



## Jackson County Central Office Newsletter

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

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### Central Office News

At the OFFICE (September 2018):

Visitors 34  
Calls 28  
Meeting inquiries 10  
Website 677

**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 - August 2018

Ashland Friday Night BHOB \$111.35  
Ashland Morning Fellowship \$100  
Medford Fellowship \$50  
Her Story \$200  
There is a Solution \$110.40

#### Newsletter:

Donna H. \$10  
Linda \$10



### **Birthday Celebrations**

Janice R. \$27  
Linda \$10

### *Editors Note:*

**HAPPY HALLOWEEN!!!!**



### **VIRGINIA'S CORNER**

#### *Count what Counts*

*Count your garden by the flowers  
Never by the leaves that fall;  
Count your days by golden hours,  
Don't remember clouds at all.*

*Count the nights by stars, not shadows,  
Count your life by smiles, not tears,  
AND with joy on every birthday  
Count your age by friends, not years.*

*....Anonymous*

*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 10**—Continued to take personal inventory and when we were wrong promptly admitted it.

### **Apology vs. amends**

When I was an active alcoholic, no two words coming from my mouth were more hollow than, "I'm sorry." I became quite proficient at apologizing, but only in order to diminish or avoid consequences. In fact, I got so good at preemptively groveling in front of authority figures, that afterward they would often commend me for coming forward and addressing the issue. But I never had an ounce of remorse! Not once did I reflect on my wrong behavior.

So the Tenth Step is, for me, more about admitting that I was wrong than it is about the act of apologizing. "Admit" is defined in my dictionary as "to acknowledge," so it's important that I own the behavior. I must state the behavior and the fact that I was wrong. Yet, even that difficult act is faulty unless I do so without also offering up mitigation or explanation. (I was wrong but you had me really upset...etc.). So it would work something like this: "I was wrong. I should not have raised my voice and said those things to you. I really regret that behavior, and will not do so again. I hope you can forgive me." And I don't hang around waiting for kudos; I'm the buffoon; I leave!

-- Tom S.  
Sarasota, Florida From the October 2007 Grapevine Magazine

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### ***Being of Service in Jackson County***

Jackson County Central Office and District 16 need your help! It has come to our attention that our 12th Step Volunteer Roster is in serious need of an update and revision. In order to accomplish this we need the assistance of volunteers who are willing to answer calls from fellow suffering alcoholics in need, and try to assist them in getting the help that they need. This can be as simple as a return phone call and a ride to a meeting. Or it could involve a 12th Step visit to this individual.

Soon your GSRs will have sign-up sheets available at their meetings. The information will then be compiled into a list of those willing to receive a call to assist another alcoholic in distress. Those on the list will be asked to provide the days and times that they will be available to take calls. They will be contacted only at those times. I might add that sign-up sheets will also be available at Central Office.

Working with another alcoholic is the backbone of Alcoholics Anonymous. Our Big Book states that "when all other measures failed, work with another alcoholic would save the day." BB. pg. 15. Please help wherever you can to ease the suffering of our fellow alcoholics. Your rewards will be great.

In addition to the sign-up sheets for 12th Step volunteers, our Hot Line call takers are often asked if there is someone who is available to provide a ride to a meeting. Central Office and District 16 are also working to compile a list of those persons willing to give rides to meetings to those in need. Those sign-up sheets will

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### Continue “Being of Service in Jackson County”

also be made available at the same time as the 12th Step sign-up sheets. Your GSRs will make them available at meetings and they’ll also be available at Central Office.

For those of you who don’t know, Central Office is located in downtown Medford at 116 E. 6th St. Our volunteer staff is available from 9:00 am to 4:00 pm, Monday thru Friday, and 9:00 am to 12 noon on Saturday. In addition to manning the Hot Line, we have a wide assortment of AA literature for sale. The coffee is always on, so stop by for a visit. Our phone number is 541-732-1850. We can also be reached on our Website at [www.jccoaa.org](http://www.jccoaa.org).

*Submitted by Joel*

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*Tradition Ten - Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

**Sassy Pearls of Wisdom**— If minding one’s own business can work for the group, then it might work for her as well

When I sat down at my very first meeting, I was four days sober and miserable over the wreckage I was causing myself and others. I was comforted to see the Twelve Steps on the wall, but surprised to see Traditions. I had never heard of them before. When I read them over, Tradition Three made me feel welcome, Tradition Five made me feel hopeful—but Tradition Ten is what really blew my mind. It said, “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Woah. What a brilliant idea! I thought to myself. I instantly saw how I could use this in my day-to-day life. Imagine if I had no opinion on outside issues? The wreckage I had made had a lot to do with my big mouth and “edgy” opinions. My life’s mission had been to fix everything, because I always knew best. This drunk had all the answers, and I was determined to let you know it. But strangely enough, people weren’t grateful for my sassy pearls of wisdom. Who knew that people don’t like being talked down to? I always ended up hurting others, and myself, by trying to force my ideas on the world.

I knew my amends list would be long, but I became determined to stop it from growing, here and now. And Tradition Ten was the key. Any time I felt the urge to control someone, I repeated this mantra to myself: I have no opinion on outside issues. It helped me keep things to myself instead of piping up whenever I wanted. Suddenly I wasn’t hurting so many people anymore.

Was it hard to practice? You bet. But practice makes progress, and today—three sober years later—I no longer feel the desire to control everything. My way is not necessarily better than everybody else’s. I have no business sticking my nose where it doesn’t belong. In fact, I’ve been using Tradition Ten as another Serenity Prayer, accepting the things I cannot change. I still love to help people, especially when it comes to carrying the message of AA, but now I know that I can’t force my experience on you. I’ve learned the difference between helping and controlling.

—Wendy L., Vancouver, British Columbia Grapevine 2015

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## Principles of AA Program

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 10—Continued to take personal inventory and when we were wrong promptly admitted it.**

**Perserverance**—To persist, to maintain effort, not to give in. **Maintenance** - nobody likes to admit to being wrong. But it is absolutely necessary to main spiritual progress in recovery.



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

- I came; I came to; I came to believe (steps 1,2,3)
- live in the NOW
- if god seems far away, who moved ?
- turn it over
- AA = Altered Attitude

Hear something clever, witty, or even profound at a meeting?  
Send it to: [aajackson-county@gmail.com](mailto:aajackson-county@gmail.com)

### Local Events

#### Rose City Girlstock

October 12-14, 2018

Holiday Inn Portland South

25425 SW 96th Ave.,

Wilsonville, OR 97070

#### SORYPAA Halloween Dance

October 20, 2018 - 9 pm to 2 am

See flyer for contact info to get location

[Flyer](#)

#### Old Timer Speaker Meeting

October 21st 2-4 PM

HiLo Club

668 Lincoln Road, Grants Pass, OR

#### Southern Oregon Speaker Meeting.

Saturday, October 27,

2018 7 pm at Smullin Center,

Barnett Road, Medford.

#### Oregon Area 58 Quarterly Service Assembly

Feb. 22-24, 2019

Ask for details at the next General Service meeting or email our DCM.

Inn at the Commons

200 N Riverside Ave, Medford

### New Meeting Announcement

#### “Rocketed into the 4th Dimension”

Beginning October 4, 2018 Ashland will have a NEW meeting ion Thursday evenings! Gathering from 6:00 to 7:00 pm (in candlelight) at the First United Church of Christ (the “Peace Church” on the corner of Morton and Siskiyou Blvd)

The meeting will focus on the 2nd, 3rd and 11th steps—to support each other in developing and maintaining

#### Upcoming Event?

Please send your event flyer to [web-coordinator@outlook.com](mailto:web-coordinator@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.

