

on the Rogue again

Jackson County Central Office Newsletter

Jackson County A.A. Central Office
116 East 6th Street, Medford, OR 97501
(541) 732-1850 www.jccoaa.org aajacksoncounty@yahoo.com

Central Office News

At the OFFICE:

Visitors 33
Calls 30
Meeting inquiries 18
Website 607

Great people providing a valued service! Thanks to all who volunteer.

GET INVOLVED!

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

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
Co-Treasurer – Sandy J.
Special Events – Cheryl R.
District Liaison – Wayne T.
Newsletter Editor – Lois L.
Website – Drew A.

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

Donations

May 2017

Donations

Landra H \$250.00
Duck Pond \$100.00
Crack of Dawn \$334.75
There is a Solution \$67.35

Newsletter - None

Birthday Celebration Donations:

Editors Note

Thanks for reading our Jackson County Central Office Newsletter and helping me be of service.

Responsibility Statement

I am responsible...
When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to be there.
And for that: I am responsible.

A Declaration of Unity

This we owe to A.A.'s future:
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

VIRGINIA'S CORNER

**Work as though you didn't need the job
Love like you've never been hurt before
And
Dance as if no one is watching!**

Have a good day unless you have made other plans.

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.

Upcoming Events:

BE SURE TO STAY UP TO DATE & VIEW AVAILABLE FLIERS
@www.jccoaa.org OR www.medfordareaaa.org

How It Works Summer BBQ Potluck

Touvelle State Park Space A
July 2, 12 pm–2 pm
Speaker: Dan D, Forrest Hill, MD

Want a Way to Give Back?

July 8, 1-3 pm
Smullin Center
2825 E. Barnett Rd., Medford

Southern Oregon Speaker Meeting

July 22, 7 pm
Smullin Center, 2825 E. Barnett Rd., Medford

All 12-Steppers Woman's Camp Out 2017

Sunny Valley RV Park & Campground
Thursday, July 27th – Sunday, July 30th

Jam Session

July 29th–10:00 pm
Alano Club, 1821 Elm St., Medford

Columbia River Roundup

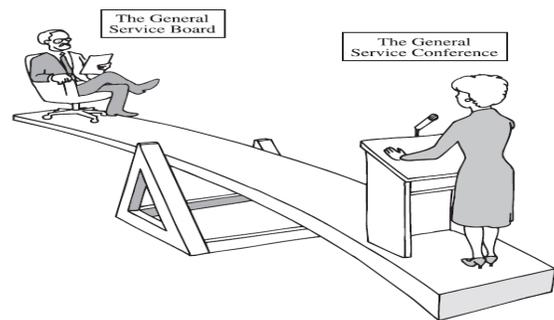
August 11-13
Portland State University
5000 N. Willamette Blvd. Portland

Sobriety by the SEA

Sept. 29-October 1
Del Norte County Fairgrounds
421 US 101, Crescent City, CA

Concept VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully em -powered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purpose for its final effectiveness.



“If . . . the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees . . . will constantly realize that the Conference is the real seat of ultimate service authority . . . neither will be seriously tempted to make a ‘rubber stamp’ out of the other . . . In this way, grave issues will always be resolved and harmonious cooperation will be the general rule.”

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.



Experience has shown us, also, that A.A. as a whole needs to be self-supporting and independent

Step 7 *Humbly asked Him to remove our shortcomings.*

Became Entirely Ready

What is the meaning of the word *defect*? What is the meaning of the word *shortcoming*? Those are two words that we hear often when we are discussing *steps six and seven*, and we sometimes get caught up in the semantics of the words and it distracts us from really getting to the heart of the matter. I can understand why a person could get a little confused since they both obviously imply that there is something wrong, but if they are intended to be synonymous why did they not include them both in step six or step seven? Early in my sobriety I heard one version that implied that they didn't want to be redundant when they wrote the *big book* and when I think back on it, I see that as a weak explanation. When I read the *twelve and twelve*, I see a much more active role expected of us than simply asking God to rid us of these faults. Understanding that the founders never wanted to edit the Big Book, I can see that these issues had to be addressed and by publishing the *twelve and twelve* they could provide amplifying information on these and many other ideas that were unclear to the rest of us. In order to find a simple framework that makes it easy to get the best results as I addressed these two steps I had to come up with a way to conform to the spirit of the program and rid myself of my obvious character flaws. To put it in simple terms, I might use an example that we are all familiar with: If a person purchases a new car and several month later they discover a defect in the braking system causing the car to continue to roll forward when you apply the brakes, the car would be recalled, the defect would be corrected, and the brakes would perform properly each time you put your foot down on the pedal. The defect was the faulty brakes, and the shortcoming was the behavior of the car. It wouldn't stop properly. Once the defect was corrected, the shortcoming went away. While talking to a close friend of mine about *gossiping about others* his comment on the matter was that "*All forms of criticism and character assassination stem from low self esteem.*" The low self esteem was the defect that caused the gossip (shortcoming). Since that conversation, whenever I caught myself wanting to criticize others I replaced the gossip with compassionate understanding and took the fall back position such as: There are two ways to have the tallest building in town. 1) Build the tallest building or 2) Tear all of the other buildings down around you.

. When I saw how pathetic that behavior was, I quickly started to remove it from my day to day interactions with others. (Stop the gossip) I try to use this type of model on all of the defects as I discover them and it seems to have taken all of the power out of them. This is a never ending process and nothing has served me better. Discover and correct the defects and the shortcomings disappear. My shortcomings were apparent to everyone but my defects of character were not. When I could identify them in myself, all I had to do was to use a little self restraint and the results were amazing. When I asked my higher power to remove my shortcomings, I became *entirely ready* and this process became the answer I was searching for and as a result, most of the guilt and shame has dissolved into nothingness. I don't let the semantics of the two words, *defect and shortcoming*; stop me from applying a model that works for me. I am a firm believer in step study meetings and have been attending one weekly ever since I got sober in 1969. I liken it to a rock tumbler. Each time you go through a cycle, slowly but surely, all of the rough edges are worn down and soon you begin to evolve into the finished product that you envisioned. This is one model that really worked for me.

RICK R.



On the Road to **Recovery** -Epigrams

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

FEAR:

Frantic Efforts to Appear Recovered
False Evidence Appearing Real
Face Everything and Recover
"F&#k" everything and Run

"Our liquor was but a symptom. So we had to get down to causes and conditions." p.64

AA Grapevine GV-36 "Making Amends"

The latest (I think) publication by the AA Grapevine is all about AA Step 9, making amends, including a chapter on Step 8, listing amends. This, like other Grapevine pamphlets, is a compilation of articles which appeared in the Grapevine. There are chapters about amends to parents, children, "exes", crime victims, coworkers and friends and a separate chapter on money amends.

I found the pamphlet interesting in several ways. Where great bodily harm had been done, I was impressed that amends were pursued and were at least partly successful. Also, the thrust of all the articles is that the purpose of the amend is to free the mind of the amender from continued guilt. And most of the articles seem to presuppose the need for and the manner of each amend have been discussed with the member's sponsor..

"Making Amends", in my opinion, is not a primer on the who, how and when amends are needed, It does testify to the benefit of perseverance and the relief that amends engender.

Tom Montgomery

Jam Session - A Drug and Alcohol Free Event

"... we are not a glum lot." So says the book Alcoholics Anonymous on page 132. In

fact, that same page says, "We absolutely insist on enjoying life." For many of us, entertainment in a social setting is important to that enjoyment of life. Everyone is invited to the Alano Club in Medford for a jam and open-mike session the last Saturday of the month. This month it is July 29th. The event starts at 10:00 PM, right after the Medford Fellowship birthday meeting. There is no admission fee.

Come and be entertained. There's a nice sound system, we set the stage with lights and microphones, and we applaud everyone!

By attending the jam and open-mike sessions we get a chance to support the recovery of everyone who performs and have a great time while we're at it. Bring yourself to the Alano Club hall and give a listen, laugh, dance, sing, and applaud. Bring a guitar, some poetry to read, or a comedy bit. Add your voice to a performance. Show us your dramatic reading skills. We would love your help to setup, take down, bake cookies, serve coffee. Help us get the word out, encourage performers, even design posters.

Last month on Saturday, June 24th at 10:00 PM the jam and open-mike started with some rock tunes from Paul, then Glenn got up for a few songs and was joined by Rich on mandolin. Eric read some poems and played a few original songs. Randy did a comedy skit and played blues harmonica. Michael "Mouse" sang and played his guitar for several numbers. John played a few songs, and the other John jammed some blues with Randy's harmonica. Jenny came up and broke loose her vocal cords for a song with Paul. Nick played a few of his original songs as well, and Paul finished us off with some rousing rock.

A special thanks to Marci and Mia for providing coffee, cupcakes and brownies. Thanks to everyone who helped setup and take down. It gets easier each time we do it. Sorry if I missed anyone. All in all it was a great experience. Thanks too, to Marty for walking the event through the necessary permissions. And thanks to the Medford Alano Club for their support and encouragement.

Yes, you can join us in the fellowship of the spirit, the spirit of fun and the spirit of recovery. It's a nice break from the routine, a chance to be of service in light-hearted ways, and most of all to have fun! Join us the last Saturday of this month, July 29th at 10:00 PM. We go until past midnight at the Alano Club, 1921 Elm Avenue, Medford Oregon. For more information call John at [541-621-2135](tel:541-621-2135).



OUT of the ARCHIVES

Submitted by Laurie H.

Marty Mann - Author of "Women Suffer Too" in the 2nd and 3rd Editions of the Big Book



Marty Mann is scarcely a household word today, yet she is arguably one of the most influential people of the 20th century. Through her vision and leadership, the attitude of America toward alcoholism was changed from a moral issue to one of public health. This was a tremendous shift, especially considering America's long temperance history that culminated in the Prohibition Amendment of 1920.

The false notion has been perpetuated that Marty M ("Women Suffer Too,") was the first female in A.A. with enduring sobriety. After repeated slips Marty finally was sober from Christmas 1940 until some time around 1960, when she again relapsed. She sobered again and remained so until her death on July 22, 1980.

Marty was born into a life of wealth and privilege in Chicago in the early 1900s. Her family sent her to the best private schools. She was blessed with beauty, brains, a powerful will and drive, phenomenal energy and stunning charisma. She traveled extensively. She debuted, and then married into a wealthy New Orleans family.

When Marty was 14, she was diagnosed with Tuberculosis (TB). In those days, drugs for treatment were not yet available. However, her family could afford to send her to an expensive private sanitarium in California for a year, and then provide her with a private-duty nurse at home for another year or two.

Marty was no sooner past this hurdle when another disease began to assert itself. When Marty was 17 she could drink as an adult. Moving at a fast pace in an elite social group, she had a "hollow leg." A party girl from the onset, she could out drink anyone and be the only person left standing to get everybody else home.

Suddenly her father lost all his wealth, and she had to go to work. Her natural talents led her into the world of public relations.

Within 10 years she went from a bright, assured future to a hideous existence of round-the-clock drinking. She lost one job after another. She became destitute, living off the goodwill of friends, convinced that she was hopelessly insane. Two suicide attempts nearly killed her, and desperate drinking threatened to finish the job.

At this point, friends intervened. She was accepted as a charity patient at Bellevue Hospital in New York City, and then transferred to Blythewood, an exclusive private psychiatric inpatient center in Connecticut as a charity patient. There were a few patients who were alcoholics, like Marty, whose behavior had become bizarre or unmanageable.

The year of 1939 was also a fateful year for Marty. She had been a patient at Blythewood for months, still unable to remain completely sober. Her enlightened psychiatrist, Dr. Harry Tiebout, gave her a manuscript of "Alcoholics Anonymous" to read, which she promptly threw at him, yet this opened the door to her recovery.

Eventually she was persuaded by Dr. Tiebout to attend her first AA meeting, held in the home of Bill Wilson and his wife, Lois. This was still during the time that there were only two AA meetings in the whole country. Each little group met just once a week. Many members literally drove over a hundred miles each way to attend the fellowship.

Furthermore, all of the AA members were men. A few women had drifted in and out, but the stigma against women alcoholics was as strong as ever. Women rarely had the courage to seek help, even if they acknowledged they might have a problem.

Marty loved and appreciated AA from the beginning. She was immensely relieved to learn she was not incurably insane, but instead had a disease that manifested itself as "an allergy of the body coupled with an obsession of the mind." Scientific research describes this condition as a biochemical abnormality affecting the body and the brain in ways that increasingly limit the predisposed person's ability to function or to stop, despite dire consequences.

Marty had three relapses during her first 18 months in AA. Slips, or relapses, while distressing and sometimes tragically fatal, are not uncommon with many of those who come into AA. Later, Marty settled down, and the real healing began as she started to apply the 12 Steps to her life.