

Keeping It Simple



February 2019

The Josephine County Intergroup Newsletter

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"Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession."

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 25.

Welcome!

"Keeping it Simple" is a monthly publication brought to you by the Josephine County Intergroup.

Please sign up for the Newsletter subscription service which provides you with the monthly edition directly to your email Inbox! Visit the GP AA website for the subscription form and directions or scan the QR Code to the right with your mobile device to be taken directly to the form. Additional Copies and some previous issues of the Newsletter are available at the Central Office and the Hi-Lo Club. All previous issues of the Newsletter are only available on the website at www.grantspassaa.com/newsletters.



Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, art work, cartoons, jokes, or anything that has helped you on your journey for the March 2019 issue no later than Friday, February 22nd. To submit your contribution, email it to Winslow at gpaanews@gmail.com.

Step 2 - "Came to believe that a Power greater than ourselves could restore us to sanity."

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to affect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow, we had to begin somewhere. So, we used our own conception, however limited it was.

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

From AA World Services, Inc., *Alcoholics Anonymous, Fourth Edition*, p. 42.



Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 33

Tradition 2 - “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Then who's in charge around here? A.A. is a spiritual movement, and so the “ultimate authority” is the spiritual concept of the “group conscience.” Its voice is heard when a well-informed group gathers to arrive at a decision. The result rests on more than arithmetic, a “yes” and “no” count. Minority ideas get thoughtful attention. What about that annoying character who's always sure she's right? If she's wrong, then she will—if she remembers the First Tradition as well as the Second—go along with the decision of the group conscience. Does this notion seem too cloudy? Let's think back to our first meetings. The presence we newcomers felt in those rooms was the same as the group conscience. And it was real—welcoming us in, setting up no barriers of rules....

From the book *The Twelve Traditions Illustrated*
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Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, “This simply can't be. There must be an angle somewhere.” 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. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, “Yes! It definitely does.”

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 132.

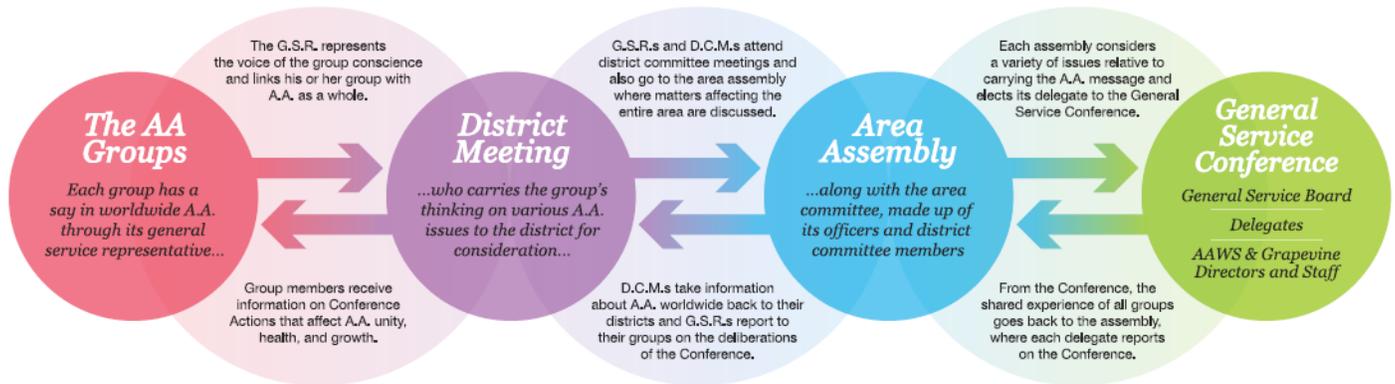
God, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

From Sober-Today.org, Alcoholics Anonymous in the St. Louis Area,
www.sober-today.org/prayers/prayer_s2.html

Circles of Love and Service

“For our group purpose there is but one ultimate authority – a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.” —

TRADITION TWO



All parts of our Fellowship – group meetings, committees, offices, Conferences, and group jobs – share one common purpose – **to help the alcoholic who still suffers.**

A.A. is made up of interconnected circles of people within the Fellowship, who work together to carry A.A.'s message of hope. But in order for A.A. to run itself without bosses or rules, in accordance with our Twelve Traditions, **we need a system of communication for finding out how A.A. as a whole feels about its world affairs and how it wants to operate.**

For A.A. to run its own affairs, each A.A. group needs to make its voice heard on overall A.A. policies. This starts with a group's general service representative (G.S.R.), who represents the voice of the group conscience and has the job of linking his or her group with A.A. as a whole. G.S.R.s make sure their groups receive services from the U.S. and Canada General Service Office (G.S.O) and help groups stay informed about worldwide A.A.

For every district of about ten groups or so, the G.S.R.s elect a district committee member, or D.C.M., to communicate the districts' conscience to the area assembly, which elects an area delegate to attend the annual A.A. General Service Conference for the U.S. and Canada.

Every group in an area is encouraged to send its G.S.R. to its area assembly. The D.C.M.s help to make up the area committee – a sort of steering committee for the assembly.

Each group sends its own ideas or problems to the assembly, where other groups can share their experience and provide help and support. From the assembly, each G.S.R. can take back to his or her group the shared experience of the rest of the assembly.

Every area elects a delegate to the General Service Conference, held each spring in New York. Delegates serve a two-year term only and, like G.S.R.s, D.C.M.s, and trustees, Conference delegates are never paid for A.A. service.

The General Service Conference serves as the group conscience for A.A. in the U.S. and Canada. The Conference meets for six days a year, yet the 135 or so Conference members are active in Conference affairs throughout the year. Every A.A. group shares its experience with other groups through its area delegate to the Conference.





IN ALCOHOLICS ANONYMOUS, WE ALL WORK TOGETHER

"To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

"Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone."

—Alcoholics Anonymous, p. 561

AA Spotlight

General Services Representative (G.S.R.) and Intergroup Representative

A **General Services Representative** plays a vital to your group's strength and function in A.A.

In 1950, a new type of trusted servant, "group representative," was suggested to help in the selection of delegates to the newly formed General Service Conference. By 1953, the job of group representative was also seen as a good means of exchanging up-to-date information between individual groups and "Headquarters" (now the General Service Office). That's still an important side of the work. But now, a general service representative has an even bigger responsibility: the transmission of ideas and opinions as well as facts; through a GSR, the group conscience becomes a part of "the collective conscience of the whole Fellowship," as expressed in the General Service Conference. Like everything else in A.A., it works through a series of simple steps.

"By choosing its most qualified member as G.S.R., a group helps secure its own future — and the future of A.A. as a whole."

In A.A., everything starts with the group — it is the basic building block of the entire Fellowship and the place where recovery begins for most alcoholics. But, for a group to keep going, all kinds of service must be done. It is through the combined efforts and ongoing commitment of group members that:

- A meeting place is readily available and maintained.
- Programs are arranged for the benefit of the alcoholics in attendance.
- Calls for help are answered.
- Voluntary contributions are collected to keep the group and the Fellowship going financially.
- Literature is provided for all members and lists of local group meetings are made available.
- Continuing contact is sustained with the rest of A.A.

While it is noted in A.A.'s Ninth Tradition that each A.A. group needs the least possible organization, "the aim of our services is to bring sobriety within reach of all who want it." This starts with the A.A. group.

Within a group, there are many service positions to help it fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. One important aspect of an A.A. group, no matter how remote it may be, is continuing contact with the rest of A.A. To stay connected, groups often elect a general service representative (G.S.R.) to represent it within the wider A.A. service structure.



G.S.R.s are a group's link with the A.A. world beyond the group and help to carry the group's voice and collective conscience to other groups and to A.A. as a whole. Usually elected to serve two-year terms, and having had at least two years of continuous sobriety, they are responsible for the following:

- Keep group members informed about general service activities and opportunities in their local areas;
- Represent the group at district meetings and area assemblies;
- Receive and share with their groups all mail from the General Service Office (G.S.O.).

In serving their groups, they can draw on all the services offered by G.S.O. as well as may assist their groups in solving a variety of problems, especially those related to the Traditions.

"The strength of our whole AA service structure starts with the group and with the general service representative (GSR) the group elects. I cannot emphasize too strongly the GSR's importance."

Bill W. on General Services and the GSR

Additionally, in the many locations where an intergroup (or central office association) has been formed, groups usually elect **an intergroup representative**, who tries to keep the group well informed about what the local intergroup is doing, such as coordinating local Twelfth Step calls, providing meeting lists, and in some places furnishing public information speakers for non-A.A. groups and for A.A. meetings in institutions. More specifically, service centers usually have no authority on their own account; they derive it from the participating groups. Central/intergroup offices are essentially A.A. service entities, "directly responsible to those they serve," as described in Tradition Nine. Local **intergroup group representatives** reflect the groups' conscience in the service center operations. In most communities, a central/intergroup office committee or steering committee is set up to handle the administrative activities of the service office. The steering committee holds regularly scheduled meetings and deals with general policy and plans. Periodically, the steering committee reports to **intergroup group representatives** on central/intergroup office problems and accomplishments. It is extremely important to keep a two-way flow of information going between the central/ intergroup office and groups through the **group representative**.

GENERAL SERVICE
REPRESENTATIVE
MAY BE
THE MOST IMPORTANT
JOB IN A.A.

As a community is made up of all of its members, each group is part of a larger whole, and its G.S.R. usually participates along with the G.S.R.s of other local groups in monthly or quarterly district meetings, where plans are discussed, and decisions are made on how to best serve the needs of the local fellowship and to learn more about A.A.'s world services. A district committee member (D.C.M.) passes on the district's thinking to

area committees and service workers and carries information back to local G.S.R.s, who in turn keep their group members informed on various A.A. issues.

GSRs attend district committee meetings and go to the area assembly where matters affecting the entire area are discussed. So GSRs are the Group's eyes, ears, and voice to AA. A GSR represents the voice of the group conscience and links his or her group with AA. Such as, each group has a

say in worldwide AA through its GSR and receives information on conference actions that affect AA unity, health, and growth.

Concept One:

Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

Does your Group have a General Services Representative (G.S.R)?

If so, do you feel that your home group is part of A.A. as a whole, and do your group's decisions and actions reflect that?





Intergroup News

Josephine County Intergroup

The Josephine County Intergroup serves all the groups of Josephine County. Business Meetings are held monthly on every third Thursday at 432 NW 6th Street, Room 107 on the first floor at 7:00PM.



In the January 2019 issue of the Newsletter, we discussed how the Josephine County Intergroup is essentially a steering committee that is set up to handle the administrative activities of the service office. During its regularly scheduled meetings, Intergroup deals with general policy and plans. As such, periodically, Intergroup reports to group representatives on administrative concerns, topics, problems and accomplishments.

Positions in Intergroup are held by individual AA members, who are voted in by Intergroup representatives at the positions' bi-annual rotation. Some positions noted below are up for rotation this year. If any AA member would like fill any of these positions, please attend the February 21st Business Meeting and make known your intention.

The Josephine County Intergroup is comprised of the following individual positions:

Steering Committee Chairperson (currently held by Dave M.)

- Responsible for ensuring smooth operation of the Josephine County Intergroup;
- Coordinates monthly Intergroup business meetings;
- Josephine County Intergroup Steering Committee member;
- **Next position rotation opens in February 2019.**

Vice-Chair Steering Committee (currently held by Randy R.)

- Assists Steering Committee Chairperson in running the monthly business meetings;
- Assumes Chairperson duties when that person is absent;
- Josephine County Intergroup Steering Committee member;
- Next position rotation opens in February 2020.

Secretary (currently by held Kristi M.)

- 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 opens in February 2019.**

Treasurer (currently by held Elizabeth H.)

- Responsible for financial operations of Intergroup;
- Deposits monies received;
- Pays bills;
- Reconciles bank account;
- Prepares monthly financial statements;
- Josephine County Intergroup Steering Committee member;
- **Next position rotation opened in February 2018.**





Office Manager (currently held by Jen F.)

- Oversees functioning of the Central Office where some duties include:
- Maintaining equipment and supplies needed for the office;
- Updating and publishing meeting lists for Josephine County;
- Updating Twelve-Step call lists;
- Josephine County Intergroup Steering Committee member;
- Next position rotation open in February 2020.

Events Coordinator (currently held by Janet P.)

- Coordinates Intergroup sponsored events;
- Next position rotation opens in February 2020.

Volunteer Coordinator (currently held by Kathy T.)

- Oversees staffing of volunteer positions;
- Maintains phone volunteer schedules and rosters;
- Next position rotation opens in February 2020

Literature Chairperson (currently held by Sherry S.)

- Stocks, purchases, and tracks sales of all AA literature for the Central Office;
- **Next position rotation opens in February 2019.**

Newsletter Chair (currently by held Winslow C.)

- 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 "Keeping It Simple" Newsletter;
- **Next position rotation opens in February 2019.**

Web servant (currently held by Jen F.)

- Maintains and updates Josephine County Intergroup/District 7 website;
- **Next position rotation opens in February 2019.**

WE ENCOURAGE YOU TO
ENHANCE YOUR SOBRIETY
AND PERSONAL GROWTH
AND SERVE ON ONE OF
THESE POSITIONS.

AA Quote of the Month

"I would rather go through life sober, believing that I am an alcoholic, than to go through life drunk, trying to convince myself that I am not."

AA History

The Origin of the Serenity Prayer in Alcoholics Anonymous

For many years, long after Dr. Reinhold Niebuhr's *The Serenity Prayer* became attached to the very fabric of the Fellowship's life and thought, its exact origin and its actual author have played a tantalizing game of hide and seek with researchers, both in and out of A.A. The facts of how it came to be used by A.A. a half century ago are much easier to pinpoint.

Early in 1942, writes Bill W., in *A.A. Comes of Age*, a New York member, Jack, brought to everyone's attention a caption in a routine New York Herald Tribune obituary that read:





*"God grant us the serenity to accept the things we cannot change,
courage to change the things we can,
and wisdom to know the difference."*

Everyone in A.A.'s burgeoning office on Manhattan's Vesey Street was struck by the power and wisdom contained in the prayer's thoughts. "Never had we seen so much A.A. in so few words," Bill writes. Someone suggested that the prayer be printed on a small, wallet-sized card, to be included in every piece of outgoing mail. Ruth Hock, the Fellowship's first (and nonalcoholic) secretary, contacted Henry S., a Washington D.C. member, and a professional printer, asking him what it would cost to order a bulk printing.

Henry's enthusiastic response was to print 500 copies of the prayer, with the remark: "Incidentally, I am only a heel when I'm drunk, so naturally, there could be no charge for anything of this nature."

"With amazing speed," writes Bill, "the Serenity Prayer came into general use and took its place alongside our two other favorites, the Lord's Prayer and the Prayer of St. Francis.

Thus, did the "accidental" noticing of an unattributed prayer, printed alongside a simple obituary of an unknown individual, open the way toward the prayer's daily use by thousands upon thousands of A.A.s worldwide.

From the book *Comes of Age*, p. 196
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AA Humor

AA is so great because anyone with a desire can join, unlike Al-Anon, where you have to know someone.

What is the difference between your therapist and your sponsor?
The only time your sponsor says the word "closure," it is immediately followed the word "mouth."



A drunk walks into a bar, sits down, and demands a drink. "Get out" says the bartender. "I don't serve drunks here." The drunk staggers out the front door only to come back in through the side door. He sits at the bar, bangs his fist, and demands a drink. "I just told you to get out, didn't I? Now leave!" The drunk gets off his stool, stumbles out the side door and comes back inside through the back door. Once again, he sits at the bar and loudly asks for a drink. The bartender, now glowing mad, looks at the drunk and yells, "I told you, no drunks allowed, now get out!" The drunk looks up at the bartender and slurs, "how many bars do you work at, anyway?"

AA Newsflash

SORYPAA has disbanded and is now **OSYPAA, Oregon State Young People of Alcoholics Anonymous**. OSYPAA will be hosting the state conference later this year. For more information, please contact Garrison @ (541) 301-9723 or Penina @ (541) 499-9852.



Current Donations

Thank you so much to all who help to support and keep Central Office open to serve our community.

Please note: The amounts shown here are officially recorded funds received from Groups presented at the Monthly Intergroup Business Meetings. Donations received after the mid-month deadline will be reflected in the following month's report.

Current Period includes funds received during the dates of Dec 16, 2018 through Jan 15, 2019.
Year-to-Date includes funds received during the dates of Dec 16, 2018 through Jan 15, 2019.

Current			Year-To-Date (YTD)		
AA Group	Current	YTD	AA Group	Current	YTD
12 O'Clock High Group	\$0	\$0	Merlin Group	\$0	\$0
Attitude Adjustment	\$0	\$0	Monarch Group	\$0	\$0
Cease Fighting	\$0	\$0	Monday Men's Book Study	\$0	\$0
Easy Does It	\$0	\$0	Nooners Meeting	\$0	\$0
Experience, Strength, and Ho	\$0	\$0	Rogue River Sunday Group	\$0	\$0
Friday Night Winners Group	\$0	\$0	Safe Haven Group	\$0	\$0
Friday Nooners Meeting	\$170	\$170	Sobriety Sisters Group	\$100	\$100
GP Veterans Group	\$0	\$0	Stronger Together Women	\$0	\$0
Happy Hour Group	\$40	\$40	Sunday Step Study	\$400	\$400
Illinois Valley Group	\$0	\$0	Thursday Night Winners	\$0	\$0
Language of the Heart	\$0	\$0	Tuesday Book Study	\$0	\$0
Live & Let Live Group	\$0	\$0	Wednesday Progress Group	\$0	\$0
Marathon Meetings	\$0	\$0	Williams Applegate	\$100	\$100
			Women's Live & Let Live	\$200	\$200

Heard It in a Meeting

Anonymous slogans and pearls of wisdom heard during regularly scheduled AA Meetings.





AA Events



The following are local events that specifically include AA meetings. Please visit www.grantspassaa.com to see all current **AA Events** including those events in nearby areas. Events listed under **Sober Fun** may not include a formal meeting.

Oregon Area 58 Quarterly Assembly

Hosted by District 16

Friday – Sunday, February 22-24, 2019

Inn at the Commons, 200 N. Riverside, Medford, OR 97504

(866) 779-5811

www.innatthecommons.com

The Area Assembly is a quarterly meeting of GSRs and committee members to discuss area affairs and to elect officers and a delegate to the General Service Conference held each Spring in New York.



Please make checks payable to:
Mail to:

District 16 February Assembly
February 2019 Assembly, District 16, PO Box 4751, Medford, OR 97501

Mail-in registration cutoff date:

Friday, February 3, 2019

Online registration opens:

November 5, 2018 at www.aa-oregon.org

Online registration closes:

February 17, 2019

Free Chili and Panel Speaker Meeting

Saturday, February 9, 2019 @ 2:00PM – 6:00PM

Hi Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526

Nothing can be better than listening to experience, strength, and hope while eating some free grub.



Spring Fling 2019 is coming soon!!

Presented by the Josephine County Intergroup

Saturday, March 30, 2019

More Information to Come





St. Patrick's Day Event is coming soon!!

Hosted by Families in Recovery
Saturday, March 16, 2019 @ 5:00PM – 9:00PM

Who doesn't love corned beef and cabbage? That's right, we will be serving up corned beef and cabbage for St. Patrick's Day!

Event will include an Irish speaker, TBA! And of course, as always, a 50/50 raffle will be held. All the proceeds will fund our next event coming in late Spring.

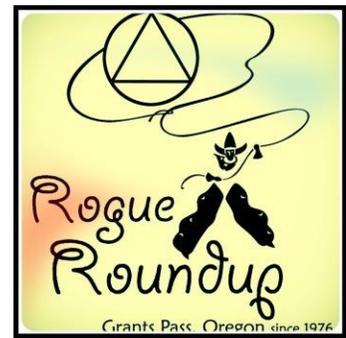
Please bring your favorite cupcakes to share!



44th Annual Rogue Roundup

Friday – Sunday, May 3rd - 5th, 2019
Josephine County Fairgrounds, Grants Pass, OR

Watch for more updates at
www.grantspassaa.com and www.rogueroundup.com
Attend Rogue Round-Up Business Meetings to get involved
(see last page of the Newsletter for dates and times)



Sober Fun Events

Super Bowl Party

Sunday, February 3, 2019 @ 3:00PM – until the end of the game
Hi Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526



Sandwiches and drinks will be provided but bring a side dish of your choice.

Donations will be gladly accepted

Super Bowl Game Pool and 50/50 Raffle



Friends of Bill W Monday Night Bowling

Caveman Bowl, 1230 Rogue River Hwy, Grants Pass, OR 97527
Every Monday! Sign-up at 5:00PM. Bowling at 5:30PM.
Cost is \$2.50/game per adult and \$3.50/game per kid. Shoes are included.



Bingo

Hi Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526
February 9th, 7:00-9:00PM
March 9th, 7:00-9:00PM





Upcoming Business Meetings

The following events are held at the Hi-Lo Club unless otherwise noted. For full details, please visit www.grantspassaa.com/events. If you are involved in an upcoming event, let us help you get the word out. Email us at gpaanews@gmail.com.

Treatment Facility Committee Meeting	Feb 4 @ 5:00PM Mar 4 @ 5:00PM	OSYPAA Business Meeting	Feb 3 @ 12:00PM Mar is TBA 263 Berrydale Avenue, Medford, OR 97501
District 7 Business Meeting	Feb 5 @ 7:00PM Mar 5 @ 7:00PM	JoCo Intergroup Business Meeting	Feb 21 @ 7:30PM Mar 21 @ 7:00PM 432 NW 6th St, Room 107, Grants Pass, OR
Hi-Lo Board Meeting (not an AA-related Meeting)	Feb 12 @ 7:00PM Mar 12 @ 7:00PM	Roundup 2019 Board Meeting	Feb 14 @ 7:30PM Feb 28 @ 7:30PM Mar 14 @ 7:30PM Mar 28 @ 7:30PM
Families in Recovery Meeting	Feb 12 @ 6:00PM Mar 12 @ 6:00PM		

AA Birthdays

NAME	DATE	YEARS	NAME	DATE	YEARS
John B	February 1, 1966	53	Ginger M	February 9, 2008	11
Pat V	February 18, 1971	48	Sheri S	February 16, 2009	10
Becki P	February 1, 1981	38	Frankie C	February 14, 2011	8
Shirley M	February 23, 1981	38	Candy	February 15, 2016	3
Allen M	February 23, 1981	38	Billi Ann	February 22, 2016	3
Barge M	February 7, 1982	37	Alysha	February 27, 2016	3
Rhonda M	February 13, 1984	35	Cindy M.	February 17, 2017	2
Rick R	February 29, 1984	35	Saije B	February 20, 2017	2
Ron G	February 2, 1986	33	Amy C	February 23, 2017	2
Dawn D	February 9, 1986	33			
Richard B	February 28, 1987	32			
KC H	February 29, 1996	23			
Mary S	February 26, 2002	17			
Dusti C	February 7, 2005	14			
Diane W	February 14, 2007	12			

Celebrate your AA birthday in the Newsletter!! Send your info to gpaanews@gmail.com.