

Step 3: Made a decision to turn our will and our lives over to the care of God, as we understood Him.

Tradition 3 (Long Form): Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Concept III: To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives- with a traditional “Right of Decision.”

March Events Calendar:

available on JCOAA.ORG in greater detail

Saturday, March 2nd:

9 am: JCCOAA - Steering committee meeting (Group reps welcome)

116 E. 6th street, Medford

6 pm: Potluck and Fellowship

Hosted by “Saturday Night Live”

First Presbyterian Church

121 W 2nd Street, Phoenix

Sunday, March 3rd:

1-3 pm: Bowling hosted by Dog on the Roof
Roxy Ann Lanes, 2375 S Pacific Hwy, Medford
\$3.50 per game, shoes included

“It’s a family affair” all are included

Sunday, March 3rd Cont’d:

5 pm: Bowling Hosted by
Sobriety Rocks Group

\$7 per player - Includes 2 games+shoes

1230 Rogue River Hwy, Grants Pass

5-7 pm: Bingo Nite Hosted by

The Alano Club

1921 Elm Avenue, Medford

Games/Prizes/Raffle

Saturday, March 9th:

7-9 pm: A.A. Bingo Fundraiser Hosted by
Hi-Lo Club in Grants Pass

Prizes awarded - Proceeds benefit Hi-Lo Club

668 Lincoln Rd. Grants Pass

Sunday, March 10th:

2 pm: SORYPAA Business Meeting
(Southern Oregon Region of Young
People in AA) Positions Available
456 W Pine St, Central Point

5 pm: Bowling Hosted by
Sobriety Rocks Group
\$7 per player - Includes 2 games and shoes
1230 Rogue River Hwy, Grants Pass

Wednesday, March 13th:

6 pm: District 16 Monthly General Service
Meeting - Via Zoom or by Phone
More details at JCCOAA.Org/events

Sunday, March 17th:

5 pm: Bowling Hosted by
Sobriety Rocks Group
\$7 per player - Includes 2 games and shoes
1230 Rogue River Hwy, Grants Pass

Sunday, March 24th:

5 pm: Bowling Hosted by
Sobriety Rocks Group
\$7 per player - Includes 2 games and shoes
1230 Rogue River Hwy, Grants Pass

Wednesday, March 27th:

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

Friday, March 29th:

7 pm: Birthday Night, Hosted by No Name Group
First Presbyterian Church
456 W Pine Street, Central Point

Sunday, March 31st:

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
\$7 per player - Includes 2 games and shoes
1230 Rogue River Hwy, Grants Pass

Me looking back on my old toxic coping mechanisms



JECOAA

Life Is Not My Mind, Thank God!

by Zac W

A psychiatrist once told me “Zac, your mind is a crisis-making machine.” While I was drinking, the solution to the crisis of my mind was always escape, oblivion and more crisis. That cycle lasted for twenty years, and even though I’ve thankfully been sober for over three years, the residual damage of that crisis-making machine – my mind – is a troubling reality that recovery helps me set straight.

As always, the Big Book offers a solution to a mind that is obsessed with the crisis of itself: “I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking for only direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others” (13). This, I believe, is where the work of faith that works in tough going comes into play. The work of recovery, in its relentless focus on being of service to others in need, is a faith-based work that is all about action outside of one’s own desires. So then, if the world appears to revolve around me, I must have the faith to live as if it does not. If my selfish desires appear impossible to ignore, I must have the faith to give my attention to the needs of those who suffer. If the troubles of life feel as if they are too much for my sober self to bear, I must have the faith to pick up a phone and reach out for help. In short, the solution for my crisis-making mind is a service-focused attitude.

Bill’s story continues: “Faith without works is dead... and how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that” (14-15). I appreciate this focus as faith being an action verb, a word about doing and not about thinking. For as Chuck C. points out in *A New Pair of Glasses*, we cannot think ourselves into right living, but we can live ourselves into right thinking.

So I am reminded this week that recovery is not a constant state of mind but rather a continual willingness towards action. This is one reason I am so grateful that my life no longer needs to consist of my confused thoughts, but can instead be a humble reflection of acts of love inspired by the truth in these steps. My stinking thinking certainly landed me in plenty of predicaments, but a life lived with the action steps provided by our program is a life lived with purpose, not predicament – a life lived in manageable, doable chunks one step at a time.

