

# 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 (December 2017):

Visitors	56
Calls	38
Meeting inquiries	10
Website	681

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

### GET INVOLVED!

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

### Donations

#### December 2017

Dog on the Roof \$200  
Medford Fellowship Group \$100

### VIRGINIA'S CORNER

**Happy New Year! My wish for all is Sobriety, Happiness and Good Health!**

Page xxxii of our Big Book-3<sup>rd</sup> edition in Doctor's opinion "*I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray*".....William D. Silkworth, M.D.

Step One is the only step that can be practiced perfectly (page 68). Since this is a New Year and the first month, I'm going to concentrate on my steps again. When I sponsor someone I ask them to read page, 86, 87 and 88 each day. Do I do the same? I am a better person when I do.

Page 90 of the Twelve and Twelve states, "*it is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.*" To quote Herbert Spencer, "*There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.*"

### Board Members

Chair – Joel S.

Co-Chair –

Office Manager – Al Z.

Volunteer Coordinator – Bill S.

Secretary – Beth M.

Literature – Tom M.

Treasurer – Fran

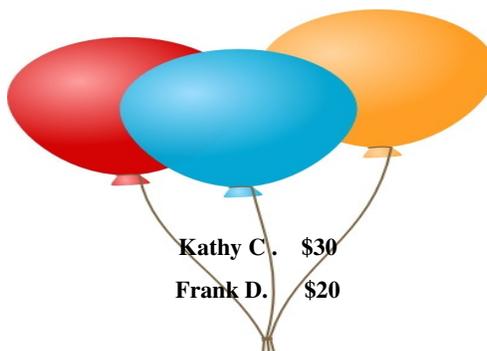
Co-Treasurer – Sandy J.

Special Events – Cheryl R.

District Liaison – Wayne T.

Newsletter Editor – Lois L.

### Birthday Celebration Donations:



### Editors Note

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

**May 2018 bring you peace, serenity and sobriety!!!**

Thank you for letting me of service.

Sincerely, Kathy C (alias Lois L.)

*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.*

***In remembrance...***

Our hearts are saddened to report that **Bicycle Bob** has passed. We will remember his message of hope and gratitude. He will always be part of the rooms of A.A. and live on in our hearts.

**Memorial Service:**

**Date:** Tuesday, January 2, 2018

**Time:** 6:00 pm

**Location:** St. Vincent de Paul



***TRADITION ONE: Our common welfare should come first; personal recovery depends upon A.A. unity.***

**A Smoother Ride**

**If we want the lifeboat to stay afloat, we all need to stick together**

I went to a meeting last week that taught me the importance of the First Tradition. Some time ago this group had decided to discuss one Step every month. They were on the Tenth Step that month, and I was looking forward to hearing everyone's experience, strength and hope.

The chairperson started the meeting in the usual way, but then introduced his own topic. I asked him about the group's decision to discuss a Step every month. He said he knew about that, but he wanted to talk about something else. The rest of the people in the meeting didn't seem to care, and it wasn't my home group, so I didn't feel in a position to argue. The chairperson went on to talk about a relative who had checked into a treatment center. As I sat there pouting, I began to think about Bill W.'s analogy in Twelve Steps and Twelve Traditions. He said that the AA group is like a lifeboat. If everyone in the lifeboat is to survive, then everyone needs to stick together. I carried the analogy further. If a group follows the past experiences of our Fellowship (the Steps and the Traditions), it will be following in the wake of other boats. It will have a smoother ride.

The chairperson of that meeting was steering the boat. When he introduced his own topic, it was as if he took out a chainsaw and cut off his portion of the boat. He set the boat adrift. The next person talked about her concern for the way her daughter-in-law was raising the grandchildren. She took out another chainsaw and cut off her portion of the boat. The boat continued to break up as people brought up topics that had little to do with the common welfare of the group. As a group, they not only lost their ability to stay afloat, but they also lost their effectiveness in pulling in others who were still suffering.

After the meeting, I talked with a lady who had been sober and coming to meetings for nine months, but was about to check herself into an outpatient treatment program. Apparently she wasn't getting what she needed to stay sober in Alcoholics Anonymous.

My home group has a group conscience statement that's read at the beginning of every meeting. Part of it reads, "The format for our meeting tonight will be the discussion of a Step or Tradition of Alcoholics Anonymous. In keeping with AA's First Tradition, we respectfully ask that you confine your remarks to only the Step or Tradition being discussed. Other problems may be discussed after the meeting if you wish." When I first started attending my home group, that statement really bothered me—because I wanted to talk about whatever moved me.

Today I see that statement as saying, "Please check your chainsaw at the door." —Brian H., Eau Claire, Wis. From the January 2016 GrapeVine magazine.

They [the Promises] are being fulfilled among us — sometimes quickly, sometimes slowly.

ALCOHOLICS ANONYMOUS, p. 84

## Step One—We admitted we were powerless over alcohol—that our lives had become unmanageable.

### Delivering the truth

#### It was family pizza night and the food had arrived. So had her moment of clarity

*From the August 2017 Grapevine magazine.*

When my drinking began to spiral out of control, no one else noticed. I tended to drink myself into oblivion after I went out with friends. Alternatively, I surrounded myself by groups of partiers so I wasn't the "most drunk." I remember sitting alone on the sofa one evening, not even feeling buzzed after I had downed a bottle and a half of wine. I still get a shame knot in my stomach when I think of those last few months of drinking. I remember shivering, sick in my bed with the flu for two weeks but still dying for a drink. I couldn't make myself ask someone to get me a drink when I hadn't even been able to eat.

Another time, I tried to rush cooking soup in a pressure cooker by forcing it open. It in turn exploded all over my abdomen and caused 2nd degree burns. All of this so that I could sit in front of the TV and drink wine, my favorite escape. What would it finally take to reach the bottom? What would finally make me wake up and make the call that could save my life?

One night, my husband and I went to pick up some pizza to go. We had had a few glasses of wine. When we got home, my brave 10-year-old daughter told me I scared her when I drank. She said I acted differently. I was less patient. I didn't pay attention. Then my son came out of his room and said that he'd learned about the dangers of alcohol at school. He said he wished we wouldn't drink so much. In

that moment, that single moment, I knew I was done. I knew I couldn't do it any longer. But I didn't have the first clue how I was going to stop because I had so often tried to stop or modify my drinking. But this time I knew I had to do it.

That night I took my last drink. Because I knew it would be my last, I finished off a bottle of fireball whiskey I had in my pantry. I woke up with a horrible headache, texted a few friends and family members for accountability purposes and called AA to get help. What I didn't realize when I made that call was that AA would save my soul. I had a rough first year of sobriety—lots of loss, lots of pain and lots of grief. Sobriety returned my emotions. What has been amazing to realize is that my emotions are the gift. The ability to feel the pain, the sorrow, the hurt and the grief also enable me to feel the joy, the inspiration, the intimacy and the humor of life.

I have made new and amazing connections with people in AA. I've also allowed myself to be honest and vulnerable with the friends I've had for years. This has reignited a bond and connection I hope to never neglect. These friendships compel me to be the best person I can be.



My family life is different now. My husband and I don't spend half of our time in drunken arguments that neither of us can remember in the morning. My kids have approached me with difficult issues and challenges. They have asked for my help and support. This is not something they could've done in the past because I wasn't trustworthy.

Before I got sober, I would read stories about celebrities getting clean and talking about their wonderful new lives. I really thought it was nonsense. But here I am, a year later. I can honestly say that getting sober was the best decision I ever made.

-- Jennifer O.  
Oak Park, Illinois, USA



## 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.

Over the next 12 months, we will print one each month, aligning with the Step associated to it, We hope you enjoy this new column over the 2018 year.

**Step One**—We admitted that we were powerless over alcohol—that our lives had become unmanageable.

Principle—HONESTY

Upright conduct and disposition

Surrender—Capitulation to hopelessness

After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol — for alcoholics and their friends and family.

### EVENTS

*Local & Regional & Beyond*

#### S. O. SPEAKER MEETING

Jan. 20, 2018, 7 p.m.  
Rogue Valley Medical Center  
Smullin Center  
2825 E Barnett Rd., Medford

[MAP](#)

#### Rogue Mountain Retreat

A Closed, Women's AA Step Experience  
Cascade Mountain Ranch, Hugo, OR  
March 9-11, 2018

1st come, 1st serve registration  
Registration is currently: OPEN

[Flier Here](#)

**Rogue Valley Women in Recovery  
Brunch** Saturday, June 16, 2018—SAVE  
the date! More info coming!!!

Please send your event flyer to [webcoordinator@outlook.com](mailto: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.

### OUT of the ARCHIVES -Submitted by Laurie H.



Lost AA History...The Countess and The Stockbroker...

Just a few years after Bill Wilson founded the fellowship in 1935, Felicia Gizycka, daughter of editor Cissy Patterson, stumbled into a meeting. Here is her recollection of her first meeting with Bill W....

He was well dressed, he was easy going. I could see he wasn't a quack or a fanatic. He did not take out a folder or a questionnaire and say, "What is the nature of your problem?" he said to me, gently and simply, "Do you think that you are one of us?" Never in my entire life had anyone asked me 'are you one of us?' Never had I felt a sense of belonging. I found myself nodding my head. He now said that we had a physical allergy combined with a mental obsession, and he explained this so that I saw for the first time how this could be. He asked me if I had any spiritual belief, and when I said no, he suggested that I keep an open mind.

"I've got a dame here with a name I can't pronounce," he told someone whose number he dialed on Felicia's behalf at the end of the meeting. When he hung up, he told her he had arranged for her to meet someone named Marty. "Aha, he's passing the buck." Felicia suspected inwardly "Now comes the questionnaire."



### On the Road to Recovery -Epigrams

"Wit and Wisdom" spoken in the rooms of AA all over the world.

W.A.I.T – Why am I talking, typing, texting

EGO - It isn't how good or bad I think about myself, it's about how often I think of myself.

Before giving advice....Did they ask?

*"What is Acceptance?" ...AA Co-founder, Bill W. , March 1962*

*"We neither ran nor fought. But accept we did. And then we began to be free."*