

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for November / December 2016

Edition 73 No.6



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 73 No. 6

November/December 2016



MISSION STATEMENT

The Mill Creek AA Group has but one purpose:
“To carry the message of Alcoholics Anonymous to the alcoholics who still suffer, through recovery meetings, workshops, seminars, publications and sponsorship, all the while, individually and as a group, practicing the principles of AA in all our affairs.”

Responsibility Declaration

I am responsible.

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

I am responsible.

Alcoholics Anonymous Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is, a desire to stop drinking.

The Serenity Prayer

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

INSIDE THIS ISSUE:

Treasurer Report	On a Lighter Note
Birthdays	Services
From the Editor	News and Information
From the President	Facts and Medical
Poems & Stories	Meeting Schedule

TREASURER REPORT

STARTING BALANCE:	\$805.67
DONATIONS:	\$118.00
POSTAGE:	\$0.00
REFRESHMENTS:	\$-120.00
NSF CD28's:	\$-12.00
ADMIN. INTEREST & REFUNDS:	\$1.13
ENDING BALANCE:	\$792.80

Trusted Servants

David F.	Secretary
Tim T.	Asst. Secretary/ Office Facilitator
Kevin P.	GSR/ Editor
Louis W.	Treasurer
Scott R.	OGRS
Rick M.	Assistant OGRS
Dan M.	(Interim) Meeting Facilitator

Wednesday Night Book Study

Chairman: Preston H.

Thursday Night Meeting

Secretary: David F. (Interim) Chairman: Dan M.

Saturday General Meeting

(Interim) Chairman: Dan M.

Apreniendo A Vivir Wednesday Night Group

Secretary: Jose G. Chairman: Roger G.

Apreniendo A Vivir Saturday Group

Secretary: Roger G. Chairman: Jose G.

Anyone from the outside wishing to become involved in service or attend a Mill Creek AA meeting at OSP may do so by contacting:

Mr. Steven Finster
Staff Advisor for The Mill Creek A.A. Group of OSP
2605 State Street
Salem, OR 97310
Phone: 503-378-2289 FAX: 503-373-1008

Or email our OGRS Scott R. at:

E-mail: millcreek1944@gmail.com

We would love to have you join us!

(For meetings only! Not full time!)

DISCLAIMER

The purpose of the Mill Creek A.A. Group Newsletter is to increase unity and to carry the message of recovery to other alcoholics.

The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous as a whole or The Mill Creek AA Group of OSP.

No endorsement of or affiliation with any groups or with any organization is at any time intended or implied.

Reprint rights are granted to all service boards, groups and committees of A.A. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to edit all submissions at his discretion.

The Mill Creek A.A. Group at the Oregon State Penitentiary does not endorse any outside enterprise or lend its name, or the A.A. name to any state agencies, treatment or counseling services whatsoever.

The Mill Creek AA Newsletter is produced solely by the inmates at OSP and is intended to simply reach out, and share the good message of recovery.

Congratulations!

We celebrate everyone who has
worked so hard in doing what
needs to be done in staying
sober,
“One day at a time”

Happy November Birthdays to:

Thomas N.	11/01/87	29 Years!
Kevin P.	11/12/92	24 Years!
Hector P.	11/18/97	19 Years!
Charles H.	11/01/98	18 Years!
Carl L.	11/19/99	17 Years!
Ryan M.	11/04/07	9 Years!
Nestor G.	11/10/10	6 Years!
Chad P.	11/16/11	5 Years!
Taylor M.	11/05/14	2 Year!

Happy December Birthdays to:

Richard M.	12/26/97	19 Years!
Jose G.	12/20/02	14 Years!
Gary H.	12/24/02	14 Years!
David P.	12/25/07	9 Years!
Steven T.	12/09/09	7 Years!
Lester R.	12/05/12	4 Years!
Calvin M.	12/07/13	3 Years!

If your sobriety date is coming up,
or we've missed adding you to our
list and you'd like the group to help
celebrate with you, please send a
communication form
to let us know.

**If you would like a sobriety coin,
(\$1 CD28 donation) or if you
would like an official sobriety
certificate.**

A.A. Steering Committee Meeting minutes for 9.3.16

Present: David F., Tim T., Kevin P., Lewis W.,
Roger L., Scott R., Rick M.

8:05 Meeting opened

8:06 Rick brought in books and 185 AA coins
and also donated some to MCCF.

8:10 Tim T. suggested a budget of \$400.00
dollars for the May Anniversary and
December Christmas Party. Voted on and
passed.
Also brought up changing the Christmas
party menu from cake and ice cream to
pie, eggnog, and Christmas candy. Voted
on and passed.

8:14 Dave F. brought up subject of still needing
new volunteers for the Wednesday night
book studies. Rick M. is going to look for
someone, preferably local in Salem, to
come in.

8:22 Louis W. brought in financial report and
everything is looks good to date.

8:23 Dave F. asked about newsletter. Kevin P.
said all is going well and the newsletter
will be done by banquet date.

8:26 Tim T asked Kevin P. to look into
members getting turned away from
Saturday morning meetings. Problem will
be looked into and be addressed.

8:31 Nominations for Meeting Facilitator will
be held in January due to Banquet in
November and end of year Holiday Party
in December.

8:38 Meeting closed

From The Secretary

David F. Mill Creek A.A. Secretary

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God, as we understand him, praying only for knowledge of His will for us and the power to carry that out.”

“Prayer and meditation are our principal means of conscious contact with God.” (of our understanding) Step Eleven, the second maintenance step, is also a now step. The first ten steps have set the stage for us to improve our conscious contact with God of our understanding. Previously, in Steps One through Three we found that:

1. Our lives have been, are now, and will remain unmanageable by us alone.
2. God (of our understanding) can restore us to sanity if we rightfully relate ourselves to him.
3. We made a decision to daily turn our will and our lives over to his care.

Since we, as alcoholics, are undisciplined in almost all areas of our lives, we now must use the first element of Step Eleven, which concerns itself with prayer and meditation as the principal means of improving and maintaining a conscious contact with God (of our understanding).

Prayer is the raising of our heart and mind to our Higher Power and is a form of meditation.

Prayer is communicating our concerns to a Power greater than ourselves. For some, prayer is asking for God's help; meditation is listening for God's answer. We know to not pray for our own selfish ends.

Since our purpose is to confirm our will to His, we should ask only for the guidance of His will for us and the courage to carry that out, for which is the second element of Step Eleven.

Meditation is the process that allows us to become aware of His presence within by stilling the thinking mind and allow focus upon improving our conscious contact with His grace, wisdom, and love.

The final portion of Step Eleven suggests that after we have asked for knowledge of His will for us, we become aware that our thoughts are but only well-intentioned unconscious rationalizations. And those acknowledged by exercising our will power to carry the message to those still suffering.

The purpose of writing the Eleventh Step is to help us formulate our prayer and meditation techniques so that we can improve our conscious contact with our Higher Power. In doing so, we also learn to pray only for knowledge of His will and the power to carry that out.

To be continued?

Step Twelve

“Having had a Spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principals in all our affairs.”

“Freely received, freely give.” One of the ways we express our gratitude for the gifts of recovery is to help others come out from under the “hitting bottom” phase that we all know only too well, and guide them through the Twelve Steps towards recovery. By carrying the message of recovery to others still suffering from alcoholism.

Most of the time, we work Step Twelve in our meetings. Our commitment to being part of a fellowship, to taking part in meetings, by sharing our messages of experience, strength, and hope to others as they bring it to us. By doing this, we are proving to newcomers how this program works every time we show up at a meeting clean & sober.

The Big Book reminds us that we are all imperfect human beings, and that the Twelve Steps are for guidance and not for 100% perfect obedience.

We claim spiritual progress, not spiritual perfection. By making a genuine, honest, and sincere effort to follow the program of recovery that is written in detail within the basic text of alcoholics anonymous to the best of our ability, and you will find that to have all the tools you need and how to use them, and will want to be there for those who still suffer.

From the Asst. Secretary

Tim T. Mill Creek A.A. Asst. Secretary

So, it's that time again. The Holidays. I know I've said this before, but so many often comment on how quickly the years seem to "fly" by. Really??? Not for me, and this time of year is not surprisingly the absolute worst.

Of course it used to be my favorite, when it meant memories of me as a child, mom and dad and brothers and sisters on Christmas morning. Then, when I got older, Christmas presents for my children, the looks on their faces, hunting up in the woods for the perfect Christmas tree with the kids playing in the snow and laughing and giggling at daddy trying to cut down a tree clearly too big for the living room, but I'd always make it fit. But then, here we go, prison. All gone. Pain and anguish, loneliness, despair, missing the kids with all of my heart. Then, it all changes again. This year, 2016, on

September 22, just after dinner. I get the ol' "The Sergeant needs to see you," from my tier officer. The look on his face says it all. "Goddamn it!" I whisper to myself. I know what's coming, or at least I'm pretty sure I do. I get downstairs and the Sarg says, "The Chaplain needs to talk to you." *Yep, that's what I thought.* So, across the control floor, up the stairs I go, my heart sinking to the bottom of my Timberlands. Now the cop at the front desk on the Education floor also has "the look" on his face. *Of course everybody knows my business before I do.* Back I go to the Chaplains office and there he is sitting at his desk, and oh yes, there's the look. "Mr. Thompson, your sister has asked that we call her," he says. I sit, the phone dials, he says a few words and then hands the phone to me. I listen. I listen some more. Just as I feared. My father is dead. My sister explains how he passed away; a heart attack. I try to be strong, but it's pointless. I start to cry. My father is gone. He died with his son in a cage. I failed another one of my family, again. *Goddamn this life!* My mind screams. Just another pathetic story of a man existing as a prisoner. What a waste. Long ago, some of my favorite memories were all of us in the kitchen cooking pies and sweets and fudge and of course the perhaps all too cliché roasted turkey. My God, I miss my family. So, this time of year, not exactly my favorite anymore. And this year, even more so. There is a reason suicides are up in December more than any other month, but I digress. So, for us in this hell of entrapment, is this season most likely our easiest to endure? Probably not. So many comment that my little rants are all too often depressing, but I disagree. I just think it's important that we don't allow ourselves to be fooled that this life of imprisonment is in any way alright, normal, acceptable, but I also don't expect us to wallow in despair every moment of the day either. My point is, there are

important moments that we are missing here in prison, aren't there? And in comparison, is anything more important than sharing our lives with those we love? No way! So, what do we do about it? The answer?

WE GET THE HELL OUT OF HERE and NEVER COME BACK!

We push ourselves to be the men we are meant to be. We don't allow ourselves to fail, at least not any more. We don't allow failure to even be an option. I say so often, AA can't save your soul, but it sure can help.

We have to want to be who we can be. We have to dedicate ourselves to that task no matter what the cost. There are so many that depend on our success. It's not just for us; it's for those we love, those who love us. We must be the men that yes, I'll dare say it, God wants us to be. If you don't believe in God, that is absolutely your prerogative, but I, at least most of the time, I have to admit I do. I certainly can't claim to know exactly what that supernatural force is, but I know there is something. Something bigger and smarter than me, willing me, guiding me to be the man I was meant to be. For me, that truth is undeniable. I know I must piss that "something" off all too often and I know I fall short more than I succeed, but what I can say is, I'm never going to give up. Maybe for moments, maybe long moments, despair and hopelessness take hold, but when it's done, if my heart still beats and my lungs still gasp for breath, I'm not defeated yet, so I press on.

Sometimes, that is all we can do, isn't it? To just keep going, to believe there is still hope no matter what the circumstances. We are stronger than we think we are. You, dear reader, are stronger than you think you are! So, we never give up. We never surrender. We hold the line. Whatever your Higher Power is, we all agree there is more to this existence than our own selfish desires, don't we? More than just the base animalistic

requirements for life? There is meaning. There is courage and honor and love and they absolutely exist in ALL of us. Regardless how dark the night, the dawn is coming. It's inevitable, that those with strong hearts and good souls will one day be victorious. You will one day be victorious! We just have to keep going, keep fighting, keep believing that we can become the men we are meant to be, that we will overcome the difficulties of our lives. It's about will. The will to be the great man you know you really are. AA is not a cure all, not a magic potion to rescue you from forces beyond your comprehension. It's a tool. A tool we all can use to help us in our journeys, but in the end, when all is said and done, it all comes down to you and your will to put what is most important in this life ahead everything else. We just have to keep going. We must endure, be strong, have courage and never, never give up. Happy Holidays everyone, and God have mercy on my father's soul.

FROM THE TREASURER

Louis W. Mill Creek AA Treasurer

Hi, fellow A.A. Members I want to thank you for your votes to make me treasurer. I'm honored and very happy to continue the tradition of service and doing whatever it takes for all who's sharing this sobering journey.

By the way last month's donations for the month of September was awesome. Our donations pay for our cookies, donuts, coffee and punch.

I want to thank you all for your participation and we really appreciate you all.

And once again we all have a new direction, now let us continue to lift each other up and be very supportive, I offer this to you! Please don't be afraid to ask us any question and if we don't know the answer. I can assure you we will work very hard to get an answer for you.

I personally want you guy's to know that, as club member you really matter to us.

POEMS & STORIES

The Mill Creek AA wants to thank everyone who has submitted poems and stories to be published in our monthly newsletter. There have been many insightful, humorous, touching, uplifting and well-written submissions and we look forward to publishing even more in the future. Some articles or poems may be submissions from the official AA Grapevine Magazine.

Writers' personal opinions expressed in "Poems and Stories" do not necessarily represent the views of The Mill Creek AA Group.

If you have a comment on something you read, please let us know.

Sober Feet

B.M. Phoenix, Ariz.

Growing up at the local skate park, I was amazed at what the older kids could do on their skateboards. I idolized them. I knew they had what I wanted. So I started showing up and doing the work. Soon enough, I was in the Phoenix crew.



At first it was all fun, learning to smoke cigarettes and drink beer. On Friday nights, we would skate until the lights at the park shut off. Then the real party started. Eventually I began to black out before the lights at the park did.

Years passed and I lost balance on and off the board, as drinking became a full-time job. I settled into a life of homelessness, staying with anyone who would let me drink the way I wanted to drink.

Eventually, the life I was living put me in the hospital. It was there that I got to hear the message of AA for the first time. The man who brought the meeting in gave me a blue book and shared with me the solution of alcoholism. I started to take suggestions. I managed to get into a halfway house where, at my first meeting outside the walls of the hospital, I saw a strange-looking bearded man staring across the room at me throughout the

entire meeting. A little scared, I tried not to make eye contact with him. After we closed the meeting, the man came over and said my name. Only then did I recognize him. He was one of the skateboarders of my early drinking days. I knew from experience that he drank the way I did and he had some time in the Fellowship himself. After catching up, he invited me to a Sunday skateboarding session with other AAs.

Armed with a skateboard and a Big Book, I now attend a skateboarding meeting every week. It's one of the highlights of my week. A group of 10 to 15 of us meet at a different skate park across the valley in Phoenix every Sunday. We spend the morning skating and then end the day with a meeting under the shadiest tree in the grass. We share our ups and downs of the week and seek out each other's wisdom. Nothing appeals more to me than when newcomers show up, fresh from misery, and we get to put a smile on their face, seeing that we are not a glum lot.

Just last month, we met a kid and began to talk to him. Turned out he identified as an alcoholic and had a desire to quit drinking. He'd been showing up at the skate park to get his mind off his obsession to drink. God truly works in mysterious ways. So he joined us at meeting that morning and didn't drink while there. He sat with us at our meeting in the shade of the tree. We offered our experience with drinking and our solution to our problems with alcohol. We gave him our phone numbers. Although we have yet to hear from him again, he knows we are here to help.

AA has given me the ability to go to places that I once thought I would have to give up forever. I know that this program works when I work it. As the saying goes, recovery does not come from the head nor the heart, but rather from the feet. Today I am grateful my feet can keep me on my board and on the path to recovery.

No Worshipping For Me

Martin M. Hobe Sound, Fla.

I work a secular program, omitting the religious aspect (as I see it) of AA philosophy. Try as I could, "acting as if" just did not cut it for me. I was being untruthful. The power greater than myself that restored my sanity was death. I did not want to die at age 35 and it was going to happen if I did not change direction.

I do not worship the Big Book. I read it as literature, documenting what the early AA's thought and did to stay sober. Similarity, the Steps are a guide to sobriety. The word "miracle" is not a part of my vocabulary. I believe we dismiss our ability to grow and change when we use this word. Hard work, dedication and emotional growth are a part of my language. I do not think that divine intervention occurs when a member loses the desire to self-destruct via alcohol and any more than when they relapse. The Serenity Prayer works fine for me as a vital tool for living. Never having been on my knees to say the Third Step or the Seventh Step Prayers, I am sober and happy nonetheless.

My personal payback occurs when I answer the phones at our intergroup office or make copies of tapes or CDs to give away to members. Payback also occurs when I go to speak, sponsor an alcoholic, or simply attend and share at meetings at age 80, how would any newcomer know that the program works for me?

In a sea of many religious AA members, it's often lonely being secular, but I have to remember that without AA I would be dead. I owe my life to this program and the many sober members I've met and interacted with for all these 45 years.

On a Lighter Note

HEARD IN COURT

Bob M. Racine, Wis.

A drunk named Joe showed up at a hearing for failure to pay child support. When it was his turn, he walked up to the judge and made his appeal:

"Your honor, I'm in AA."

Judge: "Oh really? So what's the third step?"

Joe: "I don't know."

Judge: What's the second step?"

Joe: "Uh, I don't know."

Judge: "Step one?"

Joe: "Hmm...something about my life is unmanageable?"

Judge: "You're right about that. A hundred and eighty days!"

True story.

Tarzan Slips

John H. Ascutney, Vt.

Two very concerned medicine men were staring down at a bruised and battered Tarzan lying unconscious at the base of a giant jungle tree.

Scattered about the fallen figure were empty bottles of hooch. Turning to the other medicine man, the first, shaking his head, sadly demurred, "He must have missed that last Grapevine."

Oldie but a goodie

A badly hung-over husband sat at the breakfast table, his eyes half shut and his tongue feeling as though he had been licking a dusty rag.

Moodily toying with his food, he complained,

"These eggs taste funny."

"Of course your eggs taste funny," snapped his spouse.

"Their pancakes."

Doctors Orders

Bob M. Green Valley, Ariz.

A doctor told Mrs. McMurphy to give her husband one pill a day and one drink of whiskey to improve his stamina.

A month later, when Mrs. McMurphy came in for another visit, the doctor asked, "How are we doing with the pill and the whiskey?"

"Well, he's a little behind on the pills," she said, "but he's about six years ahead with the whiskey."

Medical and Special Interest Articles

The purpose of these articles is to offer information that may further readers understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it.

Publication here does not imply endorsement or affiliation.

AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

Alcoholism associated with poor awareness of others

Source: Journal of Child and Adolescent Substance Abuse, March 2016

A recent study found that adolescents with severe alcohol problems have a low regard for others, as indicated by higher rates of driving under the influence and having unprotected sex with a history of sexually transmitted disease. The findings also showed that they are less likely to volunteer their time helping others.

Maria Pagano, PhD, associate professor of psychiatry at Case Western Reserve University School of Medicine, believes that alcoholics and drug addicts may be hindered by a low awareness of how their actions impact others. Her continued research in this area is exploring how helping others may increase alcoholics' sensitivity to others and how their actions affect others.

YOUNG EYES ON ALCOHOL ADS

Source: Journal of Studies on Alcohol and Drugs, May 2016

Children as young as middle-schoolers are exposed to multiple alcohol advertisements every day-both indoors and out-a new study finds, with kids ages 11 to 14 typically seeing two to four alcohol ads per day. And although TV was often the source, outdoor ads-including billboards and signs outside stores and restaurants-were even more prominent in kids' lives.

The findings are concerning because studies indicate that ads may encourage underage drinking, said Rebecca L. Collins PhD, a researcher with the RAND corporation, in Santa Monica, California, who led the investigation.

"The evidence is strong that kids are at greater risk if they're exposed to alcohol advertising," Collins said.

Yet, her team found that middle-schoolers routinely saw alcohol marketing in their daily lives. That was especially true of Hispanic and African-American children, who saw an average of three and four ads per day, respectively.

Help From The Outside

Corrections Correspondence Service

If you will be incarcerated for at least six more months, and are interested in corresponding with an outside AA member with whom you can share your experience as it relates to your problems with alcohol, please write to AA's General Service Office to request a correspondence form. This is a random match with men writing to men, and women writing to women.

Prerelease Contact

If you write to G.S.O. within three to six months of your release date and give us your destination (city and state), we can also try to arrange for someone to write to you just prior to your release. This would give you a chance to have an AA contact in your home community to help with your transition from AA on the "inside" to AA on the "outside".

We look forward to hearing from you!

Prerelease Contact

**1900 NE 3rd St. STE 106-500
Bend, Oregon 97701**

Big Book and 12 x 12 For Your Own

If you would like a Big Book and a 12 x 12 and you don't have the funds to buy them on your own, just write to the Mill Creek A.A. Group of OSP and let us know. Just give us your name, address, if you're an inmate, your SID Number, and then explain your situation and state what materials you would like to receive. It's that easy and it's **FREE**.

HOW TO GET THE MILL CREEK AA GROUP NEWSLETTER

The Mill Creek AA Group Newsletter is **FREE** to all A.A. members, **friends and family**, inside **and** outside the walls.

We will gladly e-mail a digital copy or mail the hard copy edition to your home or business, or any Institution including;

EOCI, OSCI, TRCI, SRCI, WCCF and CCCF upon written request.

The Mill Creek Newsletter Needs You!

We encourage **anyone** to contribute to future issues. The stories, experiences and thoughts of those within the group and from our outside members are what make this group so very special. The feelings and situations that you're going through right now may be the exact words someone else needs to hear.

We are always looking for recovery-oriented material such as articles, stories, poems, jokes and artwork to share with our readers.

Thanks for sharing!

Here are some other ways you can help

- ❖ Keep us apprised of address changes.
- ❖ Pass the newsletter on once you've read it.
- ❖ Notify us if you know someone else who would like to receive our **free** newsletter. Get their approval and just send us a letter with their e-mail address for a digital copy, or their name and home address for a hard copy subscription. It's that easy!

Write us at:

**The Mill Creek A.A Group of OSP
Activities Department
2605 State St.
Salem, OR 97310
E-mail: millcreek1944@gmail.com**

If you have something you would like to share or have an idea or suggestion for the Newsletter, please send them to us.

The Grapevine Is the official A.A. **International** magazine. It contains stories, articles, and interviews about A.A., its members, its history and the process.

Subscriptions may be **purchased** from:

**AA GRAPEVINE
Po Box 1980
Marion, Ohio 43306**

Mill Creek AA Meetings

WEDNESDAY EVENING BOOKSTUDY

We invite you to join us for our book-study group that meets at 6:00pm on the education floor every 1st and 3rd Wednesday of the month. These meetings will help establish positive behavior as well as tips for living the program by understanding how our actions affect others and ourselves. It will also help to break down the defective thinking patterns that motivate some to cause harm to others and ones self, plus it will help teach one how to replace defective thoughts with ethical rules and how to automatically engage these ethics by simply putting them into practice. See you there! Hablamos español también.

THURSDAY EVENING MEETINGS

Our Thursday meeting is our "club" meeting. Remember, our Thursday meetings are held once per month on the first Thursday and you must be level 2 or higher to attend this meeting. Our staff advisor monitors the club meeting attendance. If you miss two meetings in a row without an excuse, you are automatically dropped and it's six months before you can get back on.

SATURDAY MORNING MEETINGS

The Saturday morning meetings are a great way to spend a morning in fellowship and recovery. These meetings are held twice a month (the 1st & 3rd Saturday) and they are truly a big part of our A.A. program here at OSP. We continue to have outside supporters come in to join us. Meetings with outside members and guests are always much more vibrant. **Thank you very much to our outside guests for attending!** Outside members that have a DOC Volunteer ID are asked to simply call ahead. If you don't have an ID, call or e-mail our OGSR or OSP Staff Advisor a week in advance with your name and birth date for approval to attend a meeting.

**If you would like to attend
any of these meetings,
please send a kite to let us know.**

We hope you do!

For Our Hispanic Brothers

Para Nuestros Hermanos Que Hablan Español

EL GRUPO "APRENDIENDO A VIVIR" DE LOS ALCOHÓLICOS ANÓNIMOS LE EXTIENDE UNA INVITACIÓN PARA QUE NOS ACOMPAÑEN A NUESTRAS REUNIONES EN LOS SIGUIENTES DÍAS.

- **PRIMER Y TERCER MIÉRCOLES DE CADA MES A LAS 6:00 PM. EN EL PISO DE EDUCACIÓN.**
- **PRIMER Y TERCER SÁBADO DE CADA MES A LAS 7:45 AM. EN LA SECCIÓN DE ACTIVIDADES. TODOS CALIFICAN.**
- **PRIMER JUEVES DE CADA MES A LAS 6:00 PM. EN LA SECCIÓN DE ACTIVIDADES. EL REQUISITO ES TENER EL NIVEL 2.**

**ENVÍE UN KYTE A:
Activities C/O A.A. en español**

Announcements

Just a reminder to the members of the AA Mill Creek Group.



During speaker meetings and other special events, there will be **NO** optional line for medication or showers as a courtesy to our outside speakers. So if you plan on coming up, plan on staying to the end.

As many of you know we lost our meeting facilitator and will be looking to replace him. But due to November's banquet and December's holiday party we are not going to hold nominations or the election until the January 5th 2017 meeting. So if you have a desire to do service work or have anyone in mind, show up at the January meeting and let your voice be heard.

On another note, The Mill Creek AA Group would like to thank those of you who showed up for the September 1st speakers meeting. Especially our outside guests and speakers, Sheri S. April, and Joe who braved the rainy weather on their Harleys just to be here.

On a sad note we lost a good brother, Lawerence "PUP" Hamilton, on November 19th to cancer. He worked the AA & NA program well and was sincere in helping others who struggled and those that just needed to talk. He will be missed.

Mill Creek AA 2016/17

Meeting Schedule

*Schedule Subject to change

AA BANQUET	11-3-16	6:00-8:00pm
NA/AA SATURDAY	11-5-16	7:45-10:00am
AA STEP WORKSHOP	11-7-16	7:45-10:00am
AA WEDNESDAY	11-16-16	6:00-8:00pm
NA/AA SATURDAY	11-19-16	7:45-10:00am
AA MONTHLY	12-1-16	6:00-8:00pm
NA/AA SATURDAY	12-3-16	7:45-10:00am
AA STEP WORKSHOP	12-5-16	7:45-10:00am
AA WEDNESDAY	12-7-16	6:00-8:00pm
NA/AA SATURDAY	12-17-16	7:45-10:00am
AA WEDNESDAY	1-4-17	6:00-8:00pm
AA MONTHLY	1-5-17	6:00-8:00pm
AA STEP WORKSHOP	1-9-17	7:45-10:00am
NA/AA SATURDAY	1-14-17	7:45-10:00am
AA WEDNESDAY	1-18-17	7:45-10:00am
NA/AA SATURDAY	1-28-17	7:45-10:00am
AA WEDNESDAY	2-1-17	6:00-8:00pm
AA MONTHLY	2-2-17	6:00-8:00pm
NA/AA SATURDAY	2-4-17	7:45-10:00am
AA STEP WORKSHOP	2-6-17	7:45-10:00am
AA WEDNESDAY	2-15-17	6:00-8:00pm
NA/AA SATURDAY	2-18-17	7:45-10:00am
AA WEDNESDAY	3-1-17	6:00-8:00pm
AA Fundraiser	3-2-17	6:00-8:00pm
NA/AA SATURDAY	3-4-17	7:45-10:00am
AA STEP WORKSHOP	3-6-17	7:45-10:00am
AA WEDNESDAY	3-15-17	6:00-8:00pm
NA/AA SATURDAY	3-18-17	7:45-10:00am
NA/AA SATURDAY	4-1-17	7:45-10:00am
AA STEP WORKSHOP	4-3-17	7:45-10:00am
AA WEDNESDAY	4-5-17	6:00-8:00pm
AA MONTHLY	4-6-17	6:00-8:00pm
NA/AA SATURDAY	4-15-17	7:45-10:00am
AA WEDNESDAY	4-19-17	6:00-8:00pm
AA STEP WORKSHOP	5-1-17	7:45-10:00am
AA WEDNESDAY	5-3-17	6:00-8:00pm
73RD AA ANNIVERSARY	5-4-17	6:00-8:00pm
NA/AA SATURDAY	5-6-17	7:45-10:00am
AA WEDNESDAY	5-17-17	6:00-8:00pm
NA/AA SATURDAY	5-20-17	7:45-10:00am
AA MONTHLY	6-1-17	6:00-8:00pm
NA/AA SATURDAY	6-3-17	7:45-10:00am
AA STEP WORKSHOP	6-5-17	7:45-10:00am
AA WEDNESDAY	6-7-17	6:00-8:00pm
NA/AA SATURDAY	6-17-17	7:45-10:00am
AA WEDNESDAY	6-21-17	6:00-8:00pm
AA WEDNESDAY	7-5-17	6:00-8:00pm
AA MONTHLY	7-6-17	6:00-8:00pm
NA/AA SATURDAY	7-8-17	7:45-10:00am

AA STEP WORKSHOP	7-10-17	7:45-10:00am
AA WEDNESDAY	7-19-17	7:45-10:00am
NA/AA SATURDAY	7-22-17	7:45-10:00am
AA WEDNESDAY	8-2-17	6:00-8:00pm
AA MONTHLY	8-3-17	6:00-8:00pm
AA STEP WORKSHOP	8-7-17	7:45-10:00am
AA WEDNESDAY	8-16-17	6:00-8:00pm
NA/AA SATURDAY	8-19-17	7:45-10:00am
NA/AA SATURDAY	9-2-17	7:45-10:00am
AA WEDNESDAY	9-6-17	6:00-8:00pm
AA MONTHLY	9-7-17	6:00-8:00pm
AA MONDAY	9-11-17	6:00-8:00pm
NA/AA SATURDAY	9-16-17	7:45-10:00am
AA WEDNESDAY	9-20-17	6:00-8:00pm
AA STEP WORKSHOP	10-2-17	7:45-10:00am
AA WEDNESDAY	10-4-17	6:00-8:00pm
AA BANQUET	10-5-16	6:00-8:00pm
NA/AA SATURDAY	10-14-17	7:45-10:00am
AA WEDNESDAY	10-18-17	6:00-8:00pm
NA/AA SATURDAY	10-28-17	7:45-10:00am
AA WEDNESDAY	11-1-17	6:00-8:00pm
AA MONTHLY	11-2-17	6:00-8:00pm
NA/AA SATURDAY	11-4-17	7:45-10:00am
AA STEP WORKSHOP	11-6-17	7:45-10:00am
AA WEDNESDAY	11-15-17	6:00-8:00pm
NA/AA SATURDAY	11-18-17	7:45-10:00am
NA/AA SATURDAY	12-2-17	7:45-10:00am
AA STEP WORKSHOP	12-4-17	7:45-10:00am
AA WEDNESDAY	12-6-17	6:00-8:00pm
? AA MONTHLY ?	12-7-17	6:00-8:00pm
NA/AA SATURDAY	12-16-17	7:45-10:00am



NOTICE:

There will be times when meetings will **not** be posted in the blocks. We will try to post the notices at the bottom of the stairs, but please watch the schedule and plan on attending, even when you haven't spotted a flyer.

The Lords Prayer

“Our father, who art
in heaven, Hallowed
be Thy name.

Thy kingdom come,
Thy will be done,
on earth as it is in
heaven.

Give us this day our
daily bread, and
forgive us our

trespasses, as we
forgive those who
trespass against us.

Lead us not into
temptation, but
deliver us from evil.

For Thine is the
kingdom, and the
power, and the glory,
forever. Amen.”

Anonymity
is the
spiritual
foundation of
all our
Traditions.
Please respect
this and treat
in confidence
who you see
and what you
hear.