

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4 (Long Form): With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take action that might greatly affect A.A as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Concept IV: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

April Events Calendar:

available on JCOAA.ORG in greater detail

Saturday, April 6th:

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, April 7th:

8:30am-12pm: JCCO Breakfast Fundraiser

Speaker, Raffle, Breakfast

\$5 for adults, children are free

St. Vincent de Paul

2424 N Pacific Hwy, Medford

Sunday, April 6th 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

Wednesday, April 10th:

6 pm: District 16 Monthly General Service

Meeting - Via Zoom or by Phone

More details at JCCOAA.Org/events



March Events Calendar:

available on JCOAA.ORG in greater detail

Saturday, April 13th:

5:30 pm: Al Anon Chile Feed, Hosted by
New Hope AFG - \$8

St. Vincent de Paul
2424 N Pacific Hwy, Medford

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, April 14th:

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

Friday, April 19th, Saturday April 20th

5 pm: Soberfest, hosted by Salem Area Soberfest
Speakers and Fellowship
\$30 + optional meals at additional cost
4090 Commercial St SE, Salem

Sunday, April 21st:

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

Wednesday, April 24th:

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, April th:

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

Saturday, April 26th:

2-5 pm: God gave us Noodles to Use -
Spaghetti Feed and A.A. Group Pamphlet
Workshop with Q&A - Hosted by Ashland Young
Peoples - \$5 suggested contribution
Alano Club

1921 Elm Ave, Medford

6-9 pm: District 16 Quarterly "Southern Oregon
Speaker Meeting" Hosted by Keepin it Simple
Coffee, Food, Fellowship, 50/50 Raffle
Doors open at 6 pm. No charge to attend

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

A Gift or a Lesson

by Zac W

Early in the Program, one of the first “recovery concepts” my sponsor tried to get across to me was that everything that happened in life can be seen as either a gift or a lesson, and that a lesson is just a gift waiting to be opened. This was very hard for me to understand, mostly because it did not sound true to my experiences as a drunk. Before I came to AA, before I came to accept gratitude into my perspective, nothing felt like a gift, not even the good things, and all my lessons felt like punishments, not presents. I saw everything in my life through such a selfish lens that nice things were never nice enough, and even the very smallest harm seemed like the end of the world. Life felt like a daily enemy to fight, not the bringer of lovely gifts and helpful lessons.

However, thanks to the work of recovery through the steps of AA, with the guidance of my sponsor and members like you, I have come to realize how true the concept can be – that everything that happens in life can be seen as a gift or a usable lesson. Working the steps and being active in meetings helps remind me that I have the ability to choose, moment to moment, to see whatever life is present-ing me with as an opportunity to respond with humility and gratitude. I have the power now to step back and review the situation through the eyes of recovery, and these eyes show me that life is not “about me” or “for me” or “mine” and that whatever is happening is something I can learn and grow from. In this way, nice things that happen can feel right-sized and enjoyable, and rough things that come along can feel doable, like something I really can handle, with the help of my Higher Power, step by step.

This is the great gift of the ego-deflating work that AA allows us to do, together. When life was all about me I was not able to enjoy anything, and all that I craved was oblivion and escape. I ruined relationships, a career, my health and lost my sanity with this approach, and pridefully did so for over 20 years. But now, thanks to recovery, I am able to enjoy countless small pleasures throughout each day, and when difficult situations arise (as they never stop doing!) I have tools to navigate those rough waters and trustworthy people to aid me as I do.

