

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**Tradition 11(long form):** Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

**Concept XI:** While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

## November Events Calendar:

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

### Saturday, November 2nd:

**9 am:** JCCOAA - Steering committee meeting

116 E. 6th street, Medford

**6 pm:** Potluck and Fellowship

Hosted by "Saturday Night Live"

First Presbyterian Church

121 W 2nd Street, Phoenix

### Saturday, November 2nd (continued):

**5:30 pm - 8:00 pm:** District 16 Southern Oregon

Speaker Meeting and Service Fair

Featuring Patty Y from Seal Beach, CA

games and prizes!

Ascension Church - 675 Black Oak Dr.

## Sunday, November 3rd:

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

## Saturday, November 9th:

**6-7 pm:** Spaghetti Feed hosted by SODOTR  
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, November 10th:

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

## Wednesday, November 13th:

**6 pm:** District 16 Monthly General Service  
Meeting - Via Zoom or by Phone  
More details at [JCCOAA.Org/events](http://JCCOAA.Org/events)

## Sunday, November 24th

**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, November 27th:

**11:30 am - 1:00 pm:** Women's A.A. Potluck  
Fellowship - hosted by Keepin' It Simple  
First United Methodist Church  
607 W Main St, Medford

## Saturday, November 29th:

**7:00 pm:** Birthday Night -  
hosted by No Name Group  
June 28, 2024 7:00 pm - 8:00 pm  
The First Presbyterian Church  
456 W Pine Street, Central Point.

...quieting my mind.....observing my thoughts.....

.....it's been too long since I've had a hot dog from 7-11...



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## **“Staying Sober and Grateful Through Loss”**

**by Zac W**

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I find it appropriate, sobering even, to notice that the last article I offered for this newsletter was called “The Child Inside” because I have recently been away from the service of this newsletter due to the death of my dear father. I am an only child, survived by no direct bloodline. My mother died twelve years ago from this disease, and for the last decade I’ve watched my father suffer from the slow death of daily drinking as well. Yet I am extremely grateful to be able to truthfully say I am still sober today and that is thanks to the experience, strength and hope I find in Alcoholics Anonymous.

I started my 26 year drinking run in grade school, and from that young age I was certain that as soon as my beloved father died I would be free to quit and end my little angry life. Consequently, I craved and coveted oblivion my entire adulthood until sobriety found me, and I knew that my father’s death would be the ticket I needed to take that final ride into the ultimate blackout, the silent void. I am so grateful today, now 41 and sober since 2/2/21, that the program of Alcoholic Anonymous continues to teach me lessons that allow me to go faithfully through the pain of loss and not fearfully around it as I once did.

What I thought alcohol provided me was an escape from the severe discomfort I felt in the world of gain and loss. I, like many of us, felt terribly unfit to be in my own skin, let alone the larger world, that was asking me to do this or that daily obligation. Even if things were “going fine” it was unbearable to be inside of my sober head, so I fled that place and muddled it with substances and reckless actions. Physical pain didn’t scare me, jails and institutions were only motivations to drink more once I was free, and wreckage was not only my love language, it was my only language. And as a bipolar man, I was flung month by month between staggering heights and paralyzing lows, even without the help of my diseased alcoholic mind. All this to say, I was ready for the ultimate rip cord from life and the only person keeping my feet on the ground was my amazing, unconditional loving father. It is why I am blown away that 60 days after his unexpected death (just 3 days away from retiring after a 41 year career at the same hotel) I am sober, grateful and looking for chances to be of service instead of dead or rotting in a padded room.

This program shows its value in so many ways, and one of the clearest examples of how this program comes through for us alcoholics is when we experience great loss. We all know that recovery does not promise to protect us from experiencing loss, but it does promise us the tools to survive the worst of it and come out the other side stronger and sane. So I hope this personal note of mine is somehow helpful to someone reading who is suffering loss today and that these words from the Big Book might be as meaningful to you as they are to me: “High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder on your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of ‘Love thy neighbor as thyself’” (152-153).

