

# Keeping it Simple



January/February 2018

Josephine County Interagency Newsletters

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## Welcome! We are glad you are here.

“Keeping it Simple” is a bi-monthly publication, brought to you by Josephine County Intergroup. It is available online and in the Central Office. We've had great response to the new subscription service, providing a newsletter directly to your email! For your convenience, there is a subscription form on the website. Sorry we cannot send back issues, but all are available at [www.grantspassaa.com/newsletters](http://www.grantspassaa.com/newsletters).

Many thanks to this issue's contributors – Bruce D, Jen F, Jil, Jim J, Kathy T, and Winslow C. Get involved and see personally, how this service work can enrich your sobriety. Please join us at our next planning meeting on February 18<sup>th</sup>.

Please send suggestions and contributions (personal stories, “one-liners”, cartoons, jokes, things that have helped you on your journey) for the March/April issue, no later than February 18<sup>th</sup>. To submit an article, volunteer for the Newsletter

Committee, or request email subscription, email us at [gpaanews@gmail.com](mailto:gpaanews@gmail.com) or leave a message for Kathy, Jen or Winslow at the Central Office. Thank you.



## Step 1 “Admitted we were powerless over alcohol, that our lives had become unmanageable.”

### THE VICTORY OF SURRENDER

*We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.*

TWELVE STEPS AND TWELVE TRADITIONS, p. 21

When alcohol influenced every facet of my life, when bottles became the symbol of all my self indulgence and permissiveness, when I came to realize that, by myself, I could do nothing to overcome the power of alcohol, I realized I had no recourse except surrender. In surrender I found victory—victory over my selfish self-indulgence, victory over my stubborn resistance to life as it was given to me. When I stopped fighting anybody or anything, I started on the path to sobriety, serenity and peace.

From the book *Daily Reflections – January 6*  
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## Tradition 1 (short version) “Our common welfare should come first; personal recovery depends upon AA unity.”

OUR COMMON WELFARE COMES FIRST

*The unity of Alcoholics Anonymous is the most cherished quality our Society has. . . . We stay whole, or A.A. dies.*

TWELVE STEPS AND TWELVE TRADITIONS, p. 129

Our Traditions are key elements in the ego deflation process necessary to achieve and maintain sobriety in Alcoholics Anonymous. The First Tradition reminds me not to take credit, or authority, for my recovery. Placing our common welfare first reminds me not to become a healer in this program; I am still one of the patients. Self-effacing elders built the ward. Without it, I doubt I would be alive. Without the group, few alcoholics would recover.

The active role in renewed surrender of will enables me to step aside from the need to dominate, the desire for recognition, both of which played so great a part in my active alcoholism. Deferring my personal desires for the greater good of group growth contributes toward A.A. unity that is central to all recovery. It helps me to remember that the whole is greater than the sum of all its parts.

From the book *Daily Reflections* – January 31  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

## **Step 2 “Came to believe that a power greater than myself can restore me to sanity”**

A SPIRITUAL KINDERGARTEN

*We are only operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect.*

AS BILL SEES IT, p. 95

When I came to A.A., I was run down by the bottle and wanted to lose the obsession to drink, but I didn't really know how to do that. I decided to stick around long enough to find out from the ones who went before me. All of a sudden I was thinking about God! I was told to get a Higher Power and I had no idea what one looked like. I found out there are many Higher Powers. I was told to find God, as I understand Him, that there was no doctrine of the Godhead in A.A. I found what worked for me and then asked that Power to restore me to sanity. The obsession to drink was removed and – one day at a time – my life went on, and I learned how to live sober.

From the book *Daily Reflections* – June 24  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

## **Tradition 2 (short version) “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.”**

A UNIQUE STABILITY

*Where does A.A. get its direction? . . . These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. . . . The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments.*

TWELVE STEPS AND TWELVE TRADITIONS, pp. 132, 135

Into the fabric of recovery from alcoholism are woven the Twelve Steps and the Twelve Traditions. As my recovery progressed, I realized that the new mantle was tailor-made for me. The elders of the group gently offered suggestions when change seemed impossible. Everyone's shared experiences became the substance for treasured friendships. I know that the Fellowship is ready and equipped to aid each suffering alcoholic at all crossroads

in life. In a world beset by many problems, I find this assurance a unique stability. I cherish the gift of sobriety. I offer God my gratitude for the strength I receive in a Fellowship that truly exists for the good of all members.

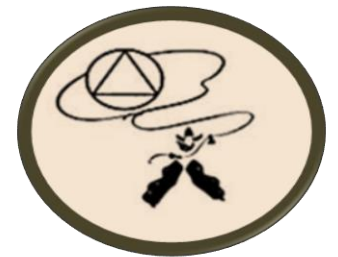
From the book *Daily Reflections – February 27*  
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## Rogue Roundup History

Well it's time again for the Grants Pass Rogue Roundup that started in 1976. I've had the privilege of being involved in it since 1977. I've had the chance to see it grow from a 2 day, 2 speaker Roundup to a 4 day, 9 speaker Roundup. It's fun to go to the Roundup but it is much more fun when you're part of putting it on. After 1978, that's when we had a Friday night meeting at the Hi-Lo Club. We filled the club so full there wasn't room for any more. So that's when we added Friday night for the 1979 Roundup. I have a lot of memories of the changes that we tried to do, moving meetings to different rooms to find space since back then we didn't have the Flower Building. So we moved around and we tried a lot of things to add to the Roundup. And there's some of my best memories in sobriety to be a part of something that does so much for so many.

We're getting down to the time we need people to come and be a part of and work on the committee's. We meet on the fourth Thursday of every month at 7:30 at the Hi-Lo Club. And in January on the 20th at 1:45 we will meet at the Hi-Lo Club for an envelope stuffing party. We stuff envelopes with flyers, stamp and address them. We laugh the whole time. We are not a glum lot. We have a lot of fun so I hope you'll come join us and be a part of the memories of the things to come.



Jim J.



## My Life of Purpose Starts Here

My realization of powerless over alcohol came more than 3 years ago. I couldn't drive by the store on the way home and not stop to buy beer. If there was beer at home I couldn't *not* drink it until it was gone and need to get more if I was still conscious. I drank myself sober and couldn't remember what I had cooked for dinner the night before. I'd wander into yard sales and find myself looking for self-help books. The last personal improvement book I purchased was "*Living the Purposeful Life.*" Recognizing my powerlessness wasn't difficult for me, it was the "life had become unmanageable" part that I had a problem with. I was working full-time; had a nice home; had been in a long-term relationship; and had friendships I valued. The key for me was to recognize that my life was indeed unmanageable because I had lost the one thing I had found in AA 25+ years ago, that was a relationship with a higher power. The hole in my being was there because I had turned away from what helped me discover this higher power in the first place, which was AA. Once I got to this understanding, step one was completed for me. I have a very clear understanding of what I will lose if I drink again. I fully concede, without any reservations at all and to my inner-most self, that I am an alcoholic.

Coming to believe that a power great than myself could restore me to sanity with step two came easily. I had already experienced this power greater than me. I knew that, for me, it existed. I could easily recognize the insanity of my actions. I have since learned



to see that my actions and behaviors really were part of a disease, one that I have, one that I can recover from if I don't drink and if I begin (again) to rely on my higher power. Reconnecting had become my goal. A higher power isn't so easily discovered by everyone.

I am one of the lucky ones and I'm grateful every day that I am. I was able to make it back to AA. Not all of us can. Those who have been introduced to the program and relapsed find it very difficult to return. I was blessed because my husband paved the way for me to return to AA. He returned first and I was able to follow because I drew courage from his actions. I still have that full-time job; I've been working in this position for coming up on 19 years. I still have my home and friendships that I value and I'm developing new friendships within AA too. Sadly, my husband wasn't so fortunate. He died sober though and that was what he wanted most at the end of his life. I was able to continue to love and cherish him through this process as a sober woman. It is one of the blessings I have received from AA this time around. I have also found the meaning of living a purposeful life; I have found this in AA.

Jil R



## Step ONE

*(We admitted we were powerless over alcohol and could not manage our own lives.)*

"Someday I'll quit", I would think,  
Then I'd have another drink.

I can always quit tomorrow, my mind would say  
But I don't need to quit today.

When tomorrow came I'd tell myself again that I needed to quit.

"Maybe tomorrow", I would say.  
This went on day after day after day.  
I had a problem I began to admit.

When tomorrow came I said, "Okay I'll quit today."  
It didn't work so I tried the next day.  
And the next day, and the next day and the next day.  
It finally occurred to me that I could try AA.

I discovered the problem -- me.  
I was powerless and couldn't even manage my own life.  
Admitting this, was Step One:  
The first step of a lifetime journey that provides a foolproof solution.

Bruce D



## Intergroup Elections – February 15

Please plan to attend (or send a representative from your group) the annual Intergroup elections. There are several positions opening up for service opportunities – here's your chance to get involved and support your sobriety. Your group has a vote – let your voice be heard! Here is the definition of each service position.



### **WHO is Intergroup/Central Office?**

A central office (or intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers. AA Guidelines (MG 02)

#### **Steering Committee Chairperson** – Dave M

Responsible for ensuring smooth operation of the Josephine County Intergroup. Coordinates monthly Intergroup business meeting. Josephine County Intergroup Steering Committee member

**Next Position rotation – February 2019**

#### **Vice-Chair Steering Committee** – Les S

Assists Steering Committee Chairperson in running the monthly business meeting. Assumes Chairperson duties when that person is absent. Josephine County Intergroup Steering Committee member

**Next Position rotation – February 2018**

#### **Secretary** – Mike T

Responsible for recording and archiving meeting minutes for monthly business meetings, steering committee and special meetings. Josephine County Intergroup Steering Committee member

**Next Position rotation – February 2019 OPEN NOW**

#### **Office Manager** – John F

Oversees functioning of the Central Office. Some duties include

- Maintain equipment and supplies needed for the office
- Update and publishing meeting lists for Josephine county
- Update 12-step call lists
- Coordinate Intergroup sponsored events
- Josephine County Intergroup Steering Committee member

**Next Position rotation – February 2018**

#### **Treasurer** – Elizabeth H

Responsible for financial operations of Josephine County Intergroup.

- Deposits monies received
- Pays bills
- Reconciles bank account
- Prepares monthly financial statements.
- Josephine County Intergroup Steering Committee member

**Next Position rotation – February 2018**

#### **Volunteer Coordinator** – John F

Oversees staffing of phone volunteer positions at Central Office. Maintains phone volunteer schedules and roster.

**Next Position rotation – February 2018**

**Literature Chairperson** – Sherry S

Stocks, purchases, and tracks sales of all AA literature for the Central Office.

**Next Position rotation – February 2019**

**Newsletter Chair** – Kathy T

Acting editor for publishing of the bi-monthly newsletter. Recruits articles and input from the local community. Works closely with volunteers to produce and distribute the *Keeping It Simple* Newsletter.

**Next Position rotation – February 2019**

**Webservant** – Jen F

Maintains and updates Josephine County Intergroup/District 7 website.

**Next Position rotation – February 2019**



## Central Office News

Thank you to our Central Office volunteers for all your service in November and December: Bruce, Barry, Sherry, Dave, Donn, Elizabeth, Joan, Scott, Janet, John F (and all the various "temps" who fill in as called upon) **Office Hours:** Monday – Friday 10am – 4pm; Saturdays by appointment

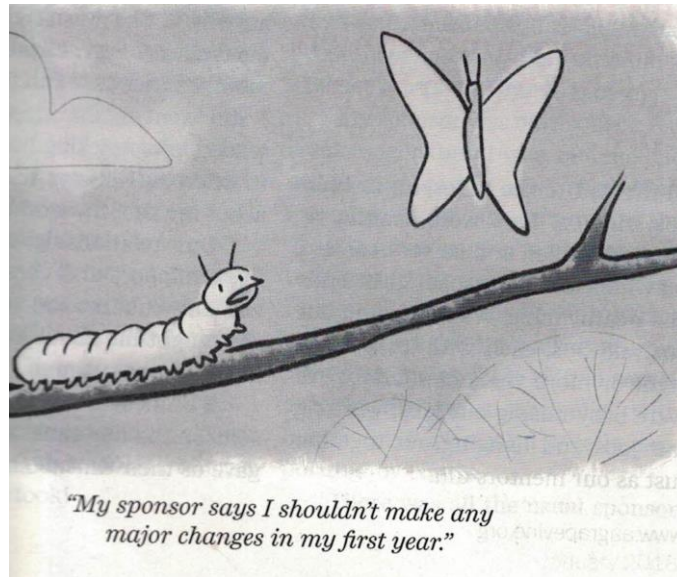
### Current Donations October 15 – December 14

Thank you so much to all who help to support and keep Central Office open to serve our community. When making literature purchases or donations please make checks payable to JOSEPHINE COUNTY INTERGROUP.

Please note: The amounts shown here are the officially recorded funds received from Groups, presented at the monthly intergroup meetings. Donations received after the mid-month deadline will be reflected in the following months report.

Group	Current	YTD	Group	Current	YTD
Anonymous	\$34	\$234	Nooners		\$450
Applegate Williams Group		\$100	Old Timer Speaker Meet	\$63	\$63
Cease Fighting Group	\$150	\$300	Open House	\$26	\$26
Easy Does It	\$678	\$4696	Progress Group	\$10	\$10
Experience, Strength & Hope		\$90	Rogue River Sunday Night	\$150	\$150
Fireside Group		\$70	Rogue Roundup		\$1000
Friday Night Winners		\$500	Safe Haven Group		\$240
Happy Hour Group	\$40	\$440	Simply AA	\$100	\$300
Illinois Valley Group		\$250	Sobriety Bakers		\$50
July 4 <sup>th</sup> 50/50 raffle		\$176	Stronger Together		\$300
Language of the Heart	\$25	\$65	Womens		\$288
Looking Forward Group		\$345	Sunday Surrender		\$270
Marathon Meetings		\$184	Thursday Night Winners		\$100
Merlin Group	\$30	\$90	Tuesday Book Study		\$63
Monarch Group	\$50	\$225	Womens Live & Let Live		

## Rule 62 Reminder



Grapevine January 2018

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If you tell a person that there are 270,678,934,341 stars in the universe, he'll believe you. But if you tell an alcoholic to stay away from the first drink, he has to make a personal investigation.

Grapevine August 2017



## Heard in a Meeting

*Anonymous slogans and pearls of wisdom that help some of us as we "trudge the road to happy destiny".*

- 🔵 The key to getting sober is desperation
- 🔵 I have a good life today because I can make better choices today than I did when I was drinking
- 🔵 If sobriety was easy, you wouldn't value it
- 🔵 Sobriety saved my life, but I discovered through AA that alcohol was not my problem
- 🔵 I can't; He can; I think I'll let Him.



District 7 has been nominated to host the November 2018 General Service Assembly. Planning and committees are forming now.

First meeting January 6 at 4pm.

Email [crySTALL68@hotmail.com](mailto:crySTALL68@hotmail.com) for details.



January 12th 2018  
 12 noon - 4pm  
 Wild River Pub  
 533 F Street  
 Grants Pass, OR 97526  
 541-474-4456

The Old Guard will be meeting at Apple Peddler Restaurant 7405 Crater Lake Hwy #62 White City, Friday morning Jan 12. Kickstands up at 9:15am to establish a flag line. You're invited to ride along. A family members only ceremony will be held at Eagle Point National Cemetery at 10am.

**Rogue Roundup meetings every 4<sup>th</sup> Thursday at 7:30pm at the Hi-Lo Club.**

**SERVICE WORK! Come help stuff envelopes-Saturday January 20 1:30pm at the Hi-Lo. Let the fun begin 😊**

**Get involved in the biggest AA event in JoCo for 2018!**

**SERVICE OPPORTUNITIES**

**Central Office VOLUNTEERS**

Answer phones, sell literature, provide info, from 10:00 a.m. to 4:00 p.m. every weekday

Each shift is 3 hours -  
 mornings 10am - 1pm  
 afternoons 1pm - 4pm

For more info call Central Office at  
 541-474-0782 OR email  
 grantspassaa@gmail.com



**Suit up and Show up!**  
 Attend District 7 meetings  
 Jan 2 and Feb 6 and/or  
 Intergroup Jan 18 and Feb 15  
 to see what service opportunities are available

**The Sunshine Committee** is a service committee in District 7. It is composed of AA members who are willing to take a meeting to members currently in hospitals, nursing homes or are home-bound, who wish to have a meeting come to them.

How it works: Committee members will be called & organized to take a meeting where it is requested. If you are interested in being on the Sunshine Committee please call Paul B 541-226-7827



**THIS TRULY IS ONE OF THE MOST REWARDING GIFTS OF OUR PROGRAM!**



## EVENTS

Current area AA events can be found at [grantspassaa.com](http://grantspassaa.com).



**OREGON AREA 58  
SERVICE ASSEMBLY  
FEB 23-25, 2018  
Eugene, OR**

<http://www.aa-oregon.org/events/february-2018-oregon-area-58-service-assembly/>



## 2<sup>ND</sup> ANNUAL SPRING FLING

Saturday March 24, 2018  
The Bear Hotel 2101 NE Spalding Ave  
Grants Pass

Elegant Dinner  
Speaker  
Photography  
Good sober fellowship and fun  
Watch [grantspassaa.com](http://grantspassaa.com)  
for more details and tickets for sale

Proceeds benefit Josephine County Intergroup



## Birthdays and Anniversaries

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)

|           |              |    |           |              |    |
|-----------|--------------|----|-----------|--------------|----|
| Sandra J  | Jan 3, 1987  | 31 | John B    | Feb 1, 1966  | 52 |
| Dave B    | Jan 5, 1975  | 43 | Becki P   | Feb 1, 1981  | 37 |
| Rob W     | Jan 6, 2012  | 6  | Laurie D  | Feb 6, 2014  | 4  |
| Kathy F   | Jan 10, 1987 | 31 | Barge M   | Feb 7, 1982  | 36 |
| Mike M    | Jan 10, 2013 | 5  | Dawn D    | Feb 9, 1986  | 32 |
| Lee H     | Jan 11, 1983 | 35 | Rhonda M  | Feb 13, 1984 | 34 |
| Bruce K   | Jan 14, 2001 | 17 | Diane W   | Feb 14, 2007 | 11 |
| Shirley M | Jan 17, 1982 | 36 | Frankie C | Feb 14, 2011 | 7  |
| Carole C  | Jan 19, 2016 | 2  | Candy     | Feb 15, 2016 | 32 |
| Shawna S  | Jan 19, 2016 | 2  | Sheri S   | Feb 16, 2009 | 9  |
| Trazia    | Jan 19, 2016 | 2  | Cindy M.  | Feb 17, 2017 | 1  |
| Ann B     | Jan 21, 1981 | 37 | Pat V     | Feb 18, 1971 | 47 |
| Kendra L. | Jan 21, 2017 | 1  | Saije B   | Feb 20, 2017 | 1  |
| Shawna S  | Jan 21, 2017 | 1  | Billi Ann | Feb 22, 2016 | 2  |
| Judy B    | Jan 22, 1982 | 36 | Shirley M | Feb 23, 1981 | 37 |
| Brian O   | Jan 22, 1992 | 26 | Allen M   | Feb 23, 1981 | 37 |
| Cathi C.  | Jan 22, 2007 | 11 | Amy C.    | Feb 23, 2017 | 1  |
| Drew K    | Jan 23, 1998 | 20 | Mary S    | Feb 26, 2002 | 16 |
| Russ S    | Jan 23, 2005 | 13 | Alysha    | Feb 27, 2016 | 2  |
| Megan     | Jan 27, 2015 | 3  | Richard B | Feb 28, 1987 | 31 |
| Tina M.   | Jan 28, 2004 | 14 | Rick R    | Feb 29, 1984 | 34 |
| Robin McC | Jan 29, 2016 | 2  | KC H.     | Feb 29, 1996 | 22 |
| Stacy H   | Jan 31, 2016 | 2  |           |              |    |

### Responsibility Statement

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

## Upcoming Events

See [grantspassaa.com/events](http://grantspassaa.com/events) for full details

|                                        |           |
|----------------------------------------|-----------|
| <b>Outreach Committee Meeting</b>      | Jan 2     |
| <b>District 7 Business Meeting</b>     | Jan 2     |
| <b>Assembly Committee Meeting</b>      | Jan 6     |
| <b>Intergroup Business Meeting</b>     | Jan 18    |
| <b>ORCYPAA Business Meeting</b>        | Jan       |
| <b>Rogue Roundup Envelope Stuffing</b> | Jan 20    |
| <b>Southern Oregon Speaker Meeting</b> | Jan 20    |
| <b>Roundup Committee Meeting</b>       | Jan 25    |
| <b>Movie Night</b>                     | Jan 27    |
| <b>Outreach Committee Meeting</b>      | Feb 6     |
| <b>District 7 Business Meeting</b>     | Feb 6     |
| <b>ORCYPAA Business Meeting</b>        | Feb       |
| <b>Intergroup Business Meeting</b>     | Feb 15    |
| <b>Newsletter Committee Meeting</b>    | Feb 18    |
| <b>Roundup Committee Meeting</b>       | Feb 22    |
| <b>Area 58 Assembly</b>                | Feb 23-25 |
| <b>Movie Night</b>                     | Feb 24    |

Event flyers and registrations can usually be found at Central Office. If you are involved in an upcoming event, please let us help advertise it, email to [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com)

Josephine County  
Intergroup Central Office  
432 NW 6<sup>th</sup> St Suite 202  
Grants Pass, OR 97526  
541-474-0782 (24 hours)  
[www.grantspassaa.com](http://www.grantspassaa.com)

| JANUARY 2018  |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  |
|               | 1  | 2  | 3  | 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 | 31 |    |    |    |
| FEBRUARY 2018 |    |    |    |    |    |    |
| S             | M  | T  | W  | T  | F  | S  |
|               |    |    |    | 1  | 2  | 3  |
| 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 |    |    |    |
|               |    |    |    |    |    |    |