

On the Rogue Again



Jackson County Central Office Newsletter

Jackson County A.A. Central Office
116 East 6th St., Medford, OR 97501

(541) 732-1850 • www.jccoaa.org • aajacksoncounty@yahoo.com

Central Office News

At the OFFICE (June 2018):

Visitors 37
Calls 29
Meeting inquiries 6
Website 736

Great people providing a valued service! Thanks to all

Board Members

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

GET INVOLVED!

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

Donations - June 2018

Living Sober \$115
Bring Your Own Book \$132.09
How It Works \$50
M. Lucas \$100
Medford Fellowship \$50
Hole in the Wall \$40
No Name Group \$200
AA Eyeopener \$100
Design for Living \$50
Duck Pond \$100
One Page at a Time \$70
Thursday Night Candlelight \$75
Dog on the Roof \$200

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.

Editors Note:

“We are not a glum lot”. Happy summer!

Jackson County AA has fun events during the summer. See our events page (page 4) for current events. AND keep up to date by checking our website for more upcoming events as they are posted!

VIRGINIA’S CORNER

Thy Will Be Done.....

*If I were to chase each particular care, each particular sorrow, I would have business on hand for the rest of my life; but if I can rise into a higher state of mind, these cease to be annoyances and cares. Ninety-nine parts in a hundred of the cares of life are cured by one single salve, and that is, “**Thy will be done.**” The moment I can say that, and let go, that moment more than ninety-nine parts in a hundred of my troubles drop away.*

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 7 — Humbly asked Him to remove our shortcomings.

Step Seven: Food For The Journey—Humility lends an AA new strength

I used to draw a blank when I heard the word "humility." Or perhaps not a blank so much as confusion. For me, to be humble was to have, as one dictionary put it, "a feeling of inferiority and insignificance," to feel inadequate and unworthy. The dictionary linked being humble with being humiliated, which in turn pointed to being dishonored, disgraced, and shamed. Its synonyms included "meekness," "submissiveness," and "lowliness."

I didn't want humility! Shame and feelings of inferiority haunted me not only in active alcoholism but even before, in a childhood marked by various forms of abuse and neglect. I was the kid who failed in sports, a member of the out-group, and a loner who would lose himself in a book because he couldn't fit in with the guys. In a couple of places, the Big Book spoke of the importance of ego-deflation. I understood that there were people with a grandiose opinion of themselves who could profit from a good helping of ego-deflation--but I came to the rooms feeling empty and unworthy.

So, even though Step Seven began with the word "humbly," to me, humility did not seem to be of any great importance to recovery. In the first 164 pages of the Big Book, humility and being humble are mentioned only a handful of times.

Many people, I suspect, have come into AA sharing my idea of what humility is, or at least something close to it. And, it did not seem to be a preferred topic for discussion in the meetings I attended. On those rare occasions when the topic did come up (usually when the discussion was about Step Seven), people often spoke about some event in their lives that made them feel inferior or foolish in front of others. Most of the time, humility was seen as humiliation. Occasionally, it was linked to gratitude.

At one meeting, a man spoke eloquently about how he had gotten his family, job, and self-respect back; his health, wealth, and a cluster of good friends--all of which made him feel "humbled." To me, it sounded more like gratitude.

Something was missing; or rather, I was missing something. In the "Twelve and Twelve," the whole emphasis of the Step is on humility. Bill W. wrote that it is "a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be." It is "a healer of pain" and "the avenue to the true freedom of the spirit," which can bring us to a "great turning point in our lives." In fact, he continued, "the attainment of greater humility is the foundation principle of each of AA's Twelve Steps." There is no "humble pie" or "groveling despair" in any of this!

Bill's reflections represented humility in a way that was vastly different from what I had originally thought, but I was still puzzled. How exactly was humility linked to self-recognition? How could it heal pain or bring spiritual freedom? How could it be "the foundation principle" of all the Steps? I had already been through the Steps a couple of times, but I wasn't aware of humility being a part of each of them. I later realized that humility-as-humiliation was still clouding my thinking.

Then there was the day that the meeting focused on powerlessness. A teenage son was acting up, rebelling, drinking and doing drugs; his mother was desperately trying to control him. But despite her efforts, his behavior had not changed. It was obvious to many that nothing she could do would change him. It was a contest of wills and she was losing. I remembered my own troubles with my

youngest son, who had severed relations with me long after I had sobered up. None of my efforts could win him back. I spent hours with my sponsor being reminded that I was powerless over other people, hours in which he encouraged me to work on myself and to focus on staying open to my son, ready to welcome him into my life after he had found his own way back to me.

My futile attempts to bring about what was beyond my power had brought me only anger and frustration, the very pain the woman at the meeting was suffering over her son. It was then that I had a sudden moment of clarity. Humility is not humiliation, though humiliation could bring us to it. It was not gratitude, though humility could bring us gratitude. For me, humility relates to power: it is the recognition and acceptance of the limits of my own power. I therefore began to understand that humility was indeed the foundation of all the Steps, and so could be a healer of pain, a way to spiritual freedom, and a turning point in our lives.

Each of the Steps asks humility of us. It was grudging humility, but humility nevertheless, that led me to seek help for my alcoholism: a turning point in my life. It was humility that led me to ask someone to sponsor me. And it is humility that keeps me going to meetings. Each of these actions is saying, "I need your help." As a result, my healing progresses. It is humility when I ask my sponsor and others for help in seeing myself as I really am, an important beginning of spiritual freedom from my defects. It is humility when I allow myself to be taught how to make amends, thereby healing damaged relationships. It is humility again when I call on God to relieve me of my defects, to show me his will, and to empower me to do it. I turn to others for strength to bear the pain, sorrow, and disappointment that are an inevitable part of all human lives. Each of these is a way of saying that, on my own, I could not do those things that are so necessary for my spiritual growth. This is why we say, "This is a 'we' program."

The simple word "we" stands at the entrance to the Steps, reminding me that my power is limited. It reminds me that it is through God's help and the help of others that I gain the strength to work toward the spiritual awakening that is the final goal of the Twelve Steps. "We" begins our journey; humility is the food that strengthens us on our way.

-- Jamie C.
West Henrietta, New York - July 2007 GrapeVine

The Seventh Tradition — *Every A.A. group ought to be fully self-supporting, declining outside contributions.*

We do have to be practical. A group can hardly hold its regular meetings on a street corner, and an empty basket won't fill a coffee urn. As soon as we become active in a group, we learn how many expenses are involved in making its meetings effective. Then our horizons broaden. What about that intergroup or central office so many of us called to ask for help? Phone companies don't give free service. Beyond our own locality, we learn about the A.A. General Service Office and the work it does for groups everywhere. A.A. activity is self-supporting at all levels, and in every case the responsibility comes right back to us, the individual members, for we *are* A.A.



The 12 Steps of AA ARE the Principles of the Program that we practice, as listed in the Big Book pages 59 and 60! Over the years many lists of virtues that correspond to each of the Twelve Steps and their underlying spiritual nature have been printed in local area AA newsletters and on pocket cards. The origins of these lists are unknown, although they are used by many Twelve step members.

Step 7 - Humbly asked Him to remove our shortcomings.

The AA principle and Virtues for this step are: Humility—Standing naked before God, with nothing to hide, and asking that our flaws—in his eyes—be removed. The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination. Humility—modest, the state of being humble and free from pride.



Local Events

More Local Events

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

Before you say: I can't ...say
I'll try

Sponsors: have one---use one
---be one

Poor me.....poor me.....pour
me another drink

If I'm giving – I'm probably
in God's will. If I'm talking
I'm probably in my will.

Don't believe everything we
think

Hear something clever, witty, or even
profound at a meeting? Send it to:
aa.jacksoncounty@gmail.com

**Second Annual Eagle Point
AA Picnic.** 11 am to 4 PM at
Chamberlain Park in Eagle Point
July 21, 2018
[Flyer Here](#)

**How it Works 8th Annual
Summer Picnic** July 15th
BBQ at noon, Speaker at 1 pm.
Touville Park Group Space C
[Flyer Here](#)

**Searching and Fearless
South Coast Roundup**
July 27-29, 2018
[Flyer Here](#)

**Southern Oregon Speaker
Meeting.** Saturday, July 28th
7 pm at Smullin Center, 2825 E.
Barnett Road, Medford.

**41st Annual South Coast
Round Up** July 27-29 Brook-
ings, OR For more information
contact> Jeff B. 541-254-9140
or 541-373-1196

**All 12-Steppers Women's
Camp Out 2018**
August 9th - 12th
Camp Apserkaha at Howard Prai-
rie
[Flyer Here](#)

SORYPAA

Southern Oregon Young People in
Alcoholics Anonymous

The aim of young people's groups
in AA is to show the newcomer
that they don't have to endure
years of drinking and loss of fam-
ily, friends and finances to find
lasting and meaningful recovery.
Business meeting 1st Sun of the
month—Rotating location.

Call or test for the biz meeting lo-
cation. We do awesome stuff, all
the time, to promote unity among
young people

Beth—541-916-9028 or
Garrison—541-301-9723