

# One Day at a Time

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



## Spiritual Awareness

### Welcome

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

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

*"... when we turn away from meditation and prayer, we ... deprive our minds, our emotions, and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent, the facts of A.A. Life confirm this ageless truth."*

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*For each of us,  
recovery is  
discovering the truth  
of who God really is in our lives.*



Happy  
Thanksgiving



## Eleventh Step Prayers Dear God

As I understand You,  
I pray to keep my connection  
with You open and clear from  
the confusion of daily life.

Through my prayers and  
meditation, I ask especially for  
freedom from my self-will,  
rationalization, and wishful  
thinking.

I pray for the guidance of correct  
thought and positive action.  
May Your will, not mine, be  
done.

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## Dear God

"As we go through the day we  
pause, when agitated or  
doubtful, and ask for the right  
thought or action. We constantly  
remind ourselves we are no  
longer running the show, humbly  
saying to ourselves many times  
each day 'Thy will be done.' "

Reprinted from Alcoholics Anonymous®  
World Services, Inc. Alcoholics  
Anonymous, Fourth Edition, "Into  
Action," pp. 87-88.

God, I'm agitated and doubtful  
right now. Help me to stop and  
remember that I've made a  
decision to let You be my God.  
Give me the right thoughts and  
actions. God save me from fear,  
anger, worry, self-pity or foolish  
decisions that Your will not mine  
be done. AMEN

## Step Eleven

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

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Eleven," p. 96 with permission from  
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"Perhaps one of the greatest rewards of meditation and prayer is the sense of  
belonging that comes to us. We no longer live in a completely hostile world. We  
are no longer lost and frightened and purposeless. The moment we catch even a  
glimpse of God's will, the moment we begin to see truth, justice, and love as the  
real and eternal things in life, we are no longer deeply disturbed by all the  
seeming evidence to the contrary that surrounds us in purely human affairs. We  
know that God lovingly watches over us. We know that when we turn to Him, all  
will be well with us, here and hereafter."

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## GOING WITH THE FLOW

November 06

"Sought through prayer  
and meditation to improve  
our conscious contact  
with God as we  
understood Him. . . ."

TWELVE STEPS AND TWELVE  
TRADITIONS, p. 96



"The first words I speak when arising in the morning are, 'I arise, O God, to do  
Thy will.' This is the shortest prayer I know and it is deeply ingrained in me.  
Prayer doesn't change God's attitude toward me; it changes my attitude  
toward God. As distinguished from prayer, meditation is a quiet time, without  
words. To be centered is to be physically relaxed, emotionally calm, mentally  
focused, and spiritually aware.

One way to keep the channel open and to improve my conscious contact with  
God is to maintain a grateful attitude. On the days when I am grateful, good  
things seem to happen in my life. The instant I start cursing things in my life,  
however, the flow of good stops. God did not interrupt the flow; my own  
negativity did."

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## Tradition Eleven

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

*"Information about A.A. is being offered to the public through all the communications media, in print, and over the air. On radio, it's easy to guard members' anonymity, of course. But TV (not in wide use when the Traditions were written) is another matter. According to a Conference opinion, members are breaking their anonymity when they are identified on TV as A.A.'s and their faces are shown—whether or not their names are given. And yet this medium, with its vast audiences, cannot be ignored."*

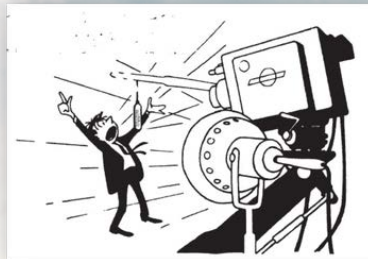
*"Different techniques have been employed to preserve anonymity on TV: masks; screens; back-lighting that shows A.A.'s only as silhouettes; camera angles showing them only from the back. The "shadow" method diagrammed here is simple, relaxed—and appropriate. For we are not selling personalities—we are explaining A.A. Personal anonymity breaks in the public media not only may discourage timid prospects; they may threaten the anonymity-breaker's own sobriety, by violating the spirit of the A.A. program and Traditions...."*

*"Alcoholics who have recovered through our program are themselves the strongest attraction that A.A. has. When people are asked what led them to seek A.A. help, the answer given most often is: 'An A.A. member.' Their chances would have been slim if all of us had remained completely in hiding. But many of us have chosen to tell our friends, neighbors, employers, co-workers, doctors, or spiritual advisers that we are in A.A.—and when we do so, we are not breaking our anonymity in the meaning of this Tradition."*

*Suppose a sick alcoholic never has the good fortune to meet an A.A. How is such a person going to find us? The search will be difficult if the local group thinks it should be anonymous, too. The Tradition is talking about "personal anonymity," remember? Alcoholics will not be attracted to A.A. if they don't know that it exists or if they have distorted, unfavorable impressions of its members or its program."*

*Giving the general public an accurate picture of A.A. is the chief job of our public information committees. In addition, they often carry the message to certain groups—from police officers to personnel directors — whose work includes contact with active alcoholics."*

But, we must ever be aware that self-appointed messiahs speaking for A.A. through public media can do us great damage.



## Eleventh Step Prayers

*"Lord, make me a channel of thy peace — that where there is hatred, I may bring love — that where there is wrong, I may bring the spirit of forgiveness — that where there is discord, I may bring harmony — that where there is error, I may bring truth — that where there is doubt, I may bring faith— that where there is despair, I may bring hope — that where there are shadows, I may bring light — that where there is sadness, I may bring joy."*

*Lord, grant that I may seek rather to comfort than to be comforted — to understand, than to be understood — to love, than to be loved."*

*For it is by self-forgetting that one finds."*

*It is by forgiving that one is forgiven."*

*It is by dying that one awakens to Eternal Life."*

*Amen*

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## Eleventh Step Principle

### Spiritual Awareness

Upon reaching Step Eleven, we find ourselves able to embrace numerous spiritual principles. In the process of working these steps, we learn **spiritual awareness**, humility, love, forgiveness, harmony, faith, hope, truth, honesty, compassion, understanding, willingness, open-mindedness, strength, and serenity.

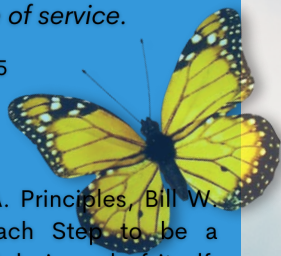
These principles benefit us and those we love, but we may still lack a fundamental sense of purpose.

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

Continued on p. 5

### 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.**



## On Spiritual Experience

### SPIRITUAL EXPERIENCE

"The terms 'spiritual experience' and 'spiritual awakening' are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.



"Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily, for everyone, this conclusion is erroneous.

"In the first few chapters, a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming "God-consciousness" followed at once by a vast change in feeling and outlook.

"Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what psychologist William James calls the 'educational variety' because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions, our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

"Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it 'God-consciousness.'

"Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

"We find that no one need have difficulty with the spirituality of the program. **Willingness, honesty, and open-mindedness are the essentials of recovery. But these are indispensable.**





"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."

— HERBERT SPENCER

Reprinted from Alcoholics Anonymous® World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, "Spiritual Experiences," pp. 567–568.

## SPIRITUAL EXPERIENCES - JULY 1962

"It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project, I would like to say a few introductory words. There is a very natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular, or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, 'I wish I could have an experience like that!' Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, 'I just can't buy this business. I can't understand what these people are talking about.'

"As most A.A.s have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of his presence. At first, it was very natural for me to feel that this experience staked me out for somebody very special.

"But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

"In all other respects, however, I am sure that my own experience was not in the least different from that received by every A.A. member who has strenuously practiced our recovery program.

"How often do we sit in A.A. meetings and hear the speaker declare, 'But I haven't yet got the spiritual angle.' Prior to this statement, he had described a miracle of transformation which had occurred in him—not only his release from alcohol but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple A.A. activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, 'Well, that guy is just reeking with the spiritual angle — except that he doesn't

Continued on p. 6



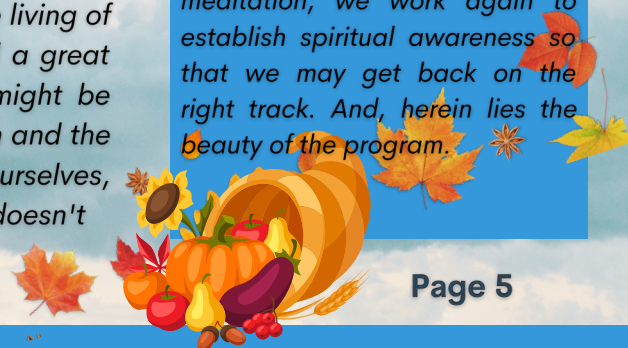
Continued from p.4

So, while we seek that purpose for the future of our lives, we attempt to be of service in the present, to be useful in some real and meaningful way.

Through Step Eleven, we seek God's plan, i.e. His will, for our lives, believing that in some way His will is tied into our lofty purpose, this grand design. However, for many of us, if not all of us, we come to realize that through prayer and meditation, being of service **IS** God's will for each of us, and being of service is always first and foremost doing the right thing.

**So, spiritual awareness means that we always seek and try to do the next right thing.**

With the growth we experience in working the Steps through Step Ten, in Step Eleven, we become spiritually aware in the moment. We learn to see the signposts that will lead us down the right path. But, at any point, if we find ourselves off the path, as we most certainly will from time to time, through prayer and meditation, we work again to establish spiritual awareness so that we may get back on the right track. And, herein lies the beauty of the program.





## In Their Own Words

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

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

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

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

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

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

Continued from p. 5, Spiritual Experiences: 1962

*seem to know it yet! We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.*

*"Moreover, he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate — my sudden spiritual experience notwithstanding.*

*"So nowadays when A.A.s come to me, hoping to find out how one comes by those sudden experiences, I simply tell them that in all probability they have had one just as good — and that theirs is identical excepting it has been strung out over a longer period of time.*

*"Then I go on to say that if their transformation in A.A. extending over six months had been condensed into six minutes — well, they then might have seen the stars, too!*

*"In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones — they are certainly all of the same piece. And there is one sure test of them all: 'By their fruits, ye shall know them.'*

*"This is why I think we should question no one's transformation — whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs."*

Reprinted from *The Language of the Heart*, Bill W.'s Grapevine Writings, Copyright 1988, "Spiritual Experiences," Part Three: 1958 - 1970, Segment 1: In All Our Affairs with permission from Alcoholics Anonymous® World Services, Inc.

### SPIRITUAL EXPERIENCES - PRAYER and MEDITATION

*"Higher Power, as I understand You,  
I pray to keep my connection with You  
open and clear from the confusion of daily life.*

*Through my prayers and meditation, I ask especially for  
freedom from self-will, rationalization, and wishful thinking.  
I pray for the guidance of correct thought and positive action.*

*Your will, Higher Power, not mine, be done.  
You know what is best for me, God.  
Give me faith to believe in Your goodness and not my fear.*

*God, help me remember that I cannot afford to miss my time with You.  
You're my most important appointment."*

PRAY  
Meditate



## Ode to A.A. Fellowship

Written and Submitted by M. Armida S.

I love the A.A. fellowship; I love my A.A. pals.  
Men and women meet together - or sometimes just the gals.  
We laugh, we cry, and at times strongly express our ire  
Amazingly - by the meeting's end - we've stepped out of the mire  
Of our negative thoughts, bad attitude; the self-pity that plagues us all  
We learn that we don't have to give in to these demanding, dreary calls.

We share our common obsession and disclose our troubling flaws  
With honesty so refreshing - and we all know who's the cause.  
We've turned our lives completely over to God, our Higher Power.  
And we're learning to trust Him daily as we go from hour to hour.

We have help to rise above life's ills in the fellowship we share.  
There's immeasurable comfort in knowing that others truly care.  
I love the A.A. Fellowship and my new and special friends  
For it's indeed universal and with friendships that never end!  
Our lives have been greatly enriched - far better than one would think  
And it's all because we've partnered with God to never take a drink.

## God Leaves the Door Open for Everyone

No Need to Overthink This Issue

Written and submitted by Rick R.

The Alcoholics Anonymous (A.A.) program is open to anyone who has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhist or a member of one of the vast number of religions in the world. All of us have the same opportunity to get well through the Steps. They were fashioned that way to ensure



that no alcoholic is left out. We embrace everyone that walks through that door. If Step Two had been written to say, "Came to believe that God", rather than, "a Power greater than ourselves"

Continued on p. 8

## In Their Own Words

*"I always let the new guy know one thing that will forever be true for us alcoholics. Lose contact with God on a consistent basis and you will drink ... again or maybe for the last time."*

A.A. member at a No Name Group meeting, 7:30PM, Friday Nights, First Presbyterian Church, Central Point, OR

*"My drinking was eventually gonna end in one way or another. I fought with all my might to make sure that I was alive when that happened."*

A.A. member at an Easy Does It Group meeting, Noon, Wednesdays, Hi-Lo Club, Grants Pass, OR.

*"I had one of the worst days I can remember, but I still did not think about drinking and I still didn't think about not drinking. That is only possible when I keep my eyes and ears open and focused on God."*

A.A. member at a Courage to Change Group Meeting, 7:00PM, Wednesdays, United Methodist Church, Cave Junction, OR

*"My physical and emotional sobriety are ONLY possible today because I spent time with my Higher Power in prayer and meditation; otherwise, I would drunk, crazy, unstable hot mess."*

A.A. member at Medford Fellowship meeting, 7:30AM, Alano Club, Medford, OR

**OPEN  
YOUR EARS**



**GRAPEVINE** Daily Quote

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

*"I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with kings and ministers and ambassadors; and I say, after that catalog ... that I would prefer an evening with my AA friends to any person or group or group of persons I have indicated."*

Fulton Oursler, friend of AA, July 1944,  
Charming Is the Word for Alcoholics",  
Happy, Joyous and Free: The Lighter  
Side of Sobriety

*"On a daily basis I choose not to drink – or to fear, hate, be angry, or indulge in any other defect that's raising its ugly head. They're all there waiting, and when given a chance they charge into the center of my life and try to take over. But when I work Step Eleven I find that my life is filled with good, and people actually like to be around me – something they never did in my drinking days."*

"A Lifetime Supply," July 1995,  
Kathmandu, Nepal, Step By Step: Real  
AAs, Real Recovery

Continued from p. 7 – God Leaves the Door Open For Everyone

could restore me to sanity, I wonder if A.A. would have succeeded in the way that it has, especially when we consider the problems that the Oxford Group had with this issue.

I have seen people talking about religion, and others that were irritated with any talk of God, yet we still hold hands at the end of the meeting and say a prayer and everyone leaves the meeting feeling a little better. I personally know priests and ministers in the program, and they seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people who are identical in this matter. Speaking for myself, if I wanted to be freed from the deadly obsession of alcoholism, I had to trust the guidance of the two books that are suggested, and the leadership of the more experienced members of the group, to come to terms with a concept of a Power Greater than myself. I was the one in the Twelve Steps and Twelve Traditions who "tried religion and had found it wanting." I also read that, "even the militant atheist got through the hoop with room to spare." I did not believe in the God of the religionist, in the same way, that I thought, they did, but I did not think I was an atheist either.

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

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



# A Fearful Man

Written and submitted by Phillip B.

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

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

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

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

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



## Fun and Humor

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



### Double Dilemma

A newcomer told his sponsor that he was engaged in a major custody battle. His wife doesn't want him ... and his mother won't take him back.

### Bad Investment

How do you turn an alcoholic into a millionaire?

Give him a billion dollars.

### The "I"s Have It

The reason two alcoholics can't communicate effectively with each other is that when they talk, it's always "an I for an I."

### Slow Earner

What's the difference between a drunk and a savings bond?

Well, the savings bond eventually matures ... and earns money.

Reprinted from *Take Me To Your Sponsor*, 2019, with permission from AA Grapevine, Inc.





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

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

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



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



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



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

Continued on page 11



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



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



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

**Make it a sober  
holiday**





## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Continued from p. 10



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



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



Worship in your own way.



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



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



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

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



*Gratitude will help you stay sober  
sooo ... be grateful!!*

## 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.

## 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 September 16, 2022, to October 15, 2022.

### Jackson County Groups and Individual Members

Box of Chocolates	\$4.75	KISS Women's Wednesday	\$198.73
Ashland Monday Night	\$125.00	2021 Central Point Group	\$40.00
Medford Fellowship Group	\$120.00		
Just For Today Group	\$500.00	Katie G	\$50.00
Ruch 703 Group	\$50.00	Cathy M	\$10.00

When supporting Jackson County Central Office, you have a few options, so please visit <https://jccoa.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

Rogue River Sunday Group	\$300.00	Sobriety Rocks	\$600.00
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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.**

On behalf of District 16 and Jackson County Central Office and District 7 and Josephine County Intergroup, we want to thank all A.A. Groups and their members for helping your Central Offices with your Seventh Tradition contributions so that these service boards and committees can continue to be available for the still suffering alcoholic. We deeply appreciate your support. Thank you.





# 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
Suzanne N	November 21, 1976	46	Marci	November 1, 2012	10
Mary C	November 7, 1976	46	Denise D	November 1, 2012	10
Julie R	November 23, 1978	44	Mike P	November 5, 2013	9
Paul B	November 8, 1984	38	Melinda G	November 11, 2013	9
Steve E	November 18, 1988	34	Carol W	November 6, 2014	8
Linelle	November 27, 1991	31	Tony R	November 4, 2016	6
Kelly L	November 7, 1997	25	Maureen M	November 5, 2016	6
Mark E	November 10, 1999	23	Elizabeth C	November 6, 2016	6
Mehliss J	November 15, 1999	23	Dorene C	November 18, 2016	6
Jay S	November 16, 1999	23	Jil R	November 18, 2016	6
Brenda B	November 10, 2008	14	Steven D	November 21, 2016	6
David M	November 15, 2008	14	Chrissy	November 23, 2016	6
Teresa	November 10, 2009	13	Roxanne W	November 22, 2017	5
Amber L	November 4, 2010	12	Jeffrey W	November 3, 2018	4
Joan M	November 15, 2011	11	Stephanie S	November 14, 2018	4

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

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

## Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Iris H	November 22, 1974	48	Mia C	November 23, 2008	14
Siri A	November 10, 1981	41	Joey L	November 2, 2009	13
Kelly K	November 24, 1982	40	Barb R	November 5, 2009	13
Paul W	November 1, 1984	38	Jim A	November 10, 2009	13
Daniel O	November 2, 1986	36	Angie B	November 10, 2011	11
Ann D	November 1, 1987	35	Marci G	November 5, 2013	9
Marlee	November 23, 1987	35	Victoria C	November 1, 2015	7
Rich H	November 25, 1987	35	Patti S	November 6, 2015	7
Jacqui R	November 2, 1991	31	Robert R	November 11, 2015	7
Phil K	November 28, 1991	31	Amber	November 21, 2015	7
Cathy B	November 16, 1993	29	Kim F	November 13, 2016	6
Steve S	November 22, 1994	28	Jason H	November 3, 2017	5
Kelly S	November 2, 1996	26	Nate	November 1, 2018	4
Bill W	November 18, 1998	24	James S	November 15, 2018	4
Cathy M	November 22, 2000	22	Joe K	November 25, 2018	4
Tannea B	November 24, 2005	17	Oliver R	November 11, 2019	3
Sandi R	November 10, 2006	16	Randall F	November 13, 2019	3
Geoff M	November 10, 2007	15	Diana C	November 18, 2019	3
Laurie W	November 3, 2008	14	Zach	November 26, 2019	3
Nancy D	November 23, 2008	14			

## 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.jococaa.org](http://www.jococaa.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, November 16, 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



### Oregon Area 58 Quarterly Assembly

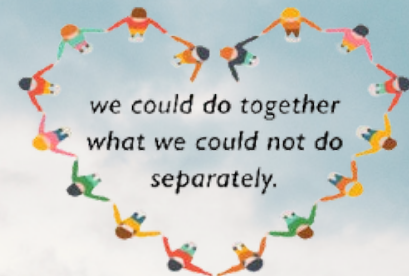
Hosted by District 16

Friday – Sunday, November 18–20, 2022

Ashland Hills Hotel & Suites

2525 Ashland St., Ashland, OR 97520

(855) 482-8310 | [www.ashlandhillshotel.com](http://www.ashlandhillshotel.com)



Online registration closes on November 13, 2022

Registration links are as follows

English: <https://tinyurl.com/ORA58Nov22quarterly>

Spanish: <https://tinyurl.com/NoviembreTrimestral2022>

## Round Table Assembly

Please see the registration flyer for detailed hotel booking information at <https://www.aa-oregon.org/upcoming-assemblies/>

If you have any questions, please call or email

Shane C. (Registration Chair) at (603) 759-1825

Michael M. (Committee Chair) at (541) 621-9629

[assembly.18.regist@gmail.com](mailto:assembly.18.regist@gmail.com)

*Always remember that YOU are worth more than whatever it takes to be sober.*



## *Southern Oregon Dog On The Roof Annual Spaghetti Feed and Dessert Social*

Hosted by Southern Oregon Dog on the Roof  
Saturday, November 12, 2022 @ 6:00 PM  
Medford First Christian Church  
1900 Crater Lake Avenue, Medford, OR 97504

Come and join us for the semi-traditional raffle and lots of good fellowship

Old Time Speakers with over 30 years of sobriety @ 7 PM

Bring a dessert if you can and we'll supply the rest.

For more information, please call  
Scott G @ (541) 821-5993 or Otto W @ (541) 890-5887



The November issue of *Grapevine*© is here.

This month's featured section is "Fun in Sobriety." Who doesn't love that? The section features some of the best stories from the newest *Grapevine* book, *Fun in Sobriety*.

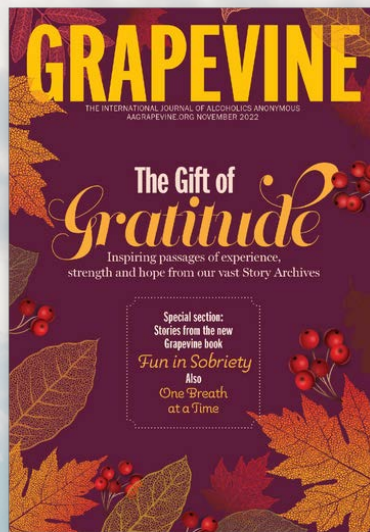
But this month's *Grapevine* features a special section on gratitude just in time for the beginning of the holiday season.

Read about some of the best stories over the years of *Grapevine* history that talk about gratitude. They are very moving.

This reminds me of one of the best quotes I have ever read in A.A. literature about gratitude. It comes from Bill W., obviously:

"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know."

#Inspirational #Gratitude #Appreciation



## *A.A. Events*

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





# 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.

## 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®

Nov 1 @ 7:00 PM

Meeting ID:

489 479 9084

Dec 6 @ 7:00 PM

Password:

D7

### District 16 Business Meeting on Zoom®

Nov 13 @ 3:00 PM - 4:30 PM

Meeting ID:

456 010 1935

Dec 11 @ 3:00 PM - 4:30 PM

Password:

06101935

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

Nov 17 @ 7:00 PM

Meeting ID:

872 2951 0766

Dec 22 @ 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

Nov 5 @ 9:00 AM

Dec 3 @ 9:00 AM

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

### YPAA Business Meeting

Nov 9 following the Ashland Young People of A.A. meeting @ 7:10 PM

Dec 14 following the Ashland Young People of A.A. meeting @ 7:10 PM

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



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

April 14, 1959

Dear Russ,

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

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

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

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

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

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

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

Devotedly yours,

Bill Wilson

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



## The Lord's Prayer

*Our Father who art in  
heaven,*

*hallowed be thy name.*

*Thy kingdom come.*

*Thy will be done on  
earth as it is in heaven.*

*Give us this day our  
daily bread.*

*and forgive us our  
trespasses, as we forgive  
those who trespass  
against us.*

*and lead us not into  
temptation.*

*but deliver us from evil.*

*For thine is the kingdom  
and the power, and the  
glory, forever and ever.*

*Amen.*

The Lord's  
Prayer



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, OR 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://jccoa.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 December's edition of *One Day at a Time*, we will cover Step Twelve, Tradition Twelve, and the Twelfth Step Prayer and Principle.

COMING  
SOON

**Service** to others is the lifeblood of the program - one alcoholic talking with another as we carry the message or simply offering a helping hand to a person in need as we practice the principles in all our affairs.

Regardless, **service** keeps our heads in the game and keeps us out of our heads. With this principle at the heart of how we live the program, we begin to see the Promises reveal themselves in our lives. Also, we share inspirational readings on **service** and how **service** is one of the keys to happiness.

## 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.