

Keeping It Simple



The Josephine County Intergroup Newsletter

March 2019

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"The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as A.A. practices it, is really a means of gaining true independence of the spirit."

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 36.

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 April 2019 issue no later than Friday, March 22nd. To submit your contribution, email it to Winslow at gpaanews@gmail.com.

Step 3 - "Made a decision to turn our will and our lives over to the care of God, as we understood Him."

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith yet keep God out of our lives. Therefore, our problem now becomes just how and by what

specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God as we understood Him.”

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 34-35

Tradition 3 - “The only requirement for A.A. membership is a desire to stop drinking.”

Isn't every organization entitled to have rules for membership? Why did A.A. decide to forgo this privilege, to be “inclusive...never exclusive”? That's easy. Early members tried it the other way, and it just didn't work. As the Fellowship was nearing its ten-year mark, the office that served as headquarters “asked the groups to list their membership rules and send them in,” Bill W. recalled. “If all of these edicts had been in force everywhere at once, it would have been practically impossible for any alcoholic to have ever joined A.A. About nine-tenths of our oldest and best members could never have got by!” So, the rule books went out the window and were replaced by one uncomplicated sentence: Tradition Three.

But somebody may ask, isn't this Tradition itself a rule? It does state one requirement for membership. Let's read it again, and ask another question: Who determines whether or not newcomers qualify, whether they do want to stop drinking? Obviously, nobody except the newcomers themselves; everybody else simply has to take their word for it. In fact, they don't even have to say it aloud. And that's fortunate for many of us who arrived at A.A. with only a halfhearted desire to stay sober. We are alive because the A.A. road stayed open to us.

From the book *The Twelve Traditions Illustrated*
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This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, “You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications — even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So, you're an A.A. member the minute you declare yourself.”

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 139.

Third Step Prayer

God, I offer myself to Thee to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

*Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power,
Thy Love & Thy Way of Life. May I do Thy will always!*

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THE ABOVE PRAYER IS THE THIRD STEP PRAYER FOUND IN THE BIG BOOK AND USED BY BILL W. HOWEVER, THERE ARE NUMEROUS THIRD STEPS PRAYERS USED AS PART OF THE PROGRAM OF RECOVERY, INCLUDING THOSE USED BY DR. BOB AND NARCOTICS ANONYMOUS. YOU ARE ENCOURAGED TO RESEARCH THESE PRAYERS IF YOU WOULD LIKE TO LEARN MORE. THE FOLLOWING ARE SIMPLY A SAMPLING OF THESE PRAYERS, IT IS BY NO MEANS EXHAUSTIVE.

Dear God,

I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been.

Please forgive me for it all. I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way.

God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.

Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me.

And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life.

Thank You and I praise Your name. Amen.

Dr. Bob (AA Co-Founder)

*Take my will & my life
Guide me in my recovery
Show me how to live.*

Narcotics Anonymous

Lord, I ask that you guide and direct me, and that I have decided to turn my life and will over to you. To serve You and to dedicate my life to You. I thank you Lord, I believe that if I ask this in prayer, I shall receive what I have asked for. Thank you, God. Amen.

Clarence S. (AA Pioneer)

Higher Power, I have tried to control the uncontrollable for far too long. I acknowledge that my life is unmanageable. I ask for your care and guidance. Grant me honesty, courage, humility, and serenity, to face that which keeps me from you and others. I give this life to you to do with as you will.

Life with Hope



AA Share

Hi, my name is Chrissy and I am an Alcoholic and Addict. I have been drinking and using for a very long time. I was a daily drinker and drug user. I mention drugs because it is part of my story.

I always felt like I never quite fit in, I had no self-esteem, I had a lot of fear, and anxiety. It was extremely difficult for me to talk to people and socialize. When I had my first drink that changed everything. I was able to talk to people, Alcohol took all my fears and insecurities away, I could do anything. It became my best friend and was the solution to all my problems, stayed that way for a very long time. Until it became the problem and no longer the solution. I have had 8 DUI's and no longer have a license today.

Yet I still couldn't see that alcohol was my problem. I am a blackout drinker and always seem to try to kill myself in my blackouts, and love to drive I would end up in different states coming to and wondering how I got there. Telling myself I won't do this again, yet would always find myself once again coming to, one more time out of a blackout.

I began to use drug's as well. I began slamming heroin along with other drugs and drinking on a daily basis. This was my way of life for many years. It came to the point where I came to from passing out and needed the alcohol and drugs to take away the shakes and the sweats. I became very sick; my liver was functioning at 20% I was diagnosed with Wernicke-Korsakoff syndrome which is a brain disorder due to alcohol. I ended up trying to kill myself once again in a blackout. The next day I found myself at CRC which is a treatment center. This is where they introduced me to Alcoholics Anonymous and took me to my first meeting. I continued to go to meetings. I wish I could say I stayed sober, but I didn't. I continued to come in and out of AA for the next 11 years. The only thing I did right was I kept coming back. The doctors told me if I continued to use and drink that I was going to die. I had heard that many times before but this time it was different. I could see it in their eyes and on their face, this was serious, and if I continued the path I was on, I would surely die.

I ended up in a wheel chair having twenty to forty seizures a day, my liver failing, and my brain turning to mush. I sat in that wheelchair for the next 19 months struggling trying to get sober, having a caregiver to help take care of me. My life was unmanageable, and I was completely powerless over drugs and alcohol. I had two choices - I was either willing to go to any lengths to get sober and clean or die.

That was the first time I can honestly say I wanted to live, instead of always wanting to die. I wanted what I saw other people having in sobriety - the smiles, the laughter, the love for one another. I started really listening, started taking suggestions, and I finally found a higher power that I welcome in my life today. I have a life today sober and clean. I own my own trailer today and have two dogs that I can take care of today and love them unconditionally. I have people who love me today and who I can love back. True friendships that I cherish to this day. I can hold my head up today and look people in the eye. I am one of those that can smile today and laugh, all because of Alcoholics Anonymous and the fellowship. I literally, owe my life to my higher power and the program of Alcoholics Anonymous.

If you are new and struggling, give AA a try and you will be amazed at the life you can have sober and clean. Just keep coming back. It's only "One Day At A Time," and you never have to be alone again. I am Chrissy and I am an Alcoholic and an Addict.

Chrissy N.

AA Share

What's The Point of Living If I'm Not Going To Live?

Through AA while in recovery, I ...

Can live the kind of life that the deepest part of me desires.

Have the courage to choose the direction of my life.

Have the courage to make decisions which will enhance my life.

Can choose people to be in my life who bring loving kindness, beauty, and tender heartedness.

Have the willingness to act upon my decisions.

Am on a voyage of discovery.

Am discovering the core issues that prevent me from enjoying life.

Am discovering the specific fears that inhibit the growth of my full potential.

Am discovering my motivations and intentions, so that I can make clear decisions about my life.

Today, all my discoveries help me to take full responsibility of my life and help me to create new and positive paths to follow.

Today, I feel my true essence emerge and express itself.

Today, I am inspired to search within for the strength to continue to freely choose the direction of my life.

Winslow C



Another Third Step Prayer

God is all around us. His spirit pervades the universe. And yet we often do not let His spirit in. We try to get along without His help and we make a mess of our lives. We can do nothing of any value without God's help. All our human relationships depend on this. When we let God's spirit rule our lives, we learn how to get along with others and how to help them.

I pray that I may let God run my life. I pray that I will never again make a mess of my life through trying to run it myself.

Do You Just Belong

Are you an active member,
The kind that would be missed?
Or are you just contented
That your name is on the list?

Do you attend the meetings
And mingle with the flock,
Or do you meet in private
And criticize and knock?

Do you take an active part
To help the work along?
Or are you satisfied to be
The kind that just belongs?

Do you work on committees?
To this there is no trick;
Or leave the work to just a few,
And talk about the clique?

Please come to the meetings often,
And help with head and heart.
Don't be just a member,
But take an active part.

Think this over, members,
You know what's right from wrong.
Are you an active member,
Or do you just belong?



Intergroup News

Josephine County Intergroup

Positions in Intergroup are held by individual AA members, who are voted in by Intergroup representatives at the positions' bi-annual rotation.

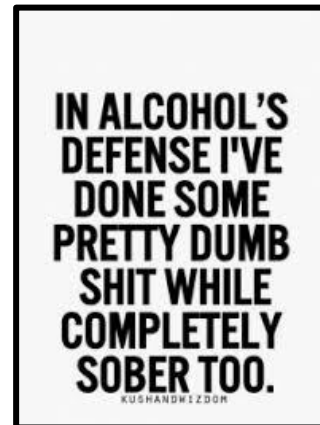
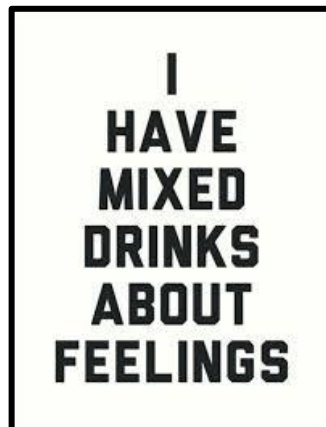
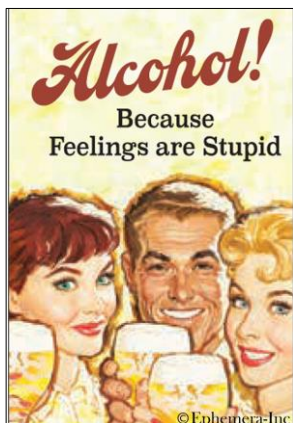
During the February Business Meeting, Intergroup Members voted in new members to fill the positions that became vacant this year. We want to thank those who were willing to step up and be of service to our community and especially thank those AA members rotating out who gave up their own time and effort over the past couple of years to serve on Intergroup. Thank you all! The following is a list of the Josephine County Intergroup members for the upcoming year:

Intergroup
Fellowship

Randy R	Steering Committee Chair (Until February 2021)	Janet P	Events Coordinator (Until February 2020)
Steve P	Steering Committee Vice-Chair (Until February 2020)	Kathy T	Volunteer Coordinator (Until February 2020)
Kristi M	Secretary (Until February 2021)	Misty H	Literature Chairperson (Until February 2021)
Elizabeth H	Treasurer (Until February 2021)	Winslow C	Newsletter Chairperson (Until February 2021)
Jen F	Office Manager (Until February 2021)	Mary C	Web Servant (Until February 2020)

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

AA Fun and Humor



Acronyms are abbreviated and coded renditions of name yielding meanings, so here are a few for you to consider. Let us know your favorites or submit your favorites (AA-related, of course) to us at gpaanews@gmail.com.

NUTS - Not Using The Steps

FEAR - Forgetting Everything is All Right

GOD - Good Orderly Direction

EGO - Edging God Out

"A hamburger and a French fry walk into a bar to have a couple of drinks. The bartender disgustingly glares at them and utters, 'We don't serve food here!'"

Current Donations

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

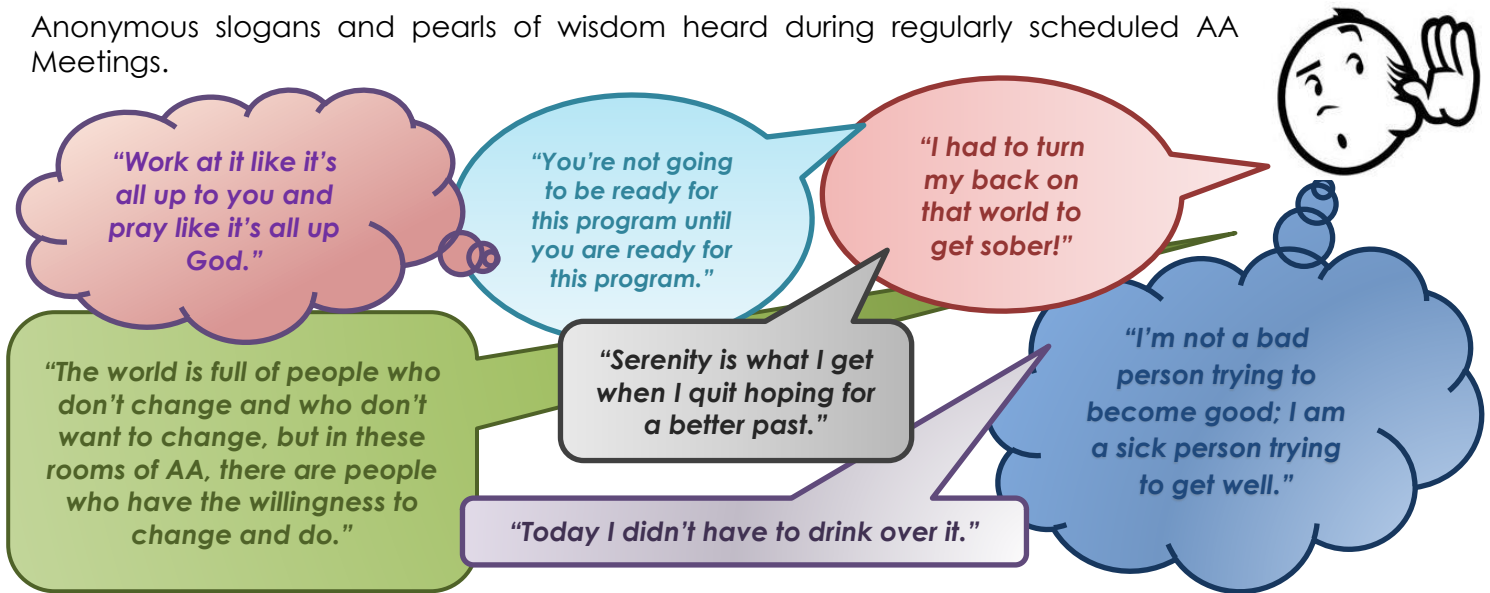
Please note: The amounts shown here are officially recorded funds received from Groups presented at the Monthly Intergroup Business Meetings. Donations received after the mid-month deadline will be reflected in the following month's report.

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

Current	Jan 16, 2019 - Feb 15, 2019		Year-To-Date (YTD)		Dec 16, 2018 - Feb 15, 2019	
AA Group	Current	YTD	AA Group	Current	YTD	
12 O'Clock High Group	\$182	\$182	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	\$605	\$605	Nooners Meeting	\$150	\$150	
Experience, Strength, and Ho	\$90	\$90	Rogue River Sunday Group	\$150	\$150	
Friday Night Speakers Group	\$100	\$100	Safe Haven Group	\$0	\$0	
Friday Night Winners Group	\$0	\$0	Sobriety Sisters Group	\$0	\$100	
Friday Nooners Meeting	\$0	\$170	Stronger Together Women	\$0	\$0	
GP Veterans Group	\$0	\$0	Sunday Step Study	\$0	\$400	
Happy Hour Group	\$40	\$80	Thursday Night Winners	\$0	\$0	
Illinois Valley Group	\$100	\$100	Tuesday Book Study	\$0	\$0	
Language of the Heart	\$30	\$30	Uppity Women	\$25	\$25	
Live & Let Live Group	\$0	\$0	Wednesday Progress Group	\$0	\$0	
Looking Forward Group	\$200	\$200	Williams Applegate	\$0	\$100	
Marathon Meetings	\$14	\$14	Women's Live & Let Live	\$0	\$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 Sober Events and most events in nearby areas.

St. Patrick's Day Event

Hosted by Families in Recovery

Saturday, March 16, 2019 @ 5:00PM – 9:00PM

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



Corned-Beef and Cabbage Dinner plus bring your favorite cupcakes to share.

50/50 raffle will be held. Suggested donation is \$7 or FREE if you bring a corned-beef.

Speaker will be Garrison M of Medford, OR

Spring Fling 2019 - Dessert Gala Speaker Meeting

Presented by the Josephine County Intergroup

Saturday, March 30, 2019 @ 6:30PM

Bear Hotel, 2101 NE Spaulding Ave, Grants Pass, OR 97526

AA Speaker: Otto of Medford, OR

Al-Anon Speaker: Stefi M. of Grants Pass, OR

Admission tickets are \$10 and must be purchased in advance due to limited seating.

Tickets are available by the Central Office in Downtown Grants Pass.



44th Annual Rogue Roundup

Friday – Sunday, May 3rd - 5th, 2019

Josephine County Fairgrounds, Grants Pass, OR

Watch for more updates and **online signups for service opportunities** @ www.grantspassaa.com | www.rogueroundup.com



Attend Business Meetings to get involved. Refer to *Upcoming Calendar Events*

Southern Oregon Speaker Meeting

Sponsored by District 16 and hosted by Dog on the Roof

Saturday, April 27, 2019 @ 7:00PM

Rogue Regional Medical Center, The Smullin Center, 2825 E. Barnett Dr, Medford, OR 97504

(541) 732-1850 | aajcounty@yahoo.com | www.medfordareaaa.org



ALCOHOLICS ANONYMOUS

DISTRICT 16 | ROGUE VALLEY, OREGON

www.medfordareaaa.org

Speaker: Lorraine Mc.
Paradise, CA



Upcoming Calendar Events

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	Mar 4 @ 5:00PM Apr 1 @ 5:00PM	OSYPAA Business Meeting	Mar 3 @ 2:00PM Apr 7 @ 2:00PM
		456 W Pine Street, Central Point, OR 97502	
District 7 Business Meeting	Mar 5 @ 7:00PM Apr 2 @ 7:00PM	JoCo Intergroup Business Meeting	Mar 21 @ 7:30PM Apr 18 @ 7:00PM
		432 NW 6th St, Room 107, Grants Pass, OR	
Hi-Lo Board Meeting	Mar 12 @ 7:00PM Apr 9 @ 7:00PM	Roundup 2019 Board Meeting	Mar 14 @ 7:30PM Mar 28 @ 7:30PM Apr 11 @ 7:30PM Apr 25 @ 7:30PM
Families in Recovery Meeting	Mar 12 @ 6:00PM Apr 9 @ 6:00PM		

Rogue Roundup 2019 Mar 9 @ 1:45PM

- Stuff envelopes for the 2nd mailing
- Disassemble the balloon weights, which will be the base for centerpieces
- If you can make it, please bring your own wire cutters, needle nose pliers, and gloves



AA Birthdays

NAME	DATE	YEARS	NAME	DATE	YEARS
Howard P	March 3, 1973	46	Linda F	March 9, 2005	14
Jim K	March 16, 1974	45	Irene J	March 7, 2010	9
Ed K	March 10, 1980	39	Marilyn M	March 11, 2011	8
Bob A	March 12, 1980	39	Chris W	March 13, 2011	8
Sue J	March 28, 1983	36	Maureen M	March 13, 2012	7
Mark S	March 24, 1986	33	JoEllen N	March 1, 2013	6
Phil H	March 17, 1988	31	Tammy K	March 10, 2013	6
Carol M	March 19, 1990	29	Eric C	March 12, 2013	6
Paula M	March 1, 1991	28	Devon D	March 23, 2013	6
Nanc H	March 27, 1992	27	Ben D	March 26, 2013	6
Kathleen W	March 11, 1994	25	Kris	March 30, 2015	4
Kermit R	March 5, 1995	24	Marion	March 11, 2016	3
Bev L	March 13, 1995	24	Cherina A	March 15, 2016	3
Sheila F	March 24, 1999	20	Kim D.	March 1, 2017	2

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