

February 2010

Java Journal



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From The Archives

Reprinted with permission from the AA Grapevine
March 1978 (vol. 64 no. 2)

Attitude Adjustment

A nice way to start the day

I am an alcoholic who has been sober and recovering for just over eight months now. What an incredible ride it has been. From the moment I pulled open the doors to my very first meeting, I felt something different, something good was going to happen. Those doors, which at the time I believed to be the heaviest ever made, allowed me to walk into a new way of life. I don't remember what exactly was said, nor do I remember any one person in particular, but I do remember the incredible feeling of positive power in that room. It certainly struck me hard enough to make me come back the next day, and I did. I chased that feeling from room to room, the same way I chased the seemingly wonderful effects of my first drunk. Every drunk got progressively worse. To my surprise, I found that same great feeling that I had in my

first meeting in every room I went to. Sometimes more powerfully than others, sometimes the same, but never less.

It hasn't been easy. My emotional bottom came in sobriety. Everything seemed to be going wrong, with one tragic occurrence after another. My life was suffering emotionally, professionally, and spiritually. I was mired in depression. It was awful. I lost weight and was slowly losing my mind. I actually had to sit and feel all of those feelings I worked so hard to drown out with alcohol. I knew that I couldn't drink anymore. It would only make things worse. I just had to deal with those things called feelings. I guess I always had them, I just never felt them before. Too drunk to. Waking every morning, I would ask myself, What else could possibly go wrong today? I knew something would go wrong. Who knew what, but something would. Nice way to start the day, huh?

So, I made the decision to keep coming to the rooms. It was the

(Continued on page 2)

Short Takes

What men want is not talent, it is purpose; not the power to achieve, but the will to labor. -Lytton

*AA Grapevine
January 1964*

*In Honor of February
being the Second
Month of the Year:*

“Do I now believe, or am I willing to believe, that there is a Power greater than myself?”

*From the Big Book,
fourth edition, pg 47*

From the Archives (continued)

(Continued from page 1)

only thing going right for me. I felt great when I was in a meeting. The "committee" in my head took a break when I was there. I laughed, smiled, and listened. Little by little, I got it. Then, one day, nothing went right, but nothing went wrong. It just went. I went with it. Then another day. Then another, but this time I smiled and even chuckled. The next one, I laughed. It seemed that the good feelings from the meetings were starting to carry over to the rest of my day. My days were actually getting better.

I was starting to feel joy. I was smiling on the inside. Gratitude, dare I say, was beginning to creep into my vocabulary. I shared those feeling with new comers. I felt better. I started working the Steps and felt better still. Sobriety, I realized, is also progressive.

Now, months later, I have a great deal of respect and gratitude for my disease. Without it, I would never have found this new way of life. I have become happy, joyous, and free. Don't get me wrong: my life isn't perfect. There are many situations that I'm working to resolve, but I don't pick up a drink a day at a time. Not picking up a drink creates infinite possibilities for me. What are those possibilities? I don't know, but I do know that when I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life!

Nice way to start the day, huh?

-Gee, New York, New York

Monthly Prayer

Prayer to do God's will:

God teach me to be generous; Teach me to serve as you deserve; To give and not to count the cost, To fight and not to seek for rest, To labor and not to seek reward, Save that of knowing that I do your will.

- St. Ignatius of Loyola

Monthly Laughs

Why you shouldn't drink . . .

BEFORE 6 BEERS



AFTER 6 BEERS

It's not me !!!



Fellowship ...

... the powerful cement which binds us.

From the Big Book, fourth edition, pg 17.

AA History

1951-1952

12 & 12 written, 1st published 2 editions, 1 distribution A.A. groups, 2nd costing \$.50 more intended sale bookstores & distributed through Harper & Brothers

AA's Newsletter for the

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Please Contact The Java Journal Editor With the Following Info:

- Birthday announcements: send your name, sobriety date and years sober;
- Events, announcements, fellowship information, Journal corrections;
- Your email if you would like to receive the Journal in your inbox once a month.

Ham on Wry *Reprinted with Permission from the September 1995*

A STAR IS BOMBED: British scientists have analyzed an interstellar gas cloud and calculated that it contains enough alcohol to make 400 trillion trillion pints of beer. The alcoholic cloud known as G34.3, some 10,000 light-years away, is unlikely to yield any of its brew to earthlings, however.

"It looks as if some very interesting surface chemistry is occurring in gas clouds as stars form inside them," Dr. Macdonald said. . . . "We're by no means finished with our search for alcohol. . . . Next month we'll return to Hawaii to begin mapping ethyl alcohol in the center of our galaxy. There seems to be a lot of it around." (The N.Y. Times, May 30, 1995)

Our advice? Try looking under those little paper umbrellas. We've always found plenty of it there.



Calendar of Events

Valentine's Day Speaker Meeting and Dance. Lutheran Church on corner of Hwy 395 & Yelm, Kennewick. Speakers: Virginia B (12 years of sobriety) and Robert B (7 years of sobriety). Donation \$7.50 per person—proceeds to support the Roundup. Doors open at 7:00 PM, 7:30PM Speakers share. Dance to <u>Stone Country Band</u> 9:00 to Midnight. Contact 509-378-4646. rainbow7964@hotmail.com	Friday Feb 12
Twenty third Annual Lip Sync Contest and near world famous Speaker Meeting Potluck. Prescott Lyons Hall. 4:30 Pig roast planning. 6ish potluck. 8ish speaker meeting. Come prepared to participate.. Bring Food and a sense of Funnnnn Awards to be presented in several categories. Margaret 509 629 0033 or Ronco 509 520 0211	Feb 27
Ladies Potluck and Speaker Meeting Benton REA Community Room, 6095 W. Van Giesen, West Richland. 11:00 a.m. potluck, 12:00 speaker: Carol E. with 24 years of sobriety. Contact Lisa B at 509-378-4646, rainbow7964@hotmail.com; or Shawna S. at 509-366-5235.	March 6
"Sunlight of the Spirit" 30th Inland Empire Roundup. Clarion Hotel Richland, WA. www.sunlightofthespiritroundup.com. This year's speakers: Madeline P (AA, Pocatello, Idaho), Karl M (AA, Covina, CA), Ellen C (AFG, Addison, TX), Otto M (AA, Plano, TX), Mark H (AA, Austin, TX).	April 30-May 2
Silver Anniversary of the Touchet River Outdoor Roundup & World Famous Woody's Filipino Pig Roast. At the fairgrounds in Waitsburg. Register online at Snafubar.com/PigRoast link. For more information contact Larry (619) 723-6390 or headpig@snafubar.com or Todd (KTW031584@hotmail.com)	May 28-30
2010 International Convention of Alcoholics Anonymous "A Vision For You" Alamodome, San Antonio, TX. AA members and guests from around the world will celebrate AAs 75th year. Big meetings held Friday night, Saturday night, and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels. Go to http://aa.org for more information.	Jul 1-Jul 4