

Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Tradition 5 (Long Form): Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*-that of carrying its message to the alcoholic who still suffers.

Concept V: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration

May Events Calendar:

available on JCOAA.ORG in greater detail

Friday, May 3rd - Sunday May 5th:

48th Annual Rogue Roundup

Josephine County Fairgrounds
1451 Fairgrounds Road, Grants Pass
Registration, additional info available at:
RogueRoundup.com

Saturday, May 4th:

6 pm: Potluck and Fellowship
Hosted by “Saturday Night Live”
First Presbyterian Church
121 W 2nd Street, Phoenix

Sunday, May 5th:

5-7 pm: Bingo Nite Hosted by
The Alano Club
Games/Prizes/Raffle
1921 Elm Avenue, Medford

Wednesday, May 8th:

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

Saturday, May 11th:

9 am: JCCOAA Steering Committee Meeting
116 E 6th St, 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, May 12th:

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

Friday, May 17th - Sunday May 19th:

Delegates Conference Report

Seaside Convention Center

415 1st. Av. Seaside , OR.

Book no later than MAY 6th. !!!

Registration \$10

For more info : Wendy W. @ 971-235-5340

Sunday, May 19th:

12:00 pm - 2:30 pm: Miniature Golf Masters

Hosted by Southern OR Dog on the Roof

First Annual Mini Golf "Masters"

Rogue Valley Fun Center

18 holes - \$8.50 - Family Event

Saturday, May 25th:

5-9 pm: Take Your Sponsor to Dinner

Hosted by District 16 Events Committee

Lasagna, Salad, and Iced Cream Social

With Hybrid Sponsorship Panel

\$12 suggested contribution

Ascension Lutheran Church

675 Black Oak Dr, Medford

Friday, May 31st:

7 pm: Birthday Night

Hosted by No Name Group

First Presbyterian Church

456 W Pine Street, Central Point

Sunday, May :

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

Wednesday, May 29th:

11:30 am: Women's A.A. Potluck/Fellowship

Hosted by Keepin' It Simple

Medford First United Methodist Church,

607 W Main St, Medford

Me and the cashier when I suddenly start buying ice cream instead of wine every night.



"None of my business"

by Zac W

Recently my sponsor and I read a book together called *A New Pair of Glasses* by a guy named Chuck C. The text is based on a series of AA talks he gave to a group of men a few decades ago, and I found one piece of recovery wisdom in this book that feels especially worth sharing to anyone reading this now.

I don't know about you, but when I was out there being run by the disease of alcoholism I was constantly thinking about what other people thought about me, what I wanted them to think about me, why they didn't think of me in a certain way, or how I could make them think of me the way I knew they should think of me (if they were only as smart as me!). This was not only silly and exhausting, but it was incredibly destructive – both to them and to myself. I think that is what the Big Book is speaking about when it says, "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 inevitably 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). All of my energy was spent making myself feel immediately different with alcohol and trying to make other people think differently about me by using many false versions of me. Because of this vicious cycle of ego worship, I was lost in waves of resentment and unable to ever truly experience gratitude or love.

However, Chuck C. provided me with a very simple and helpful insight that I can use throughout my day when I find myself anxious about "how the world sees me." Chuck C. reminds us that what other people think about us is none of our business. He claims that the only thing that *is* our business is how we offer love and service into the world. Whatever the world thinks of us is only the world's business, and if the world tries to make it our business (which it does all the time), that is thankfully none of our business either!

Along this train of thought Chuck C. says, "Now you would think that when we arrive in this world they would try to teach us how to be friends with ourselves, but they don't. They teach us how we have to work with people, make good impressions on our neighbors and the people around us...But they don't tell us how to get along with us, how to become friends with ourselves" (129). What a concept! Be a friend to myself?! I never once considered the option of being a friend to myself for the 20 years I was painfully living in my disease. I was clearly my own worst enemy every single day, and one of the ways I was most awful to myself was the judgments I put in other people's minds concerning myself.

Today, thanks to the program of AA and the meetings, readings, fellowship and service opportunities it provides, I am able to attempt to be my own best friend this day only and to let go of all the days in the past when I was not. I am able to learn from fellow members like Chuck C. and also members like my sponsor and yourself. What a wonderful gift today that what others think about us is none of our business. It is only our business to love and serve those around us to the best of our ability this day and only this day. I know that when I work toward that mindset and try to keep it one day at a time, I have a much better chance at experiencing gratitude, no matter what the business of the day brings my way. I hope the same is true for you.

