

Keeping it Simple



Josephine County Intergroup Newsletter

Summer 2016

Welcome! “We are glad you are here”

Our vision is to “share experience, strength and hope”. Think of it as an extension of the meeting. A discussion meeting is successful when we have the opportunity to share. Another measure of success is when we hear/see the program working in others' lives.

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We are trying a new approach to the newsletter publication. We encourage you to share stories, news events, questions, cartoons, whatever YOU would like to see in a newsletter. Maybe an AA birthday list? Maybe you don't have something specific to contribute but would like to see certain topics addressed – let us know. We'll do our best to collect what you want to see – what you feel is valuable in this communication.

Hard copies will be available, as well as on-line versions at grantspassaa.com. We will see that each group receives a copy to share. You might ask “Why have paper when I can get it on line?” It may be the piece of paper:

- a newcomer picks up while in a meeting
- someone looks at while waiting for a meeting to begin
- a conversation starter in the meeting after the meeting
- what a member may use when they don't have access to the internet

Our vision is to “share experience, strength and hope”.

Please send suggestions and feedback to Kathy T. at livelovelaugh71815@gmail.com or grantspassaa@gmail.com OR leave your contact info at the Central Office



Communication

One of the many tools we have to help us “trudge the Road to Happy Destiny” is our website grantspassaa.com. There you will find:

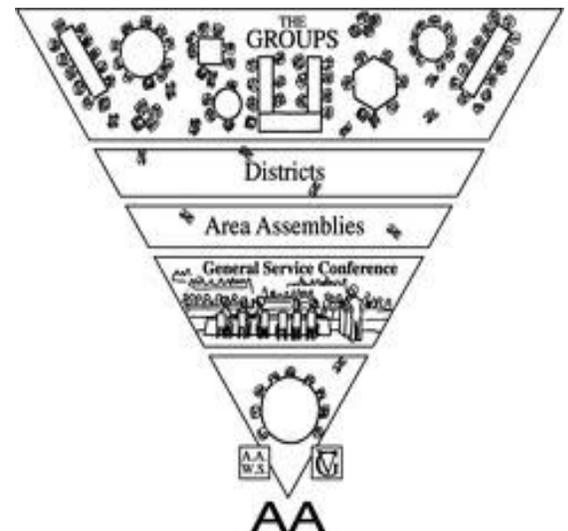
- A full meeting schedule for Grants Pass and surrounding areas
- Event announcements to
 - various Roundups & special meetings,
 - picnics & fellowship activities
- On-line versions of newsletters
- news from District and Intergroup
- links to AA pamphlets & literature
- links to other intergroups, districts, GSO etc.

A sure sign of these technological times we live in is that last month we had over 900 visits to the website! What do you think Bill and Bob would think about using current tools to spread the message?

Communication, continued

District is working to establish lists of contacts for each group in our area. Expect to be contacted by a local GSR or other member, asking for a group member contact. The challenge is to establish reliable 2 way communication between Intergroup & District and each group/meeting.

The Intergroup & District meetings have lots of pertinent, current and relevant information for the groups and conversely Intergroup and District needs to hear your voice. So help us build this communication link.



Step 6 “Were entirely ready to have God remove all these defects of character”

ON A WING AND A PRAYER

. . . we then look at Step Six. We have emphasized willingness as being indispensable.

— ALCOHOLICS ANONYMOUS, p. 76

Steps Four and Five were difficult, but worthwhile. Now I was stuck on Step Six and, in despair, I picked up the Big Book and read this passage. I was outside, praying for willingness, when I raised my eyes and saw a huge bird rising in the sky. I watched it suddenly give itself up to the powerful air currents of the mountains. Swept along, swooping and soaring, the bird did things seemingly impossible for mortal birds to do. It was an inspiring example of a fellow creature "letting go" to a power greater than itself. I realized that if the bird "took back his will" and tried to fly with less trust, on its power alone, it would spoil its apparent free flight. That insight granted me the willingness to pray the Seventh Step prayer.

It's not easy to know God's will in each circumstance. I must search out and be ready for the currents, and that's where prayer and meditation help! Because I am, of myself, nothing, I ask God to grant me the knowledge of His will and the power and courage to carry it out-today.

From the book *Daily Reflections*

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 GRAND CENTRAL STATION
 P.O. BOX 459
 NEW YORK, NY 10163
 FAX# 212-870-3003

MEMORANDUM

June 10, 2016

To: All General Service Conference Members

From: Albin Zezula, chair of the trustees' Literature Committee

Re: Call for stories to update the pamphlet "Young People and A.A."

In response to the 2016 General Service Conference recommendation that the pamphlet "Young People and A.A." be revised to "better reflect the experiences of young people in A.A. today," the trustees' literature committee is seeking current sharing from young people in A.A.

Please encourage young members in your area to write their personal stories for possible inclusion in the revised pamphlet "Young People and A.A." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

Manuscripts should be 500-800 words, double spaced, in 12-point typeface. The words "Young People and A.A." should appear on the top of the first page of the manuscript. The author's complete name, address and email/telephone information should be included with the submission.

Submissions can be emailed to: Literature@aa.org with "Young People and A.A." inserted in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for all submissions is December 30, 2016.

The anonymity of all authors will be observed, whether or not his or her story is selected for publication.

Thank you for your participation in this process.

Young People and AA

The "Young People and AA" pamphlet is due for an update, to better reflect the experiences of young people in AA today. Do you have something to say that is current, relevant, and appealing to today's young people? Then please tell us that story. We want to hear it.

A question was asked "what constitutes a young person? Is there an age limit?" Here is an answer.

Subject: Re: Young People in AA Call for Stories

Fifty years ago, members under 21 were very rare and unusual. There were a few spread through their 30s, but most understood that a "young person" was under 40.

Fifty years later, there are so many people under 21 that they are a whole category to themselves. There are newcomers from every stage of youth, and many consider the older

standard of 40 way too old to be comparable or included.

Then there are the people who came in definitely young, stayed sober, and now are older. But they still like the camaraderie and friendships they grew up with. There's a transition of growth that has to happen as we let go of the idea that we are still young of age. Then we become "young at heart". It's all in your perspective.

I think if I have to ask myself "Am I a young person?" then I am not. I knew when I was young. I reveled in being young. Then I transitioned through the growing older, letting go of those ideas, and finally, accepting that I am now "old". Even though I am ever so young inside my head, I could write a story about growing up in AA when I WAS young, but I doubt that's what today's young people would identify with or want to read. The world is different and so am I. So I say to those who would want to write a story: "Do you have something to say that is current, relevant, and appealing to today's young people? Then please tell us that story. We want to hear it."

R.K.



Letters to the Editor

Honesty

Life wasn't going well for me when I showed upon the scene
But I was ready for the change, whatever that would mean.

The life I'd lead was scandalous I think you get the gist,
And to get rigorously honest, was the first thing on my list.

When practicing this principle I was brutal from the start,
But that sometimes caused reactions, and it wasn't very smart.

My wife asked me a question, while trying on some jeans
Did they make her look extended? Well, you know what I mean.

That put me in a quandary and, I knew I had to lie,
If life has to be that rigorous, well, I guess I'm gonna die.

I told a friend about it and he said "you got it right".
Kindness trumps the rigorous clause, and you gotta keep it light.

He gave a definition and for our purpose, I believe
Kind honesty is Devoid of all motives to deceive.

It gives a little wiggle room and, I think God wouldn't mind
If self-righteousness takes a little hit, if only to be kind.

I've learned there are few absolutes, and my conscience is my guide
And I must put self-honesty first, when, these thing I must decide

Rick R.



Letters to the Editor

Peace of Mind and a Quiet Heart

In my early days of sobriety, I was hearing a lot of words that were unfamiliar to me and I didn't pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me and I didn't see how they mattered when all I wanted to do was quit drinking. I stayed close to that group and they started calling me *the fortunate one*. At the age of 28, I was the youngest one in that group and it stayed that way for quite a while as drug problems hadn't evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.

I was always listening for the magic word that would inspire me and give me a purpose in life and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of *an old farmer named Harlan*. As he talked about all of the trials and tribulations in the past, that he had endured, he explained how he had stumbled into A.A. and that all the answers were there, but he didn't understand it until he had a goal to reach for, and the next words that came out of his mouth changed my life forever. He said "ALL I WANT FROM LIFE IS PEACE OF MIND AND A QUIET HEART". The next thought that came to me was, *what more could a person want?* To this day, I still quote Harlan and credit him with the inspiration. He passed away in 2007 being sober 51 years.

I have been through the big book and the 12x12 many times and have made a slow but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past, and as I processed each and every one of them, the more I realize that *peace of mind* is the natural result of living by these principals. Clearing the wreckage of the past, and changing those behaviors that caused it, and practicing unselfish behaviors, with the help of seasoned veterans like Harlan, I move closer and closer to the promise: *We will comprehend the word serenity and we will know peace.*

My books are marked and hi-lighted over the years as I evolved through the step study meetings or checked out the references to the big book in the Daily Reflections. Recently I have been focusing on the word *peace* and underlining it, and it is amazing how often it is linked to other words that seem to get more attention. *Peace of mind encompasses the spirit of recovery in alcoholics anonymous* and I will be forever grateful that God saw fit to lead me to this wonderful program. *Harlan, rest in peace and thank you for the inspiration.*

Rick R.



Keeping it Simple

We have so many slogans and clichés as part of our daily living toolkit. Remember this one?

Rule #62. "Don't take yourself too damn seriously".

12 & 12 – page 149



Birthdays and Anniversaries



Alcoholics Anonymous Jun 10 81 years

Do you want to celebrate your AA birthday with us?

Upcoming Events

Fellowship Appreciation Picnic	Jul 2
District 7 Business Meeting	Jul 5
Area 58 7/14 Challenge	Jul 14
Intergroup Business Meeting	Jul 21
Roundup Committee Meeting	Jul 28
South Coast Roundup	Jul 29-31
District 7 Business Meeting	Aug 2
Intergroup Business Meeting	Aug 18
Roundup Committee Meeting	Aug 25
2016 Northwest Fellowship of the Spirit	Aug 25-28
Redwood Coast Roundup	Sept 2-4
District 7 Business Meeting	Sept 6
Intergroup Business Meeting	Sept 15
Roundup Committee Meeting	Sept 22
Men's Fall Retreat	Sept 23-25

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