

# Keeping it Simple



Josephine County Intergroup Newsletter

August/September 2016

## Welcome! "We are glad you are here"

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*Our vision is to "share  
experience, strength  
and hope".*

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We are humbly pleased to present the second edition of your Josephine County Intergroup Newsletter. Feedback from the first issue was pretty positive, and we want to continue this path of communication. The basic format will be news, stories and living life the AA way with a spotlight on the steps for the month. The first committee meeting was August 7. Attendance was very light, but topics and ideas discussed included: Newcomer's Corner, local AA history, and "Did You Know That...". We really need your input to keep this going. Our next meeting will be Sunday Sept 11 at 3pm at Central Office. Everyone is encouraged to attend and send stories, articles and humor.

We are targeting a bi-monthly publication schedule:

- August/September
- October/November
- December/January
- February/March
- April/May
- June/July

## Invitation to Share

It says in our literature we must be willing to go to any lengths! I didn't know that then, but when I was new to AA, I was basically plucked out of my seat by the fellowship, dragged to dinner, and eventually made coffee, bought cookies, cleaned ashtrays, went to hospitals to carry the message at the bedside and Halfway houses for women. Getting involved in service is what really got me coming back and most of all staying sober.

Most of us have learned how important it is to go to meetings, get a sponsor, take the steps, and learn about the traditions and concepts. As Jim J states we need to "live the steps". As Tradition five says "Each group has but one primary purpose - to carry its message to the alcoholic who still suffers"; whether it be an individual group, Intergroup, Central Office, District7, Committees, etc.

Kathy T.

We want to hear from you and your groups. Please send sobriety stories, service experiences, humor works also, group histories, monthly birthdays, and events coming. It's best if we get notices of events as early as possible in order for others to plan. Our next issue will be printed October. Please send suggestions and feedback to [livelovelaugh71815@gmail.com](mailto:livelovelaugh71815@gmail.com) or [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com) OR leave your contact info at the Central Office. Thank you.



Now we need more action, without which we find that “Faith without works is dead”. Let’s look at *Steps Eight and Nine*.

ALCOHOLICS ANONYMOUS, p. 76

## Step 8 “Made a list of persons we had harmed and became willing to make amends to them all.”

“... OF ALL PERSONS WE HAD HARMED”

*... and became willing to make amends to them all.*

— TWELVE STEPS AND TWELVE TRADITIONS, p. 77

One of the key words in the Eighth Step is the word *all*. I am not free to select a few names for the list and to disregard others. It is a list of *all* persons I have harmed. I can see immediately that this Step entails forgiveness because if I’m not willing to forgive someone, there is little chance I will place his name on the list. Before I placed the first name on my list, I said a little prayer: “I forgive anyone and everyone who has ever harmed me at any time and under any circumstances.”

It is well for me to contemplate a small, but very significant, two-letter word every time the Lord’s Prayer is said. The word is *as*. I ask, “Forgive us our trespasses, *as* we forgive those who trespass against us.” In this case, *as* means, “in the same manner.” I am asking to be forgiven in the same manner that I forgive others. As I say this portion of the prayer, if I am harboring hatred or resentment, I am inviting more resentment, when I should be calling on the spirit of forgiveness.

From the book *Daily Reflections*  
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## Step 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“OUR SIDE OF THE STREET”

*We are there to sweep off our side of the street, realizing that nothing worthwhile can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own.*

ALCOHOLICS ANONYMOUS, pp. 77-78

I made amends to my dad soon after I quit drinking. My words fell on deaf ears since I had blamed him for my troubles. Several months later I made amends to my dad again. This time I wrote a letter in which I did not blame him nor mention his faults. It worked, and at last I understood! My *side of the street* is all that I’m responsible for and — thanks to God and A.A. — it’s clean for today.

From the book *Daily Reflections*  
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## “Our Common Welfare” Safety in Alcoholics Anonymous

Join the Safety Workshop! Saturday, September 24 10am – 1pm. Smullin Center, Medford. Lunch will be provided. See [www.grantpassaa.com/events/](http://www.grantpassaa.com/events/) for complete info.

Tradition One (Long Form)

“Each member of Alcoholics Anonymous is but a small part of a greater whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterwards.”



## YPAA – What is it?

Ever wondered about all the “YPAA’s” we hear about primarily in events announcements? What is the YPAA movement anyway? ICYPAA? WACYPAA? SORYPAA? The acronym YPAA stands for Young People in Alcoholics Anonymous. Here’s a little background.

Young People’s Groups in Alcoholics Anonymous began appearing around 1945 in Los Angeles, Cleveland, and Philadelphia, and spread across North America. In 1958, a meeting of young AA’s from across the U.S. and Canada started what is now the International Conference of Young People in Alcoholics Anonymous (ICYPAA), and has met on an annual basis ever since. At the 1960 AA Convention, Bill W. noted that the age of new members was much lower than when he and Dr. Bob founded AA 25 years earlier. In a letter to ICYPAA dated June 15, 1969, Bill wrote “... in recent years I have found nothing for greater inspiration than the knowledge that A.A. of tomorrow will be safe, and certainly magnificent, in the keeping of you who are the younger generation of A.A. today.” The 58<sup>th</sup> annual ICYPAA conference, themed OUR PICK STRUCK GOLD, is in Nashville Tennessee, over the Labor Day weekend.

*'Like a gaunt prospector, belt drawn in over the last ounce of food, OUR PICK STRUCK GOLD. Joy at our release from a lifetime of frustration knew no bounds. Father feels he has struck something better than gold. For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.'* Pg 128, Big Book, 4th Ed.

“ICYPAA and its attendees are committed to reaching out to newcomers-no alcoholic is ever turned away, regardless of age-and to involvement in all facets of AA service. In most local AA meeting directories, young people’s meetings are listed along with others, though in some areas asterisks may identify them as YPGs. Members of these groups often can be found serving at the national, state, area and group levels. ICYPAA conventions and conferences are vital AA activities and as such are listed in the Box 459 ‘Calendar of Events’”

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Watch the next issue for local history and more discussion of Young People in AA.



## Service

The 12<sup>th</sup> Step tells us that we need to carry the message – it helps keep me and others sober.

### QUESTIONS ABOUT SERVICE

Does my home group have:

- Business meetings?
- A greeter?
- A coffeemaker?
- A GSR?
- An Intergroup Rep?
- Grapevine Rep?

Do these positions (as well as the secretaries and treasurer) rotate thru on a regular basis to give all a chance to be of service?

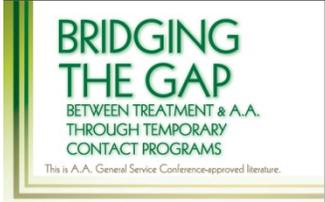
### GET INVOLVED!

Take your program to the next level – Build that 3<sup>rd</sup> leg of the triangle



## New Happenings at RVYA – Rogue Valley Youth Authority

WE currently have two AA meetings being brought in on the 2nd (Ryan B.) and 4th Monday (Randy R.) of each month from 6:30-8:00pm. It is a panel type meeting then opening it up for questions or sharing after the panel.



WE average around 8 male youth ranging from 16-21. WE also work closely with the staff to suggest to the youth being released to get to a 12 step meeting of their choice as soon as they get out. On occasion we are notified who and when a youth will be released, and WE try and have another AA intercept them and take them to their first AA meeting outside. It is much like Bridging the Gap (for more information, check Central office for these pamphlets).

We have a volunteer Don P. getting cleared to take over the 4th Monday and I will rotate out "spirit of rotation". If any AA's would like to come in with us once, twice, three times an AA (Lionel Richie pun) please contact me and carry the message along with us.

Randy R [541-295-5731](tel:541-295-5731)



## Central Office News

### Donations January 16 – July 15

Cease Fighting Group	\$200
Early Bird Group	\$ 60
Easy Does It Group	\$550
Experience Strength & Hope	\$150
Fireside Group	\$300
Happy Hour Group	\$180
Language of the Heart	\$ 40
Looking Forward Group	\$150
Mens Stag Group Sunday	\$400
Merlin Group	\$ 30
Monarch Group	\$ 50
Monday Mens Book Study	\$108
Nooners	\$125
Stronger Together Womens Group	\$210
Sunday Nite Rogue River	\$100
Thursday Night Winners	\$160
Turning Point Group	\$ 95
Williams AA	\$225
Womens Live & Let Live	\$182

### Housecleaning

We all need to do it – right? Central office may look a little different than the last time you visited. The furniture has been relocated to provide a more open and inviting space. The office will be painted and the carpets cleaned or better? Come by and have a coffee and some good AA conversation.

Monday – Friday 10am – 4pm

Saturday 10am – 1pm

## Thank you from all of us at Josephine County Intergroup

On behalf of all of us, I want to extend a warm "Thank You" to all the volunteers who stepped up to help coordinate our annual Fellowship Appreciation Picnic at the Harry & David shelter in Grants Pass of July 2<sup>nd</sup>, 2016. Your performance was outstanding! We had such a good time with main speaker Jack A. from Jackson County. We had water balloon fights, raffles, face and rock painting, music and laughter. Everyone attending went home with full tummies due to contributions and pot-luck items so graciously donated. Of course the labors of Misty and her daughter Bailie in making in excess of 150 cupcakes for our enjoyment are the acts of gratitude and demonstrations of love we all appreciated. Not forgetting the people with big hearts that stepped into positions at the last minute to help make it all happen. Feedback from the audience, as well as the applause for the speakers was testimony of the success of yet another gathering of the groups and fellowship we all love. Many of the spectators mentioned that they were amazed that the picnic has grown so large!

Please pass along our thanks to all the members who took time out of their weekend to help us that day. We are looking forward to seeing you all again next year!

John F.  
Central Office Manager

## Other News

Event flyers and registrations can usually be found at Central Office. If you are involved in an upcoming event, please get the info to us either in person or email to [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com).

Events are also posted on the website [grantspassaa.com](http://grantspassaa.com) in addition to:

- Meeting schedules and announcements (new, changed, canceled)
- Newsletters
  - this publication - print a copy for your group
  - General Service Office 4-5-9
  - Mill Creek
  - Area 58 News
- District News, minutes and assembly information
- Intergroup News, minutes, financials
- Links to other AA related sites



## Friday Night Speakers

Here is the roster for Friday Speaker Meeting at St. Luke's

August 5	Mike M	Grants Pass	Sept 2	Debbie W	Medford
August 12	Kelly N	Medford	Sept 9	Crystal H	Grants Pass
August 19	Justin T	Rogue River	Sept 16	Ahne O	Medford
August 26	Jake A	Rogue River	Sept 23	Sandy G	Grants Pass
			Sept 30	Bill W	Gold Hill



## Keeping it Simple

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

"The spiritual life is not a theory. We have to live it"



## Birthdays and Anniversaries

George V	Jul12,1969	47	Melissa E	Aug 23, 2014	2
Kip M	Jul 13,2004	12	Bruce E	Aug 23, 1963	53
Kent & Myrna	Jul 23,1970	46	Susan H	Aug 24, 1996	20
			Jake B	Aug 24, 2013	
Jay M	Aug 1, 1989	27	Erin M	Aug 27, 1989	27
Jen F	Aug 2, 1986	30	Kerry K	Aug 29, 2007	9
Caitrin	Aug 2, 2009	7	Keith R	Aug 30, 2009	7
Tom N	Aug 4, 1973	43			
Brian S	Aug 5, 2014	2	Marvin S	Sep 1, 1987	29
Mike H	Aug 8, 2009	7	Launie M	Sep 1, 1987	29
Randy K	Aug 9, 2001	15	Sue C	Sep 7, 2003	13
Teddy	Aug 9, 2003	13	Steve W	Sep 9, 1982	34
Greg A	Aug 20, 1986	30	Jodi W	Sep 13, 1993	23
Chris M	Aug 21, 1986	30	Angelina T	Sep 15, 2014	2
Vikki C	Aug 21, 1996	20	Bill J	Sep 20, 1981	35
Randy R	Aug 22, 1994	22	Teva D	Sep 26, 2013	3
Leo R	Aug 22, 1972	44	Gerry P	Sep 30, 1975	41
Jaimie G	Aug 23,2014	2			

Do you want to celebrate your AA birthday in the newsletter? Send your info to Kathy T. at [livelovelaugh71815@gmail.com](mailto:livelovelaugh71815@gmail.com)

## Upcoming Events

<b>District 7 Business Meeting</b>	Aug 2
<b>SISKYPAA Campout</b>	Aug 5-7
<b>ORCYPAA Campout</b>	Aug 12-14
<b>Intergroup Business Meeting</b>	Aug 18
<b>Roundup Committee Meeting</b>	Aug 25
<b>2016 Northwest Fellowship of the Spirit</b>	Aug 25-28
<b>Redwood Coast Roundup</b>	Sept 2-4
<b>District 7 Business Meeting</b>	Sept 6
<b>Newsletter Committee Meeting</b>	Sept 11
<b>Intergroup Business Meeting</b>	Sept 15
<b>Area 58 Assembly</b>	Sept 16-18
<b>Roundup Committee Meeting</b>	Sept 22
<b>Men's Fall Retreat</b>	Sept 23-25
<b>Sobriety by the Sea</b>	Sept 23-25
<b>Safety in AA</b>	Sept 24

AUGUST 2016						
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
SEPTEMBER 2016						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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