

On The Rogue Again

JACKSON COUNTY CENTRAL OFFICE NEWSLETTER

Jackson County A.A. Central Office
110 East 6th Street Suite A
Medford OR (541) 732-1850

Editors Note -April 2014

We would love to hear your stories thoughts. If you have a submission for the newsletter please email it to Fifi3333@gmail.com.

The South Coast round up was a wonderful success. There were over 2,500 sober alcoholics with over 9,000 collective years of sobriety! Seaside was as beautiful as ever.

~Virginia

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.

On the Rogue Again, is a monthly Newsletter of the Jackson County Central Office. It is about by, and for the members of Alcoholic Anonymous Fellowship. Opinions expressed herein aren't to be attributed to Alcoholic Anonymous as a whole, nor does publication of any article imply any endorsement by either Alcoholic Anonymous Jackson County Central Office, or "On the Rogue Again". (Exceptions: Quotations from the A. A. books or pamphlets and the 12 Steps and/or 12 Traditions are reprinted with permission of A. A. World Services, Inc) On the Rogue Again reserves the right to edit submissions for clarity, proper language, length, contents that violate A. A. Traditions, etc.

Have a good day unless you have made other plans.

Read pages 86-87-88 in your Big Book of Alcoholics Anonymous every day.

Central Office News

Greetings from the Board of Jackson County AA Central Office. We thank all of the groups and individuals for their generous support. A great way to get involved is to volunteer for a four hour shift once a week. Please contact Bill S. at Central Office to learn more about this. You can always come to the business meeting the first Saturday of the month to volunteer. Remember, Central Office now has a web site. There you can find information about upcoming events and the meeting schedule as well the current issue of "On the Rogue Again." You can find it by pointing your browser to either www.jacksoncountyyaa.org or www.aa.jacksoncountycentraloffice.org.

Board Members

Chair	-	Terry K.
Co-Chair	-	Wayne T.
Office Manager	-	Al Z.
Volunteer Coordinator	-	Bill S.
Secretary	-	Beth H.
Literature	-	Tom M.
Treasurer	-	Judi R..
Co-Treasurer	-	Dewey H.
Special Events Coordinator	-	Barb R.
District Liaison	-	Wayne T.
Newsletter Editor	-	Virginia H.
Web Coordinator	-	Drew.

Donations for February 2014

Birthdays

Fifi 4.00
Hugh 13.00

Group donations for February will be included in the next Newsletter.

Donations for March 2014

Talent AA 160.00
Anonymous 10.00

Birthdays

Cheryl 1.00
Gaye 12.00
Wayne T. 17.00

Newsletter

Landra 50.00

How about donating a dollar for each year on your sobriety birthday?!

CENTRAL OFFICE BREAKFAST 2014

The 18th annual Central Office Breakfast was another fantastic success! Thanks go out to all of the people that worked so hard to make it happen... to Rick W. and Kevin O. for food shopping and organizing the cooking, to the Dogs on the Roof cooks who prepared another excellent breakfast, to Cheryl R. and Gaye C. for pulling off a great raffle and all of the people who donated raffle prizes, to Terry for his Central Office Chairman's presentation, to Gayno for secretarying the meeting, and to Painter Joe for running the Countdown. We had a total of 2,176 years, 4 months, and 3 days of sobriety in the room that day! What a miracle!

There were many people "behind the scenes" who also gave their time and effort as they do every year, the Central Office Committee, ticket takers and sellers, as well as the folks that helped set up the day before the breakfast and stuck around to help clean up afterwards. Thank you to Bill W. for his splendid introduction of this year's speaker, Jim D., who carried the message, mesmerized the crowd, and gave us all an opportunity to laugh (as

usual!). Lastly, tremendous gratitude goes out to Al Z. and St. Vincent de Paul for allowing us to use their facility for this fun and worthwhile event. Thank you EVERYONE! And if you missed the breakfast this year, we look forward to having you join us next year!!

In Service,

Bonafide Barb

STEP FOUR

Made a searching and fearless inventory of ourselves.

Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene.

Twelve and Twelve, pg. 49

As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the fruits of step four.

Twelve and Twelve, pg. 68

At once, we commenced to outgrow fear. Big Book, pg. 68

If we have been thorough about our personal inventory, we have written down quite a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience, and good will toward all men, even our enemies.

Big Book, pg. 70

It is proven that heavy set women live a lot longer than the men who tell them SO.

You may be interested to know that sobriety cannot be sexually transmitted.

Naming the Negatives

The fourth step attracted me almost as I arrived at the doors of Alcoholics Anonymous. I came to AA full of guilt and remorse for all the bad things I'd done...for example, being an unfaithful wife, not doing my job to the best of my ability and still expecting the highest rewards, and being unresponsive to other people's needs. I was totally self-centered, while at the same time I was thought of by others as being a good wife to a man who drank too much and ran around, being loyal to a job for twelve years, and being so sweet (I never expressed an opinion!). But the way I was viewed by others was not the way I felt inside.

I heard AAs talking about getting rid of the guilt of the past by taking the fourth and fifth steps. I wanted to get rid of my feelings of fear, frustration, and depression, and I became willing to go to any length to accomplish that.

The first thing to do was to make a decision that since I couldn't handle my own life (look at the mess I was in), I could find my own higher power to which I could turn over my life and my will. After that, I'd be able to look at myself and take responsibility for my past actions.

I certainly didn't know how to put names to my feelings because for years I'd practiced not giving information to others about how I felt and what I thought. If I had problems, I was to solve them myself; hadn't I been taught to be self-sufficient? As I went to meetings and heard others talk about their feelings, I came to recognize some of mine. I came to understand that my natural instincts "for sex relation, for material and emotional security, and for companionship" need not ruin my life in a negative way.

Early on, one of my ways of staying sober had been to write down my feelings and questions and new things I'd learned. At the beginning of my sobriety I would ride home from a meeting on a bus. My small notebook in my purse was there to write down any thought I'd had during the meeting I'd just left. After about fifteen months (and a couple of journals), I went to someone with a good solid sobriety and asked for help in turning my notes into a fourth step. He suggested that we meet and I arrived, notebooks in hand.

He started me talking, leading me in a discussion of my problems in the areas of sex, society, and security (as suggested by the Big Book). He suggested that I look at pride, greed, lust, anger, gluttony, envy and sloth. We talked for about three hours and covered every area of my life I had problems in. I found I could put names to my negative feelings and see their source.

What a relief to tell someone about myself without any threat of retaliation or condemnation. I realized I wasn't the worst, most immoral woman alive. I was no different from others who shared at meetings, neither worse nor better, and I wasn't strange or different.

When I looked at my assets, I realized that I hadn't set out to harm others or intentionally behaved in an unacceptable manner. I wasn't a bad person; I was a sick person trying to get better. I was a worthwhile human being.

People talk about having a spiritual experience after taking the fourth step. What happened to me is that I learned about the person I had been. I looked at my "emotional deformities" so I could "move toward their correction". I now had a better sense of direction concerning what areas I needed to work on. As Twelve Steps and Twelve Traditions explains, "....a brand new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable."

Since that first inventory, I've taken many fourth steps. When my marriage was in trouble, I looked at my part in the problem, at where I'd been wrong. I had no fear in looking at my behavior because I'd been trying in sobriety to be a good wife and companion. I found that my dependence on someone I considered stronger was misdirected. I was frightened of life and hadn't grown up; I felt dominated but in some areas it was I myself who dominated. I put demands on another person which couldn't possibly be met. I tried to manipulate my husband to meet what I thought were my needs, when I really didn't know my needs.

A few years later when my marriage had broken up and I'd met someone in whom I was interested, I took an inventory of my relationships with the other men who'd been in my life (father, brothers, friends, lovers), whether causing trouble or not. I didn't want to get into a relationship where I made the same mistakes over again. In this inventory, I found the same dependencies growing out of fear, self-pity, worry, greed, possessiveness, anger, and a lack of confidence in myself.

Today, when a particular problem can't be covered by a daily tenth step, I find it natural to use the fourth step. I start with the first step and see where I'm powerless, I recognize that a higher power can help me and I use the third step prayer as a preliminary move toward the fourth step.

"Never raise your hand if the subject is humility."

TRADITION FOUR

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

Bill Wilson on the Fourth Tradition

"With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount..."

The first sentence of Tradition Four guarantees each AA group local autonomy. With respect to its own affairs, the group may make any decisions, adopt any attitudes that it likes. No over-all or intergroup authority should challenge this primary privilege. We feel this ought to be so, even though the group might sometimes act with complete indifference to our tradition....

~Taken from an editorial that Bill Wilson wrote for the Grapevine
AA Grapevine, March 1948

The Question is Do I Like Getting Older

As I've aged I've become kinder to myself and less critical to myself, I've become my own friend.

I can hit a golf ball anyway I can and laugh if it goes in the lake, I'm just happy I can still hit the damn thing.

I have seen too many friends leave this world too soon, before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read or play on the computer until 4 am or sleep till noon?

I will dance with myself to those wonderful tunes of the 50, 60 and 70's and if at the same time wish to weep over a lost love, I will.

I will walk the beach, in a swimsuit, that is stretched over a bulging body and I will dive into the waves, with abandon, if I choose to,

despite the pitying glances from the jet set, they too will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things.

Sure, over the years my heart has been broken, how can a heart not break, when you lose a loved one, or when a child suffers or even when somebody's beloved pet gets hit by a car? But broken hearts are what gives us strength, and understanding and compassion. A heart never broken, is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray and to have my youthful laugh be forever etched into deep grooves on my face.

So many have never laughed and so many have died before their hair could turn silver. As you get older, it is easy to be positive, you care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.

So to answer the question, I like being old. It has set me free. I like the person I have become, I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every day (If I feel like it).

(Author unknown)

Live simply, love generously, care deeply, speak kindly....Leave the rest to God.

Love ya,

Otto

Fear does not prevent death. It prevents life.

~Naguib Mahfouz



On The Rogue Again

110 E. 6th Street, Medford, OR 97501
(541) 732-1850