serve Is To Live June 1951

"... Soon you must lend a hand. These are A.A.'s arms of service, these are our Traditions. Come and help us administer them; times have changed, we oldsters are perishable. This is your Legacy of Service. Please accept it now and guard it well.'

"... To serve A.A. is to live. We gladly accept our Third Legacy and may we guard it well and use it wisely. God grant that the Legacy of Service remain ever safe in our keeping.'

"In that fine hour the torch of Service did pass from the hands of us who are older to yours, which are younger; it passed to every oncoming generation of those children of the night whose darkness, God willing, shall be banished within the Society of Alcoholics Anonymous all through the bright years which destiny surely holds in store for us."

Reprinted from *The Language of the Heart*, Bill W's Grapevine Writings, p. 130 with permission from Alcoholics Anonymous World Services, Inc.

This passage is a testament to the strong foundation of our fellowship. Bill's message from 71 years ago still holds true today in 2022. We are encouraged to get into service; sign up as a GSR for your group, see the many opportunities to serve in Intergroup, District, and Area capacities. Do it for fellowship, present and future. **Do it for your sobriety.**



# Making Amends

Written and Submitted by Rick R.

The Big Book tells us about Step Nine, "if we are painstaking about this phase of our development we will be amazed before we are half way through," and then it lists the Promises. The information in the Twelve Steps and Twelve Traditions is a lot more direct about the different approaches we could take, and it encourage us to exercise caution before we rush in and make some major blunders. This suggestion, I think, can't be taken lightly. I have heard many horror stories about well-meaning alcoholics, wanting to put Step Nine behind them, ran to their friends, loved ones, and disclosed things that destroyed any shred of trust they may have had in them.

*"Good judgment, a careful sense of timing, courage, and prudence---these are the qualities we shall need when we take Step Nine"* (A.A.W.S., 1981, p. 83). Sometimes, we read the headline but fail to read the entire article. If we take this approach as we go through the Steps, we can do more damage to our already strained relationships. Making promises to my close friends and family that I'm not sure I can keep usually falls on deaf ears. However, an honest recognition of my past mistakes, without going into too many details at this time, and a sincere determination to give the Program my best effort with the understanding that my behavior will be the measure of my success is a more acceptable approach. We know that the Road to Hell is paved with good intentions. After we have put some time between us and our last debacles, we can revisit those amends and go into details about each event, only after we have run it by an experienced and trusted advisor.

**Rushing into an amend that could bring hardship to our unsuspecting family, or to other third parties is another mistake that people sometimes make.** As it reads in the Twelve Steps and Twelve Traditions, *"We cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband"* (A.A.W.S., 1981, p. 86). I would also include major financial or work-related amends that may result in losing your job or create heavy financial difficulties for the family. These should be put off until everyone involved agrees, and then, only after talking to someone to make sure that you are not overlooking anything.

How about all those relatives and friends that we haven't seen in a while, but still have an uncomfortable feeling about the way we left that relationship? These people only have a snapshot of what we used to be like. They don't see the day to day changes that we have made in our lives, and they assume that we are the same as when we made our last major mistake. For these type of

Continued on page 12

Maxims, Slogans,  
Adages, Axioms,  
and Words to  
live By

NOTHING  
CAN BE  
IMPROVED  
BY  
GETTING  
HIGH

TAKE A DEEP  
BREATH  
CALL  
YOUR  
SPONSOR  
AND GET TO A  
MEETING

GRATEFUL I  
AM BEING  
RESTORED  
TO  
SANITY

WE ARE ONLY  
AS SICK  
AS OUR  
SECRETS

FEELINGS  
ARE NOT  
FACTS

NEVER  
GIVE  
UP

ONE IS TOO  
MANY  
AND A  
THOUSAND  
NEVER  
ENOUGH

ACCEPTANCE  
IS THE  
ANSWER  
TO ALL MY  
PROBLEMS

PROGRESS  
NOT  
PERFECTION

I AM HAVING  
A SPIRITUAL  
AWAKENING

BE  
JOYFUL



**REMEMBER ... YOU  
DON'T HAVE TO  
DRINK, EVEN IF YOU  
WANT TO, BUT ...**

**IF YOU WANT TO  
DRINK, THAT'S YOUR  
BUSINESS.**



**IF YOU WANT TO  
STOP, THAT'S OURS.**

**CALL US  
(541) 732-1850  
IN JACKSON  
COUNTY**

**CALL US  
(541) 474-0782  
IN JOSEPHINE  
COUNTY**

Continued from page 11 - *Making Amends*

situations, I would consider a slow but sincere process of re-establishing contact with those involved. I once suggested using the opportunity on birthdays and holidays. Also, sending cards can be a nice way to reestablish contact with these people, signed off with a simple *"been thinking about you, hope things are going well for you, Love ...."* Sending these cards out at each opportunity for a year or two with no return address and no expectations is a good way to connect. Then, at some time in the future, you will have to attend a wedding, graduation, or funeral... where you will see them again, and you will be amazed at what will happen. My experience has been that the cards created curiosity and that sometimes causes these people to talk to each other and they find out that you are trying hard to mend your ways and it tends to disarm them. Now, that would be the time to put these things to rest. Keeping in mind that, if I can't add the kicker *"I regret what I did, and I don't do that anymore,"* then maybe I'm not ready to make that amend yet.

I hope these ideas will help you to understand that most amends can be made in a positive way. Then, the results are so much better than you ever could have expected. We must do these things if we hope to experience the Promises found in Chapter Six, "Into Action," on pages 83-84 of the Big Book.

### *A.A. Promises*

By Winslow C.

Understanding the word "promise" seems like a simple thing, but how many times have we been disappointed by one's promises? People have frequently let us down throughout our lives, even people who were significant to our being and to our existence. But consider this fact. We have also been a disappointment and a letdown to others frustrating them, sometimes the most important people in our lives. As such, for many, the word "promise" has come to mean NOTHING. We use it flippantly and throw it around loosely. Someone once said to me that promises are the sweetest lies. In fact, Jonathan Swift, the Anglo-Irish satirist, essayist, political pamphleteer, poet, and Anglican cleric, who authored *Gulliver's Travels*, wrote, *"promises and piecrusts are made to be broken."*

So, with these experiences, we walk into the rooms of A.A. and hear about the Ninth Step Promises. We hear about how they have changed the lives of those in the Program. We hear about how life is now worth living because of the Promises. We say to ourselves, *"Yeah, right!"* For me personally, I thought that the Promises were meant for others. Not me! My life was full of shattered

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Continued from page 12 - A.A. Promises

promises, disappointments, frustrations, mostly because of me. I was a walking disastrous train wreck. I was certain that the Promises were not in the cards for me. I honestly believed that I could never have the life that I heard others talk about. But, man, was I wrong! It wasn't easy. It took work, it took time, and it took another person's loving hands to guide me and show me the way. **With the willingness to do whatever it took, I slowly found myself walking the same not-so-trodden path to the life I heard so much about. Today, I am still on my way. I don't think it ever really ends. It takes a daily effort, a willingness, and a commitment to always do the right thing**, but I do know this, as it reads in the Big Book, that the Promises will happen for me in my life. They will fulfill ... always, *"sometimes quickly, sometimes slowly"* if I work for them ... and, brothers and sisters, I am painstakingly working for them because I know this too that *"Life will mean something at last. The most satisfactory years of [my] existence lie ahead"* (A.A.W.S., 2001, p. 152).

So, what about these Promises? Why are there Promises? We, as people, very rarely embark on a journey in life or undertake a project without an endgame. We always have a goal in mind. We strive to reach the pot of gold at the end of the rainbow. Well, the Program of A.A. teaches us that the rewards of sobriety and recovery lie in the journey and the process of working the Steps every day of our lives. We are never finished, and the process never ends. But as we live our lives in such a way, one day a time (trust God, clean house, and help others) and we hold our heads high, these rewards begin to reveal themselves as the inevitable fruits of our growth and development.

So, the A.A. Promises were meant to showcase the hope, possibility and inexorable goodness that will arise from trusting God, working the Twelve Steps, partaking in the A.A. community, and helping other alcoholics achieve sobriety. Inherent in the Promises is the change in attitude that will transpire within all of us. In working the Twelve Steps and having a celestial connection, we change ... everything. We are transformed, socially, mentally, spiritually, and physically, and when that happens, the Promises will emerge on their own *"sometimes quickly, and sometimes slowly."* They may take time, but they *"will always materialize if we work for them"* (A.A.W.S., 2001, p. 84).

As stated in Chapter Six of *Alcoholics Anonymous*, alcoholics who stay sober and work the Twelve Steps will gain the wisdom to create a hopeful vision of the future and find the determination to make it true.

So, as we work this Program to recover from alcoholism and strive to grow and develop as people, we will surely experience this change in attitude and outlook that produces within us a new sense of peace and well-being. What

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## The Promises

Promise 1: We are going to know a new freedom and a new happiness.

Promise 2: We will not regret the past nor wish to shut the door on it.

Promise 3: We will comprehend the word serenity.

Promise 4: We will know peace.

Promise 5: No matter how far down the scale we have gone, we will see how our experience can benefit others.

Promise 6: The feeling of uselessness and self-pity will disappear.

Promise 7: We will lose interest in selfish things and gain interest in our fellows.

Promise 8: Self-seeking will slip away.

Promise 9: Our whole attitude and outlook upon life will change.

Promise 10: Fear of people and economic insecurity will leave us.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

Promise 12: We will suddenly realize that God is doing for us what we could not do for ourselves.

Reprinted from *Alcoholics Anonymous*, "Into Action", pp. 83-84 with permission from Alcoholics Anonymous World Services, Inc.



## 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.



Continued from page 13 - A.A. Promises

happens in us is truly miraculous because as the Promises reveal themselves in our lives, firmly footed in our spiritual foundation, we begin to see the true beauty of recovery as we shed the dreadfully imprisoning and devastating consequences of addiction and replace them with the gifts of recovery:

**FEAR REGRET FEELINGS OF USELESSNESS SELF-PITY SELFISHNESS & SELF-SEEKING  
FREEDOM HAPPINESS PEACE SERENITY BENEFIT TO OTHERS**

## 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.

THANK YOU

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 July 16 to August 15, 2022.

### Jackson County Groups and Individuals Members

Clean & Sober Group	\$100.00	S.O. Dog On The Roof	\$420.00
Her Story	\$100.00	Cathy M	\$10.00
Ashland Crack of Dawn	\$100.00	Michelle M	\$90.00
Medford Fellowship Group	\$60.00	Darcy W (Birthday)	\$12.00
Chippers Group	\$250.00	Hildegard T (Birthday)	\$41.00
Anything Goes	\$111.25	Becky D (Birthday)	\$31.00
Step Sisters	\$75.00	Keren D (Birthday)	\$7.00

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

12 O'clock High Group - \$214.00  
Thursday Night Winners Group - \$200.00

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.

DONATE



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.



# 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](mailto:aajacksoncounty@gmail.com). We will publish your sobriety birthday in the newsletter on the month of your birthday.

## Josephine County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Gerry P	September 30, 1975	47	Nicki	September 16, 2013	9
Bill J	September 20, 1981	41	Teva D	September 26, 2013	9
Steve W	September 9, 1982	40	Angelina T	September 15, 2014	8
Launie M	September 1, 1987	35	William J	September 3, 2015	7
Jodi W	September 13, 1993	29	Nancy Y	September 13, 2016	6
Sue C	September 7, 2003	19	Jody R	September 17, 2016	6
James A	September 14, 2011	11	Jolene L	September 28, 2016	6



## Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Fran VA	September 20, 1985	37	David M	September 11, 2018	4
Michael S	September 7, 1987	35	Jaime F	September 26, 2018	4
Raul G	September 12, 1991	31	Alex B	September 3, 2019	3
Laurie H	September 10, 1998	24	Clare R	September 5, 2019	3
Brian G	September 20, 2014	8	Rocky C	September 19, 2019	3
Kelly R	September 8, 2017	5	Sara S	September 19, 2019	3
Melody W	September 23, 2017	5	Stephen E	September 24, 2019	3
Chris G	September 2, 2018	4			

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

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

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

## 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.



**HAPPY SOBERVERSARY ONE YEAR MORE FABULOUS**



# 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](http://www.grantspassaa.com), or, in Jackson County, please visit the Events tab at the Jackson County Central Office website at [www.jocooa.org](http://www.jocooa.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 fellowship, and so will you."

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

# SPECIAL EVENT

# Events of Jackson and Josephine Counties

## Monthly Traditions and Concepts Workshop

Hosted by District 16

Wednesday, September 21, 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



## Sunlight of the Spirit Luau Party

Presented by 8th Annual Sobriety in the Siskiyou Convention

Saturday, September 17, 2022 @ 10:00 AM

810 N. Oregon St, Yreka, CA 96097



Come and join us at the Yreka Community Center For Unity

Tropical Meal, Snacks, and Refreshments

Three Guest Speakers, Raffle Items, 50/50 Raffle, Limbo,

Games, and Water Toys

*Suggested Donation - \$15*

For more information, please call Melissa (530) 355-1817

Pat (530) 340-3334 - Raechel (530) 443-6259



## 9th Annual Rogue Mens' Fall Retreat

Friday, Sept 16, 2022 @ 6:00 PM - Sunday, Sept 18, 2022 @ 12:00 PM

Lake Selmac, Mallard Loop, 500 Reeves Creek Rd, Selma, OR

\$70 for RV spots

(Subject to Availability)

\$35 for tent spots

Scholarships available

Both Reservations include:

- Friday and Saturday Night Tent/RV Spots

- Friday Night Pizza

- Saturday Breakfast, Lunch, And Dinner



*"Our Picks Struck Gold"*

Topics Based on 8th Chapter 9

Please bring your own camping gear and appropriate clothing for warm days, cold nights, and evenings.

If you have questions, contact us via email @ [rogue.mens.retreat@gmail.com](mailto:rogue.mens.retreat@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)



*Cancelled until further notice*

## Calendar Events

### District 7 Business Meeting on Zoom®

Sep 6 @ 7:00 PM Meeting ID: 489 479 9084  
Oct 4 @ 7:00 PM Password: D7

### District 16 Business Meeting on Zoom®

Sep 11 @ 3:00 PM - 4:30 PM Meeting ID: 456 010 1935  
Oct 9 @ 3:00 PM - 4:30 PM Password: 06101935

### Josephine County Intergroup Business Meeting Live and on Zoom®

Sep 15 @ 7:00 PM Meeting ID: 872 2951 0766  
Oct 20 @ 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

Sep 3 @ 9:00 AM  
Oct 1 @ 9:00 AM  
A.A. Central Office @ 116 E. 6th Street, Medford, OR 97501

### YPAA Business Meeting

Sep 14 following the Ashland Young People of A.A. meeting @ 7:10 PM  
Oct 12 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.



# UPCOMING EVENTS

## 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](http://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 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](mailto:aajacksoncounty@gmail.com).



## Coming Next Month

In October's edition of *One Day at a Time*, we will cover Step Ten, Tradition Ten, and the Tenth Step Prayer and Principle.

As we approach Step Twelve and the holiday season, we mostly dedicate this edition of the newsletter to the importance of being of service. We share the great need that exists in both Districts 7 and 16 for A.A.s to step up and live out their recovery.

Also, in this edition, we will share how one A.A. endeavors to maintain sobriety and recovery by practicing the essence of Step Ten. An A.A. shares comforting words while another A.A. shares how she attained sobriety only by finding the truth. Finally, we learn that in Step Ten we begin the final stage of experiencing a spiritual transformation on an ongoing basis, culminating in Step Twelve.

## 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.