

**Step 1: We admitted we were powerless over alcohol and that our lives had become unmanageable**

**Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. unity.**

**Concept 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.**

## **January Events Calendar:**

available on [JCOAA.ORG](http://JCOAA.ORG) in greater detail

### **Saturday, January 6th:**

**9 am:** JCCOAA Steering

Committee Meeting

116 E 6th St, Medford

**6 pm:** Saturday Night Live

Monthly Fellowship Potluck

And Speaker Meeting

6:00 pm - 8:15 pm

121 W 2nd St, Phoenix

### **Sunday, January 7th:**

**5-8 pm:** Bowling, sponsored by  
Sobriety Rocks Group

Caveman Bowl, 1230 Rogue River

Hwy, Grants Pass

**5-7 pm:** Bingo Night, sponsored  
by the Medford Alano Club

Games/Prizes/Raffle

1921 Elm Ave, Medford

### **Wednesday, January 10th:**

**6 pm:** District 16 Monthly General  
Service Meeting

### **Saturday, January 13th:**

**6-7 pm:** Southern Oregon Speaker Meeting

Hosted by Just a Group of Guys

1900 Crater Lake Ave, Medford

**7-9 pm:** AA Bingo Fundraiser

Hosted by Hi-Lo Club in Grants Pass

668 Lincoln Rd. Grants Pass

### **Sunday, January 14th:**

**5 pm:** Bowling, sponsored by

Sobriety Rocks Group

Caveman Bowl, 1230 Rogue River

Hwy, Grants Pass

# JECOAA

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## **Sunday, January 21st:**

**5 pm:** Bowling, sponsored by  
Sobriety Rocks Group  
Caveman Bowl, 1230 Rogue River  
Hwy, Grants Pass

## **Friday, January 26th:**

**6 pm:** Potluck and Fellowship  
Hosted by The No Name Group  
First Presbyterian Church  
456 W Pine Street, Central Point.

## **Saturday, January 27th:**

**10 am:** Snowpocalypse! Sledding,  
Chili Cook-Off, and Speaker meeting  
Table Mountain Snow Park,  
7432 Table Mountain Rd, Ashland

## **Sunday, January 28th:**

**11:30 am to 12:30 pm:** All 12-steppers Women's  
Camp Out Planning Meeting - Via Zoom  
Meeting ID : 860 7286 8040  
Password : recovery

**5 pm:** Bowling, sponsored by  
Sobriety Rocks Group  
Caveman Bowl, 1230 Rogue River  
Hwy, Grants Pass

## **Wednesday, January 31st:**

**11:30 am:** Women's A.A. Potluck and Fellowship  
Hosted by Keepin' It Simple  
First United Methodist Church,  
607 W Main St, Medford

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**“I ain’t much, but I’m all I think about.”**

**By Z.W.**

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**When talking about the persistent problem of ego in recovery, something my sponsor often humorously says is, “You know, I ain’t much, but I’m all I think about!” Though I consistently find his line amusing, it's also a sentiment I often hear expressed in meetings – this difficulty many of us seem to have in letting go of the misguided notion that we are the center of the universe, or at the very least, the center of whatever is going on around us at any given moment. Why, even though we know this logically isn’t true, is the feeling so hard to get rid of?**

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The source of the frustrations we face while attempting to give our self-centered will over to a Higher Power is summed up nicely in this passage from the Big Book: “Selfishness – self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt” (62). And in this way it remains a daily difficulty for us in recovery to avoid making “decisions based on self,” especially while living in a culture that so often promotes self-promotion and selfish ambitions.

That's why it's so encouraging that the twelve steps of Alcoholics Anonymous offers a solution based on the tried and true principle of humble service. The steps promise that if we are willing to begin to try and think of others with the same tenacity and passion that we once thought about ourselves, then we will be amazed before we are halfway through. The cunning, baffling and powerful force of ego will decrease, and the honest, open and willing force of compassion, both for ourselves and for others, will increase. Are these extravagant promises, we think not!

Thankfully, all that is required of us, if we are willing, is to attempt daily to live as if we are only in charge of our attitude and our actions, that we only need to keep our side of the street clean, and in doing so we will be able to think less of ourselves and more of those we can be of service to. In this manner, we are far more sane and useful than we could ever be in our ego's delusional addiction to self-obsession. And even better, the chances to practice humble service come in doable chunks, one day at a time.

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