

# One Day at a Time

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

Humility, Honesty,  
Willingness, Acceptance

# Welcome

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*"If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps."*

Reprinted from Alcoholics Anonymous, 2001, "How It Works," p. 58 with permission from Alcoholics Anonymous World Services, Inc.

*"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us."*

Reprinted from Twelve Steps and Twelve Traditions, 1981, "Step One" p. 21 with permission from Alcoholics Anonymous World Services, Inc.

*"Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands."*

Reprinted from Twelve Steps and Twelve Traditions, 1981, "Step One" p. 21 with permission from Alcoholics Anonymous World Services, Inc.

*"... many of them do recover if they have the capacity to be honest."*

Reprinted from Alcoholics Anonymous, 2001, "How It Works," p. 58 with permission from Alcoholics Anonymous World Services, Inc.







## Step One Prayers

### Dear God

"I admit that I am powerless over my alcoholism.

I admit that my life is unmanageable when I try to control it.

Help me this day to understand the true meaning of powerlessness.

Remove from me all denial of my alcoholism.

Amen"

Derived from Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, "More About Alcoholism," p. 30-43.



Admitting powerlessness is the the first step to taking back your life.

## Step One

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Reprinted from *Twelve Steps and Twelve Traditions*, 1981, "Step One" p. 21 with permission from Alcoholics Anonymous World Services, Inc.

*M*ost of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

"We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

"We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals usually brief were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better."

Reprinted from *Alcoholics Anonymous*, 2001, "More About Alcoholism," p. 30 with permission from Alcoholics Anonymous World Services, Inc.

Happy New Year

## Where It All Began For Us

Step One represents the point at which we, alcoholics, are no longer able to enjoy our use of alcohol. In other words, Step One is the point at which we, alcoholics, find that we are no longer willing to keep destroying our lives as a result of our drinking.

That is why, in many ways, Step One represents both rock bottom and the beginning of a new way of life.





## Tradition One

**"Our common welfare should come first; personal recovery depends upon A.A. unity."**

Reprinted from *Twelve Steps and Twelve Traditions*, Copyright 1981, "Tradition One," p. 129, with permission from Alcoholics Anonymous World Services, Inc.

"The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, 'What a great thing A.A. might have been!'"

"Does this mean,' some will anxiously ask, 'that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?' We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single 'Don't.' They repeatedly say, 'We ought . . . ' but never 'You must!'"

"To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action. 'How,' they ask, 'can such a crowd of anarchists function at all? How can they possibly place their common welfare first? What in Heaven's name holds them together?'"

"Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first, he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made—that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive, or the individual will not."

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## Tradition One

"When A.A. was very young, the first members clearly saw the preservation of its unity as a life-or-death matter for themselves and for the alcoholics still unrecovered. The First Tradition states this aim, and it is the common aim of all Twelve Traditions. When A.A. reached the age of 35, the aim was restated in the theme of the 1970 International Convention:

**This we owe to A.A.'s future:**

**To place our common welfare first and to keep our Fellowship united.**

**For on A.A. unity depend our lives, and the lives of those to come.**

"Each of the other eleven Traditions explains one specific way to protect the unity of the Fellowship and the A.A. group. Those early members quickly recognized power-drivers as potential group-wreckers. And they're still around—the members who are always sure that they're always right—the members who are happily ready to assume all the burdens of leadership and grimly unwilling to share them, let alone give them up."

Alcoholics Anonymous World Services, Inc. *The Twelve Traditions Illustrated*. Copyright © 1971, All rights reserved.

**"Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group ..."**





## Step One Principles

**Honesty, Acceptance,  
Admission, Open-mindedness,  
Willingness, Humility,  
Surrender**

Bill W. believed that each of the twelve steps was based on a spiritual principle. To properly do the steps of the A.A. Program, members must adopt the principles. **Only by doing so could an alcoholic get, stay, and live sober.** In the *Twelve Steps and Twelve Traditions*, Bill W. references the spiritual principles behind each step. Even though they are open to interpretation, some of them seem like common sense, but Bill W. clearly emphasizes in the *Twelve Steps and Twelve Traditions* that to live the principles in our day-to-day lives, we had to stay vigilant and willing.

**Step One requires acceptance and admission ... of our powerlessness.** Essentially, I had to have a **"rigorous honesty"** (AAWS, Inc., 2001). The *Twelve Steps and Twelve Traditions* states that in order to take the steps, needed to achieve sobriety,



## Understanding Alcoholism - Step One

### The Road of Happy Destiny

Written and Submitted by Rick R.

How heart-wrenching it is to see newcomers arrive at the meetings of Alcoholics Anonymous (A.A.) after losing families, friends, jobs, relationships, and hope, then to watch them struggle through relapse after relapse while they see others around them building happy and resourceful lives. What makes them different from the rest of us? Why it is that all their efforts to make a happy life for themselves continue to fail? My heart goes out to them, and I am always trying to find a way to articulate things, in simple terms, so that the newcomer can understand.

My problems started long before I ever touched a drop of alcohol. I always felt different from the other "normal" kids, but I did not know it at the time. I thought they all felt like I did, but they did not. It may have been as simple as how I reacted the first time I was humiliated in public, or when I was punished for doing something wrong and learned that it was easier to lie my way out of trouble and I went covert when I violated the rules. I will never know exactly why but I do know my mental makeup was different.

Now, what can I do about it? On a scale of 1 to 10, let us say that I woke up each morning at an emotional level of 2, the normal person wakes up at an 8. When I took my first drink, and I went from a 2 to a 9, and everything was right with the world. So, I thought. The Normy took a drink and went from an 8 to a 9. No big deal. The world had not changed but my perception of it had changed and with the euphoria I felt, I thought I had found the solution to my problem. Later, I discovered that it only temporally masked the real problem, which was much deeper, and when my tolerance for alcohol ran out, I completely lost control and eventually lost almost everything that was meaningful in my life. I had unknowingly hit bottom and I had little choice but to try A.A. "My name is Rick and I'm an alcoholic" Knowing that I was an alcoholic got me in to the program, but knowing it, did not solve my problem. I started to have success in the program when I came to understand the cause and effects of my core issues, such as low self-esteem, fear, guilt, neediness, unworthiness etc. and how they kept driving people away from me. I had to understand that those symptoms were caused by my faulty self-perception, and that my mind was lying to me. I had been at a level 2 since childhood, and that is my problem. Alcoholism was the symptom of my problem. If I woke up this morning with amnesia, I would be just like everyone else, because I would not be dragging my past around with me in my head. Much of my surface behaviors failed, mainly because I was overcompensating for my feelings of inadequacy.



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My solutions have been to establish a pattern of behavior that is unselfish in nature, consistent with the suggestions in the Big Book and the 12&12 and practice them without fanfare. A tough order, I know, but by doing this with patience, in time, others noticed the change, and before too long I was receiving more than my share of affirmations. If you can understand that you are not responsible for being emotionally diverted as a child and for the alcoholism that resulted from it, you can move forward. You contracted a disease and, with this understanding of its cause and effect, you can draw a line in the sand and start the recovery process today. Join us on the road of happy destiny. We will be waiting for you.



## So, Why the Dragonfly, the Butterfly, and the Narcissus

The answer is very simple. For centuries, this flower and these insects have held very special meanings in several cultures. As a result, they have come to symbolize distinguished values to us at the newsletter because their significance captures the spirit of Alcoholics Anonymous.

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

In its metamorphosis from the common, colorless caterpillar to the exquisite winged creature of delicate beauty, the butterfly has become a metaphor for **transformation** and **hope**; across cultures, it has become a symbol for **rebirth** and **resurrection**, for the triumph of the spirit and the soul over its physical prison, the material world.

Finally, across many cultures, the Narcissus flower means **rebirth** and **renewal** because it's one of the earliest bulbs to sprout from its slumber heralding the end of winter's reign. It also means **hope, optimism, happiness, loyalty, wealth, and prosperity**.



## Step One Principles

especially Step One, I had to hit rock bottom. Why would I otherwise take these steps, like being as honest as I had to be? There was no other way to stay alive. I had to let go of the beliefs that told me that "it's not that bad" or that I can "stop at any time." **Not hitting the bottom would have allowed me to hold on to these lies. Honesty like this led me to truly accept and admit my powerlessness over alcohol. I had to be honest not only with others, but with myself. I was and still am powerless.**

Bill W. explains this honesty succinctly at the end of the chapter on Step One where he states, **"Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us."**

Alcoholics Anonymous World Services, Inc.  
*Twelve Steps and Twelve Traditions*, 1981, p.  
 23-24, and *Alcoholics Anonymous*, Fourth  
 Edition, 2001, How It Works, p. 58.

### 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.**



## GRAPEVINE Daily Quote

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

**"Nothing improves if you drink."**

El Granada, California, March 2003,  
"How an Atheist Works the Steps,"  
Spiritual Awakenings

**"If it were not for the 'we' of A.A., there would be no 'I.'"**

"Tradition One," New York, New York, November 1969, Best of the Grapevine, Volume 1

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

"Let Go and Let God," Jackson, Mississippi, November 1964, A.A. Grapevine

**"We are called to unity, not uniformity."**

"The Harmony of Service," Oak Harbor, Washington, January 1984, A.A. Grapevine

**"Life is travel -- enjoy the journey, bumpy roads and all."**

"You and I Need Each Other," New York, New York, May 1977, A.A. Grapevine

**"By helping to insure the sobriety of others to come, we insure our own sobriety today."**

"The Rise and Fall of a Home Group," Rochester, New York, October 1987, The Home Group: Heartbeat of A.A.

## *I'm Your Disease*

Submitted by Joe V. Author Unknown

I hate meetings. I hate your Higher Power. I hate you. I hate anyone who has a program. **To all who come in contact with me, I wish you death and I wish you to suffer.**

**Allow me to introduce myself. I am YOUR disease of addiction.** Cunning, baffling, and powerful. That's me. I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. **I love to make you hurt. I love to make you cry. You can't feel anything at all; that is true glory.**

I will give you instant gratification and all I ask of you is long-term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things; I was the only one who would agree with you. Together, we were able to destroy all things good in your life.

People don't take me seriously. They take strokes seriously, heart attacks seriously, even diabetes they take seriously. Fools that they are, they don't know that without my help, these things would not be made possible.

I am such a hated disease, and **yet I do not come uninvited. You choose to have me.** So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a twelve-step program. Your program, your meetings, your Higher Power, all weaken me, and I can't function in the manner I am accustomed to.

Now, I must lie here quietly. You don't see me, but I am growing bigger than ever. When you only exist, I may live. When you live, I only exist. But I am here ... and until we meet again, if we meet again, I wish you death and suffering. **I am your disease.**

Do you now understand that I enjoy the times when you sell yourself to me for nothing except **misery, anguish, depression, shame, guilt, distress, dejection, desolation, despondency, torment, and sorrow.**





## The Drink

Written and Submitted by Lance B.

Out of the dark, did you call,  
walking down the hallowed hall.

The wine, the beer,  
here's to another empty cheer,  
drowning out my unshed tear.

Your gift, one more lie.  
My heart, my hands, did you tie,  
yearning only, for the bye and bye.

Further and further, I drifted away.  
Your grip, I thought I'd never stray.

For I did not know, those sacred steps,  
they would show, so I'd change, so I'd grow.

The gift I found on my way, a place they call A.A.,  
and there is where I'll stay.



## The Hope for a Better Life



Happy New Year!

## In The Bottle

Written and Submitted by Jannise N.

In the bottle I found self-pity, resentment, jealousy, loneliness, sexual lust, pain and suffering, all in which I sought comfort. I went further into the bottle to comfort all these feelings and lost sight that I was drowning and losing myself. The pain was too much and I didn't want to feel so I kept going further and further into the bottle.

The day came when I realized how far down I was and I saw no way out. Now so sick and close to dying but that didn't matter because I already felt dead inside. Then I saw a hand and looked at it but didn't reach for it because I had lost all trust in others and myself. I struggled and fought to make it out on my own until I was so tired then realizing I was further down in the bottle than before.

Desperate now and a thought of my children went through my head. I looked at the hand and couldn't believe it was still there. At this point, so tired and with no fight left, I surrendered and took ahold of the hand. I started slowly rising pass the self-pity, resentment, jealousy, loneliness, sexual lust, and pain and suffering. The pain was still there but on the way out I found more hands reaching out to me and now I'm grabbing on for dear life.

## Fun and Humor

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



**"An angry newcomer was feeling ill and went to the doctor. The doc examined him and backed away, saying, 'I'm sorry to tell you this, but you have an advanced case of highly infectious rabies. It will almost certainly be fatal.'**

**"Immediately, the newcomer drove over to his sponsor's house and knocked on the door. 'Could you give me a pen and paper?' he asked his sponsor. 'Do you want to write your Eighth Step list?' asked the sponsor.**

**"'No,' the newcomer said, 'I want to make a list of all the people I want to bite.'"**

*Bob M., Green Valley, AZ., Dec 2014*

**Sponsee: "I think I've been catapulted into the fourth dimension."**

**Sponsor: "No, you've just had too much coffee."**

*Joe M., Sandusky, OH., Nov 2017*





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.



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.



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.



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.



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.



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.



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





## 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.

## 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.

Thank You!

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

### Jackson County Groups and Individual Members

Anything Goes Group	\$600.00	Rosie E	\$30.00
Clean & Sober Group	\$100.00	Cathy M	\$10.00
White House Senior's Sober Group	\$150.00	Michelle M	\$100.00
Medford Fellowship Group	\$60.00		
Stick With the Winners Group	\$75.00		

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



### Josephine County Groups and Individual Members

Men's Stag Group	\$250.00
Uppity Women's Group	\$100.00
Alcoholics in Action Group	\$150.00

To support Josephine County Central Office, please mail or drop off your contribution to Josephine County Central Office of Alcoholics Anonymous, Inc., 423 W. 6th Street, Grants Pass, Oregon 97526.

DONATE



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

Both Jackson County Central Office and Josephine County Intergroup 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
Dave B	January 5, 1975	48	David W	January 1, 2008	15
Kathy F	January 10, 1978	45	Laura D	January 2, 2009	14
Ann B	January 21, 1981	42	Miles KD	January 22, 2011	12
Shirley M	January 17, 1982	41	Rob W	January 6, 2012	11
Judy B	January 22, 1982	41	Terry H	January 2, 2013	10
Lee H	January 11, 1983	40	Hilde C	January 30, 2013	10
Sherry B	January 1, 1985	38	Mike M	January 10, 2013	10
George B	January 2, 1985	38	Bill I	January 12, 2014	9
Sandra J	January 3, 1987	36	Megan	January 27, 2015	8
David C	January 16, 1990	33	Carole C	January 4, 2016	7
Brian O	January 22, 1992	31	Shawna S	January 19, 2016	7
Ray B	January 1, 1993	30	Trazia	January 19, 2016	7
Donna S	January 5, 1996	27	Robin McC	January 29, 2016	7
Tom J	January 2, 1997	26	Stacy H	January 31, 2016	7
Andrew K	January 23, 1998	25	Kendra L	January 13, 2017	6
Bruce K	January 14, 2001	22	Shawna S	January 21, 2017	6
Tina M.	January 28, 2004	19	Maloy M.	January 23, 2017	6
Russ S	January 23, 2005	18	Armida S	January 23, 2020	3
Cathi C	January 22, 2007	16	Ashley D	January 5, 2022	1

"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
Terry C	January 2, 1993	30	Frank B	January 12, 2015	8
Michelle W	January 10, 1994	29	Jenny M	January 7, 2017	6
Kevin B	January 26, 1994	29	Nicholas J	January 26, 2017	6
Gail S	January 15, 2000	23	Jonny R	January 1, 2019	4
Erik T	January 14, 2003	20	Doug T	January 3, 2019	4
Russ S	January 5, 2005	18	Allan W	January 5, 2020	3
Erin	January 16, 2008	15	Matthew W	January 10, 2020	3
Shawn B	January 2, 2012	11	Leah S	January 11, 2020	3
Trish T	January 18, 2013	10	Susan G	January 21, 2020	3
Chuck J	January 20, 2013	10	Steve H	January 21, 2020	3
Judith A	January 26, 2014	9	John W	January 27, 2020	3
Darin W	January 1, 2014	9	Melissa S	January 30, 2020	3

## One Day at a Time

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



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





## A.A. Events

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

In Josephine County, please visit the Events tab at the Josephine County Central Office website at [www.grantspassaa.com](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.



## Events of Jackson and Josephine Counties

### Monthly Traditions and Concepts Workshop

Hosted by District 16

Wednesday, January 18, 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

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

Bill Wilson: 12 Steps and 12 Traditions  
Traditions Class (pg. 11)

**TRADITIONS/  
CONCEPTS  
CLASS**



### 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)

## MARATHON Meetings

Please join us  
online!

Easy Does It Group  
Overflow will be  
sponsoring  
Marathon Meetings:

6pm New Year's Eve  
to 6pm New Year's  
Day

Zoom Group #  
86239240227  
(No Password)



## 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](mailto:DCM05@AA-OREGON.ORG)

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



## Pacific Northwest Conference

### A.A.'s Three Legacies - Our Common Solution

Friday, June 23, 2023 @ 8:00 AM -

Sunday, June 25, 2023 @ 5:00 PM

[www.pnc1948.org](http://www.pnc1948.org)

Holiday Inn Portland- Airport (I-205)

8439 NE Columbia Ct, Portland, OR 97220



**PACIFIC NORTHWEST**  
CONFERENCE



Happy New Year!

## 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



## Calendar Events

### District 7 Business Meeting on Zoom®

Jan 3 @ 7:00 PM

Feb 7 @ 7:00 PM

Meeting ID: 489 479 9084

Password: D7



### District 16 Business Meeting on Zoom®

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

Feb 8 @ 3:00 PM - 4:30 PM

Meeting ID: 456 010 1935

Password: 06101935

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

Jan 19 @ 7:00 PM

Feb 16 @ 7:00 PM

Meeting ID: 872 2951 0766

Password: 444533

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

### Jackson County Central Office Business Meeting

Jan 7 @ 9:00 AM

Feb 4 @ 9:00 AM

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

### YPAA Business Meeting

Jan 11 following the Ashland Young People of A.A. meeting @ 7:10 PM

Feb 8 following the Ashland Young People of A.A. meeting @ 7:10 PM

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

## A.A. Sober Fun Events

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

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



## UPCOMING EVENTS

### Calendar Events

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

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

Join the fun and be of service.



We Are


**Jackson County Central Office  
of Alcoholics Anonymous, Inc.**

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

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

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


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

Josephine County Central Office  
432 NW 6th Street, Rm 202  
Grants Pass, 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 **February's** edition of *One Day at a Time*, we will cover Step Two, Tradition Two, and the Second Step Prayer and Principle.



All the A.A. Steps provide something to us. Step Two gives us **HOPE**. With Step Two we learn that we are not alone and that something greater than ourselves can help to conquer our alcoholism and the despair that comes with it. It means being restored to sanity because our lives are no longer controlled by the insanity of our disease. Here, we come to believe in something greater than ourselves, a **Higher Power**. But the emphasis is not on who or what the power is, but on what the power can do for us.

## Disclosure

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