

One Day at a Time

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

Carrying the Message
Being of Service
Practicing the Principles

Welcome

"To be helpful is our only aim."

Reprinted from Alcoholics Anonymous, 2001, "Working With Others," p. 98 with permission from Alcoholics Anonymous World Services, Inc.

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"Let no alcoholic say he cannot recover unless he has his family back. This just isn't so. In some cases, the wife will never come back for one reason or another. Remind the prospect that his recovery is not dependent upon other people. It is dependent upon his relationship with God."

Reprinted from Alcoholics Anonymous, 2001, "Working With Others," p. 99-100 with permission from Alcoholics Anonymous World Services, Inc.

"Job or no job - wife or no wife - we simply do not stop drinking so long as we place dependence upon other people ahead of our dependence on God."

Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house."

Reprinted from Alcoholics Anonymous, 2001, "Working With Others," p. 98 with permission from Alcoholics Anonymous World Services, Inc.

The gift that recovery gives us is that today we choose to feel everything.

That's where growth happens and a better way of life begins.



Twelfth Step Prayers

Dear God

"Having had a spiritual experience, I must now remember that 'faith without works is dead.'

"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.

"So, God, please help me to carry this message to other alcoholics!

"Please provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can.

"Help me secure his confidence and remember he is ill.

Amen"
Reprinted from *Alcoholics Anonymous*, 2001, "Working With Others," p. 89 with permission from Alcoholics Anonymous World Services, Inc.



Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Twelve" p. 106 with permission from Alcoholics Anonymous World Services, Inc.

"Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives—these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step Twelve," p. 110 with permission from Alcoholics Anonymous World Services, Inc. All Rights Reserved.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence with others fail. Remember they are very ill.

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

Reprinted from *Alcoholics Anonymous*, 2001, "Working With Others," p. 89 with permission from Alcoholics Anonymous World Services, Inc.

Merry Christmas



Tradition Twelve

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

Reprinted from *The Twelve Traditions Illustrated*, Copyright 1971, "The Twelfth Tradition," P-43, with permission from Alcoholics Anonymous World Services, Inc.

"Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the Twelve Steps to recover from alcoholism, we are each trying to achieve real humility, to put our self-respect on a solid base of truth, rather than on fantasies about ourselves. When we use the Twelve Traditions to work together in A.A., we are all trying to achieve humility; as individual members, by recognizing our true place in A.A.; as a fellowship, by recognizing A.A.'s true place in the world.

"Tradition One reminds each of us that we are not recovering on our own, that we should control our personal desires and ambitions in order to guard the unity of our group and our Fellowship. We ought not (Tradition Two) fancy ourselves as big shots in A.A., no matter what office we hold.

"All of us are just alcoholics together, and in our groups we are not entitled (Tradition Three) to rule on the qualifications of other alcoholics seeking the same help that we've had. Yes, a group needs humility too. It may make its name public, but in the spirit of anonymity it should see the Whatever Group as merely part of a bigger whole (Tradition Four), careful in every enterprise to consider the welfare of all the other groups that make up A.A. In both group and individual activities, we should remember what the full name of our Fellowship is. It does not represent any established religion, nor is it a new religion. We are not evangelists or gurus out to save humanity; we are anonymous alcoholics trying to help other alcoholics (Tradition Five).

"In the rising battle against alcoholism, we ought not let our pride in A.A. mislead us into linking our Fellowship with other agencies, in order to bid for a share in their power, prestige, and funds. If we keep Traditions Six and Seven in mind, we will instead direct all our efforts toward A.A.'s own unique purpose.

"When we go on Twelfth Step calls, we should not tell ourselves how noble we are for doing such valuable work without pay. The meaning of Twelfth Step work cannot be measured in money (Tradition Eight), and we have received advance pay for it, in coin of far greater worth—our very lives. In the same Tradition, it's suggested that a service center maintains A.A. humility by paying its employees decent wages—rather than considering A.A. so virtuous an outfit that employment there is a favor.

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Twelfth Step Prayers

Dear God

"My spiritual awakening continues to unfold each and every day.

"The help I have received I shall pass on and give to others, both in and out of the Fellowship.

"For this opportunity I am grateful.

"I pray most humbly to continue walking day by day on the road of spiritual progress.

"I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say.

"God, I need You, my friends, and the program every hour of every day.

"This is a better way to live.

Amen"

Alcoholics Anonymous Cleveland District Office. (2022). Twelve step prayers. Retrieved from <https://www.aacle.org/twelve-step-prayers/> on October 29, 2022.





Twelfth Step Principles

So, I understand that the principle behind Step Twelve is **SERVICE**, or carrying the message to the still suffering alcoholic. But I understand that Step Twelve has two parts. The second part is also the result of having a spiritual awakening and that is practicing these principles is all my affairs. To me, this means that I must live my life everyday, with everyone, in all situations, and at all times, according to the principles of Alcoholics Anonymous' program.

This new state of consciousness and of existence is truly the **GIFT** of the program. This **GIFT** is the **CHANGE**, and, as such, everyday I have the opportunity to put into practice these principles:

humility,	faith,
honesty,	acceptance,
open-	willingness,
mindfulness,	unselfishness,
forthrightness,	service,
perseverance,	fearlessness,
forgiveness,	persistence,
spiritual	serenity,
awakening,	gratitude,
compassion,	courage,
authentic love,	responsibility
kindness.	

Practicing the Twelve Steps in all my affairs, trusting God, cleaning house, sharing my experience, strength and hope, staying active in service, one day at a time, for the rest of my life is the true beauty of the program.

Continued from p. 3 - Tradition Twelve

"When we are given special responsibilities within A.A., Tradition Nine defines these as opportunities to serve, not titles to flaunt. The humility of the Fellowship itself is safeguarded by Tradition Ten, with the refusal to set ourselves up as general authorities, swinging our collective weight around in the public arena.

"We do not want to sell our program as a 'surefire remedy' in the extravagant terms of a promotional campaign (Tradition Eleven), or dramatize it by identifying noted people in A.A., thereby implying that recovery has been for each of us an individual accomplishment. As Tradition Twelve reminds us, we have something stronger than our human personalities to rely on. Our principles come first—and they are not our own invention. They reflect eternal spiritual values. With this Tradition, both as individuals and as a fellowship, we humbly acknowledge our dependence on a power higher than ourselves."

Let us always remember that anonymity—not taking credit for our own or others' recovery—is humility at work.



Reprinted from *The Twelve Traditions Illustrated*, Copyright 1971, "The Twelfth Tradition," P-43 with permission from Alcoholics Anonymous World Services, Inc.

ANONYMITY MEANS SACRIFICING PERSONAL AMBITION FOR THE COMMON GOOD.

Happiness Called

by Author, Bianca Sparacino

Happiness turned to me and said, "**It is time. It is time** ... to forgive yourself for all the things you did not become. It is time ... to exonerate yourself for all the people you couldn't save, for all the fragile hearts you fumbled within the dark of your confusion.

It is time, child ... to accept that you don't have to be who you were a year ago, that you don't have to want the same things. Above all else, it is time ... to believe with reckless abandon that you are worthy of me, for I have been waiting years ... for you."



The Joy of Giving

Written and submitted by Andrea C.



December brings much joy to the lives of many people of all ages. As an alcoholic, December brings joy to me in practicing Step Twelve and having the privilege to carry the message to other alcoholics. *The Twelve Steps and Twelve Traditions* reads, "The joy of living is the theme of A.A.'s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that

asks no rewards" (Alcoholics Anonymous® World Services, Inc. *The Twelve Steps and Twelve Traditions*, Step Twelve, p. 106).

It truly is a feeling of joy to reach out to another alcoholic. Having had a spiritual awakening, I have been blessed with the desire to give back what was so freely given to me. This is the gift the program has given to me, especially during the time of year that brings joy to families who celebrate Christmas, with children awaiting Santa's arrival, people of all ages giving and receiving gifts, and an overall sense of peace and happiness.

As an alcoholic, I, of course, find joy in the beautiful Christmas lights, the decorations everywhere I go, and the normal holiday traditions, but the truest joy I get to receive is giving to another alcoholic. Whether it be a hug, a phone number to call when she is struggling, sharing my story in hopes of it resonating with someone, or listening to someone when they have nobody else—a gift that asks for no reward. This month and Step Twelve repeatedly bring up the word "joy" for me, and that's really what it's all about. Being able to practice these principles in all my affairs, accompanied by a joyous life, is a true and rich blessing. I am thankful for my sobriety and I am thankful for Alcoholics Anonymous.



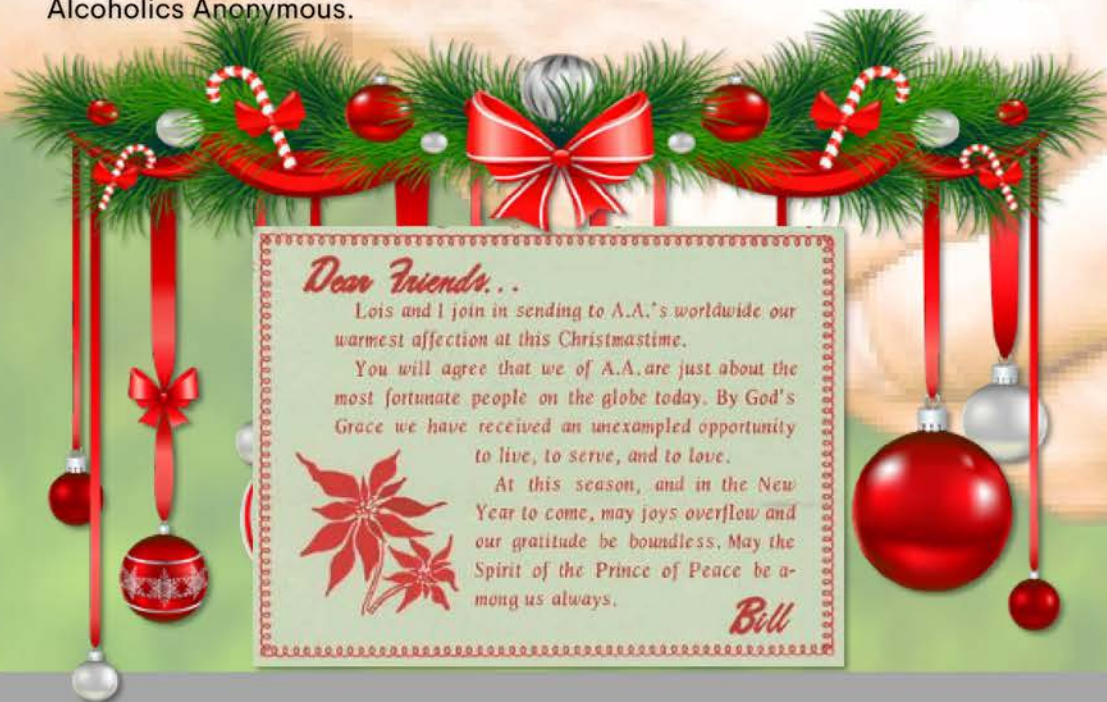
Twelfth Step Principles

In Step Twelve, spiritual awakening is not "a" result. It is "the" result. This one tiny word makes an enormous difference. The spiritual awakening that allows us to carry the message and practice the A.A. principles in our affairs comes from our step work. Now with Step Twelve, we are armed with an awakening that allows us to serve others. **Service** takes many forms but in Step Twelve it is all about 'consideration' for another suffering alcoholic. The key to consideration is thoughtful behavior. Being thoughtful means thinking about what we can do for those around us and how our actions will affect them. Consideration leads us to help an alcoholic, a friend or stranger in need.

While in **service**, we must keep the honesty and humility to see that the world does not revolve around us. Maintaining awareness, discipline, and willingness to perform these acts, we approach those in need with courage and integrity, hoping to do what we can and keeping faith that we will make a difference. In this way, we touch others with our sense of responsibility and brotherly love.

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.**



Dear Friends...
 Lois and I join in sending to A.A.'s worldwide our warmest affection at this Christmastime.
 You will agree that we of A.A. are just about the most fortunate people on the globe today. By God's Grace we have received an unexampled opportunity to live, to serve, and to love.
 At this season, and in the New Year to come, may joys overflow and our gratitude be boundless. May the Spirit of the Prince of Peace be among us always.
Bill

GRAPEVINE Daily Quote

To receive A.A. Grapevine® Daily Quote in your email inbox every day, visit www.aagrapevine.org.

"No matter how truthful the words of my message, there could be no deep communication if what I said and did was colored by pride, arrogance, intolerance, resentment, imprudence, or desire for personal acclaim -- even though I was largely unconscious of these attitudes."

A.A. Co-Founder, Bill W., July 1960, "The Language of the Heart", The Language of the Heart

"Anonymity is a spiritual foundation not only of Tradition Twelve, but of sobriety itself."

"The Quest for Spirituality," Walnut Creek, California, March 2000, Voices of Long-Term Sobriety

"If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience."

AA Co-Founder, Bill W., January 1963, "The Bill W.--Carl Jung Letters", The Language of the Heart

"The smile from my face traveled to my heart."

"The Portals of Service," Olympia, Washington, September 2006, Beginner's Book: Getting and Staying Sober

Your Bank Account

Submitted by Donna K., in 2019, Author Unknown

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away making the move necessary. After hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a description of his tiny room, including the eyelet sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an 8-year-old having just been given a new puppy. "Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged. It's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work or get out of bed and be thankful for the ones that do.

"Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away, just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory Bank. I am still depositing.

"Remember the five simple rules to be happy - free your heart of hatred, free your mind from worries, live simply, give more, and expect less. Have a nice day, unless you already have made other plans."

The Gift of Desperation

Written and submitted by Rick R.

I woke up in desperation, half a century ago,
I had squandered all my options and I had no place to go.

Guilt and shame and loathing thoughts weighed heavy on my mind,
But I was used to waking up with dark thoughts of that kind.

My drinking used to mask the feelings that I felt that day,
And if I ventured just one sip, they'd soon be washed away.

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As I look back on that event, it's very plain to see,
The thought that gripped my conscience was a new reality.

It was my day of reckoning and I cherish it today,
For without that desperation, I may not have called A.A.

Within moments of exposure to that kind and loving group,
The drink obsession vanished and optimism closed the loop.

Thinking someday I'd be tempted, I was vigilant from the start,
And since it never happened, I thank God with all my heart.

For decades I have questioned why it works so well for me,
While watching others suffer through a life of misery.

When asked that simple question, I now answer with a smile,
It happened when desperation far outweighed my own denial.

If You Could ...

What would YOU tell this man, if you ever met him face-to-face at a meeting ... if you could?

In the October edition of the newsletter, we asked our readers what they would say to Bill W. if they met him at a meeting. Wow! What an honor would that be. We had a great response from one of our readers. Her response is below. We would like to thank our reader for her contribution. Thank you, thank you, thank you.

"I would tell Bill W. that he was brilliant to take the previous work from the Oxford Group and being divinely inspired with Dr. Bob. You have no idea how many people you have saved through this simple program for very complicated people. I would thank you for your continued tenacity, and ability to get and stay sober to pass this onto others who passed it on and so on. This program has saved my life and I now can live mostly content and happy because of it. I would also thank him for his wife, Lois because she has helped so many of my relationship issues once I got sober as well.

Laura B. of Josephine County A.A.



*merry
Christmas*



Fun and Humor

Just a little humor to lighten the moment. Send your addiction-related favorites to aajacksoncounty@gmail.com.



"God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference."

Dan H., Davie, Fla., Dec 2013.

"A drunk was sitting at the bar bragging to his buddy, 'I've been on a whiskey diet,' he said.

'Oh yeah?' His buddy replied. 'Yeah,' said the drunk. 'I've lost three days already.'

Deanna S., Alpharetta, Ga., Oct. 2017

"A penguin and a skunk walk into a bar. After having several rounds, the skunk looks over and asks the penguin, 'Is my suit on backwards.'"

Sara B, Nine Mile High Falls, Washington, Jan. 2017.



In Their Own Words

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

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

"By revealing our secrets and thereby ridding ourselves of guilt we can actually change our thinking and by altering our thinking we can change ourselves. What we will be tomorrow is determined by what we think today."

"What We Will Be Tomorrow," Brentwood, New York, May 1991, AA Grapevine

"When things go well, we must never fall into the error of believing that no great ill can befall us. Nor should we accuse ourselves of 'negative thinking' when we insist on facing the destructive forces in and around us, both realistically and effectively. Vigilance will always be the price of survival."

AA Co-Founder, Bill W., November 1960, "Freedom Under God: The Choice Is Ours", The Language of the Heart

A Simple Program for Complicated People

Living by the Dictates of my Conscience

Written and Submitted by Rick R.

Desperation has been a great motivator for me with respect to the thoroughness that I have applied since the day I surrendered and came to Alcoholics Anonymous (A.A.) searching for solutions to my out-of-control drinking problem. Not everyone who comes to A.A. has that degree of desperation. That, I believe, is the difference in the various degrees of success we, as individuals, have when it comes to abstaining from alcohol. The reality is that not everyone gets it on their very first attempt.

In my case, I gained an understanding and insight into my disease. Once I got beyond the initial stages of recovery, **it became clear to me that alcohol did not cause my problems, although it eventually become a problem. My mental and emotional troubles started surfacing long before I ever started drinking, and I now realize that the drinking masked most of my mental and emotional difficulties.** Eventually, my tolerance for alcohol started to dissipate and heavy drinking became an obvious problem. I failed at marriage, jobs, friendships, parenthood, and trust with just about everyone who knew me. I burned so many bridges that, finally, I had no place to turn. By some miracle, I woke up one morning with no other options and I desperately called A. A. for help. I was finally ready, and from that day on over fifty-three years ago, I have never wanted a drink again. Since then, the obsession to drink has never showed its face. I feel fortunate that from this very first day of sobriety I have not been in denial about my condition. I have also embraced the solution to my disease and the pathway to a future of the contentment that I enjoy today as the result of the "thoroughness" that I have applied to every facet of my life.

I had to relearn how to be a husband, a father, a brother, a friend, an employee, a neighbor, a partner, and a citizen. I had to become an asset not a liability. I had to question my motives for everything I did and assure that I stayed on the unselfish side of the ledger. I found it helpful to revisit the spirit of the things I learned as a child in church, in school, and in the Boy Scout, and learn to apply them where the selfish and dishonest habits had ruled my life. I came to understand how my ego had taken over all my mental properties, and I had to let my conscience slowly regain control of my virtues. The A.A. program was there when I was ready to throw in the towel helping me to recognize all of these changes, but the program doesn't go into detail about how to meet these noble goals of how to be a good husband, father, friend, etc., so I had to learn from other experienced sources the details of

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Continued from p. 8 - A Simple Program for Complicated People

these neglected issues and go about reprogramming my inner self to incorporate all these components of right living. These things take time, and they do not happen overnight, but I could not let that stop me from beginning this new journey and giving me a purpose for living.

I am extremely grateful that the A.A. program was established just in time to be available to save this broken spirit and turn it into the person that I am today as I override my Ego and simply live by the dictates of my Conscience



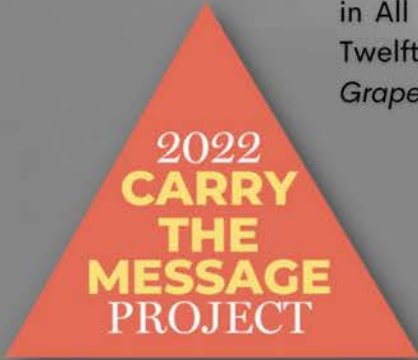
2022 Carry The Message Project

This project encompasses the principles of the twelfth step entirely. The Carry the Message Project is precisely what it means to actively work the program in our lives as individuals, groups, districts, and areas.

So, if you wish to work Step Twelve in your life, join in and get involved with this incredible opportunity. It's easy!

Visit www.aagrapevine.org/carry-the-message to begin the process. It's all about helping another alcoholic (A.A. Principles of Carrying the Message and Being of Service). Besides why would you want to help another alcoholic if you weren't healthy enough to care (A.A. Principle of Practicing the Principles in All Our Affairs). So, join in and use these great Twelfth Step tools. Give a gift subscription of the *Grapevine*® or *La Vina*® to an alcoholic who needs it like sponsees, newcomers, inmates at county jails, patients at detox centers, doctors' offices, etc.

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



In Their Own Words

"Spiritual fitness is required if I am to be of service to anyone."

Berlin, Connecticut, September 2004, "What a Sponsor Is and Is Not," One on One

"I am grateful today that God's voice is stronger and surer than my occasional negative whispers, comforting me through difficult times, letting me know that I am part of the whole."

St. Louis, Missouri, October 1997, "A Minority of One," Sober & Out

"If humility can expel the obsession to drink alcohol, then surely humility can be our antidote for that subtle wine called success."

AA Co-Founder, Bill W., October 1947, "Traditions Stressed in Memphis Talk", The Language of the Heart

"Service made me feel useful. Twelfth Step work taught me to accept my past."

"Working Incognito," State College, Pennsylvania, April 1994, Spiritual Awakenings



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.



1 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.



4 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.



2 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.



5 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.



3 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.



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

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

Merry Sober Holiday Season

Continued on page 11

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Continued from p. 10



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



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



8 Worship in your own way.



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



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



12 "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.

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.



Up from the ashes, hope will arise.



Self-Supporting

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

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



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

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



Seventh Tradition Contributions

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



The amounts shown here are officially recorded funds presented at the monthly business meetings of Jackson County Central Office and Josephine County Intergroup. Contributions received after mid-month will be reflected in the following month's newsletter. This report includes funds received from October 16, 2022, to November 15, 2022.

Jackson County Groups and Individual Members

Hole in the Wall	\$150.00	Eagle Point Women's Zoom	\$150.00
Shady A's	\$150.00	Shady A's	\$150.00
There is a Solution	\$80.00	There is a Solution	\$80.00
Ruch 903	\$196.20	Ruch 903	\$196.20
How It Works Group	\$250.00	How It Works Group	\$250.00
Cathy M	\$10.00		

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

Language of the Heart	\$290.00
Stronger Together Women's 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.



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. 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
Kerry V	December 1, 1975	47	Bonnie C	December 10, 2012	10
Richard F	December 22, 1984	38	Shawn M	December 25, 2012	10
Curly L	December 8, 1988	34	JeanneMarie B	December 21, 2013	9
Renee W	December 4, 1993	29	Jason M	December 23, 2014	8
Stephen A	December 4, 1994	28	Jannise N	December 23, 2014	8
Carol G	December 27, 1997	25	Elizabeth	December 24, 2015	7
Maggie S	December 29, 1997	25	Jeremy N	December 27, 2015	7
Susan Mc	December 21, 2000	22	Stephanie D	December 23, 2016	6
Gary S	December 5, 2005	17	Tamarah A	December 26, 2016	6
Amanda T	December 7, 2005	17	Martha T	December 30, 2016	6
Kristi M	December 1, 2010	12	Cindy S	December 3, 2017	5
Bev S	December 17, 2010	12			

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

“Overcoming Depression and Fear,” Mesa, Arizona, February 1993, A.A. Grapevine

Jackson County A.A. Members

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Duncan P	December 13, 1974	48	Michael P	December 26, 2014	8
Michael B	December 18, 1982	40	Debbie B	December 31, 2014	8
Linda W	December 10, 1986	36	Tina M	December 31, 2014	8
Ahne O	December 25, 1986	36	Joseph P	December 11, 2015	7
Kathy C	December 15, 1987	35	Johnny F	December 22, 2015	7
James L	December 13, 1989	33	James C	December 6, 2016	6
Michael C	December 6, 1996	26	Elizabeth P	December 21, 2016	6
Frank D	December 5, 1997	25	Jenn S	December 7, 2017	5
Melvin F	December 7, 2004	18	Michael R	December 12, 2017	5
Eric N	December 9, 2006	16	Steve S	December 22, 2017	5
Cindy N	December 17, 2007	15	Brandy B	December 1, 2018	4
Lorne V	December 5, 2008	14	Charles M	December 2, 2018	4
Ike E	December 25, 2008	14	Stacy B	December 9, 2018	4
Jim L	December 2, 2010	12	Zach K	December 16, 2018	4
Rich L	December 2, 2020	12	Gary J	December 18, 2018	4
Brian G	December 13, 2010	12	Richard B	December 26, 2018	4
Victor L	December 21, 2010	12	Windi H	December 26, 2018	4
Tom E	December 1, 2011	11	Pamela B	December 28, 2018	4
Ron B	December 6, 2011	11	Scott W	December 30, 2018	4
Wayne H	December 4, 2012	10	Keishan A	December 6, 2019	3
Cheryl M	December 15, 2012	10	Nick J	December 10, 2019	3
Cravin B	December 4, 2023	9	Jeremy S	December 30, 2019	3
Liz B	December 19, 2013	9	John S	December 28, 2020	2
Barbara G	December 23, 2013	9			

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, or, in Jackson County, please visit the Events tab at the Jackson County Central Office website at 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, December 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



12 Steps and 12 Traditions Weekend Workshop

Hosted by Oregon Area 58, District 5 (Central Oregon), and District 9 (NW/SW PDX)

Saturday, January 21, 2023, and Sunday, January 22, 2023

9:00 AM – 5:00 PM (Pacific Standard Time)

24 Spiritual Principles in One Weekend Guaranteed to Change Your Recovery... Forever

ALL
12 STEPS
WITH CHRIS R.
(FROM TEXAS)

ALL
12 TRADITIONS
WITH BILLY N.
(PAST TRUSTEE)

ZOOM ID: 869 0310 1724 PC: 164

To Register

and get some cool workshop swag shipped to you for free!!

Email: DCM05@AA-OREGON.ORG

FOR MORE INFORMATION, CALL OR TEXT TRISHA AT (503) 505-0565

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



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.

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®
Dec 6 @ 7:00 PM Meeting ID: 489 479 9084
Jan 3 @ 7:00 PM Password: D7

District 16 Business Meeting on Zoom®
Dec 11 @ 3:00 PM - 4:30 PM Meeting ID: 456 010 1935
Jan 8 @ 3:00 PM - 4:30 PM Password: 06101935

Josephine County Intergroup Business Meeting Live and on Zoom®
Dec 15 @ 7:00 PM Meeting ID: 872 2951 0766
Jan 19 @ 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
Dec 3 @ 9:00 AM
Jan 7 @ 9:00 AM
A.A. Central Office @ 116 E. 6th Street, Medford, OR 97501

YPAA Business Meeting
Dec 14 following the Ashland Young People of A.A. meeting @ 7:10 PM
Jan 11 following the Ashland Young People of A.A. meeting @ 7:10 PM
Trinity Episcopal Church, 44 N. 2nd Street, Ashland, OR 97520



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 

One Day at a Time

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 is the monthly publication of the Central Office of Jackson County A.A. and Intergroup of Josephine County A.A.

You can sign up for the newsletter subscription service to receive the monthly edition directly to your email inbox. Visit the Josephine County Intergroup A.A. website at www.grantspassaa.com/newsletters or the Jackson County A.A. Central Office website at <https://jccoaa.org/news/newsletter-archives/> for the subscription form and directions. You can also scan the QR Code to the left with your smart device to be taken directly to the sign-up website.



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

Coming Next Month

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



Our new life in recovery begins with Step One as we learn the principle of **honesty**. By embracing **humility**, we admit our powerlessness over alcohol and that we could not successfully manage our own lives, other people, places, and things. So, our journey begins with **surrender, acceptance, and willingness**. Our start of sober living will not be perfect. In fact, it will bring hardships and challenges, but it will allow us to heal and grow as long as we remain **willing, honest, and open-minded**.

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.