

# On the Rogue Again



## Jackson County Central Office Newsletter

Jackson County A.A. Central Office  
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### Central Office News

At the OFFICE (March 2019)

Visitors 55  
Calls 17  
Meeting inquiries 15  
Website 1150

**Great people providing a valued service! Thanks to all**

### Board Members

- Chair – Donna K.
- Co-Chair – Keren D.
- Office Manager – Al Z.
- Volunteer Coordinator – Bill S.
- Secretary – Amy V
- Literature – Tom M.
- Treasurer – Fran V.A.
- Co-Treasurer – Sandy J.
- Special Events – Cheryl R.
- District Liaison – Joel S.
- Website Coordinator—Terry K.
- Newsletter Editor – Lois I.
- Member #1 at Large - Wayne T.
- Member #2 at Large— Casey H.

### GET INVOLVED!

Please **contact Bill S.** to learn more about volunteering at Central Office.

### Donations - Mar. 2019

Applegate On Page \$50  
Ashland Young People \$75  
Medford Fellowship Group \$70

### Editors Note:

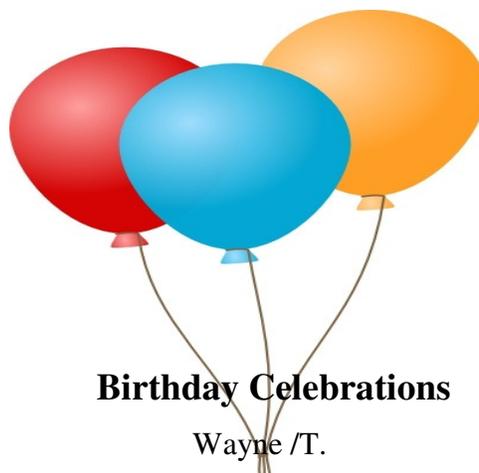
#### SAVE THE DATES

**May 27** - Monday District 16 Pasta Feed and Speaker Meeting "Take your Sponsor to Dinner"

**June 10** - Monday District 16 Founder's Day Celebration "Old Timers" Speaker Meeting

**July 1** - Monday District 16 Burgers and Dogs Speaker Meeting "Young Members Eye View"

**August 10** - Saturday District 16 Breakfast Tacos and Speaker Meeting



### Birthday Celebrations

Wayne /T.

Interested in learning more about Jackson County Central Office – join us for our monthly meeting (first Saturday of the month) at 9 am.

### VIRGINIA'S CORNER

*Thank you, God  
Thank You, God, for all You given me.  
Thank You, for all You have taken from me.  
But, most of all, I thank You, God, for what You've left me:  
Recovery, along with peace of mind, faith, hope, and love.*

*We publish for your enjoyment and information. Any mistakes you find are there for a purpose. We publish something for everyone, and some people are always looking for mistakes.*



## *Step Four: Made a searching and fearless moral inventory of ourselves.*

Our book, *Alcoholics Anonymous*, gets right to the point when it comes to Step Four. The words “searching and fearless” are not to be taken lightly.

At first glance, our inventory process appears to be a simple procedure. Make a list, dealing with resentments first, since they are classified as the “number one” offender.

When I approached Step Four, I told my sponsor Ray (in a subtle effort to evade the issue entirely) that I was troubled by the Eighth Step. I could not get the list of people I had harmed started. But Ray just said, “Where is your list?”

“What list are you talking about?” I asked. “You know, the list you made in Step Four—the people you resent,” he answered. “Oh, that list,” I said. “I don’t have it with me.”

“Well, go get it!” he said.

“I don’t have it written down,” I explained. “But I have a list in my mind.”

Ray gave me a look. “No good,” he said. Then he opened the Big Book and pointed to the chart in the chapter “How It Works” which lists: “I’m Resentful At,” “The Cause,” and “Affects My.” He gave me a piece of paper and a pen and told me to go into the den and make a similar list.

There are times in one’s life when pointed and explicit direction are necessary to overcome real or imagined obstacles. Ray had the knowledge and understanding to help me deal with the imaginary pitfalls of Step Four in a manner that removed the objections I had.

We went over my list and added the all-important fourth column—*my part* in these resentments. Finishing with a fear and sex inventory, I was free to continue on with the process of cleaning up my past.

It worked then. It continues to work today. Ray’s words come back to me often. Half measures do indeed avail me nothing. I found that a searching and fearless moral inventory is indeed the key ingredient in comfortable sobriety.

-- Terry E.

Elephant Butte, New Mexico *From the April 2019 magazine.*

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**Tradition Four—Each group should be autonomous except in matters affecting other groups or A.A. as a whole.**

## **Send it B.C.C**

My home group on New York's Long Island, East Setauket Sober Just for Today, has a special way of keeping in touch with our members. We created an email address, and any of our members who wish to list their own email addresses in our "group directory" can do so. Obviously, participation is completely optional, but in

the several months since we've been using this system, no one has opted out and everyone has enjoyed the benefits of being kept in the loop of what's happening within our home group. As Long Islanders and as a daytime group that attracts more retirees, we have several "snowbirds" who spend the winter months in warmer climates. The emails keep them connected and up-to-date with group news and anniversaries.



Setting up an email address is easy. We selected one that's free, easy to use and widely known. We use the initials of our group—essjft—in our address. When setting up the account, we made up a "fictional" profile, since individual members could disappear, go on vacation, suffer an accident, relapse or become ill.

When we were asked for a name, we entered Wilson N. Smith. When they wanted a date of birth, we entered June 10, 1935 (the date of Dr. Bob's last drink). For a home address, we entered the address of our meeting place. Finally, for our phone number, we entered the number of the office of the church where we meet. I advised the good folks who work there that if anyone calls looking for Wilson N. Smith to please take a message. Then a password was made and shared with the co-chairs of our group and we were up and running!

We do not send out a lot of emails; usually only one or two per month. When they're sent, the member in charge of emails sends one to his or her own personal email address, then sends BCCs (blind carbon copies) to all the group members who have requested to be included.

**IMPORTANT:** The B of the BCC is crucial. It ensures that no member's email address is shared with anyone else. When we do send out emails, it's usually to announce upcoming anniversaries or business meetings, or to update members on which Steps we will be discussing during the coming month. Most recently, we sent an email to advise those who had requested copies of the 75th anniversary edition of the Big Book that their copies had arrived.

—Peter S., Stony Brook, N.Y. From the September 2015 magazine

On the Road to Recovery -Epigrams—"Wit and Wisdom" spoken in the rooms of AA all over the world.

*ISM – I sponsor myself*

*I SM – I, Self and Me*

*ISM – I have a short memory*

**UP COMING EVENTS**

**Women to Women Conference**

April 5, 6, & 7, 2019  
Sacramento Marriott Rancho Cordova  
11211 Point E Drive  
Rancho Cordova, CA 95742

**District 16 Monthly Meeting**

April 17, 2018 at 7 p.m.  
Smullin Center  
Asante Rogue Regional Medical Center  
2825 E Barnett Rd., Medford

**Southern Oregon Speaker Meeting**

April 27, 2019, 7 p.m.  
Smullin Center  
2825 E Barnett Rd., Medford

**Rogue Roundup  
44th Annual**

May 2-5, 2018  
Josephine County Fairgrounds

**Rogue Valley Women in Recovery Brunch**

19th Annual  
June 15, 2019  
10AM - 230PM  
Inn at the Commons

**All 12-Steppers Women's Camp Out**

August 1st thru August 4th 2019  
Camp Apserkaha @ Howard Prairie Lake

**12 Traditions & 12 Concepts**

3rd Monday of every month in 2019: February 18th 5:30-7 PM  
Traditions and Concepts 3 & 4  
Sponsored by District 16  
Smullin Center  
2825 E Barnett Rd., Medford

**New Meeting:** Ruch –Ruch Library—Women’s AA Meeting

Tuesday—7:00 pm  
1 hour 15 min

**Cancelled Meeting:** Shady Cover—Thursday, 7:30 pm

**Rule #62—"Don't take yourself too damn seriously"**

*- is at the heart of Grapevine collection of humor. Sometimes staying sober calls for a good laugh, so that we don't take our situations or ourselves too seriously. Humor tends to put things in perspective. And the Grapevine has, from its beginning, published jokes and cartoons. Our Monthly newsletter i you enjoy and find the humor in them.*

**The A.A group gave the old timer a pin recognizing her outstanding humility. And the first time she wore it, they took it back.**

**Question:** How can you tell the difference between a sponsor and a therapist?

**Answer:** The only time a sponsor uses the word "closure" is before the word "mouth".

**Upcoming Event?** Please send your event flyer to webcoordinator@outlook.com. If you do not have a flyer—please provide details of the AA event so we can get it posted on our website and put it in newsletter.